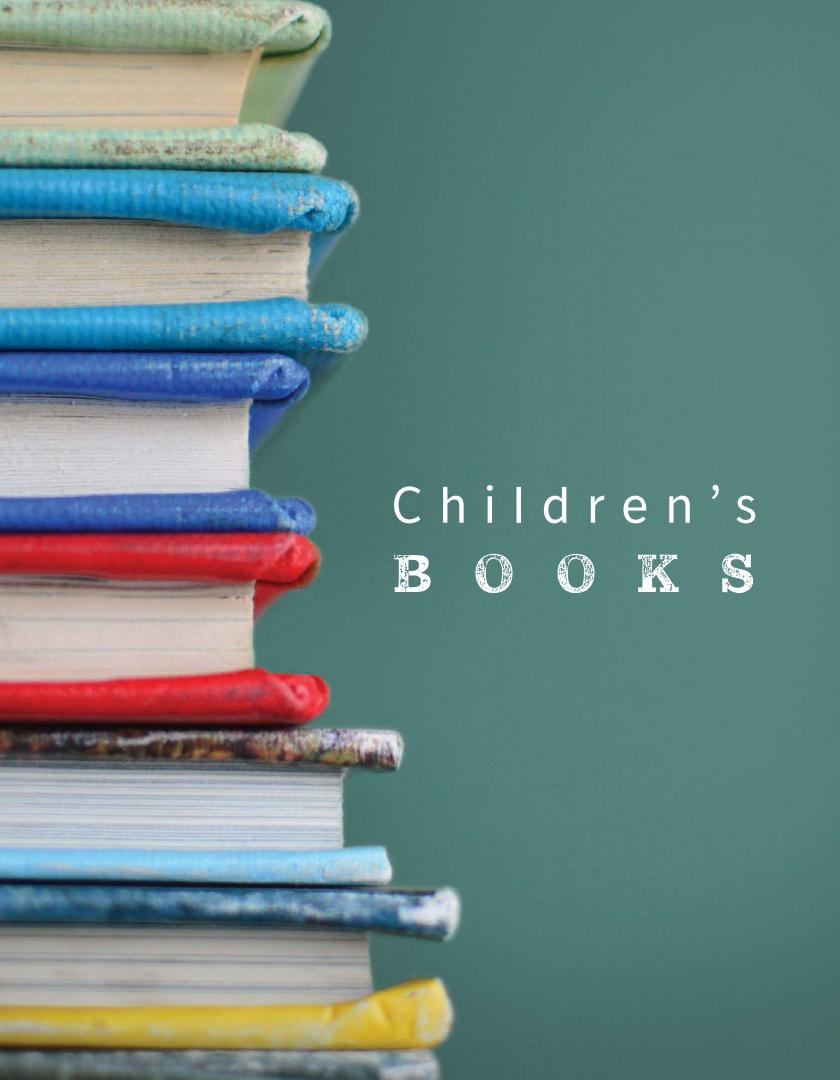


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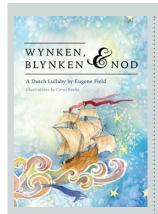
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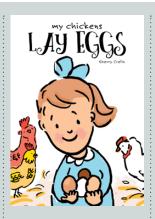
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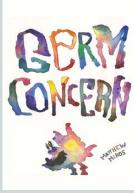
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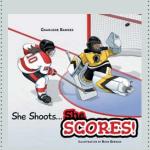
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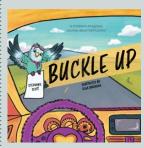
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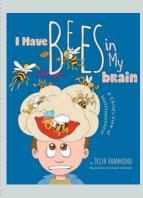
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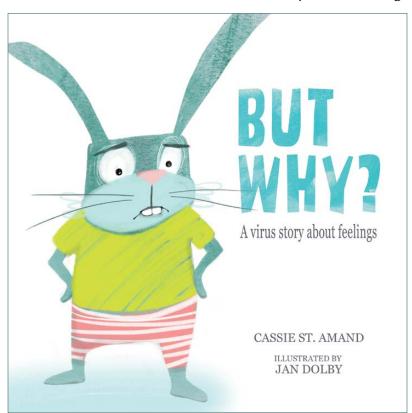
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AS AN ONTARIO QUALIFIED TEACHER WHO SPENT HER CAREER TEACHING

kindergarten and preschool, Cassie St. Amand has read more than her fair share of children's books. A level 2 certified Self-Regulation facilitator, Cassie now owns her own preschool, Apple Jacks Preschool, and will soon be opening a new nature school, East Village School.

A parenting coach who provides guidance and support to her community, Cassie lives in Toronto, Ontario, with family.■

JAN DOLBY IS A CHILDREN'S ILLUSTRATOR WHO LIKES TO WASH HER HANDS with lots of soap. You can see more of her work at jandolby.com.■

BY CASSIE ST. AMAND

EVERYTHING HAS CHANGED OVERNIGHT, AND RABBIT has a lot of BIG emotions to understand.

.....

There's a virus spreading all around the world, and Rabbit wants to know why. By asking questions of Mom, Rabbit uncovers something magical and powerful: all over the planet, people are taking action! They're helping to protect each other, and every kid can help, too. Even Rabbit can help to heal the world.

Through conversations with children and families, and seeing the questions and feelings of her own child, Cassie St. Amand has written a book that provides a voice for children in uncertain times everywhere. Parents and caregivers can use this resource with the children in your life, and help them ask all the BIG questions they might be too afraid to say out loud.

"But Why? is a joyfully illustrated book that gives us a timely window into life's uncertainty from a child's perspective. An inspirational book that fosters an invitation for children to explore their emotions while providing wise guidance. I LOVED it!"

> -Dr Adrienne McRuvie, B.A, D.C., Oma Chiropractic and Wellness

"We received (the) book a few weeks ago, and we sincerely really like it. Well done! Really, I love kids books, and I love your story—it is accessible, playful, and very informative. I also love the illustrations! Such an enjoyable read"

-Caitriona Keown, mother

"This book was really helpful and thus we feel it is a must read for every family. The language allows for clear and honest conversations with our young children around the events going on that are affecting us all. The illustrations are absolutely stunning. My child loved picking this book up again and again."

-Samantha Chin, The Rock Store, mother

"... an incredible book and captured how kids (and even larger kids like me) are feeling with all the changes COVID has thrown at us"

> —Steve Purificati, Client Service Manager, Real Food for Real Kids

BY ANNA FUNK

DUG & RUSTLEThe Bear Brothers

IT'S A BEAUTIFUL DAY IN THE FOREST, AND SULLY THE SKUNK IS OUT LOOKING for lunch. He spots a delicious-looking beetle, so he chases after it through a hollow log. However, while the beetle escapes, Sully gets stuck halfway through the log, with his head sticking out one end, and his tail out the other! He wiggles and wiggles, but he can't free himself.

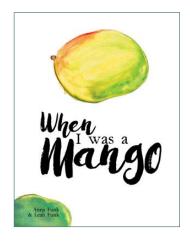
Who will be the Good Samaritan and lend a hand?

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"The profound value of simple human kindness, the timeless Good Samaritan story, is delightfully retold through the warm hearts and keen eyes of two adventure-bound young cubs. When they choose to view an interruption in their carefree play as an opportunity to give a hand, rewards are shared all around. A beary good book for children of every age!"

-Theresa McRae White

ANNA FUNK IS A CANADIAN AUTHOR. WRITING FOR HER IS A HOBBY, AS SHE enjoys reading books with her children. Her first publication was *When I Was a Mango* (2017). The adventures of her husband, daughter, and two sons inspired her to write her second book, *Dug & Rustle*. Anna currently resides in Chilliwack, BC, with her family.



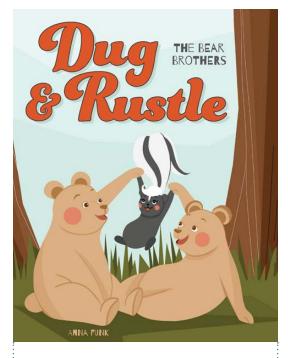
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When I Was a Mango

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A BUG, A SLUG, AND A LADYBUG

A BUG, A SLUG, AND A LADYBUG Julian Klazkin Illustrated by Liaa Laubach

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BY JULIAN KLAZKIN

A BUG IS A BUG, AND A SLUG IS A SLUG. AND EVERYONE KNOWS . . . BUGS AND slugs DO NOT mix! But when Barney the bug and Sally the slug fall in love, bugs everywhere begin to question what they were so sure of before. The entire bug kingdom watches as these two brave lovebugs take the matter to the supreme

bug court to plead their case for bugs and slugs to be together, despite their differences. The judges are divided, but one smart ladybug, Ruth Bader Ladybug, sees to the heart of the matter. Follow along as Barney and Sally fight the law for love.

A Bug, A Slug, and A Ladybug introduces children to the judicial system and how to fight for their beliefs. Following the story of Barney the bug and Sally the slug, young readers learn of marriage equality, diverse family units, and the heroic legal ladybug modeled after Supreme Court Justice Ruth Bader Ginsburg.

"A clever take on teaching young readers about the justice system."

-Kirkus Reviews

"The Ruth The whole Ruth And nothing but the Ruth Ruth Bader Ladybug brings justice to the Bug Kingdom!"

ATTN. ELEMENTARY SCHOOL TEACHERS:

Free lesson plans to be used with the book are available from the author.

You may request them at bugandaslug@gmail.com

IULIAN KLAZKIN PRACTICED LAW IN THE FEDERAL GOVERNMENT FOR MORE THAN

thirty years, specializing in health care legal matters. Julian also taught community college, worked as a disc jockey (DJ), and currently volunteers as a docent for a museum in Washington, DC. No matter the environment, every day Julian witnessed the importance of teaching children about standing up for their beliefs and values, as well as how to use the court system, when necessary, to fully realize justice and equality for all. These experiences inspired Julian to write educational children's books, including *A Bug, A Slug, and A Ladybug* and many other such stories.

Julian has two adult children and lives in Bethesda, Maryland with his wife. *A Bug, A Slug, and A Ladybug* is Julian's first publication, introducing children to the legal powerhouse that is Ruth Bader Ginsburg . . . or Ruth Bader Ladybug, in this case. Stay tuned for more of Julian's work and more of Ruth Bader Ladybug! Julian may be contacted at bugandaslug@gmail.com

LISA LAUBACH HAS BEEN FULFILLING HER DREAM OF ILLUSTRATING BOOKS FOR

several years. Specializing in children's picture books, her credits include *Kayla* and *Kyle Plant Corn, Wally and His Adventures with Cleo, Nom Nom Nom,* and *Our Family Picture*. She has also illustrated some larger works, such as the memoir *A Boomer's Life*. Lisa lives in Bangor, Pennsylvania with her husband and two children. Lisa may be contacted at creativeillustrations2@gmail.com

BY LISA BUSBICE BOSS

THE MUSIC INSIDE MY HEART

THE THIRD-GRADE STUDENTS OF HARMONY PARK ELEMENTARY LOVE MUSIC class! That's where a little Grey Goose, who looks more like a duck, leads them on musical adventures through singing, playing instruments, moving, creating, composing, and analyzing music. Mrs. Boss, the music teacher, promises the children that Grey Goose can even help them answer an important question: What makes Harmony Park Elementary the best school for one hundred million miles? But when Grey Goose goes missing, the students find themselves with a mystery on their hands.

.....

Young readers will love joining the children on their quest to search for clues, while having fun and learning musical concepts along the way. Teachers and parents will appreciate how the story encourages positive interactions, supports learning and team building, provides a mindful activity, and creates an uplifting message about self-identity.

www.themusicinsidemyheart.com

"What a lovely book! It is apparent that Mrs. Boss was a teacher because she brings a sense of realism to Harmony Park Elementary School. You feel as though you are back in third grade again with the best music teacher ever! The reader learns musical concepts while solving a mystery making it an enjoyable read for the adult and/or child. The illustrations are delightful and add to the charm of the book. I think this book should be a part of every elementary schools media collection."

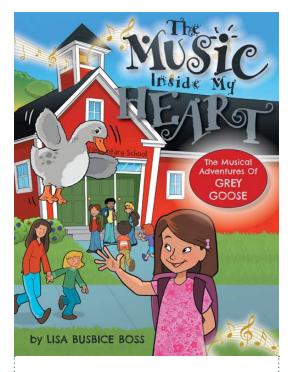
-Amazon Reviewer

"The students of Harmony Park Elementary have a mystery to solve. Young readers are sure to love joining the quest, learning musical concepts along the way. As a teacher, Lisa knows firsthand how important it is for children to learn team building, self-identity, encouraging positive interactions."

-Barnes & Noble Reviewer

LISA BUSBICE BOSS HAS HER BACHELOR OF SCIENCE DEGREE IN MUSIC education and her Master of Education degree in counseling from the University of Maryland, College Park. A retired vocal/ general music teacher and chorus director for thirty-two years, she taught thousands of students from kindergarten to Grade 5 in the Howard County Public School System in Maryland. Her amazing school choruses have received widespread recognition for performing concerts at the National Pageant of Peace on the Ellipse in Washington, D.C.; numerous senior, 50+, and assisted living centers; community and school events; and singing "The Star-Spangled Banner" at the Frederick Keys minor league baseball games. Lisa has also been a judge and teacher participant with the Howard County Children's Chorus and the Howard County Festival Chorus. Throughout her career, she has written numerous songs, skits, plays, and musicals.

