


*COOKBOOKS*  
*SPECIALTY DIET*  
*MIND, BODY, SPIRIT*  
*SELF-HELP & PSYCHOLOGY*  
*PARENTING & FAMILY*  
*EDUCATION & REFERENCE*  
*CHILDREN*



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[jalmqvist@callistomedia.com](mailto:jalmqvist@callistomedia.com)

# FRANKFURT BOOK FAIR

20**18**

CALLISTO



MEDIA



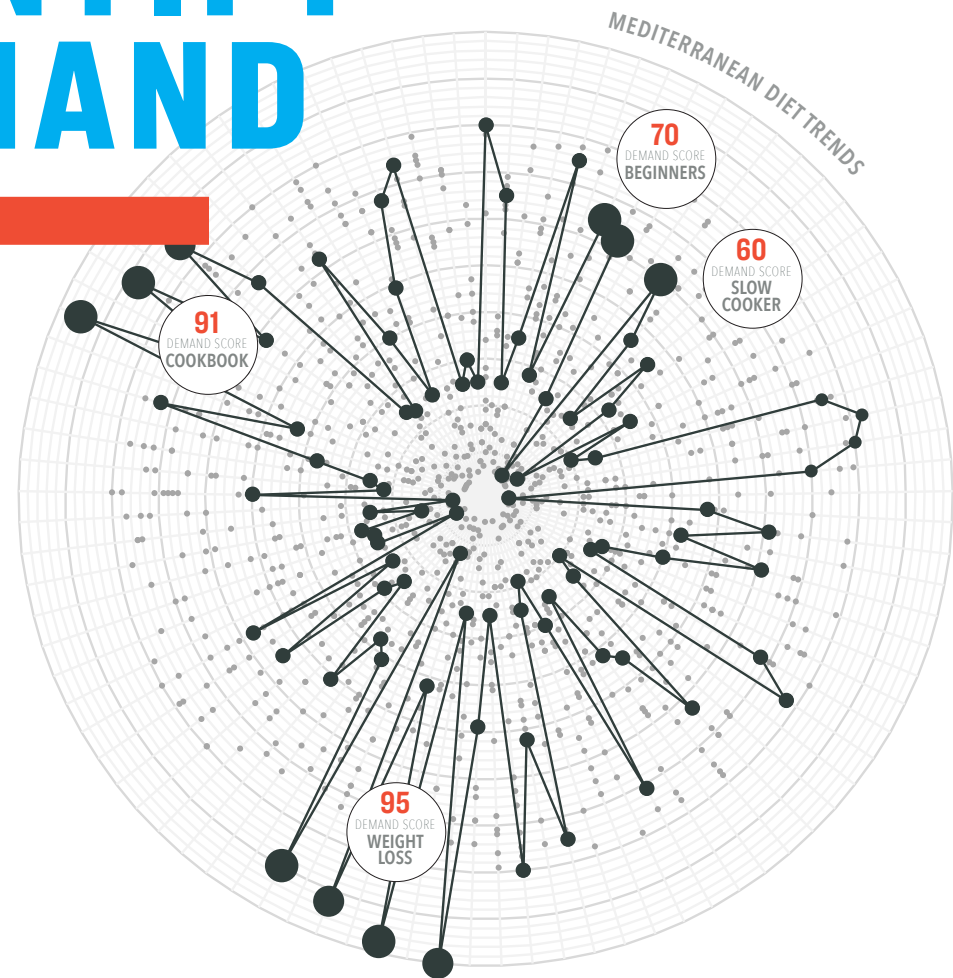
# BIG DATA TRANSFORMS THE ART OF PUBLISHING INTO SCIENCE

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**C**allisto Media began with a single, transformational idea: In a world of Big Data, a publisher should be able to predict and create, with perfect certainty, content that consumers will buy. Hundreds of consistently profitable titles later, our proprietary algorithm has proven its ability to define products that flawlessly outperform, uncover explosive opportunities hidden in data, and generate annuity revenue streams that perform for years.



# OUR ALGORITHMS PRECISELY IDENTIFY DEMAND





# WE DELIVER WHAT CONSUMERS WANT TO BUY

We've culled **1,000,000,000+** data points annually from e-commerce, social media, search, and consumer behavior.

We've published **400+** successful, profitable titles in non-fiction.

We have two of 2017's **TOP 10** best-selling cookbooks and 22 of its **TOP 100** cookbooks. We've sold **3,500,000**

POS units per BookScan since 2015. Our first-to-market

Instant Pot cookbook is the **#1** best-selling book in its category, with more than **600,000** units sold worldwide.



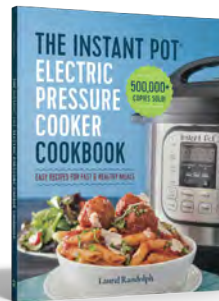




# OUR SUCCESS SPEAKS FOR ITSELF



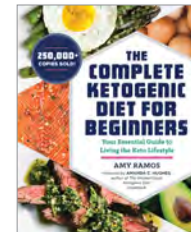
**SPEED TO MARKET** We consistently deliver our titles to market faster than any other publisher. We use the latest digital technologies to produce timely and high-quality print, digital, and custom books that consumers want.



**CATEGORY KILLERS** Our *Instant Pot Electric Pressure Cooker Cookbook* was the #1 seller on Amazon across all book categories on Black Friday, 2017.



**BEST OF AMAZON** *Indian Instant Pot Cookbook* was chosen as one of 20 of the very best cookbooks on all of Amazon in 2017.



**CONSISTENTLY BEATING THE COMPETITION** Our first-to-market ketogenic diet title, *The Complete Ketogenic Diet for Beginners*, continues to outsell the competition two years after publication.



**AWARD-WINNING DESIGNS** Our Design team is the winner of several awards, including five 2017 American Graphic Design Awards from Graphic Design USA.



**CONVERTING UNDISCOVERED TALENT INTO AUTHORS** Since the release of *Indian Instant Pot Cookbook* (50,000 copies sold), author Urvasi Pitre has been interviewed by *The New Yorker* and signed on for additional titles including *The Keto Instant Pot Cookbook*.



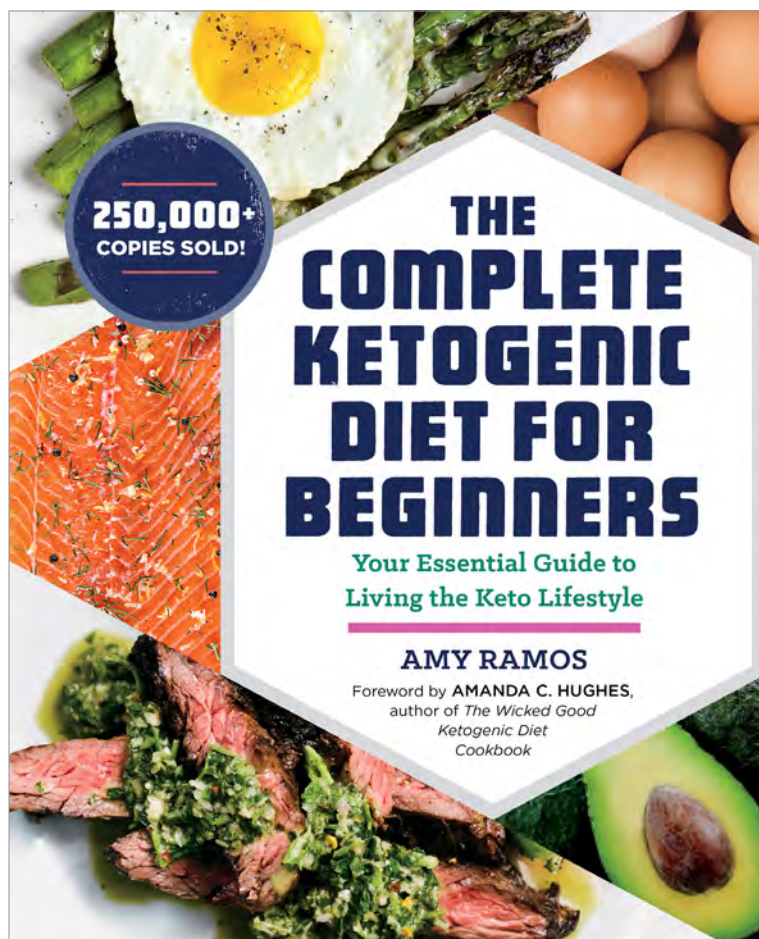
**EXPLOSIVE GROWTH** We have consistently been named by *Publishers Weekly* as one of the fastest-growing publishers in 2015, 2016, and 2017.



# CURRENT HIGHLIGHTS

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## The Complete Ketogenic Diet for Beginners

Your Essential Guide to Living the Keto Lifestyle

AMY RAMOS

➔ **Eating healthier, losing weight,** and trimming your waistline? No matter what your reasons for following the ketogenic diet are, starting is never as simple as it sounds. Equipping you with easy-to-follow meal plans, shopping lists, and need-to-know info about the keto lifestyle, *The Complete Ketogenic Diet for Beginners* is your all-in-one resource for starting and sticking to the ketogenic diet. Key into keto and learn how good it can feel to lose weight and lead a healthy lifestyle with *The Complete Ketogenic Diet for Beginners* cookbook.

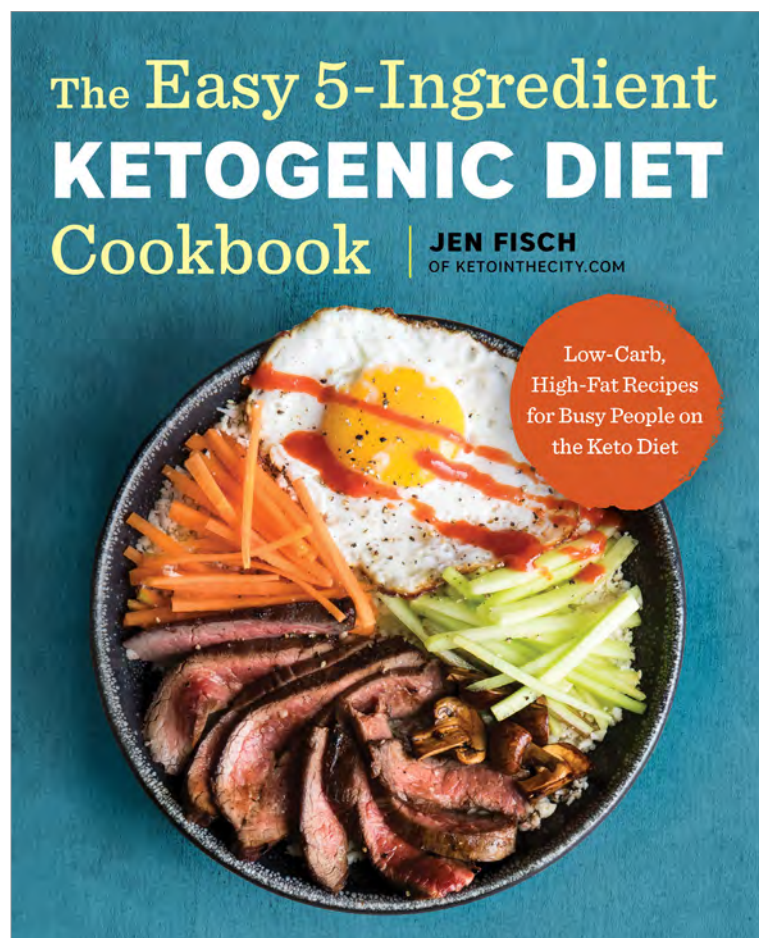
ROCKRIDGE PRESS

TRADE PAPERBACK / \$11.99 / 24 X 19CM / 158 PAGES / 30,000 WORDS

DECEMBER 2016

RIGHTS SOLD: BRAZILIAN, BULGARIAN, CZECH, DUTCH, GERMAN, HUNGARIAN, INDIA, ITALIAN, POLISH, PORTUGUESE, RUSSIAN, SERBIAN, SLOVAK, SPANISH





## The Easy 5-Ingredient Ketogenic Diet Cookbook

Low-Carb, High-Fat Recipes for Busy People on the Keto Diet

JEN FISCH

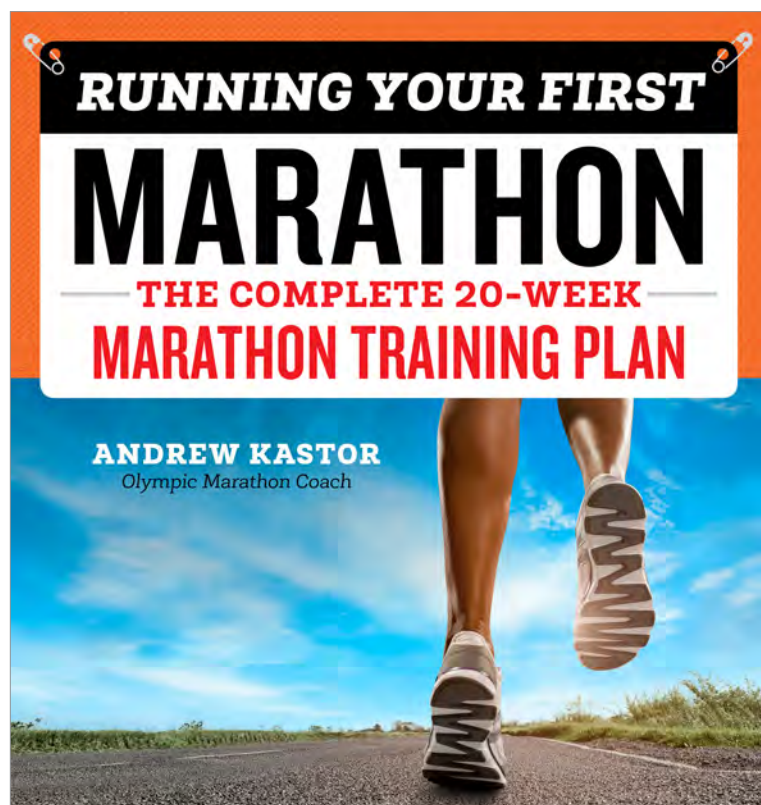
➔ **Success on the ketogenic diet** is achieved by following its low-carb, high-fat principles—which means you need ketogenic diet recipes that are easy and enjoyable. As a busy working mom, Jen Fisch began creating quick ketogenic diet recipes for her family and sharing them on her popular ketogenic diet blog Keto in The City. With *The Easy 5-Ingredient Ketogenic Diet Cookbook*, Jen's truly simple ketogenic diet recipes will help you achieve the results you want no matter how hectic your lifestyle.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$19.99 / 24 X 19CM / 210 PAGES / 43,000 WORDS

JANUARY 2018

RIGHTS SOLD: GERMAN, SPANISH



## Running Your First Marathon

The Complete 20-Week Marathon Training Plan

ANDREW KASTOR

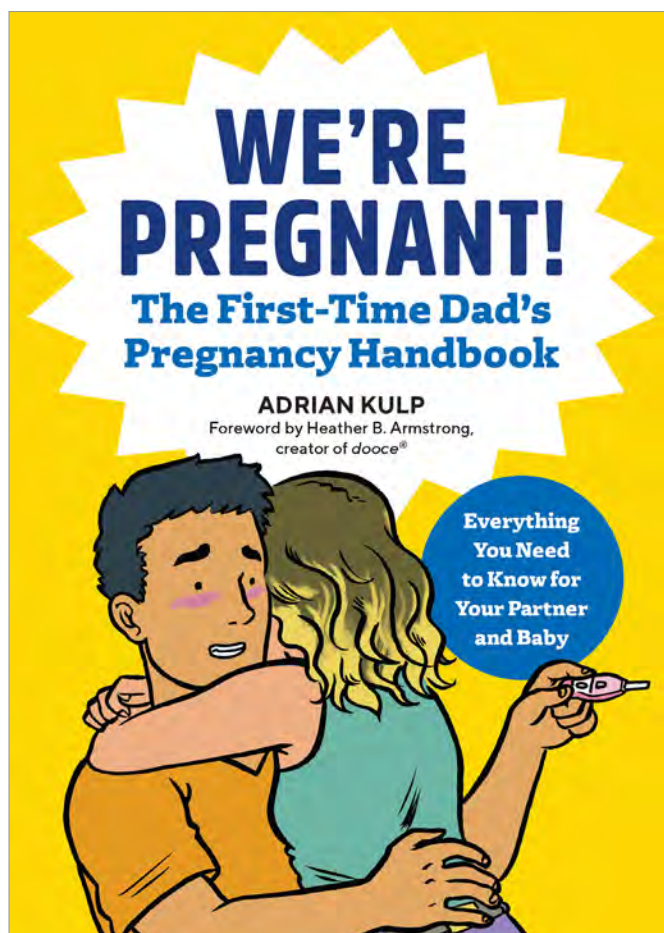
➔ As a **marathon training coach** for world-class runners and Olympic medalists, Andrew Kastor knows what it takes to get to the finish line. Whether you are planning to run a full or half marathon, Coach Kastor's marathon training program conditions you to set achievable goals, get in shape, and stay motivated. With an easy-to-follow 20-week marathon training schedule for building strength and endurance, plus expert advice from record-holding runners on what to expect, *Running Your First Marathon* is the only coaching you'll need to go the distance.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$16.99 / 22 X 23CM / 150 PAGES / 41,000 WORDS

JANUARY 2018

RIGHTS SOLD: GERMAN, HUNGARIAN, ITALIAN



## We're Pregnant: The First-Time Dad's Pregnancy Handbook

Everything You Need to Know for Your Partner and Baby

ADRIAN KULP

➔ **When Adrian Kulp found out** he was going to be a dad, he felt a mix of emotions, but none more apparent than fear. Seeing his wife deal with her own uncertainties, Adrian realized that first-time moms are just as nervous about pregnancy and babies—the difference is that moms have no choice but to adapt. In *We're Pregnant! The First Time Dad's Pregnancy Handbook*, the career dad of three (the fourth in utero) and creator of Dad or Alive shares hard-earned lessons of stepping up and thriving as a supportive partner. Practical and to the point, Adrian's coaching will inspire even the most unprepared man to be proactive and ready

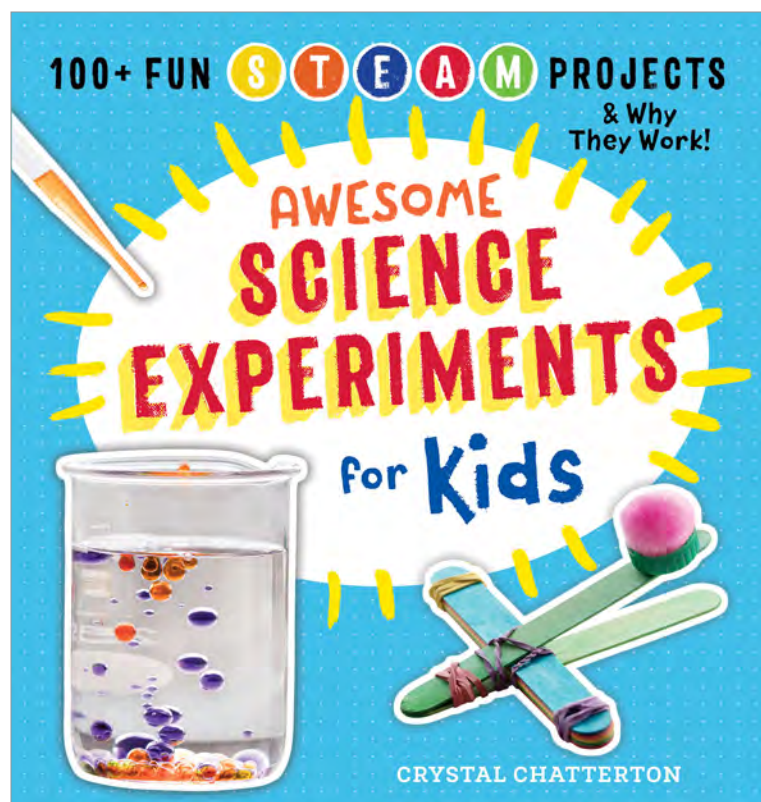
IMPRINT

TRADE PAPERBACK / \$13.99 / 18 X 13CM / 292 PAGES / 41,000 WORDS

APRIL 2018

RIGHTS SOLD: HUNGARIAN, VIETNAMESE





## Awesome Science Experiments for Kids

100+ Fun STEAM Projects and Why They Work

CRYSTAL CHATTERTON

➔ **From learning how quicksand works** to discovering why you can walk on raw eggs, one of the best parts about science is figuring out how and why things do what they do. *Awesome Science Experiments for Kids* provides easy, fun experiments that teach kids ages 5 to 10 to think like real scientists by explaining how the experiments actually work. With over 100 experiments spanning the fields of science, technology, engineering, art, and math, this inspiring book gives the mini-scientist in your life the ability to make scientific hypotheses and test them creatively. Whether it's building a balloon cannon or turning a lemon into a battery, these STEAM experiments foster curiosity and encourage kids to question everything.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$14.99 / 23 X 22CM / 254 PAGES / 39,500 WORDS

FEBRUARY 2018

RIGHTS SOLD: CHINESE SIMPLIFIES, KOREAN, RUSSIAN



## Celebrate Your Body! (and Its Changes Too)

The Ultimate Puberty Book for Girls

SONYA RENEE TAYLOR

➔ **First things first**—you have an awesome body! As you get older you'll notice changes, and it's only natural to wonder what's going on. This book gives you answers to questions you may have about this exciting journey, along with lots of practical information you'll want to know along the way. Best of all, you'll become an expert on the awesomeness of you. *Celebrate Your Body (and Its Changes, Too!)* is your guide to understanding and loving your body—now and as it continues to change. Here's everything you need to know about breasts and bras, your period, hair here and there, feelings and friends, and so much more. You'll find support and encouragement in these pages that will help you navigate this whole puberty thing. Think of this book as your new best friend that will help you learn about—and celebrate—your amazing, changing, oneof-a-kind body!

ROCKRIDGE PRESS

TRADE PAPERBACK / \$12.99 / 23 X 15CM / 174 PAGES / 27,000 WORDS

MAY 2018

RIGHTS SOLD: KOREAN, LITHUANIAN, POLISH, PORTUGUESE

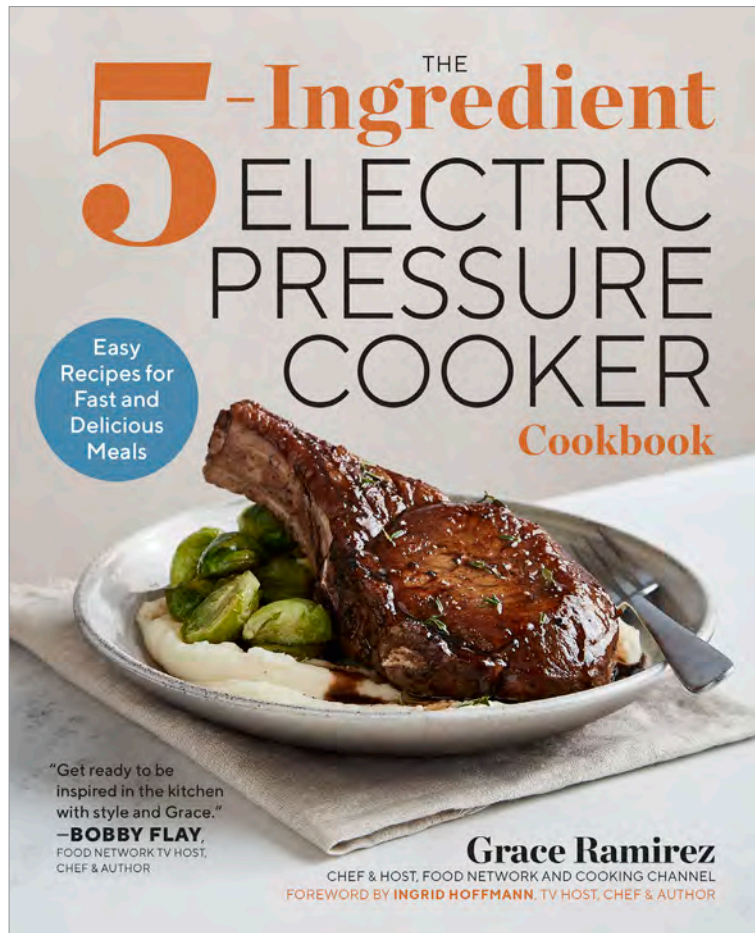




# COOKBOOKS

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## The 5-Ingredient Electric Pressure Cooker Cookbook

Easy Recipes for Fast and Delicious Meals

GRACE RAMIREZ

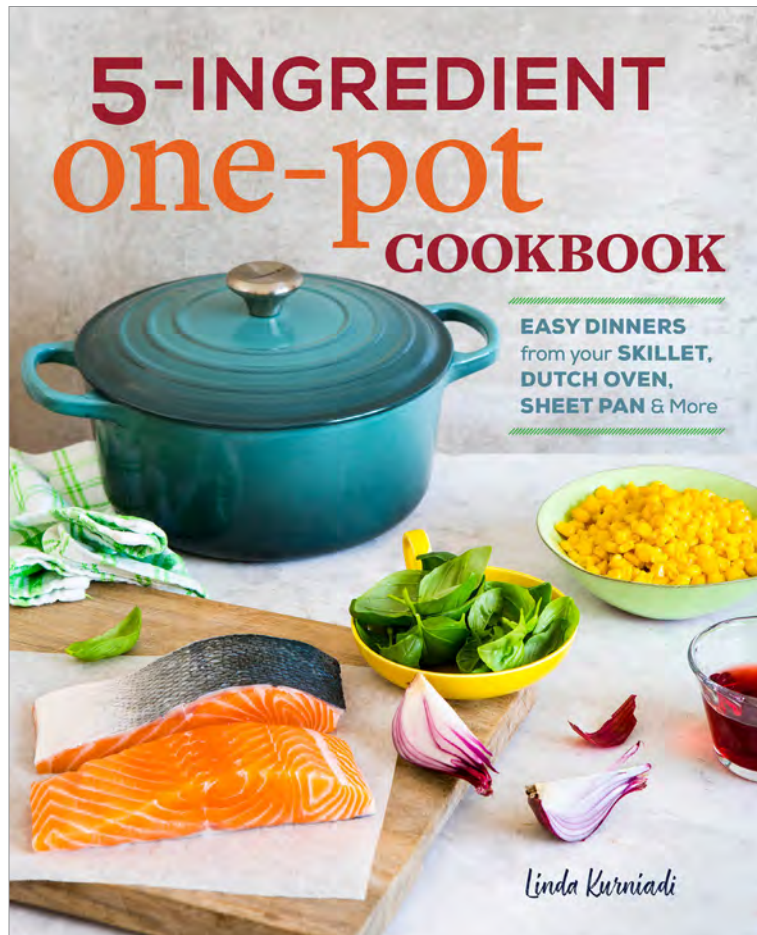


**A classically trained chef**, Cooking Channel and Food Network host Grace Ramirez is no stranger to the pressure cooker. Inspired by her grandparents' cooking, which was often delicious pressure-cooked meals like carne mechada and black beans, Grace unleashes the full potential of this generation's culinary miracle by combining the ease and functionality of the appliance with fresh, whole-food ingredients in *The 5-Ingredient Electric Pressure Cooker Cookbook*. Developed for the modern kitchen and busy lifestyles, the recipes require no more than 5 ingredients, and save time and money while making it possible to serve easy, fast, and flavorful home-cooked meals every day of the week.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$15.99 / 24 X 19CM / 232 PAGES / 41,000 WORDS

