

FriesenPress



# FRIESENPRESS CATALOGUE

THE CLEAR PATH TO BETTER BOOKS



VOLUME 14 | 2022

# FRIESENPRESS CATALOGUE

Volume 14 of the FriesenPress Book Catalogue features recently published titles available for distribution through Ingram, the world's largest and most trusted print-on-demand book manufacturer.

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## SPECIAL MENTIONS

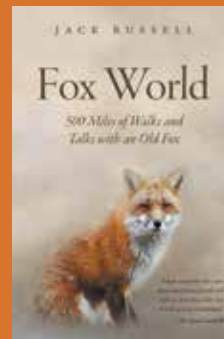


**SPINDRIFTS**  
A-M MAWHINEY



**PRAIRIE SONATA**  
SANDY SHEFRIN RABIN

## COVER FEATURE



**FOX WORLD**  
500 Miles of Walks and Talks  
with an Old Fox

JACK RUSSELL

*"I hope everyone who cares about  
the planet Earth will fight to save  
places like Fox World and its  
inhabitants."*

– Dr. Jane Goodall

## THE CLEAR PATH TO BETTER BOOKS

FriesenPress is the world's only 100% employee owned publishing services provider.

Our expert team is proud to have partnered with thousands of authors on publishing over 7,000 book titles since our founding in 2009. Our unique process combines the professionalism and care of traditional publishing with the creative agility of DIY self-publishing. The result is a professionally bound and published book that's 100% owned by the author.

We are a part of Friesens Corporation, an award-winning Canadian printer who has been in business since 1907. Our company headquarters and industry leading printing facilities are located at One Printers Way in Altona, Manitoba.

**NEXT  
GENERATION  
INDIE BOOK  
AWARDS 2022**

**WINNER**  
FICTION (E-BOOK)

**FINALIST**  
RELIGIOUS (FICTION),  
REGIONAL (FICTION),  
GENERAL FICTION/  
NOVEL (70,000 TO  
100,000 WORDS)

**KIRKUS STAR  
RECIPIENT**



**PRAIRIE SONATA**  
SANDY SHEFRIN RABIN



**SPINDRIFTS**  
A-M MAWHINEY

**WHISTLER  
INDEPENDENT  
BOOK AWARDS  
2022 SHORTLIST**

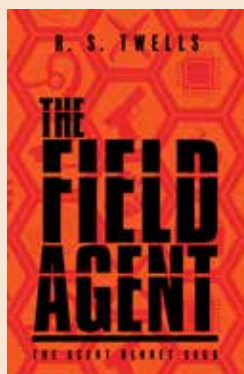
**NOMINEE**  
FICTION CATEGORY

**8<sup>TH</sup> ANNUAL  
RAKUTEN  
KOBO  
EMERGING  
WRITER PRIZE**

**SHORTLIST**  
LITERARY FICTION

**NEXT GENERATION INDIE BOOK AWARDS 2022**

**FINALIST**  
YOUNG ADULT (FICTION)  
(12 YEARS TO 16 YEARS)



**THE FIELD AGENT**  
R. S. TWELLS

**FINALIST**  
GENERAL  
NONFICTION



**THE GREAT CHAIR**  
BRIAN HAYWARD  
ILLUSTRATED BY  
DOOWAH DESIGN

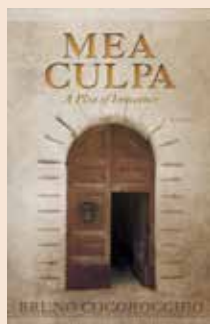
**FINALIST**  
LIFESTYLE/COOKING/  
HOW TO/HOME



**BC SPIRITS  
COCKTAIL BOOK**  
SHAWN SOOLE  
PHOTOGRAPHY BY NICK HALIM

**WHISTLER  
INDEPENDENT  
BOOK AWARDS  
2022 SHORTLIST**

**NOMINEE**  
NONFICTION  
CATEGORY



**MEA CULPA**  
BRUNO COCOROCCHIO



**YOU CAME FROM  
MY HEART**  
BRENLEE COATES AND  
ROBERTA LANDRETH

**MANITOBA  
BOOK AWARD**

**WINNER**  
CHILDREN'S  
FICTION

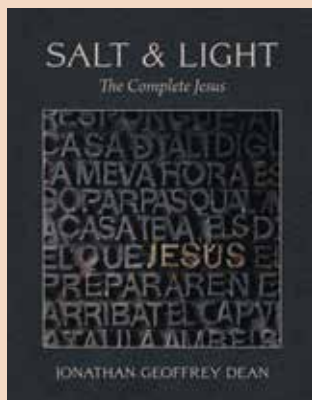
## 2022 INTERNATIONAL BOOK AWARDS

**FINALIST**  
CHILDREN'S NONFICTION



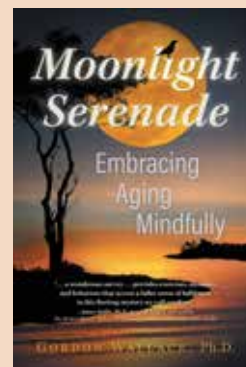
**ONE, TWO, THREE,  
MEDITATE WITH ME**  
KATHY M. KELLEY

**FINALIST**  
RELIGION: CHRISTIANITY



**SALT & LIGHT:  
THE COMPLETE JESUS**  
JONATHAN GEOFFREY DEAN

**FINALIST**  
HEALTH: AGING/50+



**MOONLIGHT SERENADE:  
EMBRACING AGING  
MINDFULLY**  
GORDON WALLACE

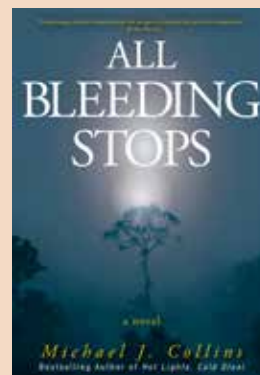
## NATIONAL INDIE EXCELLENCE AWARDS - FINALISTS



**THE NETAHS**  
LISA KANIUT COBB



**THE FIELD AGENT**  
R. S. TWELLS



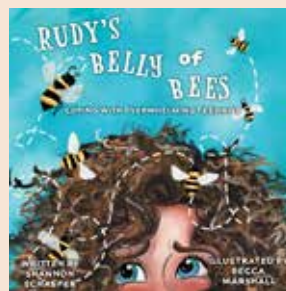
**ALL BLEEDING STOPS**  
MICHAEL J. COLLINS

**READING THE  
WEST BOOK  
AWARDS**

FINAL  
NOMINEES



**THE NETAHS**  
LISA KANIUT COBB



**RUDY'S  
BELLY OF BEES**  
SHANNON SCHAEFER

**KIRKUS  
STAR  
RECIPIENT**



# NONFICTION BOOKS



# NONFICTION 2022 BESTSELLERS



## THREE MINUTES FOR A DOG

PAUL R. ALEXANDER

HARDCOVER

\$34.99 USD | Short Discount

978-1-5255-2531-5

PAPERBACK

\$21.49 | Short Discount  
978-1-5255-2532-2



## CONNIE'S DAHLIAS

CONNIE THOMPSON

HARDCOVER

\$26..99 USD | Reg

Discount

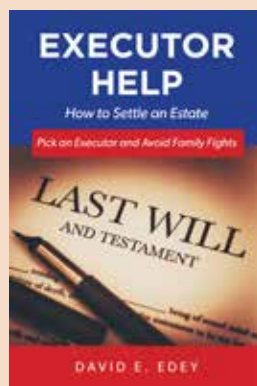
978-1-03-910733-5

PAPERBACK

\$14.99 USD | Reg

Discount

978-1-03-910732-8



## EXECUTOR HELP

DAVID E. EDEY

HARDCOVER

31.99 USD | Reg Discount

978-1-03-910727-4

PAPERBACK

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978-1-03-910726-7



## EAT RIGHT, SWIM FASTER

ABBEY KNOX

HARDCOVER

\$30.99 USD | Short

Discount

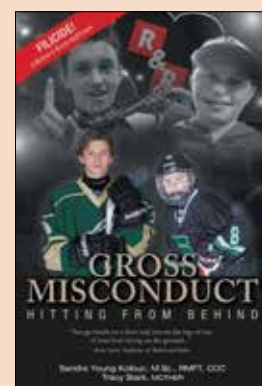
978-1-4602-9205-1

PAPERBACK

\$18.99 USD | Short

Discount

978-1-4602-9206-8



## GROSS MISCONDUCT

SANDRA YOUNG KOLBUS

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PAPERBACK

\$26.99 USD | Reg Discount

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## THE BEATLES IN LOS ANGELES

JEREMY LOUWERSE AND TOM WEITZEL

HARDCOVER

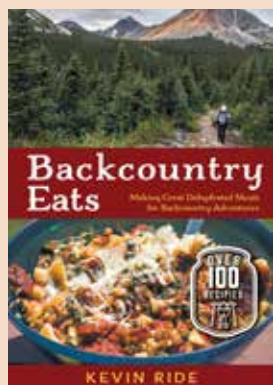
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PAPERBACK

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978-1-03-912555-1



## BACKCOUNTRY EATS

KEVIN RIDE

HARDCOVER

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Discount

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PAPERBACK

\$25.99 USD | Reg

Discount

978-1-5255-8544-9



## 10-33

LAURIE WHITE

HARDCOVER

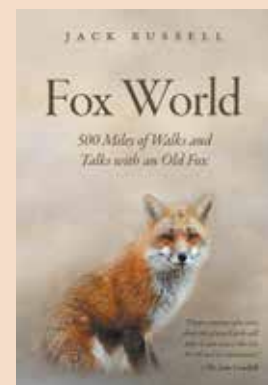
35.99 USD | Reg Discount

978-1-03-911574-3

PAPERBACK

25.99 USD | Reg Discount

978-1-03-911573-6



## FOX WORLD

JACK RUSSELL

HARDCOVER

\$35.99 USD | Reg

Discount

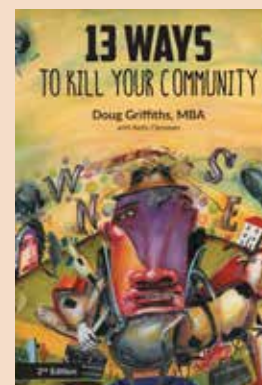
978-1-03-911447-0

PAPERBACK

\$24.99 USD | Reg

Discount

978-1-03-911446-3



## 13 WAYS TO KILL YOUR COMMUNITY

DOUG GRIFFITHS & KELLY CLEMMER

HARDCOVER

\$25.99 USD | Short

Discount

978-1-4602-9757-5

PAPERBACK

\$18.99 USD | Short

Discount

978-1-4602-9758-2

## FOX WORLD

### 500 Miles of Walks and Talks with an Old Fox

JACK RUSSELL

FOX WORLD, BASED ON TRUE EVENTS, TAKES THE READER UNDER THE CANOPY OF an urban forest on the outskirts of Washington, D.C. for a year-long walk with a weary sales executive and his muse, a wild red fox. Aged, ill and injured, both fox and man seek healing in their journey, not only for themselves, but for the ecologically stressed forest which is under siege. They are joined on their five-hundred-mile walkabout by the fox's forest friends – owl, buck deer, hawk, blue heron, and raccoon, and each animal's story illustrates why this small forest is so soothing and majestic in its allure. Starting in brutally cold winter, followed by the wettest summer on record, fox and man face daunting life challenges on their walks, from heart arrhythmia which ends the executive's career to a coyote attack and critical illnesses faced by the elderly fox. And through these traumatic events, the two bond for survival, and the fox's wild perspective teaches his human friend unforgettable lessons about healing, coping, serenity, wonderment, mindfulness, and simple treasures (e.g., the sun setting atop the great oaks, an owl serenade under moon beams, a shared cup of bison bone broth on an icy day). Drawn in by the plight of the fox's forest as destruction looms, the man decides to take a stand and help the fox and his animal friends. Richly graced with gorgeous nature photos and infused with insights that can only be imparted by those who have come to genuinely appreciate life, *Fox World* is an exhilarating walk in the woods that you'll never forget. ■

[www.foxworldnow.com](http://www.foxworldnow.com)

*"I hope everyone who cares about the planet Earth will fight to save places like Fox World and its inhabitants."*

– Dr. Jane Goodall

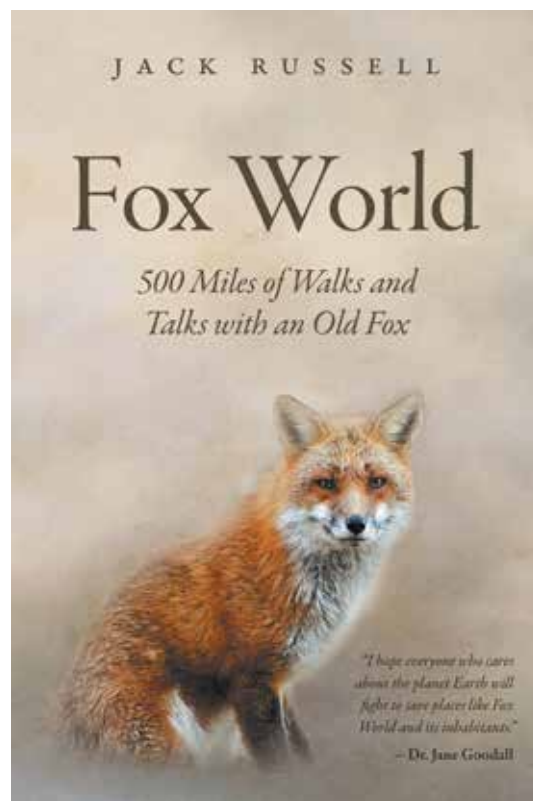
*"As a wildlife rehabilitator who works hands on with red foxes every day, this book took my breath away. The author truly grasps the essence and magic of these beautiful, spiritual animals and he artfully employs a fox, Mr. Fox, as a co-narrator to describe the hardscrabble challenges of a fox in the wild. With a self-effacing light touch that makes one laugh and deftly with enough painful detail that a tear or two is shed, the story unfolds, and we cheer the hero canine and his human student to the story's joyous end. Fox World is a bookshelf staple for fox lovers and for those, who have been graced only once with seeing a distant fox walking the wood's edge and desire more, Fox World will transport you there."*

– Elise Able, Founder, Fox Wood Wildlife Rescue,  
[foxwoodwildliferescue.org](http://foxwoodwildliferescue.org)

JACK RUSSELL WROTE FOX WORLD AFTER HEART TRAUMA ALMOST TOOK HIS LIFE four times. During recovery, he sought a calm refuge and found it in a nearby forest where he reunited with an aging red fox that he once saved as a pup. Jack drafted the 342-page *Fox World* on his smartphone as he and the wild red fox walked daily.

Previously, Jack traveled North America and Europe for over three decades to assist Fortune 1000 companies with building distribution channels, developing new products, and launching start-ups. His efforts were instrumental in building a pet health insurance company in America and he underwrote over one hundred affinity marketing programs in his career. Jack studied economics at Virginia Commonwealth University and years later, attended executive programs at The Wharton School and Georgetown University.

He lives in Lake Frederick, Virginia with his wife, Susan, and their Jack Russell terriers. Along with fighting for Mr. Fox's forest to be declared a nature preserve, Jack and Susan enjoy giving freedom rides to shelter dogs and assisting with their shelter medical bills. He is a beginner at photography, an ever-learning birdwatcher, a football fan when Green Bay is on television and an enthusiastic golfer of diminishing skills. ■



#### SELF-HELP, PERSONAL GROWTH, HAPPINESS

348 Pages, Black & White, 6 x 9

##### HARDCOVER

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##### PAPERBACK

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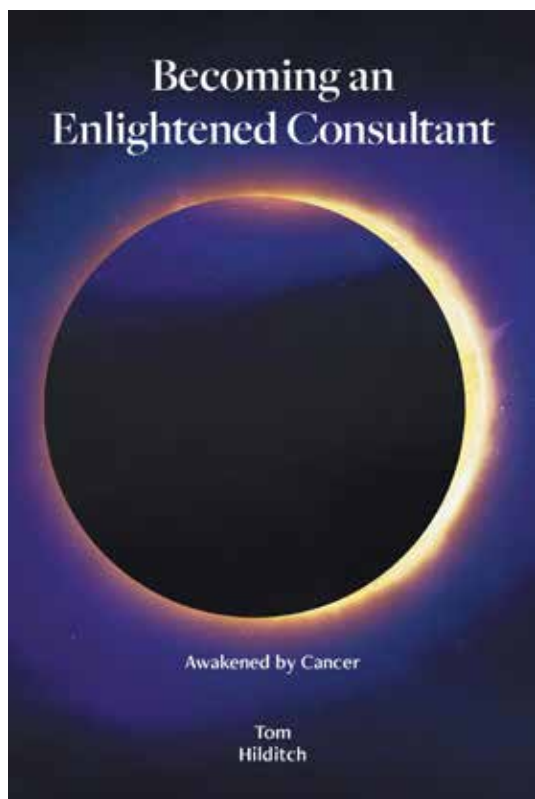
##### EBOOK

\$4.99 USD  
978-1-03-911448-7

# BECOMING AN ENLIGHTENED CONSULTANT

Awakened by Cancer

TOM HILDITCH



## BUSINESS & ECONOMICS, CONSULTING

192 pages, Black & White, 6 x 9

### HARDCOVER

\$34.99 USD | Reg Discount  
978-1-5255-9626-1

### PAPERBACK

\$22.99 USD | Reg Discount  
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### EBOOK

\$11.99 USD  
978-1-5255-9627-8

IN HIS SUCCESSFUL, FORTY-YEAR CAREER IN THE CONSULTING INDUSTRY, TOM Hilditch never found much time for self-reflection. But all that changed when a frightening medical diagnosis forced him into a prolonged period of quiet time, which coincided with the COVID pandemic and an era of massive social upheaval. When Tom received this precious gift of time to reflect, he experienced a personal transformation that showed him the need to clearly observe and understand himself and others better. *Becoming an Enlightened Consultant* showcases Tom's individual awakening, and through this personal lens, it reflects a transformation underway in the consulting industry. This book is geared toward consultants in different stages of their careers: those just beginning, those who want to improve how they mindfully move through their careers, those looking to find and implement an effective exit strategy—and all the regulators, clients, and buyers and sellers of firms.

Part One explains the basics of the consulting industry and speaks to the role of individual and collective self-awareness in a firm and how they determine success. This section provides important insights and predictions on leading industry trends and emerging markets. It helps each reader understand how to apply their own exploration into self-awareness in a way that will transform their own and their company's performance. Part Two provides more practical nuts-and-bolts information about the consulting industry today, types of consulting firms and projects, and the range of clients in the consulting market. Offering a transdisciplinary approach that integrates ecosystems, it explores how human and cultural health is essential to our ability to improve consulting outcomes and to inspire and lead team members and firms to work intelligently and respectfully with their clients. The leading edge isn't a crowded space, but it can be tremendously rewarding. ■

[www.colucentmedia.com](http://www.colucentmedia.com)

*"It's refreshing to read this candid, frank and honest story of how Tom navigated career and life challenges to build a better world. As an environmental industry leader and one of Canada's top consultants, Tom shares a deeply personal narrative and equally deep understanding of what it means for a consultant to practice self awareness."*

-Dave Hardy RPP, President, Hardy Stevenson and Associates Limited, Executive Director, Institute for New

*"This is a must read for those who hope to manage the next generation."*

-Catherine Lyons, Partner with Goodmans LLP

TOM HILDITCH HAS FOCUSED ON IMPACT ASSESSMENT, MITIGATION PLANNING and design, and ecological planning and restoration. He has led hundreds of environmental assignments, including coastal zone and regional landscape-planning projects, major resource and infrastructure-project impact assessments, and urbanization studies.

2006, he created his own company, Savanta Inc., an entrepreneurial enterprise focused on working collaboratively to create more positive and meaningful outcomes. In early 2019, Tom sold Savanta. After being diagnosed with a rare and aggressive cancer, he entered into a life-changing process of reflection fueled by his diagnosis and treatment. Through his recovery he has been inspired to embark on the next chapter of his life: creating and leading emerging and enlightened firms. ■

KELLEY CUNNINGHAM

## THE POWER OF JOY

### The Ultimate Guide to Living Your Best Life Ever

YOU'VE PROBABLY HEARD THAT THE ONLY THING WE CAN CONTROL IN THIS LIFE IS how we react to it. And it's very true. For better or worse, life often turns on a dime, lifting us unexpectedly up and out of the deepest depressions, or throwing us tumbling down from the happiest heights—with little or no warning at all. How can we cope? More importantly, how can we thrive? The answer is actually very simple: Joy. Of course, accessing that joy when life looks bleak or unfair can be challenging—okay, more than challenging—but it is entirely doable. *The Power of Joy – The Ultimate Guide to Living Your Best Life* will show you how.

author Kelley Cunningham offers her personal story of how she faced multilayers of abrupt adversity, numerous emotional losses, and tremendous life struggles, in her family, including a split-second in time that quite literally swiped all their lives sideways. All combined trying to tear down the blissful life they had built together. But they rose within the wreckage, Kelley learned to lean on joy—in cherished memories, in the love of her family, in even the tiniest moments of quiet within the chaos—and learned to thrive.

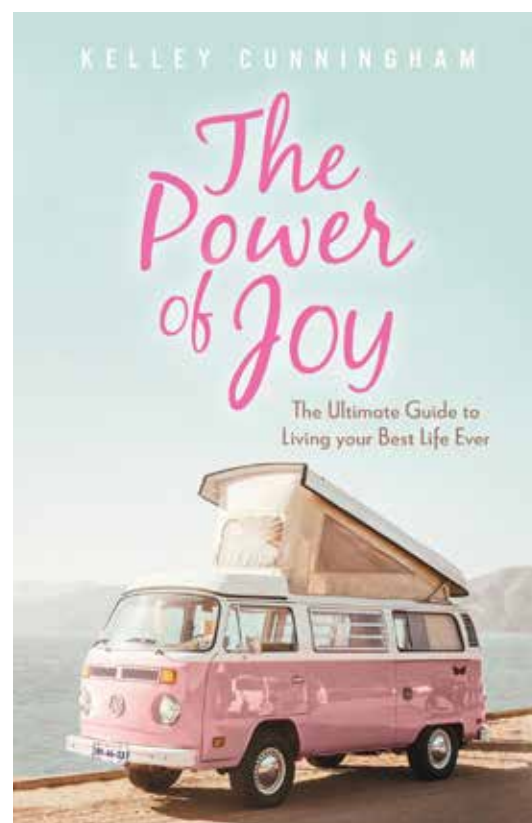
With practical tips and tools that can be adopted into our daily lives—regardless of circumstance—as well as inspirational and essential encouragement, this guide will show you how to tap directly into the amazing and renewable power of joy, giving you strength and helping you to live your best life: with harmonious balance, gratitude, autonomy, passion, and purpose. ■

[www.joyinc.ca](http://www.joyinc.ca)

WITH A DEGREE IN SOCIOLOGY AND IPEC CERTIFICATION AS A TRANSFORMATIONAL Life Coach, Kelley Cunningham is creator, owner, and CJO (Chief Joy Officer) of JoyINC., a solution-focused coaching company that partners with people to achieve their life goals and beyond. With her vast experience, accreditation, and education, she has been invited to speak as a “joy expert” across North America, and appreciative of numerous accolades along the way, which include an invite to write a piece for the book *Unzenable* and being featured in the online magazine *Positivity*.

Kelley is a Canadian who takes much pride in her Métis Indigenous and Scandinavian heritage. Kelley lives just outside of Toronto, Canada, with husband and soulmate Jeffery. They have three beautiful children: Savannah, Sienna, and Liam. Additionally they enjoyed many charmed years living in the U.S.A. They cherish time together traveling and learning about other cultures. Their family also includes littermates Teddy Bear and Blu Bear, their sweet Chow Chows, and their beloved adopted Persian cat Princess Leia.

Kelley loves to run, yoga and vegetarianism—she is an avid conservationist, as well as a children's and animal rights advocate. She is a global mentor and co-founder of Joyful Children's Home: an orphanage in Naibowa Parish, Uganda. A portion of the proceeds from this book will joyfully go towards supporting many non-profit charities. ■



#### SELF-HELP, MOTIVATIONAL & INSPIRATIONAL

258 pages, Black & White, 5.5 x 8.5

##### HARDCOVER

\$35.99 USD | Reg Discount  
978-1-03-912610-7

##### PAPERBACK

\$20.99 USD | Reg Discount  
978-1-03-912609-1

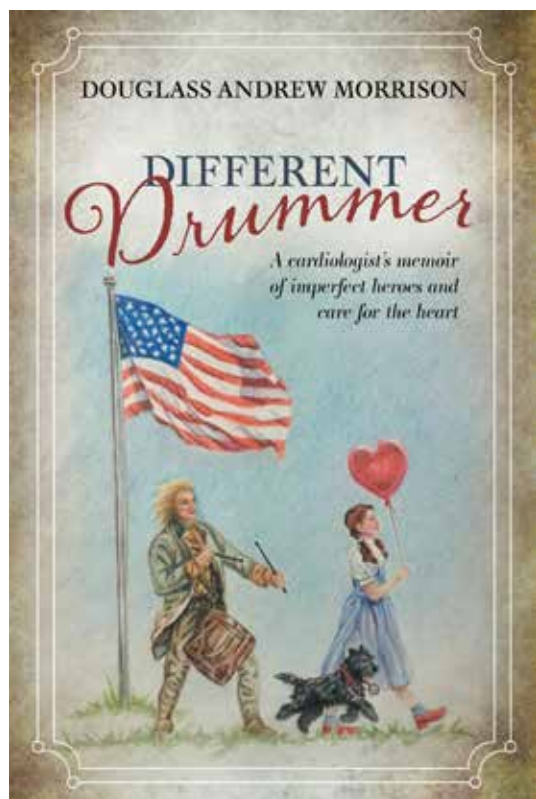
##### EBOOK

\$6.99 USD  
978-1-03-912611-4

## DIFFERENT DRUMMER

### A Cardiologist's Memoir of Imperfect Heroes and Care for the Heart

DOUGLASS ANDREW MORRISON



#### BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS

444 pages, Black &amp; White, 6 x 9

##### HARDCOVER

\$39.99 USD | Reg Discount  
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##### PAPERBACK

\$30.99 USD | Reg Discount  
978-1-5255-9976-7

##### EBOOK

\$4.99 USD  
978-1-5255-9978-1

ANDREAS GRUENTZIG PERFORMED THE FIRST CORONARY ARTERY BALLOON angioplasty (plasty) in 1977. Shortly after that, Doug completed his medical education and training and determined to contribute to the field Gruentzig's work had spawned. In 1984, just as things were taking off, Doug developed a cervical disc with neurologic impairment of his right arm. That's when his neurosurgeons broke the bad news: his interventional cardiology career was over. Or was it?

Doug elected physical therapy including cervical traction rather than the proposed surgery. The career disruption elicited a deep depression. This prompted him to seek psychiatric care. It also made him aware of the steep price many people in his field were paying for repeated exposures to life-and-death situations. This created a dilemma akin to soldiers in battle, including the associated problems of burnout, depression, substance abuse, PTSD, and suicide.

Over months, the neurologic and psychologic symptoms improved. Defying the experts' predictions, he was able to resume an interventional cardiology career and follow in the footsteps of many cardiac interventional and surgical heroes. As he describes in chapter 12: "My high-risk plasty career could not have occurred without two things:

- the shared courage of many of my high-risk patients and their families, and
- the psychiatric care I received throughout much of my medical practice."

Doug's cardiology practice included thirty-one years of care for American veterans in four different university-affiliated Veterans Affairs (VA) hospitals. The culmination of his academic and VA career was a five-year (1995–2000), sixteen-hospital, VA Cooperative randomized clinical trial. The Angina With Extremely Serious Operative Mortality Evaluation (AWESOME) trial and registry compared plasty with bypass surgery for high-risk patients with acute coronary syndromes.

Doug followed his academic stint with fourteen years of private practice in rural America, where he applied the AWESOME hypothesis in the real world. Today, coronary angioplasty with stents has become the standard emergency care for acute myocardial infarction and other medically refractory, acute coronary syndromes. This book recounts the role Doug played in the plasty revolution, the price he paid for his success, the debt he owes to many heroes, and his hopes for the future for patients and care providers. ■

[www.douglassandrewmorrison.com](http://www.douglassandrewmorrison.com)

*"Morrison maintains a humble tone throughout the book, attributing his achievements to hard work and commitment, rather than to brilliance, and he draws on this conviction to deliver practical advice for others."*

Foreword Clarion Reviews

*"A cardiologist recalls his work involving a landmark treatment for heart attack patients... An intermittently engaging account, but its dense detail may limit its appeal."*

Kirkus Reviews

*"This book pulls back the curtain on one of the biggest stories in modern medicine."*

Amazon reviewer

*"A compelling chronicle of excellence in cardiology specifically and medical practice in general."*

Amazon reviewer

## MEANINGFUL MEMORIES

Rekindling Past Learning Experiences  
to Live Life to the Fullest

JOHN G. KELLY

NOSTALGIA, LEARNING EXPERIENCES, MEANINGFUL MEMORIES... THIS BOOK IS filled with these from a man who grew up in a strong Irish-Catholic community in the North End of Saint John in the 1950s and 1960s, went on to practise law and then become a law professor and consultant in Toronto, and most recently, joyfully embraced RVing and living in an active retirement community. But besides dusting these memories off for enjoyment, John G. Kelly has a larger purpose. By cleverly showing how his past experiences and even his F.A.I.L.s (first attempts in learning) have positively impacted his future, he demonstrates how we can all learn from our past and use this knowledge to live life to the fullest as a member of an active, caring community.

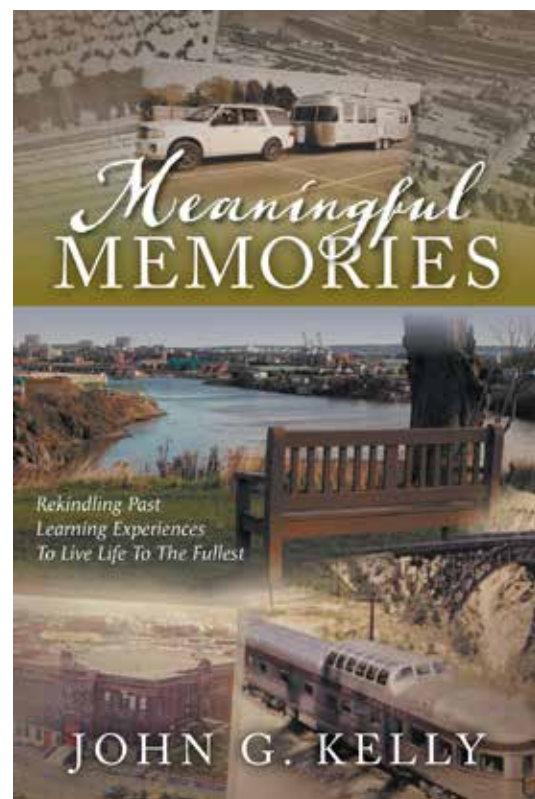
Filled with humorous anecdotes, recollections of a bygone era, reflections on community, and a unique outlook on how to get the most from life, *Meaningful Memories* has something for anyone who likes a good story. However, for anyone from Saint John, New Brunswick (or who grew up in any of the Atlantic provinces for that matter), fellow RVers, or 65+ young/olds (YOLDS) looking to enjoy active retirement to the fullest, you will not be able to put this book down! ■

[www.johngkelly.ca](http://www.johngkelly.ca)

JOHN G. KELLY WAS BORN IN THE 1950S AND GREW UP IN THE NORTH END OF SAINT John, New Brunswick. He feels his experiences with growing up in a close-knit, Irish-Catholic parish that always took care of its own offers lessons for how we can create better communities in the future.

John received his law degree from Dalhousie University and his Masters in Judicial Administration from Brock University. He has worked as a legal services consultant, taught as a law professor at Seneca College for over 30 years, and was the founder of Canada Law From Abroad, a service that helped over a thousand Canadians to pursue a law degree in the UK and then come back to practise law in Canada. He is embarking on an "encore career" and has developed a pathway to success for the new generation of young adults and millennials that will ignite their passion and empower them to embark on creative careers in the "new economy" where they can do well, do good and make a contribution to a sustainable environment in affordable age friendly communities.

John and his wife Susan embraced age friendly active community living for more than twenty-five years in the globally ranked "gold standard" Crombie Park in the multi-cultural St. Lawrence Neighborhood in downtown Toronto and for nine years in one of Canada's model "55+" communities in Village by the Arboretum in Guelph. They've been snowbirding for eleven years in age friendly active resort communities in Florida and Arizona with their iconic Airstream. John has "come home". He and Susan are residing in the historic resort town of Saint Andrews by the Sea on the Bay of Fundy. John intends to mentor towns on how to obtain WHO age friendly accreditation status and utilize it as the foundation for model active communities in the emergent shift from urban centres to vibrant small east coast communities. ■



### BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS

380 pages, Standard Color, 6 x 9

#### HARDCOVER

\$51.99 USD | Reg Discount  
978-1-03-911854-6

#### PAPERBACK

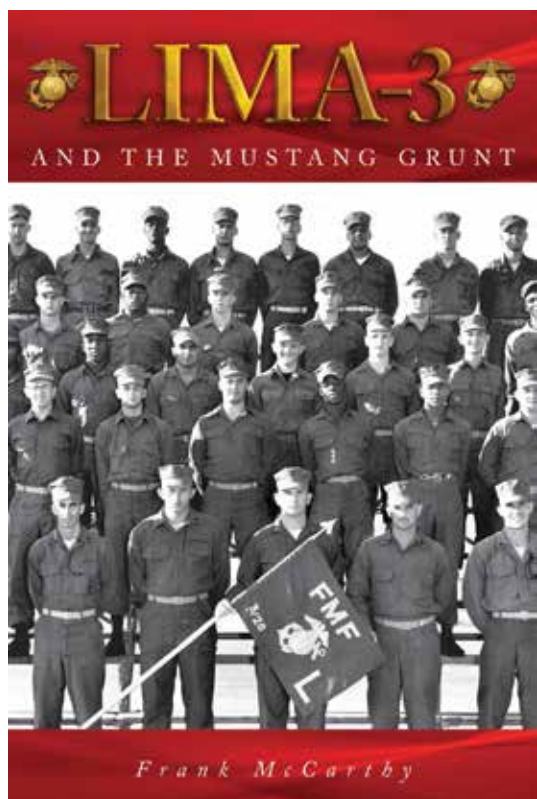
\$39.99 USD | Reg Discount  
978-1-03-911853-9

#### EBOOK

\$9.99 USD  
978-1-03-911855-3

## LIMA-3 And the Mustang Grunt

FRANK MCCARTHY



### BIOGRAPHY & AUTOBIOGRAPHY, MILITARY

300 pages, Black &amp; White, 6 x 9

#### HARDCOVER

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IN 1966, CAREER MARINE LIEUTENANT FRANK MCCARTHY RECEIVED THE ASSIGNMENT of a lifetime when he was assigned as a platoon commander in an infantry battalion preparing for deployment to Vietnam. Following several months of training his men, whom he would soon come to believe were some of the finest Marines ever to wear the uniform, boarded a ship in San Diego and set sail for Southeast Asia, not knowing how many of them would ever see their beloved country again.

Following a harrowing sea voyage that nearly ended their tour before it began, they finally arrived in Vietnam. Though a “cherry” unit with no combat experience, within three short months that all changed. Eighty-two of those first ninety nights were spent in mud filled foxholes or ambush positions, covered with leeches, shivering through the limitless, and cold monsoon rains and incessant enemy mortar fire. Days of endless patrols, in an area laced with thousands of mines and booby traps as well as the ever-present but often unseen enemy. As difficult as those first three months were, McCarthy says it was a picnic compared to what would follow.

Recounting his first fourteen months in Vietnam in gripping detail, in this book McCarthy draws on his own memory as well as official records to provide an unflinching firsthand account of what it was like to serve—and lead—as a Marine during the Vietnam War. ■

[www.mustanggrunt.com](http://www.mustanggrunt.com)

FRANK MCCARTHY SPENT THIRTY YEARS IN THE MARINE CORPS, BOTH ACTIVE AND reserve. His tenure included two combat tours in Vietnam as a platoon commander, company commander, or combined action company commander plus an additional tour with the Joint Casualty Resolution Center, searching for POWs and MIAs. During his service, he received three Bronze Stars for valor and two Purple Hearts for wounds received in combat, among other citations and awards.

Frank has been active in politics throughout his life and has served for six years in the New Hampshire House of Representatives. He lives in Conway, NH, with his wife, Terry, to whom he has been married for forty-two years. This is his first book. ■

BRUNO COCOROCCHIO

## MEA CULPA A Plea Of Innocence

A POWERFUL MEMOIR THAT DIVES DEEP INTO THE CHILDHOOD AND PSYCHE OF THE author, *Mea Culpa: A Plea of Innocence* chronicles the lifelong struggle of a boy—and later a man—to gain his parents' approval. Longing particularly to ease his mother's ever-present pain, he carries a misplaced guilt into every aspect—and relationship—of his life.

In a series of vignettes, the reader is transported back in time to a small mountain village in post-war Italy. Amidst ruins and famine, a young family grapples with poverty. Growing up in such dire circumstances, the only coping strategy for the young boy is to imagine himself as a Roman centurion in command of an army. Adding to his stress is a mother who constantly draws him into a relationship that requires blind devotion and cruel sacrifice. Her craftiness and guilt-inducing methods are revealed in detail, making this a suspenseful narrative about survival.

Written for readers who seek to understand why they are burdened with shame, *Mea Culpa: A Plea of Innocence* invites them into the courtroom of the author's life, where they become judge and jury. Passionate, moving, and thought-provoking, this memoir will hold readers' attention to the final page. ■

[www.brunococorocchio.com](http://www.brunococorocchio.com)

*"The author chronicles his story with admirable, even courageous candor - An impressively forthcoming yet idiosyncratic recollection."*

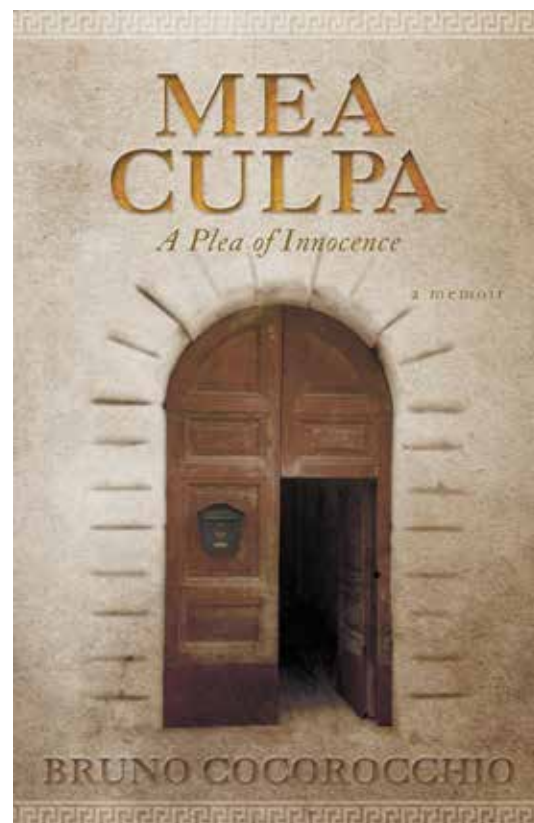
– Kirkus Reviews

*"In his memoir, MEA CULPA: A PLEA OF INNOCENCE, Bruno Cocorocchio embarks on an archeological endeavor, a series of excavations. The site is his life. Within each chapter, or 'dig', Bruno exposes events from the past that have contributed to his damaged sense of self. Meticulously, he brings to the surface 'artifacts of life' that are the clues to his suffering. Reassembling this history enables him to understand what happened instead of who to blame for his maladjustments."*

– Dr. Peter DeRoche, MD, Psychiatrist,  
Assistant Professor at the University of Toronto

BRUNO COCOROCCHIO WAS BORN IN 1951 IN A SMALL ITALIAN TOWN SOUTH-EAST of Rome. In search of a better life for their children, his parents emigrated to Canada in 1964. In 1974, Bruno graduated with a Bachelor of Applied Science in Electrical Engineering from the University of Toronto. From graduation to retirement, a span of roughly fifty years, Bruno devoted much effort to the technical discipline for which he had trained while simultaneously developing writing skills. He took courses in scriptwriting and film-making, as well as, creative, nonfiction and memoir writing at Ryerson University, the University of Toronto and the University of Victoria.

Currently, Bruno and his wife, Sandra Moffat, live happily in Sidney by the sea, on Vancouver Island, British Columbia, Canada. ■



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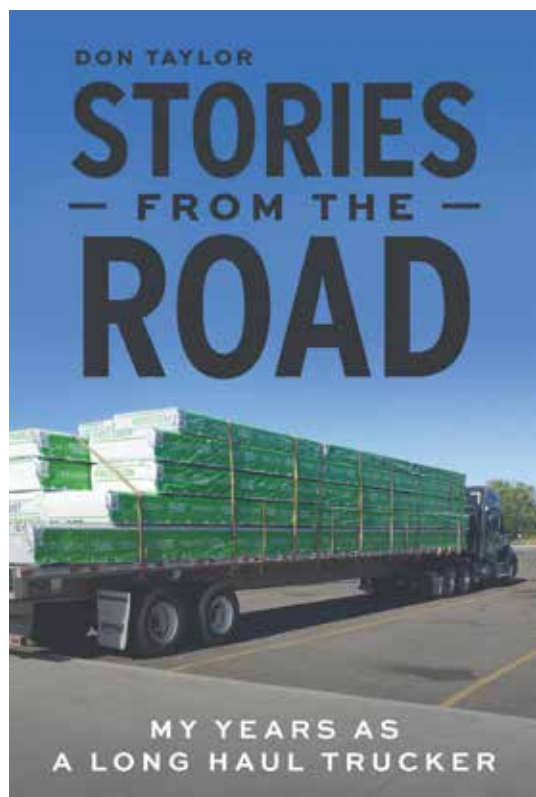
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## STORIES FROM THE ROAD

My Years as a Long Haul Trucker

DON TAYLOR



THIS BOOK CHRONICLES MY THIRTY-PLUS YEARS IN THE TRANSPORTATION INDUSTRY.

