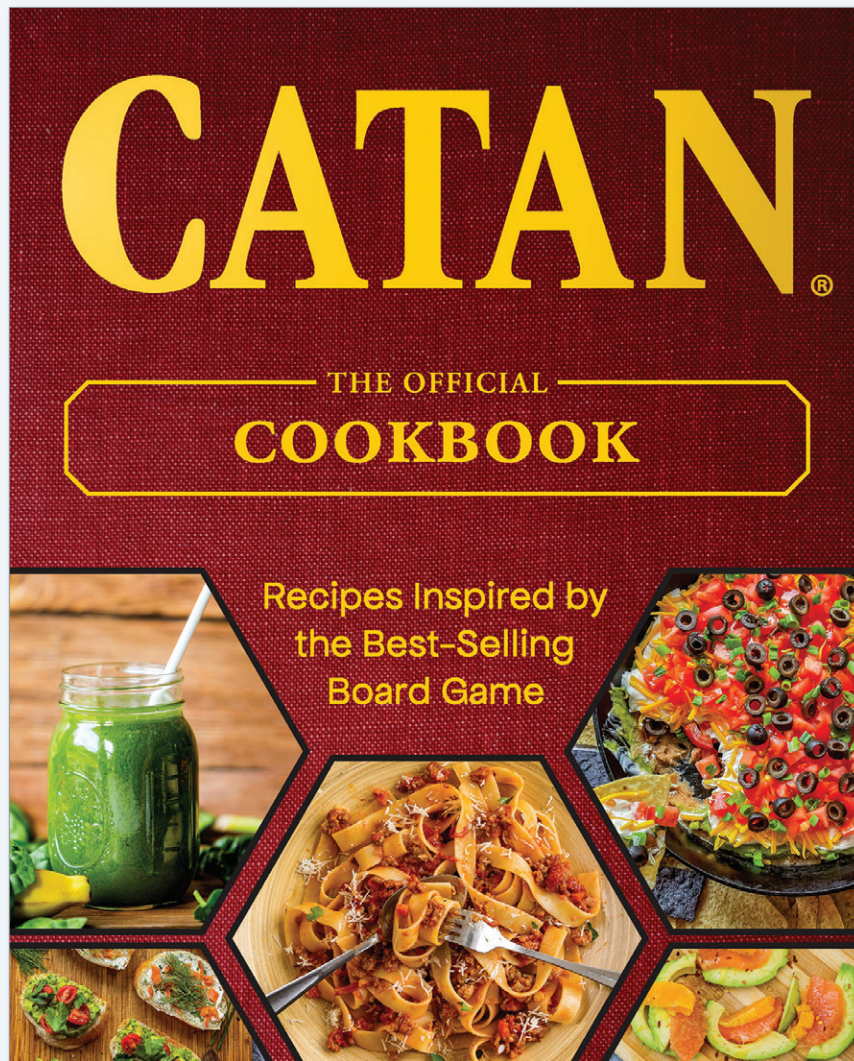


Ulysses Press

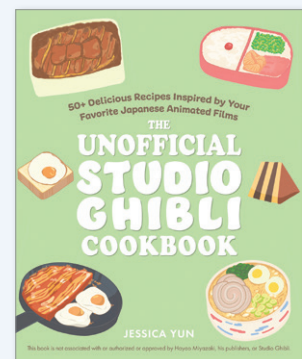
Summer 2023





June 2023 | Paper Over Board | 176 Pages | 7.5" x 9.25" | Full Color

Similar titles from Ulysses Press



CATAN®**The Official Cookbook**

Editors of Ulysses Press

Embark on a culinary
adventure with the first-ever
official CATAN® cookbook—
the perfect companion to
your next game night.

Summer 2023

\$29.95 US | \$39.95 CAN

978-1-64604-452-8 (print)

978-1-64604-473-3 (ebook)

Category: Pop Culture Cookbook**Rights:** US, Canada, UK, ANZ

Welcome, adventurers! The hexes of CATAN lie before you. The promise of abundant resources, development cards, and victory points are close at hand. But all good Catanians need a good meal before they can build strong settlements and grand cities.

With *CATAN®: The Official Cookbook*, fans of Klaus Teuber's iconic game can now fuel up while road building and negotiating trades. From snack-worthy appetizers to feast-level entrees, this cookbook includes fun and easy-to-make recipes inspired by the game, like:

- › Over-Knight Oats
- › Chicken under a Brick
- › Ear of Plenty Corn Dip
- › Robber's Discard Delight
- › Rocky Road Cookies
- › Desert (Prickly Pear) Margaritas
- › And more!

Packed with beautiful photos, iconic artwork, and fan references, this book is the perfect gift for longtime Catanians or beginning gamers. Gather your friends, family, and fellow explorers, and bring your favorite game to life through food.

Cook. Eat. Play.

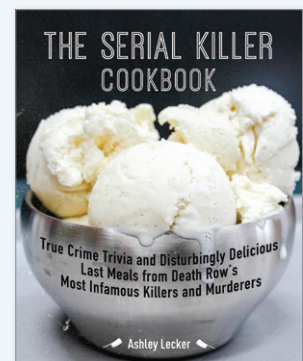
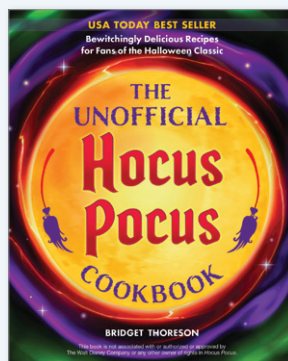
ABOUT THE AUTHOR

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



July 2023 | Paper Over Board | 144 Pages | 7.5" x 9.25" | 60 Full-Color Photos

Similar titles from Ulysses Press



The Horror Movie Night Cookbook

60 Deliciously Deadly Recipes Inspired by Iconic Slashers, Zombie Films, Psychological Thrillers, Sci-Fi Spooks, and More

Richard Sargent | Photographs by Nevyana Dimitrova

Slay movie night with frighteningly delicious food and cocktail creations inspired by your favorite scary movie—perfect for fans of spooky season and movie buffs alike!

Summer 2023

\$19.95 US | \$26.95 CAN

978-1-64604-491-7 (print)

978-1-64604-511-2 (ebook)

Category: Media Tie-In

Rights: World

If you're looking for kitschy Pinterest recipes like coffin-shaped cookies or zombie finger sandwiches, look elsewhere. With *The Horror Movie Night Cookbook*, you'll enjoy thoughtful and tasty food and cocktail pairings inspired by the actual content of chilling classics like *Jaws*, *Psycho*, *Scream*, *The Conjuring*, *The Evil Dead*, *Halloween*, and more of horror's most frightening favorites! Inside you'll find recipes like:

- › Crawling Steak (*Poltergeist*)
- › Campfire Sour (*The Blair Witch Project*)
- › Zombie Baby Kale Salad (*Dawn of the Dead*)
- › Bloody Floaties (*Jaws*)
- › Alligator Bites (*Crawl*)
- › The Mama's Boy Martini (*Psycho*)
- › And more!

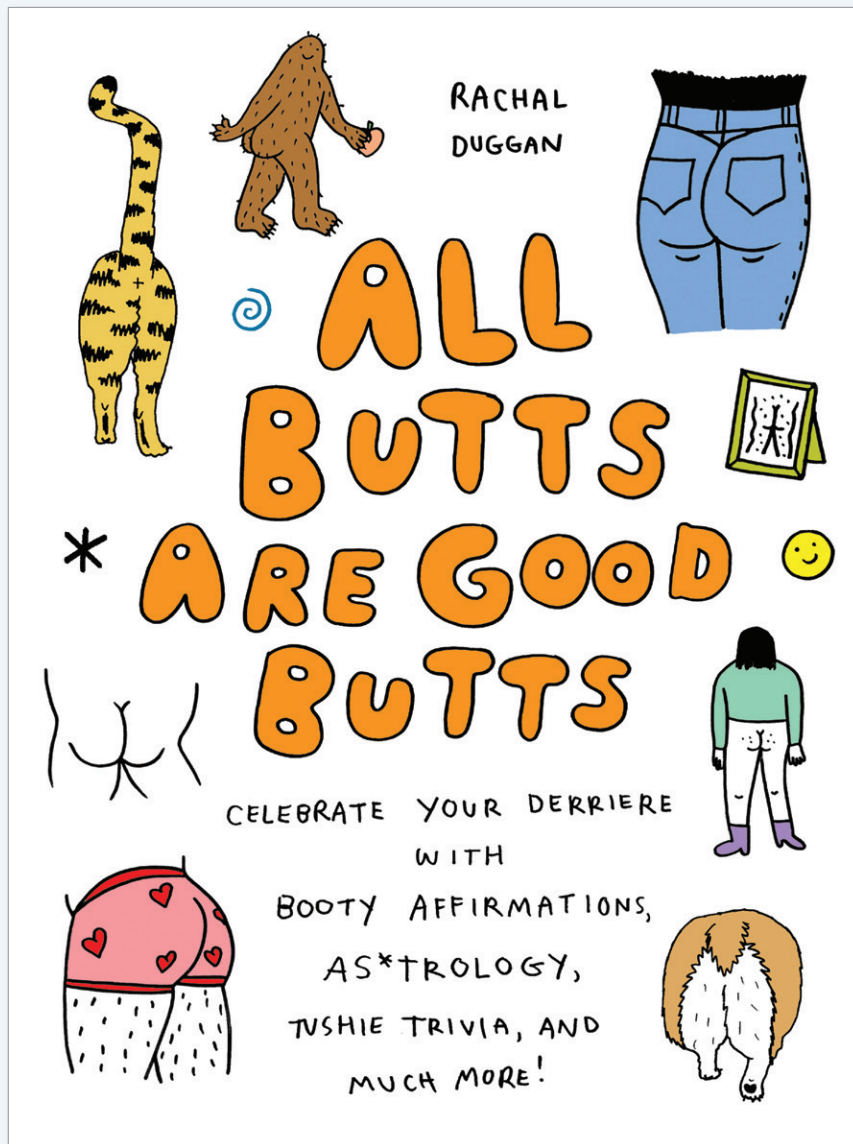
This killer cookbook contains everything you'll need to be the star of your own horror-themed dinner party. So to quote a famous final girl, "What are you waiting for?"

ABOUT THE AUTHOR

Richard S. Sargent was born and raised in Pittsburgh, Pennsylvania. Some of his earliest memories are of sitting in front of the TV after school, watching reruns of *Chiller Theatre* with his mom. You can blame her for his obsession with horror films.

