

CASTLE POINT BOOKS



Castle Point Books | 6/8/2021 9781250276292 | \$14.99 / \$19.99 Can. Trade Paperback | 80 pages | Carton Qty: 60 10 in H | 8.5 in W

Crush and Color: Lizzo

Colorful Adventures With Your Dream Girlfriend

Maurizio Campidelli

A coloring book for Lizzo fans

Everyone loves Lizzo, the musical superstar, fashion icon, fantasy BFF, and completely crushable beauty. This exciting addition to our popular Crush and Color series features Lizzo in a variety of adventures showcasing the strengths, beauty, and talent that have made her so successful and appealing. The creative illustrated scenes imagine Lizzo in tongue-in-cheek situations as the fun, empowering, super-cool person that she is! But don't rush in too soon; get to know Lizzo and her impressive career with a complete introductory biography, and then you will be ready to color your very own creative utopia of fantasies.

-Immerse yourself in all things Lizzo with stunning hand-drawn illustrations -Find out what makes Lizzo so great with biographical information about her life and work

MAURIZIO CAMPIDELLI grew up reading comic books, and it was the amazing adventures, humor, and fantasy found in those pages that eventually inspired his illustration style. Maurizio now works as an illustrator in Rimini, Italy, and he can be found on the beach, running, or biking on the boardwalk in his free time. His coloring books include Crush and Color series titles *Jason Momoa, Keanu Reeves*, and *Idris Elba*.



PHOTOGRAPHY / SUBJECTS & THEMES / PLANTS & ANIMALS

Castle Point Books | 5/11/2021 9781250275554 | \$24.99 / \$33.99 Can. Hardcover with dust jacket | 192 pages | Carton Qty: 16 8 in H | 10 in W

Other Available Formats: Ebook ISBN: 9781250275561

MARKETING

Reader Review Campaign Social Media Post

In Dog We Trust

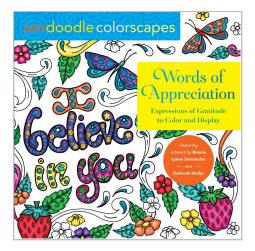
A Celebration of Those Who Never Let Us Down

Mary Zaia

A heartwarming coffee table book for dog lovers

As any dog lover knows, people may disappoint, betray, and leave you hanging, but dogs never do. With adorable photos of all kinds of dogs—purebreds and mutts alike—along with uplifting quotes about friendship, loyalty, and connection, *In Dog We Trust* is the celebration of human-canine love we all need.

MARY ZAIA is a political writer, loving mother to four rambunctious boys, and cooking enthusiast. She currently resides in Bergenfield, New Jersey.



Castle Point Books | 5/11/2021 9781250275394 | \$14.99 / \$20.50 Can. Trade Paperback | 128 pages | Carton Qty: 40 9 in H | 9 in W

MARKETING

Social Media Post

Zendoodle Colorscapes: Words of Appreciation

Expressions of Gratitude to Color and Display

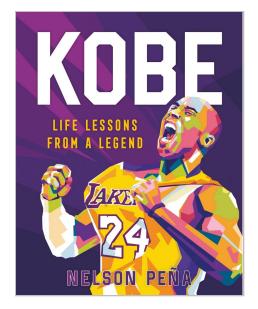
Bonnie Lynn Demanche, Justine Lustig, Tish Miller, and Deborah Muller

Uplifting words to color and display

There are times when every one of us needs to hear that we've made a difference, that we've added just a little bit of sunshine to somebody else's day. These 62 hand-drawn images will help you do just that. Whether you want to say, "Thank you!" or "You mean the world to me," there's something in here for you to add a splash of color to and give to a loved one. Or, maybe you simply need to remind yourself who's #1—you'll find just the words you were looking for in this beautiful collection of original artwork!

BONNIE LYNN DEMANCHE is a New Hampshire-based artist and graphic designer. As a strong believer in the therapeutic benefits of art, she is thrilled to bring the joy of coloring to adults of all ages through the Zendoodle series.

DEBORAH MULLER is an illustrator, designer, and gypsy at heart. She was born in California, but currently lives in a quaint beachside town in Florida. Her unique and whimsical style comes from doodling. Even her dog is a doodle—a Labradoodle named Marley.



