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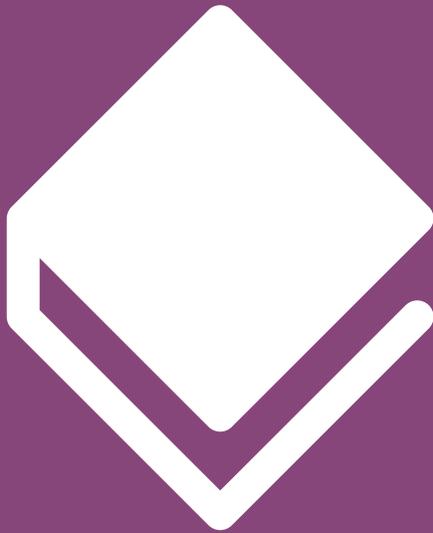
◆ The clear path to better books



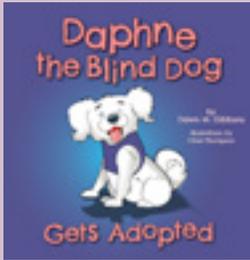
VOLUME 10 | 2020

CHILDREN'S **BOOKS**





CHILDREN'S 2020 BESTSELLERS



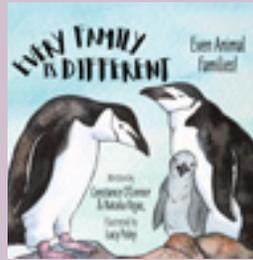
DAPHNE THE BLIND DOG GETS ADOPTED
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978-1-5255-1007-6



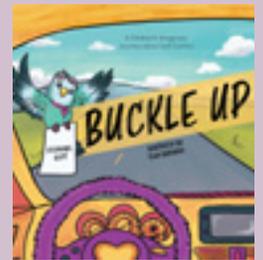
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by CONSTANCE O'CONNOR & NATALIA ROJAS

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MY CHICKENS LAY EGGS
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THIS IS ELLA
by KRISTA EWERT

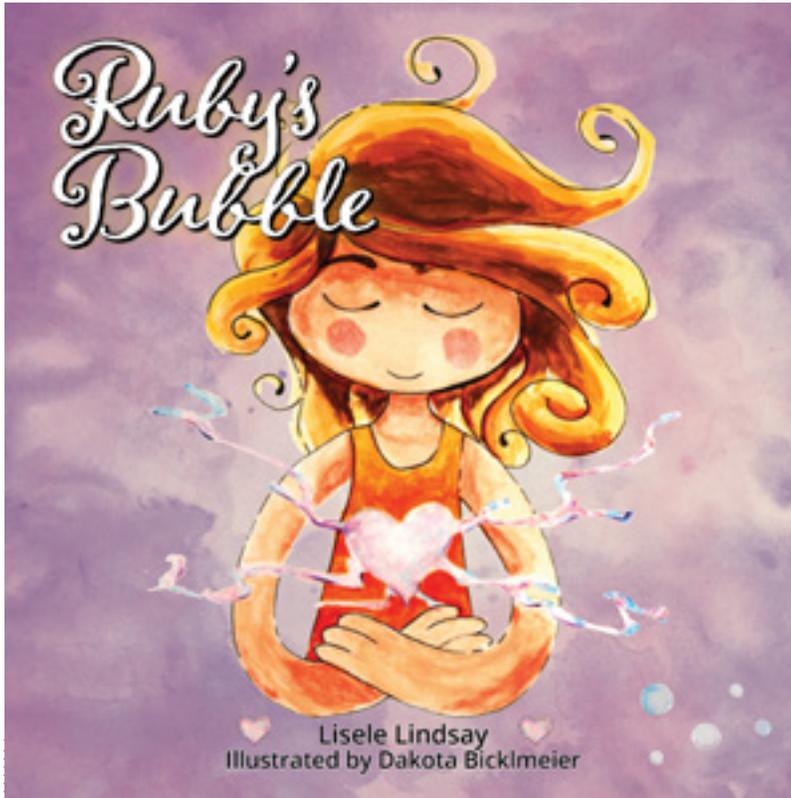
HARDCOVER
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PAPERBACK
\$11.49 USD | 25% Disc
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EBOOK
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THE STRENGTH MATCH
by JAMIE LYNN

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PAPERBACK
\$14.99 USD | Reg Disc
978-1-5255-4511-5
EBOOK
\$1.99 USD
978-1-5255-4512-2

RUBY'S BUBBLE BY LISELE LINDSAY



JUVENILE FICTION / SOCIAL THEMES / MANNERS & ETIQUETTE

48 pages, Standard Color, 8.5 x 8.5

HARDCOVER

\$19.49 USD | 25% Disc
978-1-5255-5496-4

PAPERBACK

\$9.99 USD | Reg Disc
978-1-5255-5497-1

EBOOK

\$3.99 USD
978-1-5255-5498-8

LISELE LINDSAY HAS BEEN A PROFESSIONAL EDUCATOR FOR OVER TWENTY-FIVE years. She currently works as a kindergarten teacher and guidance counsellor in an UNESCO Associated School Network setting in Onanole, Manitoba. She loves to captivate children with wonderful stories that provide them with a strong sense of self, peace of mind, acceptance, and respect for others, a desire to be kind to one another, and (of course,) an opportunity to participate actively while the book is being read.

Ruby's Bubble is her first book dedicated to her great-niece Ruby, with many more stories to come. She hopes this practical and user friendly guide to help children develop personal-space awareness and social cues becomes a favourite read.

Lisele enjoys living near Riding Mountain National Park with her husband, Brad, and two sons, Thomas and Garrett. ■

MEET RUBY, AN ACTIVE CHILD WHO LOVES TO BOUNCE, dance and play with her friends. When an accident occurs from too much excitement, Ruby calms herself in three easy steps and teaches the reader to do the same.

By staying calm and visualizing a colourful bubble around themselves, Ruby and her friends become more aware of their personal space and the personal space needs of others. It's as easy as counting 1, 2, 3.

"*Ruby's Bubble*" is a children's book aimed at guiding children to become mindful of their personal space. By practising the relaxation and visualization technique, they develop the social skills that allow them to engage successfully and respectfully with others. The beautiful hand painted water colour images, created by illustrator Dakota Bicklmeier, create a unique visual for young children to enjoy. The whimsical illustrations make for a perfect read aloud for classroom settings or can be enjoyed on its own. ■

www.authorintheclassroom.com

"*Ruby's Bubble by Lisele Lindsay is a good reminder to readers to be careful of their personal space, and the relaxation and visualization techniques in the book will help them create a happy and safe world. The concept is excellent and the author's approach to it is simple and can be understood and practiced easily by readers of all age groups. The whimsical way of dealing with the subject makes the book appealing to children. Tutors and parents can educate children to practice the steps suggested by Ruby so that they can learn to respect the personal space of others.*"

—Readers' Favorite 5 Star Review by Mamta Madhavan

"*This is truly a beautiful book. It teaches so many important skills, ideas, and techniques for kids. Personal space, self-regulation, relaxation, body awareness...it captures a lot all in one book. I appreciate that it teaches some of the techniques more than once and encourages the child reading to actually practice the techniques. The message is beautiful, the illustrations are beautiful. Amazing book.*"

—Claire McCannell - RPN, BScPN, MS

"*A delightful story. Ruby models a peaceful self-regulating strategy in such a way that invites and empowers the readers to access their own inner strength.*"

—Kim Burgess MEd CCC - Satori Counselling
- Expressive Arts Therapy

"*Ruby's message is definitely a shared treasure that each page turner will visualize their own safe space within their bubble*"

—Tanya Robinson - Librarian

BY ELEANOR CHUN **INVISIBLES**

EVER WONDER WHERE THAT MISSING SOCK WENT? HOW ABOUT THAT LAST PIECE of a puzzle set? Are these items just lost? Maybe, or perhaps the Invisibles had something to do with it. The Invisibles are adorable, imaginative creatures that like to hide and cause a little trouble now and then. Children are the only ones to help keep them out of mischief. But children have been too busy on their screens lately.

The Invisibles are bored, and chaos follows. Can children find time for both screens and the real world? Or will the Invisibles...be invisible...forever?

Can you find them? If you're not on a screen, maybe you'll catch a glimpse of the Invisibles. Have a look inside to see what adventures await!■

www.invisibles.ca

"Friendly creatures feel ignored as children focus on their screens in this debut picture book (...) In Eleanor Chun's heartfelt tale, the positive message is clear. The images by debut illustrator Eugene Chun, the author's husband, are cartoonlike and fun, mirroring what is explored in the text. The Invisibles are deftly depicted as furry, colorful little creatures with smiling faces, and the humans are of various races and ethnicities."

—Kirkus Reviews

"This wonderful book (...) reminds kids and adults alike of the importance of disconnecting from our screens and reconnecting with the things that matter most to us."

—Tamara Vinokur, Business Teacher (and Mother)
at York Region District School Board

"Eleanor and Eugene Chun have written and illustrated a book with an important message for children and adults to spark discussions at home and school."

—Aimee Ford, Teacher-Librarian at Rick Hansen Public School

"An engaging tale about limiting screen time."

—Kirkus Reviews

ELEANOR AND EUGENE CHUN ARE PARTNERS IN THE CREATION OF EDUCATIONAL children's books and in raising their two children. Eleanor is a professional writer and children's author in Toronto, and Eugene is an illustrator and educator.

Stay tuned for more books about these playful Invisibles and the modern-life lessons they discover together with children.■

INVISIBLES

Written by Eleanor Chun
Illustrated by Eugene Chun



JUVENILE FICTION / HEALTH & DAILY LIVING / DAILY ACTIVITIES

36 pages, Standard Color, 8.5 x 8.5

HARDCOVER

\$16.99 USD | 25% Disc
978-1-5255-4817-8

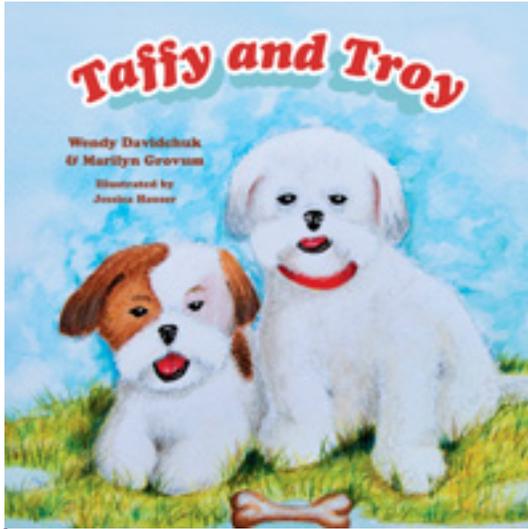
PAPERBACK

\$9.99 USD | Reg Disc
978-1-5255-4818-5

EBOOK

\$5.99 USD
978-1-5255-4819-2

TAFFY AND TROY BY WENDY DAVIDCHUK



JUVENILE FICTION / ANIMALS / DOGS

40 pages, Full Color, 8.5 x 8.5

HARDCOVER

\$14.49 USD | 25% Disc
978-1-5255-5436-0

PAPERBACK

\$6.99 USD | 25% Disc
978-1-5255-5437-7

EBOOK

\$3.99 USD
978-1-5255-5438-4

TAFFY AND TROY WERE BORN AT THE POOCH PALACE. THEY WERE BEST BUDDIES, right from the start. When Taffy was adopted, the puppies were separated. But not for long!

Taffy and Troy shows early readers the value of friendship, even as our lives change. The puppies will also help children understand that it is possible for some things to stay the same despite change. Their story shows how change can be a good thing in their lives, even if it may seem a bit scary at first. Sometimes it takes time to adjust and that's okay! ■

www.taffyandtroy.com

"Taffy and Troy is a beautifully written and illustrated story for young children. It is a gentle, engaging tale of the strength and comfort friendships provide. The soft, colorful illustrations by Jessica Hauser will be very appealing to young children. I was delighted to give a copy to a special friend on his fifth birthday in April."

—Carol Cuthbertson

WENDY DAVIDCHUK HAS A BED AND AN ECE DIPLOMA FROM THE UNIVERSITY OF Calgary. And Marilyn Grovum has a BA from the University of Saskatchewan and a BEd from the University of Calgary. These two teachers met and became good friends in the 1970s while teaching at Chinook Park Elementary School, and taught at several elementary schools in Calgary, where they still live. They thoroughly enjoyed reading stories aloud to the children in their classes.

Both dog lovers, Wendy and Marilyn got their dogs a few months apart from the same breeder. Marilyn does not drive, so for the next fourteen years, Wendy and Taffy picked up Marilyn and Troy and they went to all the dogs' appointments together. Taffy and Troy were always excited to see one another.

Wendy and Marilyn have so many endearing memories of their dogs, so they decided to write some rhyming books to share with children. Many hours have been spent at Marilyn's kitchen table creating these tales. Watch for the second book in the Taffy and Troy series, coming soon! ■

THE BUCKING CHICKEN OF THE HALF DIAMOND RANCH

BY JACK MCCLINTOCK

MAVERICK, A YOUNG HORSE ON THE HALF DIAMOND RANCH, HAS DECIDED what he wants to be when he grows up. He tells his father that he wants to become a bucking horse. His father isn't thrilled at the idea, but he encourages Maverick to talk it over with a retired bucking horse, Blackjack. Maverick is nervous about speaking to the older, seasoned horse, but he works up the courage to talk to him. Blackjack cautions him that learning to be a bucking horse will take lots of hard work.

Maverick is determined and tries as best he can, but he doesn't know what he's doing. His friends Bart the dog and Butt the goat try to encourage him, but he just doesn't seem to be getting any better on his own. Maverick is ready to give up his dream when a farm chicken named Val steps in. This no-nonsense chicken gives Maverick an earful about quitting and giving up. Then, to Maverick's surprise, she shows him the technique required to buck properly.

Will Maverick take bucking lessons from a chicken? Will he ever become the bucking horse he wants to be? Find out in this charming tale of friendship, humility, and persistence. ■

www.jackmcclintock.ca

"I enjoyed the witty wonderful life lesson to never give up on your dreams, friendship and determination."

—Liz, Toronto

"This is an inspiring message about achieving your dreams and listening to the voice of experience."

—Grace, Cambridge

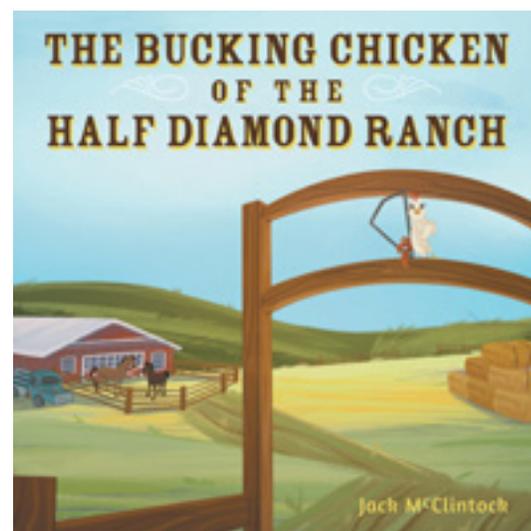
"Cleverly written dialogue. As a grandfather, it is entertaining to read this fun message about perseverance and dreams to my grandchildren."

—Ian, Vancouver

"I enjoyed the heartening tale about learning from an unlikely source and friendship that grows out of respect."

—Kathe, North Vancouver

JACK MCCLINTOCK IS A RETIRED POLICE OFFICER WHO LIVES NEAR VICTORIA, British Columbia. He wrote this story as much for dads to enjoy as he did for children. As toddlers, his daughters would ask him many evenings to tell them the "Bucking Chicken Story" at bedtime. The life messages woven into this whimsical tale and a dad's rendition of a classic movie tune are meant to encourage time together. ■



JUVENILE FICTION / GENERAL

52 pages, Standard Color, 8.5 x 8.5

HARDCOVER

\$17.99 USD | 25% Disc
978-1-5255-0842-4

PAPERBACK

\$10.99 USD | Reg Disc
978-1-5255-0843-1

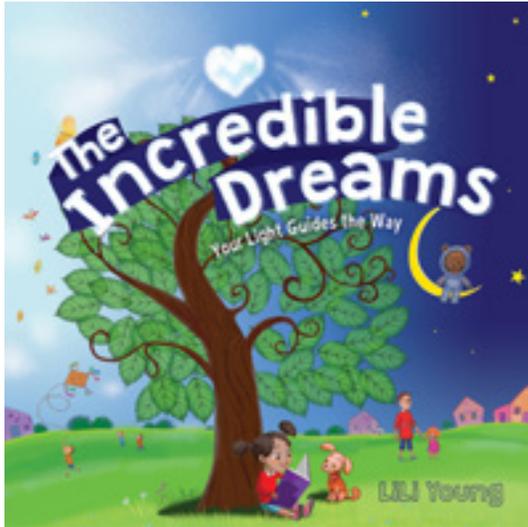
EBOOK

\$4.99 USD
978-1-5255-0844-8

THE INCREDIBLE DREAMS

Your Light Guides the Way

BY LILI YOUNG



JUVENILE FICTION / GENERAL

48 pages, Standard Color, 8.5 x 8.5

HARDCOVER

\$22.99 USD | Reg Disc
978-1-5255-3140-8

PAPERBACK

\$12.99 USD | Reg Disc
978-1-5255-3141-5

EBOOK

\$7.99 USD
978-1-5255-3142-2

THE IMPORTANCE OF DREAMING SHOULD NEVER BE UNDERESTIMATED. DREAMS are the manifestations of our imaginations. They are our subconscious thoughts, and when fully believed, can become reality. Dreaming is the first and most essential element to materializing all that we perceive our life can be.

*"Imagination is everything.
It is the preview of life's coming attractions."*

—Albert Einstein

The Incredible Dreams is beautifully illustrated and its thoughtful content is written in memorable and whimsical rhyme. The verses are designed to encourage self-awareness and dialogue. It explores the social-emotional learning concepts of character building, diversity, inclusion, social responsibility, self-management, embracing change and forming positive relationships. This is the perfect book for parents and educators to experience with their children and students. It is a great gift for kids, new parents, grandparents and for individuals venturing into a new phase of life.

The Incredible Dreams is for people of all ages who appreciate that we are never too young or too old to dream. ■

www.theincredibledreams.com

LILI YOUNG, AS HER MOTHER CALLED HER, HAS ALWAYS BEEN AN AVID READER whose life was elevated both through education and the love of books. The knowledge and experiences that she acquired through reading is what she attributes to changing the trajectory of her life. LiLi's professional work has had a focus in education in which she has worked in K-12 public education for the majority of her career.

A love of children and the betterment of their condition through education is a passion for LiLi. As a mother of one very smart, caring, and courageous son, she loves to tell the world just how much she enjoyed being a parent to love and teach him and to learn from him as well. *The Incredible Dreams* is her first published book with many other exciting titles currently in the works. ■

THE STRENGTH MATCH

Who's the Real King of the Jungle?

BY JAMIE LYNN

WHEN A SLY HIPPOPOTAMUS CHALLENGES HER FRIEND, A QUIET ARMADILLO, TO a strength match, they go head-to-head in a battle royale to determine who is the mightiest animal of the jungle.

Once the little armadillo realizes true character shines greater through strife, and as the hippo embarks on a cheater's path, the two opponents are presented with an outcome that takes everyone by surprise.

With charm, humor, and some valuable lessons, *The Strength Match* shows us we are all powerful and strong, no matter how small we might be. ■

www.jamielynnbooks.com

JAMIE LYNN HAS ALWAYS LOVED READING AND WRITING. NOW A TEACHER, SHE shares this love with her students, traveling from Wyoming to California to read them her stories. *The Strength Match* is the first in a collection of poetically humorous children's books titled "The Jamie Bo Bamie Series." She lives in Carmel, California, with her husband and their two playful dogs. ■



JUVENILE FICTION / ANIMALS / GENERAL

28 Pages, Standard Color, 8.5 x 11

HARDCOVER

\$24.99 USD | Reg Disc
978-1-5255-4510-8

PAPERBACK

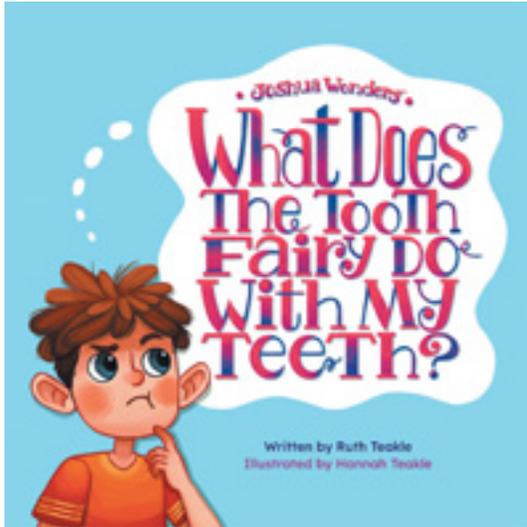
\$14.99 USD | Reg Disc
978-1-5255-4511-5

EBOOK

\$1.99 USD
978-1-5255-4512-2

JOSHUA WONDERS: WHAT DOES THE TOOTH FAIRY DO WITH MY TEETH?

BY RUTH TEAKLE



JUVENILE FICTION / IMAGINATION & PLAY

32 pages, Standard Color, 8.5 x 8.5

HARDCOVER

\$19.99 USD | Reg Disc
978-1-5255-6811-4

PAPERBACK

\$11.99 USD | Reg Disc
978-1-5255-6812-1

EBOOK

\$3.99 USD
978-1-5255-6813-8

'JOSHUA WONDERS' WAS BORN OUT OF A VISIT OF THE AUTHOR WITH HER GRANDSON Joshua. She re-tells Joshua's curiosity questionings. Having lost his first tooth, Joshua's preoccupation with what the tooth fairy could possibly do with his tooth launched him into a journey of images and fascinations not yet explored by humankind! ■

www.ruthteakle.com

"A wonderful story for all inquisitive children!"

—Diane Bridgett Armstrong

"A great family read - well enjoyed by the 'wiggly teeth' audience and the 'second teeth' grinners as well."

—Janelle Wood

"This is a fun, silly, imaginative story. The colorful and playful illustrations are delightful!"

—Jessie

"A brilliant, humorous book that brings to life a favourite children's character."

—Sue Courtney

"Excited to share this colourful and creative story with my students - one that will foster dialogue and a great connection to personal experiences."

—Judy Chiarot, Teacher, DSBN

"Clever, whimsical! Turns a potentially anxious childhood event into journey of curiosity."

—Carl

RUTH TEAKLE GREW UP IN ONTARIO IN A SMALL STUCCO COTTAGE DISTINGUISHED by its plethora of items ready for assembly or dismantling by its four creative kids. 'Imagining' was Ruth's favourite pastime and building garden homes for toads scored a close second. As an adult, Ruth became an animated and dedicated elementary school teacher, best known by her colleagues for misplacing her shoes. For Ruth, laughter, kids and writing have always been priorities. She resides in Niagara with her husband Carl, her four finches, her Beatrix Potter musical critters and, on special occasions, her eleven inquisitive grandchildren. ■

BY RIKKI MARIE-JOSÉE DUBOIS

MUFFY WAS FLUFFY

MANY PEOPLE ARE FINDING THAT THE GENDER IN WHICH THEY WERE RAISED IS not the one that they are comfortable with. Whether they are changing from male to female or female to male, these changes affect everybody in the person's life. The changes are required in order for the person to live fully and completely as their true selves.

How does one explain to a young child why their loved one is changing their gender? *"Muffy was Fluffy"* was written to show young children how a beloved pet, Fluffy, is not comfortable with the way she was born and in order to be truly happy, she must change into Muffy, the type of pet she was meant to be. ■

"Easy to read with very colorful pictures. Helps children understand what it means to be transgender. A must for anyone who has small children who knows a transgender person or who is transgender themselves."

—Amazon reviewer

"Very well done and helpful!

Thank you! Children love the cat/dog theme (me too!)"

—Kathy Beale

"One of the best written books on transitioning from one gender to another"

—A member of the Transgender Support Group of Winnipeg

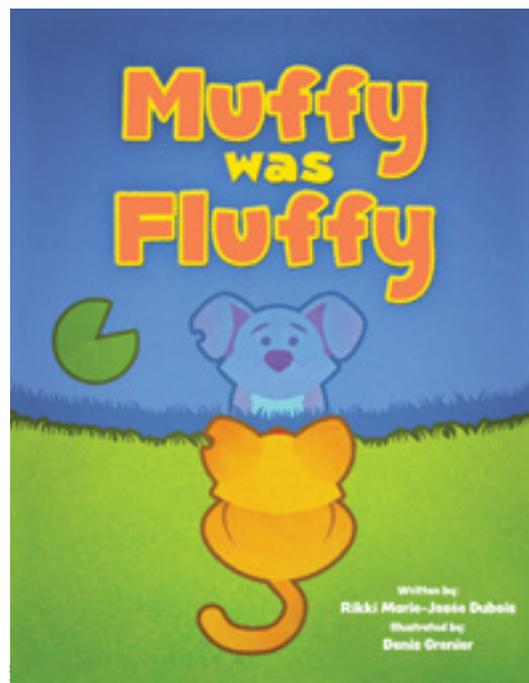
"The use of animals make this book suitable for one who is either changing from male to female or from female to male"

—Mother of a transgender child.

"The illustrations are very cute and colourful"

—Radio personality

RIKKI IS A UNIVERSITY EDUCATED TRANSGENDERED WOMAN FROM WINNIPEG, Manitoba, Canada. After suffering from depression her whole life, Rikki realized at 45 years old that the depression was caused by Rikki living her life as male while having a female brain. While researching information on gender dysphoria, she realized that there are no books available to help young children understand why a parent or loved one should change their gender. So she wrote *"Muffy was Fluffy"*. Rikki currently lives with her partner and their black Pomeranian named Tux and their terrier cross named Spirit. She is the parent of two adult sons who accept her for who she is. ■



JUVENILE FICTION / LGBT

28 pages, Standard Color, 8.5 x 11

HARDCOVER

\$12.99 USD | 25% Disc
978-1-5255-5649-4

PAPERBACK

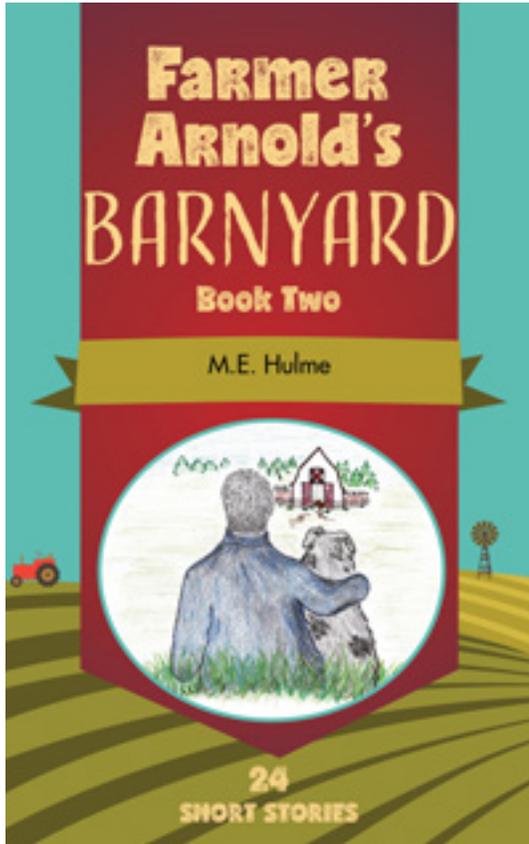
\$6.49 USD | 25% Disc
978-1-5255-5650-0

EBOOK

\$3.99 USD
978-1-5255-5651-7

FARMER ARNOLD'S BARNYARD BOOK TWO

BY M. E. HULME



JUVENILE FICTION / LIFESTYLES / COUNTRY LIFE

54 pages, Standard Color, 5.5 x 8.5

HARDCOVER

\$16.99 USD | 25% Disc
978-1-5255-5529-9

PAPERBACK

\$9.99 USD | Reg Disc
978-1-5255-5530-5

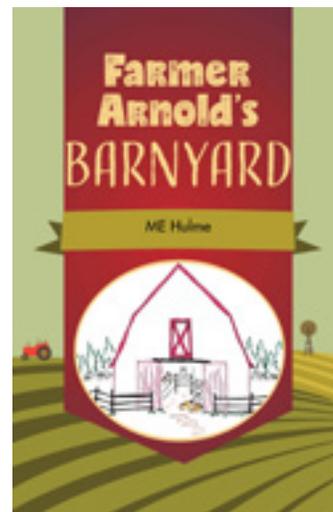
EBOOK

\$3.99 USD
978-1-5255-5531-2

DO ANIMALS LIKE TO HAVE THEIR PICTURE TAKEN? HOW DO CHICKENS LEARN TO scratch in the dirt for worms? Do pigs like music? What about turkeys? Where do kittens like to sleep? Do pigs like to take a bath? To find out, join the animal friends in Farmer Arnold's barnyard. They all look out for each other and have lots of fun. Sometimes they have work to do, but they also have time to play and even have a few adventures. There's never a dull moment on Farmer Arnold's farm!

Farmer Arnold's Barnyard Book Two is filled with twenty-four short stories that will help young readers learn about farm life, along with some important lessons about safety, manners, and being kind to others. Perfect as a read-aloud book or a book for early readers, this delightful collection will both educate and entertain. ■

M.E. HULME LIVES WITH HUSBAND (FARMER ARNOLD!) AND A BORDER COLLIE ON A farm in rural Manitoba. Many of her story ideas and characters (like Popeye the dog) are based on real animals and events from their everyday life. Hulme has nine grandchildren and invented many of her stories for them. This is her second "Farmer Arnold" book, and her fans will be delighted at the return of many of her lovable characters from book one. ■



ALSO BY M. E. HULME

Farmer Arnold's Barnyard

HARDCOVER

\$ 16.99 | 25% Disc
978-1-5255-2299-4

PAPERBACK

\$ 8.99 | 25% Disc
978-1-5255-2300-7

EBOOK

\$ 3.99
978-1-5255-2301-4

BY JULIE MONROE

DELILAH FINDS A FRIEND

PETUNIA IS A CHICKEN WHO IS STRUGGLING TO MAKE FRIENDS. EVERY TIME SHE approaches the popular chickens in her coop, she's sent flying. All of the clucks in the barnyard cliques exclude this newcomer, and it makes her very sad indeed.

Then one day, Petunia meets a chicken named Delilah. Delilah has a different point of view. She tells Petunia that the cliques she's trying to crack are being hard-shelled because they think they're better than she is. But as it turns out, Delilah and Petunia are birds of a feather. They flock together and spend the day in giddy adventure.

Petunia doesn't struggle in the barnyard anymore. Now, Petunia has a friend.■

"The story, of friendship and finding the good in others, is amusingly and gently told. The themes of bullying and exclusion are dealt with deftly and without any hint of preachiness. The lessons – contrasting genuine affective connection with the comical pretentiousness of the barnyard chicken cliques – speak to readers of any age."

—Ann

"As a preschool teacher, I enjoyed sharing this book with my children as they navigate their own friendships. It really helps explain that one doesn't need to change to fit in, but rather by being themselves the right friends (or chickens!) will find you!"

—Caitlin

"Julie Monroe's use of animals to let us eavesdrop on the universal human experience of bullying is insightful and endearing. This story of Petunia and Delilah will surely draw in both children and the adults who read with and to them."

—Debby

"Delilah Finds a Friend is charming and refreshing, a lovely reminder to reach out to the Petunias in the world."

—Megan

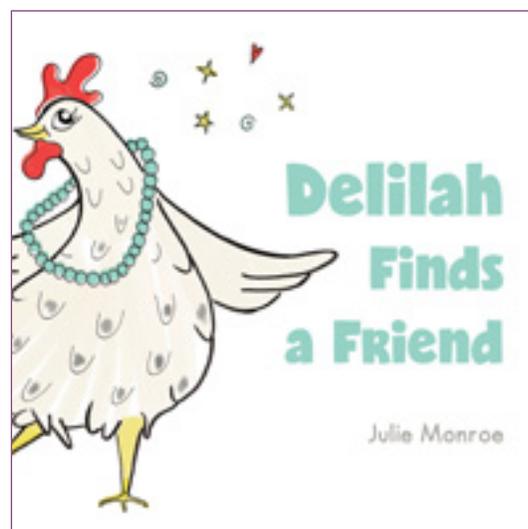
As a kindergarten teacher for 20+ years, I know how important it is to make young ones feel safe and help them grow while finding new friends. Delilah has the courage to do as she pleases without worrying what others think. She also shows Petunia how to feel comfortable and safe by asking her what she likes to do & focuses on her new friend's abilities, not just her own.

—Kate

IN HER HOME, SMACK DAB ON THIRTY-FIVE ACRES OF LAND OUTSIDE OF Brodhead, WI, Julie A. Monroe is the caretaker of ten funny little chickens. She spends time with them every day and has gotten to know their habits and behaviors. Along the way, she noticed that a couple of the hens would always get picked on when they got close to a some of the other hens. Inspired by this pecking-order injustice, and its parallels with schoolyard bullying, Julie decided to write this book.

Julie and her husband, Steve, are both nurses. They have two grown children, Eric and Megan and, along with the chickens, they also take care of two spoiled dogs, Walter and Hank.

