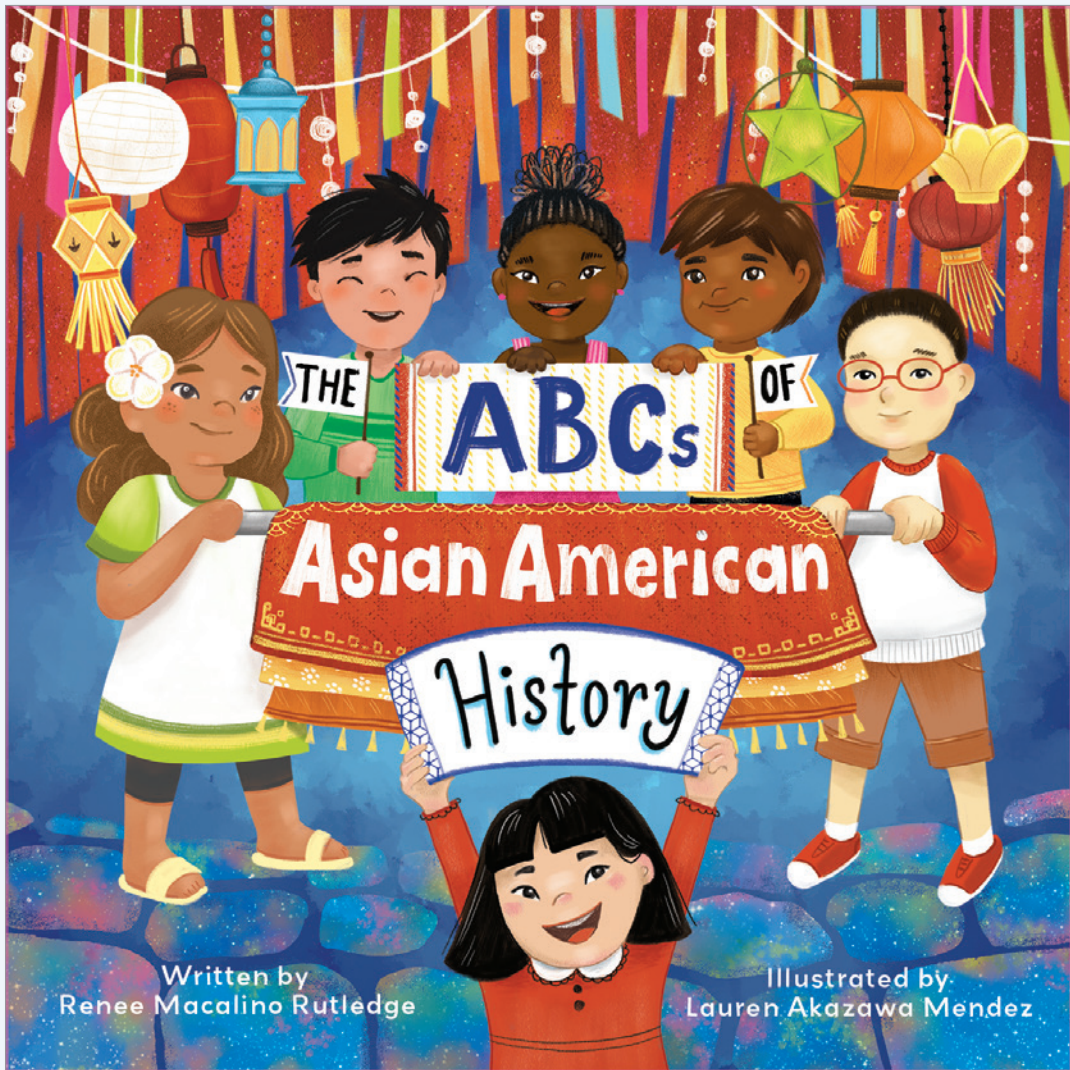


Ulysses Press

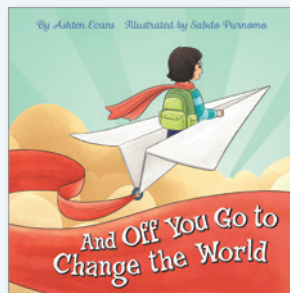
Spring 2023





March 2023 | Paper Over Board | 48 Pages | 8.5" x 8.5" | Full Color

Similar titles from Ulysses Press



The ABCs of Asian American History

A Celebration from A to Z of All Asian Americans, from Bangladeshi Americans to Vietnamese Americans

Renee Rutledge | Lauren Mendez, illustrator

Celebrate and learn about the many cultures that fall under the Asian American umbrella in this alphabetically organized, rhyming, and colorfully illustrated picture book for kids!

Spring 2023

\$14.95 US | \$19.95 CAN

9781646044542 (print)

9781646044757 (ebook)

Category: People & Places

Rights: World

Imprint: Bloom Book for Young Readers

The ABCs of Asian American History is an inclusive compilation of the holidays, famous figures, traditional dress, cuisine, and other interesting facts from nineteen Asian American groups (as defined by the 2020 United States Census), including Korean Americans, Chinese Americans, Filipino Americans, Pakistani Americans, Japanese Americans, Hmong Americans, and more.

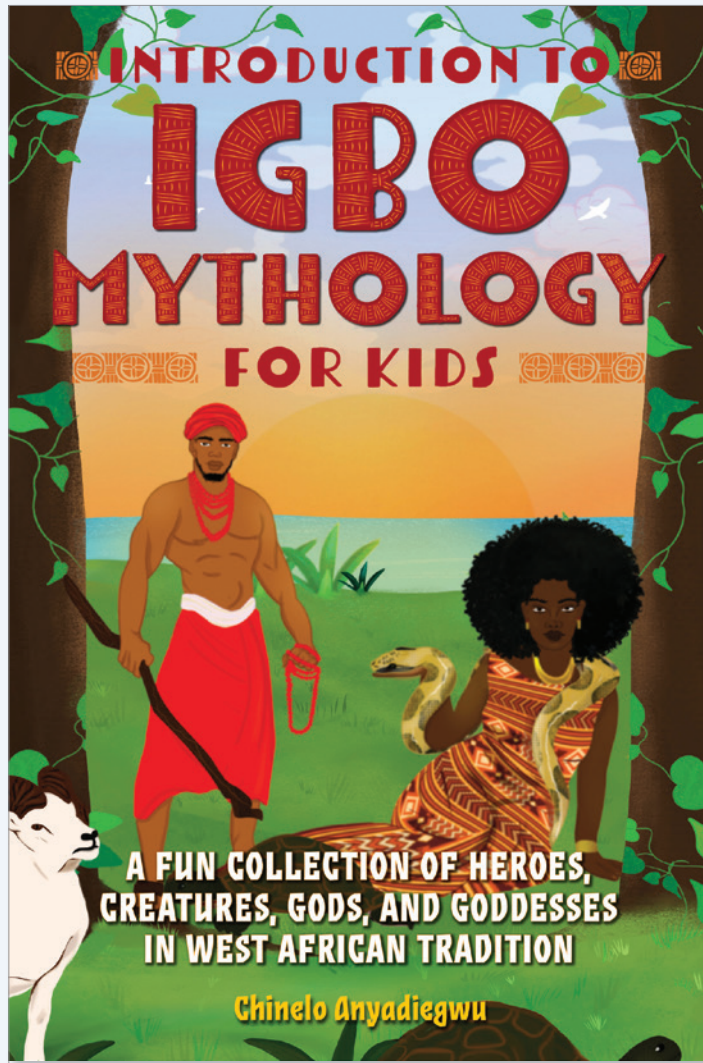
Perfect for kids ages five and up, this book explores Asian Americans in the US cultural landscape, from the first Asian American to win an Olympic gold medal to the first Indian American woman to travel to space, as well as the names of famous Asian American inventors, artists, and political leaders. Kids will also learn about traditions, from Diwali to Chinese New Year; music and fashion styles, from the tabla to the sari; and signature dishes, like laksa and pho, giving greater visibility to Asian Americans for the youngest of learners.

A much-needed addition to the classroom, home library, or gift bag, *The ABCs of Asian American History* will inspire important conversations, offer a tool for inclusivity in early learning, and encourage anyone reading to be a changemaker in their own right.

ABOUT THE AUTHOR & ILLUSTRATOR

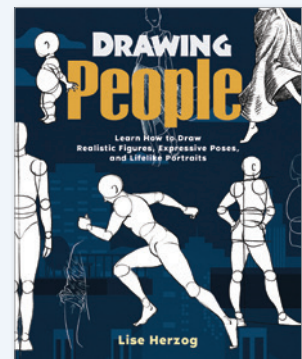
Renee Macalino Rutledge was born in Manila, Philippines, and raised in California from the age of four. Her debut novel, *The Hour of Daydreams*, won an Institute for Immigration Research New American Voices Finalist award, Foreword INDIES Gold, and Powell's Top Five Staff Pick. She is also the author of two children's books: *One Hundred Percent Me* and *Buckley the Highland Cow & Ralphie the Goat*. Renee lives in the San Francisco Bay Area, where she reads books for a living, loves the outdoors, and is always on the lookout for new adventures with her husband and their two daughters. Find her at www.reneerutledge.com or connect with her on Instagram @renee_rutledge.