BIOGRAPHY & AUTOBIOGRAPHY / SPORTS

Castle Point Books | 5/4/2021 9781250275349 | \$19.99 / \$26.99 Can. Hardcover Paper over boards | 144 pages | Carton Qty: 40 7.5 in H | 6 in W

Other Available Formats: Ebook ISBN: 9781250275356

MARKETING

Online Publicity Reader Review Campaign Fan Outreach Social Media Post

Kobe: Life Lessons from a Legend

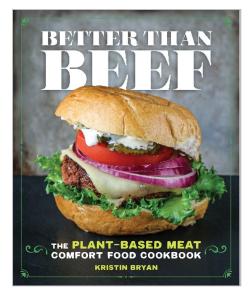
Life Lessons from a Legend

Nelson Peña

Sports legend Kobe Bryant's guiding principles

Kobe Bryant was one of the greatest basketball players of all time, and his untimely death sent the sports world reeling. Kobe lives on in the hearts and minds of his fans, and this book celebrates his legacy with short chapters on his values, illustrated with original silhouettes of Kobe in action.

Nelson Peña is an award-winning writer and editor with a focus on creating empowering work that improves people's lives. He is the former editorial director of special publications for a variety of leading media brands, including *Men's Health* magazine.



COOKING / VEGETARIAN

Castle Point Books | 5/4/2021 9781250273765 | \$19.99 / \$26.90 Can. Trade Paperback | 160 pages | Carton Qty: 30 9.1 in H | 7.5 in W

Other Available Formats: Ebook ISBN: 9781250273772

MARKETING

Reader Review Campaign Social Media Post

Better Than Beef

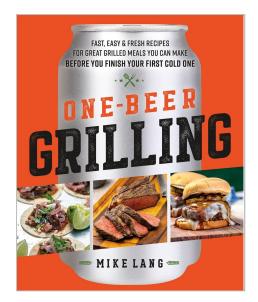
The Plant-Based Meat Comfort Food Cookbook

Kristin Bryan

Over 70 delicious, easy recipes for the new plant-based meats

Plant-based "meat" is taking America by storm, with Beyond Burgers and Impossible Burgers available in every supermarket and in major chain restaurants like Burger King and Dunkin' Donuts. This synthesized ground "meat" replicates the flavor and texture of beef, making it a revolution for those on a plant-based diet. This will be the first major cookbook devoted to cooking with these new products, and it will feature more than 70 easy comfort-food recipes anyone can make.

KRISTIN BRYAN worked in marketing and business development before finding her true passion: cooking. In 2016, she co-created The Chef Sisters Media, an online platform that inspires and educates people to live and eat well. With a personal focus on health, nutrition, and sustainable farming, Kristin has been creating meat-free meals for over a decade. Kristin currently works as a professional chef for an Orlando theme park signature restaurant.



COOKING / METHODS / BARBECUE & GRILLING

Castle Point Books | 5/11/2021 9781250275288 | \$21.99 / \$29.99 Can. Hardcover Paper over boards | 144 pages | Carton Qty: 26 9.1 in H | 7.5 in W

Other Available Formats: Ebook ISBN: 9781250275295

MARKETING

Reader Review Campaign Social Media Post

One-Beer Grilling

Fast, Easy, and Fresh Formulas for Great Grilled Meals You Can Make Before You Finish Your First Cold One

Mike Lang

Easy and fast grill recipes for when you don't want to spend all day barbecuing!

Low and slow barbecue is a beautiful thing, but we don't always have the time or inclination to spend all day cooking. *One-Beer Grilling* is the book for weeknights, game days, or any other time you want to spend more time relaxing and less time grilling. With 75 flavorful, modern recipes for quick marinades, rubs, and sauces, along with ideas for grilled vegetables, pizzas, and even desserts, this book makes it easy to have delicious grilled meals anytime—before you finish your first beer.

MIKE LANG is the stomach behind the long-running food and beer blog Another Pint Please. He is happiest behind the camera and at the grill, where his work is seen worldwide as the "Grillographer" for Weber Grills. When not worrying about what's for dinner on his deck of 20 grills, Mike is close to signing off his 25-year career as a police sergeant in southwest Ohio.



