

Adams Media

FRONTLIST CATALOG

Spring 2016

MYSTERY
FICTION
YOUNG ADULT
JUVENILE
BRANDING
PERSONAL FINANCE
POLITICS
COOKING
CALENDARS
COLORING BOOKS
CRAFT
HEALTH & FITNESS
DESIGN
SELF-HELP
NEW AGE
PARENTING
FOREIGN LANGUAGE
GAMES
HUMOR
HOME
RELIGION
SPORTS/OUTDOORS



EVERYTHING *MeritPress*



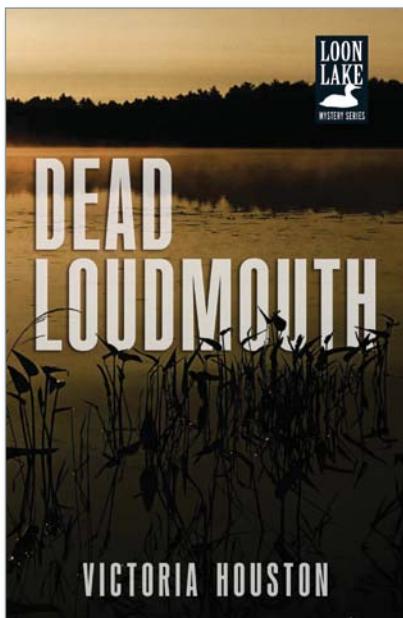
Table of Contents

Mystery	1	New Age	46
Fiction	3	Parenting	49
Young Adult	5	Foreign Language	52
Juvenile	9	Games	53
Branding	13	Humor	55
Personal Finance	14	Home	56
Politics	17	Religion	58
Cooking	18	Sports/Outdoors	59
Calendars	26		
Coloring Books	28		
Craft	33		
Health & Fitness	37		
Design	43		
Self-Help	44		

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ALSO VIEW OUR TITLES
ON EDELWEISS AT
edelweiss.abovethetreeline.com

**JUNE**

5½ x 8½, 208 pages
North American English Rights

Hardcover details
ISBN: 9781440568459
UPC: 045079568457
\$24.99 (CAN \$26.99)
#U8127

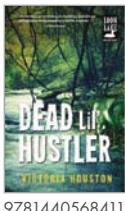


Paperback details
ISBN: 9781440568442
UPC: 045079568440
\$16.99 (CAN \$18.99)
#U8126

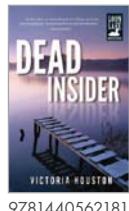
VICTORIA HOUSTON
Rhineland, WI
www.victoriahouston.com

In her teens and 20s, mystery author Victoria Houston was the classic hometown girl who couldn't wait to leave her small Wisconsin town. She has not only returned to her hometown, Rhinelander, but she has based her popular mystery series in the region's fishing culture.

CAN'T MISS BACKLIST



9781440568411



9781440562181

Dead Loudmouth

A Loon Lake Mystery

Victoria Houston

"Houston is one smart writer . . . "

—Jim Fusilli, author of *Hard, Hard City*

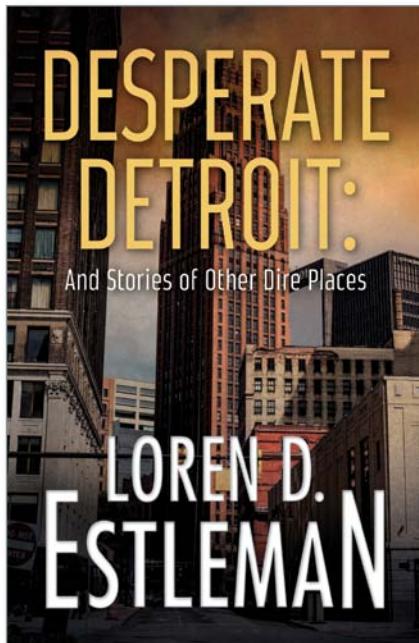
- Cover endorsement by *New York Times* bestselling author Laura Lippman
- 16th installment in the popular Loon Lake mystery series
- *Fargo* meets *Murder, She Wrote*

It's a bright summer morning in Loon Lake when Police Chief Lewellyn Ferris is called to the scene of a horrific accident that occurred in the dead of night at a local gentleman's club. The club is owned by one of the victims, a member of the private Deer Creek Fishing and Hunting Preserve and the scion of a wealthy Wisconsin family. When the county coroner is unavailable due to a car accident, Chief Ferris deputizes her close friend and fellow fly-fisherman, retired dentist "Doc" Osborne to step in.

Osborne's discovery of mysterious footprints confirms Chief Ferris's suspicions: This is no accident; it's murder. Leaning on Doc Osborne for his forensic and interrogation skills, Lew also hopes to enlist the help of Ray Pradt, fishing guide and expert tracker. But Ray's time is limited as he is coaching the University of Wisconsin's fishing team in a musky fishing tournament. Things get complicated when Doc Osborne's granddaughter disappears on the first day of the tournament. Sunny June days turn dark as a desperate search ensues.

MARKETING

- National publicity campaign
- Advance reader copies
- Library marketing
- ABA outreach
- Key award submission
- Edelweiss galley download available
- Regional events

**APRIL**

5½ x 8½, 256 pages
North American English Rights

Hardcover details:
ISBN: 9781440596209
UPC: 045079596207
\$24.99 (CAN \$27.99)
#R1203



TYRUS BOOKS

Paperback details:
ISBN: 9781440596230
UPC: 045079596238
\$16.99 (CAN \$18.99)
#R1204

LOREN D. ESTLEMAN
Whitmore Lake, MI

Loren D. Estleman is author of more than sixty novels. He is the winner of four Shamus Awards, five Spur Awards, and three Western Heritage Awards. He has also been nominated for the National Book Award and the Mystery Writers of America's Edgar Allan Poe Award. He has been called the most critically acclaimed author of his generation. He lives in Michigan with his wife, author Deborah Morgan.

CAN'T MISS BACKLIST



9781440588457



9781440588440

Desperate Detroit: And Stories of Other Dire Places

Loren D. Estleman

“Loren Estleman is my hero.”

—Harlan Coben

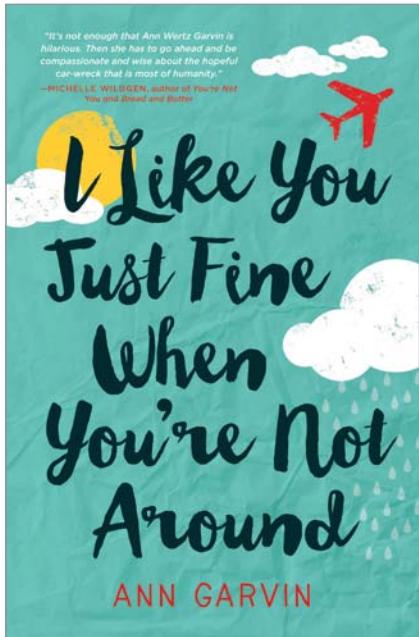
- For fans of Estleman's long-running Amos Walker series
- Eighteen collected short stories from one of the most critically acclaimed authors in crime fiction

Desperate Detroit: And Stories of Other Dire Places represents forty years of suspense writing in the short form. Previously published in a host of magazines and anthologies, with a new preface and introductions to the stories written especially for this collection, these eighteen tales feature gangsters, private eyes, psychotic killers, hitmen, feuding families, prostitutes, prizefighters, bodyguards, corrupt cops, the walking dead, and ordinary people driven by desperation to commit acts of violence.

MARKETING

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|---|--|
| <ul style="list-style-type: none"> • National publicity campaign • Advance reader copies • Library marketing • ABA outreach | <ul style="list-style-type: none"> • Key award submission • Edelweiss galley download available • Regional events |
|---|--|



**JUNE**

ISBN: 9781440595455

UPC: 045079595453

\$16.99 (CAN \$18.99)

Paperback

5½ x 8½, 272 pages

North American English Rights

#R0075

**ANN GARVIN
Stoughton, WI**

Ann Garvin is the author of *The Dog Year* and *On Maggie's Watch*. She lives in Stoughton, WI and is a professor of sports psychology at the University of Wisconsin-Whitewater and a MFA teacher in New Hampshire.

CAN'T MISS BACKLIST

9781440583124



9781440589065

I Like You Just Fine When You're Not Around

Ann Garvin

"It's not enough that Ann Garvin is hilarious. Then she has to go ahead and be compassionate and wise about the hopeful car-wreck that is most of humanity."

—Michelle Wildgen, author of *You're Not You* and *Bread and Butter*

- Endorsements from *New York Times* bestselling authors Wiley Cash, Katie Moretti, and National Book Award Finalist Sy Montgomery
- Author's two previous books include *The Dog Year* and *On Maggie's Watch* (Penguin)

Tig Monahan, radio therapist, finds out the hard way that nothing is fair in love and war . . . or family.

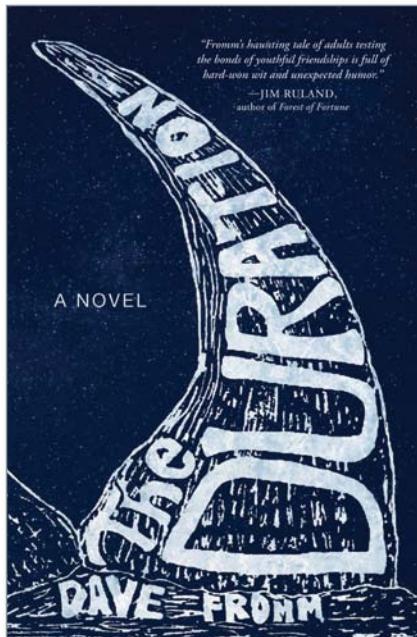
Everything is falling apart in psychologist, Tig Monahan's life. Her mother's dementia is wearing her out, her boyfriend takes off for Hawaii without her, and her sister inexplicably disappears leaving her newborn behind.

When a therapy session goes horribly wrong, Tig finds herself unemployed and part of the sandwich generation trying to take care of everyone and failing miserably. Just when she thinks she can redefine herself on the radio, as an arbiter of fairness, she discovers a family secret that nobody saw coming.

It will take everything plus a sense of humor to see her way clear to a better life, but none of that will happen if she can't let go of her past.

MARKETING

- | | |
|---|--|
| <ul style="list-style-type: none"> • National publicity campaign • Advance reader copies • Library marketing • ABA outreach • Key award submission | <ul style="list-style-type: none"> • Edelweiss galley download available • Regional events • Lead title at Winter Institute, 2016 |
|---|--|

**MAY**

5½ x 8½, 272 pages
North American English rights



Hardcover details
ISBN: 978144094649
UPC: 045079594647
\$24.99 (CAN \$27.99)
#S8878

Paperback details
ISBN: 9781440594632
UPC: 045079594630
\$16.99 (CAN \$18.99)
#S8879

DAVE FROMM
Massachusetts

Dave Fromm is an attorney and the author of the memoir *Expatriate Games: My Season Of Misadventures In Czech Semi-Pro Basketball* (Skyhorse 2008). He lives with his wife and children in western Massachusetts. This is his first novel.

CAN'T MISS BACKLIST



9781440591921



9781440591884

The Duration

A Novel

Dave Fromm

"Fromm's haunting tale of adults testing the bonds of youthful friendships is full of hard-won wit and unexpected humor."

—Jim Ruland, author of *Forest of Fortune*

- For fans of Jonathan Raymond, Jonathan Tropper, and Richard Ford
- Featuring blurbs from bestselling authors Stephan Eirik Clark, Ron Currie Jr., Tara Conklin, and Elliot Ackerman

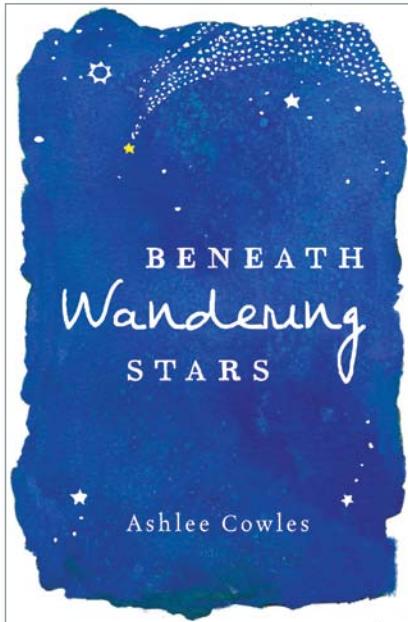
It's been 100 years since tragedy struck the rolling woods around Fleur-de-Lys, one of dozens of Gilded Age estates dotting the western Massachusetts town of Gable. In Gable, they both begrudge and venerate their past, and even now that health spas and corporate yoga retreats have replaced the mansions of a bygone era, the ghosts of yesteryear linger. Growing up there means navigating those ghosts, and the even more pernicious pitfalls of adolescence, until you're lucky enough to find your footing. Unless you're not.

Boston attorney Pete Johansson finds himself reuniting in Gable with his troubled childhood pal Chickie, who has returned to the wintry town of their youth determined to solve past mysteries and right the wrongs he can't seem to shake. Despite—or because of—his best intentions, Pete is drawn reluctantly into Chick's reckless orbit, straining a bedrock friendship and putting them both at risk.

Set in the haunted hills of Berkshire County, *The Duration* is a love story about the bonds we form in childhood and the ways they both encumber and sustain us.

MARKETING

- National publicity campaign
- Advance reader copies
- Library marketing
- ABA outreach
- Key award submission
- Edelweiss galley download available
- Regional events

**AUGUST**

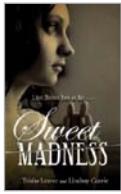
ISBN: 9781440595820
 UPC: 045079595828
 \$17.99 (CAN \$19.99)
 Hardcover
 5½ x 8½, 272 pages
 World English Rights
 #R0739

*M*eritPress

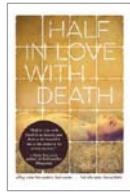
ASHLEE COWLES
Colorado Springs, CO

Ashlee grew up an Army “brat” and subsequently worked with nonprofits that support teens in military families. Her earlier work has won awards in the Pikes Peak Writers Contest in the Young Adult and Historical categories. She holds graduate degrees from Duke University and the University of St. Andrews in Scotland.

CAN'T MISS BACKLIST



9781440588945



9781440589034

Beneath Wandering Stars

Ashlee Cowles

Will she walk the longest walk?
 Or break her vow?

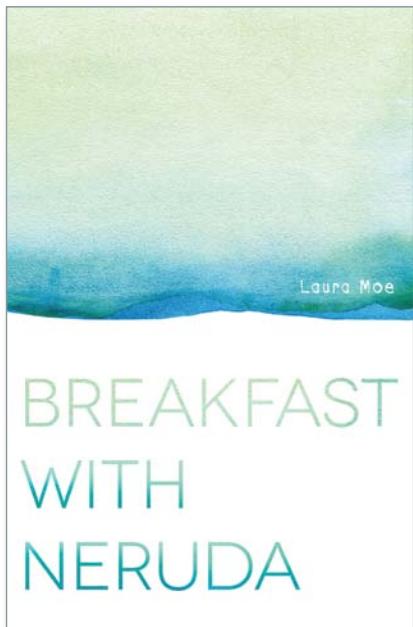
- A survival story in which a girl keeps her vow to take a mountainous, hazardous trek with the boy she blames for the injury that put her soldier brother in a coma
- A romance born out of tragedy, against unlikely odds, with a deeper look at contemporary problems in military families
- Debut novelist with the kind of writing mastery that comes along only once in a list—if that—who can hook readers from the first sentence

With her boyfriend back in the States and her brother in Afghanistan, Gabriella Santiago doesn't want to be stuck on a U.S. base in Germany. She wants to go home—but her father's been assigned to Army bases overseas as long as she can remember.

Gabi's already unstable world is turned upside down when she learns that her brother has been wounded in action and fallen into a coma. Before he was injured, Lucas sent Gabi a cryptic message in the form of a Homeric epic and a strange request: If anything should happen to him, Lucas wants Gabi to fulfill his dream of conquering the Camino de Santiago, the ancient arduous pilgrimage of their family namesake that crosses northern Spain. The only catch? Gabi must make the journey with Lucas' best friend, Cain, a young soldier Gabi despises, who harbors dark secrets about what happened to Lucas in Afghanistan. What transpires on the road is a transformative journey filled with quirky Chaucerian characters and an unlikely romance between two people united by their loyalty to Lucas.

MARKETING

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| <ul style="list-style-type: none"> • National publicity campaign • Advance reader copies • ABA outreach • ALA / YALSA outreach | <ul style="list-style-type: none"> • Key award submissions • Merit 66 Teen Reader campaign • Goodreads giveaway • Edelweiss galley download available |
|--|---|

**MAY**

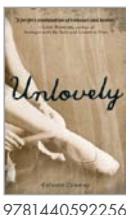
ISBN: 9781440592195
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 \$17.99 (CAN \$19.99)
 Hardcover
 5½ x 8½, 240 pages
 World English Rights
 #S5541

Merit Press

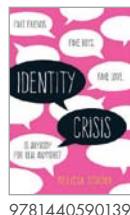
LAURA MOE
Zanesville, OH

A high school teacher and librarian, Laura Moe is a published poet (in journals including *Mischief*, *Caprice*, and *Other Poetic Devices*) but her great love is fiction. This is her first novel.

CAN'T MISS BACKLIST



9781440592256



9781440590139

Breakfast with Neruda

Laura Moe

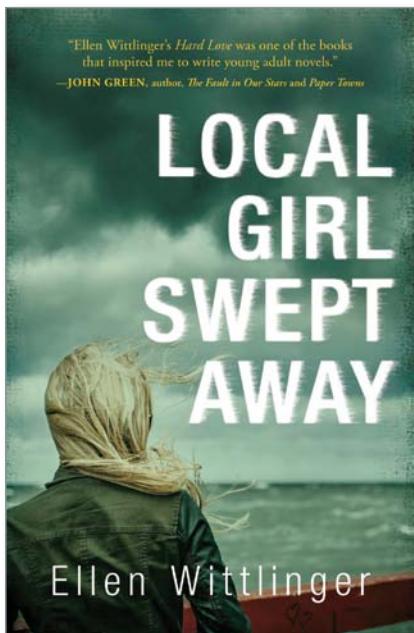
Raised by a woman who hoarded the past, can Michael find a future?

- Authentic and triumphant story of two people who fall in love against impossible odds
- Self-raised adolescent boy who finds solace in books despite hiding the fact that he lives in a car
- The protagonist's mother is a hoarder and the fallout on a family is a topical issue

Michael Flynn hides everything: No one knows that he lives in his car, or that his mom is a hoarder, or that he tried to blow up his best friend's car with fireworks after his buddy stole Michael's girlfriend. If possible, his life now is worse than it was, and the future is bleak. Although his only hope was graduating and trying to find a way to go to college, Michael has been expelled and compelled to do community service if he wants to stay out of jail. But then he meets Shelly, a girl with a past to rival Michael's. She unmasks Michael's secret and his heart, and convinces him that she loves him for what he cannot hide—the good man he will become if he can find a way to hang on.

MARKETING

- National publicity campaign
- Advance reader copies
- ABA outreach
- ALA / YALSA outreach
- Key award submissions
- Merit 66 Teen Reader campaign
- Goodreads giveaway
- Edelweiss galley download available

**JUNE**

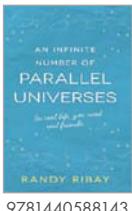
ISBN: 9781440589003
 UPC: 045079589001
 \$17.99 (CAN \$19.99)
 Hardcover
 5½ x 8½, 288 pages
 World English Rights
 #T8669

*M*eritPress

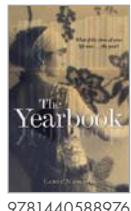
ELLEN WITTLINGER
Haydenville, MA
www.ellenwittlinger.com

A former children's librarian, Ellen Wittlinger holds an MFA from the University of Iowa. She is the author of *Hard Love* (an American Library Association Michael L. Printz Honor Book, a Lambda Literary Award winner, and a *Booklist* Editors' Choice), *Love & Lies*, *What's in a Name*, *Sandpiper*, and others.

CAN'T MISS BACKLIST



9781440588143



9781440588976

Local Girl Swept Away

Ellen Wittlinger

"Ellen Wittlinger's Hard Love was one of the books that inspired me to write young adult novels."

—John Green, author, *The Fault in Our Stars* and *Paper Towns*

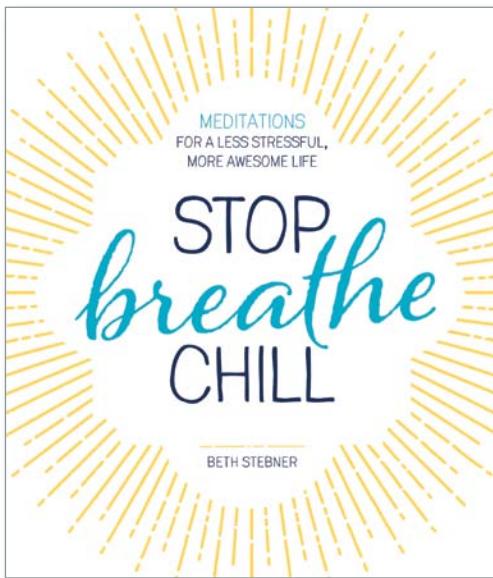
Lorna drowned in a storm . . . or did she?