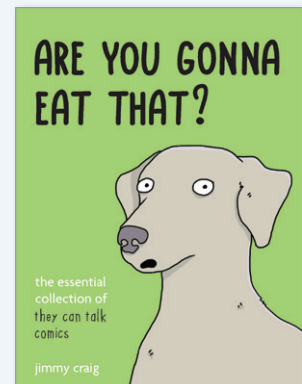
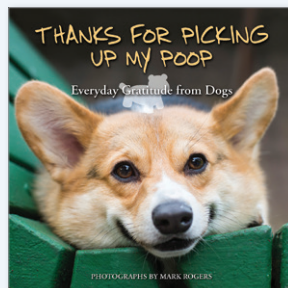
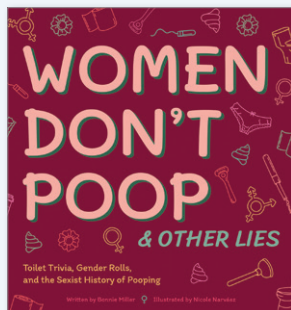
Richard is an award-winning actor, director, producer, playwright, and filmmaker. You can find some of his short plays published on Amazon via Left Coast Publishing. His short film *Meat*, described as "torture porn with bacon," was released in the horror anthology *World of Death*.

Richard has always been interested in creative cooking. Most of his day jobs were in restaurants and on food trucks. After taking a few cooking classes, Richard decided doing it for a living would take all of the fun out of it. So he found a new way to keep cooking fun: *The Horror Movie Night Cookbook*!



May 2023 | Paper Over Board | 64 Pages | 6" x 8" | Full Color

Similar titles from Ulysses Press



All Butts Are Good Butts

Celebrate Your Derriere with Booty Affirmations, As*trology, Tushie Trivia, and More

Rachal Duggan

Embrace your behind—flaws, farts, and all—with historical heinies, celebrity cabooses, seat self-care, and more fun facts in this little book of booty body positivity.

Summer 2023

\$12.95 US | \$17.95 CAN

978-1-64604-500-6 (print)

978-1-64604-518-1 (ebook)

Category: Comic Strips & Cartoons

Rights: World

Butts are amazing. They're practical, hilarious, and hardworking, and almost every person and animal has one that is entirely unique and their own. Just like a fingerprint, nothing makes you you like your backside. But why is it that so many of us have such a complicated relationship with our buns? Too big, too small, too high, too low...there's no such thing. This book is here to proclaim that all butts are good butts!

From professional buttocks portraitist Rachal Duggan, whose work has been seen on Instagram and TikTok (@radillustrates), this illustrated gift book examines all things bootylicious—from historical legends to adorable animals to otherworldly as*trology. For those in need of a little self-love, this book will cover fresh tactics to accept your perceived imperfections and easy strategies for honoring your cheeks. You'll laugh, you'll cry, and you'll (hopefully) see your glorious derriere in an entirely new light.

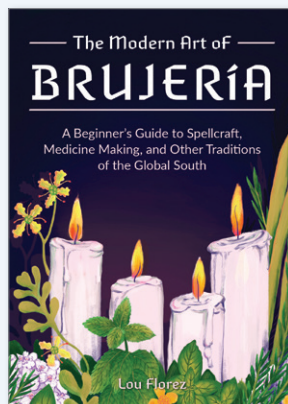
ABOUT THE AUTHOR

Rachal Duggan has been viral on TikTok (@radillustrates) and has amassed a small but growing Instagram following (@radillustrates, 22K followers) for her on-the-spot booty portraiture. Available for weddings, craft fairs, and anywhere butts should be celebrated, she can draw any backside on the fly! Her illustration work has been featured in the *Guardian*, *NYLON* magazine, and more.



May 2023 | Paper Over Board | 160 Pages | 5" x 7" | Black and White

Similar titles from Ulysses Press



Spell Jars for the Modern Witch

A Practical Guide to Crafting Spell Jars for Abundance, Luck, Protection, and More

Minerva Siegel

Dive into the magickal world of spellcrafting with fifty unique and customizable spell jar recipes, using everything from crystals and candles to tarot cards and herbs to heal, protect, and manifest your desires.

Summer 2023

\$16.95 US | \$23.95 CAN

978-1-64604-495-5 (print)

978-1-64604-521-1 (ebook)

Category: Magick Studies

Rights: World

Spell Jars for the Modern Witch will guide you through the entire process of jar spellcrafting—creating spells inside sealed containers—from setting your intentions, to cleansing your ritual space, to building and activating your spells. But before diving into individual spell jar recipes, you'll first learn all about magickal colors, crystals, numbers, and astrological properties; how to best time the creation of your spells; and the power meaning of certain herbs, flowers, and other natural ingredients that will help you decide what to include in your spell jars.

Then begin manifesting your goals with fifty step-by-step spell jar recipes for everyday life, including spells for:

- Protection from nightmares
- Financial abundance
- Manifesting self-confidence
- Cultivating a stable, happy home life
- Successful job hunting
- And more!

Whether you're looking to craft spell jars to banish bad vibes or simply discover more joy in your life, this comprehensive, easy-to-use guide has you covered.

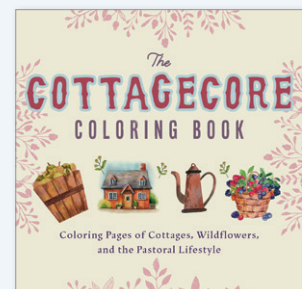
ABOUT THE AUTHOR

Minerva Siegel is a writer, author, and longtime practitioner of witchcraft. She haunts her Victorian home in Milwaukee, Wisconsin, with her Taurean husband and their beloved motley pack of rescue mutts. Born in Seattle under a Sagittarian sun and Capricorn moon, Minerva loves tarot reading, crystal meditation, and filling her home with beautiful books and antiques. Minerva is a disabled wheelchair user. Though the physical body has limitations, there's freedom and power in fully tapping into our own magickal potential. Her guidebooks help readers do just that.



July 2023 | Paperback | 80 Pages | 7.5" x 9.25" | Black and White

Similar titles from Ulysses Press



The Magical Girl's Self-Care Coloring Book

Color Your World and Embrace Your Inner Power

Jacque Aye | Illustrated by Venus Bambisa

Calling all Sailor Moon fans, Cardcaptor Sakura fans, Tokyo Mew Mew fans, and all magical girls to color in a self-love, self-esteem-boosting adventure with this unique coloring book for adults!

Summer 2023

\$15.95 US | \$21.95 CAN
978-1-64604-492-4 (print)

Category: Coloring Books

Rights: World

Be empowered on your adventure to find your best self with *The Magical Girl's Self-Care Coloring Book*! Inspired by the iconic magical girls of your childhood, this follow-up coloring book contains over thirty gorgeous illustrations designed to guide you on your self-care journey!

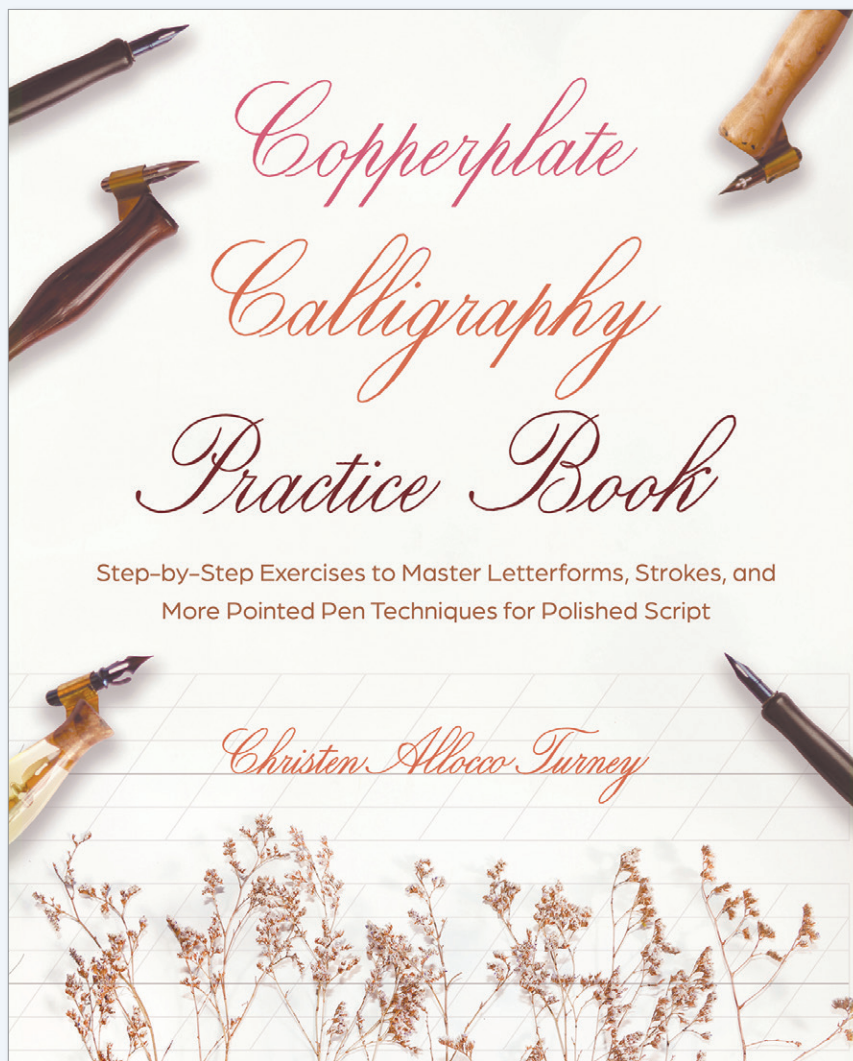
ABOUT THE CONTRIBUTORS

Jacque Aye is the author of *The Magical Girl's Guide to Life* and the creator of *Adorned by Chi*, a popular magical girl manga and brand inspired by Nigerian culture and Sailor Moon. Jacque's passion lies in storytelling, mental health advocacy, and...cute things! You can learn more about her at JacqueAye.com.

Venus Bambisa is a character concept artist, comic book artist, and illustrator. One of his greatest hopes is to create his own fresh and never-before-seen intellectual property and inspire people to pursue their own passions.

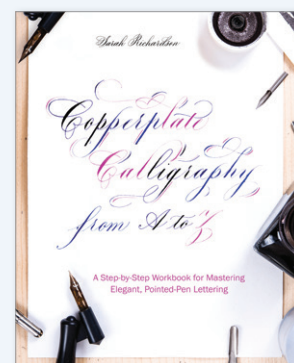
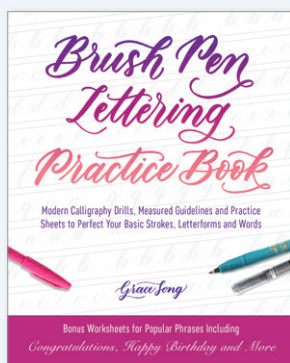
Sample pages





June 2023 | Paperback | 128 Pages | 7.5" x 9.25" | Black and White

Similar titles from Ulysses Press



Copperplate Calligraphy Practice Book

Step-by-Step Exercises to Master Letterforms, Strokes, and More Pointed Pen Techniques for Polished Script

Christen Allocco Turney

Practice and perfect copperplate handwriting with this perforated, easy-to-use beginner-friendly collection of exercises and drills for the modern calligrapher.

