

FriesenPress

FRIESENPRESS CATALOGUE



THE CLEAR PATH TO BETTER BOOKS



VOLUME 16 | 2023

FRIESENPRESS CATALOGUE

Volume 16 of the FriesenPress Catalogue features recently published titles available for distribution through Ingram, the world's largest and most trusted print-on-demand book manufacturer.

CONTENTS

AWARDS	2
CHILDREN'S & YOUNG ADULT BOOKS	5
FICTION BOOKS	38
NONFICTION BOOKS	68
POETRY BOOKS	72

COVER FEATURE



LITTLE YOGIS, BIG FEELINGS

JANESSA GAZMEN

ILLUSTRATIONS BY PIA REYES

"A beautiful and insightful book that connects BIG feelings with action. A great tool for children (and grown ups) to build self-awareness and emotional intelligence."

—Dr. Rumeet Billan, PhD, CEO and owner, Women of Influence+
and author of *Who Do I Want To Become?*

"Little Yogis Big Feelings asks important questions in a heartfelt and inviting way, while providing playful and actionable strategies to nurture emotional balance and wellness..."

—Jill Hewlett, Brain Fitness Expert & Wellness Authority,
author of *Common Sense...Uncommonly Practised*.

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 8,000 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.

AWARD-WINNING AUTHOR, ANDREW SNOOK

NEXT GENERATION INDIE BOOK AWARDS

FINALIST

FANTASY, SPECIALTY
BOOK, ILLUSTRATIONS,
BEST OVERALL DESIGN

INDEPENDENT PRESS AWARDS

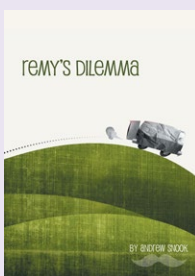
WINNER

BOOK COVER DESIGN
FICTION & FANTASY
GAME (SPECIALTY BOOK)

BRONZE WINNER
HUMOR CATEGORY



DUNGEON JEST
THE RUBY OF POWER



REMY'S DILEMMA



**THE SNOOKIE-
COOKIE CREW
AND THE CRANBERRY
COOKIE CRUNCHER**

INDEPENDENT
PRESS AWARDS
COMEDY

2023 DISTINGUISHED FAVORITES
CHILDRENS: FICTION

HERITAGE RECOGNITION AWARD

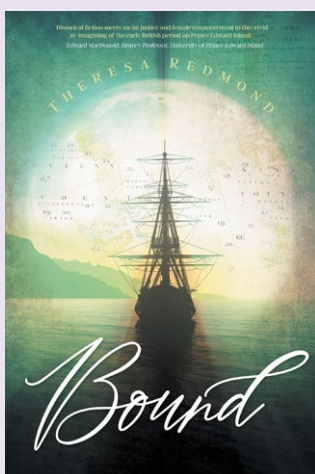
PEI MUSEUM
& HERITAGE
FOUNDATION

WINNER

INDEPENDENT PUBLISHER BOOK AWARDS

SILVER WINNER

CANADA-EAST -
BEST REGIONAL
FICTION



BOUND
THERESA REDMOND



**THE LANGUAGE
OF DREAMS**
MARION EHRENBURG

ETHEL WILSON FICTION PRIZE

BC AND YUKON
BOOK PRIZES

FINALIST

WHISTLER INDEPENDENT BOOK AWARDS 2023

SHORTLIST
FICTION NOMINEE

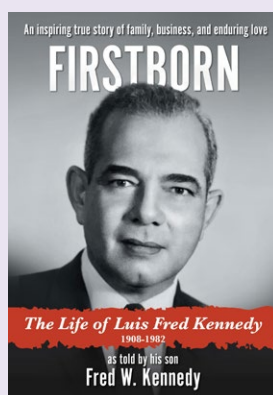
NAUTILUS BOOK AWARDS

GOLD WINNER

YOUNG ADULT (YA)
FANTASY FICTION
CATEGORY



**SEASONS OF
THE BLUE PEARL**
NICHOLAS VARNER



FIRSTBORN
**THE LIFE OF LUIS FRED
KENNEDY 1908-1982**
FRED W. KENNEDY

NONFICTION BOOK AWARDS

GOLD MEDAL

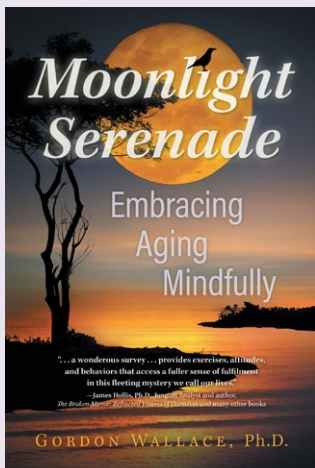


**2022
AMERICAN
BOOK FEST
BEST BOOK
AWARDS**

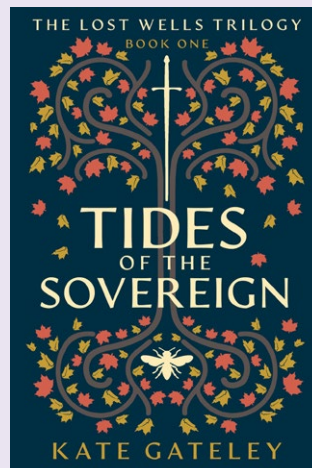
FINALIST
HEALTH: AGING/50+

**NEXT
GENERATION
INDIE BOOK
AWARDS**

FINALIST
HEALTH/WEELLNESS
NONFICTION



MOONLIGHT SERENADE
EMBRACING AGING MINDFULLY
GORDON WALLACE



**TIDES OF THE
SOVEREIGN**
KATE GATELEY

**2022
FOREWORD
INDIES BOOK
AWARDS**

FINALIST
FANTASY CATEGORY

**2022
CANADIAN
BOOK CLUB
AWARDS**

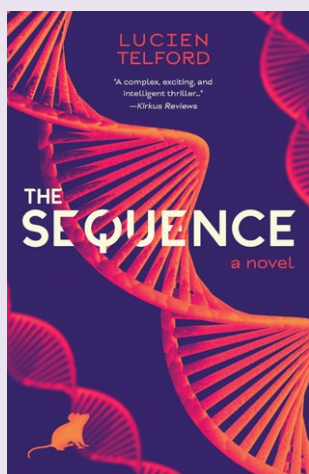
WINNER
FANTASY/SCI-FI

**CHANTICLEER
INTERNATIONAL
BOOK AWARDS**

WINNER
FIRST PLACE GLOBAL
THRILLER BOOK
AWARDS FOR HIGH
STAKES FICTION

**INDEPENDENT
PUBLISHER
BOOK AWARDS**
SILVER WINNER

SUSPENSE/THRILLER
CATEGORY



THE SEQUENCE
LUCIEN TELFORD



ON CONSTANCE
KARIN KONOVAL

**BENJAMIN
FRANKLIN
AWARDS**

**INDEPENDENT
BOOK PUBLISHERS
ASSOCIATION**

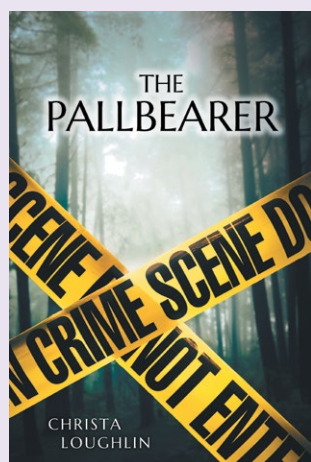
FINALIST
NONFICTION
AUDIOBOOK
CATEGORY

**WHISTLER
INDEPENDENT
BOOK AWARDS
2023**

SHORTLIST
NONFICTION
NOMINEE

**THE
INDEPENDENT
AUTHOR
NETWORK**

FINALIST
OUTSTANDING
MYSTERY
OUTSTANDING
THRILLER/SUSPENSE
FIRST NOVEL 40,000-
80,000 WORDS



THE PALLBEARER
CHRISTA LOUGHLIN



PSEUDO
DOROTHY SPEAK

**KIRKUS
BEST INDIE
SHORT
FICTION OF
2022**

WINNER
FICTION

NEXT GENERATION INDIE BOOK AWARDS

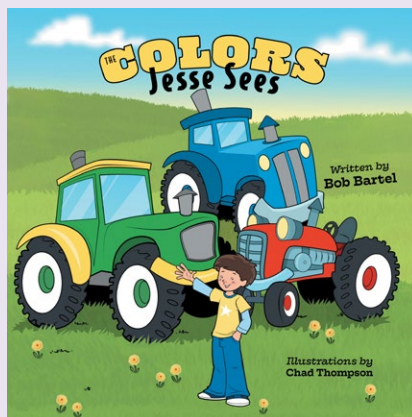
FINALIST



**THE ACE COMPEERS:
THE MYSTERY OF RACE**
RITA BHANDARI

CHILDREN'S/JUVENILE
NONFICTION

FINALIST



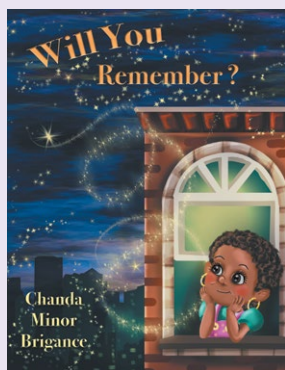
THE COLORS JESSE SEES
BOB BARTEL

CHILDREN'S/JUVENILE FICTION

2022 AMERICAN BOOK FEST BEST BOOK AWARDS

FINALIST

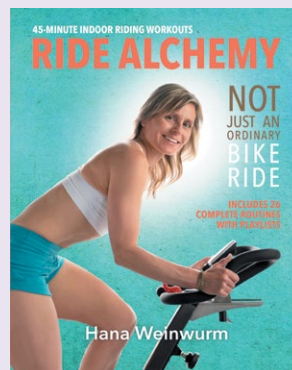
CHILDREN'S NONFICTION



WILL YOU REMEMBER?
CHANDA MINOR-BRIGANCE

FINALIST

HEALTH: DIET & EXERCISE



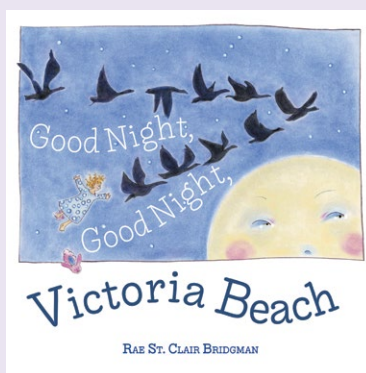
RIDE ALCHEMY
NOT JUST AN
ORDINARY BIKE RIDE
HANA WEINWURM

REVIEWERS CHOICE AWARD (READER VIEWS LITERARY AWARDS)



**WHEN LIFE GIVES YOU
RISK, MAKE RISK THEATRE**
EDWIN WONG

BRONZE WINNER
ARTS CATEGORY



**GOOD NIGHT, GOOD
NIGHT, VICTORIA BEACH**
RAE ST. CLAIR BRIDGMAN

BRONZE WINNER
CHILDREN'S BOOK CATEGORY

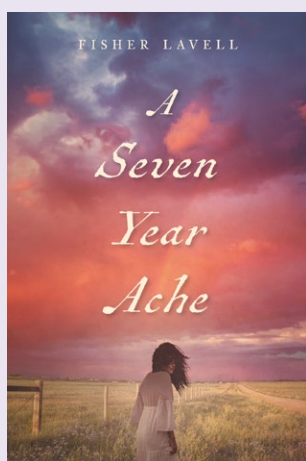


ALL IN WITH LOVE
JAMES GARDINER

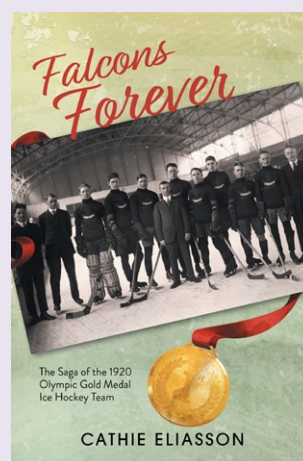
BRONZE WINNER
MEMOIR CATEGORY

**MARGARET
LAURENCE
AWARD**
MANITOBA BOOK
AWARDS

SHORTLIST
YOUNG ADULT (YA)
FANTASY FICTION
CATEGORY



A SEVEN YEAR ACHE
FISHER LAVELL



FALCONS FOREVER
CATHIE ELIASSON

**INDEPENDENT
PUBLISHER
BOOK AWARDS**

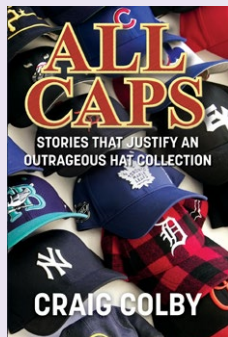
BRONZE
WINNER
CANADA-WEST -
BEST REGIONAL
NONFICTION

2022 CANADIAN BOOK CLUB AWARDS



ONE ARCTIC NIGHT
D.F. WHIBLEY

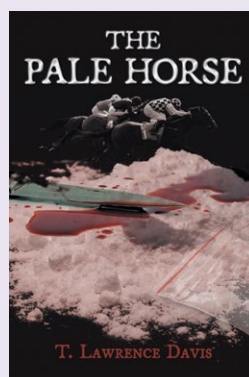
WINNER
EARLY READER



ALL CAPS
STORIES THAT JUSTIFY AN
OUTRAGEOUS HAT COLLECTION
CRAIG COLBY

WINNER
NONFICTION

CRIME WRITERS OF CANADA



THE PALE HORSE
T. LAWRENCE DAVIS

FINALIST
BEST FIRST NOVEL



KILLER TIME
BILL EDWARDS

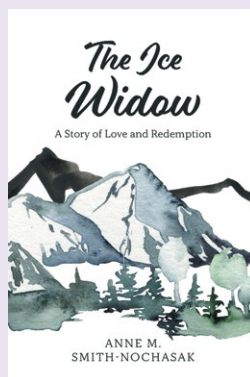
FINALIST
BEST FIRST NOVEL

WHISTLER INDEPENDENT BOOK AWARDS 2023



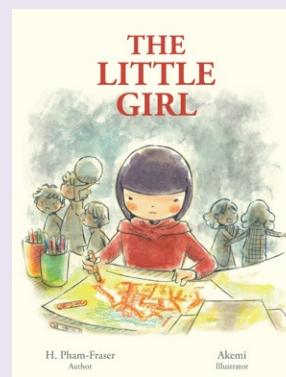
MOBILIZE FOOD!
WARTIME INSPIRATION FOR
ENVIRONMENTAL VICTORY TODAY
ELEANOR BOYLE

SHORTLIST
NONFICTION NOMINEE



The Ice Widow
A STORY OF LOVE AND REDEMPTION
ANNE M. SMITH-NOCHASAK

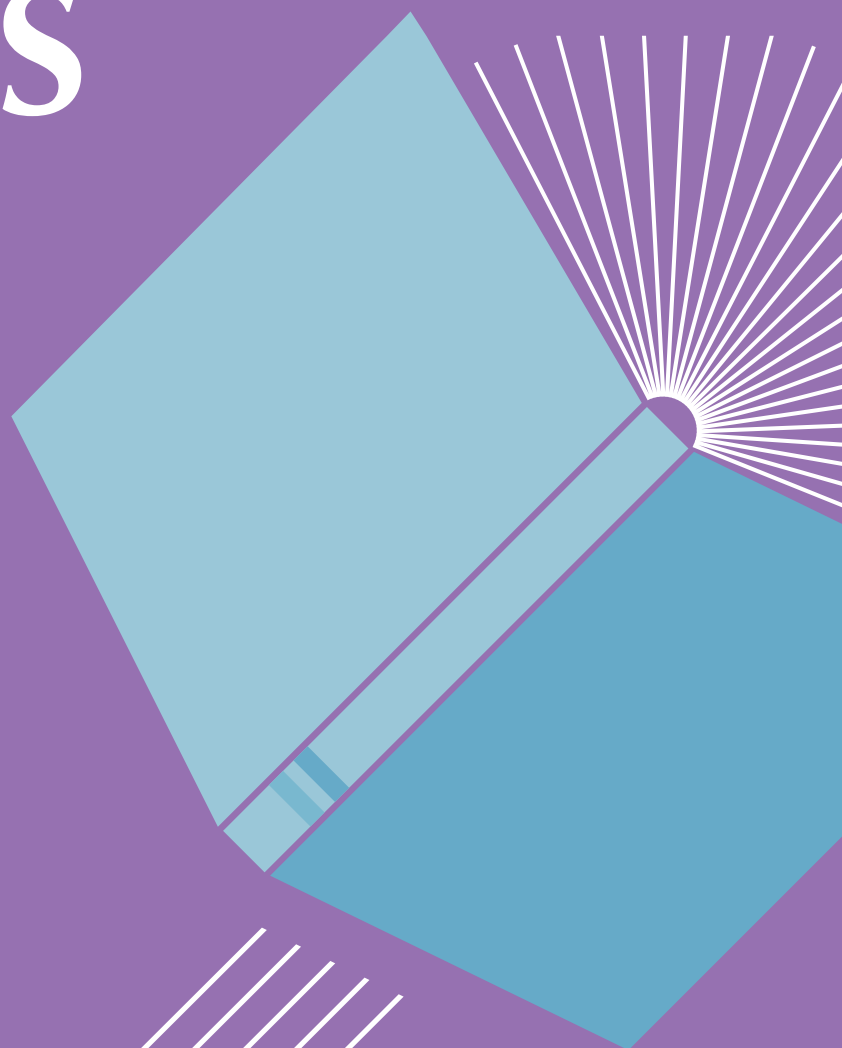
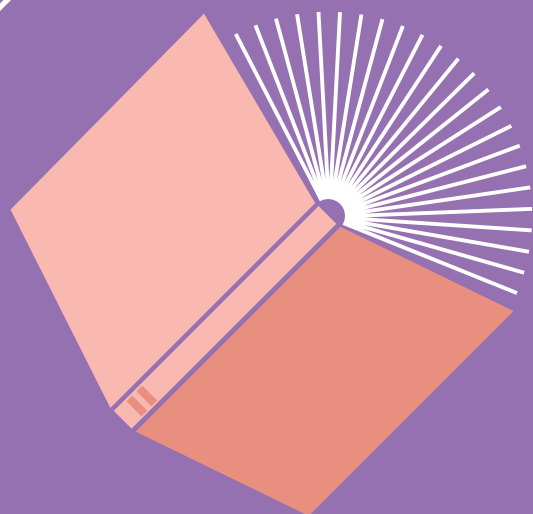
SHORTLIST
FICTION NOMINEE



THE LITTLE GIRL
H. PHAM-FRASER
(ILLUSTRATED BY AKEMI)

SHORTLIST
CHILDREN'S NOMINEE

CHILDREN'S & YOUNG ADULT BOOKS



CHILDREN'S BESTSELLERS



GRANDMA IS A STAR
LIGIA CARVALHO

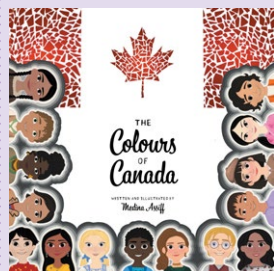
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ALSO AVAILABLE IN EBOOK FORMAT



THE COLOURS OF CANADA
MEDINA ASSIF

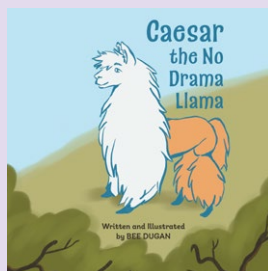
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ALSO AVAILABLE IN EBOOK FORMAT



CAESAR THE NO DRAMA LLAMA
BEE DUGAN

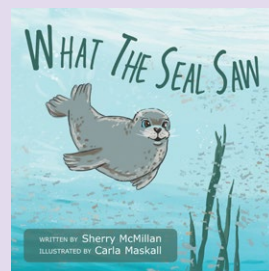
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SHERRY MCMILLAN

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PAPERBACK

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THE NOT-SO-SCARY SCARECROW
MAMIE TAUKE

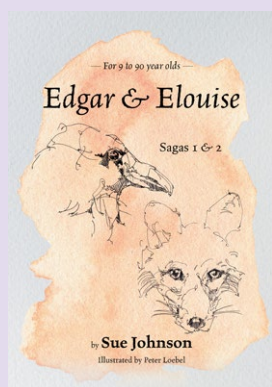
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EDGAR AND ELOUISE:
SAGAS 1 & 2
SUE JOHNSON

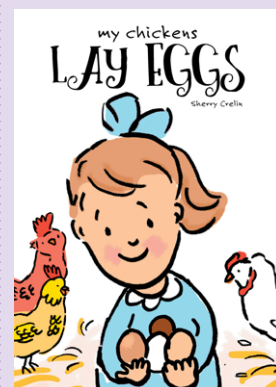
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PAPERBACK

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Regular Discount
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& AUDIOBOOK FORMAT



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SHERRY CRELIN

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PAPERBACK

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THIS IS ELLA
KRISTA EWERT

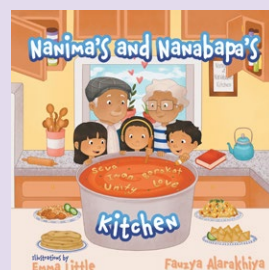
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NANIMA'S AND NANABAPA'S KITCHEN
FAUZYA ALARAKHIYA

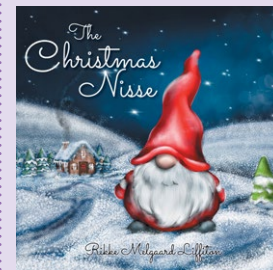
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RIKKE MELGAARD LIFFITON

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JANESSA GAZMEN

LITTLE YOGIS, BIG FEELINGS

THE MODERN WORLD IS FULL OF CHALLENGES. BUT WITH YOGA, MINDFULNESS, and emotional intelligence, kids can access the tools they need to become resilient, happy, and self-aware.

Little Yogis, Big Feelings teaches emotional awareness for kids. Through a daily self-awareness check-in and friendly animal costumes, they learn to recognize emotions and how they may change over time. Then, they are offered the tools and strategies needed to help them express and cope with those feelings while relating to others in a healthy way:

- Breathing practices
- Animal costumes linked to emotions
- Yoga exercises
- Daily affirmations
- A journaling opportunity

The integrative approach to the tools and practices in this book gives kids the chance to express emotions in a creative way; practice reading, spelling, vocabulary, writing skills; while building physical activity and fitness into their daily routine. ■

www.littleyogis.ca

"A beautiful and insightful book that connects BIG feelings with action. A great tool for children (and grown ups) to build self-awareness and emotional intelligence."

—Dr. Rumeet Billan, PhD, CEO and owner, Women of Influence+ and author of *Who Do I Want To Become?*

"Little Yogis Big Feelings asks important questions in a heartfelt and inviting way, while providing playful and actionable strategies to nurture emotional balance and wellness..."

—Jill Hewlett, Brain Fitness Expert & Wellness Authority, author of *Common Sense...Uncommonly Practised*.

"...a must-have for mindful parents... Here's to a future of emotionally intelligent children!"

—Paul Galloro, Mindful Movement Educator and Creator of ARISE.

JANESSA GAZMEN IS A CERTIFIED YOGA TEACHER (E-RYT) AND MEMBER OF THE Yoga Alliance. She has been teaching both family yoga and kids yoga since 2012. Having taught all ages from four-year-olds to ninety-nine-year-olds, Gazmen has seen first-hand how connected our body, minds, and spirits are. She is passionate about bringing the peace and strength of that connection to children all around the world.

Gazmen lives in Markham, Ontario, Canada, with her husband, their two children, and their puppy Moshi. ■



JUVENILE NONFICTION, SOCIAL TOPICS, EMOTIONS & FEELINGS

36 pages, Standard Color, 8.5 x 8.5

HARDCOVER

\$23.99 USD | Regular Discount
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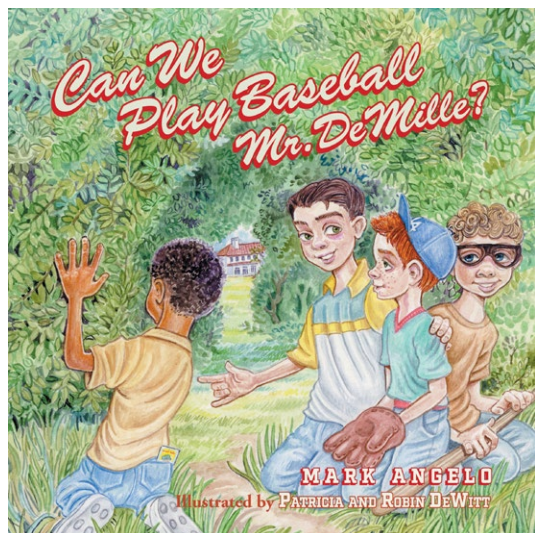
PAPERBACK

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ALSO AVAILABLE IN EBOOK FORMAT

CAN WE PLAY BASEBALL MR. DEMILLE?

MARK ANGELO



JUVENILE NONFICTION, SPORTS & RECREATION, BASEBALL & SOFTBALL

40 pages, Standard Color, 8.5 x 8.5

HARDCOVER

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"A YOUNG BOY'S LOVE LETTER TO BASEBALL ALONG WITH A SLICE OF CLASSIC Hollywood history"

Set in 1958, a young boy and his friends want to be baseball players just like their Dodger idols. There's just one problem: they don't have a field to play in.

Luckily, the kids know a secret. There's a mansion around the corner with a yard big enough for an entire ball field and the hedge surrounding it has a gap just big enough to crawl through. Apparently, the owner is a big-time Hollywood mogul. He won't mind a few ball games, right?

This sensational true story of a young boy's encounter with a Hollywood legend is rich with youthful determination and summer fun, highlighting how every kid needs space to play. ■

www.canweplaybaseballmrdemille.com

"Mark Angelo has written a real gem" one of the most wonderful children's books I've seen in a long time. The book reverberates on so many levels and you don't have to play baseball to savor every page."

- John Busbee, Culture Buzz radio show host - KFMG Des Moines

"What an incredible fun story! Kids and parents will love being transported back in time before everyone had their own personal screen to meet the man who controlled what everyone everywhere watched together on the nation's big screens. This is a great book that can launch wonderful family conversations."

- Jeb Doherty, Exec. Producer and host, Reading With Your Kids

"A Home Run - Not only baseball fans will find themselves caught up in this story and feel victory at the end."

- Bookworm for Kids

"5 out of 5" - "A wonderful children's book and a good lesson for adults on the importance of space for children to play, whether baseball or other activities"

- Wilson Block Magazine, sportsbookguy.blogspot.com

MARK ANGELO HAS BEEN A BASEBALL FAN SINCE HE WAS A LITTLE BOY! HE IS ALSO A globally renowned river conservationist and the founder of World Rivers Day, now celebrated by millions of people in over one hundred countries. Among his many accolades, Mark is a recipient of the Order of Canada, the country's highest honor. His acclaimed debut children's book, *The Little Creek that Could*, is the true story of a stream that came back to life. Through his work with groups such as the Outdoor Recreation Council of BC, Mark has been a long-time advocate for outdoor spaces for all to enjoy. *Can We Play Baseball, Mr. DeMille?*, about a young boy's search for a place to play ball, recounts an actual experience from his childhood. Mark lives in Burnaby, British Columbia, with his wife, Kathie. ■

HYACINTH GREY

OUR PLACE: Monica and Brad Start School

BRAD AND MONICA ARE FIVE-YEAR-OLD TWINS, WHO ARE JUST ABOUT TO START school. Both of them are blind, so they will learn to read and write using braille. At school, they meet Mrs. Perkins, their teacher, and Mr. Ishikawa, a teaching assistant. They make new friends and have fun singing. The only problem is that one of them does not like reading, and the other one hates math!

Our Place: Monica and Brad Start School is written in both print and braille. It is an engaging and educational story, and readers of all ages will have fun learning how braille works.

The print, braille, and illustrations in this book are all in a visual form, so it is not accessible to tactile readers.■

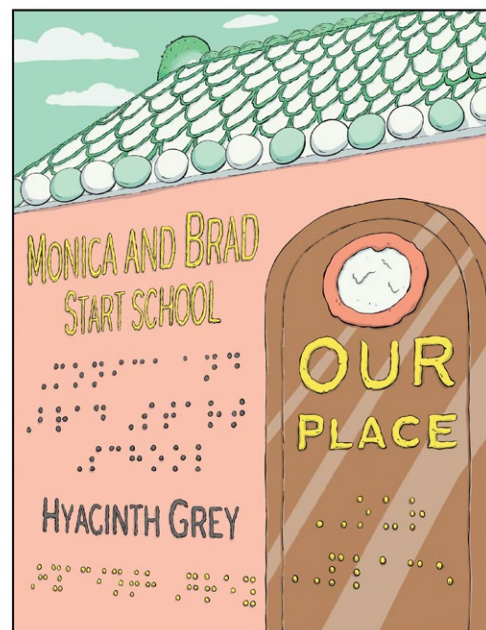
www.hgb4yr.com/accessibility

"In the sensitive and informative picture book Our Place, blind twins embark on their first day of school; their story becomes an opportunity to learn about Braille."

Foreword Clarion Review, 3/5 stars

HYACINTH GREY LOVES TO WRITE. HER HUSBAND, MICHAEL, IS BLIND, AND together they want to tell a story that also teaches about braille.

For a free coloring book of the pictures in this story, and for announcements of more stories about Brad and Monica, please visit Hyacinth Grey's Books for Young Readers.■



JUVENILE FICTION, CONCEPTS, ALPHABET

68 pages, Standard Color, 8.5 x 11

HARDCOVER

\$19.99 USD | Short Discount
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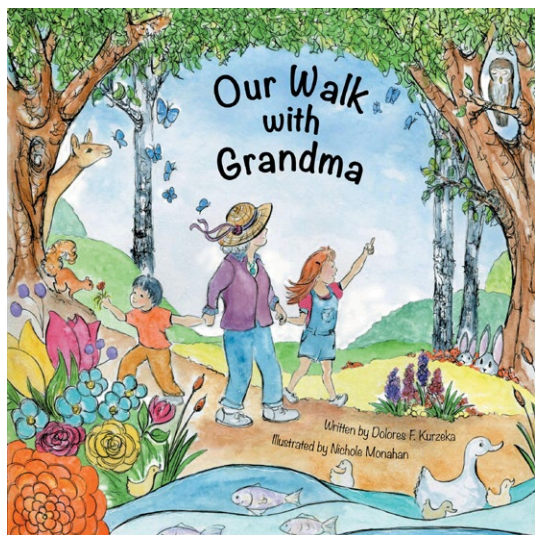
PAPERBACK

\$14.99 USD | Regular Discount
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ALSO AVAILABLE IN EBOOK FORMAT

OUR WALK WITH GRANDMA

DOLORES F. KURZEKA



JUVENILE FICTION, NATURE & THE NATURAL WORLD, ENVIRONMENT

36 pages, Standard Color, 8.5 x 8.5

HARDCOVER

\$17.99 USD | Short Discount
978-1-03-914546-7

PAPERBACK

\$9.99 USD | Short Discount
978-1-03-914545-0

ALSO AVAILABLE IN EBOOK FORMAT

SEEN THROUGH THE EYES OF A CHILD, *OUR WALK WITH GRANDMA* IS A CHARMING book about two young children going on a scenic walk with their Grandma. As they stroll along, Grandma teaches her grandkids about the colorful flowers, sprawling trees, beautiful wildlife, and picturesque scenery. They even find a small wooden boat and hop in to travel down the blue stream. As day leads to evening, the three head back home under beautiful sunset skies.

Our Walk with Grandma is a fun and interactive experience for both readers and listeners. Stunning illustrations bring the natural world to life, while entertaining Fun Facts at back of the book stimulates conversations turning it into a truly interactive experience. ■

"This is an absolutely beautiful book with incredible illustrations. Not only is the story captivating but you go on a little adventure where grandma teaches you all about different flowers, trees and wild life. Such a useful book to introduce children into nature and the fun of exploring the natural world around them. I would certainly recommend this book as a must have for any children's book shelf."

– Joanna P.A. Moore, Author, *Love is The Gift*

DOLORES F. KURZEKA WAS A DEDICATED MOTHER, BRILLIANT ARTIST AND INTERIOR designer who loved sharing the beautiful side of life with her children, grandchildren and great-grandchildren. She always looked for teachable moments, especially on walks and car rides, and favored counting games. In her honor, butterflies were placed throughout the book for the reader to find and count.

As a world traveler, Dolores loved an adventure whether on a continent far, far away or somewhere close to home. She preferred window seats so she could appreciate the magnificent views and different colors of landscapes. If Dolores wasn't traveling, being creative, or cooking for family and friends, she could be found playing card games, reading books, or watching Jeopardy.

This beautiful book was illustrated and published after Dolores passed away from Covid-19 in January 2021. Her entire family misses her and the joy she brought to them all.

NICHOLE MONAHAN CREATES ILLUSTRATIONS IN A MAGICAL STUDIO TUCKED AWAY in a forest among the ferns and frogs in the Pacific Northwest. She loves to illustrate stories that celebrate nature and inspires others to live in harmony with the web of life. Along with illustrating for clients, she teaches art through her classes and retreats around the world.

When she is not creating or teaching art, she can usually be found having fun with her family, gardening, or taking care of their wide range of pets from goats, bunnies, and chickens to lizards, turtles, and snakes. All of which are a great inspiration for her work. ■

N. SERS MUSHROOM LAND

IT'S JUST AN ORDINARY DAY—OR SO ELEVEN-YEAR-OLD NATALIA THINKS. THEN her friend John shows her something strange: the pond in John's Uncle Marvin's backyard, once beautiful and clear, is now covered in sickly, green scum. Even weirder is the inexplicable spaceship Natalia and John discover in Marvin's shed. Before they know it, Natalia and John have taken an accidental trip to *Mushroom Land*, and their lives will never be ordinary ever again.

In *Mushroom Land*, Natalia and John meet an impatient elf named Oo-la-lu, who was expecting Marvin. The elf sends the pair of them off on a mysterious mission to help the Queen of the Mushrooms—a mission which must be completed within six days. Following Oo-la-lu's vague instructions, Natalia and John set off through the mushroom forest. Along the way, they find themselves delighted by the splendour and silliness of this magical world: singing choirs of mushrooms, surprising new foods, and funny elf customs. But there are also many obstacles to overcome, and many questions without answers. What are the so-called creatures all the elves seem so scared of? And what does any of this have to do with Uncle Marvin and the sick pond in his backyard? Will Natalia and John get the answers they need to complete their mission and return home?

Heartfelt, funny, and suspenseful, *Mushroom Land* tells a unique story of courage, friendship, adventure, and the magical power of laughter.■

mushroomlandbook.ca

My son and I very much enjoyed reading this book together. It was fun, suspenseful and funny. A great read!

– Manuel Nunez (reader)

I couldn't put it down!

– Nicole Bellemare (reader)

N. SUZANNE SERS IS A FIRST-TIME AUTHOR WHO BEGAN DREAMING UP EXCITING fictional adventures while taking a walk through the forest one day.

In her spare time, She enjoys cycling, swimming, reading fantasy/adventure novels, and attending language and dining groups. She lives in Halifax, Nova Scotia.■



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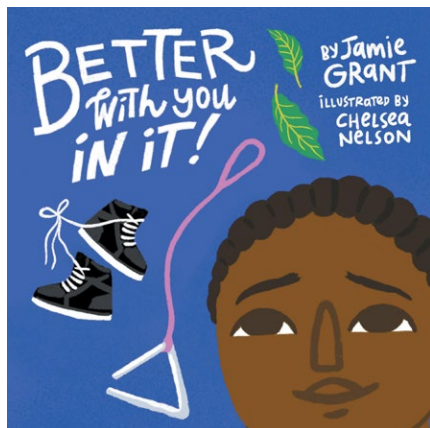
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NO MATTER YOUR CREED, YOUR COLOUR, OR RACE,
You should always feel you belong in a place.

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REESE ISN'T LIKE OTHER DOGS. HE DOESN'T HAVE A FAMILY THAT
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people.

But one day, someone new visits the animal shelter. Deedee
doesn't mind that Reese is scared, and she spends time with
him anyway. Maybe, if he's lucky, Reese's life is about to change.

Rescuing Reese is the true story of a pit bull finding his forever
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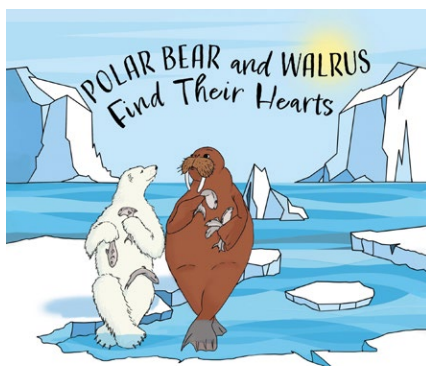
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STORIES IN VERSE

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TREVOR DORAM
Illustrated by Val Lawton

ON A BRIGHT SUNNY DAY IN ICY WATERS, WALRUS SPIES POLAR Bear. They are both wary and afraid of each other—but also curious. “I think, just like me, inside you’re quite friendly,” says Walrus. Overcoming their fear takes a lot of courage, but once the two creatures begin to play, they have a lot of fun. Together, Walrus and Polar Bear become new friends and joyfully decide to keep their hearts open.

Through Walrus and Polar Bear, young readers witness the triumph of overcoming fears of something or someone new, and the power of love and kindness. ■

www.trevordoram.com

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KALEY HODGSON

THIS BOOK TAKES LITTLE READERS ON A VISUAL TOUR OF FORESTS, wetlands, mountains, and prairies, introducing animals and objects that are important to many Indigenous cultures. Bears and fish, moon and stars, fall and winter ...

Designed to facilitate language development in children aged five and under, the read-aloud text encourages kids to associate the lively illustrations with foundational words and concepts. This book is written especially for Indigenous and bilingual children who are learning how to communicate. This book displays multiple components of language that can be applied to the child's own language as well as English. ■

www.wildanimalsbook.com

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HUGO DOES NOT NEED TO READ

JODI ROELANDS



JUVENILE FICTION,
SCHOOL & EDUCATION
32 Pages
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8 x 10

HUGO DOESN'T THINK HE NEEDS TO READ. HE'S SURE OF IT actually. He gets by just fine without it, no matter what his parents say. His mom reads to him all the time anyway, and when she's not around, he just looks at the pictures. Reading is too confusing, and besides, Hugo is too busy.

But when he starts to realize what he's missing out on, and then has a disastrous mishap with his ice cream, he wonders if he was wrong. Does Hugo need to read after all? ■

www.jodiroelands.ca

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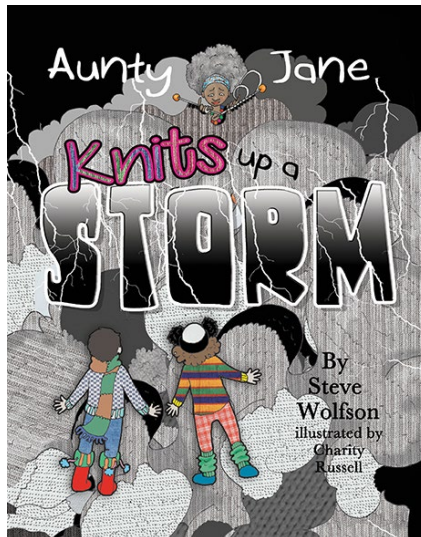
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STEVE WOLFSON



JUVENILE FICTION,
CLOTHING & DRESS
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AUNTY JANE KNITS AND KNITS AND KNITS, AND THE PEOPLE IN HER neighborhood love the colourful scarves, toques, and sweaters that she makes. One day, after Aunty Jane experiences a heartbreaking loss, her knitting takes a gloomy turn that affects the entire town. It's up to her young neighbors, Naomi and Xavier, and other caring friends to help Aunty Jane feel better and find the joy in her knitting once again. ■

www.Auntyjaneknits.com

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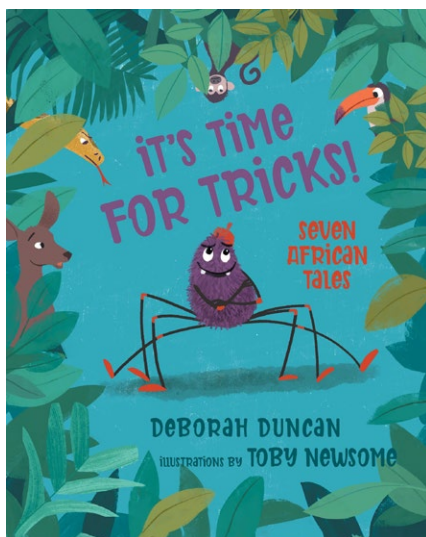
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DUNCAN

IT'S TIME FOR TRICKS! Seven African Tales

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FAIRY TALES
& FOLKLORE,
ADAPTATIONS
52 Pages
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ANANSI THE SPIDER MAY BE THE SMALLEST ANIMAL IN THE FOREST, but he is certain that he is also the cleverest. He loves to play tricks on the other animals. But Anansi underestimates just how smart his friends can be: they often manage to trick him right back, using his own greed and laziness against him! In these seven trickster tales, Anansi outwits proud Snake and King Tiger, but he is outwitted by slow Turtle. He learns the hard way to respect the magical gifts he receives from Brother Breeze. And when Anansi discovers what might be his best trick yet, it is tiny, quiet Small Deer who thinks through the problem and makes things right with the other animals of the forest.