- Grief and confusion overcome a group of friends when their dynamic leader, Lorna, is swept out to sea during a storm
- Mystery deepens when the body is never found, but romance must share space with guilt as Jackie faces her longtime feelings for Lorna's boyfriend
- Veteran author is recipient of an American Library Association Michael L. Printz Honor citation for her previous novel, as well a Lambda Literary Award winner, and a *Booklist* Editors' Choice

When Lorna is swept out to sea, the three remaining friends in her inner circle are forced to cope with the mystery surrounding her fate as well as their irrevocably changed dynamics. In this beautifully written coming-of-age novel, Jackie also is forced to confront her feelings of unrequited love for Lorna's boyfriend. Does one of the boys in their inner circle know more than he's letting on? Will Lorna's fate ever be discovered? Jackie struggles to become her own person in the wake of a loss that the group may never be able to gain closure from.

MARKETING

- | | |
|--|---|
| <ul style="list-style-type: none"> • National publicity campaign • Advance reader copies • ABA outreach • ALA / YALSA outreach | <ul style="list-style-type: none"> • Key award submissions • Merit 66 Teen Reader campaign • Goodreads giveaway • Edelweiss galley download available |
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**JUNE**

ISBN: 9781440594397

UPC: 045079594395

\$13.99 (CAN \$15.99)

Paperback

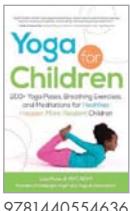
6 x 7, 224 pages

World Rights

#S8728

BETH STEBNER**New York, NY**www.bethstebner.com

Beth Stebner is a Brooklyn-based writer, editor, and reporter. She currently writes for several publications, including HelloGiggles.com, Bustle, theFashionSpot, and the *Wall Street Journal*, covering everything from the latest beauty trends to body-positive fashion.

CAN'T MISS BACKLIST

9781440554636



9781440592461

Stop. Breathe. Chill.

Meditations for a Less Stressful, More Awesome Life

Beth Stebner

100 easy exercises for everyday mindfulness

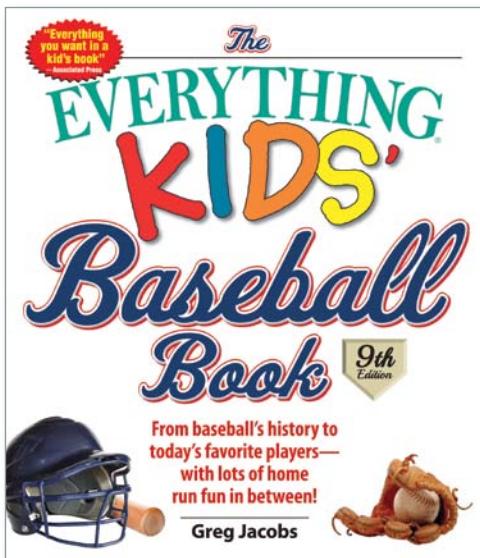
- Author Beth Stebner writes for HelloGiggles.com, a site for teens and young women founded by actress Zooey Deschanel
- Tween and teen mental health is a hot topic; the Pixar film *Inside Out* has sparked frank conversations about the emotions and mental health of young people
- Mindfulness is a popular wellness topic, and this book makes it accessible and attractive to teens

Being a teen can be stressful. School pressures, conflicts with friends, disagreements with parents, worries about the future—all can combine to make a young person feel like life is spinning out of control. But there are a few strategies that readers can learn to help them deal with the difficulties they may face in middle school, high school, and beyond. *Stop. Breathe. Chill.* offers readers 100 short mindfulness meditations, each tailored to a specific situation. These meditations can be used every day to help readers reduce stress and handle problems more effectively—whether it's taking a high-stakes exam, dealing with divorce or other changes in family life, or making decisions about risky behavior.

The mindfulness exercises in *Stop. Breathe. Chill.* help teens to focus on the present instead of worrying about what the future holds. With this easy-to-use guide, they will find resilience and strength while practicing coping skills that they'll need in school and throughout their lives.

MARKETING

- National publicity campaign targeting teen and wellness media



MARCH

ISBN: 9781440593895

UPC: 045079593893

\$9.99 (CAN \$10.99)

Paperback

8 x 9 1/4, 176 pages

World Rights

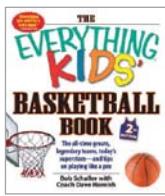
#S8179

Previous edition: 9781440571763

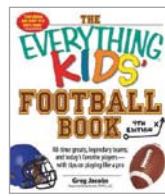
GREG JACOBS Woodberry Forest, VA

Greg Jacobs is the author of *The Everything® Kids' Baseball Book*, 4th, 5th, 6th, 7th, and 8th editions. Jacobs has worked as a reporter/statistician for STATS, LLC, and is the play-by-play voice for the Woodberry Forest School baseball team. He has been umpiring since 2007, and has coached baseball teams at several levels.

CAN'T MISS BACKLIST



9781440591006



9781440572548

The Everything® Kids' Baseball Book, 9th Edition

From baseball's history to today's favorite players—with lots of home run fun in between!

Greg Jacobs

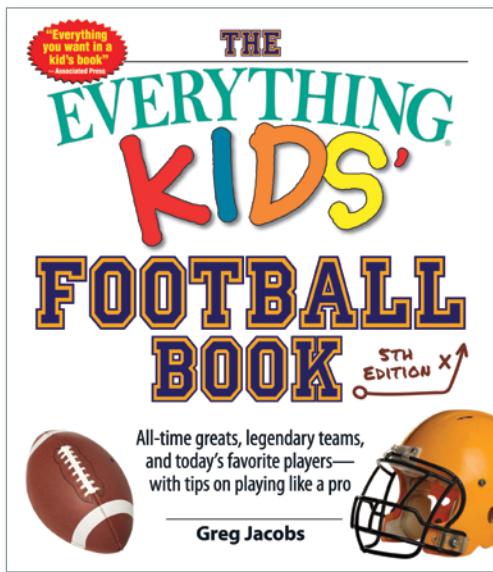
Updated stats and fun activities
for even more ballpark fun!

- An updated version of *The Everything® Kids' Baseball Book*, which has sold 188,000 copies!
- Everything® Kids' books have sold more than 3.7 million copies!

The Everything® Kids' Baseball Book, 9th Edition takes readers from the ballpark to the backyard with all the action, fun, and excitement of America's favorite pastime! This new edition is packed with the latest stats about readers' favorite players and teams, and features more than twenty fun puzzles and activities. This fact-packed book teaches young readers everything they want to know about:

- The history of baseball
- American and National League teams
- Ballparks around the country
- Baseball legends and current players
- How to score a game using a scorecard
- Fantasy baseball teams

From baseball trivia to the rules of the game, this fun new edition is sure to be a grand slam with kids and parents alike!

**AUGUST**

ISBN: 9781440596421

UPC: 045079596429

\$9.99 (CAN \$10.99)

Paperback

8 x 9 1/4, 144 pages

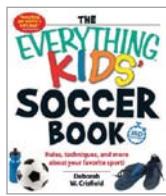
World Rights

R1421

Previous edition: 9781440572548

GREG JACOBS**Woodberry Forest, VA**

Greg Jacobs is the author of the first four editions of *The Everything® Kids' Football Book*. He is a teacher and coach at Woodberry Forest School. For Woodberry football, Greg has been quarterbacks coach, running backs coach, offensive coordinator, statistician, play-by-play broadcaster, and color commentator. Greg also has worked for STATS, LLC, as a scout, reporter, and statistician.

CAN'T MISS BACKLIST

9781440586880



9781440550362

The Everything® Kids' Football Book, 5th Edition

All-time greats, legendary teams, and today's favorite players—with tips on playing like a pro
Greg Jacobs

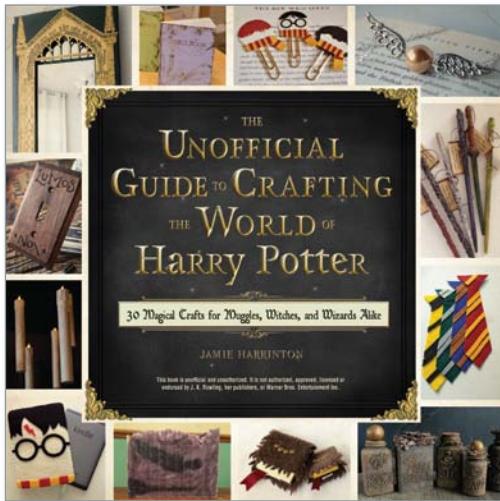
Stats, trivia, and puzzles for football fans

- Updated stats and records, the Super Bowl, notable players, and team news
- Football is the most popular sport in the U.S. According to a Harris poll, 35% of fans call the NFL their favorite sport, followed by Major League Baseball (14%), college football (11%), auto racing (7%), the NBA (6%), the NHL (5%), and college basketball (3%)
- Everything® Kids' books have sold more than 3.7 million copies!

The Everything Kids' Football Book, 5th Edition has everything young readers need to learn about the sport, whether they are new to the game or long-time fans. Filled with the latest stats, tackle-worthy trivia, and more than 25 fun puzzles, this revised and updated guide to the gridiron tells readers all about:

- The history of football and the NFL
- Football stats and record holders
- How to predict which teams will make it to the Super Bowl
- How to develop offensive and defensive skills
- Fantasy football leagues

Featuring all the fun facts about football heroes, memorable games, and legendary plays, this informative guide coaches readers on the tactics of the game so they can blitz, tackle, and make those touchdowns like a pro.

**JULY**

ISBN: 9781440595042

UPC: 045079595040

\$17.99 (CAN \$19.99)

Paperback

8 1/4 x 8 1/4, 224 pages

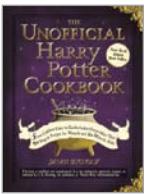
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World Rights

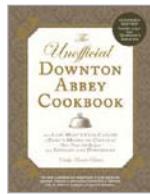
#S9213

JAMIE HARRINGTONwww.totallythebomb.com

Jamie Harrington is the creator of TotallyTheBomb.com, where she blogs about crafts, recipes, and parenting. Her work has been featured by Buzzfeed, The Huffington Post, and all over the blogosphere. She's a regular contributor to The Huffington Post and the managing editor of their Kids Activities Blog.

CAN'T MISS BACKLIST

9781440503252



9781440582912

The Unofficial Guide to Crafting the World of Harry Potter

30 Magical Crafts for Muggles, Witches, and Wizards Alike
Jamie Harrington

Bewitching crafts that celebrate the magic of Harry Potter's world

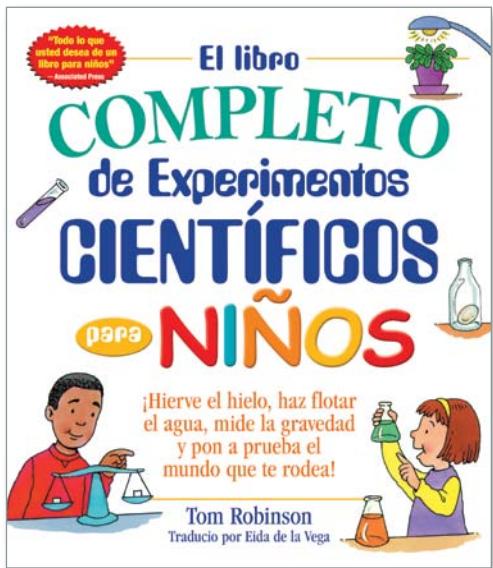
- In the tradition of the *New York Times* bestselling *Unofficial Harry Potter Cookbook*, the first Harry Potter-themed crafts book for creative Potter fans
- More than 400 million copies of the Harry Potter books have been sold, and hundreds of thousands of copies are still being sold each week
- Buzzfeed hosts an entire Harry Potter feed; many of the posts are craft-related
- Harry Potter appeals to boys and girls of all ages, making Harry Potter crafts a fun activity for kids to do alone or with parents

For nearly 20 years, children and adults alike have immersed themselves in the stories of Harry Potter and Hogwarts, and the audience for the books and movies is still going strong. In *The Unofficial Guide to Crafting the World of Harry Potter*, readers will find 30 magical projects inspired by Harry, his friends, and the wizarding world. Perfect for decorating theme parties or for creative rainy day activities, this guide includes step-by-step instructions for charming crafts like Hermione's Favorite Bookmark, Spellbook Journals, and Quidditch Posters.

With easy directions, a bit of creativity, and a dash of magic, *The Unofficial Guide to Crafting the World of Harry Potter* will be on every Potter fan's wish list!

MARKETING

- National publicity campaign targeting craft and pop culture media
- Mommy blogger campaign/giveaways
- Social media outreach

**AUGUST**

ISBN: 9781440595424

UPC: 045079595422

\$9.99 (CAN \$10.99)

Paperback

8 x 9 1/4, 144 pages

World Rights

#R0074

TOM ROBINSON**Seattle, WA**

Tom Robinson teaches high school science and math and has coauthored an online advanced placement physics course.

El libro completo de experimentos científicos para niños

¡Hervir el hielo, haz flotar el agua, mide la gravedad y pon a prueba el mundo que te rodea!

Tom Robinson

Translated by Eida de la Vega

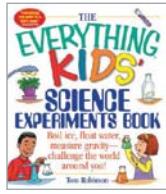
Introducing a Spanish-language version of the Everything® Kids bestseller!

- The number of Spanish speakers in the U.S. is up 238 percent since 1980 (Pew Research Center)
- Spanish is the most spoken non-English language in U.S. homes, even among non-Hispanics (Pew Research Center)
- Everything® Kids' titles have sold more than 3.7 million copies, and more than 450,000 copies of the English version of *The Everything® Kids' Science Experiments Book* are in print

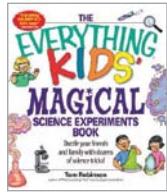
With *The Everything® Kids' Science Experiments Book*, all readers need to do is gather a few household items and they can recreate dozens of mind-blowing, kid-tested science experiments. High school science teacher Tom Robinson shows readers how to expand their scientific horizons—from biology to chemistry to physics to outer space.

This Everything® series bestseller is now available in Spanish for kids (and their parents) who speak Spanish at home. All of the original experiment, fun facts, and science fair projects are included in *El libro completo de experimentos científicos para niños*, along with new Spanish-language puzzles that make science easy—and fun!

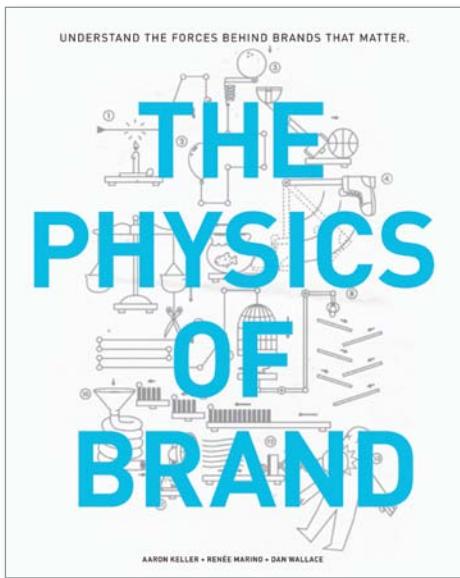
CAN'T MISS BACKLIST



9781580625579



9781598694260

**JULY**

ISBN: 9781440342677

UPC: 035313664526

\$32.99 (CAN \$36.99)

Hardcover

8 x 10, 176 pages

4-color

World Rights

#T8220

HOW**AARON KELLER**www.capsule.us

Aaron Keller is a research, design, and retail strategist with 22 years experience working with clients, helping them to design more memorable moments. He is the author of *Design Matters: Packaging* and *Design Matters: Logos*.

RENÉE MARINO

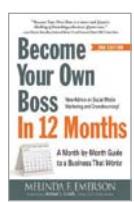
Renée Marino is a finance, accounting, valuation professional with 30 years' experience in business valuation and R&D management.

DAN WALLACE

Dan Wallace is an entrepreneur who brings marketing and branding principles to the workplace through products for learning, HR, and culture-shaping.

CAN'T MISS BACKLIST

9781440331435



9781440584350

The Physics of Brand

Understand the Forces Behind Brands That Matter

Aaron Keller, Renée Marino, and Dan Wallace

A science-based exploration into the life of a brand

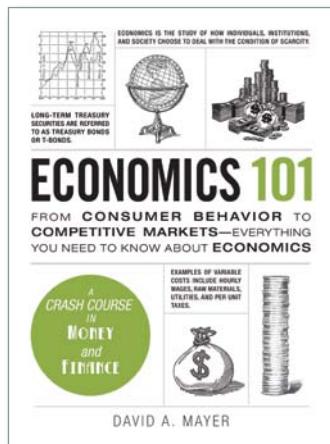
- Written by a collaboration of experts from three different categories and backgrounds: Brand Design, Marketing and Advertising, and Forensic Brand Valuation
- This book is a unique exploration of brand perceptions through observable behaviors and measurable data points, with case studies and examples including KIND Bars, Polaroid, The Honest Company, Target, Uber, and Pepsi

The Physics of Brand chronicles how brands move through time and space, focusing on how outside influences and the choices people make can make or break a brand's success. Certain factors such as the emotional intensity of an experience and the time spent with a brand affect our ability to convert a quick moment with a brand into lasting memories. How easily we can retrieve these memories later on determines how and if we continue to interact with a brand in the future.

Using behavioral analysis from various social networks, *The Physics of Brand* identifies how these major factors influence an individual's memories and personal connections. These behaviors are crucial to creating a lasting relationship with a brand, which can dictate how a brand performs moving forward. This unique exploration of how brands evolve and adapt will help firms manage their brands more effectively, both now and in the future.

MARKETING

- National publicity campaign targeting business media



Economics 101

From Consumer Behavior to Competitive Markets—Everything You Need to Know about Economics

Alfred Mill

The definitive guide to why economics matters

- A February 2015 Associated Press poll shows the majority of Americans don't understand the basics of economics
- Adams Media's 101 series has sold nearly 150,000 copies!

Too often, textbooks turn the noteworthy details of economics into tedious discourse that would put even John Maynard Keynes to sleep. *Economics 101* cuts out the boring explanations, and instead provides a hands-on lesson that keeps readers engaged.

From quantitative easing to marginal utility, this primer is packed with hundreds of entertaining tidbits and concepts that readers can't get anywhere else.

JANUARY

ISBN: 9781440593406

UPC: 045079593404

\$16.99 (CAN \$18.99)

Paper over Board

5 1/4 x 7 1/8, 288 pages with an

8-page, 4-color insert

World Rights

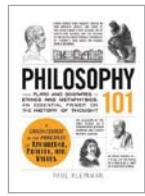
#S7050

ALFRED MILL

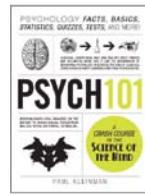
Portland, OR

Alfred Mill is an economist, business writer, and professor. He has taught courses ranging from introductory economics to economic policy and political rhetoric at several colleges and universities in the Pacific Northwest.

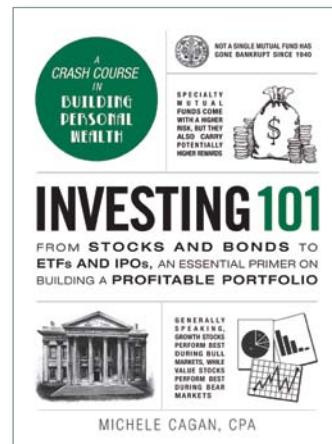
CAN'T MISS BACKLIST



9781440567674



9781440543906



Investing 101

From stocks and bonds to ETFs and IPOs, an essential primer on building a profitable portfolio

Michele Cagan, CPA

A crash course in managing personal wealth

- Half of Americans invest in the stock market (Fortune.com)
- Adams Media's 101 series has sold nearly 150,000 copies!

Too often, textbooks turn the noteworthy details of investing into tedious discourse that would put even Warren Buffett to sleep. *Investing 101* cuts out the boring explanations, and instead provides a hands-on lesson that keeps readers engaged as they build a portfolio and expand their savings. Whether looking to master the major principles of investing, or just learning more about stocks and bonds, *Investing 101* has all the answers.

JANUARY

ISBN: 9781440595134

UPC: 045079595132

\$15.99 (CAN \$17.99)

Paper over Board

5 1/4 x 7 1/8, 256 pages with an

8-page, 4-color insert

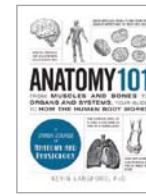
World Rights

#S9216

MICHELE CAGAN, CPA

Michele Cagan, CPA has worked as a financial planner, accountant, and tax advisor, assisting both individuals and small business owners.

