

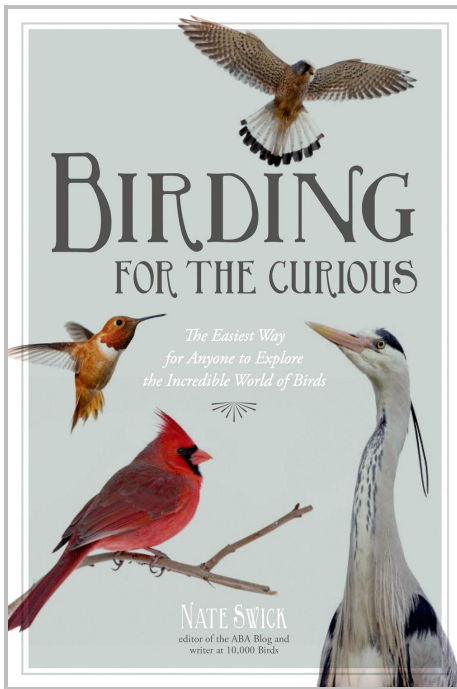
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+ SPRING 2015 + MAY-AUGUST +



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NATURE / BIRDWATCHING GUIDES

Page Street Publishing | 6/9/2015
 9781624141188 | \$19.99
 Hardcover | 192 pages | Carton Qty:
 6 in W | 9 in H | 1 lb Wt
 100 photos

Other Available Formats:
 Ebook ISBN: 9781624141270

MARKETING

- Special 3+3% reail offer.
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- Television Targets: *Today, Good Morning America, The Talk, Home & Family, Fox & Friends, Steve Harvey, Queen Latifah.*
- Develop and implement a national outreach to social media to drive pre-sales as well as launch sales, including: Blog tours, blogger giveaways, blog parties.

Birding for the Curious

The Easiest Way for Anyone to Explore the Incredible World of Birds

Nate Swick

This perfect gift for every nature lover features easy and accessible ways to explore the birds around us.

This book isn't for a birder. It's for the huge audience of people who hike, maybe have bird feeders, and generally enjoy nature. With this book, the naturalist will discover an incredible and rewarding new adventure in the beautiful world of birds.

The book is packed with easy and fun activities and information about birds, how to find them and their part in the nature around us. The information in this book will not only help you identify and learn more about birds, but you'll have a blast doing it.

Nate Swick, member of the American Birding Association, has compiled chapters upon chapters of interesting, unique and informative birding knowledge, followed by activities that use the skills you learned. So not only will you learn things like what kind of birds you're looking at around the neighborhood, how to decipher different bird calls, and how to bring the birds to your backyard, but you'll complete fun activities like creating a list of the most popular birds in your area, creating a sound map of bird calls, and making a feeder for your backyard.

Nate Swick has been a birder for over 10 years. He is a member of the American Birding Association and blogs for 10,000birds.com, the ABA blog and his own blog, The Drinking Bird. Additionally, Nate leads trips for the Carolina Bird Club and serves on the North Carolina Bird Records Committee. He lives in Greensboro, North Carolina.

LAY-FLAT PAPERBACK

Lookbook Cookbook

Simple, Delicious, Gluten-free & Vegan Dishes for Fashion Loving Foodies

Jessica Milan

A unique visual book, full of hot models eating vegan food, brings something different to the plant-based bookshelf.

Vegan, gluten-free, dairy-free, soy-free—but never boring. That’s how Jessica Milan, creator of the eye-catching and mouth-watering site Lookbook Cookbook, describes her recipes. A model herself and fashion photographer, she has an incredible, fun and playful approach to her vegan cookbook full of beautiful people who don’t quite take themselves seriously.

Her desserts have been all over, including in *Cosmopolitan*, *Vogue* and *Nylon* (to name a few), but for the first time, she’ll be sharing her delicious main course recipes with the world in *Lookbook Cookbook*.

