

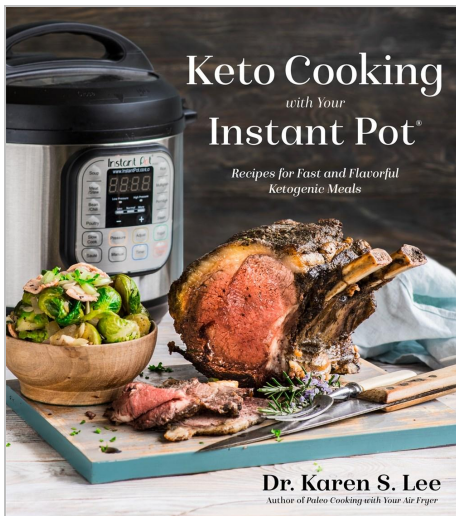
# PAGE STREET PUBLISHING CO.

+ WINTER 2019 + JANUARY-APRIL +



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

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# Keto Cooking with Your Instant Pot

*Recipes for Fast and Flavorful Ketogenic Meals*

Karen Lee, D.C.

**Two major sellers unite in this exciting book of Keto recipes for the Instant Pot in the tradition of the Page Street bestseller, Paleo Cooking with Your Instant Pot.**

Karen Lee uses the amazingly popular Instant Pot to create easy Keto dishes that are both exciting and healthy. The low carb, high fat Keto diet, has been adopted by many for touted successes for losing weight and other health benefits. This book is right in line with two of the biggest current food trends. It caters to both Keto followers and Instant Pot fans, offering a wide range of choices.

The Instant Pot is the perfect appliance for those who are new to the trendy but complicated Keto diet, as well those looking to mix up their diet with fast, fresh Keto recipes. This book is full of soups, stews and fun, protein-packed dishes like Buffalo Chicken Wings and Pork Chops with Mushroom Sauce. Readers will find versatile options with the correct ratios of fat, carbs and protein for any occasion, whether they're craving sweets like Strawberry Cheesecake or lighter fare, like Coconut Curry Shrimp. With Umami Stir-Fry Sauce in the fridge, a flavorful meal is always close at hand. No matter how busy your schedule, Karen's creative Instant Pot solutions make the Keto diet easy to enjoy.

This book will have 75 recipes and 75 photos.

Karen Lee is the author of *Paleo Cooking with Your Air Fryer* and a former doctor of chiropractic medicine. She lives in Westchester, NY.

## COOKING / HEALTH & HEALING

Page Street Publishing | 1/1/2019

9781624146978 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

### Other Available Formats:

Ebook ISBN: 9781624146992

## MARKETING

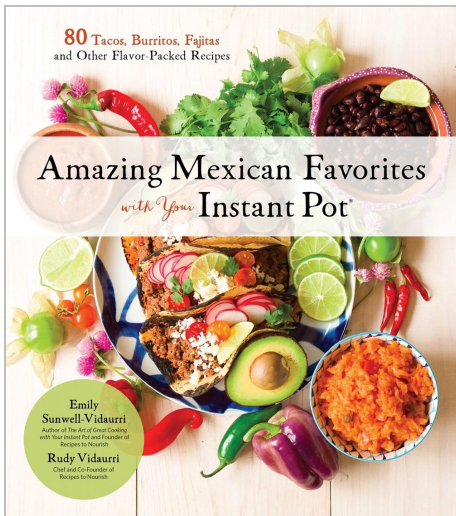
Utilize the author's following from her personal website, which has 21K Instagram followers and 8K Facebook likes

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

Outreach to top food and lifestyle blogs

Outreach to food editors at top regional newspapers

Local media out of Westchester, NY



### COOKING / METHODS / SPECIAL APPLIANCES

Page Street Publishing | 1/15/2019

9781624147098 | \$17.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

80 photos

#### Other Available Formats:

Ebook ISBN: 9781624147104

### MARKETING

Utilize the author's impressive social media followings (more than 50k followers on Instagram, 30k on Pinterest, and nearly 20k on Facebook)

Return to outlets and blogs that have covered the author in the past, including feedfeed, foodandwine.com, Food Republic, Good Day Sacramento, Well + Good, Detroit Free Press and more  
Pitch gluten-free and healthy living outlets  
Outreach to food editors at top regional newspapers

Local media out of Northern CA

## Amazing Mexican Favorites with Your Instant Pot

*80 Tacos, Burritos, Fajitas and Other Flavor-Packed Recipes*

Emily Sunwell-Vidaurri and Rudy Vidaurri

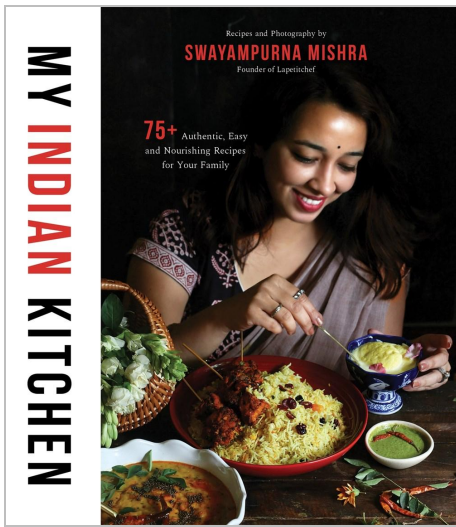
**Emily Sunwell-Vidaurri's latest cookbook leverages the popularity of both Instant Pots and gluten-free eating with 80 recipes for Mexican dishes that are full of authentic flavors.**

Enjoy the authentic flavors of Mexico with mouthwatering gluten-free recipes that are faster, healthier, and easier to prepare. Emily Sunwell-Vidaurri, the author behind the popular cookbook *The Art of Great Cooking With Your Instant Pot*, is back with more hit recipes for making the most of your multi-cooker. This time focusing on the wide appeal of Mexican cuisine, Sunwell-Vidaurri's meals are gluten-free and bursting with authentic flavors. With the help of her husband Rudy, who has Mexican-American roots and extensive experience in restaurant cooking, Sunwell-Vidaurri provides readers with a healthier twist on their favorite Mexican dishes, like Chile con Carne, Enchiladas Verdes and Chili Relleno Dip. Gluten-free eating has never been so appetizing.

Considered the unofficial go-to gift this past holiday season, Instant Pots have become ubiquitous. But what do you make with this exciting new tool? Sunwell-Vidaurri answers that question with recipes that are approachable and easy to prepare, allowing readers to create impressive meals in just a fraction of the time so they can escape the kitchen and enjoy the company of their loved ones.

This book will have 80 recipes and 80 photos.

Emily Sunwell-Vidaurri is the author of *The Art of Great Cooking With Your Instant Pot*. She founded Recipes to Nourish, a gluten-free blog focusing on real food and natural living. Her recipes, cookbook and photography have been featured on foodandwine.com, Food Republic and more. In 2017 she received the BITAN Award (Best in Traditional and Nourishing Foods Award). Rudy Vidaurri is Mexican-American and has extensive experience in restaurant cooking. Emily and Rudy live in Sacramento, California...



## My Indian Kitchen

*75+ Authentic, Easy and Nourishing Recipes for Your Family*

Swayampurna Mishra

**75 simple recipes that bring traditional Indian flavors to the table in less time with less stress for the growing audience interested in this delicious and different cuisine.**

Swayampurna (Swayam) Mishra feeds her audience's desire for authentic Indian flavors with meals inspired by her Indian heritage and her mother's cooking—with a collection of curated recipes that are exceptionally easy and palatable for beginners. Home chefs love her easy approach to Indian cuisine, which affords them the opportunity to spice things up in the kitchen without the hassle. Creator of the popular blog La Petit Chef, Swayam keeps her food philosophy simple, "fun, fast and fabulous." This book embodies Swayam's outlook on cuisine and invites audiences of any background to enjoy the bold flavors and simplicity that cooking Indian can provide.

Home cooks will love the ease of preparation with one-bowl meals like Pumpkin, Spinach and Chickpea Curry, Salt and Pepper Chicken and Classic Paneer Chili. Indian soul food shines in dishes like Mom's Lamb Curry with its pops of cardamom, black peppercorns and cinnamon. Chicken Tikka Wraps will fool any guest into thinking you're a master of Indian cuisine when in fact your time in the kitchen was a breeze.

With an authoritative voice and a forward by respected Indian chef and author Amandip Uppal, Swayam's book will entice everyone to give Indian cuisine a try or expand their already formed love of the culture. This book will have 75 recipes and 75 photos.

Swayampurna Mishra is the creator of the Indian food blog La Petit Chef. Her work has been featured in *Better Homes and Gardens*, *Buzzfeed* and *Thrive* magazine. She is a brand Ambassador for Jamie Oliver and an editor for FeedFeed. She lives in India.

### COOKING / REGIONAL & ETHNIC / INDIAN & SOUTH ASIAN

Page Street Publishing | 1/15/2019

9781624147272 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

#### Other Available Formats:

Ebook ISBN: 9781624147289

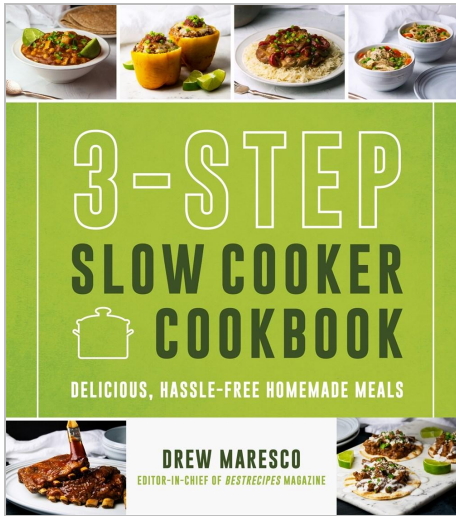
### MARKETING

Utilize the author's following from her Indian food blog, La Petit Chef, which has a combined social media following of over 50K

Return to outlets that have covered the author in the past, including *Better Homes and Gardens*, *Buzzfeed*, *feedfeed* and *Thrive* magazine

Outreach to top food and lifestyle blogs

Outreach to food editors at top regional newspapers



### COOKING / METHODS / SLOW COOKING

Page Street Publishing | 1/29/2019  
9781624147234 | \$21.99

Trade Paperback | 176 pages | Carton Qty: 26  
9 in H | 8 in W  
75 photos

**Other Available Formats:**  
Ebook ISBN: 9781624147241

### MARKETING

Utilize the author's platform from his role as editor in chief of Best Recipes magazine

Outreach to top food and lifestyle blogs  
Outreach to food editors at top regional newspapers

## 3-Step Slow Cooker Cookbook

*Delicious, Hassle-Free Homemade Meals*

Drew Maresco

**Get dinner on the table in three easy steps, with these 75 delicious and comforting slow cooker recipes.**

Busy families and over-scheduled professionals have embraced the slow cooker as the easiest way to get a wholesome, delicious dinner on the table. This book takes the convenience up a notch, compressing all the work into three easy steps. Drew Maresco, Editor in Chief of Best Recipes Magazine, knows that meals made in your own kitchen are better tasting and more nutritious. His approachable three-step recipes cut down on meal prep, making impressive weeknight dinners a no-brainer.