Starting as a taxi driver during a transit strike, to driving Long Combination Vehicles, measuring over 120 feet long, weighing over 130,000 lbs. My travels have taken me to all of the lower forty-eight states, and all Canadian provinces except Newfoundland. Some of the stories are quite humours, others are quite tragic. All have had a lasting effect on me. ■

[www.storiesfromtheroad.ca](http://www.storiesfromtheroad.ca)

MY DRIVING CAREER STARTED ON MARCH 15, 1985, AS A ROOKIE TAXI DRIVER. IT HAS since grown into a career that I truly love... Driving long haul tractor trailer. Over the years, I have hauled almost every kind of freight you can think of, to almost any destination you can think of. ■

### BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS

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RON LACOMBE

**NOT YOUR DAD'S STROKE**

**NOT YOUR DAD'S STROKE IS WRITTEN BY A STROKE SURVIVOR FOR STROKE** survivors and their loved ones. It documents the author's recovery from a 2012 stroke, and examines the research and treatment advancements over the twenty years since his dad had his stroke. The author also discusses strategies and resources to help make recovery easier. The book includes personal accounts from other stroke survivors, caregivers, and a therapist. Not all the stories have happy endings, but all are informative and inspirational.

Most newly diagnosed stroke patients are in fear of the unknown. In the author's case, his first thought was of his dad's stroke, and how it had been the start of his dad's decline. However, as the author's treatment and recovery began, the first thing he realized was that things had changed for the better, with faster diagnoses and improved treatments. From the beginning, he had a better prognosis, with early discussions on recovery and preventing the next stroke. Everyone knows someone that has had a stroke. It can happen to anyone at any age. No two strokes are the same, as no two recoveries are the same. The bottom line is that recovery is hard work, survivors have to keep at it, and at some point, learn to accept the new version of themselves.

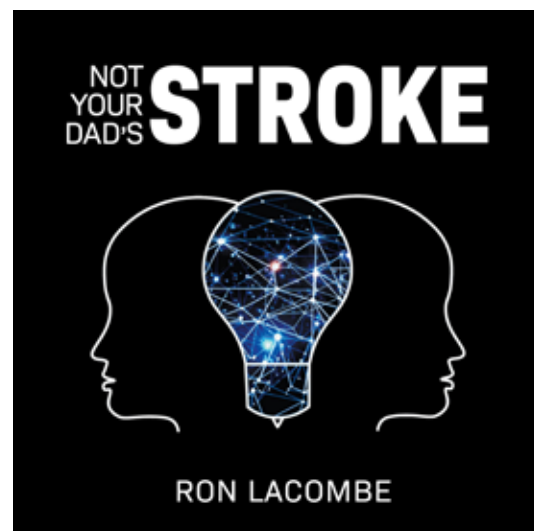
This book will be an informative resource and inspiration for newly diagnosed stroke patients, anyone who has suffered a stroke, and for the loved ones and caregivers of stroke survivors. The manuscript was built around common questions about stroke identified through conversations with stroke survivors, caregivers, and peer support workers. ■

[www.notyourdadsstroke.ca](http://www.notyourdadsstroke.ca)

**RON LACOMBE IS AN AWARD-WINNING WRITER, WINNING FIRST PLACE FOR HIS** essay in the 2020 Royal Canadian Legion Seniors Writing Competition. He also knows a thing or two about strokes; he is a nine-year stroke survivor of approximately twenty mini strokes. During his recovery, Ron kept himself busy, signing up for stroke research projects, becoming involved with the Toronto Stroke Network's patient and family advisory committee as a co-chair, and sitting on the Toronto Stroke Network's steering committee. The idea for the book came about during discussion with fellow committee members. Now, as part of the March of Dimes Canada Peers Fostering Hope program, Ron visits newly diagnosed stroke patients, while they are still in the stroke unit, to answer their questions and let them know there is hope. He makes an effort to stay up to date on new research developments and therapeutic approaches by reading as much as he can. Ron maintains a blog to share his experience and knowledge, and offer support for patients and families: [www.strokerecoverysupport.com](http://www.strokerecoverysupport.com).

Ron understands first hand that the stroke patient has survived possibly the worst day of their life. With this book, he hopes to provide hope and inspiration, and inform readers that with ongoing research by dedicated medical professionals, and a lot of hard work by the stroke survivor, positive outcomes are possible.

Ron lives in Toronto, Ontario, with his wife, Debbie. ■

**HEALTH & FITNESS, HEALING**

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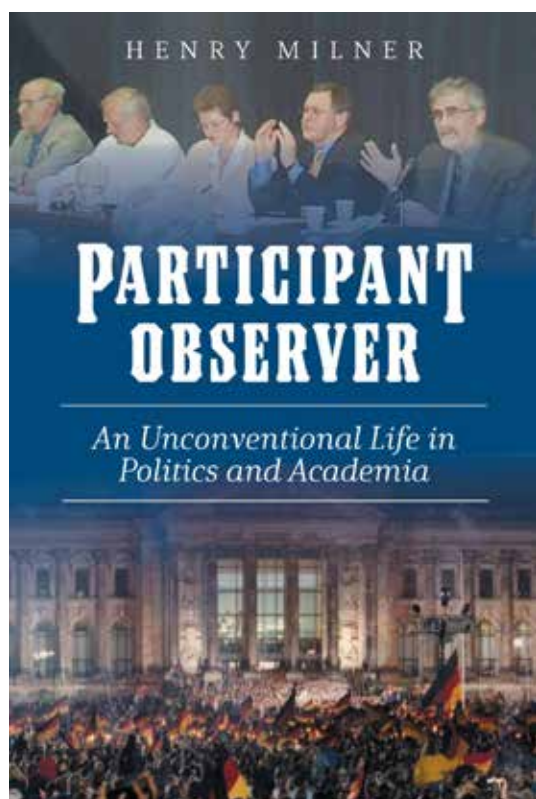
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## PARTICIPANT/OBSERVER

### An Unconventional Life in Politics and Academia

HENRY MILNER



#### BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS

282 pages, Black & White, 6 x 9

HARDCOVER

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SOME ENGAGE IN POLITICS; OTHERS OBSERVE IT, BUT THE AUTHOR OF THIS POLITICAL memoir is among the few that have had the chance to do both. In these pages, Henry Milner shares his experiences as a student and community activist, an anglophone insider and strategist in the Parti Québécois, and a close observer over several decades of social democracy in practice in Scandinavia and beyond.

Milner was born in a bunker in American occupied Germany. His parents, who had survived the war in the Soviet Union, moved the family to Canada, where they settled in Montreal. Earning a BA from McGill and his MA and PhD at Carleton, he spent his teaching career first at Vanier College and then based at the University of Montreal. He has also taught extensively in Europe, North America, Australia and New Zealand.

*Participant/Observer* is Milner's eleventh book. His writings, notably in *Inroads*, the Canadian Journal of Opinion, which he and John Richards founded in 1991, have led to opportunities to teach and conduct research in Scandinavia, Europe, Australia and New Zealand. Findings from these experiences have found their way into public policy discussion in Canada through the media and public forums. Milner's recent focus has been on civic literacy, on the democratic institutions that underly social and economic progress, working closely with the movements seeking to reform the voting system in Canada and a number of provinces.

He and his wife, Frances Boylston, divide their time between Montreal and the Dominican Republic, where they are closely involved with the Meeting Place, a not-for-profit International Resource Centre they founded to help "snowbirds" to get to know the country and to provide locals and Haitian migrants with English-language and other resources to be better equipped for employment in a tourism-oriented economy.

*Participant/Observer* is a political autobiography of a generation, one that reached maturity in the 1960s and 1970s, told through one person's story. In concluding, Milner holds out hope that this account of his generations' successes—and failures—can be of use to current generations as they face the threat posed by populist and authoritarian forces, most dramatically to the capacity of contemporary democracies to meet the challenge of climate change. ■

[www.participant-observer.com](http://www.participant-observer.com)

*Henry Milner has been both an actor and a voiceful witness in the evolution of social democratic ideals, ideas and actions in Québec, in Canada and in Sweden. His intellectual contributions over 3 generations are still relevant. His commitments and advice have been courageous and wise. His depiction of the evolution of Québec is to the point.*

Pierre Marc Johnson Former Premier of Québec

*Henry Milner has been an insider-outsider, observer and participant, academic and activist, deeply immersed in the currents that animated the baby boom generation's highest aspirations. A rare anglophone on the Parti Québécois national executive, with a lifelong academic interest in Swedish social democracy and electoral reform, his engrossing memoirs offer valuable lessons.*

Harvey Schacter Globe and Mail management columnist.

*"This is an important work. As an anglophone sovereignist, Milner had a unique perspective for observing a movement that shaped Canadian and Quebec institutional life for generations. A teacher, community organizer, candidate and activist he has had direct access to many key players and events. Milner's memoir offers a rare first-hand glimpse into language, education and democratic reforms that continue play out on the front pages to this day."*

Tom Mulcair, radio commentator and former leader of the New Democratic Party

KRISTEN EDMISTON

## THE ONE BOOK

THE ONE BOOK IS AN ALL-IN-ONE TOOL AND VIRTUAL COACH FOR BUSINESS owners, entrepreneurs, and leaders. This 365-page book guides users through a full year of planning, goal-setting, reflection and more. *The ONE Book* takes the most effective business management practices and blends them with concepts like creativity and mindset into a single, interactive book that replaces ALL other tools and books like day-timers, planners, journals, and notepads. This is *The ONE Book* that will help keep you organized, improve your productivity, sharpen your focus, and encourage you to tap into your creative side. This is *The ONE Book* where you'll capture everything you need to excel in your professional career while maintaining balance with your personal life too.

You'll also find hundreds of tips, time management strategies, cognitive and creative exercises, and motivating ideas to help you gain more personal insight and learning with every page turn. This book will help you build new practices to help you balance your "Most Valuable Resources" (your MVR) – your time, your money, and your energy. It incorporates six "Excellence Potential Habits" (EX-P Habits): organization, prioritization, creativity, storytelling, reflection, and visualization to help busy people avoid the overwhelm, stay focused, and find greater efficiency in their lives. The power of one is the secret to achieving greater success and fulfillment overall.

*The ONE Book* is unlike any "planner" out there. It has been artfully and strategically designed to be engaging, easy to use, and beautiful in its simplicity. You will be guided to add colour and drawings and more to make this book your own masterpiece over a full year. And once completed, you can begin again with a new *ONE Book* and continue to capture your journey – your legacy as it unfolds, one chapter at a time. Learn more at [www.theonebook.ca](http://www.theonebook.ca) and follow along on Instagram @the.one.book ■

*What can I say about The ONE Book! Well let me start by saying what an incredible tool it has already become in my daily life. I have always been guilty of way too many The book is beautiful, it is comprehensive, and I love the creative exercises sprinkled throughout, it brings an element of fun and pushes me out of my normal line of thinking. I also love the tips, tricks, and insights that are within the book and I am working on incorporating more colour as a result of the tips. If you are looking for a book to keep you focused, to keep you dreaming, to keep you inspired, and on track, The ONE Book delivers in all of these areas and so many more. I LOVE it!*

– Jocelyn Davison

*The ONE Book has been a HUGE game changer for me already and it's only Q1!*

– Kayla Kaliszuk

*Highly recommend The One Book to any entrepreneur or small business owner, as it takes away some of that overwhelm and helps to imagine the possibilities in your business.*

– Joanne Bartolome

KRISTEN EDMISTON, MBA + BSCN IS A FORMER PEDIATRIC CRITICAL CARE NURSE, TURNED HEALTH-CARE EXECUTIVE, THEN BUSINESS OWNER and entrepreneur. It was her nursing and leadership roles that required compassion, empathy and critical thinking, blended with her strategic and analytical skills as a business consultant and coach that brought *The ONE Book* concept to life. Through her experience and observations, she realized that business owners, entrepreneurs and leaders face very similar challenges and knew there was a common solution to "the overwhelm" that so often gets in the way of reaching our Excellence Potential. Kristen believes that the power of one – simplification, clarity, focus, efficiency, alignment, and accountability is the true secret to success.

Kristen has teamed up with graphic designer, Logan Gray to bring *The ONE Book* to life. Logan is a multidisciplinary artist with a passion for visual design and storytelling. With an entrepreneurial career spanning 16 years, Logan has lived the life of a creative and understands intimately the struggles and thrills of this world. *The ONE Book* was an exciting design challenge for Logan - to create something both simple yet engaging, structured yet flexible, and inspiring yet customizable. With their keen eye for layout and detail, and their love of the power of symbols, Logan brings visual life to the ideas that make *The ONE Book* a powerful tool for any entrepreneur, leader, creative or business owner. ■



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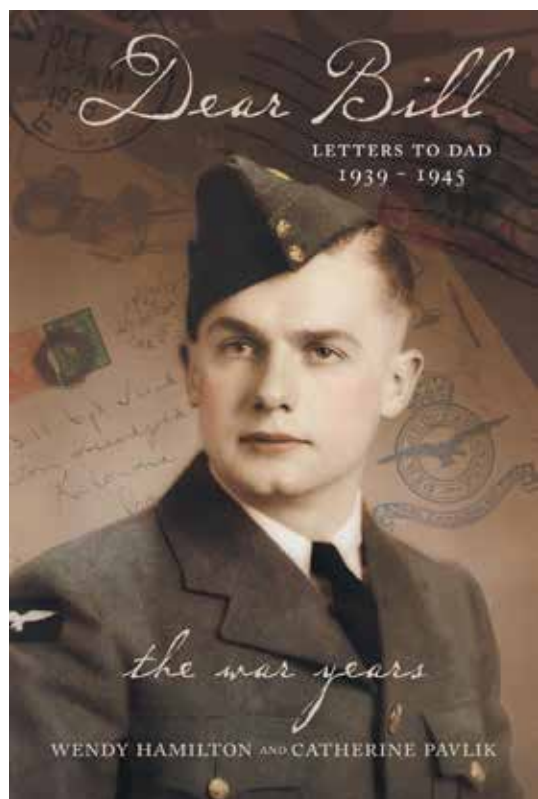
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**DEAR BILL****Letters to Dad 1939 – 1945  
The War Years****WENDY HAMILTON  
AND CATHERINE PAVLIK****BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS**

372 pages, Black &amp; White, 6 x 9

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DEAR BILL IS, IN MANY WAYS, A TIME CAPSULE THAT ILLUMINATES AND BRILLIANTLY colours the years of 1939-1945 from a uniquely Canadian pioneer perspective. Bill Treadgold was a young man from Kelowna, BC commissioned into the RCAF; while his war efforts were confined to air forces bases in Western Canada, he was separated from his family and friends and maintained contact through letter writing. The letters he received in response to his own, form the rich memoir *Dear Bill*.

While *Dear Bill* is a memoir from the war years, and brings to life Allied operations in Europe through letters from buddies who were commissioned overseas, it is, arguably, more so a memoir of battles on the home front, and of the triumphs of an incredibly resilient family.

by: Shelagh Ryan McNee who discovered from reading these letters that her grandfather-in-law was Bill's commanding officer at Pat Bay, B.C. ■

[www.dearbill.ca](http://www.dearbill.ca)

*Lovingly curated by two of William (Bill) Treadgold's daughters, this collection of wartime correspondence distills a formative time period in what was ultimately a fully-lived, fruitful life.*

*Like so many young Canadians, Bill was called for service shortly after the onset of World War II. Though not posted overseas, many friends were; some never came back. His RCAF posting on Vancouver Island afforded him the opportunity to write frequently to friends and his close-knit family. Indeed, letters were the societal lifeline at that time.*

*Deprived of proximity to family and friends he wrote regularly, and at length. It is not his words here though, rather the replies diligently preserved over a lifetime. They capture a nuanced, intimate snapshot of the upheaval of war filtered primarily through a domestic lens.*

*His family, especially his mother, keep him apprised of home front happenings. His good friend Alban Krasselt and others tell of overseas circumstances, conditions and travel. There are tragedies - his sister's mental illness necessitates nephews and nieces staying with his parents; the sudden death of his nephew - along with measures of satisfaction achieved by stalwart positivity, believing in a secure, promising future.*

*Despite the hardships, separation and loss bestowed by war a sense of normalcy and optimism prevails. That solidity reassures readers enjoying this sometimes poignant, revelatory tribute. It honours a beloved father at a unique time for him and those he holds dearest.*

Bill Macpherson, co-author *Outlaws of the American West*; Kootenay Literary Competition fiction winner: 2018, 2011

WENDY HAMILTON AND CATHERINE PAVLIK ARE BOTH THE DAUGHTERS OF BILL AND IRENE TREADGOLD.

Wendy enjoyed a 37 year career in education, working as a classroom teacher, Learning Support teacher, Special Education Coordinator /Case Manager, Counselor and coach. She is now living her retirement dream with her husband of 45 years – travelling, golfing, boating, skiing, gardening, socializing with friends, and grand-parenting their amazing 7 grandchildren.

Carpe diem!

After becoming one of the first women to receive a full athletic scholarship (field hockey) at Washington State University, Cathie Pavlik spent the next 35 years as a devoted teacher and coach at KLO Secondary/École KLO Middle School in Kelowna. Now in retirement, Cathie enjoys spending time with her grandchild, friends and family, volunteering, taking courses, skiing, boating, travelling, gardening, and having that second cup of coffee at her leisure.

Cathie lives by the motto “work hard, have fun, be safe.” ■

## ANGEL WINGS #37166 10-8 HEAVEN

An Angel watches over the  
Peacekeepers

SHARON SIMONS

ANGEL WINGS #37166 10-8 HEAVEN IS A TRUE-LIFE STORY THAT CAPTURES THE unique working relationship of a close-knit Royal Canadian Mounted Police team of three policewomen and their elite compassionate police supervisor, who along with other police officers investigate serious crime cases. A life-saving hostage investigation earns these three policewomen the title "The Angels."

Life takes a turn for "The Angels" when Constable Sarah Cockerill is diagnosed with cancer and, as a result, she experiences a life journey that addresses whether God and Heaven are real.

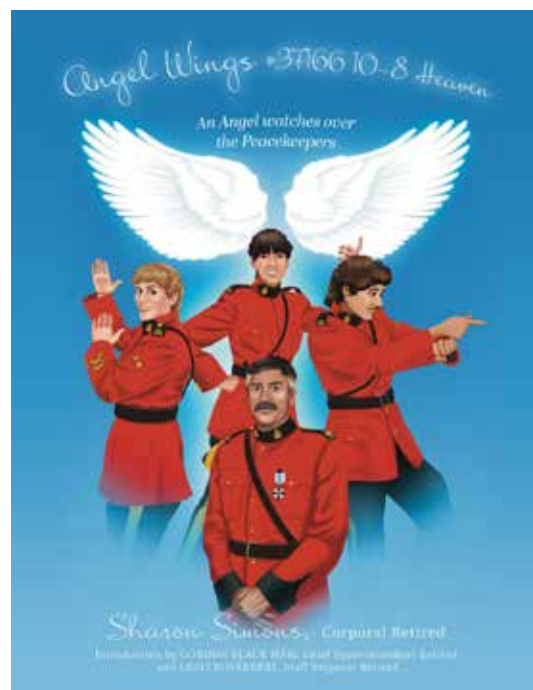
In all her years of policing, Sharon Simons, RCMP Corporal retired, has never received such an adrenalin rush as when she witnessed Constable Sarah Cockerill returning from Heaven in the form of live Angel Wings with living proof that GOD AND HEAVEN AND ETERNAL LIFE ARE REAL.

Could this be the proof so many have longed for? ■

[www.ssimons.ca](http://www.ssimons.ca)

SHARON SIMONS, ROYAL CANADIAN MOUNTED POLICE CORPORAL RETIRED, SERVED the loyal citizens of Canada for thirty-six years as a crime investigator in the provinces of Alberta, British Columbia, New Brunswick, and trained at the RCMP Academy Depot Division in Saskatchewan. Corporal Simons has experienced a variety of policework during her years on the force including Airport Policing, Detachment General Duty Policing, General Investigation Unit (GIS) - Morality Unit, Serious Crime Unit (SCU) - Integrated Sexual Predator Observation Unit (ISPOT), Integrated Child Exploitation Unit (ICEU) focusing on child pornography Internet investigations, Prostitution (PPU) and the Provincial Counter Exploitation Unit, as well as monitoring the compliance of convicted sex offenders registered with the National Sex Offender Registry.

In 2001, two days following the passing of Constable Sarah Cockerill, Sharon Simons, Corporal retired, witnessed physical proof that God and Heaven are real when the Spirit Angel Constable Sarah Cockerill returned from Heaven to fill the sky with her brilliant white, perfect Angel Wings. ■



### BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS

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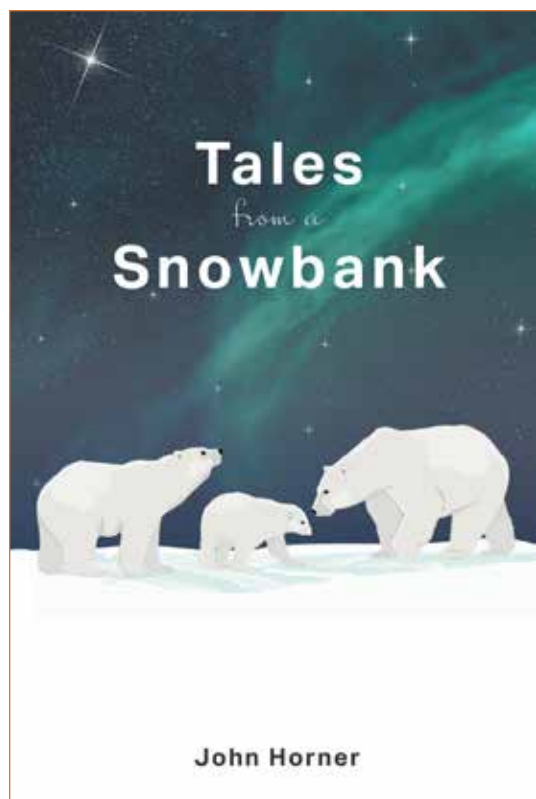
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#### EBOOK

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## TALES FROM A SNOWBANK JOHN HORNER



### BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS

192 pages, Black & White, 6 x 9

HARDCOVER

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978-1-03-911445-6

IN **TALES FROM A SNOWBANK**, YOU WILL READ ABOUT THE CHALLENGES OF surviving in a sub-arctic community, such as walking home from school with the fear of turning a corner and coming face-to-face with a big white bear. This is an autobiographical collection documenting the author's growth to adulthood in a small but significant Canadian community: Churchill, Manitoba. The work details his unique life and times, with humour and tenderness, and examines how the community and the author's life experiences were instrumental in shaping him. The book provides a wonderful glimpse back in time, as each chapter touches on different adventures in different decades, from illicit pool hall escapades in the 1950s, to meeting a pretty nurse in the 1960s. The book closes with the author's return to Churchill with his new wife to visit his parents during the Christmas of 1970.

This work shows readers a part of the world and a way of life very few have experienced, describing elements of the North, such as the polar bears, belugas, and seals; living in isolation and loneliness; the beauty of Hudson Bay, and the northern lights; and the warmth of community.

The book will appeal to readers around the world who appreciate nostalgia, history, or biographies, as well as those interested in understanding what the North has to offer, and the deep historical ties Churchill has with the rest of Canada. ■

[www.johnalanhorner.com](http://www.johnalanhorner.com)

*"I enjoyed every page! I was very happy to learn of the history of Churchill. I found out so many things I hadn't known about this busy port town. The author's writing style made me feel like I was in the room with him. Thank you for that. I was able to close the book, on the final page, but I wanted more. More tales about this barren landscape called Churchill and the people who lived there." AAA--Lynda S, retired educator AAA AAA "This book that could definitely be a memorable roller coaster ride back in time for anyone who had grown up/lived during the '50's and 60's in this semi-isolated northern town of Churchill, Manitoba. It is packed with vivid imagery, humorous metaphors, and a chuckle around every corner. Impressively written, it can rekindle one's appreciation and love for the North. A page turner and enjoyable read!"*

– Gloria J and Jack, former Churchill residents

*"An enjoyable read interspersed with humour. I felt like I got to know the author because of his story telling prowess. What I really enjoyed, being a Manitoban, was the knowledge and history of Churchill. I have always wanted to visit Churchill, it is now at the top of my list of places to visit in my province because of reading "Tales from a Snowbank."*

– Patricia Nasema, world traveller

**JOHN HORNER GREW UP IN THE SUB-ARCTIC COMMUNITY OF CHURCHILL, MANITOBA IN THE 1950S AND THE 1960S. ONCE HE WAS** attending university on the "outside," he would return to Churchill for summer employment and to spend holidays with his family. He last saw the community with his then new bride at Christmastime 1969, and his family left when the military base closed in 1973.

With his first book, John seeks to show the reader what life was like in Churchill in the mid-1950s and early 1960s, and how the community had changed by his last visit. He also desires to share with readers the historical importance of Churchill since 1700, how global warming has changed the North over the last fifty years, and the importance of preserving wildlife and wild spaces.

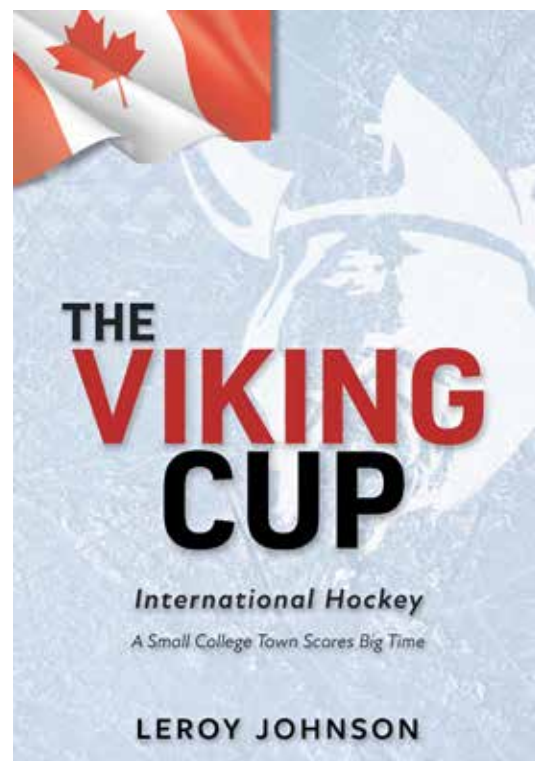
Having always been a reader of history and biographies, living in Churchill, and later the Yukon, gave John the opportunity to experience the presence and making of history. The manuscript was inspired by his experiences working as a teacher for thirty-one years in rural Manitoba and the Yukon, spending the last twenty-five teaching British History, Canadian History, American History, and the History of Western Civilization. John's hobbies are reading, writing, cooking, woodworking, travelling, and volunteering as a guide at the Royal Aviation Museum of Western Canada.

John lives in Winnipeg with his wife of over fifty years, Valerie, surrounded by their loving children, in-laws, grand-children, and grand-pets. ■

LEROY JOHNSON

## THE VIKING CUP

### International Hockey : A Small College Town Scores Big Time



HOW DOES A SMALL COLLEGE IN A RURAL ALBERTA CITY OF JUST OVER 12,000 people become host to the finest hockey players in the world? Now a part of the University of Alberta, Camrose Lutheran College was challenged to compete against larger city colleges. Through persistence in following a vision, the school and the community embraced the potential of the Viking Cup in 1980, opening their doors to the world of hockey through this unique international exchange program. Outside, the Cold War was raging but barriers seemed to melt as the love of hockey played on. By the time the Cup had its last hurrah in 2006, the NHL had drafted more than 400 players from its ranks.

*The Viking Cup, memoirs and stories of the program's founder, is a joyful account of an important chapter of Canada's hockey history.*

Scotty Bowman, NHL Hall of Fame, 9 time Stanley Cup Coach

*"I like to look at the footwork of the future of hockey. That is why I went to the Viking Cup and that is why I recommend this book."*

Dave Tippett, NHL Player and Coach

*"The atmosphere at the Viking Cup was incredible. As players we knew the full house of fans were enjoying it like we were. It made a big impression on me."*

Dominik Hasek, IIHF and NHL Hall of Fame

*"The Viking Cup was my first experience in North America ... it was gold for us. Young Czech hockey players all knew this Cup. It was always in the newspapers."*

Mike Babcock, NHL and Olympic Coach

*"I recommend this book as an important chapter in Canadian International hockey history. It was a huge deal for young men to experience this high calibre play."*

Mike Johnston, GM/Coach Portland Winterhawks & former NHL Coach

*"An amazing story of one mans vision to create a world class hockey tournament in small town Canada while at the same time softening political tension with communist countries. The mastermind relives it with the stories of many. Great read."*

Jim Matheson, Edmonton Journal Sports

*"LeRoy Johnson and his cohorts deserve a world of credit for turning a gem of an idea into a roaring, must-see, must-write-about success."*

Dr. Tim Parker, University of Alberta

LEROY JOHNSON WAS THE FOUNDER OF THE VIKING CUP EXCHANGE PROGRAM while he was the director of athletics and international relations at Camrose Lutheran College. He led the Viking Cup as coordinator for twenty years. LeRoy and his Viking Cup team of volunteers turned unconventional practices into the norm, and his dedication to education, sport and politics earned him a University of Alberta Alumni recognition award in 2009 and an induction into the Alberta Hockey Hall of Fame and the Alberta Colleges Athletic Conference Hall of Fame in 2014. Through the success of the Viking Cup and his college career, LeRoy set his sights on politics and went on to be a city councillor and for 11 years was the MLA for Wetaskiwin-Camrose constituency. LeRoy lives in Camrose and often reconnects with personalities involved in the Viking Cup.■

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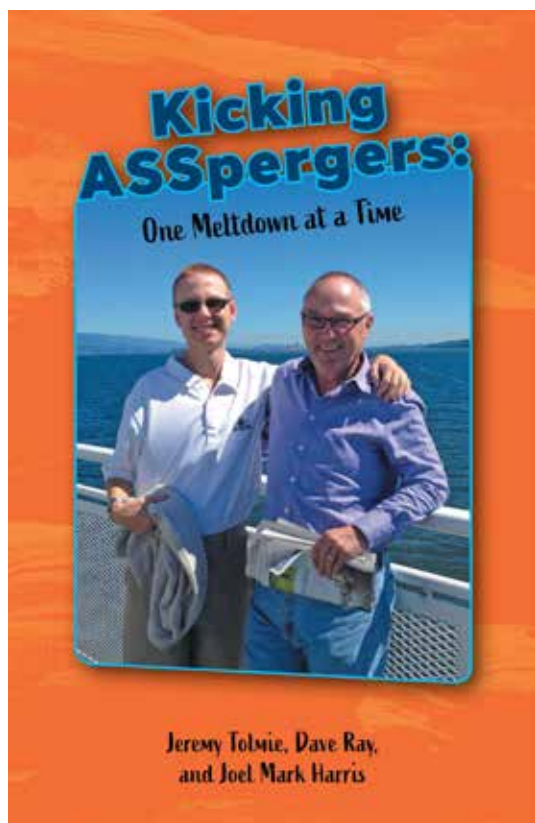
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## KICKING ASSPERGERS

### One Meltdown at a Time

JEREMY TOLMIE, DAVE RAY  
AND JOEL MARK HARRIS



#### BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS

144 pages, Black & White, 5.5 x 8.5

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"I WAS TIRED OF FEELING THIS WAY. I WAS TIRED OF EVERYTHING, AND I JUST WANTED it to end . . . What would happen if I lit the entire place on fire? What if I just stayed perfectly still and did nothing?"

*Kicking ASSpergers* is the triumphant memoir of one man's journey with autism and his quest for happiness and self empowerment despite the many challenges life throws at him. Detailing his struggles with acute anxiety, depression, OCD, psychosis, suicidal ideation, as well as social stigma and medical bias, Jeremy Tolmie moves through his childhood, from the moment he was adopted by loving parents, through brutal school years being bullied and teased, and into adulthood, where he attempts to hold down a job, attend college, and live semi independently. Over time, Jeremy starts to alienate the people in his life with his erratic and dangerous behaviour, and finds himself in and out of various living situations, including psych wards. When he meets Dave Ray, a home share provider, Jeremy starts to learn how to "trust the process" and how not to let autism rule his life.

Written with humour, honesty, and compassion, *Kicking ASSpergers* breaks down stigma and dismantles myths and assumptions about autism. This unique voice tells an inspirational story of friendship, trust, and perseverance in the face of adversity. ■

*"There were early signs of Tolmie's autism: he had difficulty adhering to structures in kindergarten, for example, suggesting that he was a bit different. He was not officially diagnosed until seventh grade, though, at a time when little was known about the disorder. In the years that followed, he moved in and out of the medical system and struggled to find stability in school and at work. Through a home-share opportunity, he began to experience some breakthroughs in handling his condition. With candid descriptions of Tolmie's emotions—he recalls feeling resentful when he was placed in a special education class, and lonely around other children--this is an intimate and compelling book that highlights the struggles of people with ASD. But it also includes evidence of joy: Tolmie remembers buying his parents dinner for the first time while he was living in the home-share arrangement; he is loving in describing time spent with his grandmother. Tolmie celebrates those who helped him, too, with special emphasis on his parents, who stood up for him to teachers and who helped him seek medical help. Thus, the book achieves a strong balance between its poignant scenes and its cheerful ones. Written with the earnest wish that all who struggle with ASD will find their own sources of hope, Kicking ASSpergers is an encouraging memoir by an autistic man who decided not to let the diagnosis control his life."*

– EDITH WAIRIMU  
Foreword Clarion Reviews

JEREMY TOLMIE HAS WRITTEN THREE PREVIOUS BOOKS—LIVING WITH ASPERGER'S Syndrome, Living with Autism Spectrum Disorder, and Living on the Autism Spectrum. His goal in sharing his story is to inspire hope in others with autism, and their families.

He lives in home share in Nanaimo, British Columbia.

Dave Ray passed away on July 9, 2021. He will be missed by all. He was 66 years old. ■

## THE DIVINITY THAT SHAPES OUR LIFE

### Epiphany on the Path of Karma

C. B. K. MENON

#### IN THE DIVINITY THAT SHAPES OUR LIFE: EPIPHANY ON THE PATH OF KARMA C.B.K.

Menon shares the story of his childhood poverty in South India in the 1940s and 50s, and his gradual emergence out of it, with dramatic academic success, a remarkable journey across Europe as a national student leader, and finally settling in Canada. With humour and poetic flair he skillfully conveys the stories and events of his life in India and Canada – from heart-rending to hilarious – all done in a compelling manner that takes the reader on a delightful journey through time and place. A rationalist at heart, he relates dispassionately experiences that border on the paranormal, including a roguish ghost, the mystery of a haunting, and uncanny predictions that materialized. And also, in spite of the struggle of being raised between two households separated by alcoholism and infidelity, he progressively becomes aware of the reality of providence guiding his life through unexpected success. And just when it seems he's finally on a pinnacle, a shocking experience brings him to a powerful epiphany that alters forever his understanding of karma, and takes him beyond binary notions of happiness and unhappiness. In an engaging and sparkling style, Menon tracks the thread of spirituality running through the tapestry of his life, culminating in a profound awareness of the seminal role played by the inner divinity in each individual's life. ■

[www.cbkmenon.com](http://www.cbkmenon.com)

*"One man describes an awakening to life's mystical forces in this debut spiritual nonfiction work.*

*Over the course of this work, Menon presents his life story with poetic and vivid imagery, as when he tells of how memories "rekindle and crystallize the past that lies nestled within the alcove of time." Along the way, he offers frequent references to English and Greek literature to illustrate his later revelations, which involve, among other things, his interpretation of the concept of karma, his interrogation of whether there is "a divinity that shapes our ends," and a "certitude that everything that happens in one's life has a good purpose."*

*Overall, it's a well-crafted and often convincing chronicle.*

*=A vividly written and often compelling philosophical remembrance."*

– Kirkus Reviews

C.B.K. MENON GREW UP IN TAMIL NADU, INDIA, AND MOVED TO CANADA AS A doctoral student in 1962. He was a dedicated high school English teacher and school administrator in various school boards across Canada. He is also the author of: *Living Happiness: Lighting the Path to Inner Harmony and Peace in Daily Living*, and *Eternally Yours: Love Poems from the Lunar Fringe*, a collection of his romantic poems.

Now retired, he resides in Peterborough, Ontario with his wife Uma. ■

## The Divinity That Shapes Our Life

Epiphany on the Path of Karma



C. B. K. Menon

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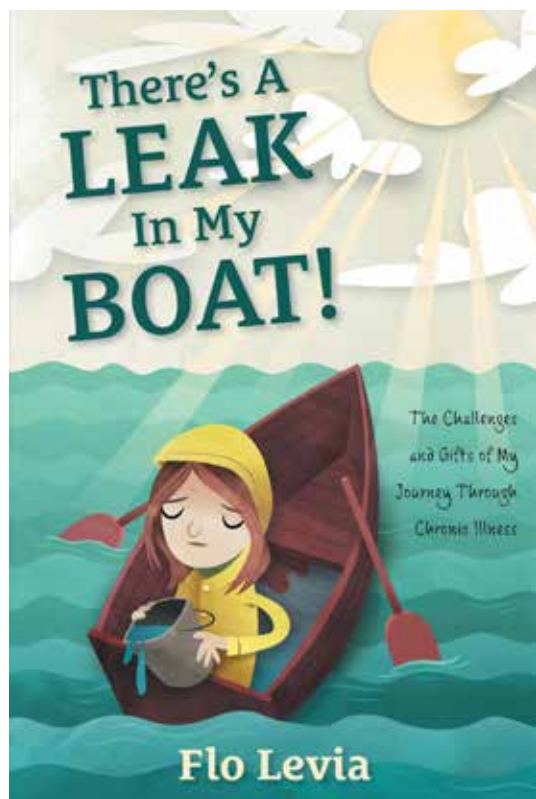
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## THERE'S A LEAK IN MY BOAT!

The Challenges and Gifts of  
My Journey Through Chronic Illness

FLO LEVIA



### BIOGRAPHY & AUTOBIOGRAPHY, MEDICAL

330 pages, Black & White, 6 x 9

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THERE'S A LEAK IN MY BOAT! IS A GRIPPING PERSONAL TALE ABOUT ALL THE THINGS that contributed to the author's chronic illnesses, shared in the hopes that they may resonate with others who are wrestling with similar challenges and staring down the same "why me"? questions.

Here is an intimate account of the many therapies and individuals whose gifts were helpful to her. Together, they guide readers to transform past hurts and traumas into rich compost that facilitates profound personal growth. This is a journey of many small steps, but it's a rewarding one, a journey of growth in love and compassion for ourselves and all the players in our lives. Along the way, we learn that we can surface from the depths of anxiety and depression to realize our nervous systems have been stuck in fight/flight/freeze for much of our lives, setting us up for a body full of inflammation and a head full of limiting beliefs.

It is a book of resources and inspiration, hope and empowerment, all of it offered by someone who's walked this stony path and learned the tools for navigating it. She hopes readers who want to understand themselves better will use *There's a Leak in My Boat!* to take (baby) steps toward a better quality of life. ■

[www.flolevia.com](http://www.flolevia.com)

*"Author Flo Levia has gifted us with a highly relatable book that skillfully interweaves her own multi-year healing journey through chronic health issues with nuggets of information about multiple alternative healing modalities she found along the path."*

—Nancy Forrester, Founder and Executive Director National EFT Training Institute Clinical Member Ontario Society of Psychotherapists (Retired) MBA, B.Ed., B.Sc., Accredited EFT Trainer of Trainers

*"The author's description of her journey towards healing and wholeness is engaging and an inspiration to anyone who may suffer from less-than-optimal health. Important concepts such as neuroplasticity and nervous system states are fully explored within the context of a variety of healing modalities the author explored to improve her quality of life. If anything, this book provides hope when nothing seems to be working and really brings home the message that perseverance and never giving up is key!"*

—Monique Verpoort, Author of "Is This All There Is?"

*"This book is the most hope-filled, well-written, transparent, accessible, and informative book I've read in many, many years! I often had to put it down (which was hard to do!) to allow processing time. I laughed; I cried; I cheered; I held my breath; I learned. I am inspired by the author's journey of perseverance and resilience. She never gave up on herself, and now she encourages the reader to do the same."*

—Linda Doran Viscardis, Independent Facilitator/Disability Consultant

AS A NATIONALLY AND INTERNATIONALLY CERTIFIED EFT (EMOTIONAL FREEDOM Techniques) practitioner and nationally certified Emotional Wellness coach, Levia's interests have always centred around how people can alleviate unnecessary suffering so they can lead full, interesting, enjoyable lives. Her career choices—nurse, lactation consultant, craniosacral (and other complementary therapies) practitioner—bear that out.

Levia lives in Peterborough, Ontario, Canada, with her husband. Her older son and his wife and daughter live in Hong Kong, and her youngest son lives with his wife in Adelaide, Australia. ■

## CHILDREN AND COMPLEX TRAUMA

### A Roadmap for Healing and Recovery

CHUCK GEDDES

IF YOU'RE A FOSTER OR ADOPTIVE PARENT, FAMILY CAREGIVER, SOCIAL WORKER, OR professional supporting children who have experienced trauma, you may have felt confused and overwhelmed at some point. It may seem like typical parenting and strategies just don't work.

Children from difficult life situations can experience bewildering emotional and behavioural challenges. Often current approaches to help these kids are fragmented and ineffective. However, when we understand how trauma can affect the developing brain and adopt strategies that are complex trauma focused, we can turn these kids' lives around.

*Children and Complex Trauma: A Roadmap for Healing and Recovery* presents simple, practical, and proven strategies – based around the Complex Care and Intervention Program. This approach, fine-tuned in well over 300 challenging cases, and supported by compelling outcome data, will help you answer questions like:

- Why does my child act like this?
- What do I need to understand about how these children's brains work?
- How can I help a child heal from past traumatic experiences?
- What proven strategies can help a child manage their big emotions?