Tasty and healthy recipes include Peanut Butter + Jelly Pancakes, No Noodle Zucchini Lasagna, Quinoa Yam Burgers and Veggie Pad Thai. Each of the 80 recipes will be accompanied by the edgy photography Jessica is known for.

Vegan? Gluten-free? Trying to eat healthier? Doesn’t matter—you’re all invited to the party. The appetizing, nutritious and creative vegan recipes in this book are each adorned by young beauties which makes this the hottest vegan cookbook out there.

Jessica Milan is the creator of LookbookCookbook.com. Her recipes and photography have been featured in *Cosmopolitan*, *Vogue*, *Nylon*, *Marie Claire* and *Glamour*, and on AmericanApparel.com, UrbanOutfitters.com and Refinery29.com. Jessica lives in Utopia, Ontario, Canada.



COOKING / VEGETARIAN & VEGAN

Page Street Publishing | 5/12/2015
9781624141218 | \$19.99

Trade Paperback | 192 pages | Carton Qty:
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80 full color photos

Other Available Formats:
Ebook ISBN: 9781624141300

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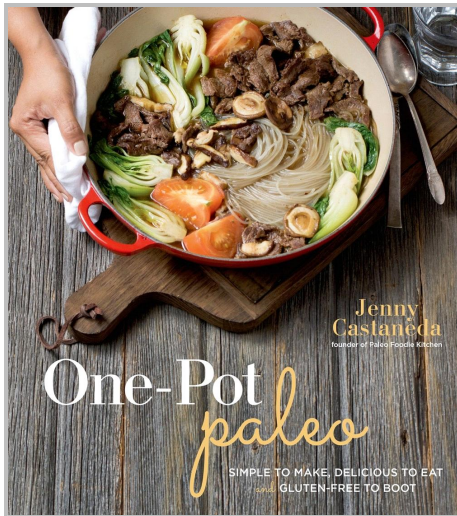
- Magazine Targets: *Good Housekeeping*, *Woman's Day*, *Woman's World*, *Redbook*, *Ladies' Home Journal*, *Better Homes & Gardens*, *Vegetarian Voice*, *Mother Earth News*, *More*, *Self*, *Living Without*, *Glamour*, *Cosmopolitan*.
- Television Targets: *Today*, *Good Morning America*, *The Talk*, *Home & Family*, *Fox & Friends*, *Steve Harvey*, *Queen Latifah*.
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LAY-FLAT PAPERBACK

One-Pot Paleo

Simple to Make, Delicious to Eat and Gluten-free to Boot

Jenny Castaneda



COOKING / HEALTH & HEALING / GLUTEN-FREE

Page Street Publishing | 5/26/2015
9781624141225 | \$19.99

Trade Paperback | 208 pages | Carton Qty:
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Ebook ISBN: 9781624141317

MARKETING

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- Television Targets: *Today, Good Morning America, The Talk, Home & Family, Fox & Friends, Steve Harvey, Queen Latifah.*
- Develop and implement a national outreach to social media to drive pre-sales as well as launch sales, including: Blog tours, blogger giveaways, blog parties.

Flavorful Paleo dishes that are quick to make and easy to clean up.

The Paleo diet just got even easier. With Jenny Castaneda's delicious one-pot recipes, you'll spend less time cooking and cleaning, and more time enjoying your meal.

One-Pot Paleo not only provides creative and healthy dishes that feed the whole family, like casseroles, stir fry, bakes and broils, soups and stews, but there are also helpful guides throughout such as ingredient swaps, Paleo substitution charts, steps to prep on the weekend so the weekdays fly by and more. Recipes include Herbed Honey Chicken, Carne Asada, Szechuan Pork, Sesame Beef Stir Fry, Crab Stuffed Salmon and Sweet and Savory Chicken Wings.

Sticking to the Paleo diet can be difficult enough, don't let complicated recipes make it worse. With these quick and tasty recipes, your family will be happy, healthy and well fed in no time.

