

# Ulysses Press

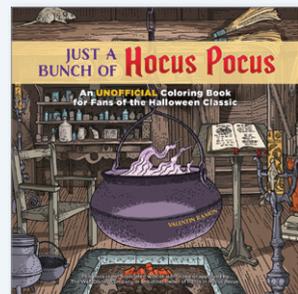
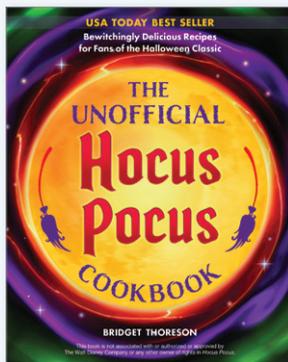
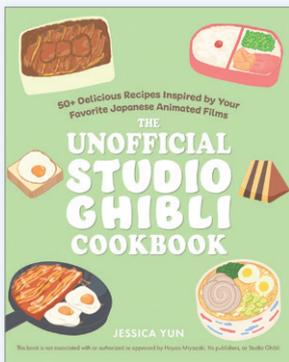


Fall 2022



November 2022 | Paper Over Board | 144 Pages | 7.5" x 9.25" | Full Color

Similar titles from Ulysses Press



# Once Upon a Rind in Hollywood

## 50 Movie-Themed Cheese Platters and Snack Boards for Film Fanatics

Editors of Ulysses Press | Rachel Riederman, photographer

Celebrate your favorite films with delicious cheese boards, creative charcuterie platters, and movie-themed snack recipes in this punny and tasty cookbook.

### Fall 2022

\$19.95 US | \$26.95 CAN

978-1-64604-409-2 (print)

978-1-64604-432-0 (ebook)

**Category:** Pop Culture Cookbook

**Rights:** World

Lights, camera, snacktion! Whether you're streaming an AFI classic or classically bad movie, munchies are a must-have. This unique cookbook offers 50 different snack board ideas, from timeless cheese boards and charcuterie to candy platters and cocktail pairings, all themed around iconic movies. With gorgeous flat-lay photographs, this book outlines everything you need to create cheesy cinematic pairings (and even cheesier puns) like:

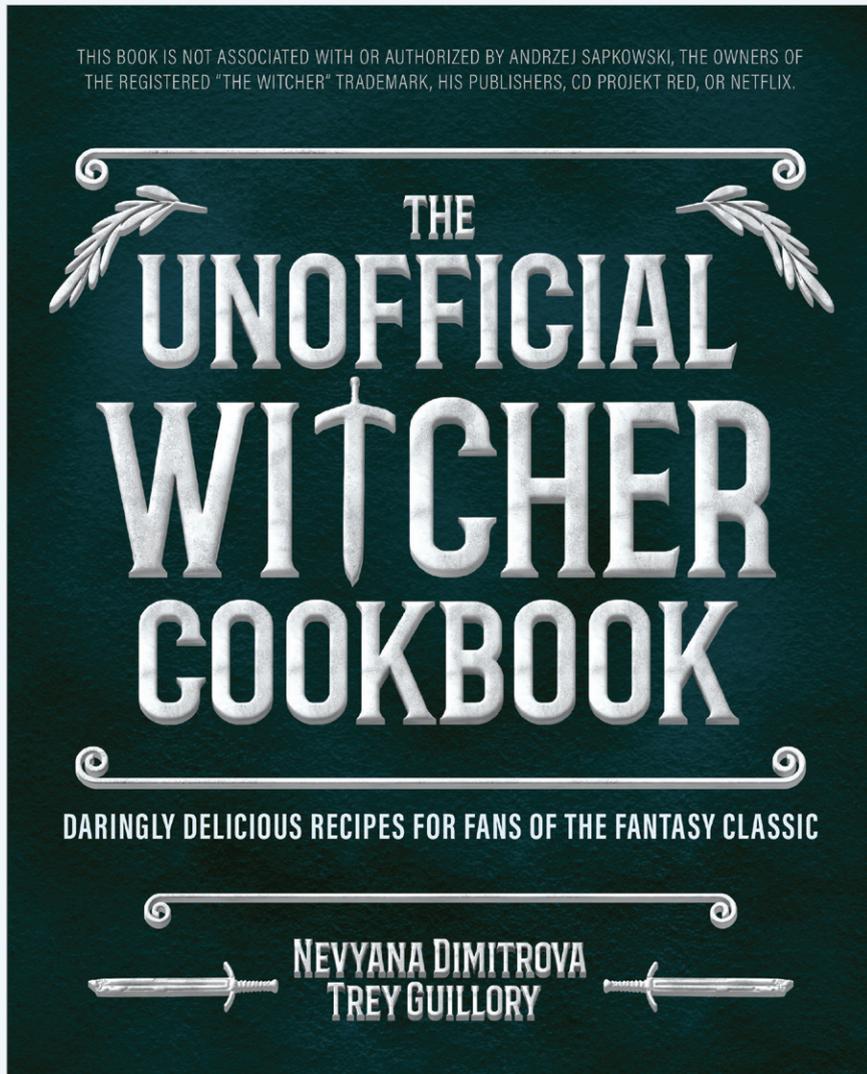
- ▶ May the Fromage Be with You (*Star Wars*)
- ▶ Draw Me Like One of Your French Gruyères (*Titanic*)
- ▶ I'll Harvarti What She's Having (*When Harry Met Sally*)
- ▶ Quesoblanca (*Casablanca*)
- ▶ Brie-king Dawn (*Twilight*)
- ▶ Roquefort Horror Picture Show (*Rocky Horror Picture Show*)
- ▶ And so many more!

Whether you're a die-hard cinephile or a Netflix-binger, *Once Upon a Rind in Hollywood* has a movie recipe for you!

### ABOUT THE AUTHORS

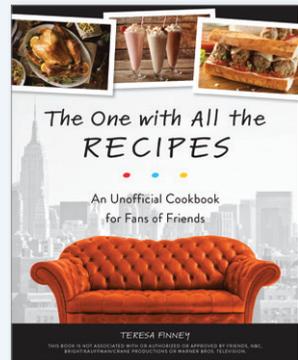
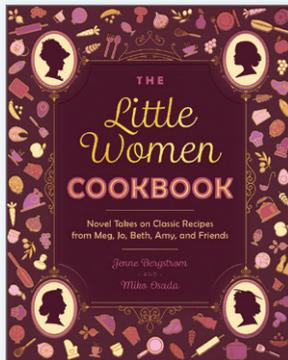
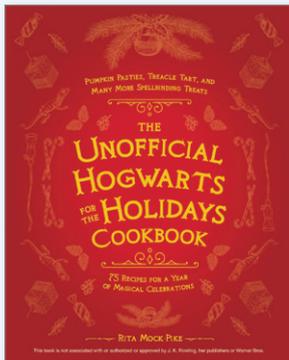
Ulysses Press is a pop culture book publishing company based in Berkeley, California, and Brooklyn, New York.

Rachel Riederman is a fashion designer turned food stylist and photographer. After almost two decades in corporate fashion, she was inspired to change careers and follow her passion for all things food and entertaining. As a home cook, Riederman uses seasonal ingredients to craft easy, accessible recipes. She's a travel enthusiast (Morocco is next on her list of countries to visit) and always first in line to try the newest restaurants in NYC. Now a city girl planted in the suburbs, Riederman lives just outside NYC with her husband, two-year-old son, Charlie, and two cats, Murphy and Smooch. This is her first book. For more food and recipe inspiration, follow her on Instagram at @whatsinrachelskitchen.



November 2022 | Hardcover | 128 Pages | 7.5" x 9.25" | Full Color

Similar titles from Ulysses Press



# The Unofficial Witcher Cookbook

## Daringly Delicious Recipes for Fans of the Fantasy Classic

Editors of Ulysses Press, Trey Guillory, and Nevyana Dimitrova

Join Geralt of Rivia on his adventures throughout the Continent as you learn to cook 50 delicious and totally unofficial recipes inspired by the hit fantasy books, video games, and show *The Witcher*.

### Fall 2022

\$19.95 US | \$26.95 CAN

978-1-64604-412-2 (print)

978-1-64604-428-3 (ebook)

**Category:** Pop Culture Cookbook

**Rights:** World

Andrzej Sapkowski's epic fantasy saga of the witcher Geralt has captivated pop culture for nearly 30 years. Through books, graphic novels, TV shows, and video games, the witcher's adventures have brought audiences face to face with monsters, sorceresses, kings, and destiny. Now, you can have your very own taste of the legendary adventures of a witcher.

*The Unofficial Witcher Cookbook* is filled with 50 recipes ranging from humble meals and tavern stews to bountiful feasts fit for a king, including:

- ▶ Prized Potato Soup
- ▶ Blacksmith Dumplings
- ▶ Feast of Ham and Nightshade
- ▶ House Specialty Soup
- ▶ Honey Cakes for a Coin
- ▶ And more!

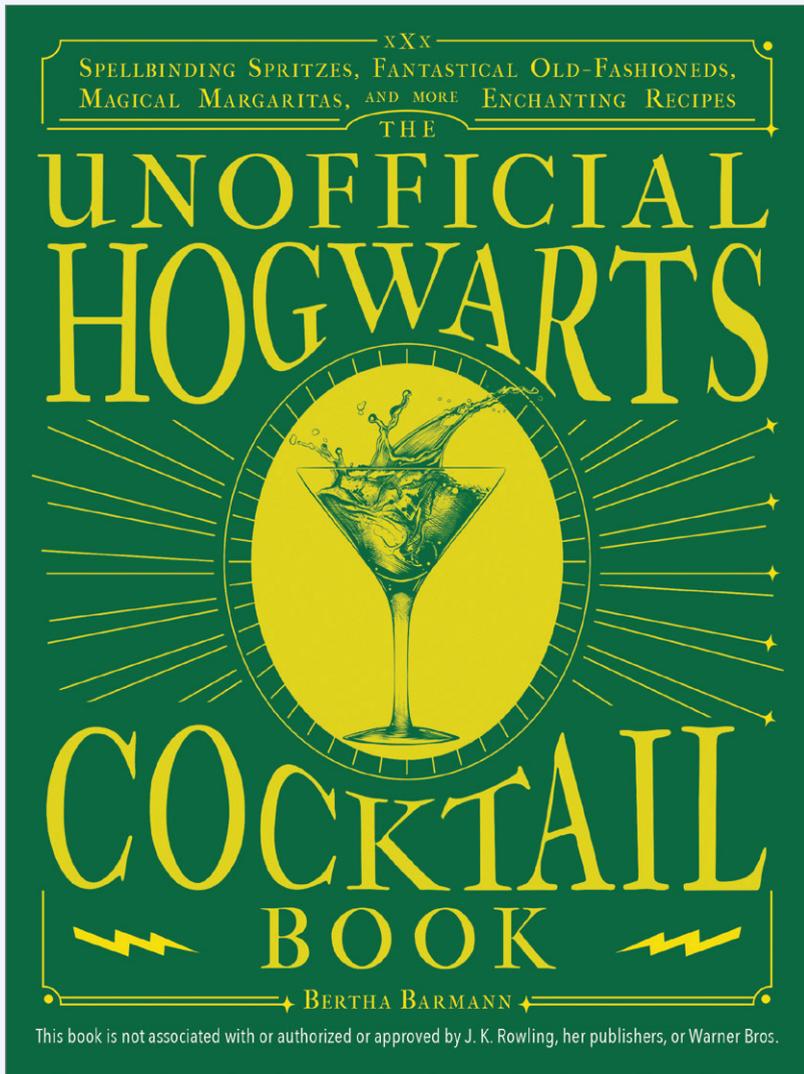
This cookbook is perfect for die-hard fans of *The Witcher*, as well as those who just can't get enough epic fantasy in their life.

### ABOUT THE AUTHORS

Trey Guillory has loved stories his entire life. From following the adventuring hobbits in *Lord of the Rings*, rooting for the defense of Earth from aliens in *Ender's Game*, and solving mysteries with Sherlock Holmes, no story or genre was too big for him to tackle. Now a writer himself, he strives to create and contribute the same type of literature that has inspired him his entire life. A self-proclaimed professional geek, he holds an MA in English and journalism from the University of New Orleans.

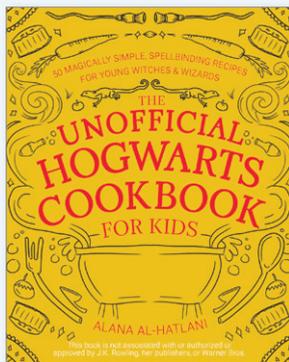
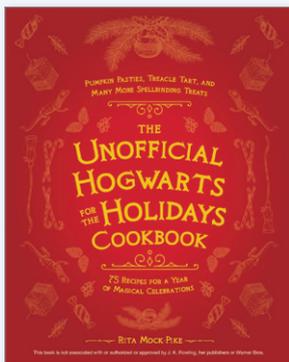
Nevyana Dimitrova is a professional food photographer and recipe developer who has loved cooking since she was a little girl. She tells stories through the food she prepares and captures in her photos.

Ulysses Press is a pop culture book publishing company with offices in Brooklyn, New York, and Berkeley, California.



September 2022 | Paper Over Board | 128 Pages | 6" x 8" | Full Color

Similar titles from Ulysses Press



# The Unofficial Hogwarts Cocktail Book

## Spellbinding Spritzes, Fantastical Old-Fashioneds, Magical Margaritas, and More Enchanting Recipes

Bertha Barmann

Shake up some magical libations, creative cocktails, and spellbinding drinks inspired by the wonderful world of Harry Potter!

### Fall 2022

\$19.95 US | \$26.95 CAN

978-1-64604-350-7 (print)

978-1-64604-370-5 (ebook)

**Category:** Pop Culture Cookbook

**Rights:** World

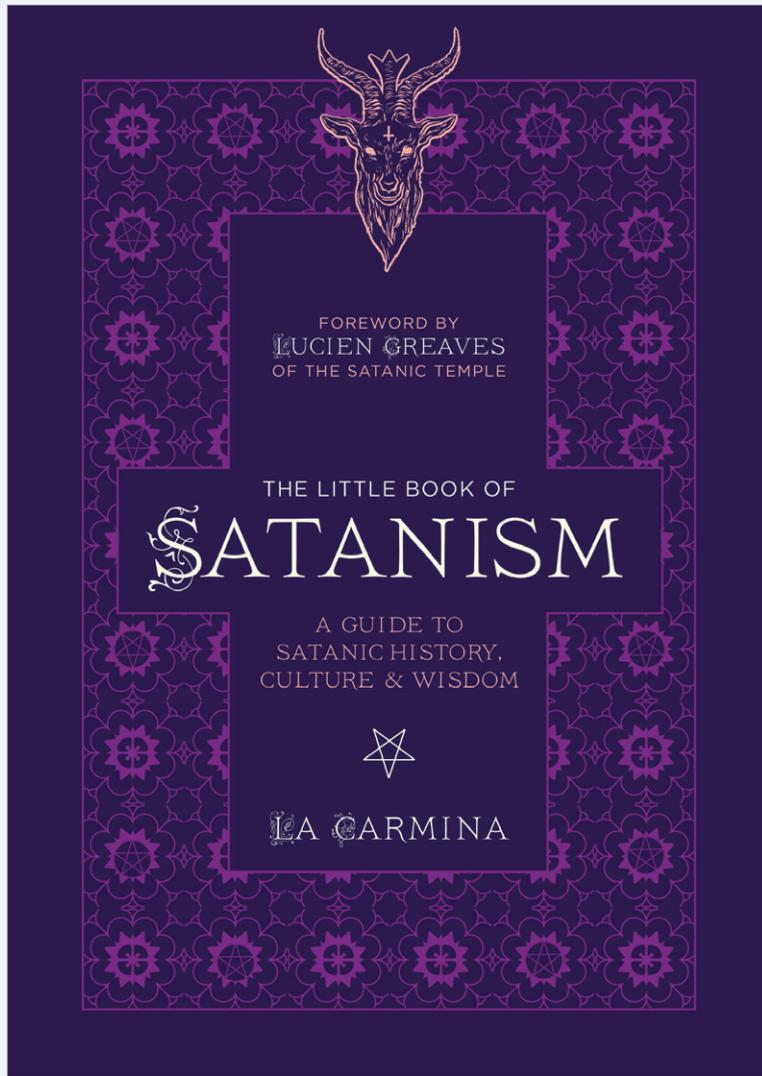
What better way to celebrate your love of Hogwarts and its host of beloved characters than by bringing out your potions cauldron (or cocktail shaker) and mixing up a host of spectacular cocktails? Raise a toast in true wizarding world style with cocktails including:

- › Golden Poptails
- › Headmaster's Lemon Drop
- › Mad-Eye Martini
- › Earl Grey Tea Cocktail
- › Boozy Knickerbocker Glory
- › Christmas Party Punch
- › And many more!

Bring your love for wizardry and magic into a coupe, tumbler, or highball glass with *The Unofficial Hogwarts Cocktail Book*—the perfect gift for any Potterhead. With 50 delicious drink recipes and spellbinding, full-color photographs, any fan of the boy who lived is sure to be stupefied. Bottoms up!

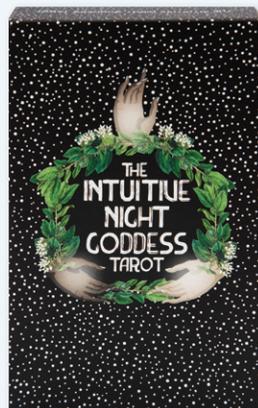
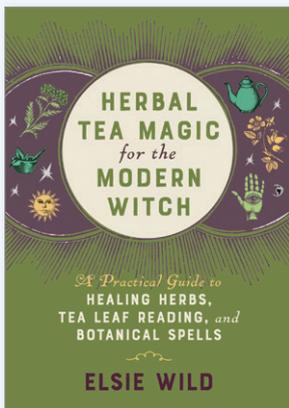
### ABOUT THE AUTHOR

Bertha Barmann is a beverage enthusiast and loves brewing up all kinds of potions and elixirs. She lives in Soda Springs.