JUNE 2018



## 5-Ingredient One-Pot Cookbook

Easy Dinners from Your Skillet, Dutch Oven, Sheet Pan, and More

LINDA KURNIADI

➔ **The recipe for everyday**, homemade meals is easy—easy to shop for, easy to prep, easy to cook, easy to eat, and easy to clean. Tossing these ingredients into every recipe, the *5-Ingredient One-Pot Cookbook* offers the easiest one-pot meals to make cooking delicious dishes part of your day-to-day routine. From waking up with a Tex-Mex Omelet to winding down your day with Chicken Cordon Bleu or a Ravioli and Spinach Bake for dinner, this cookbook offers low-effort, delicious dishes that need only one pot and five main ingredients to make. With most recipes requiring only 30 minutes or less to prepare, cook, and serve—and others that only take 20 minutes or less—the *5-Ingredient One-Pot Cookbook* saves you time and energy in the kitchen so that you can spend your time eating well.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$19.99 / 23 X 19CM / 173 PAGES / 40,000 WORDS

OCTOBER 2018



## 52-Week Meal Planner

The Complete Guide to Planning Menus,  
Groceries, Recipes, and More

BY JESSICA LEVINSON, MS, RDN, CDN



**Busy lives can often mean** weeknight takeout or scrambling to make dinner. But being busy doesn't have to mean missing out on healthy and balanced home-cooked meals. With the *52-Week Meal Planner*, you'll have the tools to map out how you're going to cook, shop, and eat, week after week. This handy meal planner takes the guesswork out of putting together a full week of meals with one year's worth of weekly templates to plan breakfast, lunch, dinner, and snacks. With fill-in grocery lists, price comparison sheets, and recipe pages, the *52-Week Meal Planner* is an all-in-one guide to save time, money, and energy with perfectly planned meals.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$14.99 / 23 X 15CM / 216 PAGES / 2,000 WORDS

JULY 2018





## The Baking Cookbook for Teens

75 Delicious Recipes for Sweet and Savory Treats

BY ROBIN DONOVAN

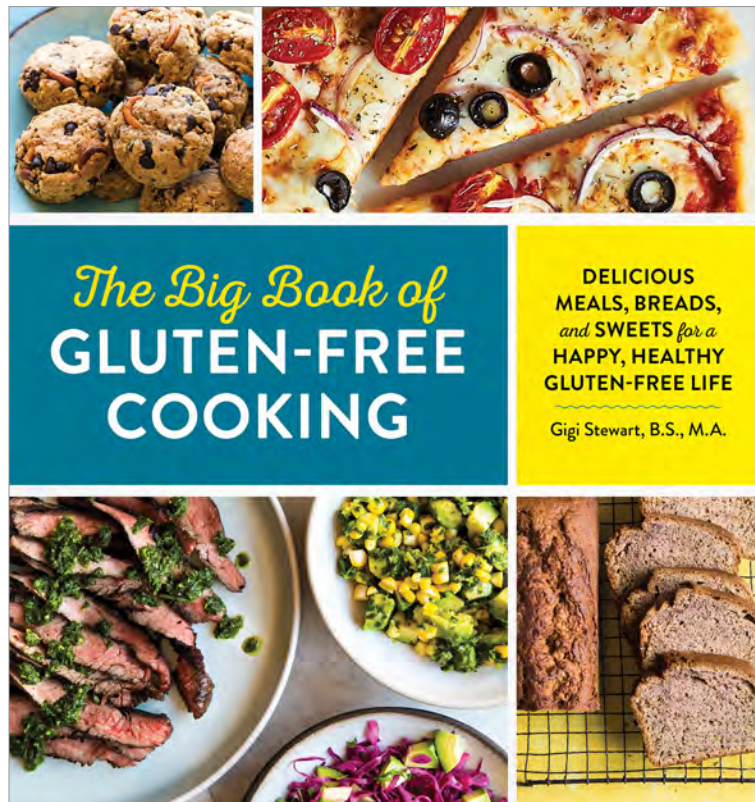
➔ **There's nothing better** than the warm aroma of a freshly baked batch of cookies—except for the cookies themselves, that is. And whether baking for your own pleasure or to share with others, *The Baking Cookbook for Teens* makes it easy to learn the basics of baking and put your new skills to use right away! Here, bestselling cookbook author Robin Donovan delivers more than 75 recipes for a variety of delectable baked goods that you'll enjoy making just as much as you'll enjoy eating. From cookies, brownies, and bars, to tarts, breads, and pizza, *The Baking Cookbook for Teens* offers everything you need to start creating and serving up delicious baked goods that are sure to please.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$18.99 / 24 X 19CM / 200 PAGES / 48,000 WORDS

AUGUST 2018



## The Big Book of Gluten-Free Cooking

Delicious Meals, Breads, and Sweets  
for a Happy, Healthy Gluten-Free Life

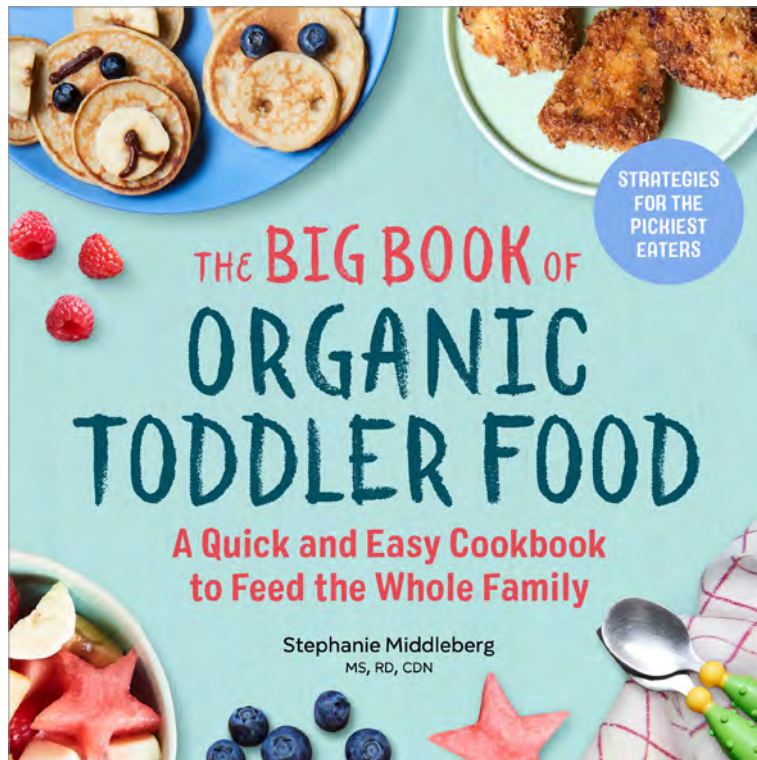
GIGI STEWART, BS, MA

➔ **Giving up gluten** doesn't mean having to give up foods we love. It requires learning the basics about which foods to eat, which to avoid, and how to recreate favorites. In *The Big Book of Gluten-Free Cooking*, Gigi Stewart shares more than 150 recipes that crush any fears of deprivation with a delectable range of staples, meals, and desserts. Using mostly familiar ingredients, Gigi makes it easy to adopt a gluten-free diet that's aordable, practical, and delicious!

ROCKRIDGE PRESS

TRADE PAPERBACK / \$19.99 / 23 X 22CM / 276 PAGES / 61,000 WORDS

AUGUST 2018



## The Big Book Of Organic Toddler Food

A Quick and Easy Cookbook to Feed the Whole Family

BY STEPHANIE MIDDLEBERG, MS, RD, CDN

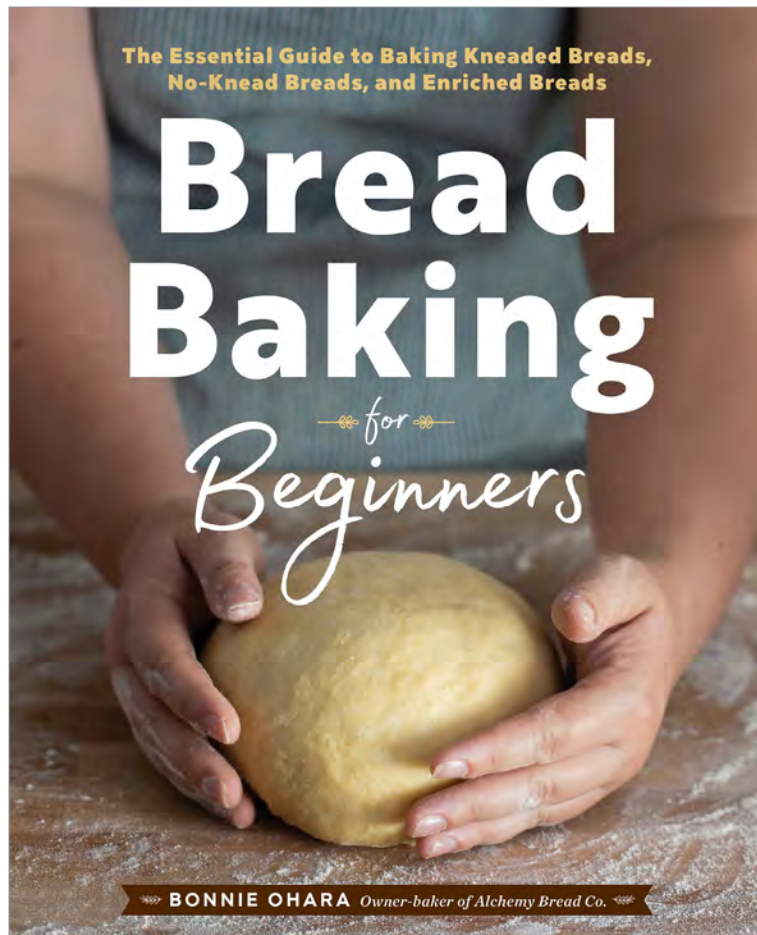
➔ **Toddlerhood is an exciting** and somewhat exasperating time—your toddler may go from learning to say “please” to spitting out their peas in the span of an afternoon. But before you start fussing over picky eating habits and making separate meals for your little one, try a bite from *The Big Book of Organic Toddler Food*. In this book, registered dietician and bestselling author of *The Big Book of Organic Baby Food*, Stephanie Middleberg, brings you a no-nonsense toddler cookbook. Now you can feed your toddler the wholesome foods their growing bodies need—without a fight! Featuring essential information on tackling toddler eating habits from 12 months to 3 years, plus over 125 simple recipes that are also adult friendly, *The Big Book of Organic Toddler Food* makes it easy for everyone to enjoy healthy, homemade meals during toddlerhood and for years to come.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$16.99 / 20 X 20CM / 238 PAGES / 52,000 WORD

AUGUST 2018





## Bread Baking for Beginners

The Essential Guide to Baking Kneaded Breads,  
No-Knead Breads, and Enriched Breads

BY BONNIE OHARA

➔ **Flour, yeast, water, and salt**—even with the simplest of ingredients, making homemade bread can be a daunting task if you’ve never done it before. From total scratch to your first batch, *Bread Baking for Beginners* offers simple, user-friendly tutorials and recipes to mix, knead, and enjoy freshly baked loaves at home.

Bonnie Ohara, a self-taught baker who runs a micro-bakery out of her own kitchen, preps home cooks with clear explanations of the bread making process and basic techniques. Complete with photographs to help guide you, this bread cookbook offers 32 recipes for kneaded breads, no-knead breads, and enriched breads that prove you can bake your bread, and eat it too.

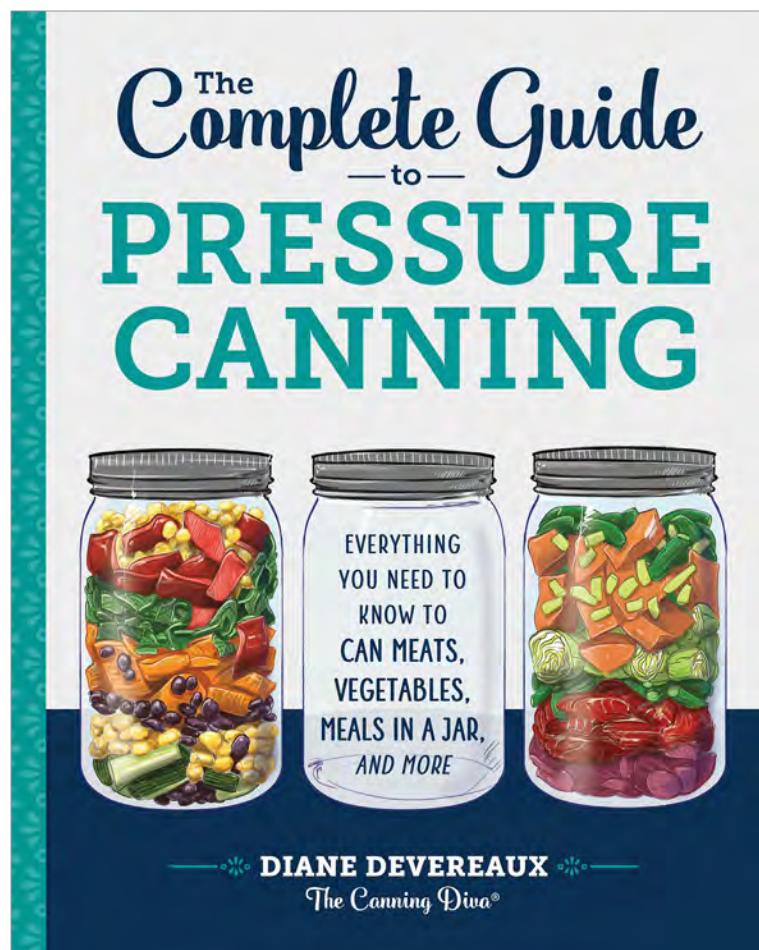
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ROCKRIDGE PRESS

TRADE PAPERBACK / \$17.99 / 19 X 24CM / 178 PAGES / 34,000 WORDS

OCTOBER 2018





## The Complete Guide To Pressure Canning

Everything You Need to Know to Can Meats,  
Vegetables, Meals in a Jar, and More

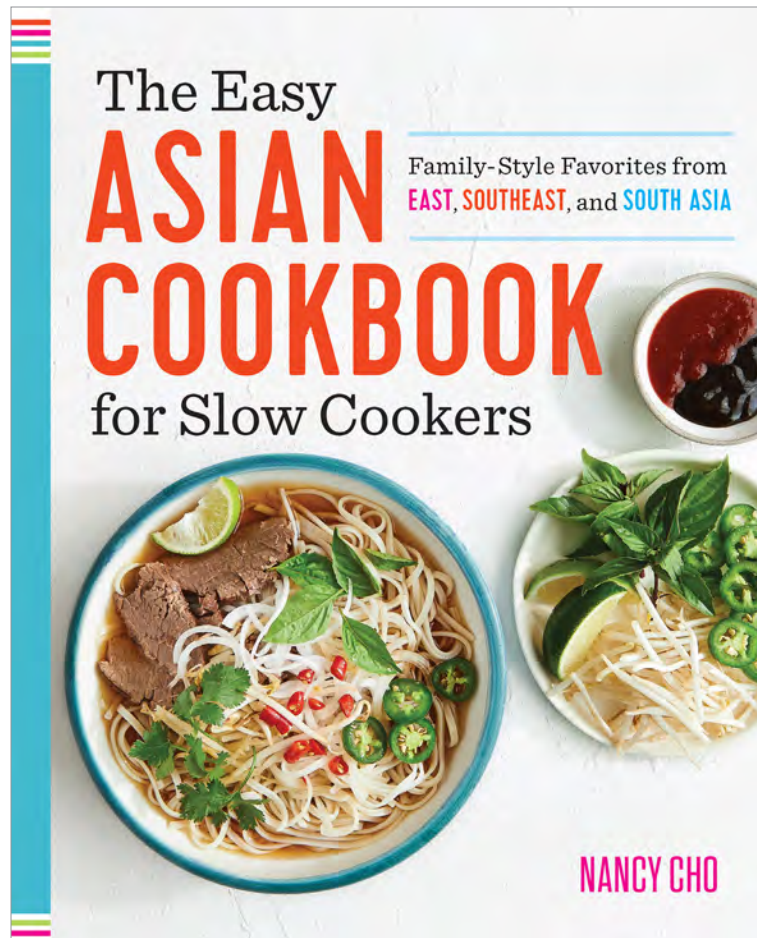
BY DIANE DEVEREAUX

➔ **From preserve to serve**, pressure canning makes it easy to prep and cook your favorite foods. It also opens the door to new recipes you otherwise might not try. Take it from Diane Devereaux, also known as The Canning Diva®, who has been teaching pressure canning for over a decade and knows firsthand the culinary dexterity that the pressure canner offers. Here, Diane delivers a cookbook solely devoted to the time-honored craft of pressure canning. In *The Complete Guide to Pressure Canning* you'll find everything you need to confidently achieve pressure canning perfection. From stocking up on pantry essentials like broths and beans to preparing creative meals in a jar, and safely storing meats and wild game, *The Complete Guide to Pressure Canning* is your all-in-one resource for safely canning whatever you want, whenever you want.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$19.99 / 25.5 X 20CM / 230 PAGES / 70,300 WORDS

JULY 2018



## The Easy Asian Cookbook for Slow Cookers

Family-Style Favorites from East, Southeast, and South Asia

BY NANCY CHO

➔ If you're new to cooking Asian food, it can be intimidating to navigate through the different regional cuisines, staples, and cooking styles. Breaking down the flavors and ingredients of East, Southeast, and South Asia, author Nancy Cho pairs classic recipes with the ease of one of America's beloved appliances in *The Easy Asian Cookbook for Slow Cookers*. From familiar restaurant and take-out favorites like teriyaki, lo mein noodles, and dhal to lesser-known classics like Chicken Adobo (Philippines), Kimchi Jjigae (South Korea), and Wattakka Soup (Sri Lanka), these recipes are simple and straightforward with minimum prep and little to no stove-top cooking—a perfect guide to making flavorful Asian dishes a regular part of the weeknight rotation.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$16.99 / 24 X 19CM / 192 PAGES / 46,060 WORDS

JULY 2018



## Easy Baking from Scratch

Quick Tutorials, Time-Saving Tips,  
Extraordinary Sweet and Savory Classics

BY EILEEN GRAY

➔ **Baking is a science**, but it doesn't have to be rocket science. With good, reliable recipes and some practice, anyone can master baking skills for impressive homemade breads, pastries, pies, and desserts. In *Easy Baking from Scratch*, pastry chef and creator of Baking Sense, Eileen Gray, shares recipes that she developed over 30 years of professional baking, and practical tips for easy execution, saving time and effort without skimping on quality. Whether you need to whip up something quick for a party or event or simply want to satisfy a craving and prefer homemade to store bought, this cookbook offers bakers of all levels practical and simple recipes for extraordinary sweet and savory classics.

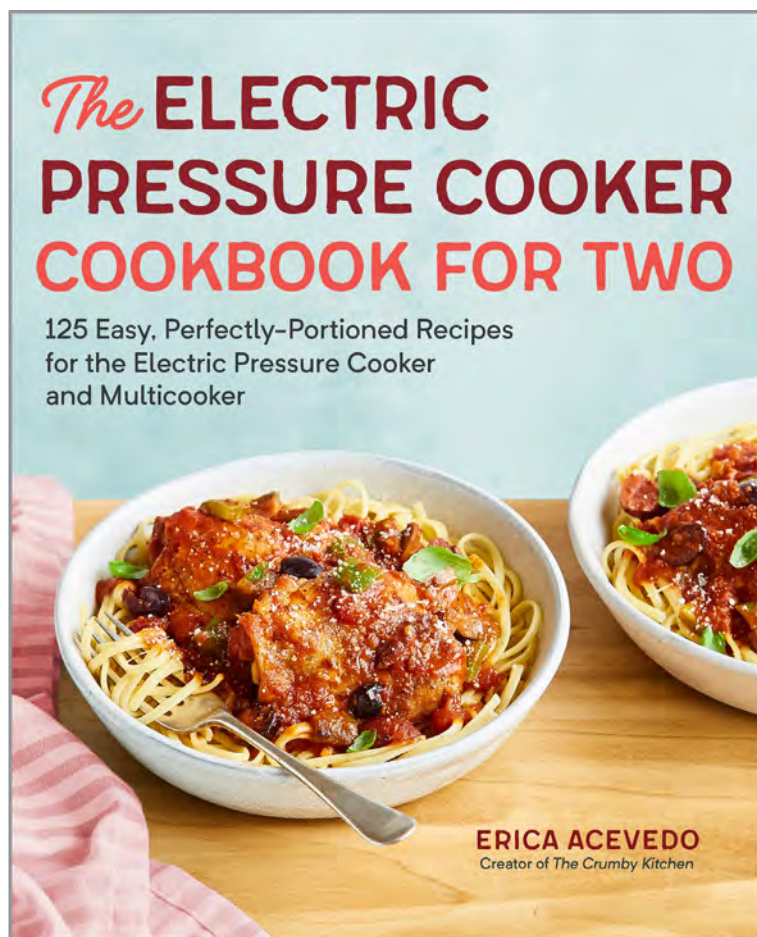
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ROCKRIDGE PRESS

TRADE PAPERBACK / \$16.99 / 24 X 19CM / 250 PAGES / 57,000 WORDS

SEPTEMBER 2018





## The Electric Pressure Cooker Cookbook for Two

125 Easy, Perfectly-Portioned Recipes  
for the Electric Pressure Cooker and Multicooker

ERICA ACEVEDO



**When it's just the two of you**, getting stuck with night after night of leftovers can be a waste. For any twosome looking for varied meals throughout the week without ever getting bored, *The Electric Pressure Cooker Cookbook for Two* gives you fast and easy recipes that are perfectlyportioned for two.

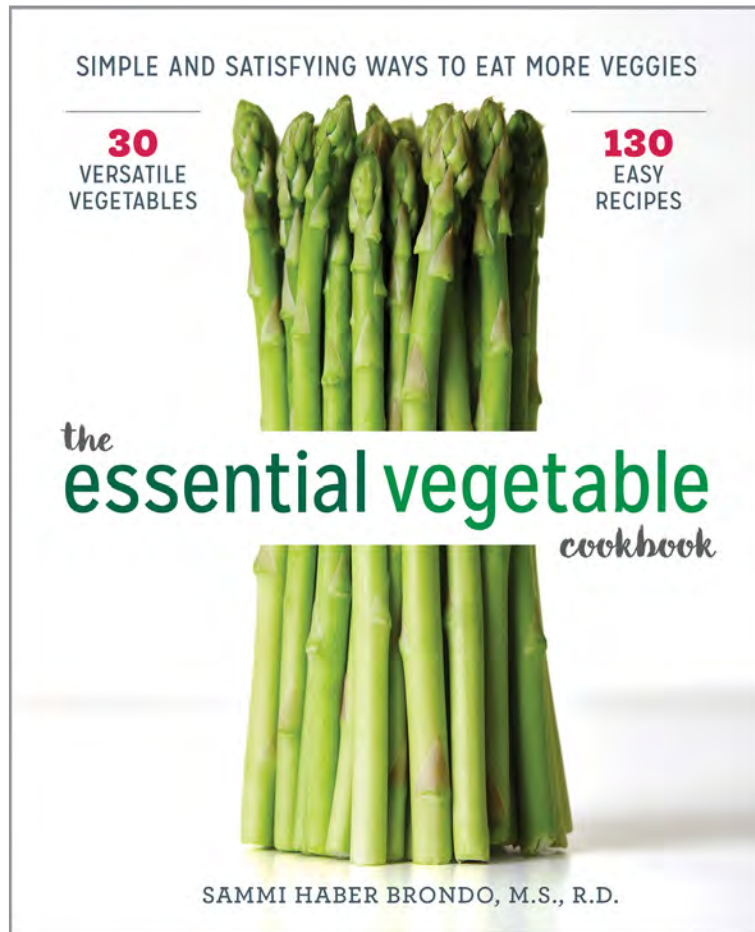
Whether you're using an Instant Pot® or any other electric pressure cooker, these simple recipes scale family-size meals to give you something different every day of the week. Plus, an introduction to the basics of pressure cooking (including shopping tips and pantry must-haves) makes this cookbook your best reference to keep taste buds happy and storage containers empty.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$16.99 / 24 X 19CM / 250 PAGES / 61,000 WORDS

JUNE 2018



## The Essential Vegetable Cookbook

Simple and Satisfying Ways to Eat More Veggies

BY SAMMI HABER BRONDO, MS, RD



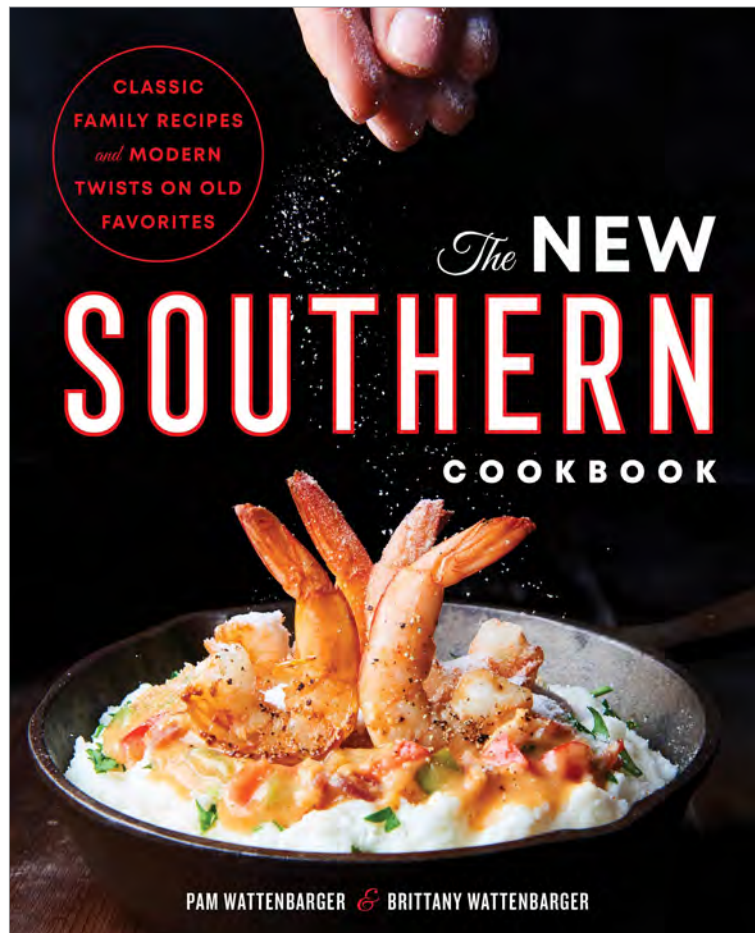
**How do you actually cook an artichoke?** What pairs well with asparagus? When is kale in season? If you want to incorporate more veggies into your everyday diet, but don't know how to begin, *The Essential Vegetable Cookbook* has you covered. A must-have resource for vegetarians and meat eaters alike, this book teaches you how to slice, sauté, and serve 30 popular vegetables and easily incorporate them into your cooking. Organized by season, each chapter contains informative vegetable profiles with accompanying recipes that will show you how simple and satisfying it is to eat more veggies.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$19.99 / 24 X 19CM / 282 PAGES / 56,000 WORDS