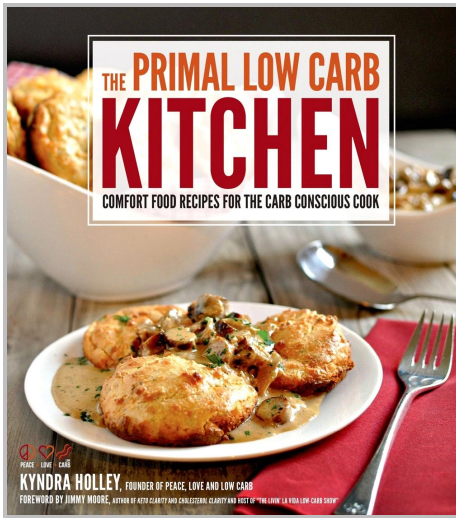
Jenny Castaneda is the creator of paleofoodiekitchen.com. Her recipes have been featured in *Paleo* magazine, as well as on againstallgrain.com, paleoparents.com, foodgawker.com and tastespotting.com. She lives in La Mirada, California.

LAY-FLAT PAPERBACK

The Primal Low Carb Kitchen

Comfort Food Recipes for the Carb Conscious Cook

Kyndra Holley



COOKING / HEALTH & HEALING / LOW CARBOHYDRATE

Page Street Publishing | 6/2/2015

9781624141195 | \$19.99

Trade Paperback | 208 pages | Carton Qty:

8 in W | 9 in H | 1 lb Wt

60 full color photos

Other Available Formats:

Ebook ISBN: 9781624141287

MARKETING

- Magazine Targets: *Good Housekeeping, Woman's Day, Woman's World, Redbook, Ladies' Home Journal, Better Homes & Gardens, EatingWell, Prevention, Cooking Light, More, Self, Men's Health, Fitness, Prevention, Details.*
- Television Targets: *Today, Good Morning America, The Talk, Home & Family, Fox & Friends, Steve Harvey, Queen Latifah.*
- Develop and implement a national outreach to social media to drive pre-sales as well as launch sales, including: Blog tours, blogger giveaways, blog parties.

Delicious comfort food made healthy with Paleo/Primal, low carb alternatives.

Kyndra comes at diet from a different angle than many Paleo people. She was a low carber, lost a lot of weight counting carbs and gained a big audience. Her book is for the carb counters out there looking to go Paleo/Primal. (Paleo and Primal are becoming less distinct; the difference was primal included dairy, though dairy is largely accepted now in the Paleo community too. Neither restricts the amount of carbs, just the types of carbs.)

Rapid but healthy weight loss, rather than just a healthy eating plan, is the goal. So each recipe features minimal carbs.

Comfort food is usually seen as a necessary evil, something unhealthy that you can only eat once-in-a-while. But with Kyndra Holley's inventive and absolutely delicious primal and low carb recipes, you can eat your favorite comfort foods whenever you please, and still lose weight.

Recipes like Chicken and Waffles, Shepard's Pie, Loaded Sweet Potato Bites and Coconut Cashew Crusted Chicken are just some examples of how Kyndra brings you the flavor of comfort food without the guilt.

So whether you're Paleo, Primal, low carb or simply looking to eat more comfort food without all the bad stuff, this book will be your go-to. You'll make healthy, tasty recipes that everyone will enjoy.

Kyndra Holley is the creator of the blog Peace, Love and Low Carb, which gets over 8,000 hits a day and has over 78,000 Facebook likes. She is the author of *Peace, Love and Low Carb—The Cookbook*. Her recipes have been featured in *Woman's World* magazine and on Buzzfeed.com and carbsmart.com. Kyndra lives in Auburn, Washington. You can find her online at peaceloveandlowcarb.com.