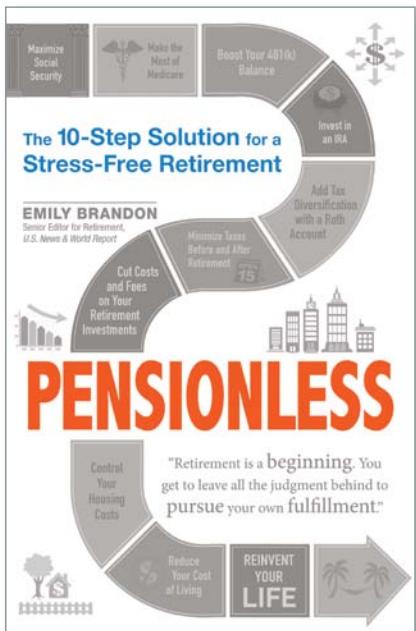
CAN'T MISS BACKLIST



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9781440590078

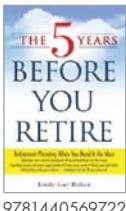
**APRIL**

ISBN: 9781440590757
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 \$16.99 (CAN \$18.99)
 Paperback
 5½ x 8½, 256 pages
 World English Rights
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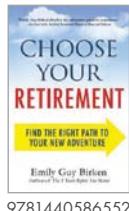
EMILY BRANDON

[www.usnews.com/topics/author/
emily-brandon](http://www.usnews.com/topics/author/emily-brandon)

Emily Brandon is a senior editor, retirement columnist, and blogger at *U.S. News & World Report*. In 2013, her byline was the most read at usnews.com, bringing in over 44 million page views. She has contributed articles to *Consumer Reports* and the *Washington Post Express*, and has appeared on *Nightly Business News Report* and *MSNBC News*, among other outlets.

CAN'T MISS BACKLIST

9781440569722



9781440586552

Pensionless

The 10-Step Solution for a Stress-Free Retirement

Emily Brandon, Senior Editor for Retirement, *U.S. News & World Report*

No pension? No problem!

- Emily Brandon is the most-read online writer at *U.S. News & World Report*, reaching millions of financially-minded readers
- Baby boomers are either at the age of retirement or nearing it, and many do not have pensions, leaving them wondering what they can do about retirement
- Only 22 percent of Americans are enrolled in traditional pension plans (Economic Policy Institute)—this is the book for the rest of us!

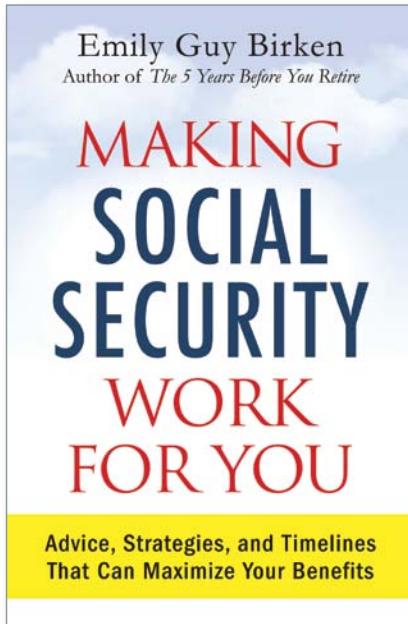
For the millions of Americans without a pension plan, the retirement years can mean a huge financial question mark. Retirement planning problems often arise when people are not educated on the rules and conditions associated with the various types of retirement benefits. *Pensionless* addresses each type of retirement benefits baby boomers have, how to use them correctly, and points out how to avoid potential pitfalls.

Readers will learn how to avoid surcharges on their Medicare benefits, how to get more money from Social Security and their employer to help pay for their retirement, and how to minimize costs and boost value of various retirement benefits. With this book, readers will learn how to change their lifestyle to live well—*without* the security of a pension.

Featuring ideas on how to get more Social Security by claiming benefits twice, minimize fees and avoid penalties on retirement accounts, and how to inflate 401(k) balances, *Pensionless* will help readers without a pension enjoy those retirement years they've worked so hard for.

MARKETING

- National publicity campaign targeting personal finance media



JUNE

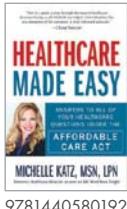
ISBN: 9781440593376
UPC: 045079593374
\$17.99 (CAN \$19.99)
Paperback
5½ x 8½, 256 pages
World Rights
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EMILY GUY BIRKEN
Lafayette, IN

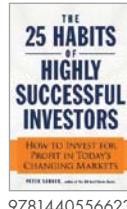
www.sahmnabulist.blogspot.com

Emily Guy Birken is a finance writer who writes the “Live Like a Mensch” column for *The Dollar Stretcher*. She is also a contributor to Wise Bread, PT Money, Money Crashers, Yahoo! Finance and Business Insider, as well as many other personal financial sites. She is the author of *The 5 Years Before You Retire*.

CAN'T MISS BACKLIST



9781440580192



9781440556623

Making Social Security Work for You

Advice, Strategies, and Timelines That Can Maximize Your Benefits

Emily Guy Birken, author of *The 5 Years Before You Retire*

A guide to getting the most out of Social Security

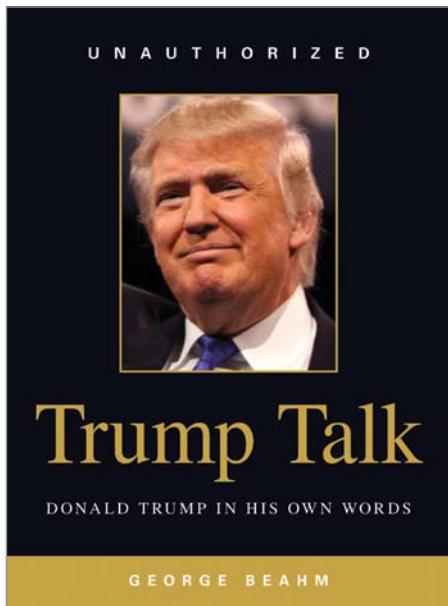
- Written by Emily Guy Birken, author of the bestselling *The 5 Years Before You Retire*
- Between 2011 and 2029, each day approximately 10,000 Americans will become eligible to collect Social Security retirement benefits, making advice about Social Security timely and relevant (Social Security Administration)
- Reflects the recent significant changes made to Social Security as part of the budget deal passed in October 2015—including the end of the “file and suspend” claiming option, a key collecting strategy used to maximize benefit payouts

Despite reports of Social Security’s impending bankruptcy, Social Security remains an important part of the retirement plans for most Americans. But will it be enough? *Making Social Security Work for You* teaches readers what they need to know about Social Security retirement benefits and the options they can choose to help meet their retirement goals. In straightforward, easy-to-understand language, this compact guide provides advice on the advantages and disadvantages of delaying benefits as well as the best ways to maximize benefits depending on an individual’s financial or marital situation.

Featuring a glossary of terms to help readers better understand Social Security jargon, a full explanation on how the current system works, and practical, actionable advice on how and when to save additional retirement funds, this book shows readers how to make their retirement the best it can possibly be.

MARKETING

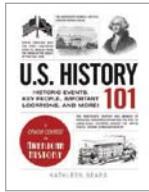
- National publicity campaign targeting personal finance media

**MARCH**

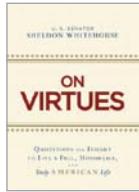
ISBN: 9781440595592
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 \$12.99 (CAN \$14.50)
 Paperback
 5½ x 7½, 192 pages
 North American English Rights
 #R0233

GEORGE BEAHM
Southeast Virginia
www.georgebeahm.com

George Beahm is a *New York Times*, *Wall Street Journal*, *USA Today*, and *Publishers Weekly* best-selling author whose *I, Steve: Steve Jobs in his Own Words* was an international sensation. He's the author of many other books including *The Stephen King Companion* and *The Unauthorized Anne Rice Companion*.

CAN'T MISS BACKLIST

9781440586484



9781440538766

Trump Talk

Donald Trump In His Own Words
 George Beahm

Everyone's fascinated by Donald Trump—and the things he says!

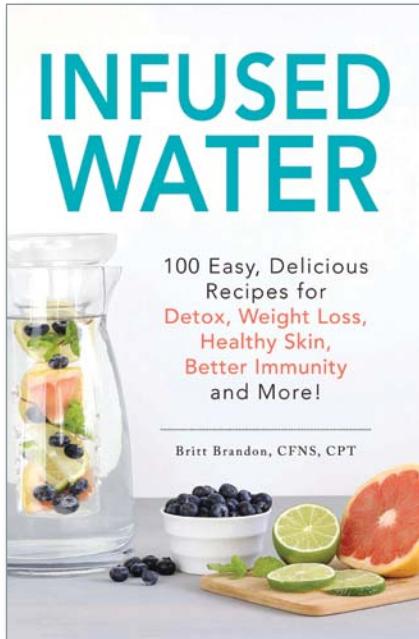
- This book of quotes is ideal for Trump's ardent supporters and passionate opponents, along with everyone in between
- Trump's presidential campaign has taken his already impressive outreach to total media domination
- George Beahm is a *New York Times* best selling author and the man behind the block buster *I, Steve: Steve Jobs in his Own Words*

Brash, outspoken, and successful, Donald Trump has turned American politics on its head. His history-making run for the 2016 Republican Party presidential nomination continues to make headlines around the globe. Even those who don't follow politics are sharing his quotes on Facebook and tuning into his appearances on the talk show circuit.

Trump Talk is the unofficial guide to the mind of Donald Trump, featuring excerpts from campaign speeches, interviews, and more. Completely non partisan, it will appeal to all readers interested in getting inside Trump's head. Whether he's denouncing Mexican immigrants or calling for bombing Iraqi oil fields, there's one thing no one can deny about Trump—he speaks his mind, and the results are fascinating.

MARKETING

- National publicity campaign targeting political, pop culture, and current events media
- BEA giveaway
- Edelweiss galley download available

**APRIL**

ISBN: 9781440594700
 UPC: 045079594708
 \$13.99 (CAN \$15.99)
 Paperback
 5½ x 8½, 128 pages
 World Rights
 #S8881

BRITT BRANDON, CFNS, CPT

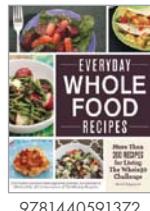
Jensen Beach, FL

www.ultimatefitmom.com

Britt Brandon is a Certified Personal Trainer and Certified Fitness Nutrition Specialist who has written many books focused on clean eating and fitness. She is the author of *Apple Cider Vinegar for Health* and *Coconut Oil for Health*.

CAN'T MISS BACKLIST

9781440592089



9781440591372

Infused Water

100 Easy, Delicious Recipes for Detox, Weight Loss, Healthy Skin, Better Immunity, and More!

Britt Brandon, CFNS, CPT

Refreshing infused water for a healthier body

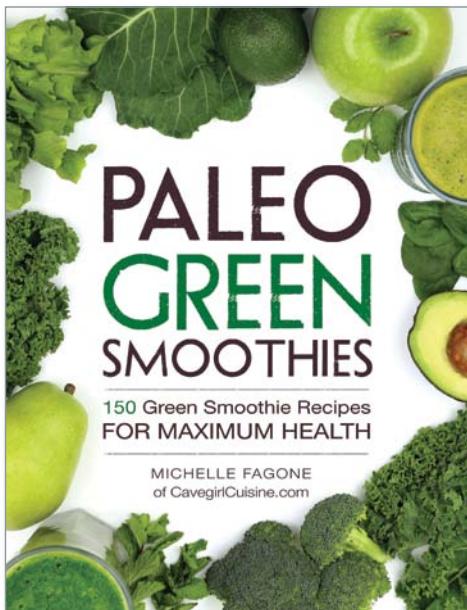
- Features 100 vitamin-packed recipes that promote weight loss, improve immunity, and boost energy
- Includes recipes that can be made with or without a water infuser
- The benefits of infused water have been featured in major media outlets including Buzzfeed, Shape Magazine, and The Dr. Oz Show

Water is the foundation of good health, but many people don't drink nearly enough water per day. And some find the taste of plain water to be boring. *Infused Water* provides readers with creative and flavorful ideas for increasing their daily water and nutrient intake. Infusion is a great way to enjoy the vitamins and flavors of fresh fruits and vegetables without the extra calories or fructose found in juices.

This comprehensive guide features more than 100 nutrient-rich recipes for thirst-quenching drinks that control appetite, aid digestion, and improve overall health. There's an infused water for everyone, from traditional flavors like Crisp Cranberry-Lime to surprising pairings like Lemon Oregano. Readers will be able to sip their way to better health with these refreshing and nutritious infusions.

MARKETING

- National publicity campaign targeting health and wellness media



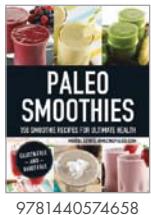
JANUARY

ISBN: 9781440592935
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 \$17.99 (CAN \$19.99)
 Paperback
 7 x 9 1/4, 208 pages
 World Rights
 #S6553

MICHELLE FAGONE
Louisville, KY
CavegirlCuisine.com

Michelle Fagone is a mother of two young girls, an entrepreneur, and an avid Paleo food chef. She has a passion for healthy living and for sharing her unique insights on her blog (CavegirlCuisine.com) and now her two cookbooks.

CAN'T MISS BACKLIST



9781440574658



9781440525643

Paleo Green Smoothies

150 Green Smoothie Recipes for Maximum Health
 Michelle Fagone of CavegirlCuisine.com

The popularity of green smoothies and the Paleo movement—in one book!

- Not eating enough vegetables is one of the top five health traps of the Paleo diet (paleomagonline.com)
- There are between 1 and 3 million Americans on the Paleo diet (NPR.org)
- Green smoothies are the easiest way to get The American Cancer Society's daily recommendation of 5 to 9 servings of fruit and veggies

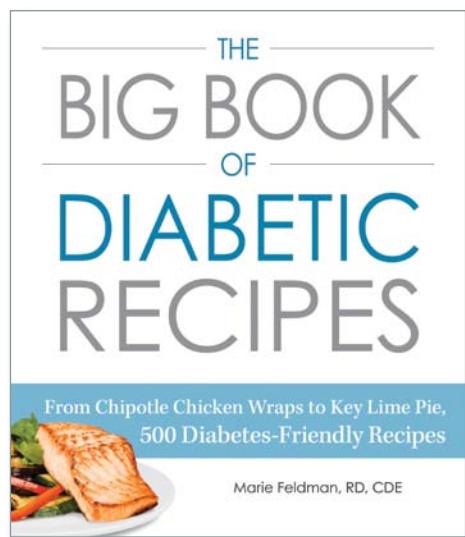
Now, the quick burst of energy that comes from green smoothies can be prepared without any of the gluten, dairy, or sugar! *Paleo Green Smoothies* shows how to create 150 green smoothie recipes that are specifically designed to complement the Paleo lifestyle. Featuring step-by-step instructions and nutritional data, each page shows readers how to blend up a variety of Paleo green smoothies, including:

- Citrus Jump-Start Smoothie
- Kale Yeah Smoothie
- Mojito Smoothie
- Summer Squash Smoothie
- Key Lime Pie Smoothie

With *Paleo Green Smoothies*, readers on the Paleo diet can have healthy, flavorful smoothies at every meal!

MARKETING

- National publicity campaign targeting health and wellness media

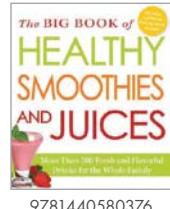
**JANUARY**

ISBN: 9781440593659
 UPC: 045079593657
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 8 x 9 1/4, 512 pages
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 #S7780

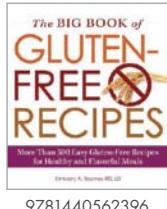
MARIE FELDMAN, RD, CDE
Los Angeles, CA

Marie Feldman works at a private medical group in Los Angeles as a registered dietitian, a certified diabetes educator, and the manager of clinical research trials. In addition, she is a fitness enthusiast, loves food and cooking, and has done nutrition consulting work, namely writing and research support for dietary cookbooks and newsletters.

CAN'T MISS BACKLIST



9781440580376



9781440562396

The Big Book of Diabetic Recipes

From Chipotle Chicken Wraps to Key Lime Pie, 500 Diabetes-Friendly Recipes

Marie Feldman, RD, CDE

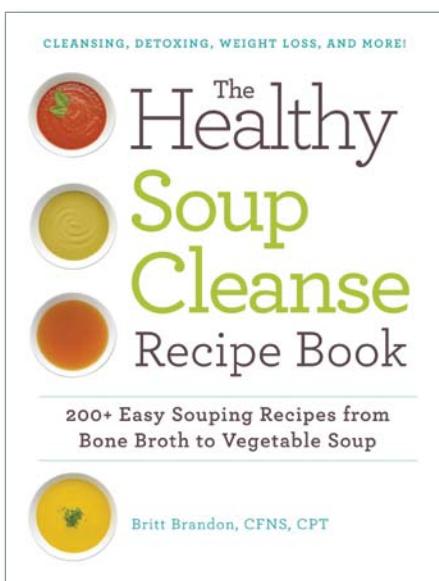
Hundreds of recipes ideal for diabetics—and their families!

- Features the most recipes of any diabetic-friendly cookbook
- 29.1 million Americans have diabetes and 86 million Americans aged 20 and older have pre-diabetes (American Diabetes Association)
- Adams Media has sold more than 130,000 diabetic health guides and cookbooks

With millions of Americans being treated for diabetes and millions more hoping to reverse a diagnosis of pre-diabetes, *The Big Book of Diabetic Recipes* is an important tool in their lifestyle shift. This cookbook shows readers how to create hundreds of tasty recipes specifically designed to help manage diabetes. With recipes like Country-Style Omelets and Pork Lo Mein, readers won't need to give up their favorite flavors on their quests for health. Featuring more recipes than any other general diabetic cookbook on the market, readers will learn to make easy-to-prepare meals like:

- Roasted Eggplant Salad
- Maple Bacon Brussels Sprouts
- Steak and Mushroom Kabobs
- Scallops and Shrimp with White Bean Sauce
- Strawberry Rhubarb Cobbler

Complete with step-by-step instructions and plenty of preparation tips, *The Big Book of Diabetic Recipes* has everything readers need to make dishes that satisfy taste buds—and their doctors' orders!

**JANUARY**

ISBN: 9781440593253

UPC: 045079593251

\$17.99 (CAN \$19.99)

Paperback

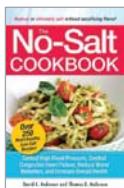
7 x 9 1/2, 240 pages

World Rights

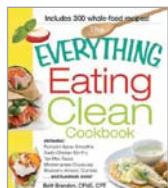
#S6812

BRITT BRANDON, CFNS, CPT**Jensen Beach, Florida****UltimateFitMom.com**

Britt Brandon is a Certified Fitness Nutrition Specialist and Certified Personal Trainer. She blogs about fitness and nutrition at UltimateFitMom.com and is the author of many healthy cookbooks including *Ginger for Health*, *Apple Cider Vinegar for Health*, and *Coconut Oil for Health*.

CAN'T MISS BACKLIST

9781580625258



9781440529993

The Healthy Soup Cleanse Recipe Book

200+ Easy Souping Recipes from Bone Broth to Vegetable Soup!

Britt Brandon, CFNS, CPT

200 filling and delicious soup recipes for maximum health!

- ABC News has called souping “the new juicing”
- The first recipe book to focus on the dynamic souping trend
- Souping has been featured on *Good Morning America*, The Dr. Oz Show, Yahoo and more!

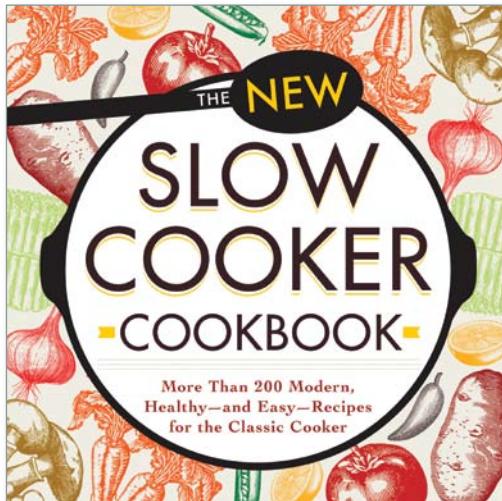
Unlike other detoxes that leave dieters feeling tired and hungry, souping will satisfy their appetite and replenish energy as it cleanses the body of toxins. With this book, readers will learn how to create 200+ delicious, all-natural soup blends right at home, using ingredients and spices that will nourish them from the inside out. Best of all, each wholesome recipe uses the vegetable or fruit in its entirety, so readers will not only get the most of out of their money, but they’ll also produce vitamin-rich soups that can’t be matched in nutritional value. They will enjoy making a variety of tasty soups from savory to sweet, including:

- Kale Miso
- Leeks and Greens
- Tarragon Turkey
- Apple Cinnamon Sweet Potato

Complete with step-by-step instructions and nutrition facts, *The Healthy Soup Cleanse Recipe Book* will help readers look and feel better than ever before!

MARKETING

- National publicity campaign targeting health and wellness media

**JANUARY**

ISBN: 9781440594113

UPC: 045079594111

\$19.99 (CAN \$21.99)

Paperback

8 1/4 x 8 1/4, 256 pages

4-color

World Rights

#S8556

The New Slow Cooker Cookbook

More Than 200 Modern, Healthy—and Easy—Recipes for the Classic Cooker
Adams Media

A modern twist on classic slow cooker recipes!