There's no need to stand over the stove stirring a soup pot, or monitor a roast in the oven. Left unattended, the slow cooker can simmer, braise, bake, boil and more. This book features an extensive selection of nourishing, hearty soups, including Irish Stout Stew, Italian Sausage and Ravioli Soup and Chili full of flavor and spice. Enjoy tender, mouthwatering meat dishes like Caramelized Onion Pot Roast. Pork Carnitas Tacos are perfect for a fun night in, and Lemon Basil Chicken with Rice is a light and fresh choice. Make French Toast Casserole overnight for weekend brunch guests, and have Slow Cooker Rice Pudding ready just in time for dessert. These recipes make cooking so quick and simple, it's easy to fit homemade meals into a hectic routine.

This book will have 75 recipes and 75 photos.

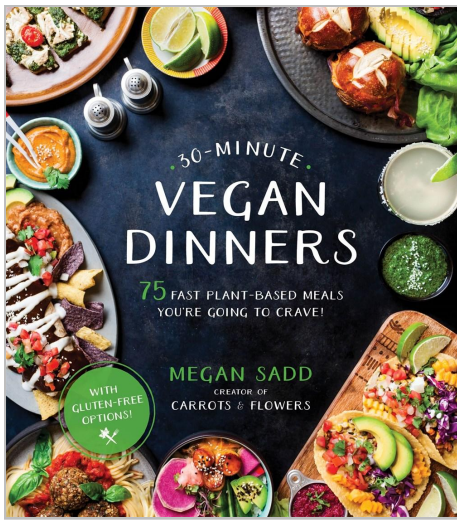
Drew Maresco is the Editor in Chief of Best Recipes magazine.

## 30-Minute Vegan Dinners

*75 Fast Plant-Based Meals You're Going to Crave!*

Megan Sadd

**Cooking flavorful whole-foods meals on busy weeknights is easier than ever with these brilliant 30-minute plant-based recipes by a food blogger with nearly 280k Facebook followers.**



### COOKING / VEGAN

Page Street Publishing | 2/5/2019

9781624147210 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

### Other Available Formats:

Ebook ISBN: 9781624147227

### MARKETING

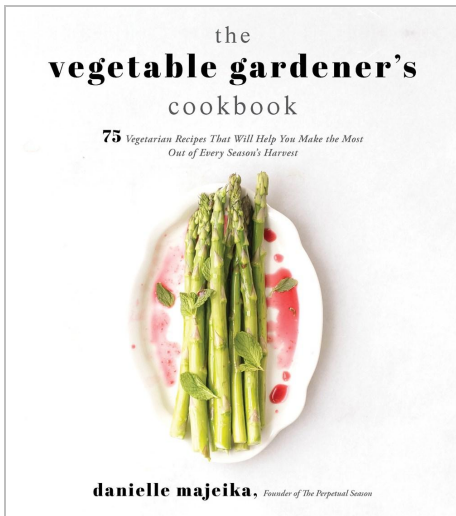
Utilize the author's following from her vegan blog, Carrots and Flowers, which has over 280K Facebook followers and 28K Instagram followers  
 Select long lead pitching to women's, food and healthy magazines  
 Outreach to vegetarian and vegan publications and blogs  
 Outreach to food editors at top regional newspapers  
 Local media out of Los Angeles, CA

Whether you're committed to a vegan diet or simply looking to enjoy more plant-based meals in your dinner routine, this cookbook is a must-have weeknight resource. Megan Sadd, founder of the vegan food blog Carrots and Flowers, which has nearly 280k likes on Facebook, shares 75 new and amazing recipes that work on multiple levels for busy home cooks. Each recipe is kid-friendly and easy to prepare, featuring easy-to-find, real-food ingredients and no highly processed meat or dairy substitutes. Most recipes are gluten free, or include a gluten-free option. Many are also made in one pot, making for less cleanup and fuss.

Readers won't groan at the thought of preparing dinner after work when they have such quick, easy and delicious options as Cauliflower Romanesco Tacos, Dynamite Poke Bowls, Salisbury Portobello TV Dinner, Creamy Pesto Quinoa with Roasted Tomatoes and 20 Minute Vegan Mac 'n' Chz. Before you know it, you'll be whipping up nourishing, nutrient-dense, feel-good dinners every night of the week like you were born for it!

There will be 75 recipes and 75 photos.

Megan Sadd is the founder of the vegan food blog Carrots and Flowers. She has nearly 280k followers on Facebook and 28k on Instagram. She lives in Los Angeles, California.

**COOKING / VEGETARIAN**

Page Street Publishing | 2/26/2019

9781624147173 | \$21.99

Trade Paperback | 176 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

**Other Available Formats:**

Ebook ISBN: 9781624147180

**MARKETING**

Utilize the author's following from her blog, The Perpetual Season, which has over 15K Instagram followers

Return to outlets that have covered the author in the past, including BuzzFeed, Well + Good and Brit + Co

Select long lead pitching to women's, food, vegan and healthy magazines  
Outreach to food, lifestyle, vegetarian and vegan publications and blogs

Outreach to food and garden editors at top regional newspapers

Local media out of California

# The Vegetable Gardener's Cookbook

*75 Vegetarian Recipes That Will Help You Make the Most Out of Every Season's Harvest*

Danielle Majeika

**In these incredible and easy-to-make vegetarian dishes, Danielle highlights one or two seasonal vegetables per recipe, making it easier than ever to incorporate fresh produce into everyday meals.**

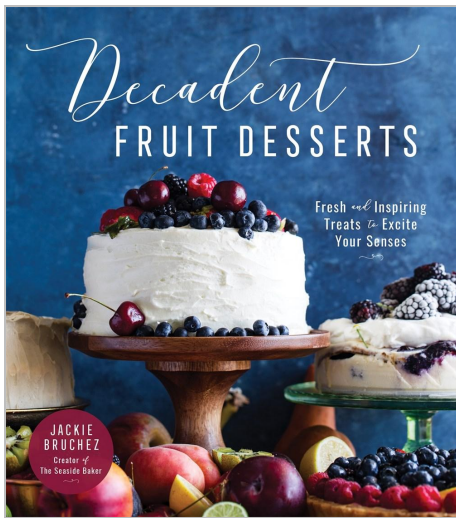
When you know how to cook and utilize produce, it's easy to prepare standout meals. Danielle Majeika, farm-owner and founder of the blog The Perpetual Season, derives complexity of flavor from a harmonious balance of herbs, simple spices, farm-fresh vegetables, and cooking methods in this incredible cookbook.

Danielle goes beyond traditional steamed veggies, utilizing techniques that help bring out unique, vibrant flavors—like roasting fennel and tomatoes with fresh rosemary in a cast iron skillet. Every recipe highlights one or two vegetables that are easy to grow and popular at markets—like leeks, fennel, carrots, and tomatoes. Recipes include Asparagus Vichyssoise for spring, Green Bean Tempura with Lemon Wasabi Mayonnaise for summer, Shaved Kohlrabi Salad with Apple and Sesame for fall, and French Shallot Soup for winter.

Danielle also provides growing and harvesting tips in the chapter intros that gardeners will find useful and non-gardeners will be inspired by. If you want a delectably spicy pepper harvest, for example, withhold water when they reach the point of maturity, as it increases levels of capsaicin, and if you want to sweeten the taste of your tomatoes, boost their potassium with wood ash.

This book will include 75 recipes and 75 full-color photographs.

Danielle Majeika is the founder of the food blog, The Perpetual Season. Her recipes have been featured on BuzzFeed, Well + Good, and Brit + Co. She has over 15K followers on Instagram and lives in Rapid City, South Dakota.



### COOKING / COURSES & DISHES / DESSERTS

Page Street Publishing | 3/12/2019

9781624147050 | \$21.99

Trade Paperback | 160 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

#### Other Available Formats:

Ebook ISBN: 9781624147067

### MARKETING

Utilize the author's following from her blog, The Seaside Baker, which has over 28K Facebook likes and 12K Instagram followers

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

Outreach to food editors at top regional newspapers

Outreach to top food/dessert bloggers

Local media out of Solana Beach, CA

## Decadent Fruit Desserts

*Fresh and Inspiring Treats to Excite Your Senses*

Jackie Bruchez

**Fruit desserts have never been so indulgently healthy with these 75 easy-to-make confections that are bursting with flavor while maximizing nutrition and minimizing waste.**

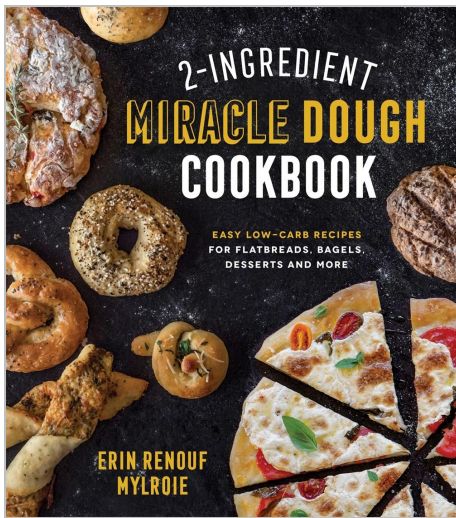
These easy yet delectable treats make fruit the star, reducing the amount of sugar and using the whole fruit (root-to-stem trend) to minimize waste and maximize nutritional output. Enjoy naturally sweetened, less processed desserts with *Decadent Fruit Desserts*.

Featuring a wide variety of flavors, the desserts are easy enough for any occasion, but will impress family and friends. Jackie Bruchez takes timeless desserts and highlights fruit as a delicious way to add a punch of flavor and natural color. Make mousse vibrant and refreshing with an infusion of mango or whip up a traditional panna cotta but with a unique pomegranate twist. Including classic cakes and cupcakes like Banana Foster Cake and Orange Cranberry Cupcakes, and sophisticated curds, there's a fruit dessert for everyone.

This book will have 75 recipes and 75 photos.

Jackie Bruchez is the founder of The Seaside Baker. She has over 28k Facebook likes and 12k Instagram followers. Jackie was previously featured by Krusteaz. She lives in Solana Beach, California.