Lauren Akazawa Mendez is a 4th generation Japanese American children's book illustrator and graphic designer living in Washington State. Born in Southern California, she received her bachelor degree from UCLA and has taught art for eight years, but has been creating since she first drew on her sister's face at three years old. Visit her at www.littlelobo.com.



January 2023 | Paperback | 200 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



Introduction to Igbo Mythology for Kids

A Fun Collection of Heroes, Creatures, Gods, and Goddesses in West African Tradition

Chinelo Anyadiegwu

Immerse yourself in the vibrant world of Igbo heroes, deities, creatures, folktales, and myths, including Chineke the creator, Ana, Igwe, Anyanwu, Ekwensu, and more, plus the story of the first mermaid, the legend of Udenolu the shapeshifting crow, and the story of the tortoise and the lion king.

Spring 2023

\$14.95 US | \$19.95 CAN

9781646043149 (print)

9781646043415 (ebook)

Category: Folklore & Mythology

Rights: World

Imprint: Bloom Book for Young Readers

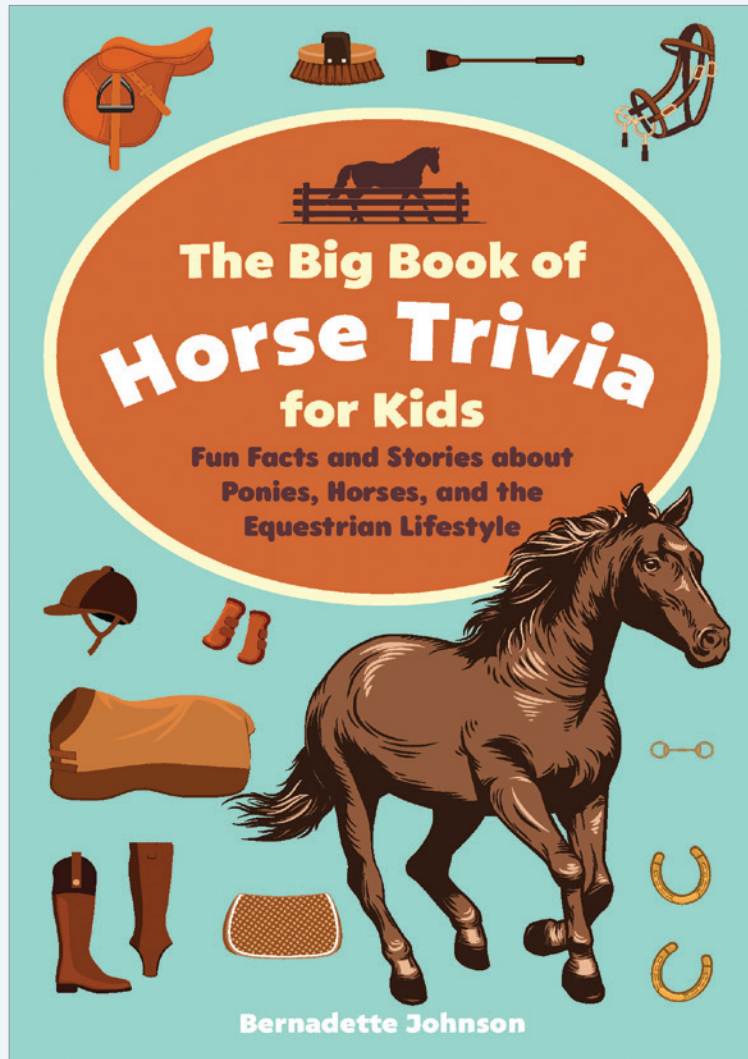
The first definitive collection of Igbo legends and traditions for kids, this book explores the mythological origins of the Igbo people, the ancient Nri Kingdom, and Igbo cosmology before delving into the Alusi, or the core Igbo deities. Following this introduction to the pantheon of gods and goddesses, a collection of the most popular Igbo myths, folktales, and legends will immerse kids in exciting stories of tricksters, shapeshifters, and heroes, including:

- ▶ The Wrestler Whose Back Never Touched the Ground
- ▶ Ojiugo, the Rare Gem
- ▶ The Tortoise and the Birds, or the Origin Story of Sea Turtles
- ▶ Ngwele Aghuli, Why the Crocodile Lives Alone
- ▶ How Death Came to Be
- ▶ And more!

The perfect book for kids who are fascinated by Greek mythology or love the Rick Riordan series, *Introduction to Igbo Mythology for Kids* offers a fun look into the stories, history, and figures that characterize Igbo culture.

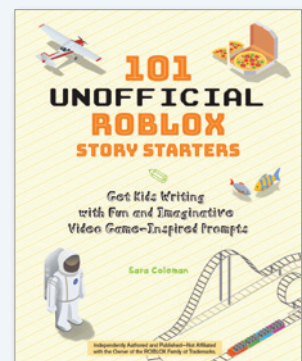
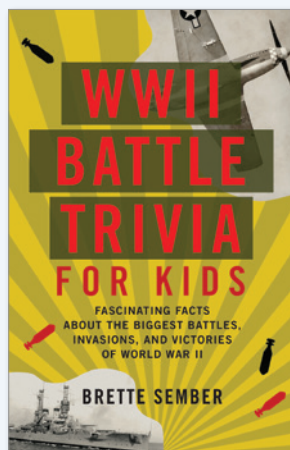
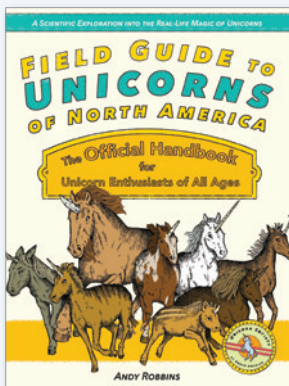
ABOUT THE AUTHOR

Chinelo Anyadiegwu is a writer and graduate student. When they aren't writing stories about fantasy realms or mythology, they are writing grants. In their free time, they play video games of all sorts, from Tabletops and MMOs to Sandbox RPGs.



February 2023 | Paperback | 144 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



The Big Book of Horse Trivia for Kids

Fun Facts and Stories about Ponies, Horses, and the Equestrian Lifestyle

Bernadette Johnson

Saddle up and take the reins as you discover more than you ever knew about horses, ponies, and other four-legged friends from the family *Equidae* in this epic horse trivia book written just for kids!

Spring 2023

\$14.95 US | \$19.95 CAN

9781646044474 (print)

9781646044689 (ebook)

Category: Animals/Horses

Rights: World

Imprint: Bloom Book for Young Readers

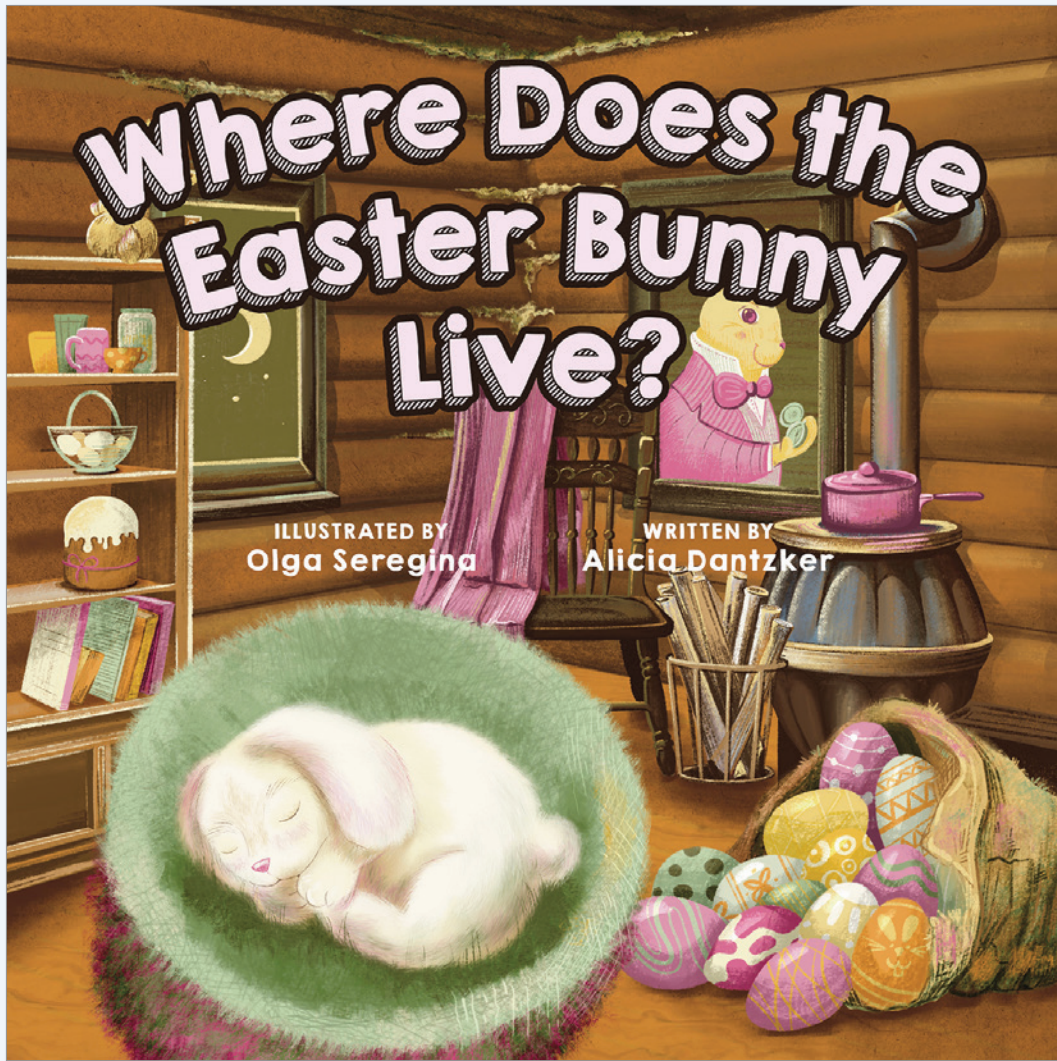
Whether you are a horse superfan, budding equestrian, or just plain curious, this trivia book is a galloping good time packed with fun facts about these majestic animals and how they've changed humans' lives throughout the ages. Discover the answers to questions including:

- ▶ What was the horse's oldest known ancestor like and in what era of Earth's history did they live?
- ▶ How smart are horses?
- ▶ Why are thoroughbreds called thoroughbreds?
- ▶ What's the difference between a trot, a canter, and a gallop?
- ▶ And so much more!