There is a powerful message of hope in these pages and the case stories will forever transform how you understand and support children. It's also a roadmap for necessary changes in practices and policies across our systems so that we can help children heal from their pasts. ■

[www.drchuckgeddes.com](http://www.drchuckgeddes.com)

*"Chuck Geddes's psychologically astute book Children and Complex Trauma draws on brain science to suggest ways for adults to support children who are reckoning with their pasts.*

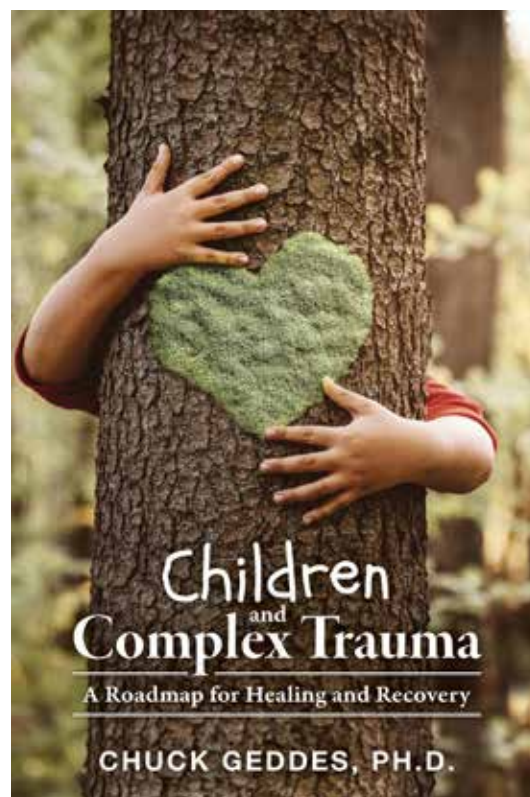
*Children who have experienced trauma, particularly those in foster care, face challenges to their brains' development. But these interruptions to their development can be addressed, using strategies that give their brains the opportunity to "re-wire and re-set." While most focused on the roles of parents and professionals who are positioned to help such children adapt, grow, and flourish, this work also issues a general call for trauma-informed, systemic changes to the foster care system.*

*Directed by overarching trust in neuroplasticity, or the brain's ability to change, this book makes complex psychological and neuroscientific concepts easy to understand. It uses case studies to bolster understanding, following as children recover from their traumas, and revealing the impact of its strategies upon their processes. And Geddes narrates how he learned these concepts himself (in the process, unlearning previous misunderstandings), imparting hope that others can do the same. "*

— Foreword Clarion Reviews

*This book is a fabulous resource for educators, caregivers/parents, professionals, etc. who want to expand their understanding of what complex trauma is in addition to how it impacts the body and brain. Dr. Geddes uses real life examples and his own experiences to help readers understand concepts in user friendly language. It gives great insight into important practices to support healing and growth. I would highly recommend this book to others!*

—Amazon Reviewer



#### PSYCHOLOGY, APPLIED PSYCHOLOGY

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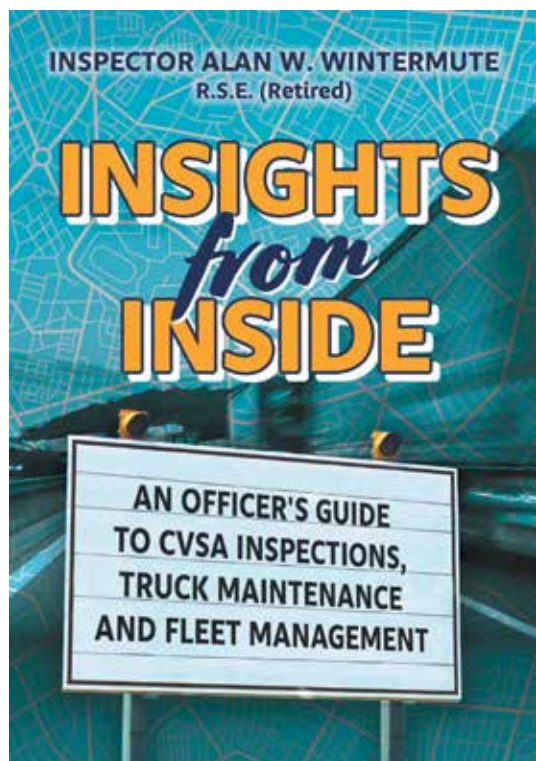
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CHUCK GEDDES, PH.D. IS A PSYCHOLOGIST WHO has worked in the fields of Child and Youth Mental Health and Child Welfare for the past twenty-five years. He has worked at various levels in these systems and in many locations around British Columbia, from big cities to small towns and First Nations reserves. This broad experience gives him a unique perspective on what is necessary to help kids heal and recover. Dr. Geddes lives with his wife, his adult son, and his parents in Chilliwack, British Columbia, surrounded by farmland and nestled among beautiful mountains and rivers. ■

## INSIGHTS FROM INSIDE

### An Officer's guide to CVSA Inspections, Truck Maintenance and Fleet Management

ALAN W. WINTERMUTE



#### TRANSPORTATION, AUTOMOTIVE, TRUCKS

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THE LAWS GOVERNING COMMERCIAL MOTOR VEHICLES ARE NOT EASY TO understand and it can take hours wading through them to find anything. Passing inspection requires a roadmap to which one must commit faithful execution over time. *Insights from Inside*, written courtesy of the experience of a transportation enforcement officer/CVSA inspector with a background as a licensed mechanic, provides that roadmap, along with tips and cost-saving suggestions for heavy truck drivers, owner/operators, and fleet managers. It also offers maintenance suggestions, insider insight, and strategies on how to pass CVSA Level 1 inspection during roadside stops with a commercial motor vehicle.

While the book's focus is Ontario laws, there's some policy standardization throughout North America and the same inspection procedure and training for enforcement officers tasked with inspecting commercial motor vehicles, trailers, and buses reigns continent-wide—so its data points are wide ranging. Armed with this book, drivers and fleet operators can know what to expect no matter in what jurisdiction an inspection is performed. ■

[www.alanwwintermute.ca](http://www.alanwwintermute.ca)

*"Insights From Inside, is an excellent book, and a must read for professionals operating within the transportation industry. A highlight of the entire book is (Retired) Inspector Wintermute's ability to communicate not only what's required in regulation, but he shares his insights that clearly communicate opportunities you can better implement and navigate through the requirements."*

Joshua Hannaberry, *Truck Focus Newsletter* / Podcast

*"I was 27 years in the truck and now I'm in the office a lot of what I do is common sense, but your book has already come in handy it's a great read thanks for writing it."*

Chris Carrier, Truck Driver Canada Cartage

*"Sending drivers on their way with resources they need to succeed, Insights from Inside can serve as either an industry primer or a helpful reference for experienced truckers. It covers the inspections, maintenance, and requirements that are relevant to day-to-day operators in the trucking industry."*

Foreword Clarion Reviews 4/5 stars

INSPECTOR ALAN WINTERMUTE EARNED HIS LICENSE AS A MOTOR VEHICLE MECHANIC AFTER HAVING COMPLETED AN APPRENTICESHIP IN Ontario. The license was later divided into a few designations as the trade became more complex and servicing motor vehicles increasingly required specialized training and experience. Inspector Wintermute was grandfathered into two of those categories: truck/coach technician and automotive service technician. In Ontario, as in other provinces, an interprovincial seal—now called the Red Seal Endorsement, or RSE, as per a recent College of Trades adjustment—is awarded to the candidate for licensing in a trade if they reach a specified mark on their qualification examination. Alan Wintermute was awarded this seal on his certificate of qualification—significant because it extends its recognition across all the provinces of Canada—immediately following the completion of his apprenticeship.

Ian Wintermute has long been fascinated with both the way laws are written and the atmosphere of a courtroom. He practised as a paralegal in Toronto for about sixteen years, and earned a fellowship certificate in the law of evidence from the Institute of Law Clerks of Ontario. Seeking a steady income, benefits, and a pension during a time of economic downturn, he sought an appointment as a transportation enforcement officer and was given a berth with Ontario's elite enforcement agency, one of six licensed motor vehicle mechanics hired to this role (at its peak, the Ontario transportation enforcement agency had about 365 officers, thirty-five of whom were licensed motor vehicle mechanics). He held it from April 2003 until his retirement in October of 2020.

During his tenure in enforcement, Inspector Wintermute worked as a patrol officer in Toronto and at truck inspection stations on Highways 401, 400, and the Queen Elizabeth Way, in Ontario. He also taught new recruits at basic training for eleven years.

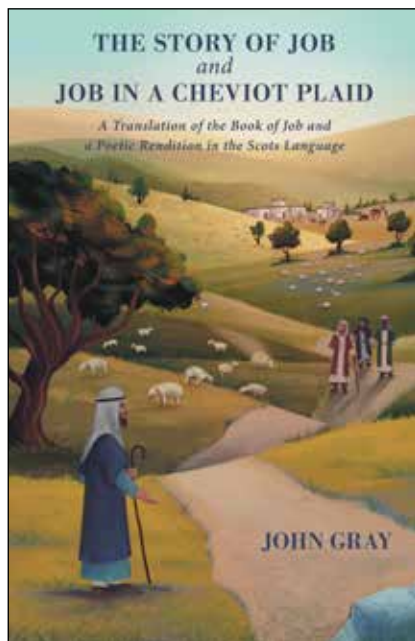
## THE STORY OF JOB AND JOB IN A CHEVIOT PLAID

A Translation of the Book of Job  
and a Poetic Rendition in the  
Scots Language

JOHN GRAY

RELIGION, BIBLICAL  
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138 Pages  
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THE BOOK IS IN TWO PARTS. THE FIRST PART, THE STORY OF JOB, IS a translation and arrangement of the *Book of Job* extracted from the academic commentary on the Book previously published by Professor Gray. The second part, *Job in a Cheviot Plaid*, is a poem by him in the Scots language that paraphrases the story of Job in a Scottish setting. The two parts were arranged for publication together in this book by Professor Gray's son, Ian Gray.

The story of Job is an ancient narrative poem from the Old Testament that deals with questions such as human suffering, faith and the sovereignty of God.

Job is a prosperous God-fearing man whose faith is tested through various sufferings. He questions why he is being made to suffer. His three friends ("comforters") try in vain to provide an answer to the question. In the end, Job appeals directly to God, who provides the answer, which Job humbly accepts and is restored to his former prosperity. ■

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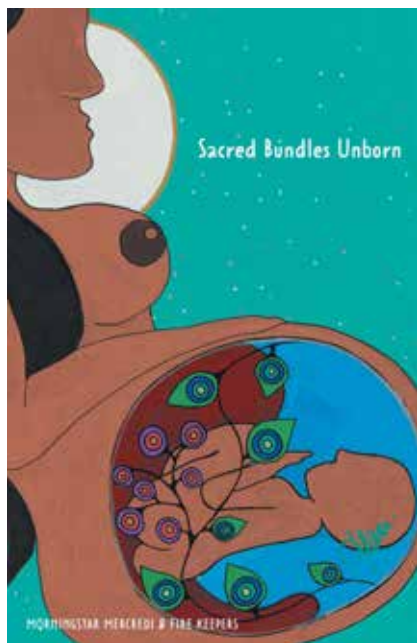
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Each piece takes a unique approach to the many overlapping aspects informing this issue from the individual writer's perspective, yet there is a thread of synergy between each piece. All are written in an accessible way as each author has eloquently and effectively spoken to the "unspoken" with integrity and grace, granting the reader as much ease as any human being can conceive in order to process this form of inhumane torture. All submissions are in the first person, whether a poem or narrative prose, in lay (non-academic) terms.

"The goal of our collective, first and foremost, is the documentation of this ongoing genocide, from our perspective, in order to bring to the forefront of readers' consciousness this archaic and barbaric atrocity that continues and is not "criminalized" in Canada." – Morningstar Mercredi ■

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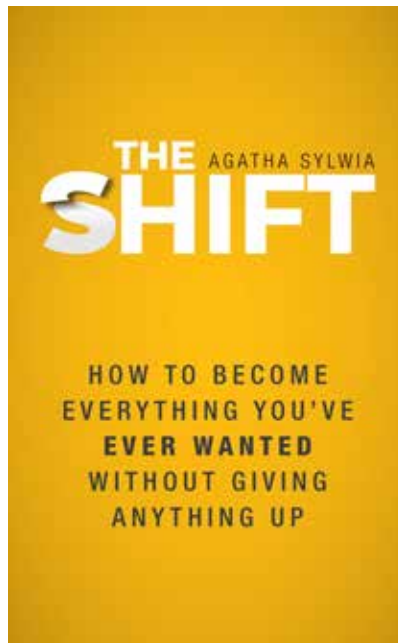
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AGATHA SYLWIA



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**WE ALL WANT TO BE BETTER, SMARTER, THINNER, HEALTHIER,** richer, but most of us have no idea how to do it. We want a magic pill, a one-time treatment, a single-purchase service to help us achieve our dream selves. So, we purchase an exercise system, we go all-out on a crash diet, or we cut up our credit cards and create a detailed budget to control our spending. We may experience success for a time through these methods, but eventually, we return to the old behaviour, often worse than before. Repeating this cycle can be discouraging, making you feel hopeless, a failure. If this sounds like you, perhaps you're finally ready for *The Shift*.

Agatha Sylwia's personal story of intense struggle, loss, and self-discovery has led her to identify a key element that must be present to realize any dream, achieve any goal, or develop any new habit. Her passion for learning and her motivation for finding solutions has led to a simple system that can create incredible results by tapping into how your brain responds to the hormones released by certain actions. Utilizing your own body's chemistry and having it work for you rather than against you through simple, specific actions, you can reach your ultimate potential and feel empowered with each step—and *The Shift* can show you how. ■

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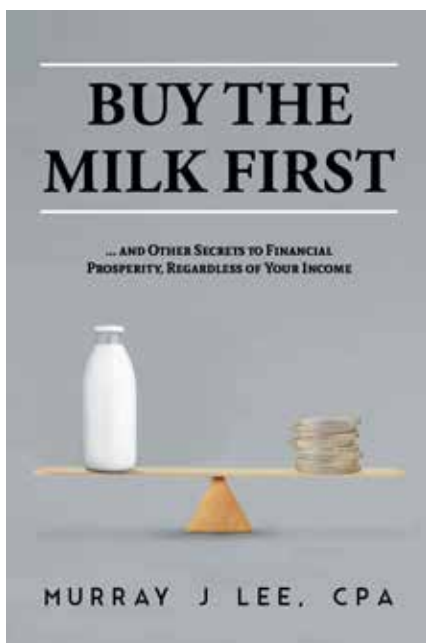
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## BUY THE MILK FIRST ... and Other Secrets to Financial Prosperity, Regardless of Your Income

MURRAY J LEE

BUSINESS & ECONOMICS,  
PERSONAL FINANCE,  
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Are you experiencing financial hardship, stressed about money, feeling out of control or simply desire to improve your financial situation? This book is for you. *Buy The Milk First* is filled with financial wisdom and secrets that will help you secure financial prosperity, regardless of your income.

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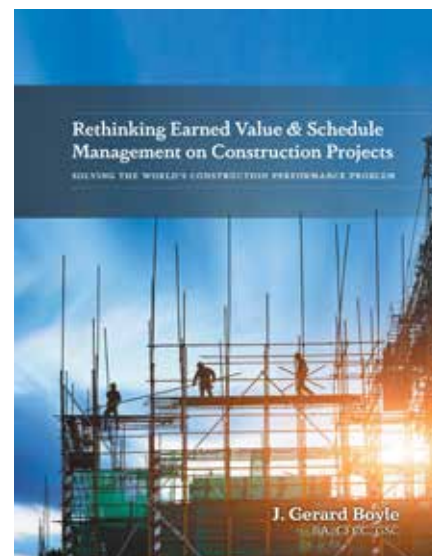
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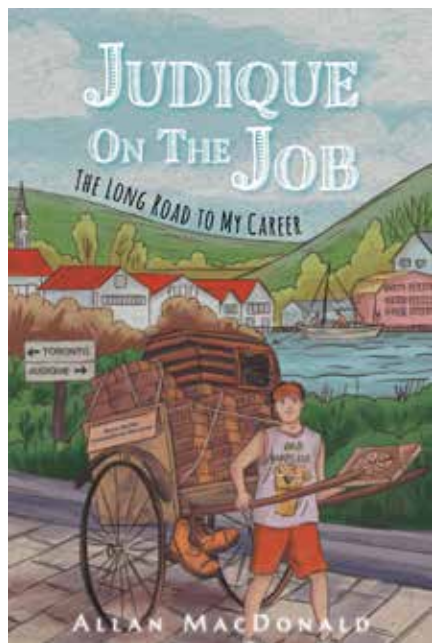
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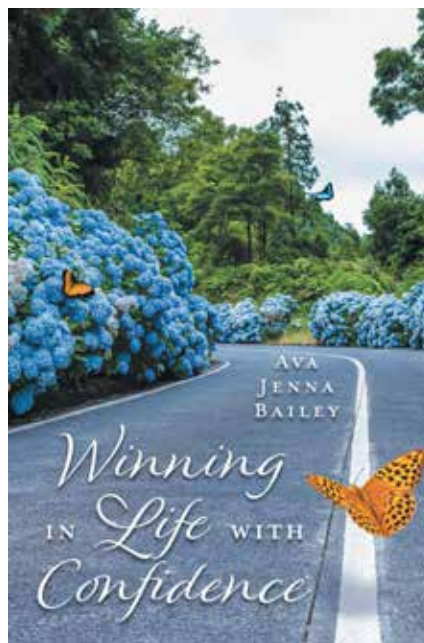
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At the age of five my father spoke about Canada and I've dreamt about it ever since. At age thirteen, I heard the name Bailey and desired it; sixteen years later I prayed for my husband on Sunday and met him on Monday, with the name Bailey. The day my grandmother went to heaven her spirit came to inform me, that she is alive and I believe for that life too, as described it has to be God. ■

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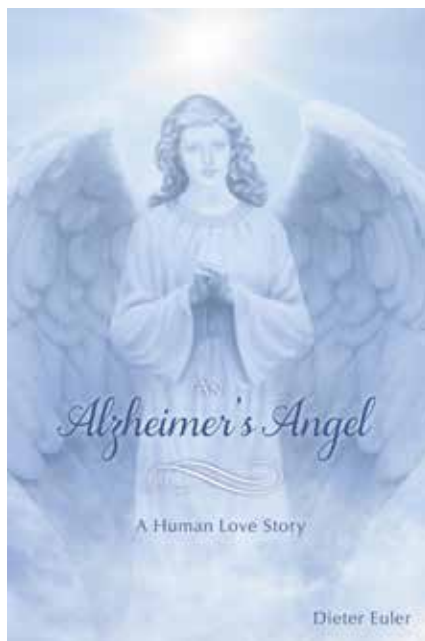
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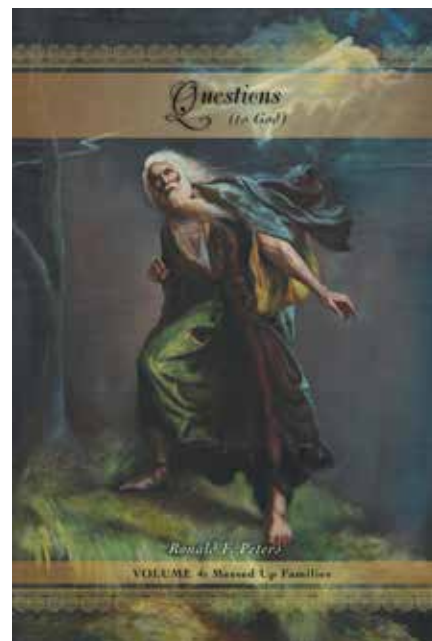
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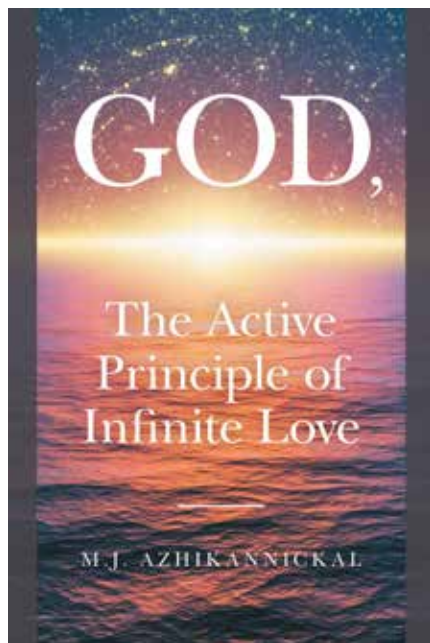
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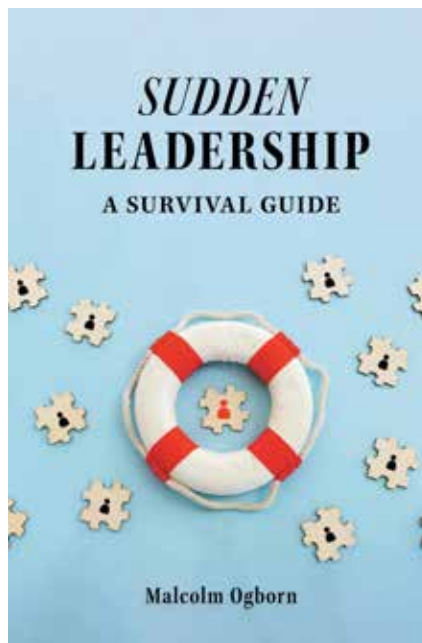
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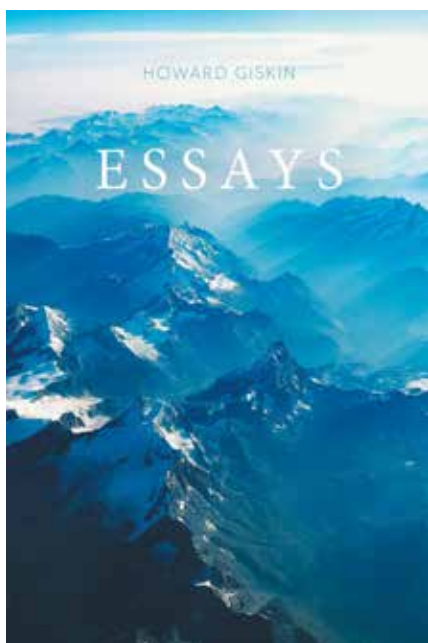
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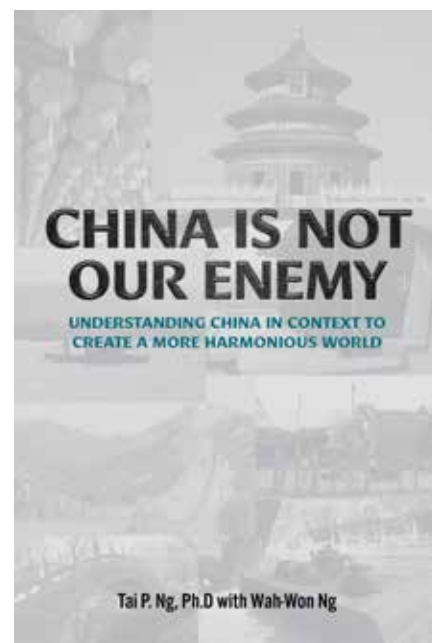
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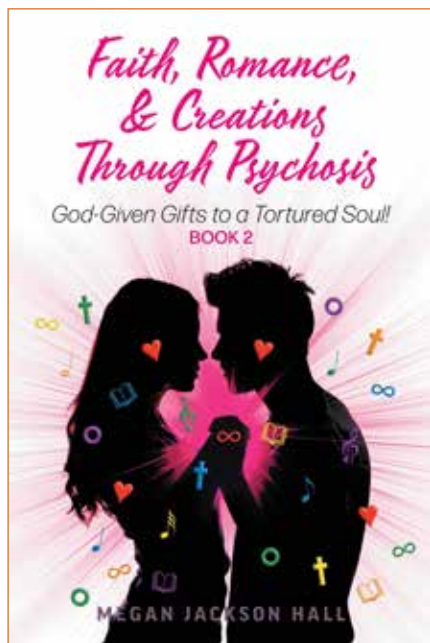
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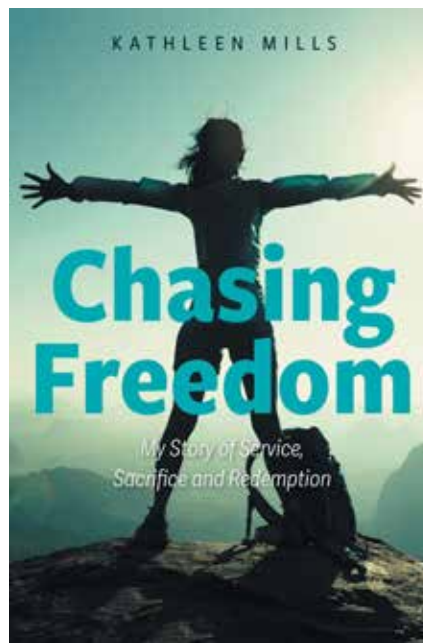
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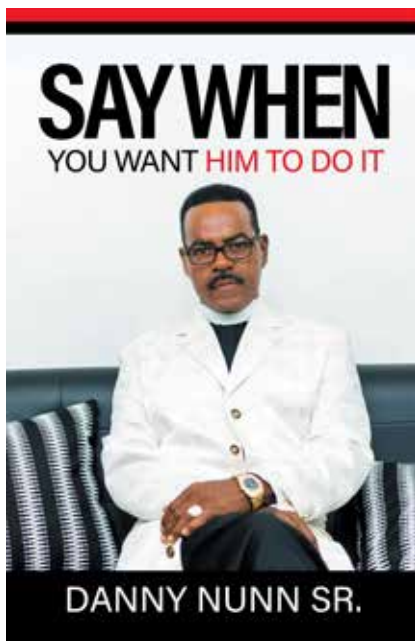
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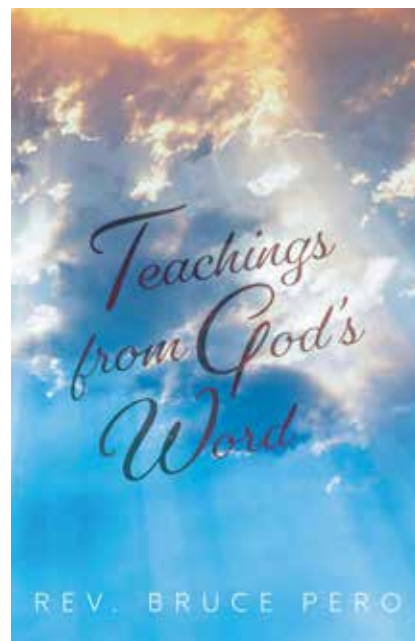
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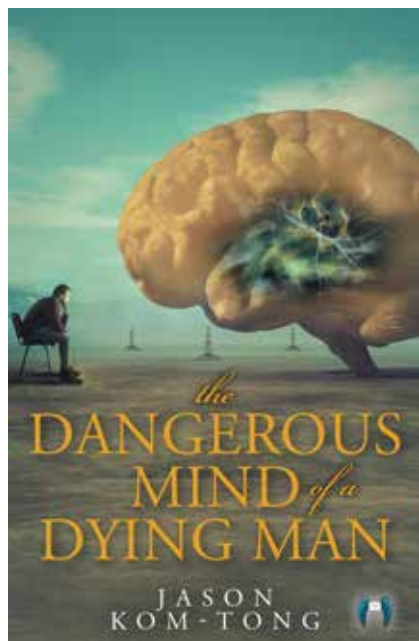
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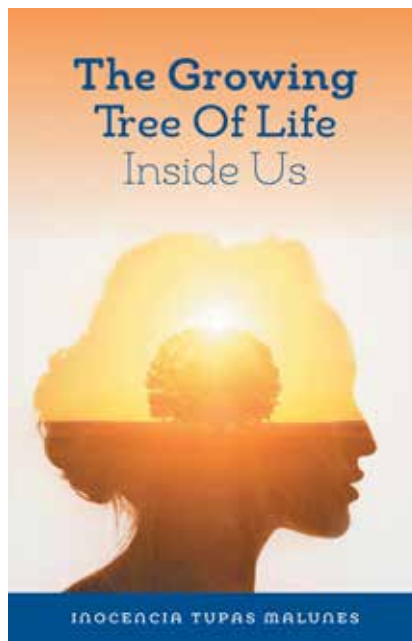
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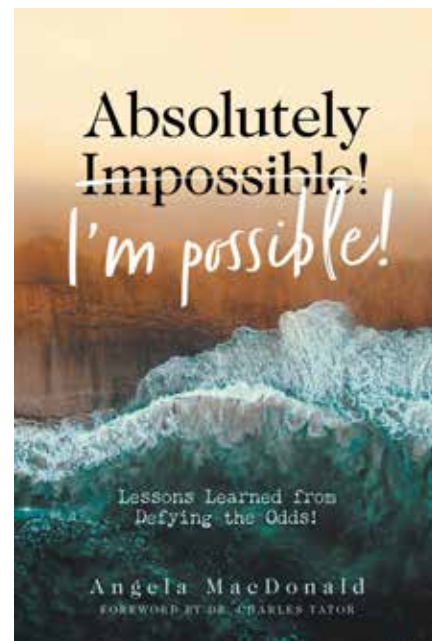
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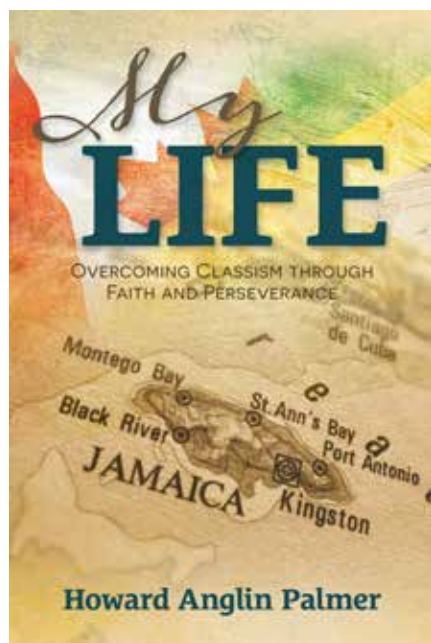
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FOR A BOY GROWING UP IN JAMAICA IN THE 1940S, GOING TO school was not a given. Colonialism, colourism, and classism created educational barriers for anyone who wasn't rich or white. But from these early struggles, Howard Palmer devoted his career to education, even earning a PhD.

This memoir covers the challenges and joys of Dr. Palmer's life, from his family and Jamaican upbringing, his immigration to Canada in the 1960s, his lifelong educational pursuits and raising his daughters after the tragic death of his wife. He also shares his insightful research into how Ontario's educational system was failing Black boys—findings that are sadly still relevant today.

By sharing his story, Dr. Palmer hopes to encourage readers to examine their own personal journeys and gain a deeper understanding of persisting against the odds. *My Life* is a thorough, honest, and inspirational story of a Jamaican Canadian man overcoming obstacles through faith and determination. ■

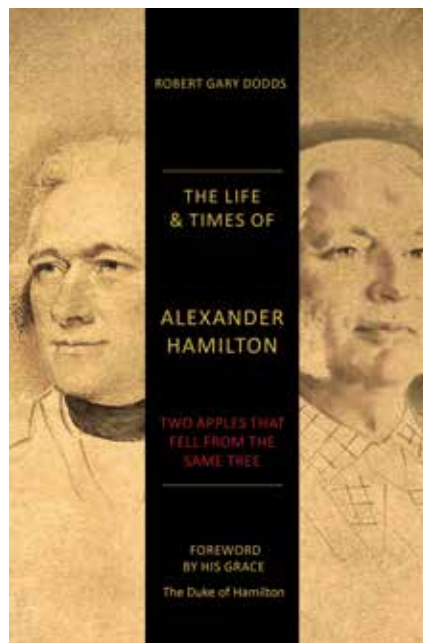
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The book's foreword is written by His Grace, the Duke of Hamilton. ■

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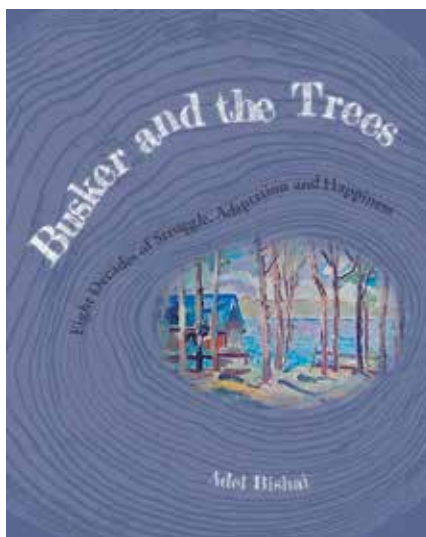
## BUSKER AND THE TREES

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ADEL BISHAI

ART, INDIVIDUAL  
ARTISTS, ARTISTS'  
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LIKE A BUSKER JUGGLING, WE GO THROUGH LIFE BALANCING values as balls in the air...If one falls, the good busker picks it quickly up, resumes the performance and the audience applauds the skill in maintaining balance and harmony. *Busker and the Trees* is affirmation and encouragement for those on a path seeking true wellness in life.

Adel Bishai's story begins in middle-class Egypt steeped in cosmopolitan culture and ancient history then tracks the author on a journey spanning eight decades, to nearly fifty countries and five continents, through heated politics and fascinating occupational opportunities, to love and family and the success of being happy and a millionaire to boot.

Knowledge and understanding are achieved through learning, observation, experience, reasoning, and demonstration. The author offers his understanding and perception through the life and worldview of an immigrant, providing an interesting and insightful perspective. Readers will be informed and entertained on topics of history, diverse cultures, anecdotes and works of fine art.

Adel's story is a case study in the boundless maze of wellbeing following a model of values-based wellness thus considering and explaining his motivations. Adel is one immigrant to Canada who made good through embracing the values that contribute to happiness and provide a prototype of an immigrant from the Middle East to North America. ■

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It is a book of stories, conversations, and interviews, about finding ways to serve Life, to serve humanity, to serve the Whole, through a process which has been emerging through the author—Constellating for the Collective—a process that itself has emerged from Systemic Constellation Work and the Knowing Field.

*Whole Systems Design* opens with the author's journey, letting readers behind the curtain of facilitation. She describes the pragmatic steps and tools she has developed with deep dedication over many years. She includes a succinct description of the impact of this work on participants and for the Collective. Lively conversations with colleagues trace the collaboration and co-creation vital in this evolving field. Nine interviews with long-time facilitators and trainers of Constellation Work—who share their insights about Collective Constellation Work—provide a rich resource. ■

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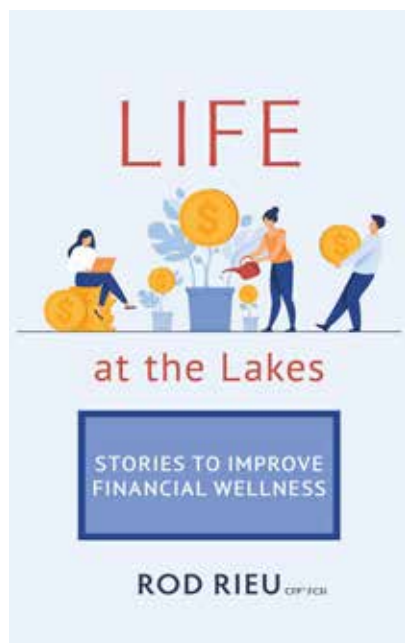
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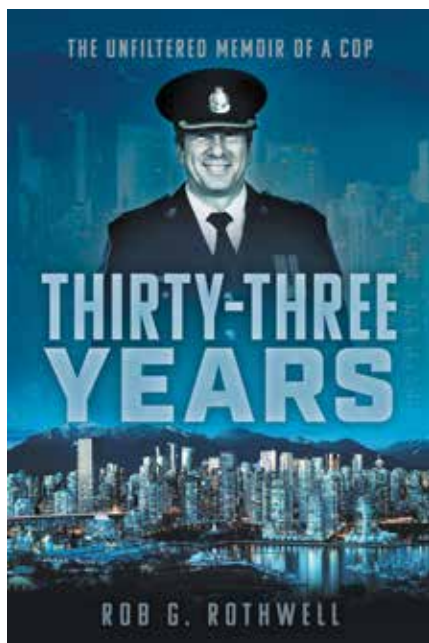
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ROTHWELL

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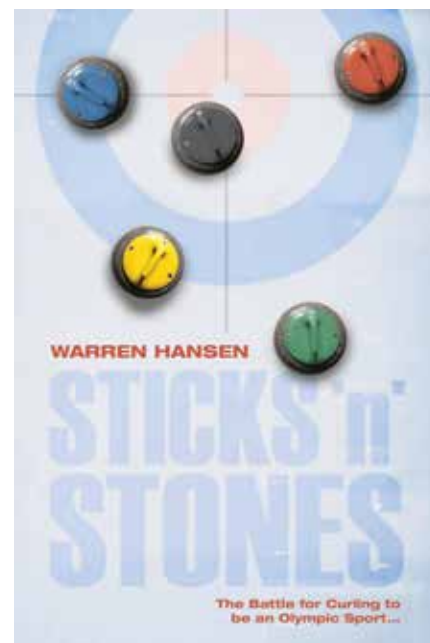
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IN THE 1970S, WHEN MOST PEOPLE THOUGHT ABOUT CURLING they thought it was just a game, something that could never be a real sport. Warren Hansen, a top curler in the seventies, felt curling wasn't viewed fairly by the sports world. That needed to change.

Hansen joined forces with Ray Kingsmith in the late 1970s to change this, setting out to get curling into the 1988 Winter Olympics in Calgary as a demonstration sport. They succeeded, but then it seemed like curling would never go beyond that demonstration.

Three times curling applied to the International Olympic Committee (IOC) for Olympic medal status. And three times, the IOC turned them down. Finally in June of 1992, at the IOC General Assembly in Barcelona, Spain, curling received the blessing of the executive committee as a full medal sport.