LAY-FLAT PAPERBACK

The Skinnier Squeeze Juice Cleanse

Lose Weight and Feel Great with This Juice and Raw Food Detox Program

Karliin Brooks

COOKING / HEALTH & HEALING / WEIGHT CONTROL

Page Street Publishing | 6/9/2015

9781624141201 | \$19.99

Trade Paperback | 192 pages | Carton Qty:

8 in W | 9 in H | 1 lb Wt

60 full color photos

Other Available Formats:

Ebook ISBN: 9781624141294

MARKETING

- Magazine Targets: *Good Housekeeping, Woman's Day, Woman's World, Redbook, Ladies' Home Journal, Better Homes & Gardens, EatingWell, Cooking Light, More, Self, Men's Health, Fitness, Glamour, Cosmopolitan.*
- Television Targets: *Today, Good Morning America, The Talk, Home & Family, Fox & Friends, Steve Harvey, Queen Latifah.*
- Develop and implement a national outreach to social media to drive pre-sales as well as launch sales, including: Blog tours, blogger giveaways, blog parties.

Drink yourself skinny with delicious juice recipes that'll boost your metabolism, clean out your system and make you feel amazing from this edgy Brooklyn-based juicing company.

When it comes to health, Karliin Brooks doesn't mess around. She's an animal activist with a raw/vegan audience and some awesome-tasting recipes to back her up.

With *Skinny Squeeze Juices*, you won't be downing shots of weird green liquids while holding your nose; you'll be gulping down the perfect combination of fruits and vegetables, wondering what you were so afraid of.

These nutritious juices, paired with helpful facts and sassy commentary throughout, will help you lose weight and feel amazing doing it. So whether you're hoping to squeeze into your favorite little black dress, hit the "restart" button on your eating habits, or just want to consume your fruits and veggies the easy way, this book has got you covered. Delicious juices = a bangin' body. So what are you waiting for?

Karliin Brooks is the owner of The Squeeze, a wellness and beauty lifestyle company that specializes in cold-pressed juices, which is located in New York City. Karliin has a degree in Nutrition from NYU. Her recipes have been featured on Well + Good and newyorkstreetfood.com. She lives in Brooklyn, New York. You can find her online at thesqueezejuice.com.

LAY-FLAT PAPERBACK

The Single Guy Cookbook

How to Cook Comfort Food Favorites Faster, Easier and Cheaper than Going Out

Avi Shemtov

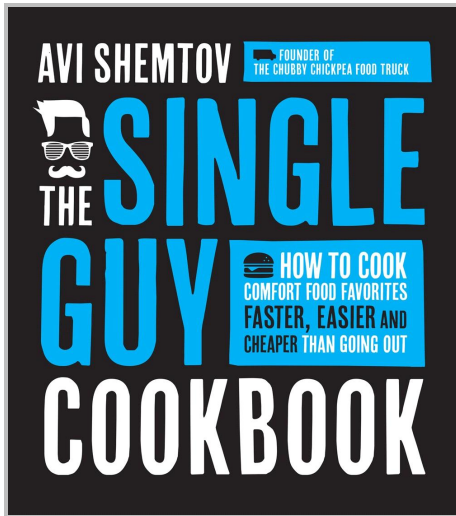
A must-have guide and gift for single men.

There comes a time in every man's life where he has to step away from the microwave. With the help of Avi's man-centric recipes, techniques and commentary, you'll build confidence in the kitchen—and you'll have some pretty amazing meals to show for it.

Recipes are geared toward goals like cooking the perfect burger, using leftovers to make a gourmet meal that'll wow your family, impressing a date, saving money, feeding the guys on game day, and most importantly, just flat out making an easy, hardy meal you can sit down and enjoy alone. Recipes include Sizzling Skillet Steak with Twice Baked Potato, Kickass Fish Tacos and Mind-Blowing Meatballs with Ziti.

With *The Single Guy Cookbook*, you'll make delicious and awe-inspiring dishes that you'll be proud to place in front of any person who enters your man cave.