AUGUST 2018



## The New Southern Cookbook

Classic Family Recipes and Modern Twists on Old Favorites

BY PAM WATTENBARGER AND BRITTANY WATTENBARGER

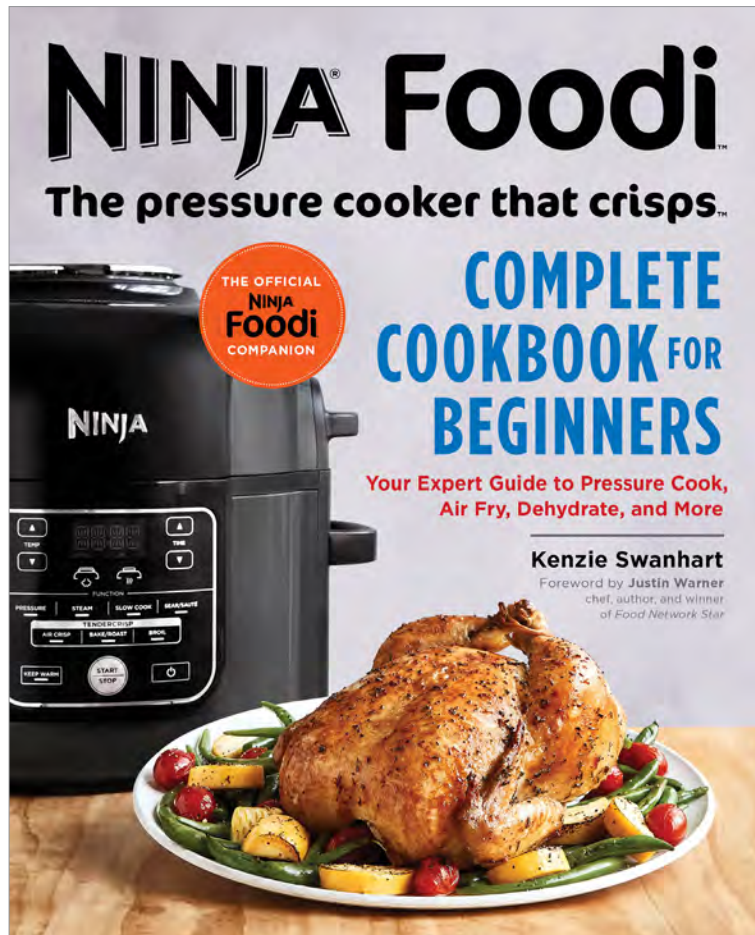
➔ **Mother-daughter duo** Pam and Brittany Wattenbarger have raided their recipe box and local farmers' market for this collection of classic and modern Southern food. *The New Southern Cookbook* offers a reflection of the past with its heirloom recipes, while updating the classics and creating new favorites for the future of Southern cooking. What's more, Pam and Brittany share heartfelt and humorous family stories, from a pig named "Freezer" destined for the dinner plate to an Easter glazed ham dusted off after an oven fire. Over 100 simple, quick, and delicious recipes—most including gluten- and dairy-free adaptations—will make you fall in love with Southern cooking all over again. From Chicken Fried Steak with Gravy and Shrimp and Grits, to Watermelon Salsa and Honey Grilled Peaches, these charming Southern ladies offer up a delicious collection of traditional and lightenedup Southern fare, along with new recipes that are destined to become classics

ROCKRIDGE PRESS

TRADE PAPERBACK / \$19.99 / 24 X 19CM / 218 PAGES / 51,000 WORDS

SEPTEMBER 2018





## Ninja Foodi: Complete Cookbook for Beginners

Your Expert Guide to Pressure Cook, Air Fry, Dehydrate, and More

KENZIE SWANHART

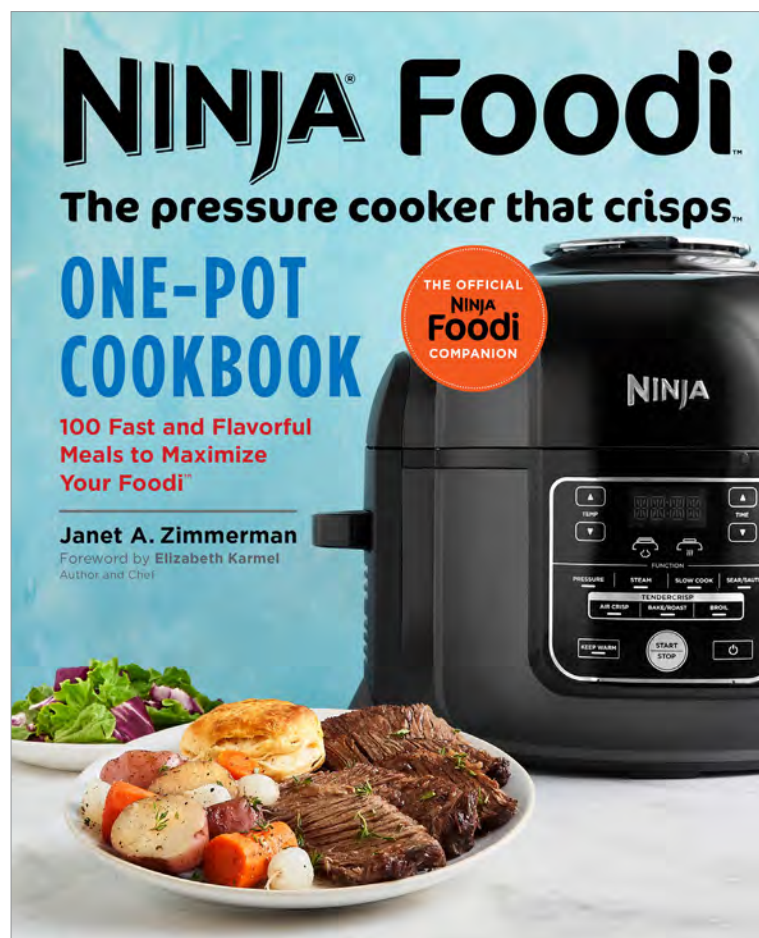
➔ **The Ninja® Foodi™ delivers** a whole new way of cooking—and with the *Ninja® Foodi™ Complete Cookbook for Beginners*, mealtime is simpler than it's ever been. No matter what you're in the mood for, you'll find a wide range of delicious, versatile recipes specifically designed for the innovative technology of the Ninja® Foodi.™

Kenzie Swanhart, bestselling cookbook author and an insider at the Ninja test kitchen, offers expert guidance and must-have recipes to get the most out of your Foodi.™ From wholesome “360 Meals” that allow you to cook all components of your meal using only your Ninja® Foodi,™ to time-saving “Frozen to Crispy” recipes that make it easy to cook frozen food without defrosting it first, the foolproof recipes in *Ninja® Foodi™ Complete Cookbook for Beginners* will help you maximize the flavor of your meals and minimize time spent in the kitchen.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$16.99 / 24 X 19CM / 198 PAGES / 38,000 WORDS

SEPTEMBER 2018



## Ninja Foodi: One-Pot Cookbook

100 Fast and Flavorful Meals to Maximize Your Foodi™

JANET ZIMMERMAN

➔ **Meal prep can be daunting** for anyone. The thought of gathering ingredients, pulling out pots and pans, cooking, and then tackling a sink full of dishes is enough to justify take-out, which is neither healthy nor sustainable. Enter the Ninja® Foodi™—with TenderCrisp™ technology that starts with pressure cooking and finishes with crisping. This multicooker is a game changer when it comes to one-pot meals, the ultimate fast and easy solution for busy folks.

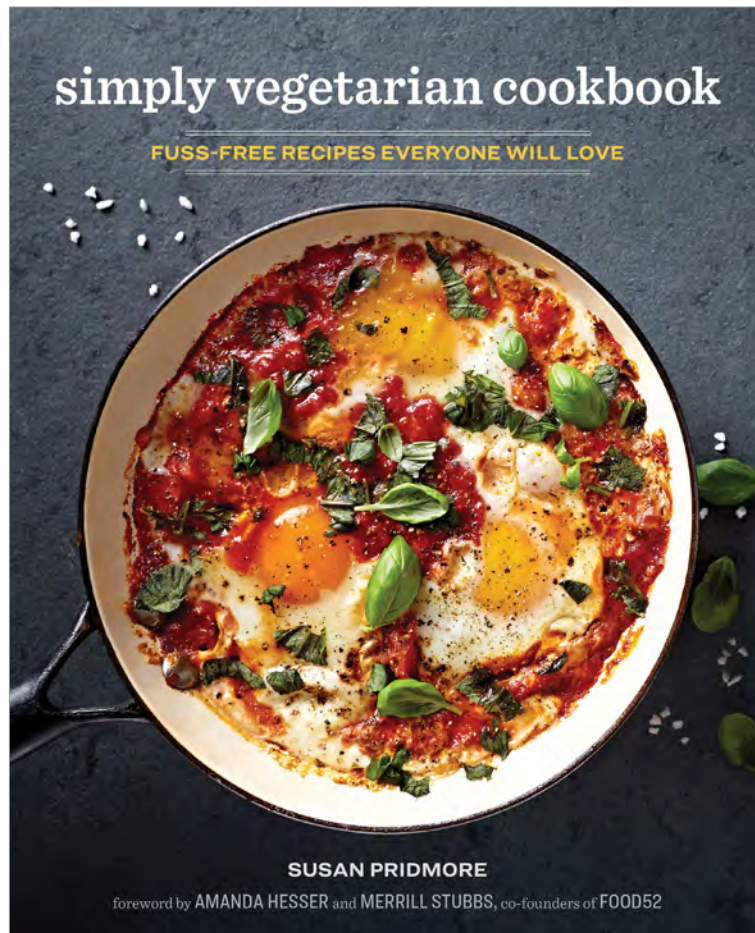
The official companion for this must-have appliance, *Ninja® Foodi™ One-Pot Cookbook* offers fuss-free and flavorful one-pot recipes to maximize the convenience of your Ninja® Foodi.™ From Tex-Mex Breakfast Casserole to Crème Brûlée, every recipe features minimal prep and easy-to-find ingredients—and most importantly, there are no additional cooking steps or appliances needed. A kick-start guide to master your Foodi's™ functions, this cookbook helps you get meals on the table easily, without sacrificing texture or variety.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$19.99 / 24 X 19CM / 274 PAGES / 56,000 WORDS

SEPTEMBER 2018





## The Simply Vegetarian Cookbook

Fuss-Free Recipes Everyone Will Love

BY SUSAN PRIDMORE

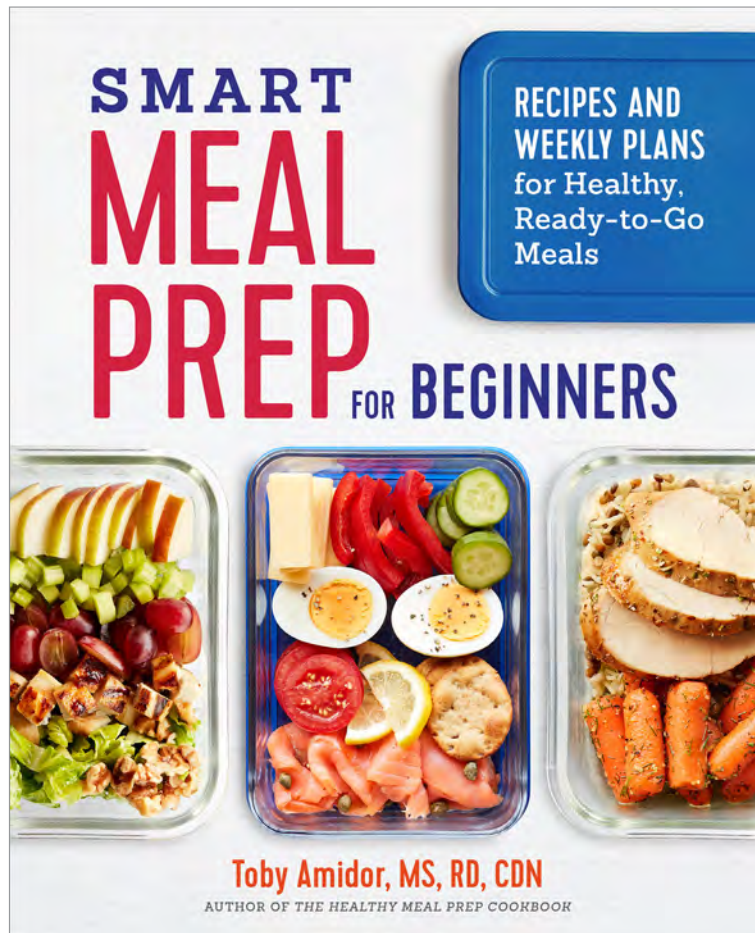
➔ Whether you're short on time, low on ingredients, or cooking for vegetarians and omnivores alike, this cookbook delivers with flavor-packed recipes designed to be devoured by all. Here you'll find meals grouped by type of cooking ease, so you can decide what to cook not only by what sounds good, but by what's the most convenient for you. If you love five-ingredient recipes, thirty-minutes meals, and one-pot cooking, this book has you covered. Simplicity is at the heart of every recipe. From Portabella Eggs Florentine to Easy Miso Ramen and Spicy Chickpea Gyros to Tomato Galettes, *Simply Vegetarian Cookbook* serves up elevated yet everyday recipes to make eating vegetarian deliciously easy.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$16.99 / 24 X 19CM / 228 PAGES / 51,600 WORDS

JULY 2018



## Smart Meal Prep for Beginners

Recipes and Weekly Plans for Healthy, Ready-to-Go Meals

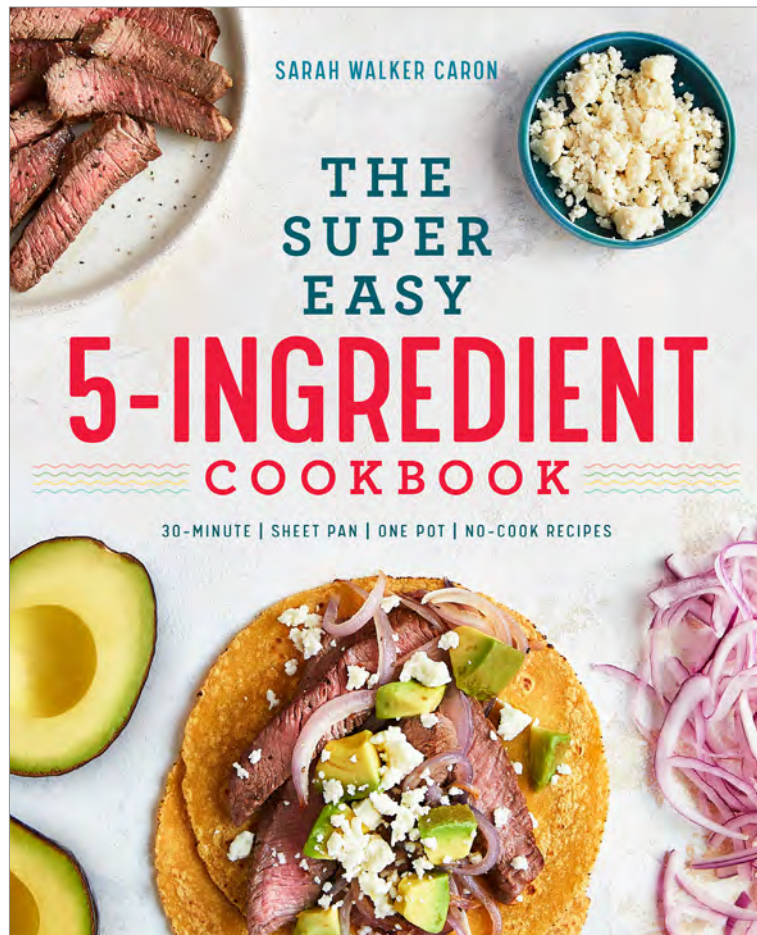
BY TOBY AMIDOR, MS, RD, CDN

➔ **Let's face it:** Meal prep should be easy, but getting the hang of planning, prepping, and cooking a week's worth of meals can be daunting. According to leading nutritionist Toby Amidor, author of runaway bestseller *The Healthy Meal Prep Cookbook*, the solution lies in starting simply with just a few recipes per week and building up from there. In this meal prep book written specifically for beginners, Toby goes back to basics. She provides six weekly meal prep plans designed to make a habit of meal prep and keep your fridge full of healthy, perfectly portioned meals. Featuring meal plans, grocery lists, step-by-step prep instructions, and foolproof recipes, this cookbook is your kick-start guide to having healthy meals ready to go every day of the week.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$15.99 / 24 X 19CM / 192 PAGES / 39,000 WORDS

JULY 2018



## The Super Easy 5-Ingredient Cookbook

100 Full Flavor, Minimal Effort Dinner Recipes

BY SARAH WALKER CARON

➔ **Meals made simple**—that’s what this cookbook is all about. From the grocery store to your table, *The Super Easy 5-Ingredient Cookbook* will save you time, effort, and money with just a handful of wholesome ingredients and super simple recipes. On any day of the week, these recipes keep it simple in the kitchen with 5 or fewer affordable, everyday ingredients. As a bonus, recipes are classified by 30 minutes or under, one-vessel, no-cook, and freezer-friendly dishes to make eating fresh the easiest dinner option you have.

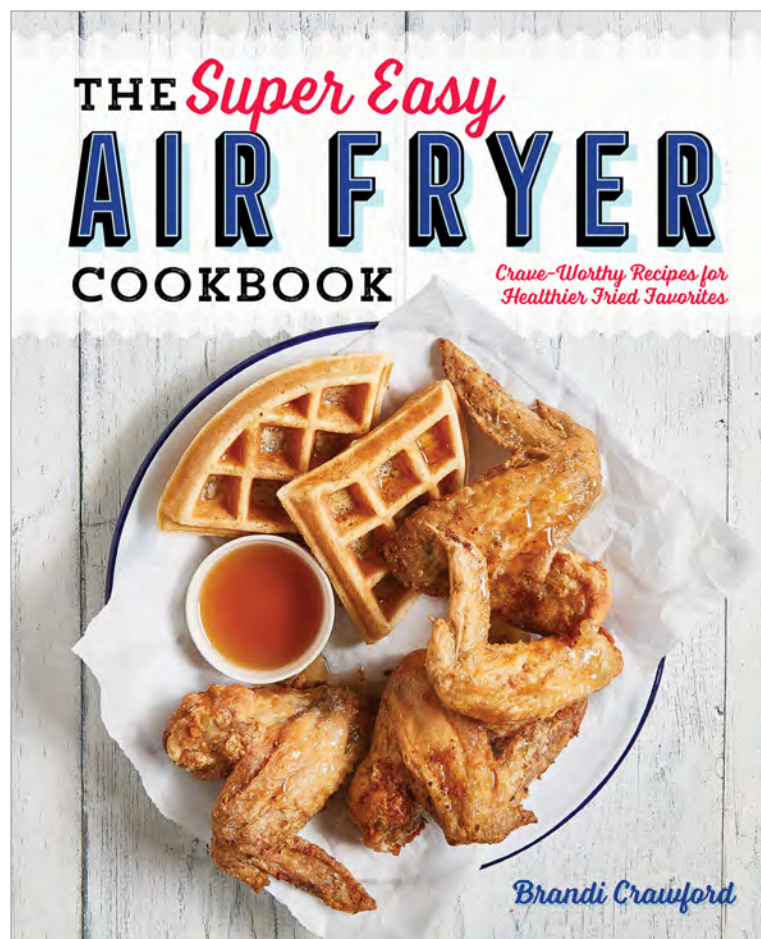
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ROCKRIDGE PRESS

TRADE PAPERBACK / \$16.99 / 24 X 19CM / 170 PAGES / 28,000 WORDS

SEPTEMBER 2018





## The Super Easy Air Fryer Cookbook

Crave-Worthy Recipes for Healthier Fried Favorites

BY BRANDI CRAWFORD



**From Fried Chicken and Waffles** to Cinnamon Sugar Donut Holes, fried food is hard to resist—so don't! *The Super Easy Air Fryer Cookbook* offers the easiest recipes to indulge in healthier fried favorites any day of the week. Crispy on the outside, tender on the inside, and easy to make—*The Super Easy Air Fryer Cookbook* combines everything you love about air frying with the easiest, everyday recipes. Now, you can enjoy the full taste of your favorite fried foods—without any of the guilt—at home. Even if you've never used an air fryer before, you'll be able to whip up crowd-pleasing meals in minutes.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$16.99 / 24 X 19CM / 182 PAGES / 37,500 WORDS

AUGUST 2018



## Super Easy Cookbook for Beginners

5-Ingredient Recipes and Essential Techniques  
to Get You Started in the Kitchen

BY LISA GRANT

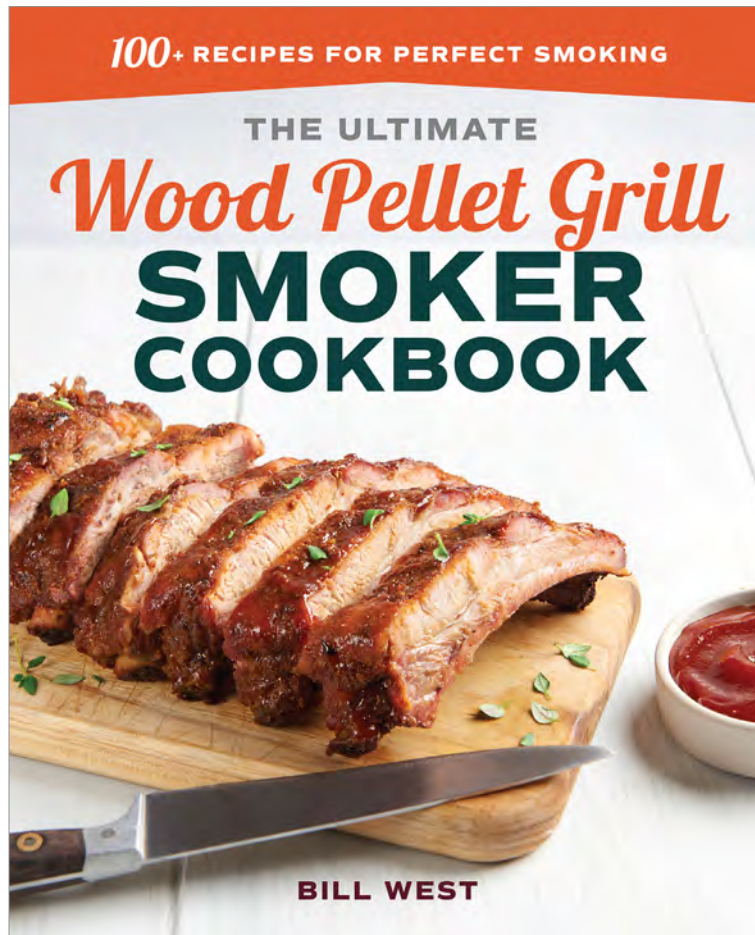
➔ **Anyone can be a good cook** (yes, even you!). If you've never chopped or diced an onion before and don't hail from a family of master chefs, *Super Easy Cookbook for Beginners* makes it easier than ever to learn how to cook delicious, homemade meals that you can proudly say you made. From measuring ingredients to roasting a chicken, this beginner's cookbook starts out by teaching you essential cooking skills that you can put into practice with super simple recipes. Featuring over 120 classic recipes that require only 5 main ingredients, *Super Easy Cookbook for Beginners* is the ultimate beginner's reference to get you started in the kitchen.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$15.99 / 24 X 19CM / 216 PAGES / 39,000 WORDS

AUGUST 2018



## The Ultimate Wood Pellet Grill Smoker Cookbook

100+ Recipes for Perfect Smoking

AUTHOR

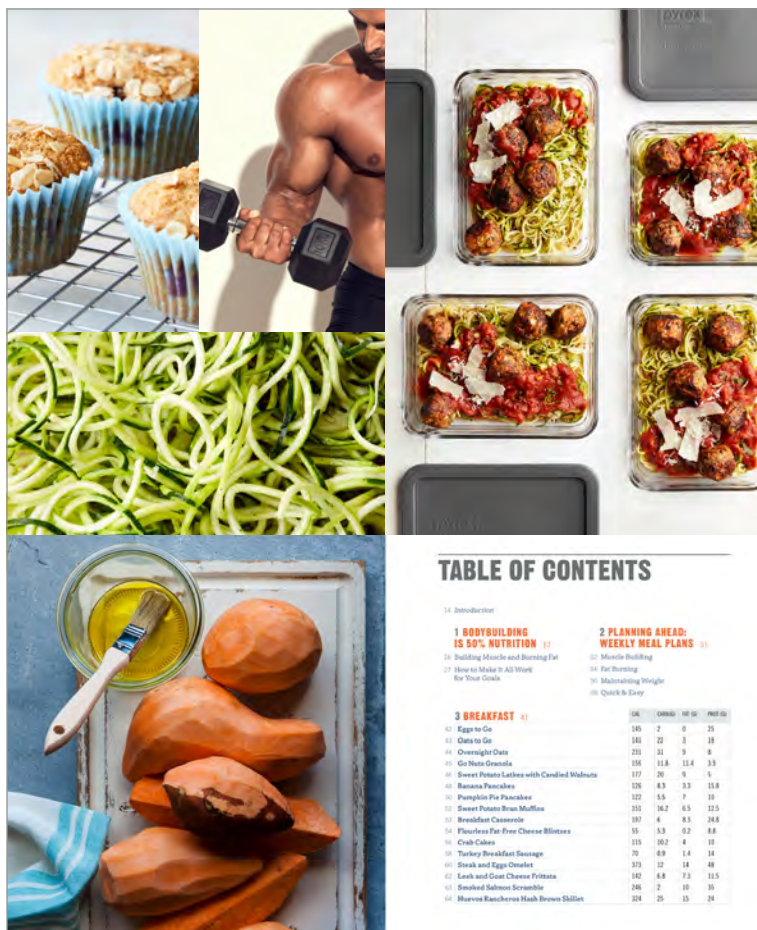
➔ ***The Ultimate Wood Pellet Grill Smoker Cookbook*** is the backyard bible for perfect smoking with over 100 classic BBQ recipes and a user-friendly reference to popular pellet grills. Succulent meats, sizzling sides, and smokin' good flavor—you don't need to be a pro to barbecue like one. For the backyard cook who wants to bring more heat to their grilling game, *The Ultimate Wood Pellet Grill Smoker Cookbook* gives you everything you need to master wood pellet smoking. This smoker cookbook gets things fired up with a fool-proof guide on how to use your wood pellet grill, including pellet pairing advice to get the best wood-fired flavor for every cut of meat. With 110 downright delicious recipes for classic and modern favorites like Baby Back Ribs and Smoke-Fried Chicken, *The Ultimate Wood Pellet Grill Smoker Cookbook* is your go-to reference for great grilling made easy.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$19.99 / 24 X 19CM / 220 PAGES / 55,000 WORDS