Castle Point Books | 7/13/2021 9781250275424 | \$14.99 / \$19.99 Can. Trade Paperback | 80 pages | Carton Qty: 60 10 in H | 8.5 in W

MARKETING

Online Publicity Reader Review Campaign Fan Outreach Social Media Post

Crush and Color: LeBron James

Colorful Fantasies with a Basketball Legend

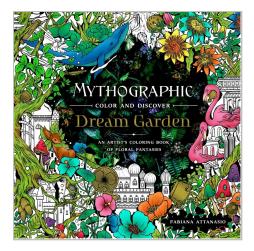
Maurizio Campidelli

Color and dream about one of basketball's greats

LeBron James is an absolute legend on and off the court, and will go down in history as one of the NBA's finest players. He also happens to be smoking hot, as his legions of female fans will attest. This latest entry in our Crush and Color series showcases LeBron in a variety of scenarios that make him your ideal boyfriend. Let LeBron wake you up with coffee and a croissant, or tuck you into a warm fuzzy blanket by the fire. LeBron knows what you need, and exactly how to give it to you. But don't rush in too soon; get to know LeBron and his impressive career with a complete introductory biography, and then you will be ready to color your very own creative utopia of fantasies.

-Immerse yourself in all things LeBron with stunning hand-drawn illustrations -Find out what makes LeBron so great with biographical information about his life and work

MAURIZIO CAMPIDELLI grew up reading comic books, and it was the amazing adventures, humor, and fantasy found in those pages that eventually inspired his illustration style. Maurizio now works as an illustrator in Rimini, Italy, and he can be found on the beach, running, or biking on the boardwalk in his free time.



Castle Point Books | 6/1/2021 9781250275400 | \$17.99 / \$24.50 Can. Trade Paperback | 96 pages | Carton Qty: 20 9.8 in H | 9.8 in W

MARKETING

Social Media Post

Mythographic Color and Discover: Dream Garden

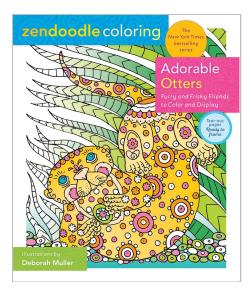
An Artist's Coloring Book of Floral Fantasies

Fabiana Attanasio

Secret gardens exploding with flowers to color

The newest book in our successful Mythographic series, this coloring book takes you on an imaginative journey through intricate flowering landscapes, fragrant fruit trees, and glorious flora of all types. With hidden objects to find and highly detailed, original illustrations, *Dream Garden* will delight colorists of all abilities.

FABIANA ATTANASIO is an Italian illustrator whose work includes picture books, puzzle books, and coloring books, such as *Mythographic Color and Discover: Enchanted Castles*.



Castle Point Books | 6/8/2021 9781250275417 | \$14.99 / \$20.50 Can. Trade Paperback | 128 pages | Carton Qty: 30 10 in H | 8.5 in W

MARKETING

Social Media Post

Zendoodle Coloring: Adorable Otters

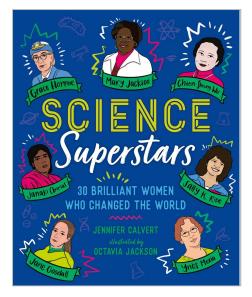
Furry and Frisky Friends to Color and Display

Deborah Muller

Sweet and silly otters to color and display

Splash down! Slicked-back fur aplenty, *Zendoodle Coloring: Adorable Otters* is just the cuteness you need to color yourself relaxed. Inside there are scores of them waiting, each one ready to delight you with their mischievous antics. They playfully splash through the water with their friends, sun themselves on the rocks and beaches, and gracefully swim through their deep-water routines. With more than 60 of them, it's a lot like the synchronized swimming spectacles from the early days of celluloid but with a lot more whiskers, and once you're through with them, color!

DEBORAH MULLER is an illustrator, designer, and gypsy at heart. She was born in Laguna Beach, California, but currently lives in a quaint beachside town in Florida. Her unique and whimsical style comes from doodling, which she finds therapeutic. Even her dog is a doodle—a Labradoodle named Marley (her assistant).



YOUNG ADULT NONFICTION / SCIENCE & NATURE / HISTORY OF SCIENCE

Castle Point Books | 8/10/2021 9781250275264 | \$17.99 / \$24.50 Can. Hardcover Paper over boards | 128 pages | Carton Qty: 24 9.1 in H | 7.5 in W

Other Available Formats: Ebook ISBN: 9781250275271

MARKETING

Reader Review Campaign Social Media Post

Science Superstars

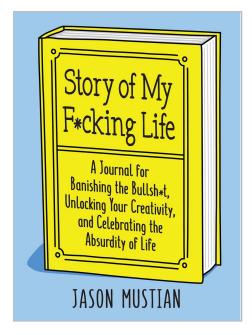
30 Brilliant Women Who Changed the World

Jennifer Calvert; Illustrations by Octavia Jackson

Captivating profiles of STEM leaders to inspire tween girls

Girls need role models, and this book offers 30 world leaders in science to inspire and motivate them. With fascinating profiles, fun facts, and original illustrations, *Science Superstars* shows young girls that it's possible to achieve great success in STEM fields by showcasing some of the women who have done it

JENNIFER CALVERT is a writer and editor with dozens of credits in nonfiction publishing. When she isn't highlighting the accomplishments of incredible young women, you can find her curled up with a book and a cat in New Jersey.