These playful, humorous stories are perfect for audiences age 4 and up and readers age 6 and up. With vibrant illustrations by South African illustrator Toby Newsome and interesting details about West African and Caribbean culture, this book will entertain and educate readers while stoking their enthusiasm for trickster traditions around the world.

Proceeds from this book will support grassroots organizations working in HIV and AIDS across sub-Saharan Africa. ■

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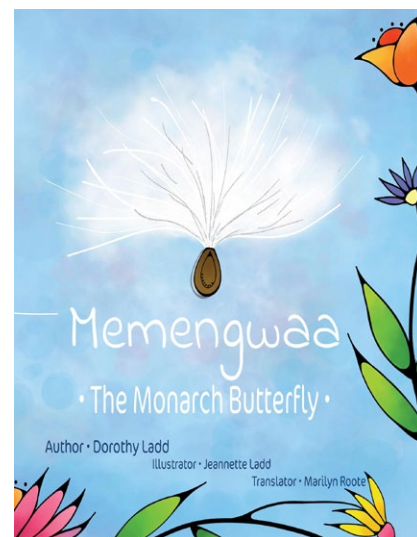
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DOROTHY LADD

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MOTHS & CATERPILLARS
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8.5 x 11



WHAT CAN WE LEARN FROM OUR INCREDIBLE LITTLE MONARCH butterfly? The butterfly's migration from Canada to Mexico is long and time consuming—we can compare the journey to our life. Not only that, in Ojibwe culture the butterfly has a spirit—Memengwaa. Cast your thoughts to reach out to Memengwaa. The butterfly silently listens and its spirit travels along, carrying your wishes and dreams.

This poetic non-fiction book blends lifecycle facts with Ojibwe beliefs about the monarch butterfly. ■

www.dorothyadd.com

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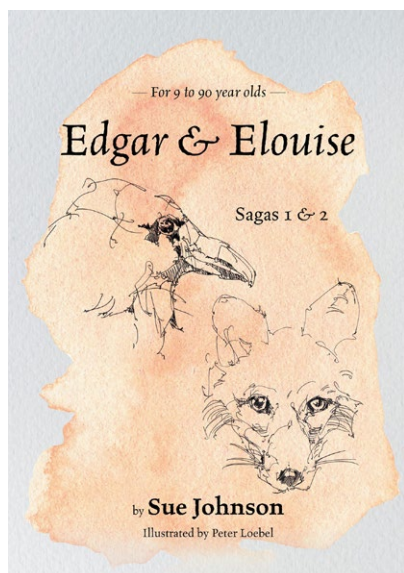
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A SAGA TELLS OF A HEROIC JOURNEY WHERE CHARACTERS FIND out who they are, face fear and peril, and with comrades, fight to save their world. The whimsical tales of Edgar & Elouise make up two such sagas.

But how do we know – and even change – how we see ourselves? A strangely wise and wordy porcupine seems to be able to tell us! And after all, he says, “We all need new stories – new ways to see.”

There is also, as in most sagas, a monster to defeat. But first, to even turn and face a monster, there are key questions: How do we face our fear? What can we do in the face of overwhelming odds?

Sagas are about being human in an uncertain and dangerous world. How do we sculpt an inner strength and strong connections with others, and how can we protect what we love – our frail and magical world?

Stories are like magic – they help us survive. ■

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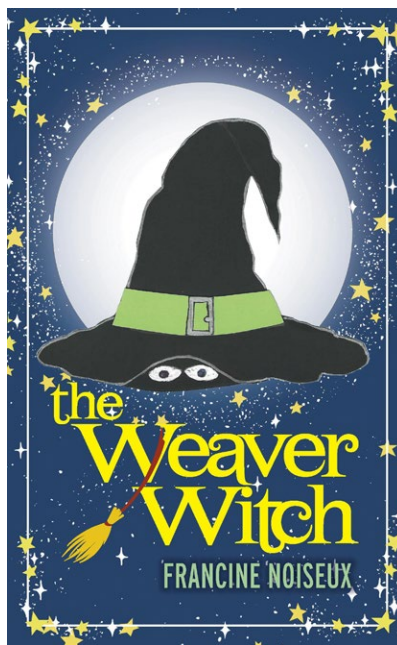
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THE WEAVER WITCH

FRANCINE
NOISEUX



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BETHANY IS THE LITTELST WITCH IN THE HOLLOWS COVEN, BUT that doesn't mean she isn't powerful. In fact, Bethany is a Weaver Witch, a very special kind of magic-user who can cast any spell she needs. Though she keeps her magic a secret, afraid of how the other witches will treat her if they know the truth, Bethany longs to be accepted for who she is.

When Bethany is sent on a dangerous mission to reclaim a magic stone from a local sorcerer, she suspects that her secret might be revealed. But this little witch always leads with her heart. She'll fight dragons (and maybe even befriend them), challenge her coven's ideas about tradition, and ultimately learn who she is and who she wants to be.

But how will Bethany be treated when she finally has the courage to reveal her true self to the world? ■

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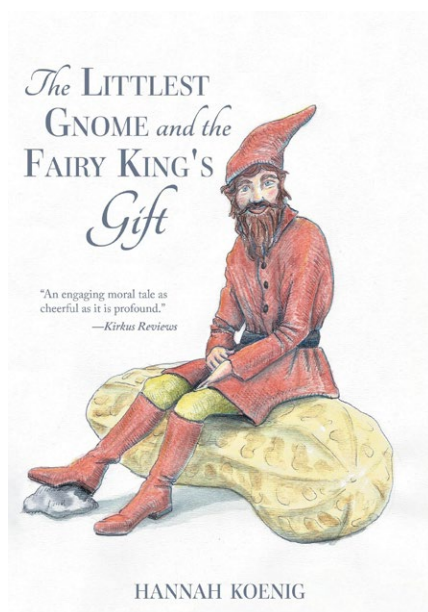
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THE LITTLEST GNOME AND THE FAIRY KING'S GIFT

HANNAH KOENIG

JUVENILE FICTION,
IMAGINATION & PLAY

56 Pages
Standard Color
7 x 10



PETER HAS ALWAYS BEEN THE SMALLEST GNOME IN HIS VILLAGE. When he isn't being called "Pipsqueak" by his fellow gnomes, he fills his days squeezing into tiny spaces, looking for lost items others can't reach. But Peter wonders if there's a bigger purpose for his life, one outside of the village that no gnome has ever left.

One day he decides enough is enough! He sets out on an adventure to find his true purpose, one that doesn't require crawling under floorboards looking for lost rings. He quickly discovers how enormous and wondrous the world is outside of his village ... but also a bit scary!

Despite the dangers he encounters, Peter manages to strike up some friendships along the way. Benjamin the bee tells Peter about a fairy kingdom that might be able to use Peter's help to break a terrible curse. But it means he'll have to face the ruthless and powerful King Blackthorn, the fairy king. Does a little gnome like Peter have the courage to venture inside the enchanted tree where the fairy king lives and face him? Or should he return to his safe and ordinary life in the woods? Little does he know how his choices will forever change both his life and the lives of the fairies he wants to help!

The Littlest Gnome and the Fairy King's Gift is a heartwarming and action-packed adventure from debut author Hannah Koenig. ■

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RITA BHANDARI

THE MYSTERY OF RACE

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DIVERSITY &
MULTICULTURAL

84 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 back for their second book, this time to learn about the concept of race. And, boy, is race complicated! On the hunt for answers, the Compeers explore the history of the racial categories we use today—and what they learn is more than they expected. Join Manjeet, Basma, Shawn, Sam, and Anita as they uncover the truth about what race really is.

ABOUT THE SERIES:

The Ace Compeers are a diverse group of friends committed to learning about the world and helping others. Featuring kid-friendly language and an antiracist framework, the book series models inquiry-based learning to encourage critical thinking and challenge false preconceptions of complex concepts like race. *The Ace Compeers* series also provides parents, guardians, and educators with additional information and discussion questions to help them facilitate meaningful discussions about race and diversity. For many, these sorts of conversations can be deeply uncomfortable, which is why the information and questions included in these books were created. They take the guesswork and anxiety out of beginning important discussions, making these books excellent resources for parents and guardians, schools, and educational organizations. ■

www.acecompeers.com

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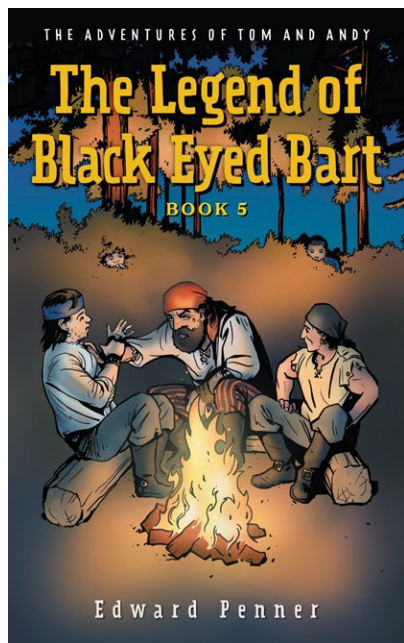
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WHAT SURPRISES LIE IN WAIT ON BEEMER'S ISLAND?

In the dramatic conclusion of *The Legend of Black Eyed Bart*, Tom and Andy learn about a MacNay family heirloom. A precious gold pendant was stolen by Black Eyed Bart, and Gerald MacNay wants it back. The trail leads to Beemer's Island, and the boys will need the trusty ship *Blue Magic* to take them there. While the boys vow to return with the pendant, the island ruffians don't intend to surrender anything. Is it possible that this journey will bring Tom and Andy face to face with an ancient foe? Do the boys have the bravery, the skill, and the speed to put the legend to rest? Or will the island's challenges be too much for them?

The fifth book in the series *The Adventures of Tom and Andy: The Legend of Black Eyed Bart* will captivate young readers with thrills, chills, and nonstop action. ■

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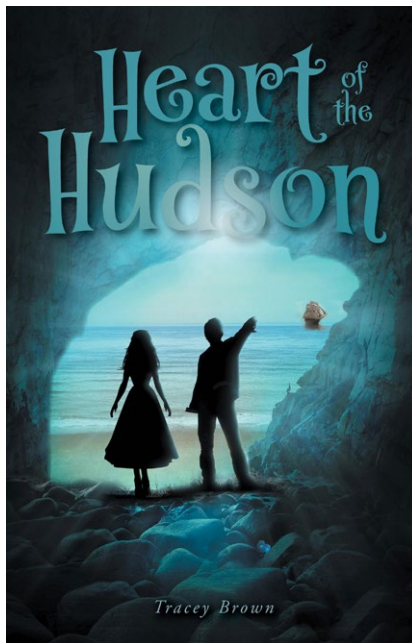
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HEART OF THE HUDSON

TRACEY
BROWN



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HISTORICAL

186 Pages
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IT'S 1843, AND SIBLINGS CARA AND WILL HAVE NO ONE BUT EACH other. Their father is somewhere in the New World and their mother disappeared after their home was destroyed in the Highland Clearances. To escape their orphaned situation, Will lies about his age to join the crew of a Hudson's Bay Company ship bound for York Factory, the last known location of his father. But Cara won't be left behind.

Maintaining their deception on the cross-Atlantic sail is just the first step in Cara and Will's journey. The pair each face challenges—icebergs, bears, storms, and fires, not to mention thievery and murderous revenge—and meet friends and foes along the way. Will they find their father and be able to make their own way in the New World?

Inspired by true events, *Heart of the Hudson* is a fast-paced, richly detailed adventure story with unforgettable characters, set against the backdrop of pre-Confederation Canada. ■

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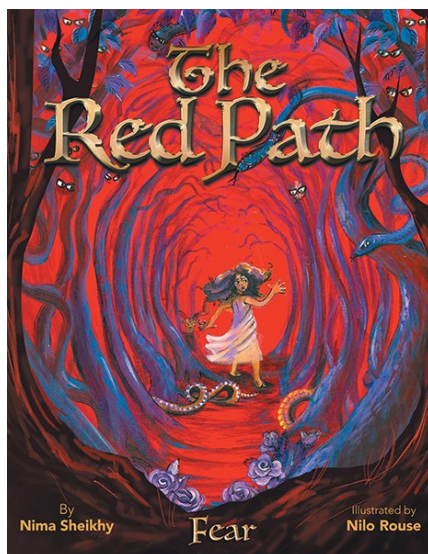
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NIMA SHEIKHY

THE RED PATH

Fear

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SOCIAL ISSUES,
EMOTIONS & FEELINGS
44 Pages
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8.5 x 11



ONE DAY, YOU WILL GO DOWN THE RED PATH. THERE IS SOMETHING there you must experience...

Hidden deep in the heart of a humble forest, nestled in a beautiful castle, live King Nate and his wife Maya. Life in their kingdom is exceedingly interesting. The King is not only able to speak to animals—it is his mission to spread inner peace, hope, and love to all.

When King Nate's daughter, Hooda, discovers a mysterious red path on the castle grounds, her father tells her that she isn't ready to walk down it quite yet. But curiosity leads to confusion, which creates more curiosity, and soon Hooda can't resist exploring the red path. What she finds there will start a whole new chapter in her life: one where she learns to face her fears and overcome them...with a little help, of course.

Red Path is a morality tale for people of any age. It teaches us that with five deep breaths and a little wisdom, we can all face our fears and discover a world of wonder. ■

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BRIAN BROWN

THE PROFESSIONAL ADVENTURING FRIENDS

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ACTION & ADVENTURE
108 Pages
Standard Color
8.5 x 8.5



THE KING IS MISSING! HE VANISHED ON AN ADVENTURE AND NO one knows where he is! The Queen, afraid her son will chase after his father and disappear too, locks him away in a tower.

One day, Prince Jacob meets a talking spider named Jade. Now that he's met his first friend—and had his first adventure—he can't stay cooped up in that room anymore! So Jacob and Jade, along with the loyal horse Pax, set off for the distant mountains, determined to find Jacob's missing father...and maybe have some fun along the way. This hilarious tale of new friends, new problems, and new adventures is sure to delight young readers, who will learn about acceptance, standing up for your friends, and always being yourself. ■

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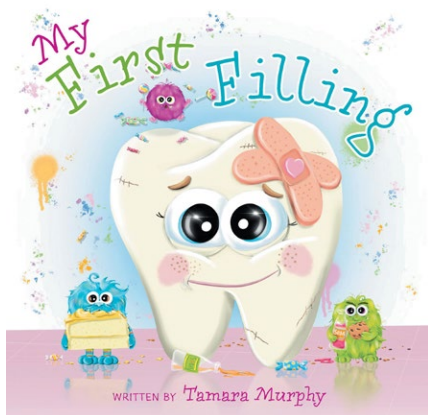
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MY FIRST FILLING

TAMARA MURPHY



JUVENILE NONFICTION,
HEALTH & DAILY LIVING,
PERSONAL HYGIENE

32 Pages
Premium Color
8.5 x 8.5

HAVE YOU EVER BEEN TO THE DENTIST BEFORE? MOM SAYS I HAVE, but I was so little that I don't remember. Now, I'm nervous for what to expect! Even though I'm a little scared, I know the sugar bugs in my teeth need to be washed away, and Mom says I might even get a surprise from the dentist if I'm a good helper. So, you guessed it, I am on my way to the dentist.

My First Filling tells the story of a child's trip to the dentist and first experience with a cavity. The story aims to help children conquer their fear of going to the dentist, with its brave narrator at the helm. Through this book, readers will learn about the process of a dental cleaning and filling, as well as the people and tools involved. *My First Filling* will help the little ones to feel empowered about their next visit to the dentist, and maybe even a bit excited!■

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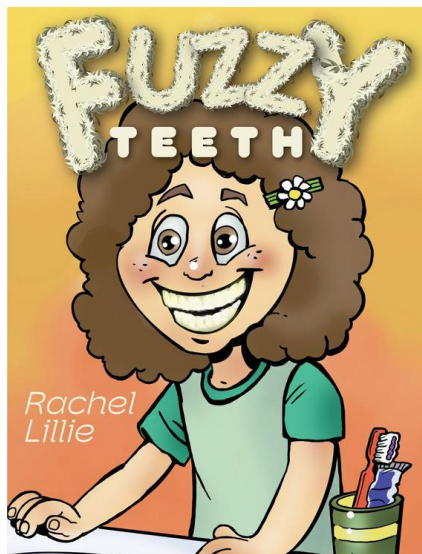
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FUZZY TEETH

RACHEL LILLIE



JUVENILE FICTION,
HEALTH & DAILY LIVING

24 Pages
Standard Color
8.5 x 11

WHEN YOU USE YOUR TONGUE TO FEEL YOUR TEETH, DO THEY FEEL fuzzy? If so, it's time to brush!

It's easy to get distracted by all the fun things to do in the world. But whether you're about to go and play in the yard or getting ready for bed, you know it's time to brush when you feel ... FUZZY TEETH!

Fuzzy Teeth is an engaging and educational book that teaches kids how to know that it's time to brush their teeth. Thanks to its humorous and relatable story, children will feel motivated to brush their teeth any time they think their teeth feel fuzzy, or at least twice a day!■

www.rachellillie.com

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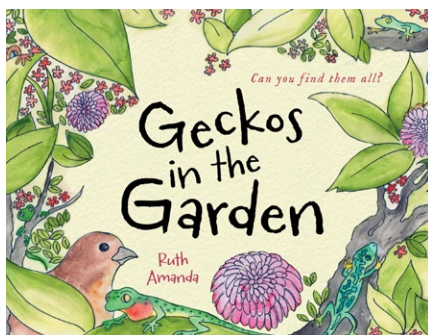
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RUTH AMANDA

GECKOS IN THE GARDEN

JUVENILE FICTION,
ANIMALS, REPTILES &
AMPHIBIANS

28 Pages
Premium Color
11 x 8.5



IN THE MORNING, AFTER BREAKFAST,

In the garden, in the sun,
I can see my little neighbour—
It's a tiny gecko. One!

Is there anything more fun than hunting for geckos in your garden? This delightful counting book, told in whimsical rhyming couplets, invites readers to explore the wonder and joy of tromping through nature to look for geckos.

There's one on the patio! And another in the shrubs! Before you know it, the whole morning will go by happily hunting geckos. Readers will find one, two, three, four ... well, you get the idea. Geckos are everywhere, and they're oh so much fun to discover. ■

www.ruthamanda.com

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MARTHA M WILLIAMS

FIRST GARDENERS Norfolk Botanical Garden

JUVENILE NONFICTION,
GARDENING

32 Pages
Standard Color
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GARDENS HELP US TO RELATE TO THE EXCITING WORLD OF NATURE

around us. Gardens are a fusion of science and art. These spaces are a chance to connect with the four seasons- spring, summer, fall and winter. Different plants and flowers grow each season. The colors and smells are amazing. They constantly evolve and continuously attract different birds, insects, and small animals. Gardens of all sizes are a chance to see, smell, touch, and hear nature. These small worlds are a chance to witness unique creatures, gain an appreciation for the environment, and learn about conservation. Children and adults, alike enjoy the wonder of a community garden.

Have you ever imagined the origins of your favorite garden? Do you ever question who took the time to plan and plant the beautiful flowers that you see?

First Gardeners will take readers on this exciting adventure. You will learn how one community garden in Norfolk, Virginia began with 200 African American women and 20 African American men. The City of Norfolk was determined to succeed during the Great Depression. This period of increased joblessness, homelessness, and poverty affected every region across the United States of America. This is one determined city's tale of a creative response to the difficult times and the people who took on the challenge.

The book is a conversation starter about new beginnings, determination, and friendship. Let the adventure begin! On your next visit to a community garden, you will surely ask, "Who were the first gardeners on this land?" ■

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KIT ARRIVES AT SCHOOL AND FINDS THAT HE HAS A NEW classmate, Oli. Oli is an autistic boy who experiences the world differently than Kit. Join in on Kit's journey while he learns how Oli sees and feels the world. Kit comes home excited to share with his mom what he learned about autism and how he made a new friend in Oli. ■

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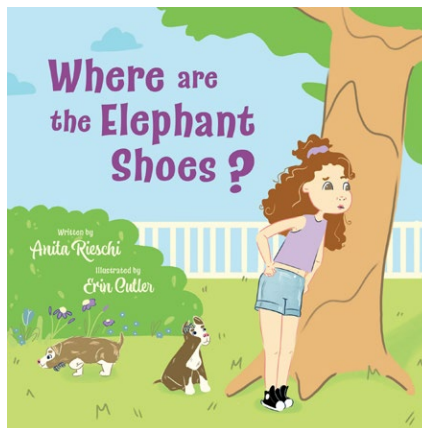
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WHERE ARE THE ELEPHANT SHOES?

ANITA RIESCHI



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WHEN FAITHHAZEL IS INVITED TO A PARTY, SHE KNOWS SHE CAN'T possibly go without the elephant shoes that match her peacock dress. But the shoes are missing! What will she do?

With the help of Noggin and Nugget, two German Shepherd pups, Faithhazel sets off to track down her naughty shoes.

Meet the Fix-It-Wizard, hunt for the Town Crier, and ask the Queen of Mothers where the shoes might be! Told in crisp rhyming couplets, this delightful, magical romp is sure to delight young readers. ■

www.anitarieschi.com

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AS A YOUNG FAMILY AWAITS THE ARRIVAL OF THEIR NEWEST member, an excited young boy tells his future sibling about the family he or she will soon be joining: the fun they have together, the love they share, and how close they are, loving and supporting one another. Always. No doubt about it.

With lovely and easily readable rhymes, this children's story explores the depth of love and respect that can be found within families that are *Tight Knit*, appreciating each other's uniqueness and simply enjoying one another. An ideal offering for families expecting a new baby, this amusingly sweet and sentimental story is sure to be a hit with young readers regardless of their family situation. ■

HARDCOVER

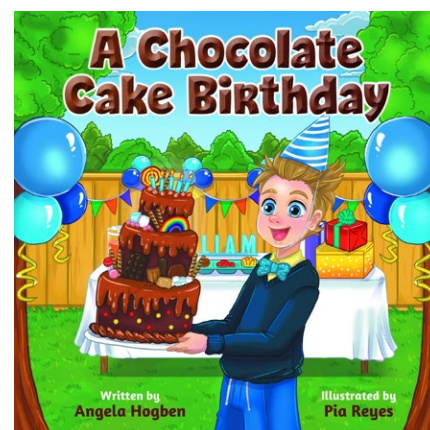
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**A CHOCOLATE
CAKE BIRTHDAY**JUVENILE FICTION,
HOLIDAYS &
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BIRTHDAYS28 Pages
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LIAM LOVES PLAYING OUTSIDE AT THE PARK AND HAVING PAJAMA parties. But what Liam loves more than anything in the world...is chocolate cake! Since he'll be turning five and will be a big boy soon, Liam decides that he'll have the biggest birthday party in the world.

He makes flyers and posters and hangs them up around town, inviting everyone he knows—and a few people he doesn't! He decorates his backyard with anything he can find around the house, all to prepare for the best birthday ever. Will Liam end up having the biggest chocolate cake birthday party he's always dreamed of? Or will he end up with the biggest surprise of his life? ■

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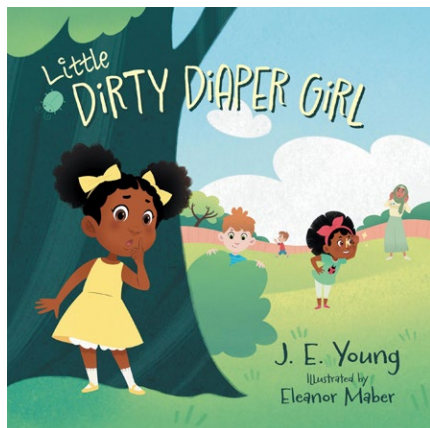
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LITTLE DIRTY DIAPER GIRL

J. E. YOUNG



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HEALTH & DAILY LIVING,
TOILET TRAINING
28 Pages
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OH, NO! IT'S A POTTY-TRAINING DISASTER!

Etta NEVER wants to have her diaper changed. She likes being a baby. She likes being hugged and cuddled all day. And she especially likes knowing that her parents love her just the way she is—stinky diaper and all. If Etta lets them change her diaper, she'll be one step closer to growing up! But will her parents still love her when she's not a baby anymore?

It takes a special preschool friend to help Etta learn the truth about growing up. Is it possible her parents' love will grow, too? ■

www.therealjeyoung.com

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NICOLE C. COLEMAN



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DID YOU KNOW YOU CAN BE ANYTHING YOU WANT TO BE AS long as you focus on it? It's magic!

Mikhel's mom just taught him about this magic, and now he's super excited to share it with his friends. When he gets to school, Mikhel tells his best friend Owen about the magic, but Owen is a bit skeptical. The same thing happens when Mikhel tells his friend Ruth about the magic. Can Mikhel convince them the magic is real? ■

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THE DAY IS GLOOMY AND RAINY. ANDREA AND LEAH SO WANT TO be outside instead of the in the house. What can they possibly do when they cannot do what they really want to do? Sometimes a day turns out a lot different than you think it is going to. And sometimes children end up doing the most unexpected things.■

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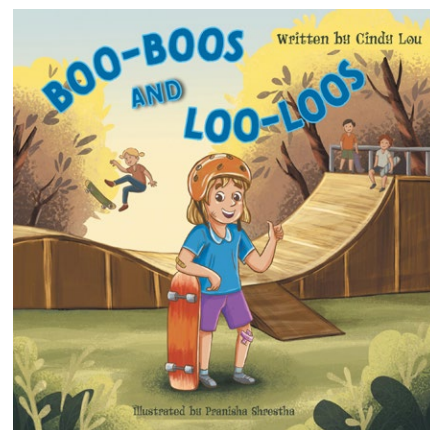
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BOO-BOOS AND LOO-LOOS

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STORIES IN VERSE

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8.5 x 8.5



IT TAKES TRUST AND SOME WISDOM FROM THE PAST

To realize that this won't last

You can learn from all of this really fast!

Have you ever made a mistake? Don't worry—we all make the wrong decision sometimes. We can learn from these choices and make better ones next time! We find our true power when we decide to make good decisions.

Join Cindy Lou on this fun, rhyming journey about how we can create our own realities with a little help from our thoughts and choices. With practice, we can even take control of our own future!■

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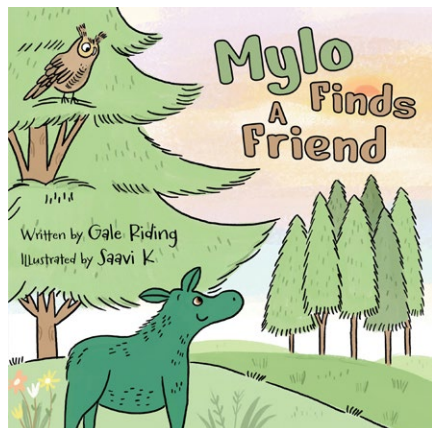
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MYLO FINDS A FRIEND

GALE RIDING



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SOCIAL ISSUES,
PREJUDICE & RACISM
24 Pages
Standard Color
8.5 x 8.5

WHEN MYLO THE MOOSE IS BORN, HE WOBBLES ON HIS GREEN legs. He learns how to walk, where to sleep, and what to eat. But when it's time to meet the other creatures of the forest, Mylo doesn't fit in. The bird laughs. The bunny scorns him. A herd of moose brothers dislike his green fur and are afraid they'll turn green too.

"Oh, I'm so sorry, Mylo," says his mother. "For you see, although you are so perfect to me, as you go through life, you'll find not everybody is always kind."

But when Mylo meets Mandi, she becomes a special friend—someone who will love him just the way he is.■

www.mylofindsafriend.com

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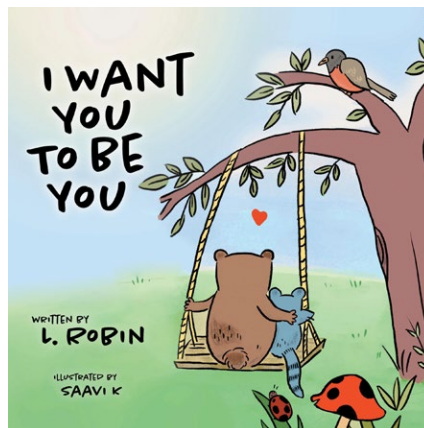
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I WANT YOU TO BE YOU

L. ROBIN



JUVENILE FICTION,
SOCIAL ISSUES,
EMOTIONS & FEELINGS
36 Pages
Premium Color
8.5 x 8.5

I WANT YOU TO BE HAPPY

But it's okay if you're sad.

I wish for your excitement.

But you might just feel mad.

All feelings are healthy, along with developing the ability to identify and self-regulate these emotions. As caregivers, we must hold space for our child's emotions, as normalizing and embracing all feelings welcomes children to openly share with us.

I Want You To Be You, written in rhyming verse, is intended to help in creating a safe shared space between child and caregiver to openly talk about all feelings. The popular expression "I want you to be happy!" has good intentions, but fails to capture the whole message we really want our kids to know...

...I want you to be you.

L. Robin together with YOU!

All children deserve access to mental health supports - when they need it, in the way they need it.

That is why, together with your help, L. Robin Books will donate partial proceeds of *I Want You To Be You* to supporting young reader's emotional health and well-being.■

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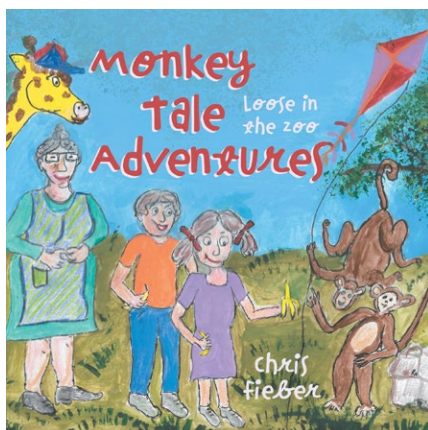
CHRIS FIEBER

MONKEY TALE ADVENTURES

Loose in the Zoo

JUVENILE FICTION,
ANIMALS, ZOOS

56 Pages
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TWO LITTLE MONKEYS ARE ABOUT TO GET INTO SERIOUS TROUBLE. First they escape from their enclosure at the zoo and cause mayhem with their animal friends. Then, they follow some children home!

What happens when two little monkeys escape from the zoo? Monkey see, monkey do!

Told in rhyming verse, *Monkey Tale Adventures* is a silly tale about monkeying around! ■

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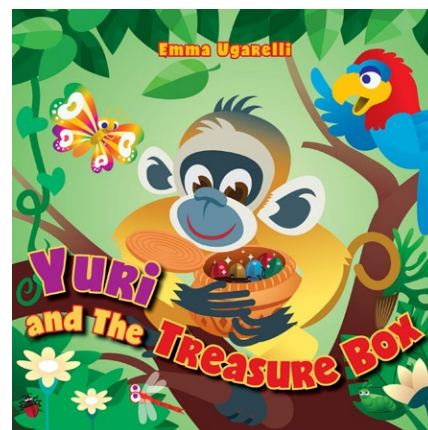
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EMMA UGARELLI

YURI AND THE TREASURE BOX

JUVENILE FICTION,
ANIMALS, APES,
MONKEYS, ETC.

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YURI IS QUITE THE CURIOUS MONKEY! ONE DAY, WHILE WALKING along the Amazon River, he bumps into something strange, something he has never seen before. He picks it up, wondering what it could be. Is it a hat? A seat? A drum? No . . . it's a treasure box! Or is it?

While bringing awareness to the Amazon and its diverse wonders, *Yuri and the Treasure Box* is a delightful book about empathy, self-regulation, curiosity, respect, consideration, and compassion for others. Children will learn the value of kindness, caring for their environment, and respecting others, whether big or small. ■

www.eugarellibooks.com

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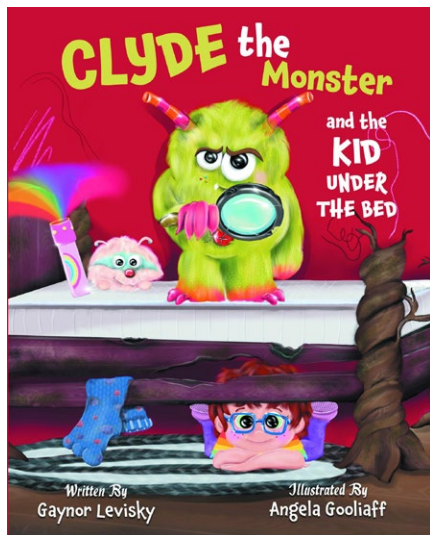
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CLYDE THE MONSTER And the Kid Under the Bed

GAYNOR LEVISKY



JUVENILE FICTION,
MONSTERS
40 Pages
Standard Color
8 x 10

A KID UNDER CLYDE'S BED! OH, NO! COULD IT BE TRUE?

What is a brave little monster to do?

Clyde the monster can not fall asleep. When his momma asks why, Clyde finally reveals the fear he did not want to spread: A beastly kid is under his bed! He tries to convince his momma that he can smell it, hear it, feel it, and see it. Unconvinced, Clyde's momma wonders if it were true and says to her brave little monster, "Maybe we can find a clue." As they investigate each smell, sound, touch, and sight, can Clyde and his momma solve the mystery of the kid under the bed?

Through playful rhyme and rhythm, and a delightful sprinkling of humour, author Gaynor Levisky shows children how to find courage and challenge their thoughts. The world isn't always as we think, and if Clyde is to ever have a good night's rest again, he must learn to face his fears and change his perspective.■

www.gaynorlevisky.com

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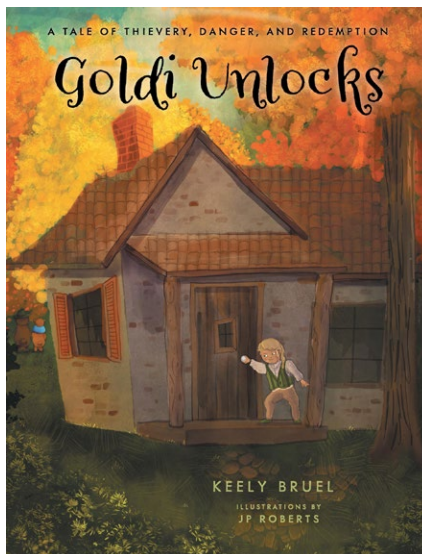
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GOLDI UNLOCKS A Tale of Thievery, Danger, and Redemption

KEELY BRUEL



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STORIES IN VERSE
28 Pages
Standard Color
8.5 x 11

IN THIS FUN REIMAGINING OF THE CLASSIC GOLDILOCKS AND THE Three Bears story, you will finally learn the true reason why this mischievous little girl thought it was perfectly acceptable to sneak into someone's house, critique their food and furniture, and then make herself at home. How rude! That sort of entitlement has to come from somewhere, right?

Growing up in a castle before being banished with her father for their thieving ways, she now lives in the woods far from the luxuries and opportunities to which she had become accustomed; it's really not surprising that young Goldi, a talented lock-picker, gets up to some dangerous shenanigans. Hopefully she learns her lesson before the three bears, whose breakfast she has ruined, decide that she would be "just right" as a replacement meal.

Goldi Unlocks — a tale of thievery, danger, and redemption will appeal to children and parents alike, with clever and humorous rhymes and illustrations that are sure to make a new favourite of the classic story.■

www.keelybruel.ca

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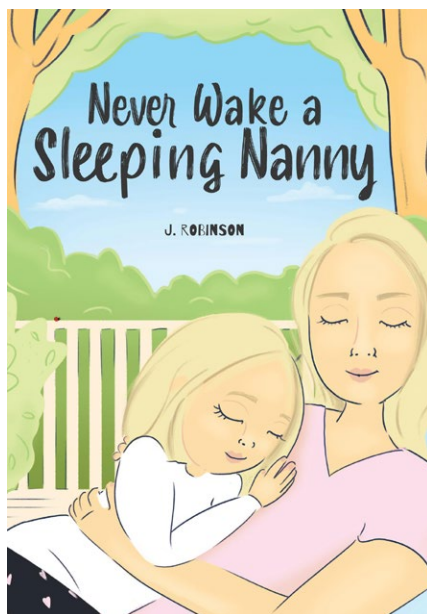
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J. ROBINSON

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JUVENILE
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MULTIGENERATIONAL

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NEVER WAKE A SLEEPING NANNY IS A PLAYFUL CHILDREN'S PICTURE book with a heartfelt message.

While Nanny rests she dreams of all the fun adventures she will have with her grandchildren when she wakes up. The story speaks to the importance of grandparents in the lives of children as they share not only love but also wisdom and guidance. What a special bond! I hope all grandparents have the opportunity to not only dream of days together but to explore the world with their grandchildren. I know being a grandmother has brought me immeasurable joy! ■

www.authorjanetrobinson.com

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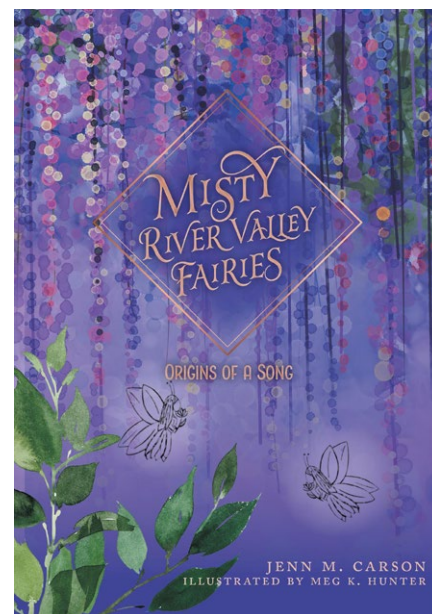
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MISTY RIVER VALLEY FAIRIES

Origins of a Song

JUVENILE FICTION,
NATURE & THE NATURAL
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52 Pages
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JOURNEY BACK IN TIME TO THE ORIGIN OF A SONG. THE SONG that brought the honeybees to the flowers and the flowers to the fairies and reminds us of the delicate care our natural environment needs.