October 2022 | Paperback | 144 Pages | 5" x 7" | Black and White

Similar titles from Ulysses Press



# The Little Book of Satanism

## A Guide to Satanic History, Culture, and Wisdom

La Carmina

Discover the fascinating history and culture of Satanism through the ages and learn why many Satanists today stand up for free inquiry and personal liberty.

### Fall 2022

\$14.95 US | \$19.95 CAN

978-1-64604-422-1 (print)

978-1-64604-439-9 (ebook)

**Category:** Religion

**Rights:** World

Satanism is too often misunderstood as a religion that makes blood sacrifices to an evil, horned Prince of Darkness. In reality, modern Satanists are nonviolent and nontheistic, and consider the Devil to be a meaningful metaphor for the pursuit of knowledge, reason, and justice.

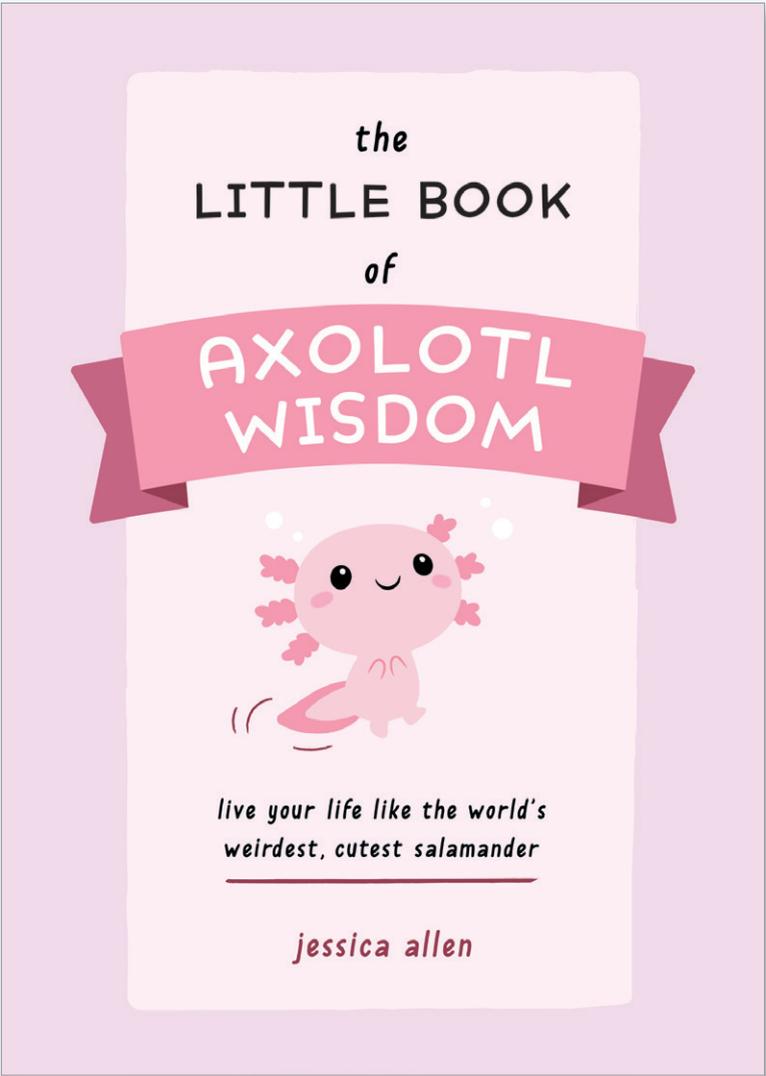
*The Little Book of Satanism* details the “mark of the beast” in cultural and historic movements, which have informed beliefs and practices of Satanists today. Written by award-winning alternative culture journalist and blogger La Carmina, this comprehensive guide includes:

- ▶ A foreword from Lucien Greaves, activist, spokesperson, and cofounder of The Satanic Temple
- ▶ Information on Satan’s biblical origins and his various names, appearances, and symbols
- ▶ Details on his age-old role as a scapegoat, from medieval witch trials to the 1980s Satanic Panic
- ▶ An overview of modern philosophy and practices, focusing on the Church of Satan, *The Satanic Bible*, and The Satanic Temple
- ▶ Examples of the Devil’s influence on art, literature, music, and films—from *Paradise Lost* to *Rosemary’s Baby*

This book explains how Satanism developed in the context of history while debunking conspiracies about serial killers and ritual abuse.

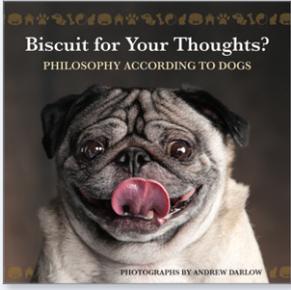
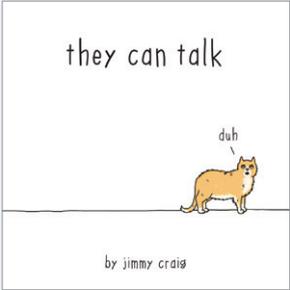
### ABOUT THE AUTHOR

La Carmina is an award-winning alternative culture journalist and TV host. She runs the leading blog about Goth travel, fashion, and Satanism ([LaCarmina.com/blog](http://LaCarmina.com/blog)), which was featured in the *New York Times* and *Washington Post*. Her writing has appeared in *Time Magazine*, CNN, *Business Insider*, and *Architectural Digest*. As a TV personality, La Carmina has danced with William Shatner and Henry Winkler on NBC’s *Better Late Than Never*, dined with Japanese monsters on *Bizarre Foods with Andrew Zimmern*, negotiated a \$666 taxidermy head on Discovery Channel’s *Oddities*, cooked cute food on *The Today Show*, and debated “bagelhead” body modifications on *The Doctors*. She is a graduate of Columbia University and Yale Law School. Follow La Carmina’s Gothic adventures in over 70 countries on [LaCarmina.com](http://LaCarmina.com) and [@LaCarmina](https://twitter.com/LaCarmina).



December 2022 | Paperback | 128 Pages | 5" x 7" | Black and White

Similar titles from Ulysses Press



# The Little Book of Axolotl Wisdom

## Live Your Life Like the World's Weirdest, Cutest Salamander

Jessica Allen

Get inspired by the axolotl, aka the Mexican Water Monster, and discover what they can teach us about living life to the fullest in this adorably profound book of amphibian affirmations!

For everyone who has had a sloth phase, an alpaca phase, a llama phase, or any other fascination with a certain kind of animal, welcome to your newest obsession: axolotls! Axolotls are arguably the most delightful salamanders on planet Earth. But besides their lovable faces and cute coloring, axolotls are seriously awesome amphibians that can teach us a lot about how to live life uniquely and successfully. From fighting extinction (axolotls are critically endangered) to regenerating limbs, gills, and even brains, these critters are the definition of inspirational! The *Little Book of Axolotl Wisdom* is the perfect gift book for axolotl fanatics as well as any animal lover.

**Fall 2022**

\$11.95 US | \$15.95 CAN

978-1-64604-417-7 (print)

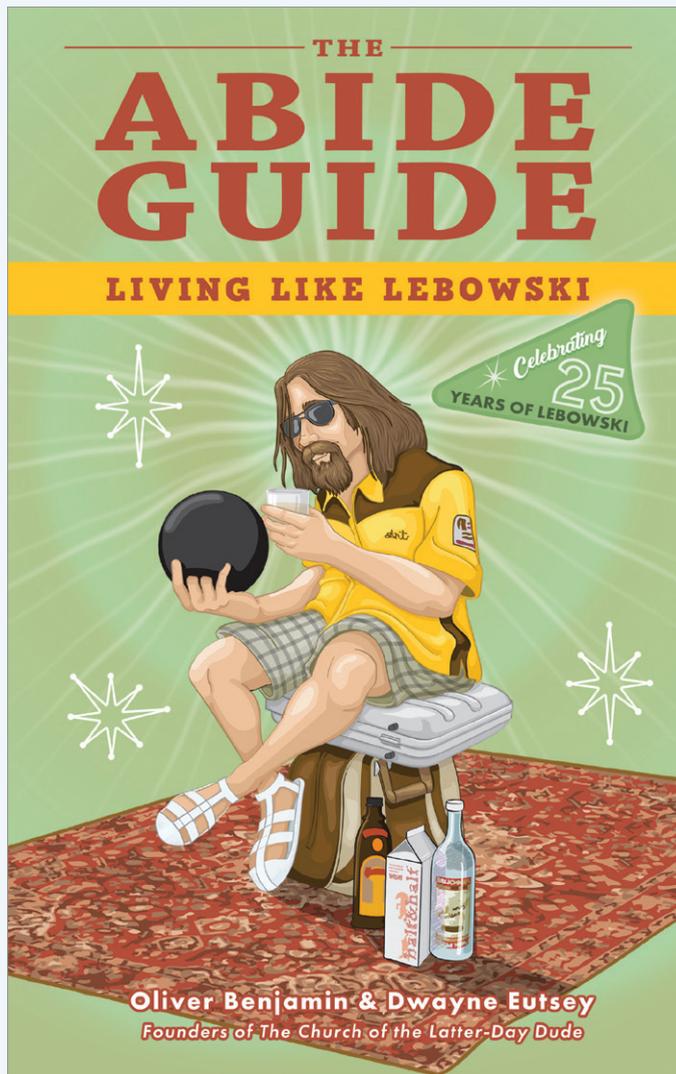
978-1-64604-433-7 (ebook)

**Category:** Humor

**Rights:** World

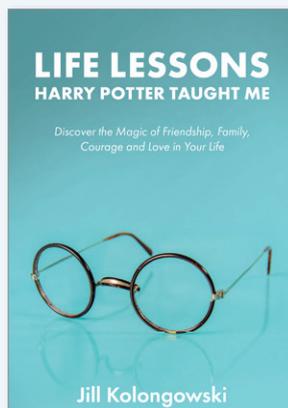
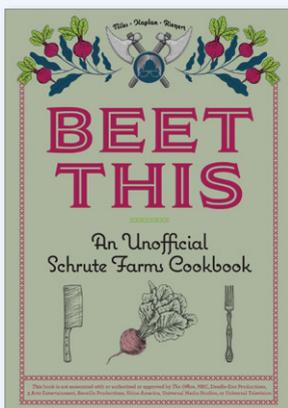
### ABOUT THE AUTHOR

Jessica Allen has written for the *Boston Globe*, CNN, the *Independent*, *McSweeney's*, *Mental Floss*, the *Washington Post*, *Writer's Digest*, and many other publications. Based in New York City, she's swum with humpback whales in the South Pacific and chased after chimpanzees in Uganda, fed elephants in Laos and sung along with howler monkeys in Nicaragua. But her favorite animal encounter, by far, is hanging out with her husband and son.



November 2022 | Paperback | 256 Pages | 5" x 8" | Black and White

Similar titles from Ulysses Press



# The Abide Guide

## Living Like Lebowski

Dwayne Eutsey and Oliver Benjamin

Celebrate the 25th anniversary of Ethan and Joel Coen's cinematic triumph *The Big Lebowski* with this ultimate guide to life from the founders of The Church of the Latter-Day Dude.

### Fall 2022

\$15.95 US | \$21.95 CAN

978-1-64604-401-6 (print)

978-1-64604-431-3 (ebook)

**Category:** Humor

**Rights:** World

When you seek salvation from this stressed-out, uptight world, there's only one man to go to for guidance—the Dude. With a new introduction and updated content from the Dudeism priests and founders at The Church of the Latter-Day Dude, this is the perfect gift for movie lovers and mindfulness seekers. At once helpful, funny, and profound (like *The Big Lebowski* itself), this survival guide shows how to be as Dude-like as the Dude (well, almost):

- ▶ Secrets of sacred Dudeist practices
- ▶ The Seven Spiritual Laws of Taking It Easy
- ▶ Great Dudes who changed the world (without really trying)
- ▶ New feminist philosophy for special ladies
- ▶ The Way of the Dude applied to politics, ethics, and finances
- ▶ A 12-step program for personal Dudevolution
- ▶ The science of really tying your room together

All this and a lot more what-have-you. So the next time life throws you a gutterball, just pick up this book and ask, “What would the Dude do?” It's your answer for everything.

### ABOUT THE AUTHORS

Oliver Benjamin is the founder of The Church of the Latter-Day Dude, better known as Dudeism—a religion with over 700,000 ordained “Dudeist priests” worldwide. His books include *The Tao of the Dude*, *The Dude De Ching*, and *Lebowski 101*. He is also a musician, graphic artist, and former journalist. You can find more about him at [Dudeism.com](http://Dudeism.com) and [oliverbenjamin.net](http://oliverbenjamin.net).

In addition to serving as Dudeism's Arch Dudeship, Dwayne Eutsey is a writer/editor who has more years of experience practicing his craft than he'd care to admit. Across the sands of time, his editorial career in publishing has helped Dwayne feed the monkey (more or less) and has allowed him to work on a book about Great Dude from History Mark Twain's unconventional religious views.

“. . .the funniest behind-the-scenes memoir I've ever read, full of crazy characters, plot twists, and suspense."  
—Dan Lyons, *New York Times* best-selling author

# CONSTANT COMEDY

A Memoir



---

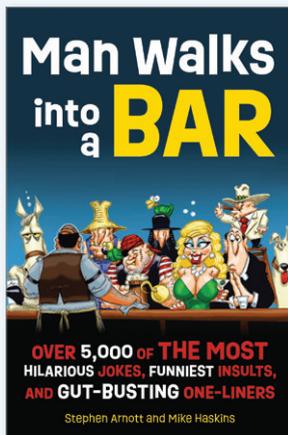
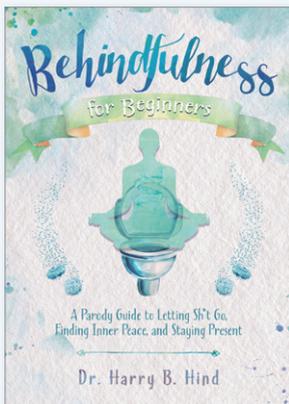
How I Started  
**Comedy Central**  
and Lost My Sense of Humor

---

## ART BELL

December 2022 | Paperback | 320 Pages | 6" x 9" | Black and White

Similar titles from Ulysses Press



# Constant Comedy

## How I Started Comedy Central and Lost My Sense of Humor

Art Bell

Discover the riveting, hilarious true story of the birth of Comedy Central in what *New York Times* best-selling author Dan Lyons calls the “funniest behind-the-scenes memoir I’ve ever read, full of crazy characters, plot twists, and suspense.”

**Fall 2022**

\$17.95 US | \$24.95 CAN

978-1-64604-441-2 (print)

978-1-64604-090-2 (ebook)

**Category:** Humor

**Rights:** World

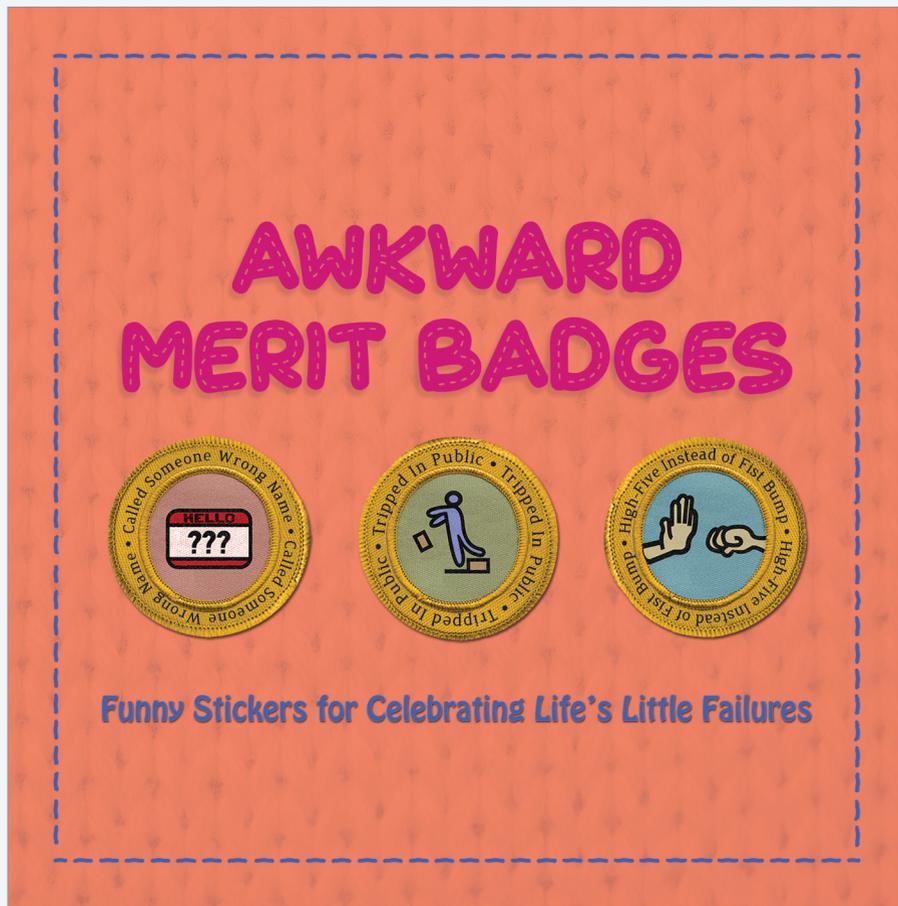
Award-winning finalist in the Narrative: Non-Fiction category of the 2020 Best Book Awards sponsored by American Book Fest

In 1988, a young, mid-level employee named Art Bell pitched a novel concept—a television channel focused 100% on just one thing: comedy—to the chairman of HBO. The station that would soon become Comedy Central, with celebrated programs like *South Park*, *Chappelle’s Show*, *The Daily Show*, and *The Colbert Report*, were born.