Plus, you'll learn about real horses throughout history, like the famous racehorses Flora Temple, Man o' War, Seabiscuit, Secretariat, and French emperor Napoleon Bonaparte's last horse, whose stuffed remains you can see in a museum to this day! With so much to learn all in one book, it's time to giddyap and get reading.

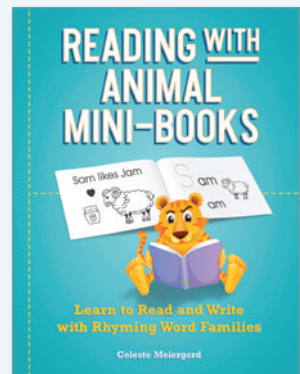
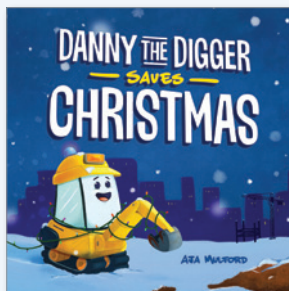
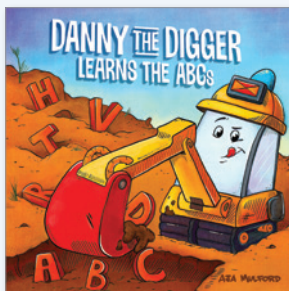
ABOUT THE AUTHOR

Bernadette "Berni" Johnson began her career at age six when she crayoned a book about her mom that received a rave review from its lone reader. Her most recent published work is *The Big Book of Spy Trivia*. She has also been called "Random Fact Berni" for answering trivia questions posed by her friends on a variety of subjects. When she's not watching movies or fiddling with a computer, she studies history, science, and other fun stuff, reads and writes fiction and nonfiction, and does the bidding of her little terrier. You can read Berni's blog and find links to her writing at bernijohnson.com.



January 2023 | Board Book | 20 Pages | 6" x 6" | Full Color

Similar titles from Ulysses Press



Where Does the Easter Bunny Live?

Alicia Dantzker

Discover the adorable Easter book for toddlers that answers that age-old question: Where does the Easter bunny live?

Spring 2023

\$10.00 US | \$13.50 CAN

9781646044481 (print)

9781646044696 (ebook)

Category: Holidays & Celebrations

Rights: World

Imprint: Bloom Book for Young Readers

When the Easter bunny is done with hiding eggs for kids everywhere in the world, does he go to get a much-deserved veggie dinner and cuddly snooze in a burrow? Does the Easter bunny live in a hollow in an old, craggy tree or on a tropical island in the middle of the sea? Or, perhaps, does he live in a high-flying balloon or maybe even in a station way up on the moon? Parents and kids alike will love flipping through all the imaginative locations springtime’s most famous animal might just call home—a perfect addition to any Easter basket!

ABOUT THE AUTHOR

Alicia Dantzker is a teacher and chair of the science department at The Girl’s Middle School in Palo Alto, California. She holds a master’s degree in psychology from Stanford University and lives in the Bay Area with her two young children and husband.

Sample pages



ARE YOU GONNA EAT THAT?

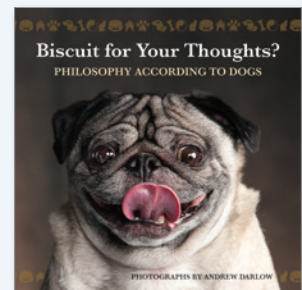
the essential
collection of
they can talk
comics

jimmy craig



March 2023 | Paper Over Board | 128 Pages | 6" x 8" | Full Color

Similar titles from Ulysses Press



Are You Gonna Eat That?

The Essential Collection of They Can Talk Comics

Jimmy Craig

Do you know what your dog, cat, and neighborhood squirrels are saying behind your back? The truth comes out in this fully updated collection of comics from the viral hit *They Can Talk*.

Spring 2023

\$16.95 US | \$22.95 CAN

9781646044511 (print)

9781646044726 (ebook)

Category: Humor

Rights: US, Canada, Mexico

Jimmy Craig, humor writer and artist behind the popular webcomic series *They Can Talk*, offers more than 100+ hilarious animal comics in this comprehensive collection imagining what it would be like if we had VIP access to the lives of our animal friends and foes.

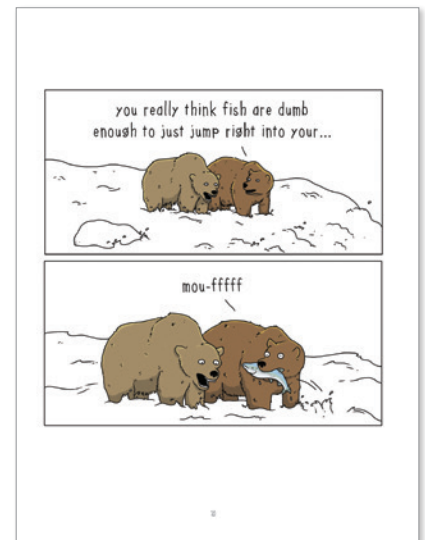
These colorful illustrated comics include the inner thoughts of creatures from across the animal kingdom—from misunderstood sharks and troublemaking bears to the often-complicated relationship between you and your pet cat. Get dating advice from raccoons, gain some life perspective from dogs, and learn why cats are always knocking things off of shelves.

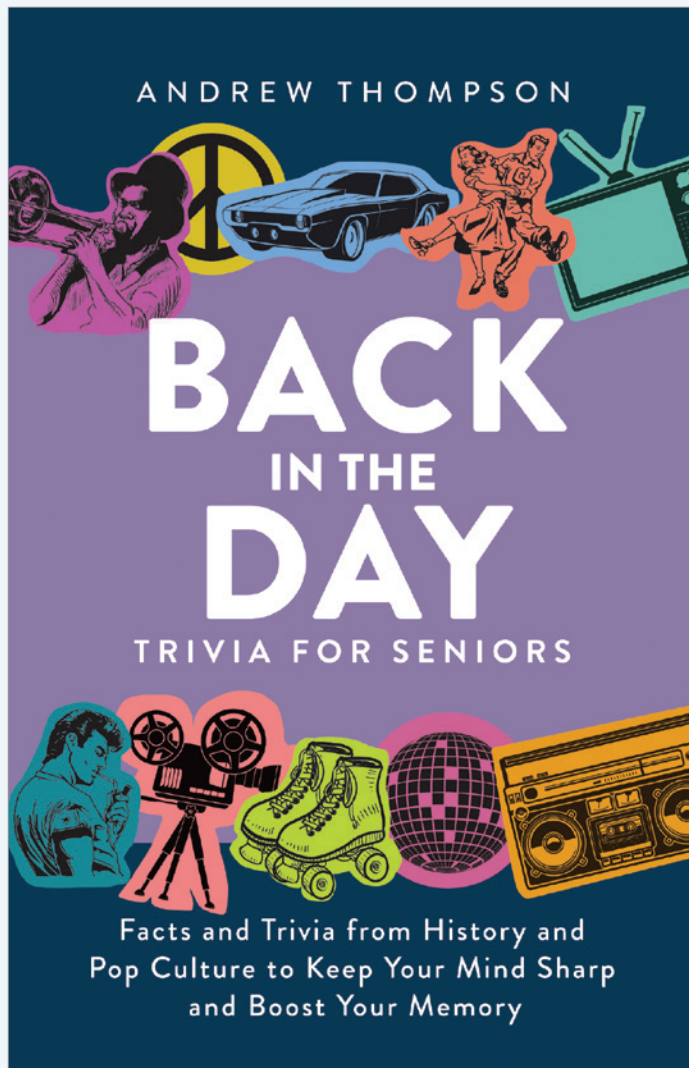
Updated to include brand-new comics, fan favorites, redrawn classics, *Are You Gonna Eat That?* is the perfect quirky gift for any lover of animals, or for anyone who just loves to laugh.

ABOUT THE AUTHOR

Jimmy Craig is the creator of *They Can Talk*—the comic series about animals that's attracted the attention of millions. He lives in the Boston area with his wife and daughter and is currently working on various projects for Illumination Entertainment. You can find Jimmy's comics on Facebook and Instagram.