**COOKING / METHODS / BAKING**

Page Street Publishing | 3/12/2019

9781624147449 | \$21.99

Trade Paperback | 176 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

**Other Available Formats:**

Ebook ISBN: 9781624147456

**MARKETING**

Pitch national and regional TV with clips from the author's appearance on Guy Fieri's "Ultimate Recipe Showdown" and the Rachael Ray Show

Select long lead pitching to women's, food, gluten-free and healthy magazines  
 Outreach to top food and lifestyle blogs  
 Outreach to food editors at top regional newspapers  
 Local media in Utah

## 2-Ingredient Miracle Dough Cookbook

*Easy Lower-Carb Recipes for Flatbreads, Bagels, Desserts and More*

Erin Mylroie

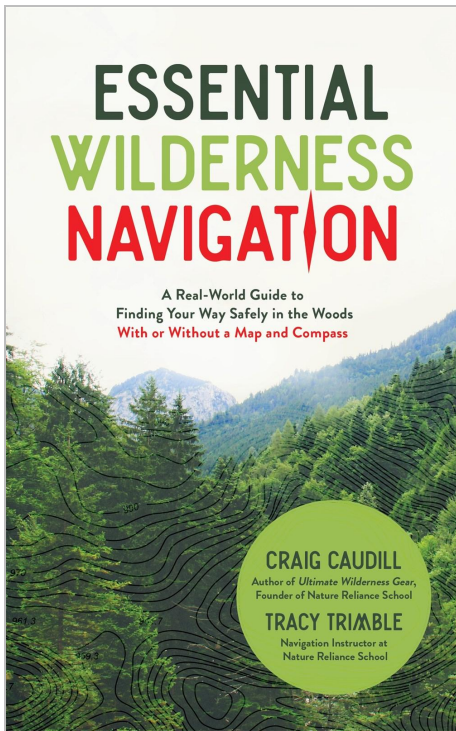
**Low-calorie bagels, flatbreads, savory pizzas, snacks and even sweet treats made from stress-free two-ingredient dough.**

With Erin Mylroie's simple two-ingredient dough recipe, you can enjoy your favorite carbohydrates without worrying about the extra calories. Quickly create delicious low-calorie breads, pizza, flatbreads, pretzels, pastries and so much more, using just self-rising flour and Greek yogurt.

Recipes include staples like Double Everything Bagels, Soft and Buttery Dinner Rolls and Poppyseed Hamburger Buns, as well as full meals like Maple, Bacon, Jalapeno and Gruyere Breakfast Flatbread and Chicken and Butternut Squash Pot Pie with Sage Herbed Crust. You can even indulge your sweet tooth with treats like Maple Glazed Pumpkin Spice Donuts, Lemon Cream Cheese Breakfast Pastries and New York Style Crumb Coffee Cake.

Including alternative vegan and gluten-free dough recipes, *2-Ingredient Miracle Dough Cookbook* allows everyone to easily prepare and enjoy their favorites guilt-free.

Erin Mylroie was a finalist in Guy Fieri's "Ultimate Recipe Showdown" on the Food Network. She has also appeared on The Rachel Ray Show for her grand prize-winning burger recipe. Most recently, she appeared on Studio 5, Utah's #1 lifestyle show, to promote her two-ingredient dough. She is currently a humanities professor at Brigham Young University-Idaho and lives with her family in Santa Clara, Utah.



## Essential Wilderness Navigation

*A Real-World Guide to Finding Your Way Safely in the Woods With or Without A Map, Compass or GPS*

Craig Caudill and Tracy Trimble

**This comprehensive, modern guide teaches outdoor enthusiasts how to become experts on what is arguably the most important wilderness survival skill despite and even because of the GPS.**

Top wilderness trainer and author, Craig Caudill, is back with his third wilderness book, this time partnering with fellow navigation expert Tracy Trimble to teach readers all the ins and outs of safely finding their way in the woods. Land navigation remains an essential survival skill, even in the age of the GPS. Craig and Tracy have stories from their search and rescue recovery trips where hikers and other adventurers relied too heavily on electronic navigation devices that failed. GPS units are surprisingly fragile; they can easily be damaged, get lost or run out of battery. People are becoming more aware of this issue and seeking safer solutions. This practical, modern guide teaches anyone to become a true wilderness expert by properly using the most reliable form of navigation—a map and compass. Readers will learn to check themselves with natural navigation skills such as reading the sky, flora and terrain, and utilize a GPS only as a backup.

This fresh guide, like Craig's other popular books, walks readers through common scenarios, with bonus foldout maps at the back that help outdoorsmen learn their skills by experience. Readers will not want to miss out on this enjoyable and relevant guide to mastering the most essential survival skill.

Craig Caudill is the author of *Extreme Wilderness Survival* and *Ultimate Wilderness Gear*, and he's the founder/director of Nature Reliance School. He has written for or been featured in several magazines, including *American Frontiersman*, *Self-Reliance Illustrated*, *Backwoodsman* and *Wilderness Way*. He lives in Winchester, Kentucky.

Tracy Trimble is a former Army Reservist, and he teaches many of the land navigation courses at Nature Reliance School with Craig. He lives in central Kentucky.

### SPORTS & RECREATION / OUTDOOR SKILLS

Page Street Publishing | 3/19/2019

9781624147197 | \$21.99

Trade Paperback | 272 pages | Carton Qty: 26

8 in H | 5.5 in W

100 photos

#### Other Available Formats:

Ebook ISBN: 9781624147203

### MARKETING

Return to outlets that covered the author's previous books, *Extreme Wilderness Survival* and *Ultimate Wilderness Gear* Outreach to outdoors and men's magazines (print and online) such as *Outside*, *Backpacker*, *GQ*, *Men's Fitness*, *Popular Mechanics*, *Men's Journal*, etc. Return to niche publications that have featured the author in the past, including *American Frontiersman*, *Self-Reliance Illustrated*, and *Wilderness Way* Pitch outdoor/survival-related radio shows and podcasts  
Local media in central KY



**COOKING / REGIONAL & ETHNIC  
/ AMERICAN**

Page Street Publishing | 3/26/2019

9781624146299 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

**Other Available Formats:**

Ebook ISBN: 9781624146305

**MARKETING**

Use clips from the author's extensive TV experience (including on CBS's *The Talk* and as a contestant on *Hell's Kitchen*) to pitch national and local TV

Take advantage of the author's strong social media presence (over 40K followers on Twitter)

Outreach to top food and lifestyle blogs

Outreach to food editors at top regional newspapers

Local media out of Boston

## Buttermilk & Bourbon

*New Orleans Recipes with a Modern Flair*

Jason Santos

### Delicious twists on New Orleans fare from celebrity chef and restaurateur Jason Santos.

Chef Jason Santos garnered national acclaim with his run on Fox's TV show *Hell's Kitchen*, where he earned second place in the cut-throat competition. His culinary prowess can be experienced in multiple restaurants throughout Boston, including Abby Lane and, most recently, Buttermilk & Bourbon—a New Orleans-centric concept that serves the best fried chicken you've ever tasted.

Now, his elevated Southern cuisine and bold New Orleans flavors can be made at home. Recipes include Buttermilk & Bourbon's Biscuits complete with dreamy honey butter as well as Corn Macque Choux, a Cajun creamed corn with plenty of peppers and spicy andouille sausage. And, of course, classics like Literally the Best Fried Chicken in the History of Chicken and New Orleans-Style Mussels make the list and can be paired with delicious drink options such as the rum and passionfruit Hurricane. Each dish will satisfy cravings for Southern flavor and have home cooks feeling like a pro.

Santos is a regular guest on CBS's *The Talk* and was a fan-favorite on *Hell's Kitchen*, which boasts more than 3 million viewers. His Boston restaurants are go-to destinations for locals and visitors alike. This book will have 75 recipes and 75 photos.

Chef Jason Santos was runner up on season 17 of *Hell's Kitchen* (more than 3 million viewers). He is a restaurateur with two Boston restaurants: Abby Lane and Buttermilk & Bourbon. He regularly appears on CBS shows such as *The Talk* (more than 2 million viewers) and has a strong social media following. He lives in Boston, MA.



**CRAFTS & HOBBIES /  
NEEDLEWORK / KNITTING**

Page Street Publishing | 2/19/2019

9781624147401 | \$21.99

Trade Paperback | 176 pages | Carton Qty: 26  
9 in H | 8 in W  
75 photos

**Other Available Formats:**

Ebook ISBN: 9781624147418

**MARKETING**

Utilize the author's following from her blog, Olive Knits, which has over 11K followers on social media  
Create postcards for author to distribute at workshops, conferences and to her customers on Ravelry  
Pitch craft and lifestyle editors at top newspapers and online publications/blogs such as InStyle, Babble, The Nest, Refinery29, MindBodyGreen, etc.  
Outreach to women's and crafts magazines including Better Homes & Gardens, Do-It-Yourself, Real Simple, etc.  
Local media in Oregon

## Seamless Knit Sweaters in 2 Weeks

*20 Patterns for Flawless Cardigans, Pullovers, Tees and More*

Marie Greene

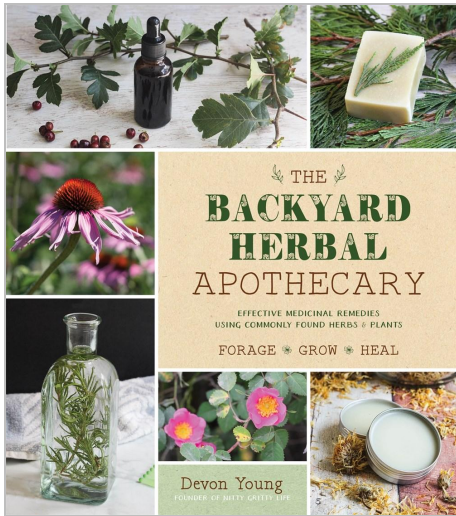
**Knit a beautiful sweater in only two weeks with Marie Greene's fun, top-down patterns, thoughtfully designed for speedy construction, great quality and timeless style.**

Marie Greene's seamless, top-down patterns bust the myth that sweaters take six months or more to make. She's created 20 new patterns to get readers wearing their own high-quality knits in only two weeks. Each sweater features just the right amount of detail for a beautifully textured look with minimal work. Fewer buttonholes and no-fuss construction make the garments surprisingly simple to finish. Designed with portability in mind, the patterns are easy to memorize, making any spare moment prime knitting time. Marie's friendly, straightforward instruction and clear technique tutorials have made her patterns a hit with knitters online. In this book, she shares her tested tips and tricks for more efficient knitting and faster results.

This collection of cozy pullovers and contemporary cardigans never sacrifices style for speed. Captivating details like cables and stripes are made simple with Marie's techniques. Readers will find tools to gauge their stitching speed, set a project timeline and achieve the perfect fit for any size. Timeless, comfortable and versatile, these quick sweaters will be readers' favorites to gift and wear for years to come.

This book will have 20 patterns and 60 photos.

Marie Greene is a knitwear designer and founder of the blog Olive Knits. Her patterns can be found on Ravelry. She teaches workshops and gives lectures on knitting at conferences around the world. She lives in Oregon.