*Sticks 'n' Stones* reveals what it took for curling to gain full medal sport status, from sheer determination to navigating the murky waters of politics of amateur, international and Olympic sport. ■

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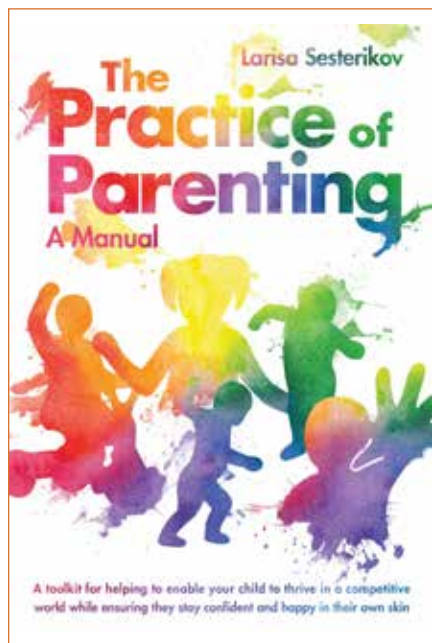
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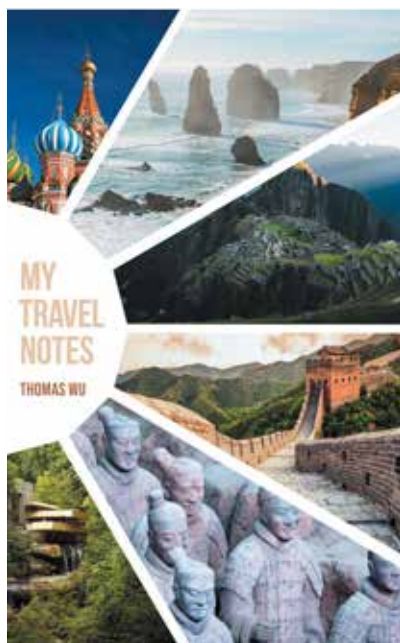
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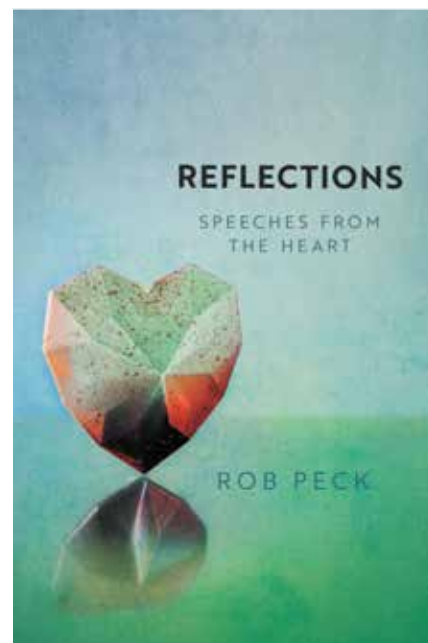
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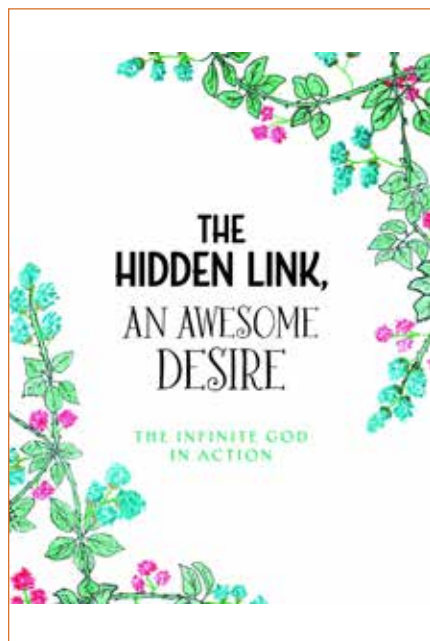
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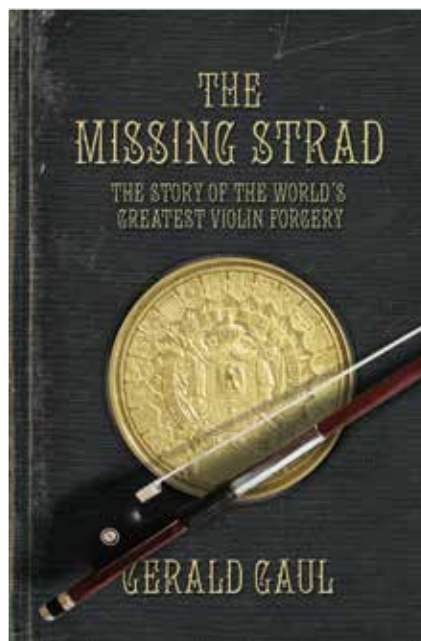
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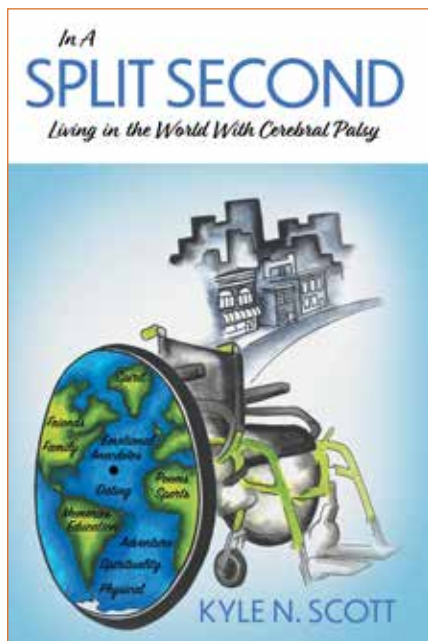
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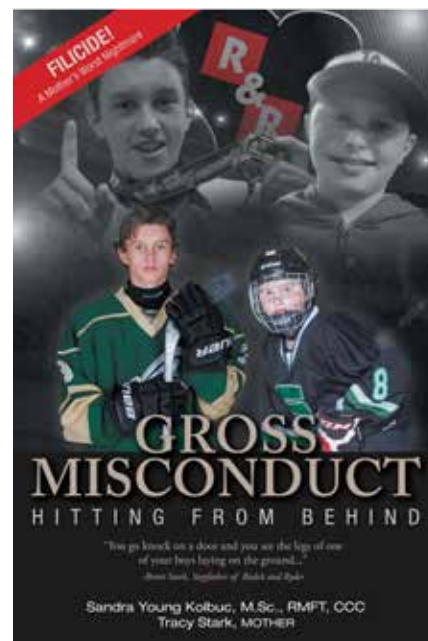
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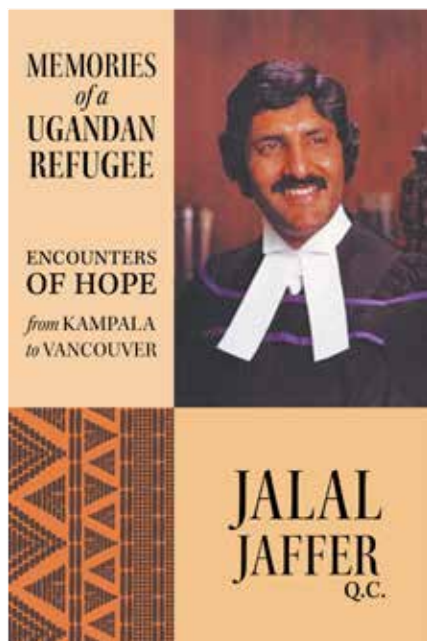
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After completing a law degree and being called to the Bar in British Columbia in 1978, Jalal balances his work and family life with service to the Canadian Ismaili Muslim community. Taking on increasing senior leadership roles in the community, Jalal serves two terms as Chairman of the Ismaili Tariqah & Religious Education Board for Canada (ITREB) and is named the Mukhi of Darkhana of Canada in 2002. As he documents the blessings he receives through service, he also captures important history of the growth of Ismaili Muslim institutions both in Canada and internationally. ■

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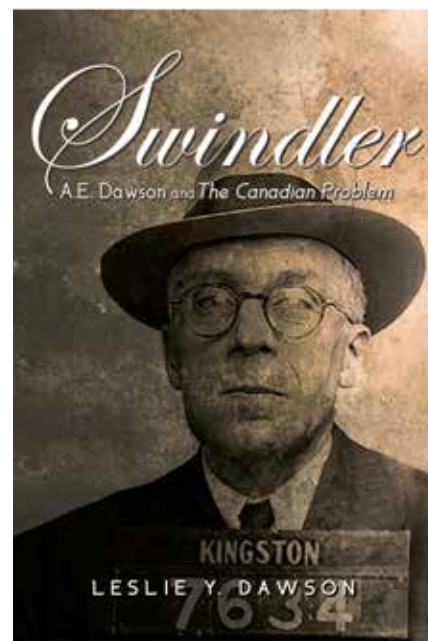
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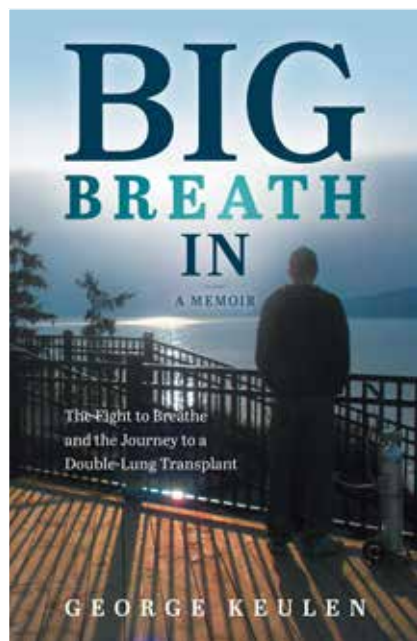
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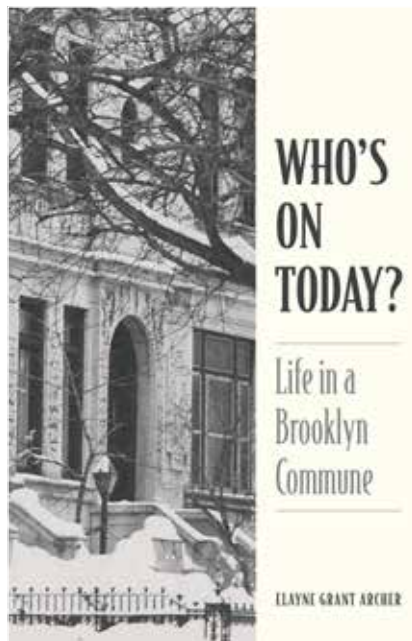
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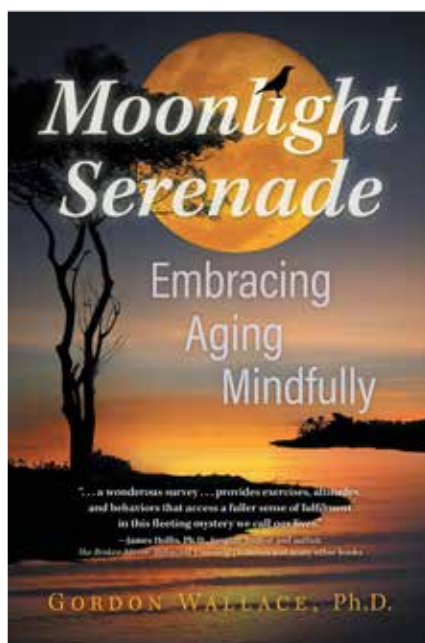
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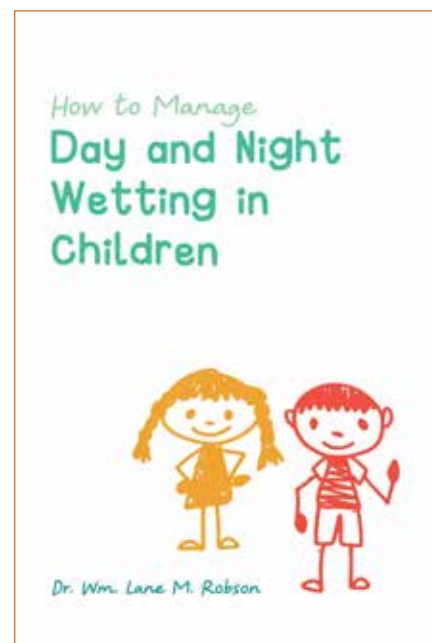
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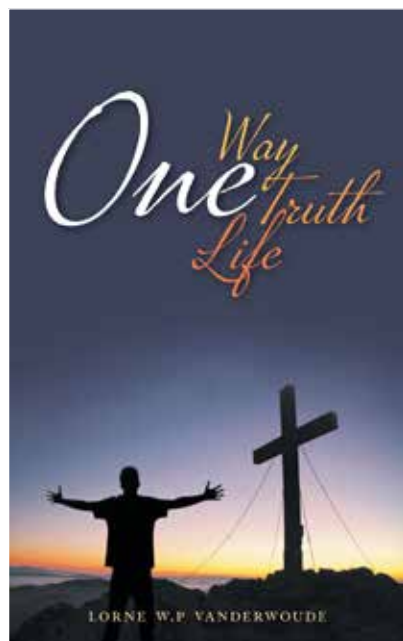
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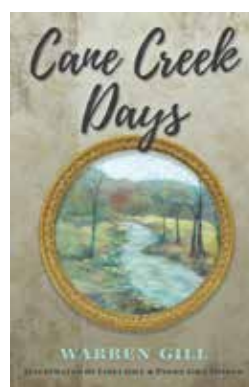
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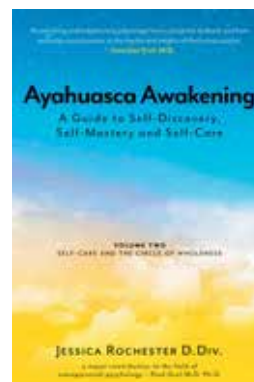
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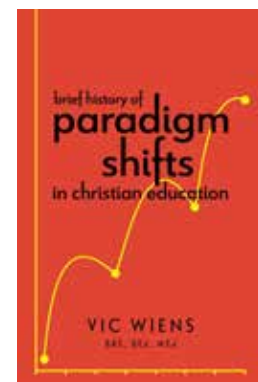
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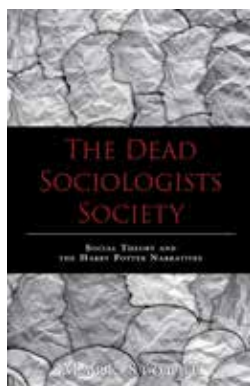
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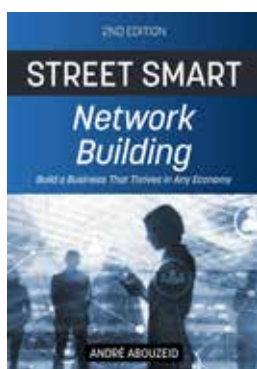
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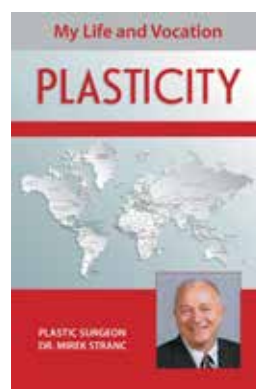
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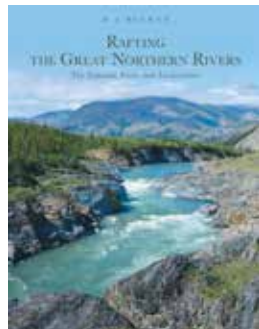
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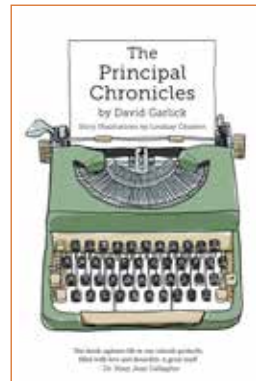
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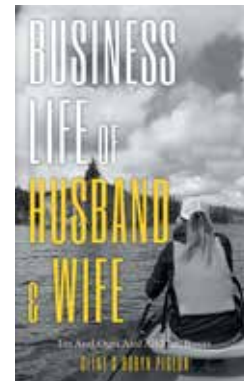
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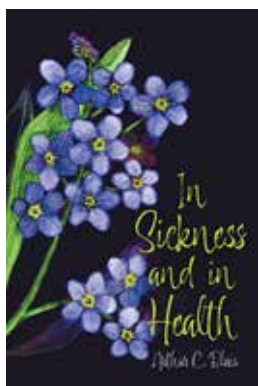
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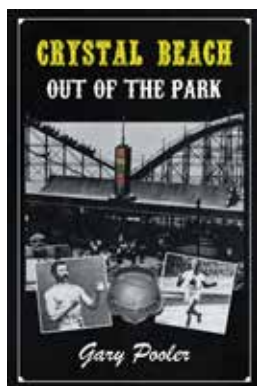
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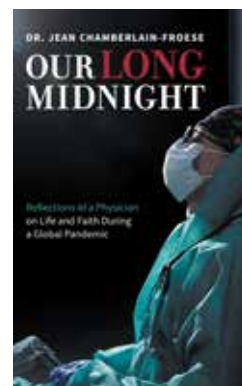
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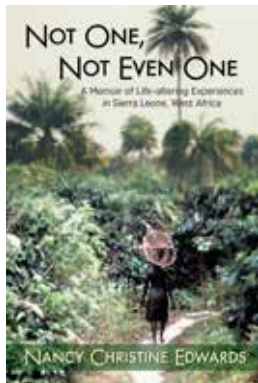
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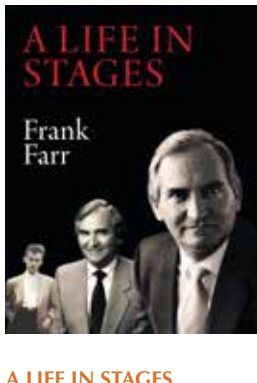
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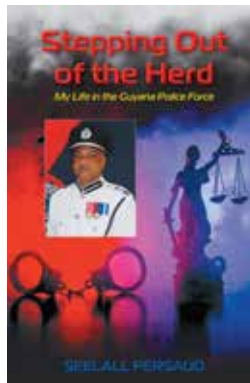
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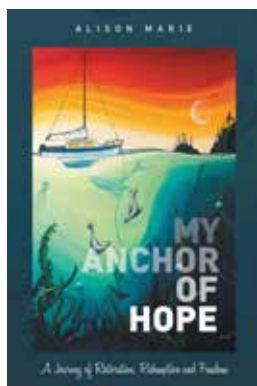
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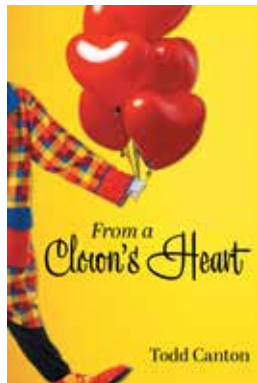


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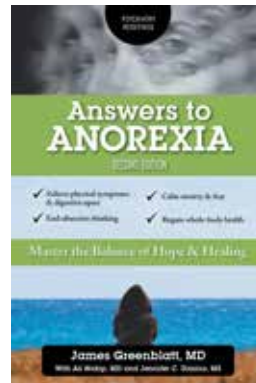


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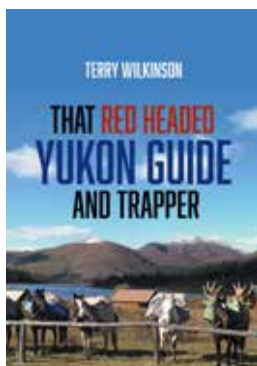


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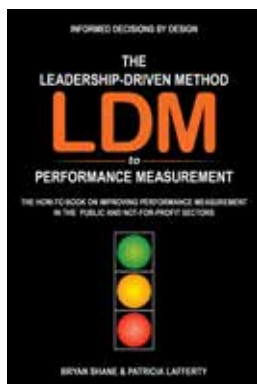
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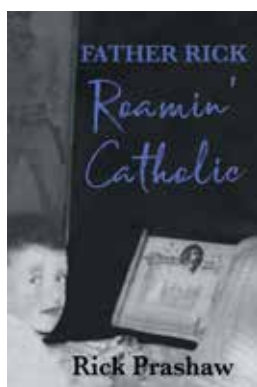
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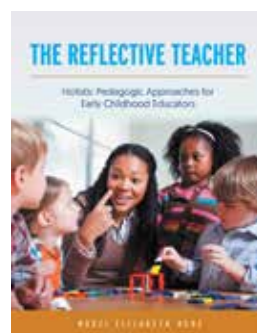
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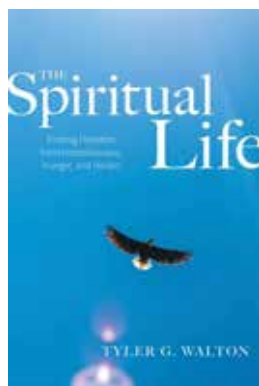
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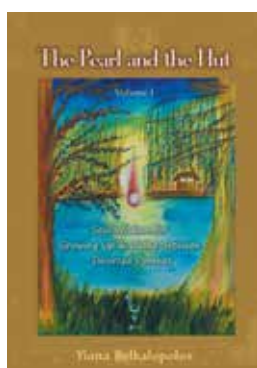
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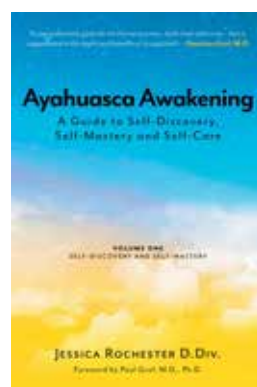
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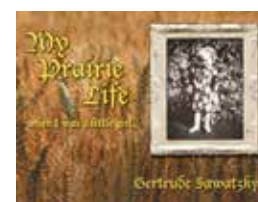
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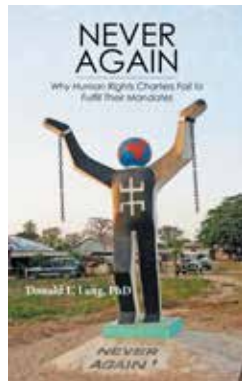
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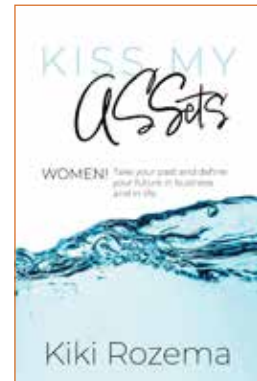
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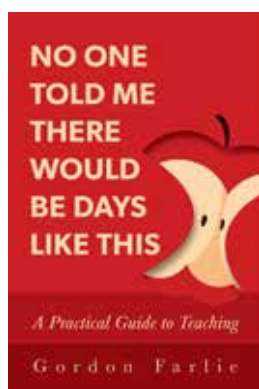
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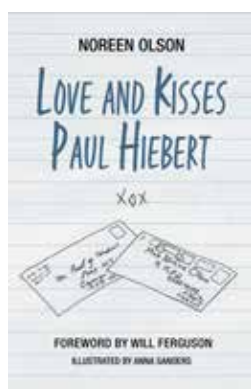
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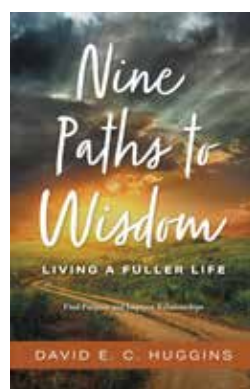
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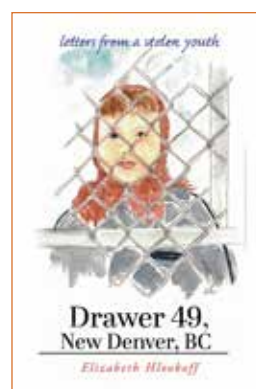
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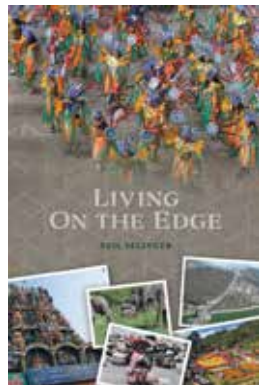
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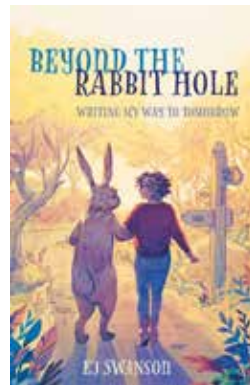
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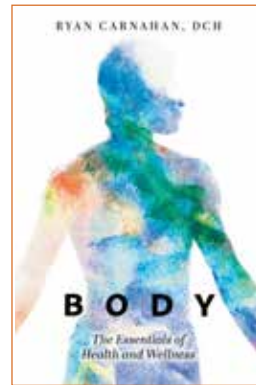
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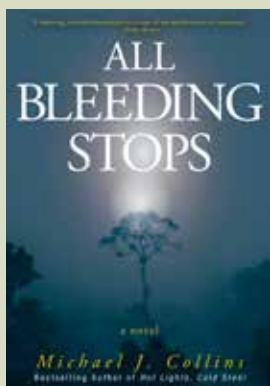
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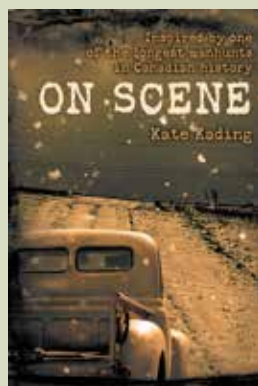
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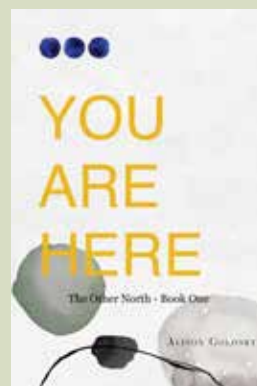
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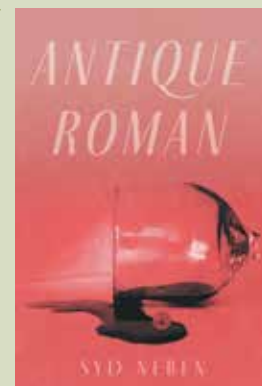
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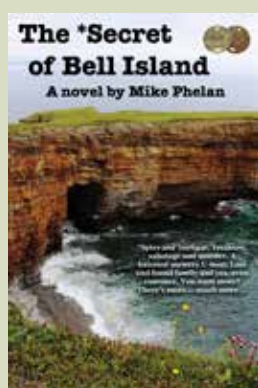
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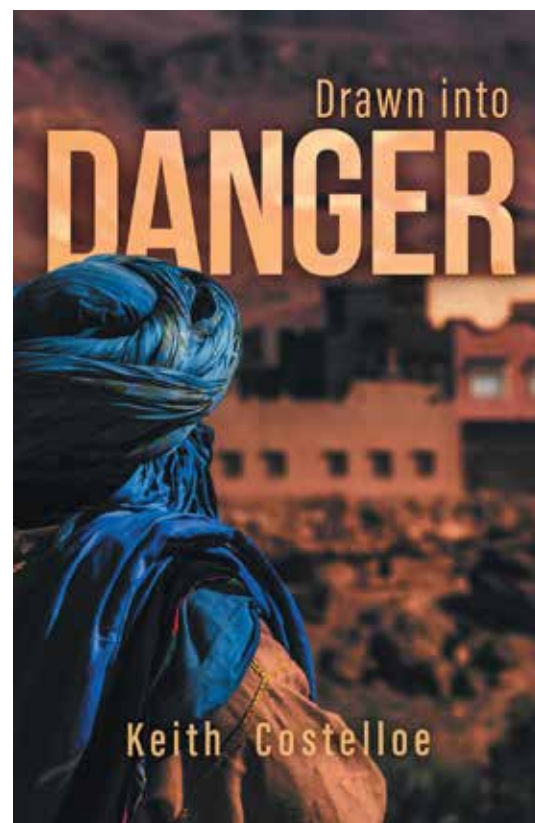
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A voracious reader, he has always wanted to write, but until now has never allowed himself the time or energy to do so. The COVID-19 lockdown gave him time to pursue writing. Keith has participated in several creative writing courses at Future Learn and Vancouver Community College in poetry, prose, film script, and memoir writing. He is an active member of a Vancouver Writing Group, which has inspired him to continue writing.

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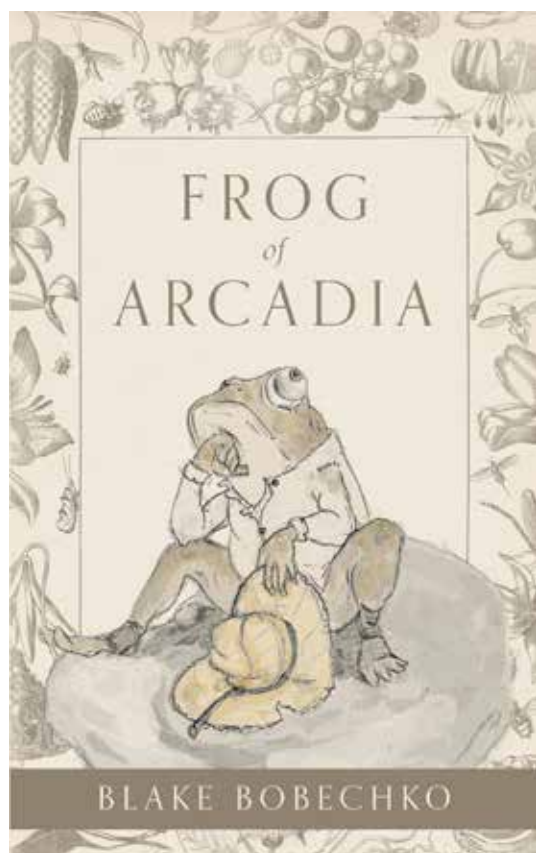
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*Frog of Arcadia* is an enchanting moral epic filled with cowardice and chivalry, pride and majesty, boorishness and heroism. But a divine order holds it all together and, at last, we all reap what we sow.■

[www.frogofarcadia.com](http://www.frogofarcadia.com)

*"In his fanciful novella, Frog of Arcadia, Blake Bobechko brings new life to the proverb "you reap what you sow" in a manner that will resonate with readers both young and old.*

*Replete with charming illustrations, delightful song lyrics and numerous echoes of Renaissance mythology, Bobechko's Frog of Arcadia is certainly an engaging reading experience. However, it is his inventive and humorous narrative voice that impresses most as we follow the heroic journey of a well-read Frog who embarks on a transformative adventure.*

*Additionally, it is difficult to think of a more whimsical, accessible tale that may inspire readers to further pilgrimages into what Canadian literary critic, Northrop Frye, might identify as the archetypes - rooted in the imagination itself - of Western art and literature.*

*Timeless and timely, Frog of Arcadia is an enchanting and epic parable that will give readers both young and old pause to appreciate the things in life that truly matter most."*

Endorsed by John MacDonald

Retired Head of the English Department at Brebeuf College  
Toronto Catholic District School Board

BLAKE BOBECHKO LIVES IN ORANGEVILLE, ONTARIO, WITH HIS WIFE AND THEIR TWO children. He enjoys camping and fishing and is actively involved in children's ministry at his local church.■

## CHARLES THOMAS FARAH'S PILOT

A HARROWING LOVE STORY, FARAH'S PILOT FOLLOWS THE LIVES OF FARAH HASSAN and Xavier Sutton. Farah is the beautiful daughter of one of Malaysia's prominent, but corrupt businessmen and his wife Raja Soraya, who heralds from one of Malaysia's Royal families; Xavier is a handsome pilot and son of a successful business family from Canada. The story follows their courtship and eventual marriage, tracing a bright path through Malaysian culture and winding its way through the tangled forest of familial obligation, racial overtones, and religious and cultural expectation. Their love story is further complicated when Xavier is wrongfully accused and convicted of a crime related to his work as a pilot in the Royal Malaysian Air Force. Government corruption and ruthless middlemen are both the architects of the crime and the primary obstacles to proving Xavier's innocence.

Told with honesty and heart, this novel is a spirited exploration of morality, and a celebration of the ties that bind—family, love, devotion, trust, commitment—in the face of the insidious forces that threaten destruction.■

[www.ctnovels.com](http://www.ctnovels.com)

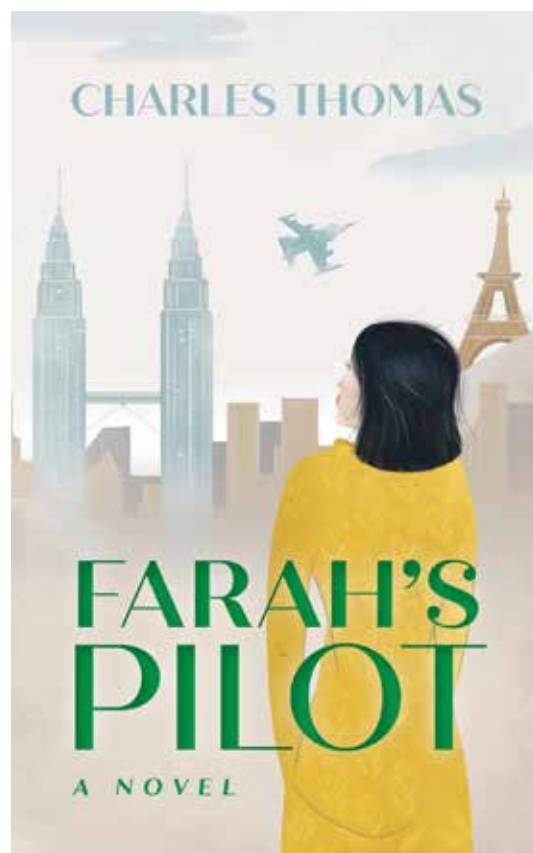
*"When reading this novel you escape into a world unknown to most of us.*

*The Eastern culture of religious and family obligations exist along with wealth, privilege and power. The characters are well described and some open our eyes to differences that exist between the Western and Eastern cultures and societal norms. Quite an interesting read!"*

– Kim H

CHARLES THOMAS IS A CANADIAN AUTHOR WHO PRESENTS FARAH'S PILOT AS HIS entry into the world of fiction novels. The intention of his writing is to not only entertain, but also to bring an awareness to some of the many injustices and inequities that are all too prevalent in today's world. Having worked and lived in various countries throughout his storied business career, Charles brings a wealth of both knowledge and experience to his stories.

He is a graduate of Western University in London, Ontario, where he majored in English literature.■



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DAUGHTER OF A WEALTHY INVESTMENT BANKER AND GROWING UP ON A LAVISH ranch in Texas, Ashley Williams has everything going for her. She's beautiful, she's a talented dancer headed for Julliard, she's an academic achiever, she's got loads of friends, and her family is warm and loving. But when Ashley is sixteen, her world comes crashing down with her beloved mother's cancer diagnosis. And though her father and brother love her mother deeply, they check out emotionally, leaving only Ashley with the strength to tend to her mother's needs.

Six years later, estranged from her surviving family, Ashley has fled Texas for New York City, where she tells no one about her shattered heart and focuses on earning a business degree. After graduation, she enters the working world as personal assistant for a difficult, demanding insurance company CEO, Marcus Jackson. But despite his tough and off-putting façade, Marcus is nursing an emotional devastation of his own, and though he and Ashley are strictly professional with each other, neither can tamp down a steadily mounting attraction.

So when there's a crisis at work and Marcus and Ashley have to take an unexpected business trip to Germany together, the attraction flares up to a white-hot heat. A sizzling, erotic romance, *Secrets Revealed* features compelling characters whose growing passion restores parts of themselves they thought forever lost. ■

[www.francisdane.ca](http://www.francisdane.ca)

*Secrets Revealed is a steamy romance novel in which two people fall in love despite their brokenness.*

*Francis Dane's erotic romance novel Secrets Revealed is about the tormented attraction between a young woman and her boss.*

*Ashley, the sixteen-year-old daughter of a wealthy investment banker from Texas, is a beautiful, talented dancer who's headed for Julliard. Her life seems perfect. But then her mother is diagnosed with cancer and dies, changing everything. Six years later, Ashley has given up her dream of becoming a dancer; she moves to New York City anyway, though, and becomes the personal assistant for Marcus, a demanding, stern insurance agency CEO.*

*Despite his tough and standoffish appearance, Marcus is attracted to Ashley. While they struggle to remain professional with each other, they both feel a growing physical and emotional attraction. After spending time together, they realize that they can no longer pretend they have no feelings for each other. As their relationship becomes stronger and passion grows, parts of themselves that they thought forever lost are restored.*

*Marcus surrenders to his feelings first; his choice provides space for him to grow and change from a womanizer who is trying to fill an internal void into a balanced and happy partner. Likewise, insecure, scarred Ashley discovers she is worthy of being loved. A relationship grows against the romantic backdrop of a trip abroad in Secrets Revealed, Francis Dane's steamy romance novel in which two people fall in love despite their brokenness.*

*Foreword* Clarion Reviews.

FRANCIS DANE IS A LONG-TIME EDUCATOR WITH A PASSION FOR READING AND writing erotic literature. ■

**FAIRIES + GOBLINS = MAGIC**

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BARBARA P. SMITH

In an era of rapidly growing technology, there is a concern that the power and importance of fantasy and magic may be lost. But when Barbara's two pre-school grandchildren first arrived at the family's summer cottage, they discovered an old stump in the garden and quickly named it "The Fairy Chair." The result was that a magical communication was born which lasted throughout their childhood and created memories for a lifetime. *FAIRIES + GOBLINS = MAGIC* provides a charming template for grandparents, or any loving relative to enchant, emotionally support, entertain, and educate children through magical communication with the fairies and the goblins.

From examples of Barbara Smith's own "fairy-written" stories, to wise and practical suggestions on how to engage with young children, this book offers an opportunity to create an occasional alternative to technology and to embrace a magical and special communication between children and adults. ■

*Barbara Smith has produced a very lovely template for grandparents to bring magic into their lives as a way of communicating with their grandchildren.*

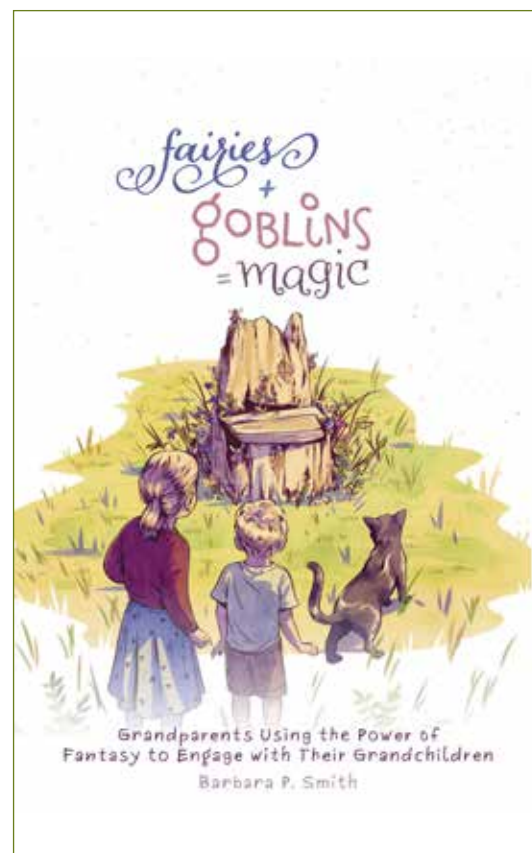
*I particularly liked the story about the art of negotiating, compromising, changing, giving and forgiving. It resonated with me as I have just spent two weeks with my 10 year old grandson. I spent a lot of time practicing these skills.*

*The illustrations are fun and whimsical reflecting the text of each story. The book opens ones imagination to the many possibilities magic can bring to grandparents engaging with their grandchildren. A must read for those grandparents wanting non - tech time with their grandchildren.*

– Amazon Reviewer

BARBARA SMITH HAS EXTENSIVE EXPERIENCE IN SPECIAL EDUCATION, ELEMENTARY school teaching, and administration. As Supervisor of Special Education at a local school district, and later as a school principal, she became an influential supporter of the integration movement. She created a company called Focus Conferences, which specialized in conference/event planning and educational consulting.

All through her career, Barbara has observed the importance of "magic" in the lives of children, and once she became a grandparent, found no greater joy than sharing it with her grandchildren. ■

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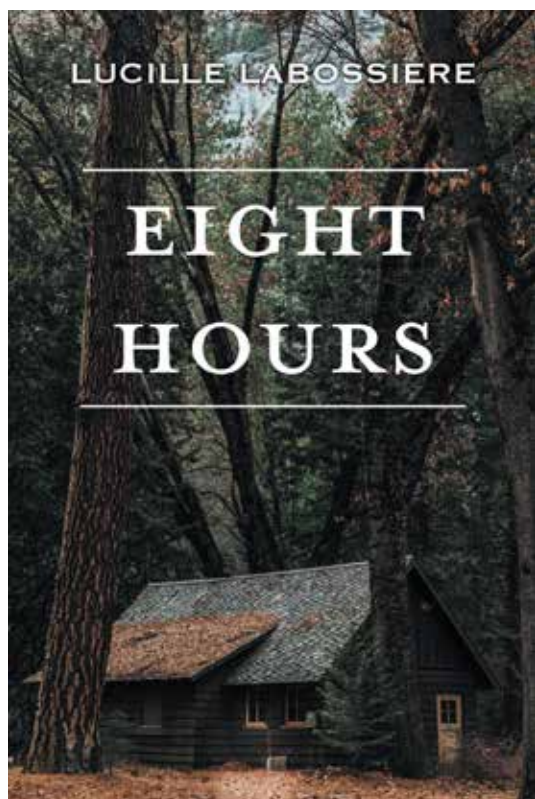
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## EIGHT HOURS LUCILLE LABOSSIERE



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### SERGEANT BILL SMITHE WAS GOING TO DIE.

He knew it. The madman who kidnapped his baby granddaughter knew it. He just hoped he could save six-month-old Claire before it happened.

Bill hadn't known when he locked Tom Lockman up for murder all those years ago that his crazy brother would eventually try to get revenge. It wasn't just that Charles wanted Tom released. No. They both knew Charles' real goal was to kill Bill. If he simply wanted Tom released, he would have given Bill more than eight hours to do it.

As if Charles' short timeline wasn't enough, Claire has diabetes, and won't make it through the eight hours without her insulin shot. Bill must call in his entire police force to search the town and keep the rest of his family safe.

The only silver lining is a frail woman named Jenny, Tom's wife. She's with Charles, but Bill has a feeling she's not there willingly, and may be the only thing keeping Claire safe. During Bill's hourly phone calls with Charles, Jenny is able to secretly provide him with information about their whereabouts. The problem is the information is cryptic, and Bill doesn't know if he'll find them in time. ■

[www.lucillelabossiereauthor.com](http://www.lucillelabossiereauthor.com)

*"LaBossiere continually and effectively ramps up the stakes as the novel goes on. Although the prose is succinct and unadorned, the narrative is enriched by its setting, which allows for unusual encounters, as when an angry grizzly bear cracks a police car's windshield. The plot twists keep coming, right up until the final chapter, and they exact a toll on every major player in a very dangerous game."*

*A suspenseful thriller that makes ample use of its Canadian milieu."*

- Kirkus Reviews

*"Loved this book! Builds suspense, great characters and story. This book had me reading and reading. - I couldn't put it down! It is fast paced and suspenseful. I was surprised several times when things didn't go how I was guessing! I really liked the characters and especially had a soft spot for one in particular. I found there were many sweet moments throughout that had me loving it even more. A very good read."*

- Amazon Review

*"Eight Hours is a kidnapping police chase story written on a hourly progression. I enjoyed its quick pace and descriptiveness, making the reader feel apart of it. Looking forward to reading more novels by this author."*

- Goodreads Review

*"I thoroughly enjoyed Eight Hours. Fast moving with plenty of twists and turns. The criminal is reprehensible and the cops really have their work cut out for them. I highly recommend it."*

- Goodreads Review

LUCILLE LABOSSIERE HAS ALWAYS BEEN AN AVID READER WHO LOVES TELLING HER own stories. She is the author of *The Switch* - *hctiwS ehT* and *Eight Hours*. She lives with her husband of fifty-one years in Duncan on Vancouver Island, British Columbia. ■

ANDREW SNOOK

## DUNGEON JEST

### The Ruby of Power

AS COURT JESTER OF THE KINGDOM OF OPULENTOS, YOU, STULTUS INSANIS Rusticus (or "Stulty," as you are known throughout the kingdom), have lived your life for one purpose: to entertain the royal family. The happiness you have brought the kingdom has made you the most popular fool in the realm.

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This is a choose your fate, dice-rolling battle book where every decision could be your last...■

[www.snookbooks.com](http://www.snookbooks.com)

*"A well-crafted game book of battles and misadventures.*

*– Kirkus Reviews*

*"This loving homage to role-playing games is dialed-in, lighthearted, and knowledgeable, frolicking through familiar fantasy grounds with joy."*

*– Foreword Clarion Reviews*

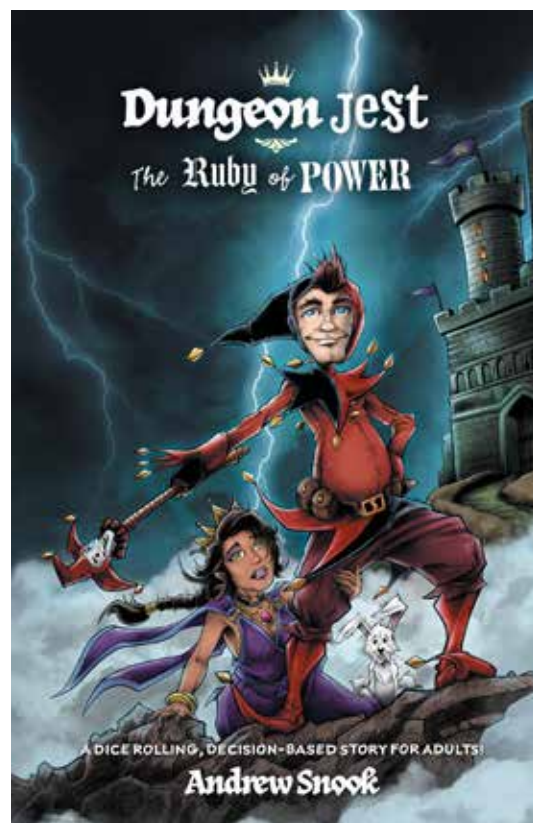
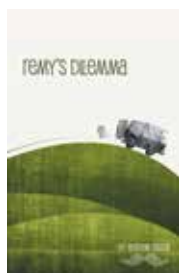
ANDREW SNOOK HAS BEEN WORKING AS A PROFESSIONAL WRITER FOR MORE THAN a decade, first as a newspaper reporter in the Ottawa area and later as a magazine editor and feature writer for a variety of business publications and now as the owner of Snookbooks Publishing. His fiction and business writing have both won him international awards, which is neat, but he's happier knowing his fiction made someone laugh out loud at an inappropriate moment. In addition to *Dungeon Jest: Ruby of Power*, Snook is the author of *The Remy Delemme Series* and children's book series, *The Snookie-Cookie Sisters*, which is scheduled for release in mid-2022. He lives in Mississauga, Ontario, with his super-amazing wife, Cristine, his three awesomesauce kiddos Emily, Sofia and Sebastian, his curmudgeonly old dog, Merlin, his troublemaking puppy, Luna, Nibbler the hamster and Blueberry the betta fish.■

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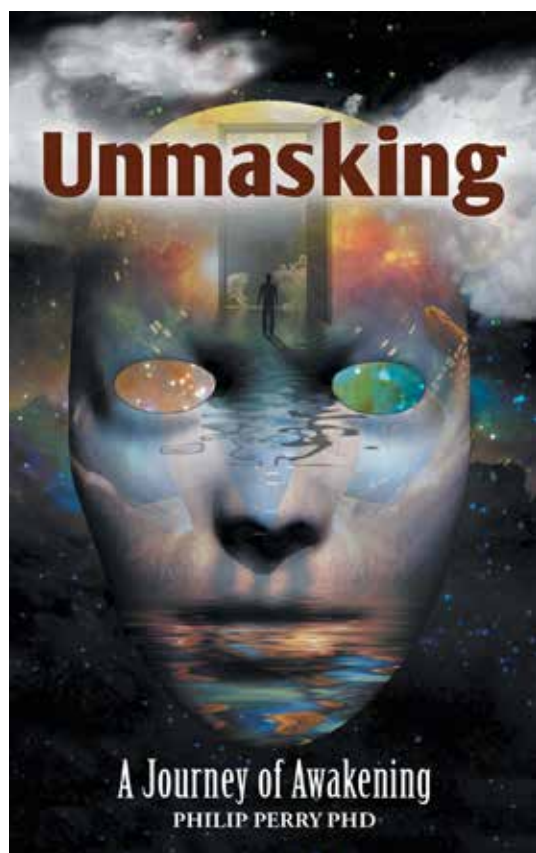
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## UNMASKING

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THE JOURNEY OF BECOMING A HEALER IS NEVER ACHIEVED BY THE ACQUISITION OF knowledge, power, or external recognition. When we stop clinging to our pursuit of greatness, healing comes naturally.