Lisa resides with her loving husband, John, in Eldersburg, Maryland. They have two beloved children, Kristy and Matthew, and an adorable granddaughter, Kinsley.



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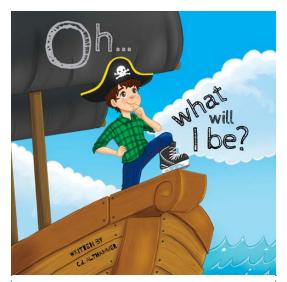
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OH... WHAT WILL I BE?





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BENJAMIN HAS DECIDED THAT THE TIME HAS COME FOR HIM TO FIGURE OUT WHAT to do with his life. After all, he points out, he is almost six, and all he knows are a few magic tricks. Benjamin's mother, charmed, patiently listens and encourages

.....

the exploration of her boy's big dreams. They consider different jobs and their challenges, including being a dump-truck driver and having to dislodge his truck from the muck.

Oh... What Will I Be? is a sweet tribute to the powers of maternal love and encouragement. "Whatever you do, wherever you go, whoever you become," the mother tells her boy, "you will always be my number one."

www.cjalthammer.com

Very sweet book about encouraging a child to believe they can be anything they desire when they grow up. The book is filled with simple, but warm and colorful illustrations. They pair well with the rhyming text which is in a soft font. The author also varies the size and color of the font on each page. This adds an enjoyable texture to each page. I could also see this being helpful for early readers. They may be more willing to try reading the large printed words first, which can help build their reading confidence. As for the story, the reader follows the main character as he imagines many different future opportunities. Lots of familiar scenes kids and parents can discuss. A great bedtime story. Good for early readers. A book kids will enjoy many times over.

-Amazon Reviewer

An endearing tale about a young boy with big aspirations and lots of curiosity about who he will become; and the bond with his supportive, nurturing mother. Filled with the loving words and maternal encouragement, the story is filled with a sweet innocence of a very young boy. A sweet bed time story for preschoolers filled with love and positivity.

-Amazon Reviewer

"Oh... What Will I Be? is a charming and engaging bedtime story with colourful illustrations. The message of this story is positive, heartfelt and full of love. My children adore this book; it's a new favourite in our house.

-Amazon Reviewer

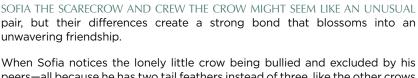
C. J. ALTHAMMER LIVES ON A FARM IN A SMALL TOWN IN SASKATCHEWAN WITH

her husband and two dogs. This is her first book, which was inspired by a question that consumes so many little minds: What will I be? She hopes the imagination and support shown in these pages resonate with parents and their children.

BY C.J. ALTHAMMER

UNLIKELY FRIENDS **Encouraging Friendship**,

Diversity & Anti-Bullying



.....

peers—all because he has two tail feathers instead of three, like the other crows have—she courageously calls out to him. They soon relish in one another's company, laughing and playing together. One day, their number of friends multiply when Sofia has the opportunity to confront Crew's bullies by helping them understand that . . .

"Big and tall, or short and small, two legs or four, and for some, even more: we're all different and unique in our own way, but that shouldn't mean we can't be friends and play."

Unlikely Friends promotes empathy and acceptance, teaches children how hurtful bullying is to others, and empowers them to befriend and defend victims of bullying.

www.cjalthammer.com

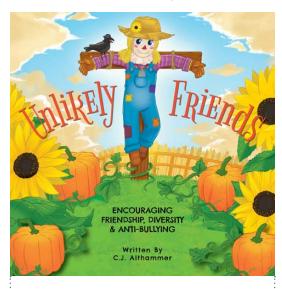
C.J. ALTHAMMER UNDERSTANDS FIRSTHAND WHAT IT'S LIKE TO BE BULLIED AS A

child. She hopes that this book will help teach children from a young age to accept others the way they are and that bullying is unacceptable, encouraging them to stand up for others being bullied.

C.J. Althammer is also the author of the children's book, Oh... What Will I Be?.

Now a full-time writer, Ms. Althammer and her husband call the Saskatchewan prairies home.

You can visit her online at www.cjalthammer.com or on Instagram (@CJ Althammer).■



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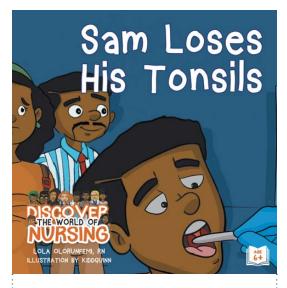
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SAM LOSES HIS TONSILS

BY LOLA OLORUNFEMI



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.....

www.lolaempowers.com

"This is an approachable tool for children requiring ENT procedures . . . A helpful manual for children in similar situations."

-Kirkus Reviews

LOLA OLORUNFEMI HAS BEEN A REGISTERED NURSE IN BOTH THE UNITED STATES

and Canada for over 11 years now. With a Master's degree in Nursing (with a focus on leadership in healthcare systems) and a certificate in Nursing Informatics and Legal Nurse Consulting under her belt, Lola is also the Executive Director and CEO of LolaEmpowers and DSGHealthConsulting Inc.

Lola continues to participate as a member of many international organizations including the Sigma Theta Tau nursing organisation, Phi Theta Kappa honors society, American Association of Critical-Care Nurses, American Association of Legal Nurse Consultants, and the Project Management Institute. She currently works as the Director at Large for the Legal Nurse Consultant Association of Canada and is a Faculty and Nurse Educator in one of the Universities in Alberta, Canada.

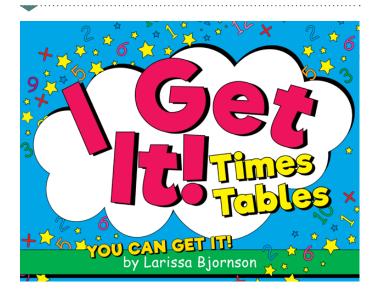
Sam Loses His Tonsils is Lola's first children's book, the first of many focused on kids and health. She is married with three children.■

BY LARISSA **BJORNSON**

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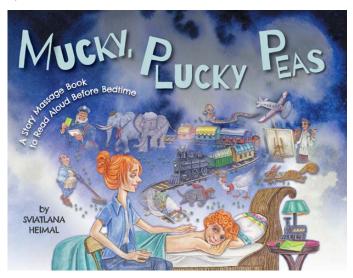
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chickens and snakes and elephants too on a long, difficult journey to its final destination. Mucky, Plucky Peas shows you how to make the story come alive on your child's back through an interactive form of massage known as story massage.

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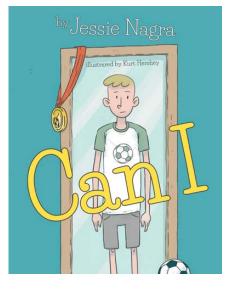
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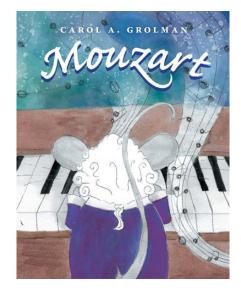
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JOHNNY IS GETTING READY VERY, VERY SLOWLY FOR A SOCCER

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Can Johnny find the courage to be honest with his dad? And can Dad accept that his son wants something different? Is there a world beyond soccer?

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Children and parents alike will enjoy this timeless tale of how to deal with conflict and come out smiling.■

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MOUZART IS A MUSICAL MOUSE WHO LIVES IN MY PIANO AND

plays by the light of the moon. There's a big problem, though—he won't let me sleep! In the middle of the night, while I'm lying in bed, Mouzart bounces around the piano, creating lively songs. He's quite a creative little mouse, but I am so tired! I wish he would move out soon. What can I do? Mouzart, finish that tune!

In this delightful story and song, author and singer/songwriter Carol A. Grolman brings a genuine experience to life. You can imagine her surprise when, very early one morning, her piano started to play all by itself! When her husband looked inside, it was clear that a mouse had made his home there. Every night the mouse would run up and down the hammers, not letting anyone sleep! Being the little composer that he was, he eventually earned himself the name "Mouzart." Named after W. A. Mozart, *Mouzart* will be a true delight to anyone, especially those with an interest in music. Everybody can enjoy singing along, asking the mischievous Mouzart to please let Carol and her husband get some sleep.

www.carolcreates.com

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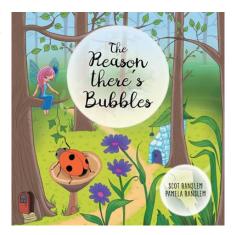
BY SCOT RANSLEM & PAMELA RANSLEM

THE REASON THERE'S BUBBLES

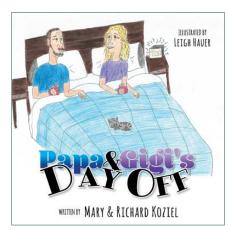
BY MARY KOZIEL & RICHARD KOZIEL

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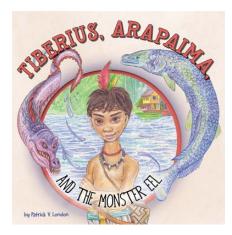
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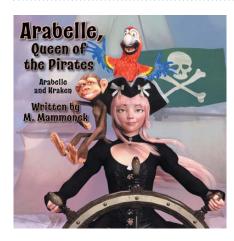
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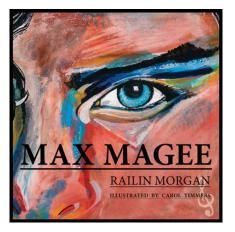
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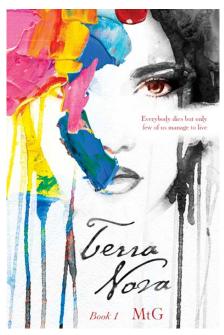
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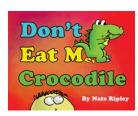
to school and hanging out with friends—until mysterious, severe symptoms begin appearing. After passing out in the middle of a party, life as she knows it spirals beyond her grasp. She is then diagnosed with a rare, genetic blood disorder that causes her body's white blood cells to kill the red ones. In the delirium of her deteriorating health, a door to a parallel world opens before her; however, once she steps through it, the portal closes, and she is unable to return to Earth.

The place Evangeline now finds herself in is called Terra Nova, a world wherein vampires rule supreme, with no traces of humanity left to speak of. Curious but afraid, she quickly learns that Terra Nova is not the shadow-side of Earth, but rather the tragic result of government experimentation. In order to survive, she must keep her mind open and accept the changes her body is undergoing; soon enough, those who she initially thinks are murderers become her trainers, whose help she must enlist if she ever hopes to return home—and soon enough, a romantic bond begins to bloom.