GAMES & ACTIVITIES / GUIDED JOURNALS

Castle Point Books | 6/1/2021 9781250275486 | \$17.99 / \$24.50 Can. Trade Paperback | 160 pages | Carton Qty: 60 7.5 in H | 5.5 in W

MARKETING

Reader Review Campaign Social Media Post

Story of My F*cking Life

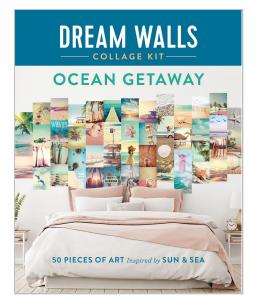
A Journal for Banishing the Bullsh*t, Unlocking Your Creativity, and Celebrating the Absurdity of Life

Jason Mustian

A bibliophile's journal from an illustrator with 10 million social media followers

An interactive journal for storytellers and book lovers, *Story of My F*cking Life* pairs original book cover illustrations with blank covers for the reader to fill in, creating a story of their f*cking life.

JASON MUSTIAN is a writer, illustrator, and creator of Story of My F*cking Life social accounts, as well as TL;DR Wikipedia and Texts From Last Night.



Castle Point Books | 6/29/2021 9781250275622 | \$24.99 / \$33.99 Can. Trade Paperback | 100 pages | Carton Qty: 28 10 in H | 8 in W

MARKETING

Reader Review Campaign Social Media Post

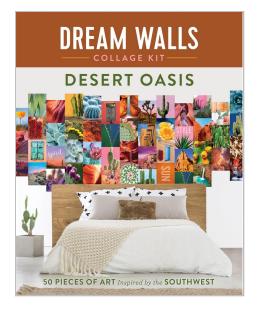
Dream Walls Collage Kit: Ocean Getaway

50 Pieces of Art Inspired by Sun and Sea

Chloe Standish

Inspired, customizable collages to add instant style and drama to any wall!

With *Dream Walls*, you can add a boost of personality and color to any room. Whether it's the Ocean, Forest, Garden, or Desert kit, each artfully-curated set offers a simple way to transform a bland wall into an entrancing, atmospheric display. Simply tape or sticky-tack the 50 unique images in any order to create an impressive collage. Arrange the entire set, or display your top ten favorites for a custom design. Adjust the size of the collage to the size of your space, add your own images to personalize it further, and turn a regular room into a seaside retreat, a garden paradise, or a natural wonder.



Castle Point Books | 6/29/2021 9781250275639 | \$24.99 / \$33.99 Can. Trade Paperback | 100 pages | Carton Qty: 28 10 in H | 8 in W

MARKETING

Reader Review Campaign Social Media Post

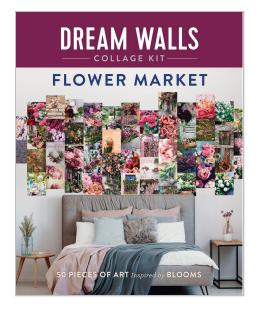
Dream Walls Collage Kit: Desert Style

50 Pieces of Art Inspired by the Southwest

Chloe Standish

Inspired, customizable collages to add instant style and drama to any wall!

With *Dream Walls*, you can add a boost of personality and color to any room. Whether it's the Ocean, Forest, Garden, or Desert kit, each artfully-curated set offers a simple way to transform a bland wall into an entrancing, atmospheric display. Simply tape or sticky-tack the 50 unique images in any order to create an impressive collage. Arrange the entire set, or display your top ten favorites for a custom design. Adjust the size of the collage to the size of your space, add your own images to personalize it further, and turn a regular room into a seaside retreat, a garden paradise, or a natural wonder.