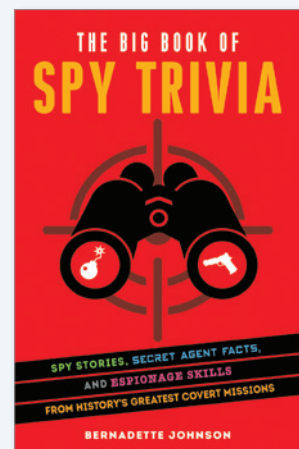
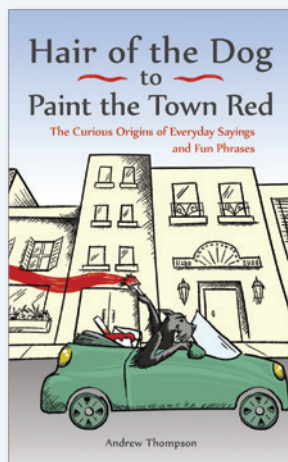
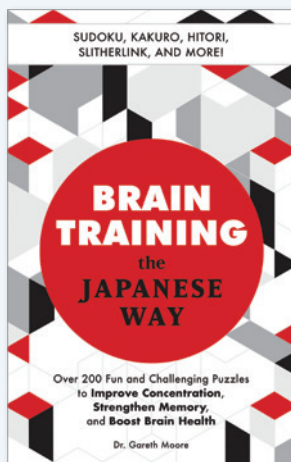
Sample pages





January 2023 | Paperback | 192 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



Back in the Day Trivia for Seniors

Facts and Trivia from History and Pop Culture to Keep Your Mind Sharp and Boost Your Memory

Andrew Thompson

Exercise your mind and promote brain health with the ultimate collection of fascinating trivia facts for seniors.

Are you ready to take a trip down memory lane, exercise your brain, and rediscover all the interesting facts from past generations? Then get ready to immerse yourself in this fun and captivating collection of trivia. You'll test just how much you remember from some of the biggest pop culture and historical moments, from the Golden Age to the modern era. This book has everything you need to know to train your brain while also having fun! Inside you'll discover the answer to questions like:

- ▶ When did bikinis and stilettos gain popularity?
- ▶ What year did the Berlin Wall fall?
- ▶ Who was the first person to land on the moon?
- ▶ How fast did Usain Bolt run in the 100 meters?
- ▶ And so much more!

Plus, there's a short quiz at the end of each decade to test your memory, featuring additional fun facts not mentioned in the chapter. So get ready to enjoy a blast from the past.

Spring 2023

\$15.95 US | \$21.95 CAN

9781646044467 (print)

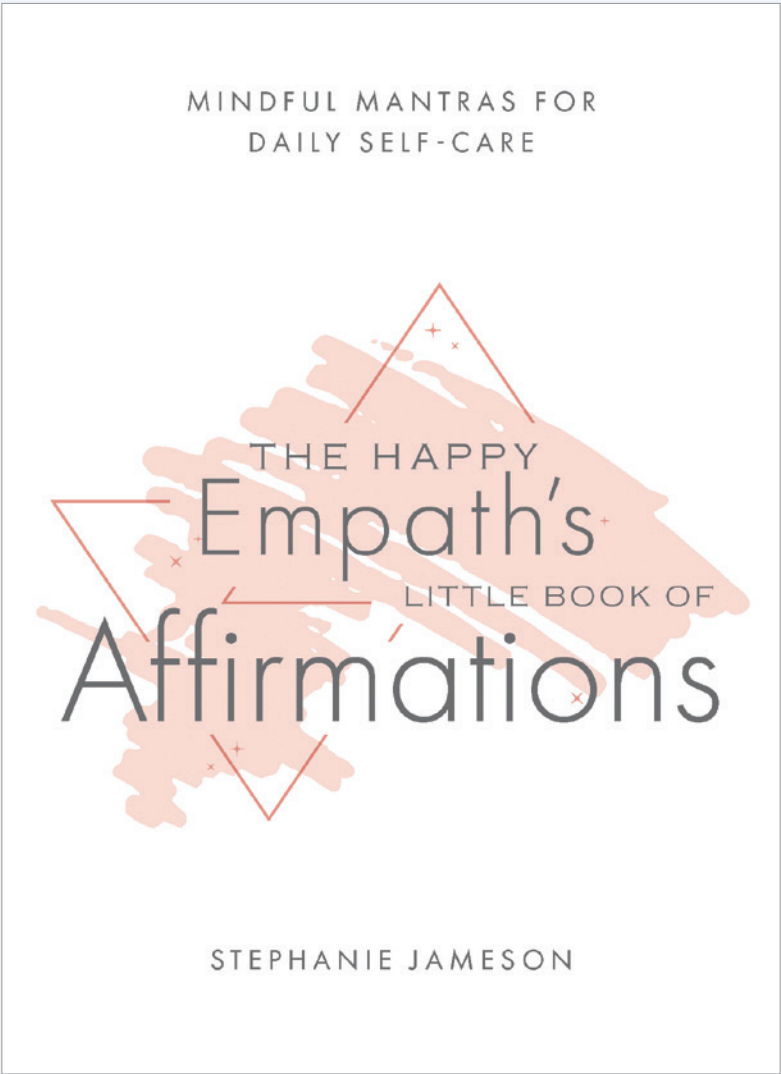
9781646044672 (ebook)

Category: Trivia

Rights: World

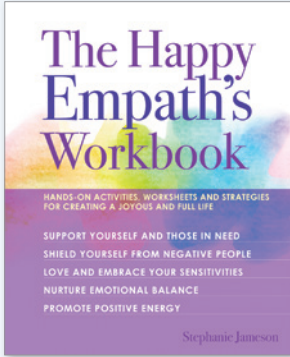
ABOUT THE AUTHOR

Andrew Thompson practices law but his obsession with finding out the truth about aspects of the world that we take for granted has led him to accumulate a vast body of knowledge which he has at last distilled into book form.



January 2023 | Paperback | 144 Pages | 4.5" x 6.25" | Black and White

Similar titles from Ulysses Press



The Happy Empath’s Little Book of Affirmations

Mindful Mantras for Daily Self-Care

Stephanie Jameson

Protect yourself against negative energy, soothe anxious thoughts, and empower your inner empath with this book of thoughtful quotes, positive sayings, and inspiring affirmations.

Taking on the emotions of others in addition to your own can be a challenge. Surviving and thriving as an empath requires reflection, meditation, and daily self-care. With *The Happy Empath’s Little Book of Affirmations*, now you can take a little piece of positivity with you wherever you go.

Written by fellow empath and intuitive healer Stephanie Jameson, this book offers short, simple mantras you can use in any situation to reset and refocus your mindset, including messages like:

Spring 2023

\$15.95 US | \$21.95 CAN
9781646044580 (print)
9781646040810 (ebook)

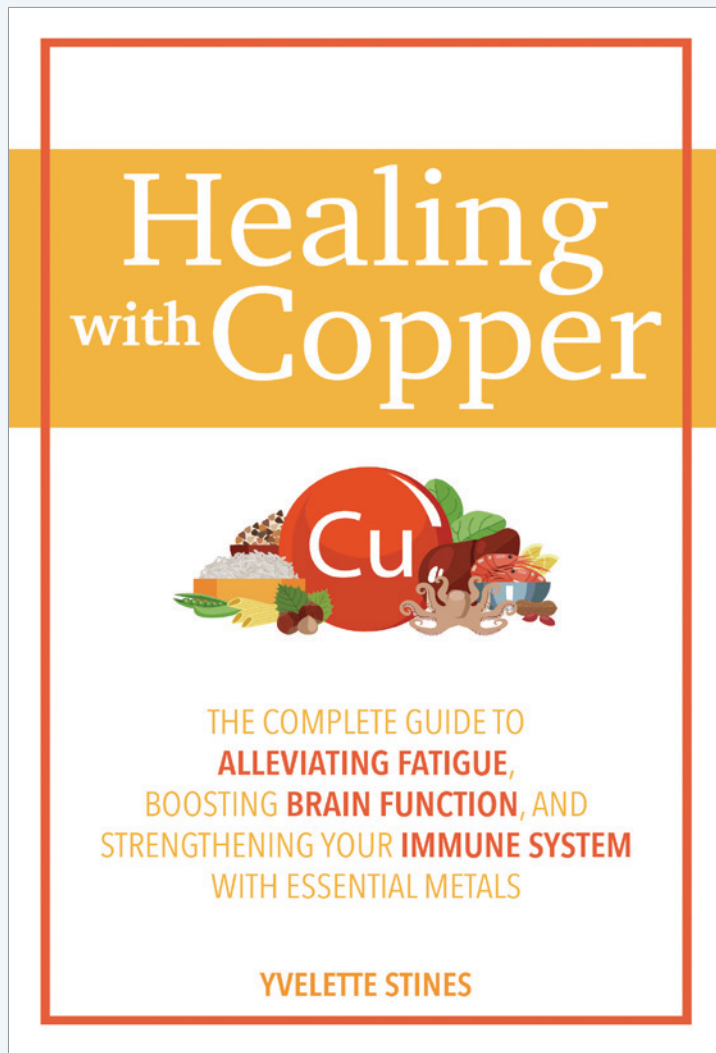
Category: Personal Growth & Happiness
Rights: World

- ▶ It all starts with my heart.
- ▶ My intuition is for trusting, not rationalizing.
- ▶ I am strong, I am capable, I am worthy.
- ▶ I have always felt different, because I am.
- ▶ I honor my blueprint within.

