RODALE KIDS WINTER 2018

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Near Friends,

It's Rodale Kids' second season, and we're doubly excited as we were the first time around!

Our Winter 2018 titles build further on our mission: to empower kids to achieve happiness, healthiness, and appreciation for the world around them.

Some of our friends have returned from Fall 2017: Mrs. Peanuckle shares fun facts about birds and bugs; the animal martial artists from TEAM TAEKWONDO tackle bullying; and the POSITIVE POWER series expands with affirmations for being brave and strong.

Several recognizable brands are joining us on our Winter 2018 list. Kids who know BLOOMERS! through their online games, school programs, and innovative products (like the popular plantable VeggiePOPS) will be delighted to find the Bloomers characters in a line of picture books showing how to grow food and care for nature. There's also the irresistible MEDDY TEDDY, the bestselling plush bear who now stars in his own picture book introducing yoga and mindfulness to children. Older kids are sure to devour the highly anticipated first book from THE STORY PIRATES, which shares the same energy and inventive storytelling as their live performances and is written by *New York Times* bestselling author Geoff Rodkey.

Teen athletes will find wisdom and practical advice about improving their game and keeping their perspective in *The Young Champion's Mind*. And older children will gain perspective on our nation's history in *Words That Built a Nation*. Families will appreciate *No Biggy*, by Elycia Rubin—a true-to-life picture book on handling everyday frustrations.

Two original series make their debut. DEALING WITH FEELINGS is the second series under the RODALE CURIOUS READERS beginner reader program, and STRANGE SCOUT TALES is a funny, adventure-packed chapter book series.

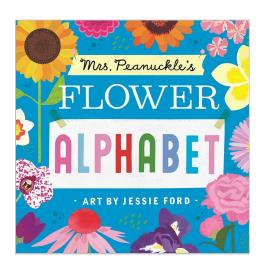
One thing is for sure: we're planting seeds in Winter 2018 for even more growth—and great books—in the seasons to come. We look forward to hearing what you think about our newest lineup and encourage you to reach out.

Until then, happy reading!

Em Wom

Eric Wight Creative & Editorial Director of Children's Media

MRS. PEANUCKLE; ILLUSTRATED BY JESSIE FORD Mrs. Peanuckle's Flower Alphabet



FEBRUARY Rodale Kids Juvenile Nonfiction / Concepts / Alphabet On Sale 2/27/2018 Ages 0 to 3 Board Book 28 pages 6.9 in H | 6.9 in W Carton Quantity: 36 ISBN: 9781623369415 \$7.99 / \$8.99 Can.

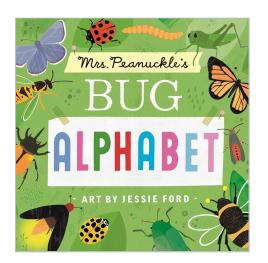
Mrs. Peanuckle returns for another alphabet adventure—this time with her favorite flowers from A to Z.

Bright colors and energetic illustrations pop off the pages of the Mrs. Peanuckle's Alphabet Series, which invites our youngest children to discover the vegetables and fruits (Fall 2017) and the flowers and bugs (Winter 2018) of the natural world.

From the aster to the zinnia, Mrs. Peanuckle introduces very young children to 26 types of flowers from across the globe. For each one, she offers a single defining characteristic, some of them very surprising. Did you know that there are twice as many orchid species as bird species? It's true! Do flowers taste good? Birds, bees, and butterflies sure think so! You'll even find flowers in certain teas. With bold, colorful pages, strong graphic art, and exciting design, these flowers are certain to be remembered by the children and adults who share this book.

MRS. PEANUCKLE loves to write, talk to animals and birds, and putter in her garden. She has a vast assortment of children and grandchildren (some of them pets and some of them imaginary). She also collects rocks, shells, books, and eccentric friends. When she is not traveling and exploring the universe, you can find her cooking and eating while singing in her magical cabin in the woods. Most of all, she loves to laugh.

MRS. PEANUCKLE; ILLUSTRATED BY JESSIE FORD Mrs. Peanuckle's Bug Alphabet



FEBRUARY Rodale Kids Juvenile Nonfiction / Concepts / Alphabet On Sale 2/27/2018 Ages 0 to 3 Board Book 28 pages 6.9 in H | 6.9 in W Carton Quantity: 36 ISBN: 9781623369392 \$7.99 / \$8.99 Can.