*Unmasking: A Journey of Awakening* is a soulful allegory about one man's healing journey. Mason was born to an Indigenous father and an English Canadian mother, but having lost them both at a young age, he is abruptly severed from his roots. In the wake of his parents' death, he weathers immeasurable loss, foster homes, and childhood trauma. Before getting to high school, Mason becomes an expert on suffering.

Mason pulls himself up by his bootstraps and, through the generosity of strangers, manages to get to university, where he ultimately pursues doctoral studies in psychology. His intellectual travels launch him on a lifelong search of his identity in relation to others. Along the way, he encounters remarkable people who reveal him to himself—character flaws and all. Through his investigations of issues such as death and dying, personality development, humans' propensity to needlessly suffer, mental health, and healing the mind-body-spirit, Mason understands that his efforts to become a healer were a projection of his own healing needs. By probing his journey to become a healer, he releases himself from his attachment to his identity as a psychologist and discovers the freeing impact of truly healing others.

Drawing from a dazzling array of psychological and philosophical frameworks, *Unmasking: A Journey of Awakening* explores personal growth, the limitations and power of the ordinary mind, humans' preoccupation with suffering, the impact of community. ■

[philipperry.ca](http://philipperry.ca)

PHILIP PERRY HAS BEEN A PRACTISING PSYCHOLOGIST FOR FOUR DECADES. HE HAS explored psychology from an academic perspective, both in his doctoral studies and his subsequent work as a university professor. While working in private practices, his focus has been on suicide prevention and significant loss. He has been involved with developing and directing treatment centres for troubled youths and their families across Canada. He is a trauma specialist with First Nations residential treatment programs, and he has professional interests in forensic psychology and hypnotherapy.

Philip wrote *Unmasking: A Journey of Awakening* to examine the discipline-specific difficulties that face psychologists, particularly the tension between the professional pressure to improve oneself and the healer's call to attend to the needs of others. Perry has published one other book, *Beyond Content: Uncommon Interventions with People in Crisis* (1990).

In his spare time, Philip enjoys mountain biking, flying, marathon running, wilderness hiking, and daily mindfulness meditation. Philip and his spouse, Nancy, reside in Nanoose Bay, on Vancouver Island, B.C. ■

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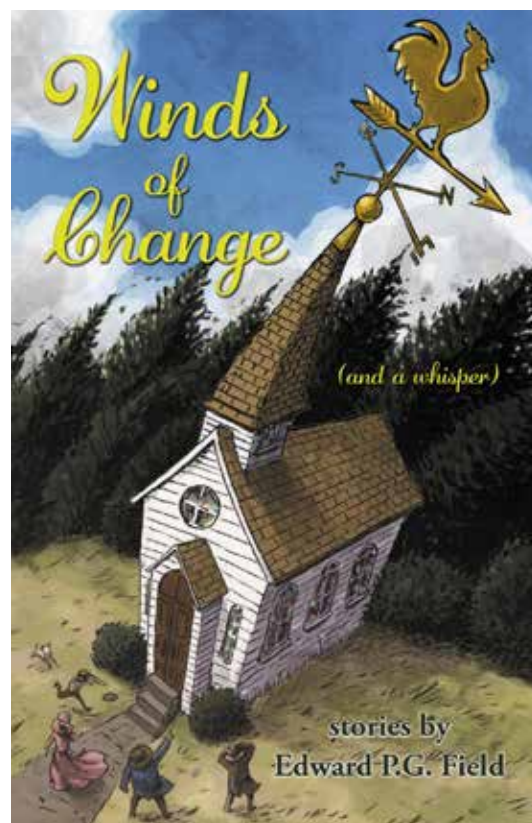
June Lepsoe

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*"I shared the narrative with a number of seasoned storytellers. Piet Torenvliet, Inge de Visser and I myself give Edward's creativity a thumbs up."*

Apko Nap

(author of the storytelling course manual, *Ears acquire eyes when you listen*)



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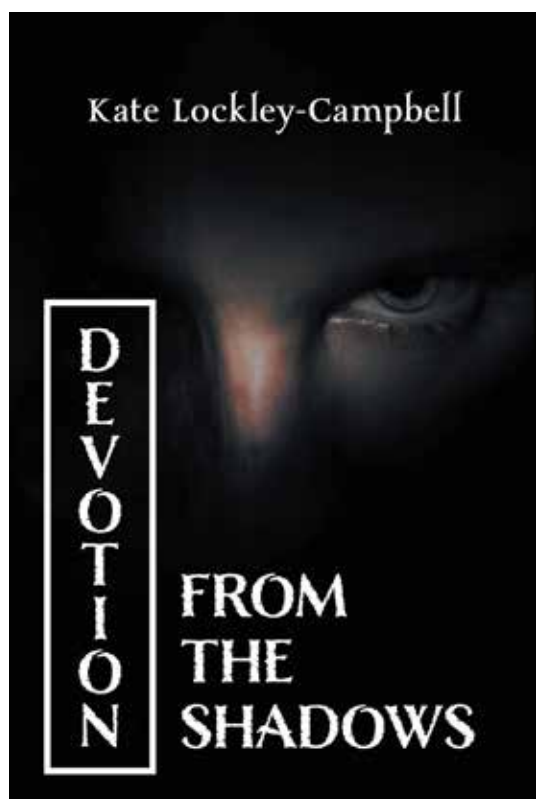
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APRIL JACKSON IS A YOUNG WOMAN TRYING TO RECOLLECT HERSELF AFTER experiencing a drastic life change. She's struggled through a sabbatical from her nursing career, a failed long term relationship and the difficulties to financially support herself. While she isn't at the highest point in her life, someone else thinks the world of her ... until April finds love with another man.

An unknown admirer casts his infatuation to rage when he feels April is dismissive of his devotion to her. April soon experiences strange and unexplainable incidents, sending her already fragile emotional state into a tailspin. Her new boyfriend does his best to support April, but will it be enough? ■

*If you like "YOU" then you'll like this too. A thriller that will have you second guessing everyone until the very end.*

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- @booktalkopedia

*Interesting, capturing your attention to meet the ends and thrilling to no ends, a fine psychological peice.*

- Grace Jackson @reads.grace

KATE LOCKLEY-CAMPBELL GREW UP IN HAMILTON, ONTARIO, CANADA AND LIVES IN Brantford, Ontario with her fiancée and their blended family of three teenage children, along with their beloved pets. This is Kate's first novel with plans to continue on with a Devotion Series.

Her time in health care and medical education, as well as her own struggles with mental health, have developed her into a wellness advocate. As an Empath, Kate has a strong connection to people and their internal conflicts and promotes the importance of self care and strives to ensure herself, family, and others she supports, are finding the balances that best suit their needs.

Kate is optimistic that readers will relate to her characters and feel connected to their story lines. ■

## FRIDAY NIGHT DINNER CLUB

Killer Construction

T L HIND

JESSICA HAYES'S LIFE IS PRETTY GOOD. SHE'S GOT HER DREAM JOB, HAS AMAZING friends, and lives in the city she loves—Vancouver. Every Friday, she and her pals get together for their *Friday Night Dinner Club* to relax, share stories, and eat delicious food. But even though her life is great, her love life sucks, and she can't help but wish for a little more action in her day-to-day routine.

So when she hears that a number of workers are getting seriously injured or killed on a construction site in her neighbourhood, she is determined to find out why.

After a bit of digging, she discovers the prestigious financial company she works for has invested in the project where the construction accidents are happening. Her friend is also a real estate agent for the site and has some bizarre stories to tell her, making her even more curious. Jessie enlists her dinner club friends to help her get to the bottom of the mystery. She also meets Ryan, an alluring safety inspector who works at the job site and of whom she hopes will help her in more ways than one.

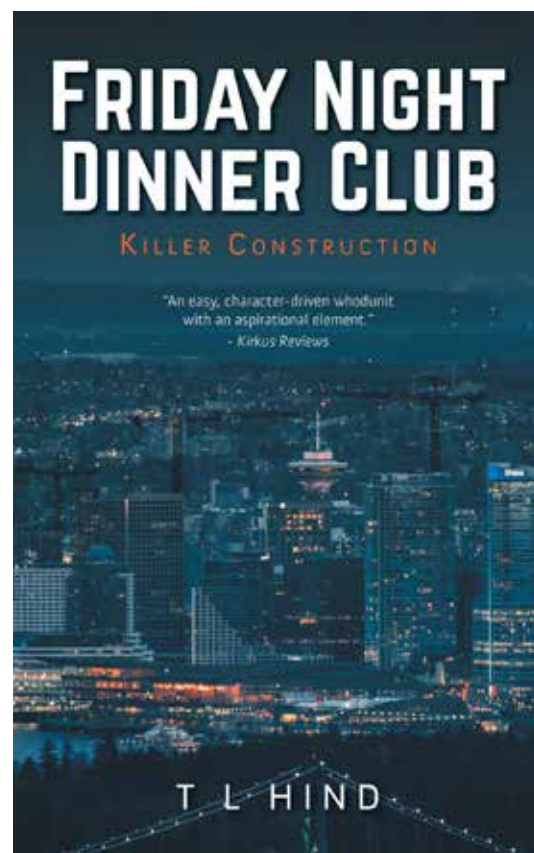
But as Jessie and her gang get closer to the truth, someone else is murdered. And Jessie might just know who the killer is. . . .■

[www.tlhindbooks.com](http://www.tlhindbooks.com)

*"An easy, character-driven whodunit with an aspirational element"*

– Kirkus Reviews

T. L. HIND WAS BORN IN ENGLAND BUT IMMIGRATED TO CANADA EARLY 2012. SHE now lives with her husband in South Surrey on the outskirts of Vancouver. She has a daughter and a one-year-old grandson. *Friday Night Dinner Club: Killer Construction* is T. L. Hind's first book and the first book in the Friday Night Dinner Club series. Munchkin, the cat in the book, was created in loving memory of her big fluffy cat, Munchkin, who died a year ago. ■



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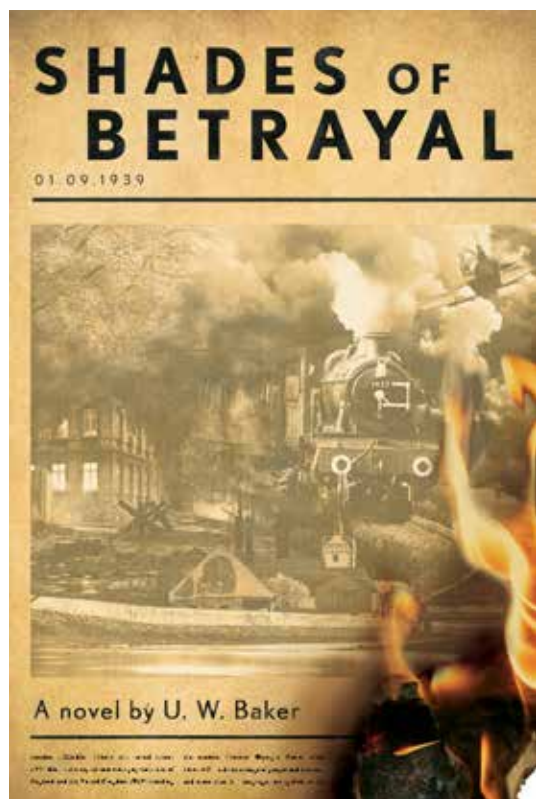
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U. W. BAKER



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SHADES OF BETRAYAL FOLLOWS THE FORTUNES OF A COMPELLING CAST OF characters in Poland, Germany, France, and England. Starting in peacetime, the saga unfolds over the six-year nightmare that ensues after Hitler invades Poland. From the underground soldiers of the Home Army, who surreptitiously defy Hitler in Poland; to the fighters of the French Resistance; to the daring pilots of the RAF; to the dauntless women who engage on countless fronts, these complex people cling to their dreams and yearn for love in the midst of horror.

But the evil forces arrayed against them warp their lives, break their hearts, and smash their hopes as one betrayal after the next mounts in all their lives, leading to the ultimate treachery of Poland's delivery to Stalin's dictatorship at the war's end.

Told from a shifting array of fascinating, disparate perspectives, *Shades of Betrayal* offers a unique view of World War II that deeply explores the personal impact of war and explores the power and beauty of the human spirit and its capacity for love, hope, and healing. ■

[www.uwbaker.com](http://www.uwbaker.com)

*"Balancing action scenes with instances of reflection and historical overviews, the book's three portions are tense. Even the book's women ... are constructed in formidable terms. There are tender, romantic moments and beautiful glimpses of Europe's countryside, too. In the probing historical novel Shades of Betrayal, men's virtues are tested by the atrocities of WWII."*

—Foreword Clarion Reviews

*"This novel set during the outbreak of World War II chronicles the intersecting lives of people changed forever by the German invasion of Poland. In this ambitious novel, Baker's command of the historical period is impressive ... and the author offers many rich details."*

—Kirkus Reviews

U.W. BAKER LEFT POLAND FOR CANADA IN 1983, BUT NEVER FORGOT HER PARENTS' stories of wartime Poland. Much of *Shades of Betrayal* is based on real-life events involving her family, coupled with her meticulous research, particularly for lesser known historical facts.

Ursula lives with her husband in Thornbury, Ontario. ■

## DANNY MARTEL THE UNEXPECTED GIFT

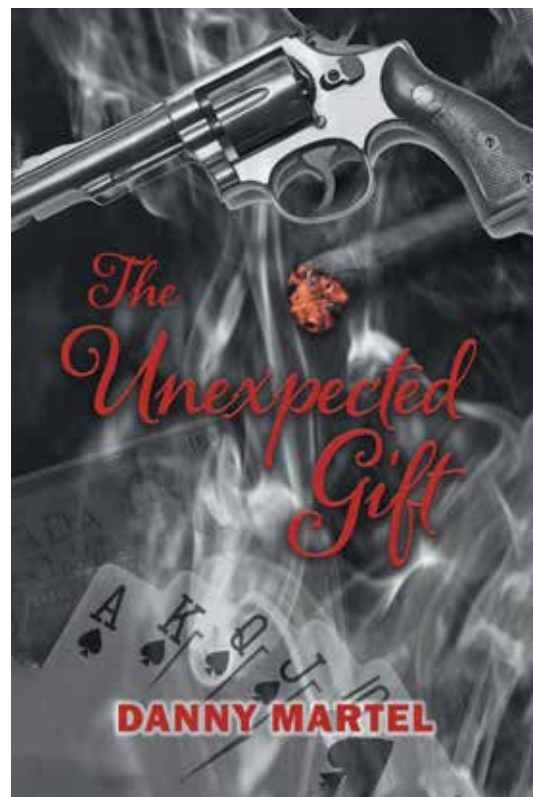
MEET THE BECKER STREET PACK: PETE, PAUL, CHAD, AND RAZOR, FOUR FRIENDS united for life. Seeking a little fun on the night they graduate from high school, the boys find themselves hired by the most powerful mobster in town, a dangerous man known as the Shiv.

What starts out as a glamorous, lucrative lifestyle begins to fray the Pack's friendship over the years. As Pete tries to keep his head down as the gang's "accountant," Razor is tasked with meting out justice when people are short of what they owe ... even when it's old friends like Paul and Chad who begin to slip.

Torn between loyalty to his friends and fear of the Shiv, Pete finds himself falling into debt just as he meets the love of his life and his father is diagnosed with cancer. In the midst of this whirlwind comes an unexpected gift that may show Pete his true path in life... if he can survive the Shiv's brutal rule, that is.

A tale of friendship, love, crime and cruelty, *An Unexpected Gift* explores how loyalty is tested when power and money is involved.■

DAN MARTEL HAS WORKED IN THE CRIMINAL JUSTICE FIELD IN DIFFERENT CAPACITIES. *An Unexpected Gift* began as a conversation with a friend who has since passed from a brain tumour. He encouraged Dan to write this story. It also served as an outlet for mental wellness, as Dan has used writing to help deal with Anxiety and Depression. This is his first book, earning him the title of one of the best up-and-coming authors by two different Publication Agencies.■



## FICTION, CRIME

156 pages, Black & White, 6 x 9

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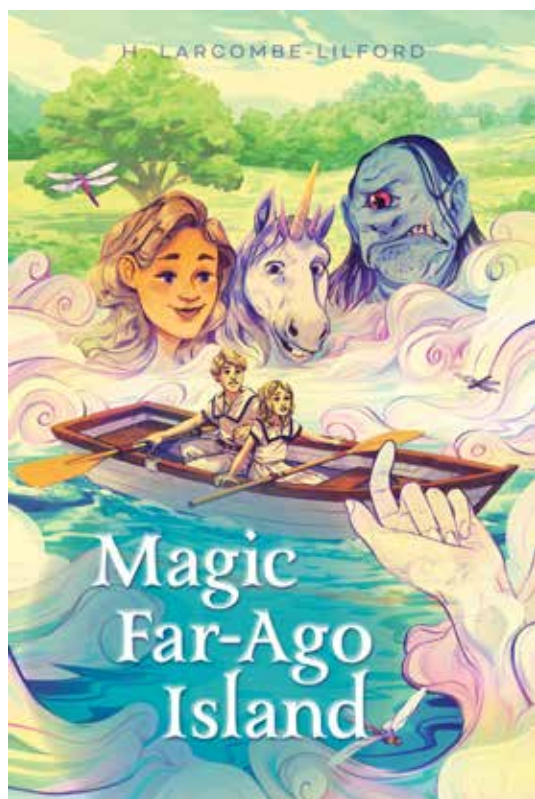
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## MAGIC FAR-AGO ISLAND

H. LARCOMBE-LILFORD



## JUVENILE FICTION, FANTASY &amp; MAGIC

156 pages, Black &amp; White, 6 x 9

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THE FANTASY TAKES PLACE ON MAGIC FAR-AGO ISLAND. THIRTEEN-YEAR-OLD TWINS Billy and Annie, are out on a lake in their rowing boat. A purple mist descends on them and turns into a large hand and beckoning finger which leads them to a gated archway where they read a banner. 'This is the entrance to *Magic Far-Ago Island*. Enter at your peril. Despite the perilous warning, the twins row on through the gateway. It closes behind them and the banner reads. This way to Near-Ago World.

What danger will the twins encounter on this strange, beautiful, island? Who are the inhabitants of this magic island?

We meet the main characters in order of their appearance.

Egnaro: A beautiful girl with orange skin who welcomes them eagerly.

Dumligo: A strange three-horned pony with magical power.

Terominus: A dreaded giant Cyclops who will change his identity at will.

Ortll: A giant troll who takes the twins on a torturous journey.

Regano: Held captive, and slave to Terominus, in a den on Blackside.

Billy and Annie, are taken captive by deceiving trolls and ogres, and taken to Blackside. While hidden in a bamboo cage, the twins see Terominus transform in his den? Regano and Ortll devise a plan for the twins to escape from Blackside. Ortll takes the twins on a terrifying journey to his cave to meet Egnaro. She takes them to a dungeon and gives them a terrifying option to escape from the dungeon. Will Billy slay a grotesque black widow spider, who has woven her web across the only exit.

Do the twins have protection? Will they survive their frightening and terrifying captivity and encounters without injury?

Will the twins escape from Blackside and get back to Far-Ago safely?

Will Billy slay the dreaded Cyclops?

Will the twins return to Near-Ago World, safely? ■

HAZEL IS THE AUTHOR OF BOOKS FOR YOUNG READERS. THIS FANTASY IS FOR young adults and may be enjoyed by all age readers. Her imagination stems from reminiscing her childhood (as Hazel Lilford) in Sabie, a scenically beautiful small village, in South Africa. Growing up in a natural, adventuresome, environment conjured many ideas for stories and fantasies. Through great-grandad Bill's narrative on his 100th birthday, we get to know him, his twin sister Annie and Lucy, his great-granddaughter. Lucy believes her 'Gramps,' as she calls him, is the best storyteller ever. This is his story.

Hazel has traveled extensively and lived in England for twelve years. She now lives in Victoria B.C. Some parallel to experience is evident in the fantasy. ■

JIM MAXIM

## BEWARE OF DARKNESS

HE LAY MOTIONLESS, HIS BREATHING SHALLOW, AND HIS MIND AT REST. A THICK hand thrusts into his fine leather coat pocket, seeking and retrieving his wallet.

Two young, fresh, and inexperienced NYPD Detectives uncover a world defined by Power, Greed, and Freedom. The pawns in this sphere are innocent victims placed in an obsolete psychiatric hospital. Here, each individual is "Indoctrinated", having their memoirs, their stories, and their lives, obliterated as Dr. Michael Evans experiments on their minds. They are manipulated physically, mentally, and financially; yes, the financial advantages are vast for both Dr. Evans and his corrupt sidekick, Police Detective Fred Maxwell.

With corruption at every level of the police, legal, and medical domains—will the confined patients of St. Anthony's Hospital ever again see the light of day and be reunited with their loved ones? Who would advocate for them? What could spark their internal fortitude enough to fight for their own Freedom?

Weaving seamlessly through this action-packed and intelligently humorous narrative is the mission of an allied group of terrorists with ulterior motives to shame and punish America.

*Beware of Darkness* contains all the power and authority of Dr. Evans; the greed and ruthlessness of Fred Maxwell; the emotions of Walter Carson; the naivete and innocence of Jimmy Smolinski. Freedom, they say, is found, but is it? ■

[www.jimmaxim.ca](http://www.jimmaxim.ca)

*"Wow, what a fast moving thriller! Couldn't put the book down, and was always trying to guess what was happening next...nope, guessed all wrong. Thank you for a thrilling ride!"*

– Karen G

*"Beware of Darkness crosses through many genres. Well-rounded characters pull you in, leaving you unable to put the book down. Do you root for them or against them? This gripping story will keep you guessing until the very end. You would never know this is the first novel by the author, hopefully the first of many. Bravo!"*

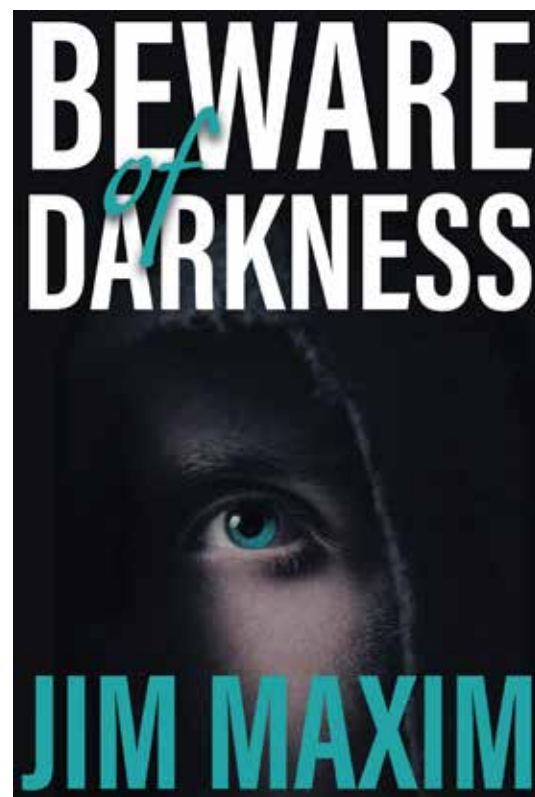
– Lou M

*"What a great story, at the end I was shocked!! I didn't really want it to end, this would make a great series!! Highly recommend."*

– Mar C

AS A CAREER FIREFIGHTER, JAMES MAXIM HAS FIRST-HAND EXPERIENCE IN HEART-pumping, emergency environments, giving an authentic voice to the entire narrative of *Beware of Darkness* but, in particular, to the portions of the book dealing with emergency and the medical situations. Is it any wonder the creative genius of this crime drama was sparked in a dream?

Mr. Maxim resides in Amherstburg, Ontario, Canada. His home on Lake Erie is perfect for retirement with his wife Mar and his elderly parents Charles and Jeannette. Their four Toy Australian Shepherds and two cats round out the household. ■



## FICTION, MYSTERY &amp; DETECTIVE, POLICE PROCEDURAL

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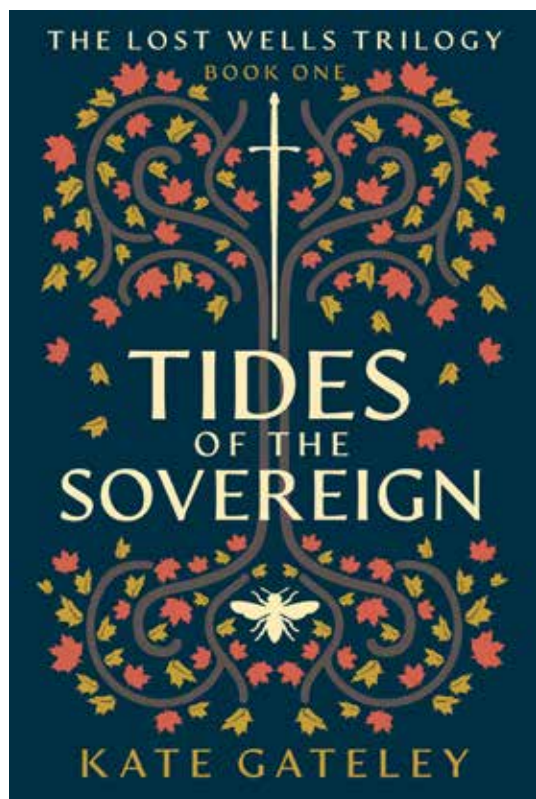
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## TIDES OF THE SOVEREIGN KATE GATELEY



### FICTION, FANTASY, CONTEMPORARY

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A CENTURIES-OLD REBIRTH CURSE, AN OTHERWORLDLY CELTIC PRINCE, AND AN inescapable prophecy.

Thirty-year-old magic Bearer Julia Harrison had never given the notion of past lives or grand destinies any real credence or thought. She has knowledge of magic, and the power she shares with the women of her bloodline. She's aware of the difference between Druids and Sorcerers, Wielders and Bearers, and so on, but regardless of all of that... her everyday life has always felt quite normal—distinctly unmagical—and never more so than as of late.

With the recent death of her beloved grandmother, Julia finds herself severed from the only sense of place she'd ever known. Grandma Gertie had all but raised her and was easily the strongest connection she'd had to her own magic, and that of the natural world. Without it, she feels lost. Disconnected. Unable to rely on (or even effectively access) her own limited magics in her current emotional state, Julia's primary focus turns to placing one foot in front of the other as she resumes a linguistics degree that has taken far longer to earn than it should have.

But when a visiting professor arrives on her Vancouver campus—one who brings with him an odd sense of familiarity that's almost as compelling as his raw Celtic masculinity, Julia knows that her life's journey is about to change, heading off on an entirely new path. What she could have never predicted, or even dreamed of, was that somehow, they had walked that path together countless times before... each time towards their own inescapable deaths at the hands of Marcus Cassius Longinus, the indomitable "Child of Rome."■

*"A deeply poignant story, beautifully and compellingly told... The mythical intertwines with the present, and magic, both dark and ordinary plays a critical role in the action... At its heart, the novel is an evocative romance, grounded in profound emotion and character. A winner."*

– The Prairies Book Review

AUTHOR KATE GATELEY HOLDS A B.A. IN LINGUISTICS AND A B.SC. IN PHYSIOLOGY from the University of Saskatchewan. Her continued areas of personal study include history, Celtic ideology, ancestral memory (and its impact on generational wounding), and the re-emergence of "The Divine Feminine," all of which are significant influences on her writing perspective.

A lifelong fan of this genre, she has always wanted to add another story to its ranks—one with both depth and meaning. After carrying this one around with her for most of her life, when Kate sat down to actually put it all on paper, she relished the way her characters emerged so eagerly onto the page, almost seeming to come alive and dictate exactly what they wanted to say and do next.

Kate currently lives on a small farm in the Cowichan Valley, on beautiful Vancouver Island, with her wonderful husband and two sons, an adorable dog, a few outdoor cats, a number of chickens, and countless bees.

Look for books two and three of the Lost Wells Trilogy . . . coming soon.

[www.kategateley.com](http://www.kategateley.com)■

WILLIAM P. ESHLEMAN

## WARM SALT

WHILE STUDYING TOWARD HIS DOCTORATE AT A REMOTE JAMAICAN MARINE station, Peter Case is swept into a world of intrigue when tragedy strikes during a routine collection dive. His diving buddy subsequently dies, but Case refuses to accept the official cause of death. Naively attempting to uncover the truth, he stumbles deep into a world of deceit and violence.

Case is drawn further and further into extraordinary circumstances, inadvertently disrupting a covert CIA surveillance operation and becoming entangled in the aspirations of a global crime syndicate. His actions endanger the lives of friends and colleagues, compelling Case to take risks he'd have thought unimaginable just a few days before.

When the full consequences of his quest for the truth come to light, Case is forced to stand alone against the syndicate, armed only with his dive knife and an ill-conceived plan.■

[www.apetercasenovel.ca](http://www.apetercasenovel.ca)

*"Case...is an impressively crafted protagonist who stands strongly at the center of the action. At first, he seems like an unlikely hero, but his dogged observational skills and skeptical nature make him a valuable investigator..."*

*"Eshleman proves to be an adept writer of action scenes, but what makes his work stand out are his hyperrealistic treatments of diving and marine life. His keen eye for detailed scene-setting results in a description of a seedy, smoke-filled bar...that's nearly as vivid as more sophisticated scenes set underwater."*

*"An...engaging action novel, bolstered by its exotic setting and realistic protagonist."*

—Kirkus Reviews

*"Great read! Filled with action and cheeky off-the-cuff humour that thoroughly entertains. Some chapters had my heart racing, and others had me laughing. It's tough to put it down once you get into it."*

—Bryan, Amazon Reviewer

*"A must-read for the action-adventure genre! This action-adventure novel had me sitting on the edge of my seat. The storyline was well developed, as were the characters. They were a lot of fun to hang around with. Near the end of the book, I couldn't help but imagine who would play these two bad-ass guys in the movie."*

—Carol, Amazon Reviewer

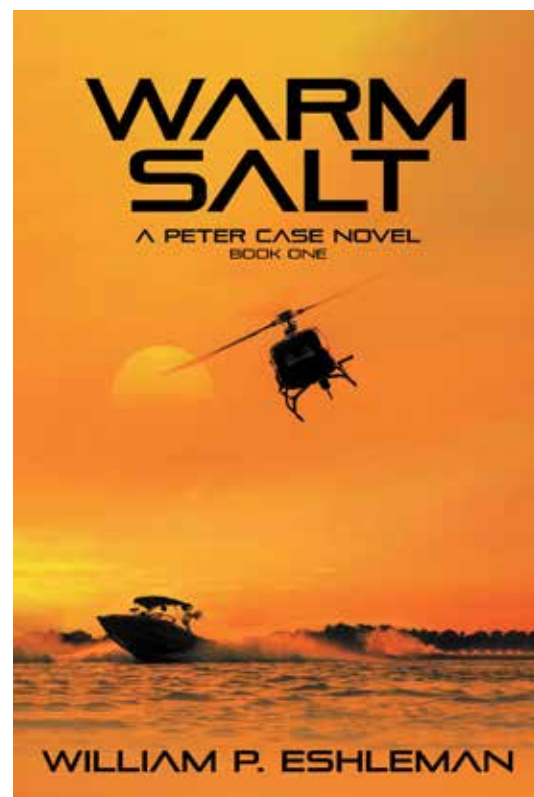
*"Action-adventure at its best! I thoroughly enjoyed this read. It was action-packed, and I can't wait for Peter's next adventure. It has a great storyline with enough mystery and twists and turns to keep you on the edge of your seat."*

—Joy, Amazon Reviewer

AN AVID SCUBA DIVER WHILE COMPLETING HIS DEGREE IN MARINE BIOLOGY, BILL Eshleman wrote *Warm Salt* to merge the exhilaration of diving with the thrill of an action-adventure yarn. The beauty and dangers of the underwater world provide a unique stage for his vivid imagination.

Born and raised in Western Canada, Bill lives with his family near Calgary, Alberta.

Watch for *Ice Brine*, the second Peter Case novel.■



## FICTION, ACTION &amp; ADVENTURE

264 pages, Black & White, 6 x 9

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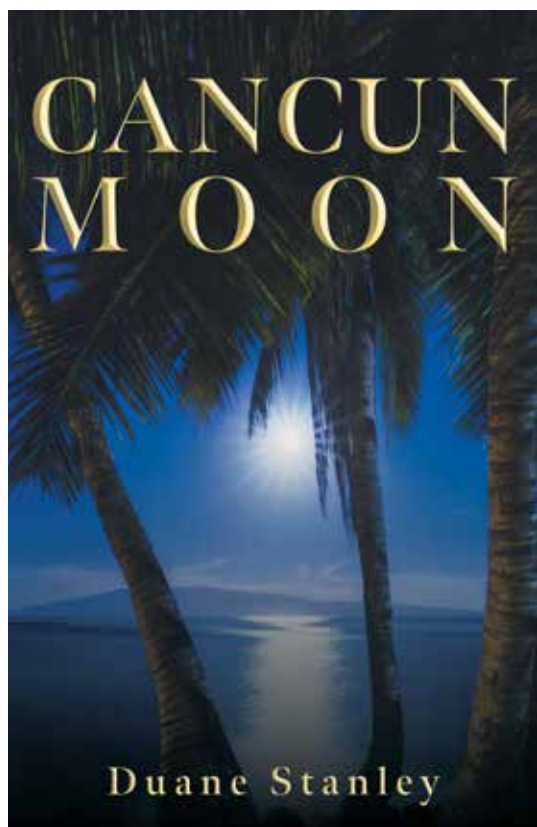
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## CANCUN MOON DUANE STANLEY



### FICTION, COMING OF AGE

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SUSAN AND CHRIS ARE A FAIRLY NEW YOUNG COUPLE LIVING ALONE IN SEPARATE apartments. When faced with yet another rent increase stuffed under her apartment door, Susan entertains the idea of sharing a place with Chris. Sold on the beauty of a home Chris stumbled upon in James Bay and the idea of saving a lot of money on rent, they move in together. The extremely good-looking attendant, Brad, at the old gas station in town is an added perk for Susan.

It doesn't take Susan long to realize that Chris has an embarrassing drinking problem, but her kind, naive nature always seems to forgive. What if she also knew of the pot-addiction and the loss of Chris's job?

Just when Susan is at her wit's end from Chris's behaviour, a letter arrives announcing they are the Grand Prize Winners of an all-inclusive, two-week vacation to Mexico.

Their holiday bliss in the sun and surf of Mexico turns to a nightmare when Chris drunkenly takes a wrong turn in their rented jeep, leading them up a mountainside and deep into the jungle where they are eventually met by fifty of the meanest looking bandits.

Back home, Brad is alerted of the desperate situation in the morning newspaper and immediately leaps into action. Will he make it in time, and will Susan and Chris—or their relationship—survive? ■

[www.cancunmoon.ca](http://www.cancunmoon.ca)

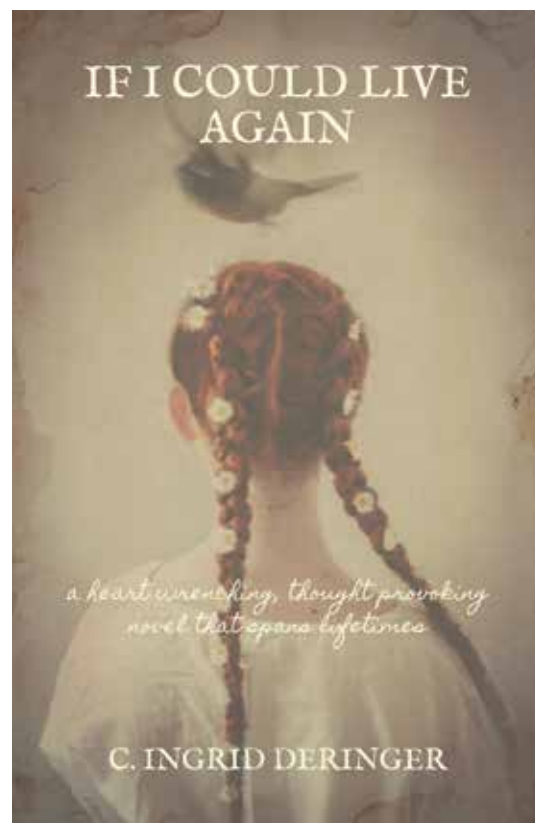
WHILE VISITING CANCUN, MEXICO, DUANE STANLEY STOOD ON THE WHITE SANDY shoreline at midnight, as turquoise waves crashed to his feet. The luminous *Cancun Moon* enhanced this incredible moment in time, so much so that he said out loud to himself, "I will never forget this moment." Suddenly, a swirling circle of water formed right in front of him, as if replying to his statement. Duane captured the magic in a photo. Upon returning home, the *Cancun Moon* story began unfolding onto paper and into songs. "Under the Cancun Moon," "I wouldn't have it any other way," and "Pour me another Margarita" are just a few of the songs intertwined into this *Cancun Moon* story.

Duane Stanley is a singer songwriter and works in the film industry. He enjoys landscaping with stone, creating flow and tranquility. He lives in Port Moody, British Columbia with his wife. ■

## IF I COULD LIVE AGAIN

A Heart Wrenching,  
Thought Provoking Novel that  
Spans Lifetimes

C. INGRID DERINGER



SOMETIMES DREAMS DO COME TRUE—BUT NOT IN THE WAY WE EXPECT.

Spanning three generations and nearly one hundred years, this is a heart-wrenching story about love, loss, family—both blood and the people you choose, spiritual connection, and a dream coming true in an unexpected way.

In 1925, Margaret, born with a gift for music, is growing up in an abusive and unloving home, caring for her younger siblings and working hard on their dairy farm in Nova Scotia. She aspires to be a successful singer/songwriter but as life moves along and she settles in Alberta, it becomes less and less likely that she will ever achieve her dream.

In 2015, as Sarah is going through her parents' belongings after their unexpected deaths, she stumbles across a box of transcripts of stories she told them when she was a child. The tales take on a more personal meaning when she falls in love with Alex, and as she spends time with his family, begins to feel a spiritual bond to Margaret.

How are these two women connected?

*If I Could Live Again* will touch your heart and inspire you to never let go of your dreams.■

*"It is rare to find a novel that combines the themes this book does, and that is refreshing to me, and it is even more rare to discover a story that does not rely on clichés! ... If I Could Live Again will take its readers on a journey that spans nearly a hundred years. The reader will be taken back in time to 1925 and it is here we meet Margaret, a talented singer who is growing up in an abusive home. Margaret dreams of fulfilling her dreams of becoming a singer-songwriter but life has other plans.*

*Fast forward to 2015 and the reader meets Sarah, who eventually learns of Margaret and feels a spiritual bond. ... If I Could Live Again is exceptional, original, and beyond captivating!"*

—Foreword Red Headed Book Lover - Five Stars

*"If I Could Live Again is such an inspiration to young and old, to never give up on your dreams no matter what life throws at you. From the variety of characters and their personalities to the descriptive scenes, this story keeps the reader enthralled from start to finish...The story is fast-moving and there are some surprising twists and turns."*

—Foreword Natalie Soine for Readers Favorite - Five Stars

*"I loved this book. But it should come with a box of tissues. Heart wrenching!"*

—Marion Leniczek

*"I started reading it and couldn't put it down."*

—Gena Giroux,

BORN IN SASKATCHEWAN, CANADA, INGRID DERINGER HAS LIVED ALL OVER THE country—from the east coast to the west coast, and everywhere in between. With a BA (Hon) in Psychology and MA in Women's Studies, and a degree in Acupuncture, she has worked in the health and wellness field for over twenty-five years.

Like her main character, Margaret, Ingrid comes from a large family, and is the seventh of eight children. She is enjoying semi-retirement in Katepwa Beach, Saskatchewan, spending time with her grandchildren, and winters in warmer climates, writing to her heart's content. She is also the author of *Shall We Dance* and *Hailey Loves Dandelions*, and is currently working on a second novel and another children's book.■

### FICTION, CONTEMPORARY WOMEN

222 Pages, Black & White, 5.5 x 8.5

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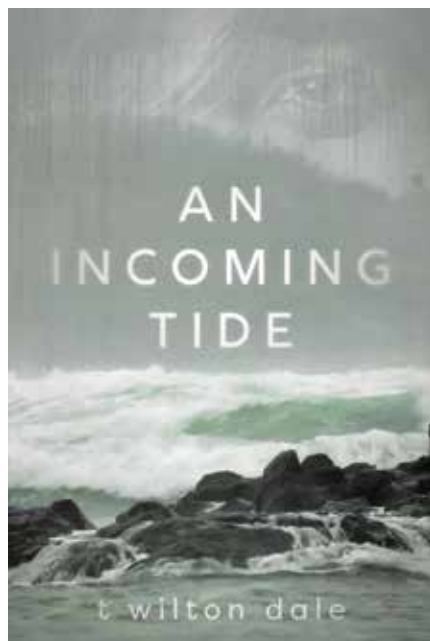
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## AN INCOMING TIDE

T WILTON DALE



FICTION, LITERARY

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PSYCHOLOGIST ESTELLE CAYLIE'S LIFE IS GETTING COMPLICATED. Unfortunately, it didn't even start out well. Estelle remembers very little of her troubled childhood, a childhood she survived through her voracious reading. Then with the untimely death of her brother under suspicious circumstances, Estelle goes about finding her estranged sister to unite the family for the funeral.

Estelle's childhood memories begin to return. Vague memories that are just sounds and smells and body sensations. Nothing she can put together. They come, wave after wave of them, ever more intense, pulling her under. Yet another family tragedy strengthens the riptide.

Will the love that surrounds Estelle be enough? Will it get Estelle back on her feet, or will she be pulled under by the powerful tragedy and trauma that she's experienced?■

[www.twiltondale.ca](http://www.twiltondale.ca)

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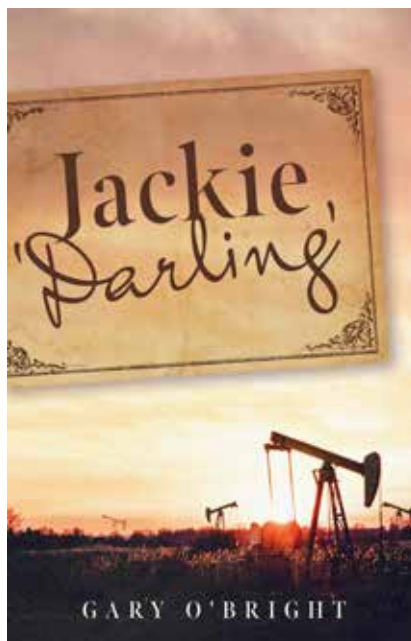
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## JACKIE 'DARLING'

GARY O'BRIGHT



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WHEN IT COMES TO BLACK GOLD IN OIL SPRINGS AND PETROLIA, Jack has seen it all. So, when the opportunity affords itself to share his tale of fortune and fame ... sorry, his role in the mid-1800's discovery of oil in Canada and the subsequent black gold rush in southwestern Ontario, he jumps at the chance.

