

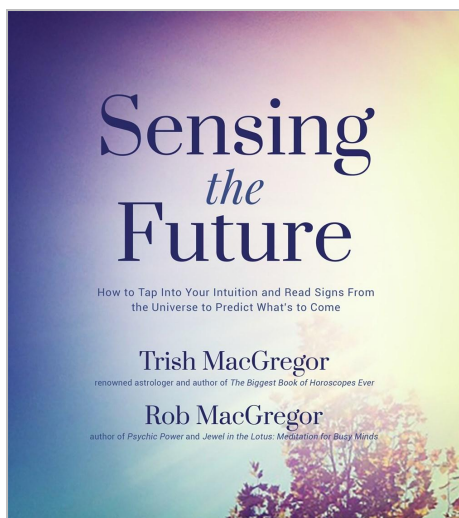
PAGE STREET PUBLISHING CO.



+ WINTER 2017 + JANUARY-APRIL +

+ INSPIRING READERS TO DO THE THINGS THEY LOVE *BETTER* +

DISTRIBUTED BY MACMILLAN



Sensing the Future

How to Tap Into Your Intuition and Read Signs From the Universe to Predict What's to Come

Trish MacGregor, Rob MacGregor

Improve your life by tapping into precognition—everyone's innate ability to intuit and predict the future.

In *Sensing the Future*, well-known paranormal experts and authors Trish and Rob MacGregor unravel the mystery around precognition to help readers develop their psychic abilities. Precognition is one of the least understood but most commonly occurring psychic experiences. At one time or another, most people have had minor experiences with synchronicity or having a feeling about a future event that came true, but few understand how it happened or how to do it again. With *Sensing the Future*, readers learn to enhance this innate power to benefit their lives.

Trish and Rob provide tips and simple ways to coax answers to your life questions out of your dreams, and how to increase awareness of the inner realm in everyday life. They also explain the most common methods for future prediction—astrology, the tarot, numerology and stichomancy. Along the way, Trish and Rob give hundreds of examples from history when people predicted the future, from scientists to novelists and spiritual leaders, as well as personal accounts from their own experiences and those of friends and family.

An important question many wonder after a precognitive event is whether our lives are truly governed by free will or destiny. If you saw the future and reacted, did you *change* the future through your own free will? Or was it destiny? If you're one of the curious seeking an answer, find out for yourself in *Sensing the Future*.

Trish and Rob MacGregor have written many nonfiction self-help books on astrology, dreams, the tarot and synchronicity. Trish is the author of *Unlocking the Secrets to Scorpio* and *The Biggest Book of Horoscopes Ever*, and Trish and Rob co-authored Sydney Omarr's famous horoscope books. They are regularly featured on radio shows, podcasts and websites such as Coast to Coast and Whitley Strieber's Dreamland, which has several million listeners. They live in Boynton Beach, Florida.

BODY, MIND & SPIRIT / PARAPSYCHOLOGY / ESP

Page Street Publishing | 1/3/2017

9781624143342 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 20
9 in H | 8 in W

Other Available Formats:

Ebook ISBN: 9781624143533

MARKETING

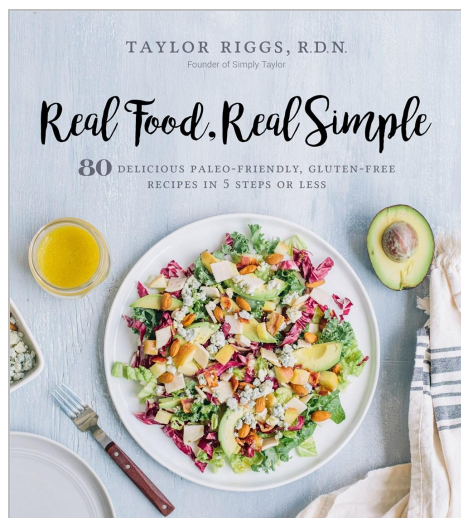
Pitch top self-help, new age, spiritual and paranormal blogs and media outlets

Return to outlets that have covered

Trish's previous books: *Unlocking the Secrets to Scorpio* and *The Biggest Book of Horoscopes Ever*

Outreach to paranormal or spiritual radio shows, podcasts and websites including Coast to Coast and Whitley Strieber's Dreamland, each of which has several million listeners (author has been on in the past)

Local media outreach in Florida (author lives in Boynton Beach, FL)



Real Food, Real Simple

80 Delicious Paleo-Friendly, Gluten-Free Recipes in 5 Steps or Less

Taylor Riggs

Real Paleo cooking the easy way without a lot of steps, lengthy cooking times or expensive equipment, from a registered dietitian.

Following a gluten-free or Paleo diet has never been simpler than it is with *Real Food, Real Simple*—each recipe is completed start to finish in five steps or fewer to make healthy cooking completely hassle-free. With simple ingredients, the recipes come together quickly and with ease. Taylor Riggs—of the food blog Simply Taylor—is a registered dietitian and infuses the book with nutrition information so readers know they are getting the nutrients they need!

Begin your day with Effortless Morning Meals, like Whole Foods “Cereal” and Pumpkin Spice Waffles. For lunch, enjoy Kale and Brussels Sprout Salad with Cranberries and Pecans or Chicken Tortilla Soup. Easy Main Eats include California Turkey Burgers and Spaghetti Squash Mexican Casserole. There’s an even a chapter of cooking Just for One, on those days when you need a little meal to yourself.

Taylor Riggs is a Registered Dietitian and the founder of the blog Simply Taylor. She lives in Columbus, Ohio.

COOKING / HEALTH & HEALING / GLUTEN-FREE

Page Street Publishing | 1/3/2017

9781624143373 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

60 color photos

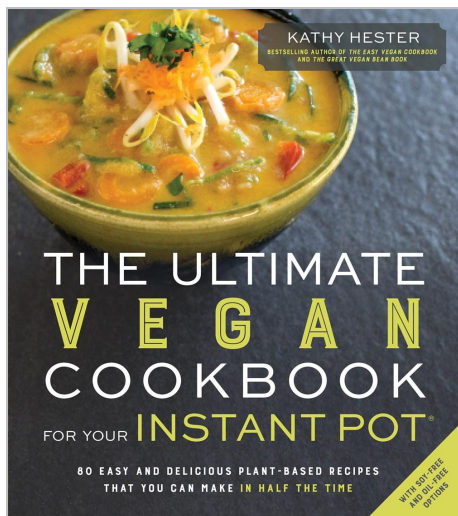
Other Available Formats:

Ebook ISBN: 9781624143519

MARKETING

Pitch Paleo, Gluten-Free and Healthy Living blogs and traditional media outlets
Outreach to food editors at top regional newspapers

Local media from author’s hometown of Columbus, OH



The Ultimate Vegan Cookbook for Your Instant Pot

80 Easy and Delicious Plant-Based Recipes That You Can Make in Half the Time

Kathy Hester

Save time and money cooking family-friendly meals and healthy homemade staples using an Instant Pot from the author of the bestselling *The Vegan Slow Cooker*.

As the Instant Pot becomes increasingly affordable and popular among home cooks, who better than to teach vegans the ins and outs of this handy appliance than bestselling vegan cookbook author Kathy Hester? In *The Ultimate Vegan Instant Pot Cookbook*, Kathy presents 80 new and unique recipes using the many features of the 7-appliances-in-1 Instant Pot, which includes a pressure cooker, slow cooker, yogurt maker and steamer. The Instant Pot does most of the work for less kitchen stress and mess, and it produces astoundingly delicious results.

Recipes include Autumn Mushroom Bean Soup, Quinoa Chickpea Scramble, California Vegetables in Cheezy Sauce, All American Tempeh Chili, Mushroom Stroganoff Over Instant Pot Potatoes and even desserts like Vegan Cheesecake and Smores Sweet Potatoes. Readers also save money by easily making their own staples such as vegetable stock, nondairy milk, yogurt, seitan and cheesy sauce. With plenty of introductory material, readers can learn about using the different features of their Instant Pot, nutritional benefits of each, do's and don'ts and how to care for it. This cookbook helps vegan home cooks confidently use the Instant Pot to prepare their own nourishing staples and delicious meals for their families. This book will have 80 recipes.