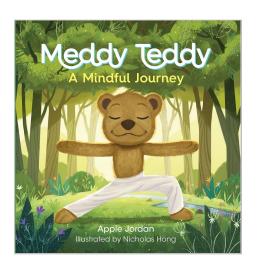
A creepy, crawly alphabet adventure from Mrs. Peanuckle that brings all types of bugs to the board book page

Noisy or quiet, colorful or camouflaged, underfoot or overhead, many of the 26 bugs in this alphabet will be familiar to even the youngest readers. Still, they will be amazed by some of the things these bugs can do. Grasshoppers can jump more than 3 feet at a time. Try it! A rhinoceros beetle can lift 850 times its own weight. (Don't try that one.) Each of the fresh pages of this square, sturdy board book will grab a toddler's attention and hold it, with something new to find in every illustration.

(No letter is a let down, not even the tricky ones toward the end—Q and the Queen bee, X and the Xerces blue butterfly (now extinct), and Z and the Zorapteran.)

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APPLE JORDAN; ILLUSTRATED BY NICHOLAS HONG Meddy Teddy A Mindful Yoga Journey



MARCH Rodale Kids Juvenile Fiction / Health & Daily Living On Sale 3/20/2018 Ages 4 to 8 Hardcover 32 pages 10 in H | 10 in W Carton Quantity: 34 ISBN: 9781635650464 \$17.99 / \$20.50 Can.

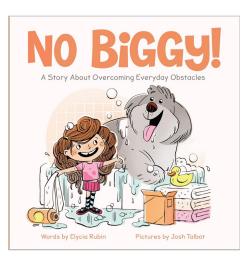
Say Namaste to Meddy Teddy, the new yogi for young children.

This adorable, posable, yoga-pant clad plush bear has been praised in *People, Cosmopolitan*, and the *Huffington Post* for his ability to get kids to breathe easy. Now, after a successful Indiegogo campaign, which helped fund the production and distribution of the little guru into schools and yoga and mindfulness centers, he is the star of his own picture book. *Meddy Teddy* follows the mindful bear as he comes out of hibernation and enjoys his first day of spring. When he loses his way in the forest, his animal friends each share a special yoga pose to help lead Meddy back to his family. Perfect for introducing kids to the practice of yoga, the book encourages readers to move along with Meddy by following the yoga pose highlighted at the bottom of each page.

APPLE JORDAN is a prolific children's book writer, with several titles from the Step into Reading program, such as *A Spooky Adventure* (Disney's *Toy Story*) and *I Can Be a Farm Vet* (Barbie), as well as the popular *Sesame Street* board book *Big Enough for a Bed*.

ELYCIA RUBIN; ILLUSTRATED BY JOSH TALBOT No Biggy!

A Story About Overcoming Everyday Obstacles



FEBRUARY Rodale Kids Juvenile Fiction / Social Themes / Emotions & Feelings On Sale 2/6/2018 Ages 4 to 8 Hardcover 32 pages 10 in H | 10 in W Carton Quantity: 32 ISBN: 9781635650488 \$17.99 / \$20.50 Can.

A perfect at-home, at-school, and out-and-about tool to help kids keep their cool

It is just a regular morning for Kiki. She has to brush her teeth, get dressed, and help make breakfast. But the toothpaste won't stay on the brush; the zipper won't cooperate; and the peanut butter clumps on her toast. After she responds with disappointment and anger, Kiki's parents remind her that these things are "no biggies," encouraging her toward success through optimism and second (and sometimes third) attempts. Young children will recognize not only the things that Kiki has to do at home and school, but also the feelings she has when, despite her earnest efforts, she can't get everything right on the first try.

Brightly colored and encouraging illustrations picture Kiki throughout the day—right to her bedtime bubble bath—learning that most things are not biggies. Readers will learn it, too.

ELYCIA RUBIN is the author of successful style guides *Frumpy to Foxy in 15 Minutes Flat* (Fair Winds Press) and *Curves Rule and Flat Is Fabulous* as well as a lifestyle expert who has been featured in *Cosmo, Marie Claire, People*, and more. She lives in Los Angeles with her family, who has been saying "No Biggy!" for the last 5 years with many happy results. Visit her at https://twitter.com /elyciarubin.

Praise For...