Castle Point Books | 6/29/2021 9781250275646 | \$24.99 / \$33.99 Can. Trade Paperback | 100 pages | Carton Qty: 28 10 in H | 8 in W

MARKETING

Reader Review Campaign Social Media Post

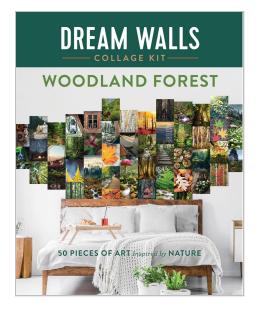
Dream Walls Collage Kit: Flower Market

50 Pieces of Art Inspired by Blooms

Chloe Standish

Inspired, customizable collages to add instant style and drama to any wall!

With *Dream Walls*, you can add a boost of personality and color to any room. Whether it's the Ocean, Forest, Garden, or Desert kit, each artfully-curated set offers a simple way to transform a bland wall into an entrancing, atmospheric display. Simply tape or sticky-tack the 50 unique images in any order to create an impressive collage. Arrange the entire set, or display your top ten favorites for a custom design. Adjust the size of the collage to the size of your space, add your own images to personalize it further, and turn a regular room into a seaside retreat, a garden paradise, or a natural wonder.



Castle Point Books | 6/29/2021 9781250275653 | \$24.99 / \$33.99 Can. Trade Paperback | 100 pages | Carton Qty: 28 10 in H | 8 in W

MARKETING

Reader Review Campaign Social Media Post

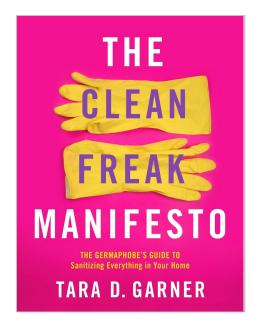
Dream Walls Collage Kit: Woodland Forest

50 Pieces of Art Inspired by Nature

Chloe Standish

Inspired, customizable collages to add instant style and drama to any wall!

With *Dream Walls*, you can add a boost of personality and color to any room. Whether it's the Ocean, Forest, Garden, or Desert kit, each artfully-curated set offers a simple way to transform a bland wall into an entrancing, atmospheric display. Simply tape or sticky-tack the 50 unique images in any order to create an impressive collage. Arrange the entire set, or display your top ten favorites for a custom design. Adjust the size of the collage to the size of your space, add your own images to personalize it further, and turn a regular room into a seaside retreat, a garden paradise, or a natural wonder.



HOUSE & HOME / CLEANING, CARETAKING & ORGANIZING

Castle Point Books | 6/15/2021 9781250276605 | \$19.99 / \$26.99 Can. Trade Paperback | 208 pages | Carton Qty: 32 8 in H | 6.1 in W

Other Available Formats: Ebook ISBN: 9781250275776

MARKETING

Reader Review Campaign Social Media Post

The Clean Freak Manifesto

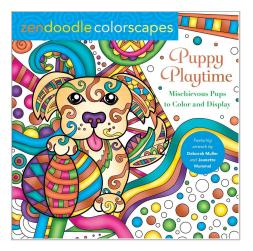
The Germaphobe's Guide to Sanitizing Everything in Your Home

Tara D. Garner

A comprehensive and clever book for the post-coronavirus germaphobes

Our society will change in many ways due to the coronavirus, and one of them is that everyone is now a germaphobe. New protocols for hand-washing, greeting people, and face coverings for the sick will permanently enter our everyday lives as we all desperately try to prevent another nightmare pandemic. This book takes a lighthearted but thorough approach to showing readers how to disinfect and clean everything in their homes, from basic housekeeping to deep disinfecting around a sick person. It will also cover how to stay safe and healthy while traveling and visiting other people's homes (never eat from the nut bowl!).

TARA D. GARNER is the author of *Simplify Your Household*, *Mrs. Clean Jean's Housekeeping with Kids*, and clean-organized-family-home.com. She has been a featured cleaning expert on regional and national television programs, including the *Rachael Ray Show*. Her "Coming Clean" column ran for a decade in the *San Francisco Chronicle*. Tara lives in Santa Monica, California, and enjoys bike riding along the beach.



Castle Point Books | 7/13/2021 9781250275448 | \$14.99 / \$20.50 Can. Trade Paperback | 128 pages | Carton Qty: 40 9 in H | 9 in W

MARKETING

Social Media Post

Zendoodle Colorscapes: Puppy Playtime

Rascally Pups to Color and Display

Deborah Muller and Jeanette Wummel

Irresistible puppies to color and display

From top-selling Zendoodle artists Deborah Muller and Jeanette Wummel comes the playdate we've all been waiting for. Packed with the most adorable tiny pooches you've ever laid eyes on, *Zendoodle Coloring: Puppy Playtime* has something for dog lovers of every kind. Whether your heart belongs to a specific breed or any furry mutt whose bloodline followed the scenic route, there's an energetic rascal waiting for the colorful coat that only you can provide right between these covers!