## HEALTH & FITNESS / HERBAL MEDICATIONS

Page Street Publishing | 4/2/2019

9781624147463 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

100 photos

### Other Available Formats:

Ebook ISBN: 9781624147470

## MARKETING

Utilize the author's following from her holistic lifestyle blog, Nitty Gritty Life Pitch outlets such as Rodale's Organic Life, Organic Spa Magazine, Natural Health, Herbal Living and other publications with an emphasis on organic and natural living Outreach to alternative health, wellness/nutrition, holistic and organic online outlets and bloggers Local media in Oregon

# The Backyard Herbal Apothecary

*Effective Medicinal Remedies Using Commonly Found Herbs & Plants*

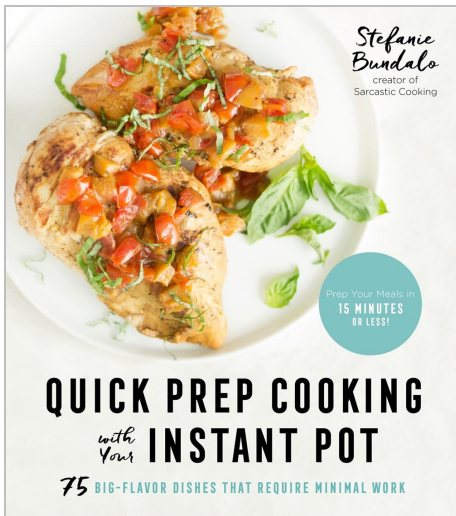
Devon Young

**Make effective health remedies the holistic way with herbs from your own backyard, using tips on how to grow and forage like a true herbalist from this comprehensive manual.**

Author Devon Young—founder of the natural living blog Nitty Gritty Life—educates readers on how to make tried-and-true remedies using herbs that grow naturally in their backyards or neighborhoods. Readers learn how to safely identify and forage for healing plants growing wild, or how to cultivate them easily in their yard (or even on a windowsill or balcony).

Herbalism has gained popularity in recent years as more people turn to alternative and holistic health methods for natural healing—sans medications—with a hands-on approach. Those just starting out and experienced herbalists alike will enjoy learning about the healing properties of commonly found herbs such as burdock, comfrey, rosemary, dill, milk thistle, chickweed, dandelion and nettle. Each herb features a recipe that readers can make right away, such as Working Hands Salve, Antioxidant Facial Serum, Dandelion Digestive Bitters, Pleasant Dreams Incense and Gut Healer Tea. Readers become empowered to formulate their own home remedies safely and confidently to hone their practice. This book covers 50 herbs with 50 recipes and more than 100 photos.

Devon Young is founder of the holistic lifestyle blog Nitty Gritty Life. She is currently finishing her degree in Alternative Medicine at The American College of Healthcare Sciences and developing her own herbalism health practice. She lives in the Willamette Valley of Oregon.



### COOKING / METHODS / PRESSURE COOKING

Page Street Publishing | 4/2/2019

9781624147548 | \$21.99

Trade Paperback | 176 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

#### Other Available Formats:

Ebook ISBN: 9781624147555

### MARKETING

Utilize the author's following from her blog, Sarcastic Cooking

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

Outreach to top food and lifestyle blogs

Outreach to food editors at top regional newspapers

Local media out of Chicago

## Quick Prep Cooking with Your Instant Pot

*75 Big-Flavor Dishes That Require Minimal Work*

Stefanie Bundalo

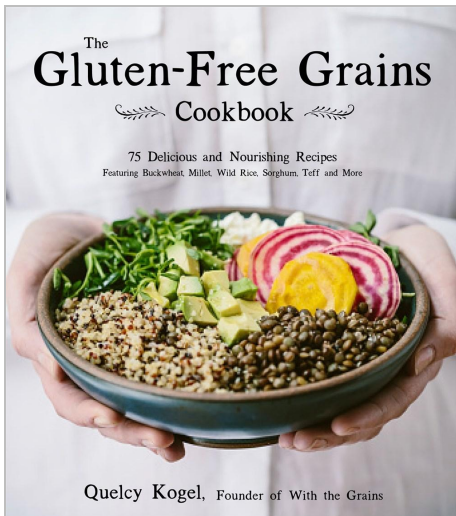
**Make the most of your multi-cooker with these 75 satisfying meals requiring 15 minutes or less of prep work.**

Flavor-forward, fuss-free meals come together effortlessly with *Quick Prep Cooking with your Instant Pot*, your indispensable guide to creating restaurant-quality dishes with your multi-cooker. This versatile collection of fresh and approachable recipes leverages the pressure and slow cooking functions of your multi-cooker to create delicious dishes packed with layers of homecooked flavors with 15 minutes of prep work or less—perfect for people who wants delicious meals but are short on time. Make a busy weeknight feel like a special occasion with indulgent Lobster Fettuccini that only requires a little chopping and stirring or relish in the aroma of slowly simmering Turkey Egg Roll Meatballs on a lazy Sunday afternoon after merely mixing the ingredients and forming the meatballs—the variety and flexibility of recipes means there's a menu for any occasion.

Stefanie Bundalo, the irreverent voice behind the popular blog Sarcastic Cooking, serves up 75 no-sweat dishes that are unique yet approachable, like Veggie Enchilada Hashbrown Casserole, Chorizo and Cauliflower Rice Chili and Pot Roast Nachos. And the quick and practical preparation means you can escape the kitchen while dinner cooks away, allowing you to spend more time with your family or entertaining company.

This book will have 75 recipes and 75 photos.

Stefanie Bundalo is the author of the blog Sarcastic Cooking. Her recipes have been featured on Self.com, and she's worked with a number of liquor companies like Wave Vodka and Buffalo Trace Distillery to produce recipes that highlight their products. She lives outside of Chicago with her husband and children.



### COOKING / HEALTH & HEALING / GLUTEN-FREE

Page Street Publishing | 4/9/2019

9781624146985 | \$21.99

Trade Paperback | 208 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

#### Other Available Formats:

Ebook ISBN: 9781624147005

### MARKETING

Utilize the author's following from her blog, With the Grains

Select long lead pitching to women's, food, gluten-free and healthy magazines  
Outreach to top food and lifestyle blogs  
Outreach to food editors at top regional newspapers

Local media out of Pittsburgh, PA

# The Gluten-Free Grains Cookbook

*75 Wholesome Recipes Worth Sharing Featuring Buckwheat, Millet, Sorghum, Teff, Wild Rice and More*

Quelcy Kogel

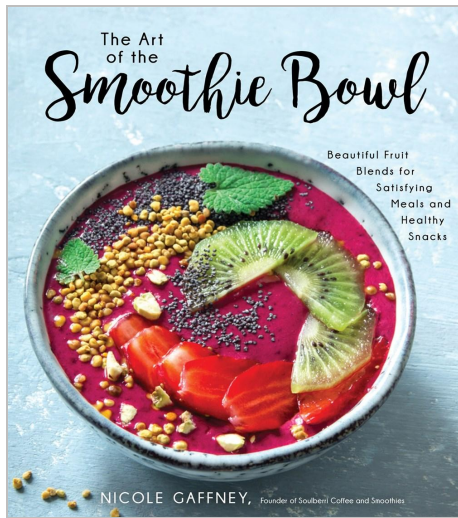
**These 75 easy recipes will teach readers how to use a wide variety of gluten-free grains to add more complex flavor and wholesome nutrition to their meals.**

Explore the exciting world of gluten-free grains and flours with Quelcy Kogel, creator of the blog With the Grains. This book is a valuable resource for those dealing with a gluten allergy or following a gluten-free diet, as well those looking to add variety to their meals. Quelcy covers a wide range of grains: buckwheat, millet, wild rice, quinoa, sorghum, teff and more. More home cooks are seeking creative ways to use these delicious and nutrient-rich grains in baked goods, grain bowls and other easy dishes. Ancient grains are rich in proteins and minerals and make a delicious addition to any meal.

For heartier, more flavorful versions of familiar breakfasts, try the Roasted Beet Doughnut and Cranberry Orange Muffins. The Vegan Amaranth Corn Chowder, with extra antioxidants and a creamy texture thanks to the amaranth, demonstrates how much these grains can add to savory favorites. The rice flour-based Gluten-Free Zucchini Cake with Apple Butter Buttercream is irresistible, and much more nourishing than treats made with all-purpose flour. These recipes are highly adaptable, with tips on making substitutions and combining multiple grains in one dish. With so many easy grain options, gluten-free cooking and baking are full of possibilities.

This book will have 75 recipes and 75 photos.

Quelcy Kogel, creator of the blog With the Grains, is a food stylist, photographer and event designer. She lives in Pittsburgh, PA.



## The Art of the Smoothie Bowl

*Beautiful Fruit Blends for Satisfying Meals and Healthy Snacks*

Nicole Gaffney

**Take smoothie bowls up a notch with superfood ingredients, unique combinations and creative homemade toppings for fast, healthy meals.**

Nicole Gaffney, Food Network Star alum and founder of the smoothie shop Soulberri, shares her secrets to creating the perfect smoothie bowl. Thicker than a typical smoothie and topped with fun add-ons, these bowls are an exciting, unique addition to any breakfast rotation. Readers will learn how to achieve the irresistible sorbet-like texture that made Soulberri so popular. Many of the bowls are vegan, raw and gluten-free. Quick to whip up and swirled with colorful fruit and vegetable blends, these bowls look as good as they taste; social media fans will love snapping and sharing photos before digging in.

This book is full of recipes to wake up the senses: from the sweet and tangy Classic Acai Bowl, to the exotic and spicy Jalapeno Honeydew Mint Bowl, there's something for every palate. Packed with vitamins and superfood ingredients, these recipes aren't just for breakfast. The Peanut Butter Protein Bowl is great workout fuel and the Tahini Berry Beet Bowl is a flavorful pick-me-up. Readers in search of healthy desserts will be tempted by the Salted Caramel Apple Pie Bowl. Add-ons like Cacao Almond Granola and Homemade Nutella make it easy to mix and match. Nicole includes tips on making nut milks and freezing produce to boost convenience. Smoothie bowls are more than a health-food trend; they're a nourishing, versatile treat anyone can enjoy at home.

This book will have 75 recipes and 75 photos.

Nicole Gaffney, the creator of the blog Coley Cooks, is a professionally trained chef, recipe developer and TV personality, known for her appearance on Food Network Star. She is the founder of the smoothie shop Soulberri in Brigantine, NJ.