Summer 2023

\$16.95 US | \$22.95 CAN
978-1-64604-503-7 (print)

Category: Calligraphy

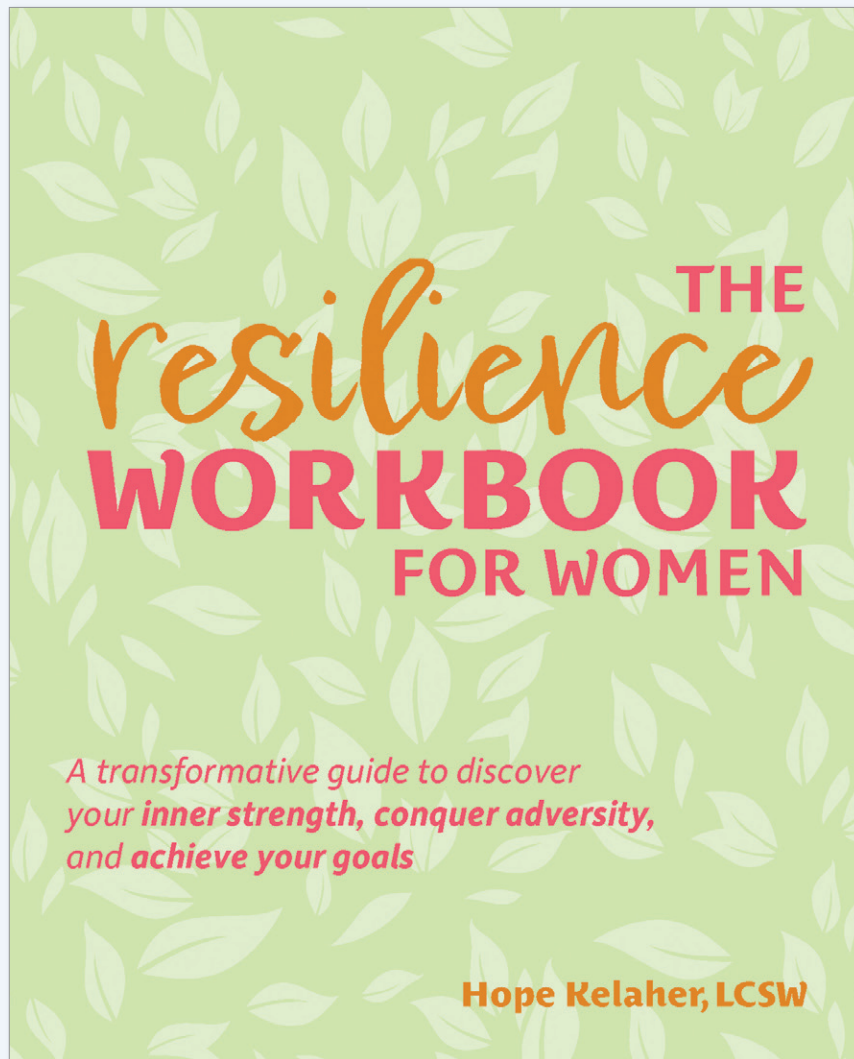
Rights: World

Taking your pointed pen calligraphy to the next level requires a lot of practice! Luckily, this all-in-one practice book provides templates, tips and tricks, and space to repeat your basic strokes, miniscule and majuscule letters, and more. *Copperplate Calligraphy Practice Book* also provides smart coaching paired with blank workspace to make your daily practice easier, more efficient, and more fun. It's the ideal way to help you along in your calligraphy journey.

For fans of Sarah Richardson's *Copperplate Calligraphy from A to Z* or those looking to practice their lettering skills, this handy workbook features easy-tear perforated practice pages with guided lines, helpful hints, and even specific letterform combinations for several popular words and phrases.

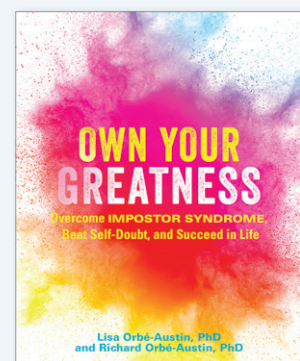
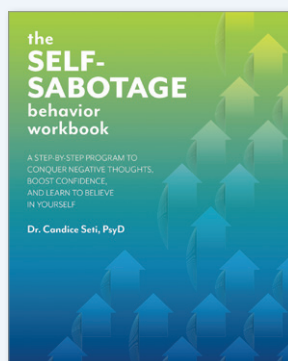
ABOUT THE AUTHOR

From the moment the tines of her pointed pen nib split, Christen Allocco Turney was hooked on calligraphy and has not looked back. She is a member of the Washington Calligraphers Guild and the International Association of Master Penmen, Engrossers, and Teachers of Handwriting. Christen is the cohost of *The Calligraphy Podcast* and teaches students all across the globe. She works in both broad edge and pointed pen calligraphy but has a particular love for Copperplate and its variations. Christen is an amateur baker, winter enthusiast, and Jersey girl at heart. She lives in Norfolk, Virginia, with her husband and their sweet pit bull, Niko.



August 2023 | Paperback | 128 Pages | 7.5" x 9.25" | Black and White

Similar titles from Ulysses Press



The Resilience Workbook for Women

A Transformative Guide to Discover Your Inner Strength, Conquer Adversity, and Achieve Your Goals

Hope Kelaher

Harness the power of your inner resilience and boost your self-esteem and self-confidence through the activities and journaling prompts in this workbook for women.

Summer 2023

\$16.95 US | \$22.95 CAN

978-1-64604-505-1 (print)

978-1-64604-526-6 (ebook)

Category: Personal Growth

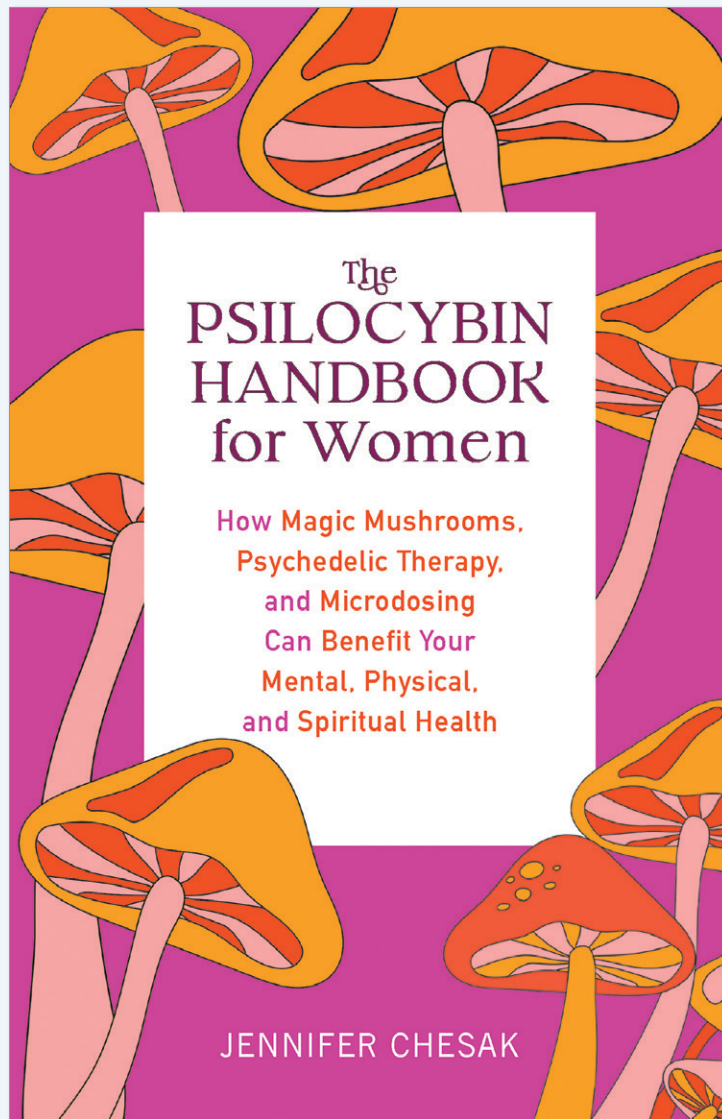
Rights: World

Discover how you can transform your life through the principles of resilience using this workbook for women of all ages. You'll embark on a journey of self-empathy, self-esteem, and self-confidence by immersing yourself in exercises to help you foster your own unique resiliency. You'll learn problem-solving skills, coping methods, and confidence-boosting tips that will enable you to move through your daily life in a more courageous, determined, and successful way. *The Resilience Workbook for Women* illuminates, encapsulates, and unlocks the inner resilience that all women possess. By making your way through this workbook, you will learn specific ways to harness the power of resilience in circumstances such as:

- › Breakups or divorce
- › Mental and physical illness
- › Career challenges
- › Physical and sexual trauma
- › Loss
- › Childbearing challenges
- › Natural disasters
- › And even the more covert obstacles such as racism, sexism, and other areas of disenfranchisement

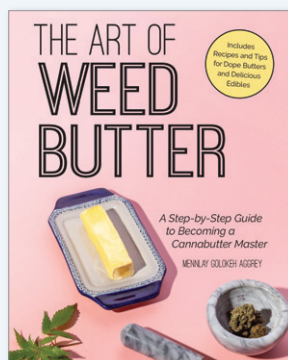
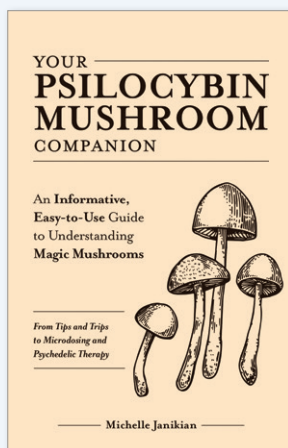
ABOUT THE AUTHOR

Hope Kelaher is a therapist based in New York City and author of *Here to Make Friends*. She has extensive training in relational and systemic therapy and received post-graduate training from The Ackerman Institute for the Family. Hope has a degree in public health from The Johns Hopkins University and a clinical social work degree from Columbia University. Her passion is to help those struggling with anxiety and depression find healing connections among family and friends. Hope lives in Manhattan, where she is always working to make new friendships and strengthen her existing ones. In her spare time, Hope enjoys long walks with her dog, Luna, training for half-marathons, fishing, rowing, and cooking.