Kathy Hester is the author of *Easy Vegan*, *OATrageous Oatmeals*, *The Great Vegan Bean Book*, *The Vegan Slow Cooker* (which shipped more than 50K copies) and more. She writes a vegan food blog, HealthySlowCooking.com, which has 19,000 Facebook likes. She lives in Durham, North Carolina.

COOKING / VEGETARIAN

Page Street Publishing | 1/10/2017

9781624143380 | \$22.99

Trade Paperback | 224 pages | Carton Qty: 26

9 in H | 8 in W

80 color photos

Other Available Formats:

Ebook ISBN: 9781624143526

MARKETING

Outreach to vegetarian, vegan, and gluten-free publications and blogs
Return to media outlets that have covered Kathy's previous cookbooks (including Washington Post, SheKnows, theKitchn, Yoga Journal)

Outreach to food editors at top newspapers

Author does online cookbook PR on the side, so we will utilize her expertise in promoting her own cookbook!

Potential cross promotional partnership with Instant Pot or other companies/brands that Kathy already has a relationship with



HOUSE & HOME / CLEANING, CARETAKING & ORGANIZING

Page Street Publishing | 1/17/2017

9781624143243 | \$15.99

Trade Paperback | 160 pages | Carton Qty: 26
9 in H | 6 in W

Other Available Formats:

Ebook ISBN: 9781624143489

MARKETING

Pitch for inclusion in “New Year New You” promotions (for cleaning resolutions)

Outreach to women’s, organizational and mommy bloggers

Pitch women’s magazines (online and print), including Good Housekeeping, Better Homes & Gardens, Redbook, Woman’s Day, Woman’s World, etc.

Outreach to home and lifestyle editors at top newspapers

Pitch national and local Canadian media (author lives in Ontario, Canada)

The Cleaning Ninja

How to Clean Your Home in 8 Minutes Flat and Other Clever Housekeeping Techniques

Courtenay Hartford

This unique speed-cleaning book shows you how to clean your whole house in eight minutes flat, among other incredibly fast and innovative cleaning techniques.

Imagine having your house clean in eight minutes flat. Yes, it is possible! Courtenay Hartford is all about working smarter, not harder. She shows readers how to get their homes that kind of sparkly clean that they’ve only dreamed about and do it with time leftover for all the real life-living that you want to do.

Courtenay’s tips and tricks help readers make their lives easier with clever shortcuts and daily, monthly and super-mega all-inclusive deep cleaning checklists. These tips help with actual real-life cleaning situations that you face everyday — like how to rescue a messy house in 8 minutes flat (hint: there are only a few surfaces in your house that really matter here!) as well as which steps in your laundry routine you really can skip to make tackling Mount Dirtyclothes so much speedier and that you really don’t need most of the cleaning products in your cupboard.

Tackle your toughest cleaning jobs in some of the dirtiest rooms in your home with quick, helpful, realistic tips with this fun, easy-to-read guide.

Courtenay Hartford is a Canadian work-at-home mom and founder of The Creek Line House. Courtenay, her husband Chris and daughter Kennedy packed up and moved to the country to renovate a turn-of-the-century farmhouse. She lives in Ontario, Canada.

Paleo Cooking With Your Instant Pot

80 Incredible Gluten- and Grain-Free Recipes Made Twice as Delicious in Half the Time

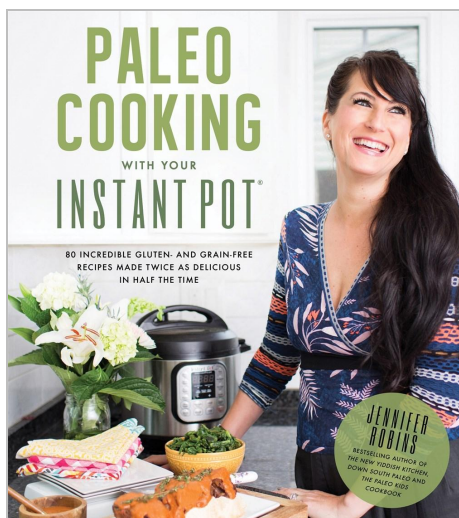
Jennifer Robins

Make 80 delicious Paleo meals faster, easier and better for even the busiest weeknight with a hot new kitchen tool—the Instant Pot.

In *Instant Pot Paleo Cookbook*, bestselling Paleo cookbook author Jennifer Robins teaches readers how to use her favorite tool and secret weapon, the Instant Pot, to cook amazing meals at home with ease. The Instant Pot is a wildly popular and ultra-handly kitchen tool that cooks many different methods using one pot—including pressure cooking, slow cooking, steaming and sautéing—and can be intimidating until now. Jennifer walks you through the settings and provides top-quality and foolproof recipes that show you everything this cooker is capable of. With the bulk of the work done by the Instant Pot and all in one pot, you spend less time cooking and washing dishes. Delicious, healthy meals made easy and quick? That's a win-win for any Paleo home cook!

Instant Pot Paleo Cookbook features 80 delicious recipes, each accompanied by a full-page photo, such as Chinese 5 Spice Spare Ribs, Easy Grain-Free Meatballs, Mediterranean Steamed Fish, Stuffed Eggplant, Cream of Mushroom Soup, plus desserts like Pumpkin Panna Cotta and tasty seasonal beverages like Chai Tea. Readers can also make homemade staples like Chicken or Beef Stock, Marinara Sauce and breakfasts like Cinnamon Rolls and Omelets. This machine can do it all! Jennifer shows you how to have fun mastering your Instant Pot and get a delicious, healthy meal on the table for your family.

Jennifer Robins is the author of *Down South Paleo* and co-author of *The New Yiddish Kitchen*—set to come out March 2016. Her food blog, *Predominantly Paleo*, has 23,500 Facebook likes and nearly 37,000 Instagram followers. She lives in Arlington, Virginia.



COOKING / HEALTH & HEALING / GLUTEN-FREE

Page Street Publishing | 1/3/2017

9781624143540 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

80 color photographs

Other Available Formats:

Ebook ISBN: 9781624143601

MARKETING

Our marketing efforts will capitalize on Jen's success in the Paleo and blogging communities to organize excerpts, reviews and giveaways on top food and Paleo blogs

Outreach to food editors at top regional newspapers

Pitch Paleo, Gluten-Free and Healthy Living outlets

Return to outlets that have already covered Jen and her previous cookbooks

Pitch local media in Northern Virginia and DC (Jen lives in Arlington, VA)

Potential cross promotional partnership with Instant Pot

Encyclopedia of Essential Oils

1001 Recipes for Natural Wholesome Aromatherapy

KG Stiles

Empower yourself to master your health and healing with this huge, maybe the biggest, book on essential oils out there from an aromatherapist to the stars.

KG Stiles shows you how to create essential oil recipes to shift your mindset and connect your body and mind featuring more than 1000 cures for every ailment from sleeping problems to healing sinuses.

An aromatherapist to stars like Yo Yo Ma, Sela War, Charles Barkley and Tommy Lee, 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 and experience nature with your ability to heal yourself as the aromatic oils stimulate your powerful olfactory nerves.

KG Stiles, BA, LMIT, CBT, CBP is a metaphysician, holistic health coach and aromatherapy consultant providing expert essential oils services since 1980. She has published hundreds of articles and her articles have appeared in national and industry trade magazines like *Massage Therapy Journal*, *Massage Today*, *Breast Cancer Wellness Magazine*, *Aromatherapy Today (Australia)* and *NAHA Aromatherapy Journal*. She lives in Ashland, Oregon.



HEALTH & FITNESS / AROMATHERAPY

Page Street Publishing | 1/31/2017

9781624143045 | \$30.00

Trade Paperback | 464 pages | Carton Qty: 12

7 in H | 9 in W

1000 color photographs

Other Available Formats:

Ebook ISBN: 9781624143069

MARKETING

Outreach to Alternative Health and Holistic magazines, publications. Outreach to top Alternative Health, Wellness and Holistic online outlets and blogs.