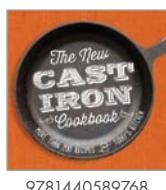
- The slow cooker is becoming increasingly popular with younger audiences, with regular features on sites like Buzzfeed, Bustle, Lifehacker, and The Kitchn
- In the 12 months ending in June 2015, Americans bought 12.6 million slow cookers (Today.com)
- Includes safety tips and information on make-ahead or easy prep

Forget grandma's slow-cooker recipes! With this cookbook, readers can whip up hundreds of healthy dishes that will satisfy the whole family's tastebuds. Featuring more than 200 delicious slow cooker recipes, readers young, old, and in-between can learn to use the classic appliance to create modern, nutritious meals from scratch, including:

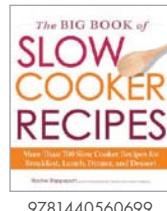
- Almond and Dried Cherry Granola
- Acorn Squash Chili
- Chickpea Curry
- Chicken Saltimbocca
- Orange-Scented Custard

Complete with step-by-step instructions and gorgeous photographs, this cookbook takes what once was old and makes it new again!

CAN'T MISS BACKLIST



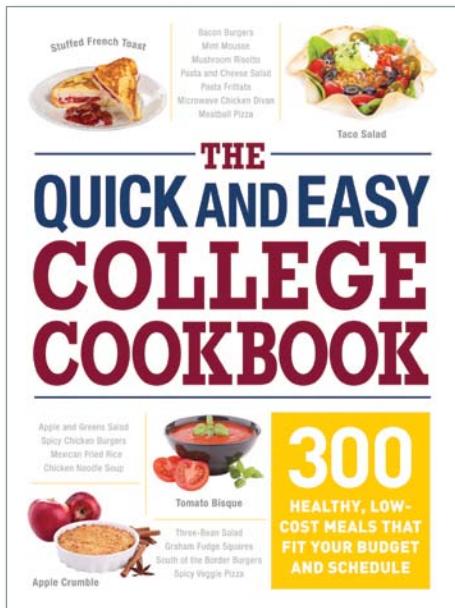
9781440589768



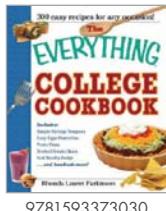
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MARKETING

- National publicity campaign targeting cooking media

**MAY**

ISBN: 9781440595233
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 \$14.99 (CAN \$16.99)
 Paperback
 6 x 8, 304 pages
 World Rights
 #S9798

CAN'T MISS BACKLIST

9781593373030



9781440502088

The Quick and Easy College Cookbook

300 Healthy, Low-Cost Meals that Fit Your Budget and Schedule

Adams Media

College Cooking 101

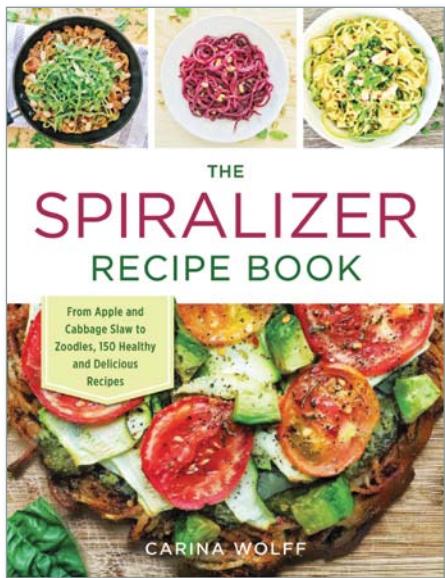
- Nearly 20.2 million students attended American colleges and universities in fall 2015 (National Center for Education Statistics)
- This generation's college students are more budget-and health-conscious than ever before
- Featuring recipes that fit a college student's budget, skills, living arrangement, and schedule, as well as vegetarian, vegan, and gluten-free recipes

While the dining hall or takeout can be convenient for college students' busy schedules, these shortcuts can take a toll on their waistlines, as well as their maxed-out bank accounts. *The Quick and Easy College Cookbook* helps students create delicious and healthy recipes that cost less than takeout and are ready before a deliveryman could arrive. Readers will find 300 recipes that range from hearty breakfasts to healthy study-session snacks to fuel an all-nighter. And the best part is that cooking experience or a fully equipped kitchen aren't required!

Even first-time cooks will succeed, with the help of a glossary of cooking terms and checklists of essential kitchen equipment and pantry staples. With hundreds of student favorites, like Huevos Rancheros, Korean Spicy Pork Tacos, and Peanut Butter Cups, readers will be cooking up a storm in no time!

MARKETING

- National publicity campaign targeting college media

**JUNE**

ISBN: 9781440594380

UPC: 045079594388

\$18.99 (CAN \$20.99)

Paperback

7 x 9 1/4, 208 pages

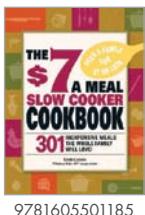
4-color

World Rights

#S8727

CARINA WOLFF**Los Angeles, CA**www.kalememaybe.com

Carina Wolff is a health and nutrition writer based in Los Angeles. She is a regular contributor to Bustle.com. She graduated from New York University with a journalism and psychology degree. When she's not writing, doing yoga, or exploring mountains and beaches, Carina spends her time cooking for her healthy food blog, Kale Me Maybe.

CAN'T MISS BACKLIST

9781605501185



9781440502316

The Spiralizer Recipe Book

From Apple and Cabbage Slaw to Zoodles, 150 healthy and delicious recipes

Carina Wolff

150 quick, easy, and healthy vegetable-based recipes

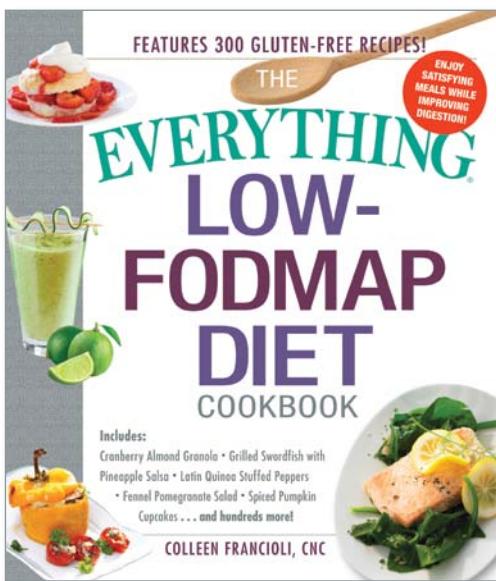
- Sales of manual spiralizers continue to grow, and KitchenAid just introduced a spiralizer attachment for its iconic stand mixer
- The largest collection of spiralizer recipes on the market, with recipes that tie in with popular diet trends, including paleo, gluten-free, vegetarian, and vegan
- *Good Housekeeping*, *The Today Show*, Buzzfeed, and *Shape* magazine have all recently featured recipes using spiral-cut vegetables

Vegetable spiralizers are the latest must-have kitchen gadget for good reason. They're affordable, easy to use, and make healthy eating fun and easy. Whether readers are following a Paleo, gluten-free, raw, or low-carb diet, they'll find unique ideas for satisfying, fiber-rich meals that are built around healthy vegetables.

Readers can use any type of spiral cutter, or even a simple vegetable peeler, to transform vegetables and fruits into noodles, shoestrings, or corkscrew shapes in minutes. Featuring an introduction to spiralizing techniques, lists of the best vegetables and fruits to use, and 150 imaginative, low-carb recipes, *The Spiralizer Recipe Book* is sure to send readers into a healthy eating spiral!

MARKETING

- National publicity campaign targeting college media

**MAY**

ISBN: 9781440595295

UPC: 045079595293

\$18.99 (CAN \$20.99)

Paperback

8 x 9 1/4, 304 pages with an 8-page,

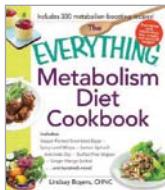
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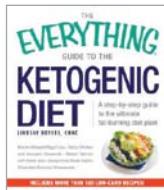
#S9913

COLLEEN FRANCIOLI, CNC**Carlsbad, CA**www.fodmaplife.com

Colleen Francioli, CNC is a certified nutritional consultant, blogger, recipe developer, and photographer. On her blog, FODMAP Life, Colleen shares her own experiences with IBS and the low-FODMAP diet. Her blog includes a wealth of information for the low-FODMAP diet including recipes, diet tips, grocery lists, foods to avoid, science-based studies, brands with low-FODMAP ingredients, and more.

CAN'T MISS BACKLIST

9781440592287



9781440586910

The Everything® Low-FODMAP Diet Cookbook

Includes: • Cranberry Almond Granola • Grilled Swordfish with Pineapple Salsa • Latin Quinoa Stuffed Peppers • Fennel Pomegranate Salad • Spiced Pumpkin Cupcakes . . . and hundreds more!

Colleen Francioli, CNC

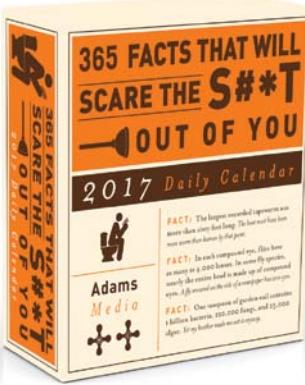
Delicious recipes and meal plans to ease symptoms and improve digestion

- Features 300 recipes and extensive meal plans for readers to start and continue the diet with success
- Irritable bowel syndrome is experienced by at least 10 to 15 percent of adults (International Foundation for Functional Gastrointestinal Disorders)
- Everything® cookbooks have sold more than 3.3 million copies!

Readers suffering with symptoms of IBS know that digestive troubles and pain can disrupt their day-to-day lives. Scientists have discovered that FODMAPs, a collection of short-chain carbohydrates that are difficult to digest, are often the source of these digestive issues. FODMAPs are found in many common foods, like wheat, milk, beans, and some vegetables, fruits, and sweeteners.

A low-FODMAP diet helps sufferers identify sensitivities, eliminate problem foods, and control symptoms. *The Everything® Low-FODMAP Diet Cookbook* includes 300 delicious low-FODMAP and gluten-free recipes, as well as extensive meal plans. With this cookbook, readers will be able to reduce symptoms, improve their health, and enjoy their favorite meals again.

Finally, calendars worth showing off!



TRIVIA

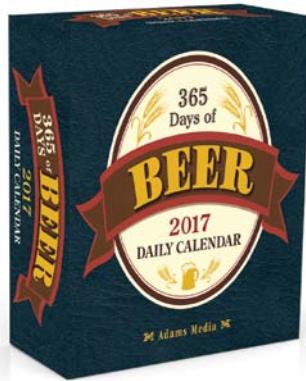
ISBN: 9781440596469
 UPC: 045079596467
 \$14.99 (Canada \$17.99)
 Boxed Calendar
 4½ x 4½; 368 pages
 World Rights
 #R1423

365 Facts That Will Scare the S#!t Out of You 2017 Daily Calendar

Adams Media

- A follow-up to the most horrifying—and humorous—trivia calendars ever released!
- Sales for previous versions of this calendar has exceeded 100,000 copies while the original book has sold more than 250,000 copies!

365 Facts That Will Scare the S#!t Out of You 2017 Daily Calendar is packed with hundreds of new and unnerving facts that will sicken and terrify even the toughest crowd. From golden poison dart frogs with enough venom to kill ten grown humans to cockroaches that can survive radiation 15 times stronger than what kills us, this gut-churning calendar is guaranteed to make readers squirm every day of the year!



COCKTAILS

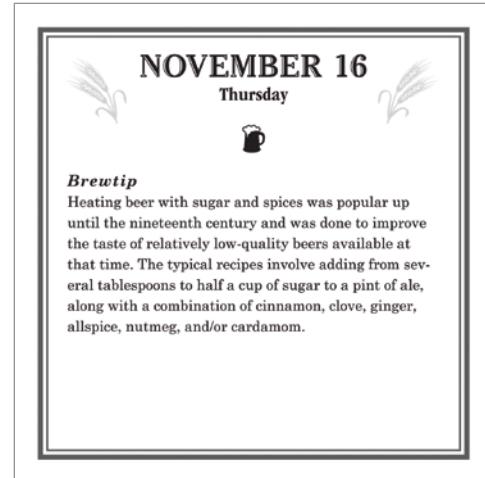
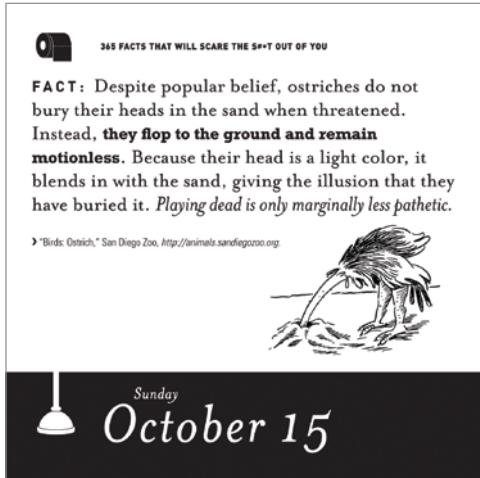
ISBN: 9781440596452
 UPC: 045079596450
 \$14.99 (Canada \$17.99)
 Boxed Calendar
 4½ x 4½; 368 pages
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365 Days of Beer 2017 Daily Calendar

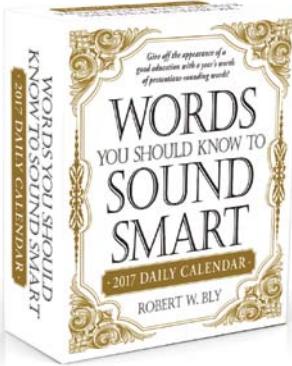
Adams Media

- A must for any beer aficionado, this intoxicating calendar features all-new beers, breweries, facts, and quotations about their favorite drink
- Sales for previous versions of this calendar has exceeded 36,000 copies!

Perfect for those who can't wait for happy hour, *365 Days of Beer 2017 Daily Calendar* is a year-long celebration of the greatest joy in life. Spilling over with all new beer and brewery recommendations, trivia, and fun quotations, this calendar will satisfy readers' thirst throughout the entire year!



Readers may think that they've seen it all when it comes to calendars, but they haven't seen anything yet! From shocking techniques for brewing the perfect beer to expert advice on surviving in the wilderness, each of these engaging calendars will do a lot more than just help pass the time. Filled with creativity, laughter, and knowledge, they will keep readers entertained well into the new year!



REFERENCE

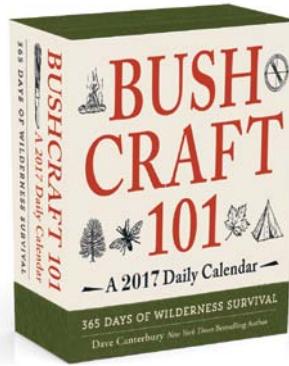
ISBN 13: 9781440596476
UPC: 045079596474
\$14.99 (Canada \$17.99)
Boxed Calendar
4½ x 4½; 320 pages
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Words You Should Know to Sound Smart 2017 Daily Calendar

Robert W. Bly

- This salient word calendar demonstrates the appropriate use of a year's worth of indispensible words to help readers appear erudite, articulate, and highly literate
- Adams Media's Words You Should Know series has sold more than 250,000 copies!

Readers can lock academic horns with the clerisy—and be the life of every highbrow cocktail party—with this most compendious of calendars. Mastering this daily listing of deliciously obscure and obtuse terms will have readers tossing about bon mots with the best of the portentous artistes and aesthetes—and impressing the susruration out of the *perfervid hoi polloi*—in no time!



SPORTS

ISBN 13: 9781440596483
UPC: 045079596481
\$14.99 (Canada \$17.99)
Boxed Calendar
4½ x 4½; 320 pages
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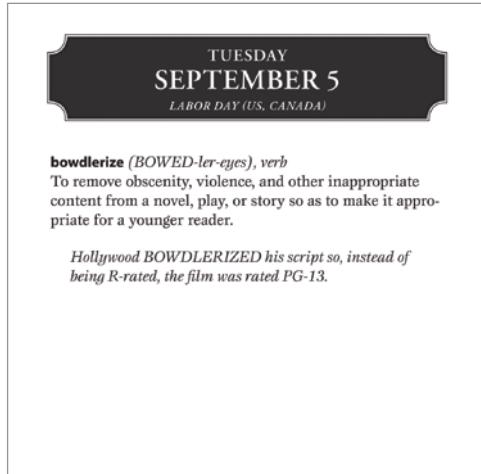
Bushcraft 101: A 2017 Daily Calendar

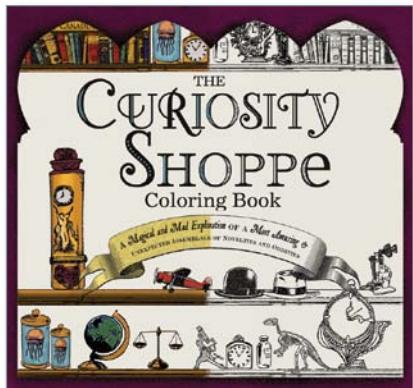
365 Days of Wilderness Survival

Dave Canterbury, *New York Times* bestselling author

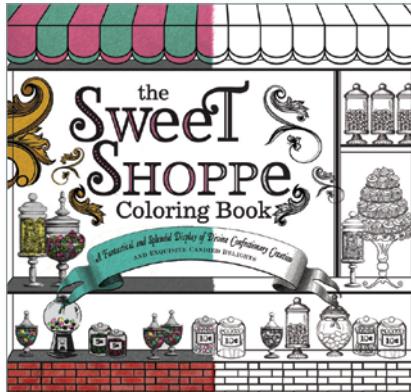
- Based on the 5Cs of Survivability, these daily tips will show readers how to traverse—and survive in—the wilderness
- New York Times bestselling author Dave Canterbury hosted Discovery Channel's *Dual Survival*, and has a YouTube Channel with more than 200,000 subscribers

In *Bushcraft 101: A Daily 2017 Calendar*, survivalist expert Dave Canterbury provides valuable tips for surviving as he teaches them how to survive in the backcountry. Based on the 5Cs of Survivability—cutting tools, covering, combustion devices, containers, and cordages—this valuable calendar offers a daily dose of important survival skills that will help them make use of their surroundings and truly enjoy the wilderness. From dealing with an unexpected snowstorm to running out of water, readers will finally be prepared for whatever nature throws their way in 2017 with this adventurous calendar!



**JULY**

ISBN: 9781440595967
 UPC: 045079595965
 \$15.99 (CAN \$17.99)
 Paperback
 11 x 10, 80 pages
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**JULY**

ISBN: 9781440595974
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 \$15.99 (CAN \$17.99)
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 11 x 10, 80 pages
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 #R0907

The Curiosity Shoppe Coloring Book

A magical and mad exploration of a most amusing and unexpected assemblage of novelties and oddities

The Sweet Shoppe Coloring Book

A fantastical and splendid display of divine confectionary creation and exquisite candied delights

The Shoppes are open!

- It's something new and completely different for the coloring book shelf, inspired by the Neo-Victorian worlds of *The Night Circus*, *Penny Dreadful*, and more
- A larger trim and top-bind means more room to color each of book's intricate 40 designs
- The illustration style will inspire creativity and let people relax as they get lost in the books' magical setting

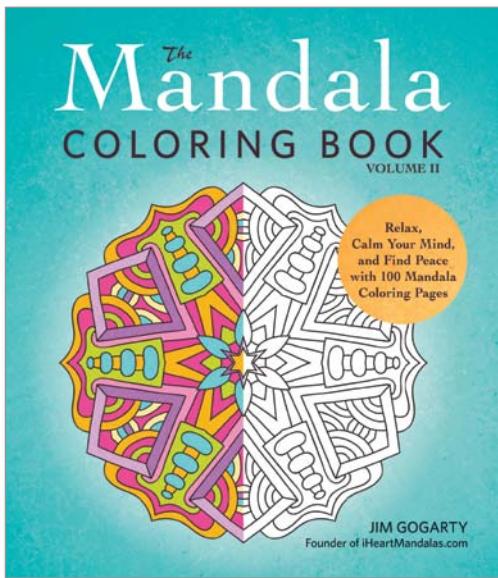
Welcome to the weird, wonderful world of the Shoppe coloring series where every drawer, shelf, and display offers a new discovery. It's unlike anything anyone's ever seen—let alone colored—as the pages provide an escape to a bygone era.

The first stop is *The Curiosity Shoppe Coloring Book*. At-home artists can explore a bric-a-brac store and bring life to its many oddities through their color choices and combinations. Then it's off to *The Sweet Shoppe Coloring Book* with page upon page of enticing treats to style and color.

The Shoppe coloring series is a treat for the eyes and the imagination!