OCTOBER 2018





# THE MEAL PREP COOKBOOK FOR BODYBUILDING

Weekly Programs for Eating Right and Achieving Optimal Results

*The Meal Prep Cookbook for Bodybuilding* focuses on weekly meal prepping programs for consumers who follow strict bodybuilding diets. Featuring:

- recipes that have built-in macros
- a full meal prep program for bodybuilders of all levels as well as different weekly programs for different goals
- prep day guidance, shopping lists, and storage and reheating information
- definitive information on bodybuilding nutrition

ROCKRIDGE PRESS

TRADE PAPERBACK / \$18.99 / 24 X 19CM / 225 PAGES

2019

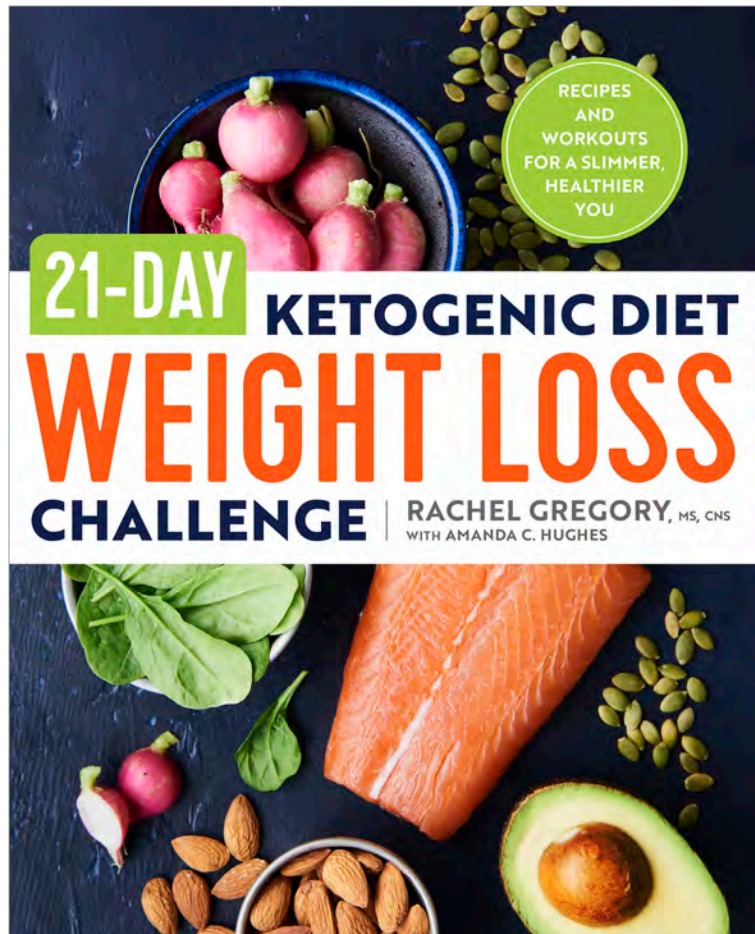


# SPECIALTY DIET

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## The 21-Day Ketogenic Diet Weight Loss Challenge

Recipes and Workouts for a Slimmer, Healthier You

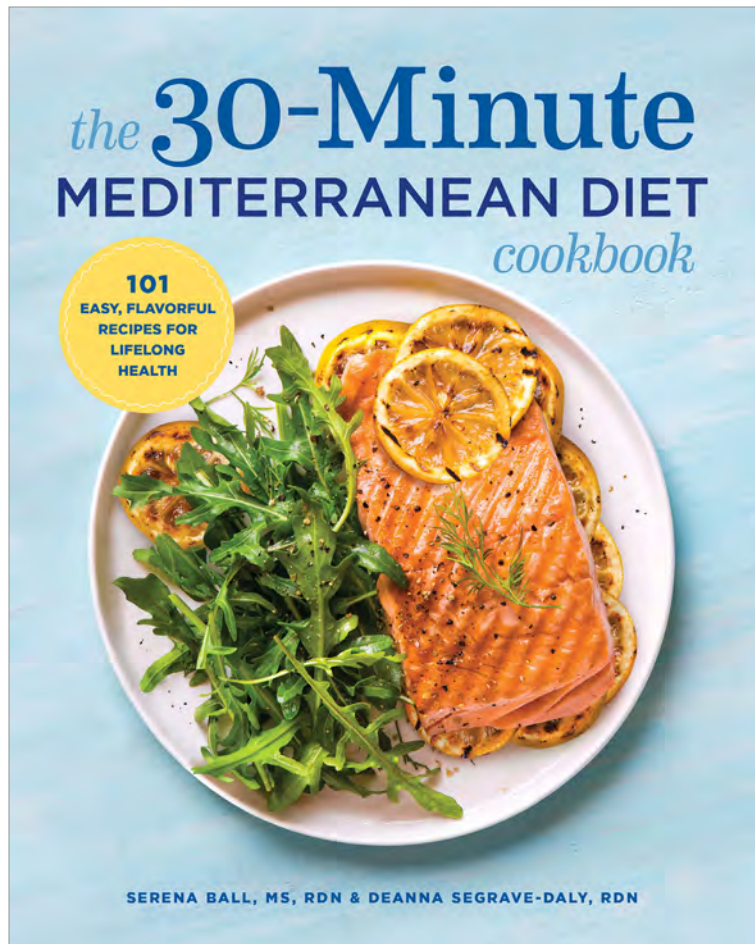
BY RACHEL GREGORY, MS, CNS

➔ **21-Day Ketogenic Diet Weight Loss Challenge** is the first targeted meal plan and exercise guide to help you lose weight fast on the ketogenic diet. This 21-day challenge tells you what to eat and when with a clear, easy-to-follow meal plan. Once the challenge is over, more than 100 keto-friendly recipes will keep you going as you make the ketogenic diet a lifestyle. To complement your diet, *21-Day Ketogenic Diet Weight Loss Challenge* offers guidance on other fundamental elements of weight loss, including exercise, sleep, stress management, and mind-set. This book delivers everything you need to lose weight and keep it off while enjoying rich, satisfying meals.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$19.99 / 24 X 19CM / 294 PAGES / 65,000 WORDS

AUGUST 2018



## **The 30-Minute Mediterranean Diet Cookbook**

101 Easy, Flavorful Recipes for Lifelong Health

DEANNA SEGRAVE-DALY, RD AND SERENA BALL, RDN

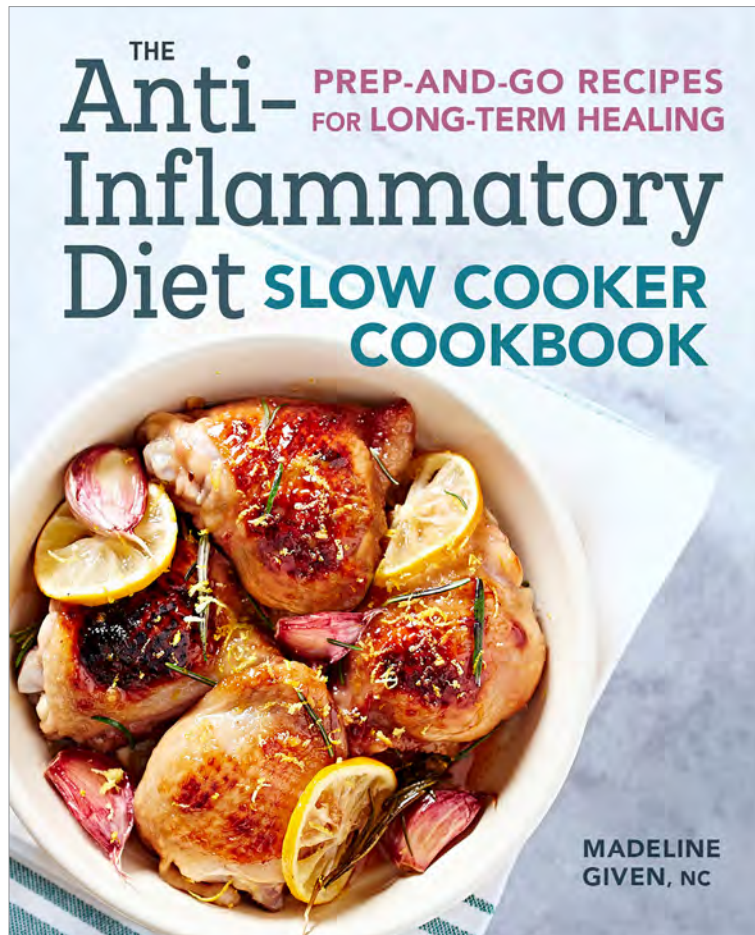
**Bowls of pasta and whole grains,** sweet and seasonal fruits, roasted vegetables, abundant seafood, slices of whole-grain crusty bread dipped into olive oil, and even a glass of wine—the Mediterranean way of eating is a lifestyle with long-term health benefits, not your typical fad diet. Adapting this centuries-old lifestyle for the modern table, culinary duo Serena Ball and Deanna Segrave-Daly, both registered dietitians, serve up classic Mediterranean recipes that are table-ready in 30 minutes or less. With easy-to-find ingredients and quick prep and cook times, *The 30-Minute Mediterranean Diet Cookbook* offers all of the benefits of this fulfilling and nutritious diet on a timetable that suits your schedule.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$17.99 / 24 X 19CM / 196 PAGES / 46,000 WORDS

OCTOBER 2018



## The Anti-Inflammatory Diet Slow Cooker Cookbook

Prep-and-Go Recipes for Long-Term Healing

MADELINE GIVEN, NC



***The Anti Inflammatory Diet Slow Cooker Cookbook*** offers practical, prep-and-go recipes to make long-term relief part of your everyday routine. The anti inflammatory diet can be easily incorporated into your daily life—especially with a little help from your slow cooker. *The Anti Inflammatory Diet Slow Cooker Cookbook* makes it easy to eat fresh, healthy foods that fight inflammation with prep-and-go recipes for ready-to-eat meals when you come home. Ready-made for your busiest days, the recipes in this anti inflammatory diet cookbook require a maximum prep time of 15 minutes. With no stove-top cooking needed, *The Anti Inflammatory Diet Slow Cooker Cookbook* is an effortless, everyday solution to healing your immune system.

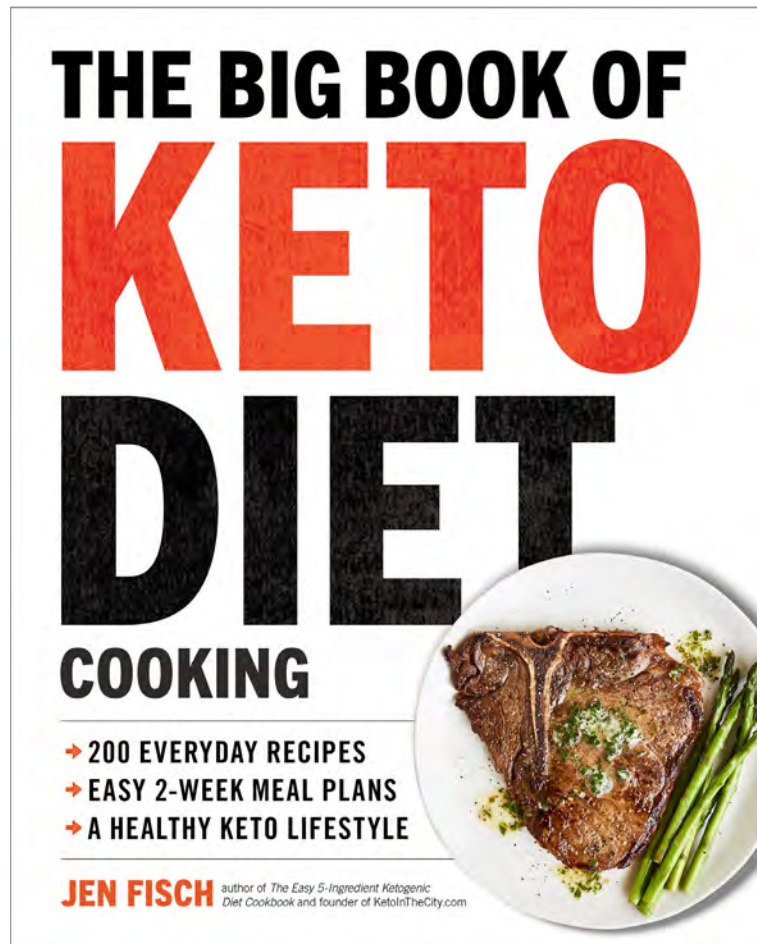
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ROCKRIDGE PRESS

TRADE PAPERBACK / \$29.99 / 25.5 X 20CM / 320 PAGES / 61,500 WORDS

OCTOBER 2018





## The Big Book Of Ketogenic Diet Cooking

200 Everyday Recipes and Easy 2-Week Meal Plans  
for a Healthy Keto Lifestyle

BY JEN FISCH



**How does ketosis work?** How can I build a keto meal plan that works for my life? Where can I find unique and satisfying low-carb recipes? *The Big Book of Ketogenic Diet Cooking* is your answer to everything keto. Whether you're just starting out on the ketogenic diet or you're simply looking for more recipes, this comprehensive reference offers the largest collection of recipes and meal plans yet to help you go big on the ketogenic diet. Jen Fisch, author of the bestselling *The Easy 5-Ingredient Ketogenic Diet Cookbook*, serves up recipes, guidance, meal plans, nutritional information, tips, and tricks to make this the only cookbook that fills the needs of every keto kitchen. Plus, with recipes like Pumpkin Spice Pancakes, Pan-Seared T-Bone Steak with Herby Butter, and Chocolate Cookie Bark, you'll forget it's even a diet.

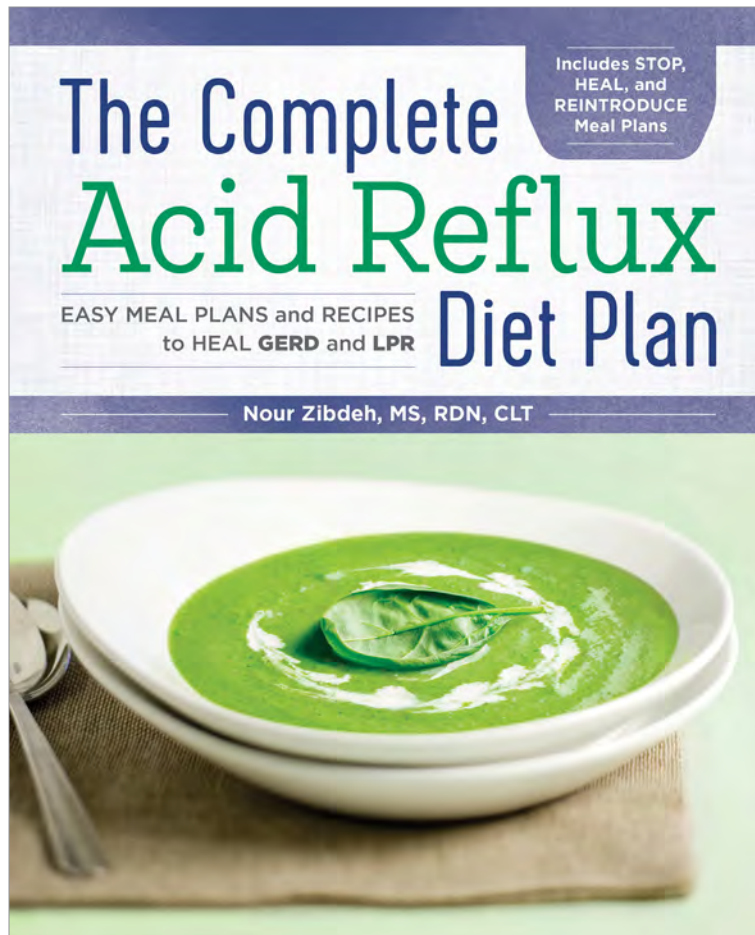
ROCKRIDGE PRESS

TRADE PAPERBACK / \$29.99 / 25.5 X 20CM / 320 PAGES / 61,500 WORDS

SEPTEMBER 2018

RIGHTS SOLD: GERMAN





## The Complete Acid Reflux Diet Plan

Easy Meal Plans and Recipes to Heal GERD and LPR

NOUR ZIBDEH, MS, RDN, CLT

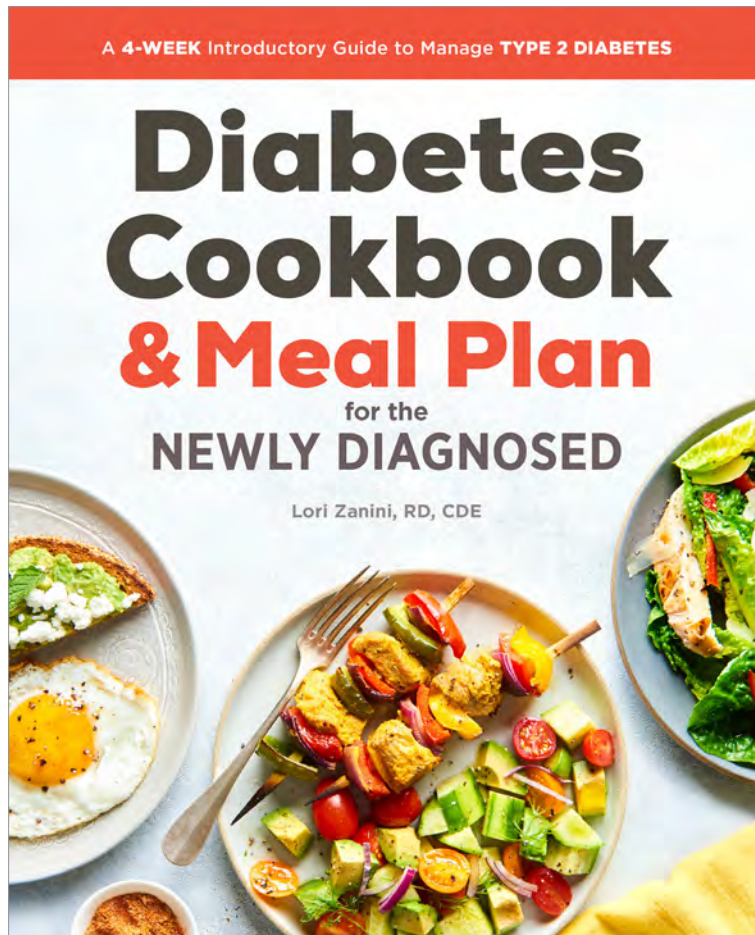
➔ **Traditionally, the approach for treating** acid reflux is acid-blocking medication bought over the counter or something stronger from a prescription pad. While some may initially find such treatments useful, long-term use often proves problematic or simply ineffective. The good news is that a food-based approach can stop acid reflux pain—and prevent it from coming back.

*The Complete Acid Reflux Diet Plan* goes beyond symptom management by focusing on the root cause of your acid reflux and solving it for good with its 3-stage diet plan and over 125 recipes. Easy to follow and effective, this book presents a transformational solution for living the life you want, entirely free of reflux, heartburn, GERD, and LPR.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$16.99 / 24 X 19CM / 250 PAGES / 43,500 WORDS

JUNE 2018



## Diabetes Cookbook & Meal Plan for the Newly Diagnosed

A 4-Week Introductory Guide to Manage Type 2 Diabetes

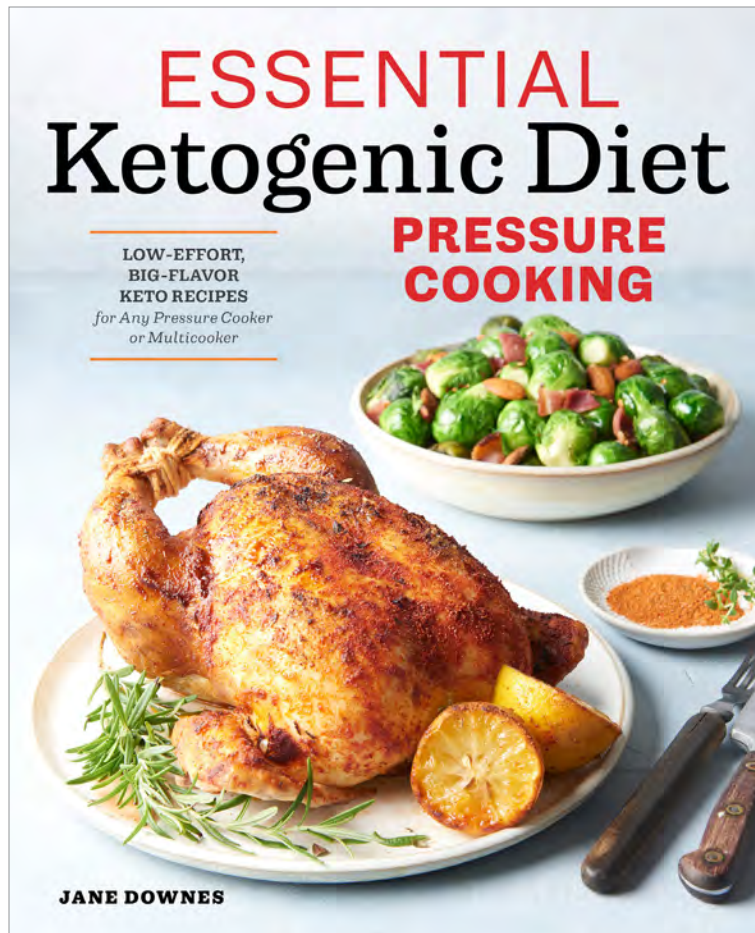
LORI ZANINI, RD, CDE

➔ **Getting a diagnosis** for Type 2 Diabetes is life changing and can often be scary—not to mention overwhelming. But research shows that taking action early on and making the right dietary and lifestyle changes can help you maintain normal blood sugar levels and prevent serious long-term health complications. Written for the newly diagnosed, *Diabetes Cookbook and Meal Plan for the Newly Diagnosed* helps you take control of type 2 and improve your health in as early as 4 weeks. A registered dietitian and certified diabetes educator with more than 10 years of experience helping people with their diabetes management, Lori Zanini knows that the journey for people with type 2 starts in the kitchen. Carefully developing this 4-week meal plan and testing over 100 recipes, Lori proves that a diabetes-friendly diet can include simple and delicious meals—and even desserts—that are easy to prepare. It is possible to thrive with type 2 diabetes, and this book gives you a lifetime of guidance and support to live and eat your best.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$17.99 / 24 X 19CM / 272 PAGES / 57,000 WORDS

JUNE 2018



## Essential Ketogenic Diet Pressure Cooking

Low-Effort, Big-Flavor Keto Recipes  
for Any Pressure Cooker or Multicooker

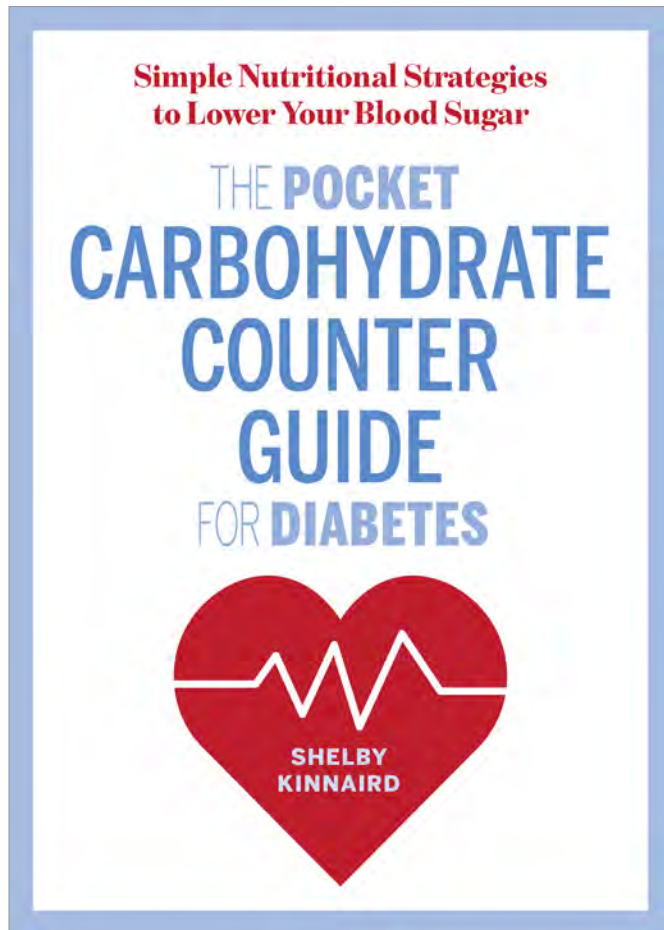
BY JANE DOWNES

➔ **The secret to keeping keto** lies in making the lifestyle easy. If you're just getting on the Instant Pot or multicooker bandwagon, you're about to find out how realistic it is to have healthy, home-cooked meals with the push of a button. *Essential Ketogenic Diet Pressure Cooking* applies the simplicity and speed of your pressure cooker to keto favorites that you'll never make the old way again. That means pulled pork in under 2 hours, baby back ribs in an hour, and shredded chicken in less than 30 minutes. Big on flavor but low on effort, these recipes can be eaten right away or bulk cooked to give you ready-to-go options throughout the week. With more than 80 recipes for any brand of electric pressure cooker, *Essential Ketogenic Diet Pressure Cooking* takes the pressure off of eating keto.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$15.99 / 24 X 19CM / 190 PAGES / 38,000 WORDS

SEPTEMBER 2018



## The Pocket Carbohydrate Counter Guide for Diabetes

Simple Nutritional Strategies to Lower Your Blood Sugar

SHELBY KINNAIRD

➔ **The only way to manage** diabetes day-to-day is to understand and take control of carbohydrates in your diet. With fundamental information on how carbs affect your body and what foods you'll find them in, *The Pocket Carbohydrate Counter Guide for Diabetes* outlines simple nutritional strategies to accurately count carbs and lower your blood sugar. This handy pocket reference is a simple solution to eliminate guesswork and make counting carbs as easy as 1, 2, 3.