Natural Solutions for Cleaning & Wellness

Health Remedies and Green Cleaning Solutions Without Toxins or Chemicals

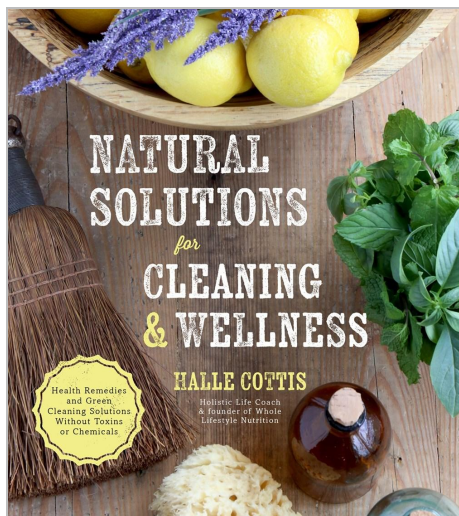
Halle Cottis

The ultimate, comprehensive guide of solutions made from ingredients around your home that will help you naturally clean and maintain your health without harsh and toxic chemicals.

This valuable, practical guide is your answer to provide your family with a life free from harsh everyday chemicals. With *Natural Solutions for Cleaning & Wellness* and a few ingredients from your kitchen, you can clean your home and treat minor ailments, naturally!

Halle Cottis shows you how to use all-natural concoctions to transform your house into a toxic-free home. She details how common kitchen ingredients can be used as natural solutions to save time and money, both in the home – with Kitchen Disinfectant Cleaner, Dry & Liquid Laundry Detergent or Pest Control – and for your health, whether you are dealing with Headaches & Migraines, Skin or Digestive System issues. This book will have 100 recipes for remedies and cleaners.

Halle Cottis is the founder of Whole Lifestyle Nutrition and is a Holistic Lifestyle Coach with The C.H.E.K. Institute and Energy Healing Practitioner. She holds a degree in food and nutrition from The Ohio State University. She lives in Clearwater, Florida.



HOUSE & HOME / SUSTAINABLE LIVING

Page Street Publishing | 2/7/2017

9781624143236 | \$19.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

80 color photos

Other Available Formats:

Ebook ISBN: 9781624143359

MARKETING

Outreach to health, nutrition and organic bloggers

Pitch outlets such as Rodale's Organic Life, Organic Spa Magazine, Natural Health and other publications with an emphasis on organic and natural living Pitch home publications (print and online) including Better Homes & Gardens, Good Housekeeping, Woman's Day, etc.

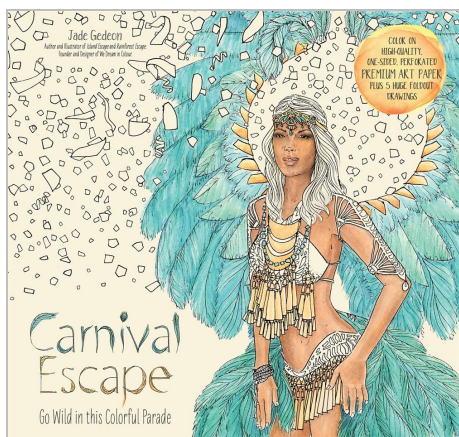
Outreach to Home and Garden sections of top newspapers

Local media in Clearwater, FL (where author lives)

Carnival Escape

Go Wild in this Colorful Parade

Jade Gedeon



GAMES / ACTIVITY BOOKS

Page Street Publishing | 2/14/2017

9781624143199 | \$16.99

Trade Paperback | 132 pages | Carton Qty: 26

9 in H | 9.5 in W

50 illustrations

MARKETING

Build off of the anticipated success of Jade's two previous coloring books, *Island Escape* and *Rainforest Escape*. Go back to the same media outlets that covered Jade's two previous coloring books.

Outreach to lifestyle editors at top newspapers and online lifestyle publications such as *InStyle*, *Buzzfeed*, *Huffington Post*, *Refinery29*, *MindBodyGreen*, etc. Online campaign targeting style, travel and crafting bloggers.

Escape to tropical paradise and set your imagination free with carnival-themed designs on thick premium art paper - perforated and one-sided so readers can tear them out to display.

Pack your bags and set sail for the Caribbean's annual Carnival festival. Color your way through the celebration of street parties, masquerades, calypso music and steel band competitions, and experience the crowning of the Calypso King with award-winning illustrator Jade Gedeon. Jade Gedeon's jewelry has been sold in Anthropologie and 900 other boutiques around the world and her paintings have been exhibited in Trinidad where she was raised. Artists who enjoy other adult coloring books will love the high quality, thick premium art paper that highlights the varied effects of colored pencils, markers and paints. Blank backs to each design and perforated edge mean readers can tear out their finished artwork to display. It includes 10 large spreads that fold out. Readers can enjoy a grand, immersive coloring experience that sets our book apart from others on the market.

Jade Gedeon is the founder of *We Dream in Colour*, which specializes in handmade, one-of-a-kind adornments, and the author of *Beautiful Bracelets by Hand*. Her jewelry has been featured in *Vogue*, *The New York Post*, *Lucky*, *Self*, *In Style*, *Marie Claire* and *People*, and is sold in over 900 stores. She lives in Essex, Massachusetts when she's not in Port of Spain, Trinidad.

Clean & Lean House

Put Your House on a Diet to Cut The Clutter

Jennifer Lifford

Create long-term clean home results by following this 12-month home organization room-by-room diet.

Like losing weight for your body, *Clean & Lean House* helps readers to clean their entire home month-by-month to create long-term results. The process begins with a 30-day detox and makes progress each month by cleaning and organizing the entire house, as well as maintaining the clutter-free lifestyle. Perfect for starting at the new year, but suitable for use year-round.

Tested in her own home, Jennifer Lifford brings her specific techniques to life to more than just declutter and throw stuff away. Jennifer shows readers how to change their habits and create long-term results over the course of each month. Her tips and tricks include creating zones for each room, utilizing checklists, getting the whole family involved and the option to pick and choose projects based on your goals. With time, readers can see how these projects add up to create clutter loss and a forever organized home.

Jennifer Lifford is the founder of Clean and Scentsible. By day she is a pediatric physiotherapist, but by night, she helps her readers re-organize their lives. She lives in Mission, British Columbia.



HOUSE & HOME / CLEANING, CARETAKING & ORGANIZING

Page Street Publishing | 2/21/2017

9781624143267 | \$19.99

Trade Paperback | 192 pages | Carton Qty: 20

9 in H | 8 in W

80 color photos

Other Available Formats:

Ebook ISBN: 9781624143403

MARKETING

Pitch for inclusion in "New Year New You" promotions (for organizing resolutions)

Outreach to women's, organizational and mommy bloggers

Pitch women's magazines (online and print), including Good Housekeeping, Better Homes & Gardens, Redbook, Woman's Day, Woman's World, Oprah Magazine, etc.

Outreach to home and lifestyle editors at top newspapers

Pitch national and local Canadian media (author lives in British Columbia)

Easy Flourless Muffins, Bars and Cookies

Delicious Recipes for Healthy, Portable Gluten-Free Snacks

Amanda Drozd

80 muffins and snacks so flavorful, you'd never guess they're gluten-free and good for you!

Easy Flourless Muffins, Bars and Cookies makes snacking a healthful and nourishing affair. Muffins are the perfect portable breakfast or mid-day snack, making it easy for readers to fuel their energy throughout the day! Many other gluten-free recipes call for expensive and hard-to-find alternative ingredients like tapioca flour or xanthum gum, but author Amanda Drozd—of the popular cooking blog *Running With Spoons*—focuses on common, recognizable ingredients such as oats, ground almonds, fresh fruit, greek yogurt, coconut oil, coconut flour and honey.

The book features 60 muffins, including classics like Chocolate Chip Muffins and Lemon Poppyseed Muffins; energy-packed breakfasts such as Blueberry Flax Muffins; coffeehouse favorites like Coffee Cake Greek Yogurt Muffins; savory muffins like Pizza Muffins; and, best of all, a whole chapter of chocolate-lover muffins like Rocky Road Muffins. Several recipes are vegan, oil-free or added-sugar-free for those looking for the healthiest options. The remaining 20 recipes are healthfully indulgent brownies and bars like Salted Caramel Brownies and Apple Crumble Bars, as well as cookies like Honey Almond Oatmeal Cookies. With so many options—and all of them using ingredients readers can trust to nourish them—this cookbook is a wonderful resource for anyone looking for grab-and-go breakfasts, quick and easy snacks and healthy desserts. This book will have 80 recipes.

Amanda Drozd is the founder of the healthy cooking and baking blog *Running with Spoons*. She runs her own health coaching practice, using her nutrition training and personal experience in overcoming an eating disorder to help others transform their disordered eating habits to live a happy and healthful life. Her blog, *Running with Spoons*, has nearly 15K Facebook likes, 14K followers Instagram followers and nearly 13K Pinterest followers. She lives in Edmonton, Canada.