Delilah Finds a Friend is Julie's first publication.■



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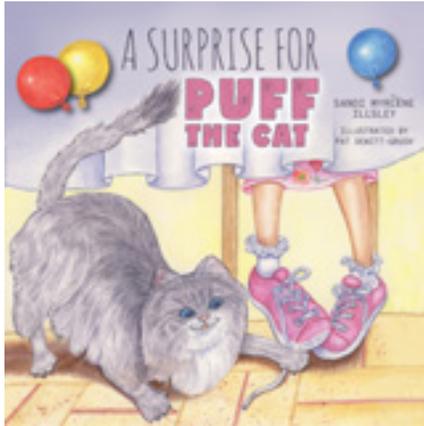
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www.sandimyrleneillsley.com

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This book is written with 7-11 year olds in mind so it may stimulate discussion and curiosity about Islam and The Quran. ■

www.farozansbookshelf.com

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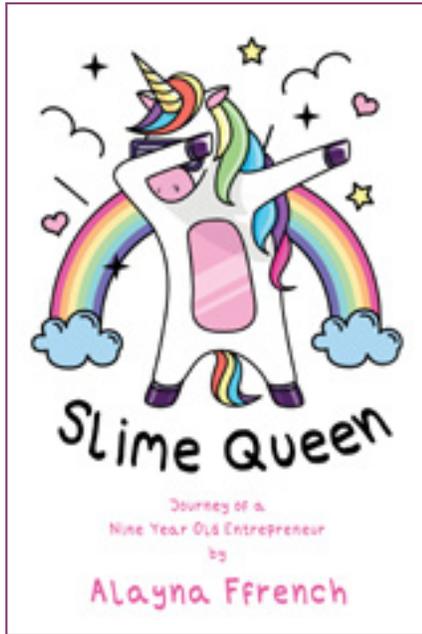
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“TO MY YOUNG READERS: REMEMBER, YOU ARE NEVER TOO YOUNG to have dreams and aspire to reach your goals. Being yourself is the best thing because you are unique and you can accomplish anything that you put your mind to.”

Love, Alayna Ffrench.

Alayna Ffrench is the Slime Queen, the boss of her very own slime empire. With kindness, inspiration, mindfulness, and encouragement, Alayna walks her readers through the step-by-step process that she took to become an entrepreneur at age nine. Alayna has many gifts, dreams, and passions: not only is she skilled at creating perfect slime, she loves fashion and crafts, and she wants to help other entrepreneurs find their “inner cookie mould” and achieve their goals. In *SLIME QUEEN: Journey of a Nine-Year-Old Entrepreneur*, Alayna shares eight essential business tips that she built her business on.

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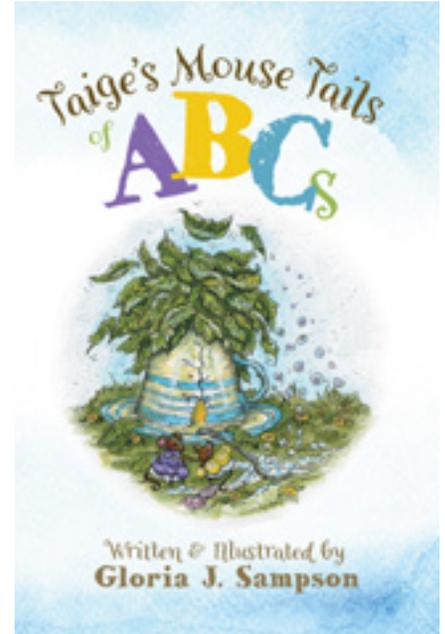
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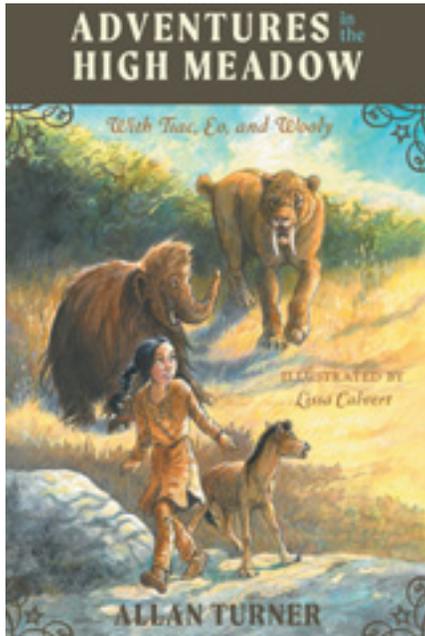
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CHILDREN’S / YOUNG ADULT

ADVENTURES IN THE HIGH MEADOW

With Tiac, Eo, and Wooly

BY ALLAN TURNER



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210 Pages
Black and White
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"ADVENTURES IN THE HIGH MEADOW" TELLS STORIES OF THREE FRIENDS (a girl, a horse, and a woolly mammoth) as they meet animals and situations present 10,000 years ago. The traits of the animals they meet are demonstrated. In many cases, the three help the animals they meet. There are scary situations, which always turn out OK. There are many tricks played. Throughout, the three have a lot of fun and no one gets hurt. There are surprises in every story and each story ends with a laugh. In the final story, each animal tells what they think the future of their kind will be.

These stories are set in Western Canada just after the last ice age (9,000 to 12,000 years ago). The main characters are Tiac, a 9-12-year-old girl; Eo, a prehistoric horse found in an ice cave by Tiac; and Wooly, a baby woolly mammoth rescued by Tiac and Eo. During their adventures, the three meet and interact with animals present at that time. Therefore, we see animals that are now extinct, animals that have changed over time, and animals that are as they are today. The names of most of the animals are derived from their scientific names. If readers are interested, they can look up the derivation of the names.

The author hopes that you have as much fun reading this book as he had writing it. ■

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Quietly We Fall

BY M. BYRON



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136 Pages
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7 x 10

EVER SINCE BEATRICE'S GRANDMOTHER, AND SOLE GUARDIAN, became gravely ill, the ten-year-old has felt the sting of her own dark shadow, ever present, never fading, there even when not seen. Living in a little house on the edge of the woods, she is afraid of what will become of her if her guardian doesn't recover, and Beatrice yearns to ask Elijah to spare her grandmother's life. When Beatrice is lured into the woods by her dog, Barley, she discovers a different world, one where animals can speak, objects are not always what they seem, and time slows. Here, there is an urgent problem that the animals believe only Beatrice can resolve. Using her dark shadow, Beatrice must restore the Light to Mount Rundle before the destructive, violent shadows destroy Fenland. But when Barley and other creatures are snatched by the shadows, Beatrice knows she must first journey to the Netherworld to rescue them before she can recover the Light.

As she journeys through Fenland, she meets a boy, Walley, and animals such as Oliver the river otter, George the ground squirrel, and Viola the vole. Together, Oliver, Walley and Beatrice search for the Old Hermit, who they believe can help recover the Light, travel to the Netherworld, and negotiate with Elijah. Along the way, they witness the shadows' trail of destruction, the darkening landscape, and the displacement of animals in a changing climate.

Will Beatrice be able to restore the Light to Mount Rundle before it's too late? Will the Old Hermit help recover loved ones from the Netherworld? And most importantly, will she secure her chance to barter for her grandmother's life?

A hauntingly beautiful and tender book, *The Struggle for Fenland: Quietly We Fall* explores the universality of faith, grief, kindness, and compassion for young readers. It is Part One of Beatrice's journey. ■

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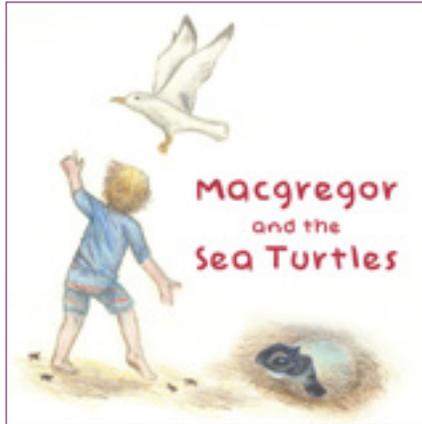
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MACGREGOR

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MACGREGOR AND THE SEA TURTLES TELLS THE TALE OF A LITTLE BOY, his trusty red dump truck and his gray and white feathered seagull friend, Oliver. As they trek along the beach one foggy morning, just as the sun is beginning to break through, they have a wondrous encounter with sea turtle hatchlings.

The first book in this series, Macgregor, tells the true story of the same little boy and his astonishing day on the beach when he comes upon a stranded baby blue shark. ■

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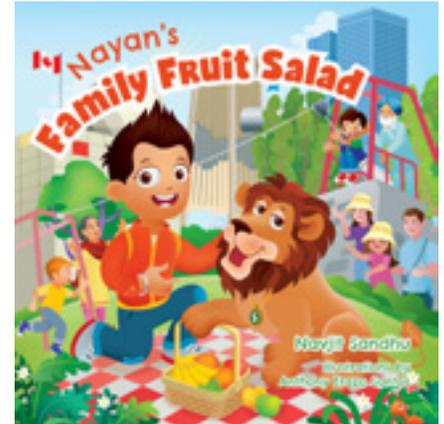
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HI THERE! MY NAME IS NAYAN SINGH, AND THIS IS MY PET LION Sher Singh. It's a beautiful day here in Vancouver, and we are going to have a picnic in the park with my grandparents Dada Ji and Dadi Ji. We have packed up all of our food, except our fruit for our fruit salad. It would be fantastic if you could join us on this adventure to explore our local market. As we collect our fruit, we can learn their names in Punjabi, while singing to a familiar tune. I can't wait! It's going to be so much fun! ■

www.navjitsandhu.com

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THE ONLY THING BETTER THAN GOING ON AN ADVENTURE IS doing it with a friend. So when Miguel decides to hike through the mountains of Washington State and Wyoming, he is delighted that Ruth, a little black mouse, decides to tag along. Despite her small size, Ruth keeps up with Miguel as he walks the trail and scrambles over boulders. She's brave too. A wolf howling in the night and the threat of bears in the woods doesn't bother her one little bit. Miguel, on the other hand, is a little more nervous!

The Adventures of Miguel and Ruth, the Mountaineering Mouse is a charming story about a human-animal friendship and the joy of hiking. Miguel's adventures in the mountain ranges of Western USA and his vivid descriptions of the amazing geography and wildlife he encounters there will both delight and inspire nature lovers of all ages. ■

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24 Pages
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FELICIA WAKES UP EACH MORNING AND NOTICES HER FEELINGS. Sometimes she feels happy, but sometimes she feels sad or angry. How can Felicia help herself feel calm and at peace? She starts by thinking of a place that makes her feel calm. She listens to her body. She uses her breath. She knows she can do it.

Young children will learn about their own feelings and discover that they, like Felicia, have the power within to transform their feelings from negative feelings to positive ones. This story will help children identify their feelings and empower them to take ownership of their feelings and positively transform them. ■

www.angelahanimyan.com

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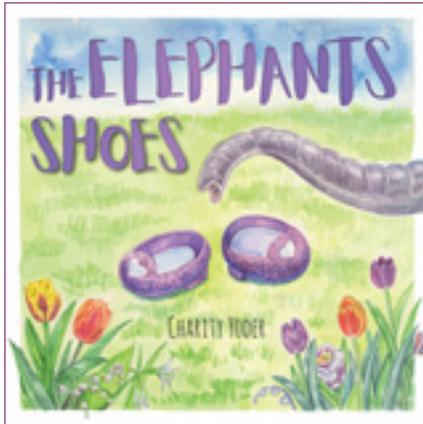
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THE ELEPHANT'S SHOES IS A CHILDREN'S BOOK ABOUT LOVE, LOSS, and healing. We all make decisions in our life—some that make us happy, and some that we regret. Author Charity Yoder believes that everyone, even young children, can better learn how to cope with the sometimes-painful outcome of their choices. This is a beautiful story about the power of connection and how to move on with an open and compassionate heart. ■

www.charityyoder.ca

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WHY BULLY SOMEONE?

Bullying is a painful reality and a major challenge in society. Any opportunity we have to talk openly about bullying, especially to children, should be embraced. Tackled with tenderness and rhyme, *One Bully at a Time* will be a much-appreciated conversation starter for many adults trying to teach children important lessons about bullying. It also reminds us, that even though many of us get bullied, "there is always someone there who cares and wants to help." ■

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So one night, Fancy decides it's time to step out on her own to explore for herself.

Her adventures through the zoo are full of surprises! Fancy discovers that being little doesn't stop you from being brave, solving problems, helping others, or making new friends.

Best of all, Fancy learns that you're never too little to be brave—or make new friends that believe in you. ■

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Learning outcomes for children:

- To learn about the experiences of refugee families
- To learn about the reality of family separation and reunification
- For children who have experienced separation, to know they are not alone and to see themselves represented in a book

Learning outcomes for educators and other professionals:

- To raise awareness of the impacts of family separation
- To gain a deeper understanding of the pain, struggle, and sacrifices refugees and their families endure
- To develop new perspectives to support families and children ■

www.myheartinkenya.ca

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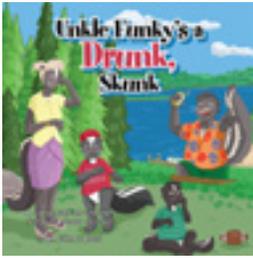
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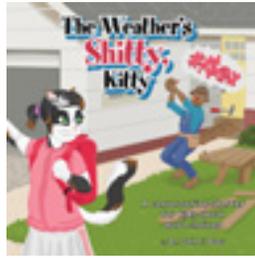
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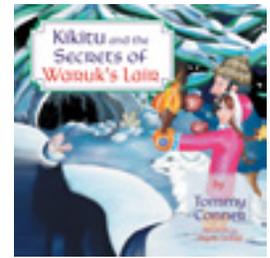
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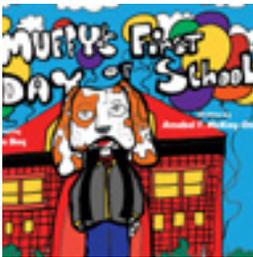
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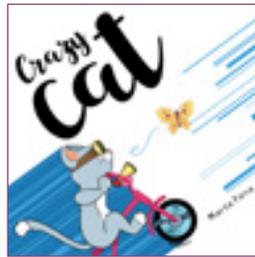
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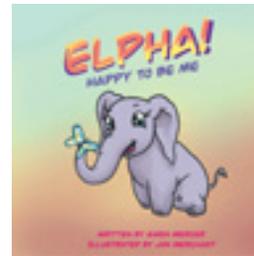
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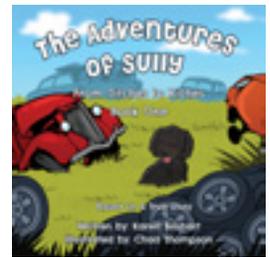
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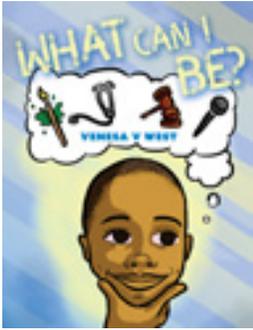
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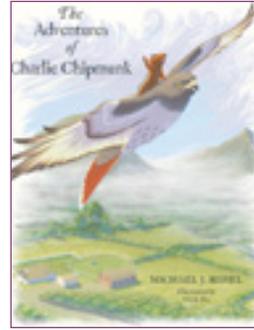
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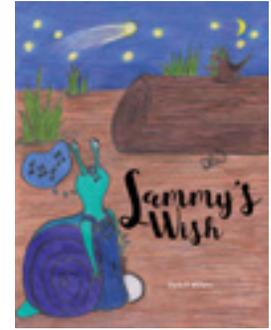
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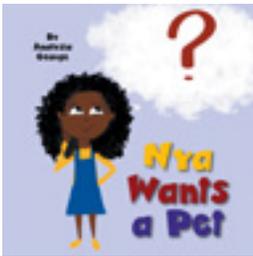
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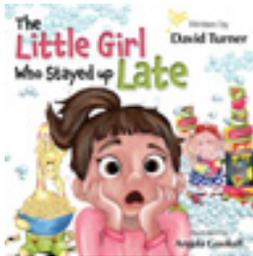
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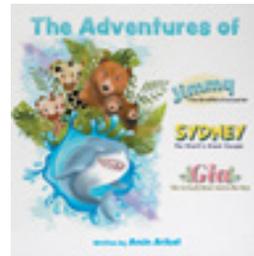
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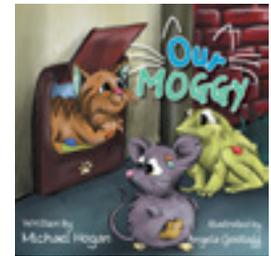
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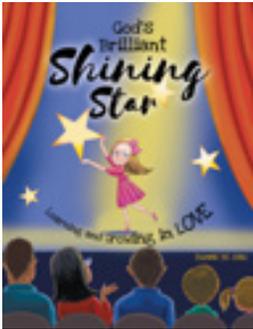
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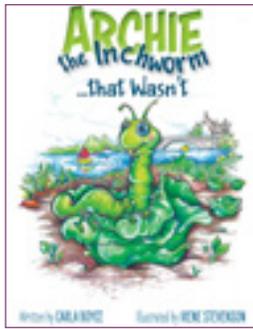
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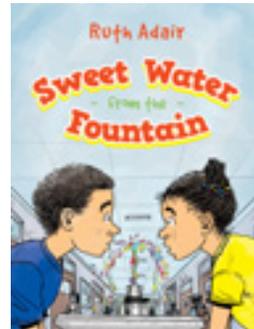
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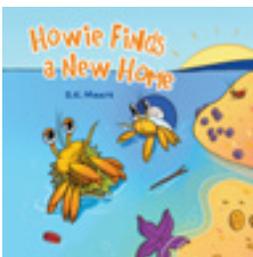
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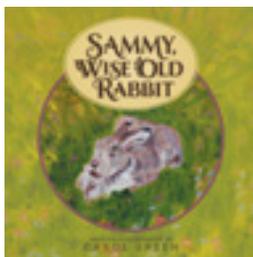
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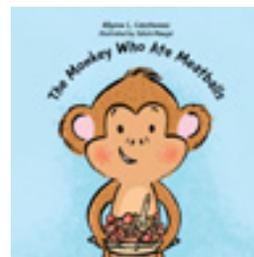
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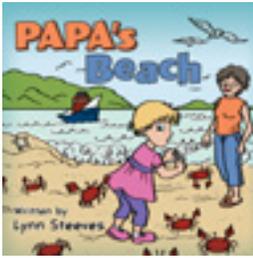
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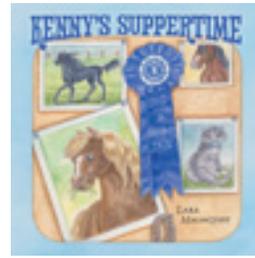
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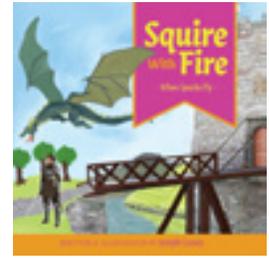
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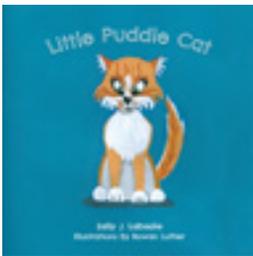
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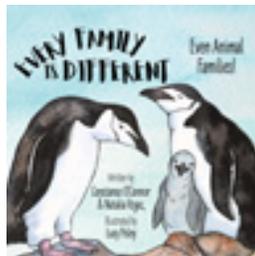
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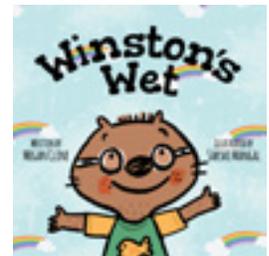
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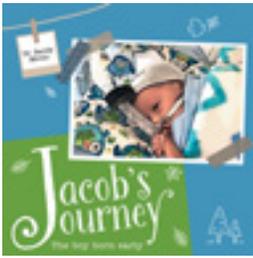
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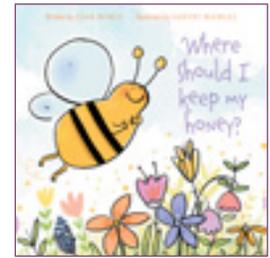
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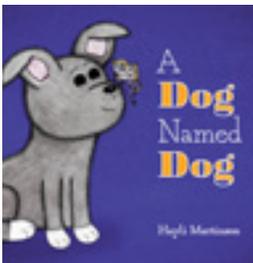
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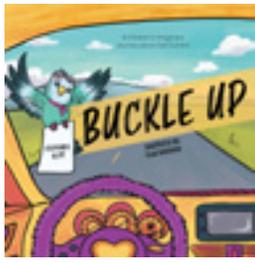
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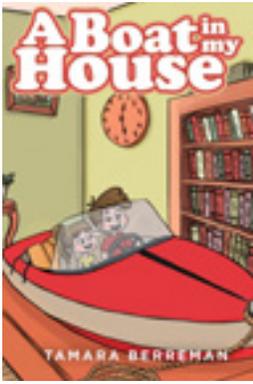
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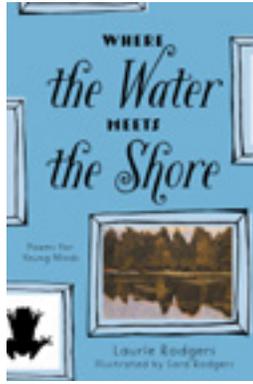
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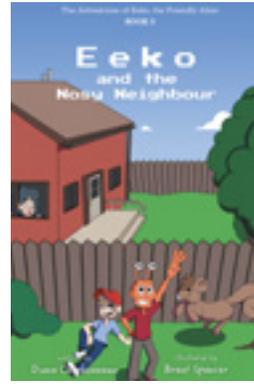
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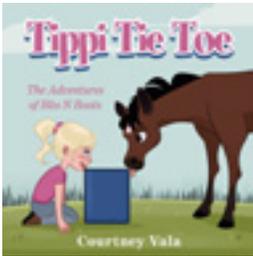
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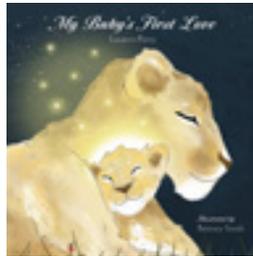
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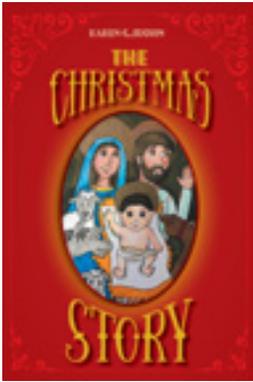
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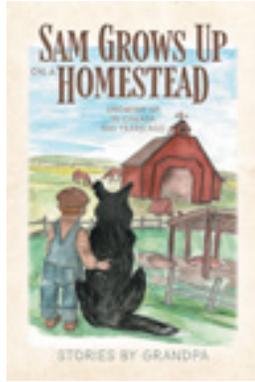
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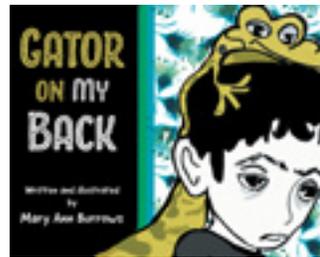
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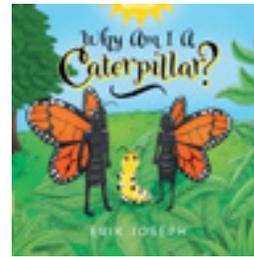
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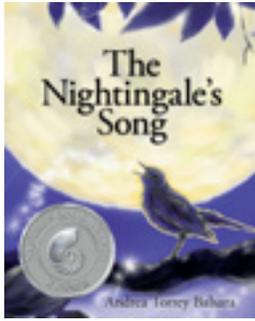
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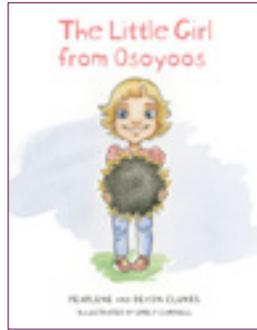
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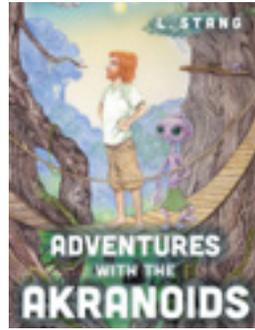
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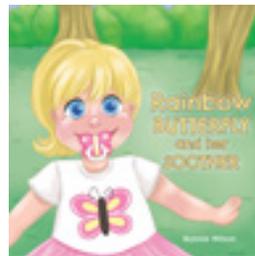
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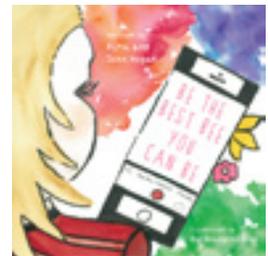
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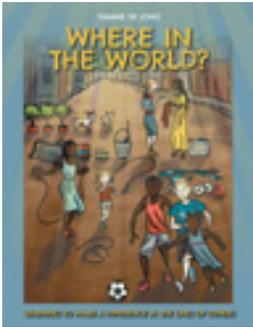
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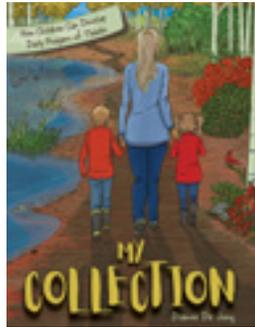
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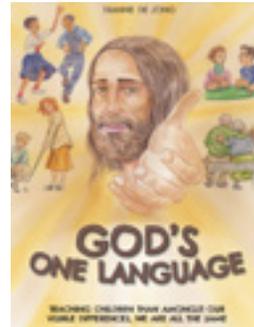
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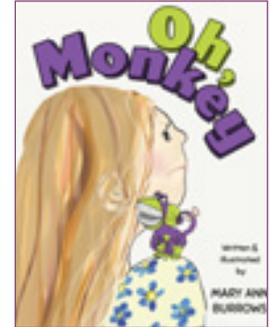
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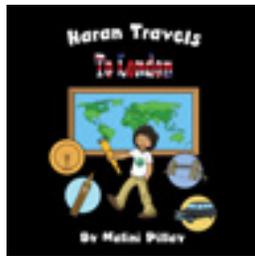
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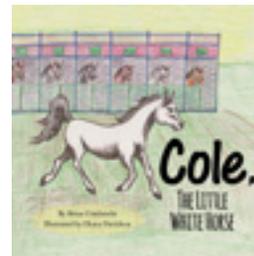
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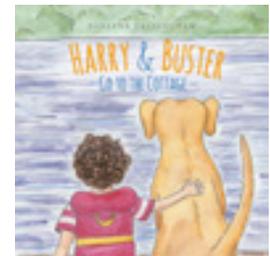
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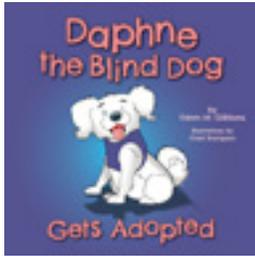
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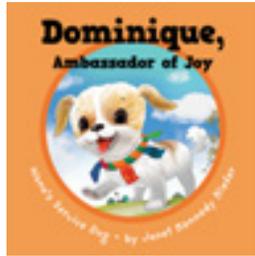
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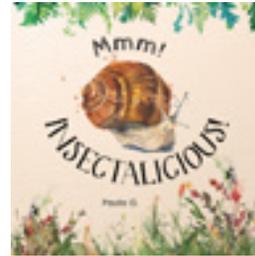
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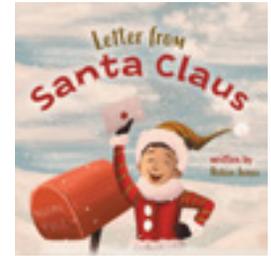
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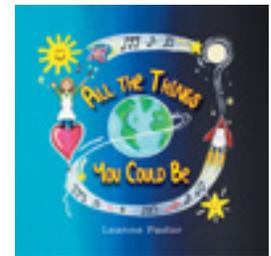
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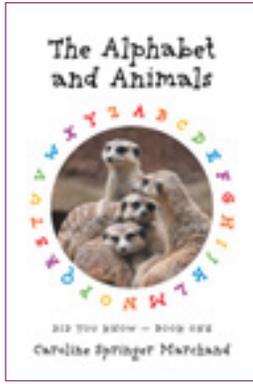
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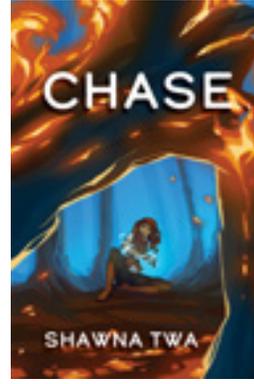
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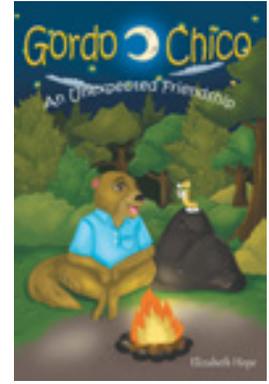
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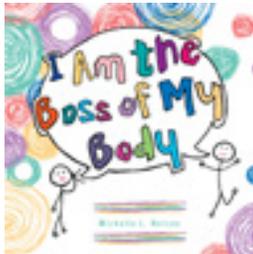
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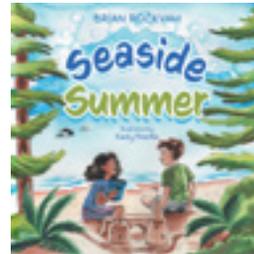
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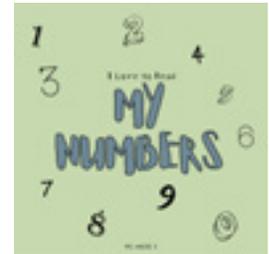
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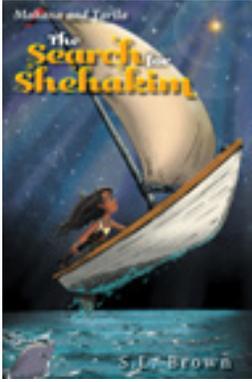
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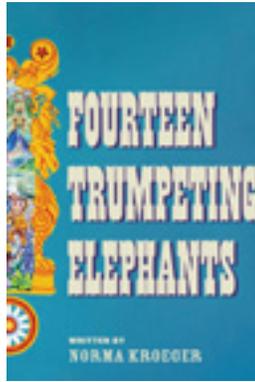
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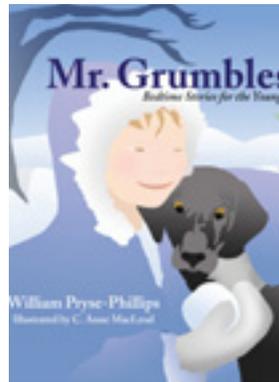
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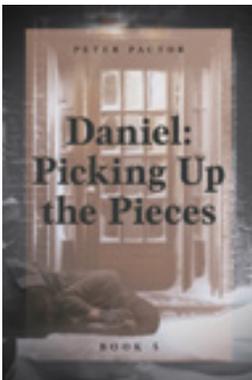
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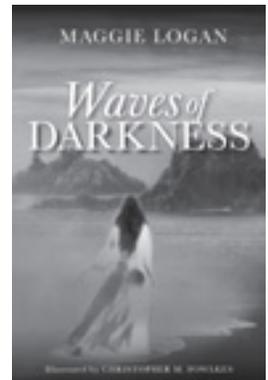
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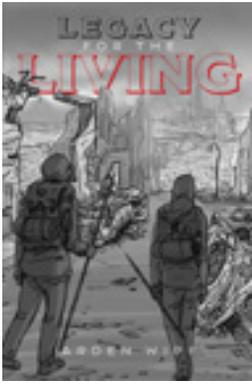
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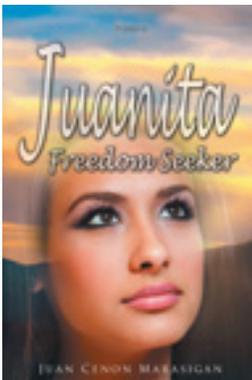
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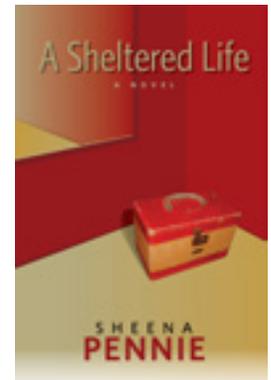
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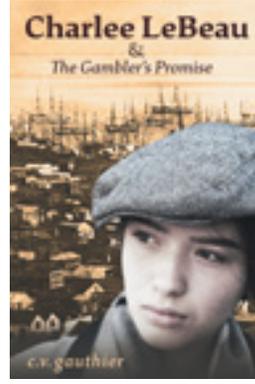
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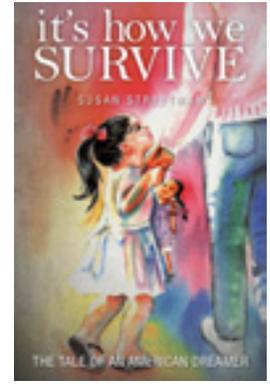
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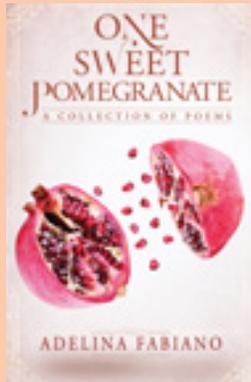


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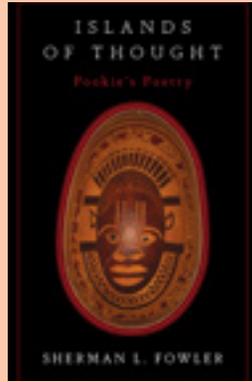
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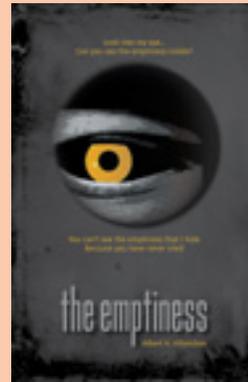
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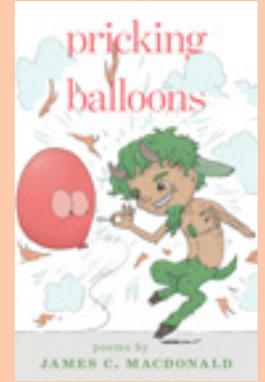
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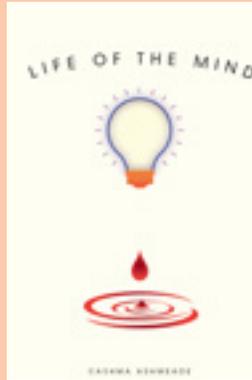
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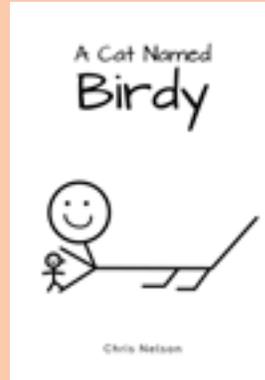
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"I've been a fan of MacDonald's writings for a long while. Pricking Balloons couldn't come at a better time. Some of us are at an age where life's mysteries begin to mean something or mean everything or exist somewhere in between. MacDonald's poems are rich in life, spirituality, innocence, darkness, comedy, and just plain living in this crazy world. 'Crescent City' showcases everyday America in present day love and violence. 'Obituary' gives a strange, beautiful glimpse of things never thought about when reading that section of the newspaper. 'Pricking Balloons' is hysterically funny because we were all kids once. My friend Stephen King would be smiling throughout 'The Devil'."