MARKETING

- National publicity campaign targeting pop culture and wellness media

**MAY**

ISBN: 9781440595936

UPC: 045079595934

\$15.99 (CAN \$17.99)

Paperback

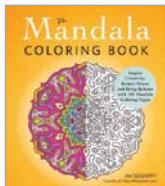
8 x 9 1/4, 208 pages

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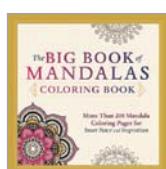
#R0744

JIM GOGARTY**Hertfordshire, UK**www.iheartmandalas.com

Jim Gogarty has had a passion for drawing for as long as he can remember, going from crayons to felt tips to today's digital pen. He began drawing mandalas in 2005 after a spiritual awakening during meditation. Since then, he has worked to turn this love for the symmetrical patterns into a career. He currently runs iHeartMandalas.com where he brings these images to life.

CAN'T MISS BACKLIST

9781440569982



9781440579868

The Mandala Coloring Book, Volume II

Relax, Calm Your Mind, and Find Peace with 100 Mandala Coloring Pages

Jim Gogarty, Founder of iHeartMandalas.com

Beautiful mandalas for quiet contemplation and spiritual calm

- This breathtaking book offers 100 mandala designs to color
- Known for his complex designs, author and illustrator Jim Gogarty has received more than 200,000 page views through his deviantART page
- The first volume of *The Mandala Coloring Book* has sold more than 100,000 copies

For centuries, mandalas have provided an elevated level of peace to those seeking comfort, stability, and inspiration. *The Mandala Coloring Book, Volume II* features 100 all-new customizable mandala drawings to guide readers towards this tranquility as they use their imagination to create vibrant patterns. These intricate designs draw the eye inward, shifting focus toward their centers and allowing readers to fully express themselves through these beautifully complex illustrations.

Complete with expert instruction and helpful design tips, *The Mandala Coloring Book, Volume II* will help readers find their inner calm and creativity every day.

MARKETING

- National publicity campaign targeting pop culture and wellness media

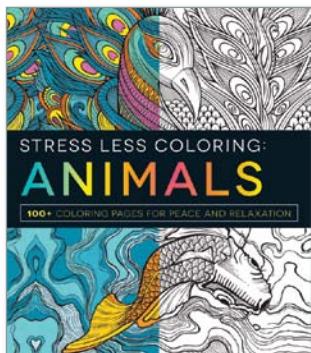
Over
300,000
copies
sold!

THE NEWEST TITLES FROM
ADAMS MEDIA'S BESTSELLING

STRESS LESS SERIES!

100+ COLORING PAGES FOR PEACE AND RELAXATION

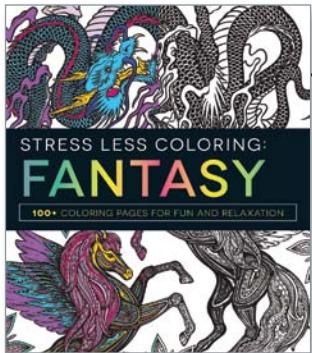
Stress Less Coloring: Animals



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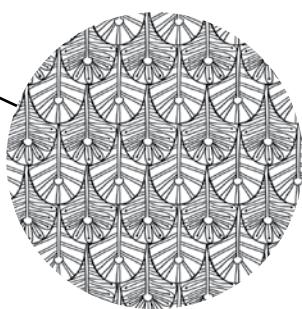
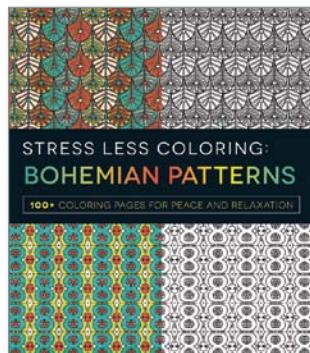
Stress Less Coloring: Fantasy



MARCH

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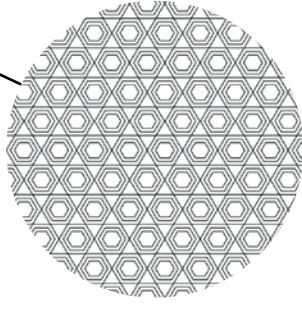
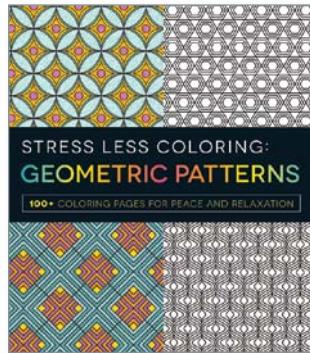
Stress Less Coloring: Bohemian Patterns



JANUARY

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Stress Less Coloring: Geometric Patterns

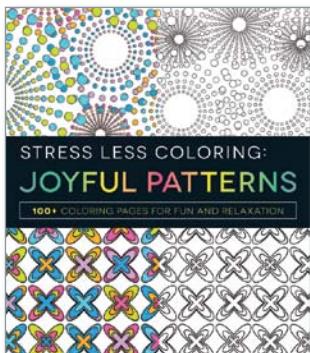


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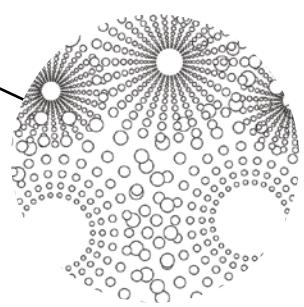


Stress Less Coloring: Joyful Patterns

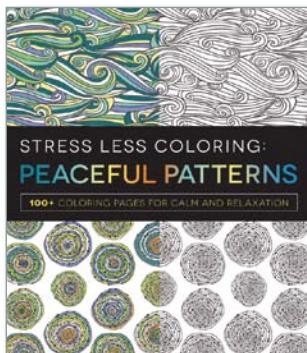


JANUARY

ISBN: 9781440594809
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8 x 9½, 208 pages
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Stress Less Coloring: Peaceful Patterns

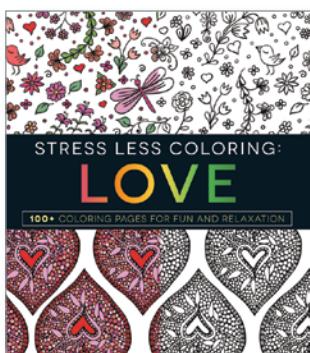


JANUARY

ISBN: 9781440594816
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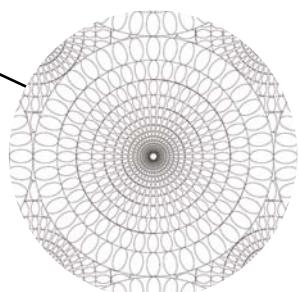
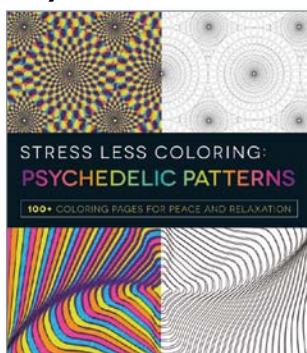
Stress Less Coloring: Love



FEBRUARY

ISBN: 9781440595929
UPC: 045079595927
\$14.99 (CAN \$16.99)
Paperback
8 x 9½, 208 pages
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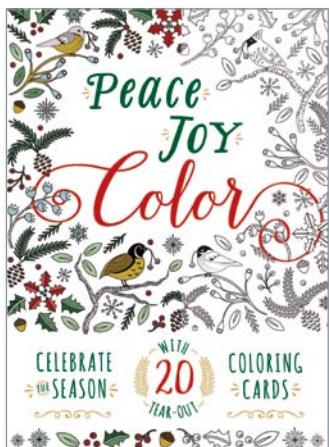
Stress Less Coloring: Psychedelic Patterns



JANUARY

ISBN: 9781440595080
UPC: 045079595088
\$14.99 (CAN \$16.99)
Paperback
8 x 9½, 208 pages
World Rights
#S9219

COLORING



Peace. Joy. Color

Celebrate the Season with 20 Tear-out
Coloring Cards

Adams Media

'Tis the season for peace,
joy, and coloring!

- Coloring book *Peace. Joy. Color.* brings a useful, festive spin to the shelf: The finished pages can be used as holiday cards, gift tags, or frameable keepsakes
- The art has a more modern, artistic feel than the current Christmas coloring book comps and will appeal to a wide range of shoppers and gifters

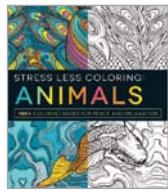
Deck the halls and break out the colored pencils—*Peace. Joy. Color.* celebrates the season with its fun, festive designs. Featuring everything from decorative trees to festive ornaments, these 20 tear-out notecards are perfect for sharing or adding a dash of good cheer to the office or home. This one-of-a-kind coloring collection is a great way to get in the holiday spirit!



CAN'T MISS BACKLIST



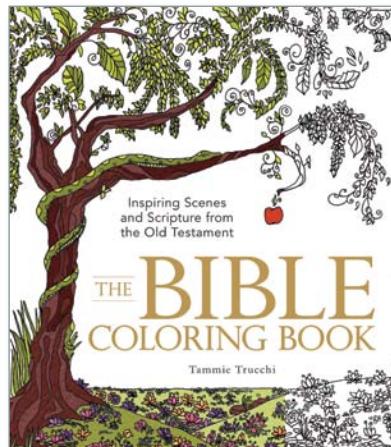
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9781440593888

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ISBN: 9781440593680
UPC: 045079593688
\$9.99 (CAN \$10.99)
Flexi-Bind
5½ x 7½, 40 pages
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The Bible Coloring Book

Inspiring Scenes and Scripture from the
Old Testament

Tammie Trucchi

A creative way to relax, reflect, and
celebrate the messages of the Bible

- Coloring for adults is a hot trend that shows no sign of slowing down. Millions of coloring books have been sold, and coloring parties are gaining popularity
- Adams coloring books have sold more than 450,000 copies!

The Bible Coloring Book combines faith and creativity with the surprisingly satisfying pleasure of coloring. Scenes and scriptures from Psalms to the Song of Solomon are illustrated for coloring according to each individual's own gifts and strengths as they focus on the beauty of the verses. With this lovely keepsake coloring book, readers can invite His spirit into their lives each and every day to soothe mind and soul.

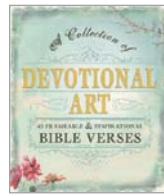
MARCH

ISBN: 9781440595226
UPC: 045079595224
\$14.99 (CAN \$16.99)
Paperback
8 x 9½, 208 pages
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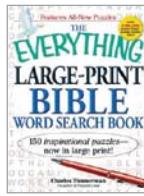
TAMMIE TRUCCHI Abington, MA

Tammie Trucchi studied Fine Art at the School of the Museum of Fine Arts in Boston and earned her Bachelor's degree in Fine Art from Tufts University.

CAN'T MISS BACKLIST

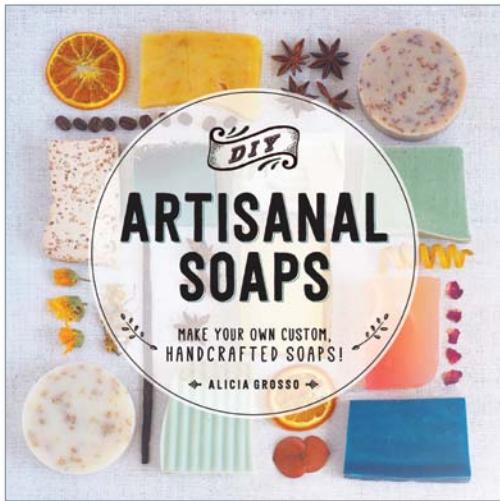


9781440582066



9781440530715





JANUARY

ISBN: 9781440594083
 UPC: 045079594081
 \$17.99 (CAN \$19.99)
 Paperback
 8 1/4 x 8 1/4, 216 pages with an 8-page,
 4-color insert
 World Rights
 #S8388

ALICIA GROSSO
Los Angeles, CA
www.annabellaandcompany.com

Alicia Grosso has been creating handmade soap and toiletries for more than a decade. The owner and creative director of the Annabella and Company Creative Collective (www.annabellaandcompany.com), she also teaches classes and workshops in soapmaking.

CAN'T MISS BACKLIST



9781440590313



9781440588082

DIY Artisanal Soaps

Make Your Own Custom, Handcrafted Soaps!
 Alicia Grosso

Handmade soap from scratch!

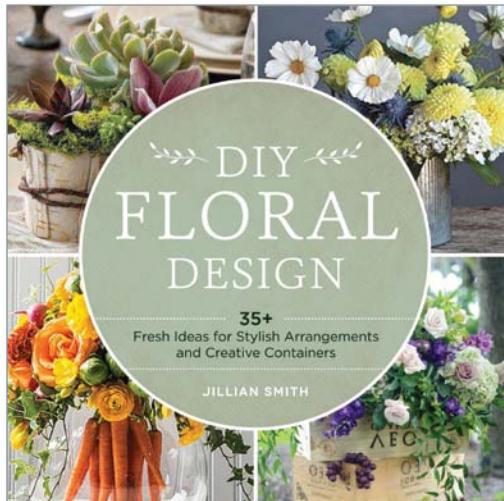
- Soapmaking kits and materials are widely available at Michael's, Joann's, Amazon, and Whole Foods, among others
- Artisanal soaps are popular at farmers' markets, shopping boutiques, and large chains like PaperSource, Anthropologie, Madewell, and Urban Outfitters
- *The Everything® Soapmaking Book* has sold more than 50,000 copies!

Readers who want to learn how to make their own luxurious and lovely soaps are in luck! With *DIY Artisanal Soaps*, readers will find everything they need to make all-natural, custom-designed soaps using locally sourced ingredients and beautifully scented essential oils. Featuring easy-to-follow instructions and tips for personalizing their designs, this book guides readers through every step of soapmaking, allowing them to create unique bath and home products every time. Readers will learn how to turn their garden or farmers' market finds into beautiful, handcrafted soaps, with invigorating scents like peppermint and rosemary or the summer-inspired pairings of ginger and papaya. Readers can even customize the fragrances and textures in the recipes to create the perfect product for their skincare needs.

Complete with stunning photographs and unique ideas for gifting, packaging, and selling their creations, *DIY Artisanal Soaps* helps readers bring the vibrant colors and scents of nature into their homes.

MARKETING

- National publicity campaign targeting craft media
- Cross promotion with F+W proprietary craft community

**JULY**

ISBN: 9781440595981

UPC: 045079595989

\$18.99 (CAN \$20.99)

Paperback

8 1/4 x 8 1/4, 196 pages

4-color

World Rights

#R0908

JILLIAN SMITH**Dallas, TX**

Jillian Smith is a floral designer specializing in events. She has designed arrangements and bouquets for weddings, anniversary and birthday parties, funerals, business launch parties, housewarmings, and other personal and corporate celebrations. She lives with her two beagles in Dallas, and her favorite flowers are proteas.

CAN'T MISS BACKLIST

9781440588082



9781440544125

DIY Floral Design

35+ Fresh Ideas for Stylish Arrangements and Creative Containers

Jillian Smith

Unique, stunning, and affordable arrangements to make at home

- Step-by-step instructions for creating beautiful floral arrangements from easy-to-find and inexpensive flowers and containers
- Floral designers, including Amy Merrick, Mary Lennox, and Kiana Underwood, have hundreds of thousands of followers and likes on Instagram, and "DIY Floral Design" is hugely popular on Pinterest

Readers who love floral design can emulate the gorgeous designs gracing home décor magazines and popular blogs with the lovely projects in this beautifully illustrated book. *DIY Floral Design* teaches everything readers need to know to create exquisitely crafted floral designs with containers they already own, using seasonal flowers from the backyard garden, local farmers' market, or even the grocery store.

With step-by-step instructions, tips on caring for fresh flowers, and imaginative ideas for repurposed containers, anyone can create unique arrangements, from everyday bouquets to special-occasion centerpieces. Complete with full-color photos and plenty of inspiration, *DIY Floral Designs* will help readers add beauty, color, and life to every room in their home.

MARKETING

- National publicity campaign targeting craft media

- Cross promotion with F+W proprietary craft community



APRIL

ISBN: 9781440581762
 UPC: 045079581760
 \$19.99 (CAN \$21.99)
 Paperback
 8 1/4 x 9 1/4, 192 pages
 4-color
 World Rights
 #T4593

MELISSA AVERINOS

www.yummygoods.com
www.grainandcompass.com

Melissa Averinos is the author of *DIY Mason Jars* and *DIY Wine Corks* as well as a designer, painter, good listener, and lover of strawberry rhubarb pie. She can usually be found getting messy in the studio in the back of her Cape Cod house.

ASHARAE KROLL

Asharae Kroll, co-founder of Grain and Compass, is a handlettering artist who specializes in incorporating her artwork into bespoke presentations for her clients—from handlettered physical gifts to handlettered details in wedding videos.

CAN'T MISS BACKLIST



9781440589676



9781440591341

DIY Handlettering

*From Monogrammed Pillows to Personalized Stationery—
 25 Handcrafted, Handlettered Projects You Can Make!*
 Melissa Averinos and Asharae Kroll

25 unique handlettering crafts anyone can recreate!

- Features step-by-step instructions for drawing original custom fonts and creating 25 one-of-a-kind handlettering projects
- From throw pillows to thank-you cards, readers can use handlettering to add a punch of creativity and personality to any item
- Handlettering has taken over the ad campaigns of companies such as Calvin Klein, IBM, Microsoft, and Anthropologie

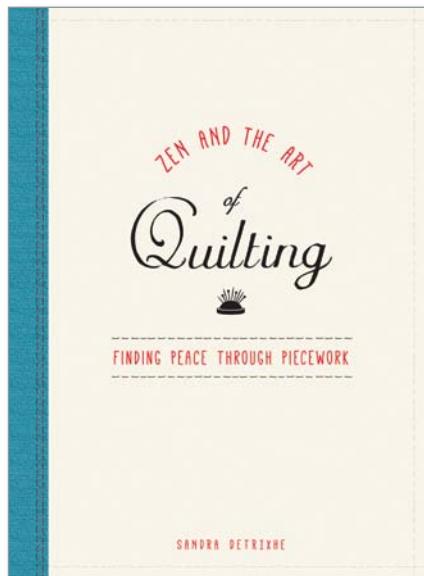
Readers will take crafting to a whole new level with the beautiful, customizable handlettering projects in this book. From swirly scripts to bold, block lettering and whimsical calligraphy, they'll learn how to draw popular fonts with easy-to-follow tutorials on the latest handlettering techniques. Readers will discover how to incorporate their favorite designs into 25 creative crafts to personalize their home and stationery as well as gifts for family and friends. From decorating wine glasses with an anniversary date to designing a striking wall art display, they'll add a touch of personality to any object with stunning handlettering projects like:

- Spelled-Out Pillows
- Vintage Cocktail Party Invitations
- Elegant Holiday Placecards
- Rock Garden Markers
- Monogrammed Mugs
- Handlettered Picture Frames

Complete with beautiful photographs and plenty of inspiration, *DIY Handlettering* will help readers add the perfect finishing touch to just about everything!

MARKETING

- National publicity campaign targeting craft media
- Cross promotion with F+W proprietary craft community

**JANUARY**

ISBN: 9781440595264
 UPC: 045079595262
 \$14.99 (CAN \$16.99)
 Paper Over Board
 5½ x 7½, 208 pages
 World Rights
 #S9914

SANDRA DETRIXHE**Concordia, KS**

Sandra Detrixhe is a highly successful author of many quilting books and has been an avid quilter for more than thirty years. She regularly shows her quilts at county fairs and contests.

CAN'T MISS BACKLIST

9781598699609



9781440565205

Zen and the Art of Quilting

Finding Peace Through Piecework

Sandra Detrixhe

A calming guide to achieving focus and calm through craft

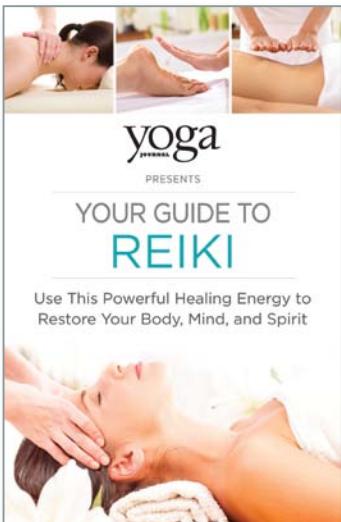
- Science is establishing a link between crafting and better brain health as it has effects similar to meditation and can act as natural anti-depressant (*CNN, The Washington Post*)
- The perfect book for those who meditate and those who quilt—a marriage of beauty and function
- Author Sandra Detrixhe has authored several books celebrating the meditative qualities of crafting

From selecting fabrics to threading the needle to piecing a project, the steps to create a beautiful quilt will also calm the mind and invoke serenity. Master quilter Sandra Detrixhe shares what she's learned through years of creating art out of scraps of cloth: quilting is a type of meditation. Sandra relates stories about the quiet, mindful experience of quilting—choosing fabrics with a purpose in mind, adding pieces with special meaning, and finding a community of quilters.

Each chapter includes a suggested activity that shows readers how to find peace in the process. With *Zen and the Art of Quilting*, quilters will learn their wonderful, handmade quilt isn't the craft's only reward. The meditative practice of a lovely new piece is something to be treasured as well.