In this touching origin story, we follow 8-year-old Em's adventure that begins with her discovery of a lost treasure in her family's backyard. Re-connect with familiar fairies while you learn about their past and meet new one's who share the origins of the ethereal, mystical song. In this charming tale the lives of Em and the fairies culminate in a race to save a very precious resource. ■

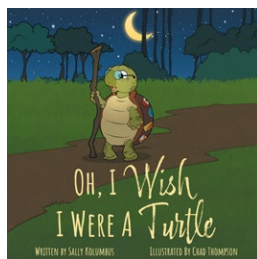
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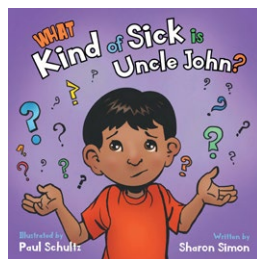


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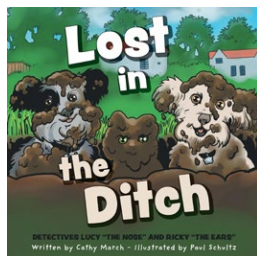
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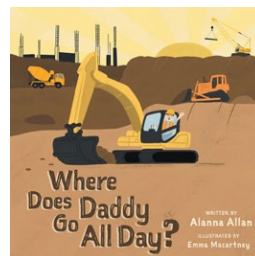


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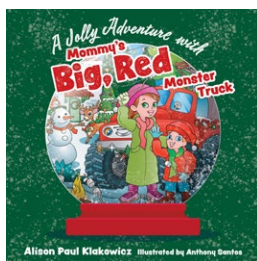
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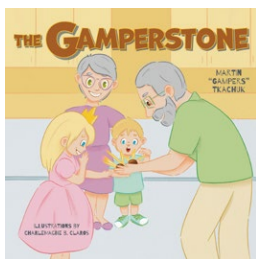
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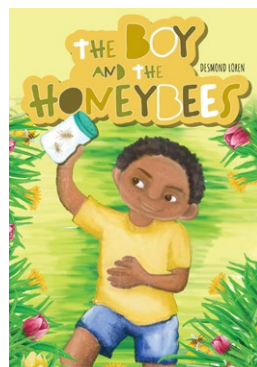
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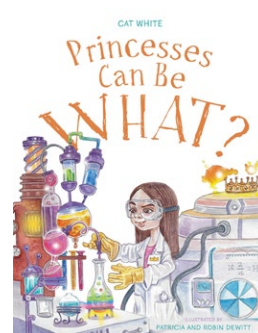
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CAT WHITE

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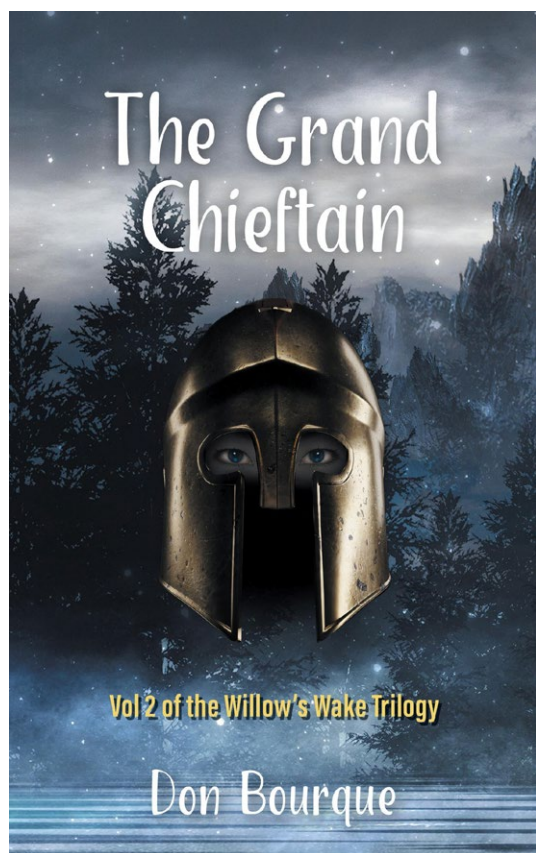
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Vol 2 of the Willow's Wake Trilogy

DON BOURQUE



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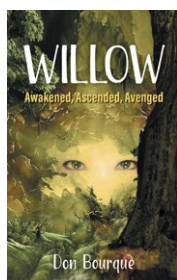
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Willow



THE VICIOUS WATER SPRITE WAR HAS ENDED, AND THE FOREST ELVES HAVE RETURNED home. Drisandel, who led the Forest Elves in the war, succeeds his deceased father as village Chieftain.

Garnidel, Drisandel's son and talented apprentice smith to his mother, Shaelesse, begins to prepare as the heir to his father as Chieftain by travelling through the Forest Elf Nation, learning of its history and the legends of so-called "Fire Sprites," and searching for a potential wife (even as he staves off feelings for the betrothed of a beloved friend). He also encounters the enigmatic Desert Elves, neighbours of the Forest Elves who were once a unified people with them.

Garnidel's education is cut shorter than expected when Humans bearing arms suddenly begin encroaching into the territory of the Forest Elves. As the battle to defend the Forest Elf territory begins, Garnidel now must quickly grow into his role as a battlefield leader and develop a plan to stave off the superior numbers of the Human invasion. Can the new weapons and tools he developed in the forge allow the Forest Elves some advantage? And can the Forest Elves count the Desert Elves as allies?

The Grand Chieftain is the continuation of the fantasy epic begun in *Willow: Awakened, Ascended, Avenged*, and volume 2 of the *Willow's Wake* trilogy. With thrilling battles and the exploration of fascinating new frontiers in an already rich fantasy world, *The Grand Chieftain* will captivate fans of the series, readers just journeying into it, and lovers of fantasy new and old. ■

www.donbourque.ca

"The excellent and surprising twists keep the reader engaged and wondering what will happen next. Willow: Awakened, Ascended, Avenged, offers a unique depiction of sprites, elves, and the world they live in. For example, as a reader I found that Don's portrayal of water sprites to be a perfect blend of fascinating and terrifying. It is a world that a reader wants to know more about. And Willow: Awakened, Ascended, Avenged, ends in a way the suggests that we may get to return to this world..."

– Shari Marshall,

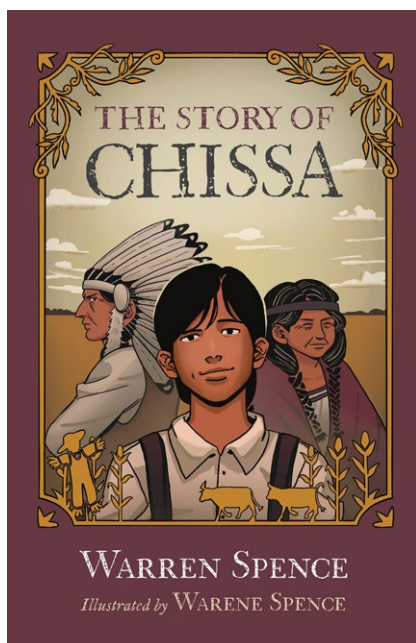
Author of *The Ember Files* series, reviewing on Goodreads

DON BOURQUE IS AN AUTHOR IN MONCTON, NEW BRUNSWICK. HE SPENT THIRTY-seven years as an army reservist and has pursued studies in psychology, sociology and anthropology. These experiences helped inform the writing and development of the books in the *Willow's Wake* trilogy.

Don got into writing after being encouraged by his Grade 12 English teacher, and has written poetry, prose, and a piece about his experiences as a veteran of the Afghanistan war in addition to the *Willow's Wake* series. Besides writing, he enjoys oil painting, pipe band drumming, and reading science fiction and fantasy. More information about Don and *Willow's Wake*, and links to Don's social media, can be found at donbourque.ca. ■

WARREN SPENCE

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The Story of Chissa is a trickster story that has been handed down six generations in the Ojibway oral narrative tradition. This is the first time it has appeared in print. ■

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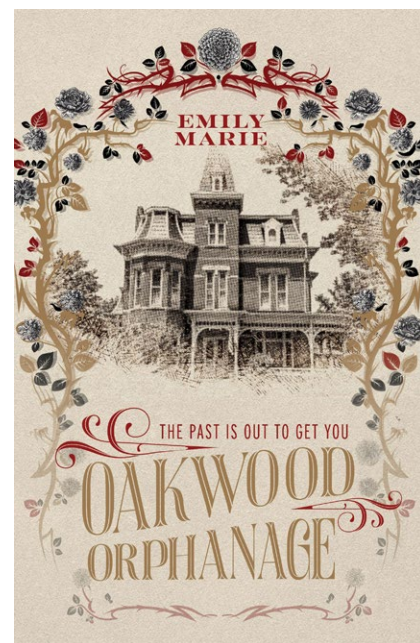
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When things suddenly get worse, the traumatized but feisty teenagers at *Oakwood Orphanage* band together and fight for a new life, fight for freedom, while battling their own dark pasts that are pushing back. Plagued by nightmares about the fire that killed her parents, a desperate Dahlia searches for answers that will bring her closure, but soon her past comes back to haunt her, and the only way to get past it is to face it head on. ■

www.authoremilymarie.com

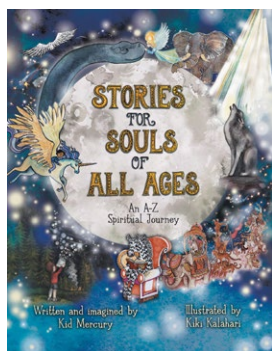
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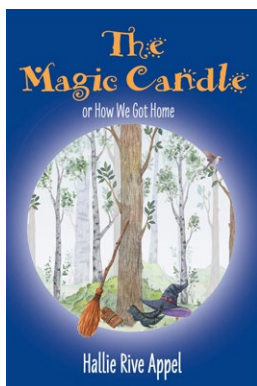
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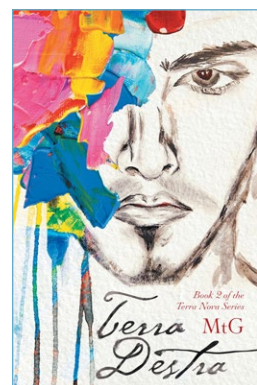
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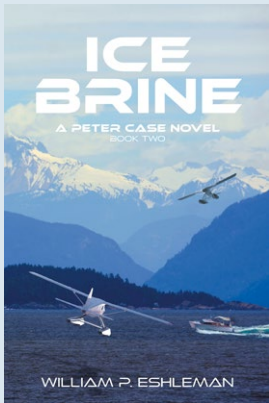
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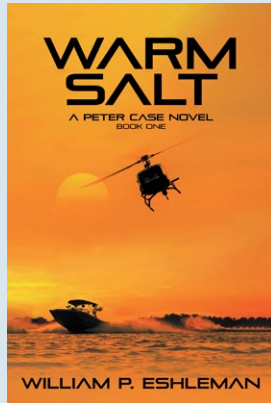


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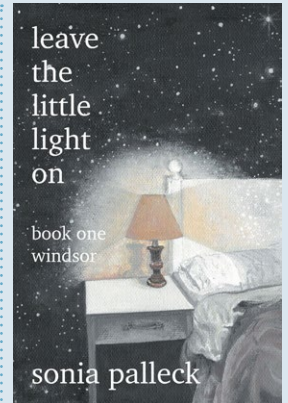


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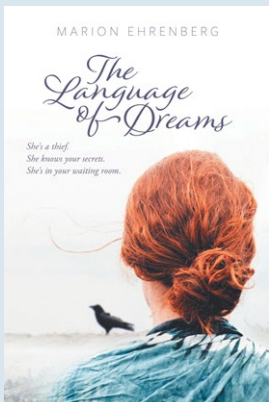


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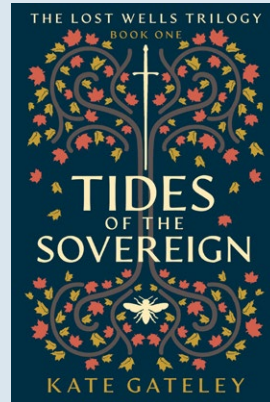


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CORINNE JEFFERY THE OTHER PATH

ALYSSA RAINER IS ON THE CUSP OF GRADUATING AS A REGISTERED NURSE AND HAS her whole life ahead of her. Yet she is torn between two alluring opportunities: starting her career while continuing her studies in Saskatoon, or relocating from Brandon to Winnipeg, where a whirlwind romance tempts her to abandon her long-held plans. Should Alyssa follow her heart or her mind? Set in the mid-1960s, Alyssa's young life is scarred by the death of her brother, her father's racism, her mother's abuse, and her parents' tumultuous marriage, which make her eager to venture off on her own. But the ghosts of the past haunt her and despite Alyssa's successes, the future she had envisioned does not unfold as anticipated.

Decades later, Alyssa reflects on the tough choices she made during her life, wondering, What if? What if she had taken a different path, like the doppelgänger she has been mistaken for over the years who appears to be living a parallel life—perhaps the one meant for Alyssa? ■

www.corinnejeffery.ca

"I cannot begin to thank you for your novel The Other Path. Today was a cold stormy day here in Ontario. I picked up your book and numerous pots of tea later I finished it in one sitting. Dr. Alyssa Rainer was a remarkable young woman, at the end I even asked 'What if?'"

– Corinne

"Capturing the 'everyday' essence of people and their lives is a gift/talent and YOU HAVE IT. Congratulations."

– Rosemary

"Corinne Jeffery is a very fine storyteller."

– Todd Babiak, Award-winning, best-selling author of *The Garneau Block* and *Toby: A Man*

"Corinne Jeffery's writing is full of poignant prairie stuff. Jeffery is a mild annoyance to those of us who scribbled away for years - or decades - without producing a book. I hope she keeps writing. But I reserve the right to be jealous."

– Scott McKeen, 30-year journalist and writer

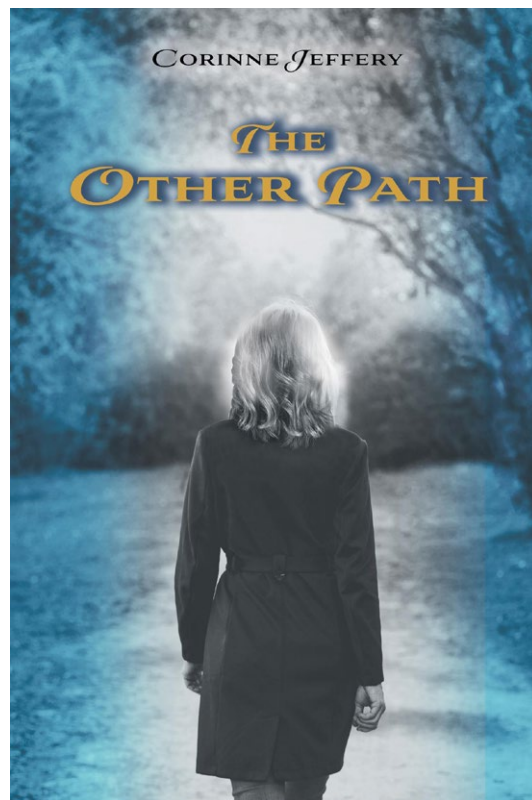
"These intriguing and piquant characters will remain in my memory for years to come." Ronald Russell, award-winning journalist and author of Don Carina. "Engrossing! A fun read from start to finish,"

– Jane Congdon, author of *It started with Dracula: The count, My mother, and Me*
"A rare immediately immersive experience in literature."

– Scott Hayes, award-winning journalist, St. Albert Gazette

"I just finished reading The Other Path. Another Corinne Jeffery bestseller! Thank you, Corinne for writing very enjoyable books with such relatable characters."

– Susan



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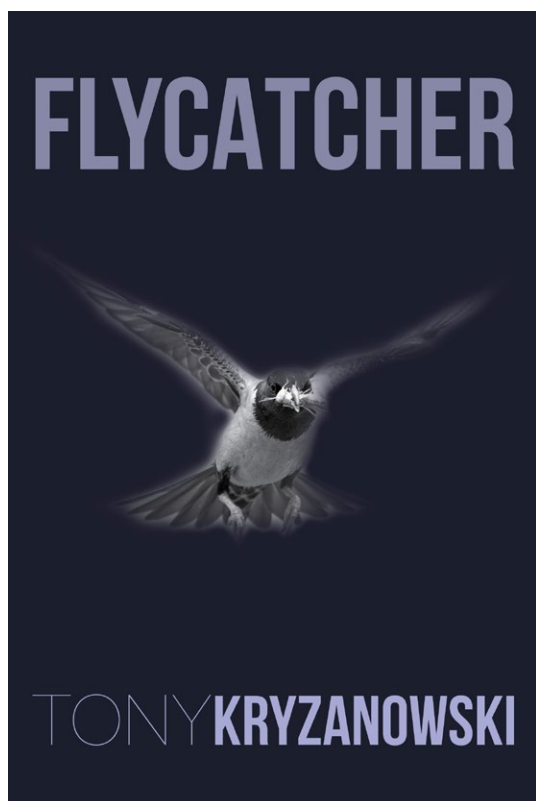
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CORINNE JEFFERY IS THE AUTHOR OF THE BESTSELLING CANADIAN HISTORICAL fiction trilogy *Understanding Ursula* with titles *Arriving: 1909-1919* (2011) *Thriving: 1920-1939* (2012) and *Choosing: 1940-1989* (2013). She is also the author of *Lords and Lepers* (2018), an intriguing coming of age novel set in the Canadian prairies, and *The Reluctant Author* (2020), a fictionalized memoir. Since she learned to read, Jeffery has dreamed of writing a novel. She also took "the other path," attaining a Bachelor of Nursing degree from the University of Manitoba and becoming an educator with Grant MacEwan College in Edmonton. *The Other Path* is her sixth novel.

After many years in Winnipeg, Jeffery and her family moved to St. Albert, Alberta, where they are now long-time residents. ■

FLYCATCHER TONY KRYZANOWSKI



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IT'S THE 1980S, AND SECRET AGENT THOMAS KUPERTHORNE HAS SPENT THE PAST four years hiding from contract killers in the Middle East while posing as "freelance foreign correspondent Tom Maddox" and spying for the Five Eyes Alliance - a powerful international intelligence agency. Now he is needed back home. That's because Canadian Minister of Defense Alphonse Roy has resigned his position without warning to run for the leadership of the largest separatist party in Quebec, though not before stealing the access code to NATO's wideband global satcom network out from under the government's nose. He intends to use his possession of the code to blackmail the Canadian Federation to allow Quebec to separate without firing a shot, all the while intending to install himself as the first president of a sovereign Quebec.

While the rest of Canada has no intention of bending to Roy's demands, the possibility of Roy offering to sell the access code on the black market to the highest bidder provides the Alliance with a unique and dangerous opportunity to turn the tables and use the code as bait to attract representatives of the world's most notorious criminal organizations to Canadian shores where they can be captured. The Canadian Military and the Five Eyes Alliance intend to be ready and to do exactly that. As a member of the press, "Tom Maddox" is tasked with infiltrating Roy's leadership campaign to discover his nefarious plans for the stolen code, and provide much-needed intel to help the Alliance make unprecedented strides to bring down some of most dangerous regimes, cabals and cartels on the global landscape. But he can't do it alone.

Much to his chagrin, his superiors have also enlisted Crimson Sumner, a beautiful and well-known Canadian actress (and periodic love interest), hoping to leverage her feminine wiles and celebrity status in a classic 'honeypot' infiltration operation, and gain better access to Roy and his inner circle beyond what any member of the media could accomplish working on their own.

It's a dangerous game and only becomes worse when a cabal based in East Africa, the Brown Mambas, enters the picture as a potential buyer of the stolen code. With their reputation as merciless traffickers of illegal arms and human lives, Thomas will have to decide what truly matters to him: justice and keeping Canada united, while saving thousands of innocent women from sex slavery or protecting the life of the woman he loves. ■

www.tonykryzanowski-writer.com

WITH AN HONOURS DEGREE IN JOURNALISM FROM OTTAWA'S CARLETON University, Tony Kryzanowski has forty years experience in investigative journalism for Canadian newspapers and magazines and has worked for the past twenty-five years as a freelance journalist, winning more than twenty journalism awards for his writing, including the top newspaper article in Canada award presented by the Canadian Community Newspapers Association. ■

LEAVE THE LITTLE LIGHT ON, BOOK ONE: WINDSOR

SONIA PALLECK

ATHENA BRKOVICH BELIEVES IN TRUE LOVE.

Born into a blue collar family in 1968, young Athena and her sisters are sent away when their mother is hospitalized and their father is unable to care for them. The beginnings of trauma, separation, denial and suffering set Athena on her path.

Brilliant, but naive, Athena refuses to grow up and become part of an adult world she doesn't trust. But as time unfolds, the guilt that swirls around her beloved sister Lejla, and the blossoming desire for her soulmate Niko, plunge Athena into confusion. When circumstances bring them all together in high school, betrayal threatens to engulf Athena in shame and hatred.

No matter how many walls Athena builds to escape her painful past, she must confront the person she is becoming in a society where only the strong survive.

Compelling, and at times tragic, *Book 1* explores the themes of childhood trauma, family conflict, alcoholism, and teenage love. Despite the darkness, Athena struggles to follow the little light inside herself, guiding her to forgiveness, peace, redemption, and the ultimate prize, love. ■

www.soniapalleck.com

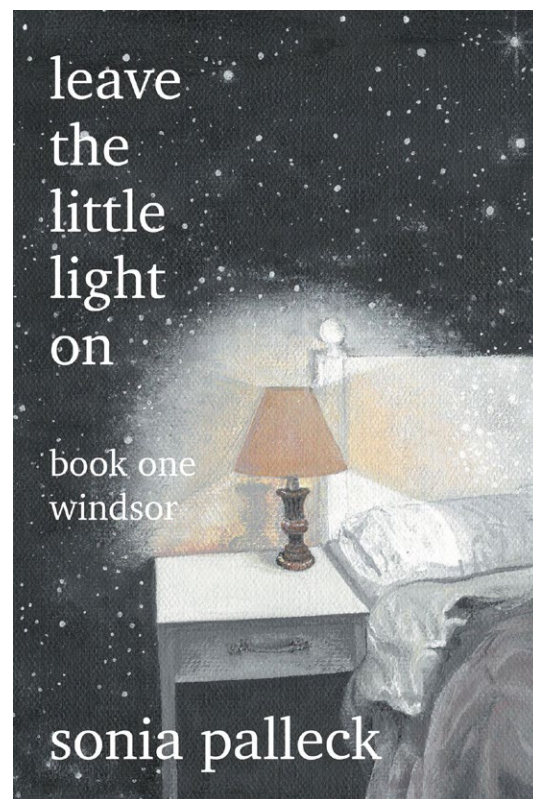
"An original, rich read."

– Laura Pratt, Journalist, Editor and Author
of *Heartbroken: Field Notes on a Constant Condition*

SONIA PALLECK IS AN ORTHODONTIST AND ADVOCATE FOR LOVE. SHE ENJOYS poetry and painting.

Athena Brkovich is based on Sonia's life.

Leave the Little Light On is an ode to the human condition and what it means to love and be loved. ■



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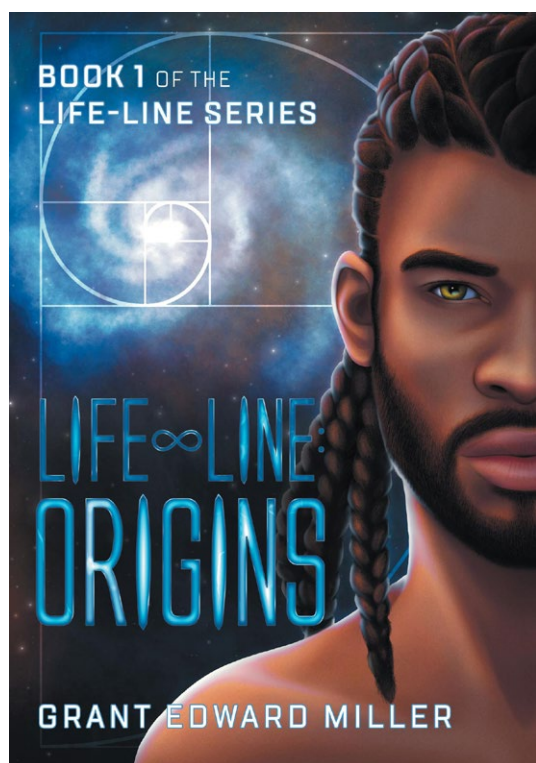
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OVER A MILLION YEARS IN THE FUTURE, A DESPERATE STOWAWAY LIES CONCEALED in a space freighter's cargo hold. Tam Amergan is bound for the prison world Corustloth, where his partner Brogan has been abducted. Ever since the Senate took over the planetary system decades earlier, gay men like Tam and Brogan—degens, as they are labeled under Senate—rule have been forced to live in secrecy. But Brogan is Tam's life-line, bound to his soul in a ritual performed by a secret sisterhood of women with ancient, unknown designs. Tam has no choice but to follow Brogan wherever he goes. What Brogan sees, Tam sees; what Tam feels, Brogan feels. Neither can live without the other.

Thousands of lightyears away, an ancient brotherhood of mentalists works at uncovering the mystery of humanity's long-forgotten origins. Their leader, Father, enlists the help of Bennett, who is able to connect with the mind of a space freighter stowaway on the other side of the galaxy. Is Bennett the key to humanity's origins? Could Tam's quest to find Brogan have a wider purpose?

Both a soaring love story and sweeping sci-fi epic, *Life-Line: Origins* is a thrilling gay romance and science fiction novel. Ambitious, gripping, and full of heart, it is a must-read for anyone hungry for adventure and intrigue.■

www.grantedwardmiller.ca

"Queer Eye for star guys; an engaging throwback SF adventure with a strong gay affirmation."

- Kirkus Reviews

"A gripping fantasy tale about gay struggle and romance. It will leave you identifying with the characters as though they were real."

- Charles Novabos, Halifax, NS, Canada.

"The futuristic world created by Miller was very relatable. The plot melded the gay dynamic successfully to produce very believable and intriguing characters. One could relate to the main character as he grew from strength to strength. Miller's description of a futuristic world in which the love dynamic plays out is original as it is refreshing but still reminds us of what it means to be human in any era. The book explores the bond between lovers on a much deeper level where superhuman powers are at play. Readers of all persuasions will find this compelling. The book is written in a very descriptive style which places readers in the middle of the action. A true page-turner that you can't put down."

- Nigel Lutchman, Halifax, NS, Canada.

A Brilliant Twist On Traditional Sci-Fi. This novel is unique in that it adds a gay narrative to traditional elements of sci-fi - and I loved that! The plot was exhilarating, captivating, and completely realistic of a universe set over a million years in the future, that is impacted by an oppressive, psychotic dictator. The dynamic and unmistakable love, as well as the Life-Line, between Tam and Brogan, fueled my interest the whole way, and I was rooting for their freedom and love from the beginning. The mentalist abilities, Bennett, and the origin of humanity added other interesting plot points, and I can't wait to see how they play out through the rest of the series. Well done, Grant! Queer sci-fi has just become my favourite subgenre of sci-fi.

- Kaylee Miller, Vancouver, BC, Canada

R. J. REIBER

VIRTUAL DESTINY

UNABLE TO WALK DUE TO A SPINAL BIRTH DEFECT, KAYLEE PARKER HAS DEVOTED her life to science, hoping to find a cure for her condition one day. However, right when she's on the cusp of a breakthrough, a freak solar event destroys most life on Earth and devastates civilization. Kaylee survives, but it seems like her dream of walking has been destroyed as well. The surviving humans prove to be remarkably versatile though, and soon they are hard at work rebuilding their world, housing people in two domed cities known as New Washington and New Los Angeles.

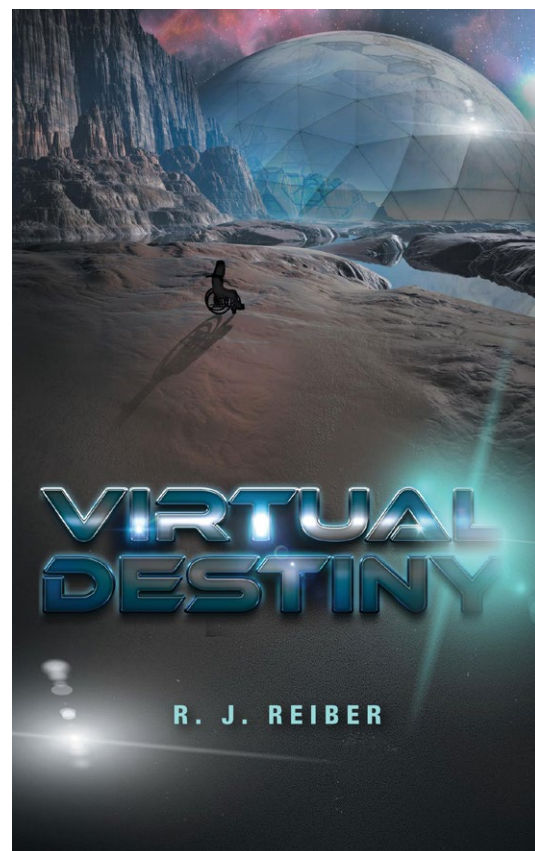
As a top scientific mind, Kaylee is soon recruited to work in New Washington's cutting-edge science department. Through a seemingly miraculous twist of fate, she is also able to recover some of her pre-disaster research and continue her experiments, though she must do so in secret. Unbeknownst to her, another major technological breakthrough is on the horizon. Fearing another potential calamity, scientists have developed a virtual world that humanity can escape to in the event that the domed cities fail, and life in the real world is no longer tenable. The hope is that if that worst-case scenario ever occurs, people will eventually be able to download themselves into new bodies and return from their virtual exile. While most people are content with their new lives in the domed cities, those stuck on the outside are determined to bring the cities down. Just as Kaylee is on the verge of another breakthrough in her clandestine experiments, terrorists attack the cities, placing Kaylee's dream and humanity's survival in peril.■

www.rjreiber.ca

"A stellar protagonist shines in this rousing dystopian tale."

– Kirkus Reviews

R. J. REIBER HAS SPENT MOST OF CAREER IN THE HIGH-TECH REALM AND LIVES IN Kitchener, Ontario. *Virtual Destiny* is his debut novel.■



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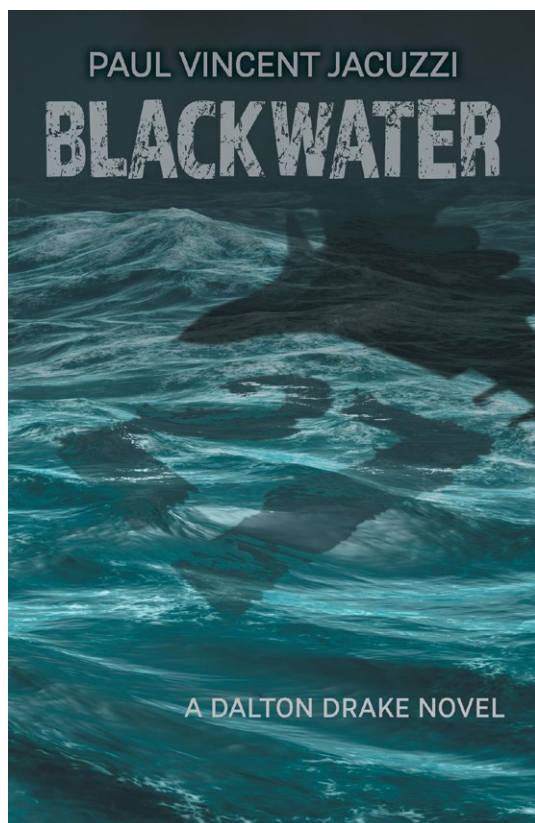
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WHEN WEAPONS-GRADE NUCLEAR MATERIALS LEFT OVER FROM THE COLD WAR surface in a North African city, Dalton Drake, former CSIS agent, lethal field operator, and confirmed ladies' man, is hired to track down those responsible. Working with a coalition of intelligence agencies, military branches, and the scientific community, he is tasked with locating and intercepting the terrorists, who are on the move in a stolen cargo ship in the North Atlantic. Soon confronted with former enemies, old secrets from his past, and a former lover, Drake must race against time across the Mediterranean to make things right and stop the terrorists before their brutal grand-scale plan is carried out.■

www.daltondrakenovels.com

"An intriguing, complex hero emerges in this riveting espionage tale. The past reaches out and grabs an ex-intelligence agent in this debut spy thriller. Jacuzzi has successfully found a way to blend his multiple interests in travel, history, weapons systems, intelligence services, and aviation in this electrifying novel. Based on this exhilarating series opener, he certainly knows how to pen a breakneck narrative."

—Kirkus Reviews

"(★★★★★) The debut installment of Jacuzzi's Dalton Drake series is a top-notch conspiracy thriller that is crammed with high-tech spycraft, international intrigue, romantic entanglements, and poignant emotional stakes. Jacuzzi's detailed research about the shadowy world of espionage and spycraft lends authenticity to the story, and his storytelling is top-notch. Readers will find themselves guessing about what's really going on right up to the heartfelt ending. This breakneck-paced thriller is absolutely addictive, and readers will eagerly await Drake's next adventure."

—The Prairies Book Review

"The fate of the world rests on the shoulders of an elite few in Blackwater, a high-stakes entry to a globe-trotting thriller series."

—Foreword Clarion Review

PAUL VINCENT JACUZZI HOLDS UNDERGRADUATE AND GRADUATE DEGREES IN History and Economics and Business Administration. He is passionate about researching historical events, weapons systems and intelligence services. An avid lifelong traveler, he enjoys visiting places of historical and military significance. His career had taken him to many countries worldwide where he has gained a deep interest in regional politics, culture and food. He is an amateur pilot and an aviation enthusiast.

Paul lives in Winnipeg, Manitoba, Canada with his wife Rosie and their Himalayan cat, Frankie. They have a daughter, Robin, a son-in-law, Brock and a granddaughter, Aster Rose.

Blackwater is the first novel in a series of Dalton Drake spy thrillers.■

NELSON RIIS FOOTHILLS JUSTICE

WHEN GAME WARDEN LUKE DUTTON HEARS A GUNSHOT WHILE HE'S OUT repairing fencing on his ranch in Alberta's foothills, he has no idea that single shot is going to set into motion events that will turn his world upside down. The more he discovers, the less he knows about what's going on in the Highwood River Valley, and the more he realizes things don't add up.

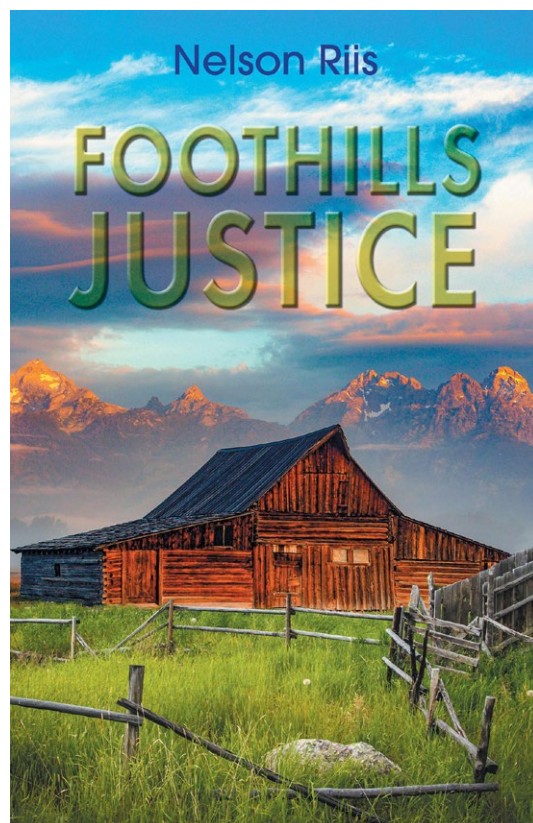
Between the revelation that there's a serial killer living in their midst, the Dutton family's discovery of the long-lost Lemon Gold Mine, and the damage that Black Eagle Gas will do to the Duttons' ranch when they begin fracking, Luke has his hands full. Add water problems caused by climate change, drug-related problems on the local First Nations reserve, and dealing with numerous violations of hunting and fishing laws to the Duttons' challenges in an everchanging world.

As things come to a head and Luke works to keep the ranch solvent and his family safe, will the RCMP catch the killer before he kills again? ■

NELSON RIIS GREW UP IN SOUTHWEST ALBERTA, HAS AN MA IN GEOGRAPHY, AND IS a Fellow with the Royal Canadian Geographic Society. While he was an MP for twenty years, Riis wrote a weekly newspaper column and hosted a weekly half-hour TV show. He's had over 30 different jobs, having worked as a farm hand, timber cruiser, commercial fisherman, cedar and plywood mill worker, nightclub waiter, deck hand, and insurance broker, among other things.

Riis was a charter faculty member at today's Thompson Rivers University, where he taught Human Geography and was Chair of the Social Sciences Dept. As a geographer and as a Member of Parliament, he traveled the world. His hobbies include canoeing, camping, landscape painting, hiking, gardening, soapstone carving, auditing courses at Carleton University, and especially reading.

Riis currently lives on un-ceded Anishinabe Algonquin territory, in Ottawa, with his wife, Penny. They have two sons, Nils and Jon, and two granddaughters, Kathryn and Kristen. Currently, Riis has two cats and a backyard with eight squirrels, three chipmunks, a rabbit, and a family of raccoons. All sorts of birds too. ■



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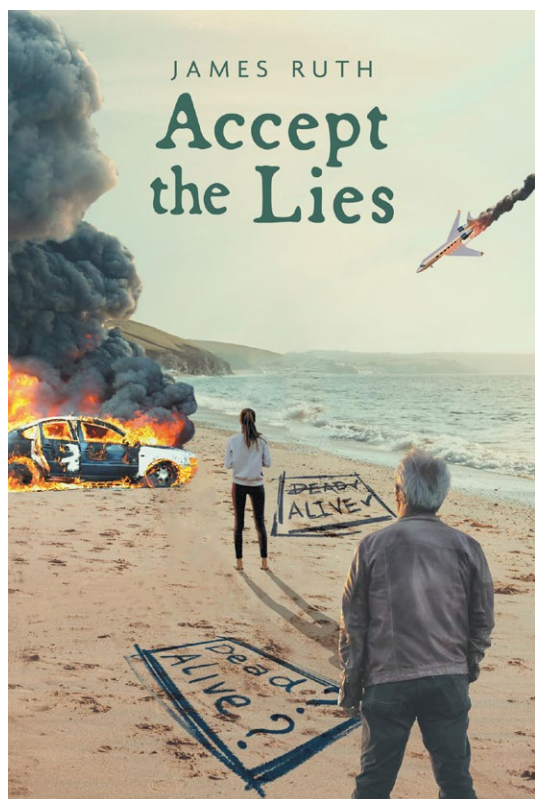
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ACCEPT THE LIES

JAMES RUTH

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WHILE ON VACATION WITH HIS SECOND WIFE, LINDSAY, AND HER FAMILY, PRIVATE Investigator Doug Conley makes eye contact through a window with a woman who looks exactly like his dead ex-wife, Carol, whom he was wrongly accused of murdering five years ago. He chases after her to no avail, but his detective brain won't let go. He and Lindsay get close to finding her but are shut down by federal agents.

Her real name is Angie and she's been under Witness Protection since she was fourteen, ten years before Doug met her in university. Her father died in a questionable plane crash, and \$114 million from the Carvanio family, the US-based mobsters he worked for, supposedly went missing.

Doug could not let go and the deeper he dug the more complications he discovers. His attempts to unlock details surrounding her father's death, puts him face-to-face with members of the mob family. They prove to him they've known where Angie has been most of the time and only wish her well. So why are the Feds so determined to keep her hidden?

At Angie's request, Doug and Lawyer Lindsay legally get her released from the iron grip of Witness Protection and help her reconnect with the important people from her past life. The shocking revelations however keep expanding, and Doug and Angie finally agree they should just be happy, accept the lies and move on? ■

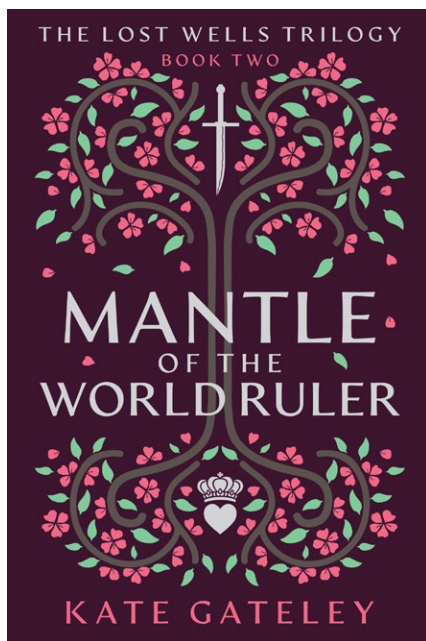
JAMES RUTH HAS A DEGREE AT MCMASTER UNIVERSITY IN BUSINESS AND CHEMISTRY and has travelled the world. He has written several short stories for the Hamilton Mountain Writers Guild. James enjoys mystery books and TV shows as well as playing golf and duplicate bridge. He's been married for 47 years and lives in Burlington, Ontario. ■

KATE GATELEY

MANTLE OF THE WORLD RULER

FICTION, SCIENCE
FICTION, ADVENTURE

276 Pages
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AN ANCIENT CURSE BROKEN, A NEW PROPHECY FORETOLD, AND A grimoire of dark Druidic magic.