—Kim Coates, award winning television and stage actor, star of *SONS OF ANARCHY*, *BAD BLOOD*, *JERUSALEM*, and over 65 films.

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—University of Toronto Professor Greig Henderson, author of *Kenneth Burke: Literature and Language as Symbolic Action*, *Creating Legal Worlds*, and many other academic publications

JAMES C. MACDONALD WAS PROFESSOR AND ASSOCIATE DEAN OF ENGLISH AT Humber College in Toronto. He was educated at Waterloo Lutheran University and the University of Toronto. As editor, writer, and consultant, he has worked for many publishing companies, the Canadian Institute for the Administration of Justice, and government agencies such as CIDA and APEC. He has also published various articles on education and Canadian and British literature. He now spends his time in the Niagara Region and New Orleans. ■

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JUANITA HELEWSKI BORN IN BOGOTA COLOMBIA, MOVED TO THE UNITED STATES at the age of 2.

Now resides in the mountains of western North Carolina with her husband of 33 years and their 14 year old son.

Juanita has just recently discovered a love for writing poetry. ■



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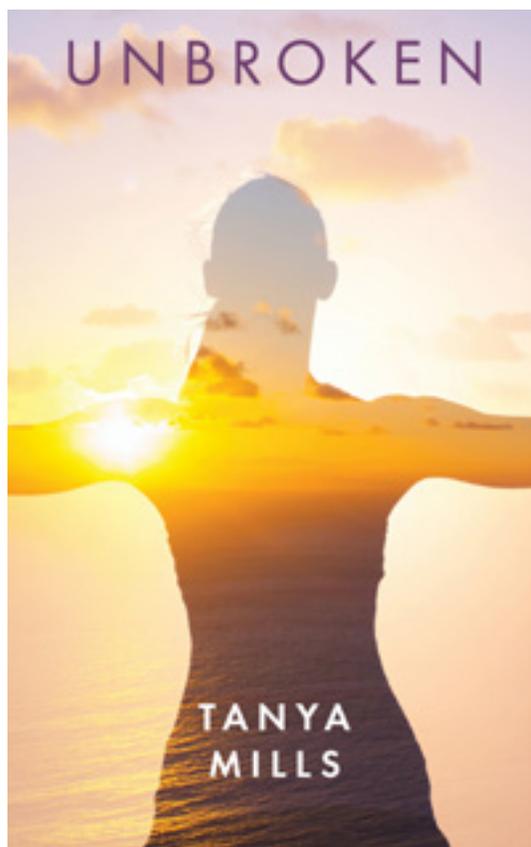
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www.tanyamills.ca

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Tanya lives in Oshawa, Ontario with her husband, Adam. *Unbroken* is her debut publication. ■

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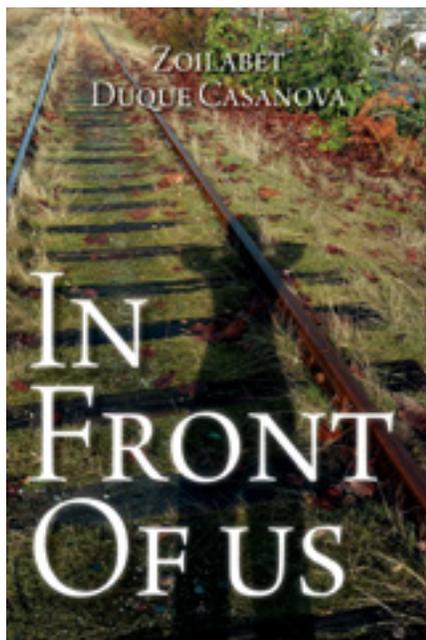
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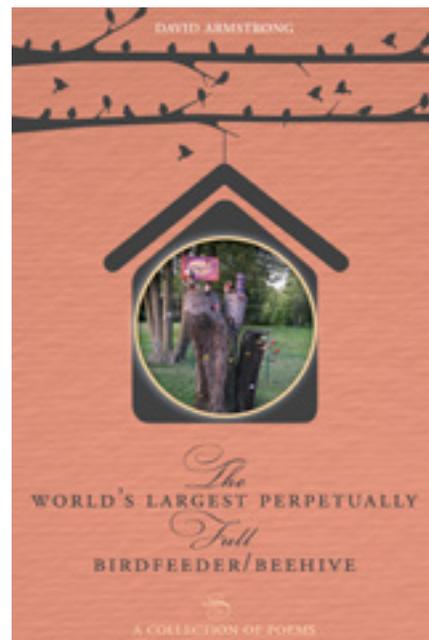
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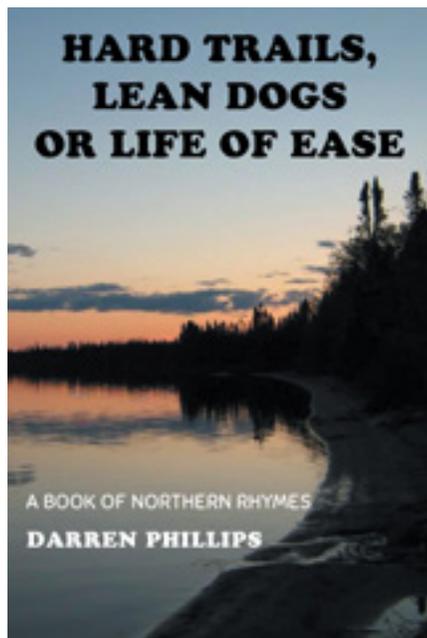
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BY DARREN PHILLIPS



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HARD TRAILS, LEAN DOGS OR LIFE OF EASE: A BOOK OF NORTHERN Rhymes is a collection of snapshots—moments and thoughts from along the trail of author Darren Phillips' life—accompanied by beautiful imagery from the Canadian North.

It is a collection of free flowing poetry and rhymes: with stories that invite you to sit down at the table, have a drink or a “good” cup of coffee, say hello to the dogs and listen to a story or twelve. It is a reflection on Northern Living—old and new: mostly funny, often irreverent and thoughtful; but always entertaining! Phillips covers themes familiar to Canadians and all Northerners alike: life, death, love, working away, religion, drinking, animals, adventure, and so much more. Through short and entertaining rhymes, readers of all ages will find content that inspires them to laugh or reflect, and at times, both!

Recognizing our mortality, Phillips challenges readers to live while they're alive. Told in part through story—telling and prose/through poetry and rhyme—*Hard Trails, Lean Dogs or Life of Ease* inspires readers to laugh, wonder, create, and not take themselves or life too seriously. As above all, *Hard Trails, Lean Dogs or Life of Ease* was written for fun.

It is a distraction from everyday life that you will think about throughout the day—as it is “Far From Normal”, unless, of course, you're a local! ■

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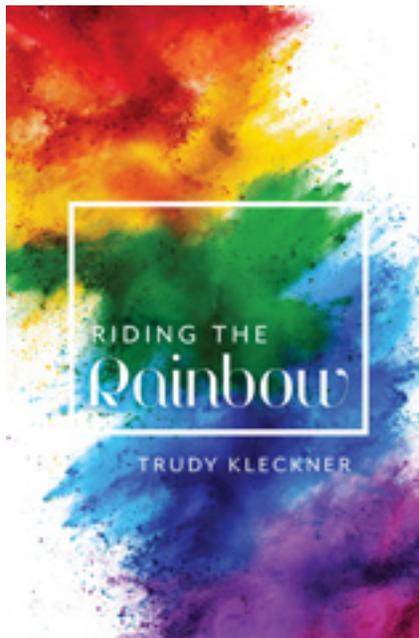
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THERE IS A BIT OF MAGIC YOU FEEL WHEN YOU SEE A RAINBOW, that same sense of magic infuses this book. With wit and whimsy, *Riding the Rainbow* explores a wide spectrum of universal experiences that have the power to unite or divide us as human beings. Kleckner's poems are rich with sensory imagery and emotion that connect readers with the heart and lead them to reflect, mourn, rejoice, wonder and embrace the adventure of being alive. In this book Kleckner has her finger on the pulse of her subject. Whether she is writing about an illness, a blue heron, a baby or a sunset, she touches the essence of her subject, and in the process her readers' hearts.

Kleckner writes of small ordinary moments and the wonder she finds in the beauty of the natural world. Her work invites readers to celebrate their own small moments and view the world around them with fresh eyes. These are poems you will want to read and read again. As one reader commented, “I feel like I'd benefit from starting each day with this poem.”

Modern life can be stressful, these poems have the ability to uplift and inspire the reader. Those on a spiritual journey will want to tuck a copy in their suitcase. ■

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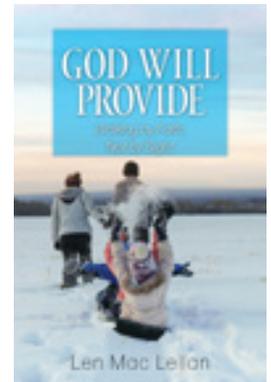
MY ARMS ARE SPREAD WIDE,
Knowing God is my parachute
Through the adrenaline and unknown...

Full of spirited energy and electrifying emotions, Little Hugs consists of poetry and prose that leaves the reader feeling connected and curious. Raman writes to send little hugs to her readers in her collection by embracing the core concepts that allow the reader to be freed. Little Hugs highlights themes such as affection, suffering, freedom, spirituality, self-love and relationships. Raman shares that little burst of fireworks she feels and hopes to portray through her words. Consider these words little hugs coming together to give you as the reader one big hug. ■

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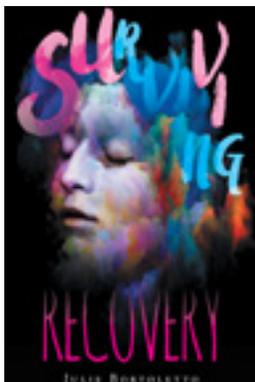
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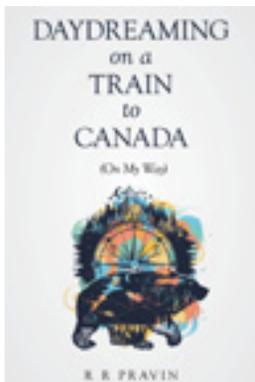
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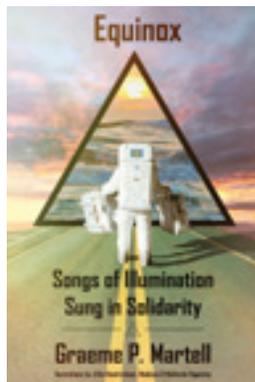
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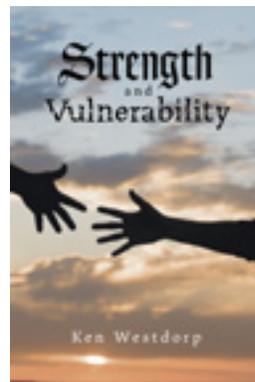
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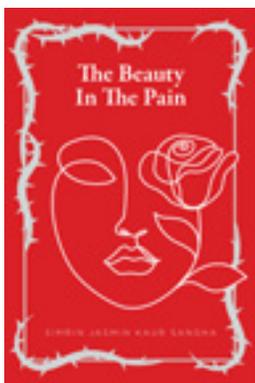
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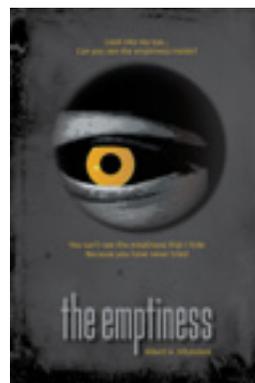
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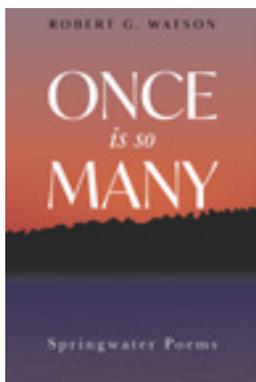
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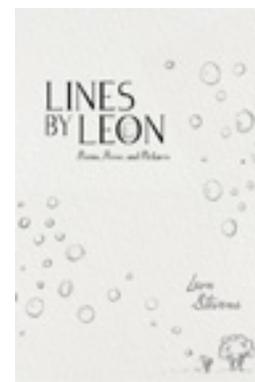
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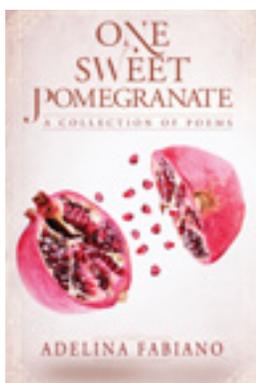
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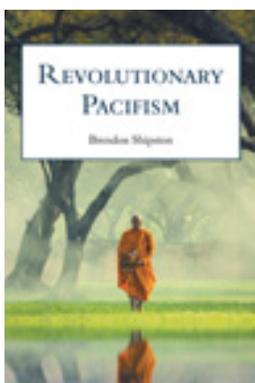
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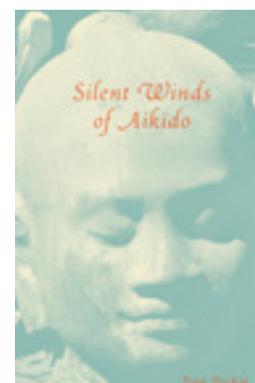
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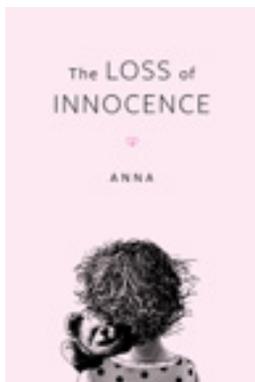
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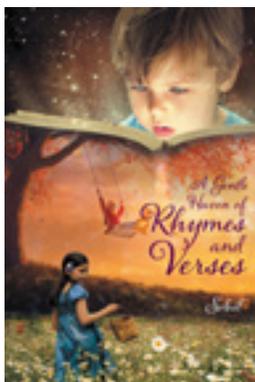
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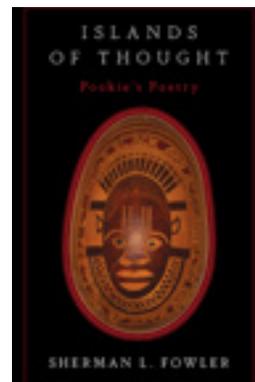
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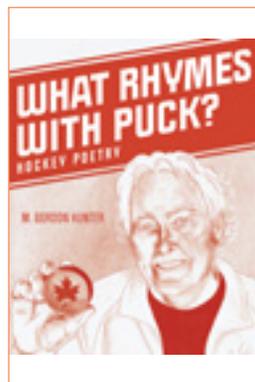
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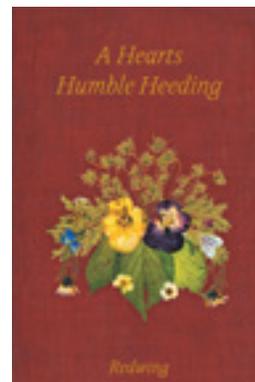
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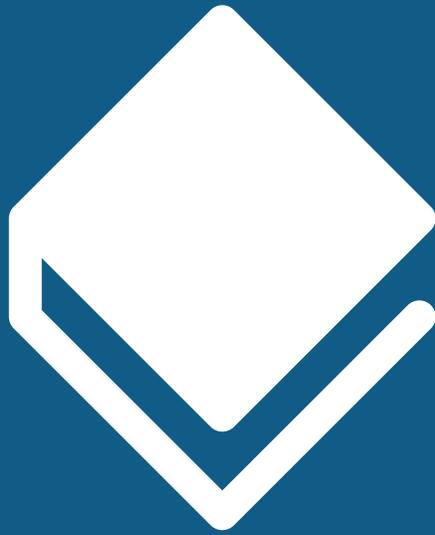


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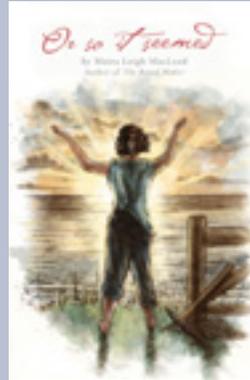
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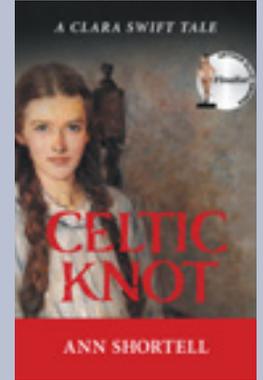
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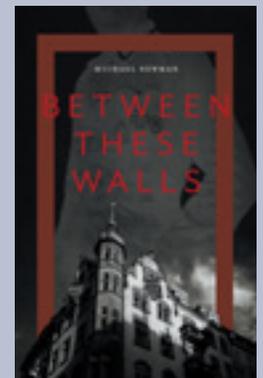
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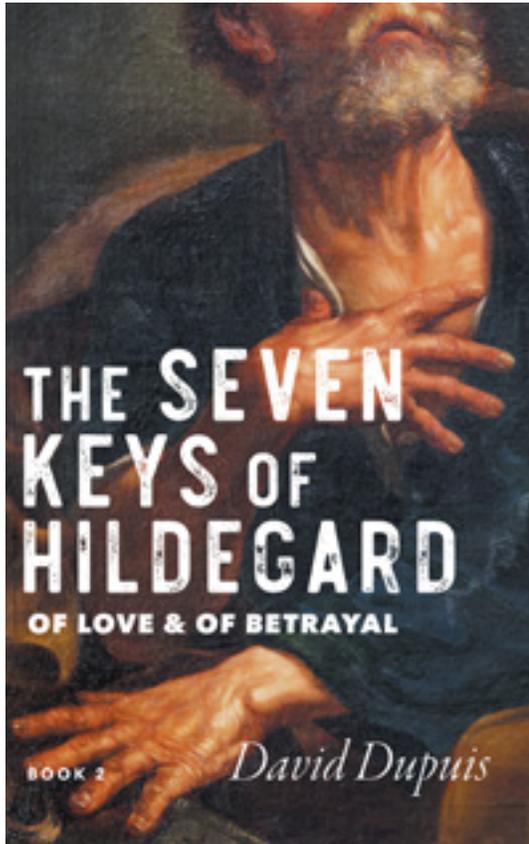


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IN 1167, A GERMAN NUN NAMED HILDEGARD, HAS SEVEN TROUBLING VISIONS OF the end times. In 1958, the new pope, John XXIII, begins his reign and must decide how to make his church relevant in a rapidly changing and increasingly dangerous world of the 1960s and 70s. In this second book of David Dupuis' thrilling five-part historical-fiction series, the ancient battle lines are drawn. From a convent in Fatima, Portugal, to a hut in Africa, the halls of the Vatican, office towers in New York City to a small town in Canada, the ancient Keys inevitably turn. Through it all, a mother's devotion to her child and those who protect them are threatened. Can the church and world be saved from political, economic, military and spiritual assassinations? With evil lurking in the halls of power, only two things are certain. Where there is love—there is always betrayal. ■

www.davidmdupuis.com

WOW! This story has everything. It has suspense, intrigue, love, evil, the battle between good and bad, fact, fiction, history, prophecy and it never stops moving. From Rome to rural Canada to New York to Africa and across multiple centuries and into the future. What an amazing story.

—DON M.

DAVID DUPUIS HAS PUBLISHED NUMEROUS LOCAL, HISTORICAL NON-FICTION books, as well as three NHL hockey biographies—one of which, *The Red Kelly Story*, won the 2016 Ontario Speaker's Book Award. His fascination with world history, papal history, prophecy and fiction culminate in this intriguing, genre series. He lives with his companion Susan, near Toanche, Ontario, Canada. ■



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GREEN'S DISCOVERY



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ASTRONOMER AND ASTROPHYSICIST SYDNEY GREEN HAS BEEN INTERESTED IN THE search for extraterrestrial intelligence (SETI) since his childhood. Brushed off and pushed aside because few believed he would ever discover extraterrestrial beings, Green is vindicated when two of his graduate students spot an unknown object heading towards Earth. Green soon realizes this object is a small fleet of alien spacecraft.

After unsuccessful attempts to communicate and negotiate with the leadership of Earth, the aliens enlist Green's help. They see in humans qualities that will be beneficial to other planets in the universe, but they cannot allow humans to have contact with those other planets until humans' baser characteristics have been purged.

Change or perish alone. Those are humanity's choices. With the help of the visitors, as Green calls the aliens, he sets out to cleanse humanity of inequality, the power of the plutocracy, and the desperate circumstances that are the lived experience of over half the Earth's population.

Join Sydney Green as he experiences first-hand the criminals, drug dealers, human traffickers, autocratic leaders, and extreme religious fanatics who are preventing humankind from evolving into a species fit to be part of the Universal Government. ■

www.rwkarp.ca

"Green's Discovery is a good read and challenging. I really liked the detail, depth and how the story creates an image in your mind. I also enjoyed the dialogue of the characters - it didn't seem fabricated and flowed naturally.

The book is a great read and I highly recommend it."

—Max, High School graduate, entering University in the Fall.

"After evaluating humankind, the Aliens conclude that the potential of the earth's inhabitants is such that they are almost ready to join the larger community of planets, but not without some major improvements to their societal structures. They select astronomer Sydney Green to assist them in ridding earth of autocrats, dictators, criminals, and to get control of the plutocracy.

The collaboration and methods in which Green and the visitors execute their plan make Green's Discovery a must read for anyone who contemplates that we can live with prosperity and equality for all mankind. I'm looking forward to the sequel."

—Dan LeBrun, Reactive Design

"Overall, I found Green's Discovery to be an interesting read. The story line is unique and easy to follow as Rick points out the real and complex issues facing humanity around the world. The solutions are quite straightforward given the aliens' advanced technology and power. Eventually, the foundation for a brand-new utopian world is created, but there are still some mysteries to be resolved and I know Rick won't keep us waiting too long before he reveals them in the sequel."

—Chaofeng Zhang

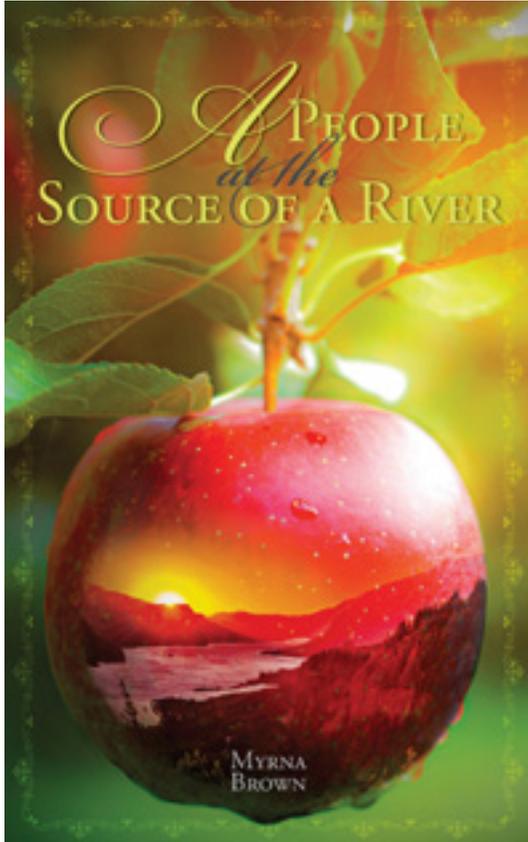
RICK KARP WAS A HIGH SCHOOL TEACHER FOR 14 YEARS, IN BUSINESS FOR CLOSE TO 30 years, and was President of the Whitehorse Chamber of Commerce for 14 years.

In 2017, he founded the Yukon Science and Technology Advisory Society (YSTAS) and now works with more than 20 PhD holders and several other researchers. He realized, from discussions with one of YSTAS's economists that we need to make changes to our economic and social paradigms if our world is to be saved for future generations. *Green's Discovery* was originally a short story that Karp decided to expand upon to show what we have to do to preserve our world.

Now retired, Karp lives in Whitehorse, Yukon. He lost his wife in 2017 and lives on his own. ■

A PEOPLE AT THE SOURCE OF A RIVER

BY MYRNA BROWN



FICTION / JEWISH

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IN 1933, A YOUNG JEWISH FAMILY LEAVES AN INCREASINGLY TENSE GERMANY FOR New York. Eager to make a place for his family in America, Henrich Schwartz purchases a large acreage in Washington State with plans to plant an apple orchard. With his wife, Anna, and young sons, Hans and Gustav, Heinrich begins to build a legacy in the rich valley of Wenatchee and is fuelled not only by his ambition but also the grief of having left his aging parents behind. As his orchard grows, so does his family and the community around him. Hans trains as a doctor and fathers little Gerhardt, while Gustav commits to the family business and marries. But when a tragic accident threatens to dismantle the family legacy, a secret is buried and changes the fate of the family forever.

A People at the Source of a River tells the story of three generations of the Swartz family, capturing a complex portrayal of how people's experiences, personalities, values, successes, and failures translate through the years and into future generations. ■

"A People at the Source of a River flows seamlessly through a backdrop of history teeming with passion, heartache, courage, and resolve as it chronicles a family and its unique set of challenges across two continents and three generations. Myrna Brown always delivers a moving read; but, A People at the Source of a River elevates her to a remarkable and fluid storyteller. I highly recommend you discover this treasure of pleasure for yourself."

—Sherri Robinson, journalist.

MYRNA BROWN IS THE AUTHOR OF THREE BOOKS: *Of Unseen Things Above*, *A Season of Mists*, and *Side Effects*. She was born in Washington State, where her father ranched on the tideland of the Columbia River. She now lives with her husband, Denis, in Wilmington, NC. ■

BY HYACINTH GREY

WOUNDED BRIDE

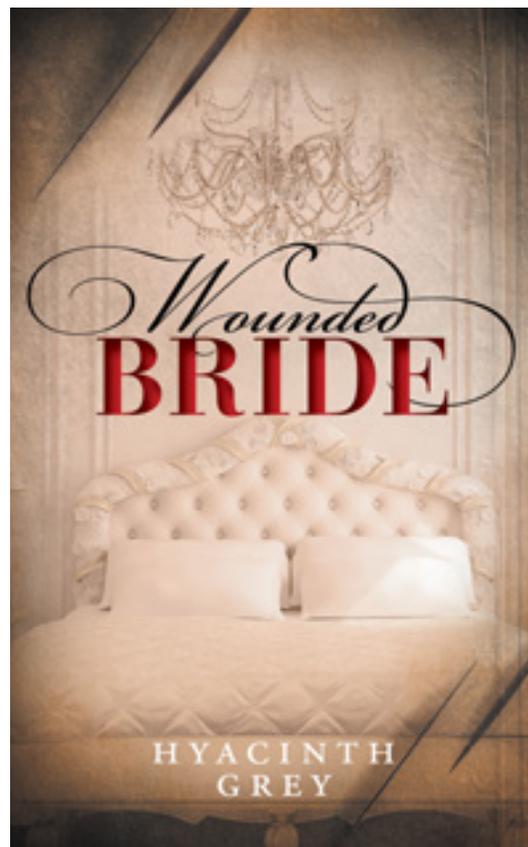
THE CITY OF CHICAGO IS RELENTLESS. MURDERS AND OTHER VIOLENT CRIMES PILE up: a woman lies in the hospital in a coma, a man is brutally attacked in his sleep, and a child suffers.

Detective Maria Mateo is new to the Chicago Police Department, but she's not soft. In spite of her strength, every case that arises brings troubling memories of her past and fear that her deepest secret will be revealed and threaten everything she's worked for.

When her captain discovers she's having difficulty with her health, she faces the possibility of losing her badge for good. Mateo struggles to keep her personal baggage out of her work, but when a woman is almost smothered, the investigation leads Mateo to help someone she never thought she'd see again. ■

www.hyacinthgrey.com

HYACINTH GREY LIVES IN NORTH AMERICA WITH HER FAMILY AND IS AN AVID READER of fiction and nonfiction alike. Her writing often explores overcoming adversity and capturing the world from different angles. Grey is interested in medicine, psychology, and language. *Wounded Bride* is her first book, and also the beginning of a series. ■

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HAVE YOU SLIPPED ON ANYTHING LATELY? BETTER BE CAREFUL, YOU MIGHT END UP in a retirement community! That's what happened to Amanda after she slipped on black ice. Her move to Sunny Meadow Retirement Home is smooth enough, and her life continues in a predictable pattern, but this selection of short stories shakes up the perceptions that we might have of retirees and their lives. Who knew that there are gigolos who cater to elderly ladies or that seniors enjoy a bit of intimacy in the afternoon? Romance, mystery, friendship, family, and the irritations of day-to-day life are all part of the mix at Sunny Meadow where residents have perspectives, talents, and connections that are as unique as their personalities. Under the well-intended oversight of Cedric H. Hawkins (aka The Hawk), Amanda, Grace, Olga, and the others create a unique community that illuminates the concerns and realities of aging, all presented with humour and sensitivity. Join the group and share their stories; they will touch you, surprise you, trouble you, and make you laugh—not your ordinary visit to a Retirement Home! ■

www.jocelynemullis.com

"Lots of amusing details and well-drawn characters. Enjoyed it a lot!"

—Ruby Cowling, Author of *This Paradise*

"Love, loss and intrigues. Pearls, Pills & Vodka is 'The Golden Girls' meet Miss Marple."

—Amazon UK Reviewer

"Read in 24 hours! I could not put it down!"

—Amazon Canada Reviewer

"A real page turner, set in a retirement home. Romance, murder, suspense... anything but boring."

—Amazon USA Reviewer

"Memorable characters. I love this book."

—Amazon USA Reviewer

"The characters are brought to life in splendid details."

—Amazon Canada Reviewer

"Could it be a television series in the making?"

—A.Crane UK

JOCELYNE MULLIS HAS DEMONSTRATED HER EMPATHY AND COMPASSION FOR people throughout her nursing career in Canada, the United States, and the United Kingdom. Having provided care for people during their illnesses, she has had ample opportunity to observe people's behaviour, sometimes at the worst times in their lives. Intimate involvements in patient's lives and frequent visits to a retirement home have honed a sensitivity and awareness of life and of its challenges. As she has stated, "Life goes on in all its aspects when you are old although the deadline is just around the corner and the challenges have increased."

In addition to her nursing career, Jocelyn has acted as a food critic and editor for a gastronomy publication, and she contributed to *Fragments*, a French anthology. She lives with her husband on the shores of the St. Lawrence River in Quebec, Canada. ■

BY DALIA RAHM

THE BLACKSTONE PROJECT

WHEN AN ESCAPED FELON TURNS UP AT THE LOCAL HOSPITAL WITH A CONCUSSION, the local sheriff's office believes she is the victim of a violent assault.

Unable to remember her past, where she came from or who hurt her, Sarah Blackstone is returned to the Department of Corrections. As she embarks on her own journey of self-discovery and navigates life behind bars, she pieces together her past and searches for acceptance and a place to belong. Her faith in herself, her memories and the system will be tested.