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

Similar titles from Ulysses Press



The Psilocybin Companion for Women

How Magic Mushrooms, Psychedelic Therapy, and Microdosing Can Benefit Your Mental, Physical, and Spiritual Health

Jennifer Chesak

Check out the premier resource for women interested in harnessing the power of psilocybin, AKA magic mushrooms—from how to microdose and trip sit (yes, that's a thing) to understanding the latest psychedelic research—all in a decidedly bro-free format.

Summer 2023

\$16.95 US | \$22.95 CAN

978-1-64604-498-6 (print)

978-1-64604-522-8 (ebook)

Category: Alternative Therapies

Rights: World

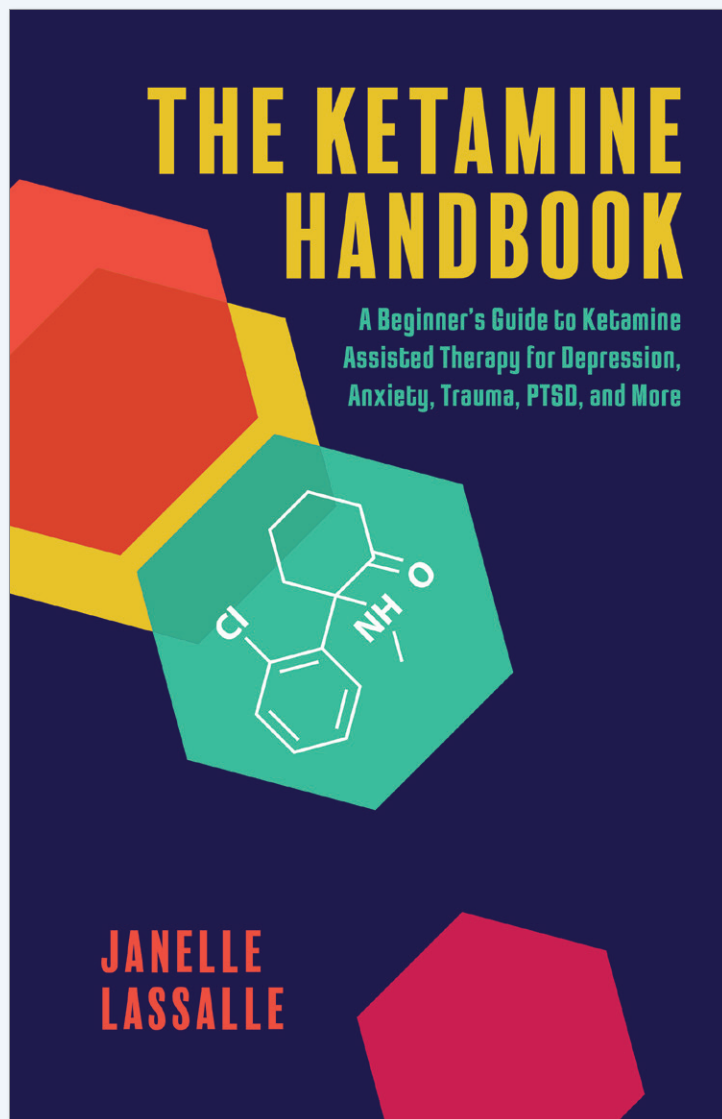
If you're looking for mushroom mansplaining, you've come to the wrong book. *The Psilocybin Companion for Women* is a resource for everyone, although it features information specific to those assigned female at birth—because psychedelics may have different effects and applications across the sexes. This informative guidebook is packed with everything you need to know about psilocybin, including its history, potential medicinal and recreational benefits, the latest evidence-based research, how to microdose and trip sit, and more. With *The Psilocybin Companion for Women*, you'll also get the answers to some of your most pressing questions, like:

- › Does psilocybin affect women differently?
- › Does it matter where I am in my cycle when I use psilocybin?
- › Can psilocybin help with menstrual migraines, endometriosis, or premenstrual dysphoric disorder?
- › Will psilocybin boost my sex life?
- › Do hormones have an impact on the entourage effect?
- › What the heck is the entourage effect?

ABOUT THE AUTHOR

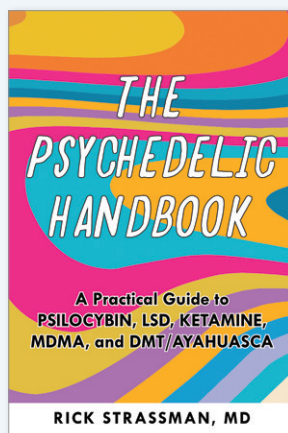
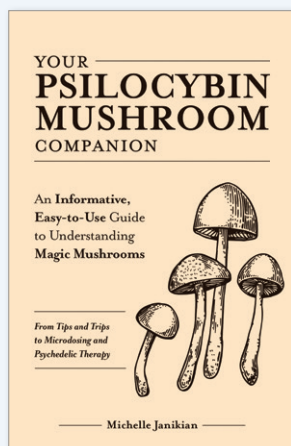
Jennifer Chesak is an award-winning freelance science and medical journalist, editor, and fact-checker based in Nashville, Tennessee. Her work has appeared in the *Washington Post*, *Healthline*, *Better Homes and Gardens*, *The Daily Beast*, *B*tch*, and more. Her coverage focuses on chronic health issues, medical rights, health care, harm reduction, and the scientific evidence around health and wellness trends, including cannabis and psychedelics.

Jennifer earned her master of science degree in journalism from Northwestern University's Medill. She teaches copyediting, technical writing, and media studies in the publishing program at Belmont University and serves as the managing editor for the literary magazine *SHIFT*. Find her work at jenniferchesak.com and follow her on socials @jenchesak.



July 2023 | Paperback | 112 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



The Ketamine Handbook

A Beginner's Guide to Ketamine-Assisted Therapy for Depression, Anxiety, Trauma, PTSD, and More

Janelle Lassalle

Understand the science and powerful therapeutic effects of psychedelic medicine and ketamine-assisted psychotherapy (KAP) with this first-of-its-kind primer.

Summer 2023

\$16.95 US | \$19.95 CAN

978-1-64604-502-0 (print)

978-1-64604-525-9 (ebook)

Category: Alternative Therapies

Rights: World

Once known as a “horse tranquilizer” drug or “Special K,” today, ketamine is being hailed as a new wonder drug for treatment-resistant conditions like depression and chronic pain. So what exactly is this mysterious drug, anyway? How does it work, and does it live up to the hype?

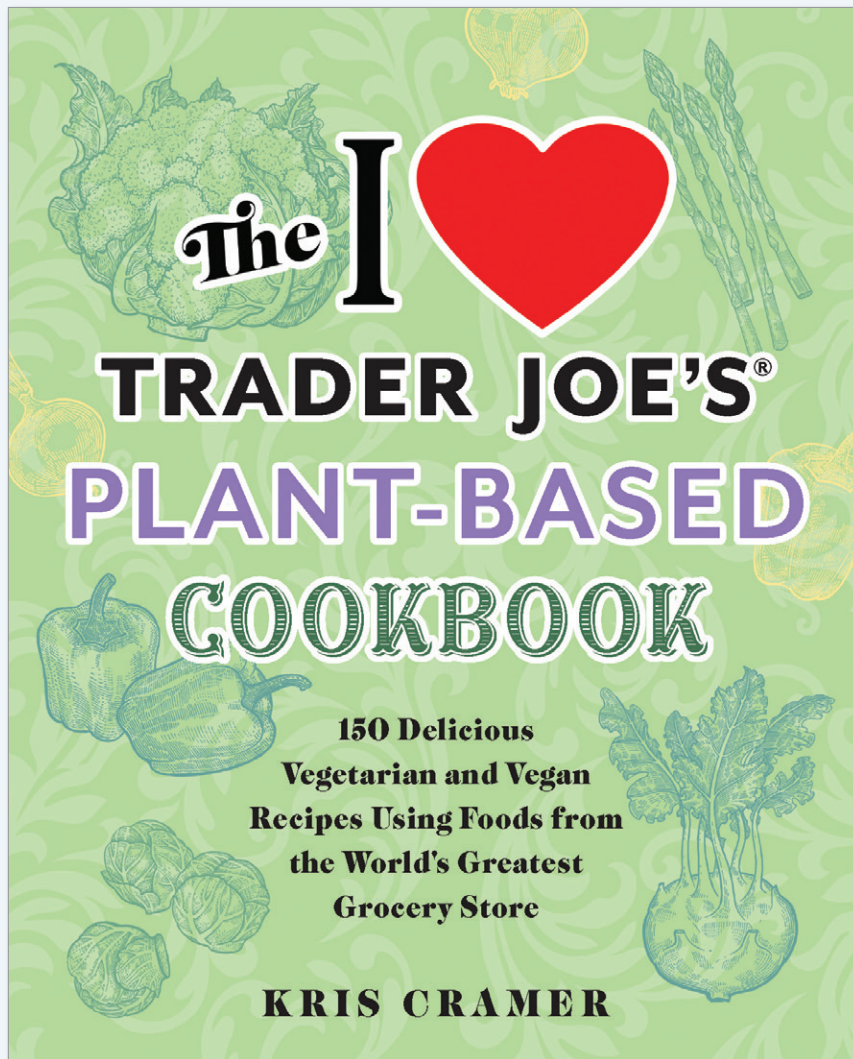
Now you can understand exactly what ketamine is and how it could make an impact in your life thanks to *The Ketamine Handbook*. Written with easy, simple-to-understand terminology, this book aims to answer important questions like:

- › What's the history of ketamine?
- › What is ketamine-assisted psychotherapy (KAP)?
- › How is ketamine different from psilocybin, LSD, cannabis and THC, and other psychedelics?
- › What are the different types and forms of ketamine?
- › Can KAP address conditions like anxiety, depression, chronic pain, PTSD, and trauma?
- › What is the latest research, and what are the potential future applications?

The answers, studies, and more are all included in this beginner-friendly guidebook. Transform your life and your health with the power of ketamine.