After a year of unimaginable violence, magic, and an all-consuming love that has followed her through countless incarnations, Julia Harrison has not only come into her own as a magic Bearer—far surpassing those women in her bloodline who came before her—but is about to start down a path that can end in only one of two ways: with her fulfilling her prophesized role as Sovereign, chalice of the World Ruler; or with the death of everyone and everything she holds dear at the hands of Cassius Longinus, The Child of Rome, in his brutal and inexorable quest to finally achieve true immortality.

Mantle of the World Ruler—Book Two of the Lost Well Trilogy—begins directly after the events of its predecessor, and with it, author Kate Gateley draws the reader right back into the romantic, magical, and often terrifying world of Bearers and Wielders, Knaves and Wraiths, and Domhnall O'Brien, cursed by choice to follow his love through one life after another until they can save each other at last.■

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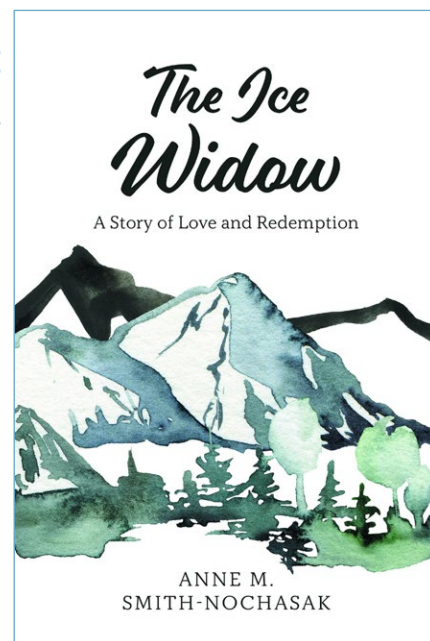
ANNE M. SMITH-
NOCHASAK

THE ICE WIDOW A Story of Love and Redemption

FICTION

FICTION, FANTASY,
ROMANTIC

264 Pages
Black & White
5.5 x 8.5



DURING HER FIRST TEACHING YEAR AWAY FROM HER HALIFAX home—in Endor, an Inuit community on the far northern coast of Labrador—Anna Caine falls deeply in love with the raw beauty of the land, the warmth and acceptance of its people, and with Joshua Kalluk, an Inuk carpenter engaged to another. But when the pull of their brief affair proves insufficient to win Joshua from his betrothed, Anna leaves Endor abruptly and returns home, carrying Joshua's child and ending her own engagement.

As the years pass, Anna and Joshua share parenting responsibilities for their son but little else. Joshua had moved on with his wife and their growing family, while Anna found herself adrift, longing for what she had lost and struggling to come to terms with her choices, fighting to maintain an independence that always left her unfulfilled. It isn't until she retires, amidst a terrifying global pandemic, and is called upon to act as a medical escort for Joshua during his cancer treatments, and eventually to accompany him on his final journey home, that she is forced to confront both the past and her own lingering feelings of love, shame, and regret.

The Ice Widow – A Story of Love and Redemption is a beautiful and heart-wrenching work of literary fiction that delves into themes of honour, compassion, and inter-cultural empathy. Life can be both beautiful and tragic but is a journey to be honoured both in spite of its struggles and because of them—a journey in which redemption is always possible.■

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GIRL WITH A VENGEANCE

Book Three of Daniela's Story

PETER
WOODBIDGE



FICTION, MYSTERY
& DETECTIVE,
INTERNATIONAL MYSTERY
& CRIME

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Black & White
5.5 x 8.5

DANIELA'S COVER HAS BEEN BLOWN. THREE YEARS OF INTRICATELY planned covert operations are at risk.

Langley decides the mission must proceed. The prize is immense and Daniela has worked her way close to al-Rashid. Despite the personal danger, she's ordered back into the field. The mission is a "go."

Girl With A Vengeance is the final book in the Daniela's Story trilogy. The young Catalan girl journeys to war-torn north-eastern Syria. It's a harsh and unforgiving no man's land; yet al-Qaeda has ambitious plans for the ancient lands of Mesopotamia. Daniela's target is the man who will define the future of the Middle East, and al-Qaeda's future worldwide. He's elusive and clever, but Daniela believes she has discovered his weakness.

She's taken on some of the world's most formidable terrorists, intelligence agencies, and spies—teaching them the new rules of espionage. Will she succeed? Or will dark forces prevail? ■

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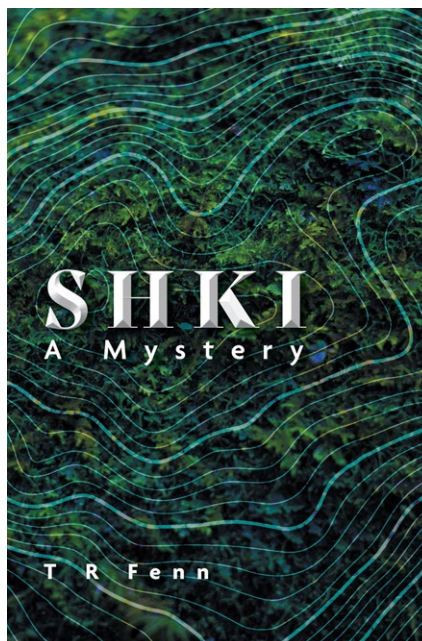
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T R FENN



FICTION, MYSTERY
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INTERNATIONAL
MYSTERY & CRIME

264 Pages
Black & White
6 x 9

THE BATTERED, SNOW-COVERED BODY OF A WOMAN IS FOUND on the banks of the Ottawa River, across from the Parliament Buildings, launching a complex investigation led by Sergeant John Bass and Coroner Gen Simone. Discovered next to the body is a bag of unrefined gold worth almost \$800,000. As layers of mystery are peeled back, John and Gen realize there is a deeper question at the heart of this story, one involving the extinct Beothuk peoples of Newfoundland, one that—if answered—could reveal stunning truths about Canada's colonial history and the future outcomes of climate change.

The dead woman is presumed to be Anouk Demas, a government Director. Soon after her body is released to her sister, Alice Demas, new information comes to light, but by this time the corpse has gone missing, sending John and Gen on a breathless race through Canada's eastern provinces, involving all levels of government and law enforcement. Unless John and Gen can solve the puzzle in time, the Demas sisters' secret—and an essential historical truth—will be lost forever.

At once a mystery thriller, a sociopolitical inquiry, an exploration of romance, friendship, and teamwork, and a celebration of Indigenous cultures and the natural world, *SKHI* surprises at every twist, right up until its astonishing conclusion. ■

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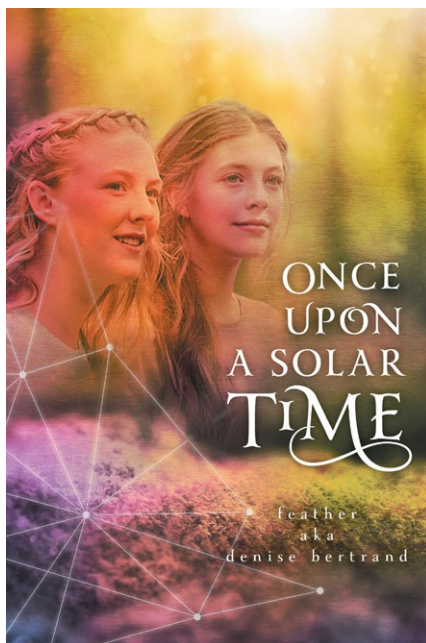
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FEATHER
AKA DENISE
BERTRAND

ONCE UPON A SOLAR TIME

FICTION, SCIENCE
FICTION, ADVENTURE

276 Pages
Standard Color
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IMAGINE BEING ABLE TO TRANSFORM YOUR BODY INTO A butterfly and flit around, unhindered by the earth's gravitational pull. Lilac and Azure (nicknamed Girlfriend and Neighbour), two fourteen-year-old girls, can do just that. Born into The Echoes of the Sun Community—a futuristic world where violence is barely a blip on the radar—the best friends and talented shape-shifters are expanding their powers in this highly-imaginative fantasy story with science fiction blended in the mix.

Tutored by their guide, solar leader, Relaxella (The She to those outside her inner circle), the Echo Youths set off on a journey through the Woods of Facuzi to reach the Realm of Thagara. They're on a mission to activate the Golden Bow, a magical symbol that will bring unity and freedom to all, banishing fear forever.

At the same time, Tesshu and Kaleb (twenty-one-year-old men) embark on another type of adventure led by The She. They participate in a video-like game called Point-by-Point. Each one is training his mind to embrace Solar Consciousness.

As these parallel journeys unfold and eventually intersect, a shadowy group called The Vog threatens to derail the vision held by Relaxella and the benevolent members of The Echoes of the Sun Community. ■

HARDCOVER

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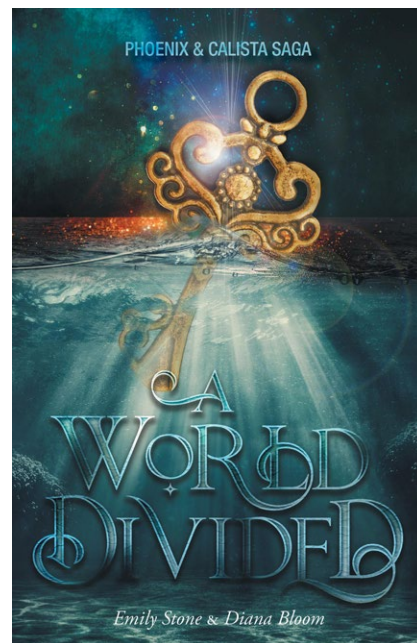
EMILY STONE

A WORLD DIVIDED

FICTION

FICTION, FANTASY,
ROMANTIC

264 Pages
Black & White
5.5 x 8.5



FRIENDS ARE THE FAMILY YOU CHOOSE

Queen Calista of East Marra and King Phoenix of West Marra are the newly appointed regents of the fractured LaMarra a once unified land driven by the magic of the Goddess of the River Marra. They now find themselves unwillingly thrust into their regal roles divided by the west's want to control the chaos of magic with technology and the east's dependence on the intrinsic value of the magic of the land. Diplomatic ties between the two halves of LaMarra are fraught. With sharp tongues and flaring tempers governing the relationship between the two regents, the line between passion and rivalry is paper-thin.

Forced to pick up the pieces of their families' legacies and allied by a desire to see their nations prosper, Calista and Phoenix must set aside their differences to investigate LaMarra's long-forgotten history—all while navigating their increasingly complicated relationship. With the help of their most trusted allies and a pair of mysterious keys and maps, Calista and Phoenix embark on a quest to discover the truth about LaMarra's murky past.

What awaits them may threaten any tenuous peace they've built, but they are certain of one thing: unless they unite, their lands will spiral into war and famine, and everything they've fought for will be lost. ■

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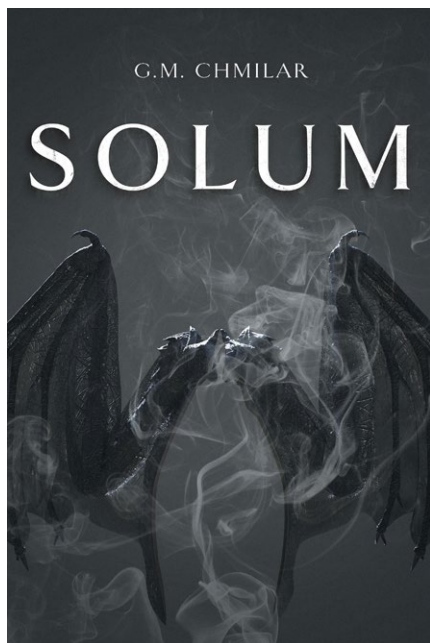
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SOLUM

G. M. CHMILAR

FICTION, FANTASY,
CONTEMPORARY342 Pages
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BENNETT JONES (BJ) HAD BEEN AN OUTCAST FOR HIS ENTIRE LIFE.

The only person he really cared for died when he was thirteen, and BJ was accused of murdering her. Neglected by his family and shunned and bullied by his peers, somehow BJ made it into adulthood—thanks in no small part to his therapist. Just as he's beginning the final year of his science degree, after which he hopes to become a doctor, he's called into the dean's office and offered a full scholarship for med school. It sounds like a dream come true. There's just one catch: if he fails to honor his end of the agreement, he will lose nothing less than his soul. And that's only one of the strange encounters he's been having so far this semester. Chased by demons and confronted by mysterious strangers, BJ soon abandons his academic studies in favour of a far different goal: survival. However, he's not alone in his struggle. Aided by his jock roommate, a pretty cheerleader, and other newfound friends—an entirely new concept for BJ—he realizes he has a choice to make: continue to run from his past or accept his true identity destiny and prepare for the battle to come. ■

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ON THE TRAIL OF
THE MOUNTAINS'
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ARMSTRONG-
JONES

FICTION, FANTASY, EPIC

342 Pages
Black & White
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THE ON THE TRAIL ADVENTURES CONTINUE IN BOOK FOUR...

What seemed like a straightforward mission becomes an eerie mystery. All the king had ordered them to do was to follow the old map through the Noble Mountains to ensure its accuracy. It should have been a routine undertaking.

But confusion builds as the practitioners of magic Veras, Creda, Xyron, and Giever, with the escort Ferren, Joul, Nico, and Aldred, find themselves in an area with its own unfamiliar and sinister sorcery. As they progress through challenges, Creda realizes that her own powers are changing, and their predicament might even be her fault.

Worst of all, they begin to see that this sinister magic might be deliberately hindering their progress...and intending them harm. If they can't find some way of dealing with the constant, continuing dangers from the mystical surroundings, the entire kingdom could be threatened. ■

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SEASONS OF THE BLUE PEARL

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MIA LIVES AN IDYLIC LIFE IN A TINY HUT IN THE DESERT BENEATH A range of jagged peaks. Mia's mother is a healer. Her father is a potter who can work magic into the clay. But Mia does not believe in magic or the stories told by the elders. While on a run in the desert, she is attacked by demons who have risen from their tunnels beneath the arroyos. After a narrow escape with the help of her dog, Mia, her parents, and her three mysterious uncles set off on a journey to a legendary land where they hope to find the secret to defeating the demons. On the journey, Mia discovers the magic hidden in the world around her and the magic deep within herself. Her special magic could be the key to her people's survival, but the only way to find out is to tread a perilous path into a dark and dangerous world from which no one has ever returned. ■

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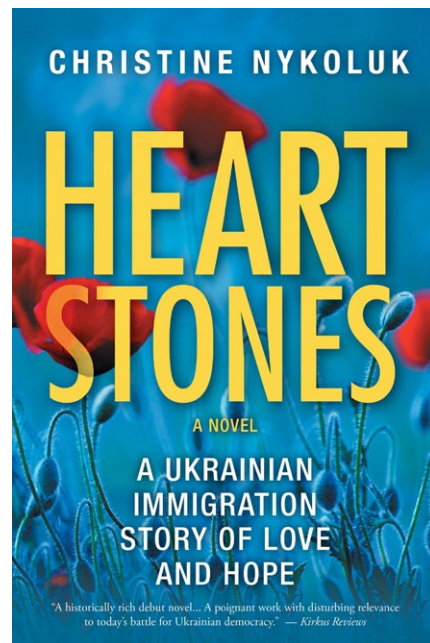
CHRISTINE
NYKOLUK

HEART STONES A Ukrainian Immigration Story of Love and Hope

FICTION

FICTION, HISTORICAL

324 Pages
Black & White
6 x 9



IN 1914, A YOUNG UKRAINIAN FAMILY FACES AN UNCERTAIN future. With growing political unrest in the region, they are forced to make a difficult decision between remaining in their beloved homeland or reaching for a better life across the cold Atlantic. In the end, Myk makes the hardest choice of his life and leaves his wife and two young children, with hopes of quickly saving enough money to send for them.

Things don't go as planned: WWI breaks out shortly after his departure, leaving his family at the mercy of enemy forces, whose violence and cruelty drive his wife, Lilia, and their children out of their home village. Meanwhile, in Canada, Myk finds himself at the mercy of the authorities, who no longer look upon him as a welcomed immigrant worker but as a potential threat to national security. He is left without a means of contacting his loved ones, as he struggles to survive countless obstacles to achieving his family's dream of reuniting one day.

A story of love, enduring patience, and faith, *Heart Stones* - *A Ukrainian Immigration Story of Love and Hope* is based on the real experiences of the author's grandparents and paints a poignant and compelling picture that touches on the many historical events of the time with which many people today are sadly and blissfully unaware. This incredibly important story will change that...and its readers. ■

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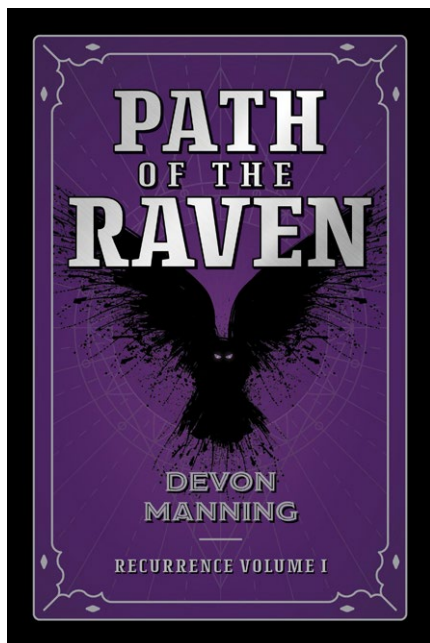
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FICTION, FANTASY,
ACTION & ADVENTURE

258 Pages
Black & White
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THEY ONLY KNOW HIM AS WRAVIEN. HE HAS SUMMONED EACH OF them—Valex the dragonborn slave, Vel the human orphan, and Kaylessa the elvish sage—for some unknown purpose, seeming to have all the answers to their problems. He pays them generously, offers them a home, and gives them the status of heroes. But can they trust him, and can they trust each other? With each quest he sends them on, things become clearer—and more confusing. He wants to build a town, but why? What need does he have for a dangerous drunk, or a monster hunting assassin? How does he know about future events? As the three adventurers overcome the odds time after time, they learn that their mysterious benefactor holds the weight of the world on his shoulders. ■

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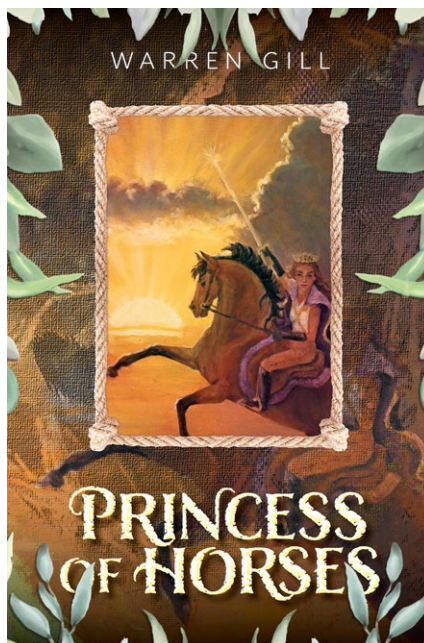
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PRINCESS OF HORSES

WARREN GILL



FICTION, SCIENCE
FICTION, ADVENTURE

300 Pages
Black & White
6 x 9

WHEN GREENGOLD, THE MYSTERIOUS AND POWERFUL LEADER OF the largest corporation on the D-class planet Diox, orders Jon Sevanthian to go to the verdant island of Plethlonney, he naturally accepts, no questions asked. It's what he's been trained to do as an agent of the company. Jon arrives on the island with no weapons, or orders, but with many questions:

Why is Plethlonney shrouded in secrecy? What interest could IMX possibly have in such a pastoral, agrarian culture? And, why has no one ever been known to leave this island?

On a horseback journey across the land of the Sheep People, Jon discovers a small, tough and fiercely independent nation where "people are judged by their talents and spirit, not titles." There they live in intricate Tree-Homes and raise sheep that yield rich, multi-colored wool. Jon learns that the Northerners—led by the evil General Sincig, the sneaky Alper Wist and the enigmatic Man-Machines—are attempting to destroy the Sheep People. The struggle to save Plethlonney is led by the Princess of Horses and many brave warriors like Prethlind Barleykind and Cord Hollycourt and the silent Guardian Hethor Thelph.

Will the wisdom, determination and unique talents of these characters be enough to overcome overwhelming and evil challenges?

One Family Tree is already destroyed, will others meet the same end? Can a small band of Sheep People protect the Mother Tree from an invading army?

Princess of Horses is an epic fantasy story set off-world yet with a realistic depiction of sheep and horses and the talented people who care for these animals and depend upon them for their livelihood. ■

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C.A.HARRADINE

THE CUL-DE-SAC

No Way Out

FICTION, THRILLERS,
PSYCHOLOGICAL

402 Pages
Black & White
5.5 x 8.5



WELCOME TO THE CUL-DE-SAC, SITUATED IN ENGLAND IN 1968. Life is freer than in the post war 50s, but not for everyone.

Bored with her marriage, Patty carries on a string of affairs, which she calls her "projects". Dan, her husband, a hard working businessman, finally finds what love is, when he falls for Karen, his work colleague; but is happiness achievable?

When a house goes up for sale in their cul-de-sac, Charles, an ambitious, abusive social climber and his dowdy, browbeaten wife, Claire, move in; Patty immediately makes Charles the target of one of her amorous "projects." As the two families become increasingly intertwined while simultaneously being pulled apart, it's only a matter of time before life on their formerly quiet cul-de-sac explodes in a storm of revelations that will change all of their lives, and that of their two respective innocent children, forever.

Meet the residents of the cul-de-sac, get to know them and their lives. Go behind the respectable facade of their neat houses and lace curtains, to the deceit, infidelity and cruelty. Feel the hurt and pain of these families and as events unfold in front of you, their characters will seep into your imagination until the very last page. ■

www.theculdesac-trilogy.com

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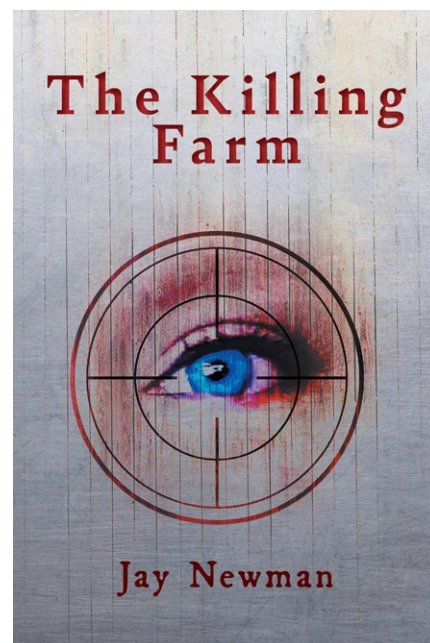
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JAY NEWMAN

THE KILLING FARM

FICTION, THRILLERS,
MEDICAL

264 Pages
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A REMOTE, GOVERNMENT-RUN FACILITY IN SASKATCHEWAN called The Farm, offers terminally ill patients an opportunity to die on their own terms, and the sky is the limit. Some choose a quiet, peaceful passing, while others choose more elaborate, thriller-movie endings carried out by hired professionals. Operations are running smoothly for the facility's manager, Captain Travis Hawkins, until two mysterious new clients arrive on the scene. Soon, terrorist threats by religious zealots are uncovered, dark secrets are revealed, a twisted contract killer sets his sights on his beautiful target, and the moral lines at The Farm become even blurrier than they already were. ■

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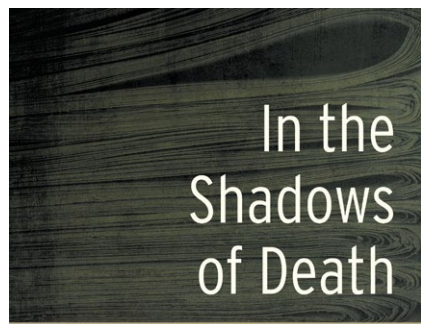
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IN THE SHADOWS OF DEATH

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WHAT WOULD YOU DO IF YOU HAD AN APPOINTMENT WITH death? This philosophical novella follows an unnamed protagonist who makes an appointment with Death—personified as a hipster living in an apartment in West Vancouver—and the weeks that follow as she awaits their next meeting, which she knows will be their last.

A woman in her mid-sixties, this unnamed “I” has spent her life running from the trauma of her childhood in India. Her father abandoned her mother, who was forced into a second marriage with a man who made her life miserable. As she awaits her turn to get answers from Death, the protagonist flies to Italy, recreating her last vacation with her deceased partner, Joe. Through stream-of-consciousness prose, the author guides the reader through the protagonist’s last days, as she grapples with existential questions that are at once personal and universal.

Following in the footsteps of Paulo Coelho’s *The Alchemist*, this inspirational new work deftly combines existential absurdism, philosophy, and spirituality, encouraging readers to reframe their thinking about life and death. ■

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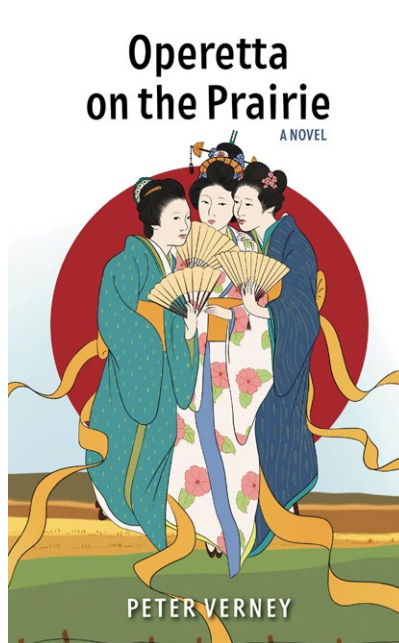
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ENGLISHMAN ED BROWN HAS BEEN LEFT STANDING AT THE ALTAR.

Hoping to leave behind memories of his ex-fiancée and get a fresh start, he takes a teaching job in Endon, a rural Alberta town, rather crudely described by a local as a one-horse town at the arse-end of nowhere. Despite the small talent pool, Ed is determined to put on a school production of Gilbert and Sullivan’s operetta *The Mikado*, but the local pastor is opposed to the production and has the power to prevent the children of his flock from taking part.

The arrival in town of the nomadic Sewall family, including the parents’ young niece, Mary, results in more trouble. She has a beautiful singing voice, and Ed needs her for his production, but he’s also enticed by her uncanny resemblance to his ex-fiancée. Can Ed resist temptation or will he go down a very dark path? And if anything else could go wrong and jeopardize the production, it does. ■

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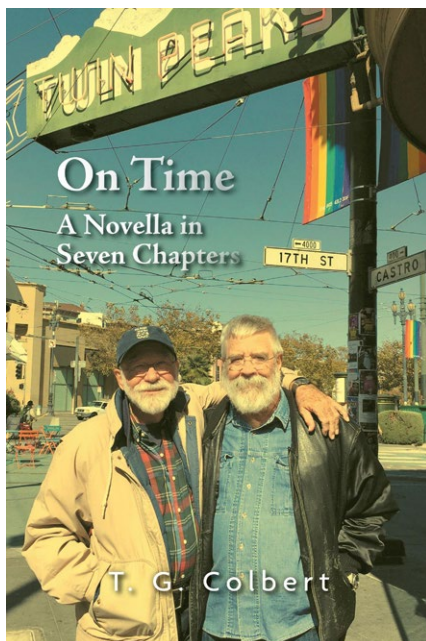
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ON TIME
A Novella in Seven Chapters

FICTION, LGBTQ+, GAY
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"OKAY, SO ACCORDING TO YOUR QUESTIONNAIRE," SHE SAID, touching it as if reading, "you got together over forty-two years ago. In 1977."

"September 21, 1977," I specified. "It was a Thursday."

"And how did this come about? How did you meet?"

"Actually, we'd met the previous Monday, but it was Thursday the first time we made love. Or tried to. That's what we've always celebrated as our anniversary."

So begins the love story of Gregor Carlyle and Tim Sellers, as told to reporter Joanne Arnold over martinis at Twin Peaks Tavern in San Francisco's famed Castro District. Based on the author's own relationship with his long-time partner, this novella chronicles the couple's journey, beginning with their meeting at seminary in 1977.

Forsaking ordination for love, the two remain inseparable, from Illinois to Kansas to California, from the AIDS years to COVID 19. Their story, however, is not one of earth-shattering pandemics and sweeping political movements; it is a story of particulars, of the sweet, intimate details that make up a life.

Passionate, profound, and deeply moving, *On Time* is a remarkable achievement, and a loving tribute to a truly time-tested partnership.■

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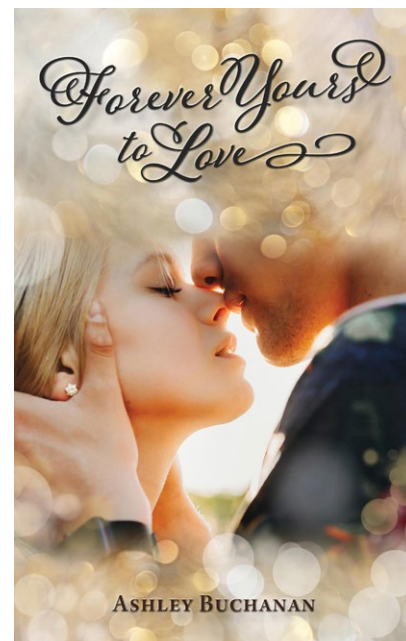
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MEDICAL STUDENT CLAIRE HAS HER EYES ON THE FUTURE: BECOME a doctor, get married, and have a family, all the things her strict upbringing has engrained into her. She certainly doesn't have time for men, and definitely doesn't have time for love. At the urging of her best friend and partner-in-crime Shay, Claire attends a beach party where she throws caution to the wind and has an incredible night with a man named Eric. Her parents' worst fears come to fruition since Claire is now unmarried...and pregnant.

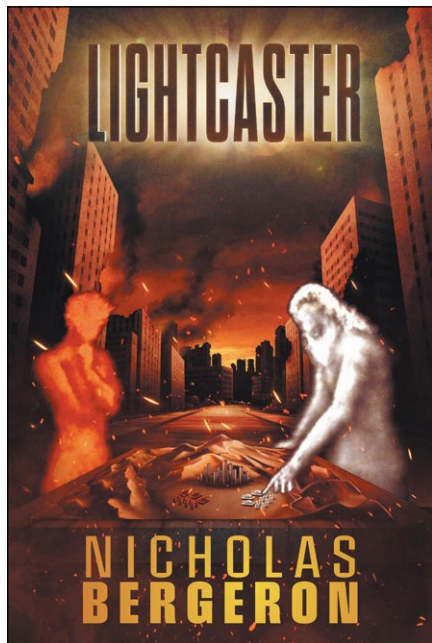
Five years later, Claire has achieved her goal and is a well-respected surgeon, with the support of Shay and her adorable son, Dylan. She dedicates all of her energy to her job and her little family. Night shifts in the ER can be tough, but she's used to taking care of herself, so when she has a violent encounter in the waiting room, Claire is shocked when a very handsome man comes to her aid. The sparks of attraction are instant, but Claire's hesitant to take a chance on this new romance with Jackson. She's been burned before, and she wants to keep her focus on Dylan. Does she have room in her life, and her heart, for someone else? Or will everything she's worked hard for disappear?■

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WHEN NAVY SEAL HUNTER CARMICHAEL DIES ON EARTH, HE IS immediately transported into the afterlife, a violent realm where an eternal war is raging between two powerful gods. After their brutal conflict wiped out every other species, the gods are now using humans as pawns to fight their battles. A million earths have been created to farm the humans, and when the humans die on earth, they are forced to fight in the afterlife, with no memory of their pasts.

When Hunter is reluctantly thrust into power as leader of a massive army under the control of one of the gods, he must learn to fight his own inner demons as well as his new enemies. Facing threats from bullets, politics and espionage, Hunter must tread carefully in this new world. Though Hunter questions if he is even the man for the job, he might just be humanity's only hope for survival. ■

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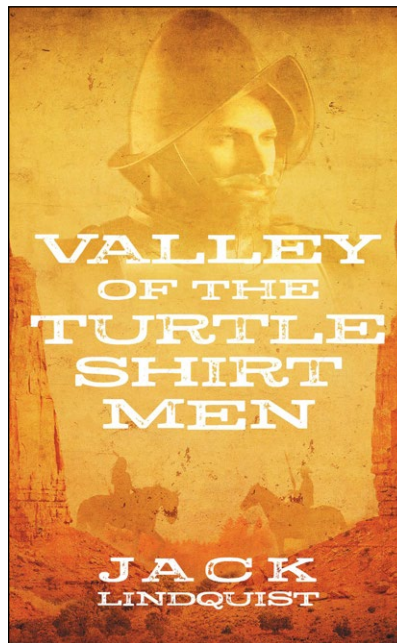
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FORMER TEXAS RANGER JESSE RIVERS IS ON HIS WAY TO CALIFORNIA to seek his fortune in the burgeoning gold rush when a chance meeting with siblings Betsy and Shea O'Brian puts him on course to find a completely different kind of treasure—a fabled hoard of Spanish gold said to be lost in a place called the *Valley of the Turtle Shirt Men*. Although Jesse is skeptical of the gold's existence, he agrees to the mission, if only to protect his naïve new friends, who are clearly in way over their heads.

Having to cross into hostile Indian territory to reach the valley—and with a gang of outlaws waiting to ambush them if by some slim chance they manage to return home-- the quest will call upon every skill that Jesse gained as a Ranger and as an adopted captive raised by the Comanche. Even so, the price of the treasure may be nothing less than their lives. ■

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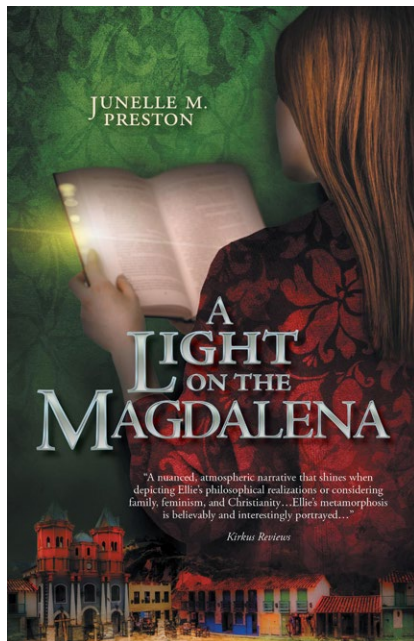
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IT STARTED ON THE MAGDALENA RIVER, THE 1960S WHEN LIFE HAD been simple and reassuring. A river and pueblos ready to absorb the gospel message her Christian missionary family would bring. A river where Ellie suddenly changed, that birthday when two books arrived: Uncle Tom's Cabin about American slavery, and The Diary of a Young Girl by Anne Frank with its Nazi overlay. Books full of sorrow and evil that she'd never heard of, so different to past tales of romance and happy endings. Now it became a painful time when life was no longer simple; her parents whose Bible message had always seemed purposeful and right, and her mentor the ex-priest with secrets of his own, teaching her compassion and mercy. Also Aunt Lizzie, an irreverent model of womanhood and freedom for Ellie to observe. And high on the admiration scale was Dr. Britten, that wonderful man living a wealthy secluded life behind the river.

This is a coming of age story. An honest unflinching look at Ellie young and lonely, trying to hold onto innocence while at the same time struggling to define her own belief system as events begin to crash down around her. Who can she trust, and is she strong enough to succeed and run with that freedom she optimistically craves? ■

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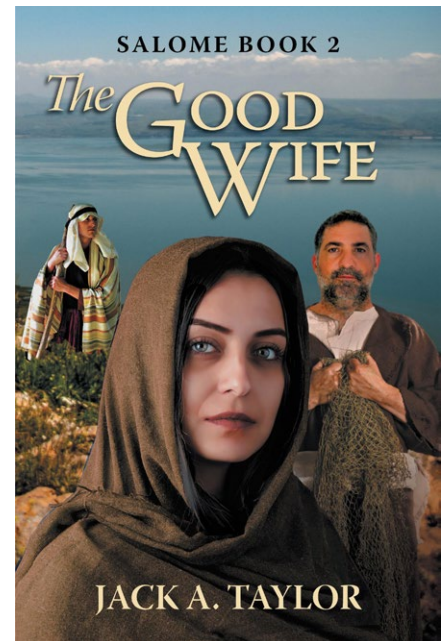
JACK A. TAYLOR

THE GOOD WIFE

FICTION

FICTION, CHRISTIAN

252 Pages
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AN ARROW NARROWLY MISSES SALOME BUT PRODS HER INTO rescuing a girl from a Roman centurion and pulls her back into intrigue that she tried to leave behind. Once again, she wrestles with conflicting desires: obeying and honoring her family, sabotaging the Romans, and helping the Zealots and Parthians. She also continues to fight her feelings for old flame Nathaniel.

Salome is reconnected with Nathaniel when she becomes a secret messenger for the Zealots. Nathaniel also continues to support the cause against the Romans, and as he and Salome cross paths in Nazareth, they rekindle a deep friendship while their marriages bring little comfort— and Salome still struggles with the pressure to be good in order to be loved.

Now a mature woman and mother with a stronger sense of identity, Salome faces questions of faith and family she once tried to ignore. As she and Nathaniel navigate their own regrets and dreams, loyalties are tested and tensions mount in the community as new Messianic figures arise in revolt against the brutal Roman regime. A larger battle for freedom rages as Salome and Nathaniel become mentors and gain more profound perspectives of each other.

The Good Wife is the second book in a trilogy that's set in biblical times yet has universal and modern-day relevance. From shame, fear, and regret to love, integrity, and perseverance, Salome continues on a path where love is not necessarily tied to goodness. ■

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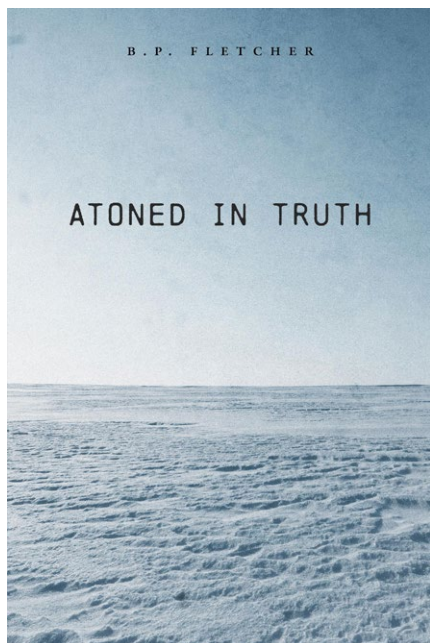
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WHEN LOU BRANDON RETIRES AS THE ONLY CONSTABLE OF A small Manitoba town, his life takes on a comfortable but aimless routine. That changes when he slowly becomes friends with the new Catholic priest, Peter Wilson. As the two struggle with life, unlikely circumstances bring them together to investigate a murder long thought solved.

Their friendship gives them the space to question the burdens they carry and how these have limited their lives. But examining life, particularly when it has not been lived honestly, is much easier said than done. Learning to face their truths gives them the opportunity to grow, but comes with risks of failure they may be unwilling to face.