DEBORAH MULLER is an illustrator, designer, and gypsy at heart. She was born in California, but currently lives in a quaint beachside town in Florida. Her unique and whimsical style comes from doodling. Even her dog is a doodle—a Labradoodle named Marley (her assistant).

JEANETTE WUMMEL enjoys creating daily designs with a whimsical feel to them and is the author of the wildly popular *Zendoodle Coloring: Baby Animals* and *Zendoodle Coloring: Baby Animal Safari*. She lives in Michigan.



Castle Point Books | 7/6/2021 9781250275431 | \$14.99 / \$20.50 Can. Trade Paperback | 128 pages 10 in H | 8.5 in W

MARKETING

Social Media Post

Zendoodle Coloring: Baby Llamas

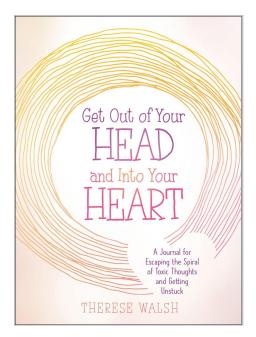
Mini Mountain Friends to Color and Display

Jeanette Wummel

Lovable little llamas to color and display

It's true! The world has gone loco for llamas! Of course, every llama was once a baby llama—a spitting image of their older sisters and brothers but a lot smaller and a heck of a lot cuter. And in *Zendoodle Coloring: Baby Llamas*, we've lovingly compiled 62 pages of them all waiting for you. So, head to the hills to begin your colorful adventure with these furry, newborn creatures. Once there you'll soon discover that only the sky's the limit!

JEANETTE WUMMEL enjoys creating daily designs with a whimsical feel to them and is the author of the wildly popular *Zendoodle Coloring: Baby Animals* and *Zendoodle Coloring: Baby Animal Safari*. She lives in Michigan where she spends countless hours filling her life with art and enjoying nature, which often inspires her artwork.



GAMES & ACTIVITIES / GUIDED JOURNALS

Castle Point Books | 7/20/2021 9781250275509 | \$14.99 / \$20.50 Can. Trade Paperback | 128 pages | Carton Qty: 60 7.5 in H | 5.5 in W

MARKETING

Reader Review Campaign Social Media Post

Get Out of Your Head and Into Your Heart

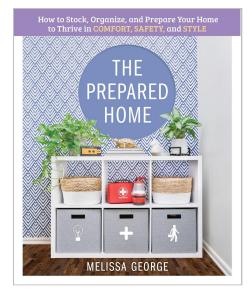
A Journal for Escaping the Spiral of Toxic Thoughts and Getting Unstuck

Therese Walsh

A journal to help stop overthinking and start living the life you were meant to live

Sometimes we get so caught up in the tangle of negative thoughts that we forget who we really are and what we really want. This journal helps readers to stop toxic, negative thinking and tap into their hearts to find their life's meaning and purpose.

THERESE WALSH has a master's degree in psychology and is a critically acclaimed novelist of psychological fiction. She started as a researcher/writer for *Prevention Magazine*, and later co-founded writerunboxed.com, a site that provides empowering content for authors-in-progress. She lives in New York with her husband and their Jack Russell, Kismet.



REFERENCE / SURVIVAL & EMERGENCY PREPAREDNESS

Castle Point Books | 7/6/2021 9781250275301 | \$24.99 / \$33.99 Can. Hardcover Paper over boards | 176 pages | Carton Qty: 20 9.1 in H | 7.5 in W

Other Available Formats: Ebook ISBN: 9781250275318

MARKETING

Reader Review Campaign Social Media Post

The Prepared Home

How to Stock, Organize, and Edit Your Home to Thrive in Comfort, Safety, and Style

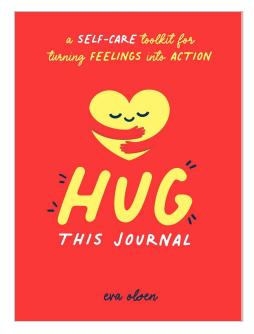
Melissa George

A prepping book for the Instagram crowd

One thing we've all learned from the pandemic is that we all need to be preppers now. Gone are the days of living toilet paper roll-to-roll and feeling carefree about our pantry staples. We never want to be caught unaware again, and stocking a prepared home for emergencies is now part of the repertoire of any competent head of household—especially mothers.