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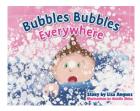
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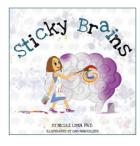
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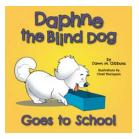
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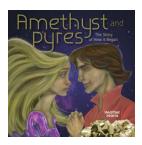
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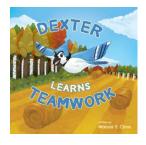
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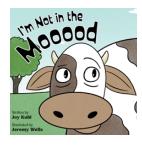
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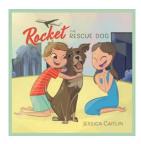
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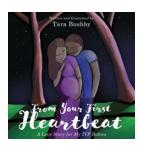
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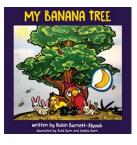
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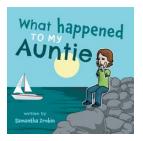
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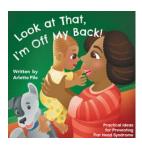
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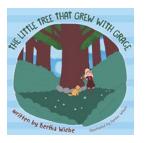
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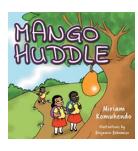
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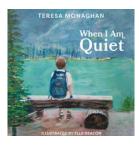
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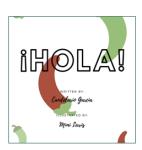
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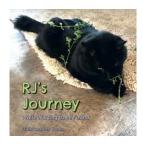
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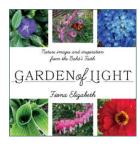
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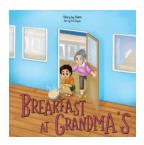
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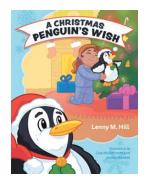
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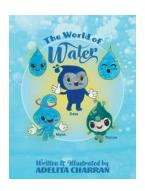
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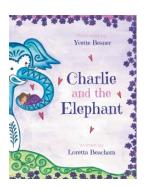
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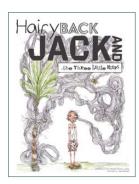
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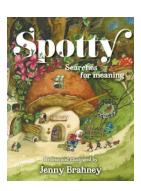
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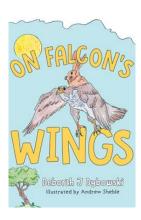
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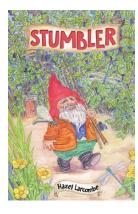
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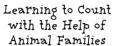
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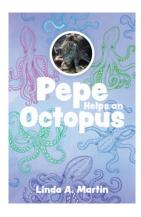
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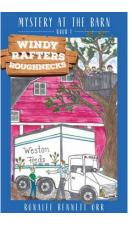
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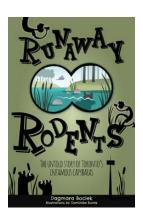
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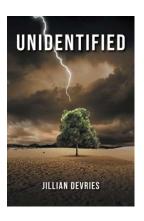
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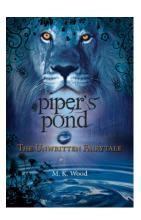
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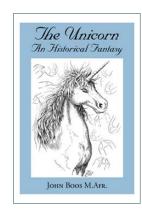
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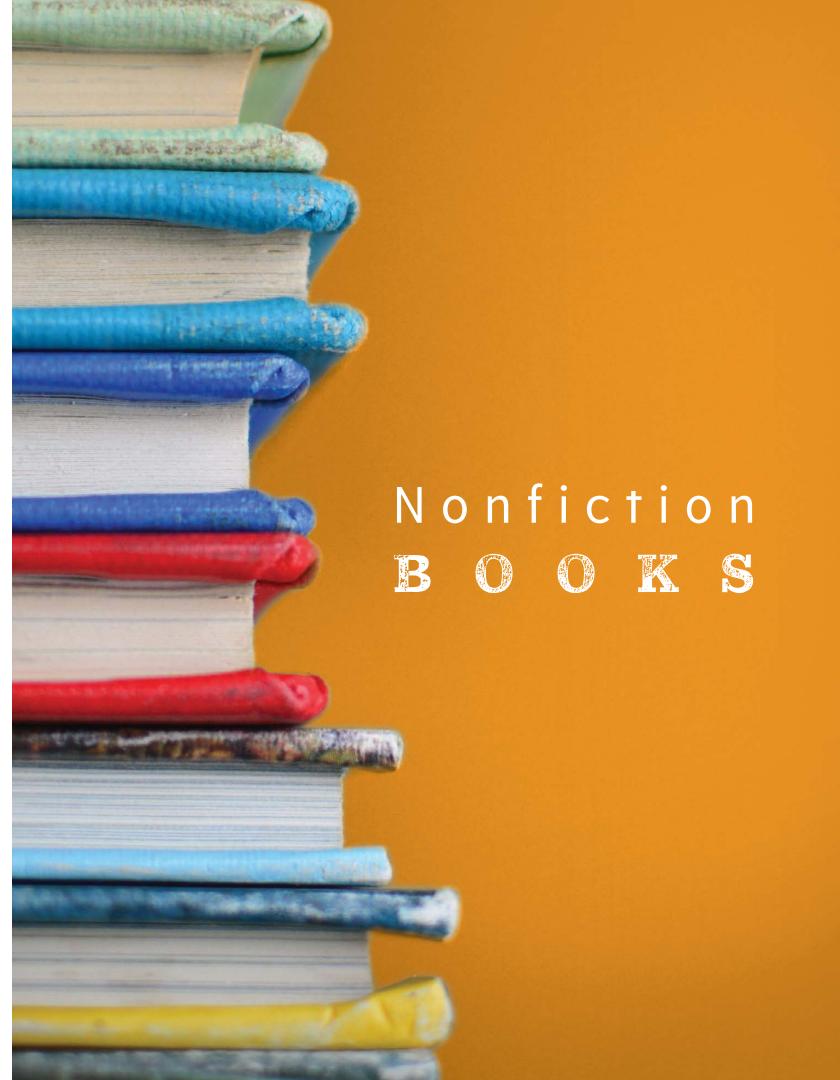
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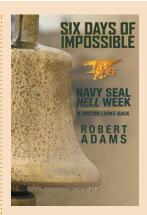
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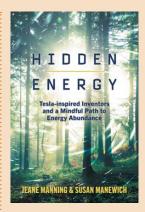
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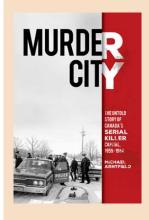
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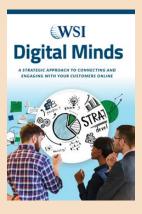
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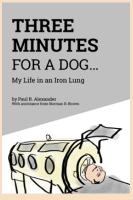


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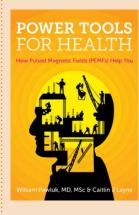
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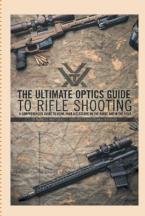
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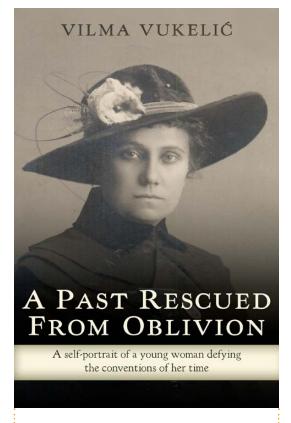
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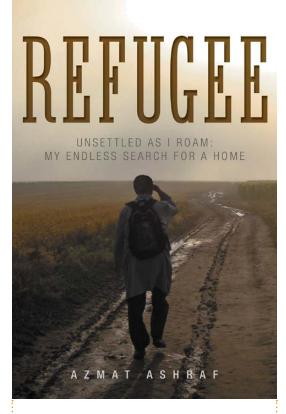
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AZMAT ASHRAF LIVES IN ONTARIO, CANADA WITH HIS SPOUSE. THEIR GROWING

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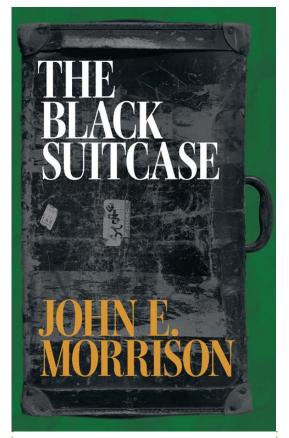
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Digging into the first ten years of her life, Atmane uncovered secrets and hidden treasure. Blame and anger turned to wonder and curiosity. Emotions and trauma in those first ten years defined her; yet, her ability to survive and the techniques she developed also came to shape who she had become. In *Getting Here From There*, Ms. Atmane proves that where you start has no bearing on where you can end up.

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There was a dark side to her family. There were villains. Thankfully, there was also survival. *Getting Here From There* will show you how one woman came to forgive and even thank the people who mistreated her.

www.claraatmane.com

"The book's tone is candid in expressing difficult instances and inner turmoil, including struggles to overcome an eating disorder, constant fear arising from growing up in a dysfunctional family, and feelings of loneliness. Its present-set diary entries recount past events alongside everyday activities and feelings, resulting in a close, comprehensive account.

Thoughtful and inspiring, Getting Here From There is a memoir about overcoming childhood trauma."

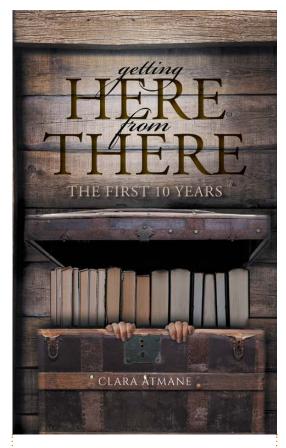
-Edith Wairimu, Foreword Clarion Reviews ★ ★ ★

WORKING FOR MANY YEARS AS A SOCIAL WORKER AND THEN A LAWYER WITH

victims of abuse, the author has firsthand insight into how our criminal justice system fails victims and has seen how the very methods people use to protect themselves can actually make them compromised witnesses. As an abuse victim herself, she knows the shame of hidden secrets, the feelings of unworthiness, the impatience waiting for justice, the extreme difficulty in telling the truth, and the relief of survival.

The truth is often hurtful and often misses its mark causing the wrong people to suffer. So all names have been changed and locations made anonymous to avoid causing harm.

The author lives with best buddy, her dog, Casey, surrounded by her extended family of friends.■



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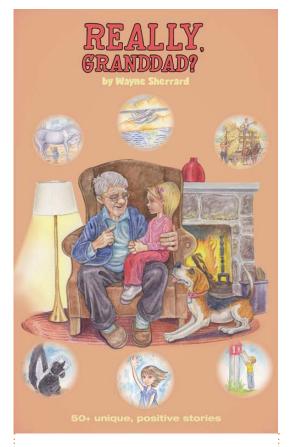
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REALLY, GRANDDAD?

BY WAYNE SHERRARD



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A YOUNG GIRL CLIMBS UP ON HER GRANDFATHER'S KNEE, LOOKS UP AT HIM WITH

her big eyes and says, "Granddad, tell me another story." And Granddad is happy to oblige.

These are the tales of Wayne Sherrard. Some are homespun, workaday little family stories and some are far more dramatic—from encountering the vengeful side of gophers and discovering the personalities of cows to creating a (short-lived) teen pirate radio station and fighting to get maple tree sap. The settings are fascinating rural locations in the Canadian Maritimes, Ontario, Europe, Alberta, and Canada's Arctic. They succinctly capture memorable moments of life for a boy growing up in an air force family during the fifties and sixties and entering young manhood in the 1970s.

Really, Granddad? is a collection of fifty very short, highly entertaining, positive stories for both children and adults. This book chronicles the arc of a mischievous little boy to a young man of ethics, and celebrates the power and beauty of family love across the generations.

www.waynesherrardbooks.com

"Many nostalgia lovers will enjoy Sherrard's homespun humor and familiar situations. Who hasn't heard a tale about a silly boy sticking his tongue on a freezing metal railing? And many people know how pesky—and ridiculously funny—those doggone gophers can be, especially when one chases the family dog. Complete with cute sketches by the author and black-and-white family photographs, these mostly cheerful vignettes feel as comforting as old Reader's Digest stories about glory days on the farm.

Sweet, sentimental slices of simpler times."

-Kirkus Reviews

"I loved this book. It's almost like chicken soup for the soul but with a grandfather talking to his granddaughter. The stories are easy to read with some making you laugh and some making you cry (in a good way). This book is great for all ages; my kids loved the stories I read to them."

-Christy, Amazon Customer

"Fun and loving stories for the family. What a beautiful book full of adventures and heart warming stories that my nieces and nephew loved. They enjoyed hearing about life the way it was for someone their age in the 50's and 60's. I loved it for the same reasons since the author paints a very vivid world based on true stories of his life. I would read this book on my own and I recommend it as a book to read the family or for bedtime stories. I definitely got a few, "Really, Auntie?!"s.

-CAS, Amazon Customer

WAYNE SHERRARD GREW UP IN A ROYAL CANADIAN AIR FORCE FAMILY AND LIVED

on seven different military air bases before he turned eighteen. He became a Queen Scout as a teenager and grew up to become an electrical engineer, which often took him into Canada's fascinating, beautiful, and unforgiving Arctic. While running a high-tech manufacturing company, he began writing manuals for his products, fell in love with writing, and started to study creative writing and read the great authors.

When he's not writing and reading, he's painting contemporary art, which you can find at www.waynesherrard.com. Wayne is now retired from engineering and lives in Edmonton, Alberta with his wife and muse Eileen, with whom he shares three adult children and three grandchildren.

BY ROY GETMAN GOD'S BIG COAST

STILL WATERS RUN DEEP, AND FOR ONE MAN, THE DRAW OF THE SEA'S DEEP WATERS

would direct the course of his entire life a life full to overflowing with humor, drama, kinship, and a pure and abiding faith that keeps him afloat even in the darkest of storms.

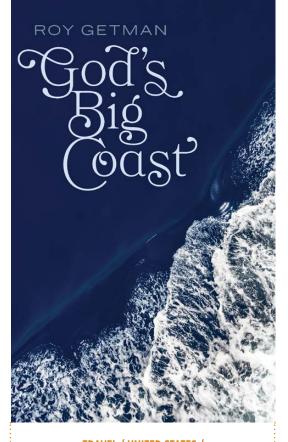
These are his stories, and through them, the author invites you to feel the wind in your hair, the sea spray on your face, and the buoyancy of spirit that can only be truly felt when in the company of good friends and family.

VISIONARY AND FOUNDER OF THE HIGHLY REGARDED COASTAL MISSIONS SOCIETY.

and designer of the "Canadian documented steel vessel" Coastal Messenger, Roy Getman widely known as Uncle Roy started his life as a barefooted hillbilly kid from Dixie Mountain, but after his father purchased a ship in 1948, intending to move the family logging and sawmilling business to Alaska, Roy got his first taste of life on the water, and never looked back.

Now retired from his position as skipper/operator of the mission vessel, Roy lives on Vancouver Island, British Columbia, with Rachel, his wife of sixty years. Both of them remain active within the Society.

"If you have an idea or pursuit, then step out and do it. Some things do not turn out as imagined. So what? Step out anyway. Make your life full." —Uncle Roy■



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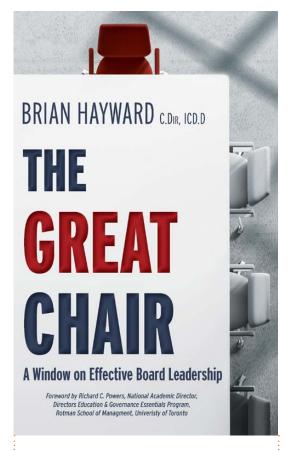
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"Anyone looking to master the 'multi-party negotiations' that define board meetings will find this a valuable resource. An insightful and practical leadership primer."

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"I hope others can also find inspiration and motivation by reading his book about never giving up. That's what I took away from it."

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THE WORD ROGUE HAS MANY DIFFERENT MEANINGS-SOME CAUTIONARY, OTHERS

unflattering, and yet some whimsical and benevolent.