Just when she sees a light at the end of that long dark tunnel, a body is discovered, and her prints are on the murder weapon. To prove her innocence she must remember, and there are those who would prefer she did not remember. ■

www.daliarahm.wixsite.com/mysite

"The Blackstone Project is a fast-moving murder mystery that holds your attention right up to the last exciting page. The author's descriptive scenes and attention getting vocabulary hold you captive as the story progresses. The greatest problem I had was putting it down wondering how it would end. The ending was a complete, mind-boggling surprise."

—Brian Eddy, Toronto

"As an avid reader and lover of mysteries and thrillers, The Blackstone Project was amazing! I was completely captured very soon into the book - always a good sign. The plot twists and character development were first class. I felt like I really knew each of the characters personally and the plot twists just added to the intrigue. I could easily picture this as a movie and I can't wait to read the second in the series!!!"

—Maria Gleeson, New York

"If you like murder mysteries and psychological thrillers, you'll love The Blackstone Project. The arc of the mystery is fast-paced, you can cut the suspense with a knife, and the plot twists kept me guessing until the satisfying conclusion. I felt connected to the main characters, Sarah and Dave, who have great chemistry. I relished despising the nasty characters that turn up along the way and marveled at how the author describes the scenes inside the prison with such detail. I thoroughly enjoyed Dalia Rahm's first novel and look forward to the sequel."

—Wendy Taylor, Toronto

DALIA RAHM LIVES IN TORONTO WITH HER HUSBAND AND ENJOYS SAILING ON LAKE Ontario. This is Dalia's first novel and she is currently working on a sequel to *The Blackstone Project*. ■



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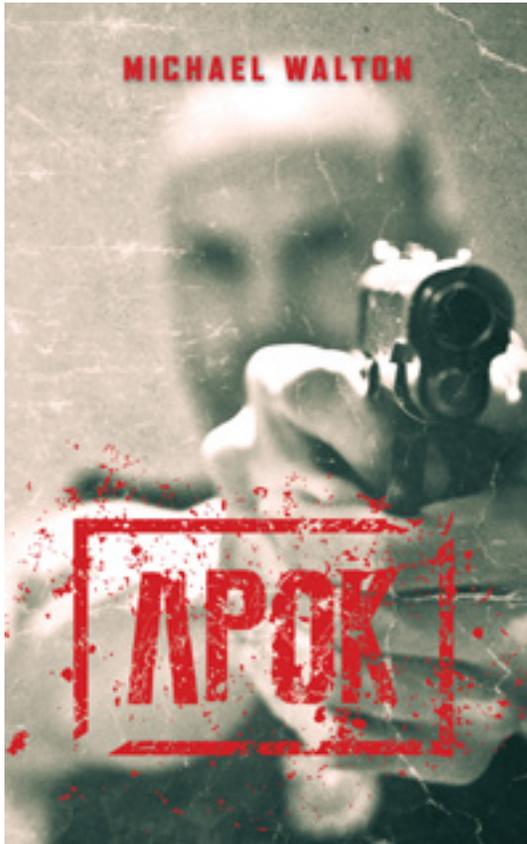
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APOK BY MICHAEL WALTON



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FLUCTUATING WORLD MARKETS, UNDERHANDED POLITICAL AGENDAS, ORGANIZED Crime, Social Uprisings, and Terrorist Attacks blur the line between right and wrong.

Eight year police veteran Miguel Mejia aka APOK made a split second decision that affected a country and ruined his life. After two years in prison this former military special operative is visited by Carrie Warren. Taking the assignment this young zealous news reporter expects instant glory interviewing the 'KILLER COP'. Before Carrie can release her story, extremists trap her into a dark, twisted society. Unable to escape, she watches helplessly while thousands die.

As Terror grips the world, APOK has no alternative but to escape and evade a lynch mob hunting him while taking matters into his own two hands. ■

www.michaelwalton.ca

"Gritty and Entertaining - Michael Walton's APOK is a thriller that is firmly in the category of Clancy, Patterson, et al..."

—Reader's Digest self-publishing contest judge

"Riveting! - Once you start Apok, good luck putting it down!..."

—Karen J

"Captivated... This book took many unpredictable twists and turns.....Thanks for the great read and I look forward to your next book"

—Debbie

"Excellent thriller novel!... I strongly recommend this book for anyone who is looking for a fast-paced action/thriller novel."

—Silver_Dragon52

"Fabulous!... sad it is over. One of those books that, when finished, you think.....he had BETTER be writing another one!"

—Lisa C

"Great gift!... my mom loved the book... she loved everything about it and said its one of the best books she's read in a while and she's always reading... keep doing what u r doing cause its working!"

—Debbie

"Gripping - Never heard of this author before but liked the cover... Thoroughly enjoyed this...."

—Anonymous

"Half way through the book already, can't put it down!"

—Rob G

"Amazing book" indeed... I love it!!...

—Erin B

MICHAEL WALTON IS NO STRANGER TO THE SENSATION OF ADRENALINE PUMPING through his veins while in the midst of car chases, house raids, gun point take downs, wire taps, and undercover operations. Facing the challenges of drug enforcement, gang land turf war, child rape and murder, firearms trafficking, and internal affairs, he became all too familiar with the dark side of society. Having worked 13 years in the trenches as a police officer he has been awarded 2 performance commendations 2001, 2002 and two Commissioner's Commendations 2007 and 2009 for his contributions as an investigator.

Pushed by his desire to learn and expose his mind to new experiences, Michael took to the streets like so many others wanting to make a change. With each investigation he began developing novel ideas. Finding time to write during these high profile investigations was nearly impossible at times.

Michael finally started putting pen to paper writing in January 2011. Later that same year a near death incident left him unable to return to work. After being told there was a possibility that he might never enter the field again, Michael turned his complete focus to writing between medical appointments and eventually had a first draft of APOK complete. ■

BY MICHAEL WALTON

APOK DERAILED

GLOBAL POLITICAL CONSPIRACIES WERE A MYTH, UNTIL COLONEL MIGUEL MEJIA - aka APOK - discovered a rebel organization named the Sons of Liberty. Tracking down its members, his investigation started succeeding until an explosion left him beaten, bloodied and broken. Drowning in pain, strung up in a hospital bed at a top secret military facility he volunteers for a radical new therapy.

Forcing himself to recover, he struggles through the pain, growing frustrated watching highlights of the election of a new world leader plunging society into chaos, with heavily armed groups jockeying for position.

As APOK's strength returns, he realizes his hospital is not what it seems, his captors give him a choice: complete his training and kill the leader of the world, or watch his family and friends die.

Should Miguel succeed, he dies a failure; if he fails, he lives long enough to know he failed those closest to him; if he escapes, can he survive long enough to expose the truth?

APOK Derailed is the second in Walton's trilogy of epic thrillers. Spanning the globe, it leaps from one heart-stopping scene to another, painting a vivid picture of the world of tomorrow. ■

www.michaelwalton.ca

"APOK Derailed continues a blockbuster action trilogy with a sympathetic hero... explosive action thriller..."

—Foreword Clarion Reviews

"...Walton's detailed prose has an urgent tone throughout, and the worldbuilding and plot are both highly complex..."

—Kirkus Reviews

"... Battles, catastrophes, and intrigue... I don't know where it's all leading, but book two of the Apok trilogy has me anxious to find out."

—LMJ

"Amazing book" indeed... I love it!!!... I can't wait for book number 3!!!..."

—Erin B

MICHAEL WALTON IS AN AUTHOR AND POLICE OFFICER WITH NINETEEN YEARS ON the force. He has worked on cases ranging from gang turf wars to multi-million-dollar frauds, and everything in between. His previous book, and the first in the series, is titled *APOK* and received an honorable mention from the Public Safety Writers Association in 2014.

Walton lives with his family in the Toronto area. ■

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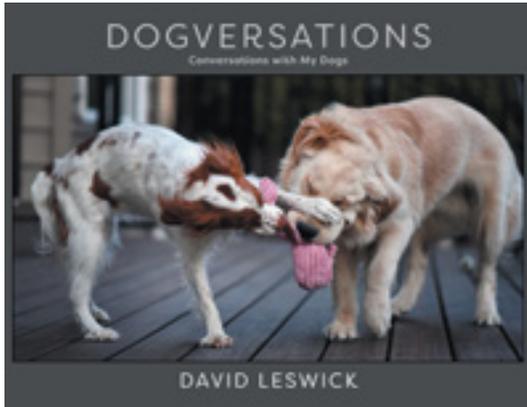
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Conversations with My Dogs

BY DAVID LESWICK



PHOTOGRAPHY / SUBJECTS & THEMES / PLANTS & ANIMALS

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IF THESE DOGS COULD TALK...HERE'S PRECISELY WHAT EVA, THE BRITTANY SPANIEL, Bruno, the golden retriever, and Agnes, the genetically diverse rescue dog, would say. Photographer David Leswick flawlessly captures the fun, quirky, clever, curious, and witty personalities of his family's three canine companions in this collection of heartwarming photography—along with the hilarious dogalogue that comes along with it. The perfect doggie treat for the eyes, heart, and sense of humour of any animal lover, *Dogversations* is a laugh-out-loud hysterical glimpse at how this canine crew tries to make heads or tails out of their daily lives with the human family that loves them. ■

www.DogversationsBook.com

"In this debut compilation of humorous conversations and colorful photographs, three adorable dogs say the darnedest things. Cuter than the cutest Facebook memes, Leswick's canine photos are accompanied by "dogversations" he or other family members have had with the pups. These simple exchanges are squeaky clean and appropriate for the entire family. Cute, fun frolic for tail-wagging fans."

—Kirkus Reviews

"We couldn't have got this book at a better time. I haven't heard my girls giggle so much in a very long time. What a pleasant distraction. You have such a talent and we are hoping there is more to come!"

—Anita Dhir

EVA IS A BRAINY BRITTANY SPANIEL WHO HAS A TALENT FOR PUPPY DOG EYES, laundry hamper fashion critique, and garden-ornament bird watching.

Bruno is a classically handsome golden retriever whose hobbies include dock jumping, hammocks, and being spectacular.

Aggie is a sweet, good-natured rescue puppy . . . unless you're a squirrel.

David Leswick is a human, part-time photographer, family man, and a big fan of dogs. His artwork has been published and awarded in *Cottage Life* and *Photo Life* magazines. He has collaborated with the Western College of Veterinary Medicine and has his photographs on display at several medical clinics and local coffee shops. He currently resides in Saskatoon, Saskatchewan, with his wife, Karen, and his children, Julia and Daniel.

Follow him and his puppy posse at
www.DogversationsBook.com
and on Instagram
[@theDogWearsPantlers](https://www.instagram.com/theDogWearsPantlers) ■

BY HELENA TOSCANO **DOGGIE PET PEEVES****DEAR PAPERBOY,**

Please do not pass newspaper through slot in door to the furry 'paper shredder' on the other side. Leave in metal box by door instead.

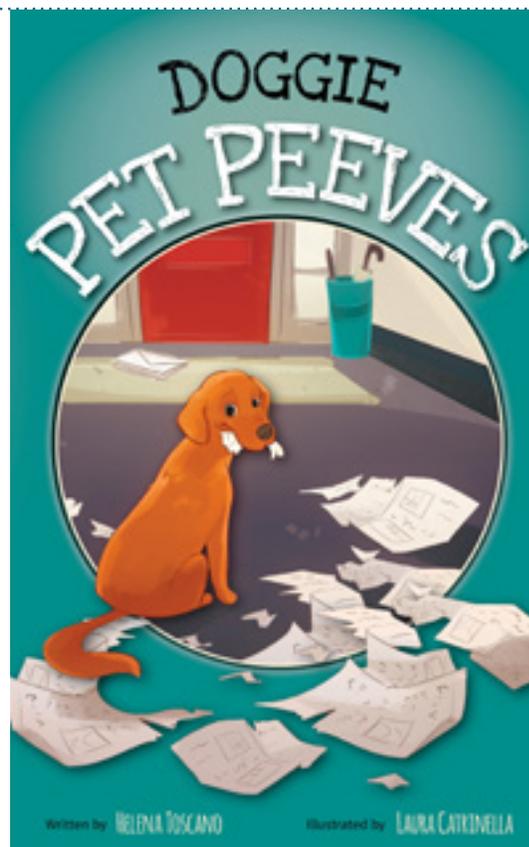
Thank you!

From chewing our shoes to shredding our newspapers, to walking us—instead of the other way around—dogs can drive us crazy! But at the end of the day, when they curl up at our feet and look at us with those 'puppy dog' eyes, we know it's all worth it.

A light hearted and humorous glimpse of what it's like to live with these furry, loveable and mischievous pets, *Doggie Pet Peeves* by Helena Toscano offers short and entertaining snapshots into life with a pup. Perfect for dog lovers everywhere, this book will have readers laughing and reminiscing about their adventures with their own furry friends. ■

www.helenatoscano.com

HELENA TOSCANO HAS PUBLISHED TWO CHILDREN'S BOOKS, *Herbie Hermit Crab* and *Little Trish and her Adventures Under The Sea*, and has now written her first book for the more mature audience, *Doggie Pet Peeves*. She is the founder and facilitator of 'The Write Bunch' Writers and Authors Group. Toscano is a self-taught guitarist and songwriter, and life long writer---currently working on her memoirs, a third children's book, a series of coloring/song books, and a children's play. Helena grew up having dogs of her own and now lives in an Arizona community where most of the residents own dogs. Toscano's love for dogs is unmistakably unconditional. ■

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AFTER A CRUSHING BREAKUP, KATIE ROSS TAKES A SUMMER JOB AT a hotel in a small town in Colorado that recreates an early twentieth-century theme for its guests. There she falls into character and enjoys the romance of a bygone era. Soon, though, she discovers that the hotel—including the carriage house she lives in—is haunted by a mischievous ghost and threatened by the earth spirit that calls the valley home.

Desperate to make things work, Katie forges ahead with her work and meets a wonderful cast of characters from around the hotel, including an enigmatic young man who seems pulled from another time. Their romance blossoms despite some strange occurrences, but soon Katie discovers that not everything is as it seems—or seemed—in the idyllic mountain town. She is forced to make a terrible decision, one whose effects could send ripples through time itself. ■

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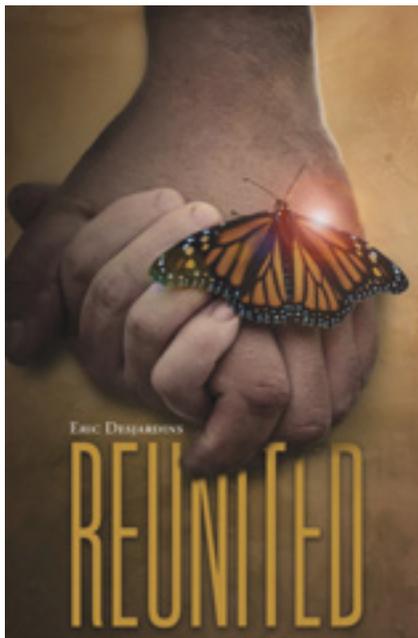
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MIDDLE SCHOOL WAS TOUGH ON CLARENCE BLACK. HIS BULLIES made life feel impossible, and all he wanted to do was retreat into his favorite books. Then, of course, there was Ruby. Despite his best efforts, the girl of his dreams was always just out of reach—but never far from his mind.

After high school, Clarence attends college to study journalism, with the dream of becoming an author. There he meets Monica, and soon they are married with a daughter on the way. On paper, his life seems ideal, but he finds himself longing wistfully for days past. When disaster strikes and his wife is killed, he is forced to reexamine his priorities and come to grips with his new role as a single father. Clarence begins a downward spiral, withdrawing into himself and losing sight of his goals. That is, until Ruby comes back into his life and changes everything. ■

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BY RALPH HINDLE

THE FIFTH NEEDLE

IN A SECRET BIOSAFETY LEVEL-4 RESEARCH LAB IN AUSTIN, TEXAS, DR. PHILIP BURRIS is genetically modifying mosquitoes to passively inoculate humans against malaria in a large-scale vaccination trial. Using cutting-edge CRISPR technology, the mutated mosquitoes are designed to glow green when infected, but now are behaving with unusual aggression. When a young research assistant goes missing, his friend and co-worker Jen McRae suspects a more sinister plan behind her company's noble work. Unexpectedly joining forces with two scientists from Canada and Malaysia, Jen leads the unlikely trio in a race against time to uncover the truth behind a bioterrorism plot that endangers millions, even while realizing that the biggest danger is to themselves. ■

www.ralphhindle.ca

RALPH HINDLE IS A CHEMIST WITH OVER FORTY YEARS OF EXPERIENCE IN THE environmental analysis of pesticides, drugs, and toxins. In his electrifying debut, *The Fifth Needle* draws directly on his early experiences doing fieldwork in Northern Ontario, where he was besieged by endless swarms of mosquitos and blackflies. He currently lives near Calgary, Alberta, with his wife and two pet mosquitos, none of which glow green ... or so he believes. ■

The Fifth Needle is a very enjoyable murder, mystery, suspense novel by newest Canadian Author Ralph Hindle and I sure hope it is not his last. From the first page through the epilogue, you are transported into the mysterious world of genetic modification and the potentially devastating human consequences of misuse. Written by an expert in the field of chemistry and drug analysis, Hindle brings to life the real human dangers that could be imposed by unscrupulous Scientists and Corporate Executives. This book is ripe for a screenplay!!!

—Ed S., Port Rowan, Ontario
Amazon Reviewer

Finished the book yesterday and had a great time reading it. Had to finish the last 5 chapters right before going to bed because you were killing me with suspense. I told Judy that if I had evil scientist/mosquito nightmares I was going to call you at 3am and yell at you. Well done!

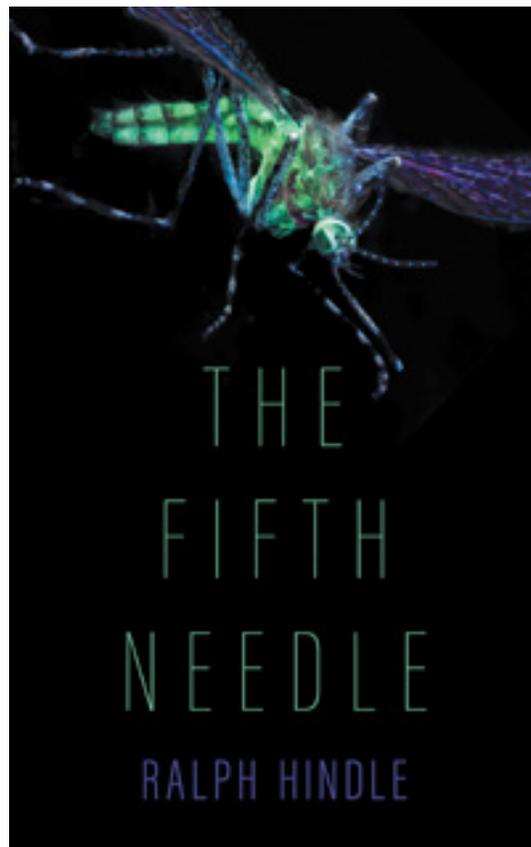
—John Hughes, California

Had me on the edge of my seat, and perfect ending!

—Denise Irvine, Kingston

Will Kylie get over her aversion to genetic modifications to make it into the sequel? Start writing. I want more!

—Kathy Hunt, Calgary



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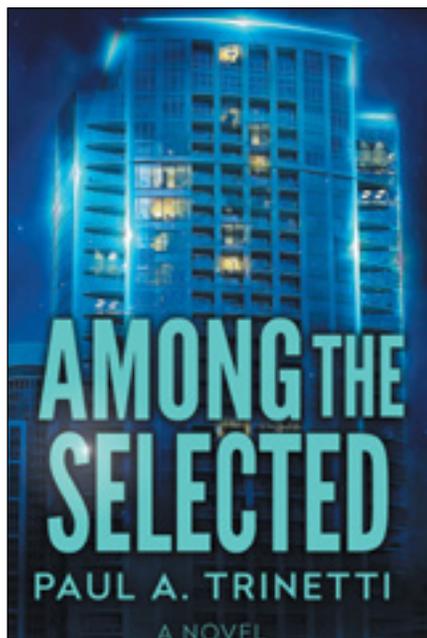
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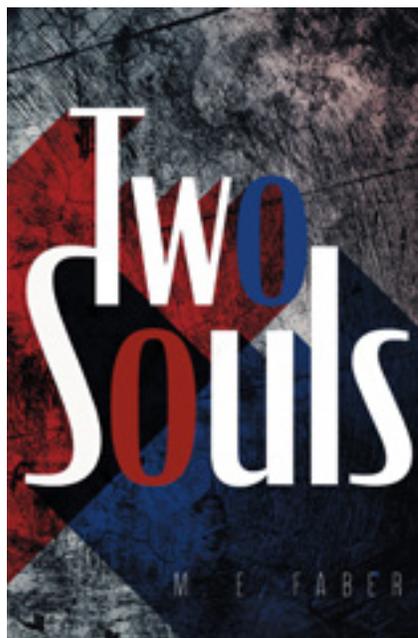
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IN A WORLD THAT IS NOTHING LIKE OURS, IS WHERE THIS STORY begins. You follow a man named Axel who lives a troubled life. Everything started from the day he was born, during which his life and his body were forever bound by a curse. Cast out of his family and treated like a criminal, he chooses to wander the world alone, not wanting to infect others. But deep down, in a place not even he will admit exists, Axel desires nothing more than the loving human companionship that he denies himself. To earn another's companionship, he must atone for the sins he committed in the past and the threat those deeds have created for the entire land from which he lives in. However, as he lives with those burden, he must come to terms with his reality. The very thing that sets him apart from everyone else—the two souls, that reside within him. ■

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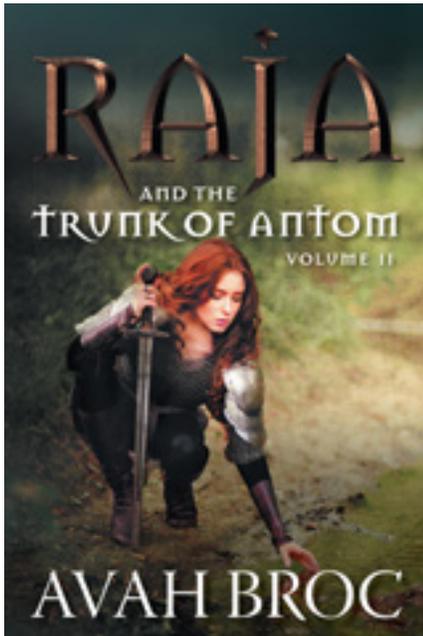
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Peasants from across the land of Zurkia are disappearing by scores. When Princess Raja discovers that they have been abducted, she convinces Lord Viktor to allow her – along with her friend Pavel and cousin Hannah – to get to the bottom of it. Armed with secret maps found in father Antom’s trunk from his years as a slave, the friends are convinced the Tyhet’s Thrumb Castle holds clues to the peasants’ whereabouts. But the excursion quickly becomes dangerous—an unannounced visit to Shamra at Levap Castle lands the friends in a dungeon, Tyhet warriors roam the woods, and the Dark Prince is determined to capture Hannah and use her in his plans to rule Zurkia. Suddenly, stories of an enigmatic peasant reach Raja who might hold the answers to many mysteries piling up. With the threat of kidnappings, dungeons, and labor camps, Princess Raja must keep her spirit of faith strong as she and her friends venture forth to bring justice to the kingdom and uncover the long-lost truth about her family. ■

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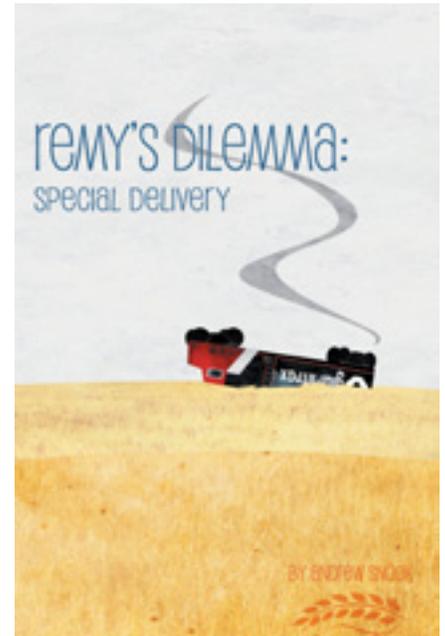
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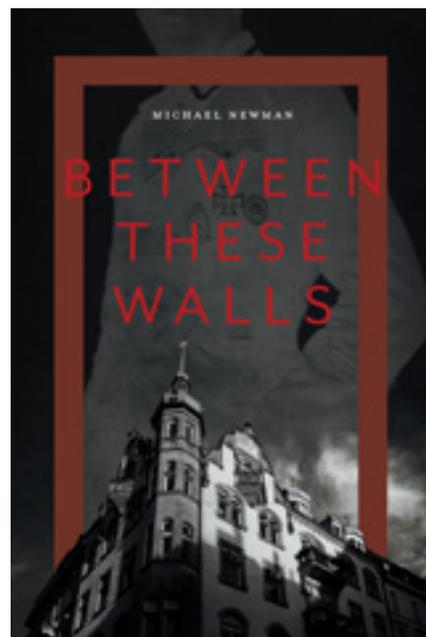
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Art curator Daniel Singer, the adopted son of Colonel Singer receives a mysterious package—a large brown envelope, sealed with security tape—from West Berlin. He can’t help but think that there’s something important within the envelope. But what? Daniel’s quest to learn about the package’s contents leads him on a surprising voyage of discovery about his own roots, including an encounter with the Mossad, Israel’s top secret spy agency. As he searches, he unlocks the history and secrets of three families—one American and two German—following them through tumultuous times, from the dying days of WWI to the rise of Adolf Hitler, WWII, the Holocaust, the birth of the State of Israel and three Middle East wars.

As Daniel learns about duty, honour, sacrifice, and the familial ties that bind us all, he will be faced with a life-altering choice—and the opportunity to right the most heinous of wrongs. ■

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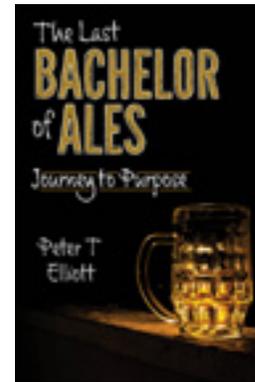
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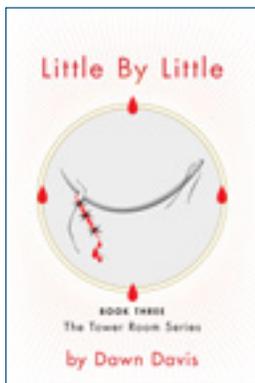
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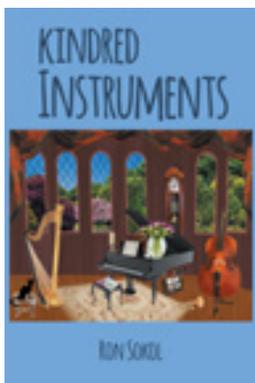
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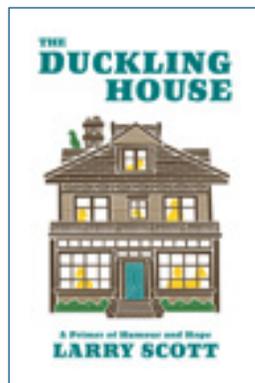
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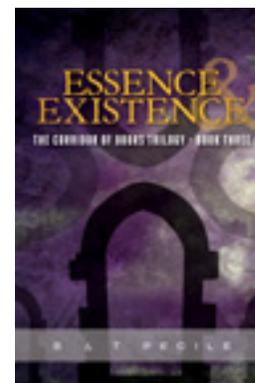
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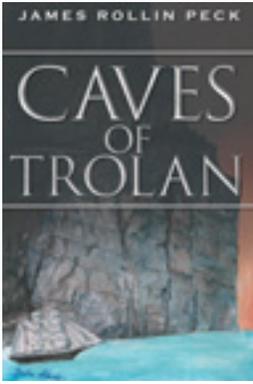
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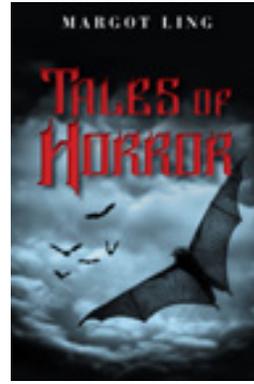
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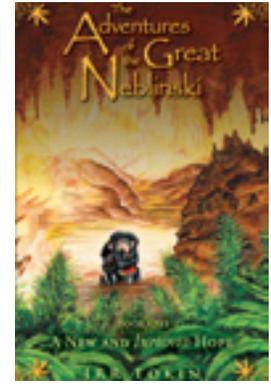
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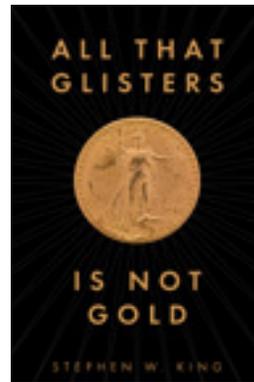
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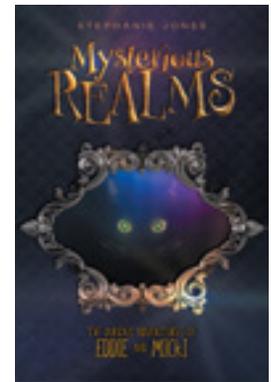
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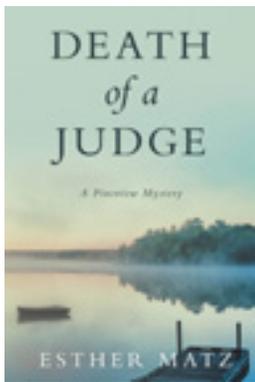
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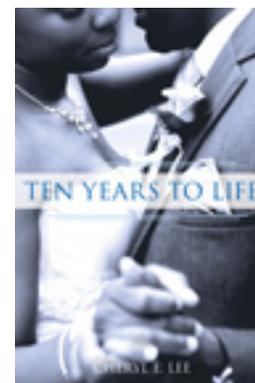
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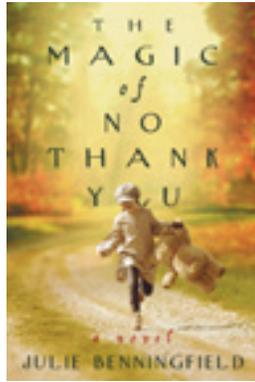
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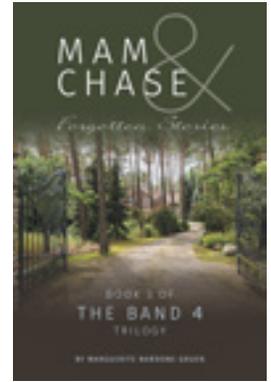
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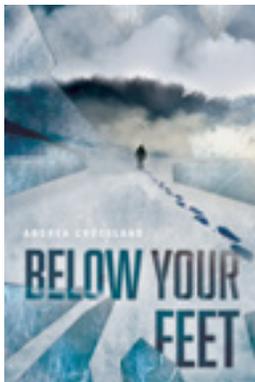
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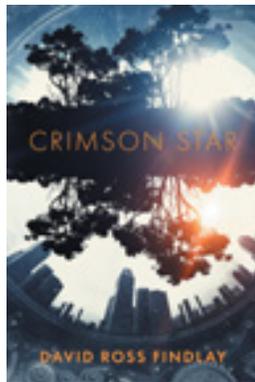
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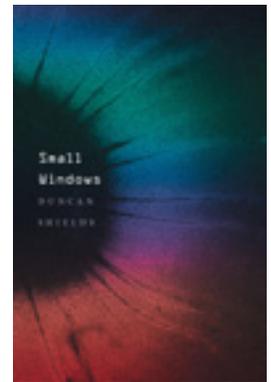
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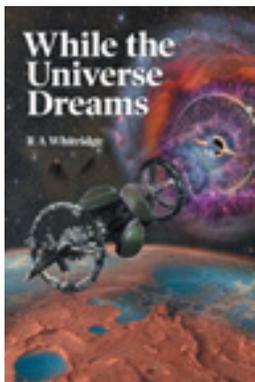
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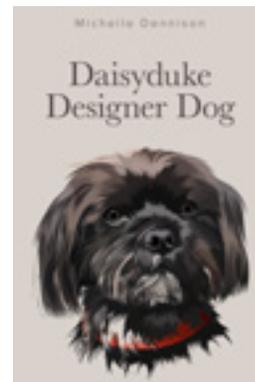
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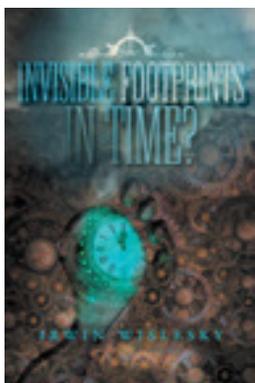
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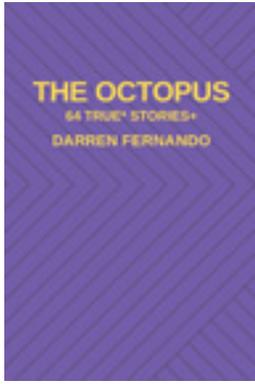
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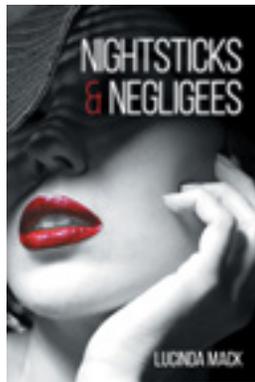
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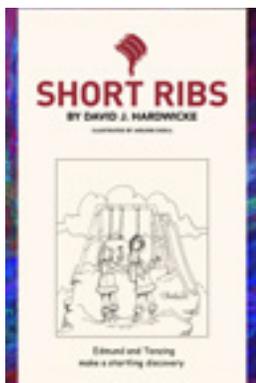
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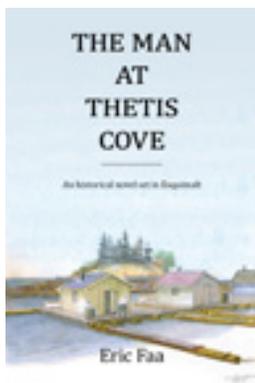
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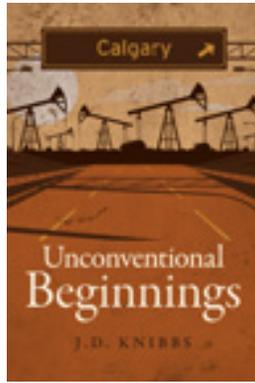
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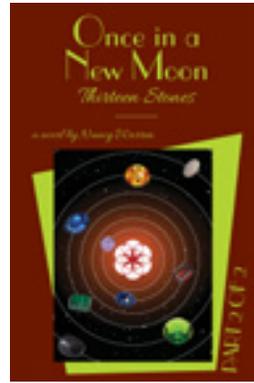
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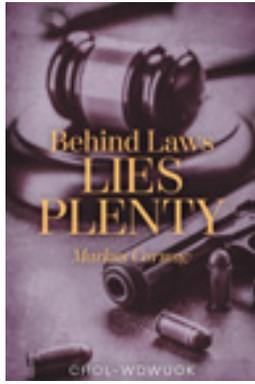
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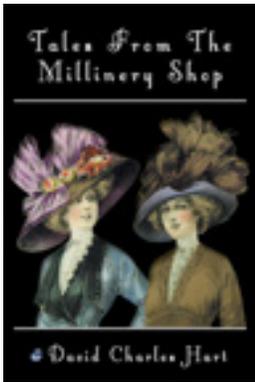
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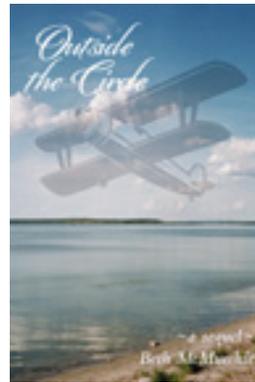
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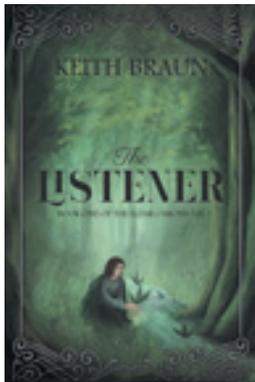
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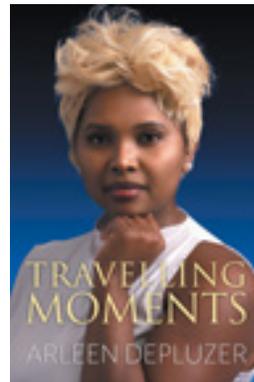
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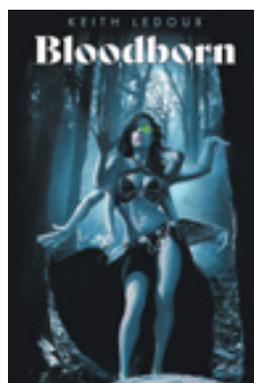
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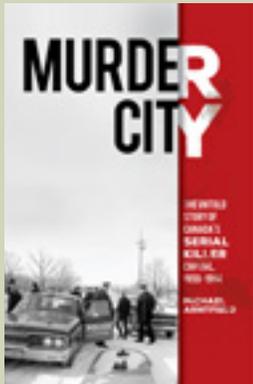
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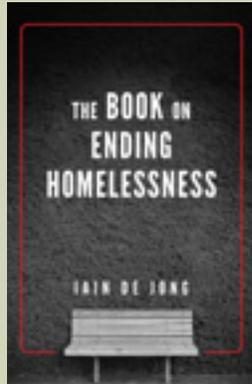