Make every day as an empath a positive, inspiring experience!

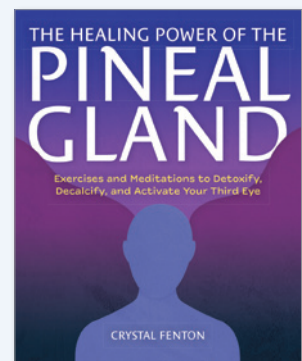
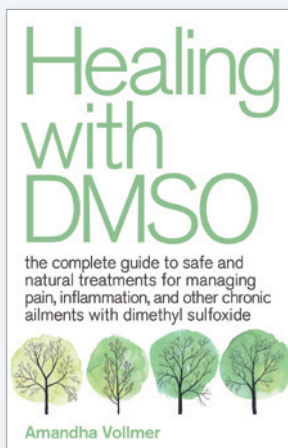
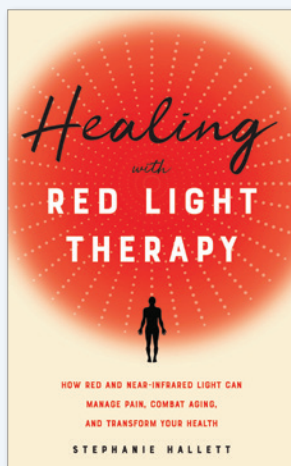
ABOUT THE AUTHOR

Stephanie Jameson is an intuitive empath, psychic medium, and certified Reiki master. She works with individuals all over the world who find themselves being moved through an awakening/ascension journey, some who are discovering that they themselves may also have lightworking gifts to share. She understands that the separation from others and from spirit is just an illusion. She also understands the struggles that come along with being an energetically sensitive person, a lesson that many healers need to learn. She knows that she was moved through these experiences firsthand so she could ultimately help others recognize their own gifts and trust in themselves. Nothing brings Stephanie more joy than helping others find peace, clarity, and healing.



February 2023 | Paperback | 144 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



Healing with Copper

The Complete Guide to Alleviating Fatigue, Boosting Brain Function, and Strengthening Your Immune System with Essential Metals

Yvelette Stines

Enhance your quality of life with this comprehensive guide, and discover the benefits of copper to naturally diminish symptoms of various chronic illnesses, such as osteoporosis, Menkes disease, and many others!

Essential metals are metals present in plant and animal life on a small but measurable scale. Absorbed into our bodies with each and every meal, these metals are responsible for supporting and regulating the various physiological functions and processes carried out throughout our daily lives—but only if consumed in the right quantities. *Healing with Copper* is an easy-to-follow guide on how to optimize your copper intake, not only to be your healthiest, but also to help:

- ▶ Boost brain function
- ▶ Strengthen your immune system
- ▶ Alleviate fatigue
- ▶ And relieve symptoms of various chronic illnesses

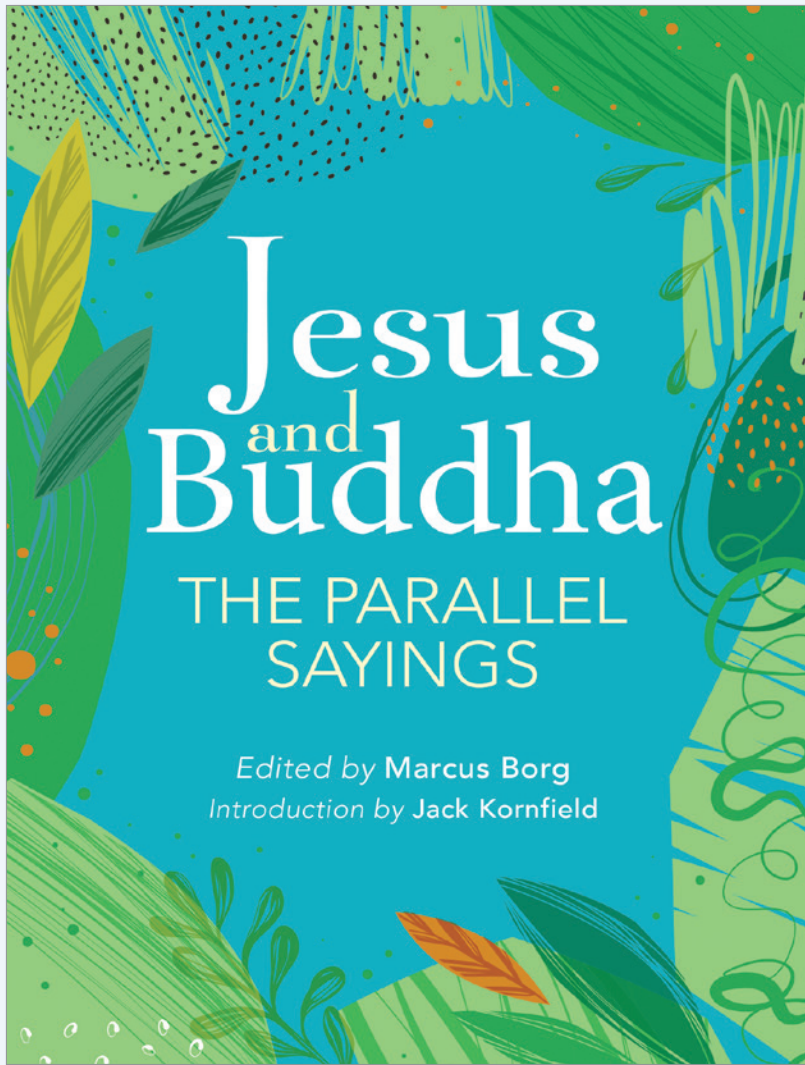
Spring 2023

\$15.95 US | \$21.95 CAN
9781646044498 (print)
9781646044702 (ebook)

Category: Diet & Nutrition
Rights: World

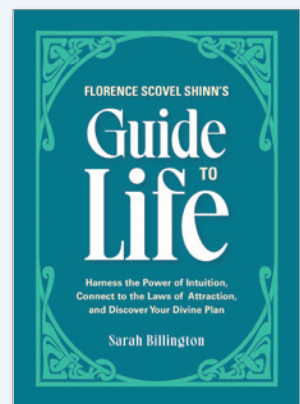
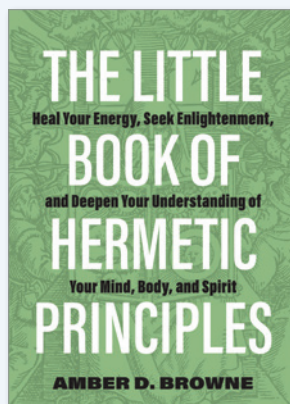
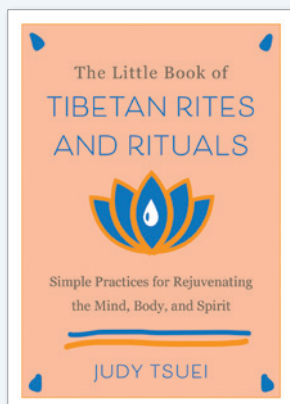
ABOUT THE AUTHOR

Yvelette Stines is an author and writer. Her work is centered in health and wellness. Her articles have been published in *Essence*, *Heart & Soul*, *Uptown*, *Black Enterprise*, *Ambassador Magazine*, *The Root*, *Jones Magazine*, *Mind Body Green*, *Purely Delicious*, T Brand Studio of the *New York Times*, and more. Stines has authored six books and journals focused on health and wellness. She also teaches workshops and classes on health, wellness, and writing. To learn more visit www.yvelettestines.com.



January 2023 | Paperback | 160 Pages | 4.5" x 6.25" | Black and White

Similar titles from Ulysses Press



Jesus and Buddha

The Parallel Sayings

Marcus Borg, editor | introduction by Jack Kornfield

Discover the teachings of Jesus and Buddha with over 100 examples presented side by side to reveal striking similarities. A perfect book for anyone interested in Christianity, Buddhism, mindfulness, meditation, and all ways of seeking enlightenment.

This stunning collection is perfect for those curious about the influential teachers Jesus and Buddha and their lessons of peace, love, patience, and kindness. Witness as two of the most holy beings meet in a thought-provoking encounter of the spirit.

Compare the Bible verse: “Jesus knew all people and needed no one to testify about anyone; for he himself knew what was in everyone” (John 2.24-25) to the Buddhist scripture: “He was expert in knowing the thoughts and actions of living beings” (Vimalakirti Nirdesha Sutra 2).

Jesus and Buddha is a timeless testament to what makes us similar rather than different. This enlightening book also makes a great gift.