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THE ADDICTION RECOVERY HANDBOOK

Understanding Addiction and Culture and Creating a Prosperous Human Spirit

BY RICHARD W. CLARK

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WHAT RICHARD CLARK PRESENTS IN THE ADDICTION RECOVERY HANDBOOK:

Understanding Addiction and Culture is long overdue. Since 1939, Bill Wilson's important and influential books, Alcoholics Anonymous and AA's Twelve Steps and Twelve Traditions, have helped millions of people struggling with addiction to recover. In more than 80 years since then, a lot has changed: the definition of addiction, its demographics, social attitudes to addiction, politics, religious influence, treatment modalities, and the epidemiology of the illness. These have taken tolls on our modern network of relationships and treatment that culture and community now depend upon.

The Addiction Recovery Handbook examines the changing historical views of addiction, outlines how this culture developed its contemporary perceptions and values, and how society contributes to this growing problem. He proposes AA's traditional religious model of God's help-and-forgiveness can no longer address the needs of a diverse and largely irreligious society where atheism is becoming mainstream. His updated analysis of the traditional 'AA' approach proposes that self-understanding and awareness—through knowledge and education, psychology, and compassion, be the significant components of any recovery framework.

This will guide both caregivers and addicts to develop expertise regarding more successful treatment and recovery protocols. This would be in a supportive environment of self-knowledge and mutual respect, whether theist or atheist. All concerned will acquire the ability to live a spiritual life, which is clearly defined.

The Addiction Recovery Handbook is an interesting and readable book and is intended for everyone: addicts, medical professionals, counsellors, therapists, clients, sponsors, social workers, family members, partners, friends, employers—every stakeholder in a healthy, non-judgmental society that cares about the wellbeing of all its members.

www.greenroomlectures.ca

"I read Richard Clark's earlier book Spiritual Transformation which is an extraordinary document. I learned more about the twelve steps in reading (and re-reading) that book than in thirty years of AA meetings. This book, The Addiction Recovery Handbook, is another extraordinary work by Mr. Clark. He has shaken up some commonly held beliefs as to where the solutions lie in our current addictions crises. It methodically destroys beliefs that keep people shackled to lives of misery and despair. Both books are a very interesting read with some very astute observations. They are challenging but well worth the time and effort."

-From T.P, British Columbia

"I'm slowly making my way through The Addiction Recovery Handbook. It's incredible. I'm finding it astoundingly lucid and precise."

-From J.M., MA, MSW, British Columbia

RICHARD CLARK IS AN ADDICTION COUNSELLOR WITH AN INTERNATIONALLY RECOGNIZED CANADIAN CERTIFICATION (CACII). HE ALSO

holds certificates in group therapy and university-level Adult Education. He has been in private practice since 1984 as a counsellor, consultant, therapist, and educator, with a special interest in resolving addiction, relationship conflict, and healing trauma (such as PTSD) through a combination of talk therapy, addiction recovery, Emotional Freedom Techniques (EFT) and Self-Regulating Therapy (SRT).

In addition to the field of addictions, Richard has given seminars internationally on sexuality, communications, family violence, spirituality, atheism, relationships, applied problem solving, religion, Buddhism, counseling, therapy, and energy psychology. He has shared his knowledge with over 90,000 people. His work has taken him to Russia, the United States, Canada, England, Israel, Ukraine, and China. He has offered his expertise within Corrections Canada, prisons in the USA, recovery facilities, treatment centers, First Nations, and private industry. He lives near Vancouver, British Columbia, where he enjoys making music with his collection of guitars.

BY WOLF SCHAMBERGER

READ MY HIPS!

Suffering Needless Pelvic, Limb, or Back Pain? Time to Check your Alignment!

"I FEEL TWISTED", "I LOOK CROOKED IN THE MIRROR", "MY PROBLEMS HAVE BEEN

going on for years", "I have tried every kind of treatment" are commonly heard statements. Whether you have complaints or not, it's time to look at your body alignment, given that the pelvis and spine are not properly aligned in 80% of us. Think of a car that has an alignment problem! The tires wear differently and the car may wiggle and wobble, eventually causing structural damage to the frame and steering mechanism. We are not so different. Unwanted stresses caused by malalignment can affect every part of your body. You may feel it, for example, as "low back pain", a "bursitis", "tight hamstrings". This book starts by explaining how your pelvis and spine function when in alignment and what happens when things go wrong. It describes some easy ways to recognize and treat the three most common ways the pelvis goes out of alignment. Then it outlines the "malalignment syndrome"-the typical changes and complaints associated with malalignment that, unfortunately, often lead to unwarranted investigation, misdiagnosis, and inappropriate and sometimes harmful treatment. After discussing the impact on various sports, it provides a comprehensive treatment approach aimed at achieving and maintaining your alignment making use of appropriate complementary techniques and encouraging your regular participation to achieve lasting results.

www.wolfschamberger.com

"A productive read for those seeking simple solutions to the hip alignment puzzle."

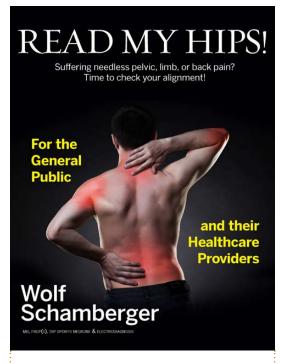
-Kirkus Reviews

"Straightforward language and unambiguous explanations... Read My Hips! is a comprehensive health book about spinal and pelvis misalignment."

-Foreword Clarion Review ★ ★ ★ ★

"Dr. Schamberger's team approach is the way of the future. Every physician, every health worker and every patient would greatly benefit by studying Read My Hips!.

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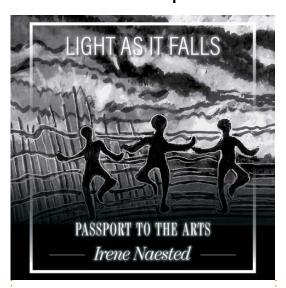
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THE AUTHOR WAS BORN IN SINN ON THE LAST DAY OF SUMMER AND BROUGHT UP IN WORMS, FAMOUS FOR LUTHER'S DIET OF WORMS

that may have been his inspiration for trying to bringing about his own reformation of current medical thinking in regards to alignmentrelated problems that are so common in our population. Once he could walk, he quickly turned to sports—soccer, running, climbing, kayaking, walking the dog-to sample the various injuries that each one had to offer, something that prepared him well for a long career in rehabilitation and sports medicine. It was, however, the traumatic realization that the nagging heel pain that had spelled the end of his running dreams and had evaded medical diagnosis for seven years was resolved within minutes after some simple corrective manoeuvres carried out in 1987 by an astute osteopath, who correctly diagnosed the pain as being referred from back ligaments put under strain by his pelvis being out of alignment. He soon came to realize not only how easy it is to go out of alignment but also how anyone can learn to recognize the condition, seek help, and take preventive measures. Since then, his efforts have been aimed at getting the word out about malalignment. While his medical books have received international recognition and reached many who still have an open mind, he some time ago came to realize that it is more important in the long run to educate the person on the street, the patient, athlete, and healthcare providers, so that they can recognize whether or not they are out of alignment. This way, when they do seek help, they can hopefully avoid getting caught by those who remain ignorant of the problem and those who have come to exploit the situation by failing to offer any advice that would involve them on a day-by-day basis and increase their chances of achieving a long-term resolution. The future beckons, with more writing, teaching, workshops, meetings and, yes, yet another attempt to return to running, to sample some previously untried injuries, and hopefully pass on any new-found knowledge to you in the near future! Away from the world of malalignment, he enjoys singing with a choir, listening to classical music, reading, and hiking the trails of Port Moody and beyond.

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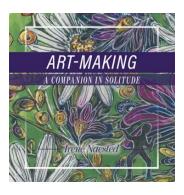
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BY IRENE NAESTED

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light and shadow, and blacks, whites, and greys. Artist and writer Dr. Irene Naested explores the philosophy, psychology, and beauty of these themes in *Light as it Falls*. This hybrid volume combines Naested's poetry, art, and photography, complemented by quotations and philosophical discussions ranging from Carl Jung's "shadow self" to the Japanese idea of "notan" (dark/light).

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-David Martin, author of *Tar Swan*

DR. IRENE NAESTED, FULL PROFESSOR AND PROFESSOR EMERITA FROM MOUNT

Royal University (MRU), is an author, visual artist and educator. She has authored numerous books, chapters, journal articles, and teacher resources on teaching and learning. Her poetry, prose and art have been published nationally and internationally. She received a teaching award from MRU and a Canadian national art teaching award from the Canadian Society for Education through Art. Irene's visual art and writing become multi-layers of exploration of ideas, insights, meditative moments, and principles of composition gleaned from nature to tell her story.

She presently writes, creates, and teaches in Calgary, where she lives with her husband, Jesper, across the Bow River from her son, Thomas, daughter-in-law, Maureen, and amazing grandson, Seeton. Irene hosts a yearly "Passport to the Arts Show and Sale" the second Sunday in September. Visit www.irenenaested.com to learn more.

BY JOHN LEO ORGAN

COLD COLD HEART

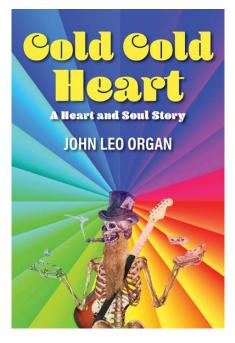
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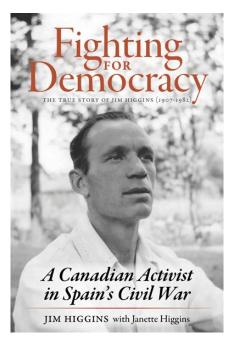
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JIM HIGGINS DEFIED CANADIAN LAW TO FIGHT FOR DEMOCRACY

in the Spanish Civil War. On return, he was branded a communist, hounded by the RCMP, and welcomed by Lincoln Battalion comrades when he sought refuge in New York.

Jim was born in London in 1907, schooled in Manchester and Bristol, and sailed to Canada at twenty-one. During the Great Depression, employers blacklisted him for union organizing, the RCMP added him to their radical files for relief camp "agitating," and he was jailed briefly when the Regina Riot ended the On-To-Ottawa Trek.

By 1937, he was with the International Brigades in Spain; a machine gunner in the Mackenzie-Papineau Battalion—the Mac-Paps. Forty years later, he was found by Manuel Alvarez, a boy whose life he'd saved during the bombing of Corbera d'Ebre. Manuel's 1980 book, *The Tall Soldier (El Soldat Alto)*, paid tribute.

The RCMP saw Jim Higgins as a radical, people whose lives he saved saw him as a hero, and for one of his actions in Spain he was described as "extraordinarily brave."

Jim Higgins saw himself as an anti-fascist, a social democrat, and an independent thinker. Readers will form their own opinions.

janettehiggins.com

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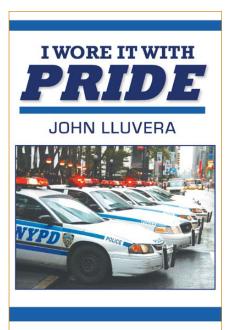
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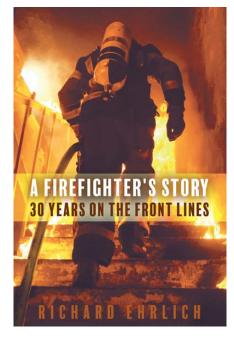
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AUTOBIOGRAPHY /
PERSONAL MEMOIRS
168 Pages
Black and White
5 x 8

THIS BOOK IS MY TRUE STORY. A STORY OF A CHILD BORN TO AN

unemployed Puerto Rican musician and a feisty Puerto Rican woman who migrated to New York City in her early twenties (1946) from a small town in Puerto Rico called Fajardo. Dad was born in New York and spoke fluid English while mom spoke very little English. I was born in the inner city slums of New York City in the borough of Manhattan. This area for the local residents was known as Spanish Harlem or better known as El Barrio.

It's a journey from no hope to full blown blessings and success. Education, support, confidence, and believing in yourself led the way out of poverty. Allowing my inner-self to guide me was vital. Darkness and despair was usually followed by a sparkling bright light. Failure was never an option. Success was always the goal.

As a Police Officer every part of my personality was tested. Police work in the 1960's, 70's, and 80's was extremely dangerous and challenging, but also fulfilling and rewarding as well. The struggles between the peaks and valleys was real and impactful at the same time. Crime was rampant and corruption within the New York City Police Department was alive and well.

As the years passed trying to maintain a healthy life style became more of a challenge than simply trying to age with grace and dignity.

This book will take you through 70 years of fighting and overcoming everything that life has to throw at you. For those of you who were born and continue to reside in impoverished communities the struggle is real, but don't ever give up. Success and happiness is right around the corner.

www.johnlluverasr.com

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A FIREFIGHTER'S STORY IS A POWERFUL MEMOIR OF A MAN'S

thirty-year career in a couple of exceptional and selfless professions.

Richard A. Ehrlich spent three decades as a professional Firefighter and paramedic with the Philadelphia Fire Department, including twenty-one years as a lieutenant. In this gripping memoir, he shares intimate tales of the reality of this life, which is filled with danger and tragedy but also, sometimes, miracles. Rick describes catastrophic fires, including one at a major oil refinery where eight firefighters died and another at a high rise office building where three more lost their lives, and he shares the story of the radical group Move and the bomb the city dropped on their row-home compound that killed eleven people, including five children. He also pays tribute to 9/11 and the courageous New York City Fire Department.