Avi is the owner of The Chubby Chickpea, a popular Mediterranean food truck based in Massachusetts. He and his wife are food consultants for his larger than average group of hopelessly single men. He has been featured in the *Boston Globe* and on DigBoston.com. He lives in Canton, Massachusetts.



COOKING / COURSES & DISHES / GENERAL

Page Street Publishing | 7/28/2015
9781624141157 | \$19.99

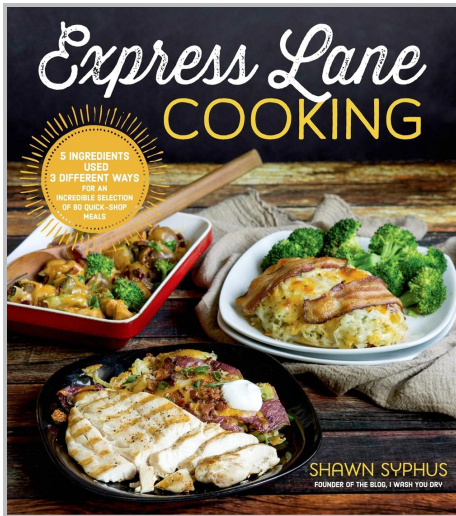
Trade Paperback | 192 pages | Carton Qty:
8 in W | 9 in H | 1 lb Wt
60 full color photos

Other Available Formats:
Ebook ISBN: 9781624141249

MARKETING

- Magazine Targets: *Better Homes & Gardens, EatingWell, Prevention, Cooking Light, More, Self, Men's Health, Fitness, Prevention, Living Without, Details, GQ.*
- Television Targets: *Today, Good Morning America, The Talk, Home & Family, Fox & Friends, Steve Harvey, Queen Latifah.*
- Develop and implement a national outreach to social media to drive pre-sales as well as launch sales, including: Blog tours, blogger giveaways, blog parties.

LAY-FLAT PAPERBACK



Express Lane Cooking

5 Ingredients Used 3 Different Ways For an Incredible Selection of 80 Quick-Shop Meals

Shawn Syphus

Take your popular 5-ingredient cookbook and amplify it by offering three or more options for each set of five ingredients for variety.

Stop the fuss at the grocery store and in the kitchen with these delicious 5-ingredient recipes.

Express Lane Cooking takes five simple, whole food ingredients and shows you how to use them in at least three unique ways so you have an arsenal of impressive dishes for your family. Shawn takes ingredients like chicken, potatoes, cheese, bacon and broccoli and transforms them into recipes as diverse as Cheesy Potato Crusted Chicken, Creamy Broccoli and Potato Soup and Grilled Chicken with Loaded Smashed Potatoes.

With a quick trip through the grocery's express lane, you'll have everything you need to create not one, but three perfect meals in minutes.

When you have little time, which is everyday for most people, this book will give you options for putting a tasty dish on the dinner table for your family the easy way.

Shawn Syphus is the creator of IWashYouDry.com, which showcases simple recipes with easy cleanup. Her site gets over 20,000 hits a day and has over 25,000 likes on Facebook. Shawn's recipes have been featured on Pillsbury.com, Tablespoon.com, Buzzfeed.com, HuffingtonPost.com and PBS.org. She lives in Glendale, Arizona.

COOKING / COURSES & DISHES / GENERAL

Page Street Publishing | 7/21/2015

9781624141140 | \$19.99

Trade Paperback | 192 pages | Carton Qty:

8 in W | 9 in H | 1 lb Wt

80 full color photos

Other Available Formats:

Ebook ISBN: 9781624141232

MARKETING

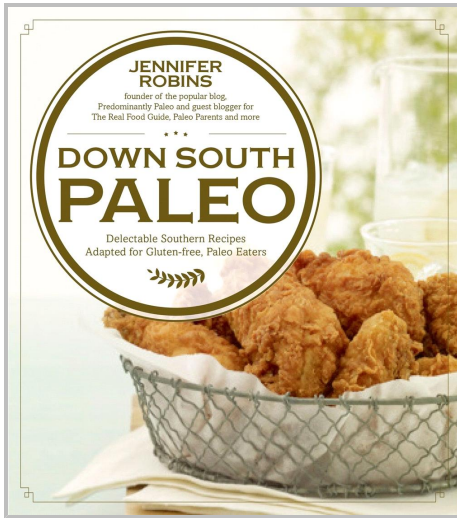
- Magazine Targets: *Good Housekeeping, Woman's Day, Woman's World, Redbook, Ladies' Home Journal, Better Homes & Gardens, Parents, Family Circle, Family Fun, EatingWell, Cooking Light, More, Self.*
- Television Targets: *Today, Good Morning America, The Talk, Home & Family, Fox & Friends, Steve Harvey, Queen Latifah.*
- Develop and implement a national outreach to social media to drive pre-sales as well as launch sales, including: Blog tours, blogger giveaways, blog parties.

LAY-FLAT PAPERBACK

Down South Paleo

Delectable Southern Recipes Adapted for Gluten-free, Paleo Eaters

Jennifer Robins



COOKING / HEALTH & HEALING / GLUTEN-FREE

Page Street Publishing | 8/11/2015

9781624141324 | \$19.99

Trade Paperback | 192 pages | Carton Qty:

8 in W | 9 in H | 1 lb Wt

60 full color photos

Other Available Formats:

Ebook ISBN: 9781624141348

MARKETING

- Magazine Targets: *Good Housekeeping, Woman's Day, Woman's World, Redbook, Ladies' Home Journal, Better Homes & Gardens, EatingWell, Prevention, Cooking Light, More, Self, Men's Health, Prevention, Living Without, Details.*
- Television Targets: *Today, Good Morning America, The Talk, Home & Family, Fox & Friends, Steve Harvey, Queen Latifah.*
- Develop and implement a national outreach to social media to drive pre-sales as well as launch sales, including: Blog tours, blogger giveaways, blog parties.

Southern comfort food recipes made Paleo, gluten-free and delicious from Predominantly Paleo blogger, Jennifer Robins.

Being Paleo doesn't mean you have to skimp on the comfort foods or foodie culture of Southern cuisine. In *Down South Paleo*, Jennifer Robins, author of popular blog Predominantly Paleo, offers Paleo-friendly takes on Southern staples like Country-Fried Steak, Blackened Catfish, Lump Crab Hushpuppies, Chicken and Waffles and more.

Robins' perfected Paleo approach will keep your cooking healthy AND keep you from missing out on the comfort foods often restricted from the Paleo diet.

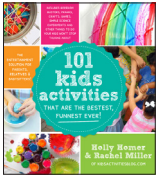
In true Southern, comfort-food style, these Paleo twists will have you putting the extra "m" in Mmmmm and saying "Y'all" like the locals in no time.

Jennifer Robins is author of the popular cooking blog Predominantly Paleo. In addition to running Predominantly Paleo, Robins has guest blogged for The Real Food Guide, Paleo Parents, Mother Earth Living, The Paleo Mom, The Nourished Cave Man and more. Jennifer lives in Arlington, Virginia.

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Holly Homer and Rachel Miller, of kidsactivitiesblog.com

PRICE: \$19.99

ISBN13: 978-1-62414-057-0

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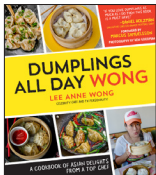
Cara Reed, creator of the popular site ForkandBeans.com

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SPECS: 8 x 9, 192 pages, lay-flat paperback, 60 color photos

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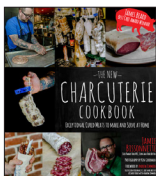
Stephanie Le, creator of I am a Food Blog

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SPECS: 8 x 9, 240 pages, lay-flat paperback, 100 color photos

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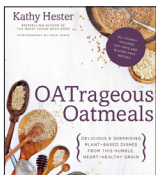
Jamie Bissonnette, chef and owner of restaurants Coppa and Toro