From the trials and tribulations of early efforts to drill for oil, to murder, back room deals, and American forays into the Canadian market, Jack seems to know it all. Or, at the very least, he knows someone who knows someone. And he certainly enjoys the attention... and the odd appreciative gesture of a beverage or two that his storytelling brings.

But, Jack's love for the ladies is second only to his penchant for embellishment, so it's up to his partner, George, and the gorgeous Winsome to attempt to keep him on the straight and narrow. Sometimes they succeed, and sometimes... well, you'll have to see for yourself.■

[www.garyobright.com](http://www.garyobright.com)

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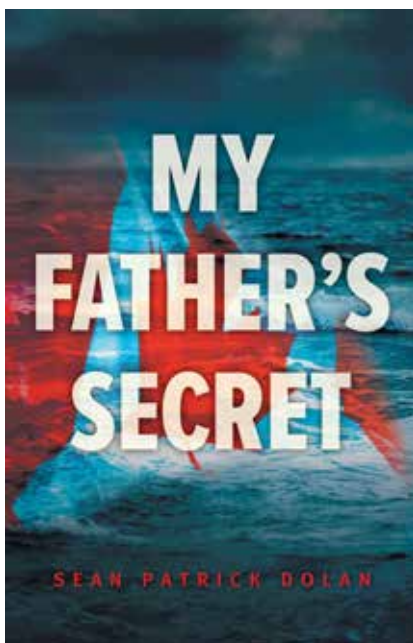
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SEAN PATRICK  
DOLAN

## MY FATHER'S SECRET

FICTION, THRILLERS,  
TERRORISM

318 Pages  
Black & White  
5.5 x 8.5



WHEN DECLAN KEENAN BEGINS TO CLEAN OUT HIS FAMILY'S house after his father's death, he makes an unexpected discovery. His father, a former RCMP Security Service agent, left a videotape message that drops responsibility for resolving an old case into his son's lap. Unable to refuse his father's dying wish, Declan begins his search for answers in an attempt to satisfy justice. In the process, the motive, means, and opportunities that led to the 1973 bombing of BOAC Flight 281 are revealed; but so too are the agendas to have the case buried. Solving this thirty-year-old case with its inherent obstacles and challenges is frustratingly elusive, especially when compounded by present-day tragedy and official cover-ups. Despite threats, destruction of evidence, and murder, Declan perseveres, knowing that he must do his utmost to reveal his father's secret and expose a long hidden truth.

This entertaining thriller resonates with the themes of justice and injustice, reconciliation and alienation, and duty and denial—together representing both the admirable and dishonourable aspects of the Canadian national identity.■

[www.seanpatrickdolan.com](http://www.seanpatrickdolan.com)

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KATHRYN TAYLOR

## MISTY'S MISADVENTURES

FICTION, ROMANCE

312 Pages  
Black & White  
5.5 x 8.5



UNTIL NOW, MISTY MULDOON'S FAVOURITE VIEW OF Newfoundland was always the one in her rear-view mirror. So when she has to leave the city and move to the outport of Charlie's Cove, NL, with her two daughters, a mountain of debt, and the ink freshly dried on her divorce papers, it's hardly her idea of a happy homecoming. With the help of the kind, meddling and downright eccentric locals, she sets out to rebuild her life in the ramshackle house left to her by her great uncle. When she starts writing a column for the local paper about transitioning back to life on The Rock while looking for a new man, little does she know her search for love will soon go viral when it's picked up by a reality TV show—Charlie's Cove and Misty Muldoon will never be the same again.

Hilarious, endearing and inspirational, *Misty's Misadventures* is a tale of romance, misfortune and the enduring spirit of a woman who won't give up. It will make you laugh out loud while putting small-town Newfoundland on your bucket list forever.■

[www.kathryntaylor.ca](http://www.kathryntaylor.ca)

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JOSHUA SOREN



COMICS & GRAPHIC  
NOVELS, DYSTOPIAN

162 Pages  
Standard Color  
6 x 9

AS UNCHECKED INDUSTRIAL GROWTH THREATENS TO DESTROY the planet, only a pair of unlikely heroes stand in the way of the relentless corporation known as SMRZ Industries. Alongside a band of fearless rebels, Mr. P'choka and Earl strike back at their oppressors, trying to take back control of their world before their is nothing left to save!■

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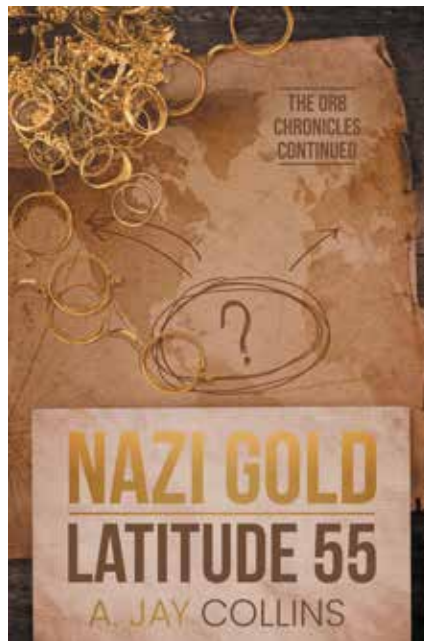
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EBOOK

\$4.99 USD  
978-1-03-910776-2

## NAZI GOLD – LATITUDE 55

A. JAY COLLINS



FICTION, ALTERNATIVE  
HISTORY

390 Pages  
Black & White  
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IN THE WANING DAYS OF WORLD WAR II, A CRAFTY SICILIAN prospector and his mafia associates concoct a scheme to hide tons of Nazi gold, pilfered from their victims, in an aspiring gold mine in the mountains of British Columbia until it is called for.

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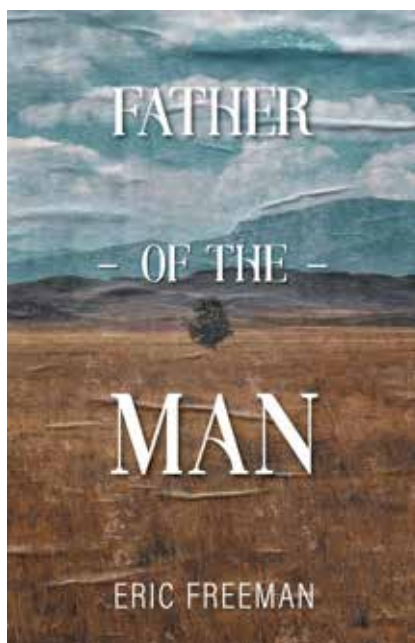
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EDWARD FINLAY RECALLS HIS LIFE'S ODYSSEY BEGINNING IN THE 1890s on his family ranch in rural Montana. His childhood revolves around three people: his father, a cattle rancher; his mother, who is determined for her son to receive a modern education; and his best friend, a boy from the nearby Crow Indian Reservation, who introduces him to a fading warrior society. When Edward refuses to break off a teenage romance with an older woman from the reservation, his mother arranges to send Edward far away to the newly opened Stanford University.

There, the San Francisco earthquake completely changes the direction of his future. After volunteering in a U.S. Army field hospital, he decides to become a surgeon. Soon, he begins his medical career and a life filled with friendship, new love, and extraordinary adventure as he brushes with history across two continents.

Edward confronts many adversaries during his journey: dormitory bullies, traitors to the British Empire and its monarchy, and even a child psychopath. The greatest of these villains are the promoters of eugenics, which threaten his intellectually disabled son, and the Germans at Orhdurf (the first concentration camp liberated by the U.S. Army in WW2). As a son, husband, father, pioneering vascular surgeon, and veteran of two world wars, he attempts to understand the inequities of fortune and the inexplicable cruelty he encounters. ■

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The police have found the body of a little girl in the basement of a missionary boarding school; a little girl they believe to be Andie Parker. But the woman living as Andie Parker knows this must be impossible. The little girl had to be her old dormmate, Miriam, who went missing at the age of seven. And yet, the police and even her own family aren't quite convinced she is who she says she is.

Now, Andie must relive her childhood trauma as she is confronted with flashbacks, horrible nightmares, and vignettes from her childhood, all while desperately trying to uncover missing memories, save her marriage, and reconnect with her estranged siblings. Can Andie discover who she really is, and find out what happened to the little girl in the basement? ■

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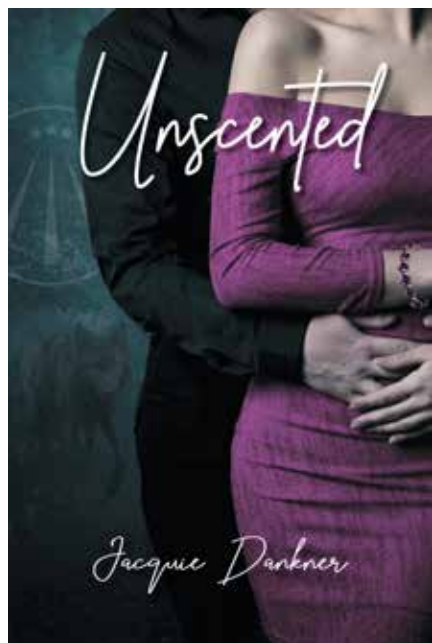
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Having just graduated college, Maddie is excited to spend the summer at the family lakeside cabin. But this year they won't be alone—they're hosting the Texas pack. Maddie may be pure human, but she possesses a remarkable trait—she has no scent—and her overprotective brother, Derek, will do anything to keep her safe. So when Matt, the up-and-coming Alpha of the Texas pack, falls for Maddie, things get complicated.

Before Maddie and Matt can reconcile their differences, she's kidnapped by a rogue werewolf who wants her scentless secret. The hunt for Maddie is on—but to be saved, she risks losing everything, and the family must face some hard truths before welcoming a new Were into their pack. ■

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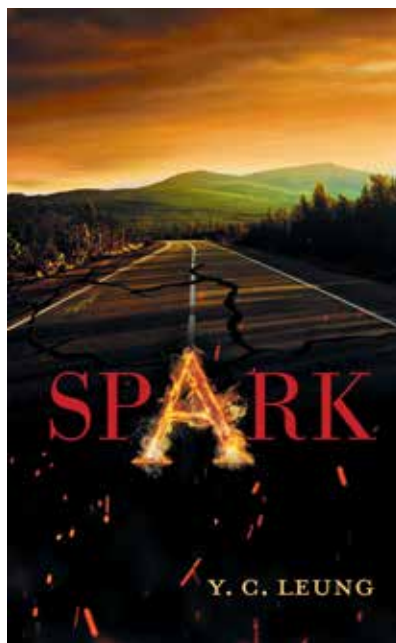
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THRILLERS AND SUSPENSE270 Pages  
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EIGHTEEN-YEAR-OLD BECKY AND HER BEST FRIEND, MEGHAN, can't wait to join the army and start their basic training in September. Becky especially yearns to leave her rundown neighbourhood in Langley, British Columbia, as it will soon become flooded by rising sea levels. But when they head to Reunion Square to meet their friends, Connor and Robert, disaster strikes and their lives are changed forever.

A massive earthquake ignites widespread panic, and people start to run in fear of a tsunami. Becky and Connor are separated from Meghan and Robert. Forced to leave the area, Becky and Connor find her brother, Tommy, and they make their way back to the siblings' home in hopes that Meghan and Robert are going there too. But as they wait for their friends, Langley goes up in flames and the trio must flee by car.

With nowhere else to go, they decide to head to Winnipeg, Manitoba, where Becky's parents are staying. En route, they learn that a deadly new virus, with horrific symptoms, is tearing through British Columbia. They will have to make it to Manitoba before the borders close. Meanwhile, Tommy suffers severe drug withdrawal and shares a devastating confession with Becky. Tension rises as fear grips the country and more disasters impede their way. How will they possibly survive? ■

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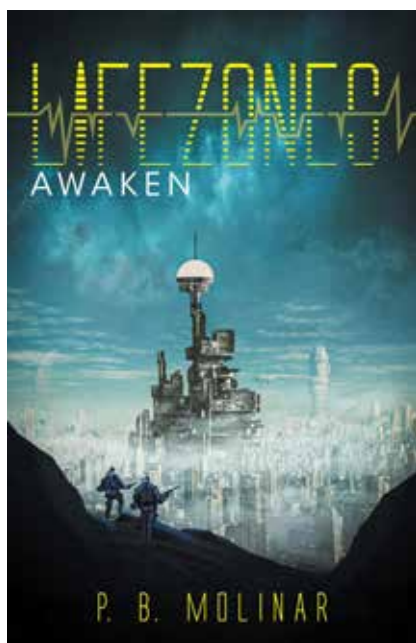
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As their vision of what is happening in Caranda becomes stronger, different characters enter the cause to stop the downward and despotic course of the government, vying in earnest to save the Caranda Lifezone from being engulfed by the horrid wasteland of the Deadzone.

Pide is unknowingly dragged into the conflict by Chukjo, a witty and talented warrior whose resourcefulness keeps Pide from an early demise. Hunted and on the run, Pide finds himself quickly becoming a warrior for the cause. But can he learn a warrior's skills quickly enough to survive? ■

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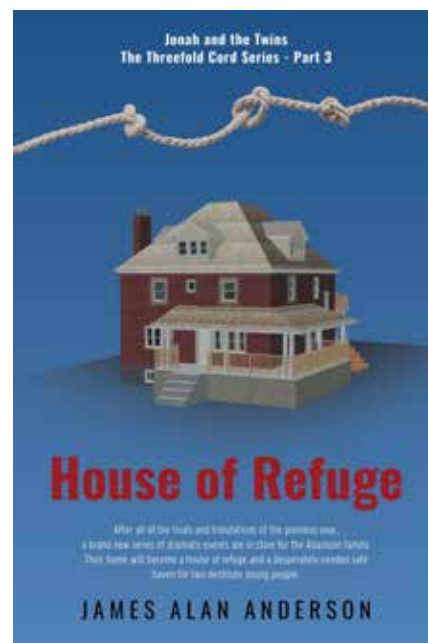
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The twins' younger sibling Jonah shares a secret with Kevin about his recent encounters with some vivid and frightening hallucinations. Neither he nor Kevin can make sense of what they might mean, if they mean anything at all. However, it soon becomes evident that these hallucinatory manifestations have a profound and disturbing significance.

The Adamson family takes on the responsibility of caring for a neglected and unloved young boy by the name of Matthew who is discovered bundled up inside Jonah's play structure. He is injured, soaking wet, cold, starving, and somewhat emaciated. He was cast out by his abusive stepmother who is also a fanatical member of a vile religious cult. Matthew's sudden arrival at the Adamson household sets in motion a series of happenings that will dramatically alter the future direction of this family. ■

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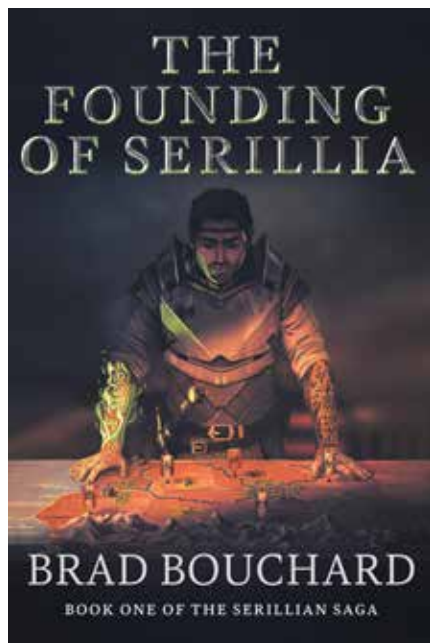
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Rife with beauty, danger, and magic, the continent of Serillia exists in uneasy peace. When the balance of power shifts, and the echoes of its violent past begin to reverberate, ancient races will stop at nothing to dominate its land once more.

Driven from his home, and with his brother far across the ocean, Dematris alone stands in a position to stem the tide of destruction that threatens everything he has ever known and loved. But with the blood of so many innocents already weighing on his conscience, can he summon the courage to return? ■

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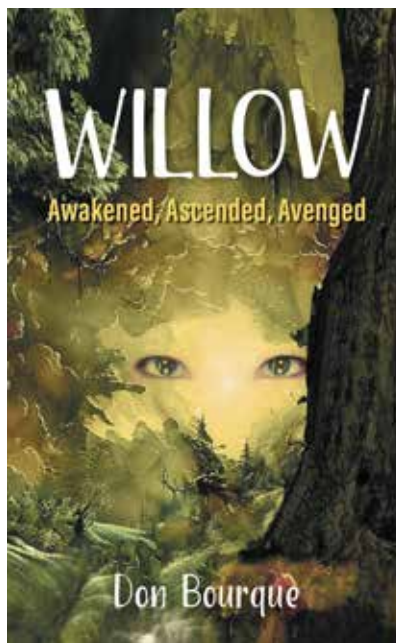
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Though a captive, Willow soon becomes embroiled in escalating political conflicts within and between the races—including a fight between those who accept relationships between the races, and those who don't. Her survival depends on her learning to fight, reading those around her, and finding allies wherever she can. Faced with numerous battles, tension between old beliefs and new, and the mystery of the long-vanished Water Sprites, can Willow and her companions emerge victorious and bring about a more peaceful, accepting society?

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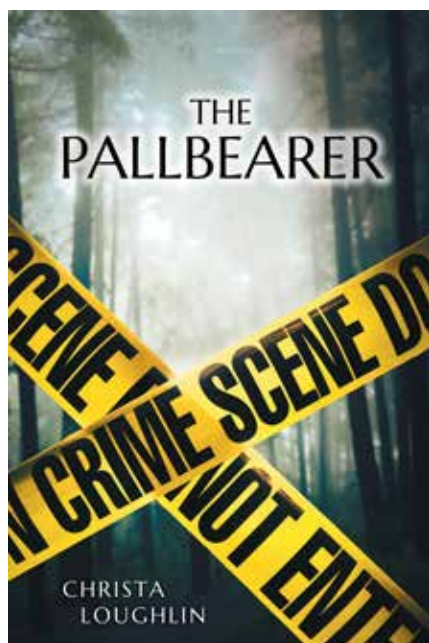
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At the centre of the police investigation into The Pallbearer is Matt Davidson, the son of a wealthy and renowned plastic surgeon. Matt continues to find himself on the wrong side of the law, being charged for criminal offenses multiple times in the past three years. He claims he is innocent and being framed but nobody—not even his father—believes him.

Slowly, dark secrets from the past are revealed, and the present becomes clearer. Can Hannah solve the mystery and save Kelly before it's too late?

Who is *The Pallbearer*? ■

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The corpses stood, draped in scraps of rag and rusted armor. Jade green fire flickered from eye sockets, nose slits and toothy maws.

"Bow or join my servants in undeath!"

"I will free you if I may, but will not bow!" declared Tamsin.

The skeletal mob raised weapons and surged forward. The leading undead swung its sword down in a mighty cleaving stroke.

She whirled her skirtblades to deflect the power of the blow and stepped to the side. Slashes from multiple blades glittered across the corpse, lifting green sparks from its body, driving it back.

Cold ghoul fire flared. A roaring wave of green and black flame engulfed the priestess. Her world caught fire. ■

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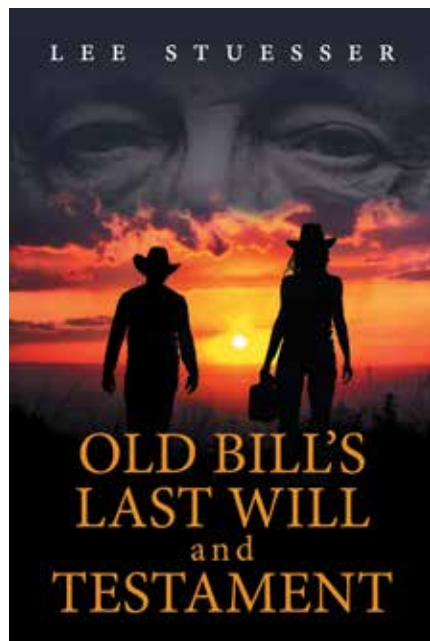
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This legal thriller travels from the Canadian bush to the Australian outback; from courtroom battles to barroom brawls.

Old Bill has died.

He lived alone in a one room shack along the Blue River in Saskatchewan. His was a simple life; he needed little. But in death, he leaves an estate potentially worth millions of dollars.

In his handwritten will, he gives all to the wife and daughter of an Australian airman, who was killed in a prisoner of war camp at Niigata, Japan in 1945. To his surviving brother, he leaves 'absolutely nothing'.

Josef Manne, a young criminal lawyer, is charged with carrying out the old man's wishes.

Josef has to keep Rebecca alive. ■

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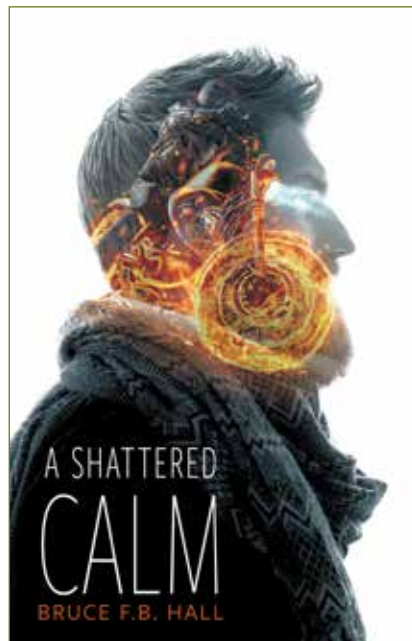
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Finally settling down on a sailboat in a small seaside town in British Columbia and doing everything he can to make amends for his past misdeeds, he thinks he's found the peace he'd feared would forever be denied to him. But new beginnings are never easy, especially for someone being sought by a violent gang, the mob whose money the gang lost, and the police who consider him to be a "person of interest" in both the robbery and a recent murder ... not to mention a few other players he doesn't know even exist. ■

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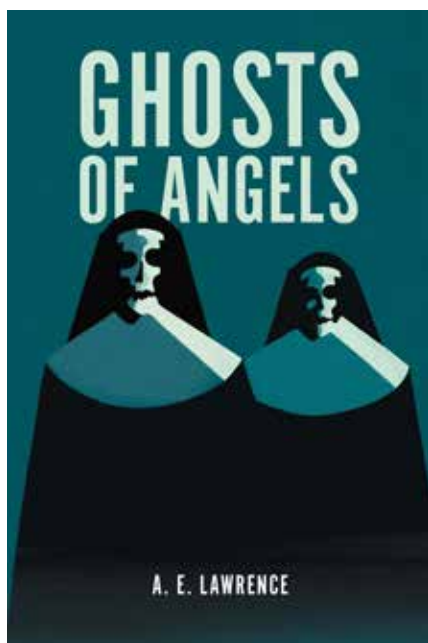
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Apparitions of the cult's prior victims begin appearing to Nick. These ghostly figures send him on a quest to track down the leaders of the cult responsible for the ritualistic executions.

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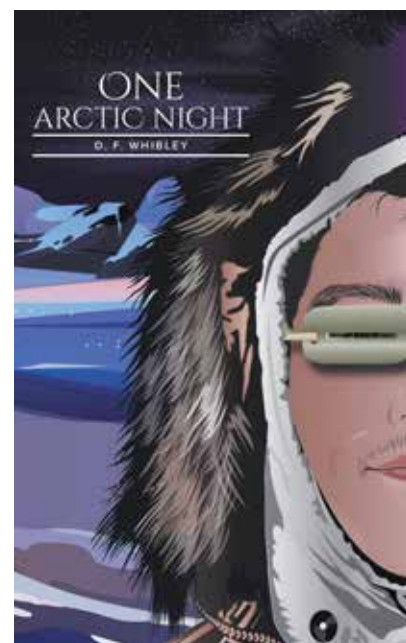
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The two men Panuk is to take on the trip are rude and disrespectful. They are prejudiced toward Inuit people and youth. As Panuk and the two men journey to their camping spot, the local RCMP officer calls Panuk and tells him a severe storm is headed their way. It's too late to return back to town, and Panuk and the two men must prepare their camping site before the storm hits.

Will the 17 year old be able to deal with the two hunters and will they all survive this one arctic night?■

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As Fania grows in confidence and power, she starts to wonder exactly what secrets Alicia is keeping in her underground lab. After Fania discovers the truth, she finds her calling: one that has the power to change everything. ■

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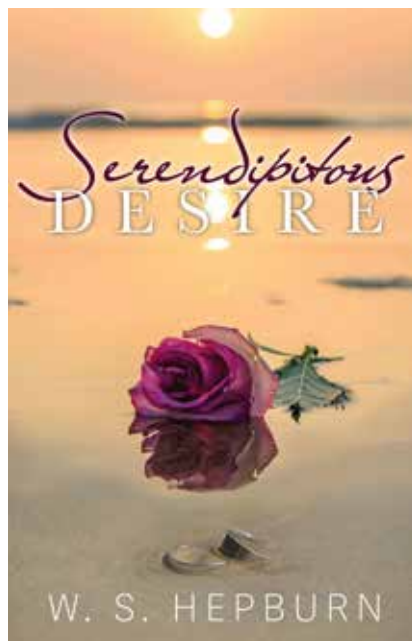
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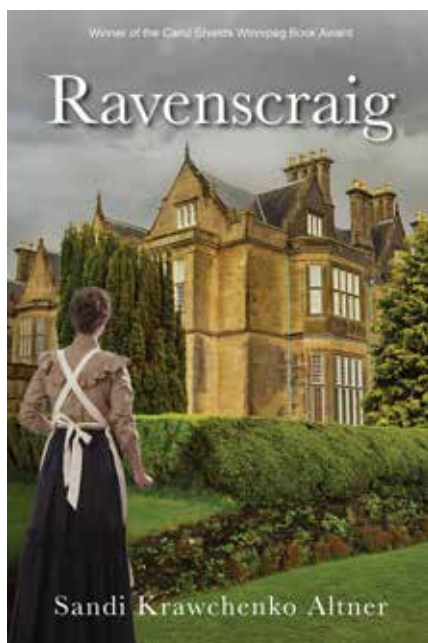
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Not even his wife knows his true identity. Overnight fortunes are being made in 1890s Winnipeg and Rupert wants his piece of the action. Known as the Chicago of the North for its elegant architecture, Winnipeg is also a raucous, bawdy boomtown with a taste for fast money, loose women, and dirty politics. Rupert boldly schemes his way into the ranks of the elite group of men who control the city when he buys the mansion, Ravenscraig Hall. True power and vast riches could be his, as long as his secret stays buried.

Across town, Zev Zigman mounts a desperate struggle to bring his family out of tsarist Russia to settle in the overcrowded squalor of Winnipeg's North End. His teenage niece, a plucky orphan, arrives from London and risks everything when she hides her Jewish roots to enter the world of "The English" as Maisie, the new maid at Ravenscraig.

Scandal, romance, and the Titanic tragedy will determine the fates of both families as their lives become entwined in this historical family saga.

This historical novel is based on true events and circumstances that shaped the city of Winnipeg at the turn of the twentieth century. ■

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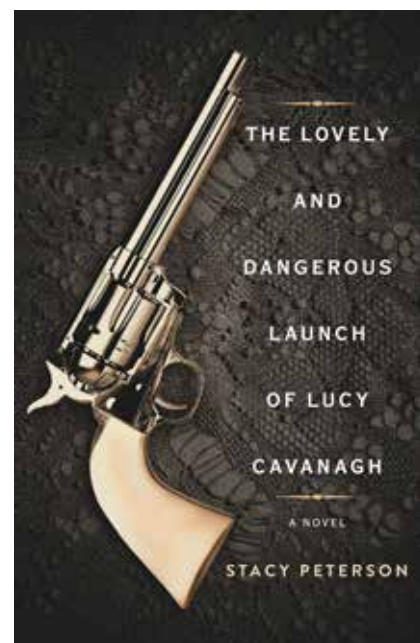
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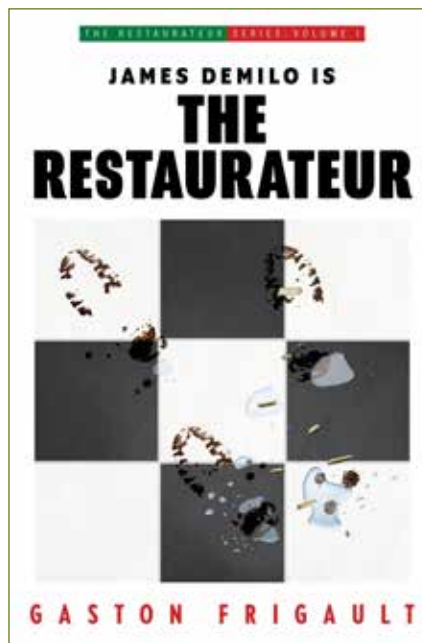
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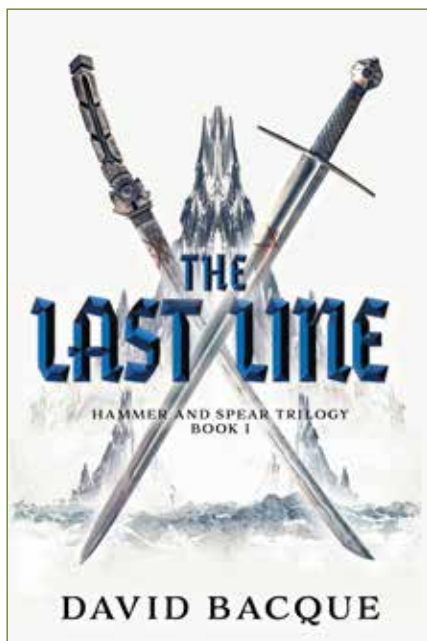
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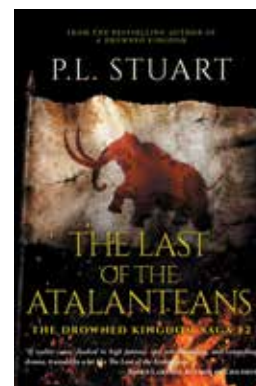
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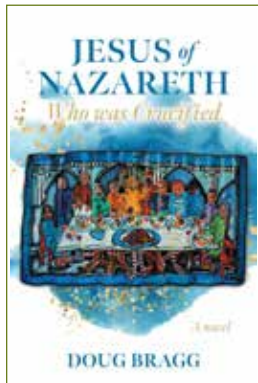
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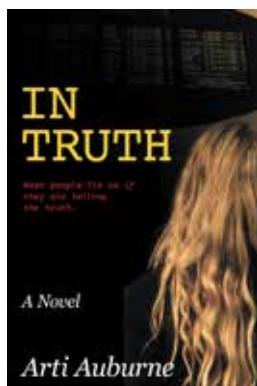
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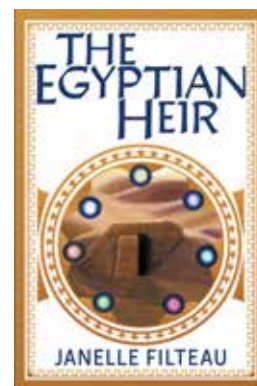
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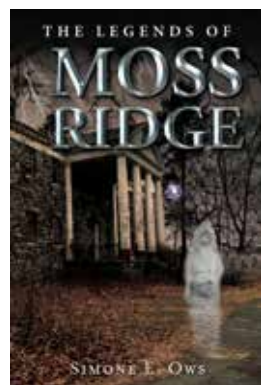
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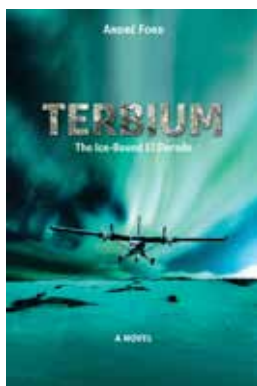
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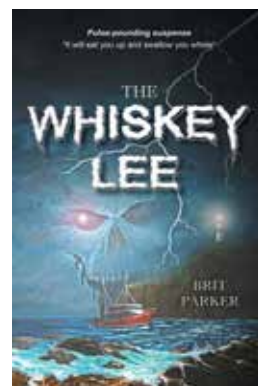
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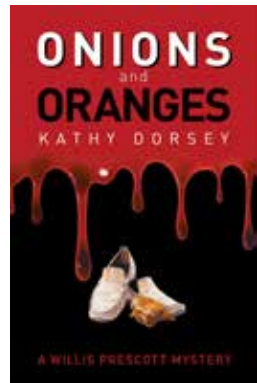
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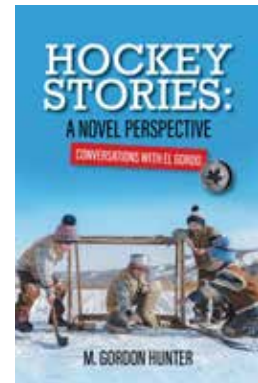
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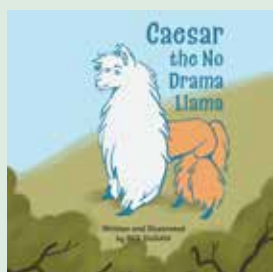
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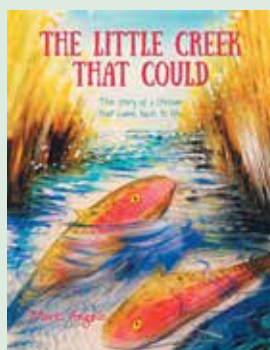
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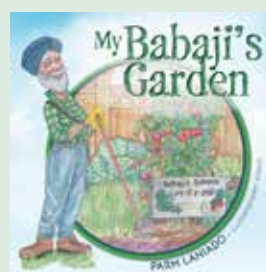
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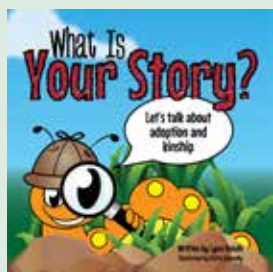
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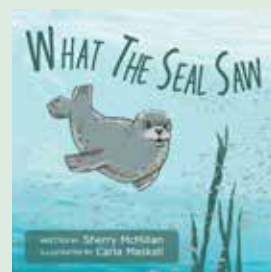
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# THE SECRET ADVENTURES OF A WILD DUCK

JORDINA HOLLAND



## JUVENILE FICTION, ANIMALS, DUCKS, GEESE, ETC.

42 pages, Standard Color, 5.5 x 8.5

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DUCKS, DUCKS, DUCKS! MANY KINDS OF WILD DUCKS LIVE IN CANADA. THIS STORY is about one very special duck and how its life suddenly changed, when it was discovered by a young boy, whose act of kindness saved it from a sad fate. Then the duck had adventures that other wild ducks could never imagine! What would it eat? Where would it sleep? Who would it trust? How would it stay safe? Here is the never before told story of this duck's adventures while growing up and being cared for by a loving human family. Based on a true story. Illustrations in Black and White. ■

[www.jordinaholland.com](http://www.jordinaholland.com)

*The Secret Adventures of a Wild Duck is a delightful early chapter book, told with the sweetness of firsthand experience, about young children who foster a wild duckling. The children's concern and love for the baby duck is palpable. Readers will easily share the excitement but will also learn more about the care of ducks and ultimately letting go.*

Louise Routledge – Teacher, Mother, Guide Leader, Bird Bander

JORDINA HOLLAND HAS TRAVELLED THROUGHOUT CANADA AND WORLDWIDE. She has especially enjoyed the beauty of nature and wildlife, wherever she has ventured. During her teaching career, Jordina spent many years sharing children's literature with her students. Now she is making her own contribution to the genre with her first book. *The Secret Adventures of a Wild Duck* is based on a true experience that Jordina shared with her family, while living by Lake Ontario in her youth. Today she lives in the beautiful Okanagan Valley in British Columbia.

Jordina extends her sincerest thanks to Nicholas Mueller for his warm, detailed illustrations! ■



## LES AVENTURES SECRÈTES D'UN CANARD SAUVAGE

COIN! COIN! COIN! MANTES ESPÈCES DE CANARDS sauvages vivent au Canada. Cette histoire est celle d'un canard très spécial, dont la vie a tout à coup changé, lorsqu'un jeune garçon l'a découvert et a décidé de sauver ce jeune canard abandonné et voué à une mort certaine. Cet animal a vécu des aventures uniques dans le monde des humains. Voici l'histoire jamais racontée auparavant de ce canard qui a grandi au sein d'une gentille famille humaine. Basée sur une histoire vraie. ■



## DIE GEHEIMEN ABENTEUER EINER WILDENTE

QUAK! QUAK! QUAK! VIELE SORTEN WILDER ENTEN LEBEN in Kanada. In diesem Buch wird eine ganz besondere wilde Ente geschildert. Ihr Leben änderte sich sehr plötzlich, als sie von einem Jungen entdeckt und von einem traurigen Los gerettet wurde. Dann erlebte sie einzigartige Abenteuer in der Welt der Menschen. Hier ist die bis jetzt noch nie erzählte Geschichte dieser Ente, die in einer lieben Menschenfamilie aufwuchs. Basiert auf ein wahres Erlebnis. ■

## THE LITTLE CREEK THAT COULD

The Story of a Stream  
That Came Back to Life

MARK ANGELO

BASED ON TRUE EVENTS, THE LITTLE CREEK THAT COULD TELLS A REMARKABLE AND inspiring story of how a severely damaged stream was brought back to life. A young teacher, whose love for rivers goes back to his childhood, sadly finds that a stream close to his new school is polluted and lifeless. But after meeting an older gentleman who had lived nearby for many years, he hears about how beautiful the creek once was.

Teachers and students then embark on an amazing journey to make the creek healthy again. Young and old alike will enjoy this hopeful tale about how nature can heal itself, if only we give it a chance!■

[www.thelittlecreekthatcould.com](http://www.thelittlecreekthatcould.com)

*"With publication of The Little Creek That Could, Mark Angelo has pointed the way forward...Read his book. Be inspired. Follow his example."*

Kim Stephens, Executive Director, Partnership for Water Sustainability

*"Truly a story for our times"*

Watershed Watch Salmon Society

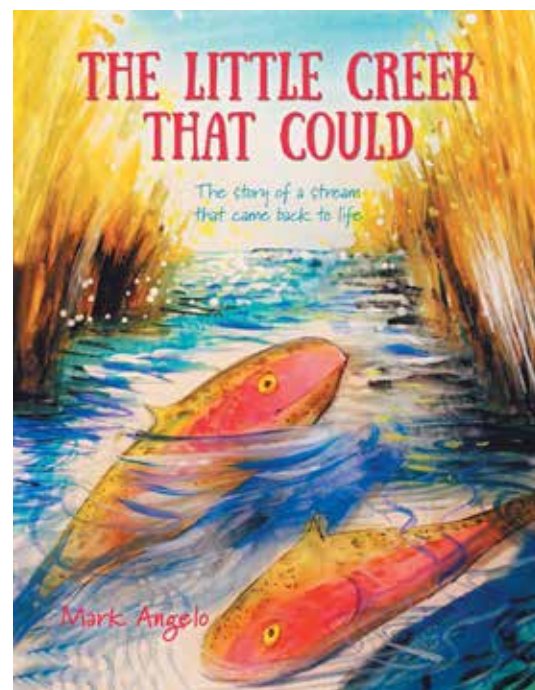
*"An inspiring read and richly illustrated. This book delivers a message to kids they need to hear more of - nature is resilient and can bounce back if given a chance"*

Eric Taylor, author of *Rivers Run Through Us*

*"...drives home the simple point that healthy rivers make our communities better places to live. That's good for all of us"*

BC Business

MARK ANGELO IS A GLOBALLY RENOWNED RIVER CONSERVATIONIST, SPEAKER, teacher, writer, and paddler. He is the Chair and founder of World Rivers Day, now celebrated by millions of people in close to 100 countries. Among his many accolades, he is a recipient of the Order of Canada for his efforts to protect and restore rivers both locally and around the world. Mark has paddled more than 1000 rivers in over 100 countries and his work has been the subject of several feature films. He has led numerous river and stream restoration efforts, including those along Guichon Creek, "the little creek that could." Mark resides in Burnaby, British Columbia, where he continues to mentor conservation groups and young people with an interest in water-related issues.■



JUVENILE NONFICTION, SCIENCE & NATURE,  
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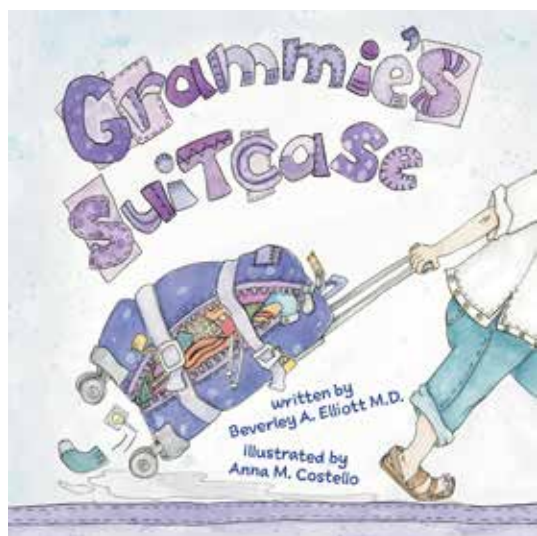
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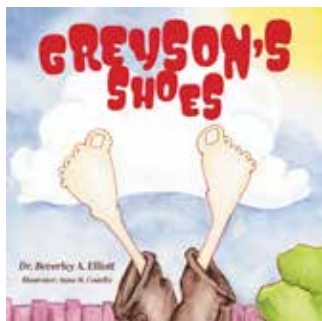
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ALSO BY BEVERLEY A. ELLIOTT

## Greyson's Shoes



GREY IS A QUIET AND SHY LITTLE BOY WHO IS AUTISTIC. GREY LOVES IT WHEN HIS Grammie comes to visit, but this time it is even more exciting—because Grammie is bringing a special friend with her! As Grammie unpacks her GIGANTIC suitcase, Grey gets more and more excited ... but then he gets nervous. What if she forgot to bring the Bear with her? Grey has already planned out the adventures that they will have together, and it would be disastrous if his Bear wasn't there! But, as Grammie's suitcase is emptied, from the very bottom, out he pops! Grey has a new friend, and it is the best day ever! ■

## KIRKUS REVIEW FOR GRAMMIE'S SUITCASE

*"A child with autism hopes that his grandmother's gift-filled suitcase holds one special toy in Elliott's picture book."*

*When Grammie comes to visit, her little grandson, Grey, is anxious, worried that among all the presents she has brought, she might have forgotten the one toy he requested: a teddy bear with whom he can cuddle, dream, and feel secure—a special friend who will understand Grey even when he struggles: "He'll know that sometimes, / whenever I'm stressed, / I may sit and rock, / but, he'll wait 'til I rest." Children will get a kick out of artist Costello's water-colour illustrations, which are full of lively detail—showing toys, new clothes, tasty goodies, "stuff for my mom," and even treats for the family dog flying out of Grammie's overstuffed suitcase. After a few pages of well-calibrated suspense, which include Costello's depictions of Grey's pondering about what to name the bear and what they'll do together, the satisfying reveal is everything that Grey—and readers—could hope for. Overall, retired paediatrician Elliott tells this tale with gentle warmth; it follows Greyson's Shoes (2020), her debut collaboration with Costello; both books are based on Elliott's experience with her autistic grandson.*

*A colourful, engaging picture book that shows great understanding of its subject."*

– Kirkus Reviews

## QUOTE FOR GREYSON'S SHOES

*"Readers will love the playful scenes,"*

*"A nicely illustrated tale that skillfully offers an opportunity for parents and children to connect"*

– Kirkus Reviews

BEVERLEY ELLIOTT BEGAN HER CAREER AS A PAEDIATRIC NURSE, THEN WENT ON TO become a paediatrician, completing medical school and a 4 year paediatric residency program at McMaster University in Hamilton ON. She established a successful Primary Care and Consulting practice in Burlington ON, but after 7 years moved to join a large paediatric practice in Roswell, NM where she worked until retirement.