COOKING / HEALTH & HEALING / GLUTEN-FREE

Page Street Publishing | 2/28/2017

9781624143335 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

80 color photos

Other Available Formats:

Ebook ISBN: 9781624143496

MARKETING

Outreach to Paleo, Gluten-Free and

Parenting blogs and media outlets

Select long lead pitching to women's,

food and healthy magazines

Target online versions of consumer

women's interest and food magazines,

and food editors at top daily and weekly

newspapers

Pitch national and local Canadian media

(author lives in Edmonton, Canada)



28 Day Plant-Powered Health Reboot

Reset Your Body, Lose Weight, Gain Energy & Feel Great

Jessica Jones and Wendy Lopez

The best way to get your body back on track and boost your overall nutrition with this new take on a plant-based health reset.

Discover the power of plant-based eating to reset your body's internal systems. You'll feel better and reap the health benefits of this cleansing diet while learning which nutrients are best, how to meal plan and how to get healthy. The recipes featured in this book have a great ethnic flair to them, due to the authors having a large black and Latino following.

You can reset your health at any time, but after the holidays, when diets tend to take a turn for the worse, is the best time for a plant-based health retreat. Written by two registered dietitians, within 30 days, you can feel healthier and glowing by enjoying Blueberry Chia Muffins for breakfast and Baked Black Bean Avocado Taquitos for lunch. Delicious dinners include Roasted Sweet Potato Quesadillas, and Pistachio Yogurt Bark shines as a snack. The sample meal plans are among the takeaways to create healthy habits that last beyond the 30 day cleanse.

This book will have 80 recipes.

Jessica Jones and Wendy Lopez are the founders of the blog Food Heaven Made Easy. Jessica is a Registered Dietitian with a masters of science in nutrition and she works at Eastmont Wellness Center in Oakland, CA. Wendy is an outpatient dietitian with a masters in nutrition and she works at the Metropolitan Hospital in East Harlem, NYC.

COOKING / VEGETARIAN

Page Street Publishing | 1/10/2017

9781624143588 | \$22.99

Trade Paperback | 224 pages | Carton Qty: 20

9 in H | 8 in W

80 color photos

Other Available Formats:

Ebook ISBN: 9781624143670

MARKETING

Outreach to vegetarian and vegan publications and blogs

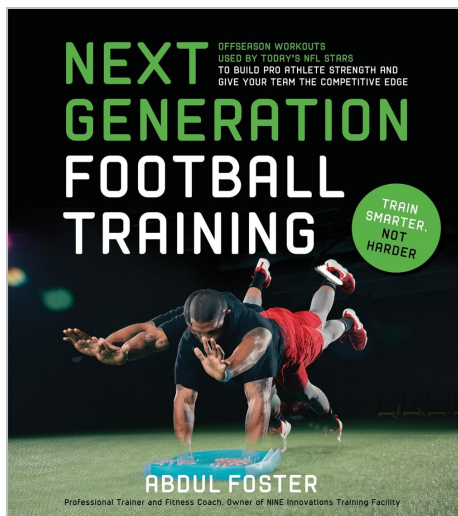
Outreach to food editors at top newspapers

Targeted social media promotion, taking advantage of the authors' followers, particularly of their podcast (35K subscribers)

Select long lead pitching to women's, food and healthy magazines

Local media outreach in NYC (for Wendy) and Oakland, CA (for Jessica)

Outreach to African-American media, including Wendy Williams, Steve Harvey, Ebony, Essence, etc.



Next Generation Football Training

Offseason Workouts Used by Today's NFL Stars to Build Pro Athlete Strength and Give Your Team the Competitive Edge

Abdul Foster

Renowned sports trainer and brother to Pro Bowler Arian Foster shares his state-of-the-art program he uses to train elite NFL stars with high school football players and coaches.

For years, Abdul Foster has been training his brother Arian Foster, a well-known and talented running back for the Houston Texans, and other NFL stars. In this book, Abdul presents his proprietary, effective and sought after training program that helps these NFL stars succeed. It features tips and advice from current NFL players who have gone through Abdul's training - Andre Johnson, Glover Quin Jr., James Ihedigbo, Brandon Lafell, Duane Brown, Owen Daniels and Darius Slay.

This book is a must-have for every serious high school football player and coach. It is scalable, realistic and achievable for youths with determination, desire to excel and dreams of an NFL career. In fact, Foster said he would have made the pros if he had had this program growing up - and his brother did!

Abdul calls it the "new wave" of football training, a modern approach less about over-training and more about training smarter. It's not until young talented players reach the NFL that they learn how to train properly with exercises that develop flexibility, speed & agility, stability and full-body strength that makes them dynamite players on the field. This book bridges the gap by giving kids the exercises and workouts the NFL stars use - adapted if necessary for younger athletes - information on preventing and recovering from injury, and a nutritional guide. This book is the perfect gift for any young football player with big dreams.

Abdul Foster is a professional trainer, fitness coach and counselor to many of the top professional athletes in the world. He is the owner of IX Innovations gym. He has trained football stars like Arian Foster (his brother), Andre Johnson, Duane Brown, Antonio Smith, Owen Daniels, Danarius Moore and more. He was recently one of the Performance Coaches for the NFL Combine in Los Angeles, California. He lives in Houston, Texas.

SPORTS & RECREATION / FOOTBALL

Page Street Publishing | 3/7/2017

9781624142406 | \$24.99

Trade Paperback | 308 pages | Carton Qty: 26

9 in H | 8 in W

200 color photos

Other Available Formats:

Ebook ISBN: 9781624142536

MARKETING

National sports and morning show television outlets

Outreach to sports publications including Sports Illustrated, Sports Illustrated for Kids, ESPN The Magazine and other niche sports and football media outlets
Pitch editors that cover football, sports and high school sports at top newspapers across the country
Target top regional sports radio programs
Local media outreach in author's hometown of Houston, Texas (including outreach to Houston sports/NFL editors who cover the Texans)



Modern Etiquette for a Better Life

Master All Social and Business Exchanges

Diane Gottsman

National Etiquette Expert
The Protocol School of Texas

Modern Etiquette for a Better Life

Master All Social and Business Exchanges

Diane Gottsman

This new take on manners and etiquette gives readers a modern perspective on social exchanges through easy-to-read tips and tricks and graphics.

An expert at presenting herself, Diane Gottsman shows readers how to maintain proper, modern etiquette through building relationships, being authentic and putting others at ease, with simple, easy-to-read tips and tricks and graphics. You can learn how to fine-tune the skills you already have, learn to communicate more effectively and create more general, social interaction. With Diane, you can be your best, most charming self.

While classic etiquette is certainly valuable, it might not always be practical in today's society. Diane is the leading modern etiquette expert and a popular media resource. Her engaging demeanor and straightforward approach to daily etiquette dilemmas are current, informative, stylish and fun.

Among the most challenging skills to master as an adult is mastering etiquette in social, business and holiday exchanges. Situational etiquette varies greatly, depending on the time, place and people that surround you.

Diane Gottsman is a national etiquette expert, television personality and the owner of The Protocol School of Texas. Diane is the resident etiquette expert for morning talk shows, *SA Living* and *Good Day Austin*. She has been featured nationally on the *Today* show, *HLN*, *CBS Sunday Morning* and *WGN Chicago*. Diane has been featured in the Huffington Post, CNN, *Forbes*, *The New York Times*, *The Boston Globe* and *Chicago Tribune*. She lives in Austin, Texas.