*Constant Comedy* takes readers behind the scenes into the comedy startup on its way to becoming one of the most successful and creative purveyors of popular culture in the United States. From disastrous pitch meetings with comedians to the discovery of talents like Bill Maher and Jon Stewart, this intimate biography peers behind the curtain and reveals what it’s really like to work, struggle, and ultimately succeed at the cutting edge of show business.

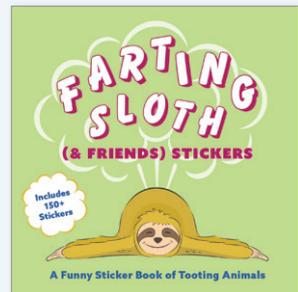
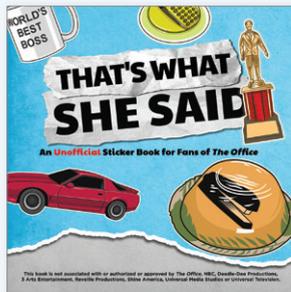
### ABOUT THE AUTHOR

Art Bell is a former media executive best known for creating and building HBO’s The Comedy Channel, which went on to become Comedy Central. After Comedy Central, Bell became the president of Court TV and was the guiding force behind one of the most successful brand evolutions in cable television. Bell is the coauthor of *Web Sightings: A Collection of Web Sites We’d Like to See*. He lives with his family in Connecticut.



October 2022 | Paperback, Sticker Book | 32 Pages | 6.5" x 6.5" | Full Color

Similar titles from Ulysses Press



# Awkward Merit Badges

## Funny Stickers for Celebrating Life’s Little Failures

Editors of Ulysses Press

Celebrate awkwardness and faux pas with this sticker book of merit badges designed for those embarrassing moments when your social anxiety gets the best of you.

Thanks to *Awkward Merit Badges*, you can issue a cleverly designed sticker to take the sting out of a faux pas and laugh with your friends, family, or self. There is an adorable sticker for every misstep, including:

- ▶ “Thought Stranger Was Waving at You”
- ▶ “Third Wheel”
- ▶ “Errant ‘Reply All’”
- ▶ “Called Someone Wrong Name”
- ▶ “Tripped in Public”

Fall 2022

\$12.95 US | \$17.95 CAN  
978-1-64604-414-6 (print)

Category: Humor  
Rights: World

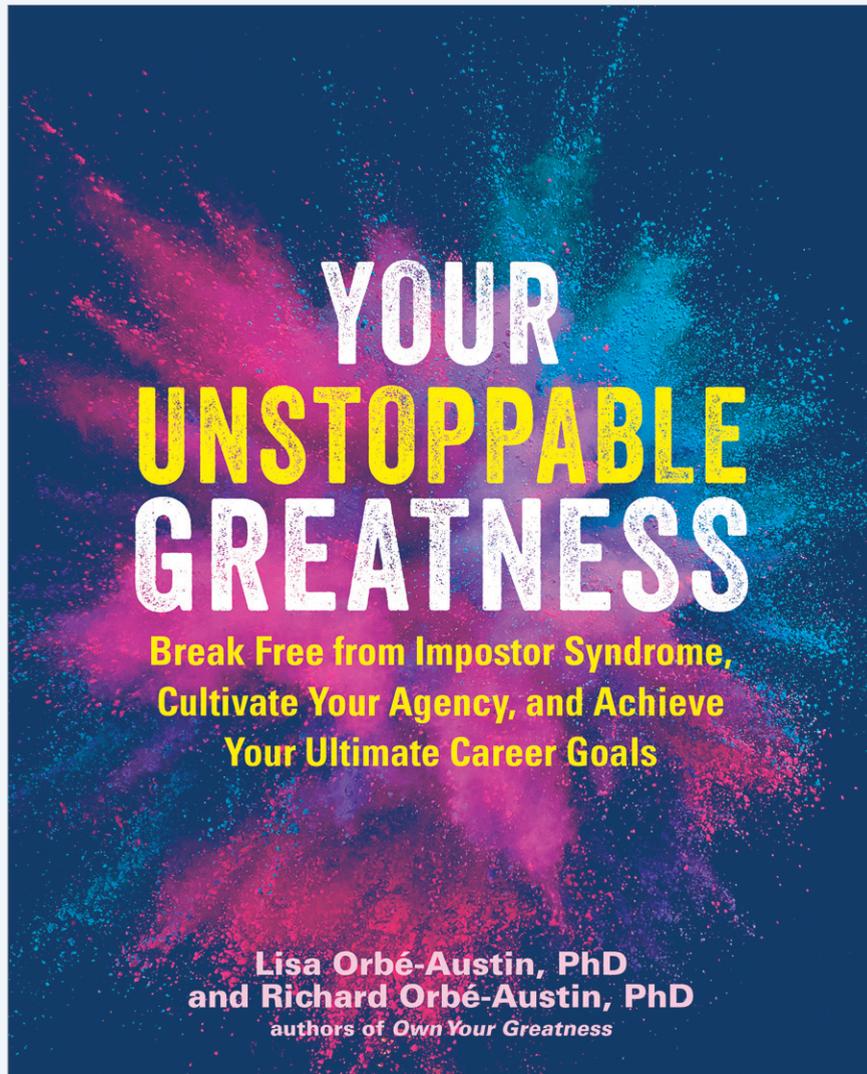
With 144 colorful stickers, you’re sure to have a badge for any situation.

### ABOUT THE AUTHOR

Ulysses Press is a pop culture book publishing company based in Berkeley, California, and Brooklyn, New York.

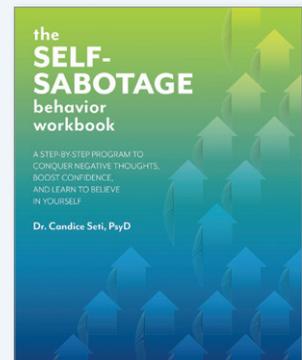
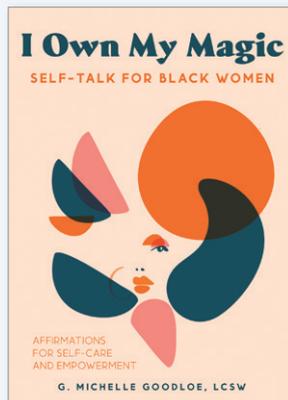
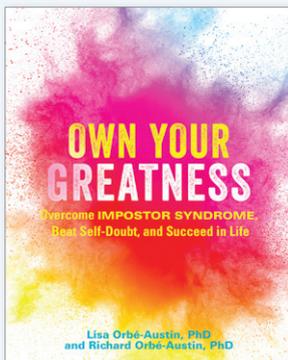
### Sample stickers





October 2022 | Paperback | 216 Pages | 7.5" x 9.25" | Black and White

Similar titles from Ulysses Press



# Your Unstoppable Greatness

## Break Free from Impostor Syndrome, Cultivate Your Agency, and Achieve Your Ultimate Career Goals

Lisa Orbé-Austin and Richard Orbé-Austin

Discover how to overcome fear, build confidence in who you are, and celebrate your accomplishments through the interactive activities and life-changing advice in this easy-to-use guided workbook.

### Fall 2022

\$15.95 US | \$21.95 CAN

978-1-64604-407-8 (print)

978-1-64604-426-9 (ebook)

**Category:** Leadership & Success

**Rights:** World

Have you ever felt stuck at your job? How often do you feel burned out due to your toxic work environment? It can become easy to get trapped into an unhealthy cycle in your career and lose focus of your goals if you struggle with feeling like a fraud. But overcoming your impostor syndrome will encourage you to feel confident about your accomplishments, skills, and abilities in order to achieve a successful life.

*Your Unstoppable Greatness* will give you the tools you need to recognize your potential and create the path you always wanted. With the help of this interactive workbook, you'll find research- and therapy-backed exercises, prompts, and activities to help you:

- ▶ Identify toxic work cultures
- ▶ Construct/reconstruct your dream career
- ▶ Step outside of your comfort zone
- ▶ Redefine your success
- ▶ Feel comfortable changing careers

Overcoming impostor syndrome is a journey, but it's the first step to achieving a happier, more fulfilling career.

### ABOUT THE AUTHORS

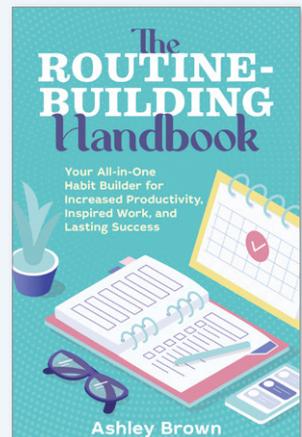
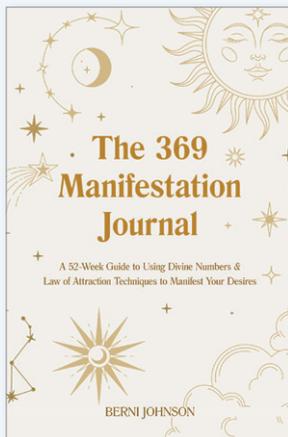
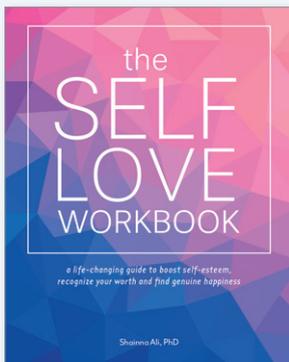
Dr. Lisa Orbé-Austin is a licensed psychologist, executive coach, and organizational consultant. She has appeared in various outlets, such as the *New York Times*, *Forbes*, NBC News, Refinery29, and *Insight Into Diversity*. Dr. Orbé-Austin received her bachelor's degree in English from Boston College, her master's degree in counseling psychology from Boston College, and her PhD in counseling psychology from Columbia University.

Dr. Richard Orbé-Austin is a psychologist and a partner of Dynamic Transitions Psychological Consulting, LLP, a career and executive coaching consultancy. Dr. Orbé-Austin's opinions and writings have appeared in *Forbes*, *Fast Company*, *Diversity Executive*, and ThriveGlobal, among others. He earned his PhD in counseling psychology from Fordham University's Graduate School of Education and his bachelor's degree in psychology from NYU.



September 2022 | Coil Bound | 240 Pages | 7" x 9" | Black and White

Similar titles from Ulysses Press



# The Self-Love Planner

## Reflection Prompts, Empowering Exercises, and Daily Inspiration for Your Personal Growth Journey (Undated Monthly/Weekly Planner)

Shainna Ali

Infuse a daily dose of self-love into your life and foster genuine happiness with this easy-to-use, undated planner from the author of *The Self-Love Workbook*, Dr. Shainna Ali.

### Fall 2022

\$29.95 US | \$39.95 CAN  
978-1-64604-358-3 (print)

**Category:** Personal Growth & Happiness

**Rights:** World

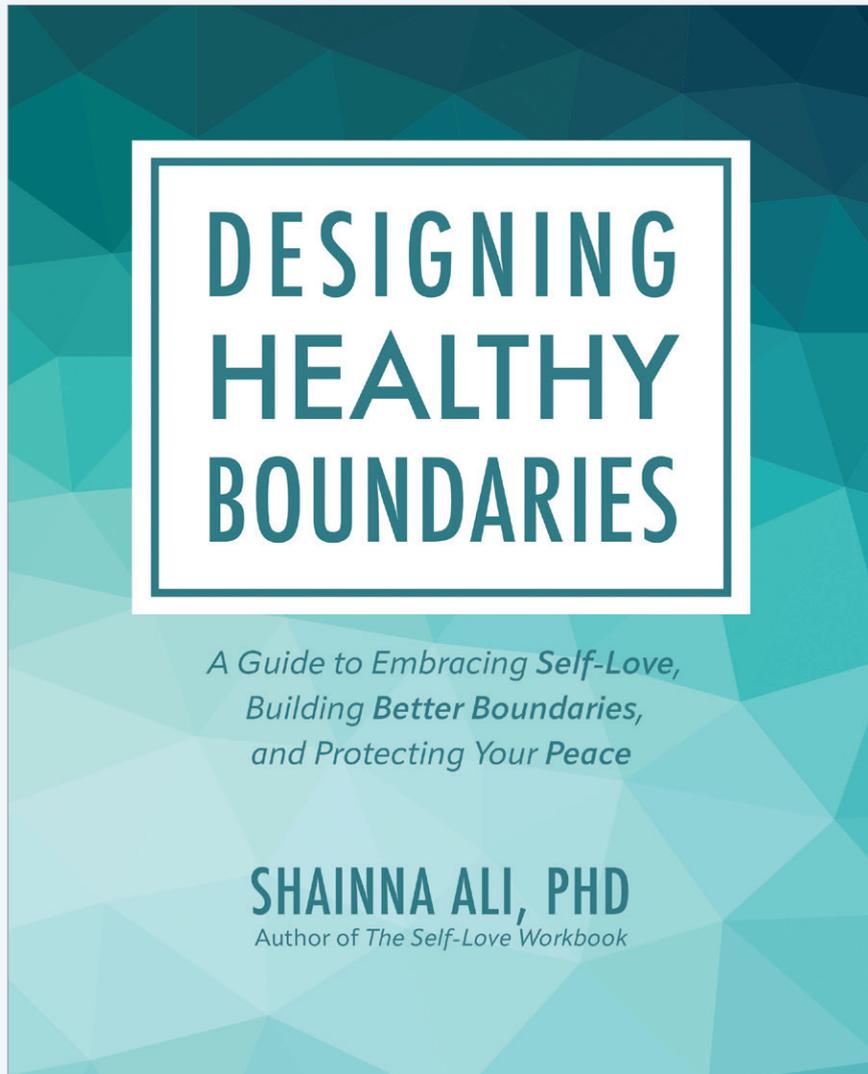
The benefits of prioritizing yourself are vast, but the journey to true empowerment and happiness is much easier said than done. This customizable planner is your guide to embracing a healthy mindset and finding self-love in each and every day. Packed with interactive prompts and exercises, this year-long companion walks you through the self-love process, including key elements like purposefulness, wellness, and boundaries. This keepsake hardcover planner will lay the foundations of self-love over the course of a year and give you the tools you need to maintain your self-love journey for many more to come. Inside, you will:

- ▶ Learn about the seven segments of self-love
- ▶ Set your intentional foundation for the year ahead
- ▶ Explore a new focus area each month
- ▶ Deepen your practice with weekly prompts and activities
- ▶ Encounter checkpoints to recalibrate your path
- ▶ Reflect on how far you have come, where you are, and where you wish to go

Created by a mental health counselor, educator, and advocate, *The Self-Love Planner* is designed with proven strategies and tools to help you understand the breadth of self-love, maintain alignment, and embrace your full potential.

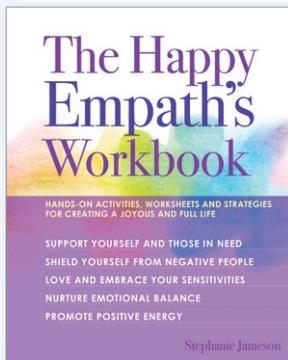
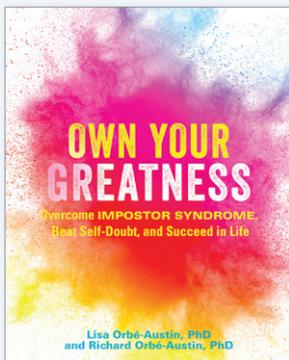
### ABOUT THE AUTHOR

Dr. Shainna Ali is a mental health counselor, educator, and advocate dedicated to highlighting the important role of mental health in fostering happiness, fulfillment, and overall wellness. She is the author of *The Self-Love Workbook*, *The Self-Love Workbook for Teens*, and *Luna Finds Love Everywhere*. Within the field of mental health, her areas of expertise include exploring identity and culture, fostering emotional intelligence, healing from trauma, and utilizing creative counseling methods.



December 2022 | Paperback | 144 Pages | 7.5" x 9.25" | Black and White

Similar titles from Ulysses Press



# Designing Healthy Boundaries

## A Guide to Embracing Self-Love, Building Better Boundaries, and Protecting Your Peace

Shainna Ali

Take control of your relationships with this all-in-one guide to identifying, setting, and—most of all—maintaining healthy boundaries with your family, coworkers, friends, partner, and self.

In a world of social media, working from home, and constant availability, setting boundaries in work, love, family, and beyond has never been more relevant. But discovering what you need and asserting those limits can be much easier said than done.

Dr. Shainna Ali, mental health counselor, educator, and best-selling author of *The Self-Love Workbook*, offers her comprehensive guide to building better boundaries in the modern world. Focusing on individual boundary setting, Dr. Ali’s approach highlights the key foundations of healthy relationships: patience, self-awareness, openness, courage, coping, and support. Her advice, paired with real-life stories and interactive prompts and journaling, allow for deeper reflection and empathy as you customize the boundary-building process for your unique situation.