Beverley is a grandmother of 5 who is now pursuing a life long passion for writing children's books. Her first book, *GREYSON'S SHOES*, is based on an actual situation involving her autistic grandson Greyson, as is this publication, *GRAMMIE'S SUITCASE*.

She is an advocate of early reading and literacy, and creates captivating and entertaining stories. Her book will appeal not only to children, but also to parents, grandparents, teachers, and caretakers. It is a charming story, beautifully illustrated, which will provide an opportunity to begin a conversation with children about Autism.

Beverley believes that society has a responsibility to facilitate understanding, acceptance, and inclusivity of neurodiverse individuals so that they can be the best they can. ■

## TALES FROM RED FOX HILL

### In The Beginning

W.K.MOFFAT

EVEN THOUGH HE MISTAKES A SKUNK FOR A SQUIRREL AND GETS TOO CLOSE TO A porcupine for comfort, he is looked to as the leader of the other dogs at Red Fox Hill. Zadoc is the narrator of all the stories.

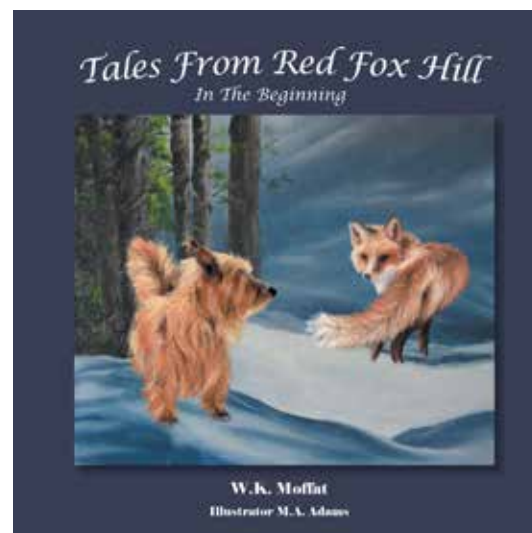
There are five rescue dogs living with the Lady at Red Fox Hill: Zadoc, an Australian Terrier, Zhilo, a Golden Retriever, Zeeva and Tattoo both Silky Terriers, and Zoé, a Bichon. They enjoy fun and adventure together while learning important values and life lessons. A fierce predator can also be a protector, the smallest creatures can have the biggest hearts, and sticking together through difficult times can bring comfort and strengthen friendships.

Join Zadoc and his companions as they go through the seasons at Red Fox Hill, making new friends and learning new things (sometimes the hard way) and, above all, doing it together. ■

KEITH MOFFAT, WHO WAS BORN ON THE EDGE OF THE ENGLISH LAKE DISTRICT, HAS always loved the outdoors. Upon arriving in Canada in 1961, he settled in the Laurentian Mountains in Quebec. He had a career in education as a teacher and department head in high school, and later as a school principal. Moffat has been president of his local Lake association and a member of the executive for many years. He has been actively involved with the Nature Conservancy of Canada, working to protect and preserve the land in and around the area where he lives. He has an extensive knowledge of the fauna and flora of the Laurentian area.

Moffat is the author of *Preserve and Protect—The Stewardship of Lac Brûlé* and *Laurentian Wildflowers*, both of which are illustrated with his own photos. *Tales from Red Fox Hill* is the first of a series of three books for children.

Moffat lives with his wife and two dogs in the Rouge River Valley in Quebec, Canada. He has two sons, and four grandchildren. ■



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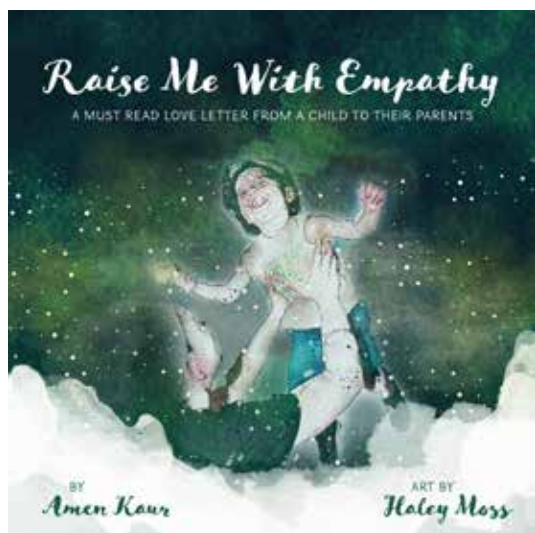
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## RAISE ME WITH EMPATHY

A Must Read Love Letter  
From a Child to their Parents

AMEN KAUR



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RECITED AS A LOVE LETTER FROM A CHILD TO THEIR PARENT(S) OR CAREGIVER(S), THIS book takes you on a powerful, heartfelt journey as it explores themes of self-care and self-love from the perspective of the child.

As a parent, it's easy to get caught up in the whirlwind of life and caring for others. This book is a reminder that when parents take care of themselves through self-empathy, self-compassion, and self-healing, they are taking care of their children, and setting a positive example.

A soothing read for kids with compelling messages for adults, it serves as a daily reminder to offer yourself kindness and compassion while navigating through life's moments. ■

<https://pomlifeproducts.com/collections/pom-books>

AMEN KAUR HAS A BA IN PSYCHOLOGY AND IS A CERTIFIED MINDFULNESS facilitator, born and raised in Canada. She practices mindfulness in her daily life through meditation and creative outlets like writing, designing interiors, or arranging flowers with her son.

Amen Kaur is also the author of *Dealing with my Feelings*, an interactive and diverse book designed to help kids identify and work through their feelings. She is passionate about mindful parenting and runs an Instagram blog page devoted to it.

You can connect with her through her website: [www.amenkaurbooks.com](http://www.amenkaurbooks.com) where you will also find more information on her blog and books. ■

## ONE, TWO, THREE, MEDITATE WITH ME

KATHY M KELLEY

ONE, TWO, THREE, MEDITATE WITH ME HELPS PARENTS AND CAREGIVERS TEACH young children how to meditate, step by step. With easy to understand instructions, and a mild-mannered unicorn demonstrating them, older readers can use the book to help guide kids through learning the breathing and visualization techniques, as a curious dragon follows along. As the young reader gains skills and transforms, so does the timid unicorn, becoming a mighty fire-breathing dragon!

This light-hearted book can help kids of all ages learn how meditation can enhance well-being, help with anxious feelings, assist self-discovery, and increase awareness. The earlier we can teach children to understand and process difficult emotions in a safe, calm, and loving way, the better off they will be.

With fun characters and a soft rhyming flow, *One, Two, Three, Meditate With Me* is an important resource for parents, caregivers, and teachers who want to help their little ones develop confidence and healthy coping strategies. ■

*"One, Two, Three, Meditate with Me is a wonderful introduction to meditation for young children, an exercise that has potential to be a calming and stabilizing influence in a child's life."*

*A powerful practice to instill in a young mind."*

- Bob Proctor

Bestselling Author of *You Were Born Rich*

*This delightful book geared towards helping parents teach little ones to meditate is beautiful. "One, Two, Three, Meditate with Me" is a must have resource that is full of engaging characters and easy to follow instructions on breathing and visualization techniques. When we are able to equip our children with tools that empower them from an early age, it opens up the door to emotional awareness, transformation, and deeply rooted confidence.*

- Tania Johnson, R.Psych, R.PT., Co-Founder/Director of the Institute of Child Psychology

*The children at our daycare love "One, Two, Three, Meditate With Me"! They are engaged with breathing and love the illustrations. It's important to teach young children emotional regulation strategies and this book really helps them.*

- Jessica Dunlop, Director, Grandma Gooch Daycare, St Albert, Alberta

REFLECTING ON HER OWN CHILDHOOD, KATHY KELLEY HAD LOVING PARENTS, BUT was never taught how to express and process "negative" feelings. As a result, she suppressed many of them, feeling shame and guilt when she felt anything but positive emotions. She became a mother at the age of twenty-one but lost her own mother two years later.

Heartbroken, and working at a soul-destroying job she could not afford to leave, Kathy became deeply depressed. Happiness was elusive—something she had always been waiting for. One day, she admitted to herself that she was angry and sad. She was frustrated by how reactive she was, and regretful about her lack of patience with her son. She hated who she had become. Looking back, Kathy saw that she had not been equipped to teach her son how to process thoughts and emotions in a healthy way, and had instead passed on her unsuccessful coping strategies.

Kathy had her second son sixteen years after her first, with a lot of self-development and learning in between. As the result of a mindfulness journey lasting over a decade, Kathy now feels very positive about life and the future. Becoming a mother again has given her the chance to not only share what she has learned with both of her sons, but also help parents and children to acknowledge and deal with uncomfortable thoughts and feelings in a healthy way through meditation. ■



### JUVENILE NONFICTION, HEALTH & DAILY LIVING, MINDFULNESS & MEDITATION

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## YOU ARE A GREAT STORY

### Be The Author Of Your Own Adventure!

ADAM LOOSLEY



#### JUVENILE FICTION

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IT'S TIME FOR BED, BUT CASEN, KEIRA, AND KESLER WON'T SLEEP UNTIL THEY discover a great bedtime story. But what exactly makes a great story? Is it action? Is it adventure? Is it heroes and villains? Luckily, Uncle Adam knows the answer!

In this page-turning, choose-your-own-adventure book, children ages three to ten will use their imaginations to explore the key elements of really great stories. As they join in on the search for the perfect bedtime story, they'll answer interactive questions and visit favourite places like Grandma and Grandpa's, the beach, an ice-show, and even the moon! *YOU Are a Great Story!* empowers children to celebrate and create their own great stories each and every day!

Inspired by the boundless imaginations of my niece and nephews, Casen, Keira and Kesler, this book is dedicated to all those in the Entertainment Industry that were negatively affected, shaken up and displaced by the COVID-19 Pandemic. This is our 'quarantine creation' and we hope it encourages everyone to stay creative, to stay positive and to remain the author of their own new adventures to come. ■

[www.adamloosley.com](http://www.adamloosley.com)

*"A book with an intriguing concept and engaging imagery ... sure to keep little children hooked."*

– Kirkus Reviews

*"The book encourages children to use their imaginations, and to look for great stories both around and within them."*

– Foreword Clarion Reviews

Adam Loosley has spent years working in live-family entertainment, both as a Performer and now Performance Director for Disney On Ice. He grew up in Petrolia, Ontario-Canada but now calls Tampa, Florida home when he's not 'on-the-road.' *YOU Are a Great Story!* is his first publication.

ILLUSTRATOR DANIEL HENKE, TOURED WITH SEVERAL PRODUCTIONS OF DISNEY ON Ice internationally as a Backstage Technician, and most recently worked with Cirque du Soleil. He was raised in Missouri and currently resides in central Florida. ■

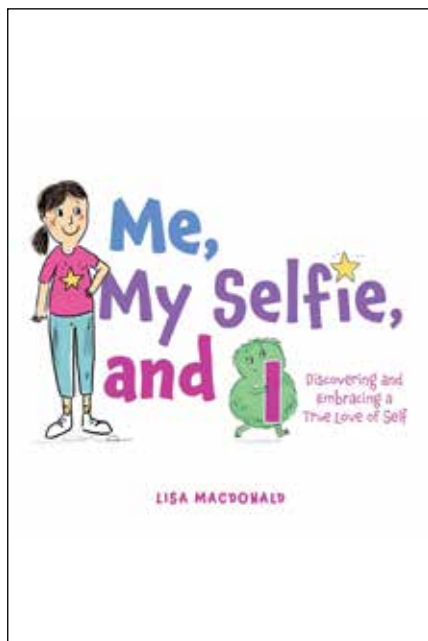
LISA  
MACDONALD

## ME, MY SELFIE, AND I

Discovering and Embracing a  
True Love of Self

JUVENILE NONFICTION,  
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108 Pages  
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ARE YOU READY TO MEET YOUR SELFIE AND DISCOVER YOUR BEST self? Your selfie is everything that makes you YOU... not just what you see on a smartphone!

This interactive workbook will guide you through a journey to figure out what you're good at and why you're important and lovable. You'll find activities, a quiz, badges, and even some craft ideas that you can do on your own or with a friend.

By progressing through the themes of peace, respect, friendship, wellness, and beauty, you'll discover...

- a love of self that's based in knowing who you are instead of focusing on the approval of others
- how to create an inner sanctuary to bring yourself peace wherever you go
- your likes, needs, wants, and interests—and why they matter
- how to be your own friend so you can be a friend to others

With *Me, My Selfie, and I*, take the next step in becoming a more confident, connected, and happier YOU! ■

[www.authorlisamacdonald.ca](http://www.authorlisamacdonald.ca)

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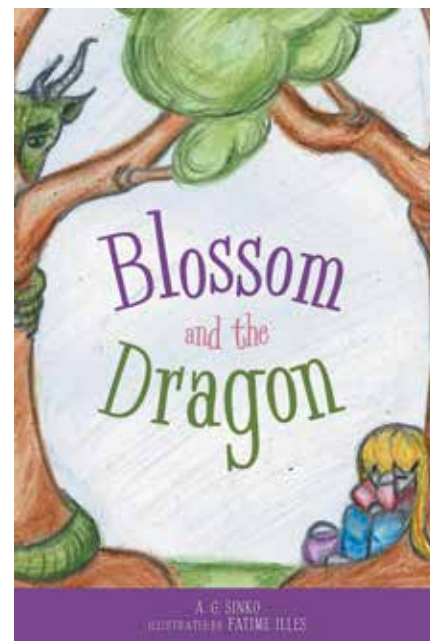
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A. G. SINKO

## BLOSSOM AND THE DRAGON

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30 Pages  
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6 x 9



IN THE VILLAGE OF TIGRA, THE SHADOW OF THE FOREST IS DARK and deep. Not because of the trees...but because of the dragon that stories say lives somewhere in the Forest.

Blossom doesn't worry much about dragons. No one has seen it for years and years. Besides, she has enough on her hands picking buzzleberries with her mother and her sister. But when she goes in search of the juiciest buzzleberries, she accidentally goes further into the Forest than ever before. She gets lost, and instead of finding the way home...she finds the dragon.

A delightful and imaginative story about friendship, legends, and the power of giving people a chance, *Blossom and the Dragon* will take readers on a wild adventure into a strange land. ■

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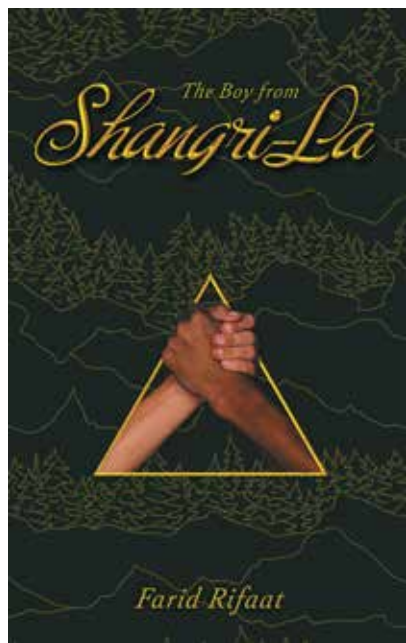
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EGYPTIAN-BORN CANADIAN, FARID RIFAAT, BORN OF AN interracial and interreligion union, tells the story of a boy who learns that his new neighbour has special abilities. One of those abilities will change everything. A story about friendship, trust, and what you might do when you find that you're not like the others. *The Boy from Shangri-La* is a wonderful read for young teens who are fond of imaginative adventures and reminiscing about their childhood best friends. ■

[www.theboyfromshangri-la.com](http://www.theboyfromshangri-la.com)

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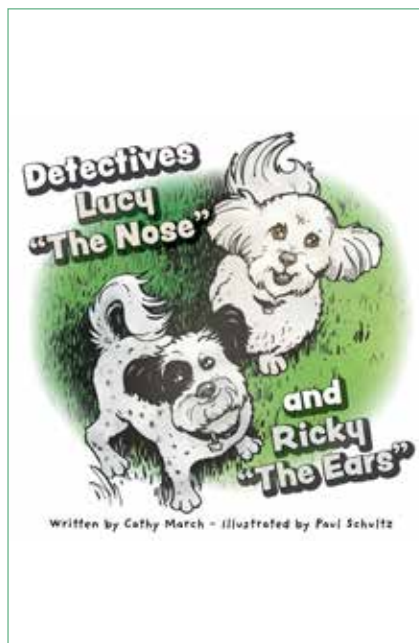
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CATHY MARCH



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LUCY AND RICKY HAVE A SECRET: WITH THE HELP OF LUCY'S powerful nose and Ricky's amazing ears, they work together to solve mysteries!

When Benny the poodle loses his favorite bone, Ricky hears his call for help from three blocks away. Lucy puts her super nose to the test. Can she find Benny's missing bone and get home with Ricky before her family gets worried?

For readers who wonder what their pets get up to without them, detectives Lucy and Ricky are sure to delight. ■

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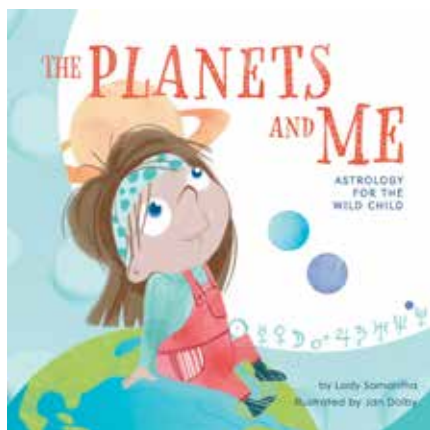
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LADY SAMANTHA

## THE PLANETS AND ME

Astrology for the Wild Child

JUVENILE NONFICTION,  
SCIENCE & NATURE,  
ASTRONOMY  
32 Pages  
Premium Color  
8.5 x 8.5



THE SUN IS THE CENTRE OF WHO WE ARE. IT IS THE "I AM" IN EACH one of us. The Moon nurtures us at night. It represents how we feel and how we care. Mercury is our voice and how we learn and Venus is our style of expression and how we love.

Through engaging rhymes and colourful descriptive illustrations, this exploratory book introduces the language of astrology in a lighthearted way that we can all relate to. Join a young girl as she claims the planets as a part of herself and describes how we are all connected to the patterns that exist above us. ■

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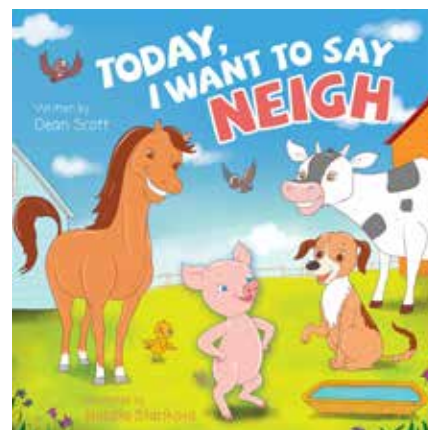
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DEAN SCOTT

## TODAY, I WANT TO SAY NEIGH

JUVENILE FICTION,  
SOCIAL ISSUES,  
SELF-ESTEEM & SELF-  
RELIANCE  
32 Pages  
Standard Color  
8.5 x 8.5



TODAY, I WANT TO SAY NEIGH IS THE STORY OF A SWEET LITTLE piggy that's tired of its oiiooiink and fantasizes about looking, sounding, and even feeling like the other animals on the farm. But with gentle self-reflection and the guidance of its furry comrade, our precious piglet realizes that being different is actually quite special. *Today, I Want to Say Neigh* shines with self-acceptance, friendship, and fun, and is a must-read for animal-loving youngsters who are building self-worth and starting to wonder where they fit in. ■

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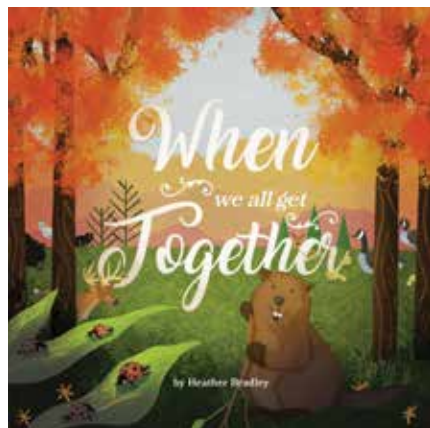
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## WHEN WE ALL GET TOGETHER

HEATHER  
BRADLEY



JUVENILE NONFICTION,  
ANIMALS

44 Pages  
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FROM A MISCHIEF OF MICE TO A LOVELINESS OF LADYBUGS, groups of creatures have beautiful, descriptive names. Join the Canadian wildlife in the maple tree forest. They're all gathering together one by one—until unwanted pests arrive!

*When We All Get Together* presents collective nouns in a uniquely Canadian way. ■

[www.authorheatherbradley.com](http://www.authorheatherbradley.com)

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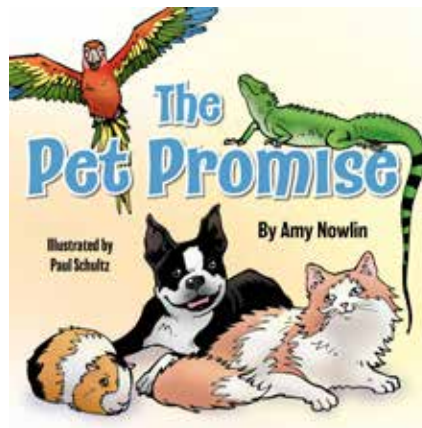
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AMY NOWLIN



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ARE YOU READY TO OWN A PET? WILL YOU MAKE SURE YOUR NEW friend is always well cared for and loved? *The Pet Promise* guides the pet owner-to-be through a series of promises, outlining the responsibilities and commitment that go along with owning a pet and the special friendship that develops. Children and parents alike will understand what it takes to look after and care for a pet to ensure they are making the right decision, and by adopting these pet promises, children can match their actions with their beliefs.

Before you bring your new pet home, please pledge to take on the responsibilities of owning a pet. Will you make *The Pet Promise*? ■

[www.amynowlin.com](http://www.amynowlin.com)

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LINDSAY JAY

## ADVENTURE VAN AND THE TRAVELLING CLAN

JUVENILE FICTION,  
TRAVEL

44 Pages  
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11 x 8.5



WHAT IS "HOME" EXACTLY? IS IT JUST THE PLACE WHERE YOU SLEEP? Where you keep your stuff? An apartment, a house, an igloo, or even somewhere out under the stars? Well, these are the sorts of questions that the members of one family start asking themselves when they wake up one morning to find that their house has vanished into thin air. Poof! Like magic. Luckily, they still have each other, and their family van, so they decide to go on an epic adventure to find a new home.

This thoughtful and entertaining adventure story, told with fun rhymes and colorful illustrations, should help children (age 1-8) learn a bit about the world, and appreciate the people in their lives who can help them see the positives in life, even during hard times, with laughter and love. ■

[www.adventurevantravellingclan.com](http://www.adventurevantravellingclan.com)

HARDCOVER

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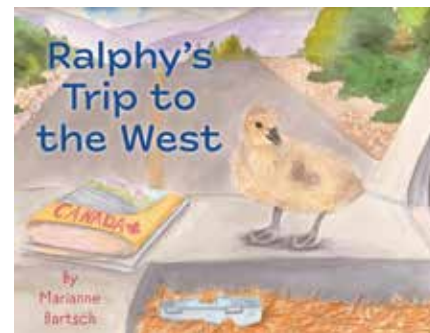
\$4.99 USD  
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MARIANNE BARTSCH

## RALPHY'S TRIP TO THE WEST

JUVENILE NONFICTION,  
READERS, BEGINNER

44 Pages  
Premium Color  
11 x 8.5



A SMALL ROADBLOCK POPS UP AT THE BARTSCH'S ONTARIO HOBBY farm, just as they're about to set off on a cross-Canada road trip. From the warmth of its incubator, a newly hatched gosling emerges, ready to take on the world. Undeterred by the fuzzy goose's sudden arrival, the couple - husband and wife - brings Ralph along for a Canadian adventure.

Written in rhymes, *Ralphie's Trip to the West* is a delightful children's book, based on the gosling's real-life antics while travelling from North Bay, Ontario, to Vancouver, British Columbia. Along the way, precocious (and outspoken) Ralph enjoys history and geography lessons, develops friendships with other animals, sees snow for the first time, and dreams of finding paradise, namely a swimming pool to call his own. ■

[www.ralphiestriptothewest.com](http://www.ralphiestriptothewest.com)

HARDCOVER

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## WHERE IS THE SUN?

TAMAR JOHNSON



## JUVENILE FICTION

28 Pages  
Premium Color  
11 x 8.5

THE SUN IS HIDING BEHIND THE CLOUDS, AND LEA CAN'T SEE IT AT all. While she and her mom run their errands for the day, Lea searches for the sun. To everyone's delight, she finds it over and over: beaming through windows, shining in people's eyes, and flashing in water. Each time she finds the sun, Lea shows the people around her that beauty and joy are everywhere.

This heart-warming story reminds readers happiness in unexpected places, and to not be afraid to make their own. ■

[www.tamarjohnson.com](http://www.tamarjohnson.com)

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## PAPERBACK

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## EBOOK

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## ADVENTURES OF CHRIS &amp; RAYMOND

## The Zombie Sleepover

MELDY WILTON

JUVENILE FICTION,  
MONSTERS

44 Pages  
Premium Color  
11 x 8.5

CHRIS AND RAYMOND ARE TWO 11 YEAR OLD CHILDREN THAT LIVE next door to each other in the Pacific West Coast and are best friends. Their wonderful imaginations take them on a journey of self discovery as they go through a series of adventures furthering their friendship and close bonds with each other. Always ready for the next adventure, never knowing that an ordinary day may end up not so ordinary. After being drawn into the dancing zombie realm Chris and Raymond tire and want to return home. They are soon led by the littlest zombie to their dresser which is their portal home. What is real and what is imagination? The climax of the story makes the characters choose home or eternal fun. ■

[www.meldywilton.com](http://www.meldywilton.com)

## HARDCOVER

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## PAPERBACK

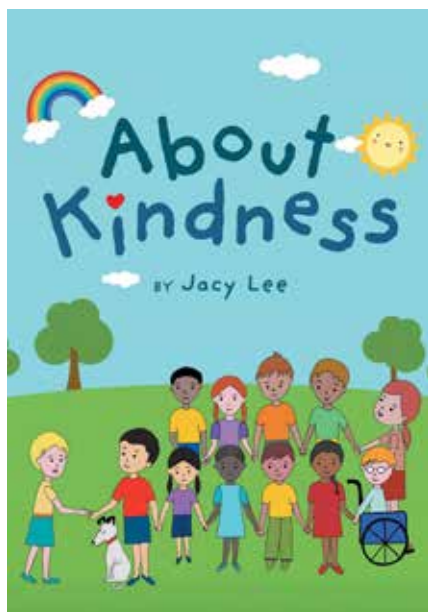
\$22.99 USD | Reg Discount  
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## EBOOK

\$8.99 USD  
978-1-03-912932-0

JACY LEE

## ABOUT KINDNESS

JUVENILE NONFICTION,  
POETRY44 Pages  
Standard Color  
7 x 10

This beautiful children's verse book is about kindness – what it is, how to express it, and the positive impact that it can have on individuals and around the world. Written as a three-stanza poem, *About Kindness* employs rhythms, rhymes, and repetition to teach young children different mindful ways of expressing kindness in their everyday lives: through meeting people's needs in the first stanza; through empathy and understanding in the second stanza; and through care and concern for their community and planet in the third stanza. The illustrations show that acts of kindness can inspire more kindness, happiness, and togetherness in diversity. To add fun to the messages in the book, readers may engage in a special hunt of "Find the Heart" throughout the book.

The language and illustrations are straightforward and easily understood, making *About Kindness* a perfect introduction for all children about the many ways to make a positive difference with what they say and do. This book supports emotional intelligence, and diversity, and helps to equip children with a social and emotional toolbox that will carry them through childhood into adulthood. ■

[www.emotionsandkindness.com](http://www.emotionsandkindness.com)

HARDCOVER

\$25.99 USD | Reg Discount  
978-1-03-911941-3

PAPERBACK

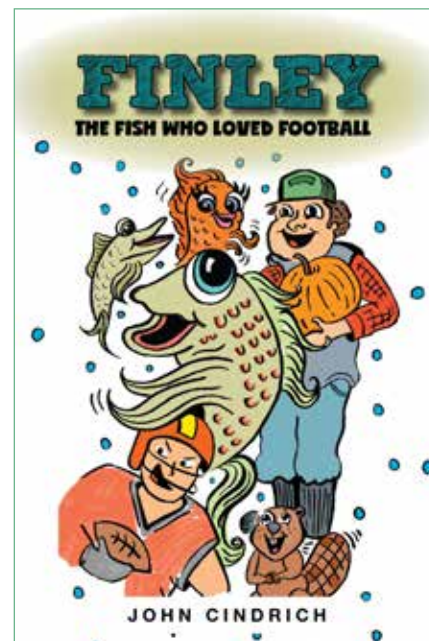
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978-1-03-911940-6

EBOOK

\$3.99 USD  
978-1-03-911942-0

JOHN CINDRICH

## FINLEY THE FISH WHO LOVED FOOTBALL

JUVENILE FICTION,  
ACTION & ADVENTURE120 Pages  
Black & White  
6 x 9

## WHAT IF A FISH WANTED TO GO TO A FOOTBALL GAME?

That's the question facing Finley, a river fish, and his underwater friends. Finley and company, a clever, hard-working, and creative bunch, fire up an old TV they find sunken in the river. Before long, Finley falls in love with watching football, and he dreams of traveling to the stadium to watch a game.

Using odds and ends from an old submerged junkyard, Finley and his quirky crew hatch a zany plan. They stumble into strange landscapes, dodge pumpkins, and crash into crazy football fans, defying overwhelming odds to get Finley to the big game.

Full of fun (and sneakily educational), *Finley, the Fish Who Loved Football* proves that with good friends, creativity, and hard work, a river fish can make a big splash in the world of humans...even when he's up to his gills in madcap mayhem. ■

[www.jdcindrich.com](http://www.jdcindrich.com)

HARDCOVER

\$26.99 USD | Reg Discount  
978-1-03-910376-4

PAPERBACK

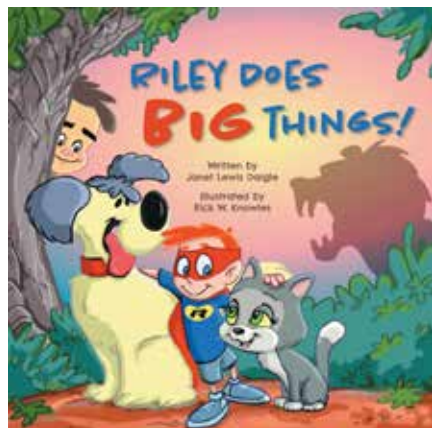
\$13.99 USD | Reg Discount  
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EBOOK

\$3.99 USD  
978-1-03-910377-1

## RILEY DOES BIG THINGS!

JANET LEWIS  
DAIGLE



JUVENILE FICTION,  
SOCIAL ISSUES,  
BULLYING  
40 Pages  
Standard Color  
8.5 x 8.5

RILEY CAN DO BIG THINGS, LIKE CLIMB A MOUNTAIN AND TAME A lion . . . even if the mountain is really a pile of laundry and the lion is just a stray cat. But when Riley is faced with a giant bully at school, how will he know what to do? This is different than doing chores around the house or playing with friendly animals. This bully is making other kids sad!

Maybe there's a reason this bully is acting so mean. Can Riley figure it out? No matter what, he knows his huge heart will help him to be brave and do BIG things!■

### HARDCOVER

\$21.99 USD | Reg Discount  
978-1-03-912841-5

### PAPERBACK

\$10.99 USD | Reg Discount  
978-1-03-912840-8

### EBOOK

\$4.99 USD  
978-1-03-912842-2

## REAL WORLD KIDS Thomas – Australia

REBECCA EVENS



JUVENILE NONFICTION,  
PEOPLE & PLACES,  
AUSTRALIA & OCEANIA  
32 Pages  
Premium Color  
8.5 x 8.5

HAVE YOU EVER WONDERED ABOUT KIDS LIVING IN FAR-OFF places? What their lives are like? If they play the same games? If the schools they go to are like yours? In this book, the first in the REAL WORLD KIDS series, you will meet Thomas, a young boy who lives on a small farm in Australia.

Each REAL WORLD KIDS book features the real-life story of a child from somewhere in the world. The main story tells an engaging and interactive "day-in-the-life-of" that child.

At the end of each story you'll discover more fun, easy-to-understand facts about the country the child is from, including their native animals, languages, foods and activities. Then, continue the conversation about what you've learned by answering the discussion questions with your friends and family.■

<https://www.realworldkidsbooks.com/>

### HARDCOVER

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978-1-5255-9263-8

### PAPERBACK

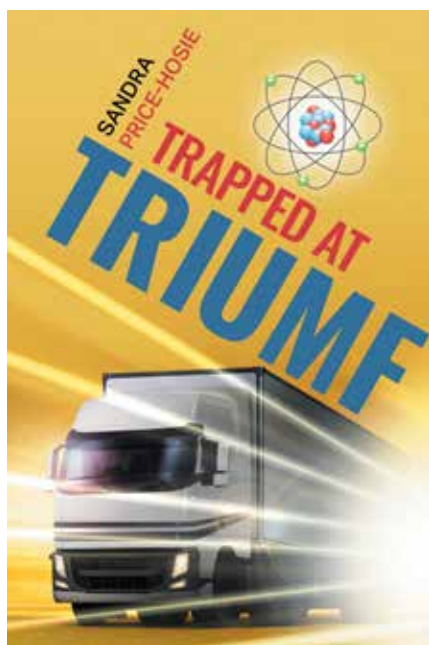
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### EBOOK

\$3.99 USD  
978-1-5255-9264-5

SANDRA  
PRICE-HOSIE

## TRAPPED AT TRIUMF

JUVENILE FICTION,  
ACTION & ADVENTURE78 Pages  
Black & White  
6 x 9

ON HER FIRST DAY AT A NEW MIDDLE SCHOOL IN VANCOUVER, Cindy makes friends with her lab partners: Peter, Lincoln, Katy, and Ali. They quickly bond over their shared love of science and form a secret club, the Thunderbirds, named for Cindy's Indigenous heritage. Then, a mishap with their science experiment causes an explosion in the school lab, and the group gets suspended for a month!

Faced with an abundance of free time, the new friends spend their evenings camping out in the woods near the TRIUMF science centre. One night, they overhear thieves plotting to steal TRIUMF's extremely powerful atomic battery. Suddenly, these science nerds must use all the tools in their arsenal to stop the threat! With the help of a trusted RCMP ally, the Thunderbirds race to save the day. But will they catch the bandits in time?

*TRAPPED AT TRIUMF* is an exciting story about friendship, culture, and community. During their adventures, Cindy and her friends must develop the courage to be different, the strength to be independent, and the verve to be adventurous. As they learn to try new things, they understand the importance of doing the right thing. Most of all, they learn that bunch of science nerds can triumph over evil! ■

HARDCOVER

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PAPERBACK

\$14.99 USD | Reg Discount  
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EBOOK

\$4.99 USD  
978-1-03-912323-6

ALVIN GAUTHIER

SOUTH BENTINCK  
SUMMERJUVENILE FICTION,  
NATURE & THE NATURAL  
WORLD120 Pages  
Black & White  
6 x 9

If you fly an hour or so from Vancouver to Bella Coola, South Bentinck Arm isn't that much farther away. But this inlet on British Columbia's Central Coast is an otherworldly place where encounters with bowhead whales, pesky porcupines and devil's fish provide adventure and education for two brothers from Vancouver. *South Bentinck Summer* is the story of Tommy, age 10, and his know-it-all brother Chet, age 14, who stay at their dad's logging camp for two glorious months. The boys roam the forests and waterways, discovering the wonder of the plants and animals around them while spying on beavers, catching salmon, battling a giant Pacific octopus, and rescuing a fawn.

Through their immersion in the natural world, the brothers also strengthen their own bond as they celebrate triumphs and overcome challenges together. They're often joined by their friend Talyu Joe, a Nuxalk youth who further expands their perspectives and deepens their empathy for animals and each other with his knowledge and cultural connection to the land.

*South Bentinck Summer* is a vividly written book of tales that also reveal the Indigenous world and its history on this part of the coast through the eyes of Talyu Joe. With animals coming to life in chapters such as "Old Barnacle Back" and "A Lovable Old Bandit," these captivating stories are sure to ignite the imagination of children and youth. ■

HARDCOVER

\$26.99 USD | Reg Discount  
978-1-03-912328-1

PAPERBACK

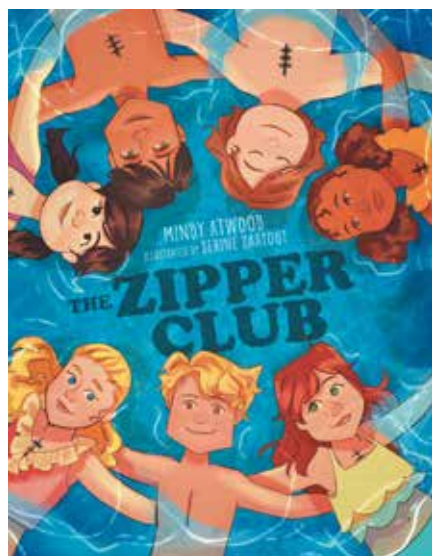
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EBOOK

\$3.99 USD  
978-1-03-912329-8

# THE ZIPPER CLUB

MINDY ATWOOD



JUVENILE FICTION,  
HEALTH & DAILY LIVING,  
DISEASES, ILLNESSES &  
INJURIES

24 Pages  
Standard Color  
8.5 x 11

IT'S SUMMERTIME, AND EVERYONE IS HAVING FUN AT THE POOL. Everyone except a young boy named Mike. He has undergone open-heart surgery and is nervous about showing his scar. Will the kids at the pool make fun of him? His friend Emma sees his worry and comes up with a plan to make him feel better. She enlists their pals to join in, and with the help of an artist who draws scars on their chests, they create the "Zipper Club."

*The Zipper Club* is an inspiring story of friendship, empathy, and confidence told through rhyme. Join Mike as he learns that through acceptance and understanding, we can all empower others to feel self-confident. ■

## HARDCOVER

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## PAPERBACK

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## EBOOK

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# LIDDY LOU'S SUMMER OF WILD HAIR!

BONNIE D PAULSEN



JUVENILE FICTION,  
HEALTH & DAILY LIVING,  
DAILY ACTIVITIES

32 Pages  
Standard Color  
8 x 10

LIDDY LOU'S SUMMER OF WILD HAIR! IS A SWEET STORY ABOUT A fierce little girl named Liddy Lou who hates to have her wild, curly, and unruly hair combed. One June day, she declares her independence, stating that she and her hair are going on summer vacation and that she isn't going to groom her hair for the whole summer. Her family is concerned, but Liddy Lou is adamant about not combing or washing her hair, a practice that leads to all manner of things getting caught in her hair, some of them fantastic!

But then September rolls around and school starts again and the fierce and independent Liddy Lou is faced with a decision. ■

[www.bonniepaulsenbooks.com](http://www.bonniepaulsenbooks.com)

## HARDCOVER

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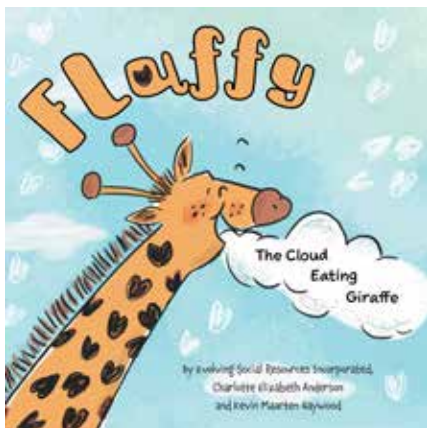
## EBOOK

\$3.99 USD  
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## FLUFFY The Cloud Eating Giraffe

JUVENILE FICTION,  
ANIMALS, GIRAFFES

32 Pages  
Standard Color  
8.5 x 8.5



FLUFFY THE GIRAFFE LOVES TO EAT. FLUFFY SPENDS ALL DAY EATING grass and leaves. On this special day Fluffy discovers that the more she eats, the taller the giraffe grows. Soon the poor giraffe is running out of food, and the clouds are too high to reach!

Charlotte Elizabeth is determined to help Fluffy, and she uses her jetpack to feed her all the vegetables she can find. But when Fluffy grows tall enough, the giraffe sees that there are more exciting things to eat in the sky than clouds. With the help of friendly astronauts, will Charlotte Elizabeth be able to save Fluffy—and stop the giraffe from eating the stars and moon? ■

HARDCOVER

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PAPERBACK

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EBOOK

\$4.99 USD  
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CÉLESTE KURCZ

## LES AVENTURES DE CORALIE LA COCCINELLE Le voyage dans l'espace

CHILDREN'S

JUVENILE NONFICTION,  
SCIENCE & NATURE,  
ANATOMY &  
PHYSIOLOGY

40 Pages  
Standard Color  
8.5 x 8.5



TROIS... DEUX... UN... DÉCOLLAGE! ON PART EN ESPACE!

Coralie est une petite coccinelle avec une grande imagination. Surtout, elle adore partir à l'aventure! Pour son premier grand voyage, Coralie nous invite à visiter le système solaire. Elle nous montre des planètes de toutes tailles, nous enseigne au sujet de la Lune et du Soleil et nous introduit aux merveilles de l'astronomie. En chemin, elle nous invite à participer à des activités pédagogiques et des jeux qui intéresseront les lecteurs, qu'ils soient petits ou grands.