As Brandon and Wilson draw closer to identifying the real murderer, the uncomfortable relationship between the local Indigenous and non-Indigenous communities threatens to derail their investigation completely. Will they be able to find justice for the victim and reconciliation to themselves before it's too late? ■

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Punctuated by punny illustrations and hilarious play-by-plays, *In the Booth and Off the Cuff* is an imaginative coffee table book for hockey fans with a sense of humour. Featuring a whole new kind of commentary, readers and their families will want to return again and again, even in the off-season ■

www.intheboothandoffthecuff.com

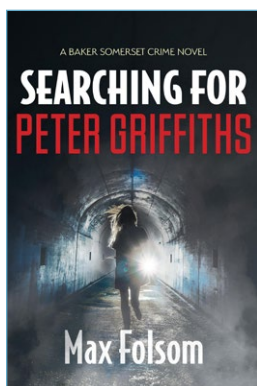
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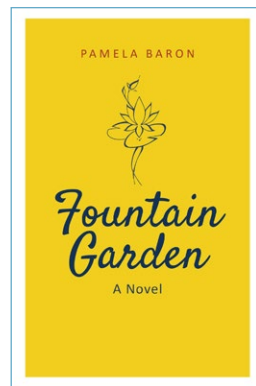
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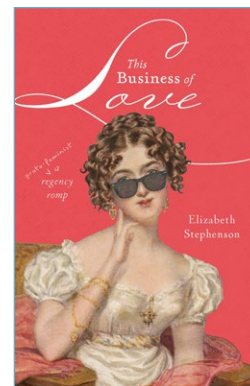
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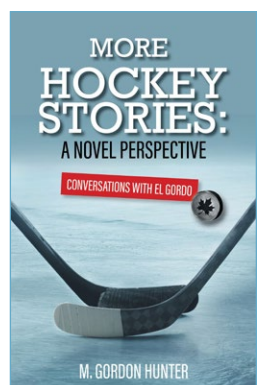
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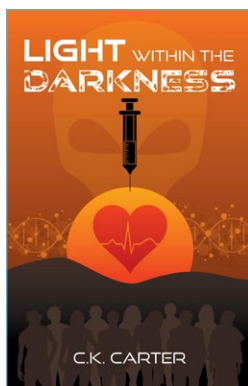
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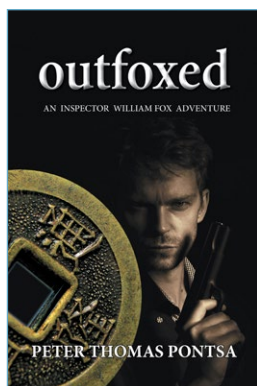
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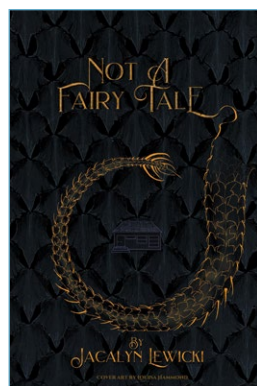
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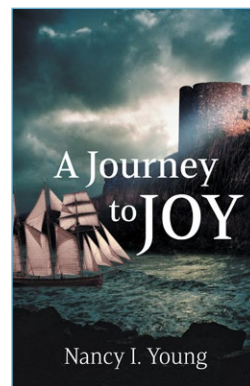
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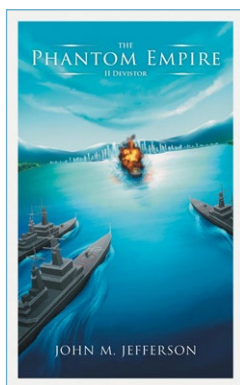
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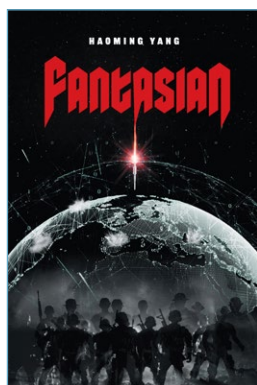
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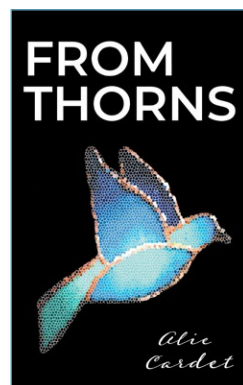
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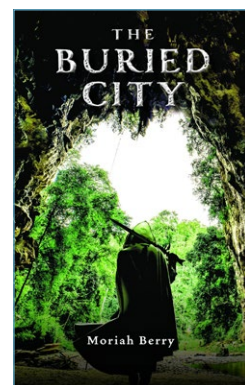
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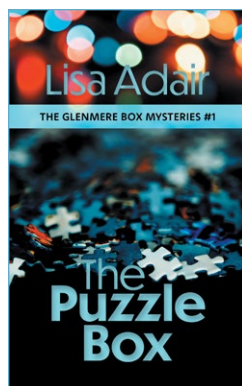
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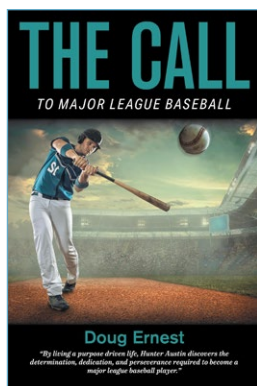
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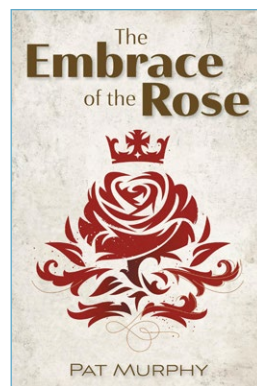
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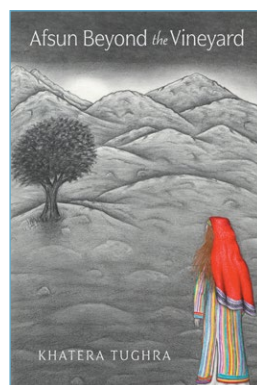
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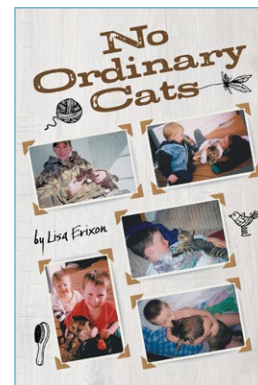
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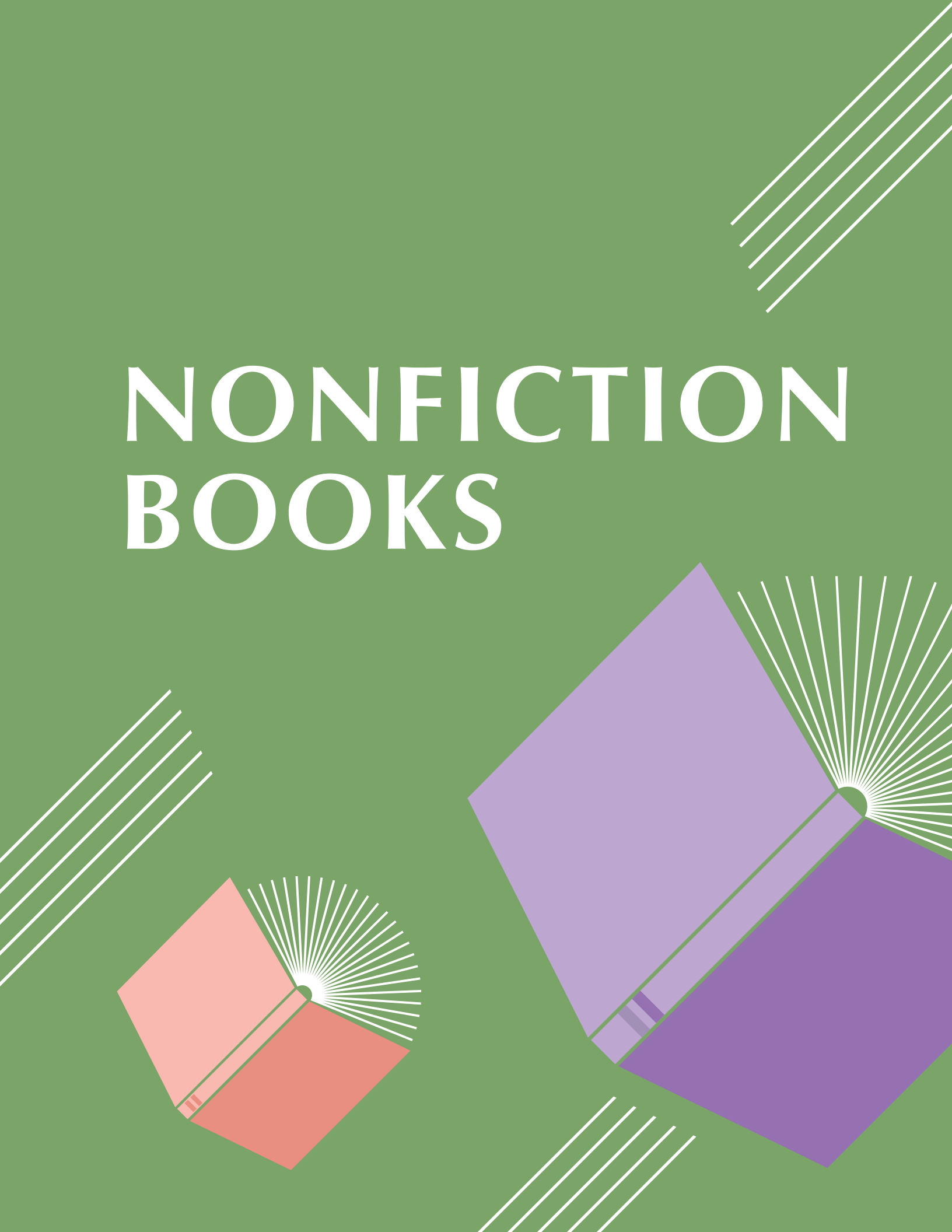
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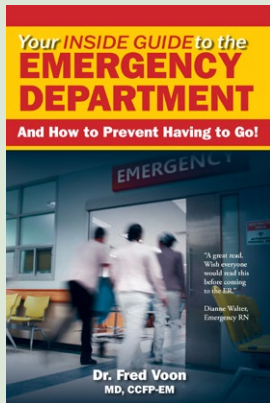
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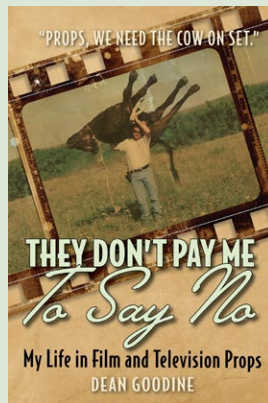


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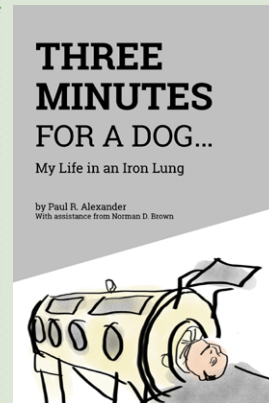


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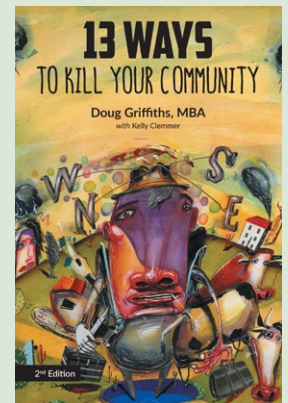
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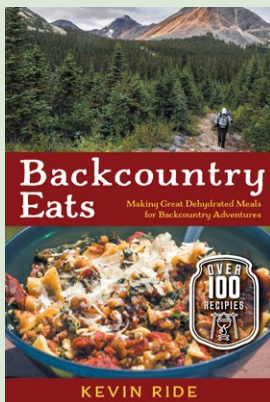


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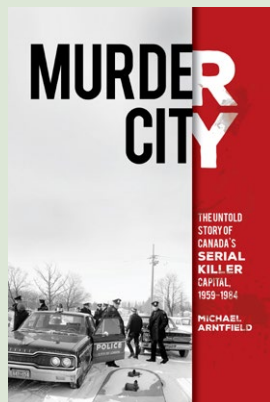


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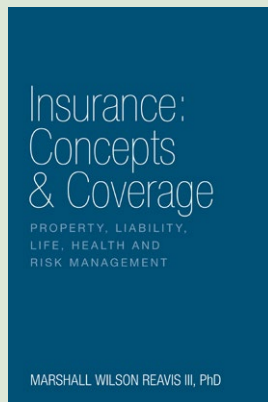


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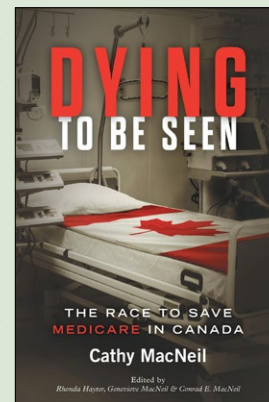
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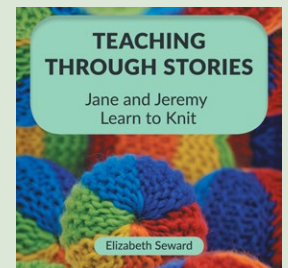


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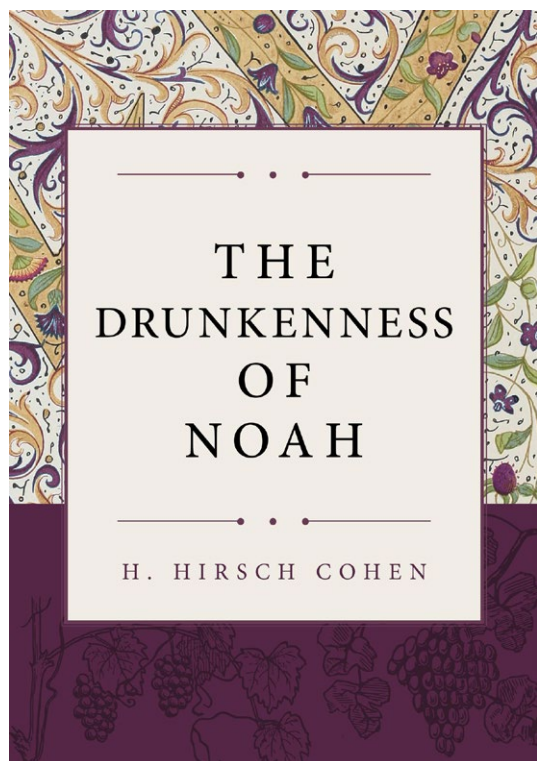
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IN THE BROADWAY MUSICAL, "THE KING AND I," THE KING IS CONFRONTED BY A problem that is described as a "puzzlement." In the biblical story of Noah and the flood, the reader also is confronted by a "puzzlement." Here is Noah, the most worthy human being saved from the devastating flood, and he is found drunk and naked in his tent. The narrator says nothing of motivation, so what prompts Noah to get so drunk as to appear ready for sexual intercourse? Has God completely misjudged Noah's character? A provocative exegesis whose insights derive from psychoanalysis, philology, and geology, *THE DRUNKENNESS OF NOAH* is additionally innovative in that it leads to a repudiation of the documentary theory, once a prime test of most biblical scholars. Cohen's insightful interpretation discovers the simple meaning of the text. ■

www.hirschcohen.com

"The author makes a valuable contribution not only to Biblical studies but also to our understanding of the ancient Near East."

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– Louis Jacobs (Jewish Chronicle, London)

5.0 out of 5 stars "This Book is a must for Bible Research! – Inspired research and interpretation by Rabbi Cohen gives us a scholarly book that is a must for any student of the Torah. Information not seen in any other tome makes this a golden find for those seeking an understanding beyond the printed word."

– Amazon Customer Review

RABBI H. HIRSCH COHEN IS THE AUTHOR OF *ALL ABOUT EDEN* (FRIESEN PRESS 2021). He attended Hebrew Union College, Jewish Institute of Religion (Cincinnati) and, upon ordination, served as the Assistant Rabbi of Congregation Keneseth Israel, Philadelphia. Subsequently Rabbi Cohen served as the Jewish chaplain at the University of Illinois and the University of Connecticut, where he lectured primarily on Genesis and gender relationship in Scripture. ■

MARCY BARBARO

BEAUTIFUL HUMANS, THERE'S NOTHING WRONG WITH YOU

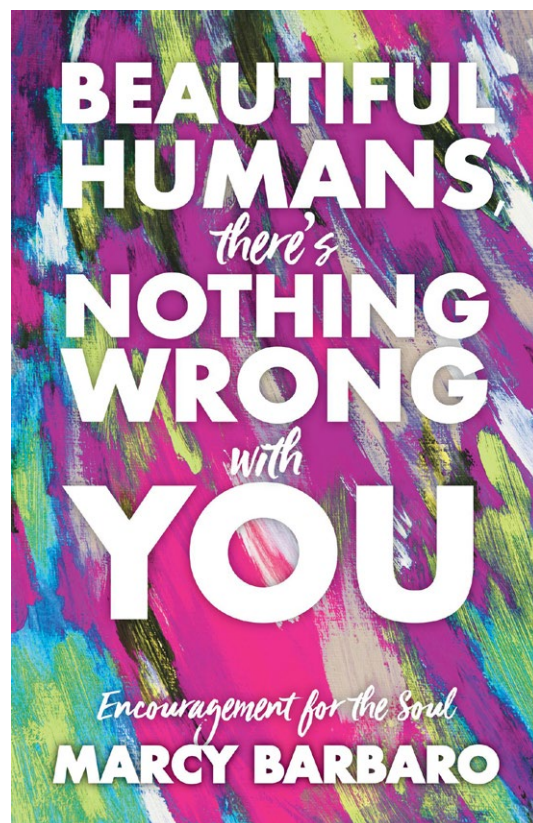
Encouragement for the Soul

THIS BOOK BEGAN, WHEN, AS A CERTIFIED YOGA INSTRUCTOR FOR MANY YEARS, author Marcy Barbaro noticed that many of her students seemed to believe that they were broken in some way, or not enough. *Beautiful Humans, There's Nothing Wrong with You: Encouragement for the Soul* is an open love letter to anyone who has also felt stuck, lost, or discouraged. It offers a series of personal insights, anecdotes, and experiences designed to guide readers along the path to finding acceptance in who they are and to exploring personal growth.

A slim, approachable book packed with poetry, soothing meditations, journaling exercises, humour, and personal questions, *Beautiful Humans* offers the reader a number of entry points to seek comfort and healing. It's also a deeply personal peek into the author's down-to-earth journey of how she discovered the confidence and tools to live to her fullest potential. Whether readers need a little lesson in self-love, personal growth, relationships, or how to achieve happiness and joy, Barbaro delivers practical advice in her thoughtful guide to being your best. ■

MARCY BARBARO HAS ALWAYS LOVED STORYTELLING. BOTH AS A YOUNG GIRL curled up on the bed in her room reading, and also as a former freelance writer and magazine editor, who first started publishing poetry when she was eighteen. A lifelong writer and reader, Barbaro is also currently a book coach and co-founder of her own company, Working Writers Co. When she's not helping others tell their own stories, she enjoys lifting weights, hiking in nature, paddleboarding, laughter, and great conversations.

Marcy Barbaro lives a few minutes from the beach in Innisfil, Ontario, with her beloved family, and Weezy, the chihuahua. ■



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TO MITRA MILUTINOVIC, FAMILY IS EVERYTHING.

After taking a fall in her family home, ninety-year-old Mitra decides to uproot herself for the last stage of her life and move into Maple Retirement Place. Though her family is devastated, they respect the matriarch of their family and help her with this new transition.

Mitra slowly begins to settle into her environment as her great-granddaughter, Sofija, visits Mitra every week, not satisfied that her partner-in-crime has left her home. Sofija begins to reflect on their conversations and decides to write her baba's biography. Each visit brings more questions about Mitra's childhood in the former Yugoslavia and the love story of her great-grandparents, leading to night-long conversations about the difference in generational traditions.

While Mitra delves into her past, images of her husband, Petar, and the life they made for themselves in this new country flood her memory. Though longing to be with him, she is determined to focus on her new family at Maple Retirement Place while keeping a watchful eye on her children. Yet, when a sudden illness rocks the foundation of her family, Mitra's faith is shaken. She prays that the strength and love she and Petar created as a family will reach beyond her children's generations to comfort the next.

Baba's Story celebrates Mitra's immigration to Canada and how the next generations of her family flourish in the country she now calls home. ■

"Baba's Story is a wonderful read of an ethnic grandmother's (Baba's) story told through conversation with her granddaughter. It is a truthful and honest read, full of lessons about life. Readers will enjoy the historical information along with the beautiful relationship between a grandmother and her granddaughter."

- Amazon Reviewer

WHEN MIRJANA VINCIC KATIC IS NOT WRITING, SHE ENJOYS GARDENING, PLAYING chess and cards. Her second novel, *Baba's Story*, was inspired by events in her life, and the journey of immigrating to Canada. ■

FAN ZOU ONE IS ZERO

IN PHILOSOPHY WE TRUST

The book is dedicated to a new thinking — a common philosophy can be extracted from Christianity, Buddhism, Taoism and science to be the core of spirituality and existence of life.

It can be summarized as fusion of the opposites namely everythingness and nothingness, ego and egolessness, language and silence, form and emptiness, individualism and collectivism, fear and fearlessness, certainty and uncertainty, sacred and secular, theism and atheism, real and unreal.

The mathematical expression of the fusion is $1=0$.

The popular approach towards spirituality is to condemn one opposite of duality, setting the other as the goal, thus establishing a journey to illude the ego.

The book presents a triangular or triune structure of spirituality without condemning any opposite. It incorporates duality as the spiritual foundation and a third dimension — the absolute dimension on top to pull everything together. There is no need for any journey. Wherever you are, you are here.

The absolute dimension can be comprehended as fusion of the opposites. We need both opposites to wave, to vibrate. It is a dance between everythingness and nothingness, ego and egolessness, language and silence, form and emptiness, individualism and collectivism, fear and fearlessness, certainty and uncertainty, sacred and secular, theism and atheism, real and unreal.

The fusion of the opposites can be expressed mathematically as $1=0$.■

www.lifeascloud.com

WITH EXTENSIVE EXPERIENCE AS A TV REPORTER AND RESEARCHER AT BOTH WUHAN TV Station in China and CH TV in Montreal, and as a senior paralegal at several law firms in Vancouver, the author has conducted intensive reading and research in psychoanalysis, philosophy and religions over the past 30 years. He has dedicated through this book to convey the core philosophy extracted from Buddhism, Christianity, psychoanalysis, and the messages from sophisticated individuals with profundity in understanding of life and the universe and many with unbelievable psychic abilities.■



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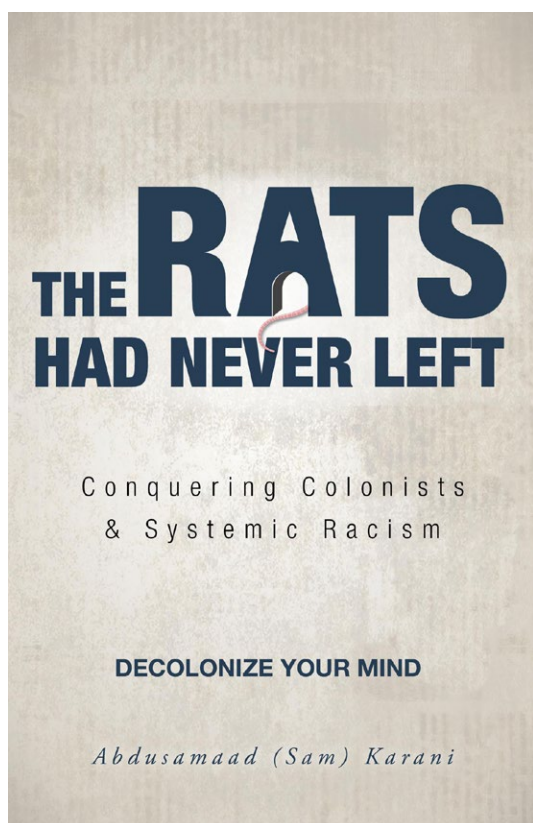
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THE RATS HAD NEVER LEFT

Conquering Colonists & Systemic Racism

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SYSTEMIC RACISM UNDERLIES POST-COLONIAL SOCIETIES, DUE IN PART TO THE undeniable legacy of historical racism. The conquering colonist (often mistakenly referred to as the “settler-colonist”) dominated the colonized, especially their minds. Overcoming destructive colonialism and systemic racism requires the decolonization of the mind—the mutually embedded mindsets of the conqueror and the colonized. Eliminating this legacy requires that we know who we are and admit to and rectify past mistakes.

The Rats Had Never Left draws on the lived experiences of Abdusamaad (Sam) Karani in Apartheid South Africa, including his personal advocacy for mental health and psychology in society, and the cost he paid in the process. Having lived abroad in London, UK, and now Canada, Karani shares his experiences with the destructive legacy of systemic racism.

Liberal democracies need to overcome the legacy of systemic racism. So how do we move forward? How do we keep ourselves from being stuck in the destructiveness of the blame game? Enhancing tolerance is the way forward. The racialized must not be reluctant to take the initiative. Society’s institutions—police, the justice system, etc.—need to self-reflect for long-term change, keeping in mind that power has traditionally never been shared, as a natural process, with society’s disadvantaged. ■

www.samkarani.com

“A South African psychologist surveys the lasting legacies of systemic racism in this debut book. This work is particularly adept at condensing longue durée history across multiple periods and continents, as well as complex colonial and post-colonial theories, into an accessible, well-written narrative accompanied by textbox vignettes and charts. An engaging analysis of the persistent vestiges of colonialism.”

—Kirkus Reviews

ABDUSAMAAD (SAM) KARANI GREW UP IN APARTHEID SOUTH AFRICA, AND STILL carries painful lived experiences with him today. He advocates for individual and collective advocacy as the way forward in the multigenerational process to end systemic racism. He has dedicated his life to advocacy at great personal cost, fighting against social Darwinism and eugenics in the disciplines of psychology and mental health. His advocacy has contributed to political change in society.

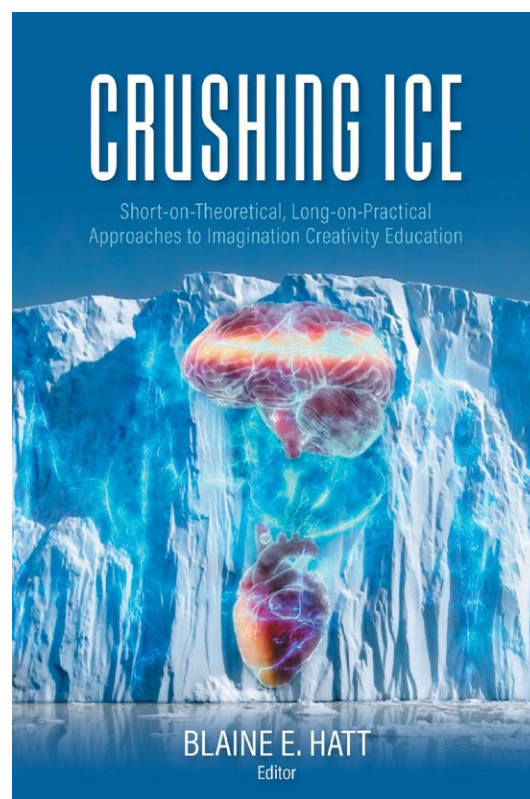
A trained clinical psychologist in South Africa, Karani was a Professor and Head of the Department of Medical Psychology (Medunsa University) prior to emigrating to Canada. A philatelist who also has an extensive collection of books, Karani has studied Sufism and served in many professional associations. He has also been a cricket, soccer, tennis, and table tennis player and has been involved in the administration of the same.

Karani is retired and lives in Ontario, Canada, with his wife. His elder son lives with him. His younger son is an internal medicine specialist whose wife is a family physician. ■

CRUSHING ICE

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21ST-CENTURY EDUCATORS FACE A NEW FRONTIER BEYOND THE BOUNDARIES OF traditional teaching practice and pedagogical praxis. Imagination Creativity Education (ICE) creates fresh opportunities for teachers who are committed to genuine, empowering, experiential learning.

In *Crushing ICE: Short-on-Theoretical, Long-on-Practical Approaches to Imagination Creativity Education*, teachers will discover how to:

- take risks and transition with confidence from conventional to imaginative and creative approaches
- promote collaborative learning
- enrich the efficacy, esteem, and identity of learners
- implement learning-centred strategies, activities, and practices informed by diverse theoretical perspectives
- advance meaningful inquiry and relational learning that engages learners at a deep level

Every day, teachers—confronted with student exceptionalities, multi-age groupings, overemphasis on provincial standardized testing, and intransigent administrative practices and directives—struggle to promote curiosity, imagination, creativity, innovation, creative process, and risk-taking in their classrooms. ICE teaches a practical, alternative approach that recognizes the importance of these constructs within the self as teacher, the other as learner, and all together in a community of learnership.

An exposition of ICE, *Crushing ICE* shows educators how to challenge the status quo enroute to fostering innovative learning in regular courses, visual-arts, performing arts, and educational transitions.

This book is an instructional resource text focused on pre-service and in-service teachers for creativity-based education. *Crushing ICE* is a unique compilation of scholarly yet practical writings by nationally and internationally recognized teachers and teacher educators who present a predominantly pan-Canadian perspective. It can equally serve as a supplementary text or core text in university courses. ■

www.blainehatt.com

Crushing ICE lives up to its title and sub-title. First-hand anecdotes scaffold learning and provide a balance of experiences from kindergarten to adult. The chapters push me to think further about familiar topics, and to look further into unfamiliar topics.

– Lisa Corbett

The real-life experiences in Crushing ICE tie theory to practice and are applicable in classrooms of different age groups. It provides me with deep meaning that impacts my daily practice. It will definitely be a necessary reread.

– Mahshid Hassani

Crushing ICE is an immensely readable book that delivers “short-on-theoretical, long-on-practical approaches to Imagination Creativity Education.” The chapters are accessible and present current themes/issues/concerns facing ICE. This book is a great entry-point for anyone curious about ICE.

– Sarah Boddy

Crushing ICE needs to be in the hands of all educators! This captivating work goes beyond theoretical musings, offering an electrifying collection of practical approaches designed to unleash the full potential of ICE. Crushing ICE propels me to champion ICE within my classroom and beyond.

– Kristen Martin

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WHENEVER YOU ROAM THE ROADS OF WESTERN CANADA, ALONG A COUNTRY lane or busy highway, you'll often see a familiar but frequently overlooked sight: derelict cars and trucks dotting the landscape, left to disappear eventually into the dust. Car aficionado, former racer, and long-time hobbyist photographer Steve Van Vlaenderen became enamoured with these remnants of yesteryear and began to set off on road trips with his partner Darlene to track down these forgotten curiosities.

Vanishing Wheels is Van Vlaenderen's photographic homage to these vehicles sitting in what might be their final resting places, set amid rolling landscapes and junkyards, some swaddled by foliage, others hidden behind barns. He captures these vestiges—these vanishing wheels—and drags them from the dust to showcase them as a testament to our past and progression, our humanity, and ourselves.

This beautifully written and illustrated 125-page book has another purpose: proceeds from its sale will be donated to Parkinson Canada to fund research on the disease, with which the author and photographer himself lives. ■

www.vanishingwheels.com

STUNNING

"A photogenic joyride through the automotive history of Western Canada. Stunning images in stirring locations."

– CHRIS ATTRELL, photographer, author, creator of *Forgotten Saskatchewan*

THOUGHTFUL

"Between the covers of this book are some of the most beautiful and thoughtful photographs I have ever seen. Steve Van Vlaenderen captures exactly that which every automotive enthusiast knows: the object in front of his lens is so much more than the sum of its parts. Vanishing Wheels is a must have for car and art lovers alike."

– DAVE BURBA, President, Road Rebels Car Club, Chair, Manitoba Super Run

SKILLFUL

"Van Vlaenderen's eye and skillful artistry accentuate the details and capture the beauty of each vehicle, regardless of where they are or what condition they are in. His collection not only tells a story—many stories—through his photos, but also provides history on some very interesting, rare, and unique vehicles, in effect preserving them for generations to come."

– EVAN DAVIS, Car Collector

STEVE VAN VLAENDEREN WAS INVOLVED IN CAR RACING IN HIS 20S AND 30S AND has always loved cars. To him, the automobile is a triumph of the human spirit and its drive to create and to connect. So it's no surprise he combined his passion for cars with his love of photography when confronted with the question of "What to do now?" when the Covid-19 pandemic and, later, advancing symptoms of Parkinson's Disease, curtailed his continuing work on the passion project he had created – *Sail on with Parkinson's* – an endeavour which saw Van Vlaenderen and his partner Darlene sail their 31 foot Niagara sloop *Cloud* on the open waters of the Great Lakes to raise awareness for the disease. Van Vlaenderen shifted gears and channelled his enduring drive into a new mantra: "no matter what." *Vanishing Wheels* was born.

Steve Van Vlaenderen lives in Winnipeg, Manitoba, with his partner, Darlene Hildebrand. ■

ALISON SYER

DRAWN IN An Illustrated Garden Tour

THE GARDEN IS AN EVER-EVOLVING STORY UNFOLDING THROUGH THE SEASONS from spring heralded by the bloom of delicate flowers and pale leaves unfurling to winter's eventual wind down. Author and illustrator Alison Syer captures these moments in *Drawn In: An Illustrated Garden Tour*. This visual memoir takes the reader on a stroll through Syer's English-style garden in Ontario, satisfying the senses with her beautifully rendered botanical-style illustrations, family reminiscences, personal planting insights, and appreciation for Canada's native plants.

Drawn In is the deeply personal story of Syer's own garden and an artist's exploration of the universal themes of family, nature, and food. The book also demonstrates the value of conservation and how a garden is a habitat for wildlife as well as a sanctuary for its owner. ■

www.alisonsyer.com

"This is beautifully illustrated and is an absolute joy to read. A perfect gift for those who enjoy kind literature and gardening."

– Amazon Reviewer

"Pleasure to have such book/an art project in our family library. Unique and beautiful (...) It all makes you feel special, as book was created specially for you. Love it. Recommend. (...) Hope to see and read her new books in a future. Thank you!"

– Amazon Reviewer

ALISON SYER IS A VISUAL ARTIST WHO STUDIED ARTS, CRAFTS AND DESIGN AT Sheridan College. She has an Advanced Diploma of Applied Arts and her creative work has been recognized by the Mississauga Arts Council at its MARTY Awards. Syer is also an avid bird watcher and a member of the Cloverleaf Garden Club in Mississauga, Ontario. *Drawn In: An Illustrated Garden Tour* is her first book.

Alison Syer lives in a 1960s bungalow with her mother in Mississauga, Ontario. ■



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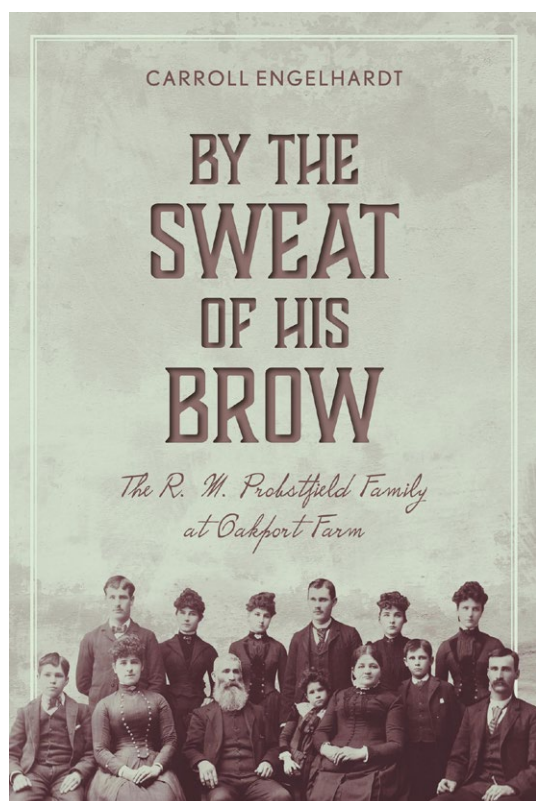
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BY THE SWEAT OF HIS BROW

The R. M. Probstfield Family
at Oakport Farm

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"IF I HAD PROMISED TO BE A PRIEST AND KEPT MY WORD, TODAY I WOULD BE . . . A feted-up, high-living hypocrite in the so-called vineyard of the Lord, and not a farmer . . . earning his bread by the sweat of his brow."

Defying his Catholic parents' insistence that he join the clergy, twenty-year-old R. M. Probstfield emigrates from the Rhineland to Minnesota. After some continental rambling and the federal government forcing Native Americans from the Red River Valley, a decade toiling for the Hudson's Bay Company persuades him that the Valley's rich soil offers opportunity, and as one of the earliest settlers establishes Oakport Farm near the well-timbered Red River.

Documented from a multi-generational journal and illustrated with vintage photographs, *By the Sweat of His Brow* sets the Probstfield family's daily activities in the context of state and national agricultural, social, and political history and opens a window on rural life at the eastern edge of the Great Plains from the mid-nineteenth to mid-twentieth centuries. This meticulously researched, eminently readable book colorfully depicts a complicated patriarch, loving wife, and eleven children eking out a living. It will appeal to history buffs and scholars alike. ■

www.carrollengelhardt.com

"Of course I gave it a 5 star since it is about my great grandfather and my aunts and uncles, but if you want to know about the settlers in the Red River Valley this is a great place to start."

– Mara, Amazon Customer Review

"... Engelhardt delivers much more than a family history--his book is a granular account of frontier life in America, a life of punishing toil that also held the promise of wealth and freedom. Probstfield emerges as a fascinating patriarch of his family (he married Catherine Goodman, with whom he had 13 children); a rugged, secular individualist, he held progressive political and cultural views, including a great attraction to socialism. He was exceedingly active in local political life, a contentious milieu diligently reconstructed by the author. His extraordinary rigor can be a bit overwhelming--there are minutely detailed discussions of Oakport's small-grain production, Probstfield's horticultural experiments, and various meat-preservation methods. However, for the reader looking for a finely detailed treatment of this period in American history, this is an edifying study. A masterfully researched work in American history."

– Kirkus Reviews

"By the Sweat of His Brow ... is a fine accomplishment, and a fitting tribute to Probstfield and his family..."

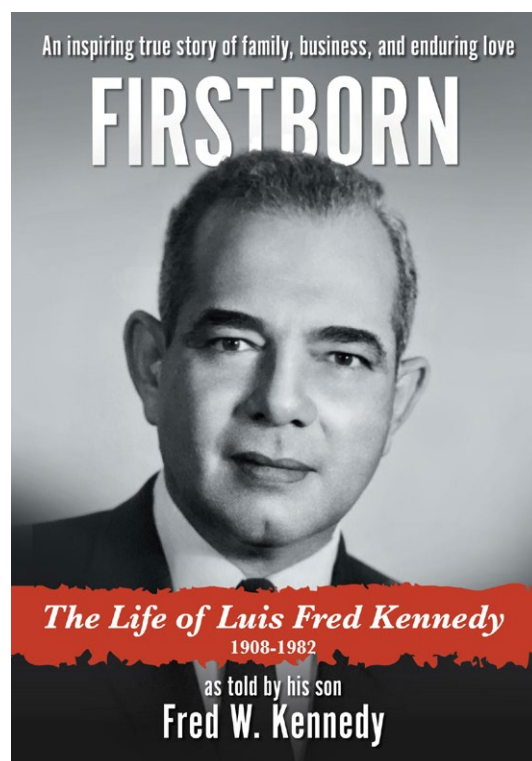
– David Danbom, NDSU Emeritus Professor of History

CARROLL ENGELHARDT, EMERITUS PROFESSOR OF HISTORY AT CONCORDIA COLLEGE

– Moorhead, Minnesota was born in an Iowa farmhouse without electricity, plumbing, or a working furnace. He started doing chores at age six, milked cows by hand from age eleven, helped put up hay and harvest oats, cleaned cow and hog barns, and spread manure on frozen fields until he left for college.

Professor Engelhardt is the author of four books: *On Firm Foundation Grounded: The First Century of Concordia College* for which he received the Red River Valley Heritage Society's Historian Award; *Gateway to the Northern Plains: Railroads and the Birth of Fargo and Moorhead*; *The Farm at Holstein Dip: An Iowa Boyhood*, winner of the State Historical Society of Iowa's 2013 Shambaugh Award for the Best Book Written about Iowa History the Previous Year; and *Concordia Fair Doth Stand: The College Begins its Second Century, 1991-2016*. He and his wife have lived in the Red River Valley for over fifty years. ■

FRED W. KENNEDY

FIRSTBORN**The Life of Luis Fred Kennedy 1908-1982**

FIRSTBORN, WHICH CELEBRATES THE LEGACY OF LUIS FRED KENNEDY, HIS FAMILY AND business, is a narrative that takes on a character of its own, larger than life. At the age of twenty one, after the sudden death of his father in 1930, Luis Fred became co-manager of Grace, Kennedy & Co. Ltd., a Jamaican enterprise founded by his father and Dr. John J. Grace in 1922. Serving as Governing Director (1947-1973), Luis Fred Kennedy laid the foundation for the company to become what it is today—a global consumer group, one of the largest and most innovative corporate entities in the Caribbean.