### Fall 2022

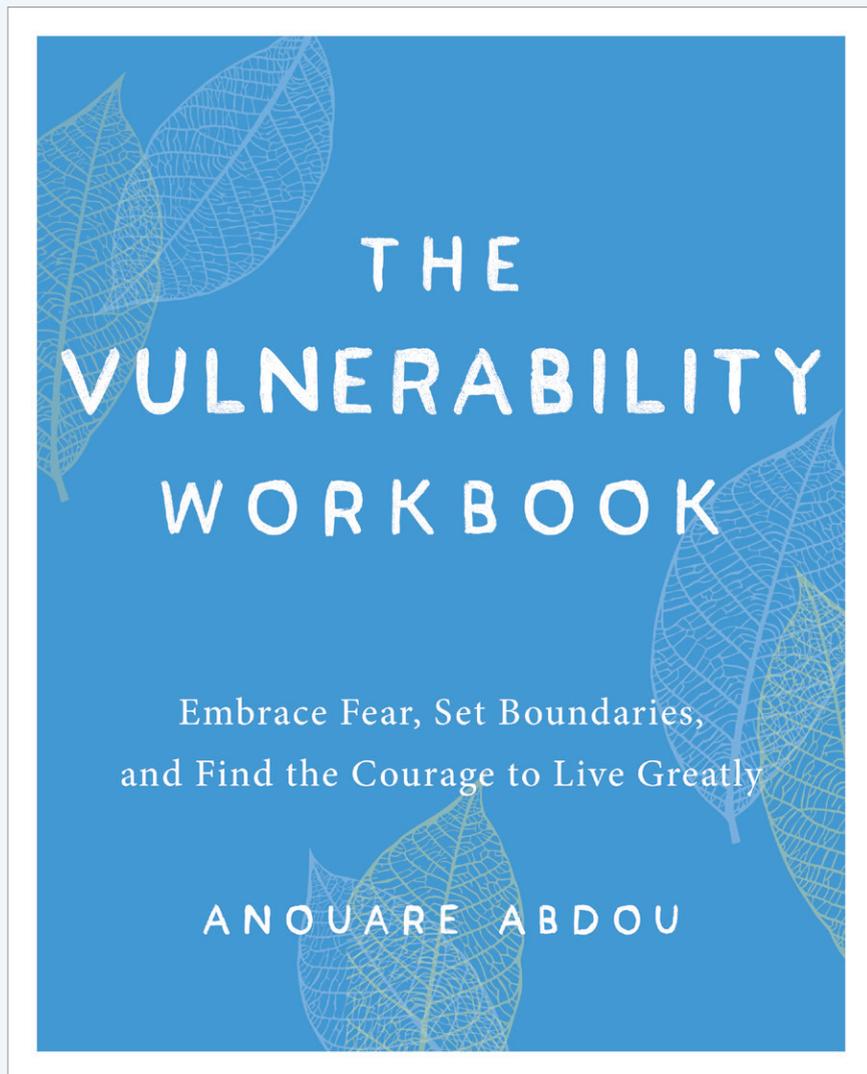
\$15.95 US | \$21.95 CAN  
978-1-64604-408-5 (print)  
978-1-64604-436-8 (ebook)

**Category:** Personal Growth & Happiness  
**Rights:** World

### ABOUT THE AUTHOR

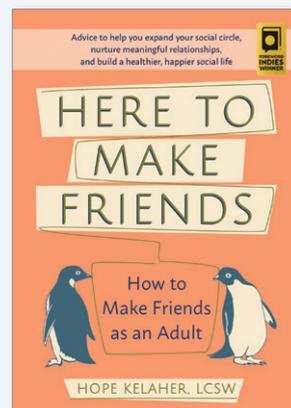
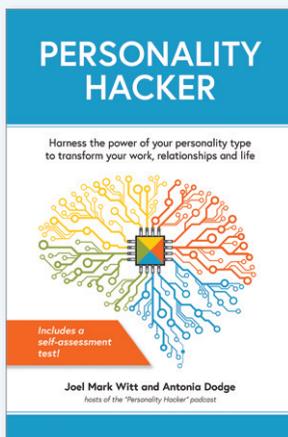
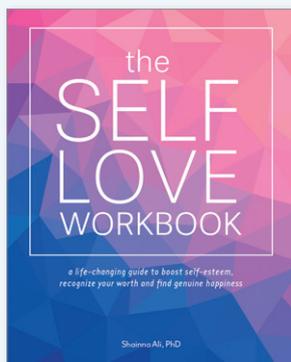
Dr. Shainna Ali is a mental health counselor, educator, and advocate dedicated to highlighting the important role of mental health in fostering happiness, fulfillment, and overall wellness. She is the author of *The Self-Love Workbook*, *The Self-Love Workbook for Teens*, and *Luna Finds Love Everywhere*. Within the field of mental health, her areas of expertise include exploring identity and culture, fostering emotional intelligence, healing from trauma, and utilizing creative counseling methods.

Dr. Shainna advocates for the importance of self-love and mental health at workshops and presentations, in the media, and through her *Psychology Today*–hosted blog, *A Modern Mentality*. She serves on the board for the Mental Health Association of Central Florida, has been named 30 under 30 by her alma mater, The University of Central Florida, and has been honored with the Pete Fischer Humanitarian Award by the Florida Counseling Association.



October 2022 | Paperback | 192 Pages | 7.5" x 9.25" | Black and White

*Similar titles from Ulysses Press*



# The Vulnerability Workbook

## Embrace Fear, Set Boundaries, and Find the Courage to Live Greatly

Anouare Abdou

Discover the courage to embrace vulnerability with this friendly, research-backed workbook designed to help you nourish relationships, learn to trust yourself, and transform your life.

### Fall 2022

\$16.95 US | \$22.95 CAN

978-1-64604-403-0 (print)

978-1-64604-427-6 (ebook)

**Category:** Personal Growth & Happiness

**Rights:** World

The word “vulnerability” is scary. We’re taught that letting people close to us and showing our true selves can result in heartbreak, trauma, and loss. But vulnerability, when approached in a safe way and anchored in self-trust, can be the key to healthy, long-lasting relationships.

*The Vulnerability Workbook* gives you actionable tools to help you deconstruct vulnerability and turn it into a practice that will enrich your life and relationships. Inside this workbook, you’ll explore the 10 core pillars of vulnerability, including:

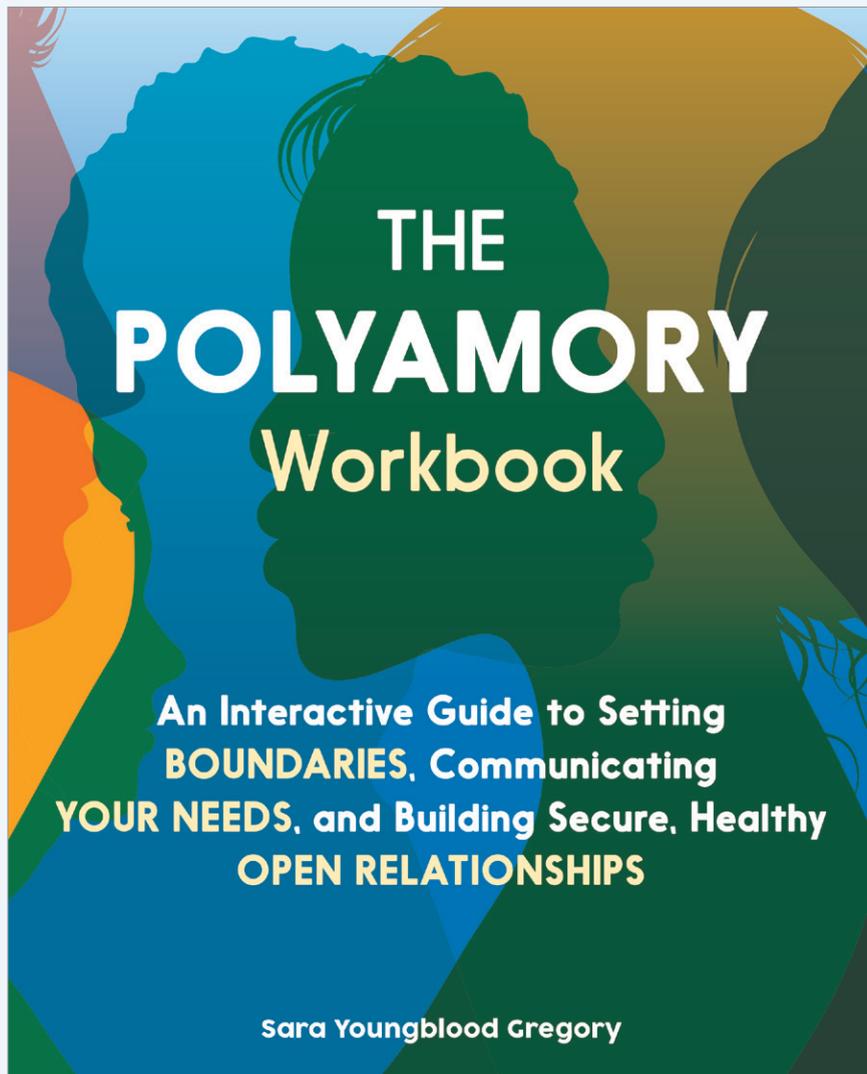
- ▶ Setting a vision and intentions
- ▶ Cultivating self-awareness
- ▶ Building shame resilience
- ▶ Establishing healthy boundaries
- ▶ Holding space for others

Then, learn why each pillar is important and how you can practice putting them into action in your own life through self-reflection exercises, journaling prompts, and interactive activities. *The Vulnerability Workbook* is the perfect resource for anyone seeking to embrace their vulnerability and make their relationships the best they can be.

### ABOUT THE AUTHOR

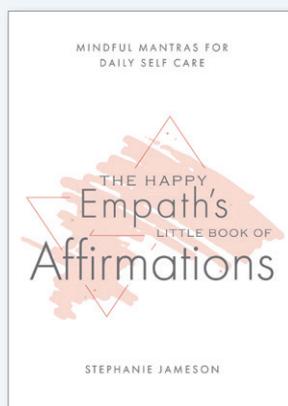
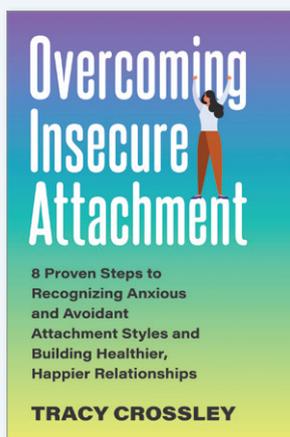
Anouare Abdou is an author, authentic success mentor, and entrepreneur who started her career as a lifestyle journalist. From managing editorial teams to producing video content and leading business operations, she has tackled various challenges in digital media and discovered her passion for management in the process.

But despite her career success, it’s her own relational trauma that led her on a powerful journey of self-discovery with one goal in mind: to be able to have happy, healthy relationships. Through years of therapy and healing modalities, she picked up tools and techniques that allowed her to transcend her limitations and create deeply fulfilling relationships. Now she’s on a mission to help others do the same. Anouare is the coauthor of the best-selling book *Success Codes: Secrets to Success You Weren’t Taught in School*.



November 2022 | Paperback | 192 Pages | 7.5" x 9.25" | Black and White

*Similar titles from Ulysses Press*



# The Polyamory Workbook

## An Interactive Guide to Setting Boundaries, Communicating Your Needs, and Building Secure, Healthy Open Relationships

Sara Youngblood Gregory

Successfully navigate nonmonogamous relationships with this practical workbook filled with activities, journal prompts, interviews, and more activities designed to make polyamory work for you and your loved ones.

### Fall 2022

\$16.95 US | \$22.95 CAN

978-1-64604-406-1 (print)

978-1-64604-429-0 (ebook)

**Category:** Personal Growth & Happiness

**Rights:** World

We all want polyamory to be intuitive and refreshing, but in reality, polyamory is often like being lost at sea: overwhelming, exhausting, and not at all what you imagined. *The Polyamory Workbook* draws key information from real polyamorous people and relationship experts to help you expand your emotional and relational toolbox, better preparing you for the dive into nonmonogamy.

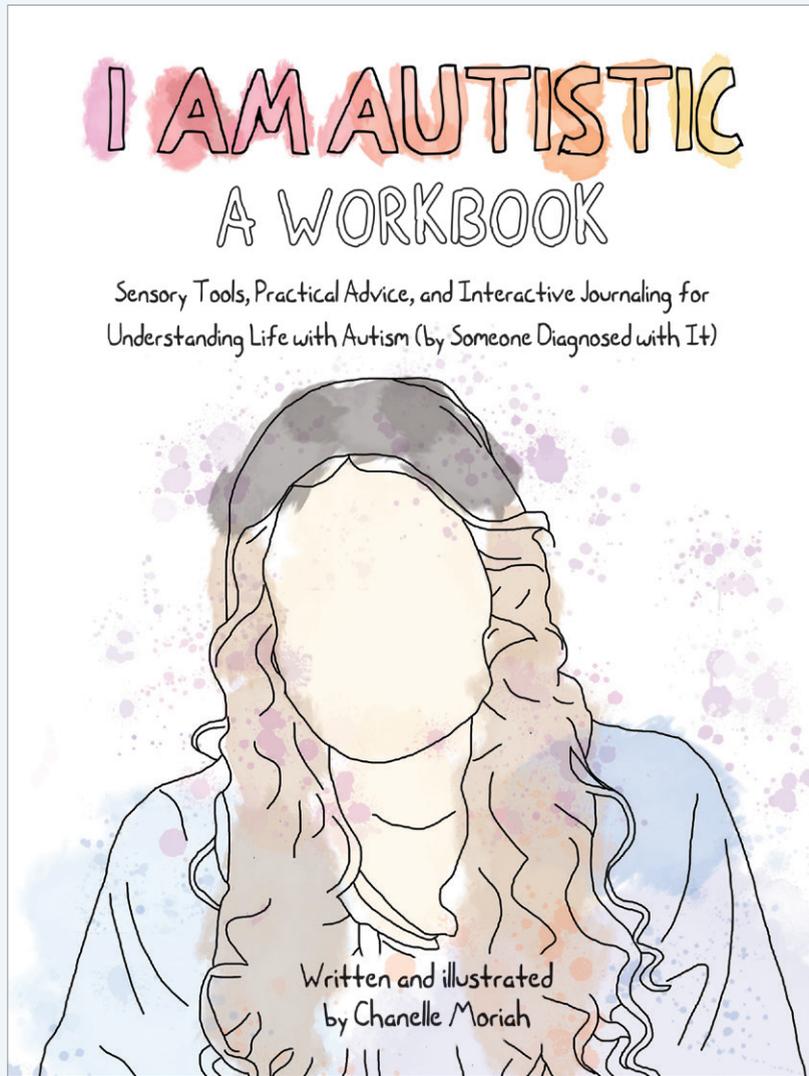
This workbook focuses on the foundational knowledge everyone interested in or already practicing polyamory should know, including:

- ▶ Types of nonmonogamy
- ▶ Communication styles
- ▶ Boundary setting
- ▶ Consent
- ▶ Metamours and jealousy
- ▶ Pitfalls and red flags
- ▶ Breakups
- ▶ And more!

Whether you're new to nonmonogamy or have been practicing polyamory for a while, *The Polyamory Workbook* will help you identify and break away from fear-based relationships and journey toward freer, more joyful connections.

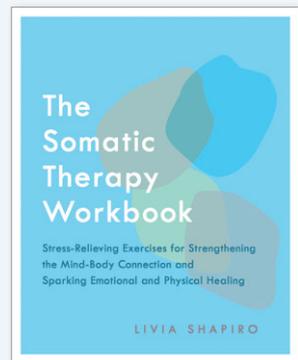
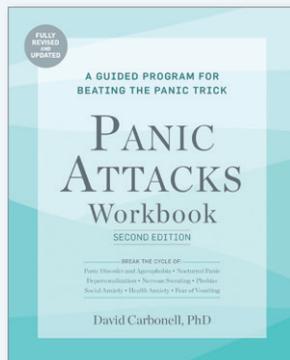
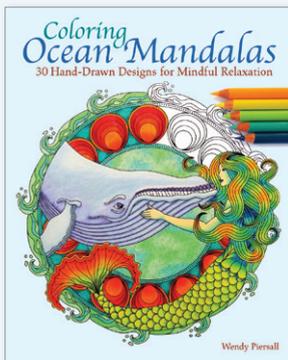
### ABOUT THE AUTHOR

Sara Youngblood Gregory is a lesbian writer and poet. Her work explores queerness, sexual wellness, disability, kink, and polyamory. Sara serves on the board of the lesbian literary and arts journal *Sinister Wisdom*, and her work has been featured in various publications, including *Vice*, *DAME*, *HuffPost*, *Refinery29*, and *Bustle*. Her chapbook *RUN.* is out with Finishing Line Press in Fall 2022.



October 2022 | Paperback | 144 Pages | 7" x 9.25" | Full Color

Similar titles from Ulysses Press



# I Am Autistic: A Workbook

## Sensory Tools, Practical Advice, and Interactive Journaling for Understanding Life with Autism (By Someone Diagnosed with It)

Chanelle Moriah

Navigate the world of autism with this friendly, full-color guide for those interested in learning more about autism spectrum disorder (ASD), getting an early diagnosis, and recognizing how being autistic can impact a person's life.

In this first-ever creative guide, author and illustrator Chanelle Moriah offers an interactive tool for both diagnosed and undiagnosed autistics to explain or make sense of their experiences. It also offers non-autistic people the chance to learn more about autism from someone who is autistic.

Packed with full-color illustrations, sensory elements, and spaces for reflection, this book is designed to be personalized to the individual's experience. *I Am Autistic* helps people feel less alone in their autism and brings knowledge to an often-misunderstood condition.