Aimez-vous les aventures? Rejoignez Coralie pour son premier voyage et découvrez de nouveaux mondes! ■

[www.coralielacoccinelle.ca](http://www.coralielacoccinelle.ca)

HARDCOVER

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PAPERBACK

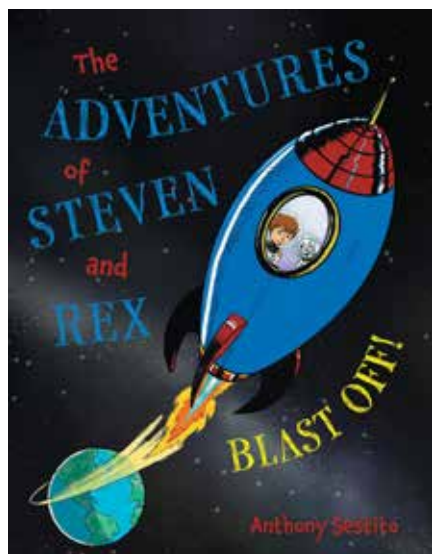
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EBOOK

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# THE ADVENTURES OF STEVEN AND REX Blast Off!

ANTHONY  
SESTITO



JUVENILE FICTION,  
ANIMALS, DOGS  
32 Pages  
Standard Color  
8.5 x 11

AWAY WE GO! IT'S JUST ANOTHER SUNDAY FOR YOUNG STEVEN. AS he tries to avoid doing any chores around the house, he looks for an escape from it all. Steven and his dog Rex manage to get themselves far away from home— too far away. Going into unknown areas, Steven and Rex accidentally encounter unfriendly creatures. Steven's eagerness to leave the comfort of his home does not go as planned. Now he finds himself in strange mysterious places once again looking to escape. Will Steven and Rex be able to survive their adventure?■

## HARDCOVER

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## PAPERBACK

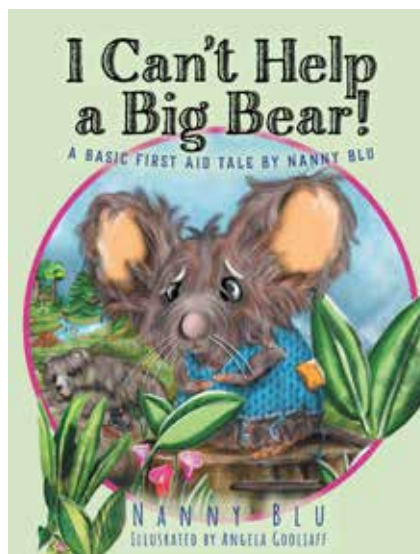
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## EBOOK

\$4.99 USD  
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# I CAN'T HELP A BIG BEAR! A Basic First Aid Tale by Nanny Blu

NANNY BLU



JUVENILE FICTION,  
ANIMALS, BEARS  
64 Pages  
Standard Color  
8.5 x 11

BRASSY MOUSE WAS SURE THAT HE COULDN'T HELP AN INJURED bear. Or could he?

How did this small mouse help a big bear without having any knowledge from a book

or first aid course (perhaps they don't have those for animals...)

Do you think your child is too young or small to help someone that is injured?

Would your child have the confidence to help someone that needs help?

Could you?

For those of you that believe you couldn't help...

WHAT IF YOU ARE WRONG?

Even if you do ONE thing to help someone in need...They may live to thank you!

Brassy Mouse and Big Bear will tug at your heartstrings!

It doesn't matter how big or small you are.

And it doesn't matter that you are different or unique.

It matters that you CARE!■

[www.nannyblu.com](http://www.nannyblu.com)

## HARDCOVER

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## PAPERBACK

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978-1-5255-8994-2

## EBOOK

\$3.99 USD  
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## THE NESTLEBURROW CHRONICLES

Welcome to the Burrow

NAN CONTA

JUVENILE FICTION,  
ANIMALS

116 Pages  
Standard Color  
8 x 10



WELCOME TO NESTLEBURROW, A TINY WOODLAND VILLAGE FILLED with kind and loving folks, busy living life deep in the secluded northern woods.

For the villagers of the Burrow, life is real, but not all that complicated. Folks in the village are known for who they are, what they do, and how they value one another. *The NestleBurrow Chronicles* is a running conversation about people, their reactions to life's adventures, and whimsical situations they encounter.

Readers join Tommy Racoon and his friends as they learn the lessons of everyday life, like making and keeping friends, being kind and supportive, and tackling challenging projects. The animals of the Burrow aren't afraid of stepping in when they have to be brave, or making something right when it's been put wrong. They know how to get along with all kinds of folks, no matter how different they may be. ■

HARDCOVER

\$34.99 USD | Reg Discount  
978-1-03-911707-5

PAPERBACK

\$23.99 USD | Reg Discount  
978-1-03-911706-8

EBOOK

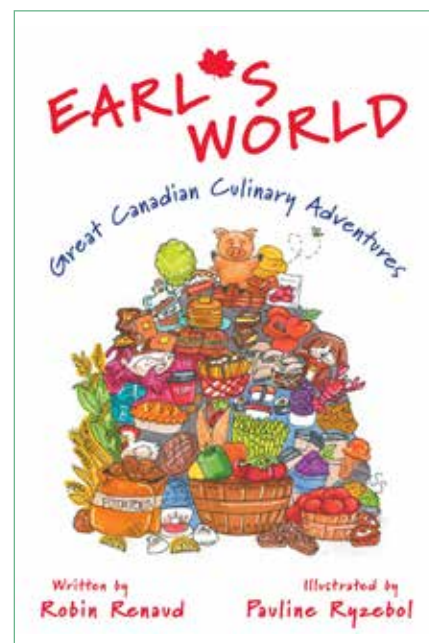
\$12.99 USD  
978-1-03-911708-2

## EARL'S WORLD Great Canadian Culinary Adventures

ROBIN RENAUD

JUVENILE FICTION,  
COOKING & FOOD

44 Pages  
Standard Color  
7 x 10



EARL AND HIS FRIENDS TAKE A CROSS-COUNTRY TRIP TO BRAVELY taste all the flavours of Canada. From coast to coast to coast, they visit every province and territory, enjoying different cultures and interesting sights. Along the way, they try cod tongue and smoked salmon, poutine and chocolate-covered potato chips, saskatoon berry pie and akutuq—and much, much more.

Come explore the foods of Canada with Earl and his friends. As Earl says, "You never know what you might like, if you don't give it a try!" ■

HARDCOVER

\$24.99 USD | Reg Discount  
978-1-03-911477-7

PAPERBACK

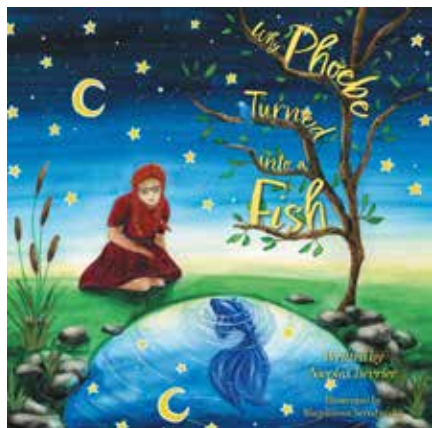
\$14.99 USD | Reg Discount  
978-1-03-911476-0

EBOOK

\$6.99 USD  
978-1-03-911478-4

## WHY PHOEBE TURNED INTO A FISH

NICOLE CHEVRIER



JUVENILE FICTION,  
SOCIAL ISSUES,  
BULLYING

40 Pages  
Standard Color  
8.5 x 8.5

PHOEBE IS A BRIGHT, IMAGINATIVE, AND SENSITIVE YOUNG GIRL . . . and also a little bit shy. When her family decides to move across Canada, Phoebe worries about making new friends, and starting over at a new school. But she knows she can count on her best friend (and best fish) Tango. After the big move, Tango starts acting a little strangely. He isn't even swimming around his favourite pirate ship! Phoebe thinks he may be sick and doesn't want to leave him while she attends school.

But that isn't the only reason why she wants to stay home.

Phoebe hasn't told her parents that there are two bullies at school who make her life miserable. She bottles up all of her emotions, and runs away from her problems by escaping to the natural world, where she feels better. Along the way, Phoebe discovers a special place, where she meets talking animals and dancing plants. Where are Phoebe's adventures taking her? Is it just her active imagination, a fantasy, or has Phoebe discovered a secret world?

Phoebe's journey deals with change, loss, and grief, but at its core is Phoebe's transformation from a vulnerable little girl to a brave and resilient one. ■

### HARDCOVER

\$20.99 USD | Reg Discount  
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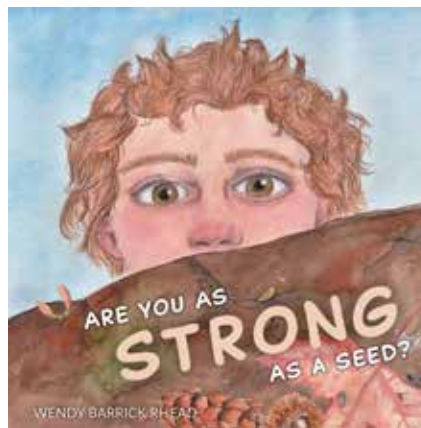
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## ARE YOU AS STRONG AS A SEED?

WENDY  
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EVEN THE SMALLEST SEED CAN BE MIGHTY. A GRANDFATHER'S LOVE and wisdom is imparted to his grandchild as they walk along the paths of Lake Superior. Weaving a story about the journey of nature's tiniest hero, the seed, he explains that even the smallest in nature can weather any storm and become stronger for it—just like his grandchild.

*Are You as Strong as a Seed?* is a remarkable generational story about the challenges of growing-up. Connecting the forces of nature to that of life, the grandfather showcases how determination, perseverance, and reflection can make one the mightiest of all. ■

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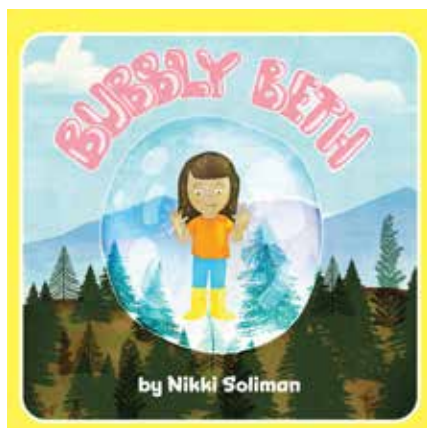
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NIKKI SOLIMAN

## BUBBLY BETH

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28 Pages  
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THIS IS A STORY ALL ABOUT BETH, AN ANISHINAABE GIRL WHO loves all kinds of bubbles—bubble wrap, bubble tea, bubble gum, bubble baths, and her bubble guppy. For her 6th birthday, Beth receives a giant body bubble as a gift, which literally blows her away. After Beth gets trapped in the bubble, she floats away over her house, her school, the park, and the lake.

Soon, Beth lands in the bush where she meets some animal friends, like Waagoosh (the fox), Waawaashkesh (the deer), and more. Can the animals help Beth pop the bubble? How will she get home? Join Beth as she embarks on this exciting adventure with her animal friends and learns all about teamwork and friendship.

For integrated lesson plans and curriculum supplements for all subject areas that support this heartwarming picture book, please visit: [www.goodminds.com](http://www.goodminds.com) ■

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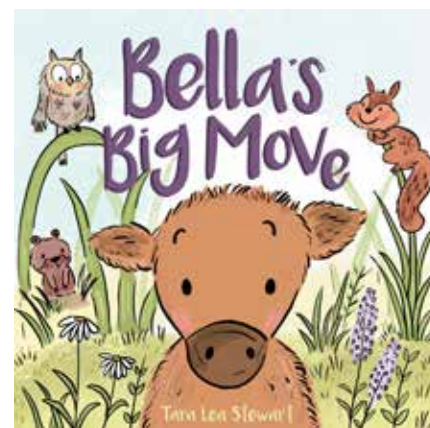
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STEWART

## BELLA'S BIG MOVE

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BELLA IS A YOUNG BUFFALO WITH A WONDERFUL LIFE. SHE WAKES up every morning with a smile! But when Bella's parents tell her that the whole family is packing up and moving across the country, she's terrified! She's scared of leaving everything she knows, especially all of her friends, and moving to a new place with her family.

As Bella makes the trip from Alberta to Prince Edward Island, she struggles to let go of her fears and worries. It isn't until she meets an inspiring friend along the way that Bella learns that change, even though it's scary, can be a good thing. ■

[www.bellasbigmove.com](http://www.bellasbigmove.com)

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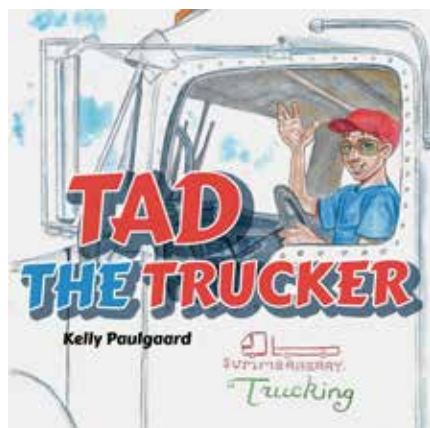
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32 Pages  
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TAD THE TRUCKER HAS AN IMPORTANT JOB HAULING EQUIPMENT.

On this journey he is travelling from Grenfell, Saskatchewan to Edmonton, Alberta. He packs a lunch for his long drive and gets in the driver's seat to start the engine. Along the way he sees birds, cows, and lots of cars and trucks. The sky is beautiful and changes from blue with fluffy clouds to a bright pink sunset. After he unloads the wheel loader, he goes to the truckstop for supper. Tad sees his trucker friend Tianna and her dog Banjo. Then it is time to go to bed inside his truck parked beside all the other truckers. Tomorrow will be another big day with a new destination. ■

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JOHAN REIS



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EVERY DAY, SHAWN WALKS TO AND FROM SCHOOL THROUGH HIS friendly, multicultural neighbourhood. Along the way, he stops to talk with the people in his world. Through his curious and sensitive nature, Shawn comes to understand their hardships, relationships, and struggles, as well as the community around him.

Themes of immigration, friendship, and generosity showcase the sweetness of the world through Shawn's eyes. Rich, hilarious, and compassionate—this book will entertain and enlighten children and adults alike. ■

[www.onmywaytoschool.com](http://www.onmywaytoschool.com)

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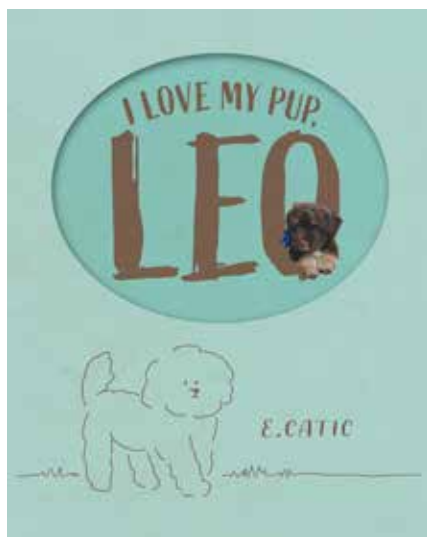
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ARE YOU AND YOUR YOUNG CHILDREN PLANNING TO ADD A puppy to your family? Puppies can be a lot of work, but they can also be funny, sweet, and cuddly companions! I Love My Pup, Leo will prepare the whole family to welcome your new puppy and keep him safe, happy, and comfortable.

Using kid-friendly language, Leo's story teaches children about puppy behaviour and basic training. While bringing a new puppy home is sometimes very challenging, puppies also make wonderful companions and friends. With a lot of love and patience, you'll soon have a puppy that loves you right back! ■

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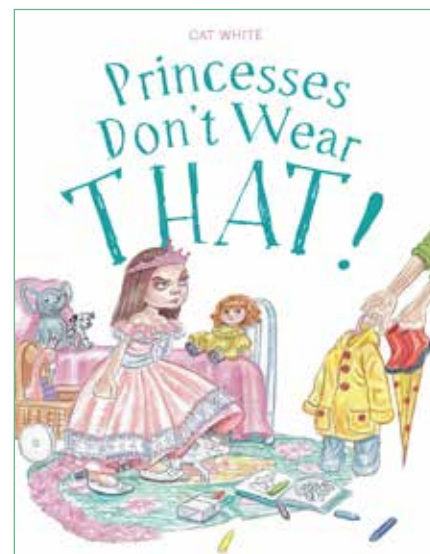
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PRINCESS NORA LOVES TO WEAR BEAUTIFUL DRESSES AND DISLIKES wearing anything else, no matter the weather! Through autumn, winter, spring, and summer, Nora's mom shows her that princesses have more fun when they wear the right clothes for the right occasion. Of course, princess dresses have their occasion too, and Nora discovers the perfect time and place to wear her favourite outfit!

Perfect for children who love to dress up, *Princesses Don't Wear THAT!* guides readers through the four seasons and demonstrates appropriate clothing for each, while still encouraging imagination and play. ■

[www.catwhite.ca](http://www.catwhite.ca)

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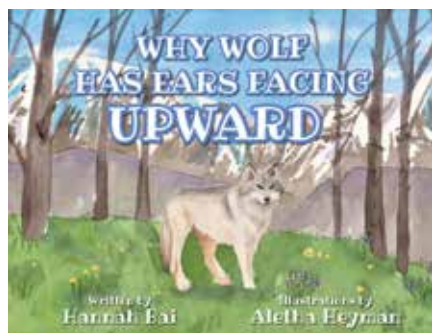
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COYOTES

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WOLF'S EARS FACE DOWNWARD, AND SHE'S NOT HAPPY ABOUT how she looks. Out of ideas about how best to change, she asks her friend Bear for advice.

When she does what Bear suggests, things don't turn out quite as Wolf planned. She will have to rely on her friends for help. Will they be able to save her in time?

*Why Wolf Has Ears Facing Upward* brings the reader into a story of what happens when we don't think about consequences before we act—and how the relationships we build with our friends can help get us out of tight spots. ■

[www.hannahbai.com](http://www.hannahbai.com)

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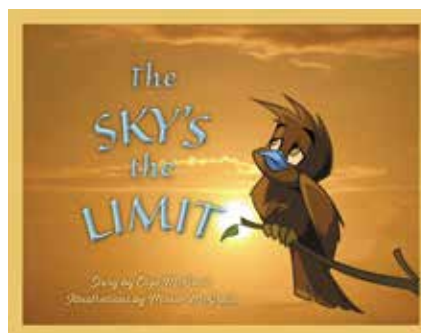
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OLGA MCGRATH



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44 Pages  
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THE SKY'S THE LIMIT IS THE STORY OF ROBBIE, A SPOILED YOUNG bird whose mother is at her wits' end, unable to get him to grow up and leave the comfort of the nest. After trying everything she can, she gives up and takes a much needed long vacation. When Robbie discovers he's going to have to take responsibility for himself, he soon discovers that a carefree life of leisure is not all it's made out to be.

No one is perfect, but if you try to become the best version of YOU that there is, you will probably discover that you are better than you ever dreamed you could be! ■

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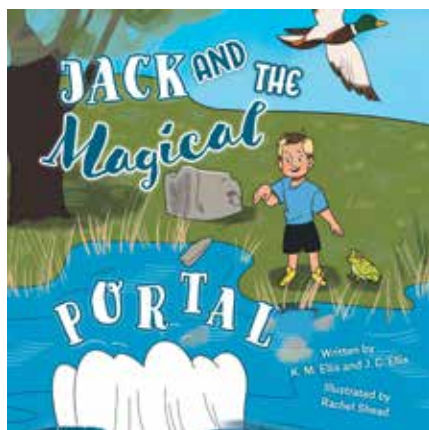
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## JACK AND THE MAGICAL PORTAL

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EMOTIONS & FEELINGS

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JACK HAS JUST STARTED GRADE 4 AT HIS NEW SCHOOL, BUT HE'S struggling—English is a challenge for him, and his classmate Chip bullies him. One day, Jack sits by the lake near his house and discovers something incredible: the animals of the lake can talk, and they've been waiting for him! They know that Jack is the empathetic child they need to change the world.

When Jack is pulled through a magical portal, he is able to see how others struggle, and how they react. Suddenly, he has the gift to help other kids. But will his new insights help him improve his own life? ■

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THIS IS A CHILDREN'S BOOK THAT IS A PLEASURABLE CONTINUATION of the first in the series of Logan adventures. Both children (ages 4-8) and their siblings, parents, or grandparents will be able to relate to what Logan finds out will be a family heirloom that he's going to inherit some day. The heirloom is an item that Logan has adored for a long time, asking many questions about its heritage. Grandma has listened to Logan's interest during that time, patiently telling him the story of how her beloved anniversary clock came to be with her. She has also watched how Logan always hums out its tunes. So, Grandma has plans for that clock! And oh, what a surprise Logan receives when he hears about them from her! ■

[www.lancecbird.com](http://www.lancecbird.com)

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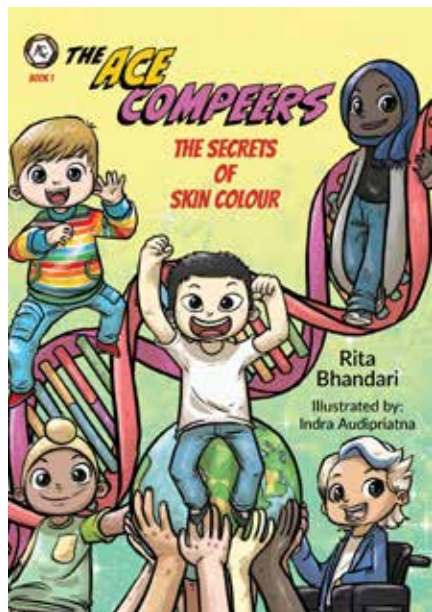
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## THE ACE COMPEERS

### The Secrets of Skin Colour

RITA BHANDARI



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DIVERSITY &  
MULTICULTURAL

76 Pages  
Premium Color  
7 x 10

OPEN YOUR EYES! READY YOUR EARS! IT'S TIME TO LEARN WITH THE Ace Compeers!

*The Ace Compeers* are a diverse group of friends committed to learning all about the world and helping others. Join Ang, Basma, Riley, Erika, and Manjeet as they learn about skin colour and the ways people are both different and similar.

Using kid-friendly language and an antiracist framework, this first book of *The Ace Compeers* series uses inquiry-based learning techniques to draw connections between skin colour, genetics, geography, and history. It sets the foundation upon which children can shift their preconceived ideas of race and adopt an accurate understanding of skin colour. This book also features study questions to foster a hunger for learning and guide discussion with young readers, making this book an excellent resource for parents, schools, and educational organizations. ■

[www.acecompeers.com](http://www.acecompeers.com)

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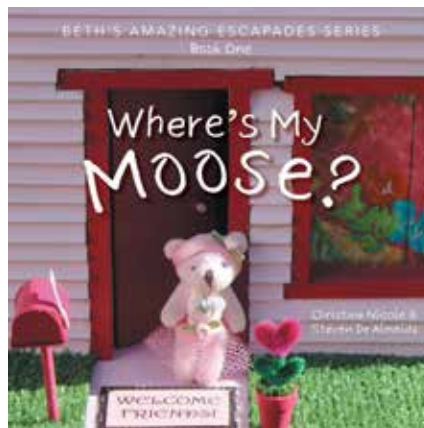
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CHRISTINE NICOLE AND  
STEVEN DE ALMEIDA



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TOYS, DOLLS, PUPPETS

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BETH CAN'T FIND HER FAVOURITE TOY! SHE WANTS TO TAKE IT with her to the park but can't find it anywhere. Beth, her brother, and all their friends search the house, but will they be able to find it in time to go play? If she can't find it in time, will they all have to stay home? Help Beth find her special toy so everyone can go to the park. ■

[www.bethslittlepinkhouse.com](http://www.bethslittlepinkhouse.com)

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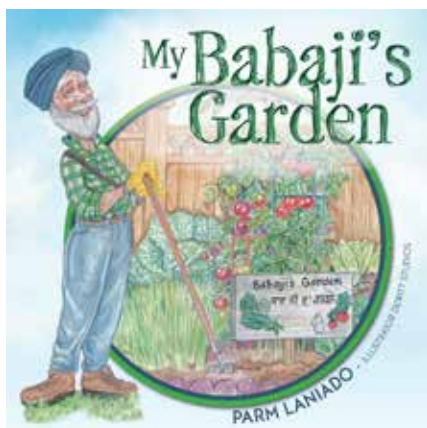
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SPRING HAS ARRIVED—AND WITH IT, NEW BEGINNINGS! AMRIT seizes the opportunity to talk to her Babaji about his garden. But what starts as a simple conversation between a granddaughter and grandfather becomes a deeper exchange about Babaji's immigration to Canada from India.

In each of his answers, Babaji teaches Amrit about their shared heritage. As Amrit learns about her Indian roots, she also learns that the differences between Canadian and Indian cultures are underscored by important commonalities.

*My Babaji's Garden* is a heartfelt ode to our ability to lay down new roots and find a sense of belonging. For Babaji, gardening is a way to bring a bit of himself and his culture to his new home in Canada. He teaches Amrit that with love and care, we can learn to tend to our dreams and watch them grow. ■

[www.parmsbooks.com](http://www.parmsbooks.com)

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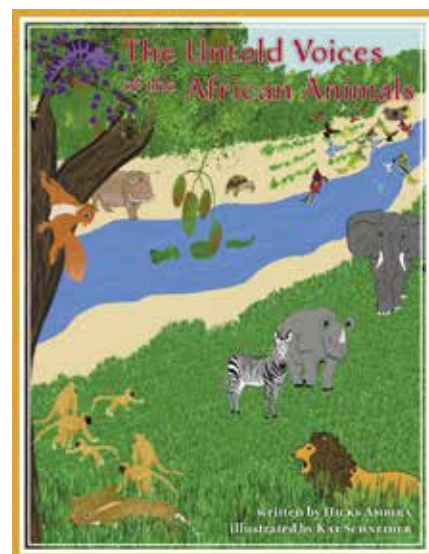
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THIS IS A COLLECTION OF STORIES OR FABLES THAT WERE PASSED down verbally from generation to generation. As far as I know, they have never been written down before. It is my intent to bring them to life for you. In the African culture, Itto is a spirit, often changing shapes and characters. This is why it will appear as a man in one story, a hare in another one, or the voice of reason you hear in your head. It is my pleasure to bring these stories to you and it is my hope that you will enjoy the journey. ■

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"DRAGONFLIES ARE JUST FAERIES IN DISGUISE."

This delightful collection of thirteen rhyming poems is a reflection on faeries, their lives and activities, and the adventures of other magical creatures. It's sure to please any child (and their reading partner!) who loves the magical world and all of its secrets. Discover a unicorn named Shakespeare and his special talent; an elf called Reggie who makes a most unusual career choice; a leprechaun who may become your best friend; and a baby dragon named Little Bubbles who dreams of being like the faeries.

Each poem fills the imagination with a sense of wonder, while the sing-song rhythms are a joy to read aloud. Beautiful illustrations enhance the pages to contribute to the overall fun and enjoyment of these poems. Come and join in this magical journey and allow your imagination to soar!■

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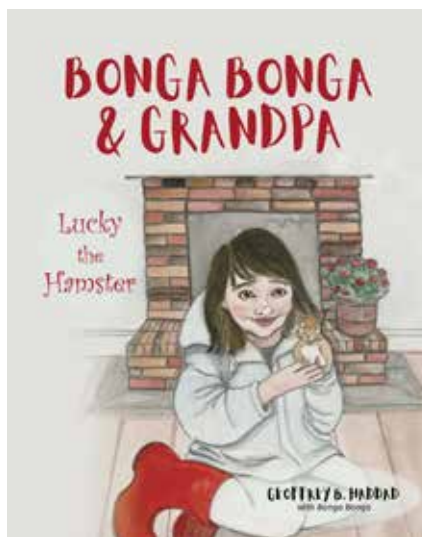
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GEOFFREY B. HADDAD



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WHEN GRANDPA'S NEIGHBOUR GOES ON HOLIDAYS AND ASKS him to take care of her pet hamster, Lucky, Bonga Bonga is beyond excited when Grandpa asks for her help. Drawing on his childhood experiences with guinea pigs and rabbits, and the neighbour's written instructions, Grandpa teaches his granddaughter how to feed, water, exercise and attend to all of the needs of this small animal.

Bonga Bonga and Grandpa: Lucky the Hamster is the second book in the Through the Years with Bonga Bonga series.

Educational and entertaining, Lucky the Hamster will teach young readers about family, responsibility, and the natural world. This series of true stories was inspired by the love of a grandfather for his first grandchild, affectionately known as Bonga Bonga. Brightly illustrated and simply told by Bonga Bonga as she heard the tales from her grandfather. These delightful tales will make excellent additions to personal and school libraries alike.■

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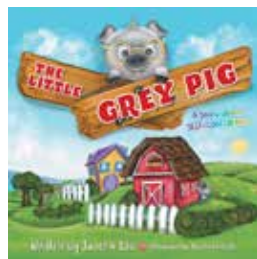
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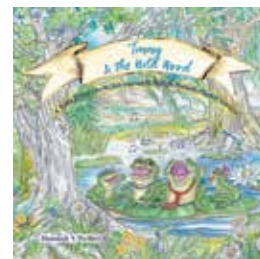
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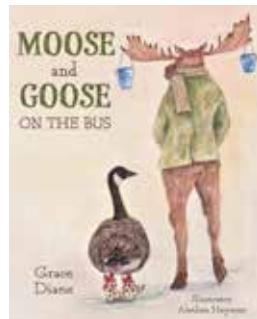
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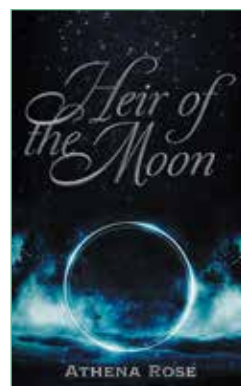
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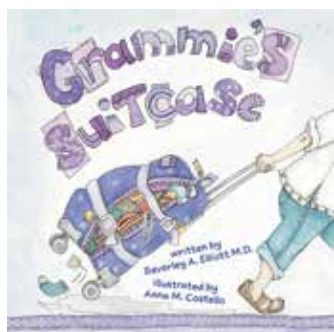
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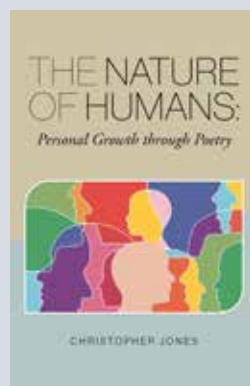
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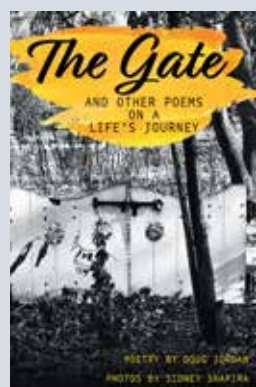
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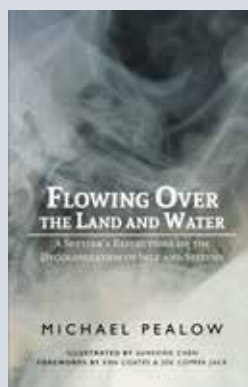
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KATHERINE LAZARUK

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Love is Not Pie is a personal exploration navigating the world of consensual non-monogamy and polyamory. This collection of poems—erotic, yearning, sweet, and angry—was written by Lazaruk to and about her two beloved men over the course of several years. Collected here for the first time, the original poems are woven together with new pieces that provide context for how the story unfolded, how the love affair finally ended, and why.

In this expressive work of poetry, Lazaruk explores attachment, fear, love, lust, grief, and the push-pull between what she knows is right, and how she justifies her actions. *Love Is Not Pie* will resonate with readers who have flirted with relationships outside the norm of Western marital conventions, as well as those who are interested in peering behind the curtain of what most of us show the world about our private lives. ■

[www.katherinelazaruk.com](http://www.katherinelazaruk.com)

*"The poems of Love is Not Pie, crafted through moments of reflection and of intense emotion, serve as a reminder to the depth and breadth of love. More akin to a novel or memoir in verse; the entries track the roller coaster of implicit want and explicit need. It is filled with wistful longing and a dash of sexual tension, tracing the will-they-won't-they history of the pair. The poems elevate literary devices to an art form. Line breaks build tension, emphasis, and breaths.*

*They take the speed of words that run together and use them as internal thoughts and not containable emotions; they use parentheticals as asides, drawing out the words between the words. Alliteration creates a cadence that makes the poems leap from the page. Love is Not Pie is an unflinching examination of love and self-in-love beyond the parameters of monogamy."*

– DONTANÁ MCPHERSON-JOSEPH, *Foreword* Clarion Reviews (5 stars)

#### READERS ARE LOVING "LOVE IS NOT PIE"

*"A powerful and blindingly intimate introspection of the affairs of the heart when that heart dares to defy gravity and reach for the sun. Scorching and kind. The reader is left with an incurable addiction and glowing hope for more from Katherine Lazaruk."*

– E. Durham

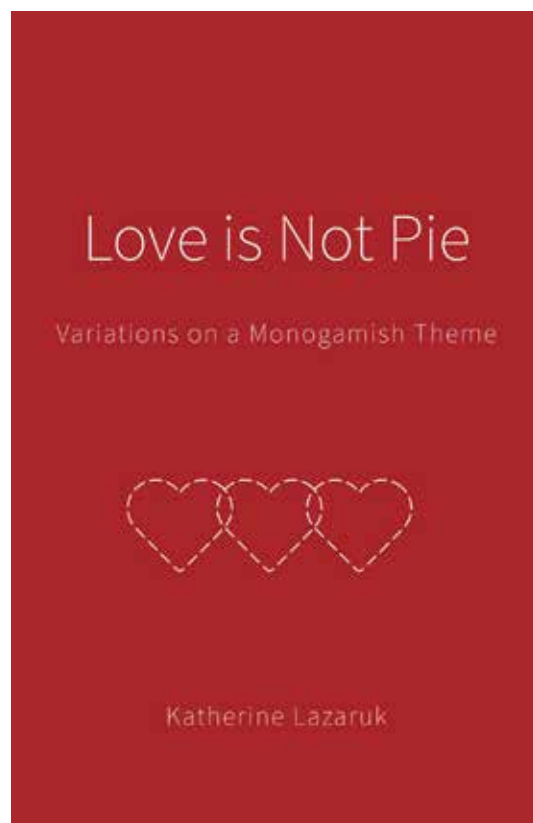
*"A courageous book...her journey is so far from my ideals and that's what is fascinating and captivating about her vulnerable stories."*

– A. Bran

*"I truly could not put it down, I had to stop myself so I could savour it more."*

– K. Lockhart

KATHERINE LAZARUK WROTE THIS POETRY COLLECTION AFTER HER OWN EXPERIENCE of embracing radical honesty in her marriage, when she extended herself into the realm of non-traditional relationships. She has spent nearly twenty-five years exploring personal growth, self-awareness, and self-acceptance. She brings that knowledge to her poetry, sharing what it feels like to be fully embodied, fully yourself, and fully expressed in this limited world. ■



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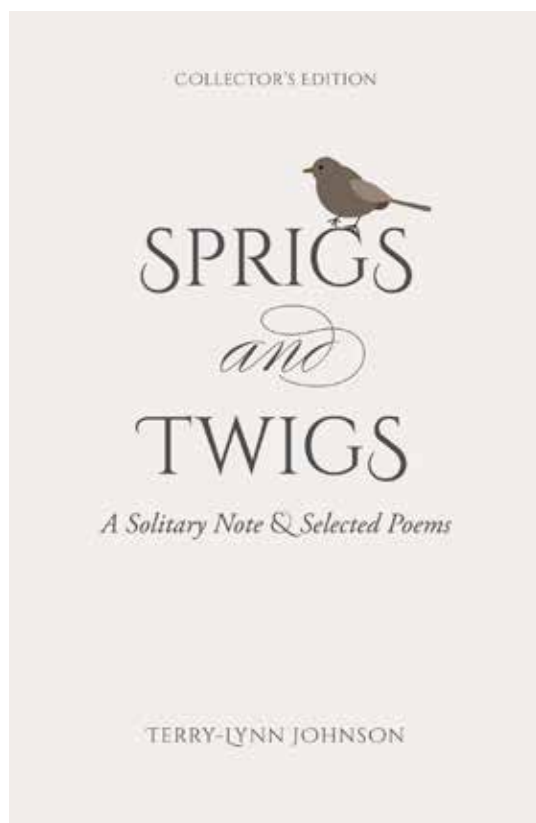
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[www.lakeheadpoet.com](http://www.lakeheadpoet.com)

*"Personal and heartfelt, Sprigs and Twigs is a unique collection of poems, on topics ranging from the beauty of nature to the tragedy of death. This volume of poetry gives the reader a sense of bittersweet nostalgia, but also leaves an image of hope and triumph over life's challenges. An interesting perspective on life that entertains and enlightens. Well done!"*

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—Scott Van Teeffelen, Recording Artist

*"The strength to soar with wind beneath your wings is found in this collection of poetry. The poet's descriptions are crisp and vivid. The words are deep and make you think and ponder. They drew me in and I couldn't stop reading. I can see the tabby chasing the mole, the old man wrapped in his cardigan in the garden, or the bowl of milk for the kittens in the loft. You are taken on a journey with each poem. I invite you to curl up on the sofa and take an unforgettable voyage through this collection of poetry."*

—Lauren A. Harrison, Author/Poet

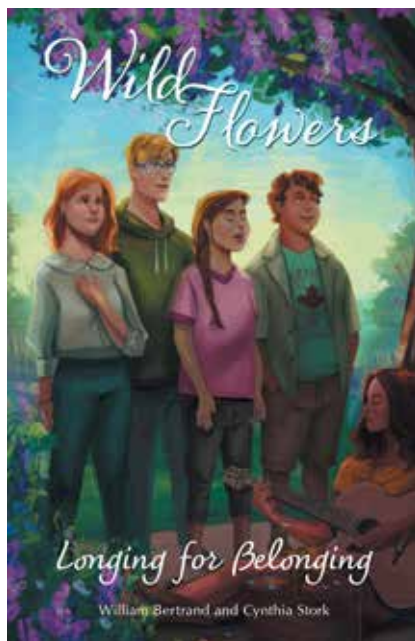
BORN IN NIPIGON, ONTARIO, TERRY-LYNN JOHNSON LIVES ON THE SHORES OF LAKE Superior. She has a Master in Education with undergraduate degrees of Honours Bachelor of Arts and Bachelor of Education from Lakehead University. She is published with The Thomas Hardy Society and on The Victorian Web. Her career is with First Nation education within Northern Ontario communities. ■

WILLIAM BERTRAND  
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SOME GIFTS ARE OBVIOUS, COMING WRAPPED IN GLITTERING paper with colourful bows, but others can be easily overlooked when our hearts and minds are preoccupied by the busyness of life. Friendship, acceptance, love, faith... All the things that make life truly worth living are gifts to be cherished and accepted wholeheartedly.

For those struggling in life, in poverty, hardship, or mental-health crises, these gifts can make all the difference. With God's love, aided by those who offer assistance and care to those in need, we can all recognize and be comforted by the sheer joy of belonging.

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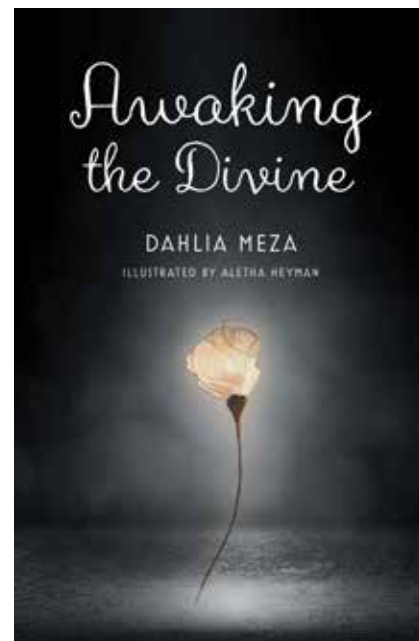
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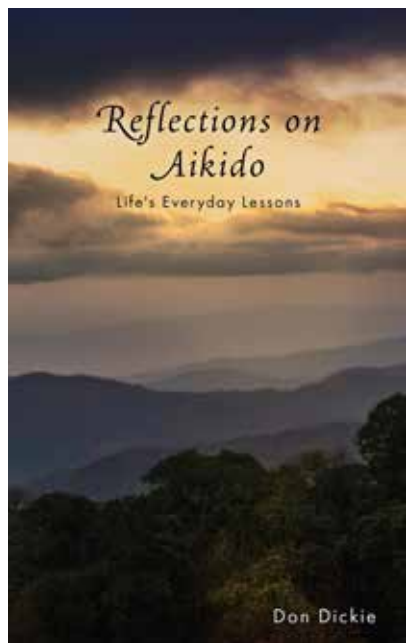
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2020 WAS THE YEAR IN WHICH GEORGE FLOYD WAS KILLED AND COVID-19 struck the world. In May, demonstrations raged and then COVID lockdowns just barely smothered the flames, leaving the embers red hot amongst the dry tinder of society's privilege. Against this backdrop, Aikido, the Way of Peace, faltered, with systemic racism and physical distancing eviscerating the ability to practice within the confines of a dojo.

This book will remind Aikidokas of O Sensei's original teachings. Aikido is more than physical technique that applauds athleticism and crowd appeal. There is a dimension of personal and societal development hidden in O Sensei's lectures and dokas. O Sensei's vision of Aikido went beyond technique, beyond white privilege and beyond a COVID pandemic.

Selected quotes from *The Heart of Aikido* and *The Secret Teachings of Aikido* appear at the beginning of each chapter, followed by poems that explore O Sensei's underlying intent and meaning. This book will help Aikidokas of all levels to get in touch with O Sensei's vision to help society to build a more peaceful world. ■

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Truth, in its pure form, a quiet lesson brought

In opening a heart to gratitude, the message given—

Creation's gift

The poetry in this collection discovers pure truth in the energetic ebb and flow of life; in the flowing quality of sunlight; in the cracks of strong tree bark and the hues of a fluttering dragonfly. Written from a place of complete gratitude and reverence towards Creation, Barrette's poems encourage us to be present, to be curious, to wonder: to celebrate the world around and within us, and to understand ourselves as part of Creation's plan. ■

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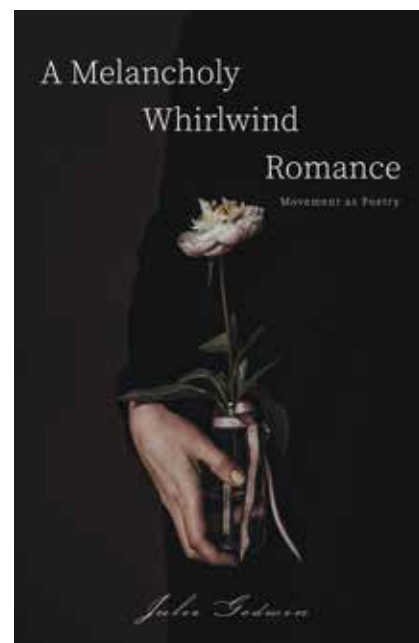
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All those days, a life recovered  
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Hope is alive and well in this world.  
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