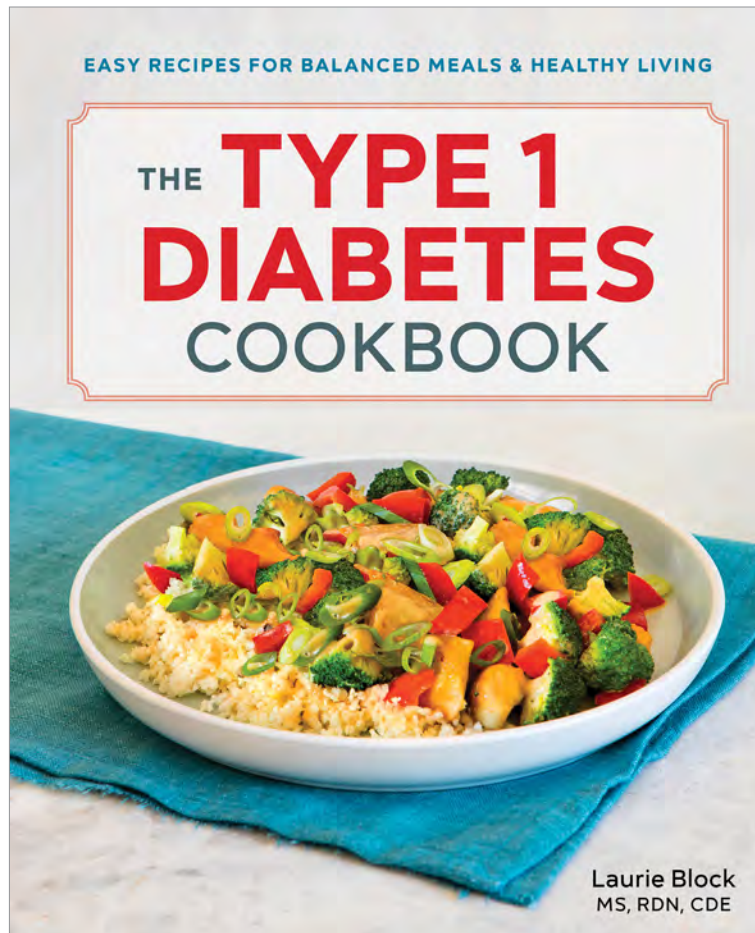
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ROCKRIDGE PRESS

TRADE PAPERBACK / \$9.99 / 18 X 13CM / 140 PAGES / 27,000 WORDS

JUNE 2018





## The Type 1 Diabetes Cookbook

Easy Recipes for Balanced Meals and Healthy Living

LAURIE BLOCK, MS, RDN, CDE



**The Type 1 Diabetes Cookbook** is the definitive cookbook to take control of your diabetes with easy, everyday recipes.

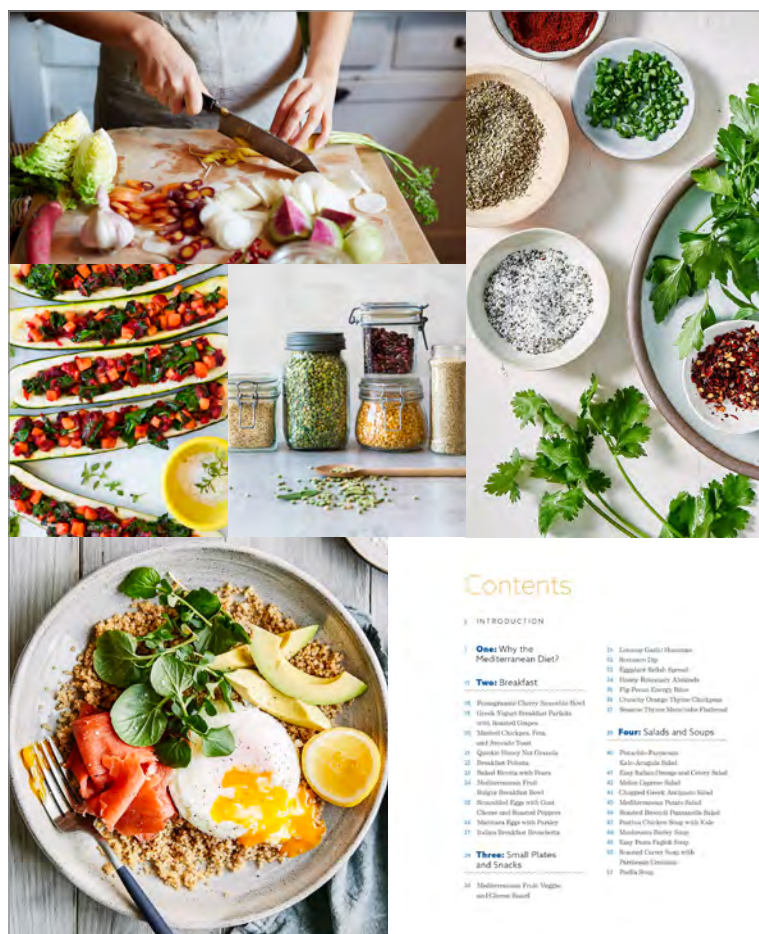
A balanced diet is the key to stability and good health with type 1 diabetes. *The Type 1 Diabetes Cookbook* offers the easiest recipes to keep blood sugars steady and allow you to thrive with type 1 diabetes. Laurie Block, MS, RDN, CDE, a registered dietitian and certified diabetes educator with over 30 years of experience, makes it easy to get well-balanced meals on the table with recipes that feature 10 or fewer easy-to-find ingredients. Complete with labels for carbs per serving and a recipe index by carb count, *The Type 1 Diabetes Cookbook* helps you worry less about what you're eating so that you can spend more time enjoying food again.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$17.99 / 24 X 19CM / 176 PAGES/ 36,000 WORDS

OCTOBER 2018

**AUTHOR SOPHIA KAMVERIS***Nutritionist and Dietician*

# The Gout Diet Plan

4 WEEKS TO PREVENT FLARES  
AND MANAGE GOUT SYMPTOMS

*The Gout Diet Plan* is the only gout diet book that provides a clear meal plan and recipes proven to keep uric levels in check. Featuring:

- 4-week meal plan that gives clear dietary guidance and takes the guesswork out of what to eat
- a chapter devoted to understanding gout and its link to hyperuricemia, and comorbidities (kidney, heart, diabetes, bone and joint) as well as latest research on other gout triggers that aren't purine-related
- a chapter devoted to understanding the gout diet and assessment of certain diets that help (i.e., DASH) as well as a complete list of low purine and high purine foods
- a variety of well-developed low-purine recipes proven to lower uric levels
- a majority of recipes that will be effective for treating gout while helping to protect the body against common comorbidities

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TRADE PAPERBACK / \$19.99 / 24 X 19CM / 250 PAGES

2019

**AUTHOR RACHEL GREGORY, MS, CNS***Author of The 21-Day Ketogenic Diet Challenge*

# She Does Keto

THE COMPLETE KETOGENIC DIET  
*for WOMEN*

*She Does Keto* is the only ketogenic diet book that targets the unique physiological needs of women, with meal plans and recipes to make the science practical and actionable. Featuring:

- how keto affects women's bodies uniquely: physiological factors like how women metabolize, store, and burn fat
- specifics about how keto affects hormones, adrenals, and thyroid issues at different stages in life
- how keto can help with female-specific health issues like PCOS, endometriosis, uterine fibroids, and autoimmune disorders
- questions like: how long does it take for a woman to get into ketosis as opposed to a man? Is a woman more likely to fall out of ketosis faster than a man? What macro ratio is better for a woman's body on keto as opposed to a man's?
- a 21-day meal plan geared specifically toward women's macro balance needs and caloric intake
- 100 keto recipes

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TRADE PAPERBACK / \$17.99 / 24 X 19CM / 200 PAGES

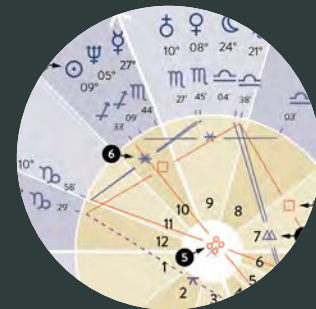
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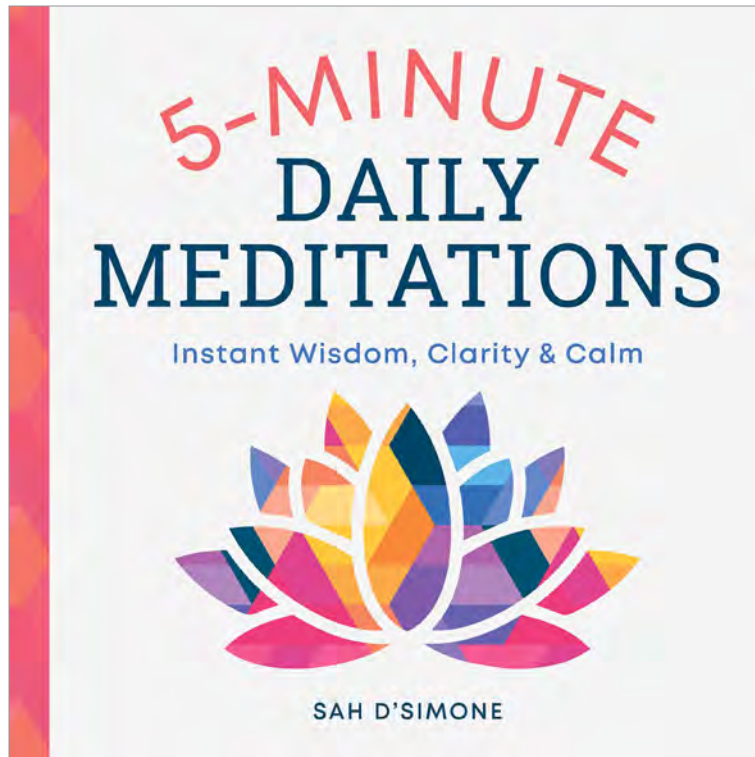


# MIND, BODY, SPIRIT

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## 5-Minute Daily Meditations

Instant Wisdom, Clarity, and Calm

BY SAH D'SIMONE

➔ **What if unlocking inner wisdom** is as simple as setting aside 5 minutes a day? What if 5 minutes is all the time you need to gain peace and clarity? When you're ready to make the journey back to your heart, it's time to turn "what if" into a reality. *5-Minute Daily Meditations* offers quick and easy guidance to reset and find purpose—no matter how busy life gets. With 365 meditations on everything from emotions and fears to forgiveness and love, you'll gain awareness in every arena of your life. Designed for flexible use, this practical guide allows you to start your journey to mindfulness whenever you're ready—any day, anytime, and anywhere.

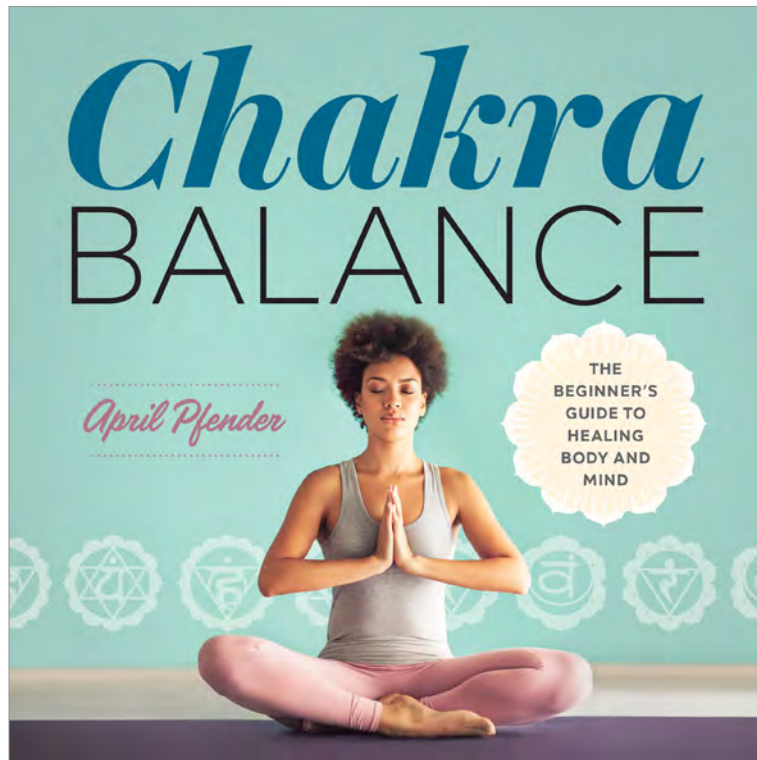
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AUGUST 2018

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## Chakra Balance

The Beginner's Guide to Healing Body and Mind

APRIL PFENDER

➔ **Take a deep breath.** Bring your attention inward, and tune into the energy running through your body. Become present in this moment, connect with the universe, and connect with yourself—that's what balancing your chakras is all about.

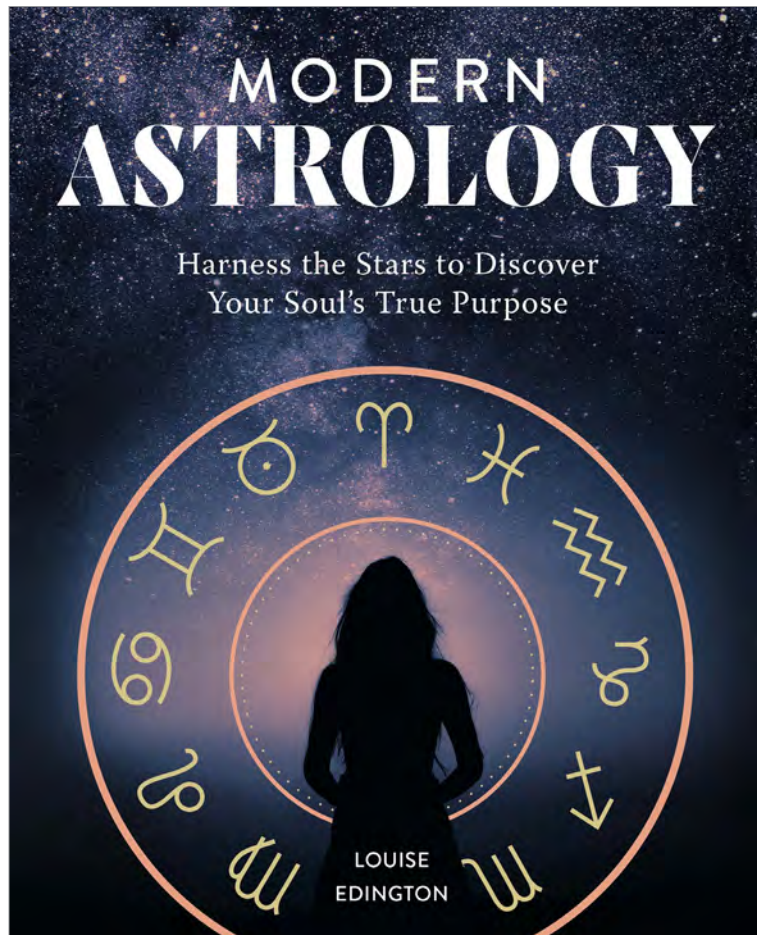
*Chakra Balance* is the definitive guide to starting your healing journey and strengthening your mind/body connection. With this book, you'll gain a fundamental understanding of the physical, emotional, and spiritual elements of the seven major chakras and how they affect you. Offering easy and practical guidance for using yoga poses, crystals, and essential oils to heal your chakras, *Chakra Balance* helps you harness your energy and transform into your best self.

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ALTHEA PRESS

TRADE PAPERBACK / \$14.99 / 16.5 X 16.5CM / 208 PAGES / 32,000 WORDS

JUNE 2018



## Modern Astrology

Harness the Stars to Discover Your Soul's True Purpose

LOUISE EDINGTON

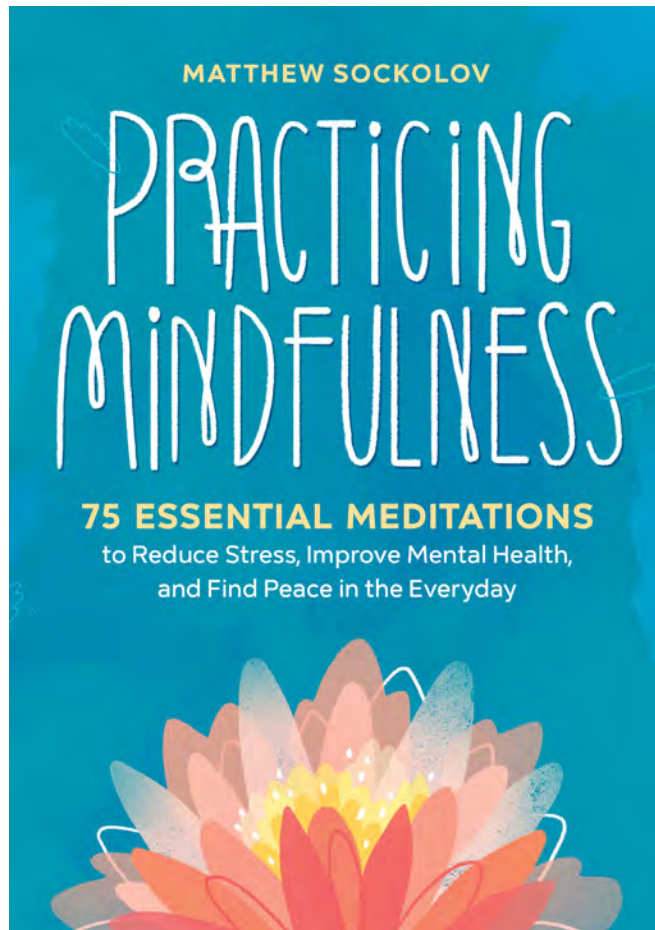
➔ **Your natal chart provides** a cosmic blueprint of who you are and what life holds, but it is not set in stone. Leaving predictions to the past, *Modern Astrology* takes a contemporary approach to decoding opportunities along your life's path and shows you how you can promote positive, personal growth through actionable skills and strategies. Within, you will learn how to interpret the planets, signs, houses, aspects, and transits in your natal chart as your keys to purpose. Armed with this self-awareness, *Modern Astrology* offers guided exercises to help you navigate trials, obstacles, and successes in alignment with your sign

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ALTHEA PRESS

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OCTOBER 2018



## Practicing Mindfulness

75 Essential Meditations for Finding Peace in the Everyday

BY MATTHEW SOCKOLOV

➔ **The practice of mindfulness** has gone mainstream—but through its newfound popularity, the true meaning of mindfulness has become clouded. The terms “staying in the present” or “being in the moment” are often part of mindfulness practice—but what do they actually mean? What’s the benefit? In *Practicing Mindfulness*, Matthew Sockolov, founder of One Mind Dharma, explains how “being in the present moment is only one aspect of the practice . . . Mindfulness may be more completely understood as being present with clarity, wisdom, and kindness.” Within these pages, Sockolov will show you how to cultivate awareness and free yourself from fleeting emotions so you can “hit the pause button, calm yourself, and handle stressful situations with confidence and ease.”

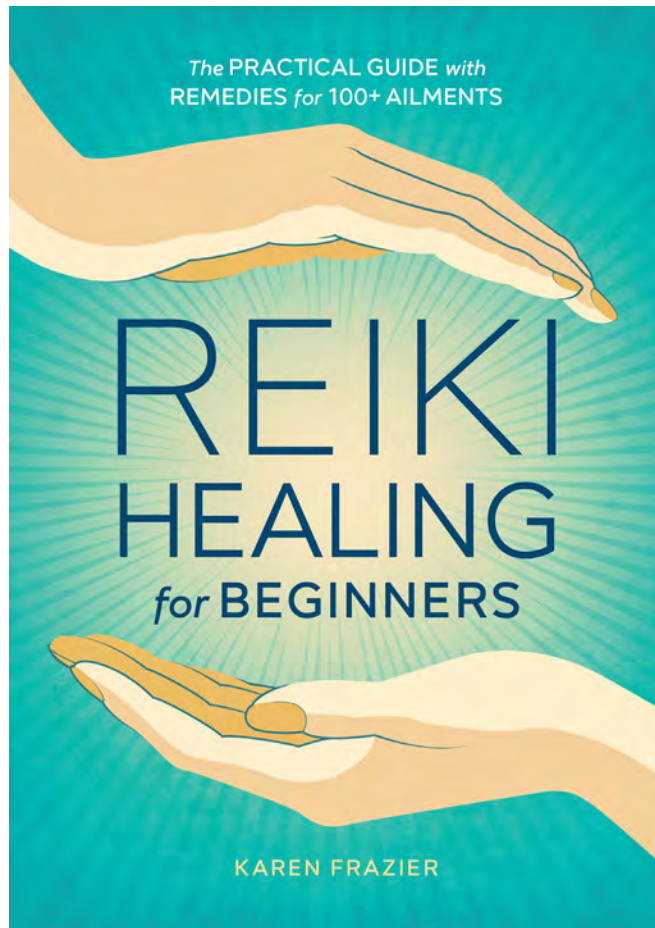
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SEPTEMBER 2018





## Reiki Healing for Beginners

The Practical Guide for Healing 100+ Ailments

BY KAREN FRAZIER

➔ **The only way to harness** the healing power of Reiki is to practice it. But if you're new to Reiki, you might be wondering how to put theory into practice and start healing yourself and others around you. In *Reiki Healing for Beginners*, you will explore basic Reiki techniques and learn how to heal over 100 common emotional and physical ailments. Through clear, fully illustrated step-by-step instructions, this practical guide is the perfect companion for new healers who want to address everything from fatigue to forgiveness with Reiki.

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ALTHEA PRESS

TRADE PAPERBACK / \$16.99 / 21 X 15CM / 240 PAGES / 35,200 WORDS

JULY 2018



## THE BEGINNERS GUIDE TO LUCID DREAMING

Start to Control Your Dreams And Create Your Dream World  
With Proven and Powerful Techniques

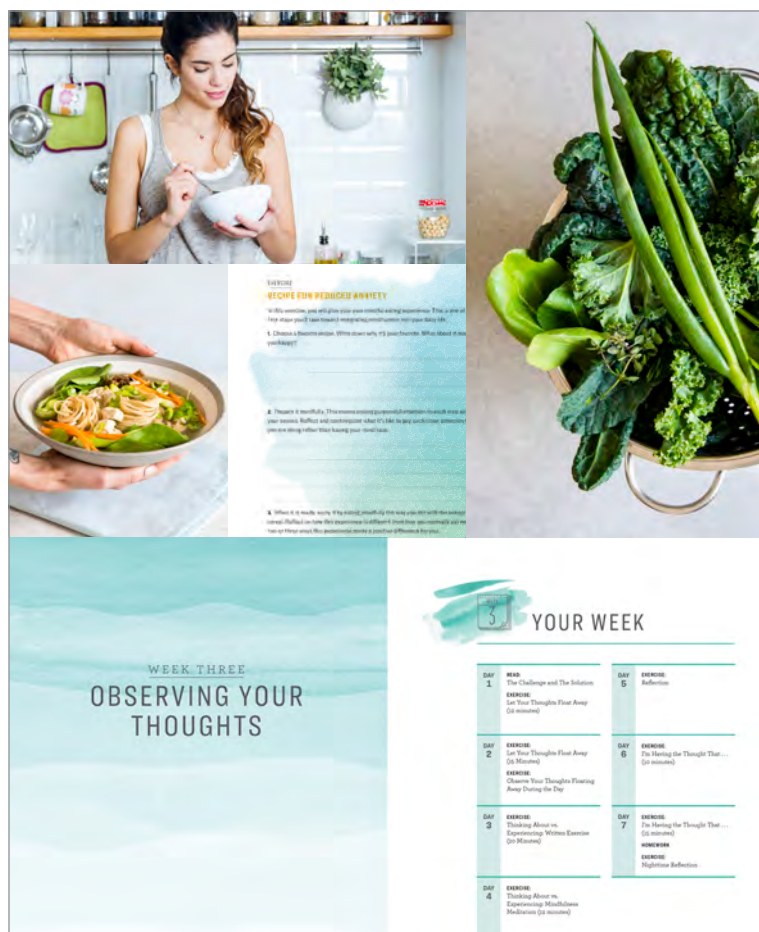
*Lucid Dreaming* is a concise introductory and inspirational guide that readers can use to get into the world of lucid dreaming. This book offers straightforward, solid, research-based and tried-and-true techniques to explain the core principles of lucid dreaming, and helps readers put them into action, with an updated approach, look, and feel. Featuring:

- best practices for lucid dreaming in an attractive and concise format
- solid, evidenced-based reasons for pursuing lucid dreaming
- a combination of the spiritual and scientific
- explanations on why lucid dreaming is beneficial for growth and discovery

ALTHEA PRESS

TRADE PAPERBACK / \$14.99 / 23 X 15CM / 175 PAGES

2019

**AUTHOR VINCCI TSUI***Registered Dietician*

# The Mindful Eating Workbook

SIMPLE MINDFULNESS PRACTICES TO NURTURE  
A HEALTHY RELATIONSHIP WITH FOOD

*The Mindful Eating Workbook* is an easy-to-use, mindfulness-based workbook that helps readers learn to practice mindful eating and develop a positive relationship with food and eating, and achieve better health outcomes. Featuring:

- a focus on health and nutrition (Health at Any Size), as well as weight loss, without suggesting dieting or a meal plan
- mindfulness strategies for cooking, eating, and getting in touch with your body's signals
- careful approach toward disordered eating
- techniques to get to the root on their poor relationship with food
- non-judgmental dietary choices
- practice and exercises readers can apply in daily life

ALTHEA PRESS

TRADE PAPERBACK / \$18.99 / 24 X 19CM / 250 PAGES

2019

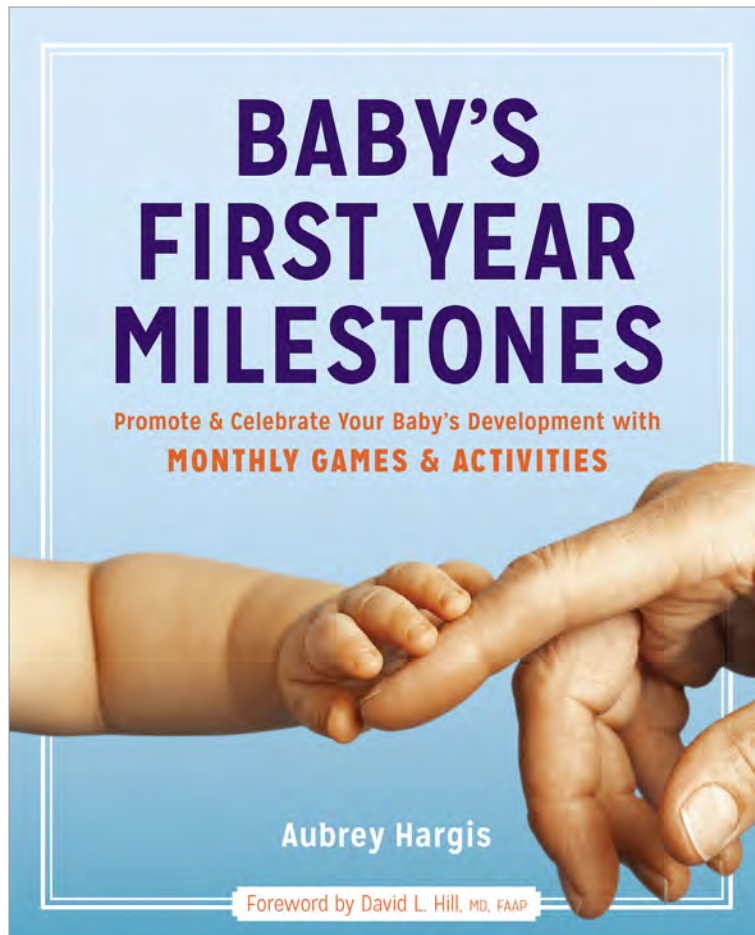


# PARENTING & FAMILY

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## Baby's First Year Milestones

Promote and Celebrate Your Baby's Development  
with 150+ Activities

BY AUBREY HARGIS

➔ Watching your baby learn and grow is one of the highlights of being a parent. Over just 12 months, your newborn will transform from a tiny, dependent creature into an active, expressive child. Celebrate that journey and find out what to expect along the way with *Baby's First Year Milestones*. Child development expert Aubrey Hargis offers a warm, knowledgeable, and action-oriented introduction to the thrilling changes you can expect in the first year.