"*No Biggy*! nails it! This is a perfect book for both kids and grown-ups. You'll love it." - JULIE BOWEN, mother and Emmy Award-winning actress, *Modern Family*

CYNTHIA WYLIE AND COURTNEY CARBONE; ILLUSTRATED BY KATYA LONGHI Bloomers Island: The Great Garden Party



JANUARY Rodale Kids Juvenile Fiction / Nature & The Natural World / Environment On Sale 1/16/2018 Ages 4 to 8 Hardcover 32 pages 10 in H | 10 in W Carton Quantity: 34 ISBN: 9781635650693 \$17.99 / \$20.50 Can.

Welcome to Bloomers Island, where kids are empowered to grow (and eat!) their own veggies and fruits

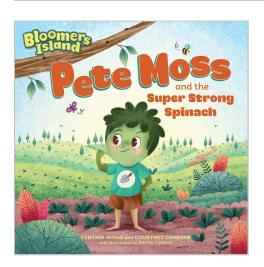
Expanding the reach of the popular children's healthylifestyle program and the bestselling plantable VeggiePOPS, the Bloomers picture books take readers to Bloomers Island to experience the world of plants, flowers, and gardens. Whether it's through the introductory *Bloomers Island* or the Garden of Stories series, each of which feature a select vegetable and Bloomers friend, children need only grab a book from their shelf to step foot on the island whenever they wish.

For those who are new to Bloomers, this picture book is a warm welcome. Through a lively story and lush illustrations, children will meet the Bloomers gang and discover the excitement of growing their own food. In turn, that excitement will evolve into actions that children will take—from eating better to caring for the earth.

CYNTHIA WYLIE grew up on a farm, where she developed her love for all things green. Along with inventing unique gardening products, she has taught thousands of children how to garden. She has also raised four vegetable-eating children of her own in Venice, California.

COURTNEY CARBONE is a children's book writer in New York City. She enjoys spending time in botanical gardens and farmers' markets, as well as planting her own garden. She especially loves lemons, avocados, and dahlia flowers.

CYNTHIA WYLIE AND COURTNEY CARBONE; ILLUSTRATED BY KATYA LONGHI Pete Moss and the Super Strong Spinach Bloomers Island Garden of Stories #1



APRIL Rodale Kids Juvenile Fiction / Nature & The Natural World / Environment On Sale 4/3/2018 Ages 4 to 8 Trade Paperback 32 pages 8 in H | 8 in W Carton Quantity: 136 ISBN: 9781635650525 \$4.99 / \$5.99 Can.

A new series on the busy, bustling, and always-growing Bloomers Island, featuring a different Bloomers friend in each title

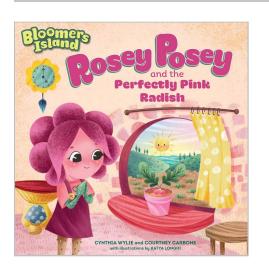
With a special challenge from Professor Sage, the Bloomers set out to grow their favorite vegetables, each hoping to win the Very Very Veggie Prize. Following the characters' gardening journeys, kids will learn all about vegetables and how to grow them in this follow-up series to *Bloomers Island*. Colorful stickers are included in each book.

In book #1, Pete Moss wants to snag the Very Very Veggie Prize, and he knows exactly what vegetable will do the trick spinach! After all, it's green and strong, just like him. There's only one problem: Pete doesn't know how to grow spinach. Does it grow on trees? Does it like sun? How much water does it need? Thankfully, with the help of Professor Sage and the gang, it won't take long before Pete's spinach seed becomes a hearty, healthy treat to eat.

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CYNTHIA WYLIE AND COURTNEY CARBONE; ILLUSTRATED BY KATYA LONGHI Rosey Posey and the Perfectly Pink Radish Bloomers Island Garden of Stories #2



APRIL Rodale Kids Juvenile Fiction / Nature & The Natural World / Environment On Sale 4/3/2018 Ages 4 to 8 Trade Paperback 32 pages 8 in H | 8 in W Carton Quantity: 136 ISBN: 9781635650549 \$4.99 / \$5.99 Can.

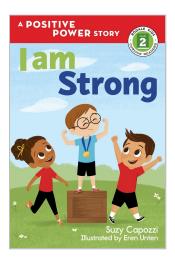
Join Rosey Posey on Bloomers Island as she discovers just how easy—and colorful —gardening can be!