The author portrays his father Luis Fred Kennedy to be a passionate nationalist, humanist, and advocate of private enterprise, one who had a positive and lasting impact on the political and economic history of Jamaica. Fred Kennedy interweaves the threads of family, business, and nation by combining historical research with his own personal stories, enhanced by interviews, illustrations, and photographs.

Firstborn will interest those with ties to Jamaica or, more universally, anyone eager to learn the secrets of corporate leadership and of the characteristics of centenarian companies like GraceKennedy Ltd. that have prospered for one hundred years. ■

www.fredwkennedy.com

"This deep-dive celebration of an enterprising executive and company delivers engrossing nuggets of history."

– Kirkus Reviews

Full review: www.kirkusreviews.com/book-reviews/fred-w-kennedy/firstborn-life-of-luis-kennedy

"An intriguingly readable book that meticulously weaves together the life of Luis Fred Kennedy, family histories, personal emotions, GraceKennedy's century long journey, and Jamaica's transition from colony to independent nation. I joined GraceKennedy after Luis Fred Kennedy's retirement, and so never met him personally, but felt his enduring presence through our company's oral history. Firstborn has now given me a vivid three-dimensional view of the man and his times. I am so grateful."

– Douglas Orane, Retired Chairman and CEO, GraceKennedy Limited.

"Firstborn is a riveting account of the life of Luis Fred Kennedy, whom I admired as an outstanding leader and champion of the private sector. Written by his son, it is a monumental work of a true Jamaican patriot and humanitarian."

– A. Rafael Diaz, Former CEO/Chairman, GraceKennedy Ltd.

"Based on a rich array of sources, Luis Fred Kennedy's family and business story, as lucidly narrated by his son, is a significant contribution to Jamaica's social and economic history, post slavery. Coming from two generations of Jamaicans in commerce, Luis Kennedy, with visionary leadership and a dynamic management team, built a commercial entity that is the pride of modern Jamaica. A rewarding read for scholars and the general public."

– Dr. Swithin Wilmot, Caribbean historian.

FRED W. KENNEDY WAS BORN AND RAISED IN JAMAICA. HE HOLDS A BACHELOR OF Arts and Graduate Diploma in Education from the University of the West Indies (UWI) and a Master and Doctor of Education from the University of Toronto. After thirty years of serving as an educator and principal, Fred turned to writing Jamaican historical fiction. He is the author of *Daddy Sharpe* (2008) and *Huareo* (2015). *Firstborn* is his first published work of nonfiction.

He wrote his father's biography "to celebrate the relationship of love and trust that we shared" and as "a tribute to him in praise of his contributions to the national development of Jamaica." Fred remains connected to the company as Chair of the GraceKennedy Foundation, which funds educational, environmental and health initiatives in Jamaica.

He and his wife Georgianne share their time between his native Jamaica and adopted Canada, where their three daughters and families reside. ■

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For a more complete description see the Preface.■

BILL STOLLERY IS A RETIRED SENIOR PROJECT MANAGER WHO MANAGED THE construction of projects for owners, engineers, and contractors. He was responsible for all aspects of construction of the projects including cost and scheduling forecasts, design coordination, quality, environmental controls, contracts and legal responsibility, and safety. Bill has provided columns under the title Political World for the local newspaper for two years. Bill is a first time Canadian author.■

ANNETTE CRUZ

ANNETTE'S LOVE
INSPIRED RECIPES

THE KITCHEN IS THE HEART OF EVERY LOVING HOME, AND ANNETTE'S LOVE-INSPIRED *Recipes* will have it filled to overflowing. With over a hundred tantalizing and easy-to-follow recipes, this amazing cookbook has a recipe for every mood and occasion: hardy comfort foods like stews and soups and chilis; hot and spicy, New Mexican and Mexican inspired dishes; everyday dinners and unique new holiday favorites; and a variety of delicious desserts to cap off these perfect meals.

Over the years, every recipe in this book has been created with love by Annette Cruz and shared often with her friends and family, who have long encouraged her to share them with others as well. Now that she has, she hopes it will help you to create the same sorts of cherished memories that she has over the years, making these dishes, seasoning them with love, sharing them with those people who matter most in your life, and watching their faces light up. ■

www.annettescuisine.com

"A cookbook rooted in warm family experiences, Annette's Love Inspired Recipes expresses love through food—spicy, comforting, and sustaining."

– Foreword Clarion Review

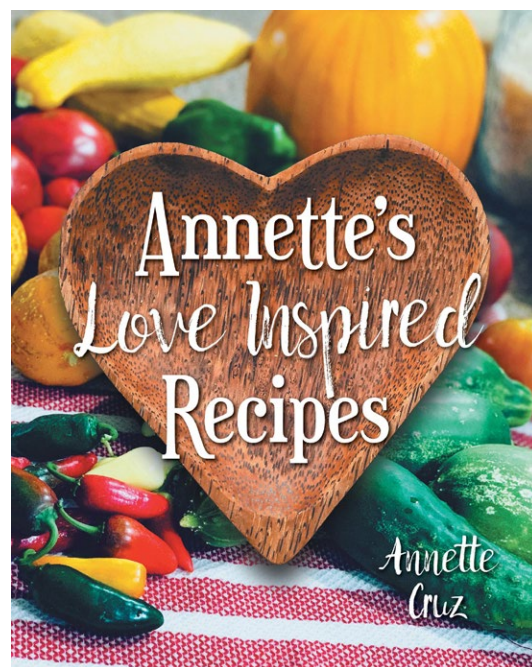
"No matter the occasion, a good meal prepared with love and a prayer of thanksgiving ... is a gift."

– Annette Cruz

CULINARY ENTHUSIAST ANNETTE CRUZ DISCOVERED HER LOVE OF COOKING WHEN she was a little girl, watching carefully as her amazing mother lovingly prepared meals for her family. At nine years old, she started learning everything her mother could teach her, fascinated by the mixing and blending of ingredients and seasonings to create unique flavors. A lifetime of learning and experimentation later, her passion for cooking (and for creating new recipes to share with the people she loves) has only grown ... and has become the source of countless cherished memories.

Knowing that not everyone was lucky enough to have had a role-model and mentor in the kitchen growing up, she hopes that *Annette's Love Inspired Recipes* will help guide novice cooks into the culinary world and show them that creating delicious and satisfying meals doesn't ever need to be difficult or feel like a chore.

Annette was born and raised in Albuquerque, New Mexico, where she still lives with her husband, Joe, with whom she will celebrate her fortieth wedding anniversary in October of this year, and two fur babies. Together, they have three sons, three daughters, ten grandchildren (with two more on the way), and one great-grandson. When Annette isn't cooking or creating new recipes, she enjoys crafting, party planning, and entertaining with family and friends. She also enjoys traveling and experiencing the unique cuisine of different cultures, which often serve as inspiration for new creations of her own. ■



COOKING, COURSES & DISHES

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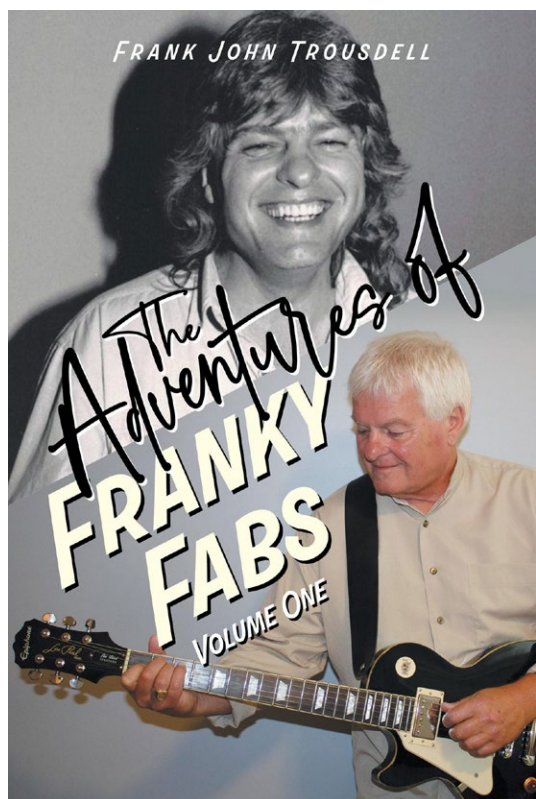
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THE ADVENTURES OF FRANKY FABS

Volume One

FRANK JOHN TROUSDELL



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FRANKY FABS ONLY WANTED TO LIVE OUT HIS DREAM OF PLAYING PROFESSIONAL hockey. But life has a way of handing out challenges and forcing choices, closing one door and opening another. Frank Trousdell shares his narrative of the struggle to survive and of learning that the only way forward is to pick himself up and carry on.

Frank offers a unique take on life, revealing the events that made him the man he is today. His story is one of trials and tribulations, poor choices, and good choices made for all the wrong reasons. It's also one of perseverance, of never losing sight of the dream of a stable life and being a strong-willed survivor in a world of sharks.

In this first volume of Frank's memoir, follow him from 1971 to 1993, from playing hockey and taking sociology at the University of North Dakota to marine policing to life insurance. Drama, desperate choices, unintended consequences, and heartache all fuel this Canadian boy's story of adventure and survival. ■

www.frankyfabs.com

"The Adventures of Franky Fabs is a rollicking memoir covering a search for love and joy amid tumult."

- Foreword Clarion Review

FRANK (FRANKY FABS) JOHN TROUSDELL TOOK PHYS ED AND THEN SOCIOLOGY AT the University of North Dakota, was a federal marine police officer, and then a chartered life underwriter (CLU). He has been a small business development consultant for thirty years, and an owner/operator in the manufacturing, distribution, and service industries.

A musician, singer, songwriter, and performer for the past fifty years, Frank has won awards for songs and lyrics from the World Songwriters Association (WSA) and the International Singer-Songwriters Association (ISSA). He is also an independent artist member of Bongo Boy Records.

Frank first felt the need to write after his heart attack. Then, after losing his youngest son to murder on June 2, 2019, he collected himself back together . . . somewhat . . . and began penning his memoir. He lives in Port Stanley, Ontario, with his life partner of nineteen years, Cheryl, their eight-year-old border collie, Charlie, and their six-year-old, white-footed black cat, Maud.

Watch for Volume Two of *The Adventures of Franky Fabs*, coming soon! ■

SONIA BITCA **THE BEAST IN MY HEAD**

THE BEAST IN MY HEAD IS AUTHOR SONIA BITCA'S MEMOIR ABOUT HER HARROWING battle with a brain tumor—which she dubs “the beast” —and her journey from diagnosis, to surgery, hospitalization, and recovery. But it is also much more than that! It is a stream of consciousness treatise on the author's dramatic childhood; an account of her adventures as a cook with the Royal Canadian Navy; and an ode to an assortment of horses and other creatures, as well as to the family, friends and healthcare workers who supported her at the lowest and most frightening time in her life. Consistently candid and contemplative, mesmerizing and moving, this memoir will inspire and awe readers, and likely help them discover their own reserves of courage and strength if or when their own realities suddenly change. ■

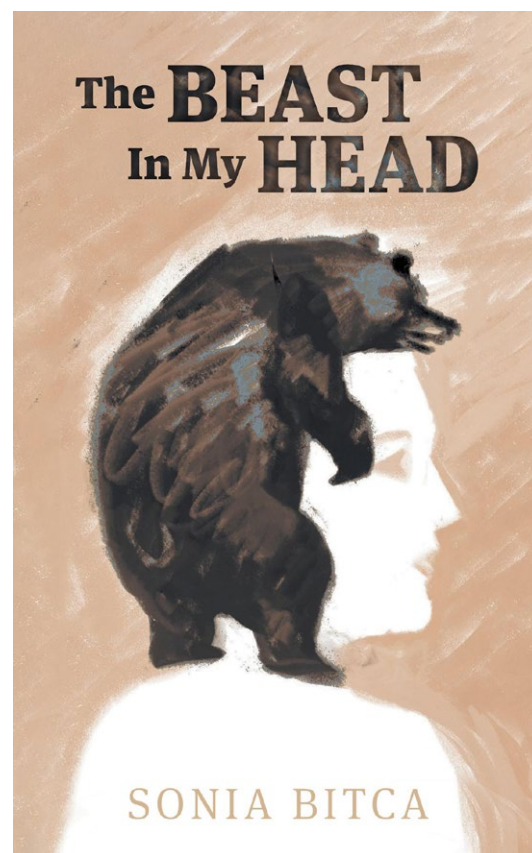
“She made me laugh, she made me cry and she made me hold my breath.”

– Amazon Reviewer

*“If you would enjoy a conversation with a completely original human, read *The Beast In My Head*.”*

– Amazon Reviewer

THE BEAST IN MY HEAD FIRST TIME AUTHOR, SONIA BITCA, IS A COOK WITH THE Royal Canadian Navy and a self-professed lover of horses. While the Navy has always satisfied her passion for travel, Sonia has taken every opportunity she can to spend time riding and caring for horses. Horses in fact, like her family and friends, were a great source of comfort for her when she was diagnosed with a brain tumour and her life drastically changed. Now recovered from her illness, Sonia, lives in Quebec City with her partner, Mike, and spends every weekend on a nearby farm and ranch volunteering her time to help out with the respective owners' array of horses. ■

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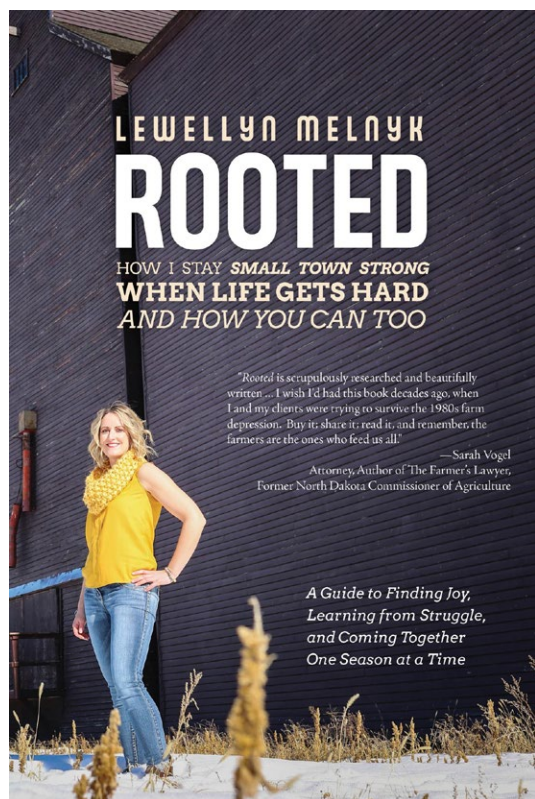
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ROOTED

How I Stay Small Town Strong When Life Gets Hard and How You Can Too

LEWELLYN MELNYK



SELF-HELP, DEPRESSION

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SMALL TOWNS ARE PLACES WHERE EVERYONE KNOWS EACH OTHER'S NAMES—AND each other's business, despite it being none of their own. Yet, folks in small towns never seem to want to talk about mental health. Rural living can be isolating with hours spent on the farm caring for the land, animals, the home, and everyone else first before yourself. Women especially know this struggle all too well. Author Lewellyn Melnyk has experienced this her whole life, suffering from depression in her early teens that left her with what felt like only one option: to take her own life.

Rooted: How I Stay Small Town Strong When Life Gets Hard and How You Can Too: A Guide to Finding Joy, Learning from Struggle, and Coming Together One Season at a Time is a blend of self-help and memoir to get you through the tough times and show you how to live with compassion and joy while caring for yourself first. Through humour, vivacious attitude, and a soundtrack to match, this guide acknowledges and dispels the myths around rural living and shows that mental injuries are often rooted in the culture of these communities. Whether you live on a farm or in an apartment in the city, you'll relate to these small town stories, and find these simple strategies achievable so you can improve your mental and physical health. *Rooted* is for anyone ready to take the next step and get their hands and heart dirty. ■

www.lewellynmelnyk.com

Born from the author's own struggles as a young farmer in the northern Great Plains of Canada, Rooted is scrupulously researched and beautifully written. It is the best "self help" book I have ever read because it is the only one I'm aware of that is specifically aimed at the challenges facing farmers and rural residents.

The subject is serious but it is also uplifting and hopeful, and it even has a playlist of songs (many of them country songs) that reinforce the words on the page. I wish I'd had this book decades ago, when I and my clients were trying to survive the 1980s farm depression. Buy it; share it; read it, and remember, the farmers are the ones who feed us all.

— Sarah Vogel

Attorney/Author of *THE FARMER'S LAWYER*

LEWELLYN MELNYK IS A JOURNALIST BY TRADE AND A FARMER BY CHOICE. SHE worked as a reporter and anchor at CKX-TV in Brandon, Manitoba until 2007 before focusing on farming alongside her husband and family. *Rooted* is inspired by her personal challenges with mental health, grief, and the desire to help others love themselves and improve their mental health. Melnyk hopes this book will help others learn to love themselves and improve their mental health. In 2021, she facilitated a mental health program called "Talk. Ask. Listen." in collaboration with the Do More Agriculture Foundation, a national organization that teaches farmers how to recognize the symptoms of mental illness and get support. Melnyk has a passion for country music and enjoys running, especially on gravel roads. She lives on a grain farm near Angusville, Manitoba, with her husband and two children. You can follow her on Instagram and Twitter @LewellynMelnyk. ■

A MÉTIS MAN'S DREAM

From Traplines to Tugboats in Canada's North

NEIL GOWER

WHERE THERE'S A GILL, THERE'S A WAY.

Gordon Gill is a gentle, hard-working Métis man whose journey began on his Iroquois-Cree grandfather's trapline and evolved into a successful business career. His story is one of change and the passing of not just one, but several eras in the development of Canada's North and the evolution of the Indigenous struggle. *A Métis Man's Dream: From Traplines to Tugboats in Canada's North* details the history he met, and made, along the way.

Vision, chance, and generosity played integral roles in Gill's evolution from cook's helper on the tugboat MV Malta to founding two groundbreaking companies, Northern Arc Shipbuilders and Northern Crane Services. Gill emerged and flourished despite challenging personal injuries, poverty, reading difficulties, and residential schooling. He weathered the ups and downs of northern conditions, the crush of Canada's National Energy Policy, and changes in culture, economics, and opportunity with a resiliency and way of looking at things that is both visionary and resolutely Métis.

Gill is a man of many eras, having experienced many historic firsts and lasts, including experiencing the final days of the Indian Day School of Hay River, and directing the design and fabrication of the first short-throw tugboat in the NWT, the MT Gordon Gill. Neil Gower brings together all of this and more in his thoughtful, sensitive compilation of Gill's remembrances of the changes he has seen in his lifetime. ■

www.NeilGower.ca

"Gower presents a biography of successful Métis business owner Gordon Gill, whose hardscrabble life encapsulates the rural Canadian experience. Over the course of this book, Gower proves himself to be an excellent storyteller who provides geographic, historical, and cultural context regarding the Métis community while telling the engaging story of Gill's life. At the heart of the book are Gill's own words, which bespeak a rugged, down-to-earth worldview."

– Kirkus Reviews

"This is a compelling and powerful book focussed on key issues at the heart of Canadian identity. Gordon Gill's life is an inspiring example of perseverance, hard work and the importance of strong family and community ties. Gower's book is required reading for anyone interested in the complexity and rich history of Métis communities in Western Canada, residential schools, the Berger inquiry, northern development and the impact of oil and gas exploration in the Arctic."

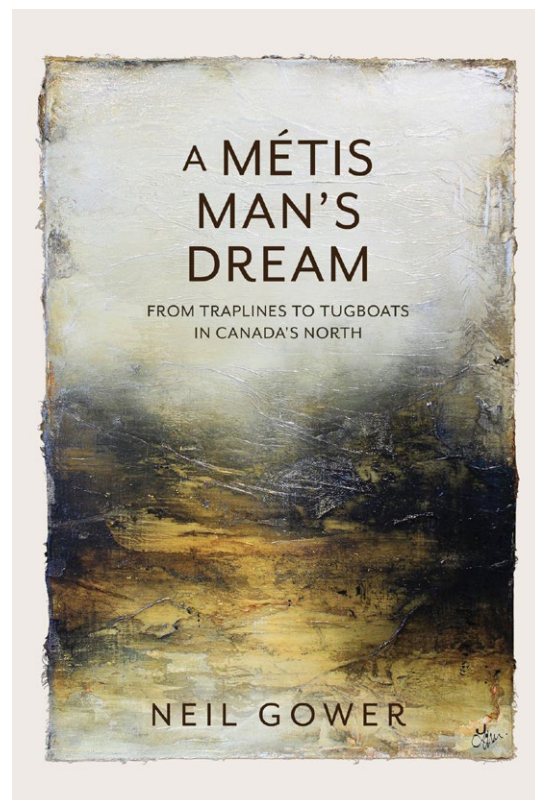
– Hume Martin

"(★★★★★) An Insightfully Detailed History of the Canadian North. Extremely well written and punctuated with some fabulous photographs throughout, this is an insightful and historical look at a hard-working entrepreneur who helped shape Canada's North. A terrific read!"

– Patrick J. McKenna, Amazon Reviewer

NEIL GOWER, KC, LOVES THE NORTH, THE AREA AROUND GREAT SLAVE LAKE, AND old tugboats. He holds a BA in history and an LL.B from the University of Alberta. Gower has worked extensively in the North, beginning with four summers working for Northern Transportation Co. Ltd., and then practising law (primarily as a legal aid defense lawyer) in Hay River (1975-1977) and for business clients throughout the NWT thereafter.

A strong supporter of northern business and Indigenous learning, Gower is a fifth-generation western Canadian whose greatgreat-grandfather came to Pile o'Bones Creek (now Regina, SK), in 1882. Gower's family has been involved in and focused on the history of the great northwest ever since. ■



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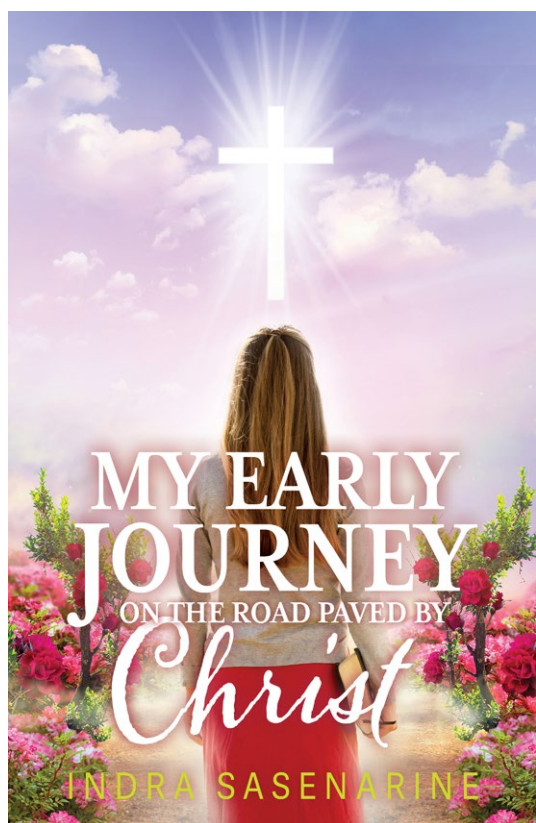
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MY EARLY JOURNEY ON THE ROAD PAVED BY CHRIST

INDRAMATTIE SASENARINE



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“WELL DONE, GOOD AND FAITHFUL SERVANT...” MATT 25:23.

My Early Journey on the Road Paved by Christ is for all those seeking to hear those precious words of Jesus spoken directly to them.

When in search of God's direction for their lives, it is for those:

- beginning this spiritual journey of accepting Jesus Christ as their Lord and Saviour,
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- who are well on the way, and
- who can find renewed strength knowing that there are other faithful pilgrims journeying on this Narrow Road to the Eternal City.

Indra Sasenarine narrates, from her earliest memories, chains of events and experiences that left a deep imprint in her heart and mind. These moments impacted her life forever and marked the beginning of her beautiful journey on the Road with Christ, fueled by her undying love for her Lord and Savior and a burning desire to serve in that Faith.

My Early Journey on the Road Paved by Christ contains a wealth of knowledge and inspiration drawn from the author's walk on the Road with consistency, faithfulness, discipline, and humility. With a teachable spirit and a desire to pursue the things of God without faltering in her quest to learn and grow in faith, she developed her gifts. In the process, she grew from a shy little girl to a pastor founding her own ministry.

Walking the Road of the Christian faith is not meant to be a solitary journey. Indra shows readers how to live faithfully, thereby growing and developing a range of talents they never knew they had been endowed with, enabling them to reach their potential and to fulfill their God-given call. ■

INDRA SASENARINE IS ORDAINED WITH THE EVANGELICAL ASSOCIATION IN CANADA.

She currently pastors at “Pure River of Life Ministries” a Christian Ministry she founded twenty years ago. Indra originally worked as a Primary School Teacher in her native country Guyana where she obtained a Trained Teacher's Certificate after which a Christian Worker Diploma at the AOG Bible Institute and She later studied at Canada Christian College where she obtained a Bachelor's of Theology Degree.

Indra Sasenarine currently lives in Ontario, Canada. ■

NANDO SPERANZA

THE IMMIGRANT SOUL –
THE UNIVERSAL GOD THEORY

AT THE AGE OF FIVE, NANDO SPERANZA HAD HIS FIRST OUT-OF-BODY EXPERIENCE. Alone and afraid, a voice comforted him. This was only the beginning of these occurrences that ignited the author's desire for connection through relationships, music, and a higher power.

The Immigrant Soul and *The Universal God Theory* are two books bonded by Speranza's search for meaning. The first highlights significant moments in the author's life from his family's origins and extraordinary birth to his music career and spiritual experiences. Perseverance and resilience are the heart of this autobiography. In *The Universal God Theory*, Speranza's existential quest continues. Through research and analysis, the author examines the foundations of various religions and he seeks to answer some of life's biggest questions.

For readers wondering the meaning of life, these books will offer proof of a high power. Lovers of immigrant stories will enjoy reading how one man never gave up on his dreams despite the obstacles set before him. With so many spiritual questions raised, the author reminds us that "we must comfort ourselves by accepting the fact that we will never fully be at ease with the intricate inner workings of the universe."

"If you believe in love and all that it is, you will eventually understand its glory as only God could have created something as beautiful as this" ■

"I had the opportunity of immersing myself in the pages of "The Immigrant Soul - The Universal God Theory" by Nando Speranza, and I must say it was a transformative and thought-provoking experience. These two books, take the reader on a captivating journey through the author's life, his quest for meaning, and his exploration of spirituality and the nature of the universe."

– Adam. S

"Beautiful story. Strengthen my belief in God"

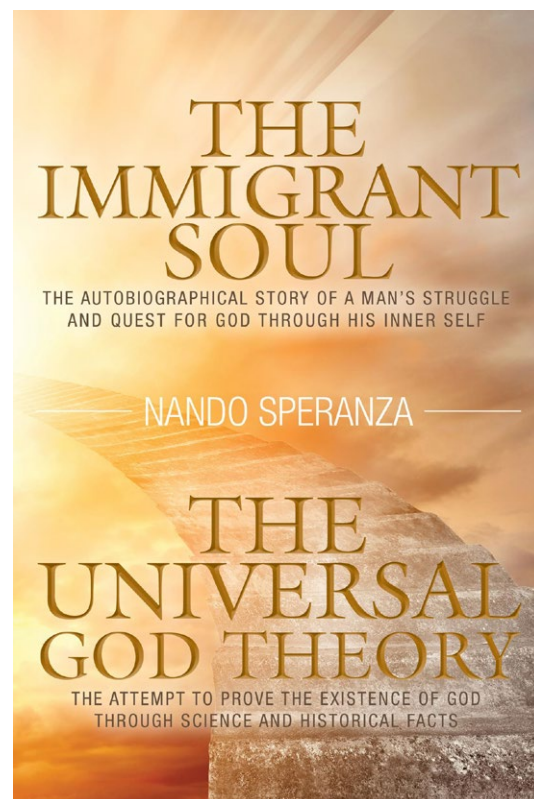
– Alex. R

I thoroughly enjoyed the author's story which takes the reader on an emotional journey of happiness, heartbreak, comedy, and family hardships through the revelation of his life experiences. This autobiography is an eye opener for those who are truly interested in what it takes to persevere as an immigrant arriving in a strange country, and all the challenges that are endured during the reinvention process.

The Universal God Theory provides reaffirmation in the existence of our Creator.

– Rheanna. S

NANDO SPERANZA WAS A MUSIC PRODUCER AND STUDIO OWNER FOR TWENTY-two years. During his career, he produced musical albums, radio and television music campaigns, documentary films, and scored three motion pictures. He was nominated for a Juno Award for Music Producer of the Year and judged for the Juno Awards on four occasions. *The Immigrant Soul* and *The Universal God Theory* are his first books. Speranza is a member of the Society of Composers, Authors, and Music Publishers of Canada. In his spare time, he enjoys music, physical exercise, and writing poetry. Speranza lives in Moncton, New Brunswick, with his wife, grandson, and five cats. You can connect with him via e-mail at zebra_309@yahoo.ca. ■



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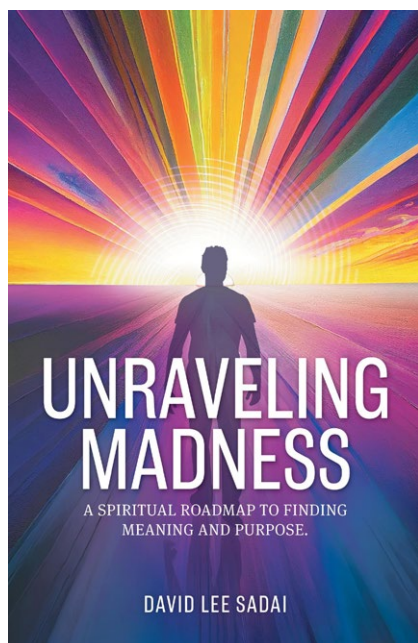
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DAVID LEE SADAI



BODY, MIND & SPIRIT,
INSPIRATION &
PERSONAL GROWTH

234 Pages
Black & White
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UNRAVELING MADNESS IS A PRACTICAL GO-TO GUIDE TO HELP shift you from limiting beliefs and habits to unlimited abundance, connection, and fulfilment. It takes a well rounded approach to enhanced well being of body, mind, and spirit and details an array of techniques to move you towards optimum health, expanded possibilities, and a state of spiritual awakening. This is the journey of seeing beyond the artificial constraints of the third dimensional mindset to the fourth and even fifth dimension.

Sadai offers personal stories and a straight forward process to get out of a rut and into the flow state where opportunities that seemed out of reach are as accessible as you believe them to be. He works with setting manageable commitments and a daily schedule that you can lean into to help shift negative, automatic, or unproductive thinking. From this more open perspective, you can discover and pursue what gives you most meaning in life. Sadai effectively describes foundational tools, such as:

- Mindfulness
- Body scans
- Breathwork
- Meditation
- Chakra balancing
- Journaling, and
- Personal inquiry

Unraveling Madness also introduces the traditional teaching of the Seven Grandfathers and powerful blueprints for understanding our world in terms of abundance rather than scarcity. This book is a full roadmap to moving beyond the limits and roadblocks we are taught to perceive and opening up to the love and unity that are ever-present and abiding. ■

www.unravelingmadness.com

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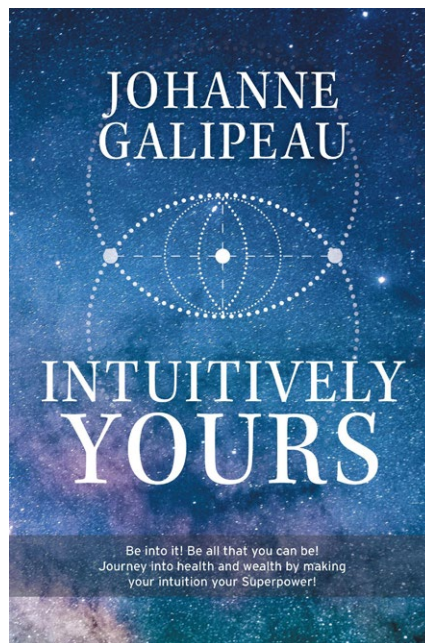
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Be into it! Be all that you
can be! Journey into health
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intuition your Superpower!

JOHANNE GALIPEAU



BODY, MIND & SPIRIT,
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PERSONAL GROWTH

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LISTENING TO YOUR INTUITION IS ONE OF THE MOST transformational and life-changing things you can do to make you a happier and more successful person. You possess this power within yourself, and with the guidance of author Johanne Galipeau, you can connect with this innate energy wherever you are. The gut feelings you experience should not be ignored, as they are leading you towards your true path in life.

Filled with inspirational mantras, real-life examples of listening to your intuition, and everyday activities to develop your potential, *Intuitively Yours* will empower you to make your heart vibrate and soar. If you feel stuck in your life and you need a change, and perhaps you aren't sure which way to turn, this book will guide you through those roadblocks that are inhibiting you from being the best form of yourself. So, let's get started! ■

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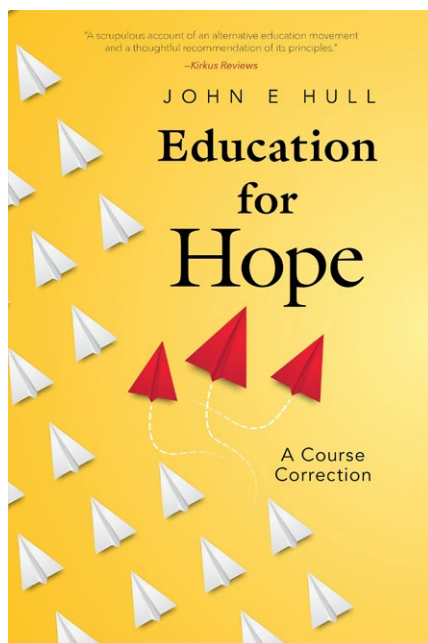
JOHN E HULL

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A Course Correction

EDUCATION, HISTORY

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THIS BOOK TRACES THE LITTLE-KNOWN HISTORY OF AN alternative school system erected in Canada by post-WWII Dutch Neo-Calvinist immigrants. In less than four decades, this community established a kindergarten to university education system that extended from Ottawa, Ontario to Victoria, BC. This remarkable tradition of education imagines the school as a dissident and transformational social institution. While this book offers the narrative of faith-based tradition of education, the author makes a strong case that educators from diverse ideological backgrounds, can learn important lessons from it about the implementation of an alternative educational vision, teacher-led curriculum reform and a self-formative pedagogy. To supplement this narrative, the author also provides a separate set of theoretical discussions on key issues in school reform, as well as, his memoir as an educator and curriculum designer within this tradition. ■

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EDUCATION, INCLUSIVE

EDUCATION
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CHILDREN CAN SENSE YOUR LOVE FOR THEM, AND THROUGH that love they will learn to trust you. Earning children's trust will help children grow and flourish, and realize their gifts. This is especially important in preschools and daycares, where the teachers and caregivers have the privilege of interacting with children of various ages and abilities.

In these stories of atypical children and their families the author has been in relationship in her roles as a daycare teacher, love truly conquered all obstacles. When communication was nonverbal, or when behaviour was difficult to handle, love was what brought about trust and resolution. With patience, guidance, and love, slowly but surely children thrived. The rewards of love and trust between children and caregivers are intangible, immeasurable, and deeply satisfying. ■

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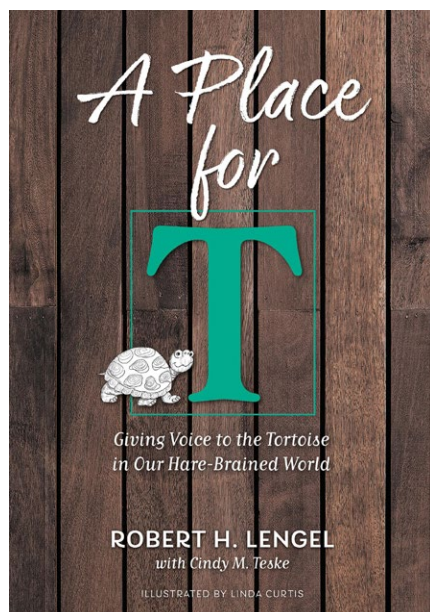
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A PLACE FOR T

Giving Voice to the Tortoise in Our Hare-Brained World

ROBERT H. LENGEL



**BUSINESS & ECONOMICS,
LEADERSHIP**

340 Pages
Black & White
7 x 10

DR. LENGEL OFFERS A THOUGHT PROVOKING TWIST ON AESOP'S Hare-Tortoise fable reframing it as a Human Race pitting our Hare-brained heads against our Tortoise-inspired hearts. As we run faster and faster in our Hare-like pursuits of wealth, power and status, we are leaving no place for the slow and steady Tortoise to speak for our humanity. As a result, the author poses the possibility we are creating a world with our intellects and technology that we can't relate to emotionally and spiritually. We might be outrunning our humanity and setting the stage for the Hare to win this human race by default. Our inability to engage each other in civil and respectful conversations, the hate and violence infecting our culture and leadership failures in organizations might be evidence this sinister end is fast approaching.

This book is a hard hitting and at times poetic invitation to step back from our busy lives, sit with the author on his front porch, and question our lives and work. It is an inspirational reminder of Mahatma Gandhi's warning that "there is more to life than simply increasing its speed." In a conversational format, Dr. Lengel guides us down a hopeful path forward - a path illuminated by what he calls divergent thinking. His words are a 'siren call' to wake up and realize we can't afford Hare-brained progress at the cost of our souls.

We need *A Place for T* in our lives 'now', to account for the unaccountable while we still have time! ■

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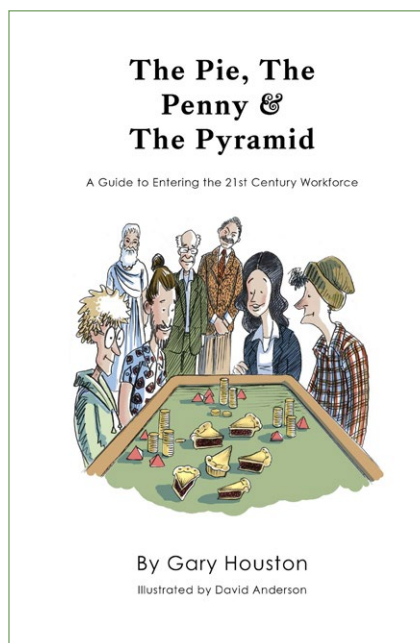
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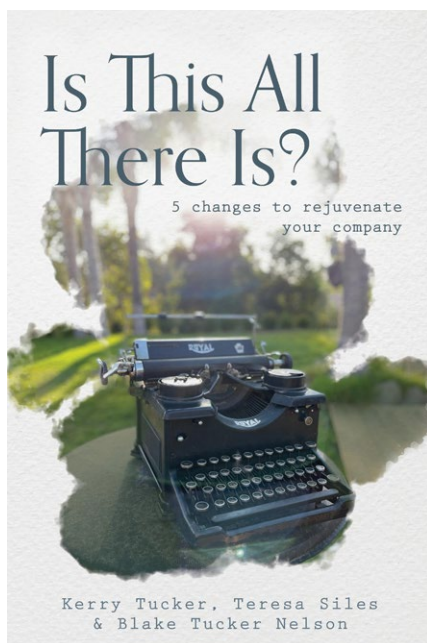
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IS THIS ALL THERE IS? 5 changes to rejuvenate your company

KERRY TUCKER

BUSINESS & ECONOMICS,
ORGANIZATIONAL
DEVELOPMENT

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YOU'RE A LEADER IN THE COMPANY YOU WORK FOR AND IT'S doing relatively well—you've earned a nice house, a new car, maybe even a boat—but is this all there is? Is financial gain the only measure of success?

With the accumulated knowledge of over a lifetime of leadership in public relations, in *Is This All There Is?*, Strategic Advisor Kerry Tucker outlines the five ingredients of success and describes how to put those learnings into action. For more than four decades, Kerry and those at Nuffer, Smith, Tucker, Inc., a San Diego-based public relations firm, have been helping CEOs of companies and not-for-profit groups design and implement tried-and-true systems to anticipate, manage, and shape change.