Aubrey Hargis, MEd, is an experienced parent coach and educational consultant best known for her empathetic approach and appreciation for the magic of childhood. As the founder of the Child Development Institute of the Redwoods, she creates online courses and coaches parents in compassionate discipline techniques and Montessori education. Visit her online at [ChildoftheRedwoods.com](http://ChildoftheRedwoods.com).

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TRADE PAPERBACK / \$16.99 / 24 X 19CM / 230 PAGES / 52,000 WORDS

SEPTEMBER 2018



## Baby Sign Language Made Easy

101 Signs to Start Communicating with Your Child Now

LANE REBELO

➔ **With over a decade's experience** teaching baby sign language, Lane Rebelo knows which words will get your baby signing now! As a busy mom of two, she also knows that parents and caregivers want to learn signs quickly and teach them effectively. Here, Lane has curated the exact information you need to incorporate baby sign language into your daily routine—simply and successfully.

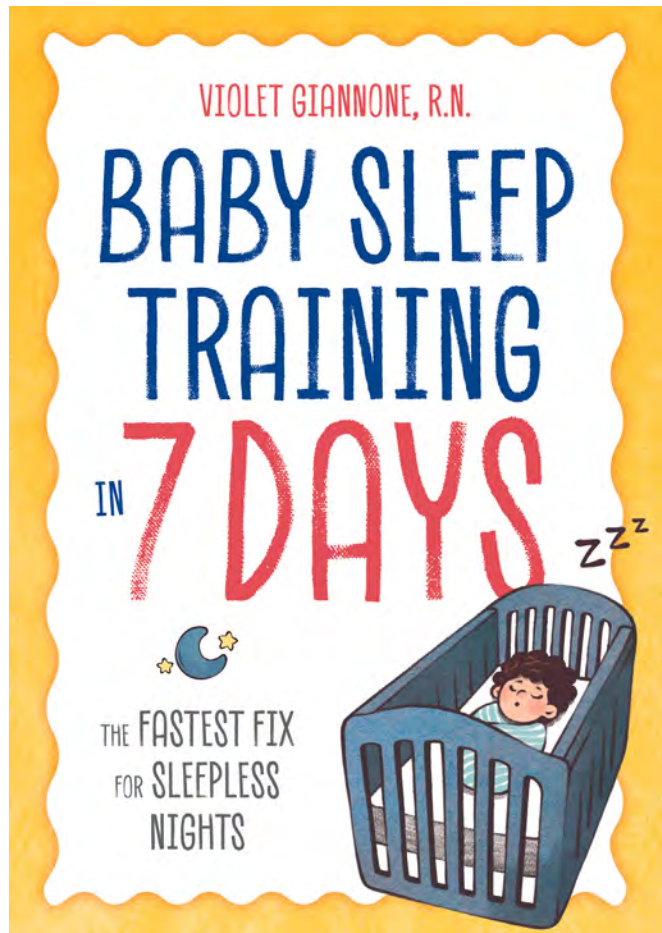
With *Baby Sign Language Made Easy*, you'll discover practical, effective tools to teach your baby relevant signs such as “more,” “all done,” “milk,” and others, all while having fun. Lane's proven strategies for success make it easy to communicate with your little one long before their spoken words. With her help, you can crack the code and figure out what your baby is saying.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$14.99 / 23 X 22CM / 168 PAGES / 32,000 WORDS

JUNE 2018



## Baby Sleep Training In 7 Days

The Fastest Fix for Sleepless Nights

BY VIOLET GIANNONE, RN

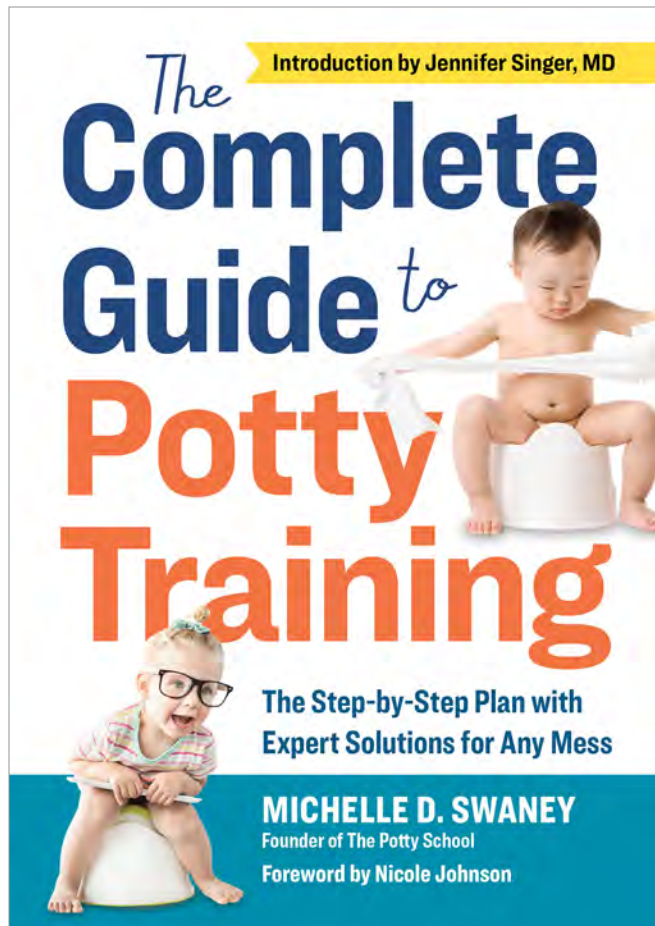
➔ **Here's the truth:** Most babies are not naturally good sleepers. Here's the good news: They all can be! Violet Giannone knows this firsthand. After sleeping two hours at a time during her daughter's first year of life, Violet decided to take sleep training into her own tired hands to figure out what approach worked best for her baby. This process inspired Violet to launch her website, Sleep, Baby, Sleep,<sup>®</sup> through which she has helped countless parents overcome their babies' sleep challenges. In *Baby Sleep Training in 7 Days*, Violet delivers her tried-and-true strategies to help your baby sleep well and wake up feeling happy and rested. You'll learn exactly what you need to do to prepare your child for sleep training, initiate the sleep training process, and ensure that good sleep habits continue in the future. With *Baby Sleep Training in 7 Days* you'll find the support and guidance you need to confidently and successfully sleep train your baby.

ALTHEA PRESS

TRADE PAPERBACK / \$14.99 / 21 X 15CM / 128 PAGES / 24,000 WORDS

JULY 2018

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## The Complete Guide to Potty Training

The Step-by-Step Plan with Expert Solutions for Any Mess

BY MICHELLE D. SWANEY

➔ **It may be hard to believe** that the time has come to talk about potty training—wasn't it just yesterday that you were welcoming your little one in to the world? By now you've experienced a number of milestones in your child's development, and potty training is just another one of those exciting moments. For many parents, however, it can also be overwhelming—but it doesn't have to be! Take it from Michelle D. Swaney, founder of The Potty School® and super-mom of three (successfully potty trained) kids. Michelle works every day with families who are eager to potty train but want to make sure they do it right. Here, she will help you do exactly that. From avoiding accidents to ditching diapers to managing meltdowns, *The Complete Guide to Potty Training* has you covered with step-by-step guidance that will get your child out of diapers and onto the toilet once and for all. Get answers to all your most pressing questions and discover the most personalized approach to potty training yet. With *The Complete Guide to Potty Training*, you will build the confidence you need to successfully potty train your little one—and feel good doing it!

ALTHEA PRESS

TRADE PAPERBACK / \$14.99 / 21 X 15CM / 178 PAGES / 40.500 WORDS

JULY 2018

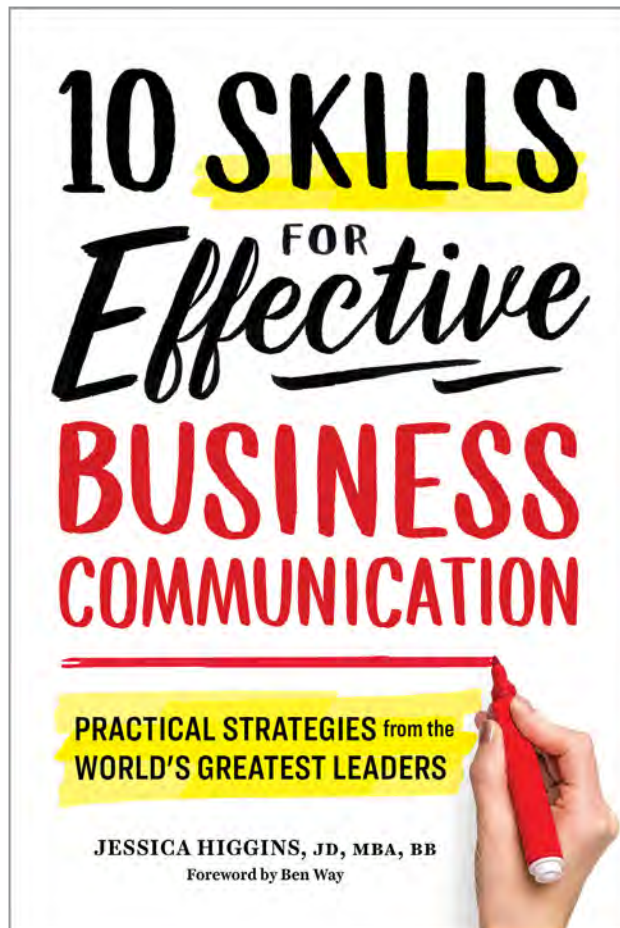




# EDUCATION & REFERENCE

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## 10 Skills for Effective Business Communication

Practical Strategies from the World's Greatest Leaders

BY JESSICA HIGGINS, JD, MBA, BB

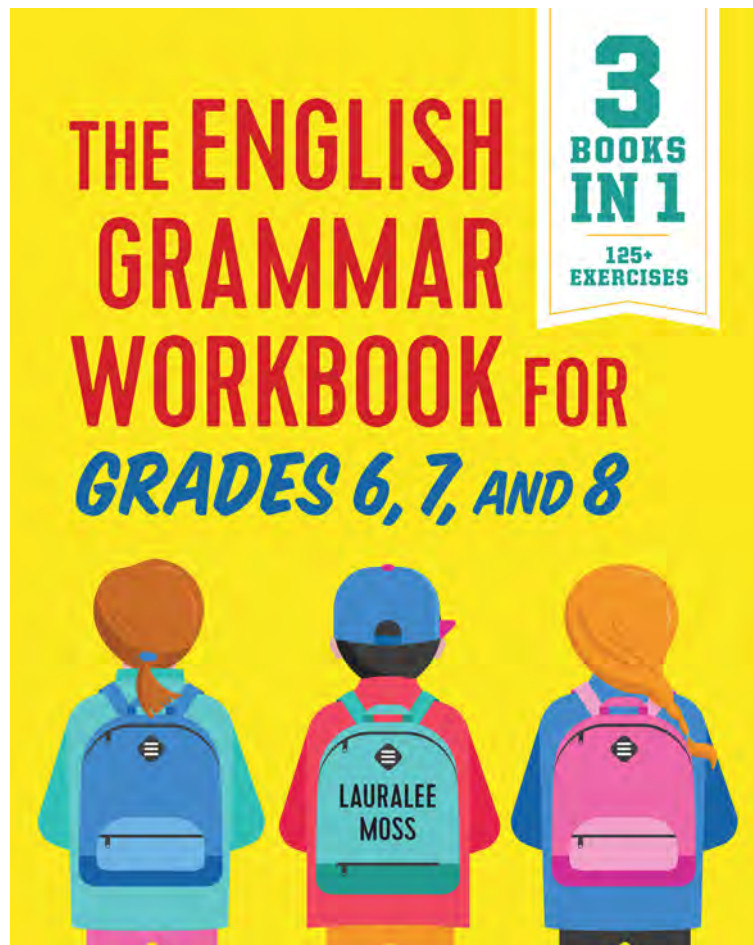
➔ **Successful business communication** is not a natural gift—it's a skill that anyone can develop. From interviewing for a job to closing a deal, *10 Skills for Effective Business Communication* offers practical strategies to improve your communication skills and help you succeed in your career. Equal parts research and actionable advice, this book applies effective strategies from the world's most successful professionals to common workplace scenarios. With step-by-step guidance and simple exercises, you'll learn why, how, and when to use fundamental communication skills to successfully navigate any situation.

TYCHO PRESS

TRADE PAPERBACK / \$14.99 / 23 X 15CM / 132 PAGES / 31,500 WORDS

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## The English Grammar Workbook for Grades 6, 7, And 8

200+ Fun Exercises to Improve Grammar,  
Punctuation, and Word Usage

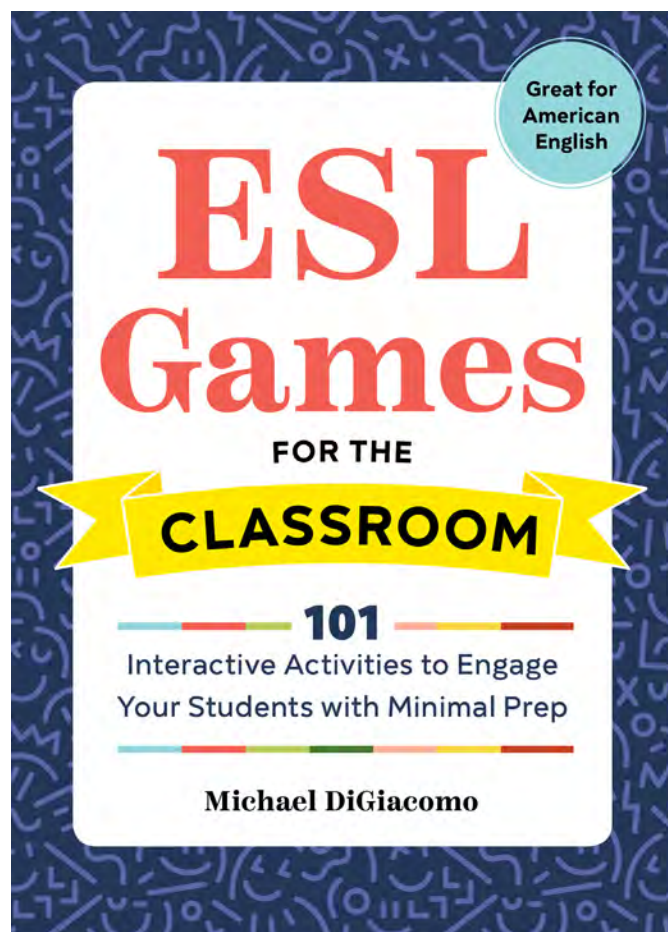
BY LAURALEE MOSS

➔ **Grammar is the tool** that makes reading, writing, and day-to-day conversations possible. In *The English Grammar Workbook for Grades 6, 7, and 8*, English teacher and educational blogger Laurelee Moss delivers grammar lessons and exercises specifically designed to reinforce what sixth-, seventh-, and eighth-graders are learning in the classroom. From identifying basic parts of speech, to understanding sentence structure, to using punctuation correctly, this book will help kids master the rules of grammar so they can become confident writers and speakers.

ZEPHYROS PRESS

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SEPTEMBER 2018



## ESL Games for the Classroom

101 Interactive Activities to Engage Your Students  
with Minimal Prep

BY MICHAEL DIGIACOMO

➔ **Every lesson needs** a conversation starter Whether you want to warm up a class, emphasize a particular grammar or vocabulary lesson, or wrap things up with a fun twist, *ESL Games for the Classroom* offers interactive classroom activities that require little or no prep work to make learning fun. Quick and easy to set up, the activities in this book offer engaging ways to use class time effectively. With clear organization by skill and level, *ESL Games for the Classroom* is the go-to teacher's companion for adding educational games to any agenda.

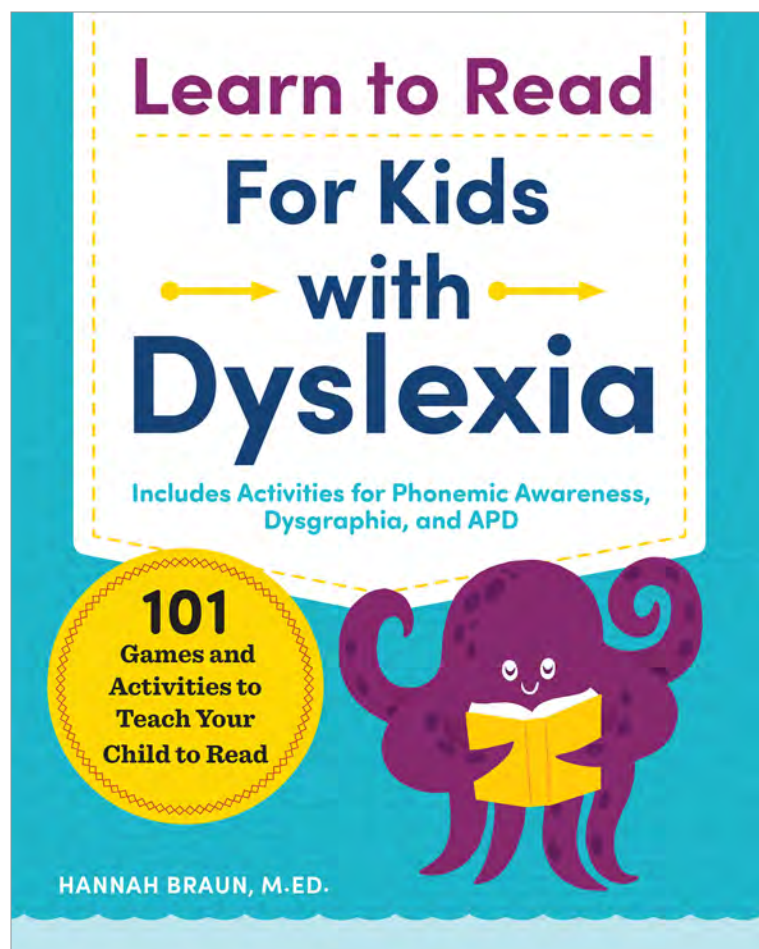
ROCKRIDGE PRESS

TRADE PAPERBACK / \$16.99 / 18 X 13CM / 244 PAGES / 30,000 WORDS

SEPTEMBER 2018

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## Learn to Read for Kids with Dyslexia

101 Games and Activities to Teach Your Child to Read

HANNAH BRAUN, MED

***Learn to Read for Kids with Dyslexia*** is the definitive activity workbook to improve phonemic awareness, dysgraphia, and auditory processing disorder (APD) for kids ages 7-12. For kids with an official dyslexia diagnosis, or kids struggling with dyslexia related symptoms, learning to read can be challenging. Using a targeted approach to skill development, *Learn to Read for Kids with Dyslexia* applies the latest research-based learning methods to games and activities that strengthen auditory discrimination skills, support letter formation in writing, and most importantly—make reading fun. Specifically designed for kids ages 7-12, these engaging activities offer children daily opportunities to practice and hone their reading skills, instead of more homework for your child or student. With icons that designate skill building in phonemic awareness, dysgraphia, and APD for each activity, this workbook allows parents and teachers to focus on strengthening specific areas that will help kids become lifelong readers.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$17.99 / 24 X 19CM / 196 PAGES / 46,000 WORDS

OCTOBER 2018



## Soccer Smarts

75 Skills, Tactics, and Mental Exercises  
to Improve Your Game

CHARLIE SLAGLE



**Gain the competitive edge** you need to win with expert coaching, skills, and strategies from *Soccer Smarts*. To reach your full potential as a soccer player, you need to know the right tactics, understand when to use them, and have the skills to carry them out. *Soccer Smarts* delivers the professional coaching you need to do just that. Written for intermediate soccer players and above, *Soccer Smarts* presents 75 innovative skills, tactics, and mental exercises to help you become a complete soccer player, inside and out. *Soccer Smarts* offers access to the proven methods of Charlie Slagle, former president of the National Soccer Coaches Association of America, current CEO of the Tampa Bay United Soccer Club, and lifelong soccer player.

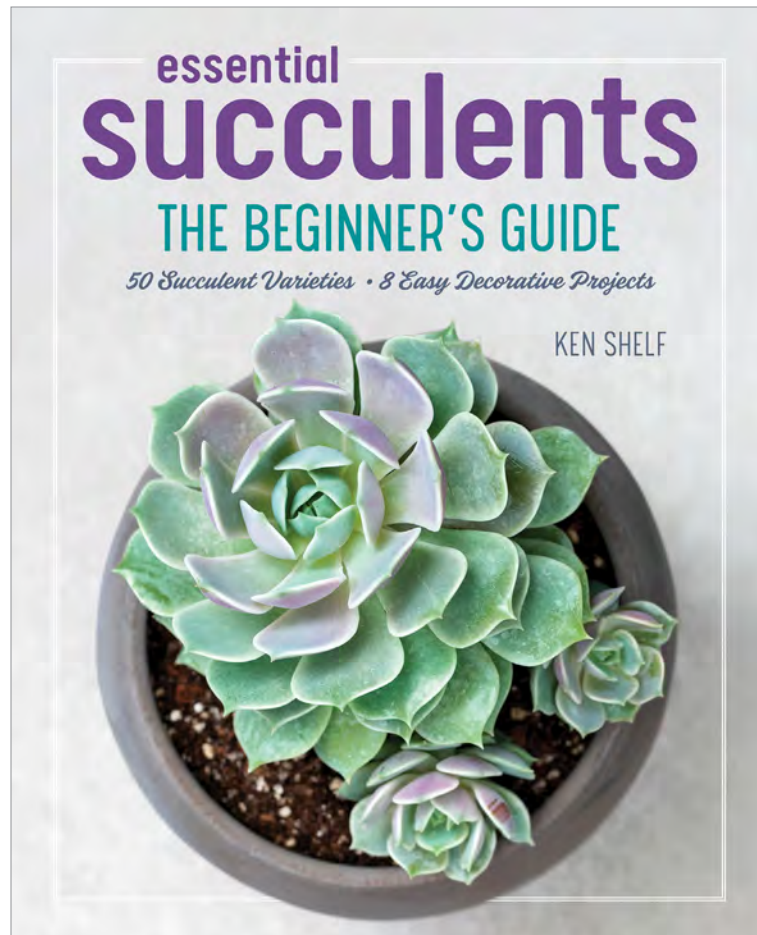
ROCKRIDGE PRESS

TRADE PAPERBACK / \$17.99/ 23 X 15CM / 188 PAGES / 30,000 WORDS

OCTOBER 2018

COMPANION BOOK:





## Essential Succulents: The Beginners Guide

50 Succulent Varieties, 8 Easy Decorative Projects

KEN SHELF



**There is much more to succulents** than meets the eye.

Not only can these resilient plants survive in the most challenging of landscapes, but their agreeable nature makes them ideal for a variety of uses—from simple houseplants and low-maintenance landscaping to decorative wreaths and trendy mason jar terrariums!