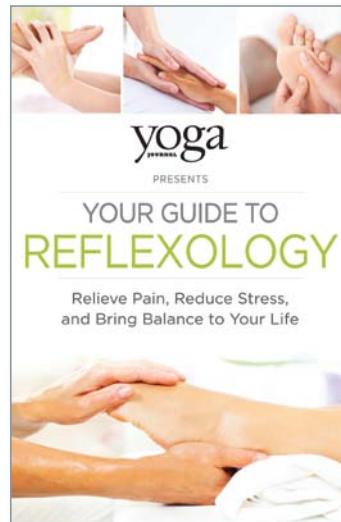
MARKETING

- National publicity campaign targeting craft media
- Cross promotion with F+W proprietary craft community
- House ads



PUBLISHED IN
PARTNERSHIP WITH
YOGA JOURNAL

For 40 years, *Yoga Journal* has been the number one authority on yoga and the yoga lifestyle. With 12 international editions spanning 28 countries, and 5 national live events annually, *Yoga Journal* is the world's largest and most influential yoga brand.



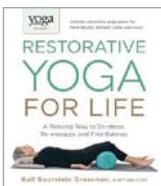
Yoga Journal Presents Your Guide to Reiki

Use This Powerful Healing Energy to Restore Your Body, Mind, and Spirit
Yoga Journal

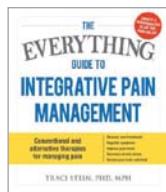
An informative guide to self-healing from the world's largest and most influential yoga brand

The Japanese healing art of Reiki enhances balance and amplifies energy while reducing stress, promoting healing, and significantly improving quality of life. The *Yoga Journal Presents: Your Guide to Reflexology* features expert information on the popular hands-on holistic therapy that encourages relaxation and eases pain by transmitting energy between the practitioner and recipient. This guide will help readers deepen their practice and restore balance throughout the body, mind, and spirit.

CAN'T MISS BACKLIST



9781440575204



9781440589706

JANUARY

ISBN: 9781440593840
UPC: 045079593848
\$17.99 (CAN \$19.99)
Paperback
5½ x 8½, 240 pages
4-color
World Rights
#S8015

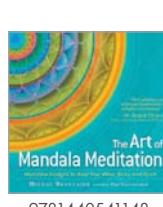
Yoga Journal Presents Your Guide to Reflexology

Relieve Pain, Reduce Stress, and Bring Balance to Your Life
Yoga Journal

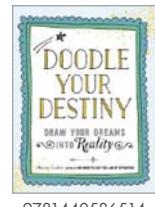
The healing art of reflexology, curated by the world's yoga authority

The healing art of reflexology uses specific thumb and finger techniques to teach the body to redirect and release the blocked energy that causes pain and illness. With this informative and inspiring guide, readers will learn to use the healing power of touch to bring relief and comfort to themselves and others, while restoring balance throughout body, mind, and spirit.

CAN'T MISS BACKLIST



9781440541148



9781440586514

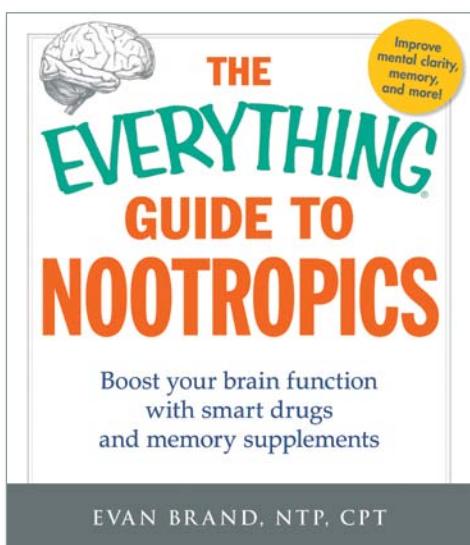
JANUARY

ISBN: 9781440593819
UPC: 045079593817
\$17.99 (CAN \$19.99)
Paperback
5½ x 8½, 240 pages
4-color
World Rights
#S8014

MARKETING

- National publicity campaign targeting health and fitness media

- New Year / New You social media campaign
- Cross promotion at national *Yoga Journal* conferences

**JANUARY**

ISBN: 9781440591310

UPC: 045079591318

\$18.99 (CAN \$20.99)

Paperback

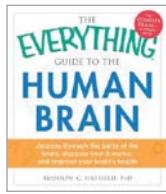
8 x 9 1/4, 288 pages

World Rights

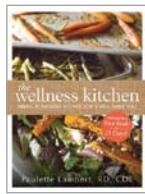
#S3457

EVAN BRAND, NTP, CPT**Louisville, KY**

Evan Brand, NTP, CPT is a health and nutrition consultant who specializes in cognitive performance, stress management, and natural medicine. He has worked as a clinical research associate to the CEO of one of the world's leading human optimization companies, Onnit Labs. His research led to the development, testing, and refinement of many of Onnit's nootropic formulas. Evan's website and business, NoJustPaleo.com, offers health and wellness solutions and comprehensive information on nootropics.

CAN'T MISS BACKLIST

9781440559228



9781440574412

The Everything® Guide to Nootropics

Boost your brain function with smart drugs and memory supplements

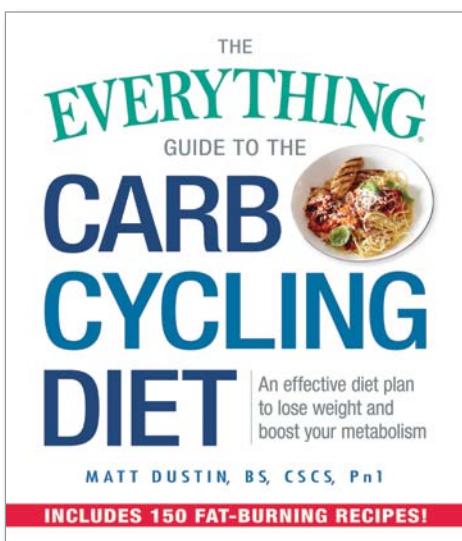
Evan Brand, NTP, CPT

A beginner's guide to brain-enhancing supplements and foods

- The first trade book to focus on nootropics, featuring information on natural and synthetic supplements
- Many people in the tech and innovation industries are turning to nootropics in order to help them perform better and create new products (CNN Money)
- Everything® health books have sold more than 622,000 copies!

Nootropic supplements, or “smart drugs,” are also called cognitive enhancers and brain boosters for their ability to produce positive effects for mental performance. Some of these benefits include improved memory and speed of recall, enhanced learning capacity and attention span, and superior mental energy, focus, and concentration. Sometimes these effects can lead to increased fluid intelligence, better decision-making, improved problem solving, and even more creative thought.

The Everything® Guide to Nootropics will show readers the best supplements for overall brain health, both natural and synthetic, so they can improve their memory, eliminate brain fog, and enhance their energy and focus. Also featuring more than 125 superfood-packed recipes to boost brain power, this approachable guide to the newest trend in brain health will help readers choose the most effective supplements and set them on the path to improved cognitive function.

**APRIL**

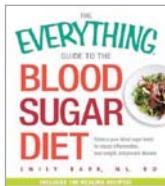
ISBN: 9781440595165
 UPC: 045079595163
 \$18.99 (CAN \$20.99)
 Paperback
 8 x 9 1/4, 304 pages
 World Rights
 #S9217

MATT DUSTIN, BS, CSCS, PN1

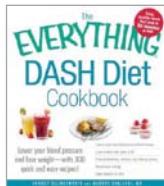
San Diego, CA

TheAthleticPhysique.com

Matt Dustin, BS, CSCS, Pn1, is personal trainer, writer, and fitness and nutrition coach. Matt uses carb cycling with his clients to help them break through weight loss plateaus. He writes about fat loss, nutrition, fitness, and strength training on his blog, The Athletic Physique. Matt's writing has also been featured on Bodybuilding.com, EliteFTS, and STACK.

CAN'T MISS BACKLIST

9781440592553



9781440543531

The Everything® Guide to the Carb Cycling Diet

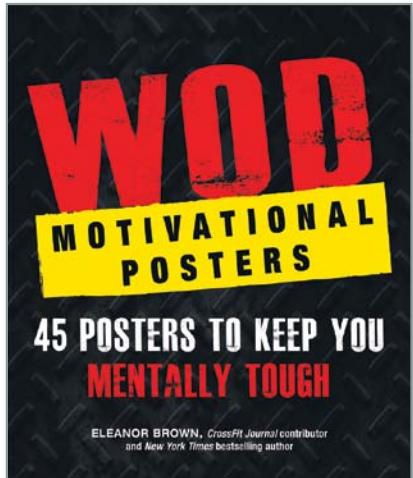
An effective diet plan to lose weight and boost your metabolism
 Matt Dustin, BS, CSCS, Pn1

A unique food plan to drop the weight and fuel your body!

- Features 150 recipes, more than other carb-cycling diet guides on the market
- Everything® health titles have sold more than 622,000 copies!

Readers struggling to lose weight on traditional low-carb or low-fat diets know the frustration that comes with cravings and eventually gaining the weight back. Enter the carb cycling diet! Carb cycling is a unique diet program that alternates high-carb days with low-carb days, helping the body to boost metabolism one day and burn fat the next. As a result, readers will drop pounds quickly and safely while optimizing their health and fitness levels.

The Everything® Guide to the Carb Cycling Diet provides step-by-step advice and explains the science behind the plan. Featuring shopping lists, meal plans, and 150 recipes, readers will find all the tools they need for longer-lasting results—and they'll never feel deprived of their favorite foods again!

**JANUARY**

ISBN: 9781440595097

UPC: 045079595095

\$16.99 (CAN \$18.99)

Paperback

8½ x 10, 96 pages

4-color

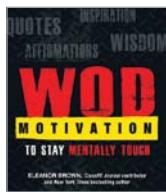
World Rights

#S9220

ELEANOR BROWN**Denver, CO**www.eleanor-brown.com

Eleanor Brown is a *New York Times* bestselling author and a contributor to *CrossFit Journal*. She has been participating in WODs for four years and swears by its power to change people's lives.

CAN'T MISS BACKLIST



9781440570612



9781440575778

WOD Motivational Posters

*45 Posters to Keep You Mentally Tough*Eleanor Brown, *CrossFit Journal* contributor and *New York Times* bestselling author

Motivation made easy!

- CrossFit remains a popular workout. 270,000 people competed in this year's CrossFit Games (up from 209,000 in 2014)
- CrossFit Memes, a collection of motivational phrases and posters, has 30,000 Facebook fans
- Author Eleanor Brown is a *New York Times* bestselling author and contributor to *CrossFit Journal*

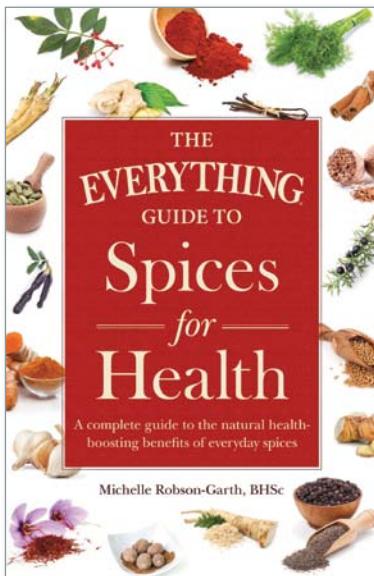
WODs are about more than physical strength. *WOD Motivational Posters* gives readers the inspiration they need to build their toughness and get their bodies—and minds—through any workout. Written by *New York Times* bestselling author Eleanor Brown, these posters provide boosts to mental strength when it's needed most. These mantras, questions, and truths encourage crossfitters to fight through the reps that feel impossible and start the next round when they're ready to call it quits.

Whether readers are powering through thrusters or crushing kettlebell swings, *WOD Motivation* pushes them past their PR and to the top of the box!

MARKETING

- National publicity campaign targeting fitness media

- Social media outreach targeting #WOD trend



JANUARY

ISBN: 9781440593178

UPC: 045079593176

\$16.99 (CAN \$18.99)

Paperback

5½ x 8½, 288 pages

World Rights

#S6684

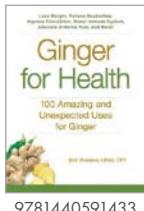
MICHELLE ROBSON-GARTH, BHSC

Melbourne, Australia

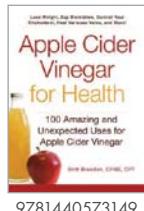
www.healthfoodlover.com

Michelle Robson-Garth is a nutritionist, health and wellness blogger, and professional naturopath (BHSc). Her website, healthfoodlover.com, highlights natural herbal remedies to promote health, and includes recipes for whole, organic, and fresh foods.

CAN'T MISS BACKLIST



9781440591433



9781440573149

The Everything® Guide to Spices for Health

A complete guide to the natural health-boosting benefits of everyday spices

Michelle Robson-Garth, BHSc

Discover the amazing powers of spices and herbs

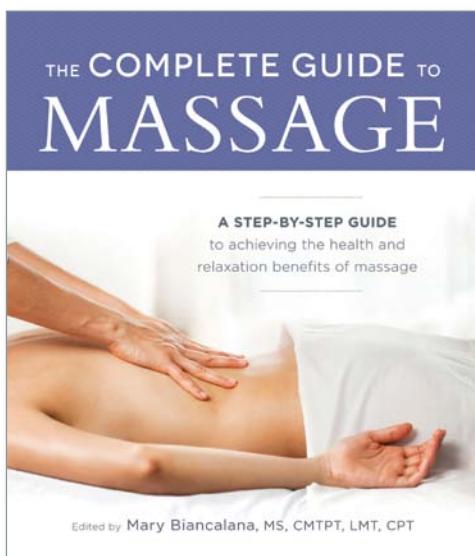
- Includes the largest collection of recipes for the most commonly used and easy-to-find spices
- Spices have long been known for their health benefits, including turmeric for reducing inflammation, nutmeg for preventing cavities, and cinnamon for balancing blood sugar levels. These benefits have been recognized in the news recently on ABC News, CNN, U.S. News and World Report, Washington Post, Marketplace.org, EcoWatch, The Nation, and many others
- Everything® health titles have sold more than 622,000 copies!

Spices have long been celebrated for their antioxidant, anti-inflammatory, and curative properties. From increasing energy to boosting metabolism and relieving joint aches, spices can help improve body, mind, and spirit. In *The Everything® Guide to Spices for Health*, readers will learn how to tap into these benefits and promote overall wellness with uses for dozens of popular herbs and spices, including oregano, sage, chili pepper, and saffron.

Included are more than 50 wholesome, health-boosting recipes, such as:

- Turmeric, Apple, and Carrot Juice
- Szechuan Pepper Chicken and Noodle Soup
- Basic Indian-Style Curry with Lamb
- Spiced Coconut and Date “Bliss” Balls
- Rose, Elder Flower, and Hawthorn Tea
- Sumac and Walnut Salad

With this book, readers will find it easier than ever to incorporate delicious, health-boosting herbs and spices into their diets!

**JANUARY**

ISBN: 9781440594014

UPC: 045079594012

\$19.99 (CAN \$21.99)

Paperback

8 x 9 1/4, 256 pages with a 16-page,

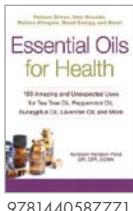
4-color insert

World Rights

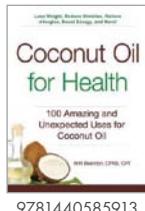
#S8386

MARY BIANCALANA, MS, CMTPT, LMT, CPT**Chicago, IL**

Mary Biancalana is the founder and owner of the Chicago Center for Myofascial Pain Relief. She is a board-certified myofascial trigger point therapist and licensed massage therapist who has specialized in treating and eliminating chronic and acute soft tissue pain since 1999. Mary has taught thousands of massage therapists and healthcare providers advanced treatment techniques and the science behind muscle-related problems and myofascial pain syndromes, such as fibromyalgia. She is the president and annual conference chair for the National Association of Myofascial Trigger Point Therapists.

CAN'T MISS BACKLIST

9781440587771



9781440585913

The Complete Guide to Massage

A step-by-step guide to achieving the health and relaxation benefits of massage

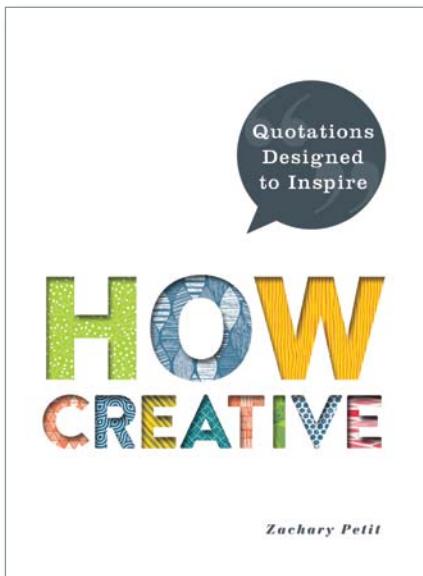
Edited by Mary Biancalana, MS, CMTPT, LMT, CPT

Discover the healing power of massage therapy

- Teaches techniques for basic massage, self massage, chair massage, pregnancy massage, infant massage, trigger point therapy for pain management, and using massage for symptomatic relief
- Includes four-color photos illustrating massage strokes and techniques

With *The Complete Guide to Massage*, readers can use the power of touch to soothe aches and wash away worries. Each page guides readers through the time-honored practice with step-by-step instructions and photographs for massaging themselves and others. They'll learn the different strokes and movements within a massage as well as techniques for popular methods, including prenatal massage, Swedish massage, and Shiatsu massage.

Whether readers are looking to relieve muscle tension, alleviate pain, or simply de-stress, *The Complete Guide to Massage* will help them uncover a whole new world of healing and relaxation.

**JUNE**

ISBN: 9781440596339

UPC: 045079596337

\$17.99 (CAN \$19.99)

Paperback

5½ x 7½, 208 pages

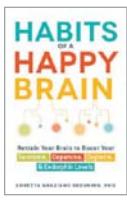
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World Rights

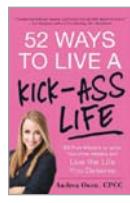
#R1363

HOW
Creative
ZACHARY PETIT**Cincinnati, OH**www.zacharypetit.com

Zachary Petit is the editor-in-chief of the National Magazine Award-winning publication *PRINT*, a freelance journalist and a lifelong literary and design nerd. Formerly, he was the senior managing editor of *HOW* magazine and the long-time managing editor of *Writer's Digest* magazine.

CAN'T MISS BACKLIST

9781440590504



9781440564772

HOW Creative

Quotations Designed to Inspire

Zachary Petit

It's the inspiration every creative needs

- Combines the success of illustrated quote books with the popularity of creativity titles
- Each page will be individually designed with layouts coming from a number of award-winning artists
- This book will have the support of the HOW and PRINT brands, which have more than 1.2 million followers on social media

“Creativity takes courage.”

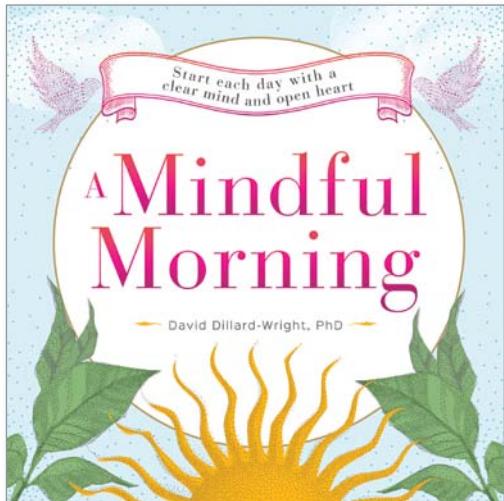
—Henri Matisse

It also takes a push. *Creative Strategy & the Business of Design* is that push as it collects the inspiring words of artists, writers, designers, and thinkers who have had the courage to create. Each page comes alive as the speaker's inspiring message is set against a striking layout designed by a member of the HOW community. It creates a visually stunning reference that will become the ultimate creativity catalyst.

This is the perfect go-to for whenever readers are feeling stunted, drained, or blocked. Readers will be able to take inspiration and then take flight in their creative process.

MARKETING

- | | |
|---|---|
| <ul style="list-style-type: none"> • National publicity campaign targeting design and creativity media | <ul style="list-style-type: none"> • Cross promotion within F+W proprietary design community |
|---|---|

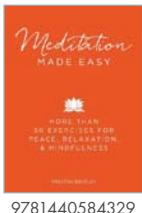
**AUGUST**

ISBN: 9781440596360
UPC: 045079596368
\$14.99 (CAN \$16.99)
Paperback
6 x 6, 240 pages
World Rights
#R1364

LAWRENCE MYERS**San Diego, CA**

Lawrence Meyers has a practicing Buddhist for over 20 years. A writer and teacher, he frequently leads thought seminars and workshops across the country on the art of meditation, teaching others how to reduce and manage stress with mindfulness.