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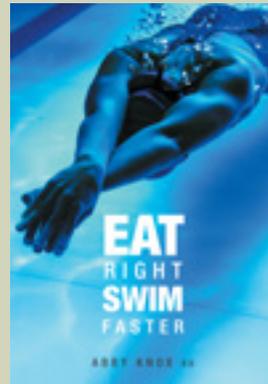
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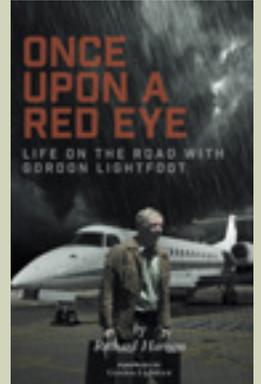
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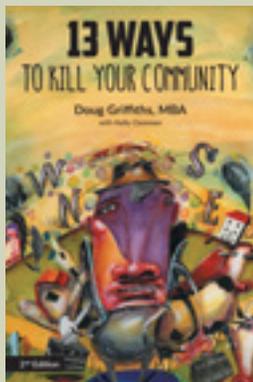
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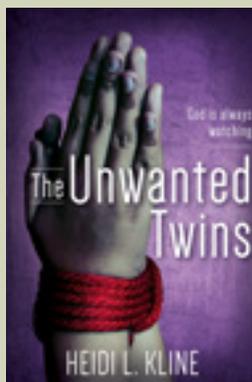
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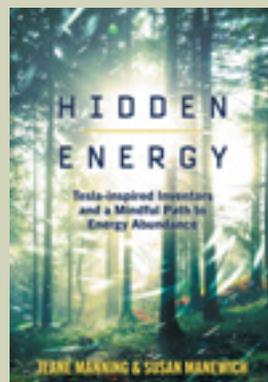
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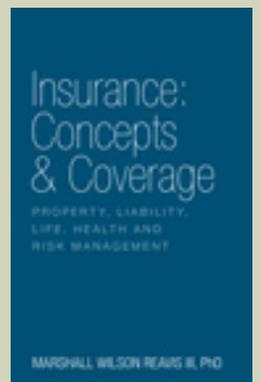
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BY TED VAN GRIETHUYSEN

WHAT IS SHAKESPEARE?

AT THE HEART OF THIS BOOK WRITTEN BY THE RENOWNED AMERICAN ACTOR, TED van Griethuysen, is a fundamental idea: Shakespeare is only what he says and how he says it. How he says it, of course, is poetry, and what poetry is, why we need it, is central to an actor's study of Shakespeare. An actor must do two things at once (1) honor the poetry, and (2) sound like a human being talking. At the same time. It is for directors and theatre designers as well and for anyone, anywhere, who wants to know Shakespeare and his place in knowing the world and ourselves. *What Is Shakespeare?* is the accumulation of a remarkable life's work and offers this standing invitation: read on. ■

"A revealing if idiosyncratic debut study of the Bard by an actor who has played Shakespeare's characters --including Hamlet, Romeo and King Lear--from coast to coast and overseas . . . What Is Shakespeare? has a provocatively a robust actor bias. . . . Influenced by Aesthetic Realism founder Eli Siegel, the author suggests that Shakespeare is "true poetry," which he defines as "more honest language than we are accustomed to in our everyday lives." His writing style is forthright and thought provoking . . . valuable insider knowledge, offering a refreshing divergence from typical academic writing."

—Kirkus Review

"Veteran actor, Ted van Griethuysen argues that theatre is "history, and it is discovery." His book splits its commentary between studying and summarizing past approaches to Shakespeare, complemented by personal realizations attained from observing and performing Shakespeare's plays. . . . The books many bold statements are backed up by convincing explanations. The monster of Shakespeare's "Hamlet" is explored at length, but is at first summarized by a quote from Eli Siegel: "Hamlet could not revenge his father because he did not care for his father enough." Such heady topics are leavened with personal photographs and notes. Full of fascinating material. . . What Is Shakespeare? is a useful addition to Shakespeare scholarship."

—Foreword Clarion Review

"Should be required reading for actors and directors approaching the Bard. A delightfully wonderful insight into an extraordinary career filled with passion. His love of theatre is contagious and inspires all."

—Stacy Keach

AT EIGHTY-FOUR, TED VAN GRIETHUYSEN HAS SEEN, DONE, AND LEARNED A GREAT deal about Shakespeare.

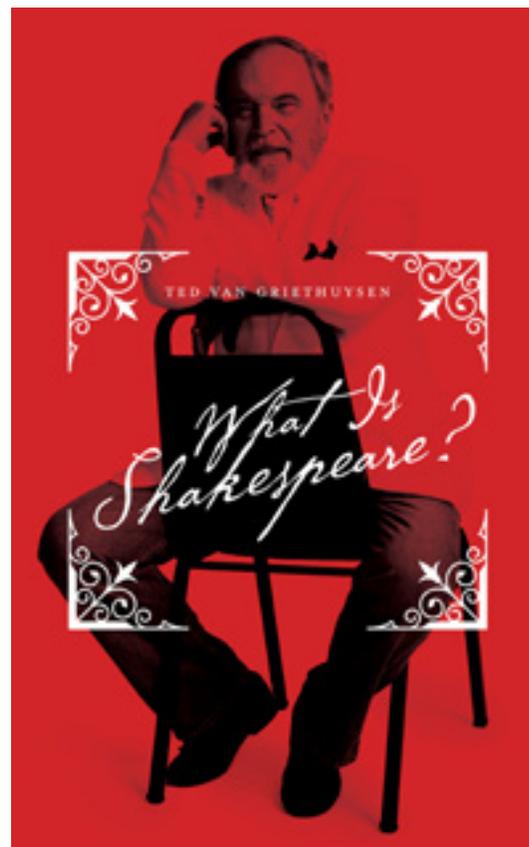
He attended the University of Texas with the legendary B. Iden Payne, the Globe in San Diego, and the Oregon Shakespeare Festival; attended LAMDA on a Fulbright scholarship while at the same time was Peter Brook's assistant on his RSC production of *The Tempest* with John Gielgud; performed at the Connecticut and New York Shakespeare theaters; and, finally, for thirty-two years, an affiliated artist with Michael Kahn's Shakespeare Theatre Company in Washington, DC.

He also managed to find time for twenty-five years Off and On Broadway, and founded a theatre company, the Opposites Company, with his wife, Rebecca Thompson. He has taught at Columbia University, the University of South Carolina, and privately in New York City.

Currently, he teaches master classes at Manchester Municipal University in the UK and at the Shakespeare Academy in Stratford, CT. Threading together the years of his life and his work is the Aesthetic Realism approach to the world, art, and oneself. Founded and taught by the poet Eli Siegel, it embodies the idea that "all beauty is the making one of opposites and the making one of opposites is what we are going after in ourselves."

Ted has eight Helen Hayes Awards, the Will Award, and the Richard Bauer Award for outstanding contribution to Washington theatre. Most recently, he received the Helen Hayes Lifetime Achievement Award, which was presented by Justice Ruth Bader Ginsburg.

This, then, is his book. ■



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THE OTHER SIDE OF FEAR

My Journey Into Perfect Love

BY W. VERONICA LISARE



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THIS IS A STORY OF MOVING FROM ABUSE, CRIPPLING FEAR AND LOW SELF-ESTEEM to knowing the ultimate love of God. Author W. Veronica Lisare has discovered courage, joy, hope, freedom and fulfillment as she embraces her authentic identity as a daughter of the King of kings. She shares the intimate details of her journals from an unhappy childhood, through a loveless marriage, a divorce, the loss of a granddaughter and a battle with cancer to a rewarding nursing job and a second career as a minister of the truth of the gospel of Jesus Christ.

The testimony of the author and the spiritual tools she learned along the journey will inspire all who read it to move through their own challenges to God's perfect love and the other side of fear. ■

www.wveronicalisare.com

"A very powerful story! So encouraging to hear how God was at work in her life and how she was able to break through the fear and shame to live a victorious hope filled life. It is written as first hand account at a fast pace that makes it hard to put down. I recommend her story for anyone who needs to know that difficult lives can have happy endings and that God is faithful!"

—M. McLoughlin

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"Totally recommend it! An amazing author. She has the rare gift of telling the reader her life story with all the speed bumps she lived through, yet never dragging the reader under so they have to dwell in her terrible pain. She shares with you the answer to how to get out of the traps life often brings..."

—Gracious

"A compelling story. I couldn't put this book down. Such a heartwarming and inspiring memoir!"

—Deanna

"Incredible book. She has been through so much and her dependance on God is so obvious. Fear has no place in our lives..honest and real..highly recommended!"

"Adventure with God".. "nuggets of wisdom..His Word.."

— Jane Anne

W. VERONICA LISARE IS A MOTHER, GRANDMOTHER, RETIRED NURSE AND A PAST missionary who spreads the Word of God whenever she can. She completed a two-year course at the Bethel School of Supernatural Ministry in Redding, California, and continues to share what she learned there. She leads many to discover their own freedom through the Sozo ministry. Today she lives in Kelowna, B.C., where she teaches about prayer, volunteers at the Pregnancy Care Centre and sits on the Board of Directors of her church.

The Other Side of Fear: My Journey into Perfect Love is her first book. She notes her motivation for writing it was so that others "will be encouraged to trust God and know that their past does not have to dictate the outcome of their future. They can be victorious and live full of faith and confidence." Her passion is to pass on the spiritual truths she has learned so that others can be overcomers and walk in their divine destinies.

He who began a good work in us will continue it until Jesus returns (Philippians 1:6). ■

BY INOCENCIA TUPAS MALUNES

FINDING “ME”

WE ARE EACH PRESENTED WITH OPPORTUNITIES IN LIFE, HOW WE RESPOND TO them can make a world of difference in both our material circumstances and our overall well-being. *Finding “Me”* proves just that. This autobiography traces the life of Inocencia Tupas Malunes from her birthplace in the rural Philippines to landed immigrant in Vancouver, Canada. While this is not a particularly unusual journey these days, Ms. Malunes’ story explores and demonstrates her willingness to seize opportunity wherever it might appear and to extract value where many would fail to see it.

Ms. Malunes saw opportunity in a canning factory, in sewing curtains and cushion covers, in working as a domestic and as a nanny, in apprenticeships, and in hotel housekeeping. Along the way, prosperity grew, and Ms. Malunes flourished. In the process, a glorious variety of people passed through her life. Inocencia found friends and companions in each development.

Despite some daunting challenges, she seems always to have fun—even when the fun is something as ordinary as cooking a meal or caring for a loved one. Undergirding all of her abilities and attitudes are her fundamental beliefs in hard work, treating people fairly, and a universal oneness that can help each of us find our way. *Finding “Me”* is the captivating tale of an anything-but-ordinary woman. ■

“Finding “Me” is a must read biography, a child’s journey of courage and perseverance with positive determination that leads her to find a better life. Relatable and interesting read for all generations.”

—Leo Inocellas, Vancouver, B.C.

“Inocencia’s life story is really impressive and encouraging. She has gone through a lot of hardships that are paths of life. I do hope the readers will enjoy her experience in this book and taste Sweetness and Bitterness of all human beings road. Inocencia is an amazing writer. I sincerely wish her best of luck and great success.”

—Sandra Lee, Accountant.

“Thanks for this empowering story. It emphasis on your quest for success at life despite your pitfalls is encouraging. We all need these powerful reminders to keep going on our journey no matter what. I look forward to see my “big vision” unfolding, As Yours has. Very inspiring.”

—Rosalie Sheehan Veal, Bank of America.

“Great Book! Wonderful Story! I know this book. Finding Me, from my friend. I spent my weekend to finish the reading, Thank you Inocencia to bring the wonderful story to me.”

—Bill Tu, Professor.

“I love this book which has a wonderful story. I am touched by her story and her spirit to pursue a beautiful life in her journey. Inocencia has a sweet and warm heart who always think of others first and take care others when she can. Best wishes for dear Inocencia! Live healthy and Happy everyday.”

—Rose Li, Accountant

INOCENCIA TUPAS MALUNES BEGAN LIFE IN A POOR VILLAGE IN A RURAL AREA OF the Philippines and obtained her education at great expense. While poverty was never far away, she remained true to her promise—made to her mother at a young age—to always look after her family. Throughout her various occupations and from locations far away from home, she never forgot that commitment, regularly sending money back home to help out. She credits hard work, tenacity, and courage as contributing to her success, and having overcome much hardship, she has found happiness and joy in fulfilling her life’s purpose.

Ms. Malunes lives in Vancouver, British Columbia, Canada, with her husband of thirty-four years. ■



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HEY SON, IT'S OK TO NOT BE OK

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EVERY MAN FACES STRUGGLES, BUT FEW TALK ABOUT IT, ESPECIALLY WITH THEIR SONS.

Afraid to appear weak or vulnerable, fathers tend to keep their fears and uncertainties bottled up inside while projecting an image of strength and resilience. Meanwhile, they secretly self-medicate in all sorts of ways— alcohol, food, affairs, and gambling—with many of them inadvertently blowing up their marriage, their family, and even their career in the process. At a certain point, every father who is living such a life needs to ask himself a key question: what sort of legacy is this emotionally stunted approach to life leaving for his son? If fathers don't teach their sons how to deal with their feelings, who will? And if fathers don't take the time required to find emotional healing and positive coping skills for themselves, how can they help their boys when trouble strikes?

Jeff Johnson found himself in exactly this situation when he was in his early forties. The president of a thriving family-owned company, by all outward appearances, he was a success. But inside, he was dying due to issues with depression, anxiety and ruminating. Jeff found himself unable to express how he was feeling, choosing to self-medicate, be dishonest, shut down and being unavailable emotionally. Sensing things were reaching a breaking point, he finally found the courage to come clean about what was going on. The result was a watershed of healing, forgiveness, and hope as he worked through his depression and dealt with his grief over how his hidden emotional struggles impacted his relationships with his wife and children.

This book is the result of Jeff's healing process. Though he doesn't claim to be an expert, he offers his story and what he's learned along the way to encourage and equip other fathers to deal with their emotional struggles in a positive way. Most importantly, he encourages fathers to share their story— their entire story, the good, the bad, and the ugly—with their sons to reassure them that it's okay to admit they're struggling. In fact, the worst thing they can do is try to hide it. ■

www.fathersforsons.com

"An affirming course toward a better father-son relationship...its personal approach is honest and its tone is genuine..."

—Foreword Clarion Review

JEFF JOHNSON IS THE FORMER OWNER AND VICE-PRESIDENT IN HIS FAMILY'S successful waste-management company. Recently retired, he is seizing the opportunity to stretch his wings in other areas, including writing. Jeff and his wife live in Winnipeg, Manitoba. They have two grown children, a son and a daughter. This is his first book. ■

BY JEAN-MARIE VIANNEY NKUSI

THE HEALER

WHEN JEAN-MARIE NKUSI WAS ONLY TWELVE, HE FELL INTO A COMA FROM THE effects of malaria while living in a refugee camp in Burundi. As he lay near death, with his family saying the Rosary around him, he experienced an amazing, life-changing religious event. He felt his body ascend to Heaven where he met Jesus Christ and His mother, the Virgin Mary. They told him that he was healed, but needed to return to earth to share the special message of God's love.

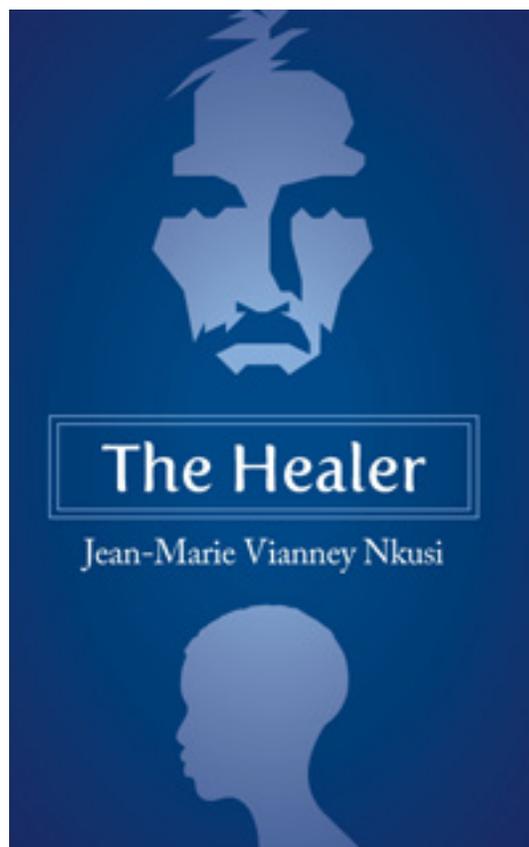
The Healer follows Jean-Marie's amazing experience in Heaven and back on earth, where he finds he has the amazing power to heal with faith. This book is a must-read for anyone who has ever questioned if there is life after death and for those looking for confirmation that God loves all His children. ■

www.jeanmarievianneynkusi.com

"I welcome you all to read and enjoy my published book and true amazing life story, The Healer. Indeed Jesus Christ is Alive and well. He is the Healer and Can as well Heal Coroner Virus. He healed me before and He can Heal you today."

—Evangelist, Author and Publisher of *The Healer*,
Jean-Marie Vianney Nkusi

JEAN-MARIE V. NKUSI WAS BORN IN UGANDA AFTER HIS FAMILY WAS FORCED TO FLEE the Rwandan revolution because of his father's royal connections and government position. While living in a refugee camp in Burundi, Nkusi had a spiritual awakening that has led him to be the educator, evangelist, and humanitarian that he is today. He is particularly interested in raising money to help malnourished children in Africa and around the world and dedicated to spreading the word that "Jesus loves the little children and us all. He is alive and well. There is no other way that can lead you to Heaven except to follow Jesus the Great King." Today, Jean-Marie is a proud Rwandan-Canadian living in Edmonton, Alberta with his wife and four beautiful children. ■

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- Build an easy-to-use Employee Engagement Plan complete with your own unique purpose statement using the step-by-step guide.

The Three-Legged Stool is a powerful new tool that will reverse the negative impacts caused by low employee engagement and the frustration that wreaks havoc on morale and profitability in the private, public, and non-profit sectors.

The Three-Legged Stool is a business leader's roadmap to enhanced employee wellness, improved productivity, and increased profitability. ■

www.danacouillard.com

"Couillard's taste for dramatic language keeps the text from becoming a dry read as it delves into the facets of employee performance . . . The information is presented effectively and with clarity, and Couillard writes with the tone of an enthusiastic mentor. An easy-to-follow introduction to motivating employees and maximizing performance."

—Kirkus Reviews

DANA COUILLARD IS A HIGHLY ENGAGING STORYTELLER AND SPEAKER, AS WELL AS an award-winning writer. He recently received his Masters of Arts in Human Development from Saint Mary's University of Minnesota.

A professional educator and mentor for over 30 years, Dana specializes in human dynamics, thinking, and behavior at the individual and organizational levels.

His Why: inspiring others to create more meaningful, engaged lives, personally and at work.

His How: teaching new ways of perceiving and thinking.

His What: successfully executing individual and/or business efforts to change.

In his own words, he is driven to help others 'make change stick!'

With his brother, Hal, he previously co-authored, *Lifeworth, Finding Fulfillment Beyond Networth*, which won a 2013 Business Axiom Book Award.

Currently a fifth degree black belt, Dana is a member of the International Fudokan Traditional Karate Association and the International Traditional Karate Federation.

He lives in Lethbridge, Alberta with his wife Brenda, and they have four adult children. ■

REVELATION REVEALED**The Bible's Grand Finale
and its Message to Us.**

BY DR. PAUL A VALLEE

IN POPULAR CULTURE, THE FOCUS OF THE BIBLICAL BOOK OF REVELATION HAS BEEN on the identity of the antichrist and the end of the world. Though Revelation speaks to these issues, the book is primarily about Christ and how he addresses humanity's enemies, including our greatest enemy, death. *Revelation Revealed* is an expository commentary that pushes through popular misconceptions and explains Revelation in a clear and engaging manner. Often viewed as a confusing book that is difficult to understand, filled with all kinds of incredible imagery, Revelation actually brings a message of hope in times of perplexity and crisis. In *Revelation Revealed*, Dr. Paul A. Vallee addresses the cultural background in which the ancient readers understood the text and shows the relevancy of that message to today's readers.

This book is the culmination of forty years of biblical study. The content was originally presented to a live audience over the course of twenty-six weeks. The response encouraged Dr. Vallee to put into print what the audience described as a positive message, clarifying and removing misunderstandings and fear by instilling hope in a world that, like the book of Revelation itself, is often confusing and overwhelming. ■

"His commentary cuts through the difficult imagery and message of the book as he guides us into its essential meaning. I could not recommend it more enthusiastically..."

—Tremper Longman III (Distinguished Scholar and Professor Emeritus of Biblical Studies- Westmont College).

"Revelation Revealed is a must read for anyone who loves the Bible and would like an 'easy to grasp' yet highly insightful understanding of the book of Revelation and how it should apply to our lives."

—Rev. David Arrol MacFarlane, former director with Billy Graham Evangelistic Association of Canada and international speaker.

"Dr. Paul Vallee's extensive study and research leaps off the page to give us a wealth of information and inspiration. I recommend this book and author."

—Dr. Matthew K. Thomas, President of Central India Theological Seminary, Chairman of the Fellowship of Pentecostal Churches, India.

DR. PAUL A. VALLEE HAS BEEN A PASTOR FOR THIRTY-SEVEN YEARS COMMUNICATING the Bible's message to a live audience. He has also worked on graduate and post-graduate courses and graduated from a number of theological institutions. In addition to his studies, Dr. Vallee has traveled to many parts of the world where the stories of the Bible transpired. This has given him tremendous insight into the Ancient Near Eastern world, which has helped him understand the implications of the Bible's message for the first hearers and how that message applies to people today. Dr. Vallee lives in Red Deer, Alberta, with his wife Patty and are parents of two daughters, Andrea (Curtis) and Rachel; with two grandchildren, Ariella and Ezra. *Revelation Revealed* is his first book. ■

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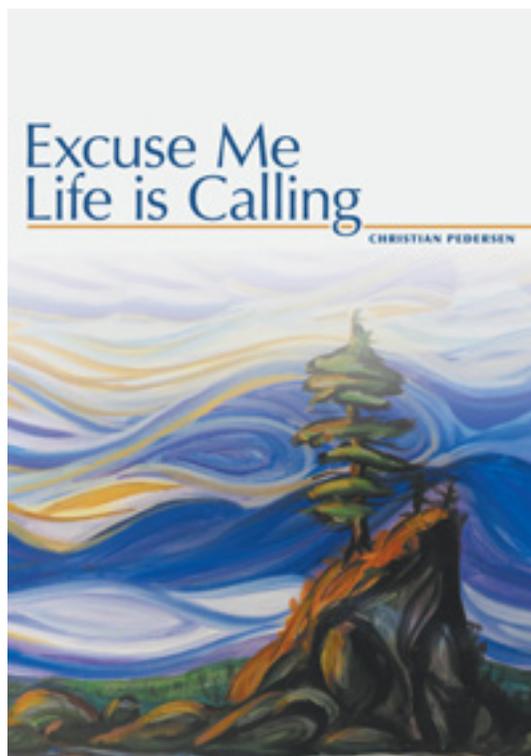
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EXCUSE ME, LIFE IS CALLING BY CHRISTIAN PEDERSEN



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BY CHRISTIAN PEDERSEN

THEOLOGY AND SCIENCE ARE RELATIVELY POORLY REPRESENTED IN TODAY'S WORLD, A world of biased facts, misrepresented realities, and lack of investigative enquiry, which is often prejudicial and unbalanced in reasoning.

Wouldn't it be nice if everyone learned to dissect information with the ability to not prejudge until all evidence is available? If everyone became determined not to be led by another's self-aggrandizing or nefarious intentions?

Excuse Me, Life is Calling asks you to consider the relationship of all the world's great theologies and how these interplay with science—an interplay that has struggled, despite the deep linkages between the two, for thousands of years. The symbiotic relationship between theology and science reveals that each field of study needs the other, even though science is not theology and theology is not science. Think past the presented evidence and see the inclusive realities surrounding each subject, realities that are often publicly presented as propaganda (for a multitude of reasons). Follow an historical path of evidence-based misrepresentation over hundreds, if not thousands of years.

From a discussion of various theologies to the science of creation and evolution to startling concerns about the future, *Excuse Me, Life is Calling* encourages readers' development of a process of greater thought, both as an individual and with others interested in similar topics.

The truth is out there, if you're able to open your mind and look for it with diligence. ■

www.excusemelifeiscalling.com

"Anyone who is drawn to new ideas and asking how societies are created will find this book a pleasure to read. It keeps getting better with each chapter."

—K. Spanza P.Eng. MBA, QAFF

"This is a very informative read as well as thought provoking. It was interesting to see the progression of human kind through time from both a religious & scientific perspective...I would definitely recommend this book to anyone interested in how religion and science have intertwined through the decades."

—B Jones

"For those seeking a comprehensive approach to learning of the interplay between religion, culture, and science this text is a go to! Chris invites us to read, to discuss, and to learn. His research and insights provide a springboard to enrich our understanding, learning, and thinking."

—Peter E. Williams, P.Eng. Burlington, ON

"He provides you with many observations and thoughts without asking you to make judgments. For this I was grateful and can see this book being used as a study guide for any group wishing to explore religion in greater depth. I personally found myself re-reading many parts just as a way of sorting out my own thoughts. I would recommend this book to anyone interested in a good read and who has an interest in this timeless subject."

—Gerry Mackie

"This book gives me hope that if we keep an open mind and learn from knowledge, stop judging each other, we can one day live in harmony. Thanks for simplifying and writing this book."

—Suzie Stacey

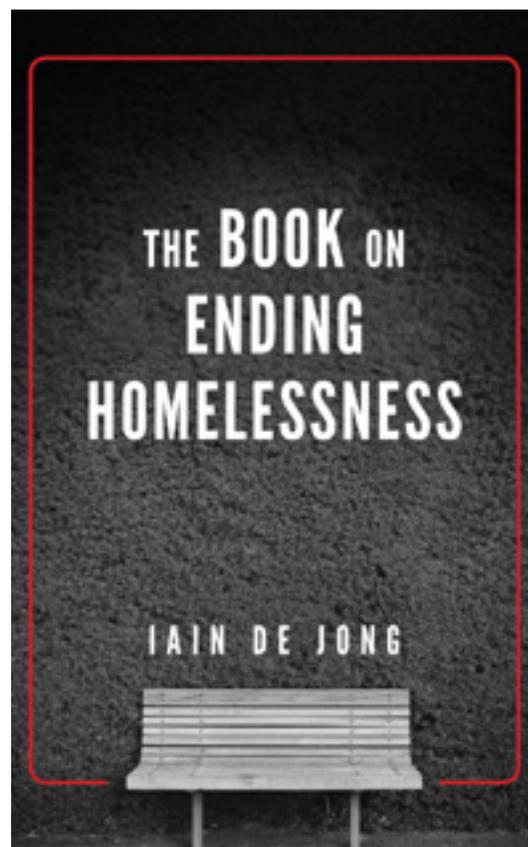
CHRISTIAN PEDERSEN STARTED HIS FLYING CAREER IN GLIDING AT 15 AND IS A CERTIFIED AIRLINE TRANSPORT PILOT WITH 42 YEARS EXPERIENCE in all levels of aviation, from meteorology to senior management as chief pilot for a major North American airline. Chris has owned several light aircrafts and a sailplane, and has survived several unexpected aircraft-destroying accidents in them, walking away uninjured from each. He holds the Diamond Award for soaring accomplishment and has competitively raced sail boats.

Because study has been a central part of Chris' life, he is a voracious reader, enjoying the craft of those who create fiction seemingly with ease. He took extra creative writing courses in high school, and went on to write technical documentation for airline publications, and humorous articles for low-circulation magazines in the civilian aviation marketplace.

Chris started life in Edmonton, met his wife of 53 years in Calgary while taking post-secondary education, spent 22 years in Winnipeg, and has lived in Vancouver for the past 32 years. He and his wife have two daughters, three grandsons, and a granddaughter. Chris and his wife love the climate in Vancouver and being with all their immediate family. The Pedersens still enjoy great health, travel extensively, and work tirelessly in their community. They enjoy life to its fullest and are thankful for the opportunities they have been given in life. ■

THE BOOK ON ENDING HOMELESSNESS

BY IAIN DE JONG



THE BOOK ON ENDING HOMELESSNESS PROVIDES INSIGHTS FOR THOSE IN THE industry, elected officials, policy makers, funders, public servants and the general public on the best ways to move from managing homelessness to ending homelessness. While ending homelessness may seem to be a whacky or even preposterous idea, Iain De Jong takes more than two decades of experience as an award winning industry leader to lay out how and why homelessness can be ended in very practical ways. This book will provoke and teach, serving as both inspiration and an instruction manual for those serious about combatting one of the most important social issues of our time. The book will reshape how you think about homelessness, as well as how strategies like sheltering, street outreach and day services all play a role in ending homelessness when operated with a housing-focused lens and the right service orientation. No doubt the book will reassure some that their thinking and actions regarding homelessness are bang on, while challenging others to think and respond differently in what they do and how they invest their money. Many of the ideas in the book elaborate upon ideas that Iain shares in his blog, keynote speeches and conference presentations, as well as the training series that Iain and his team have been offering for the past decade. If you are involved in homelessness issues or concerned about homelessness, this book is essential reading. ■

"This is a book anyone with even an inkling of desire to end homelessness ought to read. Iain deftly cuts through the myths and noise that surrounds homelessness and drives right to the stuff that works to solve it. Most importantly what Iain offers is not what should work or could work or might work. What Iain presents here is what has worked. He takes on some of the thorniest and most challenging aspects of homelessness directly, and steps the reader through a variety of solutions."