Fall 2022

\$19.95 US | \$26.95 CAN

978-1-64604-418-4 (print)

978-1-64604-424-5 (ebook)

### ABOUT THE AUTHOR

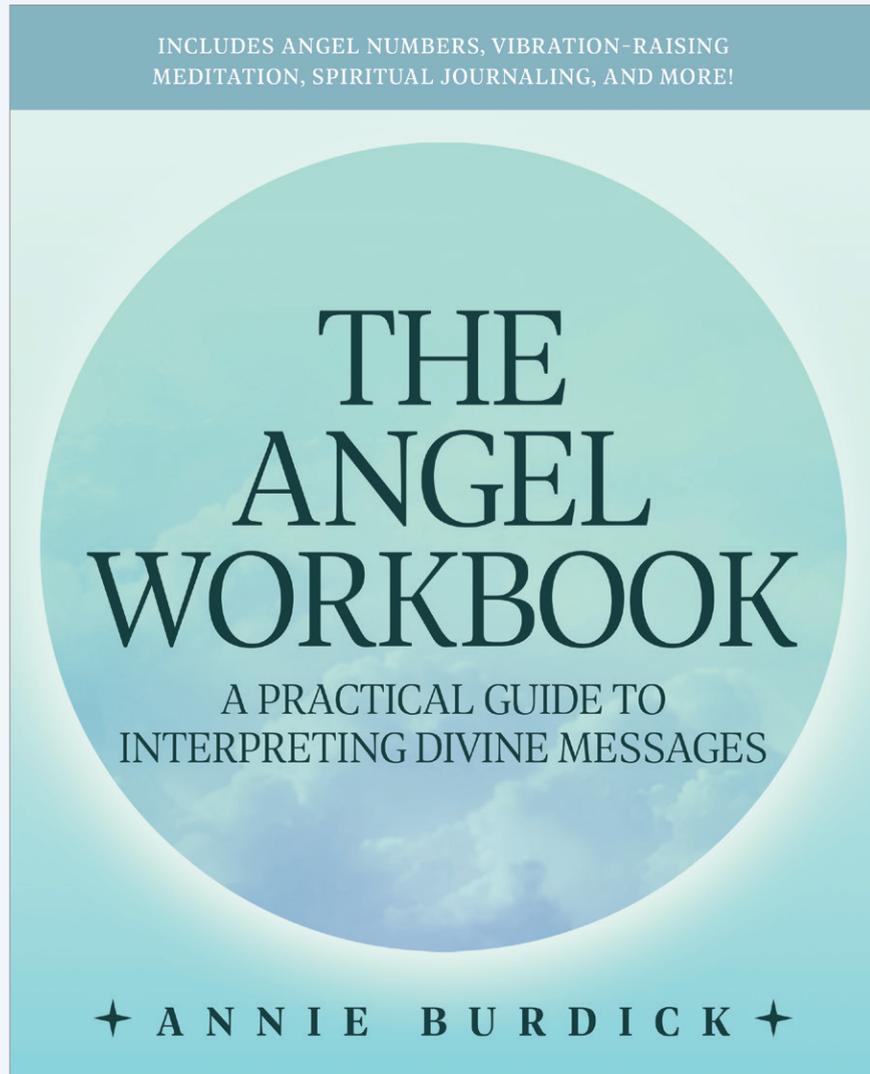
Chanelle Moriah lives in Wellington and is a keen illustrator who enjoys bubble tea, Lego, and sitting in the rain.

Category: Personal Growth & Happiness

Rights: US, Canada

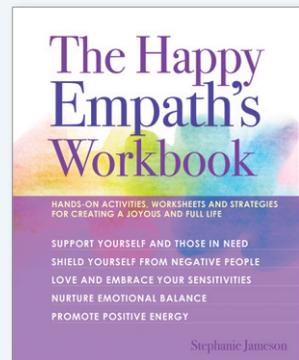
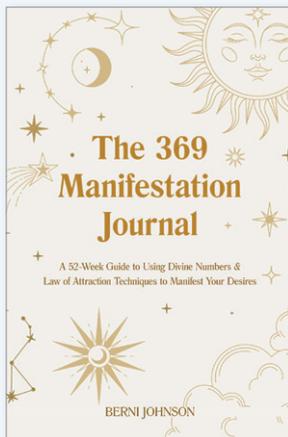
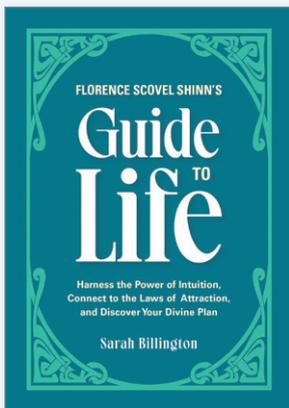
### Sample spreads





December 2022 | Paperback | 128 Pages | 7.5" x 9.25" | Black and White

*Similar titles from Ulysses Press*



# The Angel Workbook

## A Practical Guide to Interpreting Divine Messages — Includes Angel Numbers, Vibration-Raising Meditation, Spiritual Journaling, and More!

Annie Burdick

Discover and connect to the wisdom and power of your guardian angels in this one-of-a-kind interactive workbook. Includes angel numbers, vibration-raising meditation, spiritual journaling prompts, and more!

Understanding the clues left for you by your divine messengers can be confusing. Are you putting too much emphasis on one thing? Have you entirely missed another? Are you interpreting things correctly? This workbook pulls together all aspects of angels, including:

- Angel numbers
- Raising your vibration
- Meditation
- Recognizing spiritual messages
- Understanding messages from angelic and spiritual guardians
- And more!

### Fall 2022

\$15.95 US | \$21.95 CAN  
978-1-64604-416-0 (print)  
978-1-64604-435-1 (ebook)

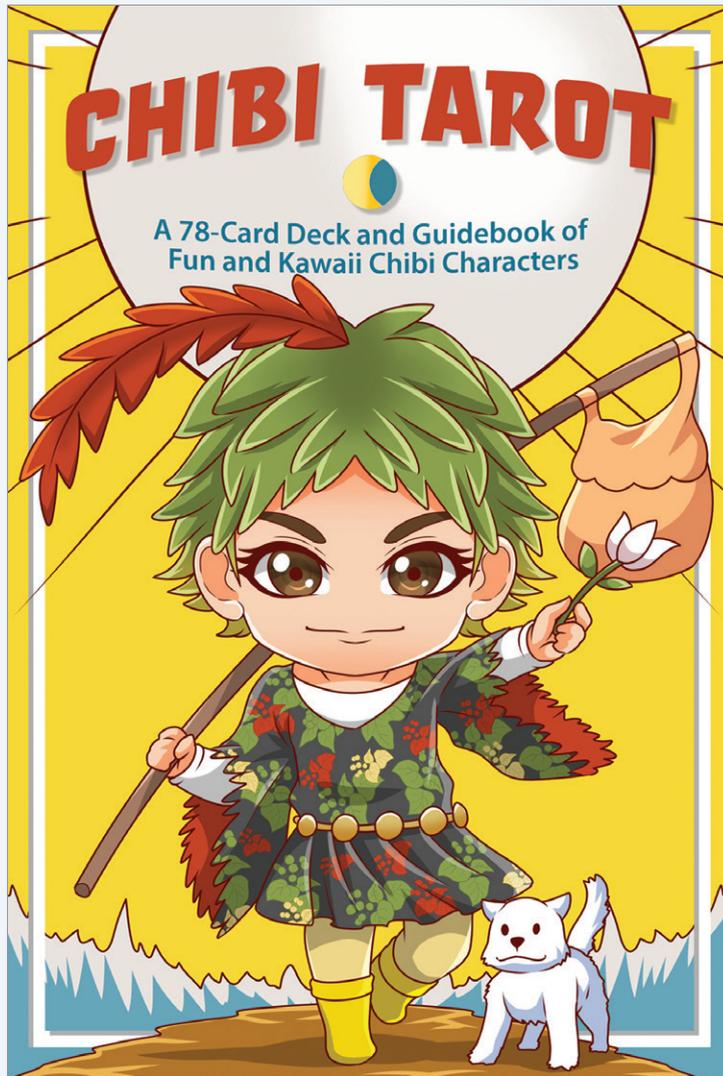
**Category:** Angels & Spirit Guides

**Rights:** World

Perfect for beginners as well as those already familiar with angel spirituality and looking to delve deeper, the interactive journaling prompts and activities in *The Angel Workbook* help readers in their journey to understand higher truths and bring peace into their lives.

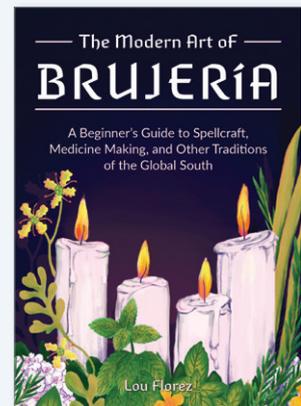
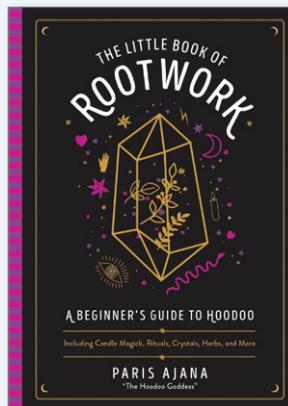
### ABOUT THE AUTHOR

Annie Burdick is a writer and editor with a lifelong obsession with words. She’s a Midwest native living in Oregon with rescue dogs and a wall of bookshelves. After working as a New Age book editor, she transitioned into the world of freelancing, writing articles for sites like Eater, MyDomaine, *Forbes*, and many others. She holds a BA in English from the University of Minnesota-Twin Cities. This is her fifth nonfiction book. You can see more of her work at [AnnieBurdickFreelance.com](http://AnnieBurdickFreelance.com).



September 2022 | Flashcards & Booklet | 78 Cards | 2.75" x 4.75" | Full Color

Similar titles from Ulysses Press



# Chibi Tarot

## A 78-Card Deck and Guidebook of Fun and Kawaii Chibi Characters

Editors of Ulysses Press

Celebrate your love of all things kawaii and fortune-telling with this charming take on the classic 78-card tarot card deck and guidebook.

Fall 2022

\$24.95 US | \$33.95 CAN  
978-1-64604-363-7 (print)

Category: Tarot Deck

Rights: World

Make the next step into your spiritual journey a fun one as you learn how to divine the future with adorable chibi versions of traditional tarot archetypes. From the Empress to the Fool, each of your favorite Major and Minor Arcana cards get a mangafied treatment to reveal the past, future, and present.

Inspired by the classic Rider-Waite illustrations, these vibrant, beautifully designed cards and step-by-step guidebook will reveal a delightful tarot reading that's as cute as it is divine. Whether you're a beginner to tarot readings or a collector of fun decks like *Cat Tarot* and *Kawaii Tarot*, *Chibi Tarot* is here to make divination an entertaining experience for everyone!

### ABOUT THE AUTHOR

Ulysses Press is a pop culture book publishing company with offices in Brooklyn, New York, and Berkeley, California.

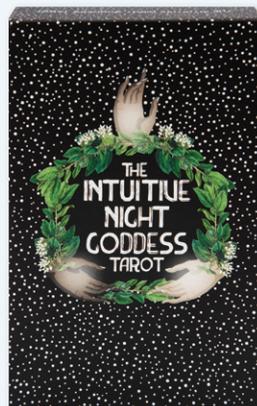
### Sample cards





September 2022 | Flashcards & Booklet | 33 Cards | 2.5" x 4.5" | Black and White

Similar titles from Ulysses Press



# Angel Oracle Cards: Create and Color

## 33 Customizable Cards and Step-by-Step Guidebook for Guidance and Self-Reflection

Anne-Sophie Casper | Marion Blanc, illustrator

Tarot lovers can add a personal touch to their divination practice with this one-of-a-kind DIY oracle deck and guidebook designed to be colored in and customized to fit your spiritual needs.

Whether you just haven't found the right oracle deck yet or you're looking for a way to make a more personal connection to the wisdom and power of guardian angels, *the Angel Oracle Cards* are the perfect divination tool for you!

These 33 customizable, black-and-white oracle cards are made out of sturdy matte paper, perfect for coloring with pens, colored pencils, markers, and more. Once you personalize this deck with creative colors and designs, use the one-of-a-kind oracle cards to discover the divine messages and inspiration you need for improving your health, happiness, relationships, and life.

Included in each deck is a helpful companion guidebook full of details on various archangels and instructions on how to best use your deck.

**Fall 2022**

\$14.95 US | \$19.95 CAN  
978-1-64604-410-8 (print)

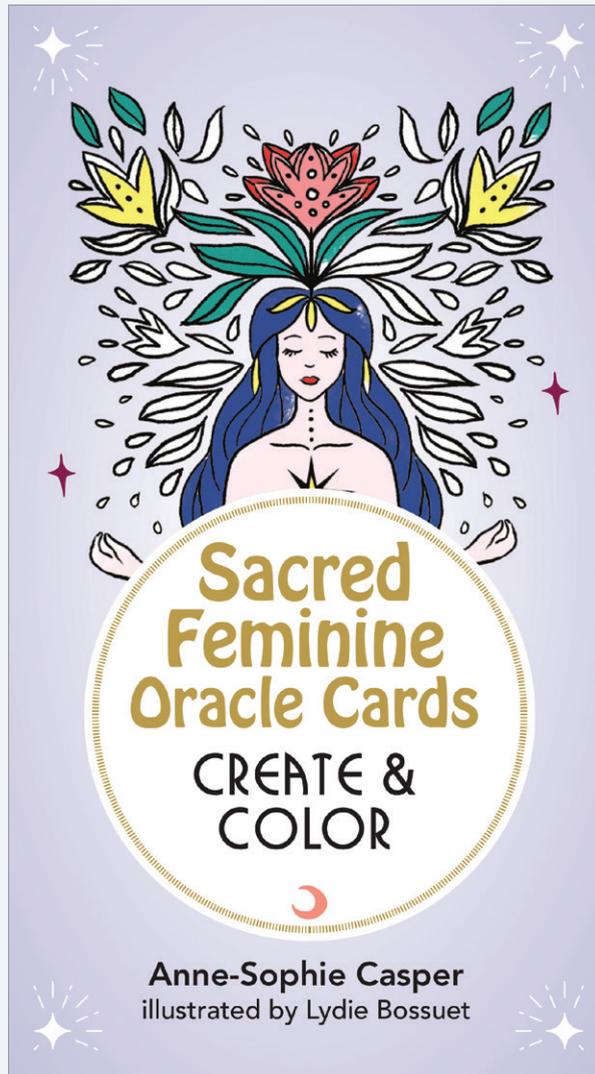
**Category:** Angels & Spirit Guides

**Rights:** World English

### ABOUT THE AUTHOR

Anne-Sophie Casper is a Reiki master, teacher, licensed massage therapist, certified coach, energy specialist, the author of oracles as well as personal growth and well-being books, and host of conferences, training sessions, and a radio column on self-development.

With a bachelor's degree in applied arts and a master's degree in digital creation, Marion Blanc was a graphic designer for five years in a digital studio before being an illustrator.



September 2022 | Flashcards & Booklet | 33 Cards | 2.5" x 4.5" | Black and White

*Similar titles from Ulysses Press*



# Sacred Feminine Oracle Cards: Create and Color

## 33 Customizable Cards and Step-by-Step Guidebook for Channeling the Divine

Anne-Sophie Casper | Lydie Bossuet, illustrator

This one-of-a-kind, DIY oracle deck and guidebook designed to be colored in and customized to fit your spiritual needs is perfect for any tarot lover interested in harnessing their inner goddess power.

Whether you just haven't found the right oracle deck yet or you're looking for a way to make your connection to the wisdom and power of divine goddesses a little more personal, the *Sacred Feminine Oracle Cards* are the perfect divination tool for you!

These 33 customizable, black-and-white oracle cards are made out of sturdy matte paper, perfect for coloring with pens, colored pencils, markers, and more. Once you personalize this deck with creative colors and designs, use the one-of-a-kind oracle cards to discover the divine guidance you need for improving your health, happiness, relationships, and life.

Each deck includes a helpful companion guidebook full of details on various goddesses, and instructions on how to best use your deck.