Rosey Posey isn't so sure about the Very Very Veggie Challenge. Growing a vegetable seems hard! But according to Professor Sage, you don't need to be a professor to grow your own garden. With patience, research, and practice, anyone can become a gardening extraordinaire. Encouraged by Professor Sage and inspired by her absolute favorite color, Rosey sets out to grow a perfectly pink radish. What's more, she grows it in a perfectly pink pot on her perfectly pink windowsill. She may not have a green thumb, but through hard work and a little confidence, Rosey grows a radish worthy of the Very Veggie Prize.

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SUZY CAPOZZI; ILLUSTRATED BY EREN UNTEN I Am Strong The Positive Power Series



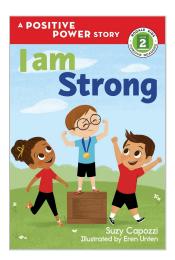
FEBRUARY Rodale Kids Juvenile Fiction / Readers / Beginner On Sale 2/13/2018 Ages 4 to 6 Trade Paperback 32 pages 9 in H | 6 in W Carton Quantity: 124 ISBN: 9781623369514 \$4.99 / \$5.99 Can.

A simple but mighty early reader that models the positive power of strength

Short on words and long on empowerment, the Positive Power series instills confidence in kids through the repetition of an aspirational phrase: I AM KIND and I AM THANKFUL (Fall 2017) and I AM STRONG and I AM BRAVE (Winter 2018). Colorful stickers are included in each book.

It's that time of the year again: the sun is out, the hurdles are set up, and classes are canceled. It's field day! *I Am Strong* follows a young boy on the fun-filled day as he learns what it means to be strong. Despite his small size, he surprises his teammates and himself when he demonstrates mental, emotional, and physical strength, making him a field day champion. This third title in the Positive Power series will get kids excited about their own strengths—whether it's learning to read or running really fast.

SUZY CAPOZZI; ILLUSTRATED BY EREN UNTEN I Am Strong The Positive Power Series



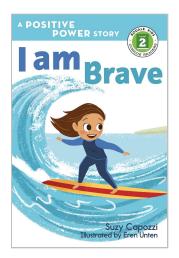
FEBRUARY Rodale Kids Juvenile Fiction / Readers / Beginner On Sale 2/13/2018 Ages 4 to 6 Hardcover 32 pages 9 in H | 6 in W Carton Quantity: 60 ISBN: 9781623369538 \$13.99 / \$15.99 Can.

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SUZY CAPOZZI; ILLUSTRATED BY EREN UNTEN



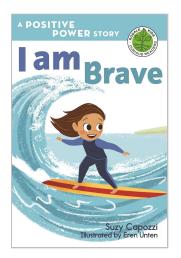
FEBRUARY Rodale Kids Juvenile Fiction / Readers / Beginner On Sale 2/13/2018 Ages 4 to 6 Trade Paperback 32 pages 9 in H | 6 in W Carton Quantity: 124 ISBN: 9781623369545 \$4.99 / \$5.99 Can.

A young girl faces her fears on a family trip and returns home with an enduring souvenir—bravery!

Family vacations are fun, but can be filled with new and intimidating experiences. *I Am Brave* follows a little girl as she navigates her own family vacation, complete with a first airplane ride, a giant water slide at the hotel, a spooky cave—with bats!—and the main role in a disappearing trick. Thankfully, with her brother, parents, and even a magician as a guide, she learns to overcome hesitation and embrace her family's new adventures. Repeating the affirmation that "I am brave" allows courage to take over. A very happy vacation is the result.

Through simple text and the transporting art of the tropical vacation setting, this fourth title in the Positive Power series allows young readers to travel with the characters on their jam-packed trip of fun to learn what it means to be brave.

SUZY CAPOZZI; ILLUSTRATED BY EREN UNTEN



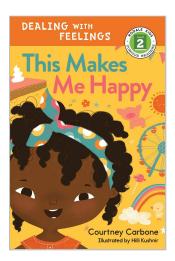
FEBRUARY Rodale Kids Juvenile Fiction / Readers / Beginner On Sale 2/13/2018 Ages 4 to 6 Hardcover 32 pages 9 in H | 6 in W Carton Quantity: 60 ISBN: 9781623369569 \$13.99 / \$15.99 Can.