Books on prepping are typically designed for the hard-core survivalist. *The Prepared Home* takes a colorful, aesthetically-pleasing approach to prepping information, and will be at home next to other high-end home-keeping, cooking, and design books. With full-color photos and calming, non-alarmist text, *The Prepared Home* is the book everyone will want on her shelf.

MELISSA GEORGE is the founder of PolishedHabitat.com, a site that teaches readers to blend decor and organization to add stylish function to everyday life. She has expertise in quality improvement, emergency management, and disaster management from her former work as a project specialist for a hospital system in Tulsa, Oklahoma. When she's not working on her own house with her creative husband, you'll find Melissa snuggled up with a book and her dogs.



GAMES & ACTIVITIES / GUIDED JOURNALS

Castle Point Books | 7/27/2021 9781250277923 | \$14.99 / \$20.50 Can. Trade Paperback | 128 pages | Carton Qty: 52 7.5 in H | 5.5 in W

Hug This Journal

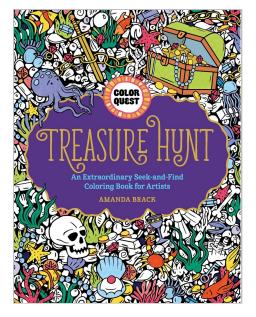
A Self-Care Toolkit for Turning Feelings into Action

Eva Olsen

The journal that hugs you back!

This cozy, comforting journal is a place to drop all your worries and fears so you can move on lighter and freer. With a tactile fuzzy cover, this journal is appealing as a gift item as well as a practical guided journal. Prompts will encourage readers to unburden themselves of the anxieties that weigh them down, and reassure them that brighter days are ahead.

EVA OLSEN lives the good life in Fort Collins, Colorado—No. 4 on National Geographic's Happiest Places 2017 list. Her husband, twin sons, hiking with friends, and the art of hand lettering bring her much happiness.



Castle Point Books | 8/3/2021 9781250275455 | \$15.99 / \$21.99 Can. Trade Paperback | 112 pages 11 in H | 8.5 in W

MARKETING

Social Media Post

Color Quest: Treasure Hunt

An Extraordinary Seek-and-Find Coloring Book for Artists

Amanda Brack

A detailed coloring treasure hunt in the unique Color Quest style

Our Color Quest series features incredibly detailed illustrations with a fun seek-and-find component that is in contrast to much of the coloring content on the market. The illustrations are whimsical, clever, and fun to color, with the additional element of hidden objects to find. This new book in the series offers readers art with treasure hunt motifs—jewels, pots of gold, and other kinds of treasure are carefully drawn to make readers feel like they're embarking on a treasure hunt of their own.

AMANDA BRACK has a passion for drawing and illustration, and enjoys the creativity of working on a wide variety of projects in her freelance career. She currently lives in Boston, Massachusetts.



SELF-HELP / PERSONAL GROWTH / HAPPINESS

Castle Point Books | 8/24/2021 9781250275578 | \$16.99 / \$22.00 Can. Hardcover Paper over boards | 160 pages | Carton Qty: 42 6 in H | 6 in W

Other Available Formats: Ebook ISBN: 9781250275585

MARKETING

Reader Review Campaign Social Media Post

One for Me, One for You

Little Ideas for Caring for Yourself and the World

Eva Olsen

Simple ways to combine self-care with acts of service

Self-care has become a hot buzzword, and for good reason. We all need to take care of ourselves so that we can be of service to others, whether they're family, friends, or strangers in our communities and around the world. This is the first book to combine both ideas by offering simple ideas to care for others while caring for the world. For example, taking a daily walk to admire the flowers in your neighborhood is a great way to practice self-care. Bring flowers to a neighbor who can't get outside shares that enjoyment with others.

EVA OLSEN lives the good life in Fort Collins, Colorado—No. 4 on National Geographic's Happiest Places 2017 list. Her husband, twin sons, hiking with friends, and the art of hand lettering bring her much happiness.