### COOKING / BEVERAGES / JUICES & SMOOTHIES

Page Street Publishing | 4/9/2019

9781624147012 | \$21.99

Trade Paperback | 176 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

#### Other Available Formats:

Ebook ISBN: 9781624147029

### MARKETING

Utilize the author's following from her blog, Coley Cooks

Pitch national and regional TV with clips from the author's appearance on Food Network Star

Select long lead pitching to women's, food, gluten-free and healthy magazines  
Outreach to top food, vegan and lifestyle blogs

Outreach to food editors at top regional newspapers

Local media out of New Jersey





# The Gluten-Free Quick Breads Cookbook

*75 Easy Homemade Loaves in Half the Time*

Sharon Lachendro

**Baking quick breads is faster, easier and healthier than ever with 75 mouthwatering gluten-free recipes by an influential and respected food blogger in the gluten-free community.**

*The Gluten-Free Quick Breads Cookbook* takes the waiting out of baking with 75 tantalizing recipes that skip the yeast and embrace alternative wheat-free flours, providing freshly baked loaves in a fraction of the time. Simple enough to whip up on a weeknight, these breads require minimal prep work and no kneading—and every recipe relies on the author’s special gluten-free flour blend, making them accessible to gluten-free baking enthusiasts and their friends and family members. With delightfully unexpected flavors like Trail Mix and Nutella Swirl, as well as beloved classics like Strawberry Rhubarb and Iced Gingerbread, this collection of recipes offers a bread for every palate and occasion. Bake a batch of Everything Bagel Mini Breads for a quick, on-the-go breakfast, or satisfy your sweet tooth with Snickerdoodle or Triple Chocolate Bread.

Sharon Lachendro, founder of What the Fork Food Blog, guides you through each fast and flavorful recipe, sharing the tips and tools you need to create breads that come out moist and bursting with flavor every time.

This book will have 75 recipes and 75 photos.

Sharon Lachendro is the author of the What the Fork Food Blog, which has more than 34k Facebook followers and is a three-time nominee for The Gluten-Free Buyer’s Guide’s Best Gluten-Free Blog. She is a contributor to Honest Cooking, Pop Sugar Select Food and Food Fanatic, and her Healthier Chocolate Cheesecake Dip was featured on Access Hollywood. She lives in Connecticut with her husband and kids.

## COOKING / METHODS / BAKING

Page Street Publishing | 4/9/2019

9781624147562 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

### Other Available Formats:

Ebook ISBN: 9781624147579

## MARKETING

Utilize the author’s following from her blog, What the Fork Food Blog, a three-time nominee for The Gluten-Free Buyer’s Guide’s Best Gluten-Free Blog Return to outlets that have covered the author in the past, including Honest Cooking, Pop Sugar and Food Fanatic Select long lead pitching to women’s, food, gluten-free and healthy magazines Outreach to top food and lifestyle blogs Outreach to food editors at top regional newspapers Local media out of Connecticut



### COOKING / METHODS / BARBECUE & GRILLING

Page Street Publishing | 4/9/2019  
9781624143595 | \$30.00

Trade Paperback | 352 pages | Carton Qty: 20  
9 in H | 8 in W  
100 color photos

#### Other Available Formats:

Ebook ISBN: 9781624143663

### MARKETING

Utilize our existing barbecue/grilling network of contacts

Reach out to barbecue newsletters, blogs and databases to promote book via giveaways and competition appearances Tap in to Operation BBQ Relief's platform, and work with their marketing team to set up cross-promotional opportunities for our book

Target national TV (if we have a spokesperson) for stories about the book and Operation BBQ Relief's partnership Pitch men's, food and lifestyle magazines (print and online) and websites

## Operation BBQ

*200 Smokin' Recipes from Competition Grand Champions*

Stan Hayes with Cindi Mitchell

**The best BBQ recipes from the top competition barbecue teams come together in this ultimate outdoor cooking book with a percentage of proceeds going to the charity Operation BBQ Relief.**

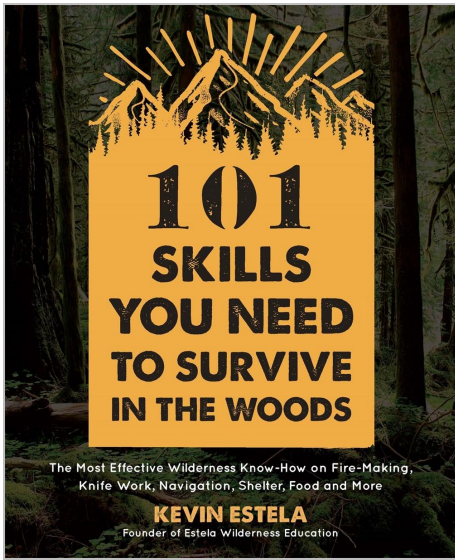
Operation BBQ Relief and Page Street are proud to team up to offer the ultimate collection of BBQ recipes—200 recipes in all—contributed by 200 cream-of-the-crop BBQ teams that have won Grand Championship awards and have supported this important and life-changing charity. Operation BBQ Relief holds charity barbecues around the country to send over a half a million meals to those affected by disasters across the U.S. Page Street will donate roughly \$1.20 per book sold to Operation BBQ Relief to help needy families.

Collected and curated by Cindi Mitchell, part of the award winning BBQ team Yabba Dabba Que, the book will offer a wide range of recipes including different takes and techniques for making traditional BBQ dishes—chicken, ribs, pulled pork and brisket—as well as other favorite and different recipes from these top-tier outdoor cooks. Cindi's husband, Eric Mitchell, is the author of Page Street's bestselling BBQ book, *Smoke It Like a Pro on the Big Green Egg*. The result will be the biggest and most amazing collection of barbecue recipes out there.

Two color inserts will show more than 100 of the recipes featured in the book. This book will have 200 recipes.

Operation BBQ Relief started as a group of competition barbecue teams who banded together to help families affected by the tornadoes that destroyed Joplin, MO in 2011. Since then hundreds of barbecue teams have served more than 600,000 meals to people affected by disasters across the country. <https://operationbbqrelief.org/>

Cindi Mitchell is a member of the award-winning BBQ competition team Yabba Dabba Que. She is married to BBQ pitmaster Eric Mitchell. She lives in Bedford New Hampshire.



## SPORTS & RECREATION / OUTDOOR SKILLS

Page Street Publishing | 4/16/2019  
9781624147425 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26  
9 in H | 7.4 in W  
101 photos

### Other Available Formats:

Ebook ISBN: 9781624147432

## MARKETING

Return to outlets that have covered the author in the past, including Recoil, Off-Grid, and the History Channel Outreach to outdoors & men's magazines (print and online) such as Outside, Backpacker, GQ, Men's Fitness, Men's Health, Popular Mechanics, Men's Journal, Esquire, etc.  
Pitch outdoor/survival-related radio shows and podcasts  
Local media out of Connecticut

# 101 Skills You Need to Survive in the Woods

*The Most Effective Wilderness Know-How on Fire-Making, Knife Work, Navigation, Shelter, Food and More*

Kevin Estela

Kevin Estela brings outdoor enthusiasts his expertise in wilderness survival with new and unique survival skills—a hot topic in the wilderness community. Important basic skills are covered for beginners, but the core of the book presents innovative, advanced techniques that will excite wilderness buffs.

Kevin has been featured on the History Channel as a subject-matter expert and regularly contributes to multiple publications focusing on wilderness survival and the outdoors. His trusted voice comes to life in this book of sought-after wilderness skills. Kevin builds a strong foundation for wilderness survival starting with the psychology of the craft and building up to technical skills for using cordage and essential steps to hunt and gather food. Readers will learn practical skills like how to read a compass, splint a broken bone, tap trees for water and make a fire with a flashlight. Whether a reader is gathering base knowledge for navigating the great outdoors or looking to improve their fire-building skills, this book provides all the necessary information for a safe and informed experience in the wilderness.

This book will have 101 skills and at least 101 photos.

Kevin Estela is a professional wilderness survival teacher and owner of Estela Wilderness Education. He has lent his knowledge to such outlets as Recoil and Off-Grid magazine as well as the History Channel. He lives in Connecticut.

The Sustainable Approach to a Raw Lifestyle with  
a Dash of Healthy, Quality Cooked Vegan Meals

# High Raw Vegan

Rachel  
Carr

Vegan Chef and  
Founder of Plant Craft



PAGE STREET PUBLISHING

APRIL 2019

## Modern Raw

*Healthy Raw-Vegan Meals for a Balanced Life*

Rachel Carr

**Incredible recipes that appeal to plant-based diners in all forms, whether dedicated raw eaters, vegans or those just looking to eat healthier**

As a professional vegan chef who's worked in raw-food restaurants, Rachel Carr is well versed in the intersection of these two cuisines. Following the high raw vegan style of eating, which is a mostly raw diet with allowance for some vegan meals, Rachel's first book brings lots of creative raw recipes that go way beyond simple salads as well as some fully cooked vegan dishes to warm things up. Her blog, Plant Craft, boasts delicious vegan and raw recipes that are both visually appealing and easy to execute at home.

With raw dishes like Walnut Chorizo Tostada with Mexican Jicama Rice and Eggplant Manicotti with a delicious macadamia nut ricotta, this book appeals to those who want to follow the high raw diet without sacrificing creativity and depth of flavor. Following this popular way of eating, some hot vegan dishes are more than welcome and Rachel includes such mouth-watering treats as the Smokey Black Bean and Sweet Potato Burger or the Portobello Steak with Potatoes Au Gratin, Red Wine Reduction and Pan-Seared Asparagus—giving health-conscious plant-based eaters more freedom and flexibility than a strictly raw diet.

Bringing her expert knowledge, Rachel makes raw and vegan meals simple and attainable for home cooks looking to get healthy or incorporate more plant-based meals into their home menu. This book will have 75 recipes and 75 photos.

Rachel Carr is chef and creator of the plant-based food blog Plant Craft. She has worked in multiple raw food and vegan restaurants throughout her career as a professional chef and is a culinary director for a wellness facility in Los Angeles. She lives in Los Angeles, California.

### COOKING / METHODS / RAW FOOD

Page Street Publishing | 4/23/2019

9781624147258 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

#### Other Available Formats:

Ebook ISBN: 9781624147265

### MARKETING

Utilize the author's following from her plant-based food blog, Plant Craft  
Select long lead pitching to women's, food and healthy magazines

Outreach to vegetarian and vegan publications and blogs

Outreach to food editors at top regional newspapers

Local media out of Los Angeles, CA



## ART / TECHNIQUES / CALLIGRAPHY

Page Street Publishing | 4/23/2019  
9781624147319 | \$21.99

Trade Paperback | 208 pages | Carton Qty: 26  
9 in H | 9.5 in W  
N/A

### Other Available Formats:

Ebook ISBN: 9781624147326

## MARKETING

Utilize the author's following from her blog, OneArtsyMama.com, which has a combined social media audience of more than 69k followers

Return to outlets that covered the author's previous successful book, *Hand Lettering for Relaxation*

Pitch craft, design and lifestyle editors at top newspapers and online publications/blogs such as InStyle, BuzzFeed, Huffpost, The Nest, Refinery29, MindBodyGreen, etc.

Local media out of Maryland  
Special 3+/3% retail offer.