REFERENCE / ETIQUETTE

Page Street Publishing | 3/14/2017

9781624143250 | \$15.99

Trade Paperback | 192 pages | Carton Qty: 26

7 in H | 5 in W

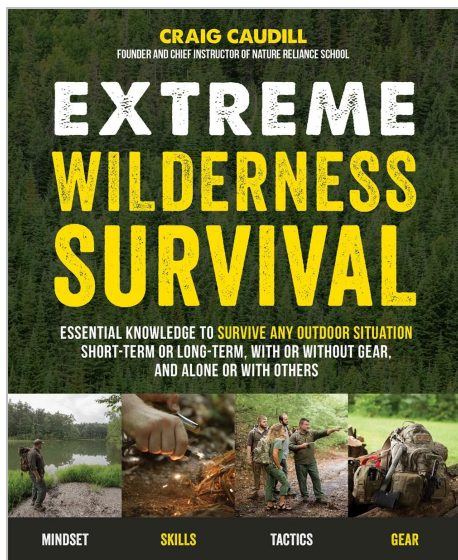
B&W

Other Available Formats:

Ebook ISBN: 9781624143441

MARKETING

This is an author with strong existing media connections, and we will pitch all of the outlets that have covered her in the past, including The Today show, HLN, CBS Sunday Morning, WGN Chicago, Kiplinger's, CNN, Forbes, The New York Times, US News and World Report, The Boston Globe and Chicago Tribune Outreach to Home, Lifestyle and Etiquette sections of top newspapers Take advantage of her existing media partnerships with SA Living, Good Day Austin and the Huffington Post



Extreme Wilderness Survival

Essential Knowledge to Survive Any Outdoor Situation Short-Term or Long-Term, With or Without Gear, and Alone or With Others

Craig Caudill

Learn the most practical and effective real-life survival skills to stay safe on any outdoor adventure from a wilderness expert who regularly puts these techniques to the test.

Extreme Wilderness Survival is a compilation of the real-life tactics that wilderness instructor Craig Caudill has built and really used, especially during two nature sabbaticals when he lived in the woods for nearly 30 days with only a knife. Through his extensive training with some of the best martial artists in the country and his experience as the chief instructor at Nature Reliance School, Craig has become a go-to expert in the outdoor survival community. In the book, he first teaches readers the most important safety tactic—how to set the right mentality and awareness before heading outside. Craig then teaches about basic survival needs and how to meet them depending on whether you have reliable man-made gear or no gear. He covers navigation, self-defense, shelter and warmth, water and food. Each chapter starts with a true story of outdoor adventure gone right or wrong, analyzing what should have been done differently.

The book covers the basics for outdoor enthusiasts who want to stay safe but have limited survival knowledge. It then dives into tactics for those ready for more advanced wilderness survival long-term, either solo or in a group. *Extreme Wilderness Survival* is an experience-based resource for keeping yourself and others safe on any nature excursion.

Craig Caudill is the chief instructor at Nature Reliance School, where he teaches in-person and online courses on outdoor safety and survival. He is also the “in-house” survival instructor for Dan’s Depot, which has nearly 30K Facebook likes and 30K YouTube subscribers. He has written for magazines such as *American Frontiersman*, *Self-Reliance Illustrated*, *Backwoodsman* and *Wilderness Way*. He has been featured on Kentucky Education Television. Craig lives in central Kentucky.

SPORTS & RECREATION / OUTDOOR SKILLS

Page Street Publishing | 3/21/2017

9781624143366 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

8 in H | 6 in W

100 color photos

Other Available Formats:

Ebook ISBN: 9781624143502

MARKETING

Outreach to outdoors and men’s magazines (both print and online versions) such as *Outside*, *Backpacker*, *GQ*, *Men’s Fitness*, *Men’s Health*, *Playboy*, *Popular Mechanics*, *Men’s Journal* and *Esquire*
Return to niche publications that have featured the author in the past, including *American Frontiersman*, *Self-Reliance Illustrated*, *Backwoodsman* and *Wilderness Way*
Pitch outdoor/survival-related radio shows and podcasts
Local media in central Kentucky, including Kentucky Education Television

The Baseball Meat Market

The Stories Behind the Best and Worst Trades in History

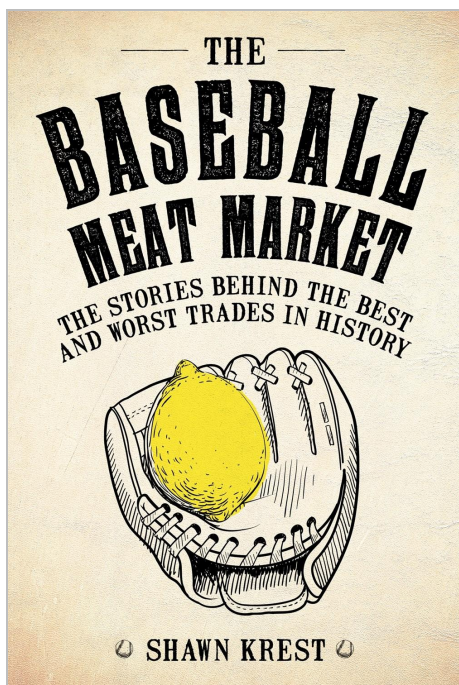
Shawn Krest

A must-have resource and great gift for any serious baseball fan to see the fascinating world behind the scenes of baseball's most significant trades.

Shawn Krest is an incredible and gripping sportswriter who shares a detailed narrative behind the best and worst MLB player trades in history. Few topics of baseball get fans as riled up as trades, and any fan can spout words of rage or thrill at the big blockbuster ones. But reviewing those mismatch trades is like judging the best home runs by how far they went. Instead of only focusing on the first-round knockouts, this book deals with the 12-round title fights of baseball trades. The best trades are the ones that changed the history of the sport. The worst ones didn't just get a GM fired—they cost a city its team. In this book, readers get a bird's eye view of the most important trades and how they shaped baseball into what it is today.

Shawn writes in the introduction, "To fully understand a trade, we must peek inside the front office, listen to the phone calls and read the texts. We must look through the scouting reports and see who's thought to be losing a step.... We need to check the locker room for cancers. Then we need to make a choice—Scott Pose, Tom Marsh or that kid from the Reds? There have been times when it was done better than anyone else. There have also been times where someone wishes he could take it all back—along with his job." Readers get the inside scoop on what was, what wasn't and what could have been. For any serious fan of the great sport of baseball, all the excitement and history is right here.

Shawn Krest is a sportswriter for ACCSports.com and the *ACC Sports Journal*. His work has appeared on CBSsports.com, ESPN.com, The Sporting News, MLB.com and the official game programs for the MLB All Star Game and League Championship Series. His writing has been awarded by the USBWA, PFWA and BWAA. Every Friday, Shawn appears on the David Glenn Show, and he makes regular appearances on stations in New York, South Carolina, Virginia and Florida. Shawn lives in Raleigh, North Carolina.



SPORTS & RECREATION / BASEBALL

Page Street Publishing | 3/28/2017

9781624142383 | \$22.99

Hardcover | 240 pages | Carton Qty: 20
9 in H | 6 in W

Other Available Formats:

Ebook ISBN: 9781624142413

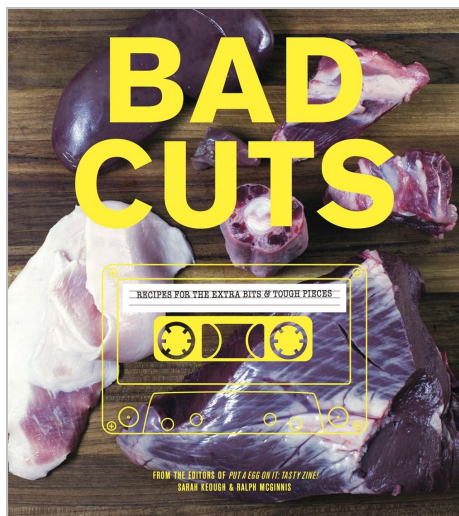
MARKETING

National television targets: Today, Good Morning America, Fox & Friends.

Sports radio tour targeting regional and national programs.

Outreach to Sports Section of Top 50 Newspapers.

Outreach to bloggers, including online blog tour.



Bad Cuts

Recipes for the Extra Bits & Tough Pieces

Sarah Keough and Ralph McGinnis

Take the extra bits, scraps and odd pieces of cuts of meat and turn them into mind-blowingly delicious meals.

Bad Cuts is about those cuts of meat that you wouldn't normally use or are trying to use in a new way. It's a part of a vegetable that most people would throw away. It's the extra bits, scraps and odd pieces.

Sarah Keough and Ralph McGinnis, editors of the indie Brooklyn-based zine, *Put a Egg On It* [sic], talk to chefs, butchers, home cooks, artists and friends to get their best recipes for bad cuts. Readers can learn the backstory of the less popular particular cut of meat, from a storytelling component to highlighting how to perfectly cook the "bad cut". Spanning a wide variety of culinary cultures, readers can take the cheap, tough cuts of meat and create mind-blowing delicious meals. From braises to salads, from Japanese to Moroccan, there's no limit to what you can make with the unusual or leftover cuts from this quirky and fun collection of recipes. This book has 80 recipes.