**Fall 2022**

\$14.95 US | \$19.95 CAN  
978-1-64604-411-5 (print)

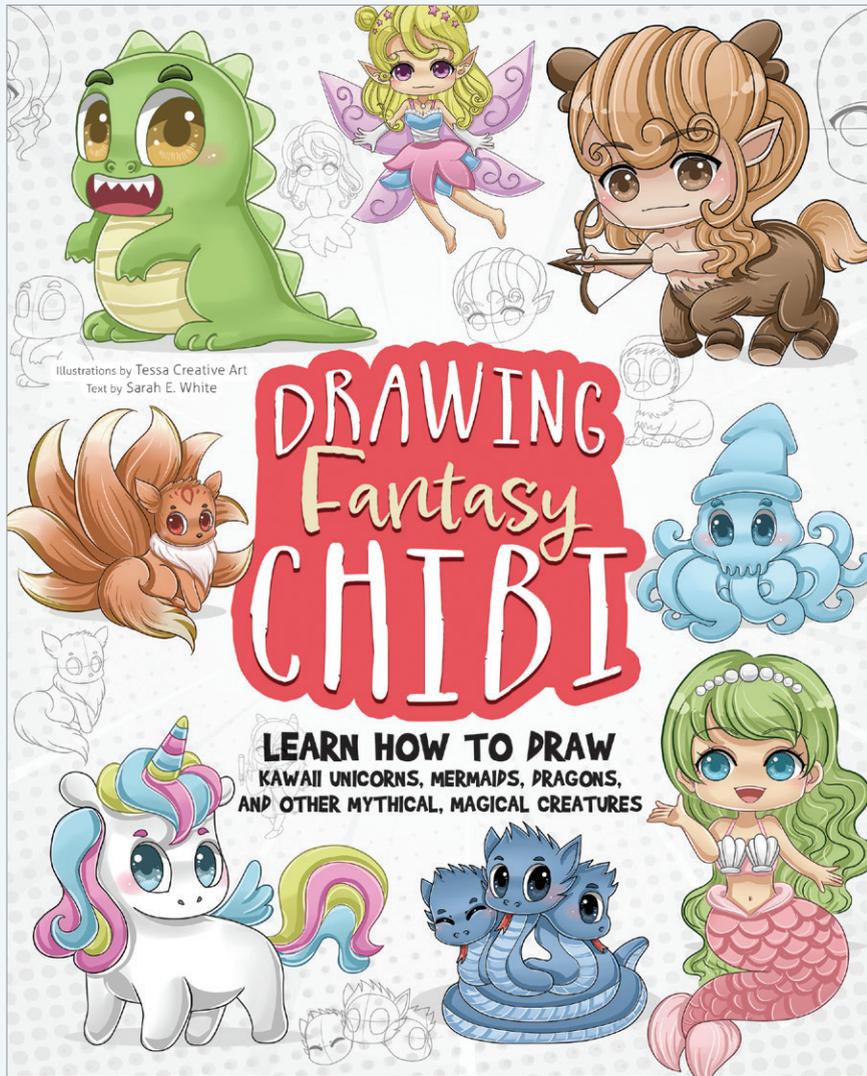
**Category:** Oracle Deck  
**Rights:** World

### ABOUT THE AUTHOR

Anne-Sophie Casper is a Reiki master, teacher, licensed massage therapist, certified coach, energy specialist, the author of oracles as well as personal growth and well-being books, and host of conferences, training sessions, and a radio column on self-development.

After graduating in visual communication from the École Nationale Supérieure des Arts Appliqués Duperré, Lydie Bossuet began her career at Louis Vuitton in the brand's integrated graphic design studio. She has been working in the world of luxury for over 15 years.

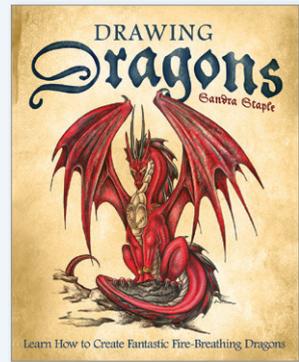
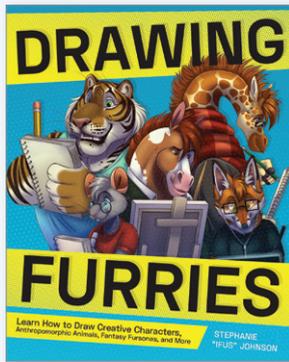
She has also explored the field of illustration, creating hand-drawn patterns. Her work shows a graphic universe imbued with femininity, sensitivity, and precision and comes to life today in a range of media: immersive settings, window dressing and store interiors, exclusive objects, and editorial projects. Her greatest sources of inspiration are the films of Wim Wenders, Wong Kar-wai, and Pedro Almodòvar; the photographs of Slim Aarons; the paintings of Edward Hopper; the writings of Marguerite Duras.



Illustrations by Tessa Creative Art  
Text by Sarah E. White

September 2022 | Paperback | 168 Pages | 7.5" x 9.25" | Black and White

Similar titles from Ulysses Press



# Drawing Fantasy Chibi

## Learn How to Draw Kawaii Unicorns, Mermaids, Dragons, and Other Mythical, Magical Creatures! (How to Draw Books)

Sarah E. White | Tessa Creative Art, illustrator

Learn how to draw adorable, step-by-step anime- and manga-inspired mythical creatures, including chibi mermaids, unicorns, fairies, and more with this easy-to-follow how-to-draw book!

### Fall 2022

\$10.00 | \$13.00 CAN

978-1-64604-402-3 (print)

978-1-64604-437-5 (ebook)

**Category:** How to Draw

**Rights:** World

**Imprint:** Bloom Books for Young Readers

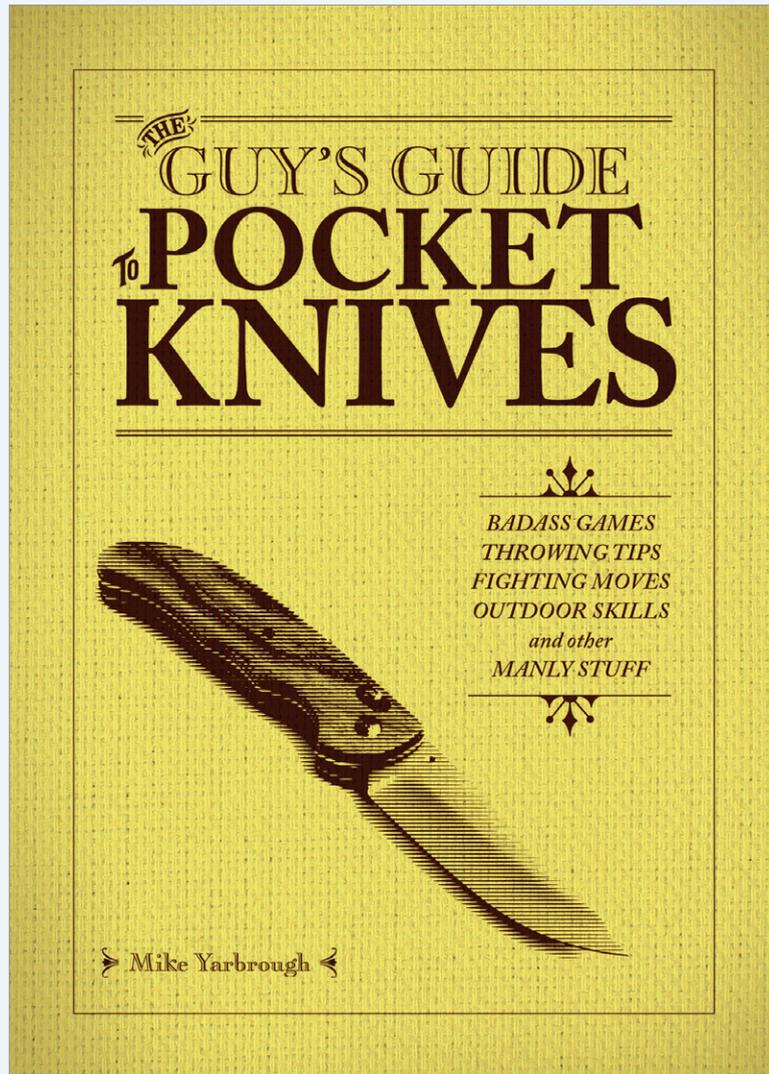
Crack open your sketchbook, grab your pens and pencils, and get ready to turn your fantasy illustrations into kawaii (cute) and chibi (small) creatures. With step-by-step instructions and easy-to-follow tips and tricks, this instructional handbook will help you bring a new level of anime style to your sketches.

Start with a few familiar fantasy creatures, like a unicorn, mermaid, and dragon, before learning how to transform ancient, lesser-known creatures like the basilisk, oni (Japanese demon), and kraken into adorable chibi versions. Whether you're a beginner or a drawing pro, *Drawing Fantasy Chibi* makes this fun, anime-style drawing easy, with workbook-style pages that provide a space for readers to try their hand at practicing each drawing multiple times before they master it!

### ABOUT THE AUTHOR

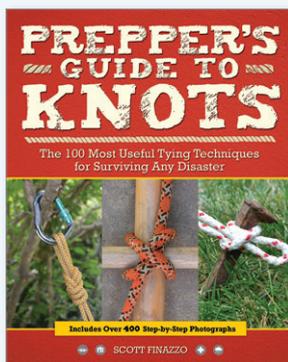
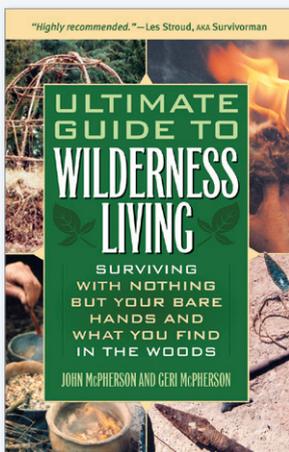
Tessa Creative Art is an anime and manga illustration and design studio located in Canada.

Sarah E. White is the chief maker at *Our Daily Craft*, a blog about creativity for busy people. She writes about knitting, cross stitch, and kids' learning activities for CraftGossip.com and is the author of three knitting books and an ebook on decluttering craft supplies. She loves to craft with her teenaged daughter (who also loves to draw) and is always trying to keep her yarn away from her cats. You can follow her (mostly) daily crafty pursuits and feline shenanigans on Instagram @ourdailycraft.



December 2022 | Paperback | 192 Pages | 4.5" x 6.25" | Black and White

Similar titles from Ulysses Press



# The Guy's Guide to Pocket Knives

## Badass Games, Throwing Tips, Fighting Moves, Outdoor Skills and Other Manly Stuff

Mike Yarbrough

Packed with over 50 pocket knife tricks, ideas, and activities, from fun games and projects to badass fighting moves and survival tips.

**Fall 2022**

\$15.95 US | \$21.95 CAN  
978-1-64604-443-6 (print)

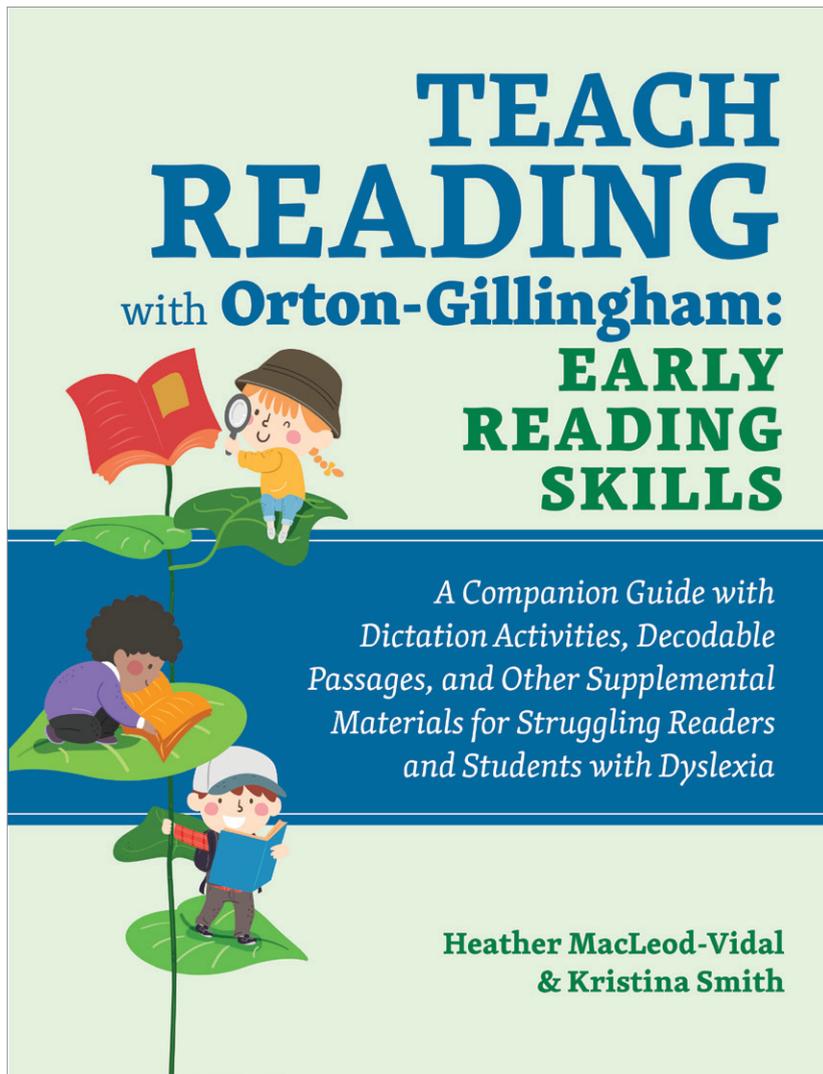
**Category:** Do-It-Yourself  
**Rights:** World

You should never be without a trusty pocket knife, nor should you lack the skills to wield it properly and with purpose. *The Guy's Guide to Pocket Knives* is sure to sharpen your skills and hone your appreciation for the pocket knife with nostalgic, humorous, and informative sections on:

- › History and evolution
- › Blade types and uses
- › Sharpening guides
- › Games and pastimes
- › Whittling projects
- › Outdoor survival skills
- › Throwing techniques

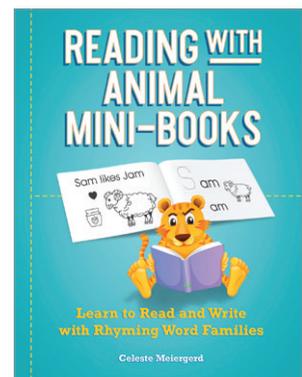
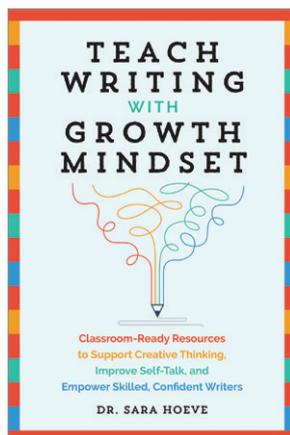
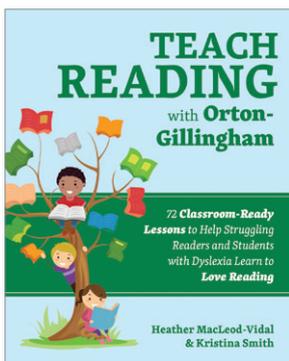
### ABOUT THE AUTHOR

Having spent his formative years on the banks of the Hatchie River in the small town of Mercer, Tennessee, Mike Yarbrough yearns for the hardihood and old-school wisdom so common in generations past. He is the founder of Wolf & Iron (WolfandIron.com) and Rustic and Main (RusticandMain.com). Mike has a passion for entrepreneurship, stories, and helping men heed the high call of manful living. He now resides in Charlotte, NC, with his lovely wife and two handsome sons.



December 2022 | Paperback | 160 Pages | 8.5" x 11" | Black and White

Similar titles from Ulysses Press



# Teach Reading with Orton-Gillingham: Early Reading Skills

A Companion Guide with Dictation Activities, Decodable Passages, and Other Supplemental Materials for Struggling Readers and Students with Dyslexia

Kristina Smith and Heather MacLeod-Vidal

Make reading easy and fun for early elementary readers with this ready-to-use book packed full of proven Orton-Gillingham (OG) reading resources.

## Fall 2022

\$15.95 US | \$21.95 CAN

978-1-64604-405-4 (print)

978-1-64604-434-4 (ebook)

**Category:** Reading & Phonics

**Rights:** World

Whether you're a teacher or parent of a struggling reader or a child with dyslexia, you can get help with this book of Orton-Gillingham strategies intended to improve phonetic knowledge and fluency for early readers.

Designed as a supplemental text to *Teach Reading with Orton-Gillingham* but easy to use with any robust phonics program, this book includes tons of activities for your students to overcome their difficulties with reading. It consists of five units that include decoding and encoding practice using the major tenets of Orton-Gillingham: explicit, systematic, individualized phonics practice with multisensory practice and delivery. Each lesson will offer either letter identification or spelling practice (writing or letter tiles); word cards (small flashcards) for word sorts; and letter, word, or sentence dictation. Also included in each lesson is a teacher's guide, along with helpful tips, verbal/listening activities, and easy-to-follow instructions.

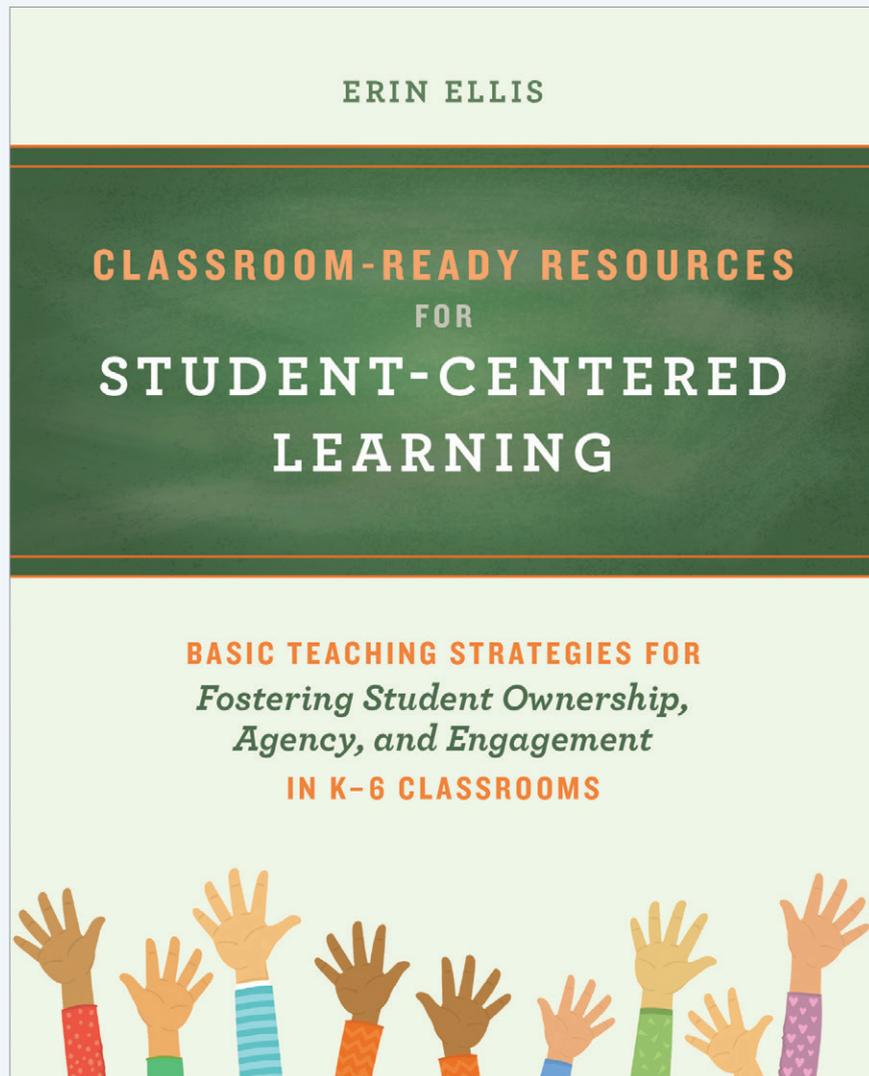
Created by literacy specialists and educators, this teacher-friendly guide will bring more OG strategies to your classroom today!