# Hand Lettering for Laughter

*Gorgeous Art with a Hilarious Twist*

Amy Latta

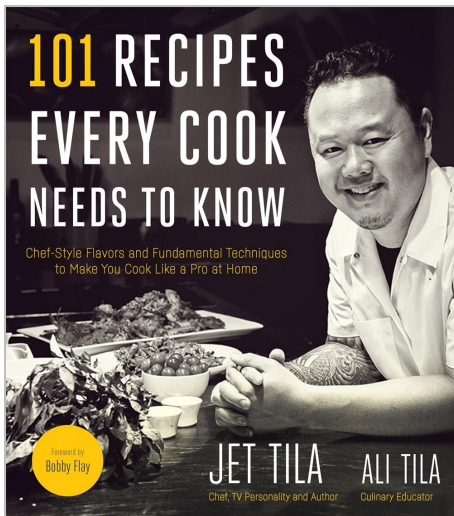
**Best-selling author Amy Latta builds on the success of her first hand lettering book for adults with next-level techniques and all-new quotes to inspire joy and laughter.**

Top selling author and hand lettering expert Amy Latta is back with her third book, aimed at spreading happy vibes and providing more than a few giggles. With witty quotes—such as “My idea of clean eating is having pizza while taking a bubble bath”—Amy gives readers a new lease on lettering, featuring brand new techniques, fonts and embellishments.

After the incredible success of her first book, *Hand Lettering for Relaxation*, Amy is answering the demand of her audience for new flourishes and more of her popular humorous quotes she posts on her social media accounts. Readers can expect the same features that made Amy’s first book so special: her down to earth voice and clear instructions; high-quality, thick art paper ideal for brush pens and lettering tools; and blank border pages for final designs. This time, Amy adds a bonus project section giving readers simple DIY crafts for things like lettered pillows and wood signs to spread their lettering joy with others in unique ways.

This fresh, fun book with hilarious quotes will have readers hooked and thoroughly entertained.

Amy Latta is the author of the bestseller *Hand Lettering for Relaxation*, as well as *Express Yourself: A Hand Lettering Workbook for Kids* due out in 2018. She’s an artist, hand-lettering designer and the founder of OneArtsyMama.com. She has more than 21,000 followers on Facebook, 26,000 on Pinterest and 22,000 on Instagram. Her hand-lettered designs have been featured nationally in Starbucks and GAP stores. She lives in Hampstead, Maryland.



### COOKING / INDIVIDUAL CHEFS & RESTAURANTS

Page Street Publishing | 4/30/2019

9781624145735 | \$21.99

Trade Paperback | 208 pages | Carton Qty: 20

9 in H | 8 in W

60 color photos

#### Other Available Formats:

Ebook ISBN: 9781624145742

### MARKETING

Return to outlets that covered Jet for his previous book, *101 Asian Recipes You Need to Cook Before You Die*  
 Take advantage of the author's extensive media experience and social media following  
 Pitch National TV, including Today Show, where Jet has appeared before  
 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  
 Local media out of LA

## 101 Recipes Every Cook Needs to Know

*Incredibly Delicious Dishes that Teach You how to Cook Like a Pro at Home*

Jet Tila and Ali Tila

**Jet Tila of bestselling *101 Asian Dishes You Need to Cook Before You Die* is back with his interpretation of classic dishes that every home cook needs in their back pocket.**

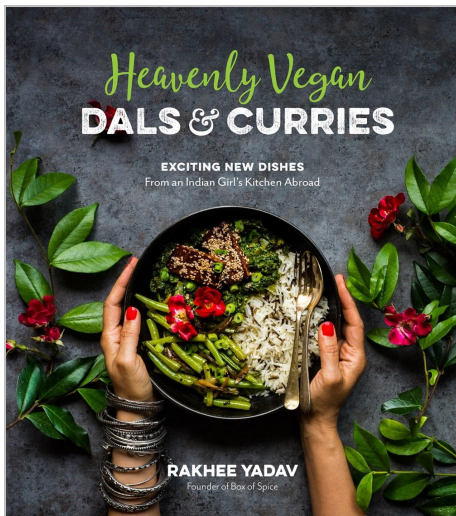
With a brand new gig on *Iron Chef America*, regular TV appearances on other national cooking shows such as *Cutthroat Kitchen* and *Chopped*, connections to big-name cooking stars, plus a bestselling debut cookbook, Jet Tila is taking America's food scene by storm. In his second cookbook, Jet partners with his co-chef and wife, Ali, to teach people how to cook food like they do in restaurants via specially curated, amazing recipes. With solid training and cooking experience, Jet knows how to cook well, develop high-quality content that people crave and sell it. The recipes are easy and beginner-friendly, but have that extra special flavor twist and/or key technique that makes them stand out.

One incredible meal at a time, Jet and Ali give you dependable, must-make recipes like Prime Rib with Au Jus, Fettuccini Carbonara and Duck Breast with Blackberry Gastrique. Jet's takes on classic dishes like Roasted Tomato Soup with Parmesan Crisps and the Ultimate Cheeseburger will become new favorites. For anyone who loves Jet Tila or just awesome food, this cookbook is packed with fun, flavor and good vibes with the bonus that you're learning new techniques to cook like the pros.

This book has 101 recipes and 60 photographs.

Jet Tila is a celebrity chef/TV personality and the author of *101 Asian Dishes You Need to Cook Before You Die*. He will appear as a co-host on *Iron Chef America* in spring 2018. He has previously appeared on *Cutthroat Kitchen* (as a judge), *Today*, *Chopped* and *Beat Bobby Flay*. He has a devoted online following, with over 168k Facebook followers.

As Jet's wife, co-author Ali Tila takes an active role in his online media and assists with his written work. They live in Los Angeles, CA.



**COOKING / REGIONAL & ETHNIC  
/ INDIAN & SOUTH ASIAN**

Page Street Publishing | 4/30/2019

9781624147296 | \$21.99

Trade Paperback | 192 pages | Carton Qty: 26

9 in H | 8 in W

75 photos

**Other Available Formats:**

Ebook ISBN: 9781624147302

**MARKETING**

Utilize the author's following from her Indian food blog, Box of Spice  
Return to outlets that have covered the author in the past, including Brit + Co., The Kitchn, FeedFeed and BuzzFeed  
Select long lead pitching to women's, food and healthy magazines  
Outreach to vegetarian and vegan publications and blogs  
Outreach to food editors at top regional newspapers

## Heavenly Vegan Dals & Curries

*Exciting New Dishes From an Indian Girl's Kitchen Abroad*

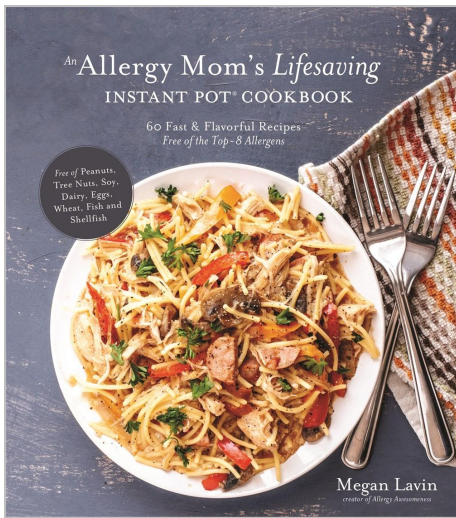
Rakhee Yadav

**Incredible dishes that are the mainstay of Indian cooking are reinvented in amazing ways you need to try.**

With roots in India and global experiences from the U.S. to Holland, Rakhee Yadav, creator of Indian food blog Box of Spice, has kept culinary exploration at the heart of her travels. She shares her experiences through healthy, inventive, easy meals that fuse Indian cuisine with Dutch and American flavors, so anyone can bring a culinary tour to their table.

Playing within the realm of curries and dals, Rakhee brings new twists on these traditional dishes by turning a meal on its head as with her Naan Tacos with Amaranth & Pea Koftas & Spicy Cilantro Avocado Chutney or by expertly infusing unexpected ingredients into well-known meals as she does in the Five Lentil Dal with Pumpkin, Raw Bananas & Eggplant. Home chefs new to Indian cooking will enjoy the pop of familiar flavors while exploring this cuisine. From Hot Plantain Curry with Sugar Snaps to Lentil Pizza with Vegetable Overload, there is something for everyone to enjoy and a gustatory exploration to be had. Beautifully dancing the line between familiar and adventurous, this book is sure to become a house favorite. This book will have 75 recipes and 75 photos.

Rakhee Yadav is the creator and photographer behind the Indian food blog Box of Spice. She grew up in India and has found a following with those who enjoy the cuisine but appreciate her creative twists. Her work has been featured by Brit + Co., The Kitchn, FeedFeed, BuzzFeed and Good Housekeeping India. She lives in the Netherlands.



### COOKING / HEALTH & HEALING / ALLERGY

Page Street Publishing | 4/30/2019

9781624147609 | \$21.99

Trade Paperback | 144 pages | Carton Qty: 26  
9 in H | 8 in W  
60 photos

#### Other Available Formats:

Ebook ISBN: 9781624147616

### MARKETING

Utilize the author's following from her popular blog, Allergy Awesomeness Return to outlets that have covered the author in the past, including Parade, Better Homes & Gardens, Buzzfeed and on local ABC and FOX news stations Select long lead pitching to women's, food, gluten-free and healthy magazines Outreach to top food and lifestyle blogs Outreach to food editors at top regional newspapers Local media in Utah

# An Allergy Mom's Lifesaving Instant Pot Cookbook

*60 Fast and Flavorful Recipes Free of the Top 8 Allergens*

Megan Lavin

**Minimize stress and save time cooking allergy-friendly dinners with these 60 mouthwatering Instant Pot recipes to please the whole family by a popular leader in the "allergy mom" community.**

Allergy-free cooking is faster and more flavorful than ever with *An Allergy Mom's Lifesaving Instant Pot Cookbook*. Featuring 60 delectable recipes without peanuts, tree nuts, soy, dairy, eggs, wheat, fish and shellfish, this is your essential guide to preparing a quick and tempting meal in a fraction of the time that will appeal to even the pickiest member of your family.

Enjoy beloved classics again like rich Indian Butter Chicken, savory Jambalaya and creamy Zuppa Toscana without the worry of a reaction. Or discover new favorites like Smothered Pork Chops with Bacon & Onion Gravy or Sweet & Tangy Pineapple Chicken. This collection of recipes by Megan Lavin, founder of the blog Allergy Awesomeness, leverages the benefits of the Instant Pot to enhance flavors without the hassle and is free of the top 8 most common allergens, allowing you to feel secure in what you're feeding your family without compromising flavor or quality.

This book will have 60 recipes and 60 photos.

Megan Lavin is the founder of the blog Allergy Awesomeness, which has a combined social media audience of more than 10k followers. Her recipes have been featured in *Parade*, *Better Homes & Gardens*, *Buzzfeed* and more. She's made regular appearances on local TV and radio stations and has presented at a variety of food conferences. An allergy mom herself, Megan lives in Utah with her husband and 3 children.