A Firefighter's Story is an homage to a remarkable profession and the men and women who take it on, told through the story of one of their own.

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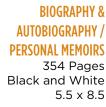
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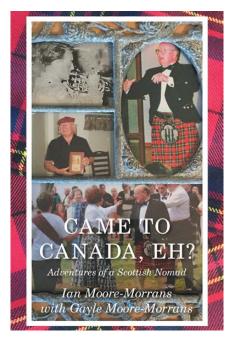
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CAME TO CANADA, EH?

Adventures of a **Scottish Nomad** BY CONSTANTINE ARGIROPOULOS

18 NAPIER STREET





BIOGRAPHY & AUTOBIOGRAPHY / **PERSONAL MEMOIRS** 360 Pages Black and White 6 x 9



HAVING EMIGRATED FROM SCOTLAND TO CANADA IN HIS EARLY

thirties. Ian Moore-Morrans was a Scotsman to the core despite his love for his adopted homeland adventurous, humorous, and determined to provide a better life for himself, his wife and two young daughters. In his first memoir, From Poverty to Poverty: A Scotsman Encounters Canada, he shared with his fascinated readers what life was like for him in the early days, from his Scottish roots to his eventual emigration.

In this sequel, we get to learn what happened next, joining him on a journey that takes him and his first wife back and forth across six provinces, with multiple stops along the way, as he struggles to survive and thrive in the face of countless obstacles that would likely have stopped a lesser man in his tracks. With love and humour in his heart, and music in his soul, this extraordinary "common" man was anything but ordinary. Throughout his life, love, laughter, and song carry him through even the toughest of times.

Even after the death of his first wife, which he describes with poignancy, he pushes on, in true Scottish fashion, eventually meeting a new love the soulmate with whom he shares his final years, full of romance, adventure, writing, singing, a heart-felt appreciation of Canada, and a continued enthusiasm for all things Scottish.

The cover photo is of Gayle's jewellery box that became lan's funeral urn, depicting lan's varied avocations-playing his trumpet in a Royal Air Force band; singing as a Scottish performer; displaying one of his published books; and dancing with a Scottish country dance group. The Leslie Clan tartan background represents the addition of "Moore" to lan's family name, as the Moore family is a sept of the Leslie Clan. (lan's first memoir displayed the McKinnon Clan tartan of which the Morranses are a sept.)

www.ianmooremorrans.com

IN THE MID-1950S, CLOSE TO A DECADE AFTER THE END OF WWII,

a mother and her six sons step off a boat that has transported them from a small village in Greece to a new home in Canada. Gus, the youngest, is four. In a tough working-class Toronto neighborhood, they rejoin Gus's alcoholic father, who is still fighting the war in his head.

Their new home at 18 Napier Street will define the next twelve years of Gus's life. Crowded under its roof are Gus, his parents, his five brothers and one sister, not to mention the resident rats and bedbugs. Food is in short supply, alcohol is not.

Through Gus's eyes we see episodes of violent interactions, experience the sting of discrimination, and witness tragedy. But Gus's world is a vibrant one: alongside him we watch him have fun with his friends, discover the thrill of go-carting, joyous street hockey, and both illicit and permitted adventures, as Gus and his friends embrace all that life has to offer. The close bonds Gus forges with his childhood friends are unbreakable.

18 Napier Street is about friendship, family, and community what rips them apart and what binds them together.

www.constantinearg.com

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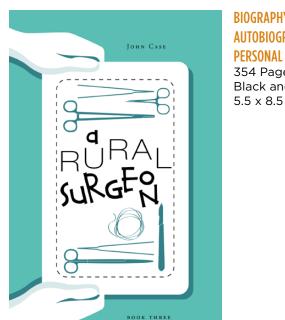
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A RURAL SURGEON

BY DR. JOHN B. CASE

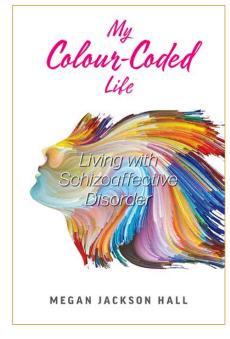


BIOGRAPHY & AUTOBIOGRAPHY / PERSONAL MEMOIRS 354 Pages Black and White

MY COLOUR-CODED LIFE

Living with **Schizoaffective Disorder**

BY MEGAN JACKSON HALL



BIOGRAPHY & AUTOBIOGRAPHY / PERSONAL MEMOIRS 438 Pages Black and White 6 x 9

A RURAL SURGEON FOLLOWS THE ADVENTURES AND

misadventures of Dr John Case and his family as they commence their new life in the Western Canadian Prairie province of Alberta, and learn first-hand of its extreme weather.

Life in another Commonwealth country ensures that there are many cultural similarities, but the Cases also experience an immense number of differences from their previous lifestyle. Discover along with Dr Case the impact of less regulation and increased personal freedom, combined with more responsible social behaviour and the helpful interdependence necessary in a remote and sparsely populated region.

A broad and wide-ranging description of life in a remote Western Canadian city from a physician's point of view, this book will appeal to readers who enjoy reading of life's diversities, tragedies, and triumphs. Physicians will recognise and find interest in the changing practice of medicine in a rapidly expanding city during a time of enormous scientific advances.

As with all of Dr Case's books, he presents a wonderful balance of laughter and tragedy. His inquisitiveness and compassion shine in his description of life as a specialist surgeon in a nonurban environment.

www.johnbcase.com

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MY COLOUR-CODED LIFE IS AN AUTOBIOGRAPHY OF ONE BRAVE

woman's life weighed down with mental illness. Using a pseudonym and changed names for legal reasons, the author shares her fascinating experiences.

The story begins with her distrust of her husband in 2000, and in 2005, her diagnosis of schizoaffective disorder. Along the way. we learn of her battle with colours and the messages she took from them—and also from food, TV, radio, music, newspapers, her guitar music, missing things, other people's clothes, and even products on the shelves. Once trust was gained in Music, she grips onto inspirational lyrics to pull her out of the quagmire she found herself sinking into. In searing honesty, she shares her triggers and offers insight on what she knows about her relapses. In the beginning, she feared colours, but over time they empowered her, made her feel blessed and able to take control of her life.

Mv Colour-Coded Life offers readers the chance to walk in the shoes of someone who's suffered greatly. Ideally, it will educate neurotypical readers and destigmatize mental illness along the

www.meganjacksonhall.ca

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DID YOU HIDE THE COOKIES? Inescapable Heartaches of

Inescapable Heartaches of Caregiving for My Love with Alzheimer's, Anxiety, and COPD

BY SAM WATTS

GOOD WORK DONE BETTER

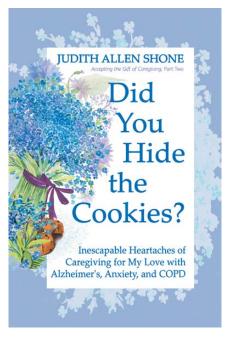
Improving the Impact of Community-Based Non-Profits

BIOGRAPHY &
AUTOBIOGRAPHY /
PERSONAL MEMOIRS
324 Pages
Black and White

6 x 9

BY IUDITH

ALLEN SHONE



SOCIAL SCIENCE / PHILANTHROPY & CHARITY

192 Pages Black and White 7 x 10



ONE DAY THERE IS A DIAGNOSIS. AND IN THAT INSTANT, YOU

become a caregiver. Now what?

Unexpectedly, Judith Allen Shone begins the journey of an unprepared and terrified caregiver when her aging loved one is diagnosed with mild cognitive impairment. In her mid-seventies and alone, she longs for assistance as she navigates the realm of Alzheimer's to find information, resources, services, and counseling.

Following the challenges that begin in *Is There Any Ice Cream?*, the stories in *Did You Hide the Cookies?* reflect candid and personal experiences with later stages of Alzheimer's disease. Shone faces demands and heartaches that ravage and exhaust her spirit as her love's memories continue to fade, anxiety attacks increase, and COPD closes in on his lungs.

Become immersed in Shone's world as she seeks to dispel the misconceptions surrounding her love's fatal diseases. Even while she eases apprehensions and encourages caregivers to find lifelines, she cannot hide the desperation she feels when, after eight years, caregiving begins to extract an emotional and physical toll. Shone finally experiences heart wrenching conflict when her love's name is added to the crisis list, moving him toward finding residence in a long-term care facility.

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IS IT POSSIBLE THAT THE ORGANIZATIONS THAT SERVE THE MOST

vulnerable people in our communities are merely applying temporary patches? Why are most North American cities unable to deal with the root causes of the social challenges they are addressing? Why are most funding models for community-based non-profits built around sustaining programs rather than creating measurable social impact?

Sam Watts, the CEO of Welcome Hall Mission in Montreal, asks some hard questions in this book, and challenges everyone—both community-based non-profit organizations (CBNPs) and donors (the rest of us)—to think seriously about the outcomes we want to see, and whether we are serious about finding permanent solutions to the societal tragedies that plague us.

Good Work Done Better: Improving the Impact of Community-Based Non-Profits makes the case that a number of critical shifts need to occur in the community-based non-profit sector. These include our perception of the problems, developing a results-oriented approach, ensuring that our activities are linked to improved outcomes, and adopting a new approach to leadership and governance of CBNPs.

www.goodworkdonebetter.com

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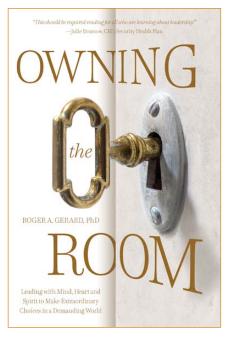
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OWNING THE ROOM

Leading with Mind, Heart and Spirit to Make Extraordinary Choices in a Demanding World

BY ROGER A. **GERARD**



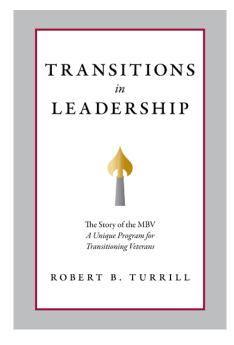
BUSINESS & ECONOMICS / LEADERSHIP

246 Pages Black and White 6 x 9

TRANSITIONS IN **LEADERSHIP**

The Story of the MBV

BY ROBERT B. TURRILL



BUSINESS & ECONOMICS / LEADERSHIP

408 Pages Black and White 6 x 9

AS A LEADER, DO YOU "OWN THE ROOM"? ARE YOU AN "extraordinary leader"?

In Owning the Room, Roger A. Gerard draws on his more than 45 years of leadership experience, both successes and mistakes, to explore these questions and reveal how leadership must be cultivated.

Leadership is not for amateurs! It must be learned on the ground, by being a leader, and doing the hard work of leading others. Frankly, it's the only way. In this book, Gerard serves as your holistic leadership coach and mentor-a voice that has been there, done that, and is still learning many years later.

Owning the Room is segmented into three parts—Leadership Action as Intention, Making it Happen, and Deepening the Learning—and focuses on three fundamental dynamics of leadership:

- Inspiring the mind through knowledge, 1.
- 2. Inspiring the heart through care,
- 3. Inspiring purpose through accomplishment and humility along the way.

Owning the Room details not only the "how to's" of ideal leadership, but also goes in-depth about what must happen when things go wrong. Effective leaders inspire people to hope, to focus on the possible, and to rise beyond. Take the keys in this book to own your room.

www.sloangerard.com

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TRANSITIONS IN LEADERSHIP IS THE STORY OF A VETERANS'

transition program conducted at the university level for men and women of the armed forces as they transition from a military career and mindset to a civilian career and mindset. This unique master of business for veterans (MBV), offered to an academic cohort made up of military veterans at the University of Southern California's Marshall School of Business, has turned out almost 500 graduates to date.

The program's focus is on basic business knowledge, skills, and tools, along with entrepreneurship and leadership, to a veteran group searching for their next career step. They are beneficiaries of a program that focuses on them as important contributors to our collective experience of common citizenship.

In addition to documenting the start-up years of this one-of-akind program, which is conducted in an executive cohort format and is only a year long, Transitions in Leadership profiles fortyfour MBV alums. Their stories of military experience and the personal growth they enjoyed in the USC MBV have much to offer veterans who may be in the same transitioning process.

Approximately 230,000 veterans process out of the American military every year. Switching from a military to a civilian mindset is challenging for veterans, especially if their military experience included time in responsible roles for significant periods. *Transitions in Leadership* documents and celebrates an academic option—one dedicated to promoting positive values of leadership and community—that they may not have considered.

It is an optimistic story loaded with reassurance and inspiration.

www.robertturrill.com

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CANADIAN AGRICULTURE IN THE 21ST CENTURY

Change and Challenge

BY CHRISTINE **DAGENAIS &** RENÉE FRANCIS

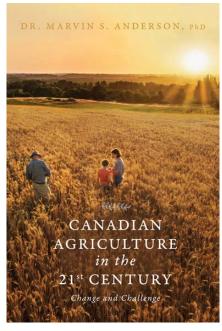
THE INTENTIONAL MBA A Guide to Maximizing Your **Decision, Experience**

and Investment

BUSINESS & ECONOMICS / INDUSTRIES / **AGRIBUSINESS** 340 Pages Standard Color 7 x 10

BY DR. MARVIN S.