Is This All There Is? will empower you with the tools to become a better leader, manager, or CEO and learn to thrive personally and professionally. There are no trendy new ideas in this book, only those that stand the test of time. In the hours it takes to fly from Los Angeles to Washington National, leaders from any walk of life can take a fresh, uninterrupted look at what it takes to become truly successful. ■

www.kerry-tucker.com

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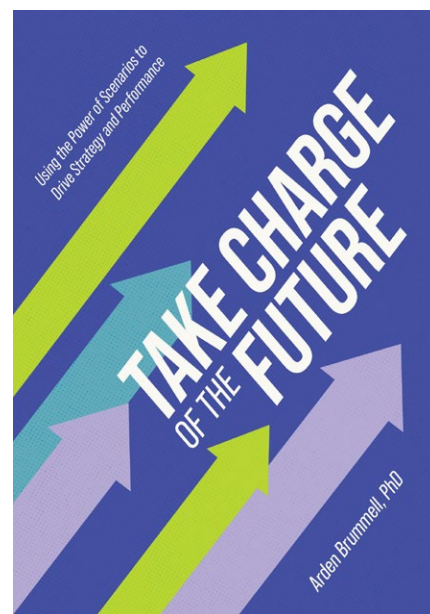
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STRATEGIC PLANNING

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STRATEGIC PLANNER AND CONSULTANT ARDEN BRUMMELL SHARES his wealth of experience about the scenarios-to-strategy planning process, weaving in his personal career journey with practical examples and insights. The process of creating scenarios and developing strategy provides a powerful vehicle for strategic conversation leading to better informed decision-making across business, government and non-profit organizations.

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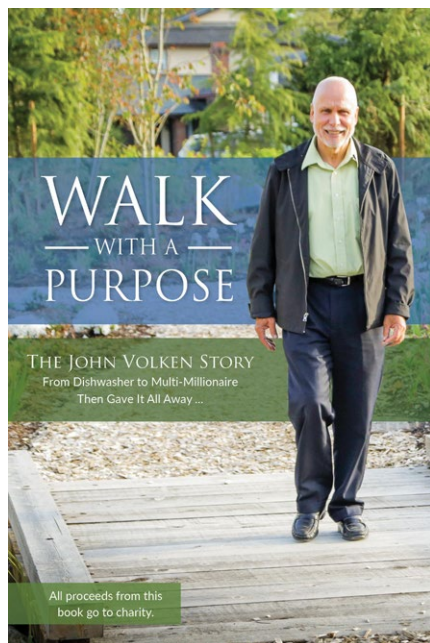
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HORATIO ALGER WROTE IN THE NINETEENTH CENTURY ABOUT impoverished boys rising from humble backgrounds to lives of achievement through hard work, determination, courage, and honesty. Alger should have met John Volken. He would have loved him, as many of us do.

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That is where the venerable American writer might have ended this story and where most men would have settled into a life of golf. But that's exactly where the best and most exciting part of John Volken's story begins... It's all here, and then some!

David Berner,
TV Personality/Author
Executive Director
Drug Prevention Network of Canada ■

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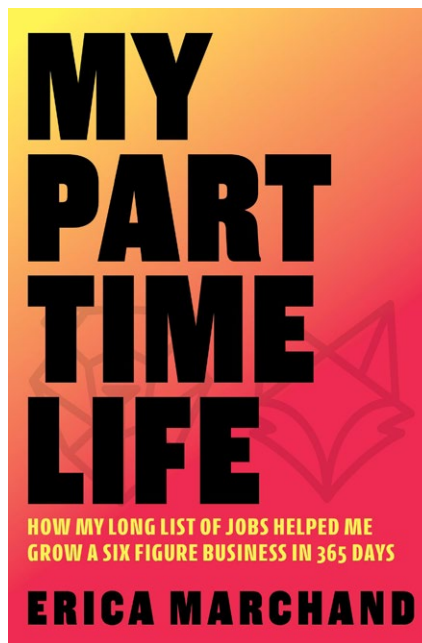
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How My Long List of Jobs Helped Me Grow A Six Figure Business in 365 Days

ERICA
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IT'S NEVER TOO LATE TO SHIFT YOUR OWN NARRATIVE AND START that business you've always dreamed about! Take it from Erica Marchand – she took the long road to entrepreneurship, working at over twenty jobs before starting Bear+Fox Apparel, a successful clothing company out of Ontario. She firmly believes that when it comes to careers, YOU get to define what success means to you. You don't have to be a doctor, dentist, or teacher – you can go your own way (Fleetwood-Mac style). In this inspiring, witty, and no-holds-barred memoir, Erica shares the life lessons she learned along the way and the secrets to how she created a six-figure business in only a year. ■

www.mypartimelife.ca

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LIKE THE GLIDE OF A DRAGONFLY

Healing and Finishing Strong After Surviving the Boston Marathon Bombing

NATALIE LEHTO

BIOGRAPHY &
AUTOBIOGRAPHY,
PERSONAL MEMOIRS

246 Pages
Black & White
6 x 9



"HOW DO YOU BREATHE WHEN THE WAVES ARE SO ROUGH AND the water crashes in your face? How do you breathe when big wave after big wave hits?"

A rebellious teenager, Natalie Lehto is pretty much a good-time party girl, until the day she discovers she's able to run twelve minutes at a stretch. From that intoxicating first achievement, Natalie goes on to become an endurance athlete, running marathons and finishing strong at wildly challenging events like Hawaii's XTERRA triathlon. In 2013, Natalie's got it all: two little girls, a great husband, a wide-ranging friend-group, her own fitness studio, and a loving and supportive extended family. And she's about to top it all off by fulfilling a long-held dream, running the legendary Boston Marathon.

But shortly after Natalie joyfully crosses the finish line with her whole family cheering her on, the horror of the marathon bombing decimates the experience. In the years to come, she will grapple with debilitating PTSD, as well as health issues, family tragedy, and loss, but through these challenges, she begins to develop a philosophy of life that keeps her motivated and determined to finish strong through whatever life throws at her. Recounted in an enormously relatable, frequently hilarious voice that nonetheless movingly conveys the oceans of fear and sorrow Natalie's had to navigate, *Like the Glide of a Dragonfly* will entertain readers and inspire them in equal measure. ■

www.withinyou.ca

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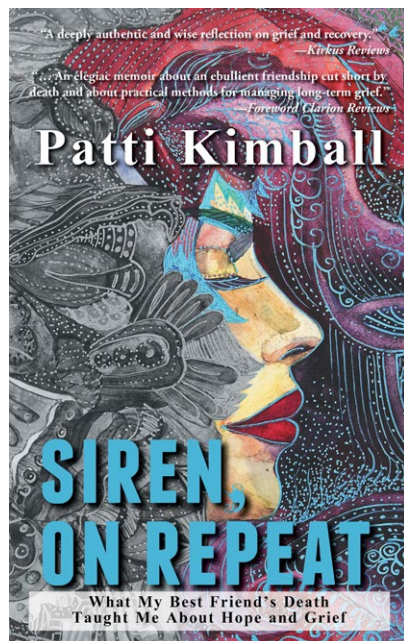
SIREN, ON REPEAT

What My Best Friend's Death Taught Me About Hope and Grief

PATTI KIMBALL

BIOGRAPHY &
AUTOBIOGRAPHY,
PERSONAL MEMOIRS

150 Pages
Black & White
5 x 8



PATTI KIMBALL LEARNED ABOUT GRIEF EARLY IN LIFE. AT THE AGE OF fourteen, her best friend Aprile died suddenly from a congenital heart condition. Aprile was a light in Patti's life and a pillar of her community; she was brave, kind, and sensitive to the needs of people she cared about. Her absence was deeply felt by her friends and family.

Left to cope with Aprile's tragic loss during her most formative and tender years, Patti became resilient by following Aprile's example. Patti nurtured her own grief, allowing herself to feel and show emotions without shame. She also nurtured those around her, maintaining a close group of friends who supported her throughout her life. But her journey wasn't easy; Patti's grief was raw, real, and emotional. People weren't always kind to her as she mourned her beloved friend, and she was forced to learn the power of forgiveness.

Lush with nostalgic 1980s images and by turns sweet, funny, and heartbreaking, *Siren, On Repeat: What My Best Friend's Death Taught Me About Hope and Grief* is a unique memoir that heals through storytelling. By sharing her own experiences through relatable and eye-opening anecdotes, the author offers healing and hope to both herself and the reader, shining a light onto a dark path and honouring the memory of a cherished girl who did so much with her short life. ■

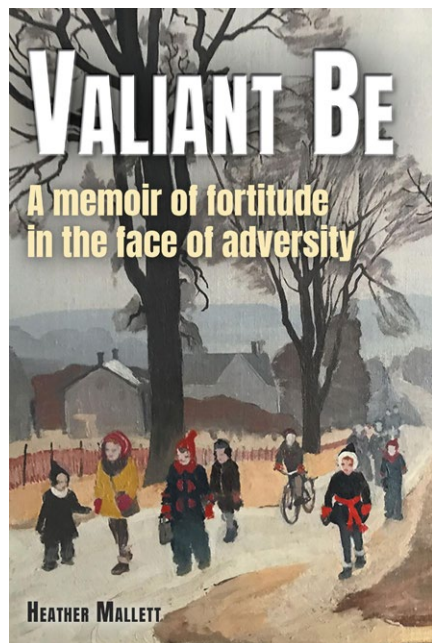
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VALIANT BE**A Memoir of Fortitude in the Face of Adversity****HEATHER MALLETT****BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS**270 Pages
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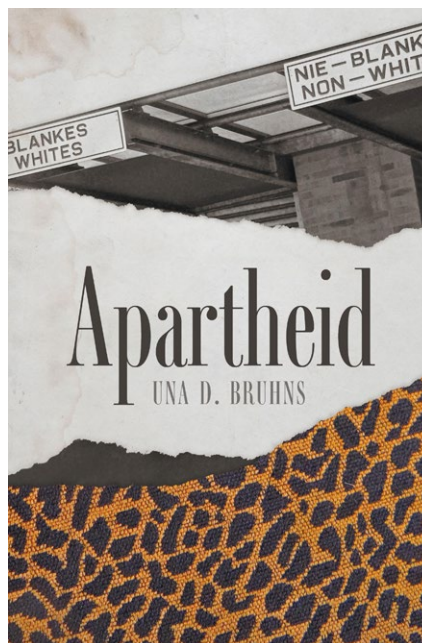
VALIANT BE IS A REMARKABLE MEMOIR OF PAIN AND RESILIENCE, and a gripping history of a family that is at once dysfunctional and deeply loving. Heather's earliest memories revolved around her parents' purchase and refurbishment of a gristmill beside the Don River, on the outskirts of Toronto. As World War 2 raged, so did tensions at home; Heather's father was a passionate artist with a mercurial temper, and her mother was a writer who wrote and published a book about their marriage. Although Heather's young life was chaotic, she learned resourcefulness from her parents, and never doubted their care.

Then, at the age of four, Heather experienced a deeply traumatic incident that would change her forever and lead her to spend fifteen years in therapy for complex post-traumatic stress disorder. Still, her courage never wavered.

Told through a series of vignettes, this vibrant collection of stories follows the author through childhood, university, marriage, mothering, teaching, and working as a calligrapher. Tender, revelatory, and always full of humour, this book is both a valuable time capsule and a fascinating look at how drastically the world can change in a single lifetime. ■

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APARTHEID**UNA D. BRUHNS****BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS**180 Pages
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6 x 9**ON CHALLENGING JOURNEYS WE FIND OUT WHO WE ARE**

Apartheid is a powerful memoir of Una's Personal and political struggles growing up in the peaceful community of Vrededorp, Johannesburg, South Africa.

By age nine, the political arena in South Africa changed; Una and her family are assessed, segregated and uprooted from their home in Vrededorp by the Apartheid Authorities and moved to Coronationville, a Johannesburg suburb.

Witnessing "The Sharpsville Massacre" in March 1960, a sudden shift of lens brought a new focus on her young mind that forever changed how she viewed those in power. After a failed marriage, she is now a single mother and determined to find a better life for herself and her son.

She falls in love with a German immigrant. With her fierce spirit, she begins challenging the Immorality law and they fight for their love under the watchful eye and harassment of the local police.

Her poems bring raw vulnerability and frustration to the forefront of what it feels like to be held back and watch injustice continue. ■

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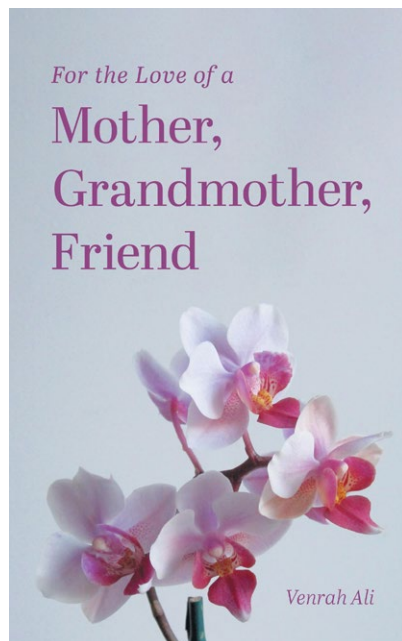
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VENRAH ALI

FOR THE LOVE OF A MOTHER, GRANDMOTHER, FRIEND

BIOGRAPHY &
AUTOBIOGRAPHY,
PERSONAL MEMOIRS

192 Pages
Standard Color
5 x 8



AFTER RETIRING, TWO MONTHS INTO THE FIRST COVID-19 lockdown, Venrah Ali saw how our world was immersed in negativity. Doomscrolling, isolation, and increased mental stress had become parts of everyday living. With these ongoing daily adversities, it can be difficult to remember the joys of ordinary life. *For the Love of a Mother, Grandmother, Friend* is a collection of fifty anecdotes which remind us that pockets of joy exist all around us.

With warmth and humour, these stories highlight simple pleasures, the power of community, and reflect on what the future may hold. Even in isolation, we can still connect with one another, and this connection will foster positivity and peace. These stories are bite-sized, perfect for readers looking to pause and dive into a feel-good story. But this is more than a cheerful, easy read. Full of tips on relationships, aging, travelling, and gardening, Venrah shares her passions and insights that will ignite your own. ■

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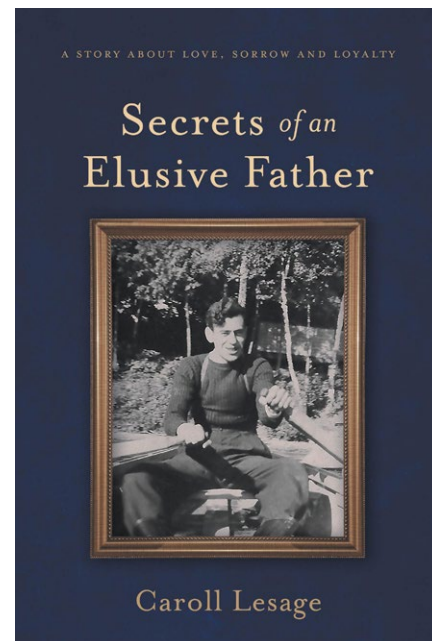
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CAROLL LESAGE

SECRETS OF AN ELUSIVE FATHER A Story about Love, Sorrow and Loyalty

BIOGRAPHY &
AUTOBIOGRAPHY,
PERSONAL MEMOIRS

144 Pages
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6 x 9



EVERYONE HAS THEIR SECRETS BUT AT WHAT COST? WHEN AUTHOR Carroll Lesage was connected with his half-sister, neither of them could predict the secrets they would unearth together about their father. From secret love affairs and love triangles to adoption and bigamy, the further they dig into their family history, the more mysteries surface. *Secrets of an Elusive Father* is part memoir, part genealogical uncovering of one son's search for the truth about his father.

Carroll Lesage leans into difficult subjects, such as sexual abuse, rape, and sexual orientation, with grace and courage. Encouraged by loved ones to share this story and all its complexities, Lesage hopes to reach others facing their own family difficulties and show them they're not alone in their struggles. He demonstrates the power of forgiveness and compassion, even when faced with life-altering knowledge. How secrets are complex and sometimes come with the best of intentions. Readers in search of their next titillating family drama will enjoy unraveling the secrets tangled in this memoir and learning of the sacrifices that one father will make to protect his family. ■

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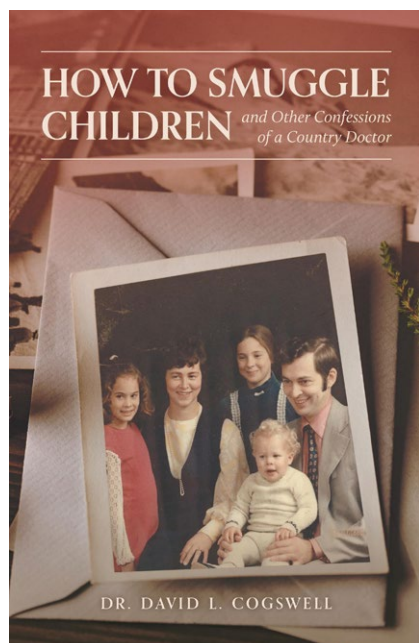
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HOW TO SMUGGLE CHILDREN AND OTHER CONFESSIONS OF A COUNTRY DOCTOR

DAVID L. COGSWELL



BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS
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Black & White
5.5 x 8.5

AN ENGAGING AND AFFECTIONATE MEMOIR, HOW TO SMUGGLE Children and Other Confessions of a Country Doctor tells of three generations of Nova Scotian country doctors, whose combined practices span the twentieth century. With clear-eyed prose, Dr. David L. Cogswell explores the making of a country doctor, moving from memories of his adventurous school days, growing up in a doctor's home, to the trials and triumphs of med school. Running parallel to his own memories of becoming a physician are the stories of his maternal grandfather—who began practicing at the turn of the century, traveling by horse and sleigh—and his father, who opened a home office in the 30s. Under their formidable influence, David opened his own home office in 1963. His diverse daily routine brought him into the heart of the community, where he, his father, and grandfather were not only familiar faces but respected medical professionals.

At the core of this book is a celebration of the guiding force of family, which remained strong and consistent over one hundred years as history brought about many changes in society and medicine. ■

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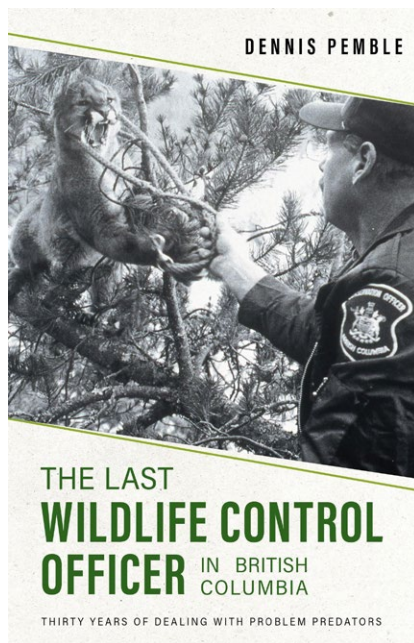
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THE LAST WILDLIFE CONTROL OFFICER IN BRITISH COLUMBIA Thirty Years of Dealing with Problem Predators

DENNIS PEMBLE



BIOGRAPHY & AUTOBIOGRAPHY, PERSONAL MEMOIRS
288 Pages
Black & White
5.5 x 8.5

WHEN DENNIS PEMBLE WAS A KID, HE NEVER DREAMED OF becoming a wildlife control officer. After struggling in school because of a learning disability and being bullied by classmates, Pemble finally found his footing after discovering his aptitude for trapping coyotes and training hound dogs. That short-term job set Pemble on a career path that spanned three decades, taking him on calls everywhere from the remote reaches of the Sunshine Coast to urban parks in Vancouver.

The Last Wildlife Control Officer in British Columbia: Thirty Years of Dealing with Problem Predators is a memoir composed of thirty-six short stories drawn from Dennis Pemble's diaries, co-authored with his wife, Karen Pemble. Each wildlife encounter is as educational as it is entertaining, with Pemble sharing expertise on why some animals simply can't be relocated. He tells tales of near misses, punctuated by moments of hilarity and camaraderie with fellow conservation officers, whether stories of tracking stealthy cougars on the loose (often with beloved hounds Molly, Luke, and Tango leading the charge), relocating grizzly bears, catching a coyote hiding in a gas-station store, and finding the safest way to remove an uninvited guest at the Pacific National Exhibition. ■

www.dennispemble.com

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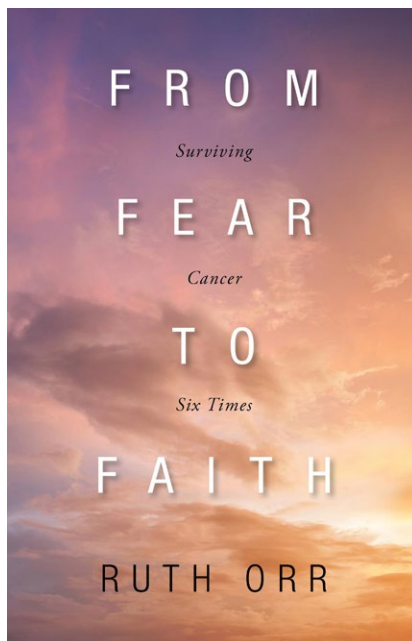
RUTH ORR

FROM FEAR TO FAITH

Surviving Cancer Six Times

BIOGRAPHY &
AUTOBIOGRAPHY,
PERSONAL MEMOIRS

42 Pages
Black & White
5.5 x 8.5



"YOU HAVE CANCER"

When your doctor says these words, how do you react?

Fear often overwhelms any other response to a cancer diagnosis. What if the treatments don't work? What does the future look like? Will I die? Questions like these can lead to a tailspin of anxiety and despair. Whatever your particular journey looks like, a cancer diagnosis will forever change you.

From Fear to Faith: Surviving Cancer Six Times recounts Ruth's personal cancer journey from the fear that first gripped her through the various diagnoses, treatments, and day-to-day life. She understands the world of cancer from an up-close-and-personal viewpoint and knows what it's like to be anxious about the future and to wonder what's coming next.

Ruth was comforted by reading God's promises in the Bible. She concentrated on ways to bring a positive focus into her life and implemented strategies to help regain some control. In crying out to God, she found strength and a powerful faith. And she realized that she has an abundant life; it is her choice how she will live that life out.

An honest and hopeful autobiographical account, *From Fear to Faith: Surviving Cancer Six Times* provides a brief, transparent narrative of how trials and tribulation can build character and faith. It delivers some simple, practical guidelines on how to navigate a cancer diagnosis and treatment, so you can find peace in the most turbulent times. ■

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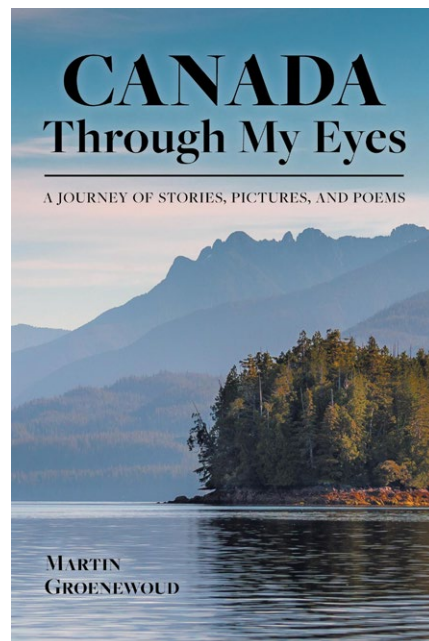
MARTIN GROENEWOUD

CANADA THROUGH MY EYES

A Journey of Stories, Pictures, and Poems

BIOGRAPHY &
AUTOBIOGRAPHY,
PERSONAL MEMOIRS

198 Pages
Standard Color
6 x 9



THROUGH PHOTO'S, SHORT POEMS AND SHORT PERSONAL stories the Author, Martin Groenewoud (Martin), expresses his admiration and his love for this great country called Canada. His personal feelings and thoughts written down reflect his emotional bond with the grandeur nature, beautiful wildlife and friendliness of Canada. If you have ever travelled Canada or have visited the Sunshine Coast you will surely relate to these poems and short stories, and the photo's might bring back many good memories. This book is based on photos taken by the Author, Martin Groenewoud, or by family members while travelling across Canada's Provinces and Territories. And primarily based on photos taken by the Author, during the family's Summer Vacations in Sechelt on the Sunshine Coast, British Columbia. ■

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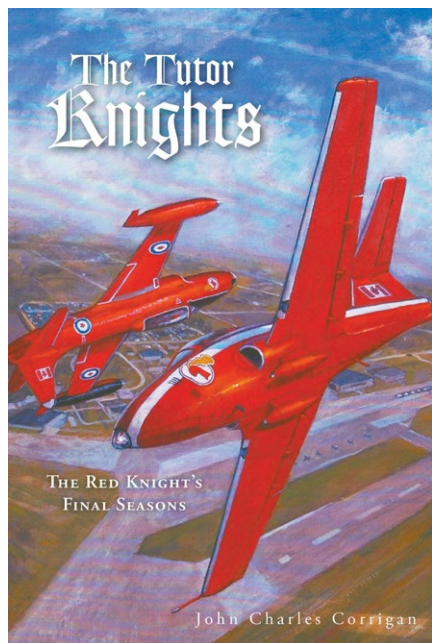
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THE TUTOR KNIGHTS

The Red Knight's Final Seasons

JOHN CHARLES
CORRIGAN



HISTORY, MILITARY,
CANADA

222 Pages
Standard Color
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THE RED KNIGHT HOLDS A SPECIAL PLACE IN CANADIAN HISTORY. The RCAF's solo aerobatic display thrilled airshow audiences throughout North America from 1958-1969. With over 600 performances, the Red Knight ranks third in RCAF history to today's Snowbirds and CF-18 Hornet Demo. In recognition of the program's importance, Canada's Aviation Hall of Fame honoured the Red Knight with its Belt of Orion Award for Excellence in 2020 and the Royal Canadian Mint issued a commemorative coin in 2022. Aviation historian John Charles Corrigan spent 25 years researching and chronicling the program's history in his book, *The Red Knight*. Budget cuts and a fatal accident resulted in the program's cancellation in 1970. John's latest book, *The Tutor Knights* takes the reader on an insider's journey through the final two seasons of the program. With meticulous attention to detail, he describes a program in flux and subject to extraordinary stresses, which presaged an incredible series of tragedies. With numerous interviews, media reports, illustrations and never before seen photos and documentation, *The Tutor Knights* is written with aviation enthusiasts in mind. It will be of interest to those who marvel at the grace and precision of aerobatic flying from a uniquely Canadian perspective. ■

www.facebook.com/rcafredknight

www.johncharlescorrigan.com

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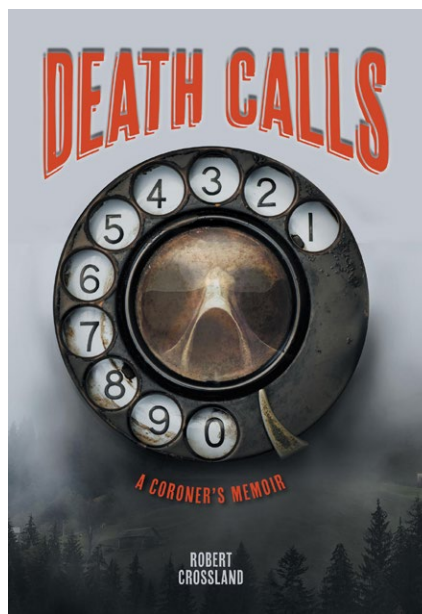
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DEATH CALLS

A Coroner's Memoir

ROBERT
CROSSLAND



BIOGRAPHY &
AUTOBIOGRAPHY,
MEDICAL

132 Pages
Black & White
7 x 10

I WADE WAIST-DEEP INTO THE OCEAN TO REACH A BODY FLOATING face down in the local harbor. Police, first responders, and onlookers quietly watch from the shoreline, but blood splashes and marks in the sand suggest that something awful has happened here.

In 1981, while practicing medicine in a small community on the southern coast of British Columbia, Dr. Robert Crossland is asked if he'd be interested in becoming the local coroner. Like many, Robert has thrilled to the crusading adventures of TV coroner Wojcek and Quincy, M.E., so he takes up the challenge. But soon he is to find just how far these TV programs are from the real world of a community coroner.

During the following twenty-three years, Robert will investigate and report on more than 600 sudden, unexpected deaths in his community and in the surrounding ocean, lakes, forests, and mountains. In each case, he must establish not only who has died but when, where, how, and why. As a member of the community himself, he often finds himself personally connected with those who have died. Many of the deaths are natural, of course, but a surprising number are exceptional due to complicated, startling, unforeseen, and sometimes even astonishing circumstances and findings.

These are the stories of more than a hundred of these remarkable, often horrifying events. They happen in homes, at work sites, during recreation, or while travelling in boats, planes, or on roads. Some of the deaths prove controversial and Dr. Crossland participates in inquests that lead to changes in policies or procedures that reduce the risk of further deaths...or sometimes, heartbreakingly, make no difference at all. ■

www.deathcalls.ca

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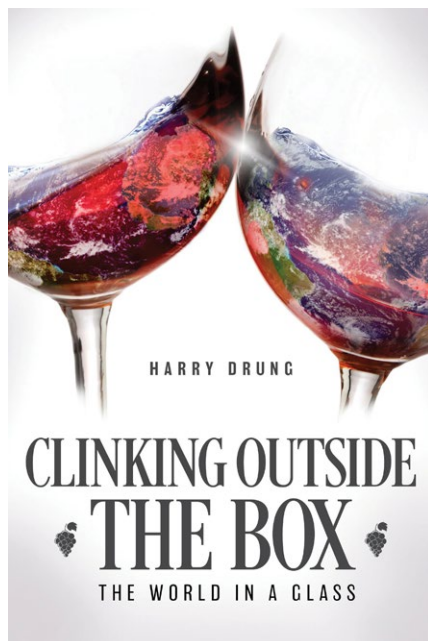
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HARRY DRUNG

CLINKING OUTSIDE THE BOX

The World in a Glass

TRAVEL, ESSAYS &
TRAVELOGUES
288 Pages
Standard Color
6 x 9



"THERE CAN BE NO GOOD LIVING WHERE THERE IS NOT GOOD drinking." Benjamin Franklin

Proving the wisdom of Franklin's adage, Harry Drung, a long-time executive in the international wine, beer, and spirits industry, takes the reader with him to many of the world's most beautiful places as he shares his adventures in the wine trade. On a whirlwind tour from Napa to New Zealand, from Niagara to France, and a myriad of gorgeous vineyards, restaurants, and wine bars in between, Harry's degustation gusto creates a treat for the senses.

This is a highly entertaining compilation of stories, anecdotes, trivia, quotes, cartoons, photos, labels, and clever ditties. He provides plenty to interest and inform the most serious oenophile or member of the trade as well as anyone who simply likes to enjoy a nice glass of wine with friends. Readers will come to appreciate wine's historical, cultural, and geographic roots as well as exploring its gastronomic connections.

Part wine manual, part travelogue, part comic observation, and part memoir, it chronicles an enviable career and a lifelong appreciation for the great arts of wine making and wine enjoyment. ■

www.harrydrung.com

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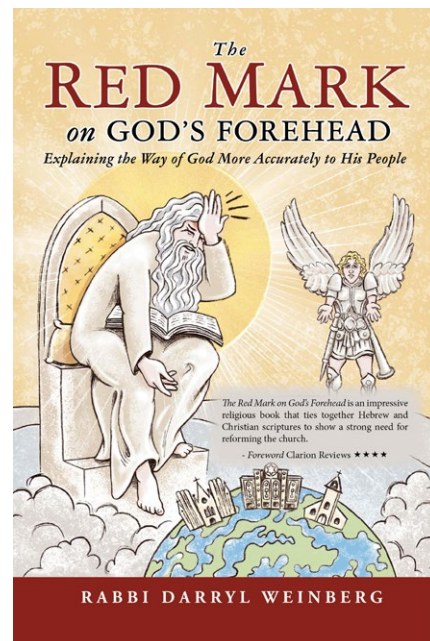
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RABBI DARRYL
WEINBERG

THE RED MARK ON GOD'S FOREHEAD

Explaining The Way Of God
More Accurately To His People

RELIGION, BIBLICAL
CRITICISM &
INTERPRETATION
282 Pages
Black & White
6 x 9



A BOOK THAT WILL SHAKE THE MODERN-DAY CHURCH TO ITS core, *The Red Mark on God's Forehead* trumpets the call to Christians to return to the true roots of their faith—the worship of God as He commands in the Torah. In an engaging and thought-provoking manner, Darryl Weinberg outlines the path Christianity has taken, lured by pagan practices, away from God's plan for His people and toward the crisis facing us in these end times. The ultimate end of this journey is the denial of Messiah Himself.

From moving the Sabbath from Saturday to Sunday, to its troubling involvement in festivals such as Easter, Christmas, Valentine's Day, and Halloween, the Church has grieved the heart of God, splintered its own unity, and engaged in a lifestyle abhorrent to the Lord. Most shocking, however, is the thorough exploration of the outright anti-Semitic sentiment, particularly as expressed in the Church Fathers, that led us to this point.

Through this troubling message, however, shines a light of great hope. Our ever-merciful, loving God desires to draw us back to the true worship and lifestyle that brings us into fellowship with Him. He is anxious to forgive and redeem, and His Word contains all that is needed to serve and worship Him in spirit and in truth. ■

www.theredmarkongodsforehead.com

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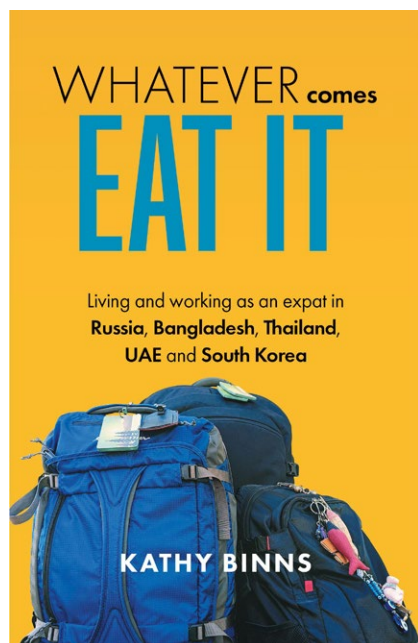
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WHATEVER COMES, EAT IT

Living and working as an expat
in Russia, Bangladesh, Thailand,
UAE and South Korea

KATHY BINNS



BIOGRAPHY &
AUTOBIOGRAPHY,
PERSONAL MEMOIRS

258 Pages
Black & White
5.5 x 8.5

IN 2004, CANADIAN KATHY BINNS WAS OFFERED A JOB TEACHING middle school in Moscow. Thus began an incredible overseas adventure that lasted seventeen years. With humour, candour, and a keen observational eye, Kathy recounts her memorable experiences inside and out of the English-speaking expat bubbles in the various places she and her husband Michael lived and worked. Russia Bangladesh, Thailand, Jeju Island, South Korea, and the UAE provided extraordinary experiences. At times, her circumstances were stressful, but as she observes, the good always outweighed the bad.

Her memoir takes readers on an enlightening and entertaining tour across the globe. Kathy covers the nitty-gritty travelogue details of food, language, flora and fauna, where to stay, and how to get around. She delves into the fascinating history and cultural contexts of each place she has lived. Anyone considering an international teaching adventure of their own will benefit from the wealth of experiential wisdom and practical advice that Kathy shares along the way—but everyone with a bit of wanderlust will appreciate this account of the joys and challenges of living overseas!■

HARDCOVER

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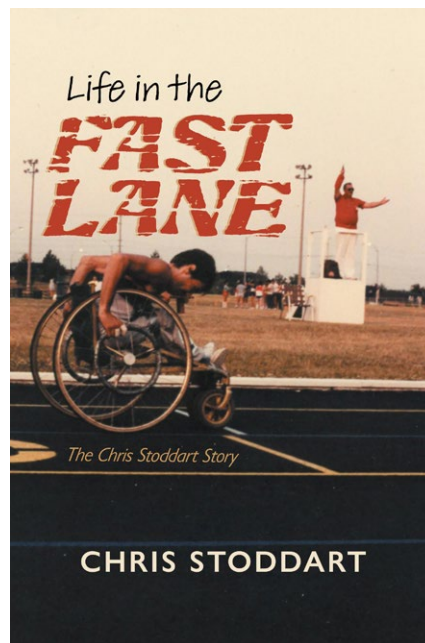
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LIFE IN THE FAST LANE

The Chris Stoddart Story

CHRIS STODDART



BIOGRAPHY &
AUTOBIOGRAPHY,
SPORTS

270 Pages
Black & White
6 x 9

IN THE LATE 1960S, A NEW SPORT EMERGED IN CANADA THAT would change the lives of many people: wheelchair sports.

In *Life in the Fast Lane*, Chris Stoddart recounts the rise of wheelchair racing, with him as one of its pioneers. Born with spina bifida—a condition that affects the development of the spine—Stoddart witnessed the extraordinary transformation of the wheelchair from a heavy and unwieldy functional contraption to a light and sleek design meant for the racetrack.

From his beginnings as a wheelchair basketball player to his evolution into a three-time Paralympian and fifty-mile marathon racer, Stoddart shares his life journey as it parallels Canada's rise in wheelchair sports.

With a matter-of-fact but approachable tone, Stoddart shines a light on the many veterans of wheelchair sports who may have been forgotten over the years. Most notably, however, is this athlete's dedication to people who live with disabilities. During his successful career as an amateur athlete, Stoddart worked for the War Amps of Canada for almost thirty years.

Learn about the history of wheelchair racing in Canada, where we stand today, and what we need to do to make sure people with disabilities share the spotlight with able-bodied athletes.■

www.christopherleestoddart.ca

HARDCOVER

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TROY 'STEVENS'
SCHAAB

GO WITH ME ON THIS

BIOGRAPHY &
AUTOBIOGRAPHY,
ARTISTS, ARCHITECTS,
PHOTOGRAPHERS

174 Pages
Standard Color
5.5 x 8.5



GROWING UP IN RURAL SASKATCHEWAN, TROY SCHAAB'S LIFE focused on hockey and the farm—though his true love was music. Spending the last two years of high school in North Battleford to play hockey, he soon realized that his dream of becoming a heavy metal drummer was not realistic, and he began preparing for a future back on the farm. Before he packed his bags, his friend persuaded him to come to an open house at Saskatoon's Western Academy Broadcasting College, which changed Troy's life forever.

But Troy wasn't sure of his career choice. Having sent out hundreds of demos after graduation, he had yet to hear back from a single station. With sheer determination to make it in this field, he lucked out and began interning at various stations, beginning with a night shift at Saskatoon's Sun 102 FM. Getting a taste for radio DJing, Troy worked across the prairie provinces, finding success with his first evening host gig at Country 108 CKSA in Lloydminster. Here, his luck began to change, along with his name: Troy Stevens instead of Schaab. Soon he was interviewing country music's greats—starting with Shania Twain—and was on cloud nine, only to have his dream topped off by meeting the love of his life: Sonia Sawyer.

Becoming an inseparable team, they married, travelled together, and always dreamed big. So, it was no surprise that after four years of being a co-host for Red Deer's morning show, The Troy and Gloria Show at Zed 99, that Troy wanted more or wanted out. Though he still enjoyed his profession, he couldn't help but wonder if there was something more for him in this career. With one final roll of the dice, he set out to build a new legacy within the broadcasting industry.■

www.gowithmeonthis.ca

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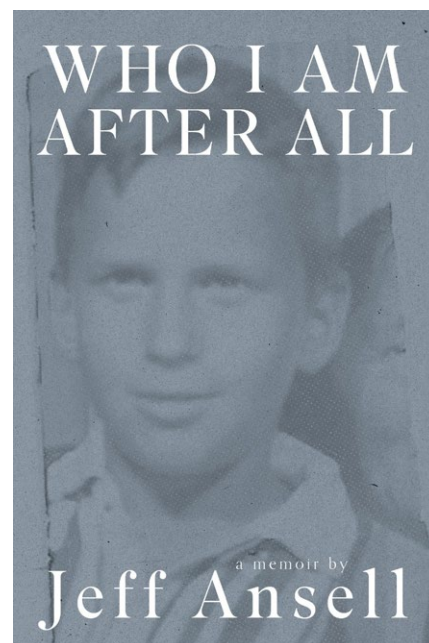
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JEFF ANSELL

WHO I AM AFTER ALL

BIOGRAPHY &
AUTOBIOGRAPHY,
EDITORS, JOURNALISTS,
PUBLISHERS

270 Pages
Black & White
6 x 9



YOU MAY RECOGNIZE JEFF ANSELL'S VOICE FROM CHUM RADIO OR his face from City-TV, but the behind-the-scenes tales of his life are even more fascinating than the stories he uncovered.