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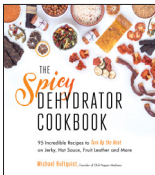
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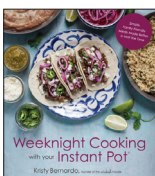
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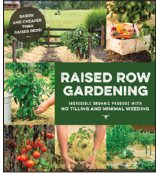
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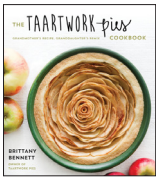
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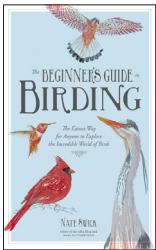
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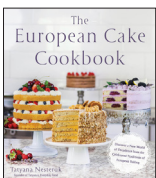
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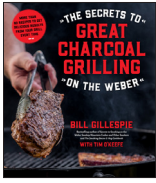
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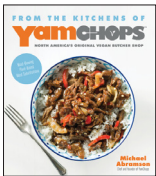
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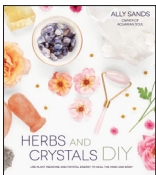
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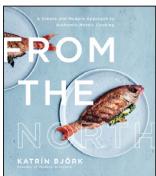
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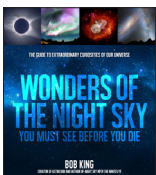
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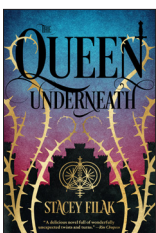
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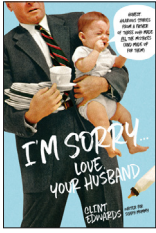
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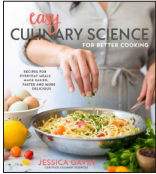
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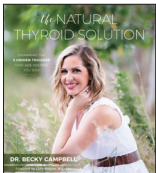
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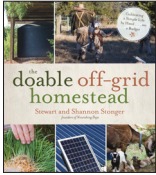
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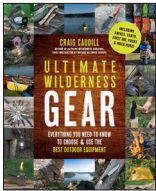
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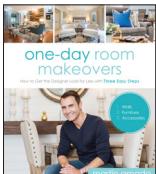
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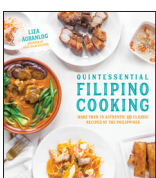
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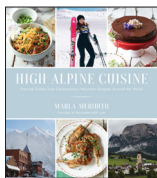
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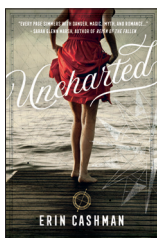
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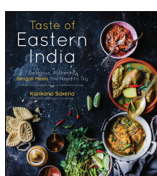
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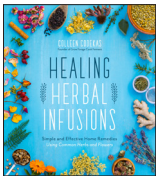
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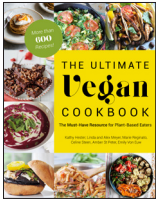
Kristy Bernardo, author of *Weeknight Cooking with Your Instant Pot*, and founder of The Wicked Noodle  
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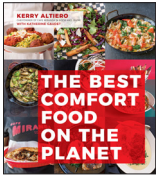
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PRICE: \$30.00  
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SPECS: 7 x 9, 528 pages, paperback, 80 photos  
PUB DATE: October, 2018



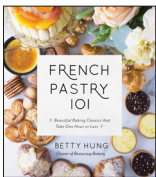
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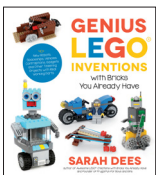
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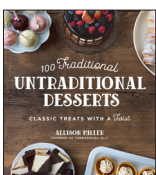
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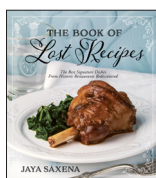
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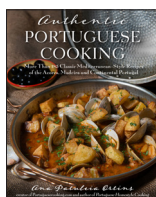
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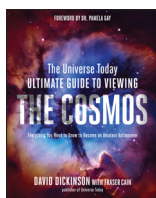
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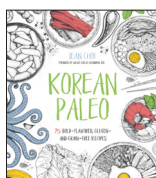
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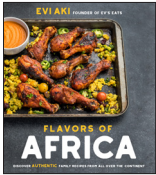
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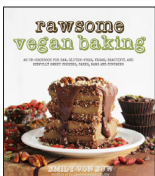
Laurny Evarts, creator of popular lifestyle blog The Skinny Confidential

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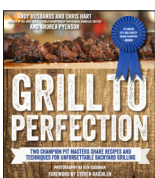
Emily von Euw, founder of thisrawsomeveganlife.com

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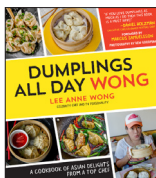
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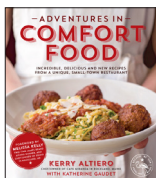
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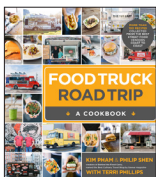
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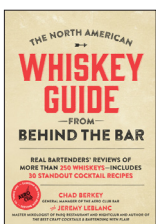
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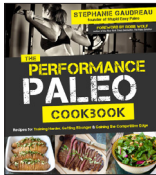
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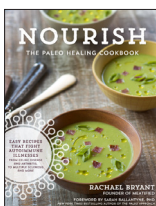
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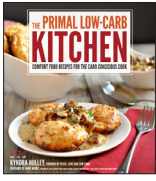
Jessica Milan, founder of the blog Lookbook Cookbook  
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SPECS: 8 x 9, 192 pages, lay-flat paperback, 80 color photos  
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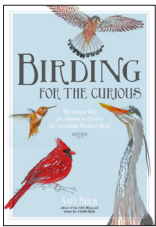
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SPECS: 8 x 9, 208 pages, lay-flat paperback, 60 color photos

PUB DATE: August, 2015



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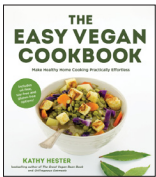
Nate Swick, editor of the ABA Blog and writer at 10,000 Birds

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SPECS: 6 x 9, 176 pages, paper over board, 100 color photos and illustrations

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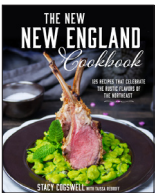
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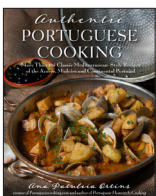
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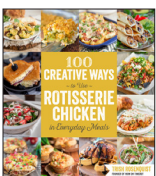
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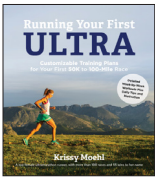
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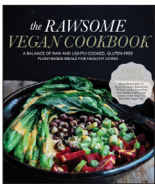
Krissy Moehl, a top female ultramarathon runner, with more than 100 races and 55 wins to her name

PRICE: \$22.99

ISBN: 978-1-62414-142-3

SPECS: 8 x 9, 240 pages, lay-flat paperback, 80 color photos

PUB DATE: December, 2015



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PRICE: \$19.99

ISBN: 978-1-62414-171-3

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

PUB DATE: December, 2015



## **PREPARE YOUR FAMILY FOR SURVIVAL**

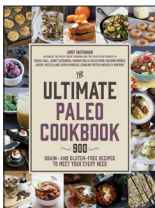
Linda Loosli, founder of Food Storage Moms

PRICE: \$18.99

ISBN: 978-1-62414-175-1

SPECS: 7 $\frac{3}{8}$  x 9, 192 pages, paperback, 60 color photos

PUB DATE: December, 2015



## **THE ULTIMATE PALEO COOKBOOK**

Arsy Vartanian, author of *The Paleo Foodie* and *The Paleo Slow Cooker*, with Rachel Ball, Jenny Castaneda, Hannah Healy, Katja Heino, Nazanin Kovacs, Rachel McClelland, Vivica Menegaz, Caroline Potter and Kelly Winters

PRICE: \$30.00

ISBN: 978-1-62414-140-9

SPECS: 7 x 9, 528 pages, paperback, 80 color inserts

PUB DATE: December, 2015



## **RECIPES FROM MANY KITCHENS**

Valentina Rice, founder of Many Kitchens

PRICE: \$21.99

ISBN: 978-1-62414-202-4

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

PUB DATE: January, 2016



## **PREP-AHEAD MEALS FROM SCRATCH**

Alea Milham, founder of the blog *Premeditated Leftovers*

PRICE: \$19.99

ISBN: 978-1-62414-204-8

SPECS: 8 x 9, 208 pages, lay-flat paperback, 80 color photos

PUB DATE: January, 2016



## **THE CLEVER COOKBOOK**

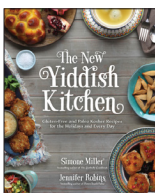
Emilie Raffa, founder of the blog *The Clever Carrot*

PRICE: \$21.99

ISBN: 978-1-62414-216-1

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

PUB DATE: February, 2016



## **THE NEW YIDDISH KITCHEN**

Simone Miller, bestselling author of *Zenbelly Cookbook* and owner of *Zenbelly*, and Jennifer Robins, bestselling author of *Down South Paleo* and founder of the blog *Predominantly Paleo*

PRICE: \$28.00

ISBN: 978-1-62414-230-7

SPECS: 8 x 10, 256 pages, paper over board, 100 color photos

PUB DATE: March, 2016

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## **THE SMOKING BACON & HOG COOKBOOK** \* BACKLIST BESTSELLER \*

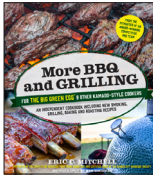
Bill Gillespie, author of *Secrets to Smoking on the Weber Smokey Mountain Cooker and Other Smokers* and pitmaster of the Smokin' Hoggz BBQ Team

PRICE: \$21.99

ISBN: 978-1-62414-224-6

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

PUB DATE: March, 2016



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

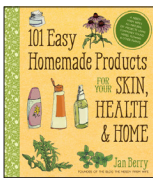
Eric Mitchell, bestselling author of *Smoke It Like A Pro on the Big Green Egg and other Ceramic Cookers* and founder of the Yabba Dabba Que! barbecue team

PRICE: \$21.99

ISBN: 978-1-62414-237-6

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

PUB DATE: March, 2016



## **101 EASY HOMEMADE PRODUCTS FOR YOUR SKIN, HEALTH & HOME** \* BACKLIST BESTSELLER \*

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

PRICE: \$22.99

ISBN: 978-1-62414-201-7

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*

PRICE: \$21.99

ISBN: 978-1-62414-199-7

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

PUB DATE: April, 2016



## **HOW TO BE A REDHEAD**

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**

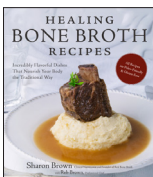
Holly Homer and Rachel Miller, bestselling authors of *101 Kids Activities That Are the Bestest, Funnest Ever!* and creators of *KidsActivitiesBlog.com*

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**

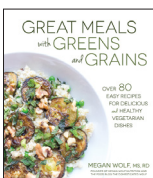
Sharon Brown, co-owner of *Real True Foods* and certified GAPS Practitioner

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, paperback, 60 color photos

PUB DATE: May, 2016

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## **100 FUN AND EASY LEARNING GAMES FOR KIDS**