ANDERSON



THE CANADIAN FARMING COMMUNITY IS FACING NUMEROUS

ongoing challenges, including rapidly changing technologies. the gradual erosion of the rural lifestyle, growing consumer concerns about the healthiness of food, and growing environmental concerns (including climate change).

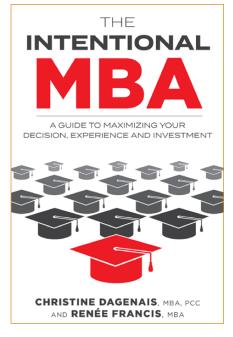
This book begins with an historic overview of agriculture in Canada, followed by a statistical profile of the contemporary Canadian farm/ranch, supporting agri-industrial complex, and the innumerable farm organizations in Canada. The vital role of international trade and government support in the evolution of Canadian agriculture is also highlighted. Resource management issues and related "hot button" issues (e.g. climate change, GMO's) are also addressed in considerable detail. In addition, Dr. Anderson identifies the likely trends in Canadian agriculture in the immediate years ahead. Emphasizing the diversity, complexity, strength and vitality of the agricultural sector, Canadian Agriculture in the 21st Century ultimately highlights how it effectively molds and remains integral to the socioeconomic fabric of both rural and urban Canada.

An underlying theme is the importance of having Canadian agriculture become increasingly ecofriendly in the challenging years ahead, particularly the need to gradually adopt more sustainable, regenerative (organic) technologies and the need to more pro-actively serve as a vital CO2 sink in climate change mitigation. Dr. Anderson also suggests that the public should financially compensate farmers/ ranchers for protecting environmental amenities that accrue to everyone. A complimentary theme is the need for Canadian agriculture to become increasingly sensitive to consumer concerns, particularly with respect to rigorous health standards, animal welfare, and sustainable resource management.

www.marvinsanderson.com

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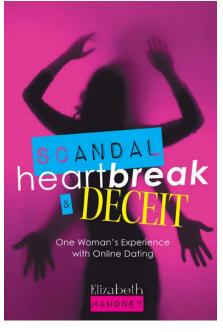
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SCANDAL, HEARTBREAK, AND DECEIT

One Woman's Experience with Online Dating

BY ELIZABETH MAHONEY



FAMILY &
RELATIONSHIPS /
DATING
792 Pages
Black and White
5.5 x 8.5

REELING FROM THE SUDDEN, SHATTERING IMPLOSION OF HER

twenty-eight-year marriage, single mother and health care professional Elizabeth Mahoney turns to online dating sites in hopes of finding a way to heal and move ahead with her life. Instead, she discovers that the site is rife with opportunists who prey on emotionally vulnerable women. After a dizzying series of experiences with a scammer who exploits her trust and intimate confidences to rob her, sexters, married men looking for something on the side and other questionable Lotharios, Elizabeth becomes romantically involved with a man looking for his dream woman in cyberspace.

With sardonic wit, keen psychological analysis and a wisdom born of bitter experience, *Scandal, Heartbreak, and Deceit* reveals how easily a woman can fall prey to a victimizer if trauma has rendered her susceptible, and provides irrefutable evidence that dating sites and apps are nothing but tricks, lies and scams. In a post #MeToo and #TimesUp era, the author examines the dangerous misogynistic attitudes of powerful men, Internet subcultures and other online predators, and discusses the risks of online dating for women.

Beyond the author's own misadventures on Match.com, *Scandal, Heartbreak and Deceit* brings to light the many faces of intimacy, and shares personal stories of Canadian, U.S. and U.K. women in a modern hook-up culture. Varied perspectives on dating, casual encounters, friends with benefits, serial monogamy and polyamory, including the millennial experience of dating and cohabiting, are explored.

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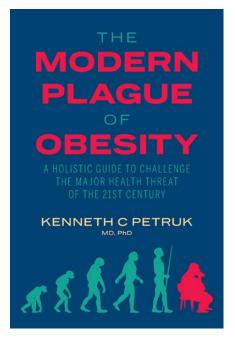
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THE MODERN PLAGUE OF OBESITY

A Holistic Guide to Challenge the Major Health Threat of the 21st Century

BY KENNETH C PETRUK



MEDICAL / NUTRITION 272 Pages Black and White 7 x 10

OVERWEIGHT AND OBESITY HAVE STEADILY ENGULFED THE ENTIRE

globe, neither discriminating by age, race, sex, socio-economic status, or country.

The rapidly expanding waist lines of the world's populations have sparked a lethal fuse of spiraling illness, mass chronic disease, and shortened lifespan, an epidemic wildfire that is consuming every generation with increasing speed—even the unborn.

And while being overweight is still popularly viewed as an issue of personal attractiveness and failed willpower, a more sinister truth is now, finally, being brought to light: that the misunderstanding and mismanagement of this growing health problem by the healthcare, scientific, regulatory, agricultural, education, marketing, and food and beverage industries have allowed "globesity" to become one of the most serious pandemics of the twenty-first century.

Modern Plague of Obesity is one of the most all-encompassing, rigorously researched, evidence-based, and forward-thinking reference resources available to the public on this major health issue. Dr. Kenneth C. Petruk casts a glaring floodlight on the causes and casualties of obesity and related diseases, demystifying the complex interplay of chemical, biological, neurological, behavioural, societal, governmental, and environmental processes that has escalated this problem into a deadly health threat of plague-like proportions.

More importantly, Dr. Petruk proposes ground-breaking suggestions and futuristic multidisciplinary solutions that finally break away from the reductionist weight-loss treatments that have failed us so far, offering us an urgent way out of this deadly maelstrom that is silently sapping the future of humankind.

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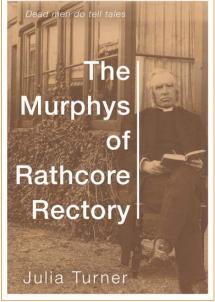
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THE MURPHYS OF RATHCORE RECTORY

BY ANDREAS K. HANKE

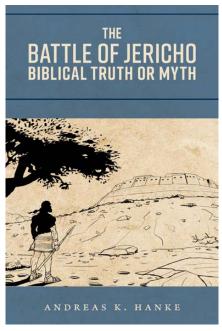
THE BATTLE OF JERICHO Biblical Truth or Myth

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/ OLD TESTAMENT

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A COMPLEX CHARACTER, ANGRY AND AGGRESSIVE, JAMES MURPHY

was not an easy husband or father. But all his children said "He made a God out of education." He had found education to be his gateway out of poverty, his way to leave a countryside still reeling from the Great Famine. Hadn't he grown up on the Irish Beara Peninsula, barefoot, speaking Irish in an earthen floor stone cottage? Wasn't he now a Minister in the Church of Ireland, and Trinity Colllege Dublin Professor of Irish, having competed against Douglas Hyde, later first President of Ireland, for the job? He drilled the learning, beating it into his children, all of whom bore the scars.

Research into this Murphy family has continued throughout the 1900s, providing James Murphy's great-granddaughter, Julia Turner, an opportunity to compile the archive of trunkloads of papers into a cohesive, exciting read, utilizing modern computers and combining fading papers and photographs with internet research tools.

This family grew up and lived in a late Victorian and an Edwardian yesteryear. People had lots of fun together, were full of joie-devivre. None had much money, but they thrived in a peaceful, gentler lifestyle, in ways not often found today.

www.juliaturnerbooks.com

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THE BIBLE IS THE MOST WIDELY READ BOOK IN THE WORLD.

It brings guidance and comfort to those who read it. A great many people believe in every word of the Bible. Yet, there are modern scholars who have dismissed parts of the Bible as a myth or simply a moral tale. They believe that the violent conquest of Canaan never happened, though it is described so vividly in the Book of Joshua and the following Books of the Bible. That the tribes of Israel settled peacefully in Canaan. They cannot reconcile a violent conquest with the date at which they believe that the Israelites entered the Promised Land. And so, they have dismissed parts of the Bible as being mere myth because it is inconvenient. I believe they have lost their way in interpreting the Bible. I have searched through the archaeological record and matched what I have found with the events described in the Bible. My book puts forward a plausible theory of how this pivotal battle unfolded. See if you agree with me. The Battle of Jericho, truth or myth.■

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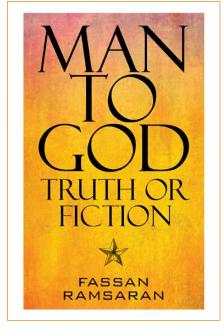
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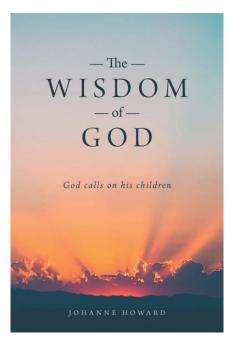
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WHAT IS DEATH? WHAT IS THE ULTIMATE PURPOSE OF LIFE? THESE

are questions that have always perplexed humankind. The ancient wisdom on the subject has always been dense, esoteric, and cloaked in secrecy—available to a select few. A spiritual quest can seem like looking for a needle in a haystack because there's very little literature that puts it all together. But here, at last, is a compact and digestible summary of main ideas. In a completely accessible, highly readable guide to self-realization, author Fassan Ramsaran has created a clear and colorful roadmap of the many paths to truth.

Lively, expressive, and reader friendly, *Man to God* is a digest of Eastern and Judeo-Christian thought that illustrates how different roads can lead to the same place. *Man to God* is an exploration of man's relationship to his Maker. It asks if there really is a divine Creator and if so, why do people feel so estranged? With answers backed by thoughts from the great spiritual texts, *Man to God* is a journey that builds momentum with each succeeding chapter, leading to a deep truth that will be a gift and a revelation to its readers.

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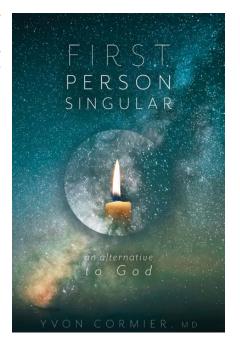
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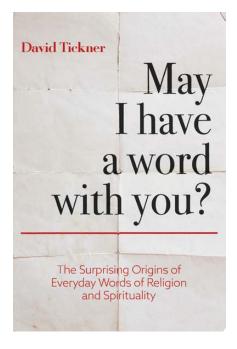
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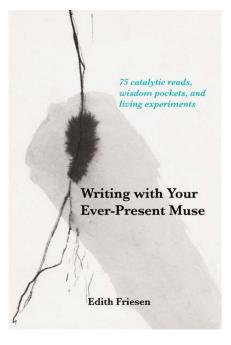
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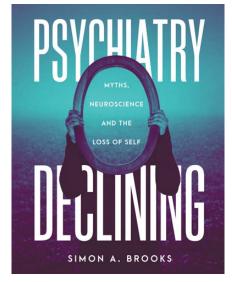
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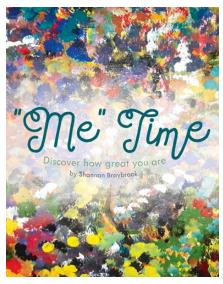
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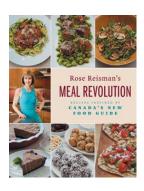
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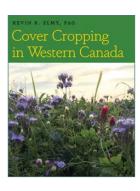
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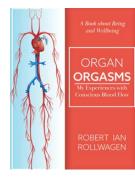
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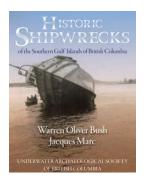
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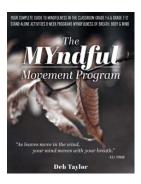
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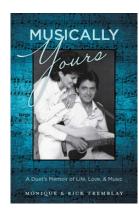
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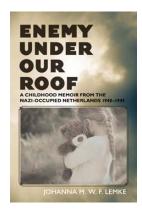
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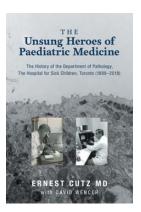
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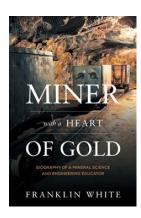
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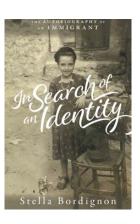
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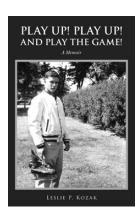
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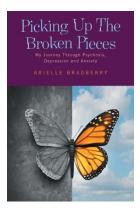
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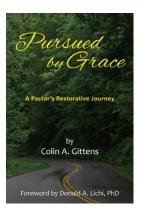
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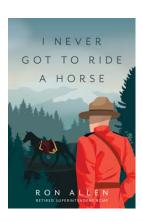
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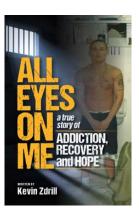
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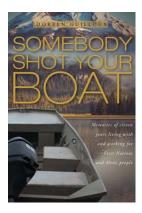
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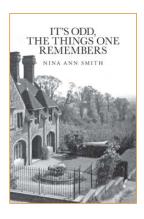
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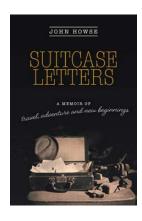
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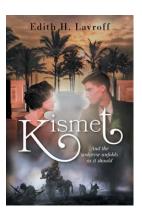
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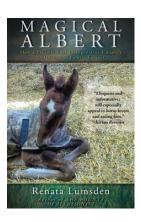
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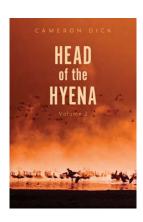
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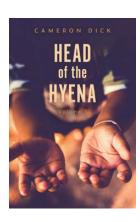
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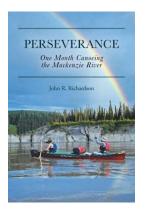
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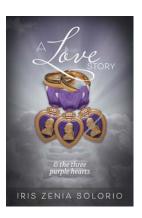