—Tim Richter, President & CEO, Canadian Alliance to End Homelessness

"Iain's work has transformed our experience of homelessness as a hopeless social dilemma to a solvable challenge. He is the social revolutionary our nation has needed for decades."

—Michael J. Raposa, CEO, St. Vincent de Paul CARES

"Our organization has become better because of Iain's ideas and training. He challenged us to be unrelenting in ending homelessness."

—Karen Santilli, President & CEO, Crossroads Rhode Island

"Time is running out for people on the street. We must use tools that work best. Take this book and go do that. Tick tock."

—Zach Brown, CEO, West Virginia Coalition to End Homelessness

IAIN DE JONG HAS WORKED FOR NON-PROFITS, GOVERNMENT AND THE PRIVATE sector on homelessness issues for more than two decades. He is recognized as an industry leader for his work on the SPDAT assessment tools, reorganizing shelters and street outreach programs to become housing-focused, and his leadership development and coaching with industry professionals. He has been a direct service provider, funder, policy maker, university professor, researcher, coach and advisor. For almost a decade, Iain has been leading the team of merry misfits at OrgCode Consulting, Inc. Iain's blog on homelessness is read by thousands, and he is a frequent keynote presenter and conference contributor. His work as a consultant, coach, trainer and positive disrupter takes him throughout the developed world about 280 days a year, though he calls Oakville, Ontario, Canada home on weekends where he lives with his incredible wife and four amazing children. ■

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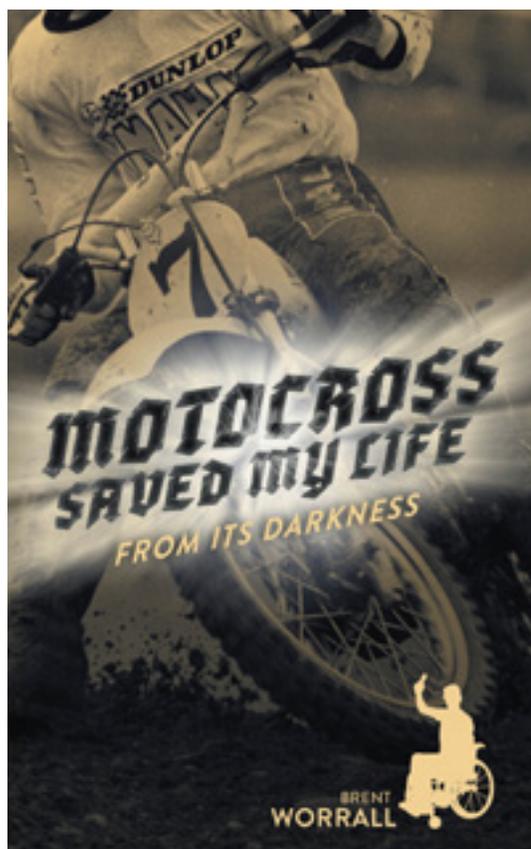
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MOTOCROSS SAVED MY LIFE

From Its Darkness



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BY BRENT WORRALL

IN 2011, FORMER CANADIAN NATIONAL CHAMPION MOTOCROSS RACER BRENT (Airmail) Worrall, who had recently returned to the sport after a lengthy absence due to struggles with alcohol, gambling, and depression, was again in a fight to save his own life. His shot at redemption and making peace with the sport he loves was cut short by a near-fatal crash. A mechanical malfunction in mid-flight over the track's largest jump sent him spiralling into a nose dive. He had just enough time while airborne to say, "Survive, survive, survive."

He broke his back and neck in six places, fractured his clavicle, sternum, and multiple ribs and collapsed his lungs. After flat-lining on the operating table four times, Brent's doctors finally managed to stabilize him. He required two blood transfusions, and his doctors feared the worst. He emerged from hospital a paraplegic, given only five to ten years to live due to various complications from his accident.

After losing the sport he loved many years before to the seedy underworld of depression, alcoholism, drugs, and compulsive gambling, he vowed never to let go of his lifeline passion again. Brent meticulously takes us through his troubled journey to the eventual promised land where he now sits. Along the way, he recounts his many inspirational interactions with those who helped mould his character, including Rick Hansen on his Man in Motion tour as well as looking into Terry Fox's eyes on his Marathon of Hope. In keeping with his character as an avid sports and history enthusiast, Brent takes us back through many pertinent historical events that shaped his life and society as a whole.

Two years after his accident, Brent was back at the track, this time to announce races rather than participate in them. Shortly after that, he launched the Canadian Moto Show, a live online talk-radio show, as well as a magazine, with his good friend Kevin Lefebvre. Throughout the process of giving back to the motocross community while also reinventing himself, he maintained a position as a senior writer at Motocross Performance Magazine. In 2016, he was nominated for a Coast Mental Health Courage to Come Back award. He continues to reshape his life within the sport he loves, refusing to let any of the formidable obstacles he has faced slow him down. AA This book is Brent's firsthand account of his journey, written in all five senses, with the hope that his story will motivate and inspire others to see that any seemingly insurmountable obstacles can be overcome. ■

www.brentworrall.com

"What a powerful story and legacy...Aspiring to achieve one's full potential through sport, regardless what form life's challenges might take. This is Paralympism - and this is Brent."

—Sonja Gaudet, 3 Time Paralympic Gold Medalist

"Over the course of the 40 plus years that I've spent hanging around the sport of the motocross, very few people have inspired me the way Brent Worrall has."

—Chris Pomeroy, Editor at Motocross Performance Magazine and former top Pro National Motocross racer

"An uplifting tale of a fight against the odds—told with simplicity and charm—that will appeal to motocross fans."

—Kirkus Reviews

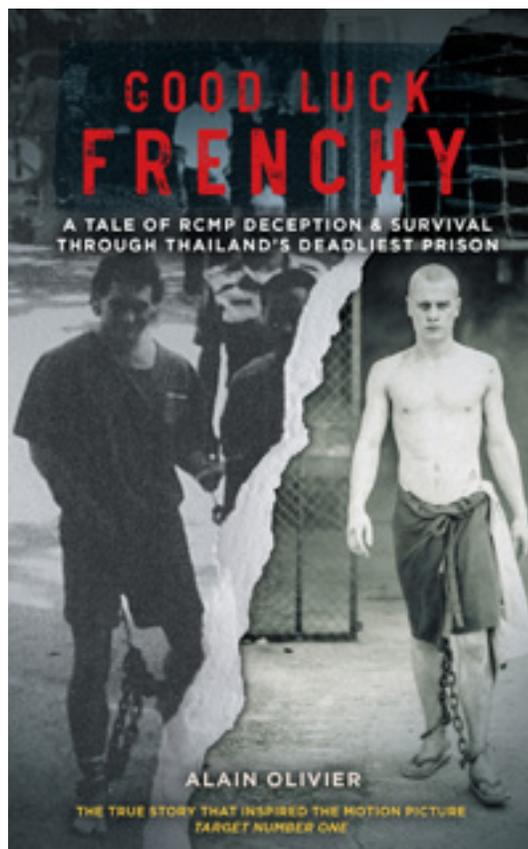
BRENT WORRALL IS A MULTIPLE TRAUMA AND BRAIN INJURY SURVIVOR, AVID SPORTS ENTHUSIAST, AND FORMER TOP-LEVEL MOTOCROSS racer and hockey player.

He collected many colourful achievements in his younger years, including being nominated for his hometown's athlete of the year, along with finishing tenth in the world motocross championship for his age group. He spent many dark years in places that he is not proud of and credits many of his painful life lessons to his current resolve. He hosted the Canadian Moto Show for four years while reinventing his life following his spinal cord injuries. Throughout this process, he also maintained a position as a senior writer at Motocross Performance Magazine. In 2017, he shut down everything to write this book as a final gift to the motocross community. He currently devotes his life to a number of causes and activities, all of which are aimed at sharing his love of sports and motocross while also encouraging anyone who is facing adversity that it is never too late to turn your life around and make it count. He currently lives in Vernon, BC. ■

GOOD LUCK FRENCHY

A Tale of RCMP Deception & Survival Through Thailand's Deadliest Prison

BY ALAIN OLIVIER



BEING MISTAKEN FOR SOMEONE ELSE, BEING FALSELY DEPICTED AS AN IMPORTANT international heroin importer and trafficker, and being made an unwilling accessory to murder aren't everyday occurrences. Surely this is not how the police behave to get their man?

But...what if they go further?

What if, with the aid of a thuggish civil agent, the RCMP implement a buy and bust operation, a Final Solution to get rid of you? And what if a Mountie is killed in the process under very nebulous circumstances?

A chilling scenario that becomes even more disconcerting when members of the RCMP commit perjury to insure your conviction and cover up the true circumstances surrounding their colleague's death. But, what about you being sentenced to death as a result of this and a trial littered with lying witnesses and tainted evidence that sends you on a path meant to shatter your already broken life?

And...what if, in the end, Canadian legal institutions and ministries opt to defend the undefendable in order to protect the RCMP's integrity and the image of Canada?

Known as Bang Kwang prison inmate 482/33, my name is Alain Olivier. I learned first-hand what it means to be treated as expendable when the RCMP screws things up during a sketchy buy & bust operation oversea. This was my struggle against all odds to survive in the jungle of Bang Kwang prison, a true story that has something for everyone—drugs, murder, threats, violence, conflict of interest, political corruption, coverups, and my faint hope that the Canadian government would come to its senses and bring me home. ■

www.alainolivier.ca

"The True Story Behind Major Motion Picture Target Number One"

ALAIN OLIVIER WAS A DRUG ADDICT WORKING IN GIBSONS, BC, WHEN HE BECAME the victim in 1987 of a dramatic undercover operation that led to him being subjected to the death penalty in Thailand and spending years in the infamous Bang Kwang prison. He has learned to never give up in the face of adversity, and he firmly believes that every time someone is a victim of wrongful conviction, society as a whole suffers. Passionate, with a wry sense of humour and a willingness to speak out against injustice, today, he gives lectures on the death penalty and the effects of wrongful conviction. Since his return, he spent 15 years working with law firms in an attempt to get reparation before the Court, where what's occurred reveals an even more troubling reality about justice in Canada. Alain currently resides in Montreal, where his fight for justice continues.

His story has inspired a feature film with Josh Hartnett, Jim Gaffigan and Antoine Olivier Pilon (cover picture), based on a series of interviews given by Victor Malarek and himself to movie director Daniel Roby. Alain's best-selling first book, *Prisonnier à Bangkok* (2002), was written in collaboration with Normand Lester. *Good Luck, Frenchy* is his second book, and he is currently writing its sequel.

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NEVER A DULL MOMENT

A Memoir of Canadian Naval Aviation, Firebombing and Theatre

BY GEORGE E. PLAWSKI



BIOGRAPHY & AUTOBIOGRAPHY / AVIATION & NAUTICAL

462 pages, Black and White, 6 x 9

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GEORGE PLAWSKI WAS BORN IN GDYNIA, POLAND, IN 1934. HIS FATHER, EUGENE, was a senior naval officer who fought in both World Wars in the capacities of pilot, and as the commander of surface ships as well as submarines. Before the war, he lived with his wife Maria in Warsaw.

Never a Dull Moment lives up to its title as George takes us back to his youth under the Nazis in WW2, describes his and his mother's separate escapes from Communist occupied Poland to join his father who spent the war years in the Polish Navy in England, and their subsequent immigration to Canada in 1948.

This colorful memoir traces the family's unusual history, and recalls the severe hardships which faced his parents in starting their lives anew in this beautiful and free, yet in the immediate post-war years, a thoroughly challenging land.

In a series of humorously recalled anecdotes, the author portrays the process leading to his commission in the Royal Canadian Navy, to obtaining his wings, and to becoming a pilot flying off the aircraft carrier, HMCS Bonaventure.

After leaving the service in 1964, Plawski returned to UBC to finish his BA, then completed three years of post-graduate studies in theatre, specialising in directing, which was funded by his summer job flying air tankers on forest fires.

The book continues with suspenseful accounts of Plawski's founding of Vancouver's City Stage, the thrilling saga of the often hair-raising pioneering days of firebombing in California and in Canada, and of the hilarious aerial circus of budworm spraying in New Brunswick.

This story is embellished with a telling of his meeting with a beautiful and cultured girl from Paris whose name is Rita; of their unconventional romance, their travels around the world, of her loving and essential collaboration in the author's idiosyncratic lifestyle, and of their eventual marriage which is happily doomed to continue to the end of this grand adventure. ■

"I am amazed, George, by how much your book teaches me about wartime refugees, the RCN, the USN, firebombing, travel, parental and spousal relationships, friendships, and the theatre.....your humor throughout makes reading it so enjoyable...your Polish family history is fascinating...your Ottawa expedition to restore your theatre grant captures governance so well...your book is marvellous."

—Roddy MacKenzie

"WOW! Where to begin? It is a great read on so many levels. From a literary point of view I envy your ability with the English language."

—Ralph Langemann

"I was also gob-smacked by the contrast between your stage careerand airborne careers and how you merged them into a most interesting life AND what must be one of the most satisfying marriages of our era."

—Mike McCall

"Your respect for your friends and colleagues is immeasurable. Most of all, I enjoy your writing style, extensive vocabulary and flow of wording."

—Nancy Curleigh

"Never a dull moment is an understatement! I relished every page."

—Krista H

"What an incredible read !! ...You have captured each event that made me keep reading and reading,..."

—Vicky Sutherland

"Awesome, just bloody Awesome, an almost unbelievable tale! I'm sure the "Palawski" saga is equal to anything we could read about John McCain or John Glenn!"

—Stan Brygadyr

"George's writing skill is matched only by his enthusiasm and flair for the task."

—Barry and Betty Montgomery

"I knew George had a book in him, but I did not expect this frank, erudite and humor-filled exposition of his energetic and eventful life."

—Gordon Longmuir

BY KRISTI
MAGRAW

NOTE BY NOTE A Tale of Trauma, Recovery and Musical Discovery

BIOGRAPHY &
AUTOBIOGRAPHY /
PERSONAL MEMOIRS

306 Pages
Standard Color
6 x 9



A POWERFUL ACCOUNT OF WHAT HEALING REALLY LOOKS LIKE UP close from a woman who followed the song in her heart and built a legacy in the healing arts.

Kristi Magraw is an established body-mind coach with a busy practice. She is also a music teacher and a professional musician and composer, with two albums and an extensive catalogue of original folk, country and tango songs.

In this book, Kristi tells the story of a life changed dramatically by a traumatic ear surgery at age nine. With honesty and self-compassion, she describes the isolation caused by facial and hearing differences as well as PTSD throughout her unusual childhood.

No matter what happened, there was always a song—hers or someone else's—to keep her company as she moved through the difficult times. On the way she discovered that she has a great talent for listening and touching people in healing ways. Music was her guide and her guitar was her steady companion during the long, confusing struggle with PTSD and relational problems. Note by note, her voice returned and she completed a CD.

Kristi describes all the different modalities and techniques that she had to learn for herself and then passed on to others. She writes about trauma theory, pain, psychodrama, neuro-feedback, attachment theory, the Tomatis method, and many mind-body techniques. Presenting the latest discoveries from neuroscience in easy to understand language, and with many exercises that readers can use to aid their own healing journeys, *Note by Note* is an unforgettable story of a remarkable life, the magic of metaphor, and the healing power of music. ■

www.kristimagraw.com

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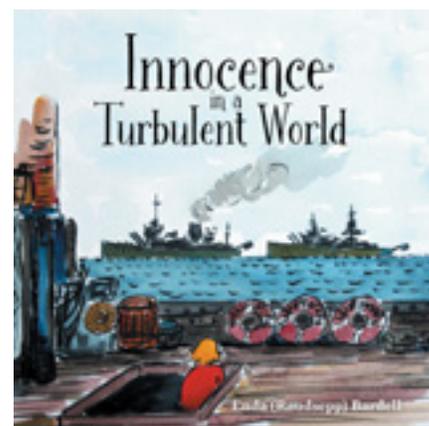
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BY ENDA
(RAUDSEPP) BARDELL

INNOCENCE IN A TURBULENT WORLD

BIOGRAPHY &
AUTOBIOGRAPHY /
PERSONAL MEMOIRS

108 Pages
Standard Color
8.5 x 8.5



INNOCENCE IN A TURBULENT WORLD IS THE HEARTFELT MEMOIR, with simple illustrations, of a young girl's early childhood in rural Estonia before she was forced to flee her country after the events of WWII. Honest and down-to-earth, the narrative captures a child's perspective of both the simple joy of living off the land and the incomprehensible horror of being torn apart by a conflict she could not understand. ■

www.endabardell.com

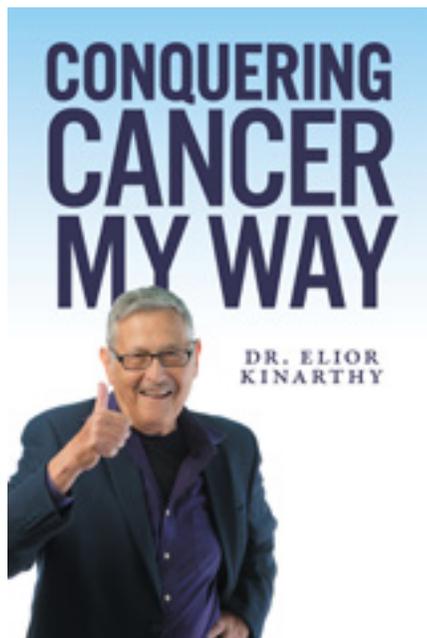
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CONQUERING CANCER MY WAY

BY DR. ELIOR
KINARTHY



BIOGRAPHY &
AUTOBIOGRAPHY /
GENERAL

324 Pages
Black and White
6 x 9

WHEN DR. ELIOR KINARTHY RETIRED FROM CALIFORNIA TO THE seaside city of Victoria, British Columbia, he was soon faced with a daunting challenge. Diagnosed with prostate cancer, he began a fifteen-year journey to finding the treatment plan that would save his life.

By altering and augmenting advice by his oncologists, he created an anti-cancer lifestyle with alternative medicine and supplements. He eventually discovered the Gorter Model of holistic immunotherapy in Cologne, Germany, and has been cancer-free ever since. Now eighty-three, he offers hope to cancer patients and encourages them to use innovative approaches to treatment as they strengthen their bodies, minds, and spirits and walk toward a brighter, healthier future. ■

www.conqueringcancermyway.com

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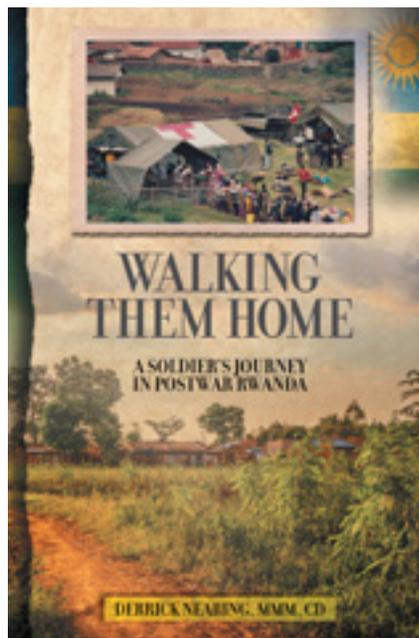
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WALKING THEM HOME A Soldier's Journey in Postwar Rwanda

BY DERRICK
NEARING



BIOGRAPHY &
AUTOBIOGRAPHY /
MILITARY

228 Pages
Black and White
6 x 9

IN JULY OF 1994, LEADING SEAMAN DERRICK NEARING, A MILITARY medic, is urgently deployed to Rwanda, a country he has never heard of, sent on a mission halfway around the world that will colour the rest of his life. In the previous months, Rwanda has lost forty percent of its seven million people, either murdered or fleeing for their lives to neighboring countries to escape the Interahamwe genocide. The mission for Derrick and his fellow soldiers is simple: to help the reconnaissance team secure the ground, vehicles, and materials needed to establish a hospital facility. Once this is accomplished, 247 soldiers will join them from Canada, on a humanitarian mission to assist the people of Rwanda in the wake of the genocide. The mission, dubbed Operation Passage, will help refugees walk back from Goma, Zaire, to return to their towns, villages, farms, and cities all over Rwanda. The Canadians will set up rest, water and food points, and medical aid stations along the major highway into the country. As the Rwandans return, the Canadian men and women will come to witness the horrific aftermath of a genocide and an abysmal stain on the United Nations and the nations of the world that didn't act when it was so desperately needed. Based on Nearing's daily journal entries, *Walking Them Home: A Soldier's Journey to Post War Rwanda*, is an intimate view of one soldier's journey from initial optimism and excitement at being sent to help in a faraway land, to a slow descent into PTSD and depression from the nightmarish memories he cannot escape. ■

www.derricknearing.com

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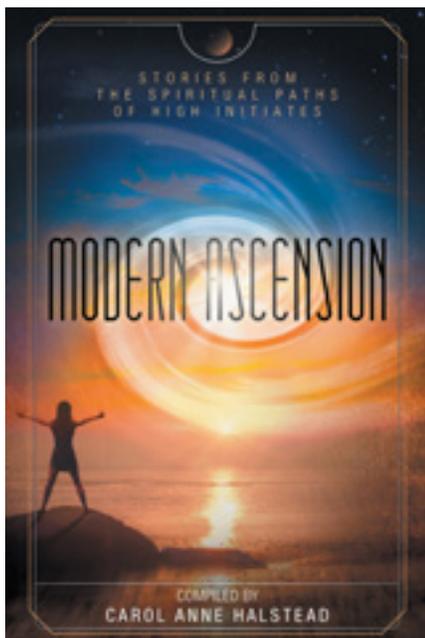
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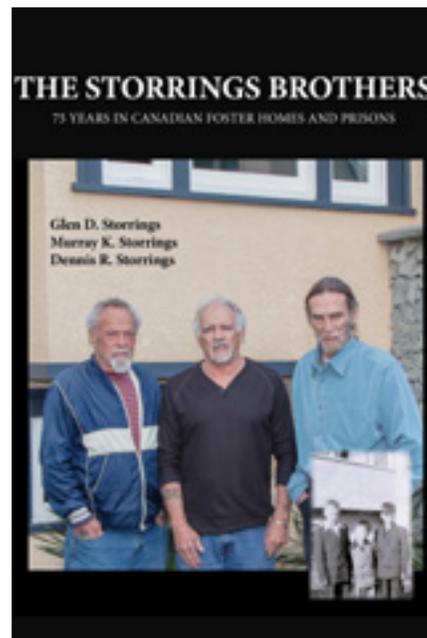
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/ HEALING / PRAYER &
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Black and White
5.5 x 8.5



BIOGRAPHY &
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236 Pages
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THIRTEEN PEOPLE—OF DIFFERENT AGES, FROM DIFFERENT PARTS of the world, with different backgrounds, pursuing different careers, on different life paths—all experienced an inner knowing that led to the Alpha Imaging website, which finally elucidated what they were each being called upon to do—to Ascend.

Through the guidance of the Ascended Masters, Angels, Cosmic Beings, gurus, shamans, and the keepers of the Ascended Masters portal in New Zealand, their Ascension journeys have rapidly evolved in a modern world, allowing each of them to systematically clear their karma; leave the cycle of rebirth in a single lifetime; and connect with their Higher Selves in service to all of humanity and the entire planet. Here are their stories, recorded in their own authentic words.

Open your heart and mind to a new spiritual paradigm that encompasses the most important purpose of your existence. The opportunity to free yourself from rebirth and embody your Higher Self exists right now, and all life in our cosmos will experience the positive ripple effect of your Modern Ascension journey. ■

www.modernascension.com

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GLEN, DENNIS AND MURRAY STORRINGS WERE YOUNG CHILDREN in the 1940s when they were made wards of the child welfare department in British Columbia. In the following years, the three brothers would live in over a hundred foster homes between them, sometimes together but often separated. After a childhood of instability, abuse, and neglect, they turned to lives of crime and were sent to reform schools and prisons before eventually becoming hardworking men who married and had children of their own.

In their early years, an ever-changing network of social workers kept meticulous files, and this riveting memoir weaves together the Storrings brothers' memories, with entries from their case files, to tell the harrowing, heart-breaking yet inspiring story of three boys who were repeatedly failed by a system that was meant to protect them. ■

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THE SURGEON'S APPRENTICE

BY JOHN CASE



BIOGRAPHY & AUTOBIOGRAPHY / HISTORICAL

252 Pages
Black and White
5.5 x 8.5

SECOND IN A MULTIVOLUME MEMOIR, *THE SURGEON'S APPRENTICE* follows a young John Case through his medical and then surgical training in an era when penicillin was a new wonder drug. John's experience training at two universities and eight hospitals during his apprenticeship documents a time when the scalpel was the main surgical instrument, endoscopes were primitive, there were no CAT scans or MRIs, and haematology investigations and laboratory tests were restricted.

Despite the lack of technology—or perhaps because of it—there was a more personal side to medicine, as every patient had a personal GP who knew them. The GPs ran twice daily surgeries and even visited—in their own homes—those unable to attend the surgery. Tragic and poignant in places, uproariously funny in others, this memoir provides a glimpse of a way of teaching and living that is now lost to us.

John's wonderfully engaging voice brings his adventures (and misadventures) alive in the pages of *A Surgeon's Apprentice*, and will have readers cringing along with him as he settles into "the Coffin" at night and struggling beside him as he questions the rationality, morality, and even legality of the choices he must make in treating his patients. ■

www.johnbcase.com

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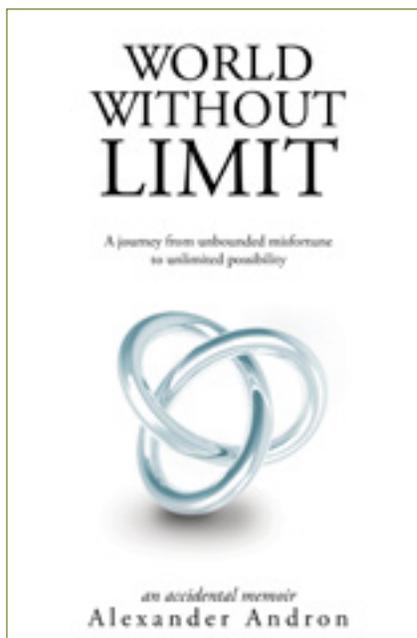
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WORLD WITHOUT LIMIT

A Journey from Unbounded Misfortune to Unlimited Possibility

BY ALEXANDER ANDRON



BIOGRAPHY & AUTOBIOGRAPHY / PERSONAL MEMOIRS

156 Pages
Black and White
5.5 x 8.5

LIKE MOST PEOPLE, ALEX HAD BIG PLANS FOR HIS LIFE. A SUCCESSFUL career on Wall Street, a loving family, and a beautiful home—he was living the American dream. Then, the unthinkable happened. At thirty-four years old Alex was diagnosed with Parkinson's disease. The devastating news sent him tumbling to the depths of depression and alcoholism—Alex thought he'd lost it all!

Seven years later, he elected to have Deep Brain Stimulation (DBS) surgery—a decision that changed the course of his life forever. He went from living his plans to living his dreams. Riding a bike to the top of a volcano, Alex achieved a vision he'd never imagined possible. Standing on the summit, he discovered a new world of unlimited possibilities.

World Without Limit is a story of inspiration and hope, a true-life's journey from promising plans to unbounded misfortune and back to unlimited possibility. Helping us to see the tragic circumstances of life, perhaps for the first time, with loving and understanding eyes. ■

www.alexanderandron.com

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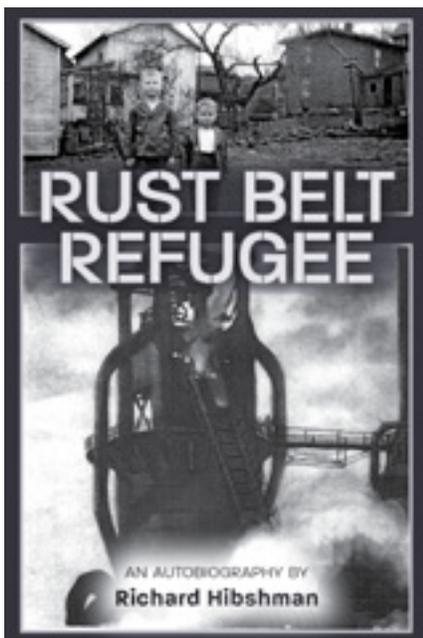
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BY RICHARD HIBSHMAN

RUST BELT REFUGEE

BIOGRAPHY & AUTOBIOGRAPHY / PERSONAL MEMOIRS

156 Pages
Black and White
6 x 9



THIS BOOK SHOULD INTEREST A WIDE SPECTRUM OF READERS. FOR the younger ones, it will give them an up close and unblemished look at life as it was for people of their grandparents' era. For the older reader, it can provide a true reflection of the way they lived their lives as young Americans, back in the 1950s and 1960s, in the post World War II era.

Every section of our country went through the change or even shutdown of some essential industrial economy, depending on where they lived. Whether it was iron and steel, coal mines, manufacturing, the auto industry, etc. This creeping demise of hundreds of thousands of jobs and family incomes forced hard choices for the current and future plans for millions of workers and their families. They forced styles of living and even behaviors to change due to these hardships. To those forced to live this way, it was not odd or perverted; it was the new normal. The reader must not be too quick to judge the people of these times and places for their behavior.

Some inhabitants of these times saw no chance to escape this existence; others tried to leave and were drawn back many times as I was; but a few others could finally avoid the "rust belt" magnet and move into a new lifestyle through hard work and sheer determination.

There were few advantages to living in the type of existence I grew up in and describe in this book, but, after breaking free, you knew, if you had a choice, it is not something you would want to experience a second time! ■

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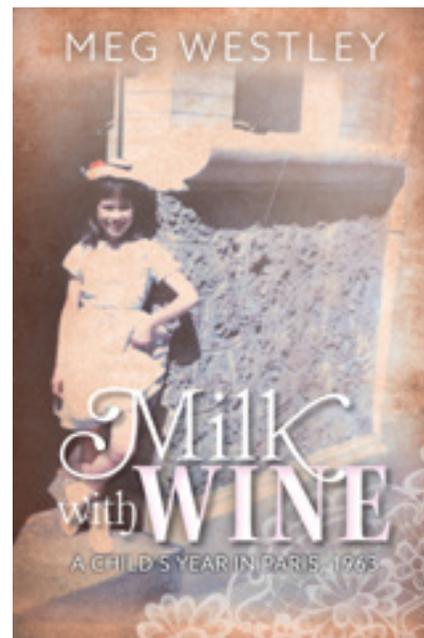
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BY MEG WESTLEY

MILK WITH WINE A CHILD'S YEAR IN PARIS, 1963

BIOGRAPHY & AUTOBIOGRAPHY / PERSONAL MEMOIRS

222 Pages
Black and White
5.5 x 8.5



IN 1963, EIGHT-YEAR-OLD MEG IS SWEEPED OFF TO PARIS FOR A YEAR with her family. A precocious child raised in an English enclave of Montreal, she speaks no French at all. Her parents enrol her at a strict Parisian school, where she is treated like the village idiot by teacher and classmates alike.

'Madame examined me as though I were an insect and gabbled at me incomprehensibly. She made announcements. To my horror, the little girls dipped nib pens into inkpots and began to write. Watching my classmates, I tried to copy their actions, never having seen a nib pen before.

I pressed too hard, tore the page, splattered ink and snapped the nib.

Madame seized my blotched notebook and shouted at me. I swallowed back tears. Titters ran through the class.

Madame handed me a pencil and watched as I printed my name. "Mon dieu!" she muttered. Then she jabbed her finger at the paper and said, "Histoire."

Realizing this was some sort of spelling test, I printed e-a-s-t-w-a-r-r-e.

She slapped her forehead. "Imbecile!"

I dutifully wrote a-m-b-a-y-s-e-e-l.'

Meg is indignant at French customs. Pissoires on the boulevard! Chocolate laced with liquor! Children not allowed to play outside! Forced to learn French, horrified by a tuberculosis diagnosis, chilled by JFK's assassination, and wistful for friends, Meg struggles to survive. But there are also magical moments: glittering puppet plays in the Tuileries, delicious artichokes, the spectacular film Cleopatra, a quaint house in Montmartre, street urchin friends, and hot baguettes for breakfast. ■

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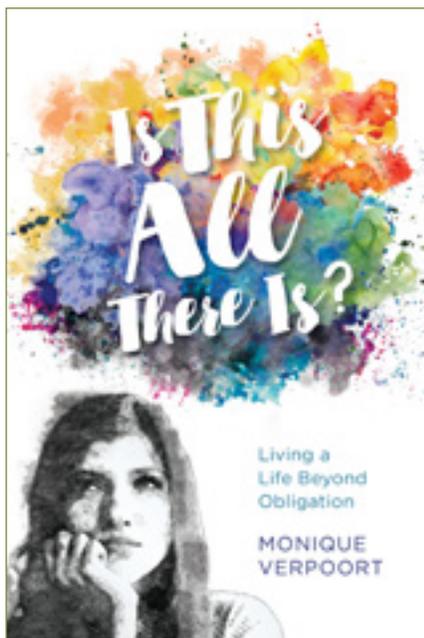
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VERPOORT

IS THIS ALL THERE IS? Living a Life Beyond Obligation

**BODY, MIND & SPIRIT
/ HEALING / ENERGY
(QIGONG, REIKI,
POLARITY)**
312 Pages
Black and White
6 x 9



ARE YOU TIRED OF PUTTING YOURSELF LAST? WOMEN HAVE BEEN socialized to put the well-being of others first. The belief that we need to be there for everyone but ourselves can and does wreak havoc on our health and well-being and can make us lose touch with what actually excites and fulfills us. Feeling somewhat empty and directionless, we may be wondering, “Is this all there is?”