Amanda Boyarshinov & Kim Vij, certified teachers and creators of [TheEducatorsSpinOnIt.com](http://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 Uncommon 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**

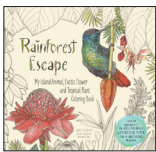
Jade Gedeon, founder and designer of We Dream in Colour

PRICE: \$16.99

ISBN: 978-1-62414-243-7

SPECS: 9 x 9.5, 132 pages, lay-flat paperback, 50 illustrations

PUB DATE: July, 2016



## **RAINFOREST ESCAPE \* BACKLIST BESTSELLER \***

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, 50 illustrations

PUB DATE: July, 2016



## **FRESH ITALIAN COOKING FOR THE NEW GENERATION**

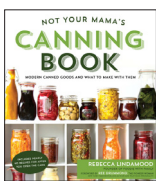
Alexandra Caspero Lenz, R.D. author of the food blog [DelishKnowledge.com](http://DelishKnowledge.com)

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, founder of Foodie with a Family

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ISBN: 978-1-62414-261-1

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

PUB DATE: July, 2016



## **NO-BAKE TREATS**

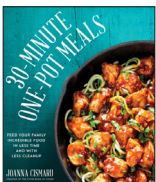
Julianne Bayer, founder of Beyond Frosting

PRICE: \$22.99

ISBN: 978-1-62414-246-8

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

PUB DATE: July, 2016



## **30-MINUTE ONE-POT MEALS**

Joanna Cismaru, creator of the food blog [JoCooks.com](http://JoCooks.com)

PRICE: \$21.99

ISBN: 978-1-62414-248-2

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

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## THE WEEKNIGHT DINNER COOKBOOK

Mary Younkin, creator of BareFeetInTheKitchen.com

PRICE: \$21.99

ISBN: 978-1-62414-247-5

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

PUB DATE: August, 2016



## EASY VEGAN BREAKFASTS & LUNCHES

Maya Sozer, chef & co-founder of the vegan food blog Dreamy Leaf

PRICE: \$21.99

ISBN: 978-1-62414-263-5

SPECS: 8 x 9, 192 pages, paperback, 60 photos

PUB DATE: August 2016



## THE PALEO KIDS COOKBOOK

Jennifer Robins, bestselling author of *Down South Paleo* and *The New Yiddish Kitchen*

PRICE: \$24.99

ISBN: 978-1-62414-287-1

SPECS: 8 x 9, 240 pages, lay-flat paperback, 80 color photos

PUB DATE: September, 2016



## SERIOUSLY FROM SCRATCH

Joe Gatto, professional chef, writer of the award-winning film *Overserved*

PRICE: \$21.99

ISBN: 978-1-62414-310-6

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

PUB DATE: September, 2016



## HOW TO BE HOT

Christal Fuentes, founder of The Ladies Coach

PRICE: \$16.99

ISBN: 978-1-62414-286-4

SPECS: 8 x 9, 176 pages, paperback, 40 color photos

PUB DATE: September, 2016



## HOME BREW RECIPE BIBLE

Chris Colby, editor of *Beer & Wine Journal*

PRICE: \$24.99

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SPECS: 8 x 9, 272 pages, lay-flat paperback, 130 color photos

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## EFFORTLESS ENTERTAINING COOKBOOK

Meredith Steele, founder of the blog *SteeleHouseKitchen.com*

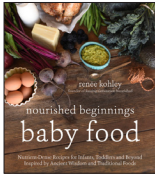
PRICE: \$22.99

ISBN: 978-1-62414-264-2

SPECS: 8 x 9, 224 pages, lay-flat paperback, 80 color photos

PUB DATE: October, 2016

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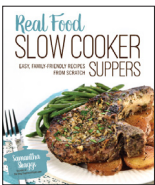
## **NOURISHED BEGINNINGS BABY FOOD**

Renee Kohley, founder of Raising Generation Nourished  
PRICE: \$22.99  
ISBN: 978-1-62414-301-4  
SPECS: 8 x 9, 208 pages, lay-flat paperback, 60 color photos  
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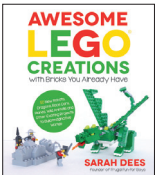
## **TRADITIONAL JEWISH BAKING**

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SPECS: 8 x 9, 208 pages, lay-flat paperback, 80 color photos  
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SPECS: 8 x 9, 256 pages, paperback, 80 color photos  
PUB DATE: October, 2016



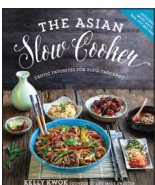
## **HOMESTYLE VEGAN**

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## **THE ASIAN SLOW COOKER**

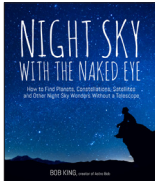
Kelly Kwok, founder of Life Made Sweeter  
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SPECS: 8 x 9, 208 pages, paperback, 60 color photos  
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ISBN: 978-1-62414-315-1

SPECS: 7 3/8 x 9, 224 pages, lay-flat paperback, 60 color photos

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## **REAL FOOD, REAL SIMPLE**

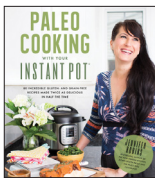
Taylor Riggs, founder of Simply Taylor

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ISBN: 978-1-62414-337-3

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

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## **PALEO COOKING WITH YOUR INSTANT POT** \* BACKLIST BESTSELLER \*

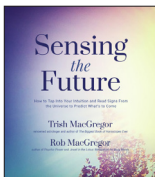
Jennifer Robins, bestselling author of *The New Yiddish Kitchen*, *Down South Paleo*, and *The Paleo Kids Cookbook*

PRICE: \$21.99

ISBN: 978-1-62414-354-0

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## **SENSING THE FUTURE**

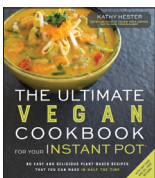
Trish MacGregor, renowned astrologer and author of *The Biggest Book of Horoscopes Ever*, and Rob MacGregor, author of *Psychic Power*

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PUB DATE: February, 2017



## **CARNIVAL ESCAPE**

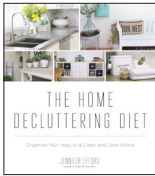
Jade Gedeon, author and illustrator of *Island Escape* and *Rainforest Escape*, and founder and designer of We Dream in Colour

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

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

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## **NEXT GENERATION FOOTBALL TRAINING**

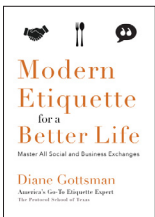
Abdul Foster, professional trainer and fitness coach, owner of IX Innovations Gym and brother of NFL Star Arian Foster

PRICE: \$24.99

ISBN: 978-1-62414-240-6

SPECS: 8 x 9, 308 pages, paperback, 200 color photos

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Diane Gottsman, National Etiquette Expert, The Protocol School of Texas

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ISBN: 978-1-62414-325-0

SPECS: 5 x 7, 176 pages, paperback

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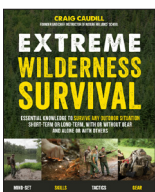
Sara Bendrick, landscape designer and contractor, host of DIY Network's *I Hate My Yard!*

PRICE: \$21.99

ISBN: 978-1-62414-339-7

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

PUB DATE: March, 2017



## **EXTREME WILDERNESS SURVIVAL**

Craig Caudill, founder and chief instructor of Nature Reliance School

PRICE: \$21.99

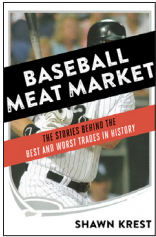
ISBN: 978-1-62414-336-6

SPECS: 7 $\frac{3}{8}$  x 9, 192 pages, lay-flat paperback, 100 color photos

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Shawn Krest, award-winning sportswriter for the ACC Sports Journal, CBS Sports, ESPN and the MLB official website

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Loreal Gavin, celebrity chef, contestant on Food Network Star season 10 and winner of *Cutthroat Kitchen*

PRICE: \$22.99

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SPECS: 8 x 9, 224 pages, lay-flat paperback, 80 color photos

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

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## **SHOWDOWN COMFORT FOOD, CHILI & BBQ**

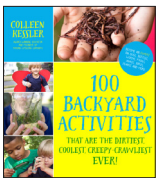
Jenn de la Vega, founder of Randwiches

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

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PRICE: \$19.99

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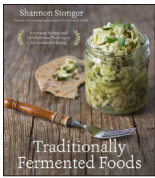
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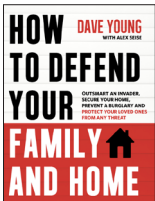
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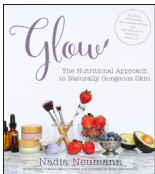
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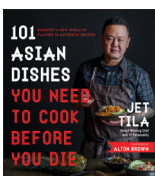
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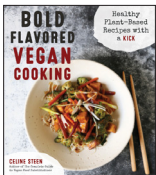
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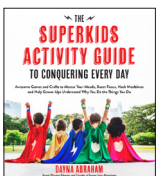
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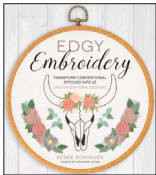
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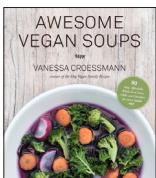
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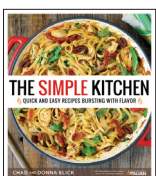
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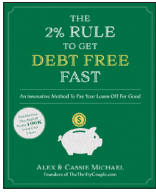
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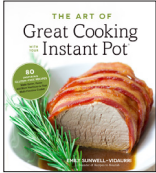
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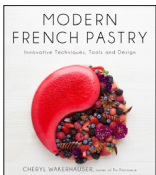
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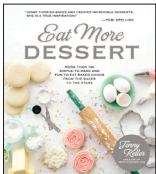
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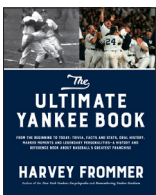
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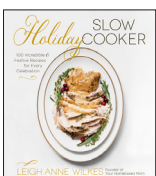
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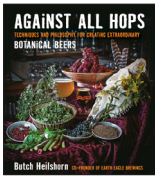
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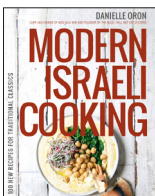
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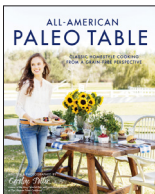
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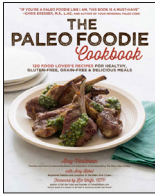
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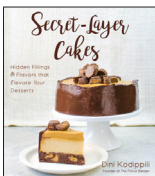
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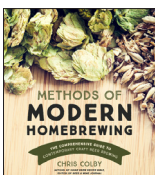
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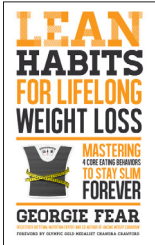
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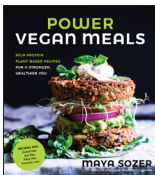
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