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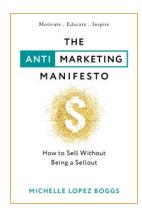
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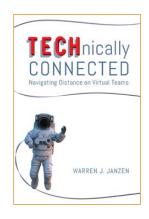
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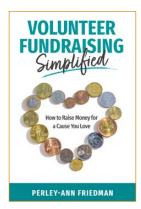
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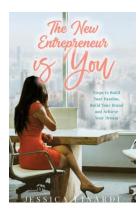
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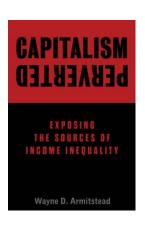
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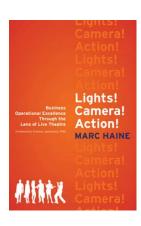
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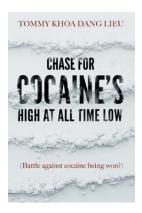
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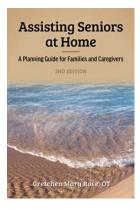
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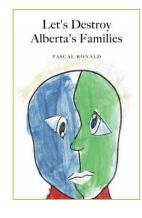
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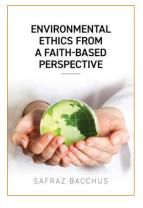
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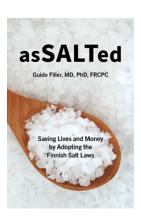
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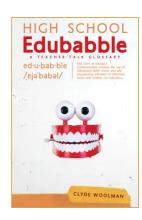
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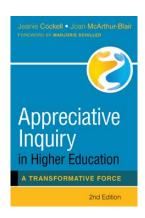
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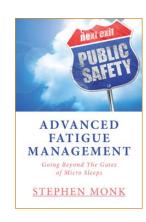
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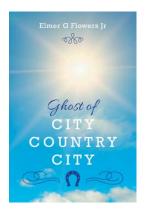
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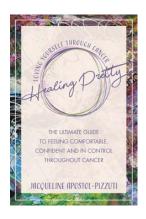
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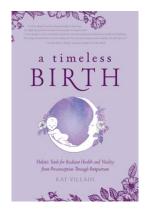
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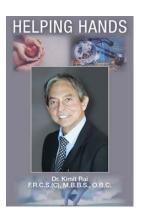
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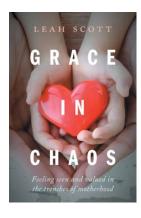
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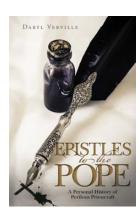
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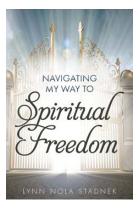
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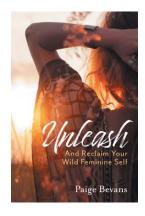
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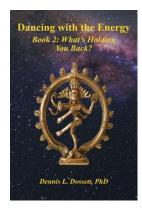
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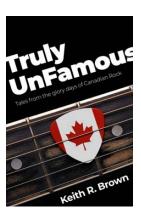
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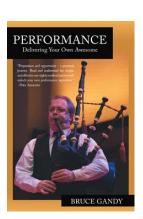
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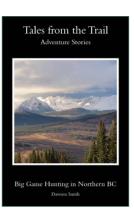
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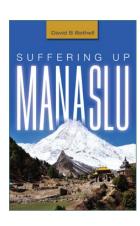
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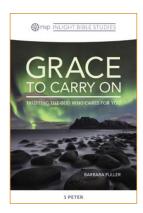
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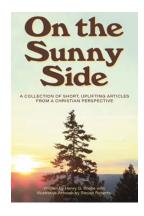


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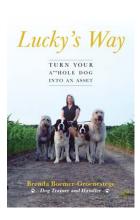
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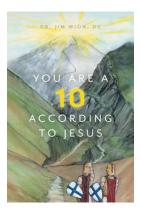
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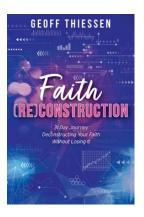
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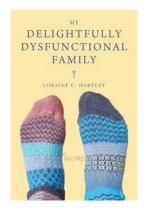
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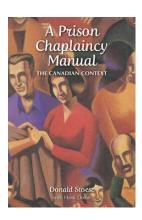
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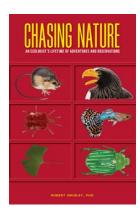
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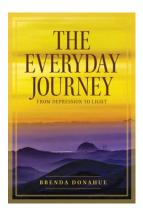
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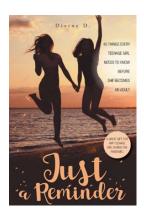
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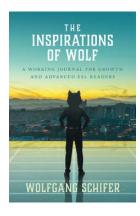
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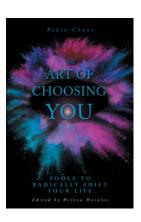
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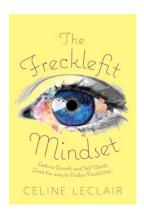
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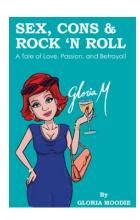
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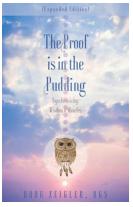
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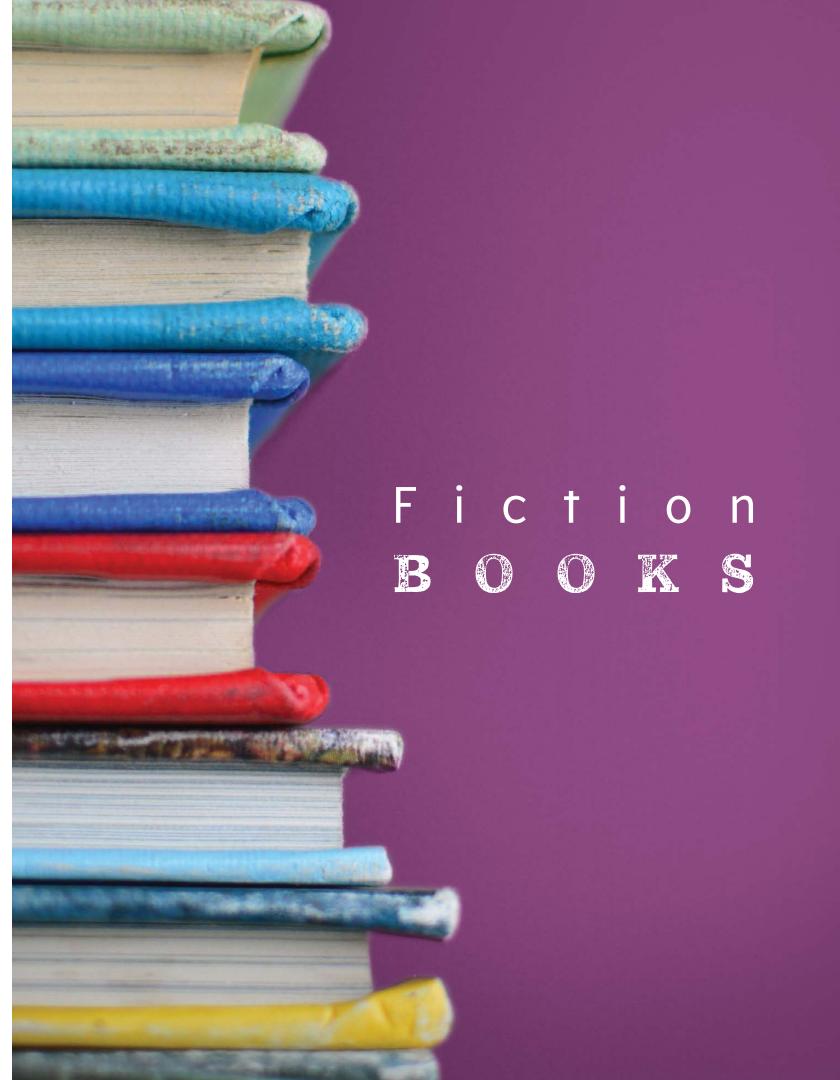
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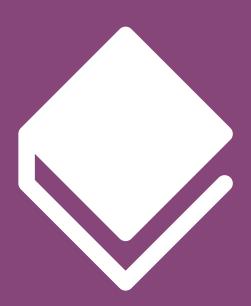
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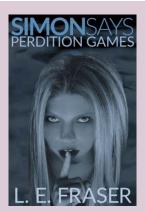
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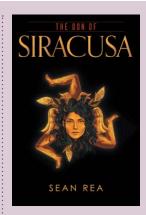
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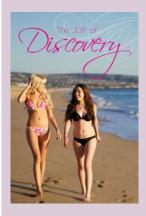
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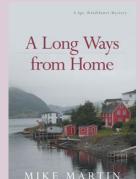
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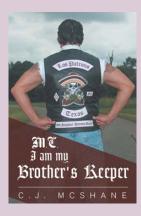
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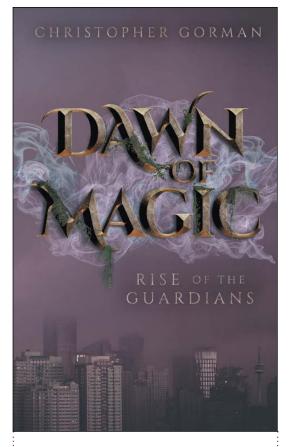
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Aiden's inborn magic leads him to a reclusive group known as the Guardians, who teach him how to wield his power. However, it isn't long before his adventures pit him and his friends against a powerful force that deems magic heresy: the Catholic Church. From an ancient stronghold in Ireland to a secluded village in the French Alps, Aiden and the other wizards must learn to master their magic and protect their ancient knowledge in order to help save the planet.

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CHRISTOPHER GORMAN IS A CANADIAN AUTHOR WHO'S HAD A LOVE FOR reading, writing, and science since childhood. As an adult, his fascination for fantasy and magic blossomed, and he began making notes and drafts for his first novel—*Rise of the Guardians*—in which he explores what he identifies as the trilogy of powers in this world—nature (magic), faith, and science.

He had several careers from suits to cars to airplanes before rediscovering the story bubbling within. Embracing his passion, he joined the Canadian Author's Association. Their events, coupled with writing circles and participation in National Novel Writing Month, helped galvanize him into completing his novel. During the writing process, Gorman rediscovered himself and a partner who fully supports his creative endeavours. Traveling throughout Canada and the world, he has participated in pagan rituals in the mountains and explored sites of ancient wisdom in England, Wales, and Ireland. *Rise of the Guardians* is Book 1 of the *Dawn of Magic* series. Book 2, *The Technicians*, is forthcoming.

BY JASON THOMASSEN

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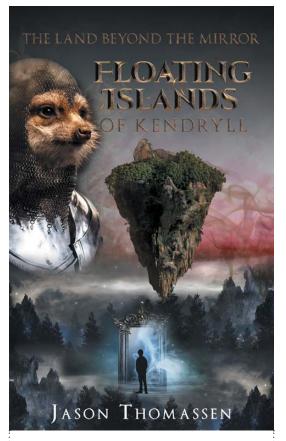
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JASON THOMASSEN HAS A B.A. IN BIBLICAL STUDIES AND A YOUTH WORK DIPLOMA from Columbia Bible College in Abbotsford, British Columbia. He's currently working on his Master of Arts in Christian Studies at ACTS Seminary in Langley, BC. An avid reader, he counts *The Chronicles of Narnia* by C.S. Lewis as a pivotal inspiration of his series, *The Land Beyond the Mirror*.



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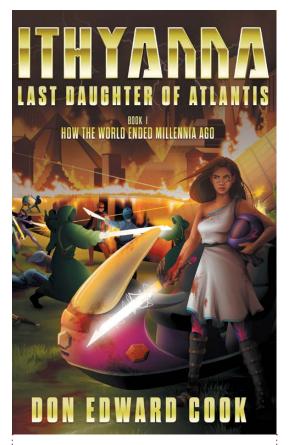
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DON EDWARD COOK DECIDED TO BECOME A WRITER LATE IN LIFE. AS A CANADIAN who identifies with American ideals, Mr. Cook's faith in God and love for science fiction has resulted in the writing of *Ithyanna*, *Last Daughter of Atlantis*. This novel is based upon his short film *The Last Atlantean* (2009), which garnered a place in the top ten percentile of IMDb's MovieMeter (during the mid-summer of 2010.) Mr. Cook currently resides in London, Ontario, Canada.