CAN'T MISS BACKLIST



9781440584329



9781440592461

A Mindful Morning

Start each day with a clear mind and open heart
Lawrence Myers

A mindful approach to finding joy in every day

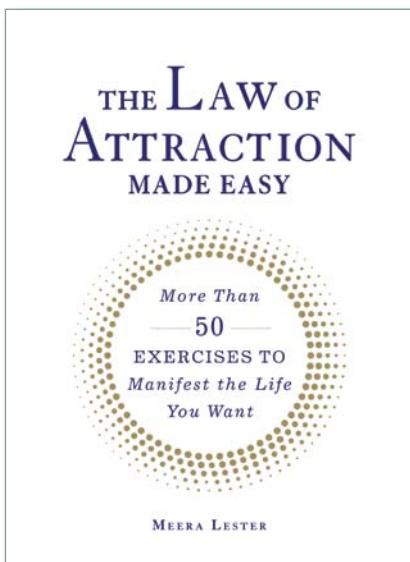
- Includes 200 daily practices and inspirational quotes to begin each day with a calm mind and positive energy
- Google searches for "morning meditation" and "morning inspiration" are increasing month to month
- A stunning, inspiring package

With all the struggles of modern life, it's easy to get lost in a quagmire of stress, worry, and indifference. For thousands of years, monks rose before dawn to meditate and greet the morning with an open heart. But readers don't need to beat the sun to start the day mindfully. With *A Mindful Morning*, they can channel this ancient tradition as part of their daily morning routine.

With 200 inspiring quotes and short, easy mindfulness exercises, readers will learn how to begin their day with a clear head and positive energy. These simple moments of awareness, healing postures, and meditations can help soothe their souls as they take on every day with tranquility, confidence, and composure.

MARKETING

- National publicity campaign targeting health and wellness media



JANUARY

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Hardcover

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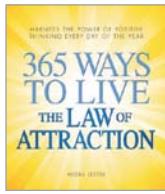
#S9070

MEERA LESTER

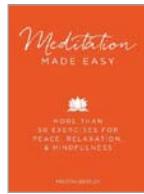
Miramar, FL

Meera Lester is an internationally published author who successfully used the Law of Attraction to push her career into liftoff, writing ten published books and contributing to three anthologies since 2003. After several years of widowhood, Ms. Lester made a list of the traits, physical attributes, and qualities she sought in a new life partner. She is currently planning her wedding to the man whom she attracted into her life.

CAN'T MISS BACKLIST



9781440500503



9781440584329

The Law of Attraction Made Easy

More Than 50 Exercises to Manifest the Life You Want
Meera Lester

**Easy exercises for manifesting success,
prosperity, and happiness**

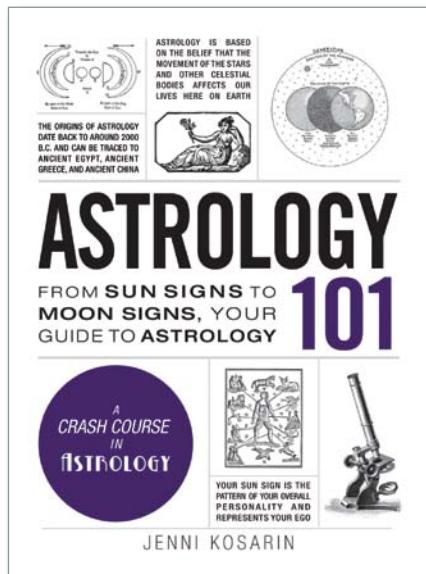
- The popularity of the law of attraction peaked with the publication of *The Secret*, but newer titles on the subject continue to sell thousands of copies each week
- Includes easy-to-follow exercises to implement positivity and happiness every day

According to the law of attraction, everything people desire is within reach. They just need to know how to work with the universe to get what they want. With *The Law of Attraction Made Easy*, readers will learn how to make their intentions crystal clear to draw happiness, success, and love into their lives. More than fifty simple exercises teach readers how they can shift thoughts to bring more positive and happy experiences, and through transformational thinking, radically change their lives.

As readers incorporate the law of attraction into their daily lives, they'll easily connect with the universe to produce the experiences, relationships, and things they desire—the perfect partner, a satisfying career, robust health, or peace of mind.

MARKETING

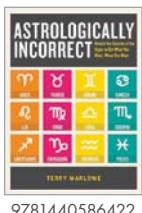
- National publicity campaign targeting New Age and self-help media

**JANUARY**

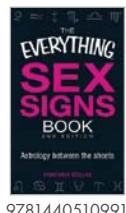
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 5 1/4 x 7 1/8, 256 pages with an 8-page,
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KATHLEEN SEARS**Syracuse, NY**

Kathleen Sears has been an astrologer for 25 years. She advises clients on relationships, careers, and life decisions in her private practice. Kathleen also leads workshops on creating birth charts and astrological romantic compatibility in both upstate New York and Manhattan.

CAN'T MISS BACKLIST

9781440586422



9781440510991

Astrology 101

From Sun Signs to Moon Signs, Your Guide to Astrology
 Kathleen Sears

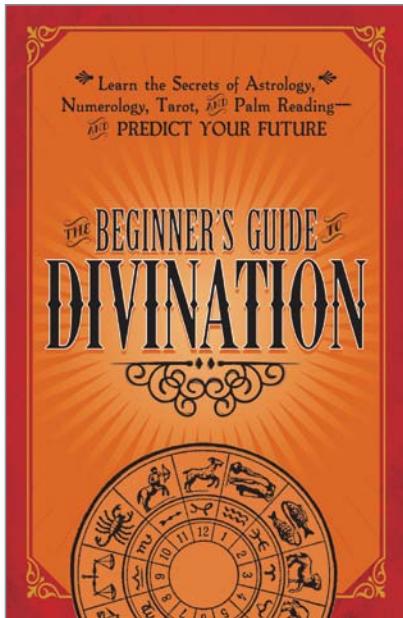
A crash course in astrology

- Sixty-seven percent of Americans read astrology reports more than once a week, and 36 percent believe they are scientific (*Los Angeles Times*)
- Newspaper astrology columns appear in more than 1,200 dailies in the United States (*Los Angeles Times*)
- At least 90% of all Americans under age 30 know their sun sign (Gallup)

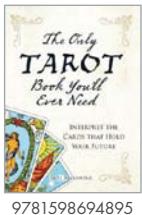
Too often, astrology guides obscure the mystical wonder of the zodiac with overly tedious details about nodes, houses, angles, and aspects that even Ptolemy would reject. *Astrology 101* cuts out the boring details and lengthy explanations and instead gives readers a hands-on lesson that keeps them engaged as they learn how the movements of the stars and planets affect human behavior.

From the four elements and twelve houses to astrological personality types and sign compatibility, this compact primer is packed with hundreds of fascinating star sign facts, informative charts and illustrations, and stories of famous astrologers and their predictions for the future.

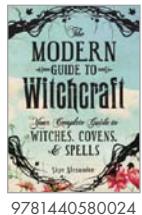
So whether readers are looking to find how Mercury retrograde affects them, or just want to learn more about a specific sun sign, *Astrology 101* has all the answers—even the ones they didn't know they were looking for.

**JANUARY**

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 #S9069

CAN'T MISS BACKLIST

9781598694895



9781440580024

The Beginner's Guide to Divination

Learn the Secrets of Astrology, Numerology, Tarot, and Palm Reading—and Predict Your Future
 Adams Media

An accessible guide to predicting the future

- Over the last 15 years, hundreds of thousands of astrology, numerology, and card-reading sites have appeared online (Astrology.com).
- A straightforward and intriguing guide to the most popular types of divination techniques

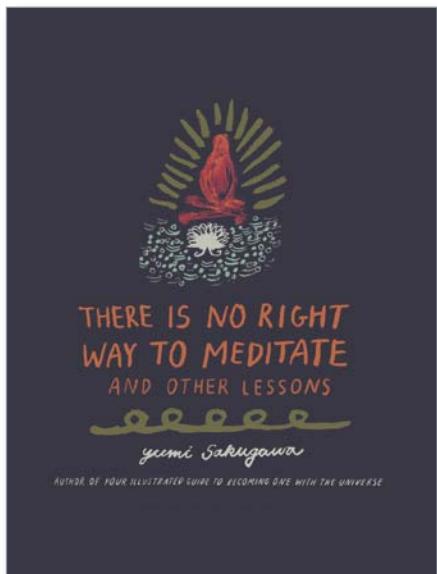
Astrology, numerology, tarot, and palmistry have been used for centuries to divine events to come. *The Beginner's Guide to Divination* will teach readers to practice the mystical arts of divination and predict the future. Readers will explore the remarkable histories and secret languages of these esoteric practices as they master techniques to view—and even influence—their fate. Readers will learn how to:

- Create a birth chart and discover how the stars influence future decisions
- Use Tarot cards to learn about people who will cross their paths and events that will affect them
- Examine palms to uncover challenges and opportunities ahead
- Find their universal number and use it to manifest their greatest desires
- Determine which system works best with their own natural clairvoyance

Complete with detailed charts and illustrations, this all-in-one guide will help readers illuminate the path of their life's journey, enhance intuitive powers, and take control of their future!

MARKETING

- National publicity campaign targeting health and wellness media



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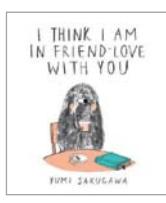
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#S5871

**YUMI SAKUGAWA
Los Angeles, CA**

Yumi Sakugawa is a comic book artist, illustrator, and the author of *I Think I Am in Friend-Love with You* and *Your Illustrated Guide to Becoming One with the Universe*. She is a regular contributor to WonderHowTo and The Rumpus. Her short comic stories have been selected as Notable Comics by the Best American Comics Anthology editors.

CAN'T MISS BACKLIST



9781440573026



9781440582639

There Is No Right Way to Meditate

And Other Lessons

Yumi Sakugawa, author of *Your Illustrated Guide to Becoming One with the Universe*

Illustrated lessons on how to become more mindful and altogether happier

- Award-winning comic book artist Yumi Sakugawa's web comics about meditation and mindfulness have been featured on Intent.com, HighExistence.com, and other websites
- Yumi's previous titles, *I Think I'm in Friend-Love with You* and *Your Illustrated Guide to Becoming One with the Universe*, have been featured in NPR, Rookie, Huffington Post, BuzzFeed, Hello Giggles, Bitch Media, and many popular blogs

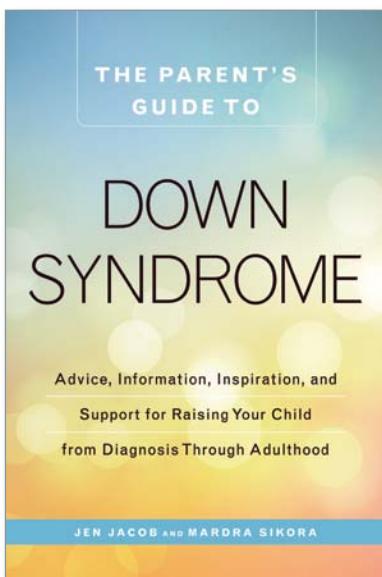
Award-winning artist Yumi Sakugawa is at it again—bringing readers a visually engaging collection of illustrated guides on how to lead happier, more peaceful, balanced lives. *There Is No Right Way to Meditate* is a compilation of illustrated guides to meditation, mindfulness, peace, and happiness. Yumi provides the reader with short, illustrated lessons on how to become more in tune with the world around them. Her ink drawings teach readers:

- Seven simple ways to practice peace
- How to make intentions come true
- Ten ways to get rid of a bad mood
- That there is no right way to meditate
- And so much more!

Readers will expand their sense of inner peace and joy with this collection of meditations, affirmations, and ways to set their true selves free.

MARKETING

- National publicity campaign targeting health and wellness media



JANUARY

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JEN JACOB

Granger, IA

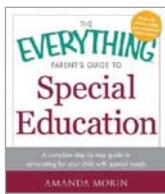
Jen Jacob is the co-founder and Vice President for the Down Syndrome Diagnosis Network. Jen is the author and a contributor for *Unexpected, Stories of a Down Syndrome Diagnosis*. Her youngest son has Down syndrome.

MARDRA SIKORA

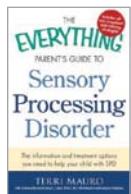
Omaha, NE

Mardra Sikora writes both fiction and non-fiction to advocate for and with her adult son Marcus. You can find her and Marcus on the blog GrownUpsAndDowns.com as well as on The Huffington Post.

CAN'T MISS BACKLIST



9781440569678



9781440574566

The Parent's Guide to Down Syndrome

Advice, Information, Inspiration, and Support for Raising Your Child from Diagnosis through Adulthood

Jen Jacob and Mardra Sikora

A comprehensive, reassuring guide to help children succeed and thrive

- One in every 691 babies in the United States is born with Down syndrome, making Down syndrome the most common genetic condition (National Down Syndrome Society)
- The only general guide for parenting children with Down syndrome from birth through the teen years written for the U.S. market
- Co-author Jen Jacob is the co-founder and Vice President for the Down Syndrome Diagnosis Network

After a child's diagnosis of Down syndrome, parents often feel unsure of what to do next or wonder where their child's journey will take them. In *The Parent's Guide to Down Syndrome*, authors Jen Jacob and Mardra Sikora share their experiences as parents of children with Down syndrome and guide readers from diagnosis to adulthood with expert advice. Each page teaches ways to support children through major milestones, nurture their development, and ensure that they succeed behaviorally, socially, and cognitively. Readers will also find valuable information on:

- Sharing the news with loved ones
- Transitioning into primary school
- Developing social skills
- Discussing future opportunities, including employment and housing options

With *The Parent's Guide to Down Syndrome*, readers have the tools they need to raise happy, healthy, and thriving children.

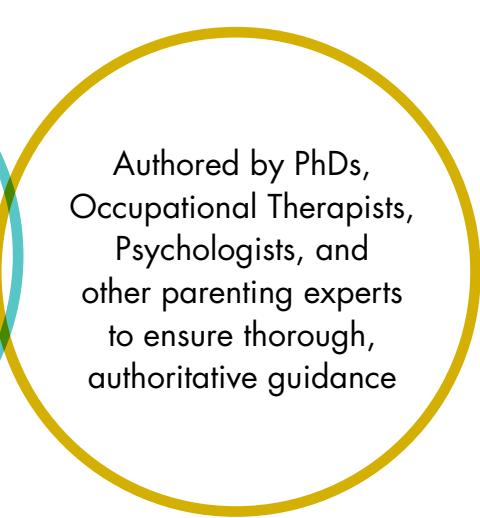
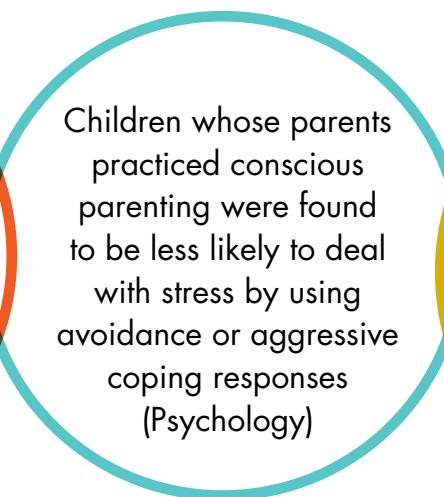
MARKETING

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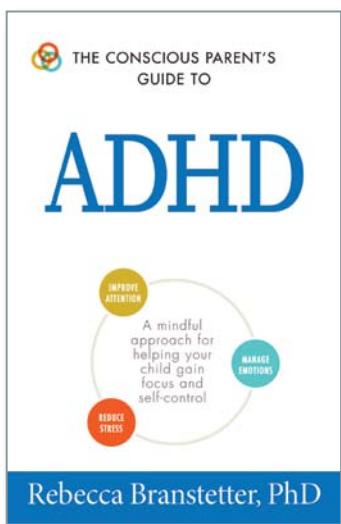


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A new series from Adams Media featuring positive, mindful advice for the whole family



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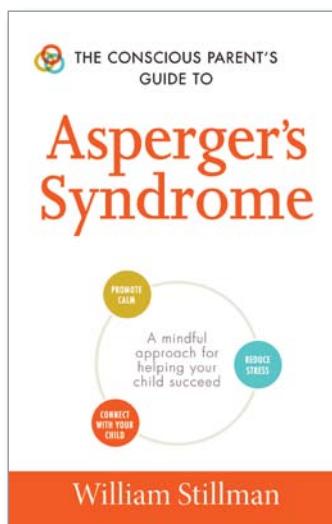
The Conscious Parent's Guide to ADHD

A mindful approach for helping your child gain focus and self-control
Rebecca Branstetter, PhD

DECEMBER

Rebecca Branstetter, PhD

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The Conscious Parent's Guide to Asperger's Syndrome

A mindful approach for helping your child succeed
William Stillman

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 THE CONSCIOUS PARENT'S
GUIDE TO

Autism



A mindful approach for helping your child focus and succeed

Marci Lebowitz, OT

The Conscious Parent's Guide to Autism

A mindful approach for helping your child focus and succeed

Marci Lebowitz, OT

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A mindful approach to creating a collaborative, positive parenting plan

Jenna Flowers, PsyD, LMFT

The Conscious Parent's Guide to Coparenting

A mindful approach to creating a collaborative, positive parenting plan

Jenna Flowers, PsyD, LMFT

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Gender Identity



A mindful approach to embracing your child's authentic self

Darlene Tando, LCSW

The Conscious Parent's Guide to Gender Identity

A mindful approach to embracing your child's authentic self

Darlene Tando, LCSW

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GUIDE TO

Childhood Anxiety



A mindful approach for helping your child become calm, resilient, and secure

Sherianna Boyle, MEd, CAGS

Sherianna Boyle, MEd, CAGS

The Conscious Parent's Guide to Childhood Anxiety

A mindful approach for helping your child become calm, resilient, and secure

Sherianna Boyle, MEd, CAGS

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Executive Functioning Disorder



A mindful approach for helping your child focus and learn

Rebecca Branstetter, PhD

Rebecca Branstetter, PhD

The Conscious Parent's Guide to Executive Functioning Disorder

A mindful approach for helping your child focus and learn

Rebecca Branstetter, PhD

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 THE CONSCIOUS PARENT'S
GUIDE TO

Positive Discipline



A mindful approach for building a healthy, respectful relationship with your child

Jennifer Costa

Jennifer Costa

The Conscious Parent's Guide to Positive Discipline

A mindful approach for building a healthy, respectful relationship with your child

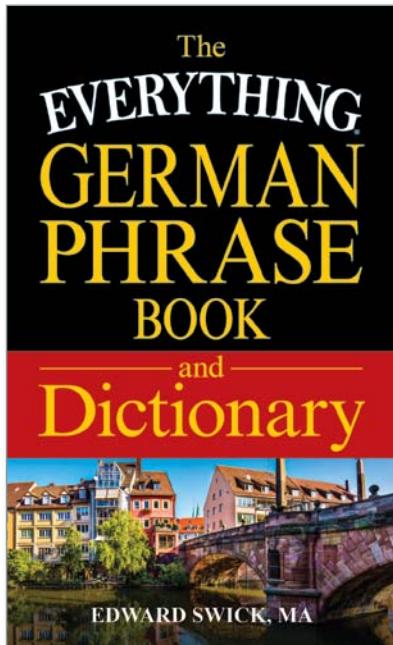
Jennifer Costa

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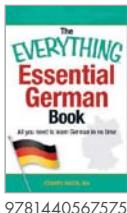
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EDWARD SWICK, MA**Chicago, IL**

Edward Swick, MA, has been teaching languages for more than thirty years. He holds master's degrees in German, Russian, and English, and was a Fulbright scholar at the University of Hamburg. He is the author of several German, Russian, and ESL textbooks and wrote the bestselling *The Everything® Learning German Book*.

CAN'T MISS BACKLIST

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The Everything® German Phrase Book and Dictionary

Edward Swick, MA

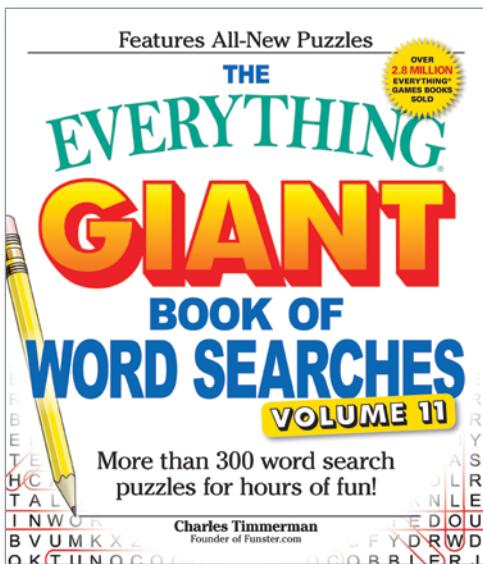
The ultimate German guide for travel, business, and more!

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- | | |
|--|---|
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With German-English and English-German dictionaries and helpful pronunciation guides, readers will be able to find the right words when they need them. They'll be ready for anything with this easy-to-use guide!

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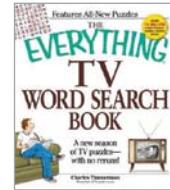
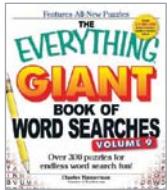
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#R0904

CHARLES TIMMERMAN**South Pasadena, CA****funster.com**

Charles Timmerman is the founder of Funster.com, a word game website that was selected as a Yahoo! Pick of the Year, and the author of more than 90 Everything® puzzle books, including *The Everything® Word Search Book*, *The Everything® Giant Book of Word Searches (Volumes 1-10)*, and *The Everything® Easy Word Search Book*.