Sarah Keough and Ralph McGinnis are the editors of *Put a Egg On It: Tasty Zine*. *Put a Egg On It* has been featured in *Food & Wine Magazine*, *New York Magazine* and *Paper Magazine*, as well as online at *The Huffington Post*, *The New York Times* and *Tasting Table*. They live in Brooklyn, NYC.

COOKING / SPECIFIC INGREDIENTS / MEAT

Page Street Publishing | 4/4/2017

9781624143625 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 20

9 in H | 8 in W

80 color photos

MARKETING

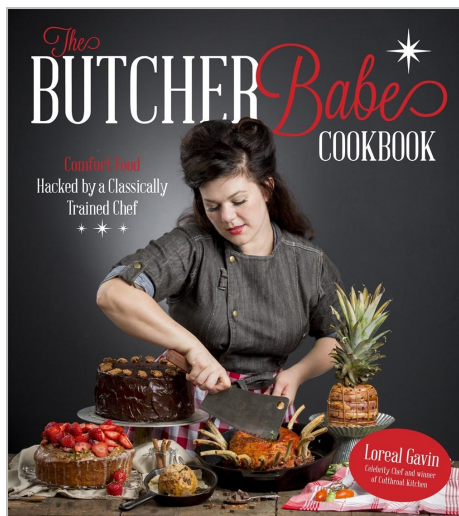
Select long lead pitching to men's, women's, lifestyle and food magazines (both print and online)

Outreach to top food and lifestyle blogs

Outreach to food editors at top regional newspapers

Take advantage of author's connections and outlets that have covered them previously, including *Food & Wine*, *New York Magazine*, *Paper Magazine*, *The Huffington Post*, *New York Times* and *Tasting Table*

Local media outreach in Brooklyn, NY and NYC



The Butcher Babe Cookbook

Comfort Food Hacked by a Classically Trained Chef

Loreal Gavin

Elevate classic cooking techniques with eclectic, rock n' roll twists from a quirky celebrity chef.

Loreal Gavin's background is unique and combined with a strong, quirky personality, she elevates eclectic recipes for a hardcore cooking crowd by embracing old school techniques but putting her personal spin on recipes to make them her own. Think Nascar meets gourmet. Loreal teaches readers the rules of cooking meats and sweets so they know how to break them. She highlights chef techniques with variations, corresponding to key moments in her career.

Loreal provides the knowledge and science behind these recipes, as well as budget friendly tips, specific lessons that made her a better cook and ways to amp up recipes to take your cooking to the next level. From becoming trained in classical French cuisine, to working in a butcher shop, then attending culinary school for pastry, *The Butcher Babe Cookbook* is the story of Loreal's culinary journey behind her career so far. Learn recipes like her Beef Tongue Tacos, Corndog Casserole, Rootbeer Pig Belly Bites, Mini Turducken and Ambrosia Ice Cream Bars. This book will have 100 recipes and 60 photos.

Loreal Gavin is a motorcycle-riding, guitar-playing chick who loves vintage style and tattoos, and has been cooking for 11 years. She attended Sullivan University for culinary arts and is also trained in baking, butchery and pastry. Loreal was a contestant on *Food Network Star* season 10 and won *Cutthroat Kitchen*, and she is a culinary ambassador for Indianapolis 500 in support of REV, which supports statewide trauma programs at the IU Health Emergency Medical Center of the Indianapolis Motor Spe...

COOKING / METHODS / PROFESSIONAL

Page Street Publishing | 4/4/2017

9781624143274 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

80 color photos

MARKETING

Pitch author profiles and recipe excerpts to top food and women's magazines, including Food Network Magazine (since the author was on *Food Network Star* and *Cutthroat Kitchen*)

Pitch top food blogs, including Food Network and Cooking Channel blogs

Outreach to food editors at top newspapers

Potential promotional partnerships with NASCAR, the Indy 500 and Maker's Mark (author is a brand ambassador with these companies)

Foraged Flower Arranging

A Step-by-Step Guide to Creating Stunning Arrangements from Local, Wild Plants

Rebekah Clark Moody

Use local plants and flowers to make breathtaking vase arrangements, platters and garlands that show the wild and rustic beauty of nature, a modern point of difference from manicured arranging.

You don't need to buy expensive cut flowers from a wholesaler to create stunning arrangements at home. With *Foraged Flower Arranging*, you can bring the organic beauty of nature into your home in ways you've never seen before.

Go beyond a vase of plain tulip stems or a haphazard bunch of wildflowers in a jar with arrangements like Large-Scale Autumnal Arrangement featuring colorful leafy branches, and Lush Green Platter Arrangement with a beautiful flow of greens and white flowering vines. Floral designer Rebekah Clark Moody teaches readers techniques to forage for local plants then arrange them in unique ways to preserve their wild shape. The result is easy, yet high-impact design with the modern and incredibly popular rustic, natural look. Display your arrangements in a vintage vase on a dining table, antique chest or foyer table to wow your family and friends for special occasions or stunning everyday décor.

The arrangements cover a wide variety of trees, flowers and plants, plus tips for adapting based on what you have available, making the book accessible to readers in all climates, all year round. This book has 50 projects and 50 final photos plus detailed step-by-step photos.

Rebekah Clark Moody is the founder and flower designer of Forage & Fleur. She does flower arranging for weddings and special events. Her work has caught the attention of renowned web publications such as 100 Layer Cake, Style Me Pretty, Once Wed, Utterly Engaged, and more. She lives in Atlanta, Georgia.



CRAFTS & HOBBIES / FLOWER ARRANGING

Page Street Publishing | 4/11/2017

9781624143649 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

150 color photos

MARKETING

Pitch media outlets where the author has already been featured including 100 Layer Cake, Style Me Pretty, Once Wed and Utterly Engaged

Outreach to wedding

magazines/websites, including Martha Stewart Weddings, The Knot, InStyle, etc.

Pitch outdoor, nature and gardening outlets and blogs including Better Homes & Gardens, Modern Farmer, Edible publications, etc.

Local media in author's hometown of Atlanta



Epic Recipes That Made a Cooking Career

Turning Points in a Rags-to-Restaurants Story Told Through Amazing Food

Jay Hajj

A unique take on an American success story made possible by hard work, plenty of luck, loving family, caring friends and great food.

Follow Jay Hajj on his culinary journey, beginning with his move from Lebanon to escape a civil war in Beirut, all the way through the opening of Mike's City Diner, a Boston favorite for over 17 years and staple in the South End. Featured on the Food Network's *Guy's Grocery Games*, *Diners Driveins and Dives* and *Guy's Big Bite*, as well as *The Phantom Gourmet*, Mike's City Diner has won nearly every award a Boston diner can win, including South End News' Best Breakfast and Cheap Eats award, Boston Magazine's Best Diner Award and Improper Bostonian's Best Breakfast Award, as well as being Zagat rated.

Known for hearty, home-style meals, Jay shows the Mike's City Diner take on diner classics, from how to make your own Smoky Homemade Ham and Mike's City Diner Turkey Meatloaf to Chicken Liver Pate with Pomegranate Bacon Jam, and how they tie in to pivotal moments in his life, from Beirut in Wartime to his move to America. This cookbook will have 75 recipes.

Jay Hajj is the owner of Mike's City Diner. He lives in Boston, MA.