GAMES & ACTIVITIES / GUIDED JOURNALS

Castle Point Books | 8/31/2021 9781250275493 | \$14.99 / \$20.50 Can. Trade Paperback | 128 pages | Carton Qty: 60 7.5 in H | 5.5 in W

MARKETING

Reader Review Campaign Social Media Post

The Burner Journal

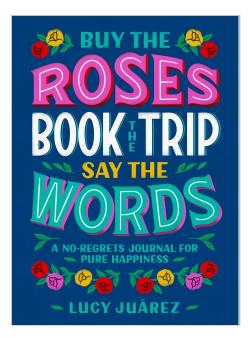
A No-Holds-Barred Journal for Your Deepest, Darkest Thoughts

AnnaMarie Houlis

The journal you'll want to burn after writing

We all have secrets, some darker than others. Carrying them around can be a burden, so this journal offers a safe place to drop your secrets, and maybe even analyze them a little while you do. With guided prompts for various aspects of your life, this book coaxes out your secrets, little and big, to help free you from their bonds.

ANNAMARIE HOULIS is a nomadic journalist, an audacious activist and an adventure aficionado. New Jersey-born and New York City-bred, she now spends her days writing about women's empowerment and adventure travel from all around the world. You can follow her journey on her blog, HerReport.org.



GAMES & ACTIVITIES / GUIDED JOURNALS

Castle Point Books | 8/3/2021 9781250277800 | \$16.99 / \$22.99 Can. Hardcover Paper over boards | 128 pages | Carton Qty: 36 7.5 in H | 5.5 in W

Buy the Roses, Book the Trip, Say the Words

A No-Regrets Journal for Pure Happiness

Lucy Juárez; Illustrations by AliRae Aguirre

A guided journal to help people seize the day and live life to the fullest

One thing we've all learned through this pandemic is that we never know what's around the corner. Many people have refocused their energies on what's truly important in their lives, and this journal helps people discover their true desires and find ways to do all of the things they want to do. More introspective than a simple "bucket list" book, this journal asks readers probing questions to help them discover their personal paths to absolute happiness.



HOUSE & HOME / CLEANING, CARETAKING & ORGANIZING

Castle Point Books | 8/17/2021 9781250275516 | \$17.99 / \$24.50 Can. Flexibound | 160 pages | Carton Qty: 24 9 in H | 7 in W

MARKETING

Reader Review Campaign Social Media Post

Ready for Anything

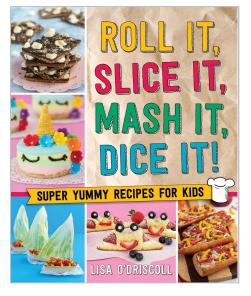
A Planner for Preparing Your Home and Family for Any Emergency

Cynthia Strong

An easy-to-use planner for preparing your home for emergencies

Disaster preparedness is part of our new normal, but it can be complicated and confusing. This simple planner helps readers figure out what they need, how to stock it and maintain it, and when to know when to use it. From food to medical supplies to home surveillance and protection equipment, this planner makes it easy to keep track of your efforts to create a disaster-ready home.

Cynthia Strong has weathered more than a few hurricanes in her native New Jersey. As a result, she has learned to be ready for anything. She credits getting organized and informed with feeling more confident during all of life's storms. Cynthia lives in Manahawkin with her husband, two boisterous boys, and two equally rowdy rescue dogs.



JUVENILE NONFICTION / COOKING & FOOD

Castle Point Books | 8/17/2021 9781250272492 | \$19.99 / \$26.99 Can. Hardcover Paper over boards | 176 pages | Carton Qty: 26 9.1 in H | 7.5 in W Includes color photographs throughout

Other Available Formats: Ebook ISBN: 9781250272508

MARKETING

Social Media Post Reader Review Campaign

Roll It, Slice It, Mash It, Dice It!

Super Yummy Recipes for Kids

Lisa O'Driscoll

A colorful, fun cookbook for foodie kids!

Kids love to cook, and parents are always looking for screen-free activities that will keep their kids busy and active. This fun new cookbook offers easy, creative recipes for kid-tested foods that will teach cooking (and cleanup!) skills to children ages 6 and up. From snacks to lunches to fun desserts, this book helps kids be more independent while giving them a creative activity to enjoy.

LISA O'DRISCOLL is a former kindergarten teacher and creator of the site FunMoneyMom.com, where she shares recipes, crafts, and more. She enjoys whipping up everything from family dinners to colorful desserts. Lisa has three very eager helpers in her husband and two daughters, who love taste tasting all her new recipes in their Florida kitchen.

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