## ABOUT THE AUTHORS

Kristina Smith is an educator and clinical therapist with more than 15 years' experience teaching and tutoring children with learning challenges. She coauthored *Teach Reading with Orton-Gillingham*. Kristina received her bachelor's degree in sociology from the University of South Florida and, later, her master's degree in social work from Florida State University.

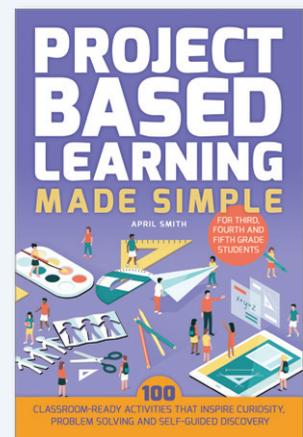
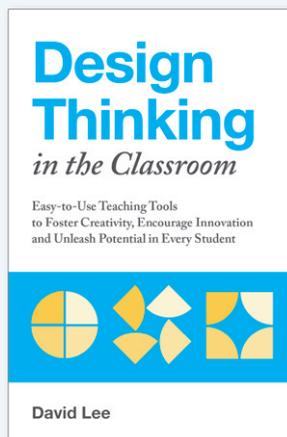
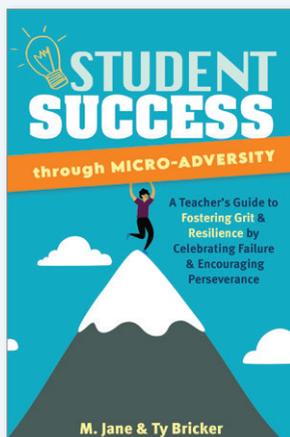
Heather MacLeod-Vidal is a former teacher, tutor, educational business owner, and coauthor of *Teach Reading with Orton-Gillingham*. She works as a literacy specialist to support students with dyslexia and other learning differences in a Tampa Bay area school. She has a degree in elementary education from the University of Tampa and is endorsed in reading, ESOL, and exceptional student education.

For more resources, visit [TreetopsEducation.com](https://www.treetopseducation.com).



September 2022 | Paperback | 144 Pages | 7.5" x 9.25" | Black and White

Similar titles from Ulysses Press



# Classroom-Ready Resources for Student-Centered Learning

## Basic Teaching Strategies for Fostering Student Ownership, Agency, and Engagement in K–6 Classrooms

Erin Ellis

Customize lesson plans, boost student engagement, and give elementary school kids a thirst for knowledge with this classroom-ready and teacher-friendly guide to student-centered learning.

### Fall 2022

\$15.95 US | \$21.95 CAN  
978-1-64604-353-8 (print)  
978-1-64604-378-1 (ebook)

**Category:** Learning Styles

**Rights:** World

Student-centered learning, or the concept of giving students a more active role in their own learning, is taking the education world by storm. This resource book is filled with student-centered learning classroom activities to help you teach any subject in a fun and engaging way. Educators will learn to expand upon basic worksheets and lectures and shift the focus from teacher to student with small group discussions, experiments, case studies, presentations, and other interactive lessons. Inside you'll find:

- › An explanation of student-centered learning and its many benefits
- › How best to engage and encourage elementary-age students
- › A variety of student-centered learning activities ready to be implemented in the classroom
- › And much more!

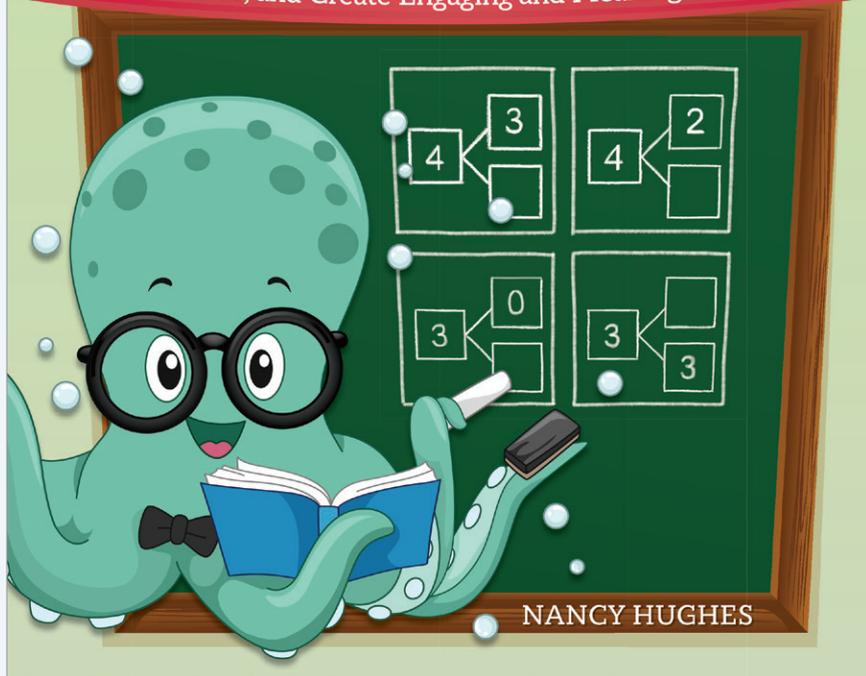
Whether searching for a way to make science class spectacular or reading time remarkable, *Classroom-Ready Resources for Student-Centered Learning* has everything you need to elevate your students' learning quickly and easily!

### ABOUT THE AUTHOR

Erin Ellis is a third grade teacher who strives every day to make her classroom a student-centered learning environment. Her research on growth mindset, assessment-capable learners, and student-centered approaches has given her insight into how effective student-centered learning can be at creating long-term student success. Her practical experience teaching and writing curriculum allows her to describe activities that are truly applicable to elementary teaching. Erin has a bachelor's degree in psychology and a master's degree in elementary education. She has experience working in a variety of Missouri schools for grades K–6.

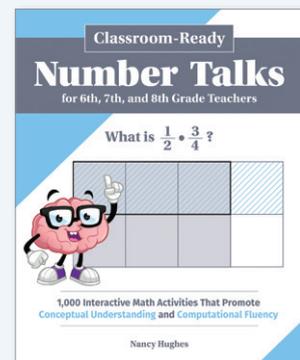
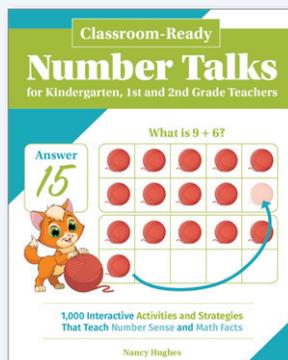
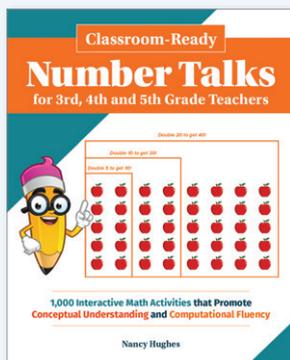
# Math Fluency Activities for K-2 Teachers

Fun Classroom Games That Teach Basic Math Facts, Promote  
Number Sense, and Create Engaging and Meaningful Practice



September 2022 | Paperback | 344 Pages | 7.5" x 9.25" | Black and White

Similar titles from Ulysses Press



# Math Fluency Activities for K–2 Teachers

Fun Classroom Games That Teach Basic Math Facts, Promote Number Sense, and Create Engaging and Meaningful Practice

Nancy Hughes

Make learning fun and help your student master math with these parent- and teacher-friendly games and activities designed for kindergarten, first grade, and second grade.

**Fall 2022**

\$19.95 US | \$26.95 CAN

978-1-64604-357-6 (print)

978-1-64604-377-4 (ebook)

**Category:** Classroom Resources

**Rights:** World

An excellent resource for teachers and parents, *Math Fluency Activities for K–2 Teachers* makes learning basic math facts and number sense a breeze. This book helps students in grades K–2 meet current math fluency standards for their age group. Beyond teaching speed, accuracy, and memorization, this book focuses on getting students to apply math in a variety of real-life situations. Inside you'll find:

- ▶ Current fluency standards for kindergarten, first grade, and second grade
- ▶ Activities, games, and ideas for teaching math to students
- ▶ Concrete examples and practice sections to reinforce concepts
- ▶ And much more!

Ideal for reteaching, at-home practice, or general class time, *Math Fluency Activities for K–2 Teachers* is the ultimate tool for helping kids achieve math success!

## ABOUT THE AUTHOR

Nancy Hughes spent the last 10 years as the K–12 mathematics coordinator at Olathe Public Schools, the largest school district in the Kansas City region, where her responsibilities included providing professional development for mathematics teachers in all grade levels. Prior to Olathe, Hughes taught middle school math in Kansas City–area public and private schools. Hughes has presented on math topics at the National Council of Teachers of Mathematics, Kansas City Area Teachers of Mathematics, and Kansas Area Teachers of Mathematics conferences. Hughes also directed the Kauffman Foundation K–16 Professional Development Program. Hughes has a BS from Kansas State University and an MS in curriculum and instruction from Kansas University.

# BREAK FREE FROM REACTIVE PARENTING

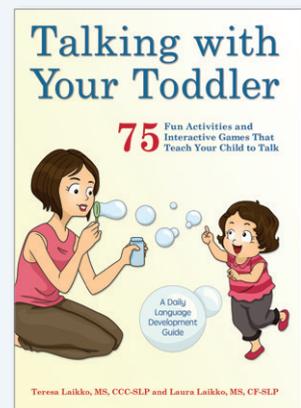
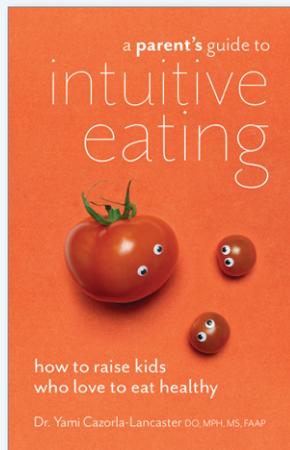
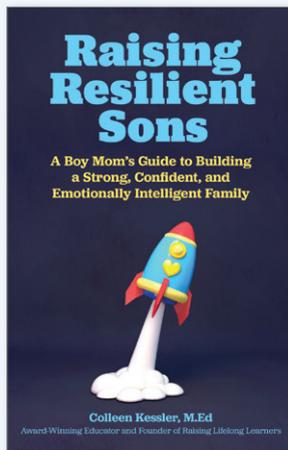


GENTLE-PARENTING TIPS,  
SELF-REGULATION  
STRATEGIES,  
AND KID-FRIENDLY  
ACTIVITIES FOR  
CREATING A CALM  
AND HAPPY HOME

**LAURA LINN KNIGHT**

November 2022 | Paperback | 224 Pages | 6" x 9" | Black and White

*Similar titles from Ulysses Press*



# Break Free from Reactive Parenting

## Gentle-Parenting Tips, Self-Regulation Strategies, and Kid-Friendly Activities for Creating a Calm and Happy Home

Laura Linn Knight

Learn how to be a parent who reacts with patience and kindness instead of anger and frustration, and overcome the cycle of reactive parenting.

### Fall 2022

\$15.95 US | \$21.95 CAN

978-1-64604-404-7 (print)

978-1-64604-430-6 (ebook)

**Category:** Parenting

**Rights:** World

Pretty much every parent has been reactive at some point. Reactive parenting encompasses the negative behaviors that stem from frustration, like yelling, threatening, screaming, and over-rewarding or bribing. It's difficult not to snap when you're overworked, overtired, and faced with a child experiencing extremely high emotions. That's where this book comes in.

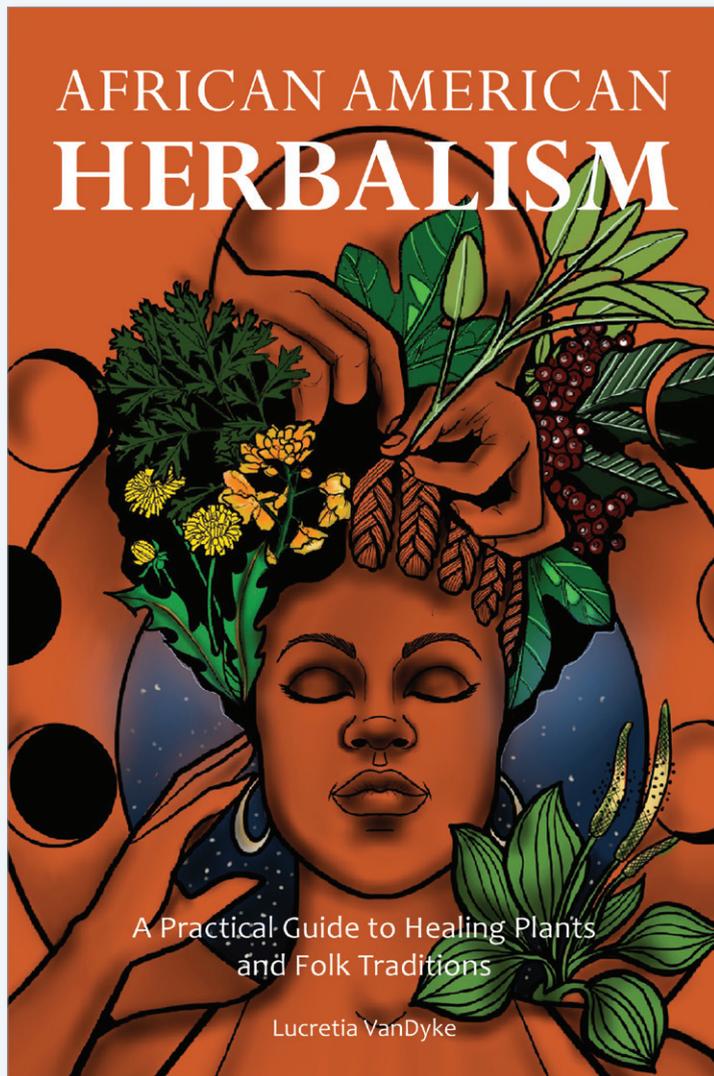
Wherever you are in your parenting journey, there are ways to improve, connect, and find calm in the chaos. Instead of repeating the same patterns, feeling overwhelmed or uncertain of what to do next, today can be the day you let go of the guilt and shame around feeling like a "bad" parent or telling your child they're being a "bad" kid.

*Break Free from Reactive Parenting* offers a new approach toward self-regulation and child expression, focusing on the family as a whole to create a calmer, more equitable home environment. From addressing the issues that cause and result from being reactive to implementing a more effective parenting approach, this book serves as your support system as you seek to bring meaningful change into your home. Within these pages, you'll find helpful advice and tools, including:

- › Creating healthy morning and nighttime routines
- › Dealing with anger and power struggles (yours and your child's)
- › Moving from mind-full to mindful
- › Self-regulating for kids and adults
- › Setting family goals and creating day-to-day balance
- › And so much more!

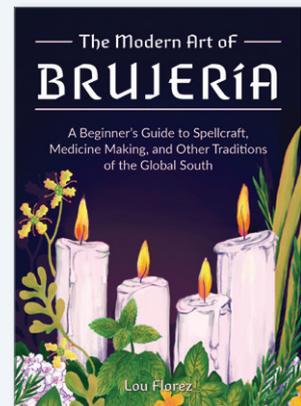
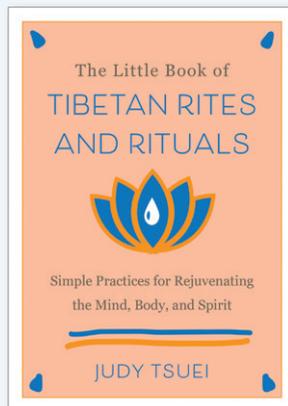
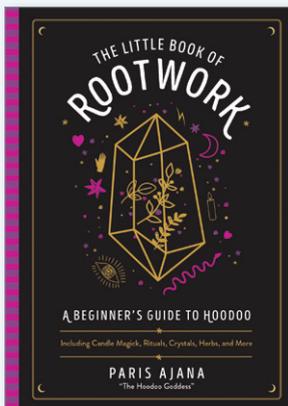
### ABOUT THE AUTHOR

Laura Linn Knight is a parenting educator, author, mindfulness and meditation leader, mother of two, and former elementary school teacher who helps families create a calmer home. Laura's work has been featured on NBC's *Today Show*, *Romper*, *PureWow*, *Motherly*, *Good Day LA*, and other media outlets. To learn more, visit [www.LauraLinnKnight.com](http://www.LauraLinnKnight.com).