COOKING / METHODS / BARBECUE & GRILLING

Page Street Publishing | 4/25/2017

9781624143427 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

80 color photos

MARKETING

Outreach to men's, women's, lifestyle and food magazines (both print and online), including Food Network Magazine Pitch top food and lifestyle blogs

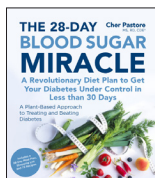
Outreach to food editors at top regional newspapers

Local media outreach in Boston, MA, where the author is based and has been covered extensively before

Index

28 Day Plant-Powered Health Reboot: Reset Your Body, Lose Weight, Gain Energy & Feel Great; Jessica Jones	Lifford, Jennifer; Clean & Lean House: Put Your House on a Diet to Cut The Clutter.
12	10
Bad Cuts: Recipes for the Extra Bits & Tough Pieces; Sarah Forbes Keough.	MacGregor, Trish; Sensing the Future: How to Tap Into Your Intuition and Read Signs From the Universe to Predict What's to Come.
17	2
Baseball Meat Market, The: The Stories Behind the Best and Worst Trades in History; Shawn Krest.	Modern Etiquette for a Better Life: Master All Social and Business Exchanges; Diane Gottsman.
16	14
Butcher Babe Cookbook, The: Comfort Food Hacked by a Classically Trained Chef; Loreal Gavin.	Natural Solutions for Cleaning & Wellness: Health Remedies and Green Cleaning Solutions Without Toxins or Chemicals; Halle Cottis.
18	8
Carnival Escape: Go Wild in this Colorful Parade; Jade Gedeon.	Next Generation Football Training: Offseason Workouts Used by Today's NFL Stars to Build Pro Athlete Strength and Give Your Team the Competitive Edge; Abdul Foster
9	13
Caudill, Craig; Extreme Wilderness Survival: Essential Knowledge to Survive Any Outdoor Situation Short-Term or Long-Term, With or Without Gear, and Alone or With Others	Paleo Cooking With Your Instant Pot: 80 Incredible Gluten- and Grain-Free Recipes Made Twice as Delicious in Half the Time; Jennifer Robins.
15	6
Clark Moody, Rebekah; Foraged Flower Arranging: A Step-by-Step Guide to Creating Stunning Arrangements from Local, Wild Plants.	Real Food, Real Simple: 80 Delicious Paleo-Friendly, Gluten-Free Recipes in 5 Steps or Less; Taylor Riggs.
19	3
Clean & Lean House: Put Your House on a Diet to Cut The Clutter; Jennifer Lifford.	Riggs, Taylor; Real Food, Real Simple: 80 Delicious Paleo-Friendly, Gluten-Free Recipes in 5 Steps or Less.
10	3
Cleaning Ninja, The: How to Clean Your Home in 8 Minutes Flat and Other Clever Housekeeping Techniques; Courtenay Hartford.	Robins, Jennifer; Paleo Cooking With Your Instant Pot: 80 Incredible Gluten- and Grain-Free Recipes Made Twice as Delicious in Half the Time.
5	6
Cottis, Halle; Natural Solutions for Cleaning & Wellness: Health Remedies and Green Cleaning Solutions Without Toxins or Chemicals.	Sensing the Future: How to Tap Into Your Intuition and Read Signs From the Universe to Predict What's to Come; Trish MacGregor.
8	2
Drozdz, Amanda; Easy Flourless Muffins, Bars and Cookies: Delicious Recipes for Healthy, Portable Gluten-Free Snacks	Stiles, KG; Encyclopedia of Essential Oils: 1001 Recipes for Natural Wholesome Aromatherapy.
11	7
Easy Flourless Muffins, Bars and Cookies: Delicious Recipes for Healthy, Portable Gluten-Free Snacks; Amanda Drozdz.	Ultimate Vegan Cookbook for Your Instant Pot, The: 80 Easy and Delicious Plant-Based Recipes That You Can Make in Half the Time; Kathy Hester.
11	4
Encyclopedia of Essential Oils: 1001 Recipes for Natural Wholesome Aromatherapy; KG Stiles.	
7	
Epic Recipes That Made a Cooking Career: Turning Points in a Rags-to-Restaurants Story Told Through Amazing Food; Jay Hajj.	
20	
Extreme Wilderness Survival: Essential Knowledge to Survive Any Outdoor Situation Short-Term or Long-Term, With or Without Gear, and Alone or With Others; Craig Caudill.	
15	
Foraged Flower Arranging: A Step-by-Step Guide to Creating Stunning Arrangements from Local, Wild Plants; Rebekah Clark Moody.	
19	
Forbes Keough, Sarah; Bad Cuts: Recipes for the Extra Bits & Tough Pieces.	
17	
Foster, Abdul; Next Generation Football Training: Offseason Workouts Used by Today's NFL Stars to Build Pro Athlete Strength and Give Your Team the Competitive Edge.	
13	
Gavin, Loreal; The Butcher Babe Cookbook: Comfort Food Hacked by a Classically Trained Chef.	
18	
Gedeon, Jade; Carnival Escape: Go Wild in this Colorful Parade.	
9	
Gottsman, Diane; Modern Etiquette for a Better Life: Master All Social and Business Exchanges.	
14	
Hajj, Jay; Epic Recipes That Made a Cooking Career: Turning Points in a Rags-to-Restaurants Story Told Through Amazing Food.	
20	
Hartford, Courtenay; The Cleaning Ninja: How to Clean Your Home in 8 Minutes Flat and Other Clever Housekeeping Techniques.	
5	
Hester, Kathy; The Ultimate Vegan Cookbook for Your Instant Pot: 80 Easy and Delicious Plant-Based Recipes That You Can Make in Half the Time.	
4	
Jones, Jessica; 28 Day Plant-Powered Health Reboot: Reset Your Body, Lose Weight, Gain Energy & Feel Great.	
12	
Krest, Shawn; The Baseball Meat Market: The Stories Behind the Best and Worst Trades in History.	
16	

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

PUB DATE: March, 2016



CRAFTING FROM NATURE

Amy Renea, founder of the blog A Nest For All Seasons

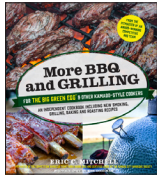
PRICE: \$19.99

ISBN: 978-1-62414-198-0

SPECS: 8 x 9, 208 pages, lay-flat paperback, 60 color photos

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MORE BBQ AND GRILLING FOR THE BIG GREEN EGG AND OTHER KAMADO-STYLE COOKERS

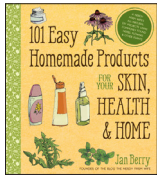
Eric Mitchell, bestselling author of *Smoke It Like A Pro on the Big Green Egg and other Ceramic Cookers* and founder of the Yabba Dabba Que barbecue team

PRICE: \$21.99

ISBN: 978-1-62414-237-6

SPECS: 8 x 9, 224 pages, paperback, 60 color photos

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101 EASY HOMEMADE PRODUCTS FOR YOUR SKIN, HEALTH & HOME

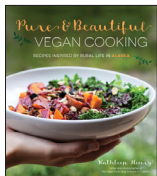
Jan Berry, founder of the blog *The Nerdy Farm Wife*

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SPECS: 8 x 9, 256 pages, lay-flat paperback, 100 color photos

PUB DATE: March, 2016



PURE & BEAUTIFUL VEGAN COOKING

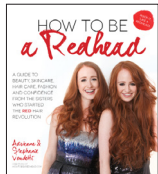
Kathleen Henry, founder of the blog *Produce on Parade*

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Adrienne and Stephanie Vendetti, sisters and founders of the blog *How to Be a Redhead*

PRICE: \$24.99

ISBN: 978-1-62414-222-2

SPECS: 8 x 9, 272 pages, lay-flat paperback, 60 color photos

PUB DATE: April, 2016



101 COOLEST SIMPLE SCIENCE EXPERIMENTS!

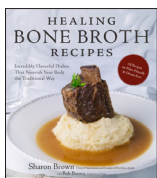
Holly Homer and Rachel Miller, bestselling authors of *101 Kids Activities That Are the Bestest, Funnest Ever!* and creators of *KidsActivitiesBlog.com*

PRICE: \$19.99

ISBN: 978-1-62414-133-1

SPECS: 8 x 9, 192 pages, lay-flat paperback, 100 color photos

PUB DATE: April, 2016



HEALING BONE BROTH RECIPES

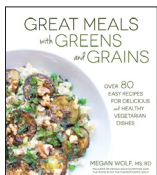
Sharon Brown, co-owner of *Real True Foods* and certified GAPS Practitioner

PRICE: \$21.99

ISBN: 978-1-62414-229-1

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

PUB DATE: May, 2016



GREAT MEALS WITH GREENS AND GRAINS

Megan Wolf, Registered Dietitian, owner of *Megan Wolf Nutrition* and founder of the blog *The Domesticated Wolf*

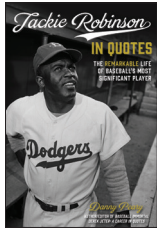
PRICE: \$19.99

ISBN: 978-1-62414-228-4

SPECS: 8 x 9, 160 pages, lay-flat paperback, 60 color photos

PUB DATE: April, 2016

+ PAGE STREET RECENTLY PUBLISHED +



BASEBALL IMMORTAL: JACKIE ROBINSON

Danny Peary, author of *Baseball Immortal: Derek Jeter*

PRICE: \$19.99

ISBN: 978-1-62414-244-4

SPECS: 6 x 9, 368 pages, paper over board

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100 FUN AND EASY LEARNING GAMES FOR KIDS