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COURTNEY CARBONE; ILLUSTRATED BY HILLI KUSHNIR This Makes Me Happy Dealing with Feelings Series



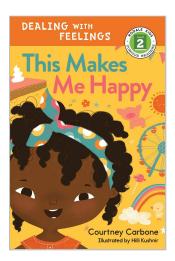
APRIL Rodale Kids Juvenile Fiction / Readers / Beginner On Sale 4/24/2018 Ages 4 to 6 Trade Paperback 32 pages 9 in H | 6 in W Carton Quantity: 124 ISBN: 9781635650389 \$4.99 / \$5.99 Can.

The first in an early reader series designed to help kids name and process their emotions in a fun and empowering way

While children enjoy expressing themselves—be it through laughter or tears—they don't always have the words to articulate their emotions. The Dealing with Feelings series is designed to give voice to what's brewing inside, showing children how to name their emotions as they also learn to read. Colorful stickers are included in each book.

This Makes Me Happy follows a young girl on a field trip to the fair, complete with a roller coaster, pie-eating contest, and petting zoo! But when her pesky nut allergy keeps her from having a treat with her class, the girl learns that even the happiest of days can have unhappy moments. By reflecting on her trip and recognizing the many feelings that arose during it, she is able to feel less overwhelmed—and more confident about her positively happy day.

COURTNEY CARBONE; ILLUSTRATED BY HILLI KUSHNIR This Makes Me Happy Dealing with Feelings Series



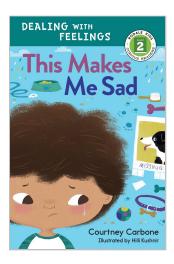
APRIL Rodale Kids Juvenile Fiction / Readers / Beginner On Sale 4/24/2018 Ages 4 to 6 Hardcover 32 pages 9 in H | 6 in W Carton Quantity: 60 ISBN: 9781635650570 \$13.99 / \$15.99 Can.

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COURTNEY CARBONE; ILLUSTRATED BY HILLI KUSHNIR This Makes Me Sad Dealing with Feelings Series



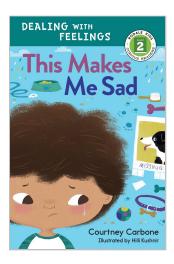
APRIL Rodale Kids Juvenile Fiction / Readers / Beginner On Sale 4/24/2018 Ages 4 to 6 Trade Paperback 32 pages 9 in H | 6 in W Carton Quantity: 124 ISBN: 9781635650402 \$4.99 / \$5.99 Can.

A sweet and gentle story that helps children name what they feel when they're a bit gloomy

If feeling blue isn't bad enough, it's even worse without your best furry friend. *This Makes Me Sad* follows a young boy after he accidentally lets his dog, Kit, loose from the yard. Despite his parents' attempt to find her, nothing can cheer up the boy. His favorite things, like a pretty sunset, going to the park, and his beloved teddy bear, just make him more sad. Even happy memories of Kit no longer feel good. With help from his family, the boy must learn to accept and express how he's feeling inside. And by dealing with his feelings, he might just be able to do some good until Kit comes home.

Easy-to-read text and evocative illustrations make this relatable second story in the Dealing with Feelings series a perfect practice in emotional maturity for kids.

COURTNEY CARBONE; ILLUSTRATED BY HILLI KUSHNIR This Makes Me Sad Dealing with Feelings Series



APRIL Rodale Kids Juvenile Fiction / Readers / Beginner On Sale 4/24/2018 Ages 4 to 6 Hardcover 32 pages 9 in H | 6 in W Carton Quantity: 60 ISBN: 9781635650587 \$13.99 / \$15.99 Can.

A sweet and gentle story that helps children name what they feel when they're a bit gloomy

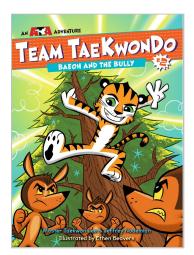
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MASTER TAEKWON LEE AND JEFFREY NODELMAN; ILLUSTRATED BY ETHEN BEAVERS

Baeoh and the Bully

Team Taekwondo #2



APRIL Rodale Kids Juvenile Fiction / Comics & Graphic Novels On Sale 4/17/2018 Ages 6 to 10 Trade Paperback 108 pages 7.5 in H | 5.5 in W Carton Quantity: 76 ISBN: 9781623369453 \$9.99 / \$11.50 Can.

The second installment of the actionpacked graphic novel series for young martial artists

The appeal of graphic novels and martial arts combine in the Team Taekwondo series—a collaboration between Rodale Kids and ATA International. Following a group of young martial arts students as they discover the life-enriching principles of taekwondo, the stories offer humor and insight into the real-world problems children face.