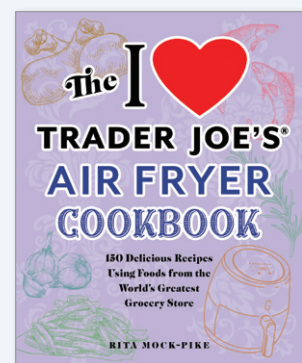
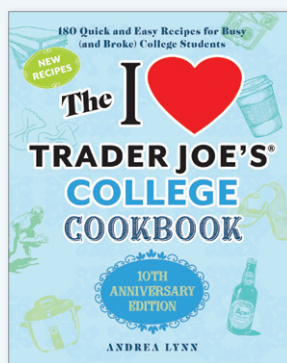
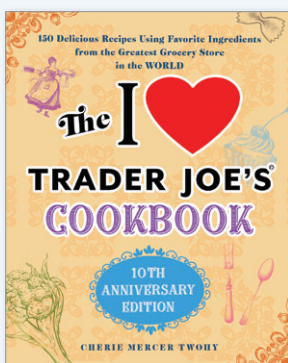
ABOUT THE AUTHOR

Janelle Lassalle is a freelance writer and artist who specializes in producing cannabis and psychedelic content. Much of her work is data driven and research oriented, highlighting the therapeutic promise and potential of cannabinoids and other psychedelics as they continue to emerge. Janelle has produced psychedelic content for a number of leading industry names, including Field Trip, Mindbloom, and Mind Cure. You can find her writing in a number of top-tier publications, including *Forbes* and *Rolling Stone*, by taking a peek at her website LassalleWorks.com or checking out her psychedelic-inspired artwork over at her Instagram [@jenkhari](https://www.instagram.com/jenkhari).



June 2023 | Paperback | 208 Pages | 7.5" x 9.25" | Full Color

Similar titles from Ulysses Press



The I Love Trader Joe's Plant-Based Cookbook

150 Delicious Vegetarian and Vegan Recipes Using Foods from the World's Greatest Grocery Store

Kris Cramer

Discover an updated variety of vegetarian and vegan dishes whipped up with the low-budget, easy-to-acquire ingredients from everyone's favorite grocery store—Trader Joe's®!

Summer 2023

\$19.95 US | \$26.95 CAN

978-1-64604-493-1 (print)

978-1-64604-513-6 (ebook)

Category: Vegetarian

Rights: World

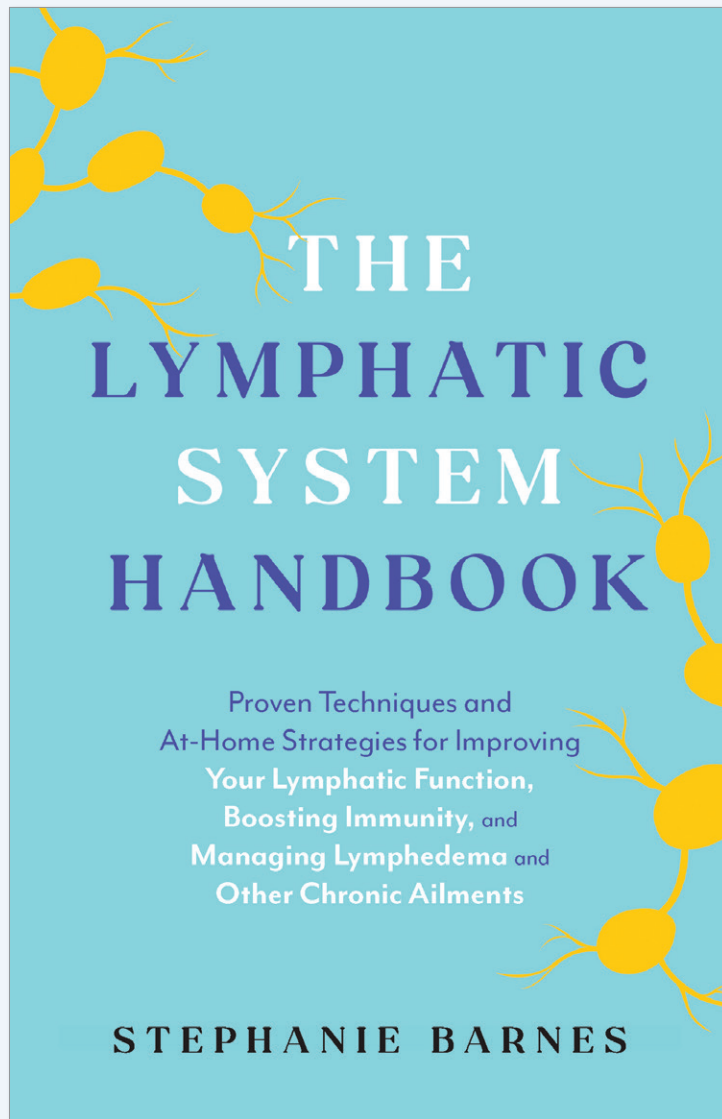
Just as Trader Joe's is the ultimate one-stop shop to stock up on tasty, eclectic foods for all dietary lifestyles, so too is the *The I Love Trader Joe's Plant-Based Cookbook*! Designed for veteran vegetarians, fresh vegans, and curious carnivores alike, this handy cookbook comes with easy-to-follow recipes for delicious animal-free dishes, including:

- › Tasty Tofu Scramble
- › Tuscan Tomato Soup
- › Almond-Glazed Green Beans
- › Coconut Curry Polenta
- › Tempeh Tacos
- › African Peanut Stew
- › Pasta with Creamy Tapenade
- › Roasted Carrot Risotto
- › Pumpkin Spice Cobbler
- › And many more!

Packed with simple instructions, full-color photos, and newly updated vegan versions of recipes, the *The I Love Trader Joe's Plant-Based Cookbook* takes the guesswork out of cooking—no matter who's at your table.

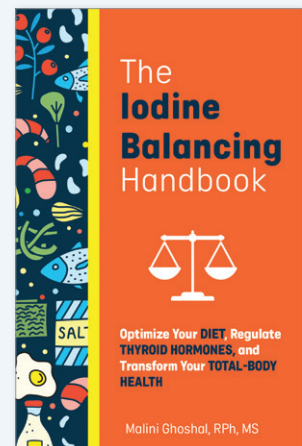
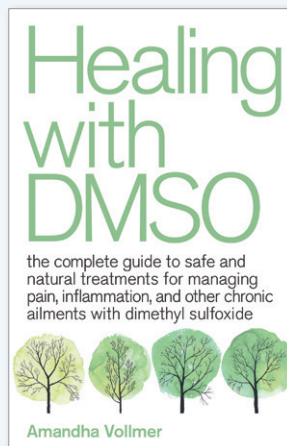
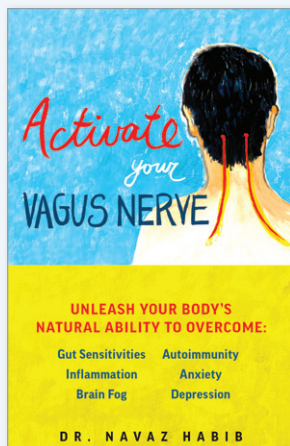
ABOUT THE AUTHOR

The first time Kris Cramer walked into a Trader Joe's, she fell in love. Between the products and the culture, it was love at first bite, sip, and slurp. Her love of Trader Joe's has become legendary among her family, friends, and blog readers, so it was natural that she would begin compiling her tried-and-true vegetarian and vegan recipes based on her favorite products. When not wandering the aisles of Joe's, she can be found perfecting her vegan baking techniques and singing nonsensical songs to her cats in the Twin Cities.



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

Similar titles from Ulysses Press



The Lymphatic System Handbook

Proven Techniques and At-Home Strategies for Improving Your Lymphatic Function, Boosting Immunity, and Managing Lymphedema and Other Chronic Ailments

Stephanie Barnes

Learn about all things lymphatic health with this handy guide packed with information, advice, and strategies to increasing longevity, mastering lymphatic drainage massage, and maintaining total-body health.

Summer 2023

\$16.95 US | \$22.95 CAN

978-1-64604-499-3 (print)

978-1-64604-523-5 (ebook)

Category: Diseases & Conditions/
Immune & Autoimmune

Rights: World

The lymphatic system functions as a maintenance department for the body. It controls the fluid levels in our tissues, plays an important role in the optimal performance of immune responses, and aids the production of cells and antibodies that protects us from viruses and diseases.

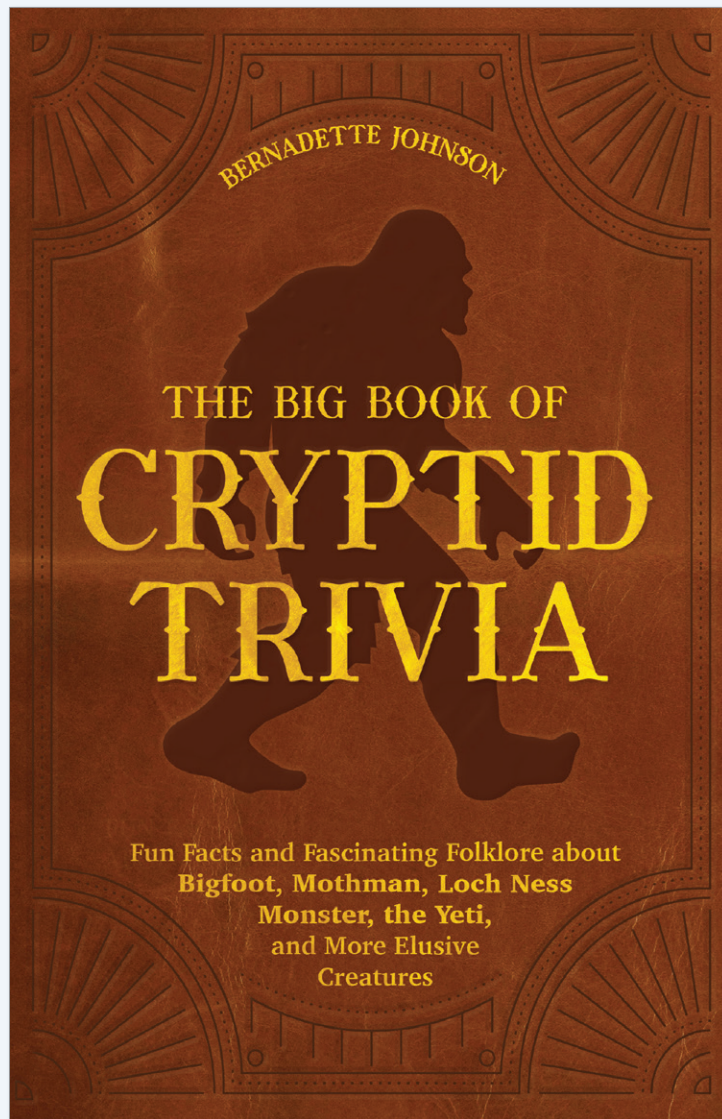
The Lymphatic System Handbook introduces you to your own lymphatic system and the many different ways you can take care of it in your everyday life with tools and methods like:

- Interviews with top health experts
- Easy-to-digest breakdowns of relevant studies about the lymphatic system
- Exercises for improving lymphatic health
- Step-by-step lymphatic drainage massage techniques and their benefits
- Simple, healthy recipes
- And much more!

This book will be your ultimate go-to guide to all things lymph health and will assist you on your journey to increase longevity, reduce inflammation, manage chronic ailments, and transform your overall health.