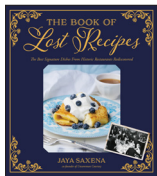
Amanda Boyarshinov & Kim Vij, certified teachers and creators of TheEducatorsSpinOnIt.com

PRICE: \$21.99

ISBN: 978-1-62414-196-6

SPECS: 8 x 9, 208 pages, lay-flat paperback, 60 color photos

PUB DATE: May, 2016



THE BOOK OF LOST RECIPES

Jaya Saxena, co-founder of Un-Common Courtesy

PRICE: \$24.99

ISBN: 978-1-62414-239-0

SPECS: 8 x 9, 240 pages, cloth hardcover, 127 photos

PUB DATE: June, 2016



ISLAND ESCAPE

Jade Gedeon, founder and designer of We Dream in Colour

PRICE: \$16.99

ISBN: 978-1-62414-243-7

SPECS: 9 x 9.5, 132 pages, lay-flat paperback

PUB DATE: July 2016



RAINFOREST ESCAPE

Jade Gedeon, founder and designer of We Dream in Colour

PRICE: \$16.99

ISBN: 978-1-62414-318-2

SPECS: 9 x 9.5, 132 pages, lay-flat paperback

PUB DATE: July 2016



FRESH ITALIAN COOKING FOR THE NEW GENERATION

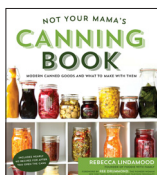
Alexandra Caspero Lenz, author of the food blog DelishKnowledge.com

PRICE: \$21.99

ISBN: 978-1-62414-260-4

SPECS: 8 x 9, 208 pages, paperback, 80 photos

PUB DATE: July 2016



NOT YOUR MAMA'S CANNING BOOK

Rebecca Lindamood, author of *Foodie with a Family*

PRICE: \$22.99

ISBN: 978-1-62414-261-1

SPECS: 8 x 9, 224 pages, lay-flat paperback, 60 photos

PUB DATE: July 2016



NO-BAKE TREATS

Julianne Bayer, founder of Beyond Frosting

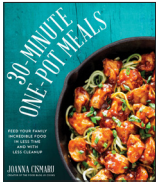
PRICE: \$22.99

ISBN: 978-1-62414-246-8

SPECS: 8 x 9, 224 pages, paperback, 80 photos

PUB DATE: July 2016

+ PAGE STREET RECENTLY PUBLISHED +



30-MINUTE ONE-POT MEALS

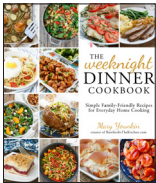
Joanna Cismaru, creator of the food blog Jo Cooks

PRICE: \$21.99

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

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HOME BREW RECIPE BIBLE

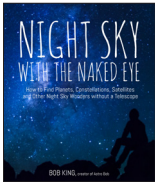
Chris Colby, editor of Beer & Wine Journal

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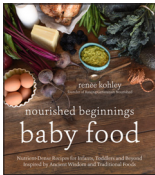
Meredith Steele, founder of the blog SteeleHouseKitchen.com

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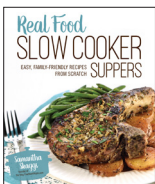
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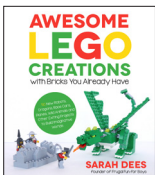
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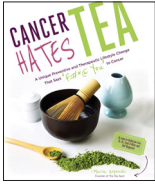
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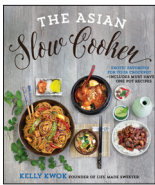
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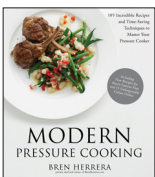
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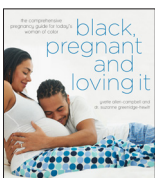
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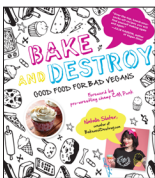
Andy Petranek, founder of CrossFit Los Angeles and Roy M. Wallack, *Los Angeles Times* Fitness Columnist

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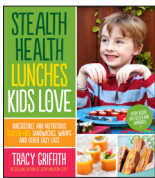
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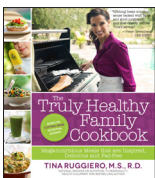
Tracy Griffith, bestselling author of *Sushi American Style*

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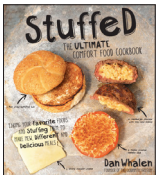
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Jeremy LeBlanc, San Diego's top bartender, and Christine Dionesse, food writer
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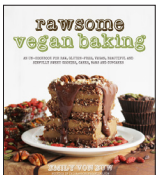
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Dan Whalen, creator of popular food site The Food in My Beard
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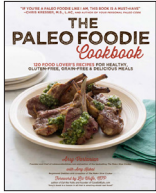
Emily von Euw, founder of thisrawsomeveganlife.com
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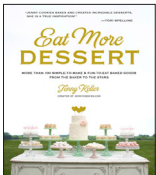
Arsy Vartanian, creator of Rubies & Radishes and author of *The Paleo Slow Cooker*

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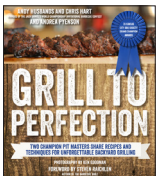
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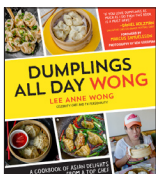
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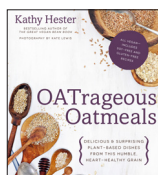
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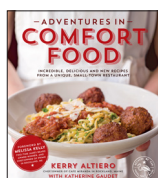
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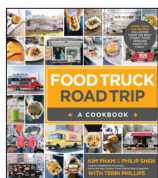
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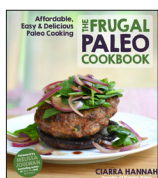
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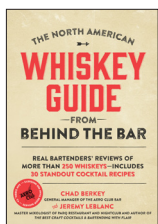
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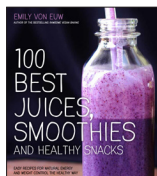
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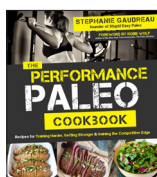
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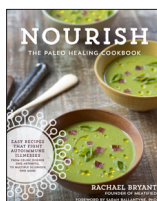
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Rachael Bryant, founder of Meatified

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SPECS: 8 x 10, 224 pages, paper over board, 80 color photos
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Kim Yorio, founder of YC Media
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SPECS: 8 x 9, 160 pages, paperback, 40 color photos
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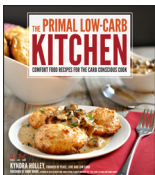
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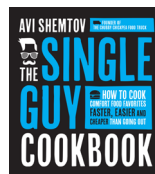
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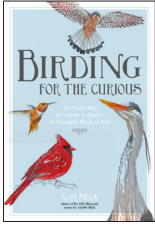
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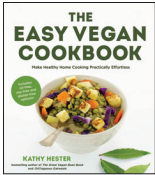
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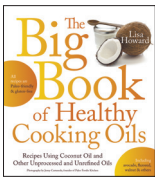
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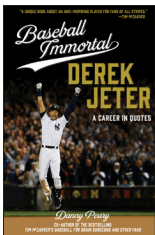
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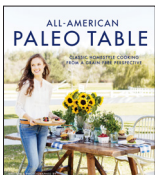
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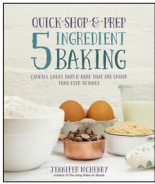
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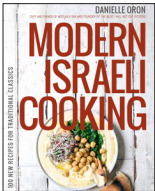
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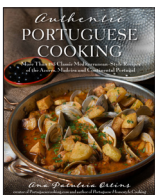
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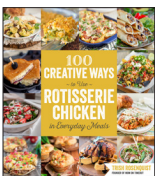
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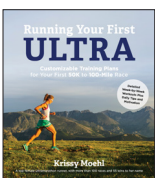
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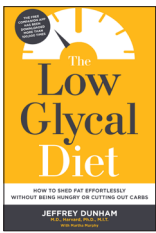
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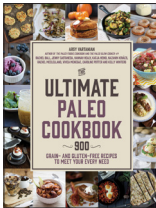
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