In this newest installment, the ATA Team Taekwondo dojo is busy preparing for Buddy Day. Normally, bringing a buddy to class would be easy for class clown Baeoh. But with a new bully in his life who won't leave him alone, Baeoh doesn't feel much like a buddy. Worse yet, he may be turning into a bully himself. Following the first in the series, *Baeoh and the Bully* is both an important lesson and an eye-catching page-turner, leaving readers ready for the next one.

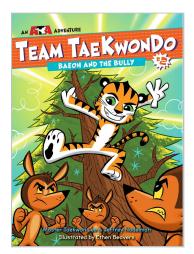
MASTER TAEKWON LEE is a sixth degree black belt and master instructor with many years of experience with ATA International—the world's largest martial arts licensing company. He's also the creator of the award-winning interactive children's video series Agent G.

JEFFREY NODELMAN is a novelist, painter, award-winning animator, and a fourth degree black belt trained in ATA Songahm Taekwondo. He lives in Little Rock, Arkansas, with one wife, two children, and three spoiled rescue dogs.

MASTER TAEKWON LEE AND JEFFREY NODELMAN; ILLUSTRATED BY ETHEN BEAVERS

Baeoh and the Bully

Team Taekwondo #2



JANUARY Rodale Kids Juvenile Fiction / Comics & Graphic Novels On Sale 1/16/2018 Ages 6 to 10 Hardcover 108 pages 7 in H | 5.8 in W Carton Quantity: 42 ISBN: 9781623369477 \$14.99 / \$17.50 Can.

The second installment of the actionpacked graphic novel series for young martial artists

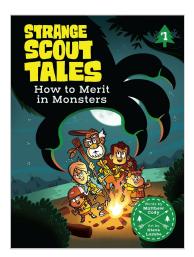
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MATTHEW CODY; ILLUSTRATED BY STEVE LAMBE How to Merit in Monsters Strange Scout Tales #1



APRIL Rodale Kids Juvenile Fiction / Action & Adventure / Survival Stories On Sale 4/10/2018 Ages 7 to 10 Hardcover 128 pages 7.3 in H | 5.5 in W Carton Quantity: 40 ISBN: 9781635650594 \$12.99 / \$14.99 Can.

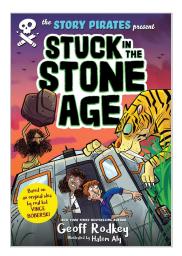
A new series teeming with monsters, the biomes they roam, and the hopeless scout troop out to save them

In Matthew Cody's humorous new chapter book series, a lowest-ranked scout troop learns that their sleepaway camp is really a training ground for protecting the earth's most endangered species—monsters. And it turns out Troop D, or Troop Dweeb as the other troops refer to them, is next in line to earn their Monster Merit Badges.

In book one, readers will join Troop D on a mission to rescue the legendary Big Foot, whose water supply has been contaminated. Luckily, with the help of their troop master and the ever-handy century-old Scout's Handbook, they might just have a chance. Providing great fun as well as positive messages about embracing one's uniqueness and saving our environment, this first title will make the Strange Scout Tales series a welcome addition to any home, library, or school shelf.

MATTHEW CODY is the acclaimed children's author of several popular books including the award-winning Supers of Noble's Green trilogy: *Powerless, Super*, and *Villainous*. He lives in Manhattan with his wife and son. Visit him online at matthewcody.com.

THE STORY PIRATES WITH GEOFF RODKEY; ILLUSTRATED BY HATEM ALY Stuck in the Stone Age



MARCH Rodale Kids Juvenile Fiction / Humorous Stories On Sale 3/20/2018 Ages 8 to 12 Hardcover 256 pages 8.5 in H | 5.8 in W Carton Quantity: 36 ISBN: 9781635650891 \$13.99 / \$15.99 Can. The Story Pirates team up with bestselling author Geoff Rodkey on this combination time-travel comedy and creative writing guide for young readers and writers.

"Changing kids' lives, one story at a time" is the motto of the Story Pirates, a group of performers who bring kids' writing to life through sketch comedy. Based on an idea from a fan, 11-year old Vince Boberski, the Story Pirates have teamed up with New York Times bestselling author Geoff Rodkey for their first book: a hilarious time-travel adventure that doubles as an intro to creative writing. *Stuck in the Stone Age* follows two scientists who are trapped in prehistoric times. Tom Edison (not that Thomas Edison) and Dr. Morice face down cavemen and saber-toothed tigers with one problem: Edison isn't good at science, and Morice isn't good with people. Infused with Rodkey's signature style, Vince's standout prompt becomes a full-fledged novel sure to inspire readers and writers everywhere.