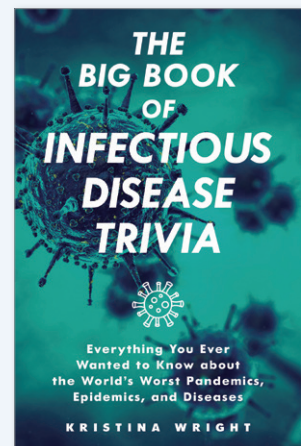
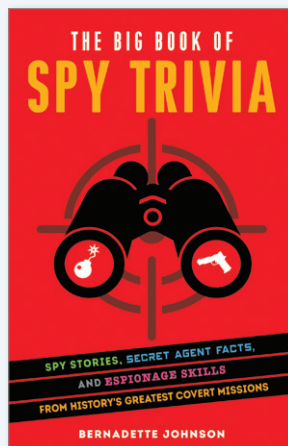
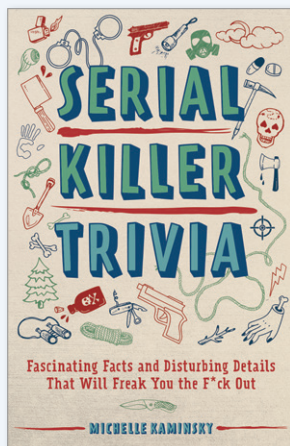
ABOUT THE AUTHOR

Stephanie Barnes is a freelance writer who has been covering health and wellness topics for almost a decade. Her work has been published on several popular websites, including *HuffPost*, *Healthline*, and *MindBodyGreen*. She's interviewed top health experts across the world to make sure the information provided is not only used but also credible.



June 2023 | Paperback | 280 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



The Big Book of Cryptid Trivia

Fun Facts and Fascinating Folklore about Bigfoot, Mothman, Loch Ness Monster, the Yeti, and More Elusive Creatures

Bernadette Johnson

Explore the world of cryptozoology in this first-ever trivia book all about the folklore, study, and eye-witness testimonies of cryptids like the Jersey Devil, Yeti, and more!

Summer 2023

\$16.95 US | \$22.95 CAN
978-1-64604-494-8 (print)
978-1-64604-508-2 (ebook)

Category: Ancient Mysteries & Controversial Knowledge
Rights: World

You’ve heard of Bigfoot (aka Sasquatch) and the Loch Ness Monster (aka Nessie). But these famous beasts are just the tip of the iceberg when it comes to the fantastic beasts, real and imagined, out there in the wild. These creatures are called cryptids: animals that some think exist but for which there is no concrete scientific evidence.

In *The Big Book of Cryptid Trivia*, you’ll learn all about cryptozoologists and ufologists like Loren Coleman and John Keel, as well as about real-life sightings and interesting tales of famous and lesser-known cryptids all over the world, including:

- ▶ Tahoe Tessie
- ▶ Mokele-Mbembe
- ▶ Ahool of Java
- ▶ Georgia Bigfoot
- ▶ Piltdown Man
- ▶ Hogzilla
- ▶ Pope Lick Monster
- ▶ Loveland Frog

Whether you are a seasoned skeptic, a budding cryptozoologist, or something in between, this book is sure to include facts and oddities that intrigue, educate, and entertain. Perhaps you’ll find out if you want to partake in a bit of cryptid tourism. Loch Ness, anyone?

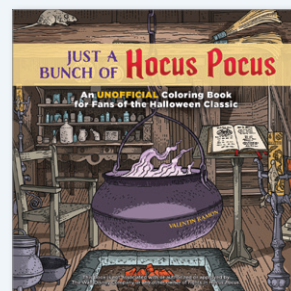
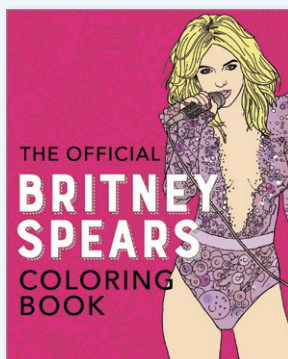
ABOUT THE AUTHOR

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. In her youth, she devoured the entire sci-fi section of the local library and dabbled in computer programming (and gaming) on an Atari 1200, leading to an IT career in adulthood. She also earned a couple of English degrees and continued to write. Her works include over fifty technology articles for HowStuffWorks.com, *The Big Book of Spy Trivia* (Ulysses Press), and several short stories. You can read Berni’s blog and find links to her writing at bernijohnson.com.



August 2023 | Paperback | 50 Pages | 8" x 10" | Black and White

Similar titles from Ulysses Press



Brooklyn Bound: A Coloring Book

Includes the Brooklyn Bridge, Historic Brownstones of Greenpoint, Coney Island Boardwalk, Prospect Park, Williamsburg, and More

Illustrated by Mikayla Sherfy

Celebrate New York City's best borough as you color your way through detailed illustrations of architecture, local spots, and more iconic scenes from Brooklyn.

Summer 2023

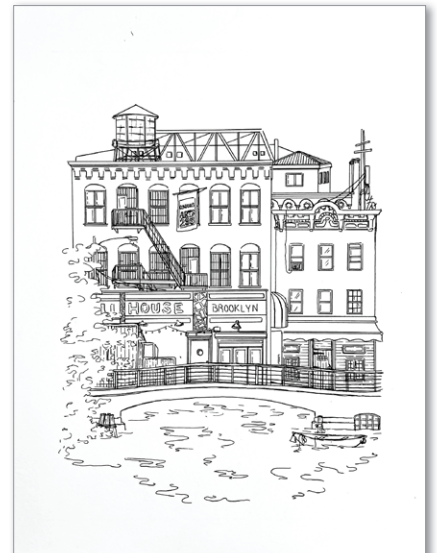
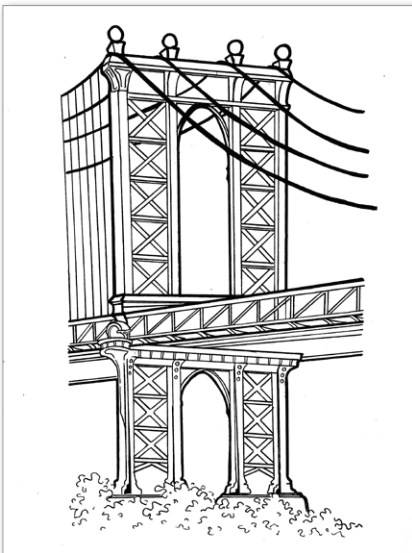
\$14.95 US | \$19.95 CAN
978-1-64604-509-9 (print)

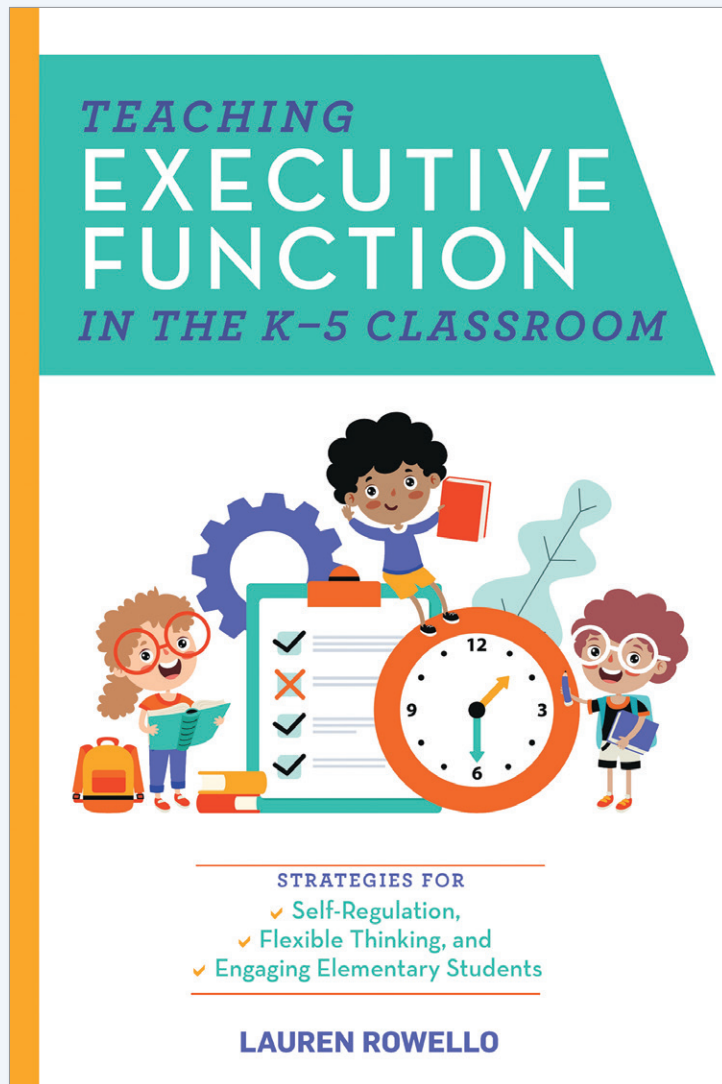
Category: Coloring Books
Rights: World

ABOUT THE ILLUSTRATOR

Mikayla Sherfy is an artist based in Brooklyn, New York. After moving from Missouri, Mikayla found inspiration in the beautifully complex NYC cityscape. She has been illustrating and painting it ever since, and her illustrations can be seen displayed in shops, offices, and galleries all around NYC. She never tires of exploring Brooklyn and has lived in many of the borough's neighborhoods, including the Navy Yard, Sunset Park, and Flatbush. Mikayla now lives and works in Greenpoint with her partner Adam and their dog Ferris. This is her first book.

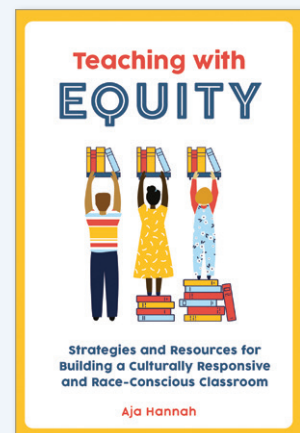
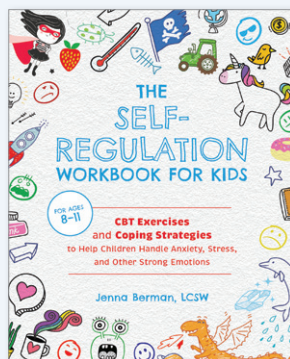
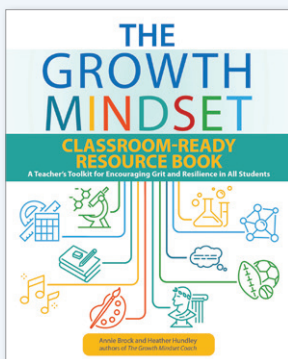
Sample pages





June 2023 | Paperback | 160 Pages | 6" x 9" | Black and White

Similar titles from Ulysses Press



Teaching Executive Function in the K–5 Classroom

Strategies for Self-Regulation, Flexible Thinking, and Engaging Elementary Students

Lauren Rowello

Bring executive function into the elementary classroom or homeschool learning environment with this friendly resource book packed with tips and activities for teaching young students important self-management skills and building their confidence.