In *Is This All There Is? Living a Life Beyond Obligation*, readers are introduced to a powerful tool known as Emotional Freedom Techniques (EFT), or tapping. EFT is a form of acupressure that allows us to access and dissolve the subconscious beliefs that often prevent us from experiencing a life of greater potential, joy and well-being. EFT will provide you with the freedom to choose how you want to take control of your life.

Is This All There Is? Living a Life Beyond Obligation will help you to:

- Become emotionally free from thoughts and beliefs that have sabotaged your joy
- Become more attuned to what you really want
- Follow your heart and own your greatness
- Understand your body as an energetic system, not just a physical one
- Transform limiting beliefs into empowered beliefs through Emotional Freedom Techniques (EFT)

Featuring real life stories from women who have taken control of their futures with EFT, *Is This All There Is? Living a Life Beyond Obligation* offers resources and analysis to provide enhanced belief of possibility to women who are tired of living unfulfilling lives dedicated to everyone but themselves. ■

www.moniqueverpoort.com

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FriesenPress CATALOGUE | Volume 10

BY EMILY AMANN **THE BOOK OF EM**

**BODY, MIND & SPIRIT
/ INSPIRATION &
PERSONAL GROWTH**
54 Pages
Black and White
5.5 x 8.5



A SOUL-SEARCHING, STREAM OF CONSCIOUSNESS NARRATIVE that is in some ways autobiographical and in others universally existential, *The Book of Em* will inspire and challenge readers to explore their own experiences of grief and questions about life.

Drawn from the author’s personal journals, written before and after her parents’ deaths, the entries rest on a powerful theme: “Scars exist as proof that we fell and were able to pick ourselves up and keep going.” From the opening paragraph, Emily Amann uses language, punctuation, and powerful imagery to convey her message.

The Book of Em should be read slowly and multiple times in order to absorb all of its nuances, ponderings, and concepts. It’s not a story but an experience—one that is relevant and ongoing. ■

www.emamann.com

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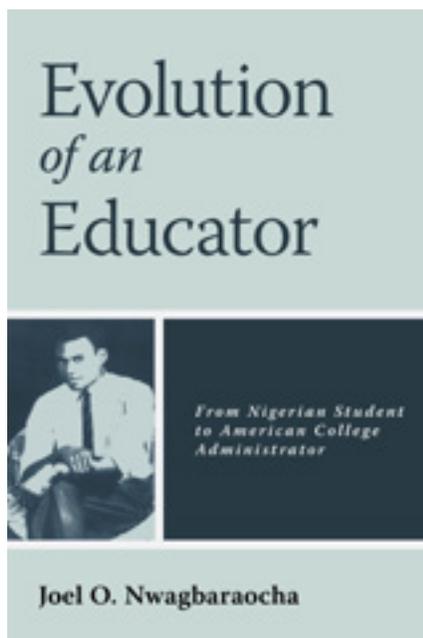
EVOLUTION OF AN EDUCATOR

BY JOEL O.
NWAGBARAOCHA

From Nigerian Student
to American
College Administrator

EDUCATION /
ORGANIZATIONS &
INSTITUTIONS

228 Pages
Black and White
7 x 10



HOW DOES EDUCATION SHAPE A PERSON'S WORLDVIEW AND ultimate success? How does the traditional British education system that was imposed on many African territories compare to the education system in the United States? What role did Historically Black Colleges and Universities play during the Civil Rights Movement in the United States? What role do they and other kinds of non-traditional higher education institutions play today? There is one man who is uniquely qualified to answer these questions – Dr. Joel Nwagbaraocha.

Evolution of an Educator is the story of a man whose education began in the British Cameroons and Nigeria, continued at Norfolk State University, a traditionally Black University in Virginia, and finished with a doctorate degree at Harvard. From there, Dr. Nwagbaraocha went on to have a stunning career in education that included 20 years of consulting at Historically Black Colleges and Universities, serving as an academic administrator and professor at three colleges and as president of a Liberal Arts College, and another twenty-five years at Strayer University as faculty, Provost and Chief Academic Officer, and Interim President. His story not only offers a unique perspective on higher education institutions but also is a very personal story about an African man who came to America with few belongings and no family, and yet found a way to both shape his own destiny and impact the American education system by espousing the principles of equality, integrity, and hard work. ■

www.evolutionofaneducator.com

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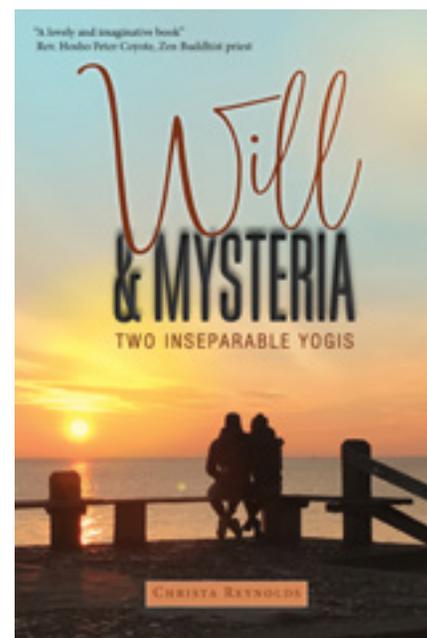
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BY CHRISTA
REYNOLDS

WILL & MYSTERIA
Two Inseparable Yogi's

HEALTH & FITNESS /
YOGA

66 Pages
Standard Color
5.5 x 8.5



OUR LIBERATION IS CLOSER THAN WE MIGHT ACKNOWLEDGE...

So many of us today yearn to live an authentic life in alignment with our higher self. We enroll in meditation classes, practice yoga, engage in unique relationships to explore our feelings, while trying to truly understand ourselves and live in the present. We seek to know what fulfills and motivates us to be the best we can be. *Will and Mysteria* is the mythical journey of one young man – Oliver Humane. He's an ambitious young professor who wants to make a difference in the world. He subconsciously desires to know who he really is and what he can aspire to be. Will and Mysteria are two influential yogis he comes to know through his travails; while bumping up against their rival, Edgar. Together, the three will help Oliver explore his innermost being and wake him up to the kind of divine existence we can all aspire to. ■

www.willandmysteriathebook.com

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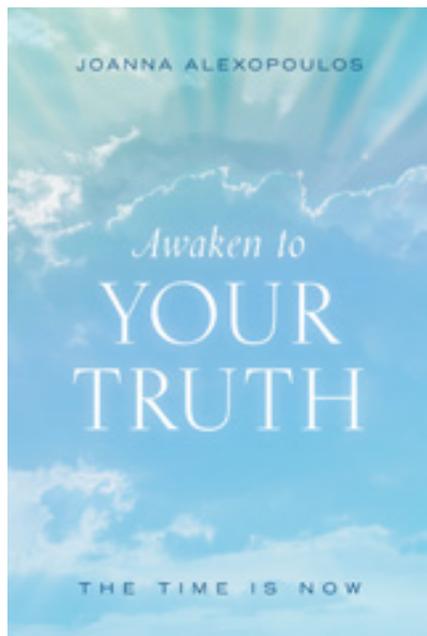
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AWAKEN TO YOUR TRUTH

The Time Is Now

BY JOANNA
ALEXOPOULOS



**BODY, MIND & SPIRIT
/ INSPIRATION &
PERSONAL GROWTH**
234 Pages
Black and White
5.5 x 8.5

SPEAKING THROUGH A GIFTED MEDIUM, WHO HAS CHanneled their message of faith and hope, ascended masters existing in a non-physical realm, in oneness with God, have delivered a revelation one that will change our physical and spiritual existence and bring us, and our world, back into desperately needed balance.

"We come to you to lead the way in your self-discovery, in remembrance of who you are. We speak to you at this time, for this is the time of new beginnings. Light essences of crystallized forms penetrate the consciousness of your species, with thought forms and inspiration to facilitate the shift that will transform you, to live a life that is free from the egoic state that is contributing to the demise of your species. We love you and have been sent by God/Universal Intelligence to encourage, support, inspire, and awaken you to the truth of who you are. Our messages are of light and love." ■

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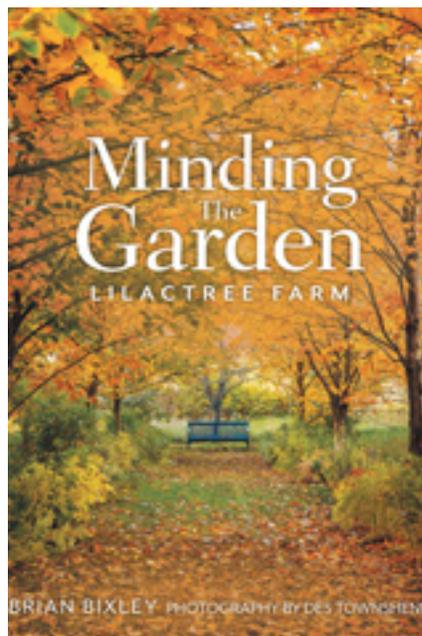
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MINDING THE GARDEN

Lilactree Farm

BY BRIAN BIXLEY



**GARDENING / ESSAYS &
NARRATIVES**
244 Pages
Standard Color
8 x 10

WHAT CAN A GARDENER LEARN FROM TCHAIKOVSKY'S FOURTH Symphony? Are perennial plants symbols of friendship? Is gardening in the Whig tradition? Are 'non-native' plants 'aliens'? Can the art of writing a novel be compared to gardening? Is Monty Don right about the presence of flowers in the great Renaissance Italian gardens? Do gardens exhibit Late Style? Can mowing be a creative activity? Why is the creation of a new path such a delightful experience? Should gardens open to the public be 'reviewed' in the same way as exhibitions of paintings and newly-published books?

Minding The Garden: Lilactree Farm combines brief commentaries on garden history, on rare and familiar plants, on the tantalizing connections between the garden as art form and the other arts, on the pleasures and follies of gardening, in a collection of 125 'Notes' presented in the context of a composite gardening year. Discover how Lilactree Farm evolved over the years, through six retrospective 'plans,' spaced sequentially throughout the text, and through Des Townsend's spell-casting photographs. *Minding The Garden: Lilactree Farm* is sure to captivate gardeners, both armchair and active, in the English-speaking world and perhaps beyond. ■

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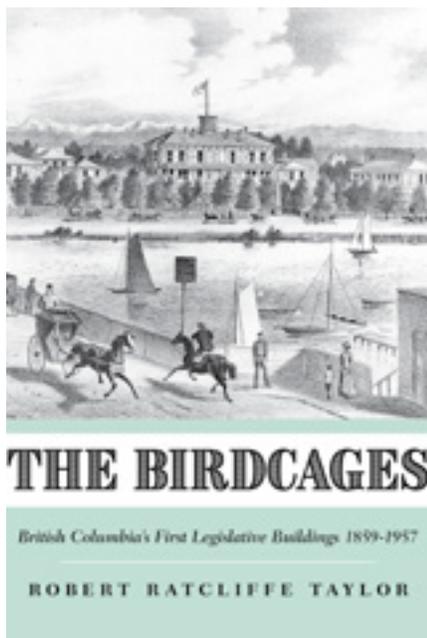
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BY ROBERT
RATCLIFFE TAYLOR

THE BIRDCAGES
British Columbia's
First Legislative
Buildings 1859-1957

HISTORY / CANADA /
PRE-CONFEDERATION
(TO 1867)

228 Pages
Black and White
8 x 10



REVEALING A LITTLE-KNOWN CHAPTER IN THE HISTORY OF Victoria, British Columbia, The Birdcages, the province's first legislative buildings, were built 1859-1864, the formative, tumultuous time of the Gold Rushes. Constructed on the site of the present Legislature, they were built amid controversy and derided for their style. The brainchild of Governor James Douglas, they resembled, according to journalist/politician Amor de Cosmos, "something between a Dutch toy and a Chinese pagoda." Readers will discover how civil servants and politicians felt about them as a workplace and what the general public thought about them as civic architecture. The career of their designer, the mysterious Hermann Otto Tiedemann, one of Victoria's vivid early "characters," is recounted as are the contributions of local contractors and tradesmen. The site of events of national importance until their demise in 1898, the Birdcages reflected the history, character, and heritage of Victoria and played an important role in the developing political traditions of the province and the young Dominion of Canada. A place for political demonstrations and community celebrations, the House of Assembly was where the MLAs debated joining Confederation, granting the vote to women, and excluding Asian immigrants. Based on personal memoirs and letters, government documents, photographs and plans, this book will interest both students and adults, history buffs and professional historians. ■

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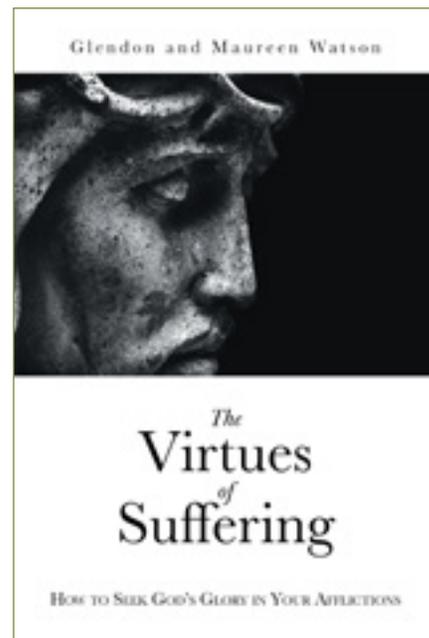
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BY GLENDON
WATSON

**THE VIRTUES
OF SUFFERING**
How to Seek God's Glory
in Your Afflictions

RELIGION / CHRISTIAN
LIVING / SPIRITUAL
GROWTH

150 Pages
Black and White
6 x 9



EVERYONE SUFFERS, AND MANY PEOPLE QUESTION THE GOODNESS of a God who allows such pain and sorrow in His creation. But God intends for our suffering to draw us closer to Him to receive His redemption, as it reveals the weaknesses of our own flesh and the condition of our heart, causing us to cry out to our loving and eternal God. All suffering is a result of the fall in the Garden of Eden, but Jesus gave His life so that we might have life and have it more abundantly. He alone can deliver us from suffering and save our souls from hell.

In *The Virtues of Suffering...*, the trials and pains of this world are acknowledged and embraced for the blessings they bring to the lives of believers. As Paul wrote in 2 Corinthians 4:17: "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory." Jesus also suffered willingly, knowing the good fruit it would produce: "... who for the joy that was set before him endured the cross, despising the shame ..." (Hebrews 12:2).

For both believers and skeptics who are struggling with suffering and loss, and questioning the benevolence of God, *The Virtues of Suffering* will shine a light of hope and promise as readers lean into the Word of God and His great love for all people. ■

HARDCOVER

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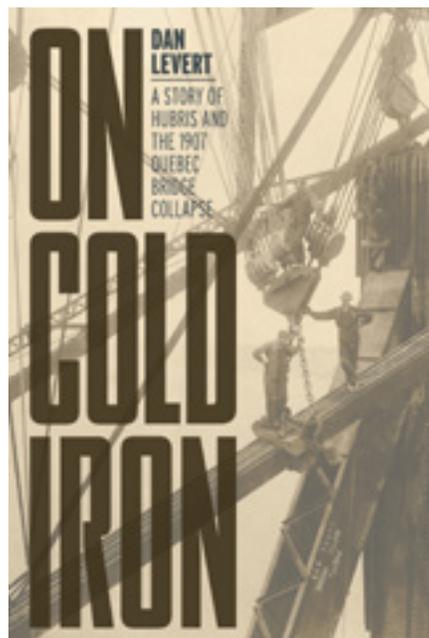
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ON COLD IRON

A Story of Hubris and the 1907 Quebec Bridge Collapse

BY DAN LEVERT

HISTORY / CANADA /
POST-CONFEDERATION

(1867-)

276 Pages
Black and White
6 x 9

WHEN ENGINEERING STUDENTS IN CANADA ARE SOON TO graduate, the solemn “Ritual of the Calling of an Engineer,” penned by none other than Rudyard Kipling, charges them with their Obligation to high standards, humility, and ethics. Each budding engineer then receives an Iron Ring to be worn on the small finger of the working hand as a reminder throughout their career.

Through the story of the 1907 Quebec Bridge disaster, in which seventy-six men died, author Dan Levert teaches a powerful object lesson in what can happen when that Obligation is forgotten. Woven from transcripts of the inquiry into the collapse, the report of the commissioners, and other sources including the coroner’s inquest, *On Cold Iron* plays out like a fast-paced thriller. Levert recounts the original 1850s proposals to bridge the St. Lawrence near Quebec City, through the design and construction of what was to be the longest clear span bridge of any kind in the world, to its shocking collapse during construction in August 1907. The missteps, poor policies, hubris, and wrong-headed actions begin to build like a death by a thousand cuts, until its inevitable and horrifying culmination.

The meticulously researched and deftly delivered story of this terrible historical event makes fascinating reading for anyone, but even more, it is a powerful cautionary tale and a clarion call for the obligation and responsibility of an engineer. ■

www.oncoldiron.ca

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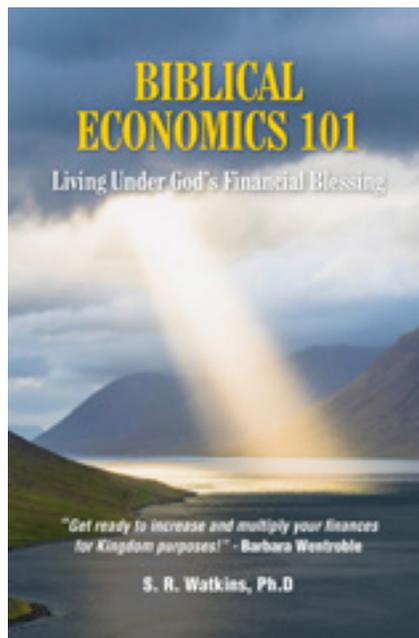
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BIBLICAL ECONOMICS 101

Living Under God’s Financial Blessing

BY S. R. WATKINS

RELIGION / CHRISTIAN
LIVING / PERSONAL
GROWTH336 Pages
Black and White
6 x 9

“FOR YOU KNOW THE GRACE OF OUR LORD JESUS CHRIST, THAT though He was rich, yet for your sakes He became poor, that you through His poverty might become rich.” (NIV)
— 2 Corinthians 8:9

Your purpose as a Christian is to be blessed and therefore to be a blessing.

There is some “undoing” to do in the minds of Christians: we must unlearn the notion that in order to be good Christians, we must be poor; that if we love God, we must commit to a life of poverty; that wealth and a heart for Jesus cannot co-exist. *Biblical Economics 101: Living Under God's Financial Blessing* instructs readers step by step, how to surrender their finances to God by first surrendering their lives and their every possession to His purpose.

In this compelling argument of the Christian faith, Stuart R. Watkins, Ph.D relies on scripture to paint a new picture of Jesus and a new picture of how to use wealth for His good.

The purpose of money is to build the Kingdom of God (Deut. 8:18). The world needs Christian wealth, Christian influence, and Christian change. Only by embracing the biblical logic that God wants us to be wealthy and wants us to use our wealth for His good, can this be possible. ■

www.biblicaleconomics101.com

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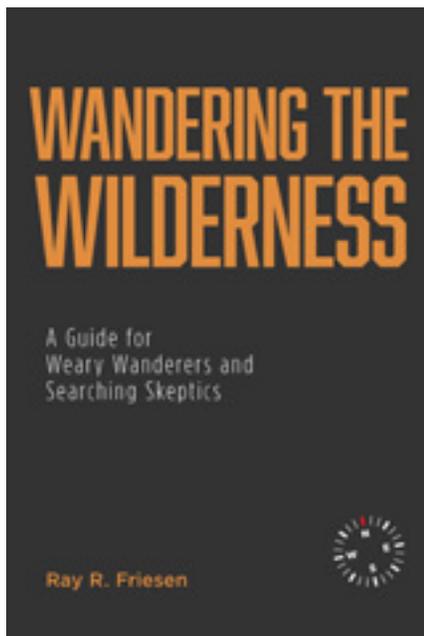
WANDERING THE WILDERNESS

A Guide for Weary Wanderers and Searching Skeptics

BY RAY R. FRIESEN

RELIGION / SPIRITUALITY

330 Pages
Black and White
6 x 9



WANDERING THE WILDERNESS IS A GUIDEBOOK FOR INDIVIDUALS who are unsure of their path or are questioning the trails they were taught in the past. Author Ray Friesen is a former pastor and at the same time a life long “believing skeptic.” He’s an advocate for “abundant living” and the guideposts that mark it, as outlined by “Wholehearted Living” researcher Dr. Brené Brown (*The Gifts of Imperfection*). This informs Friesen’s thoughtful submission for a renewed approach to finding meaning in a life informed by the Bible in a time when the relevance of those Ancient Writings is often thrown into question.

In *Wandering the Wilderness*, Friesen has us stop, listen, and learn at thirteen “trail posts” along life’s pilgrimage. In addition to Brown, he draws on the Ancient Writings (Bible) with the help of scholars like Walter Brueggemann, Eugene Peterson, and Peter Enns. All of this is shaped in the context of his personal life experiences, including his journey with cancer and chemotherapy. The result is a book for all who are looking for a path in their own wilderness. He invites the reader to understand that developing a Christian faith and spirituality can help re energize a life at times burdened with difficulty or plagued with aimlessness, even, maybe especially, in this post-modern age.

Here is a thoughtful, informed guide for wanderers weary from the journey and skeptics wondering where or if faith still matters. Whether you read it alone or with fellow wanderers and/or skeptics wishing to believe, *Wandering the Wilderness* has the potential to transform your wandering. ■

HARDCOVER

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EARTH JOURNEY

A Guide to Living with the Seasons

BY KRISTA THORNHILL

SELF-HELP / PERSONAL GROWTH / GENERAL

162 Pages
Standard Color
6 x 9



IN THIS CRAZY WORLD, WE ARE OPERATING AT HIGH INTENSITY; busy schedules, family responsibilities, traffic, eating on the go. We are quickly losing our connection to the earth and her natural cycles. It is very easy to get lost in urban realities. When was the last time you sat in the forest, heard the owls hooting at night, swam in wild waters? We need to stop and catch our breath, pause and linger longer, re-immers ourselves in nature in order to realign, refocus, and rejuvenate our bodies. Our great Hostess offers us the best medicine of all, herself! Make time to reconnect with Nature and come home again to your self! Come meet Gaia, the oldest woman you will ever meet and allow her to show you more about yourself than you ever thought possible. Find grounding and orientation, create balance and rhythm, experience love and compassion for yourself, as you journey with Her through the seasons of your life. ■

HARDCOVER

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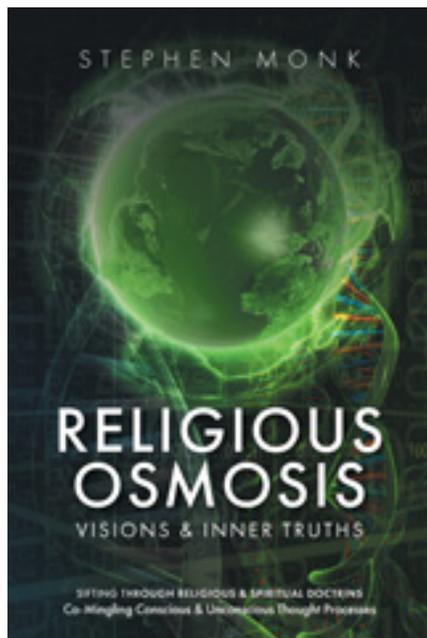
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RELIGIOUS OSMOSIS

Visions & Inner Truths

BY STEPHEN
MONK



RELIGION / PSYCHOLOGY
OF RELIGION

198 Pages
Black and White
6 x 9

RELIGIOUS OSMOSIS IS INFORMATION FOR PEOPLE THAT ARE religious, spiritual and non-religious. This book shows how human unconscious behavioral patterns combine with different doctrines to affect our relationships with friends, family, partners and people of different faiths—and how to improve those ties. Learn how the human mind constructs different dreaming processes, including non-emotional and emotional visions, and how these processes intertwine with historical doctrines. See the psychological effects of the misunderstood human processes that arise when dreaming and falling asleep (called hypnagogic experiences) and as you are waking (hypnopompic experiences).

Religious Osmosis details how humans form certain truths to construct a personal reality, and how these inner truths can link together and strengthen other beliefs. Learn how to look for these inner truths inside yourself and others, and notice how you can alter these inner truths and their self defence mechanisms. In *Religious Osmosis*, you will learn how emotion affects REM processes as much as our thoughts do, how we have unknowingly preprogram our dreams, and how to intentionally preprogram your dreaming processes. You'll be able to gain more control in the hypnagogic dream states and remove any fear of sleep paralysis, seeing faces or hearing noises as you fall asleep. The book also provides an advanced fatigue management system to assist in keeping motorists on the road and pilots in the skies. Understand yourself and others by strengthening your inner and outer connections through religious osmosis. ■

www.stephenmonk.ca

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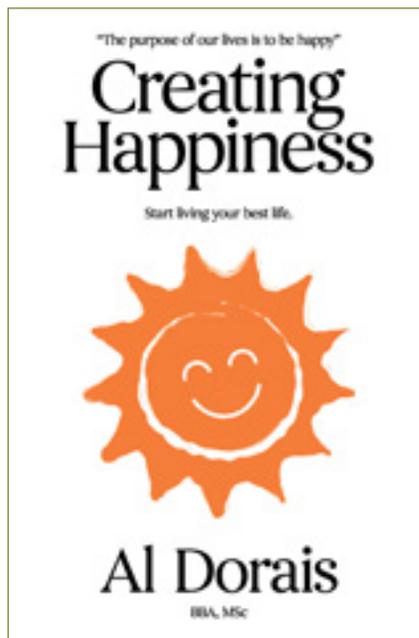
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CREATING HAPPINESS

Start Living Your Best Life

BY AL DORAIS



SELF-HELP /
MOTIVATIONAL &
INSPIRATIONAL

180 Pages
Black and White
5.5 x 8.5

KNOWINGLY OR UNKNOWINGLY, WE ALL WANT TO BE HAPPY. IN all aspects of our lives, the pursuit of happiness is one of our deepest human desires, whether in love, family, business or community. Have you ever wondered how to pinpoint the source of happiness and how to create it for yourself?

What if there were a clear road map to happiness, would you follow it? *Creating Happiness* outlines a step-by-step approach to create happiness for yourself and those around you by giving you the tools to navigate the maze of life. It presents an entirely fresh look at how you can influence your own destiny and improve your life. Most of us seek happiness without really understanding how it is generated, and therefore it randomly shows up inconsistently throughout our lives. Those who understand that they are responsible for their own destiny may get a glimpse of happiness now and then, but very few really understand the mechanics behind the process. Whether you're a CEO or at the start of your career, *Creating Happiness* covers how to create happiness at work, at home and with your loved ones.

A concise and practical guide, *Creating Happiness* shows us how to easily re-shape the subconscious mind toward a positive attitude. It's a no-nonsense, easily-implemented approach to achieving the ultimate goal ... a happy life. ■

www.aldorais.com

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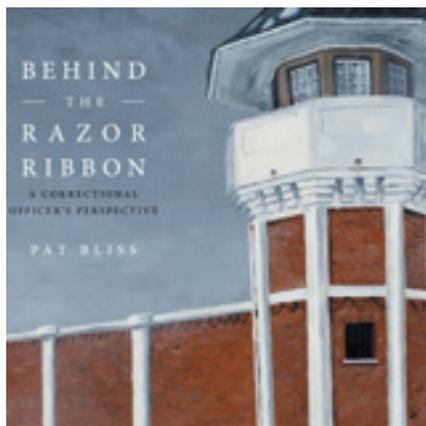
BEHIND THE RAZOR RIBBON

A Correctional Officer's Perspective

BY PAT BLISS

ART / CANADIAN

64 Pages
Standard Color
11 x 8.5



LIFE INSIDE A FEDERAL PENITENTIARY IS A MYSTERY TO MOST people. Closely governed by rule and law, Federal Penitentiaries are nevertheless complex communities of people who live and work behind the razor ribbon that encircles them. Correctional Officers are among the few people who are part of the daily experiences behind the walls of prisons across the country.

This collection of images of twenty-nine pieces of artwork and their narratives is one retired Correctional Officer's depiction of that community, and of his experiences working at the Saskatchewan Penitentiary. The artwork, created with various mediums, captures moments and events, experiences and feelings—both traumatic and humorous—that have impacted the artist. This body of work provides a glimpse into what life behind the razor ribbon is like for those who live and work there, and has been a healing journey for the artist who created it.