Spring 2023

\$15.95 US | \$21.95 CAN

9781646044597 (print)

9781646041183 (ebook)

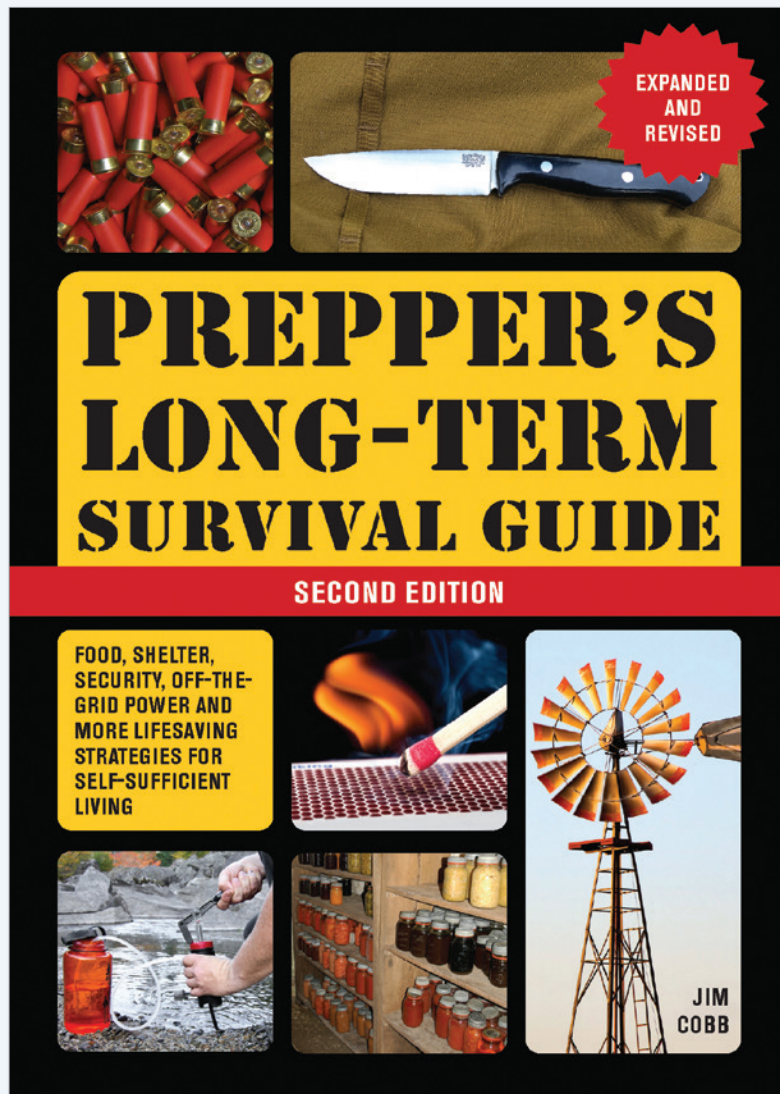
Category: Comparative Religion

Rights: World

ABOUT THE AUTHORS

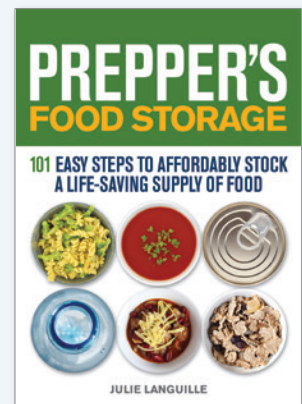
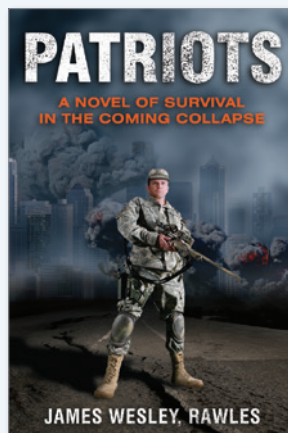
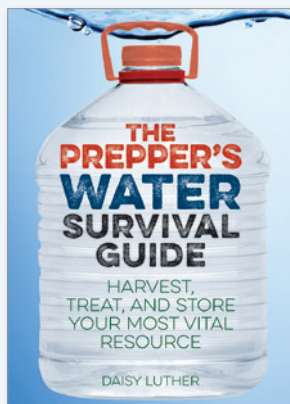
Author of the best-selling *Meeting Jesus Again for the First Time* and the celebrated scholar of Christianity, Marcus Borg lived in Portland, Oregon. He died in 2015.

Jack Kornfield is the author of the best-selling *Buddha's Little Instruction Book*. He lives in Woodacre, California.



January 2023 | Paperback | 240 Pages | 6" x 9" | Black and White

Similar titles from Ulysses Press



Prepper's Long-Term Survival Guide, 2nd Edition

Food, Shelter, Security, Off-the-Grid Power, and More Lifesaving Strategies for Self-Sufficient Living (Expanded and Revised)

Jim Cobb

Prepare yourself for any life-threatening event with this fully updated, step-by-step survivalist guide from best-selling author and expert Jim Cobb.

The preparation you make for a hurricane, earthquake, disease outbreak, or other short-term disaster will not keep you alive in the event of widespread systemic collapse. Some preparation books teach you the basics on how to survive until society goes back to normal. But what happens after the first thirty days, sixty days, and beyond? That's where the *Prepper's Long-Term Survival Guide* comes in.

Written by best-selling author and prepping expert Jim Cobb, this fully updated edition offers new techniques and advanced tactics, including:

- ▶ How to properly store and preserve food
- ▶ Recipes made with easy-to-preserve ingredients
- ▶ Techniques on how to collect water for drink and hygiene
- ▶ Basic first aid and medical-treatment skills essential in survival situations
- ▶ Easy-to-follow tips for an off-the-grid life
- ▶ And more!

This second edition gives real-life techniques for survival events. Learn how to live a life off the grid and ready for anything life throws at you.

Spring 2023

\$19.95 US | \$26.95 CAN

9781646044443 (print)

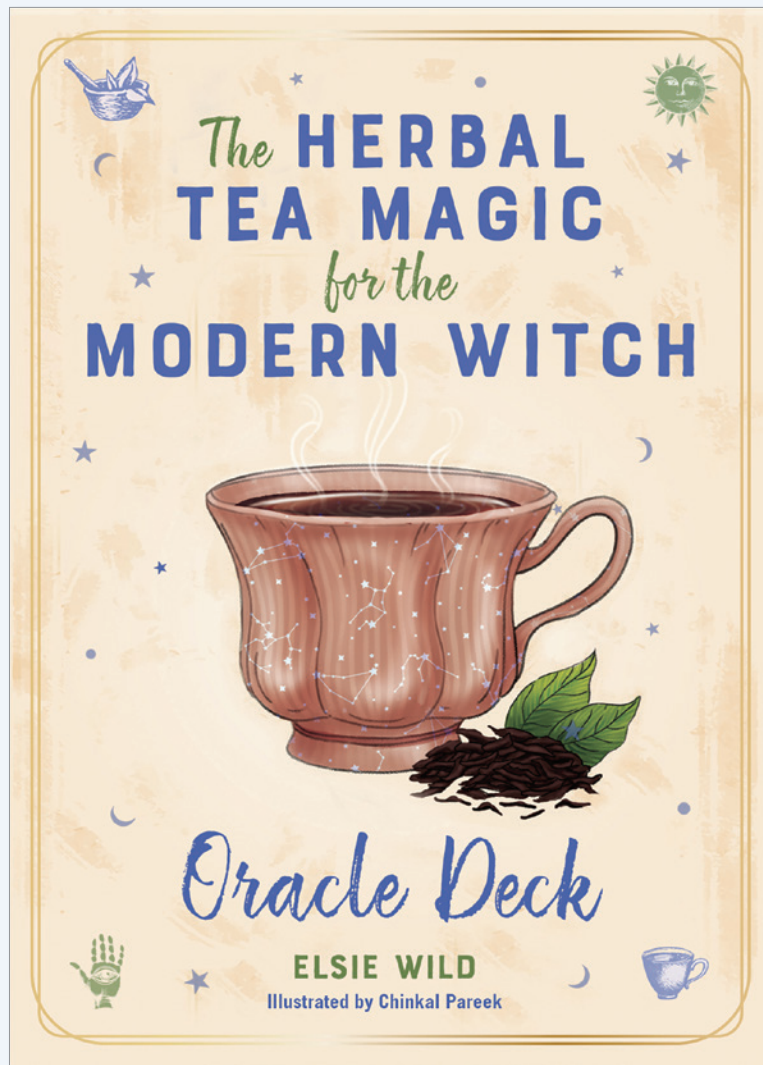
9781646044658 (ebook)

Category: Sustainable Living

Rights: World

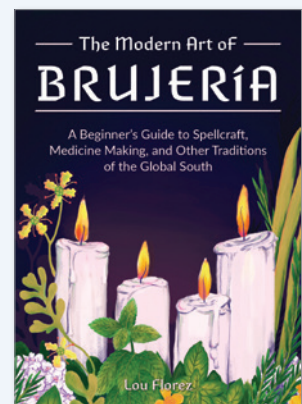
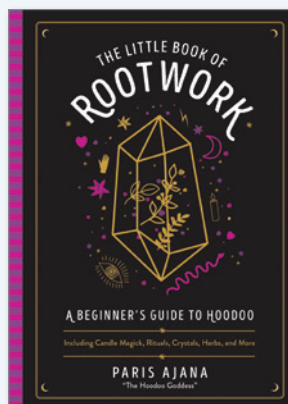
ABOUT THE AUTHOR

Jim Cobb is the author of *Prepper's Home Defense* and *The Prepper's Complete Book of Disaster Readiness*. Mr. Cobb is a prepper and survivalist and founder of the website SurvivalWeekly.com. He lives in Wisconsin.