THE STORY PIRATES are a nationally respected media and education organization founded in 2004 to celebrate the words, ideas, and stories of young people. They've been featured on *NBC Nightly News, TODAY*, and *Sesame Street*, and are endorsed by Jon Stewart, Conan O'Brien, John Oliver, and more.

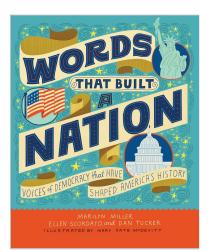
GEOFF RODKEY is the *New York Times* bestselling writer of the Tapper Twins and Chronicles of Egg books. He lives and works in New York City. Visit him at geoffrodkey.com.

Praise For...

"I can honestly say that the Story Pirates are the most popular, even beloved, group we have worked with—the children, the administration, the teachers, the parents all rave about the troupe."

-**Stuart Miller**, PTA President, PS 107 Brooklyn, Brooklyn, NY

MARILYN MILLER AND ELLEN SCORDATO Words That Built a Nation Voices of Democracy That Have Shaped America's History



FEBRUARY Rodale Kids Juvenile Nonfiction / History / United States On Sale 2/13/2018 Ages 8 to 12 Hardcover 208 pages 9.1 in H | 7.5 in W Carton Quantity: 20 ISBN: 9781635651881 \$18.99 / \$21.99 Can.

The much-loved kids' collection of historical U.S. documents returns with an all new design and updated selection of history-making texts

When originally published in 1999, *Words That Built a Nation* was hailed for bringing together the United States' most important historical documents and speeches into one accessible collection for kids. Now, this history lovers' must-have is back, and it's been revised and revamped for the 21st century. From the Gettysburg Address to the 2015 Supreme Court ruling on same-sex marriage, the updated collection preserves the documents of the first edition and introduces the landmark statements that are impacting our nation today.

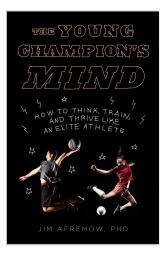
With new illustrations, a refreshed design, and complementary background information, *Words That Built a Nation* is the ultimate tour of United States history, created to engage, inspire, and equip kids with the knowledge they need to change and shape their world.

MARILYN MILLER is a freelance writer and editor in New York City. She received her degree in history and completed graduate work in American history.

ELLEN SCORDATO is a writer and editor as well as the author of four young adult and children's nonfiction titles in American history and pop culture.

DAN TUCKER is a writer and editor living in Brooklyn. He is the founder of Sideshow Media, a New York–based independent producer of content focused on history, the arts, pop culture, and travel.

JIM AFREMOW, PHD The Young Champion's Mind How to Think, Train, and Thrive Like an Elite Athlete



MARCH Rodale Kids Young Adult Nonfiction / Sports & Recreation On Sale 3/13/2018 Ages 12 to 18 Hardcover 240 pages 8.4 in H | 5.5 in W Carton Quantity: 22 ISBN: 9781635650563 \$17.99 / \$20.50 Can.

An invaluable guide from an expert in sports psychology to help student athletes play and feel their best

Sports psychologist Jim Afremow has earned accolades from Olympians to professional athletes for his insightful approach to training the mind, body, and spirit of a competitor. Now this award-winning coach is turning his talents to student athletes in the new young adult edition of his highly praised *The Champion's Mind*. As student athletes strive to balance their school and sports accomplishments, Dr. Afremow's sage advice will be a much-needed guide in helping them navigate the field—or rink or court.

The Young Champion's Mind covers such topics as: - Tips on how to get in a "zone," thrive on a team, and stay humble

- How to progress within a sport and sustain excellence long-term

- Customizable preperformance routines to hit full power when the gun goes off or the puck is dropped

DR. JIM AFREMOW is a sought-after mental-game coach and licensed professional counselor. Founder of Good to Gold Medal, PLLC, a leading coaching and consulting practice, he is passionate about helping others achieve peak performance and personal excellence to reach their true potential. He lives in Phoenix, Arizona, with his wife and daughter. Visit him at goldmedalmind.net.

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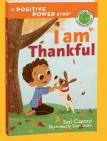
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