October 2022 | Paperback | 200 Pages | 6" x 9" | Black and White

*Similar titles from Ulysses Press*



# African American Herbalism

## A Practical Guide to Healing Plants and Folk Traditions

Lucretia VanDyke

Discover the roots of modern-day herbal remedies, plant medicine, holistic rituals, natural recipes, and more that were created by African American herbal healers throughout history.

This first-of-its-kind herbal guide takes you through the origins of herbal practices rooted in African American tradition—from ancient Egypt and the African tropics to the Caribbean and the United States. Inside you'll find the stories of herbal healers like Emma Dupree and Henrietta Jeffries, who made modern American herbalism what it is today.

After rediscovering the forgotten legacies of these healers, *African American Herbalism* dives into the important contributions they made to the world of herbalism, including:

- ▶ Rituals for sacred bathing and skin care
- ▶ Herbal tinctures, potions, and medicine
- ▶ Recipes for healing meals and soul food
- ▶ And more!

### Fall 2022

\$16.95 US | \$22.95 CAN

978-1-64604-352-1 (print)

978-1-64604-375-0 (ebook)

**Category:** Herbalism

**Rights:** World

### ABOUT THE AUTHOR

With a journey that began when she was just a little girl mixing herbs, clays, and muds on her grandparents' farm, Lucretia VanDyke has had a lifelong connection to plants. She's been in the wellness industry for over 20 years, working as a holistic esthetician and educator. Lucretia has worked and trained with many internationally known spa and skin care companies.

Her quest for knowledge and interest in the traditional approach to wellness has led her to training extensively in Southeast Asia, Thailand, and Bali. Lucretia focuses on integrating indigenous healing rituals, plant spirit medicine, holistic approaches to food/herbal medicine, ancestor reverence, and meditation into your modern daily practice.

# What They Didn't Teach You in **French** Class

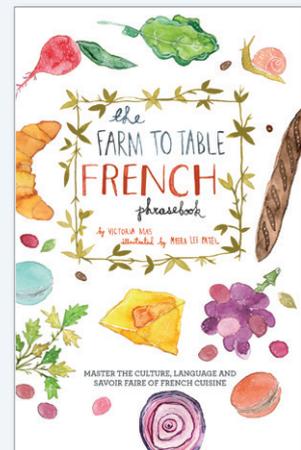
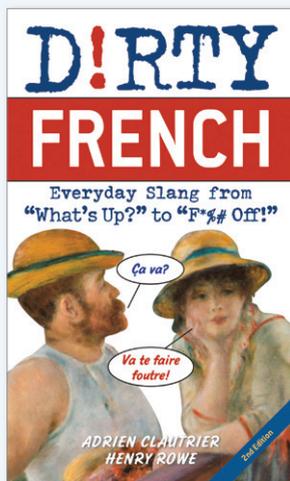
Adrien Clautrier  
Henry Rowe



Slang phrases for the café, club, bar, bedroom,  
ball game and more

November 2022 | Paperback | 168 Pages | 5" x 7" | Black and White

Similar titles from Ulysses Press



# What They Didn't Teach You in French Class

## Slang Phrases for the Café, Club, Bar, Bedroom, Ball Game and More

Adrien Clautrier and Henry Rowe

Learn all the French slang and current phrases you never learned in French class with this handy French-English phrase book for modern travelers.

Sipping a café au lait at a sidewalk bistro...

Getting down at Paris's hottest club...

Cheering on Les Bleus at the stadium...

Drop the textbook formality and chat with the locals in France's everyday language.

- › What's up? *Ça va?*
- › She's totally hot. *Elle est bandante.*
- › This party is lit! *Cette bringue est enflammée!*
- › That brie smells funky. *Ce brie sent putain de drôle.*
- › Wanna French kiss? *On se roule une pelle?*
- › That ref is a moron. *L'arbitre est un abruti.*

### Fall 2022

\$14.95 US | \$19.95 CAN

978-1-64604-393-4 (print)

978-1-61243-730-9 (ebook)

Category: Slang

Rights: World

### ABOUT THE AUTHORS

Adrien Clautrier is a self-employed mechanic born and raised in Marseille, France. A motorcycle and automobile enthusiast, he has completed two US coast-to-coast trips, one on a Harley-Davidson and the other in a Cadillac. When he is not in his garage or on the road, he reads nonstop (especially Frédéric Dard's San-Antonio series) or listens to the stand-up comedies of the late French comedian Coluche.

Henry Rowe left Berkeley to play soccer in France. He never made it out of the amateur ranks but stayed for the used bookstores and Saint-Émilion wine cellars. He currently lives in Ménilmontant in Paris, frequents Mon Chien Stupide, and listens to everything from Serge Gainsbourg to Toulouse's Jerry Spider Gang.

# What They Didn't Teach You in **German** Class

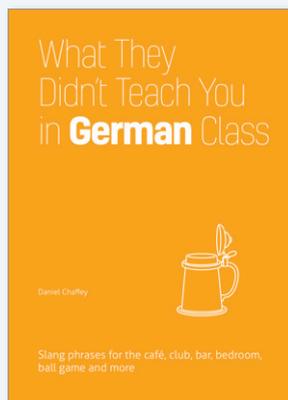
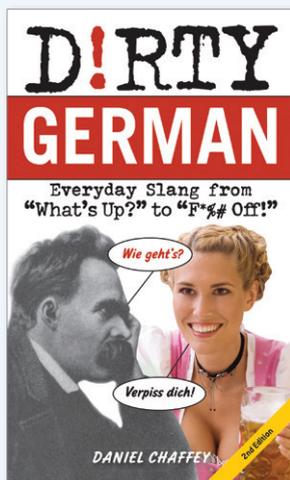
Daniel Chaffey



Slang phrases for the café, club, bar, bedroom,  
ball game and more

November 2022 | Paperback | 192 Pages | 5" x 7" | Black and White

Similar titles from Ulysses Press



Hardback version



# What They Didn't Teach You in German Class

## Slang Phrases for the Café, Club, Bar, Bedroom, Ball Game, and More

Daniel Chaffey

Learn all the German slang and current phrases you never learned in class with this handy German-English phrasebook for modern travelers.

### Fall 2022

\$14.95 US | \$19.95 CAN

978-1-64604-397-2 (print)

978-1-61243-735-4 (ebook)

Category: Slang

Rights: World

Drinking a Hefeweizen at a Biergalm...

Dancing at Berlin's hottelclub...

Cheering for the local soccer team at tlStadion...

Drop the textbook formality and chat with the locals in Germany's everyday language.

- ▶ What's up? *Wie geht's?*
- ▶ He/She is a real hottie. *Er/Sie ist eine ganz heiÙe Nummer.*
- ▶ What's on tap? *Was gibt's vom Fass?*
- ▶ I ordered the Currywurst. *Ich bin den Currywurst.*
- ▶ Do you wanna cuddle? *Willst Du kuscheln?*
- ▶ Gooooooal! *Tooooooor!*

### ABOUT THE AUTHOR

Daniel Chaffey is a writer, scholar, educator and eternal student of all things German. For the last 12 years, he has lived and worked in Germany, where he perfected his high German skills and learned to converse like a German sailor as a student, Fulbright Teaching Associate, translator, and bartender. He holds an MA in German Studies and a teaching credential from Cal State Long Beach. He currently teaches German in Northern California, where he continues to work on other projects, including a lexicon of soldier slang from the Second World War.

# What They Didn't Teach You in **Italian** Class

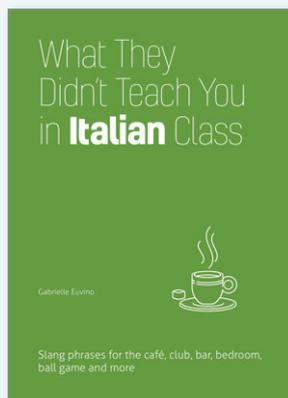


Gabrielle Euvino

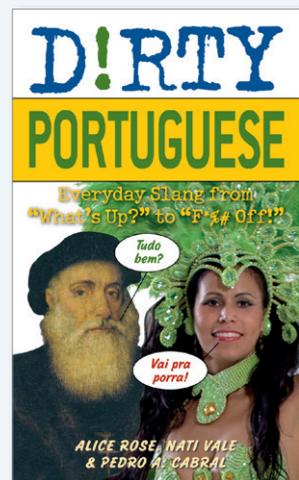
Slang phrases for the café, club, bar, bedroom,  
ball game and more

November 2022 | Paperback | 192 Pages | 5" x 7" | Black and White

Similar titles from Ulysses Press



Hardback version



# What They Didn't Teach You in Italian Class

## Slang Phrases for the Café, Club, Bar, Bedroom, Ball Game, and More

Gabrielle Euvino

Learn all the Italian slang and up-to-date phrases you always wanted to know in this handy English-Italian phrasebook for modern travelers.

Sipping espresso at a sidewalk café...

Toasting a pint of birra in the piazza...

Cheering for Azzurri at lo Stadio Olimpico...

Drop the textbook formality and chat with the locals in Italy's everyday language.

- › What's up? *Che c'è?*
- › I'm so plastered. *Sono demolito/a.*
- › Do you wanna cuddle? *Vuoi coccolarci?*
- › Nice body! *Che corpo!*
- › I'm friggin' starving. *Ho una fame da morti.*
- › Hey ref, you're a moron! *Arbitro cretino!*

### Fall 2022

\$14.95 US | \$19.95 CAN

978-1-64604-396-5 (print)

978-1-61243-736-1 (ebook)

Category: Slang

Rights: World

### ABOUT THE AUTHOR

Gabrielle Euvino is an adjunct professor at SUNY Empire and instructor at SUNY Ulster, where she teaches Italian Language and Culture. She has authored several books on learning Italian and is a professional translator and interpreter.

# What They Didn't Teach You in **Russian** Class

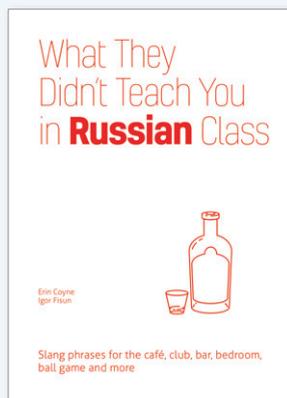
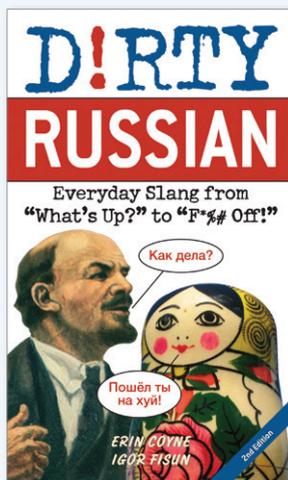
Erin Coyne  
Igor Fisun



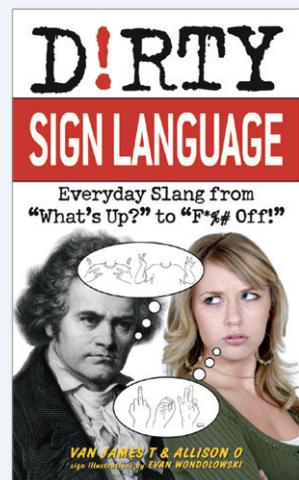
Slang phrases for the café, club, bar, bedroom,  
ball game and more

November 2022 | Paperback | 192 Pages | 5" x 7" | Black and White

Similar titles from Ulysses Press



Hardback version



# What They Didn't Teach You in Russian Class

## Slang Phrases for the Café, Club, Bar, Bedroom, Ball Game, and More

Erin Coyne and Igor Fisun

Learn all the Russian slang and current phrases that you never learned in class with this handy Russian-English phrasebook for modern travelers.

**Fall 2022**

\$14.95 US | \$19.95 CAN

978-1-64604-394-1 (print)

978-1-61243-737-8 (ebook)

**Category:** Slang

**Rights:** World

Grubbing on pierogies at a Russian deli...

Pounding vodka shots at Moscow's hottest dance club...

Cheering for the local hockey team at the stadium...

Drop the textbook formality and chat with the locals in Russia's everyday language.

- ▶ What's up? *Как дела?*
- ▶ He's/She's a hottie. *Он/Она красавчик/красотка.*
- ▶ Let's go get wasted. *Пойдём побухать.*
- ▶ Gooooooooooooooooo! *Гoooooooooол!*
- ▶ This is crappy vodka. *Эта водка хреновая.*
- ▶ Let's have a quickie. *Давай по быстрому.*

### ABOUT THE AUTHORS

Erin Coyne holds various degrees in Russian-related fields from Fordham University, Georgetown University, and UC Berkeley, where she is currently making depressingly slow progress on a PhD in Slavic linguistics. In a former life, she served as a Peace Corps volunteer and later worked as an NGO program director which, for better or for worse, exiled her to nearly 10 long years in the former Soviet Union. In addition to English and Russian, Erin speaks six other languages with varying degrees of success.

Igor Fisun is a native of Kiev, Ukraine, which, in moments of nationalist pride, he prefers to spell "Ky"v." He is a former student of Kiev PTU, where he quickly abandoned all interest in ever holding down a real job and instead embarked upon a career in freelance engraving. His native languages are Russian and Ukrainian, and he hopes someday to learn English well enough to talk his way out of a traffic ticket.

# What They Didn't Teach You in **Spanish** Class

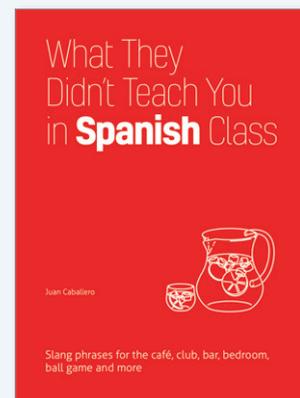
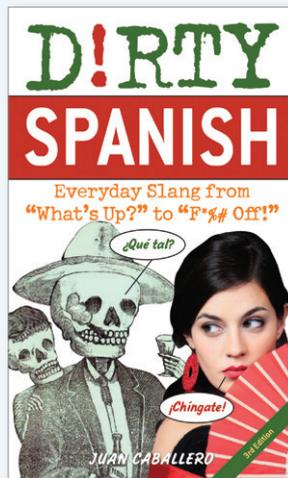
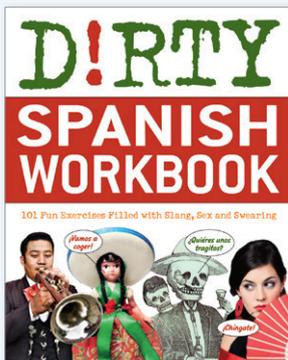
Juan Caballero



Slang phrases for the café, club, bar, bedroom,  
ball game and more

November 2022 | Paperback | 192 Pages | 5" x 7" | Black and White

Similar titles from Ulysses Press



Hardback version

# What They Didn't Teach You in Spanish Class

## Slang Phrases for the Café, Club, Bar, Bedroom, Ball Game, and More

Juan Caballero

Learn all the Spanish slang and up-to-date phrases you always wanted to know in this handy English-Spanish phrasebook for modern travelers.

### Fall 2022

\$14.95 US | \$19.95 CAN

978-1-64604-395-8 (print)

978-1-61243-738-5 (ebook)

Category: Slang

Rights: World

Chilling with an ice-cold cerveza at a beach bar...

Dancing at CDMX's hottest salsa club...

Screaming your head off at the Copa América...

Drop the textbook formality and chat with the locals in Latin America's everyday language.

- ▶ What's up? *¿Qué tal?*
- ▶ What a hottie! *¡Que cuerazo!*
- ▶ Let's pound these shots. *Tráguemonos estos traguitos.*
- ▶ That ref sucks. *Es una mierda ese árbitro/a.*
- ▶ I'm craving all-you-can-eat tacos. *Me antoja un poco de taquiza libre.*
- ▶ Do you wanna hook up? *¿Quieres ligar?*

### ABOUT THE AUTHOR

Juan Caballero is a doctoral candidate in comparative literature. His studies have spanned the Argentine novel, psychoanalysis, sadomasochism, linguistics, film noir, third-world aesthetics, and socialist revisionism. He is a lifelong Californian and avid backpacker whose passions include competitive eating, contemporary art, and noise music.

# Index

The Abide Guide.....	13
African American Herbalism .....	51
Angel Oracle Cards: Create and Color.....	35
The Angel Workbook .....	31
Awkward Merit Badges .....	17
Break Free from Reactive Parenting.....	49
Chibi Tarot .....	33
Classroom-Ready Resources for Student-Centered Learning.....	45
Constant Comedy .....	15
Designing Healthy Boundaries .....	23
Drawing Fantasy Chibi .....	39
The Guy’s Guide to Pocket Knives.....	41
I Am Autistic: A Workbook.....	29
The Little Book of Axolotl Wisdom .....	11
The Little Book of Satanism .....	9
Math Fluency Activities for K–2 Teachers.....	47
Once Upon a Rind in Hollywood.....	3
The Polyamory Workbook .....	27
Sacred Feminine Oracle Cards: Create and Color .....	37
The Self-Love Planner .....	21
Teach Reading with Orton-Gillingham: Early Reading Skills.....	43
The Unofficial Hogwarts Cocktail Book.....	7
The Unofficial Witcher Cookbook .....	5
The Vulnerability Workbook.....	25
What They Didn’t Teach You in French Class.....	53
What They Didn’t Teach You in German Class .....	55
What They Didn’t Teach You in Italian Class.....	57
What They Didn’t Teach You in Russian Class .....	59
What They Didn’t Teach You in Spanish Class.....	61
Your Unstoppable Greatness .....	19