April 2023 | Flashcards & Booklet | 40 Cards | 3.5" x 5" | Full Color

Similar titles from Ulysses Press



The Herbal Tea Magic for the Modern Witch Oracle Deck

A 40-Card Deck and Guidebook for Creating Tea Readings, Herbal Spells, and Magical Rituals

Elsie Wild

Harness the power of green witchcraft and divination with this combination guidebook and fully illustrated forty-card oracle deck of herbs, florals, and more.

Spring 2023

\$29.95 US | \$39.95 CAN

9781646044566 (print)

Category: Body, Mind, & Spirit

Rights: World

Tea magic has been used for centuries to uncover hidden truths. Now, with *The Herbal Tea Magic for the Modern Witch Oracle*, you will find solutions for everything from a broken heart to aligning with your highest self. Want to know which herbs will bring you good luck or enhance your mood? This oracle deck will show you just that with detailed descriptions on the significance of the herb in the companion booklet.

This oracle deck and companion guide contains forty different herbs, each with their own metaphysical meaning that you can use to divine the future, reflect on the past, or even interpret the present. Perfect for beginners or more advanced witches, there are endless ways to use this deck either as a traditional oracle deck or more free-form by asking a question, drawing a few cards, and creating your own spellbinding brew to help guide you to the answers you seek.

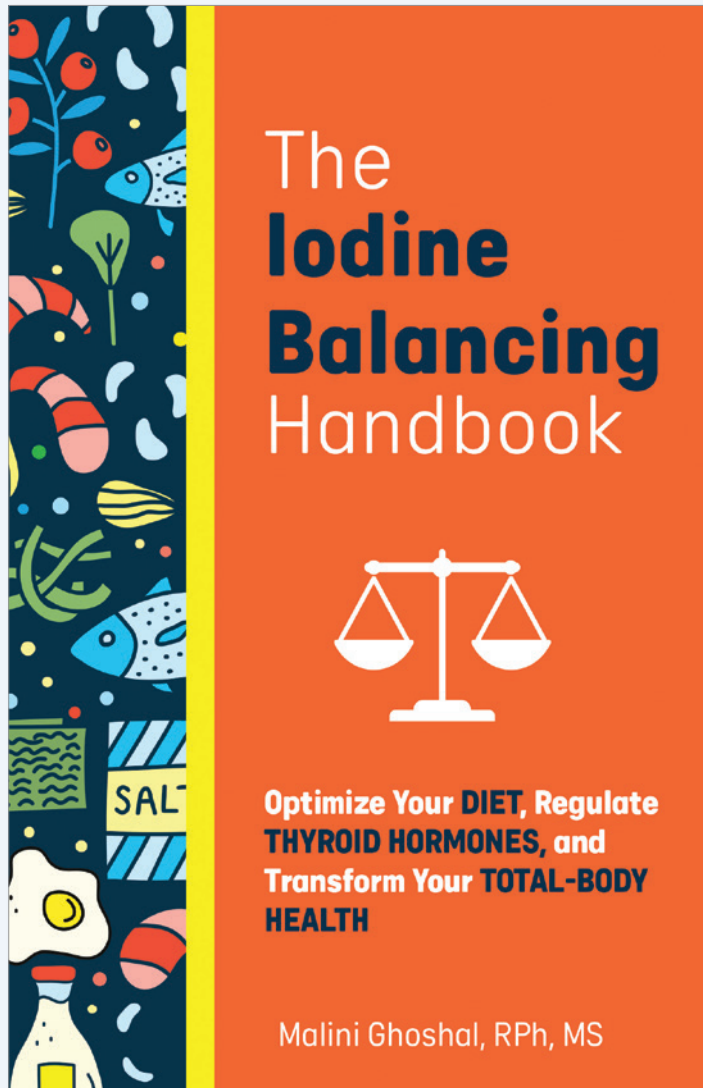
Discover the metaphysical meanings of:

- ▶ Cinnamon
- ▶ Sage
- ▶ Rosemary
- ▶ Thyme
- ▶ And much more!

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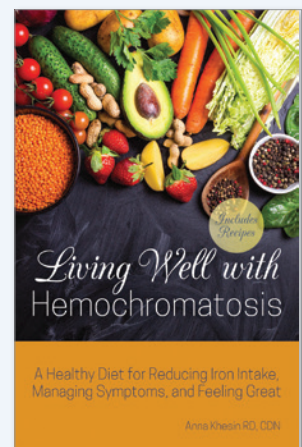
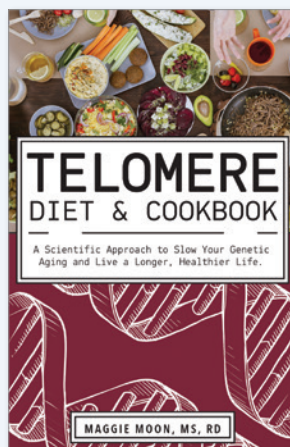
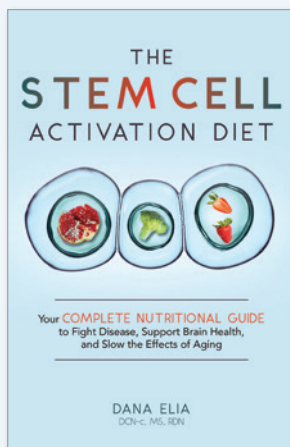
ABOUT THE AUTHOR

Elsie Wild is a writer and witch haunting the Adirondack Mountains of upstate New York. A lifelong student of divination, Wild has been a practitioner of tarot, astrology, numerology, and herbalism for over a decade and has written horoscopes, articles, and guides for various publications.



March 2023 | Paperback | 144 Pages | 5.5" x 8.5" | Black and White

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The Iodine Balancing Handbook

Optimize Your Diet, Regulate Thyroid Hormones, and Transform Your Total-Body Health

Malini Ghoshal

Understand the role of iodine in your overall health and learn how to achieve the perfect balance for better energy levels, heart health, brain function, and more!

Spring 2023

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Have you ever wondered what role iodine plays in our daily lives? Found in certain natural foods and salts, iodine is a trace mineral essential to regulating everyday bodily functions. By stimulating the thyroid glands to produce certain hormones, iodine can affect every aspect of your health, from the heart and brain to your energy and weight. *The Iodine Balancing Handbook* is the perfect guide to achieving the proper balance needed to naturally treat a wide range of chronic illnesses, including:

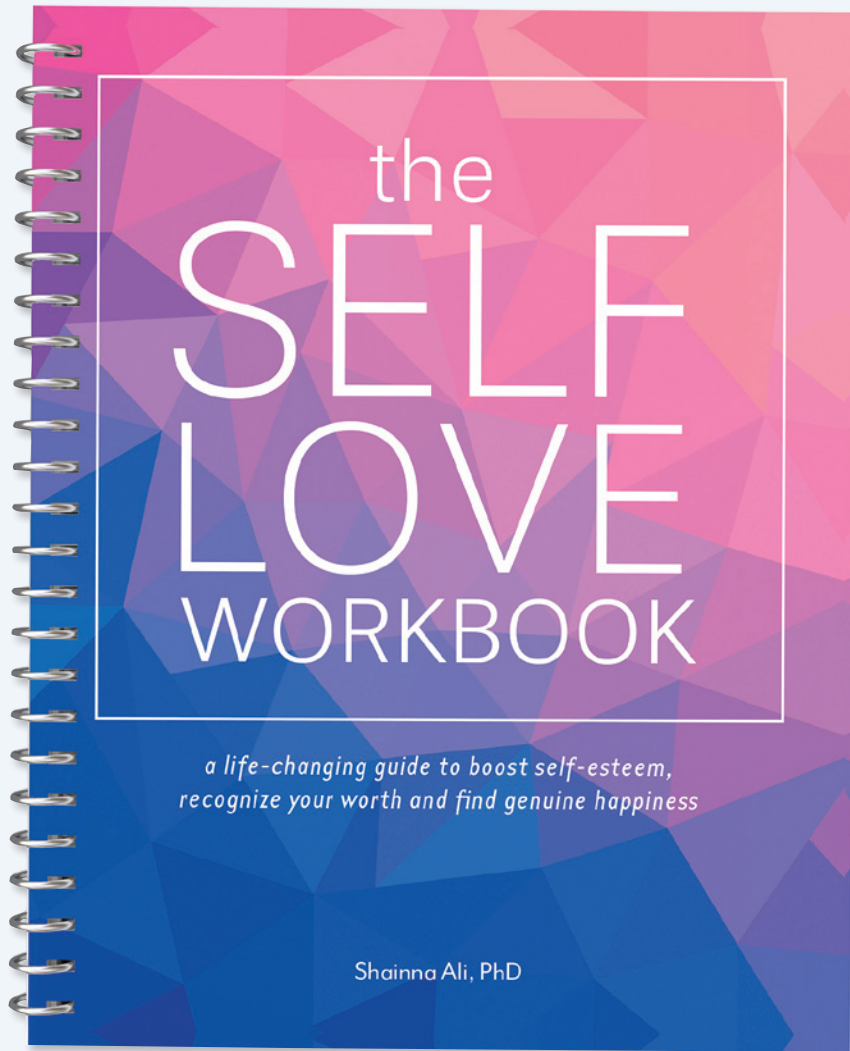
- ▶ Hypert thyroidism
- ▶ Thyroid cancer
- ▶ Hashimoto's disease
- ▶ Graves' disease
- ▶ Heart disease
- ▶ And many more!

Written by a longtime health writer and expert in pharmaceutical policy, this book will help you understand the risks and benefits of iodine consumption while also teaching you how to achieve the perfect iodine balance.