Executive functioning skills refer to a person's aptitude for planning and engaging in tasks that require problem-solving, flexible thinking, and self-discipline. People use executive function skills, from learning new academic concepts to caring for our bodies and nurturing relationships, every day. In the elementary classroom, young students who struggle with developing these skills can often feel isolated, which can impede their learning progress. In *Teaching Executive Function in the K–5 Classroom*, you will learn how to identify executive function challenges in the classroom. Then, you'll dive into practical tools and new methods for addressing specific concerns for struggling students, and discover how to implement tangible classroom activities, exercises, and strategies that support skill building, including:

- › Planning and meeting personal goals
- › Following instructions
- › Accessing short-term memory
- › Organizing and completing tasks
- › Managing time
- › Working independently
- › Staying motivated
- › Maintaining relationships

Summer 2023

\$15.95 US | \$21.95 CAN

978-1-64604-450-4 (print)

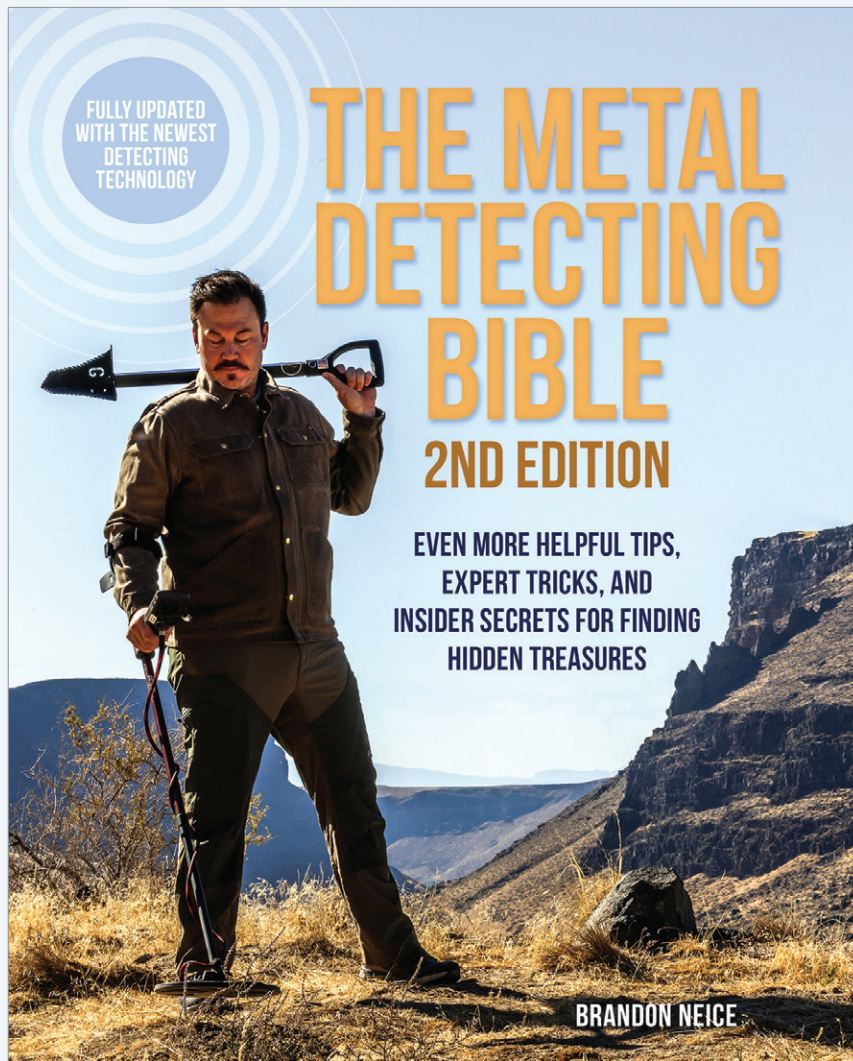
978-1-64604-471-9 (ebook)

Category: Behavioral Studies

Rights: World

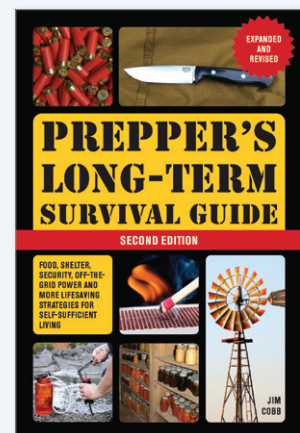
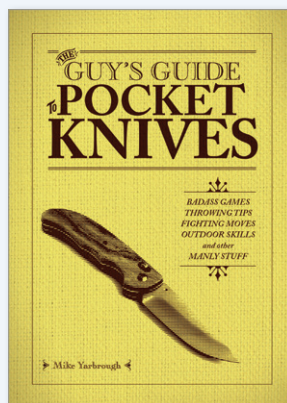
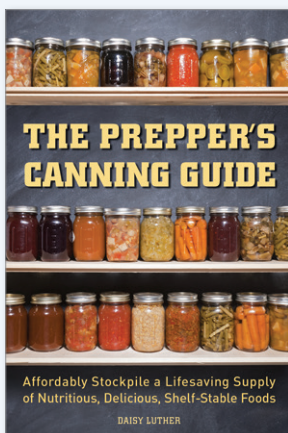
ABOUT THE AUTHOR

Lauren Rowello is a homeschooling educator and the cofounder of a nontraditional schooling initiative in the Philadelphia area. Lauren was diagnosed as autistic in adulthood. Because of their late diagnosis, they understand what it's like to have school-related challenges that go largely unnoticed and unaddressed. That experience made Lauren especially passionate about developing opportunities that are affirming and empowering for neurodivergent learners—including their own kids—and other students who struggle with executive functioning. Lauren is also an award-winning journalist whose work has been featured in a variety of national publications.



August 2023 | Paperback | 144 Pages | 7.5" x 9.25" | Black and White

Similar titles from Ulysses Press



The Metal Detecting Bible, 2nd Edition

Even More Helpful Tips, Expert Tricks, and Insider Secrets for Finding Hidden Treasures

Brandon Neice

Start your metal detecting journey or improve your treasure-hunting skills with this expert guide that teaches you everything from choosing between VLF, pulse induction, full band, or zero-voltage transmission detectors to identifying rare finds.

Summer 2023

\$15.95 US | \$21.95 CAN

978-1-64604-506-8 (print)

978-1-64604-527-3 (ebook)

Category: Reference

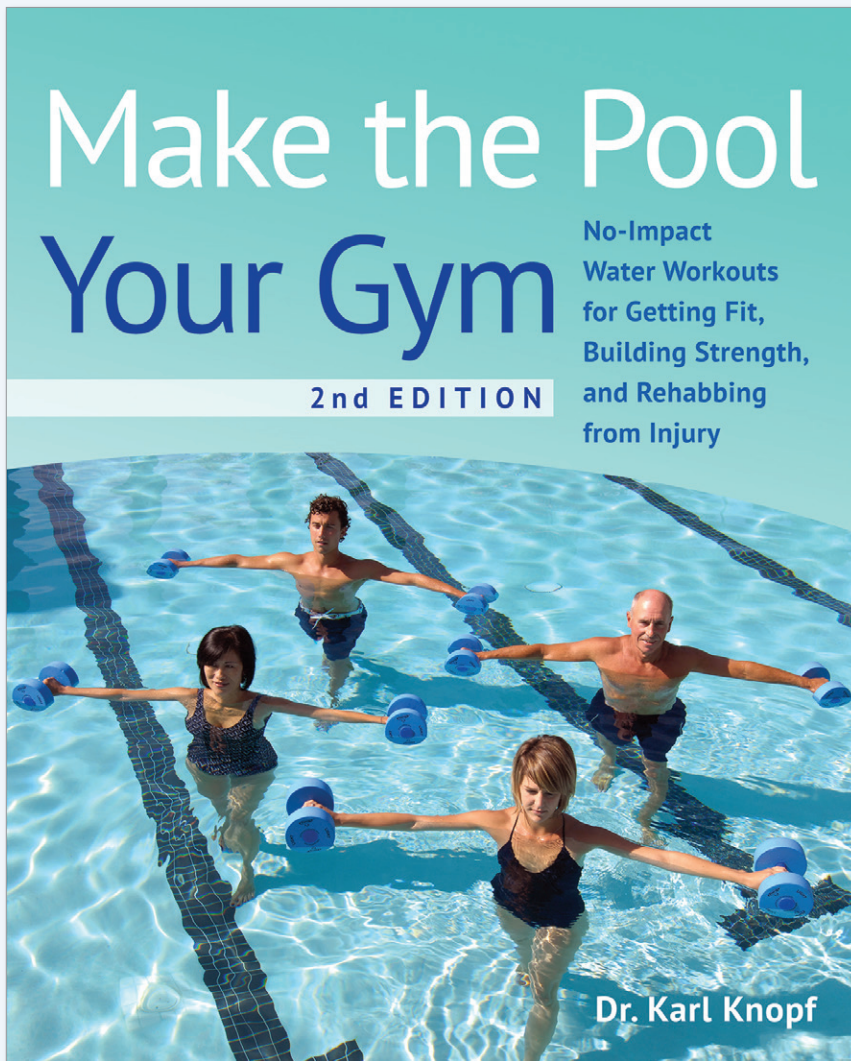
Rights: World

Nothing is as thrilling as finding cool (and often valuable) stuff right under your feet. *The Metal Detecting Bible, 2nd Edition* serves up step-by-step instructions, illustrations, and useful photos that can turn you into a professional treasure hunter in no time. From quick-start tips for novices to insider secrets for the most experienced hobbyists, this hands-on guide is the ultimate resource on all aspects of metal detecting. Now, in this fully-updated edition, make your search even more successful and exciting with the latest information on:

- › Choosing the best metal detector
- › Learning where to search and why
- › Practicing appropriate swing techniques
- › Integrating advanced GPS technology
- › Scouting out beaches, parks, and historic sites
- › Gaining permission to hunt on private property
- › Identifying antique coins, relics, and jewelry
- › Using handy target recovery tools
- › Cleaning and safely preserving your finds
- › Selling your finds for a profit

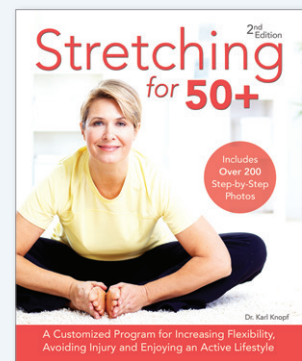
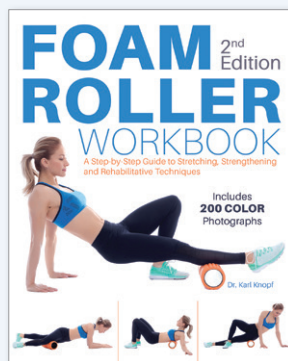
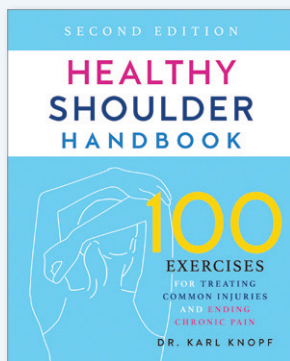
ABOUT THE AUTHOR

Brandon Neice was raised in the historically rich gold-bearing area of California's Placer County. At a young age, he became interested in gold prospecting and treasure hunting. Brandon's father, an experienced recreational prospector and avid outdoorsman, facilitated his interest by taking him on outdoor adventures throughout the northwestern US. Brandon purchased his first metal detector in 2003. Since then, he has traveled the world, unearthing rare and valuable metals of all sorts—from coins and relics dating to 50 BC to gold nuggets and meteorites from space. He's gained millions of views on his YouTube channel, DrTones24K, that follows him and a team of detecting experts on their treasure-hunting adventures.