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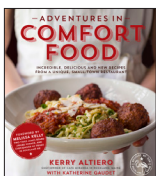
Kathy Hester, bestselling author of *The Great Vegan Bean Book*

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Kerry Altiero, chef/owner of Cafe Miranda with Katherine Gaudet

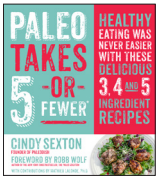
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PALEO TAKES 5—OR FEWER

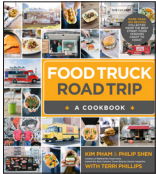
Cindy Sexton, founder of PALEOdISH

PRICE: \$21.99

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PUB DATE: October 2014



FOOD TRUCK ROAD TRIP—A COOKBOOK

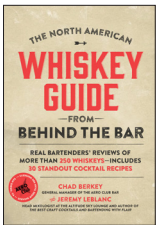
Kim Pham and Philip Shen, creators of Behind the Food Carts, with Terri Phillips

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ISBN13: 978-1-62414-080-8

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PUB DATE: November 2014



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Chad Berkey, head mixologist of Aero Club, and Jeremy LeBlanc, San Diego's top bartender

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PUB DATE: November 2014



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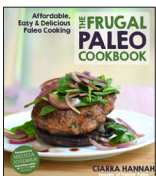
Jade Gedeon, founder and designer of We Dream in Colour

PRICE: \$21.99

ISBN13: 978-1-62414-090-7

SPECS: 8 x 9, 224 pages, lay-flat paperback, 790 color photos

PUB DATE: November 2014



THE FRUGAL PALEO COOKBOOK

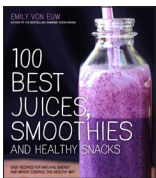
Ciarra Hannah, founder of Popular Paleo

PRICE: \$19.99

ISBN13: 978-1-62414-088-4

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PUB DATE: December 2014



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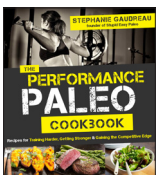
Emily von Euw, author of *Rawsome Vegan Baking*

PRICE: \$19.99

ISBN13: 978-1-62414-091-4

SPECS: 8 x 9, 208 pages, lay-flat paperback, 100 color photos

PUB DATE: December 2014



THE PERFORMANCE PALEO COOKBOOK

Stephanie Gaudreau, founder of Stupid Easy Paleo

PRICE: \$19.99

ISBN13: 978-1-62414-101-0

SPECS: 8 x 9, 192 pages, paperback, 80 color photos

PUB DATE: January 6, 2015



THE GOURMET MEXICAN KITCHEN—A COOKBOOK

Shannon Bard, chef/owner of Zapoteca Restaurant and Tequileria

PRICE: \$19.99

ISBN13: 978-1-62414-096-9

SPECS: 8 x 9, 208 pages, lay-flat paperback, 70 color photos

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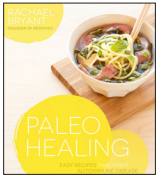
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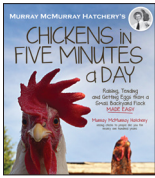
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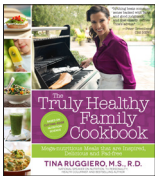
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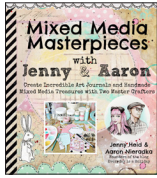
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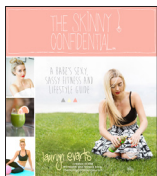
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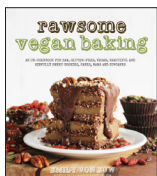
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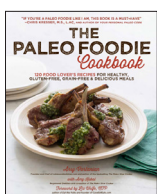
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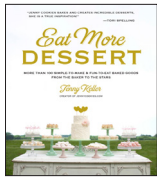
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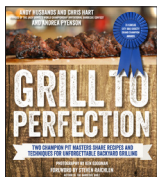
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