ABOUT THE AUTHOR

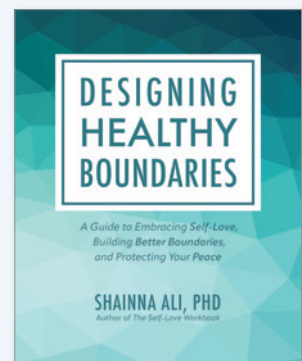
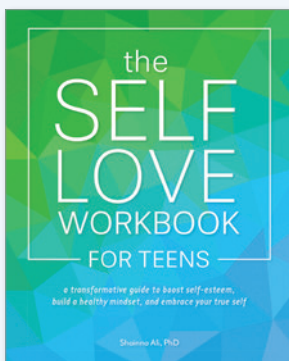
Malini Ghoshal, RPh, MS, is published writer, speaker, and educator with a background in pharmacy. She has a master's degree in pharmaceutical policy and regulations. She writes for several major online media organizations on a wide range of topics, including medications, supplements, mental health, health-care policy, and more. Her focus is on presenting well-researched, high-quality content in a friendly conversational tone to empower individuals to lead healthier lives.

Malini is passionate about improving health equity and outcomes in underrepresented groups and has dedicated much of her health career to improving health outcomes for chronic disease, both as a pharmacist and medical writer through improved communication, empathy, and respect for individuals.



January 2023 | Spiral | 160 Pages | 7.5" x 9.25" | Black and White

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The Self-Love Workbook

An Unofficial Coloring Book of the Morbid and Ghastly

Shainna Ali

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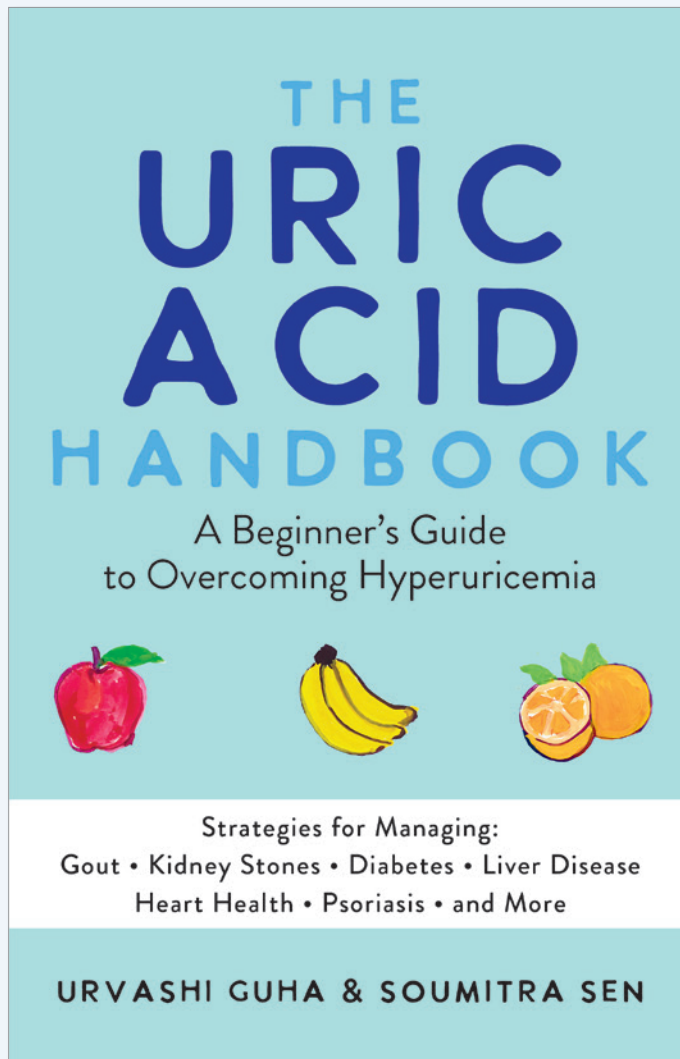
You need love from yourself as much as from others. When you have low self-esteem, low confidence, or even self-hatred, it's impossible to live life to the fullest. It's time to build your self-love and transform your attitude, emotions, and overall outlook on life! This helpful workbook allows you to become aware of your own unique needs and goals while discovering how to better accept and love your true self. It includes a variety of constructive and actionable tips, tricks, and exercises, including:

- ▶ Interactive activities: explore a variety of fun and creative ways to love yourself
- ▶ Reflection prompts: unpack your experiences and connect them to new lessons
- ▶ Helpful advice: deepen your understanding of self-love and utilize it in the real world

Self-love allows you not only to see your true self, but to truly accept who you are wholeheartedly. With this acceptance comes the freedom and confidence to live your life to its fullest. It's time to conquer self-doubt and self-sabotage. It's time to love yourself!

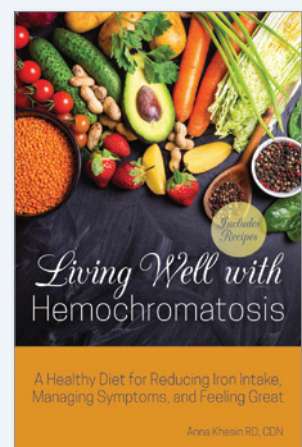
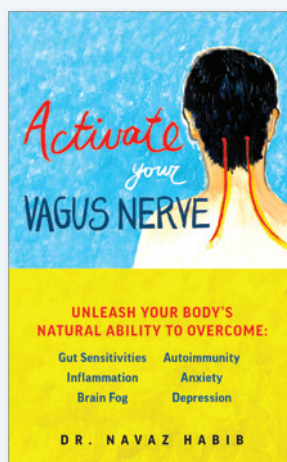
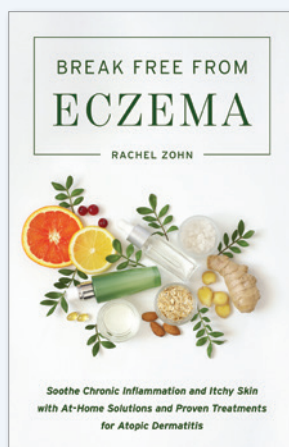
ABOUT THE AUTHOR

Dr. Shainna Ali is a mental health counselor, educator, and advocate who is 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*, and is the owner of Integrated Counseling Solutions, a counseling and consulting practice in Orlando, Florida. In her practice, she uses a strengths-based approach that empowers clients on their journey of self-love. 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. When she isn't working, she invests in her self-love by practicing yoga, spending time with her loved ones, teaching dance, or exploring the world.



March 2023 | Paperback | 144 Pages | 5.5" x 8.5" | Black and White

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The Uric Acid Handbook

A Beginner's Guide to Overcoming Hyperuricemia (Strategies for Managing: Gout, Kidney Stones, Diabetes, Liver Disease, Heart Health, Psoriasis, and More)

Urvashi Guha and Soumitra Sen

Take control of your health with this easy-to-use guide to lowering uric acid levels and managing gout, liver disease, heart health, and more!

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Category: Diseases & Conditions

Rights: World

Millions of Americans experience high uric acid levels, aka hyperuricemia, and as a result suffer from health conditions like gout, liver disease, kidney stones, heart disease, and more. Uric acid is a waste product found in the blood. The body naturally dissolves uric acid, but sometimes it can build up in the body and cause major health problems.

With *The Uric Acid Handbook*, you will first learn what uric acid is and how it operates within your body. Then this book will walk you through how you may be unknowingly increasing your uric acid levels and the certain health risks associated with doing so. Using relatable anecdotes and research-backed strategies, this friendly guide will give you all the tools you need to lower your uric acid levels, including:

- ▶ Professional advice from health-care providers
- ▶ Recipes and recommended foods that are low in uric acid
- ▶ Simple strategies for making daily lifestyle changes

The Uric Acid Handbook is the ultimate fact-filled guide to managing your hyperuricemia or simply improving your overall health.

ABOUT THE AUTHORS

Urvashi Guha is a cofounder of Storytellers, a behavioral change communication consulting firm based in India. She is a behavioral change communication expert and focuses her time working on developmental and social change issues. An amateur artist and storyteller, Urvashi enjoys observing how trends change and norms shift over time. Her interest in the subject of uric acid comes from a deep study on the issue, since many people in her inner circle have suffered with uric acid-related health problems.

Soumitra Sen cofounded Storytellers, a behavioral change communication consulting firm based in India. He is a qualified pharmacist in India and enjoys understanding scientific nuances. His pharmacist-like mind has driven him to understand many forms of treatment, both in allopathic and alternative medicine. His interest in the subject of uric acid comes from his own personal suffering and overcoming uric acid-related health issues.

Contents

The ABCs of Asian American History	3
Introduction to Igbo Mythology for Kids	5
The Big Book of Horse Trivia for Kids	7
Where Does the Easter Bunny Live?	9
Are You Gonna Eat That?	11
Back in the Day Trivia for Seniors.....	13
The Happy Empath’s Little Book of Affirmations.....	15
Healing with Copper	17
Jesus and Buddha.....	19
Prepper’s Long-Term Survival Guide, 2nd Edition	21
The Herbal Tea Magic for the Modern Witch Oracle Deck.....	23
The Iodine Balancing Handbook	25
The Self-Love Workbook.....	27
The Uric Acid Handbook	29