Behind the Razor Ribbon—A Correctional Officer's Perspective illuminates and provides understanding of the role of the Correctional Officer in Canada's prison system in a unique and personal context. ■

www.graftonnorthart.com

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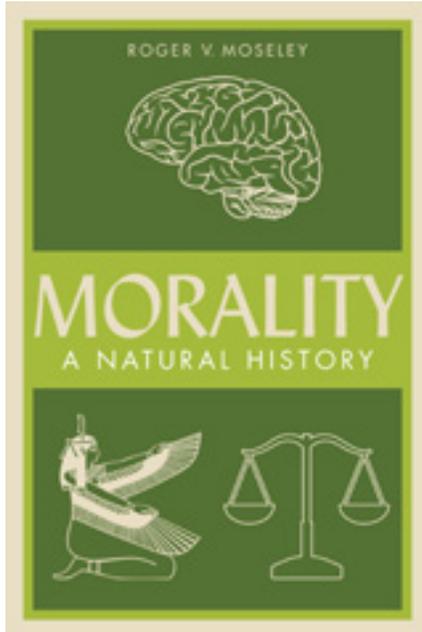
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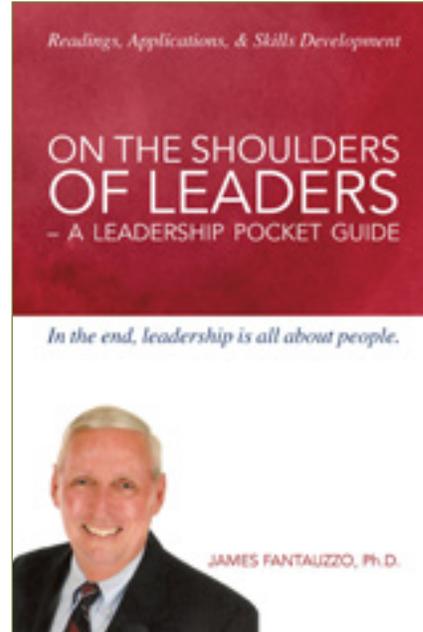
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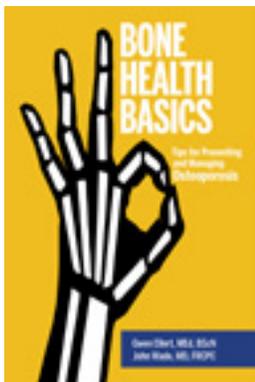
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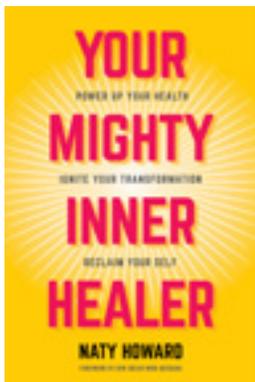
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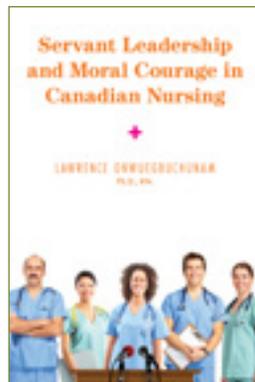
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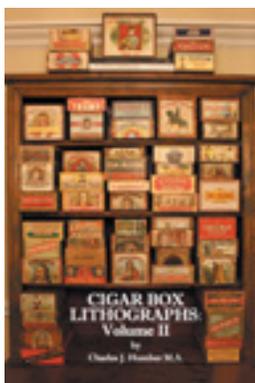
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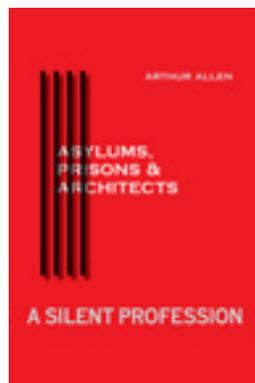
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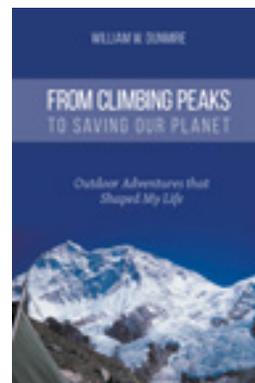
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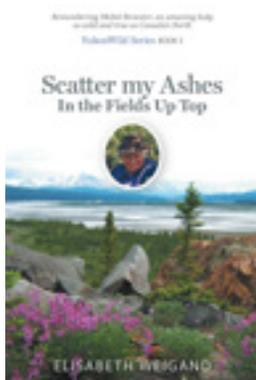
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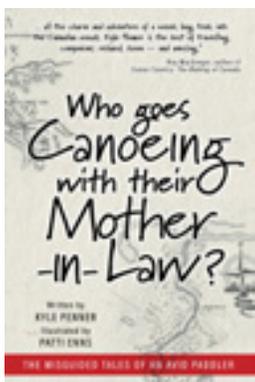
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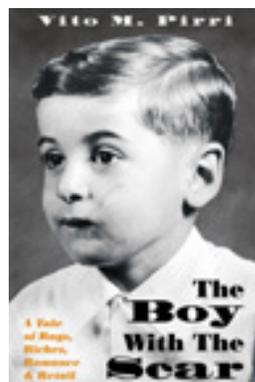
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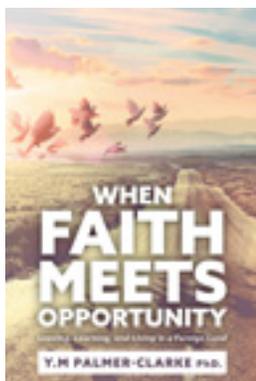
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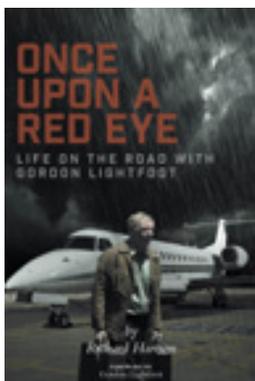
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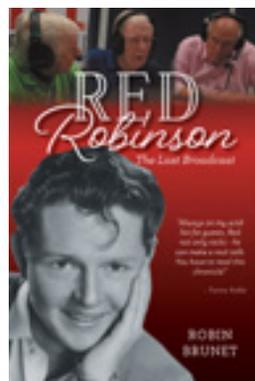
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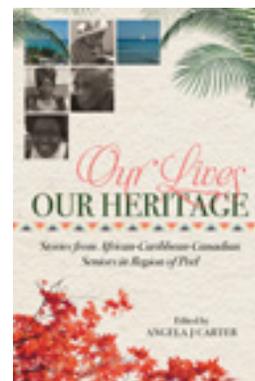
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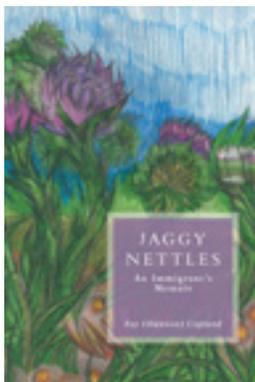
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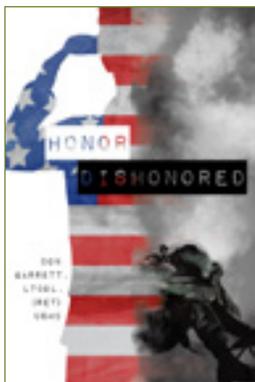
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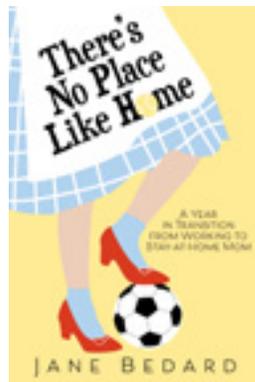
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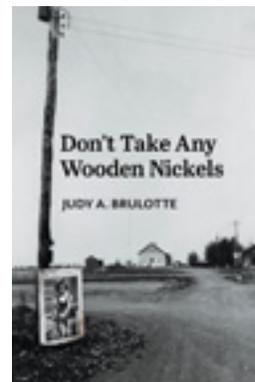
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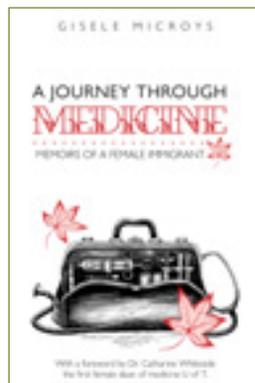
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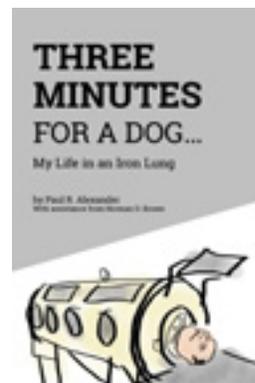
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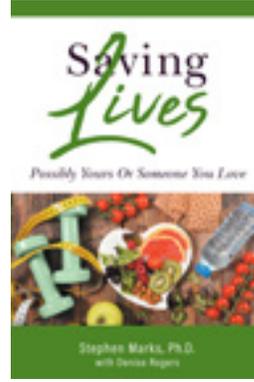
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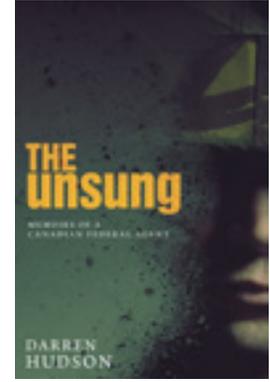
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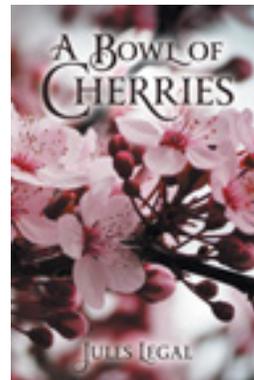
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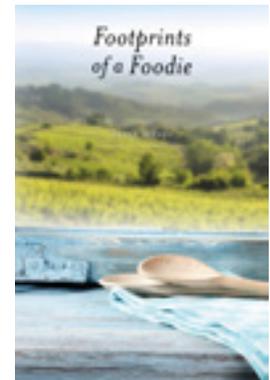
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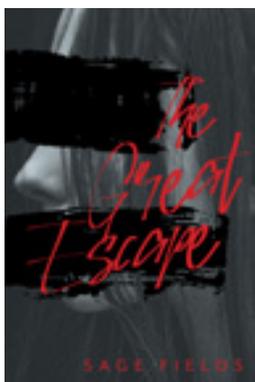
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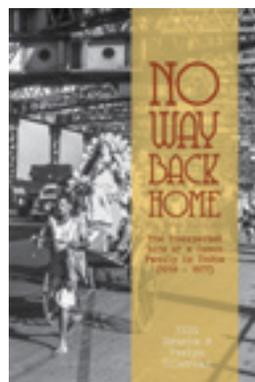
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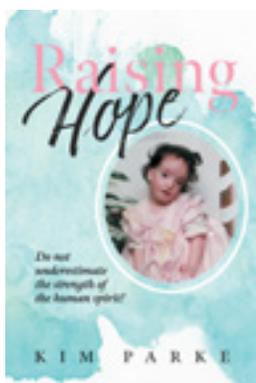
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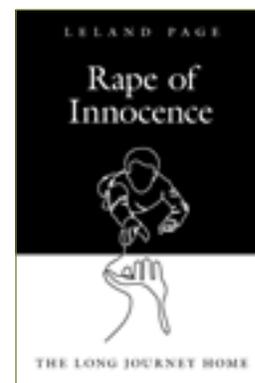
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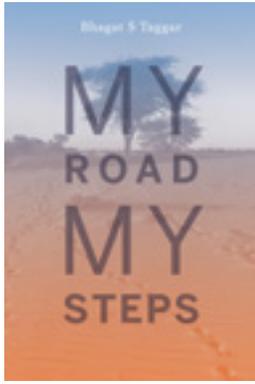
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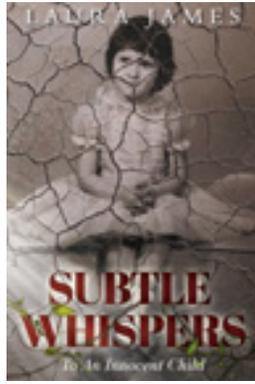
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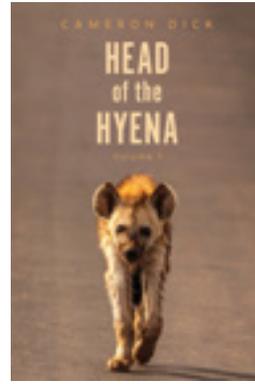
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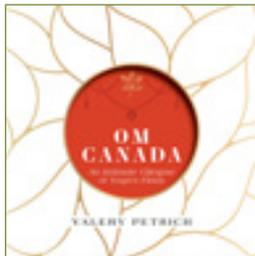
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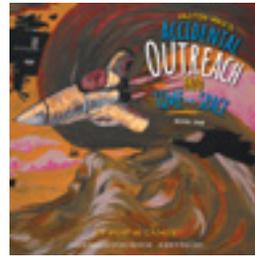
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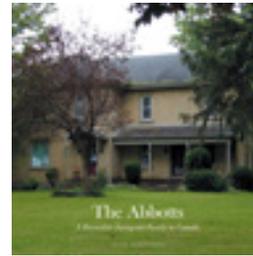
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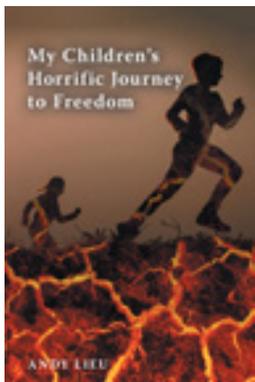
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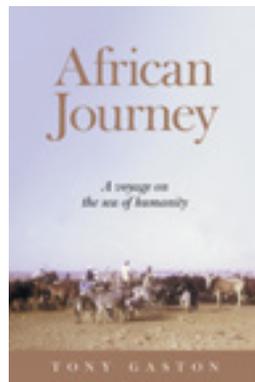
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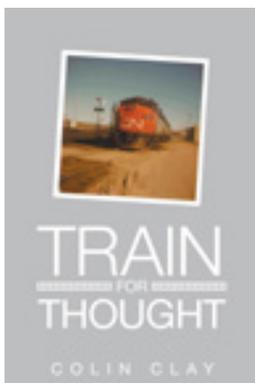
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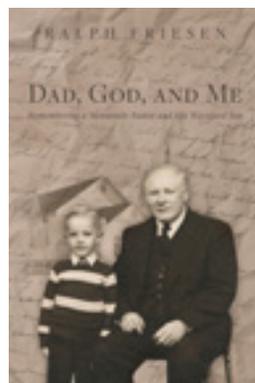
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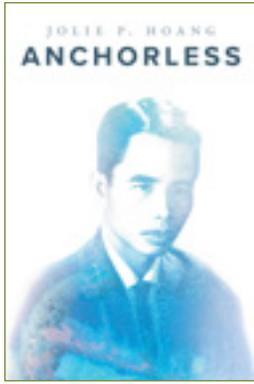
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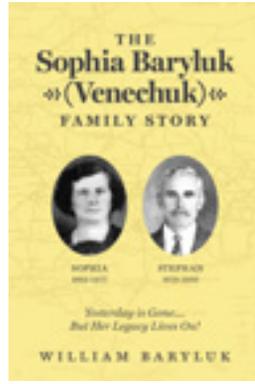
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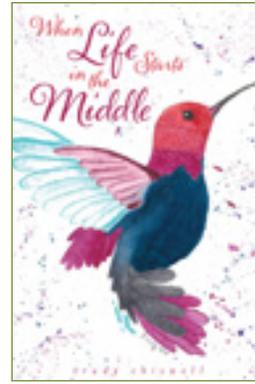
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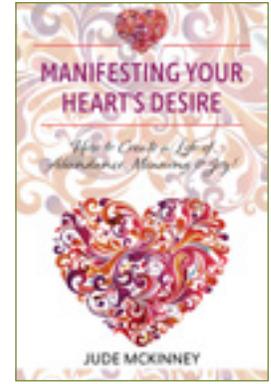
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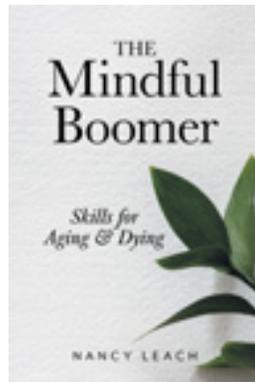
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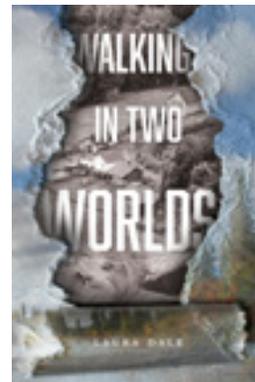
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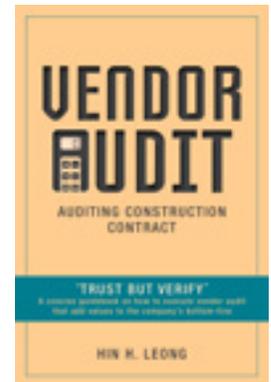
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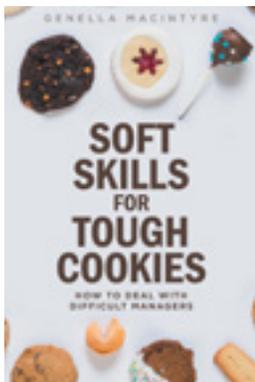
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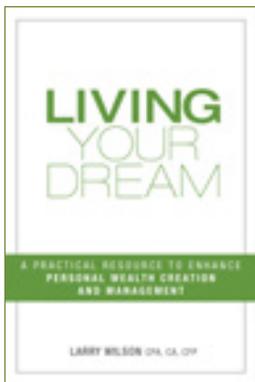
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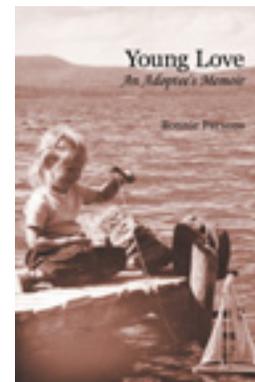
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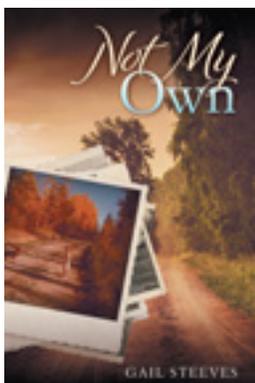
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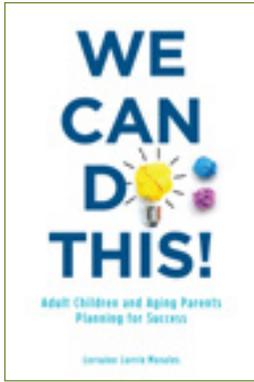
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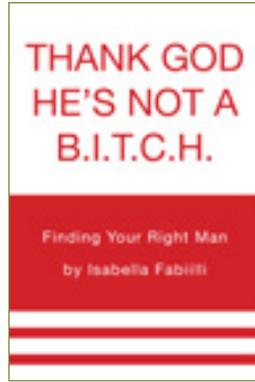
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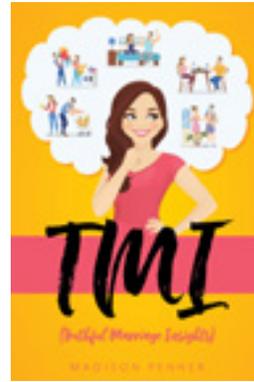
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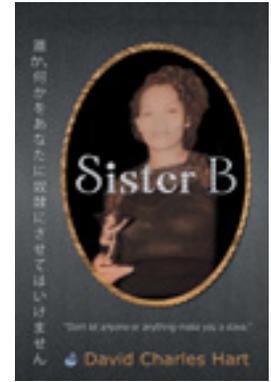
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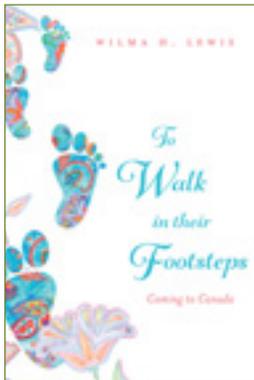
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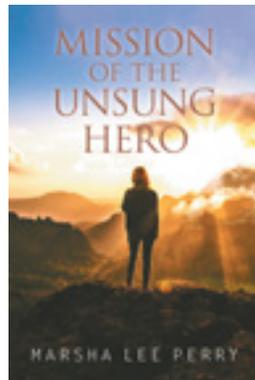
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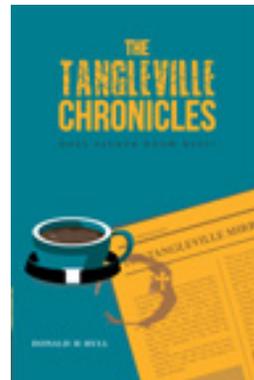
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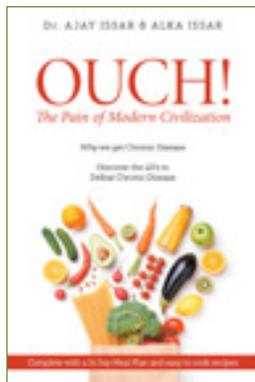
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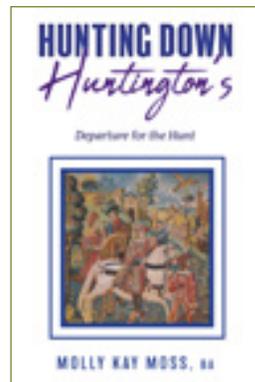
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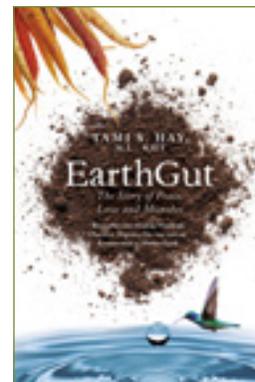
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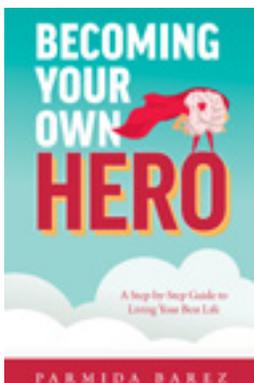
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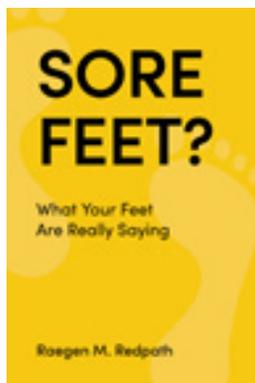
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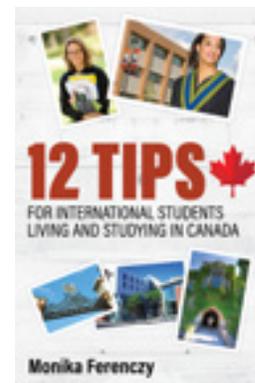
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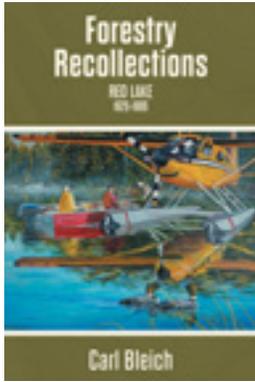
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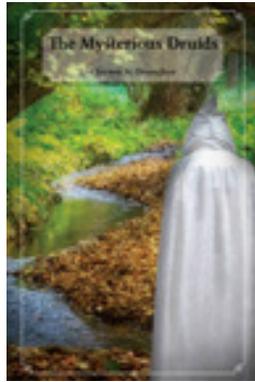
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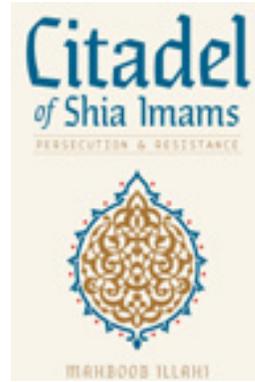
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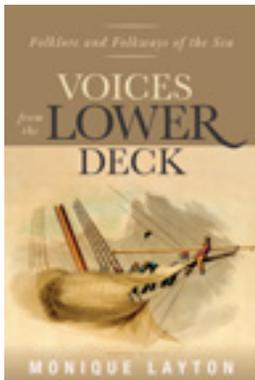
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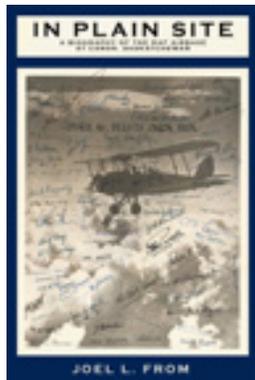
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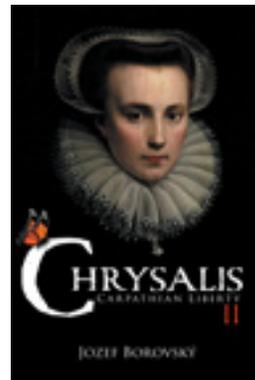
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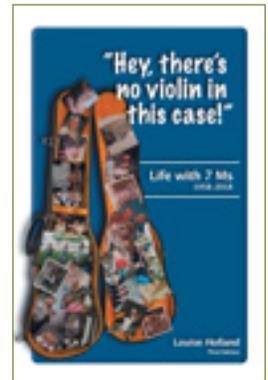
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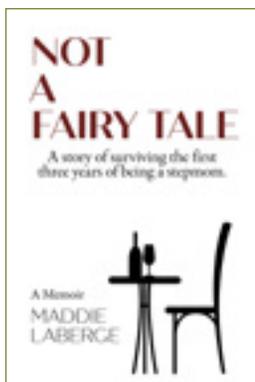
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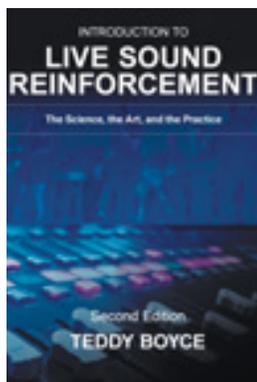
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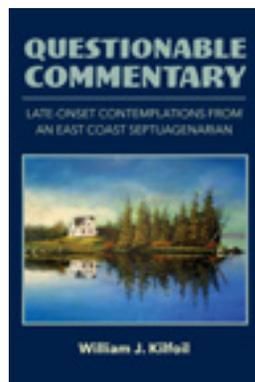
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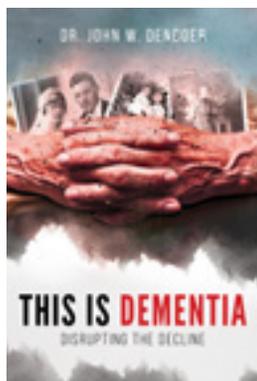
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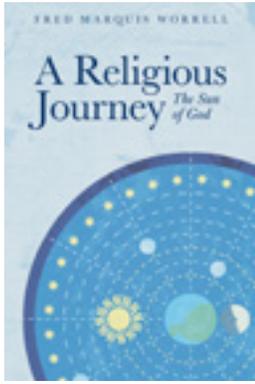
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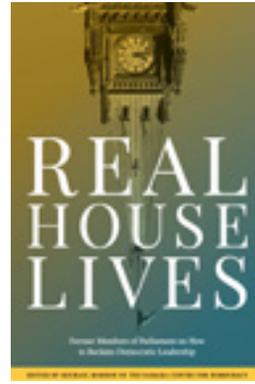
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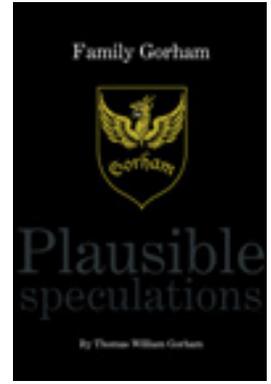
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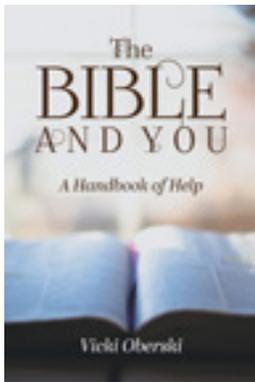
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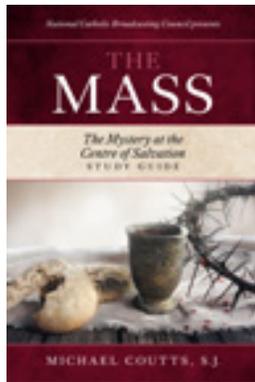
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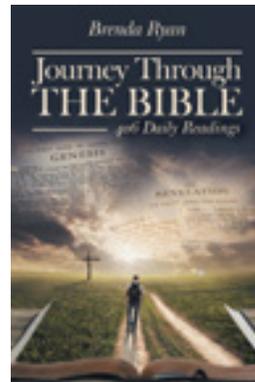
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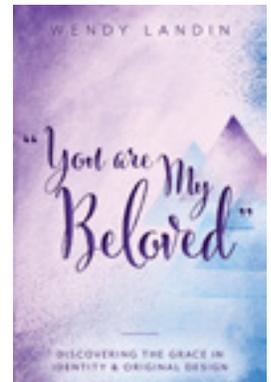
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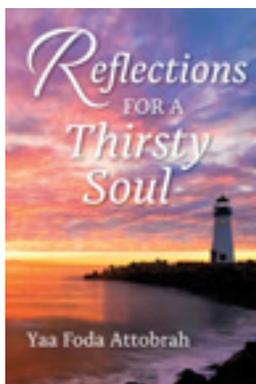
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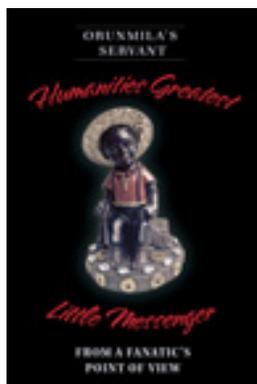
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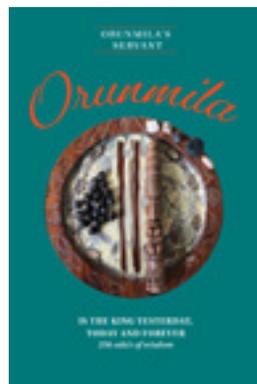
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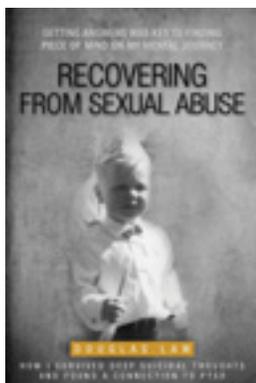
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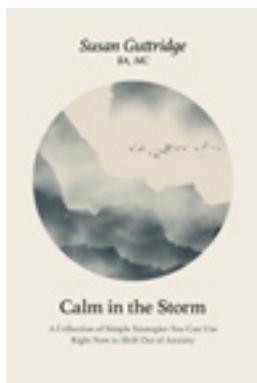
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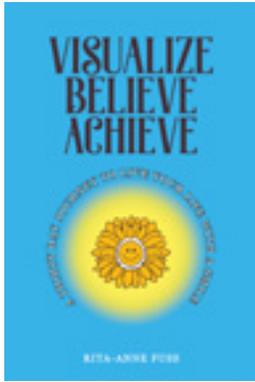
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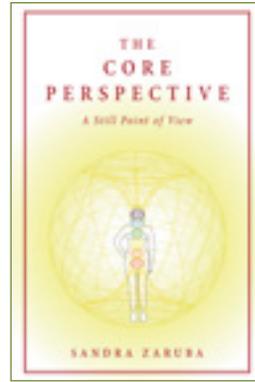
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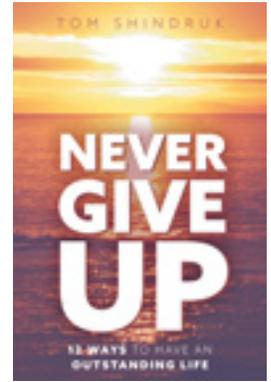
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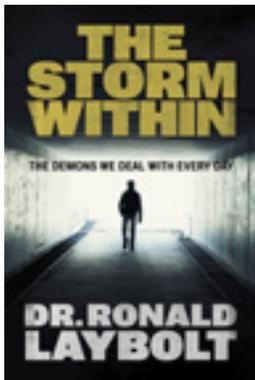
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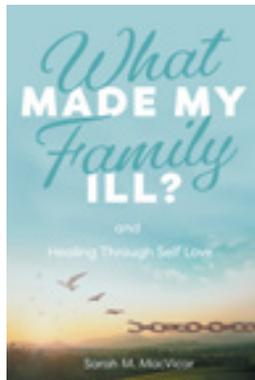
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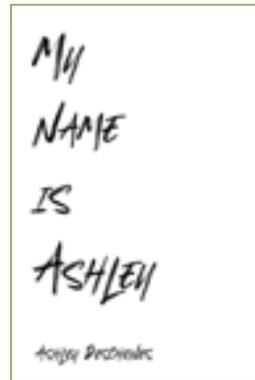
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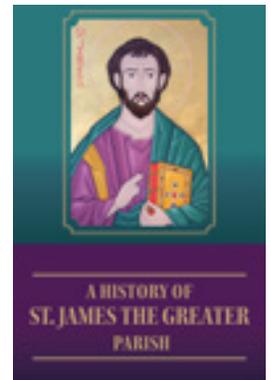
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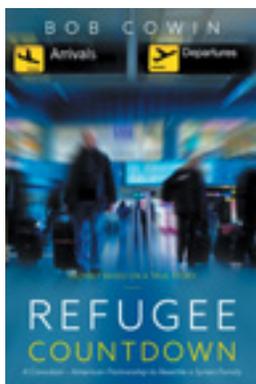
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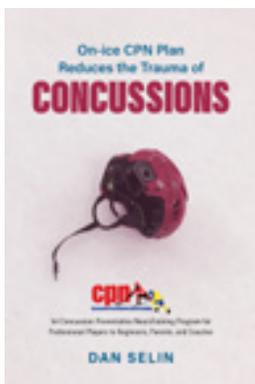
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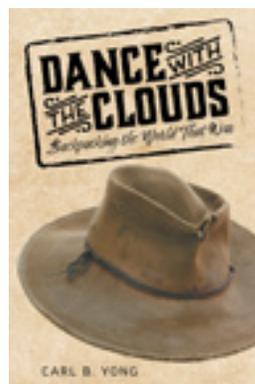
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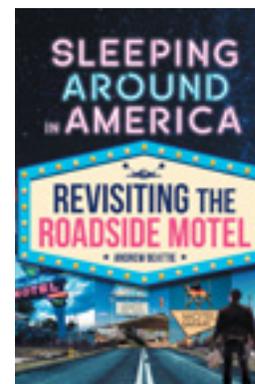
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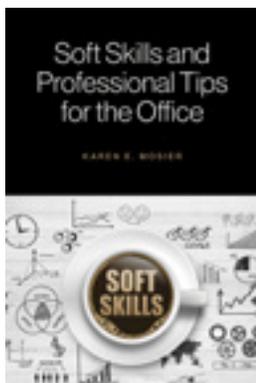
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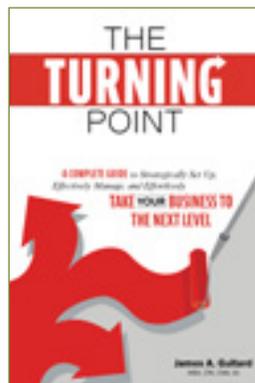
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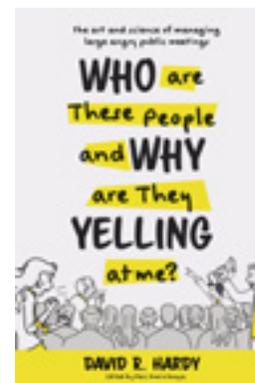
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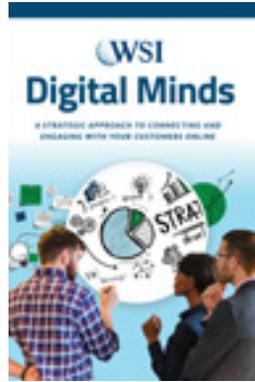
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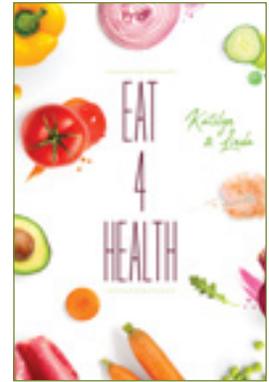
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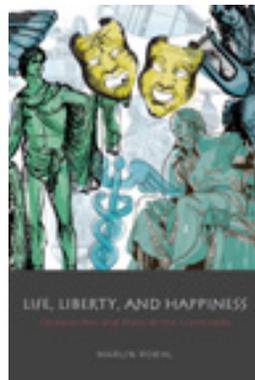
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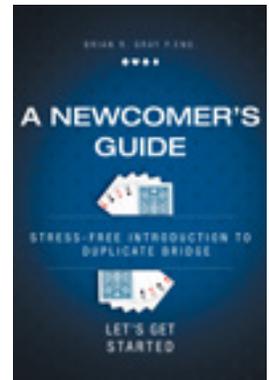
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