BY R. K. JOHNSON

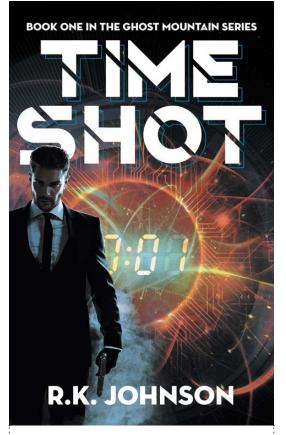
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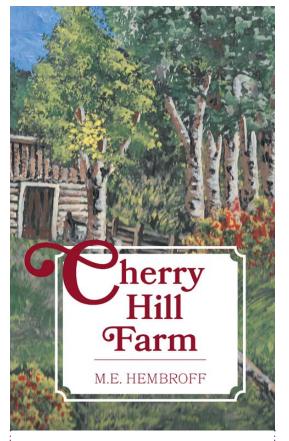
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M.E. HEMBROFF CREATED MANY GAMES AND ACTIVITIES DURING HER CHILDHOOD. In later years after moving from Manitoba to Alberta she joined the Crescent View Artists Association. During that time, she learned new techniques using different mediums. M. E, Hembroff was still a member of the art group when the idea for two children's books came to the surface. She did the illustrations for a picture book, Gramma Mouse Tells a Story at art meetings she attended. Her books are Gramma Mouse Tells a Story and Bess's Magical Garden and sequel The Mystery of the Hidden Cabin and Voices of Yesterday.

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Luka's Story BY KEARA GERDA

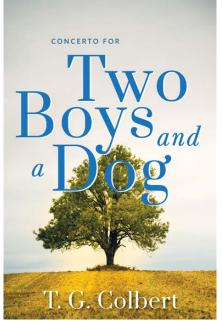
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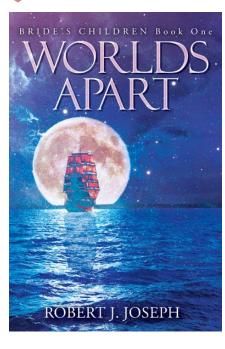
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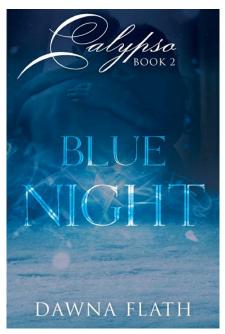
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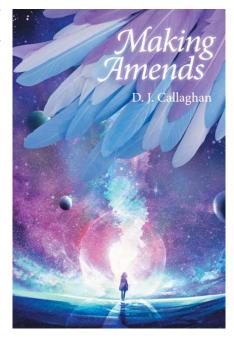
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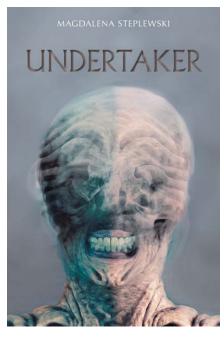
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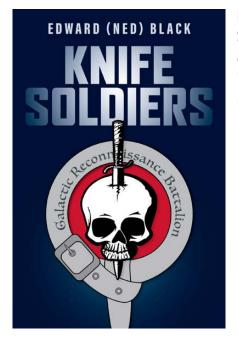
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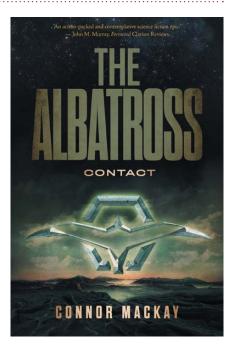
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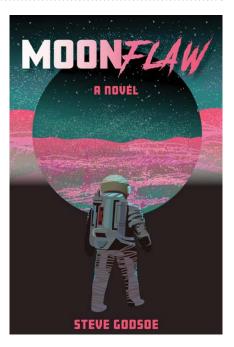
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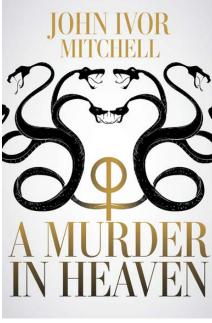
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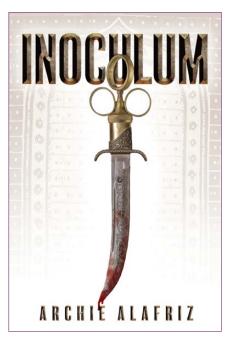
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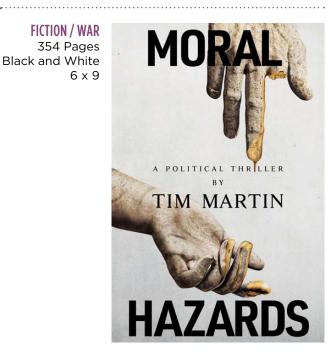
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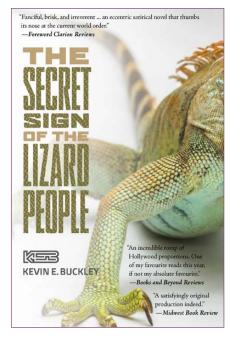
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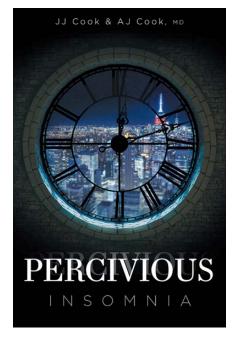
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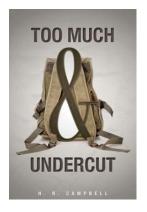
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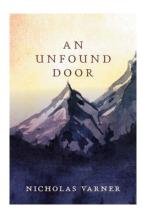
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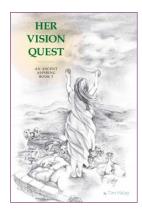
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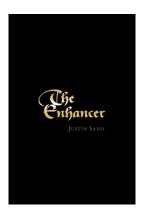
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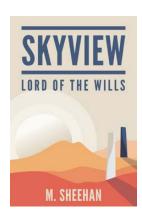
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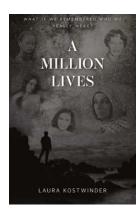
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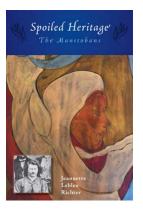
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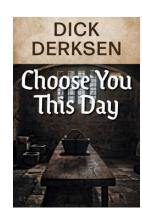
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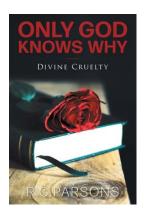
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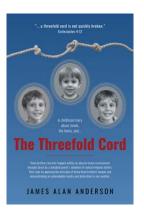
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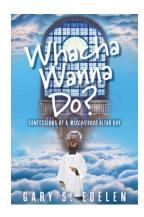
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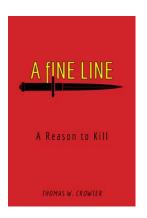
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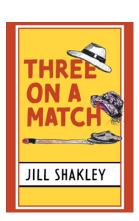
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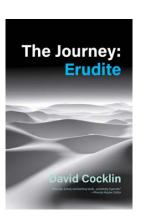
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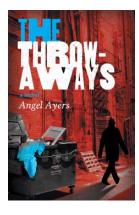
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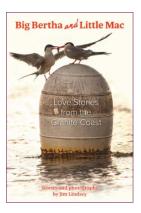
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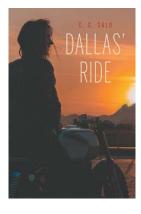
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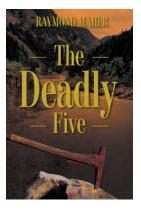
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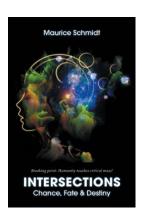
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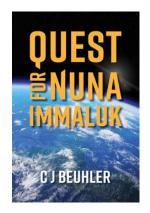
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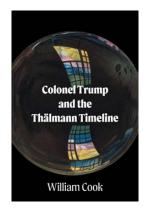
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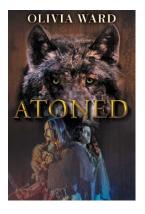
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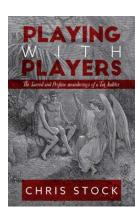
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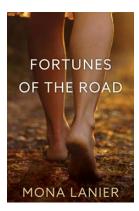
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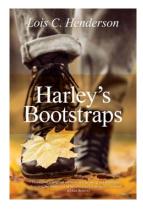
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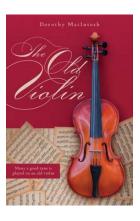
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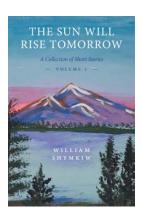
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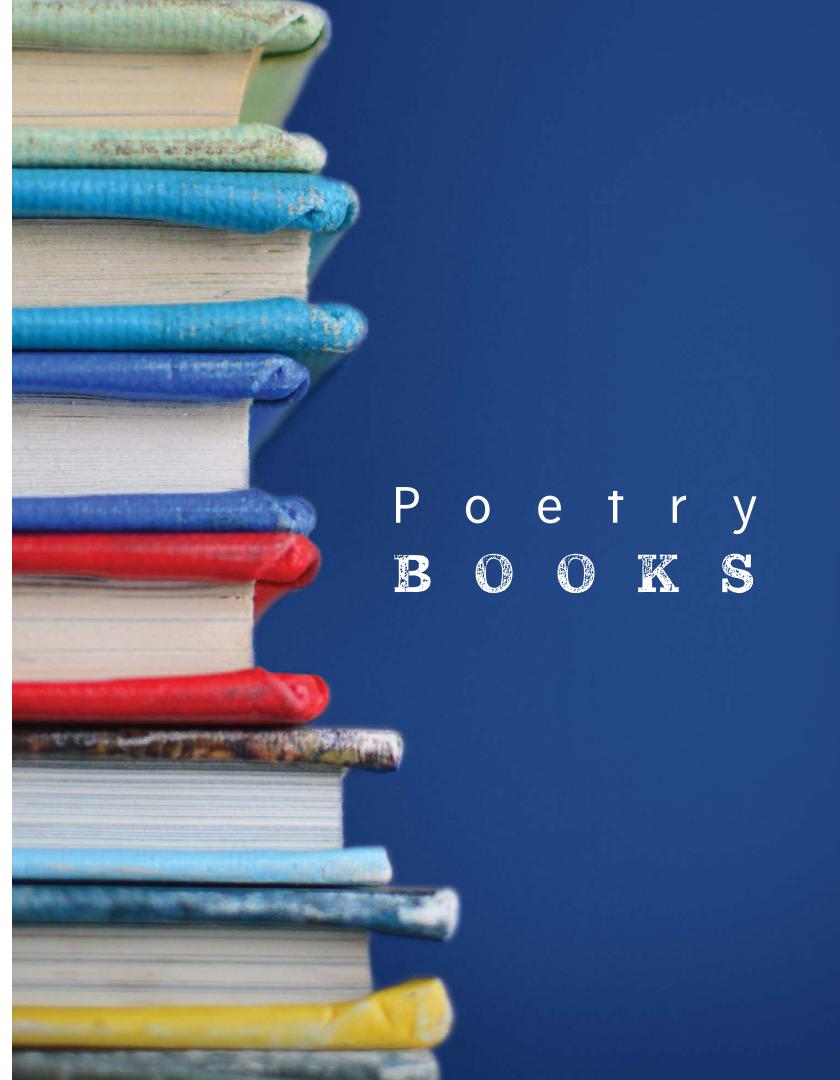
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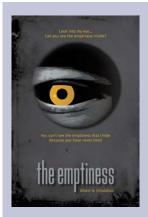
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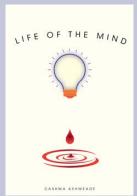
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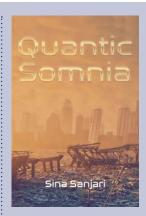


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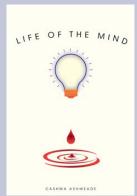
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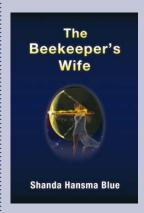
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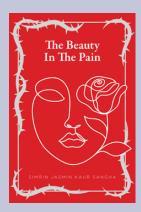
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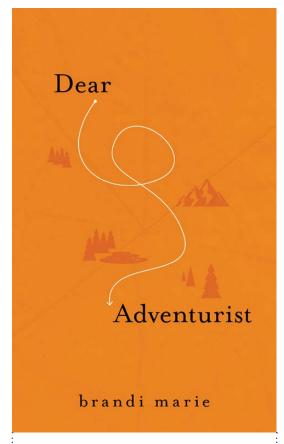
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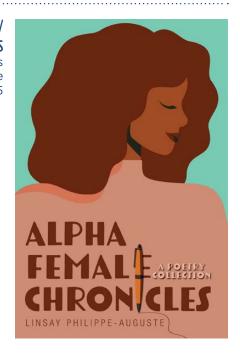
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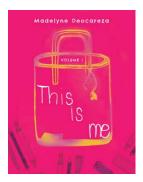
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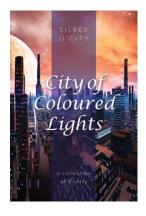
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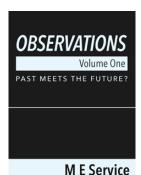
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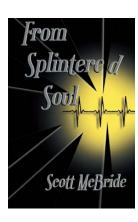
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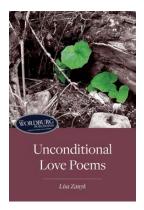
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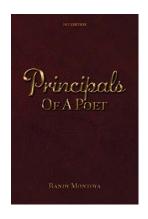
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