In this unflinchingly honest and vulnerable memoir, Jeff reveals his investigative reporting escapades, from hunting Nazi war criminals living in Canada, to inciting the closure of an abusive nursing home, and even going undercover as a drug addict to expose medical fraud. He then steps over to the other side of the microphone to provide media and crisis training to thousands of people worldwide, including PG&E during the Erin Brockovich case and BP's partner during the Deepwater Horizon disaster. He even became an instructor at Harvard Law School and lecturer

at Harvard Business School, despite being a high school dropout.

And that's just scratching the surface. Jeff's uncanny ability to meet celebrities leads to hilarious and heartwarming interactions (usually), and he recognizes the irony of being an on-air personality and keynotes speaker plagued with panic attacks. He opens up about how grieving changed his relationship to spirituality, and doesn't pull any punches when guiding us through his tumultuous battle with illness.

One thing is for sure—Jeff lived a full life, and this entertaining and inspirational memoir is proof of it.■

www.whoiamafterall.com

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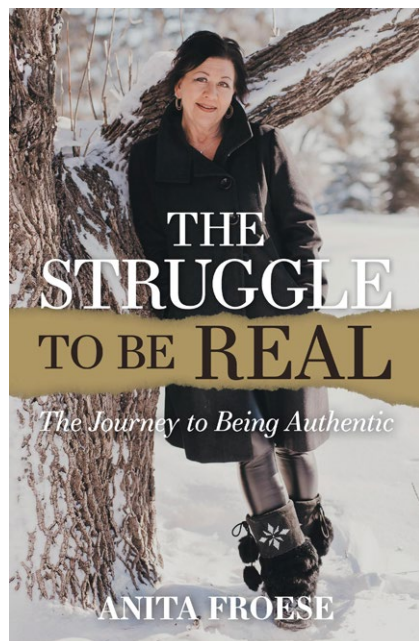
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THE STRUGGLE TO BE REAL

The Journey to Being Authentic

ANITA FROESE



SELF-HELP, PERSONAL
GROWTH, HAPPINESS

96 Pages
Black & White
5.5 x 8.5

IN TODAY'S WORLD, THE PRESSURE SOCIETY PLACES ON WOMEN to be perfect can be debilitating. Whether we are scrolling through social media apps or engaging with our own communities, women are expected to handle all challenges that come up with beauty, grace, and humour. As a result, many of us struggle to connect with ourselves. What do we truly want for our lives? How do we make those dreams a reality?

In *The Struggle to Be Real*, Anita Froese shares her own challenges as examples of how outside pressures can cause big cracks in our foundations. Through faith, humility, and perseverance, Froese emerged from the fray not only stronger, but with a toolbox full of ways to teach other women how they can access their authentic selves.

This manual on authenticity is packed full of wisdom. Froese tackles the themes of worthiness, motive, imposter syndrome, and social media, among others. Through her unique combination of personal anecdotes, biblical scriptures, and life coaching, she shares ways in which women of all walks of life can reach deep into themselves and uncover that perfectly unique person who is unapologetically authentic.

Froese invites you to eschew the expectations that weigh you down and discover the woman who is trying to make herself known to the world. Then, she encourages you to "Celebrate You."■

www.thefortifiedlifestyle.com

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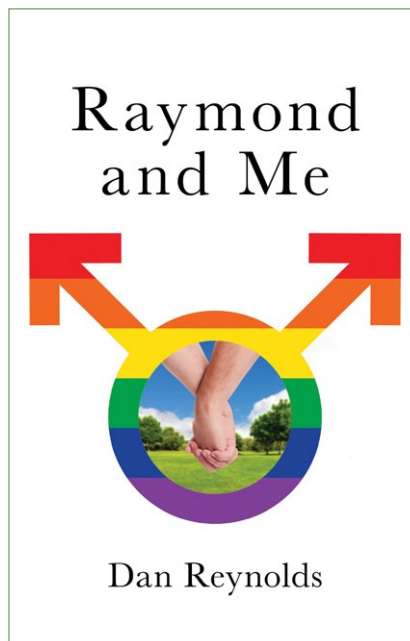
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RAYMOND AND ME

DAN REYNOLDS



BIOGRAPHY &
AUTOBIOGRAPHY, LGBT

312 Pages
Black & White
5.5 x 8.5

THIS COURAGEOUS AND LYRICAL MEMOIR CHRONICLES THE challenges of growing up gay in the seventies and eighties in Toronto, and how the enchanting discovery of first love can change the shape of a person's life.

Homophobia had robbed Dan of any hope of finding a man to fall in love with...until he met Raymond. It was love at first sight. Though their relationship was not without its challenges from the outside world, time and time again, love prevailed.

Dan spent years going to great lengths to conceal every part of that relationship, living in the closet, and holding close the memories of his first relationship. But over time, he realized that he wanted to share their story. The heartfelt love they shared is a beacon of hope and reminder to everyone that love can win out over hatred.■

www.raymondandme.com

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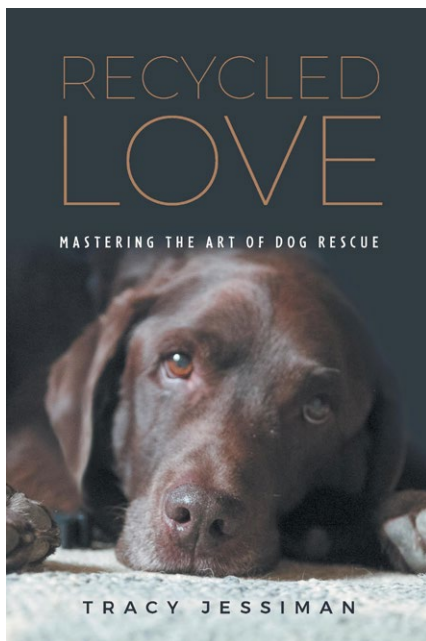
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TRACY JESSIMAN **RECYCLED LOVE**
Mastering The Art of Dog Rescue

PETS, DOGS

210 Pages
Black & White
6 x 9



NO RELATIONSHIP IS MORE SATISFYING THAN THE BOND BETWEEN a beloved rescue dog and the human who saved their life.

Recycled Love takes you into this beautiful and heart-wrenching world. The no-holds-barred tales offer the public a behind the scene look into the world of dog rescue. Factual details are woven with real-life stories of rescue dogs and the lives they lead when they find their forever homes. As the author knows too well, you don't just save a dog; you want the dog to thrive.

Recycled Love is an emotional firsthand account of the author's personal experiences as a dedicated animal advocate. Her passion and emotion will ignite a fire inside you and open your soul as you read about the intricacies of rescuing a dog. Dogs have always offered so much to humanity, asking for nothing in return. The least we can do is offer a helping hand when they are hurt or homeless.

Recycled Love ultimately proves rescue dogs are not damaged—humans have let them down. The loving forever homes where the dogs are flourishing demonstrate the love and commitment from the humans who saved them. Heart-warming stories in the book include the rescue dog that became a Therapy Dog after being saved from a large-scale breeding facility, the silly rescued husky that insists on stealing lettuce, or the retired greyhound who loves his Elvis Presley sandwich—peanut butter and bananas.

Whether you are interested in adopting a homeless dog, love dogs, want to get involved with a rescue or engage in animal welfare advocacy, there is something for you to enjoy in *Recycled Love*. ■

www.tracyjessiman.com

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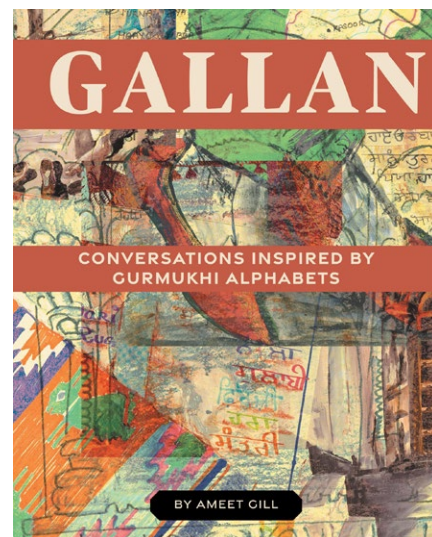
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AMEET GILL

GALLAN
Conversations inspired by
Gurmukhi Alphabets

ART, MIXED MEDIA

92 Pages
Premium Color
8 x 10



THIS IS MY ARTISTIC APPROACH TO CREATING A PUNJABI CULTURAL dialogue with 83 pages of photographed and graphically reproduced mixed media illustrations, artworks and digital works, combined with a hand written and a typed collection of “Gallan” (Conversations). These illustrations and conversations about Punjabi culture, poetry, music, art genres and events are inspired by Punjabi Alphabets called “Gurmukhi”.

This book is for anyone interested in Punjabi culture, learning basic Punjabi language, vocabulary and grammar. I want this book to offer the audience not only an insight into the culture but ignites curiosity to know and want more.

This book seamlessly targets an audience of varied interests and age groups by including:

- An art lesson
- Complete instructions for an outdoor game of Marbles
- Each artwork, illustrations and graphics are signed or initialized.
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- Self portrait of the artist ■

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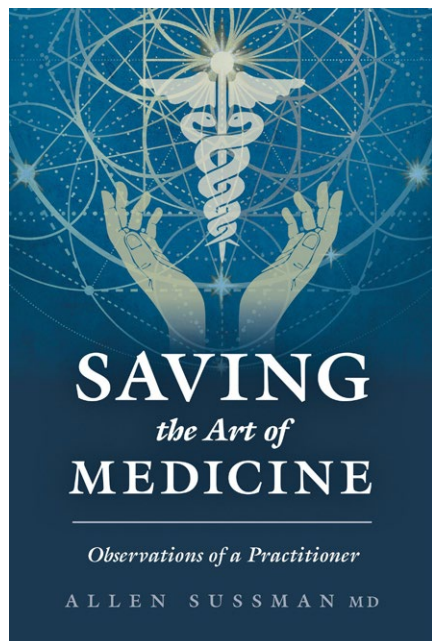
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SAVING THE ART OF MEDICINE

Observations of a Practitioner

ALLEN SUSSMAN



MEDICAL, PHYSICIAN & PATIENT

210 Pages
Black & White
6 x 9

IN HIS DEEPLY THOUGHTFUL BOOK, DR. SUSSMAN PROVIDES AN expansive view of the field and all that being a healer entails. Sharing stories from his training as well as practice, drawing on data from a wealth of studies, and including a nuanced discussion of clinical trials, he argues that medicine should be more than just the treatment of a diseased or broken body part. Rather, physicians must respect the complex interrelationships of mind, body, and spirit, seeking always to connect the part to the whole.

Saving the Art of Medicine starts with the history of medicine in shamanic times and culminates in a discussion of how a doctor heals even at the time of death. It delves into a multitude of phenomena, such as nonpharmacological pathways to health, the doctor-patient connection, and the power of our minds. Comprehensive and multi-faceted, the book is a profound acknowledgment of the art of medicine and unveils an extraordinary potential within the field.

Underpinning all is the idea that open mindedness, humility, and compassion play an integral role. Only by cultivating these virtues, can doctors achieve the highest levels of well-being for their patients and meet their own full potential as healers. Dr. Sussman's journey and his inspiring vision of medicine as a combined science and art make this a must-read for medical students, doctors, and anyone interested in improving their own medical care and the healthcare system at large. ■

www.savingtheartofmedicine.com

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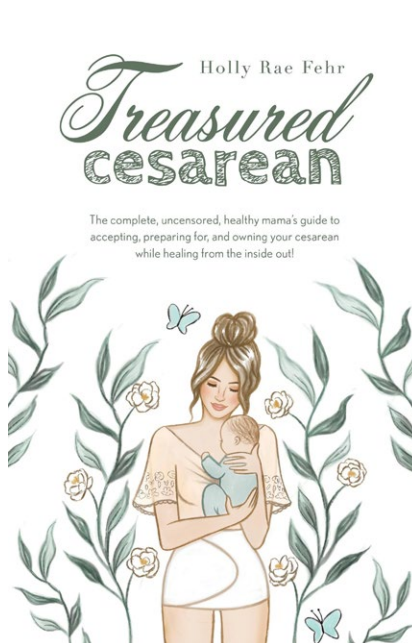
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TREASURED CESAREAN

HOLLY RAE FEHR



HEALTH & FITNESS,
PREGNANCY &
CHILDBIRTH

174 Pages
Black & White
5.5 x 8.5

LEARNING THAT YOU MAY NEED TO DELIVER BY CESAREAN IS LIKELY not what you pictured for your baby's birth, but after reading *Treasured Cesarean's* detailed background information, tips, and checklists, you will feel empowered and ready to go! Author Holly Fehr openly shares her own experience with seven (yes, seven!) cesareans and provides insight and tips that only a mom with her background can provide. This book is truly an everything-you-need-to-know-about-cesareans-and-more guide that takes you through preparing your home for a cesarean recovery, creating a cesarean birth plan, what to expect during and after your surgery, and essential information on taking care of your new baby and your body while you heal.

With approximately 30% of all births in North America occurring by cesarean—some planned and some as emergency surgery, this book is important for all new mothers to read so they can be prepared for all eventualities, including having a baby that may end up in the NICU for a while. Yet this isn't a doom-and-gloom book about what might go wrong, but rather a personal and empowering story that will inspire mothers to embrace their baby's birth story no matter how their little one makes their appearance in the world. ■

www.treasuredcesarean.com

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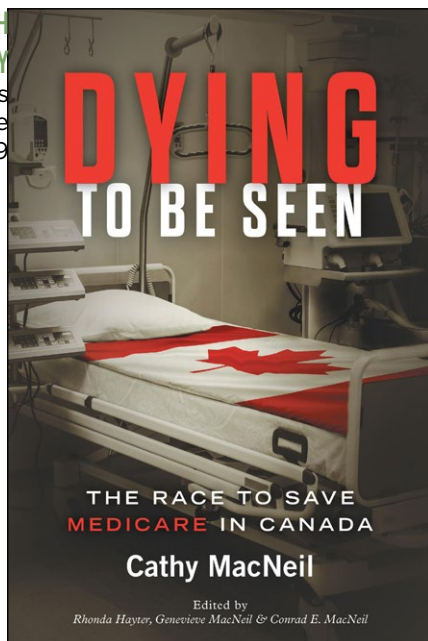
DYING TO BE SEEN

The Race to Save Medicare in Canada

CATHY MACNEIL

MEDICAL, HEALTH
POLICY

372 Pages
Black & White
6 x 9



CANADA'S PUBLIC HEALTH CARE SYSTEM IS UNDER ATTACK. Defunding, deregulating, defrauding, and deliberate disintegration have manipulated Canadians into despising their once-beloved system as unsustainable, unfixable, and cost-prohibitive. There is a reason for that. Neoliberalism has the rescue medication locked within its assault armamentarium—privatization. The last stage of the takedown has begun and the slow but steady infusion of privatization now flows unobstructed through the veins of Medicare. *Dying to be Seen* lays out the deleterious effects of such an attack and how it is impacting every stakeholder in Canada's Medicare system.

For health care policymakers, the book outlines the urgency of the constructive, evidence-based action that is required to save the system. For administrators, it sheds light on why the current solutions have failed. For law makers and governments, the book is an urgent warning to rearrange the status quo to divorce political expediency from sound policy or suffer the dire consequences. For average Canadians, it is a call to arms to save Canada's universal, egalitarian Medicare program from sliding into the cruel, profit-driven system that bedevils their neighbours to the south.

A clarion call for change, *Dying to be Seen* traces the origins of Medicare and offers a glimpse of what Canadians can expect to happen if we decide not to intervene now. It also offers real, implementable, solutions to save Canada's cherished public health care system and emphasizes the urgency of acting on them. ■

www.dyingtobeseen.ca

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SAMUEL DANCEY

DARK AGENDA

How to Manufacture a Pandemic

MEDICAL, INFECTIOUS
DISEASES

104 Pages
Black & White
7 x 10



WHAT IS THE PURPOSE OF THE MEDICAL INDUSTRY? IS THE HEALTH of the people really its goal?

Medicine has become a sacred topic, unchallenged and undiscussed. But now, more than ever, it needs to be examined more closely. Samuel Dancey argues that the biggest truth in medicine is not about your health, but about making the most money. From Dancey's point of view, the COVID-19 pandemic lays bare this truth. The powers that be went to great effort and expense to ensure that only their side of the narrative was ever given to the public. What were they hiding?

Citing a variety of sources that are not widely known by the public, Dancey gives a perspective very different from the one seen on the six o'clock news: the COVID pandemic was the world's biggest medical hoax. *Dark Agenda* looks at the different aspects of pandemic response around the world to support this claim, contending that thousands of doctors and researchers were bullied and threatened with the loss of their medical licenses if they spoke against the mainstream story. Dancey argues that tactics of fear and isolation were used to coerce the public into unreasonable restrictions, such as masking and social distancing, and eventually people were forced to get a vaccine that was eventually proven to be unsafe and ineffective.

Why all this political interference and scientific manipulation? The answer, says Dancey, is profit. Imagine a medicine that must be taken by every single individual on the planet: seven billion people getting a vaccination three, four, or even five times. That translates to a lot of money enough to stage a pandemic, for starters. The mishandling of the COVID-19 outbreak and the experimental vaccine have caused far more deaths and other problems than the coronavirus itself. These will remain with us for years to come. ■

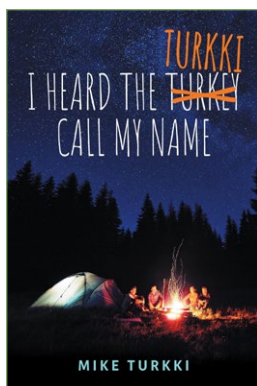
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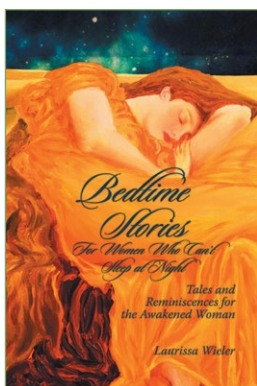


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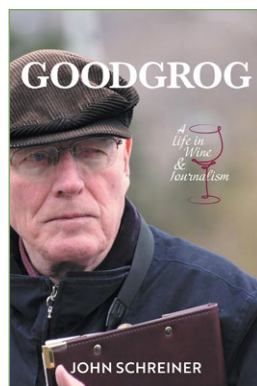


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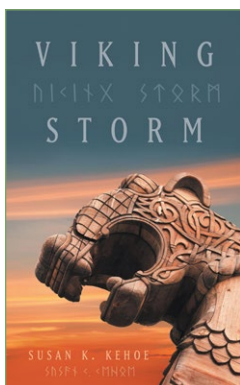


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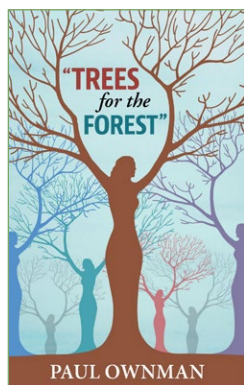


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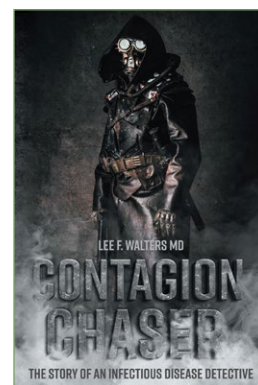


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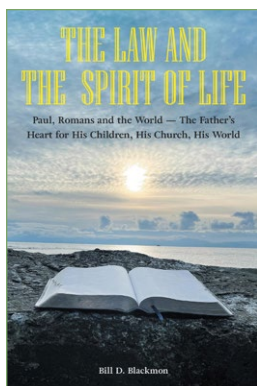


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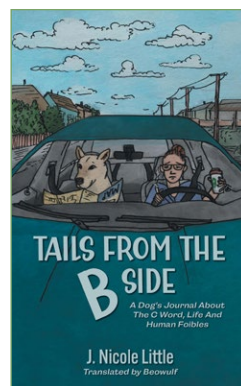
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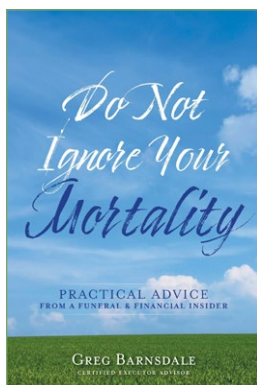
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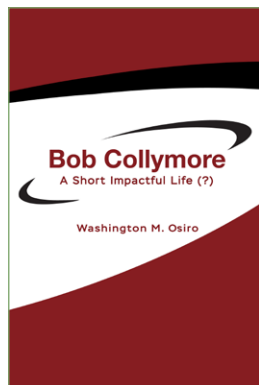
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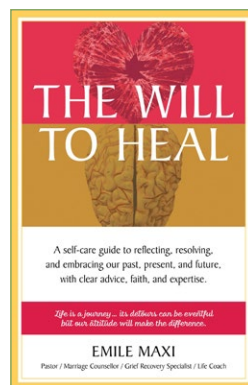
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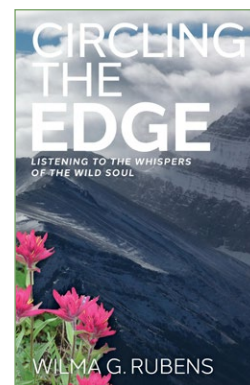
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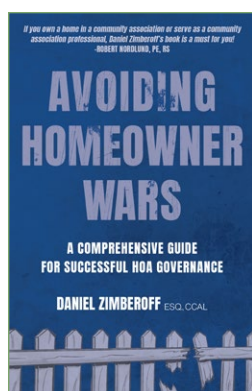
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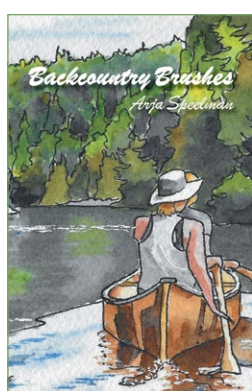
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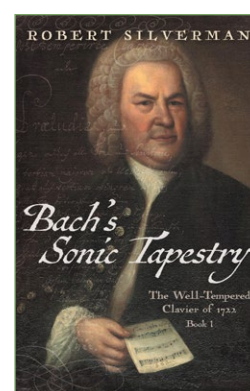


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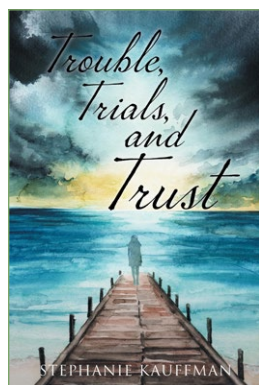


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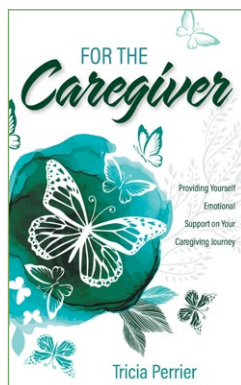


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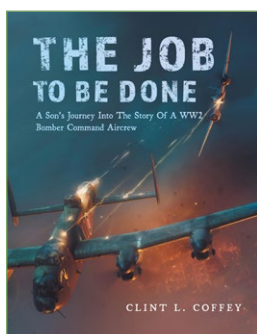


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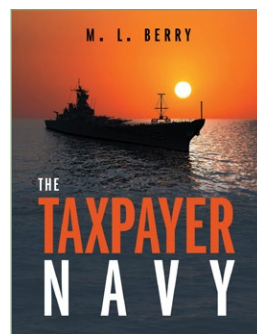
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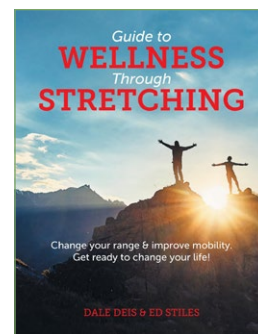


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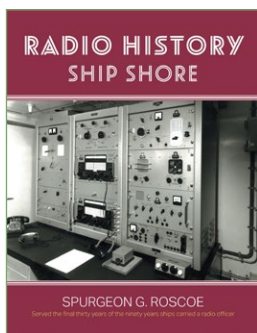


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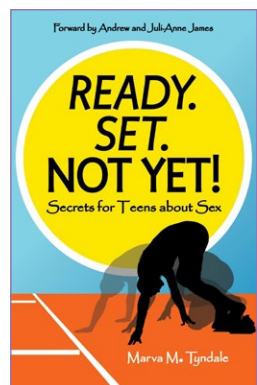


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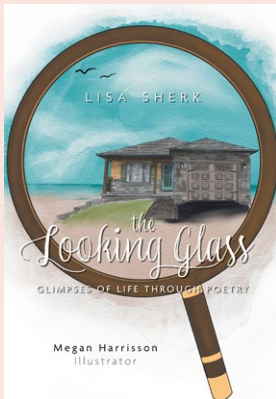
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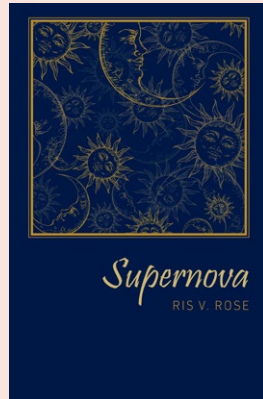


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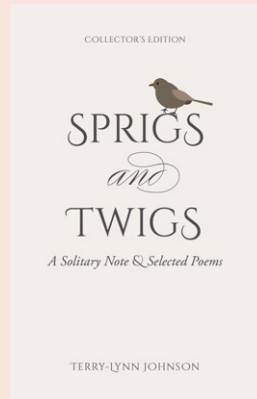


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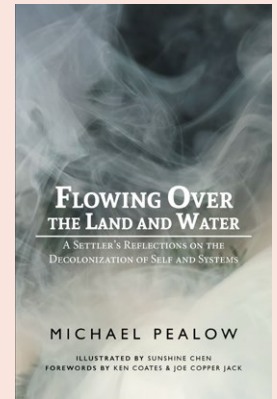


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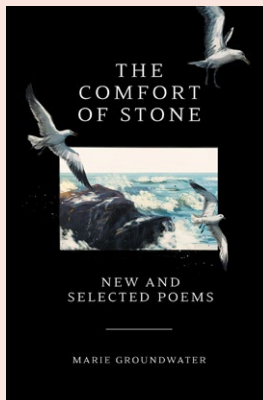


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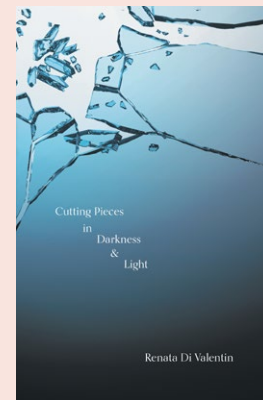


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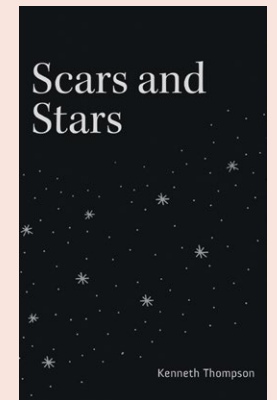


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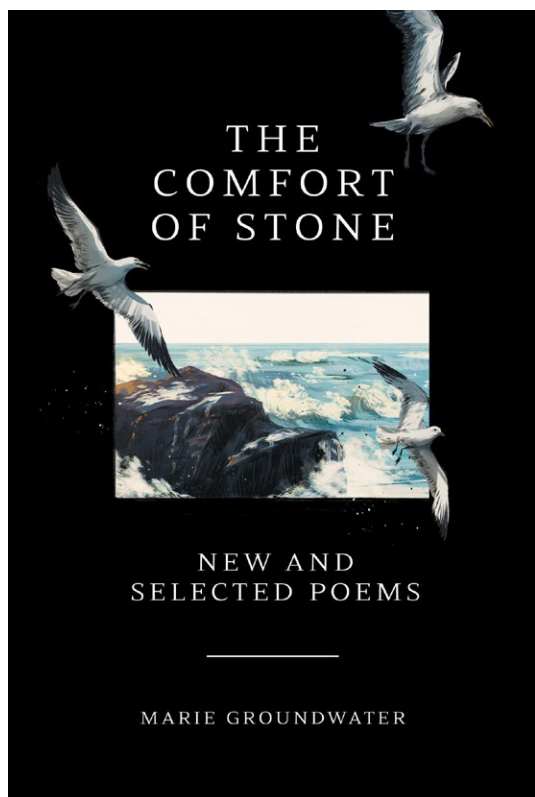
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As more pages of this amazing collection turn, Groundwater shares events in her life that readers may recognize as part of their own passages through adulthood and aging. This unique reading experience is woven together in a tapestry of images from the natural world which will at once delight and provoke thought and reflection. ■

www.mariegroundwater.ca

"The Comfort Of Stone will repay you a hundredfold for every moment you offer it. This book is not simply to be read, but to experience"

- Marilyn Lightstone - Award winning actor with multiple roles on stage, screen and television. Also a painter, writer and host of 'Nocturne' a program of poetry readings and classical music.

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- John B. Lee, esteemed and prolific Canadian author and recipient of over seventy prestigious awards for his poetry.

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- Anthony (Tony) Johnston, Teacher and mentor in 'World Literature' for UNICOM study groups at the University of Windsor, Former director of The Irish Canadian Cultural Club of Windsor, Ontario.

MARIE GROUNDWATER (POTTLE) WAS BORN IN THE ORKNEY ISLANDS, SCOTLAND, and came to Canada as a child. She is sure that a treasured family heritage of music, laughter, and a hundred stories told around the kitchen table, made her a writer.

Many of the poems Marie has written have been published in Canadian anthologies. Additionally, she previously enjoyed coauthoring two books of poetry, *A Thousand Yellow Leaves* ("Adventurous in style and exquisite in effect" - Judith Fitzgerald) and *Tongues Of Whitewashed Stone* ("A delightful collection" - Alistair MacLeod).

An engaging reader and speaker, Marie has read her work at universities, cultural centres, libraries, and bookstores. A teacher for many years, she hopes to have passed on her love of literature and drama to her students.

Marie presently lives with her husband, Bruce, in Kingsville, Ontario, Canada, on the shore of Lake Erie. ■

DR. GLORIA J. NICHOLS

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 No one can give me strength but You.
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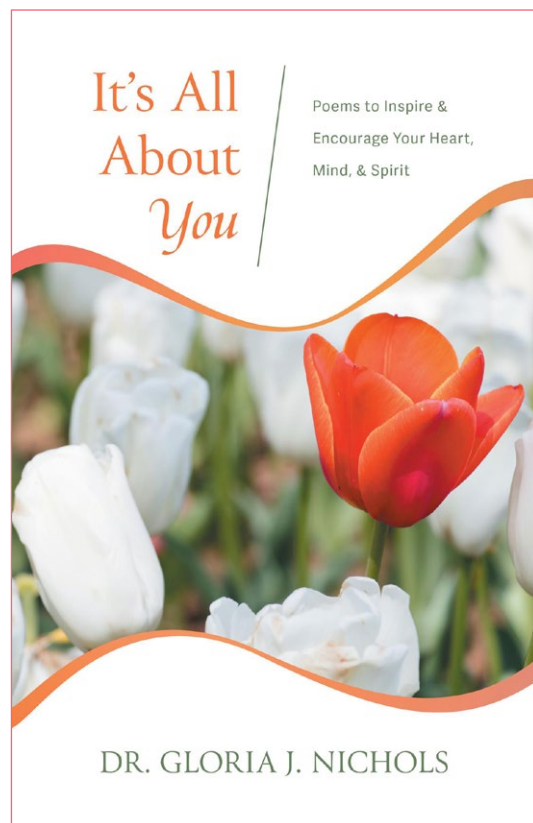
It's All About You is intended for a young adult and adult Christian readership. ■

DR. GLORIA J. NICHOLS HAS BEEN WRITING POETRY SINCE 1983. SHE IS THE AUTHOR of Encouragement for Your Vessel, Encouragement for my Friends, Inspirational Poetry to Encourage the Called, Journal of Inspirational Poetry, A Real Treat of Poems, and Grace to Handle It: My Journey Through Grief. Her poem "Women of Color" was read by noted author and conference speaker Thelma Wells, at the Women of Faith's first national conference in San Antonio, Texas, in 2004. Her work has been included in various poetry anthologies, including Moments of Solitude, New Millennium Poets, Poetry Elite, Poetic Voices of America, and Voices Along the River.

Dr. Nichols is an Army veteran and retired women's health nurse practitioner. She earned an Associate of Science Degree in Nursing from San Antonio College, a Bachelor of Arts from the University of Texas San Antonio, a nurse practitioner certification from UT Southwestern Dallas, a Master of Science in Nursing Education, and a Doctor of Nursing Practice degree from Walden University.

She is an ordained minister through the International Congress of Churches and Ministers and member of the American Association of Nurse Practitioners, the Sigma Theta Tau International Honor Society, the Black Nurses Rock Foundation (San Antonio Chapter), and Nurse Practitioners in Women's Health.

Dr. Nichols lives in Schertz, Texas, with her cat, Donatello, an adventurous orange tabby. You can find her at www.gloriajhnichols.com. ■



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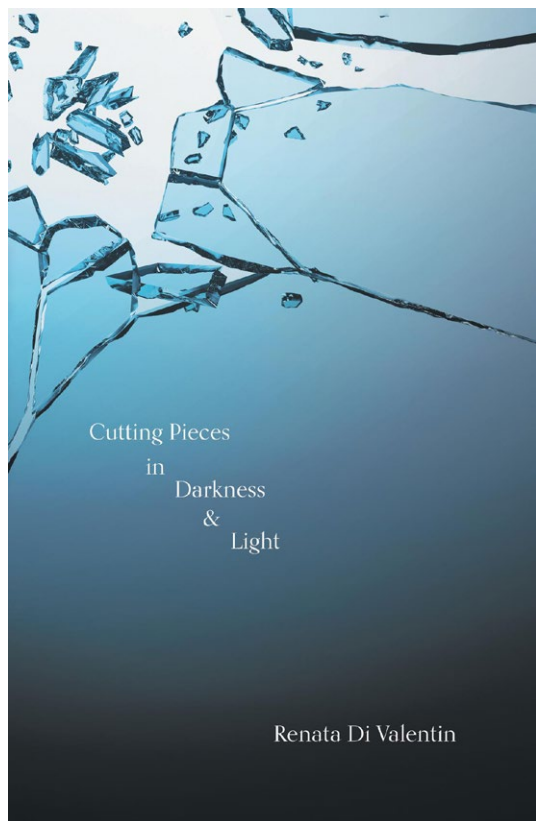
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RENATA DI VALENTIN IS A POET AND AVID READER WHO READS AT LEAST ONE BOOK every month, taking in everything from fiction to biographies and self-help books. She loves travelling and nature, where the beauty of different cultures and nature captivates her to write. Immersing herself in new cultures has turned her into a stronger version of herself, and she brings that self-reflection and awareness to her poetry.

Renata lives in Calgary with her husband and daughter, and their two cats Mango and Darrius. ■

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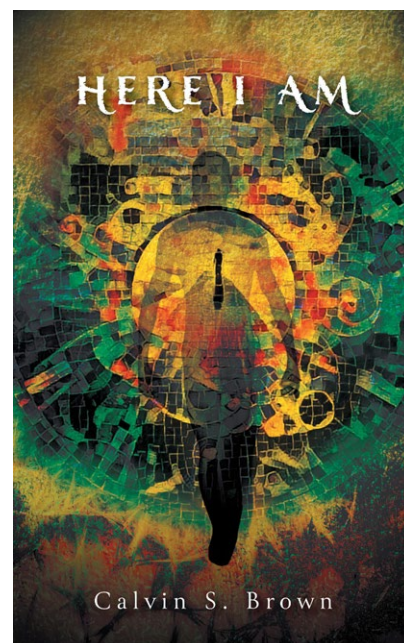
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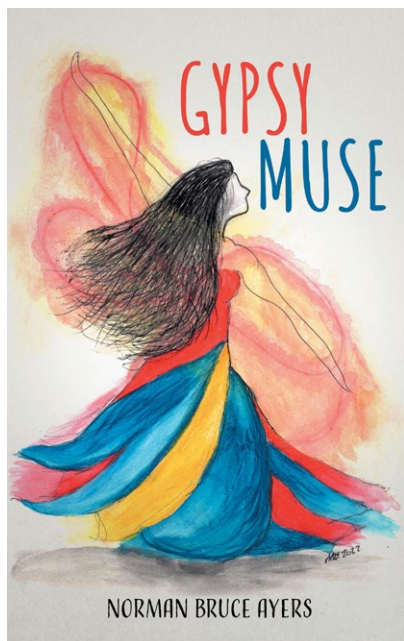
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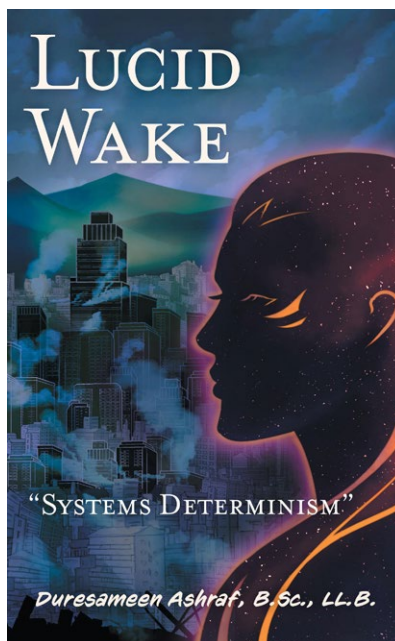
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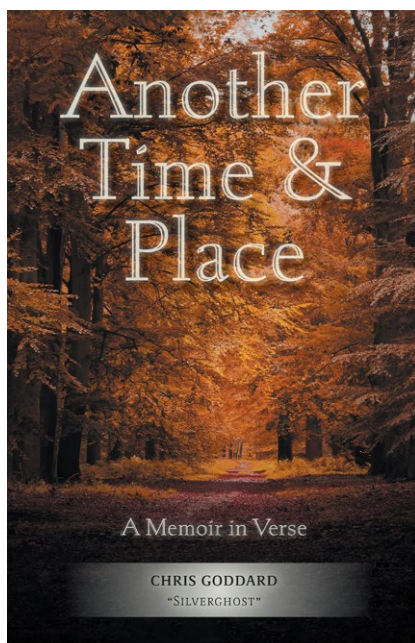
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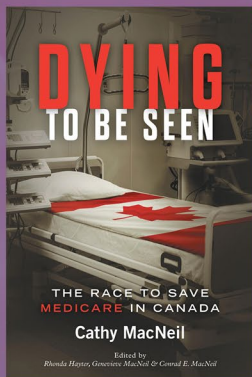
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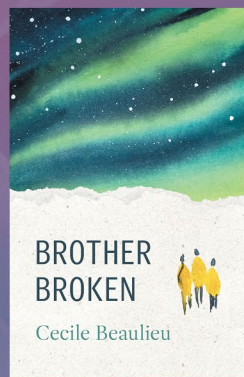
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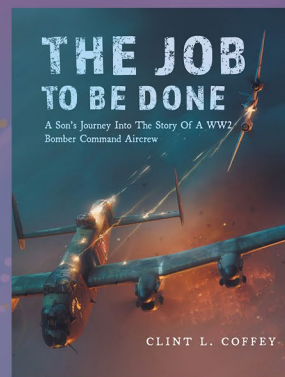
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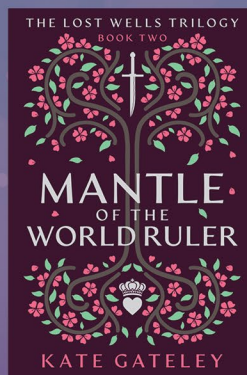
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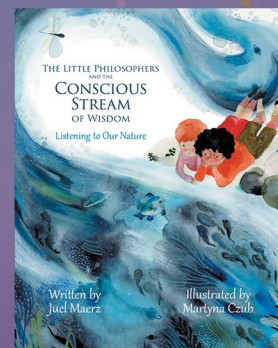
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