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The Everything® Giant Book of Word Searches, Volume 11

More than 300 word search puzzles for hours of fun!

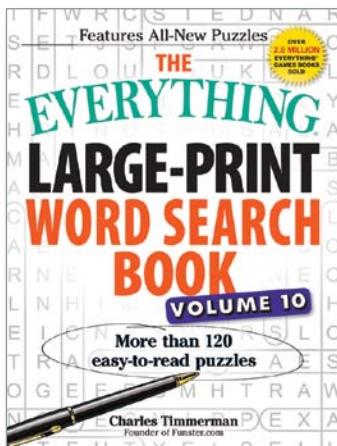
Charles Timmerman, Founder of Funster.com

A supersized puzzle book for big word search fans

- A brand-new collection of word-search puzzles, following the same popular formula—lots of puzzles, clear, easy-to-read type, and a large variety of themes
- Everything® games and puzzle titles have sold more than 2.9 million copies. Word search books have sold more than 930,000 copies

Pencil puzzlers and word search enthusiasts will be delighted by *The Everything® Giant Book of Word Searches, Volume 11*. The latest collection from puzzle master Charles Timmerman is packed with more than 300 brand-new word search puzzles that feature fun and engaging themes, including literature, popular culture, nature, history, and geography.

Puzzlers also get a great mental workout: word puzzles help to improve memory, vocabulary, and problem-solving skills. This giant collection is the perfect companion for word search fans who can't get enough of these fun and engaging puzzles.

**JANUARY**

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The Everything® Large-Print Word Search Book, Volume 10

More than 120 easy-to-read puzzles

Charles Timmerman, Founder of Funster.com

100+ all-new puzzles in large type

The Everything® Large-Print Word Search Book, Volume 10 is a delight for people who want the boost in vocabulary, memory, and problem-solving skills that word searches provide, but prefer larger type.

With clues ranging from TV talk shows and classic cartoons to favorite hobbies and sports, this all-new volume of oversized puzzles is perfect for taking a break—and exercising the mind! Whether readers are beginners or experienced puzzlers they'll enjoy the satisfaction of solving these entertaining word searches.

CHARLES TIMMERMAN

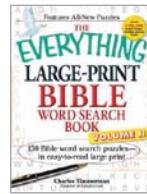
South Pasadena, CA

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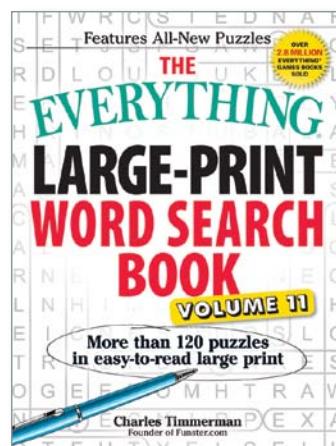
Charles Timmerman is the founder of Funster.com, a word game website that was selected as a Yahoo! Pick of the Year, and the author of more than 90 Everything® puzzle books, including *The Everything® Word Search Book*, *The Everything® Large-Print Word Search Book (Volumes 1-10)*, and *The Everything® Easy Word Search Book*.

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The Everything® Large-Print Word Search Book, Volume 11

More than 120 puzzles in easy-to-read large print

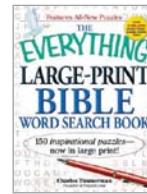
Charles Timmerman, Founder of Funster.com

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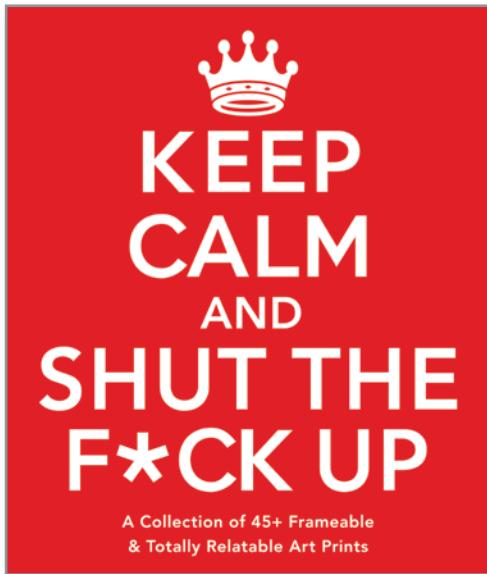
- Because aging eyes lose elasticity, presbyopia (the inability to focus on objects close up) affects nearly 20 percent of the more than 78 million boomers (*Publishers Weekly*)
- Puzzle books are bestsellers for the Everything® series (more than 2.9 million copies sold). Large-print puzzle books have sold more than 450,000 copies in the Everything series

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Keep Calm and Shut the F*ck Up

A Collection of 45+ Frameable & Totally Relatable Art Prints
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When life gives you lemons, add vodka.

- 45 beautifully designed snarky quotes on life, love, coffee, and everything in-between, presented in a tear-out format for easy decorating
- Sarcastic greeting cards similar to *Keep Calm and Shut the F*ck Up* are popular at specialty stores such as Kitson and Papersource, among others
- Sassy art prints are wildly popular on Etsy. One of Etsy's most popular searches, "Quote art print" turns up more than 170,000 results.

Readers who speak fluent sarcasm can let their snarky side out with *Keep Calm and Shut the F*ck Up!* Featuring more than 45 frameable prints, each page is loaded with attitude and brazen quotes that liven up any space. So readers can forget about printing out photos or relying on those tired movie posters to show off their personalities—it's time to give friends, family, and even coworkers something to talk about.

With this jaw-dropping collection, readers can decorate their space while showing those around them that life is what it f*cking is.

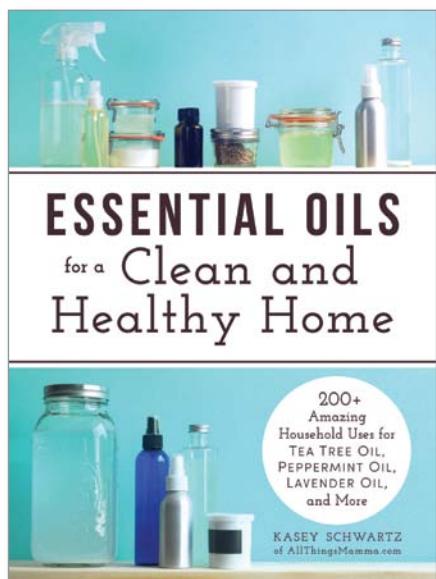
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KASEY SCHWARTZ

Chatham, IL

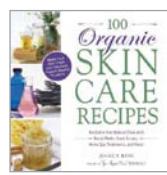
AllThingsMamma.com

Kasey Schwartz of AllThingsMamma.com is an expert on using essential oils in her home; from treating her family naturally for health ailments to cooking, to cleaning and household remedies. Her experience has landed her interviews for CBS's Family 411 weekly syndication and several local news stations. Kasey has also been featured on BetterHomesAndGardens.com, Wayfair.com, ExtraordinaryMommy.com, ScaryMommy.com, Momdot.com, Top Mom Blogger, and MomTalk Radio.

CAN'T MISS BACKLIST



9781440572517



9781440570070

Essential Oils for a Clean and Healthy Home

200+ Amazing Household Uses for Tea Tree Oil, Peppermint Oil, Lavender Oil, and More
Kasey Schwartz of AllThingsMamma.com

All-natural, chemical-free cleansers and care products for the home

- Features 200+ household uses for essential oils including recipes for mice repellent, fabric refresher spray, and all-natural toy disinfectant
- The essential oils industry, which has seen 2.5% growth for the past few years, brings in \$1 billion annually (IBISworld)
- More than 240,000 Google searches are made for essential oils' benefits and uses every month

From tea tree and lavender to lemon and peppermint, essential oils have been praised for their ability to clean and protect surfaces. *Essential Oils for a Clean and Healthy Home* teaches readers how to use the all-natural oils around their homes, from cleaning kitchen appliances to disinfecting bathrooms to getting rid of pests and smells. Featuring step-by-step instructions and plenty of helpful tips, this book offers more than 200 essential oil recipes that help:

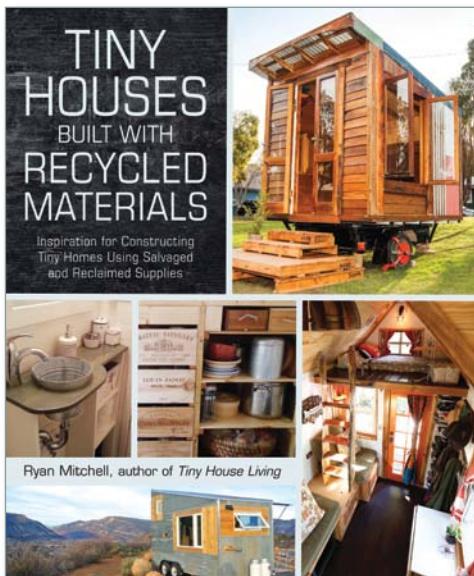
- Eliminate stains and smells from spills, smoke, pets, and more
- Naturally repel mice, spiders, ticks, fleas, lice, and flying insects
- Clean and maintain a variety of surfaces from wood, to leather, to granite
- Safely disinfect toys and play areas

There's really nothing essential oils can't handle—from repelling ants, to removing rust stains, to eliminating smells in washing machines—and all without the need for dangerous chemicals. With *Essential Oils for a Clean and Healthy Home*, readers will discover all the benefits that a few drops of essential oil can bring.

MARKETING

- National publicity campaign targeting health and wellness media

- Mommy blogger campaign

**JUNE**

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UPC: 045079592117

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Paperback

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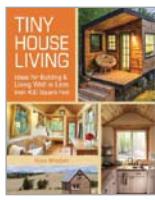
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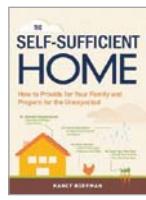
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RYAN MITCHELL**Charlotte, NC**www.thetinylife.com

Ryan Mitchell is the creator of The Tiny Life blog, and is documenting the construction of his own tiny home on his blog. He also writes about alternative housing options and sustainable local agriculture.

CAN'T MISS BACKLIST

9781440333163



9781440581281

Tiny Houses Built with Recycled Materials

Inspiration for Constructing Tiny Homes Using Salvaged and Reclaimed Supplies

Ryan Mitchell, author of *Tiny House Living*

Expert tips and inspiration for creating a one-of-a-kind home

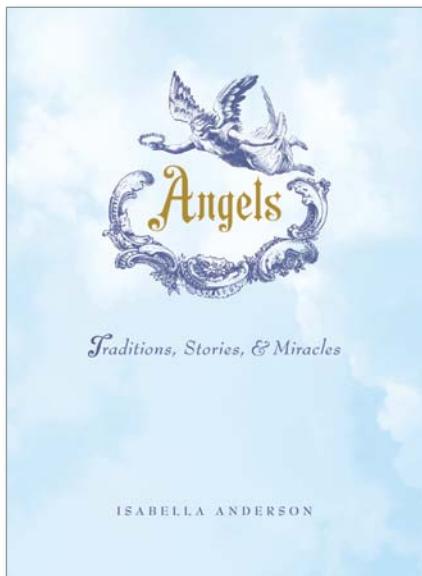
- Author Ryan Mitchell has been featured as an expert on the tiny house movement in many major national publications including the Associated Press, Mother Earth News, Grist, Apartment Therapy, The Huffington Post, *The Guardian* and the *New York Times*
- Tiny houses built from reclaimed, recycled, and repurposed materials are popular on sites such as cabinporn.com and apartmenttherapy.com
- *Tiny House Nation* and *Tiny House Hunting* are popular shows on the FYI network (available in 68 million pay TV households)

The tiny house movement is a big trend with a very small footprint. Extremely small house, with less than 1,000 square feet of space, are appealing to millennials because they're environmentally friendly, less expensive than typical homes, and often movable. *Tiny Houses Built with Recycled Materials* is full of ideas for using reclaimed materials and upcycled goods to construct a tiny house that is good for the earth and truly unique. Readers will find tips on how to repurpose everyday items to create their new home, including shipping containers, salvaged barn wood, and reclaimed shingles.

Featuring profiles on tiny house owners with photographs and floor plans of the homes, ideas on where to find materials, and what to look for and avoid when selecting reclaimed materials, *Tiny Houses Built with Recycled Materials* is a unique book, perfect for the DIY set.

MARKETING

- National publicity campaign targeting DIY and pop culture media

**JANUARY**

ISBN: 9781440595103
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 \$16.99 (CAN \$18.99)
 Paper Over Board
 5½ x 7½, 224 pages
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ISABELLA ANDERSON**Austin, TX**

Isabella Anderson is an angel specialist, lifelong clairvoyant, and spiritual counselor. For more than 20 years, she has taught classes in angelology and psychic development, and she provides angel readings and counseling in her private practice.

Angels

Traditions, stories, and miracles

Isabella Anderson

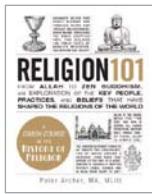
A heavenly trove of angelic lore!

- With a striking embossed linen cover and beautiful illustrations throughout, this captivating collection is the perfect resource for angel lovers
- More than half of all adults believe that they have been protected by a guardian angel during their life (Baylor University's Institute for Studies of Religion)
- 73 percent of Americans believe in miracles (Harris Interactive Poll)

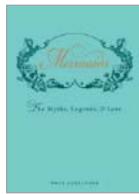
Celestial beings are found in just about every religion and culture—whether they're called devas, apsaras, malaikah, malachim, or angels. They are guardians, messengers, and sometimes even warriors. In this beautiful collection, readers will explore the history and hierarchy of the angelic realm—from the messengers and demigods of ancient cultures to the heavenly forms of loved ones who have “passed over.”

Complete with beautiful illustrations, stories of angel intervention, and inspirational quotes, this lovely volume is also a guide to connecting with these messengers of light for protection, healing—and miracles!

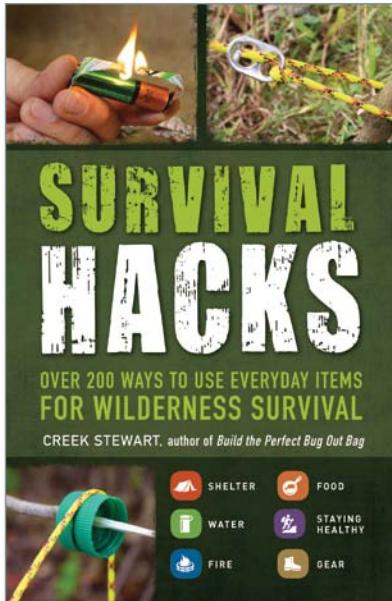
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CREEK STEWART

Carmel, IN

willowhavenoutdoor.com

Creek Stewart is an expert survival instructor and author of the best-selling Build the Perfect Bug Out series of books. Stewart is also The Weather Channel Survival Expert, as well as the host of the show *Fat Guys in the Woods*. He's the owner and founder of Willow Haven Outdoor Survival Training Schools in Central Indiana, named one of the "Top 10 Survival schools" by MSN Travel.

CAN'T MISS BACKLIST



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Survival Hacks

200 Ways to Use Everyday Items for Wilderness Survival

Creek Stewart, author of *Build the Perfect Bug Out Bag*

Bestselling author Creek Stewart knows how to hack it in the great outdoors!

- Combining two popular topics—survival prepping and life hacking—that will appeal to everyone from outdoor enthusiasts and families interested in emergency preparedness to doomsday “preppers”
- Creek Stewart is the author of the bestselling Bug Out Bag series, Weather Channel Survival Expert, and has been featured on the *Today Show* and in *Men’s Fitness Magazine*
- On average, 40.1 million Americans go camping every year (OutdoorFoundation.org)

It seems like there's a new story of an outdoor emergency in the news every day. Survival expert Creek Stewart shares his cache of practical, easy-to-follow tricks that will help readers transform everyday items into valuable gear that can save their lives.

Survival Hacks takes readers step-by-step through transforming simple objects like soda tabs and plant leaves into essential survival tools. Readers will find practical survival tips and hacks with detailed illustrations to help them easily replicate the hack in the back yard, at the campsite, or in unexplored terrain.

Featuring a section on Everyday Carry Kits, this rough-and-rugged guide covers everything from small scale to large-scale survival including shelter, first aid, hygiene, and navigation. Whether they're desk jockeys, weekend warriors, or full-blown off-gridders, *Survival Hacks* can prep anyone for adventures off the beaten path.

MARKETING

- National publicity campaign targeting outdoors and prepper media

**AUGUST**

ISBN: 9781440595882

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Paperback

5½ x 8½, 256 pages

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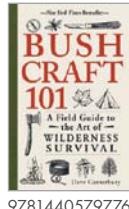
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JEN VALDEEZ

Jen is an avid outdoorswoman and writer. She has been hiking and camping since the age of 6, and her love of the outdoors inspired her to share hiking and camping tips and advice with other eager backpackers.

CAN'T MISS BACKLIST

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Backpacking 101

Choose the right gear • Plan your ultimate trip • Cook hearty and energizing trail meals • Be prepared for emergencies • Conquer your backpacking adventure

Jen Valdeez

Essential backpacking tips and hacks for beginners

- A friendly, authoritative guide to backpacking for beginners
- In 2014, there were approximately 10.1 million participants in backpacking in the US, up from 7.65 million in 2009 (an increase of more than 32%)
- A Buzzfeed article highlighting hiking hacks reached nearly 1 million views in Summer 2015

Backpacking is a popular, inexpensive way to see more of the world. But first-time hikers need some guidance before they set out on a trek. *Backpacking 101* is the perfect beginner's guide, with advice on everything from buying the right gear and packing light to picking a safe campsite and planning for emergencies.

Packed with proven strategies and expert tips along with useful hacks, *Backpacking 101* will turn hiking newbies into backpacking pros.

MARKETING

- National publicity campaign targeting outdoors and fitness media

INDEX

365 Days of Beer 2017 Daily Calendar	26	I Like You Just Fine When You're Not Around	3
365 Facts That Will Scare the S#!t Out of You 2017 Daily Calendar	26	Infused Water	18
Angels	58	Investing 101	14
Astrology 101	46		
Backpacking 101	60	Keep Calm and Shut the F*ck Up	55
The Beginner's Guide to Divination	47		
Beneath Wandering Stars	5	The Law of Attraction Made Easy	45
The Bible Coloring Book	32	Local Girl Swept Away	7
The Big Book of Diabetic Recipes	20		
Breakfast With Neruda	6	Making Social Security Work for You	16
Bushcraft 101: A 2017 Daily Calendar	27	The Mandala Coloring Book, Volume II	29
The Complete Guide to Massage	42	A Mindful Morning	44
The Conscious Parent's Guide To ADHD	50	More Words You Should Know to Sound Smart 2017 Daily Calendar	27
The Conscious Parent's Guide To Asperger's Syndrome	50		
The Conscious Parent's Guide to Autism	50	The New Slow Cooker Cookbook	22
The Conscious Parent's Guide to Childhood Anxiety	50		
The Conscious Parent's Guide to Coparenting	51	Paleo Green Smoothies	19
The Conscious Parent's Guide to Executive Functioning Disorder	51	The Parent's Guide to Down Syndrome	49
The Conscious Parent's Guide to Gender Identity	51	Peace. Joy. Color	32
The Conscious Parent's Guide to Positive Discipline	51	Pensionless	15
The Curiosity Shoppe Coloring Book	28	The Physics of Brand	13
Dead Loudmouth	1		
Desperate Detroit: And Stories of Other Dire Places	2	The Quick and Easy College Cookbook	23
DIY Artisanal Soaps	33		
DIY Floral Design	34	The Spiralizer Recipe Book	24
DIY Handlettering	35	Stop. Breathe. Chill	8
The Duration	4	Stress Less Coloring - Animals	30
Economics 101	14	Stress Less Coloring - Bohemian Patterns	30
Essential Oils for a Clean and Healthy Home	56	Stress Less Coloring - Fantasy	30
The Everything German Phrase Book & Dictionary	52	Stress Less Coloring - Geometric Patterns	30
The Everything Giant Book of Word Searches, Volume 11	53	Stress Less Coloring - Joyful Patterns	31
The Everything Guide To Nootropics	38	Stress Less Coloring - Love	31
The Everything Guide to Spices for Health	41	Stress Less Coloring - Peaceful Patterns	31
The Everything Guide to the Carb Cycling Diet	39	Stress Less Coloring - Psychedelic Patterns	31
The Everything Kids' Baseball Book, 9th Edition	9	Survival Hacks	59
The Everything Kids' Football Book, 5th Edition	10	The Sweet Shoppe Coloring Book	28
The Everything Kids' Science Experiments Book, Spanish Edition	12		
The Everything Large-Print Word Search Book, Volume 10	54	There Is No Right Way to Meditate	48
The Everything Large-Print Word Search Book, Volume 11	54	Tiny Houses Built with Recycled Materials	57
The Everything Low-FODMAP Diet Cookbook	25	Trump Talk	17
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