Here, in *Essential Succulents*, you'll gain all the all the know-how you need to begin growing and enjoying these amazing plants in your very own home. You'll learn about the best succulents for beginners, along with a basic understanding of how to care for them and how to creatively design with them. Whether you've never cared for succulents before, or are interested in deepening your understanding of them, *Essential Succulents* will give you the confidence you need to explore your succulent-growing passion.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$18.99 / 24 X 19CM / 184 PAGES / 25, 000 WORDS

NOVEMBER 2018

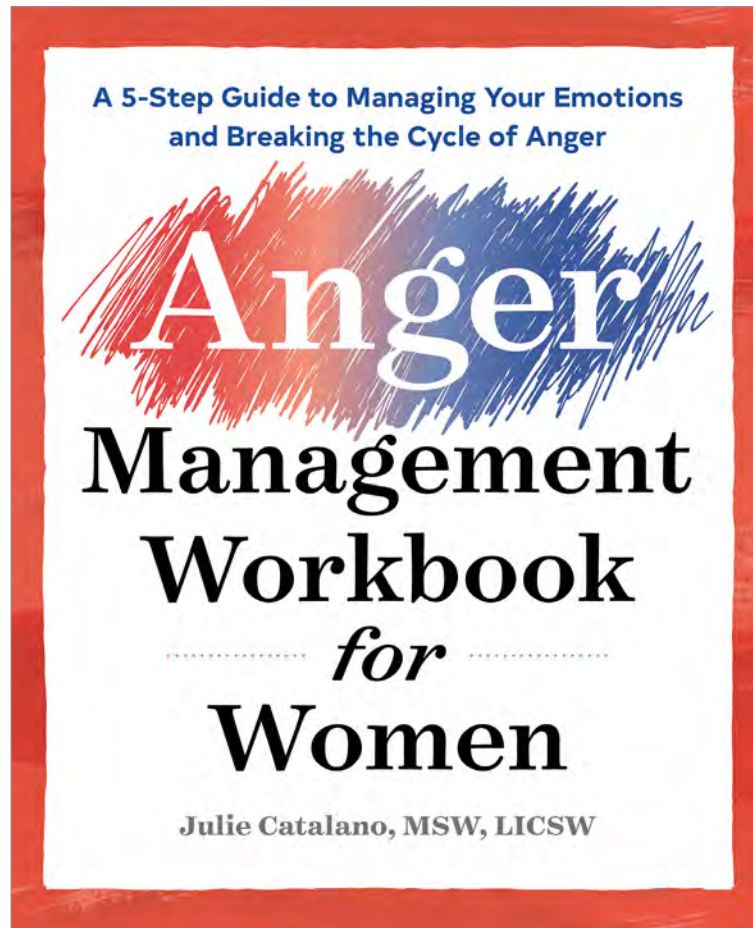


# SELF-HELP & PSYCHOLOGY

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## Anger Management Workbook for Women

A 5-Step Guide to Managing Your Emotions  
and Breaking the Cycle of Anger

JULIE CATALANO, MSW, LICSW

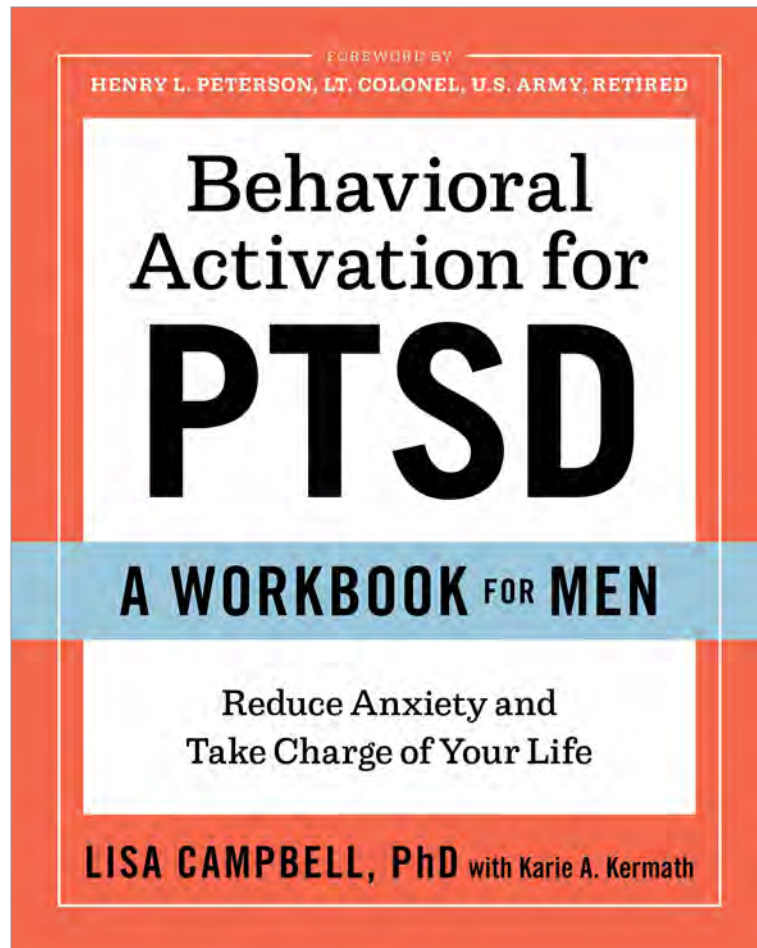
➔ **As a clinical social worker** and therapist specializing in anger management, Julie Catalano has seen that when women choose to address their anger management issues, they often do so with feelings of shame or regret. If anger is wreaking havoc in your life and you have decided to work on it—congratulations, you’re making a very brave choice. In *The Anger Management Workbook for Women*, Julie offers a 5-step anger management plan that will help you understand the source of your anger, release the pervasive guilt that often results from negative behaviors, and learn actionable strategies for managing anger now and in the future.

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ALTHEA PRESS

TRADE PAPERBACK / \$13.99 / 24 X 19CM / 142 PAGES / 32,000 WORDS

JUNE 2018



## Behavioral Activation for PTSD

A Workbook for Men: Reduce Anxiety  
and Take Charge of Your Life

BY LISA CAMPBELL, PHD WITH KARIE A. KERMATH



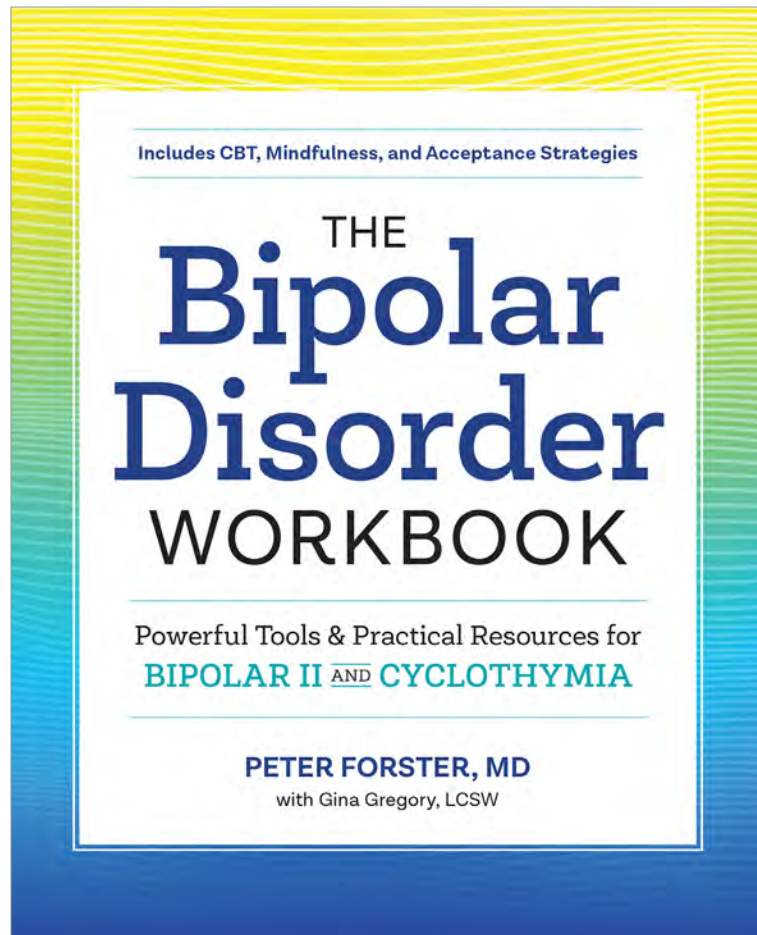
**Post-Traumatic Stress Disorder (PTSD)** makes us retreat from the people, activities, and interests that defined life before trauma. To get you back on track, *Behavioral Activation for PTSD* uses behavioral activation to help you overcome depression, avoidance, and anxiety by reintroducing positive, meaningful activities into your daily life. Through targeted exercises that address home life, work life, and social life, *Behavioral Activation for PTSD* offers proven, results-driven strategies to cope and recover from PTSD.

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ALTHEA PRESS

TRADE PAPERBACK / \$19.99 / 20 X 25.5CM / 188 PAGES / 41,000 WORDS

OCTOBER 2018



## The Bipolar Disorder Workbook

Powerful Tools and Practical Resources  
for Bipolar II and Cyclothymia

BY PETER FORSTER, MD WITH GINA GREGORY, LCSW



**Finding stability and fulfillment** while living with bipolar II disorder or cyclothymia can be challenging.

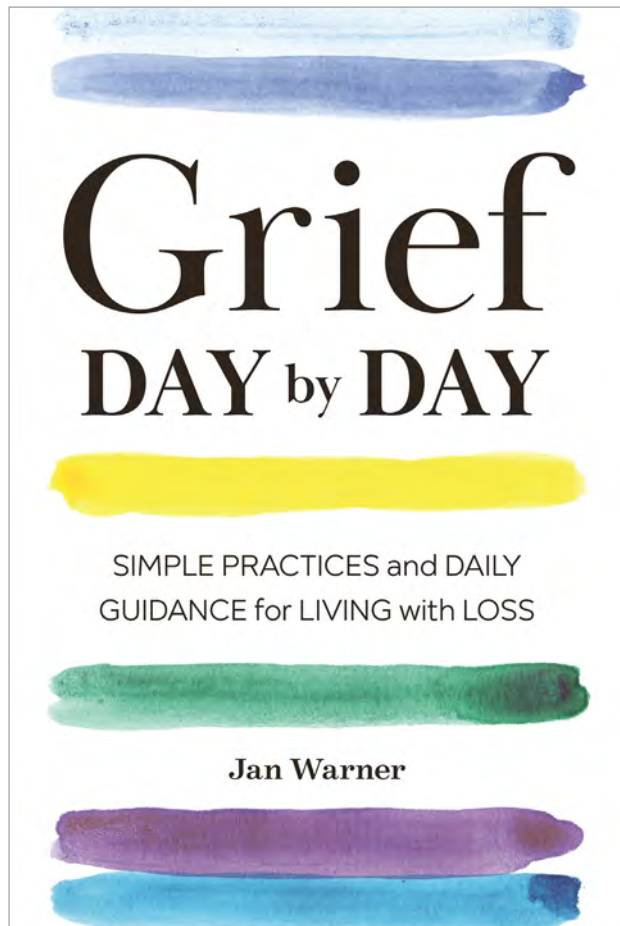
But, with the right tools, it's possible to overcome the symptoms associated with these diagnoses. In *The Bipolar Disorder Workbook*, clinical psychiatrist Dr. Peter Forster and clinical social worker Gina Gregory help you explore how symptoms like hypomania and depression show up in your daily life, and guide you to build real-world skills for facing these everyday challenges.

*The Bipolar Disorder Workbook* presents therapeutic ideas, tools, and techniques that draw from Cognitive Behavioral Therapy and Acceptance and Commitment Therapy. Divided into 3 easy-to-follow parts, this workbook will help you identify the patterns of your symptoms, increase the stability of your mood, and successfully manage your bipolar disorder II or cyclothymia. And with whole-health strategies that appear throughout the book, you will learn practical skills to enhance the connection between your physical health and mood stability

ALTHEA PRESS

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OCTOBER 2018



## Grief Day by Day

Simple Practices and Daily Guidance for Living with Loss

BY JAN WARNER

➔ **Grief is complex.** It is ever-changing and may come to us differently on any given day. Yet, it is possible to build a bridge that spans from the acute pain of loss to a life in which peace, and even gratitude, can coexist with our grief. *Grief Day by Day* offers daily readings that address the realities of loss and grief and provides support for moving through real life after the fact. There is no right way to grieve, and there is no right way to use this book. Whether you follow it page by page, or select that which seems most relevant to you at the moment, how you use this book is less important than why you are using it. You're reading this book because you have chosen to honor your pain, to make a home for your grief, and to find a new way of living on the bridge between loss and life.

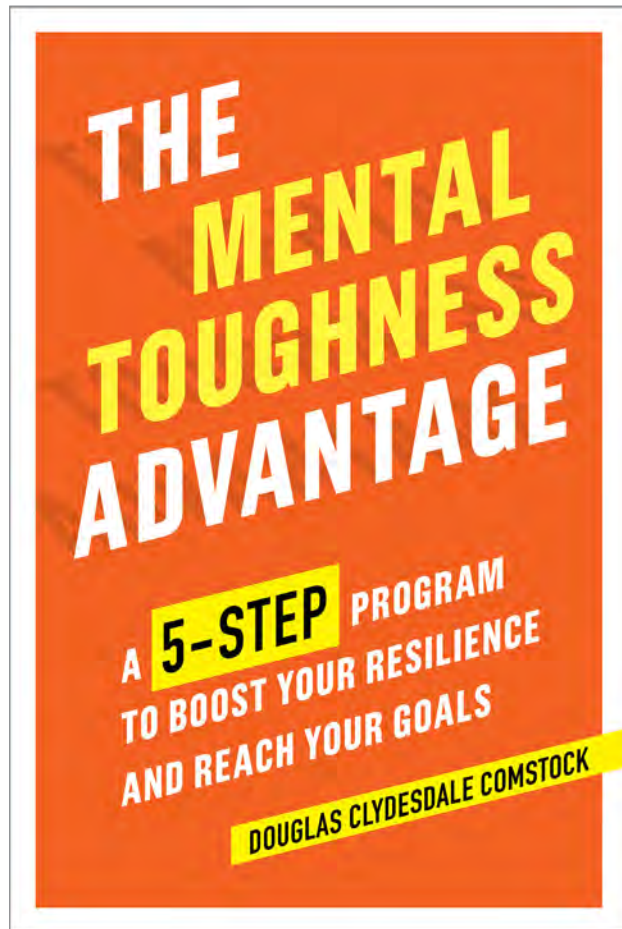
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ALTHEA PRESS

TRADE PAPERBACK / \$17.99 / 23 X 15CM / 272 PAGES / 55,500 WORDS

SEPTEMBER 2018





## The Mental Toughness Advantage

A 5-Step Program to Boost Your Resilience  
and Reach Your Goals

BY DOUGLAS CLYDESDALE COMSTOCK



**Mental toughness enables us** to get up when we want to give up, but it's a skill that takes practice. To develop mental toughness for everyday life, *The Mental Toughness Advantage* offers a practical 5-step program to boost resilience and overcome every obstacle.

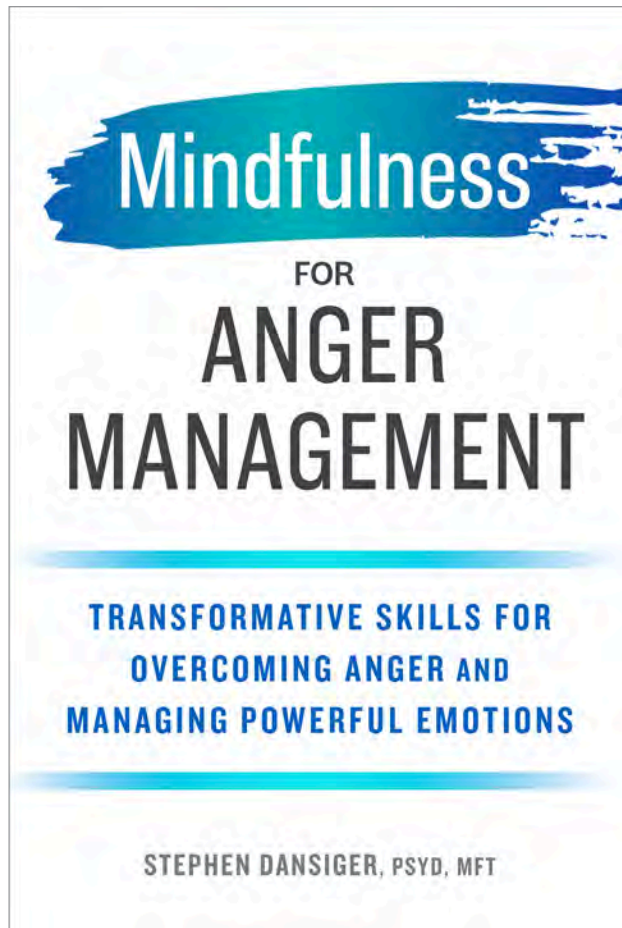
From drafting a mission statement to executing it successfully day after day, this training program provides effective tools and strategies to apply mental toughness in your home, work, and recreational life. Complete with success stories from Navy SEALs, CEOs, and others, *The Mental Toughness Advantage* teaches you how to boldly advance towards success and meet your greatest potential.

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OCTOBER 2018



## Mindfulness for Anger Management

Transformative Skills for Overcoming Anger  
and Managing Powerful Emotions

STEPHEN DANSIGER, PSYD, MFT



**Anger is a natural part** of our emotional experience, but it can consume us if left unchecked. *Mindfulness for Anger Management* gives you not only a skill set but a mindset that will change your relationship to anger and empower you to run your own life.

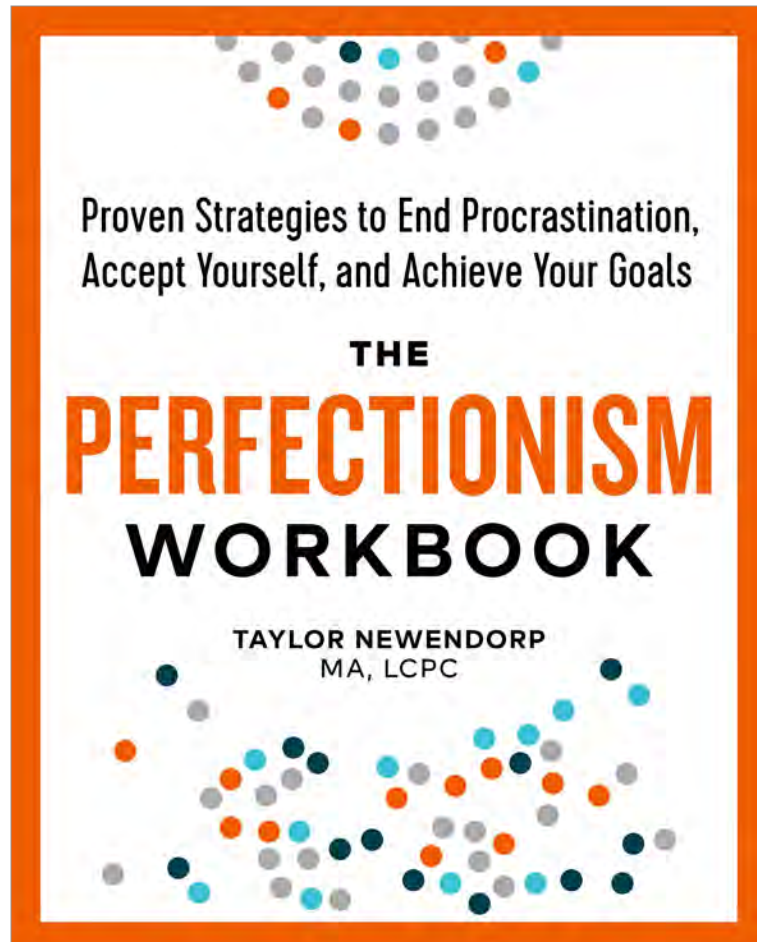
These transformative skills turn your gaze inward so you can understand anger triggers and address accompanying thoughts, feelings, and body sensations mindfully not reactively. With a focus on the real-life areas that anger impacts—home, work, and relationships—the self-reflective exercises and practical tools in *Mindfulness for Anger Management* allow you to take control of your emotions and live every moment mindfully.

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NOVEMBER 2018



## The Perfectionism Workbook

Proven Strategies to Break Free from Perfectionism and Achieve Your Goals

BY TAYLOR NEWENDORP, MA, LCPC



**There's nothing wrong with** wanting to be your best self. However, those aspirations can become problematic when they cause you to put unrealistic pressure on yourself, and set impossible standards that negatively affect your self-esteem, professional life, and personal relationships. This is known as perfectionism, a leading cause of unhappiness among millions of people. *The Perfectionism Workbook* delivers actionable exercises to help you uncover and resolve the root causes of your perfectionism. From identifying your perfectionism type to dealing with the fear and anxiety that drive it, this workbook will help you develop skills to address the most problematic aspects of perfectionism and live a healthier, more gratifying life.

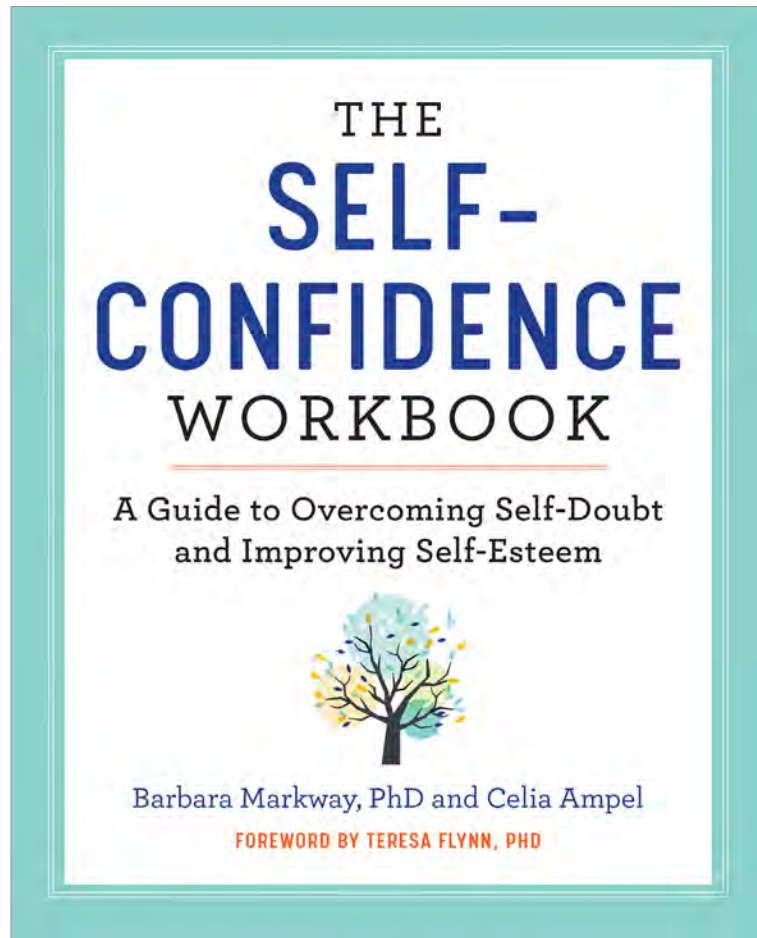
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## The Self-Confidence Workbook

A Guide to Overcoming Self-Doubt  
and Improving Your Self-Esteem

BY BARBARA MARKWAY, PHD, AND CELIA AMPEL

➔ **Self confidence begins** with knowing yourself. From facing fears to practicing acceptance and self-compassion, *The Self Confidence Workbook* offers practical, accessible strategies to get to know your best self and see real-world results.

Barbara Markway, PhD, a licensed psychologist with nearly 30 years of experience, and writer Celia Ampel help you vanquish the demons of self-doubt and guide you through real-life, self confidence landmines like relationships, work, and health. With a goal-oriented approach, these proven strategies silence the self-critic within and guide you toward living your best life with confidence.

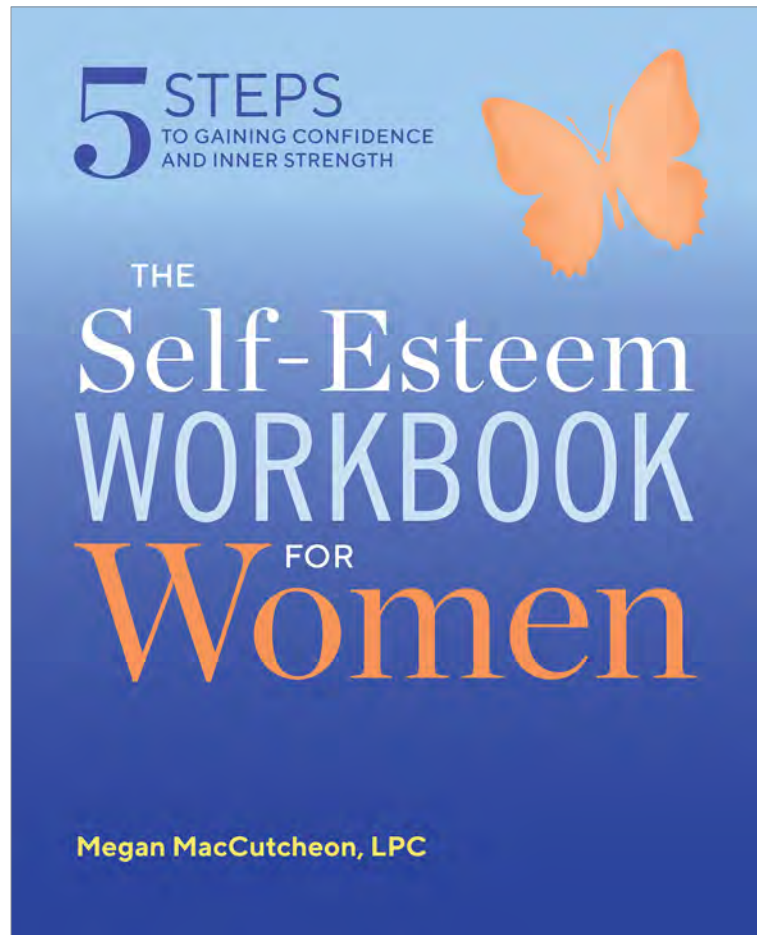
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OCTOBER 2018





## The Self-Esteem Workbook for Women

5 Steps to Gaining Confidence and Inner Strength

MEGAN MACCUTCHEON, LPC



**Women face unique obstacles**—ranging from body image to childrearing—that can make developing and maintaining self-esteem a struggle. *The Self-Esteem Workbook for Women* confronts these challenges and helps you overcome them with an engaging, easy-to follow five-step program.

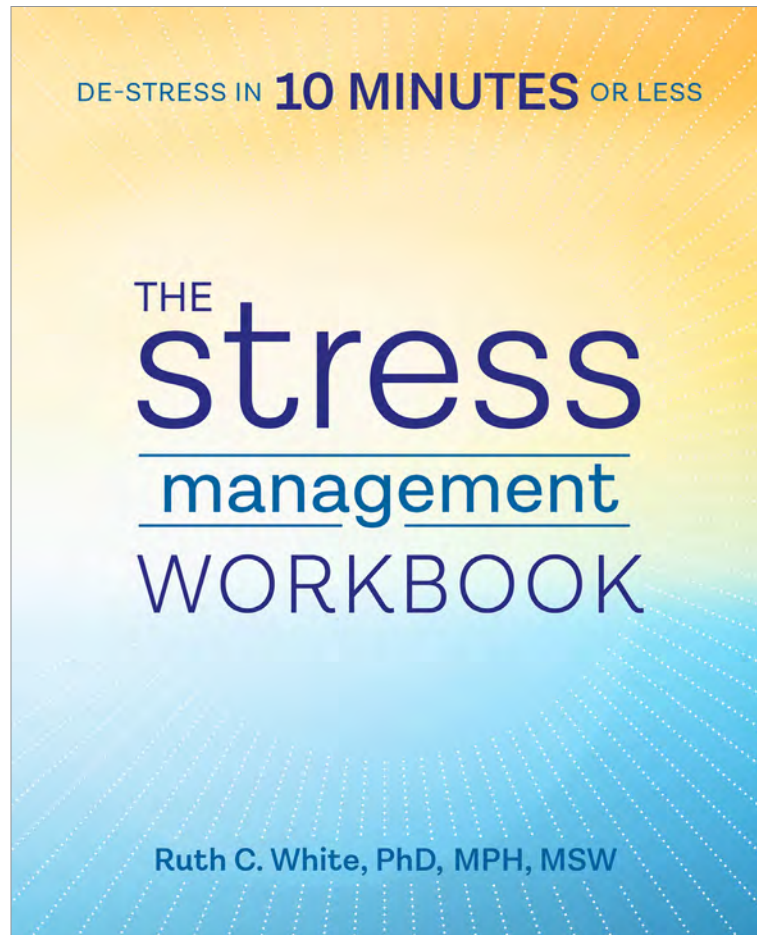
This interactive workbook takes you on a journey from identifying your current level of self-esteem to loving and respecting yourself. Through in-depth questions, prompts, exercises, and inspirational real-life stories, it gives you the tools and information you need to develop confidence and create the happy life you deserve.

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JUNE 2018



## The Stress Management Workbook

De-Stress in 10 Minutes or Less

RUTH C. WHITE, PHD, MPH, MSW



**From headaches to mood swings** to difficulty sleeping, dealing with the effects of stress can feel downright stressful. The good news is that relief from stress is possible—and it doesn't require a lot of time or energy. *The Stress Management Workbook* delivers the simple tools and guidance you need to quickly reduce your stress and reclaim your life.

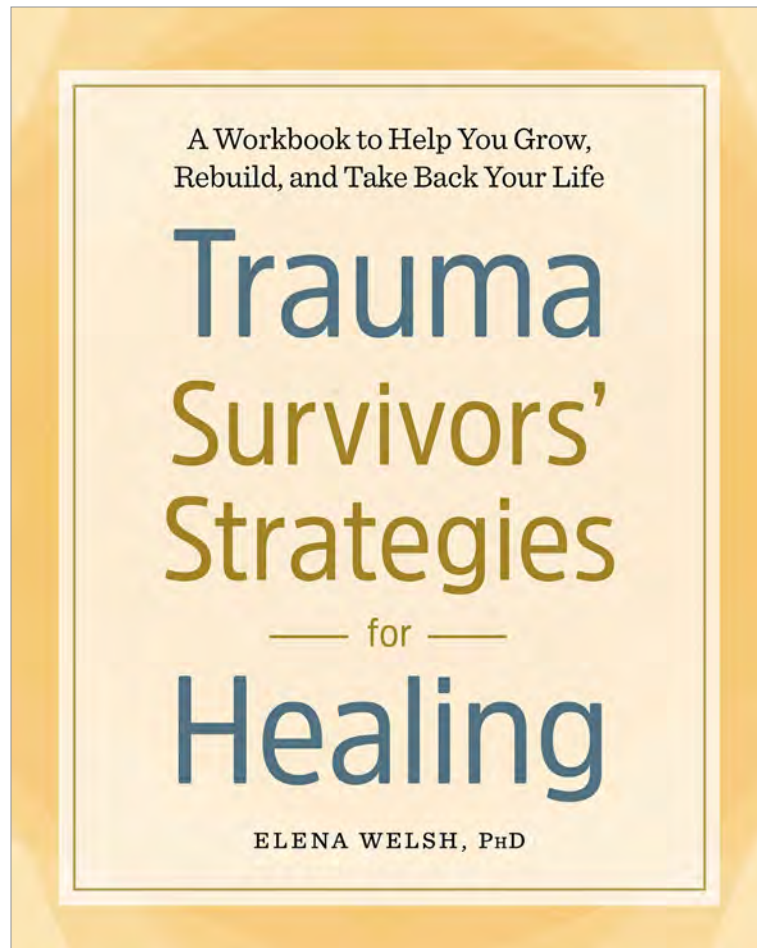
The easy 1-, 5-, and 10-minute exercises in this book will help you improve your performance at work, increase your energy, foster better relationships, and be healthier in both mind and body. And with strategies for longer-term stress management, you'll create healthy habits that will minimize the impact of stress down the road.

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JUNE 2018



## Trauma Survivors' Strategies for Healing

A Workbook to Help You Grow, Rebuild,  
and Take Back Your Life

BY ELENA WELSH, PhD

➔ **If you are holding this book,** it is likely that you have been through something very painful which has caused difficulty in your life. It's also likely that you're ready to start looking at that experience and how it affects you today. While the decision to begin working on your trauma is not an easy one, it is an essential step on your journey into healing. In *Trauma Survivors' Strategies for Healing*, clinical psychologist Dr. Elena Welsh delivers a compassionate, knowledgeable resource to help you find relief from the effects of trauma that can prevent you from living the life you want to lead. Based on scientific therapeutic strategies, Dr. Welsh will teach you practical, proven, and effective skills for working through trauma and healing your mind, body, and spirit.

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OCTOBER 2018

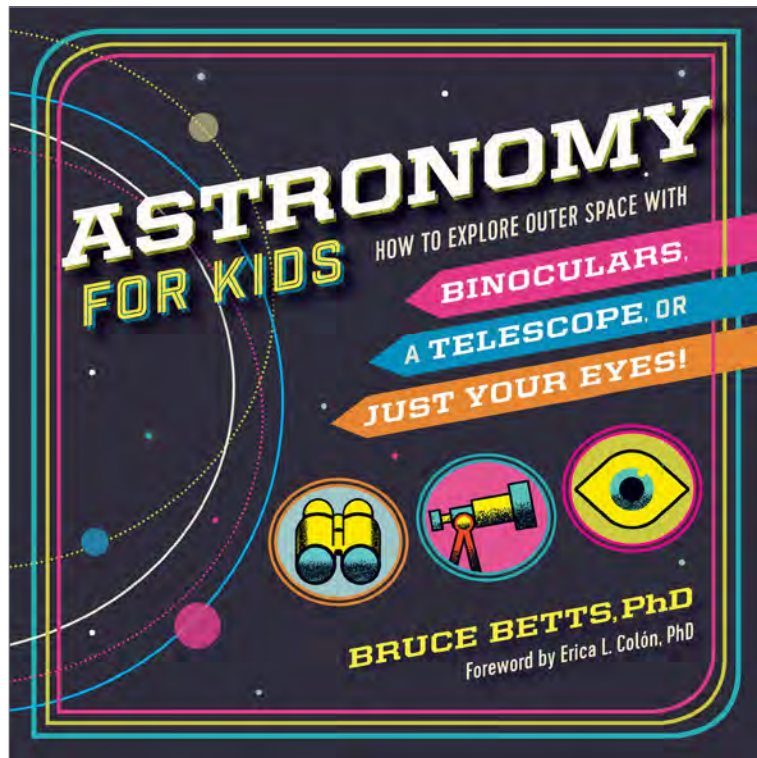


# CHILDREN

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## Astronomy for Kids

How to Explore Outer Space with Binoculars,  
a Telescope, or Just Your Eyes

BRUCE BETTS, PHD, FOREWORD BY ERICA L. COLÓN, PHD

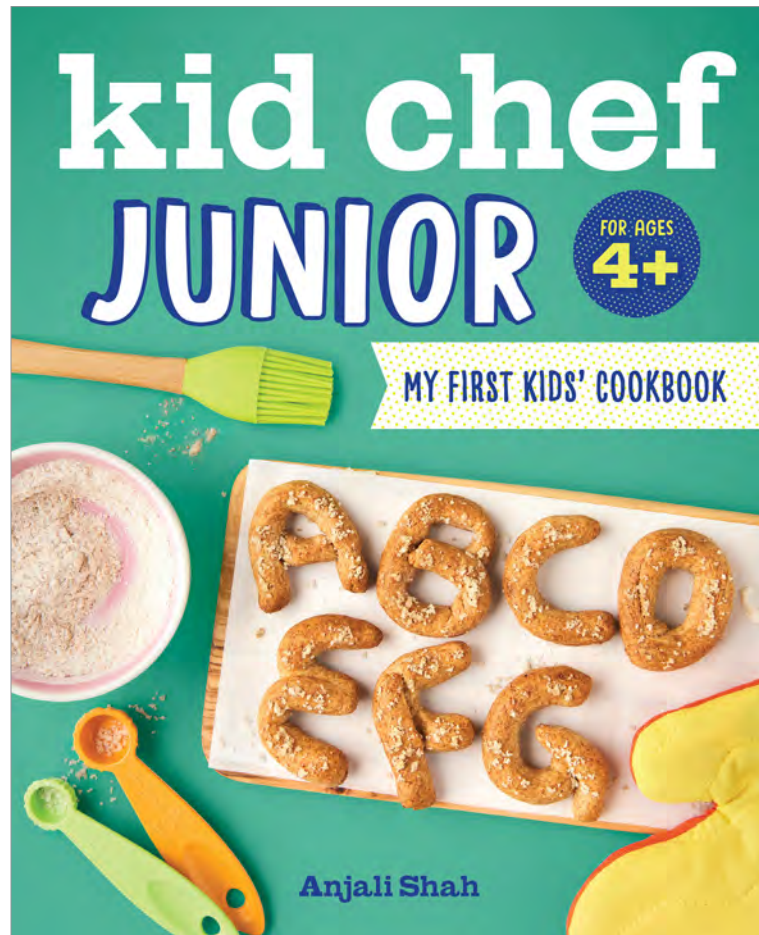
➔ **One of the coolest things** about outer space is that anyone can explore it. All you have to do is go outside and look up! In *Astronomy for Kids*, planetary scientist Bruce Betts helps you find and name the amazing objects in the night sky and shares fun facts about them. From stars and constellations to the planets and their moons, the Northern Hemisphere has plenty to see as long as you know where to look and what to look for.

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ROCKRIDGE PRESS

TRADE PAPERBACK / \$14.99 / 20 X 20CM / 168 PAGES / 22,000 WORDS

OCTOBER 2018



## Kid Chef Junior

My First Kids Cookbook

BY ANJALI SHAH

➔ **Children are naturally curious** about what goes on in the kitchen, and are eager to step up to the counter themselves. *Kid Chef Junior: My First Kids Cookbook* will help kids ages 4 to 8 develop their culinary know-how as they make healthy, wholesome, kid-approved meals—first with an adult, and eventually, all on their own!

In this kids cookbook, mom of two and author of *The Super Easy Baby Food Cookbook*, Anjali Shah, teaches children how to chop, whisk, bake, and cook on the stove. Designed to give kids confidence cooking and build essential skills, these recipes develop progressively from easy to medium to hard.

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OCTOBER 2018

ALSO IN THE SERIES:





## A Kid's Guide to Manners

50 Fun Etiquette Lessons for Kids and Their Families

KATHERINE FLANNERY

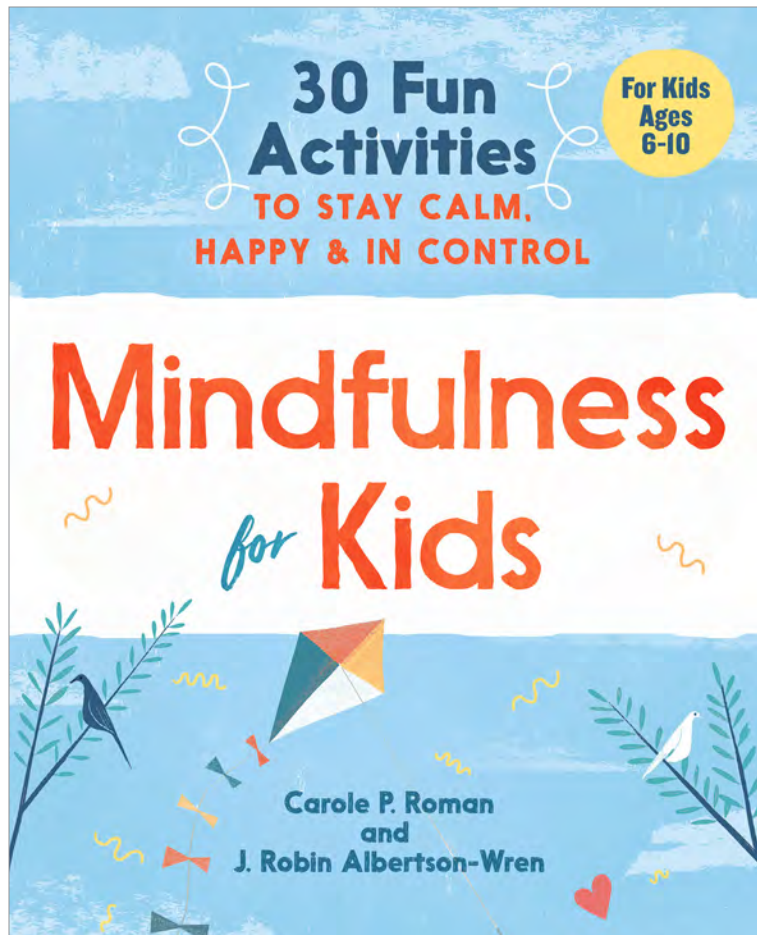
➔ **The word *manners* is just a term** used for describing the way you act and the way you treat others. From meeting new people, resolving a fight with your friends, going out to dinner, or participating in a group text, manners make your world go 'round—and whether you know it or not, you already use them daily. In this book you'll learn how to use them correctly, in a way that will make your life easier and much more fun.

Through entertaining quizzes and simple lessons and stories, *A Kids' Guide to Manners* teaches the 50 manners that are most useful to kids. The skills you'll learn will have you well on your way to being the most confident kid around, capable of getting along with anyone—from family members to teachers to besties to bullies.

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JUNE 2018



## Mindfulness for Kids

30 Fun Activities to Stay Calm, Happy, and In Control

CAROLE P. ROMAN AND J. ROBIN ALBERTSON-WREN

➔ **Mindfulness is a kind of superpower** we all have but don't know how to use. You already have everything it takes to be mindful—your senses: sight, sound, taste, smell, touch, and your breath. You can use this power when you feel stressed, anxious, angry, or even sad, to help you relax and feel better. The best part is, it's fun! In *Mindfulness for Kids*, you'll read stories about kids just like you who could use some mindfulness to help them calm down or relax in tough situations. Me and my friends Willow, Kayli, Colby, and Zeke will be your mindfulness guides and teach you how mindfulness can help you too!

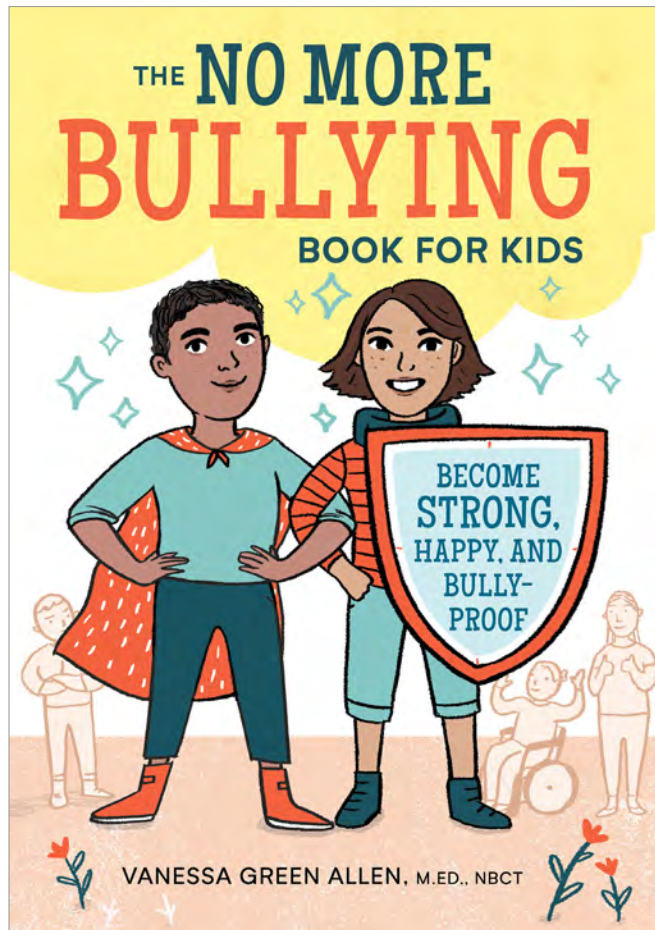
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TRADE PAPERBACK / \$13.99 / 24 X 19CM / 100 PAGES / 13,000 WORDS

NOVEMBER 2018





## The No More Bullying Book for Kids

Become Strong, Happy, and Bully-Proof

VANESSA GREEN ALLEN, MED, NBCT

➔ **The term bullying is used a lot** these days. What does bullying actually mean? How do you know if it's happening to you? And if you are being bullied, what can you do about it? That's exactly what *The No More Bullying Book for Kids* is all about. Being bullied hurts and it's easy to feel as though you don't have any power, which can be scary and lonely.

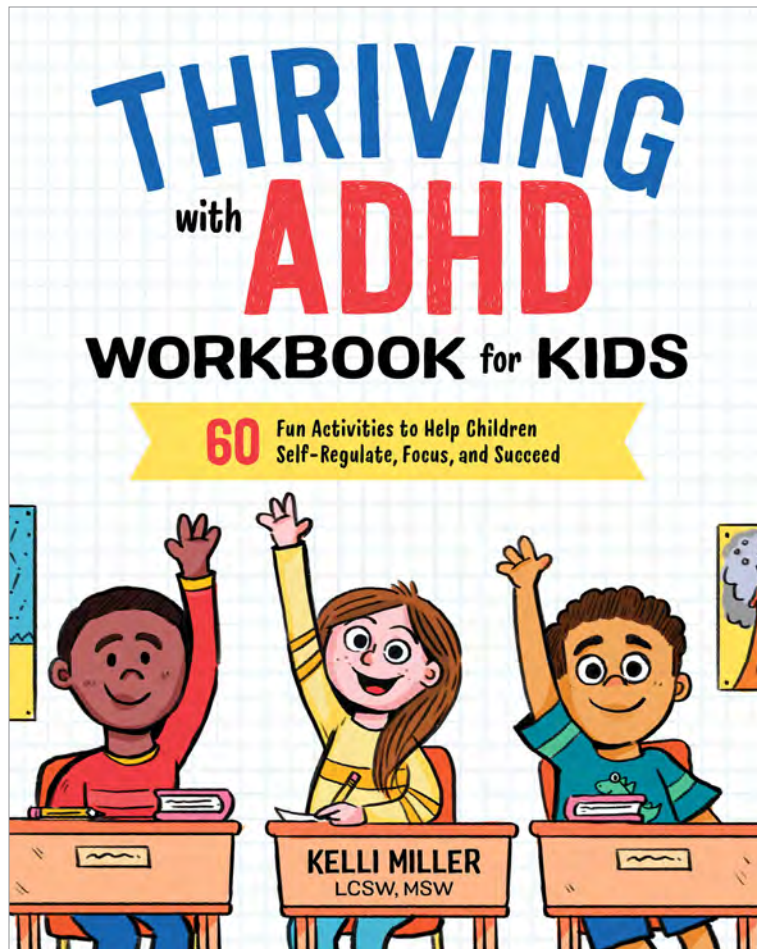
But you're not powerless, and you're definitely not alone. In *The No More Bullying Book for Kids*, you'll find the information you need to know about bullying as well as tips and tricks for dealing with specific situations when you or someone you know is being bullied.

ROCKRIDGE PRESS

TRADE PAPERBACK / \$9.99 / 21 X 15CM / 90 PAGES / 14,000 WORDS

JUNE 2018

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## Thriving with ADHD Workbook for Kids

60 Fun Activities to Help Children Self-Regulate, Focus, and Succeed

KELLI MILLER, LCSW, MSW



**Everybody has things** that make them extra special.

For you—and millions of other kids across the world—one of those things is ADHD. Though ADHD is very common, your symptoms might make you feel frustrated, alone, or even powerless. The good news is that with the right skills and knowledge, it's possible to become the boss of your ADHD, not the other way around. ADHD isn't in charge of your life—you are!

*Thriving with ADHD Workbook for Kids* will give you new ways to manage your ADHD. With fun activities, you'll gain a better understanding of yourself and your ADHD, learning simple tools you can start using now to feel more confident and in control.

ALTHEA PRESS

TRADE PAPERBACK / \$12.99 / 25.5 X 20CM / 148 PAGES / 24,000 WORDS

JUNE 2018

RIGHTS SOLD: KOREAN, VIETNAMESE

**AUTHOR ERICA L. COLÓN, PHD**Science curriculum developer, [nittygrittyscience.com](http://nittygrittyscience.com)

# AWESOME PHYSICS EXPERIMENTS for Kids

## 40+ FUN SCIENCE PROJECTS AND WHY THEY WORK

*Awesome Physics Experiments for Kids* is the most effective book for kids to learn about physics—through fun, hands-on experiments that keep them engaged. Featuring:

- step-by step instructions
- materials commonly found in the home or readily and inexpensively available
- colorful photos and eye-catching design
- an emphasis on the science behind each experiment
- a fun and educational approach

ROCKRIDGE PRESS

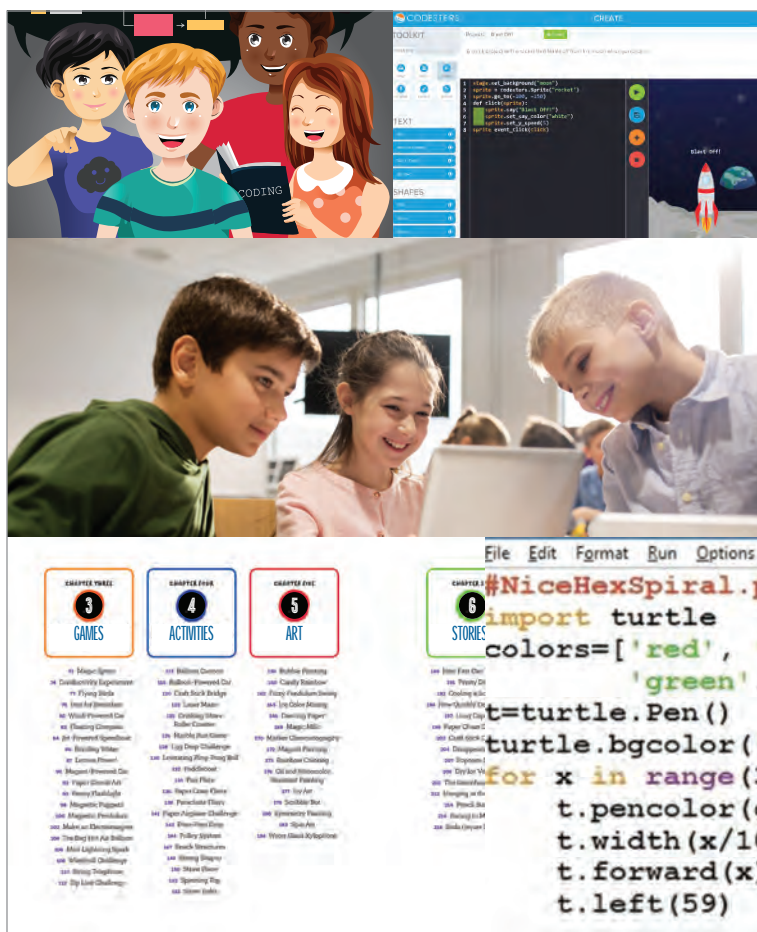
TRADE PAPERBACK / \$14.99 / 23 X 22CM / 254 PAGES

2019

COMPANION BOOK:





**AUTHOR ADRIENNE TACKE***Software developer and engineer*

# Coding for Kids



## 50+ AWESOME CODING FOR KIDS ACTIVITIES

*Coding for Kids: Python* is the coding book for kids that offers 50 age-appropriate activities. Featuring:

- simple coding games and exercises with relevant coding concepts
- projects that allow for independent thinking, modifications, and creativity
- easy-to-follow screen shots and colorful images appeal to kids

ROCKRIDGE PRESS

TRADE PAPERBACK / \$14.99 / 24 X 19CM / 250 PAGES

2018



**AUTHOR MATTHEW HIGHLAND***Founder and CEO of Hackington's Coding School*

# coding for kids

## SCRATCH

### AWESOME CODING FOR KIDS SKILLS AND GAMES

*Coding for Kids: Scratch* is the coding book for kids ages 6 to 10 that teaches basic coding concepts and offers fun games and activities.

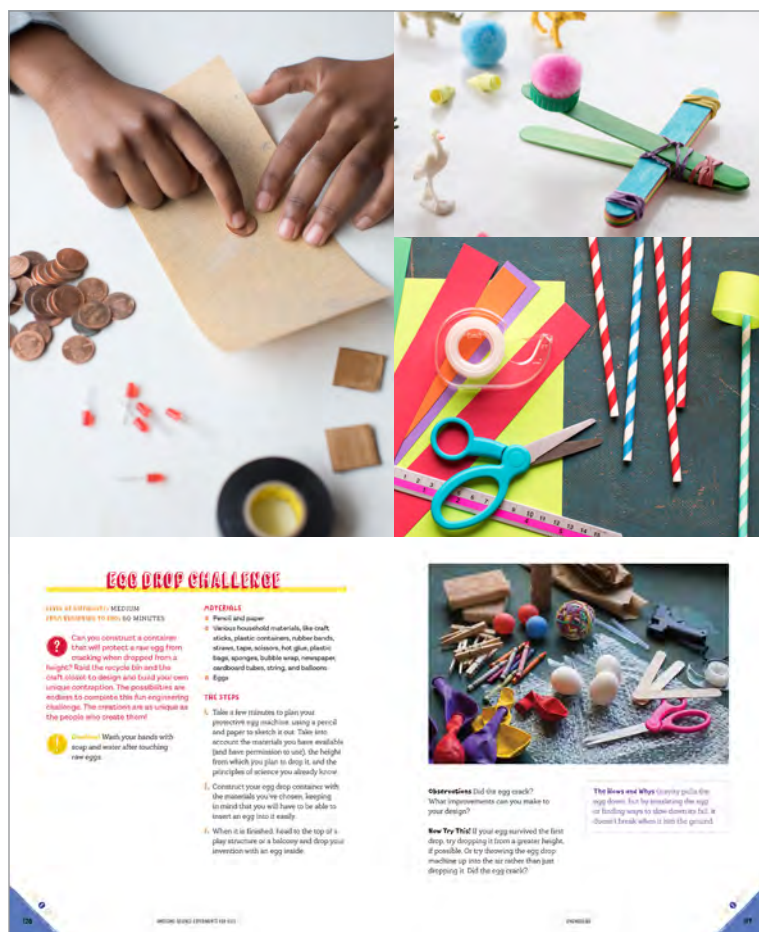
Featuring:

- combinations of basic coding concepts and simple coding games and activities. (This is a big difference from the target competitors in a way that customers desire.)
- an emphasis on projects that allow for independent thinking, modifications, and creativity. (This is comparable to a feature of our target competitor.)
- easy-to-follow screen shots and colorful images appeal to kids

ROCKRIDGE PRESS

TRADE PAPERBACK / \$14.99 / 24 X 19CM / 250 PAGES

2018

**AUTHOR CRYSTAL CHATTERTON***Author of Awesome Science Experiments for Kids*

# Engineering for Kids

50+ EXCITING **STEAM** PROJECTS  
TO DESIGN AND BUILD

*Engineering for Kids* offers 50+ projects that introduce kids to the principles behind and excitement of engineering. Featuring:

- engineering projects only
- an emphasis on STEAM
- 50+ projects designed specifically for ages 5 to 10
- explanations of how and why the experiments work
- household or common, inexpensive materials only
- colorful photos of the experiments and a lively design

ROCKRIDGE PRESS

TRADE PAPERBACK / \$12.99 / 23 X 22CM / 150 PAGES

2019



# Human Body for Kids

## Learn About the Human Body with 30+ Awesome Activities

*Human Body for Kids* is a fun, activity-filled resource that teaches young kids about all the major body parts and systems they need to know in grades K-3. Featuring:

- a variety of activities including coloring, mazes, word hunts, connect-the-dots, etc., along with suggested experiments/activities to try at home
- color images of the body systems alongside the activities
- a variety of fun facts about the body, designed to keep kids interested in the content

ROCKRIDGE PRESS

TRADE PAPERBACK / \$9.99 / 25.5 X 20CM / 75 PAGES

2019