May 2023 | Paperback | 144 Pages | 7.5" x 9.25" | Black and White

Similar titles from Ulysses Press



Make the Pool Your Gym, 2nd Edition

No-Impact Water Workouts for Getting Fit, Building Strength, and Rehabbing from Injury

Karl Knopf

Make a splash in your fitness journey with this easy-to-use step-by-step guide to pool aerobics from best-selling fitness author Dr. Karl Knopf.

Summer 2023

\$15.95 US | \$21.95 CAN

978-1-64604-507-5 (print)

978-1-64604-517-4 (ebook)

Category: Exercise/Aquatic

Rights: World

Once used primarily for rehabilitation and exercise for seniors, water exercise has been proven to build strength, improve cardiovascular fitness, and burn calories for people of all ages—all without the strain and trauma of land-based activities. With step-by-step instructions and clear photos, this flexible training tool will introduce you to the no-impact, total-body benefits of water exercise, including:

- Improving muscular strength
- Increasing flexibility
- Enhancing cardiovascular fitness
- Alleviating pain
- Rehabilitating injuries
- And more!

Whether you're a non-swimmer, an elite athlete, or someone with a chronic condition, *Make the Pool Your Gym* shows how to create an effective and efficient workout best suited to your needs.

ABOUT THE AUTHOR

Dr. Karl Knopf has been involved in the health and fitness of older adults and the disabled for more than forty years. During this time he has worked in almost every aspect of the industry, from personal training and therapy to consultation.

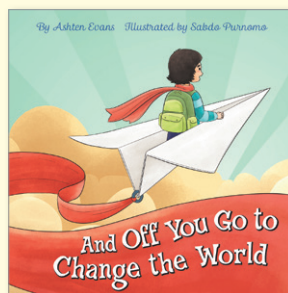
While at Foothill College, Karl was the coordinator of the Adaptive Fitness Technician Program and Lifelong Learning Institute. He taught disabled students and undergraduates about corrective exercise. In addition to teaching, Karl developed the "Fitness Educators of Older Adults Association" to guide trainers of older adults. Currently Karl is a director at the International Sports Science Association and is on the advisory board of PBS's *Sit and Be Fit* show.

In his spare time he has spoken at conferences, authored many articles, and written numerous books on topics ranging from water workouts to fitness therapy. He was a frequent guest on both radio and print media on issues pertaining to senior fitness and the disabled.



June 2023 | Paper Over Board | 32 Pages | 8.5" x 8.5" | Full Color

Similar titles from Ulysses Press



Yes Means Yes

A Kid's Book about Consent, Boundaries, and Listening to Your Body

Elaine Tai | Illustrated by Kai Kwong

Teach kids about the importance of consent and body boundaries in this full-color picture book, perfect for parents and young readers.

Summer 2023

\$19.95 US | \$26.95 CAN

978-1-64604-490-0 (print)

978-1-64604-510-5 (ebook)

Category: Social Themes

Rights: World

Explore various scenarios on body boundaries and personal space with your child through *Yes Means Yes*'s charming cast of characters. The book will help children learn why we should not assume another's comfort level, whether it's with classmates, family, authority figures, or strangers. Alongside the mother and child in the story, kids will learn empathy and understanding, as well as how to give voice to their own feelings.

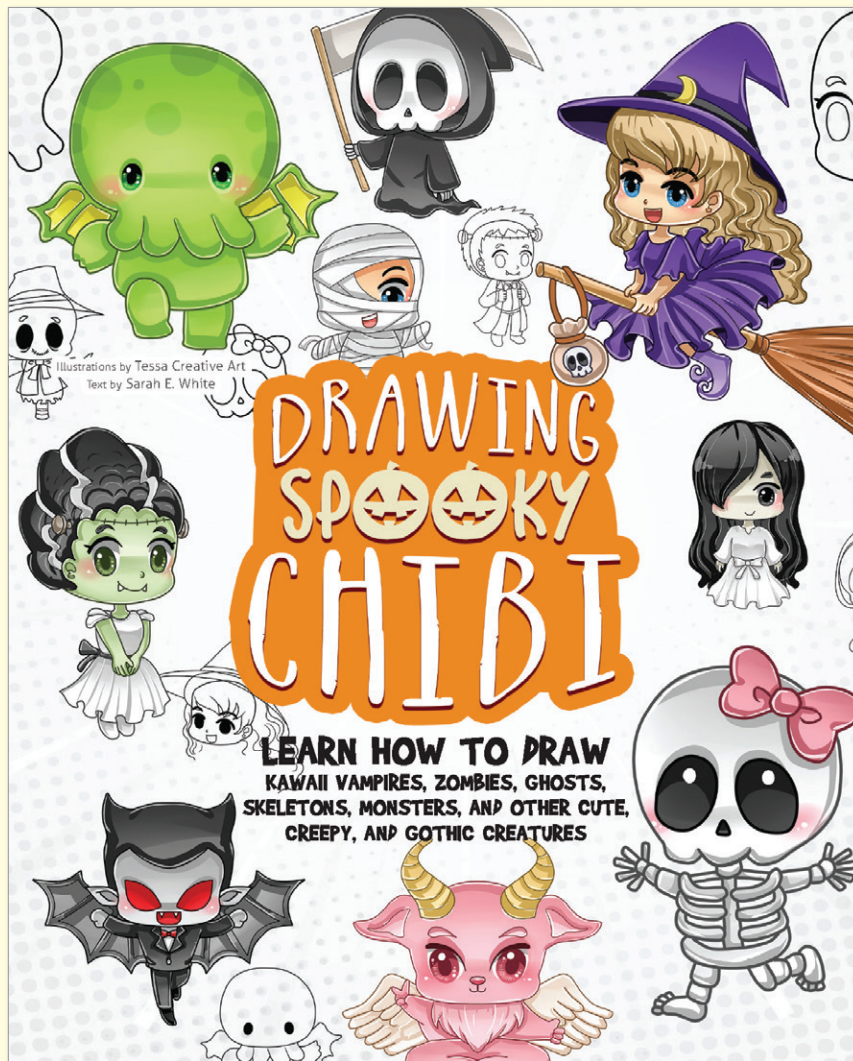
The various "everyday" scenarios include the desire to touch someone's hair, play that can frustrate or hurt someone, and how someone might feel uncomfortable being touched or approached. Children will learn the importance of using their voice and listening when others use theirs, and parents can use the scenes as a foundation for further conversation.

With adorable, colorful illustrations by Kai Kwong, *Yes Means Yes* aims to present empathetic and positive ways to instill understanding of how we respect each others' comfort zones. Readers are reminded: "Only you get to control your body. And others get to control their own!"

ABOUT THE AUTHOR

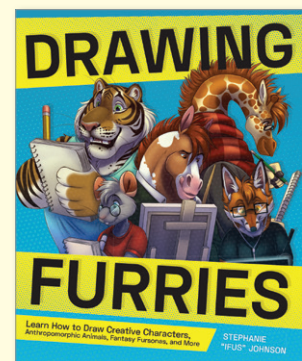
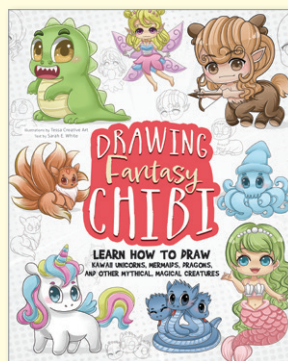
Elaine Tai (she/her) is a librarian with strong interests in social justice and lifelong learning, and she has been lucky to engage with wonderful authors, artists, activists, and others because of the reach of libraries. She is often motivated to create out of frustration, but also inspired and influenced by the community around her. She lives in the San Francisco Bay Area with her curmudgeonly cat Neko and spends her free time as a wannabe patron of the arts, [very]amateur artist, and collector of things. *Yes Means Yes* is her first book.

Kai Kwong (she/they) is a graphic designer, illustrator, and lifelong resident of the San Francisco Bay Area. With a passion for creating colorful and typographically focused design, her expertise is primarily in commercial branding and packaging. When not juggling client work and personal projects, Kai spends her free time appreciating birds, hunting down vintage Ikea furniture, and screen printing shirts in her parents' garage. *Yes Means Yes* is her first foray in children's book illustration.



May 2023 | Paperback | 128 Pages | 7.5" x 9.25" | Black and White

Similar titles from Ulysses Press



Drawing Spooky Chibi

Learn How to Draw Kawaii Vampires, Zombies, Ghosts, Skeletons, Monsters, and Other Cute, Creepy, and Gothic Creatures

Sarah E. White | Illustrated by Tessa Creative Art

Step-by-step tutorials on how to draw a variety of anime- and manga-style chibi monsters, including vampires, zombies, ghosts, and other cute and scary monsters!

Summer 2023

\$10.00 US | \$13.00 CAN

978-1-64604-496-2 (print)

978-1-64604-520-4 (ebook)

Category: Art/Cartooning

Rights: World

Get your sketchbook ready—it's time to take your drawing skills to the next level with *Drawing Spooky Chibi*! A comprehensive guide with easy-to-follow instructions and tips and handy practice pages, this latest installment in the Drawing Chibi series will have you oohing and awwing at a number of creepy creatures and malicious monsters, including:

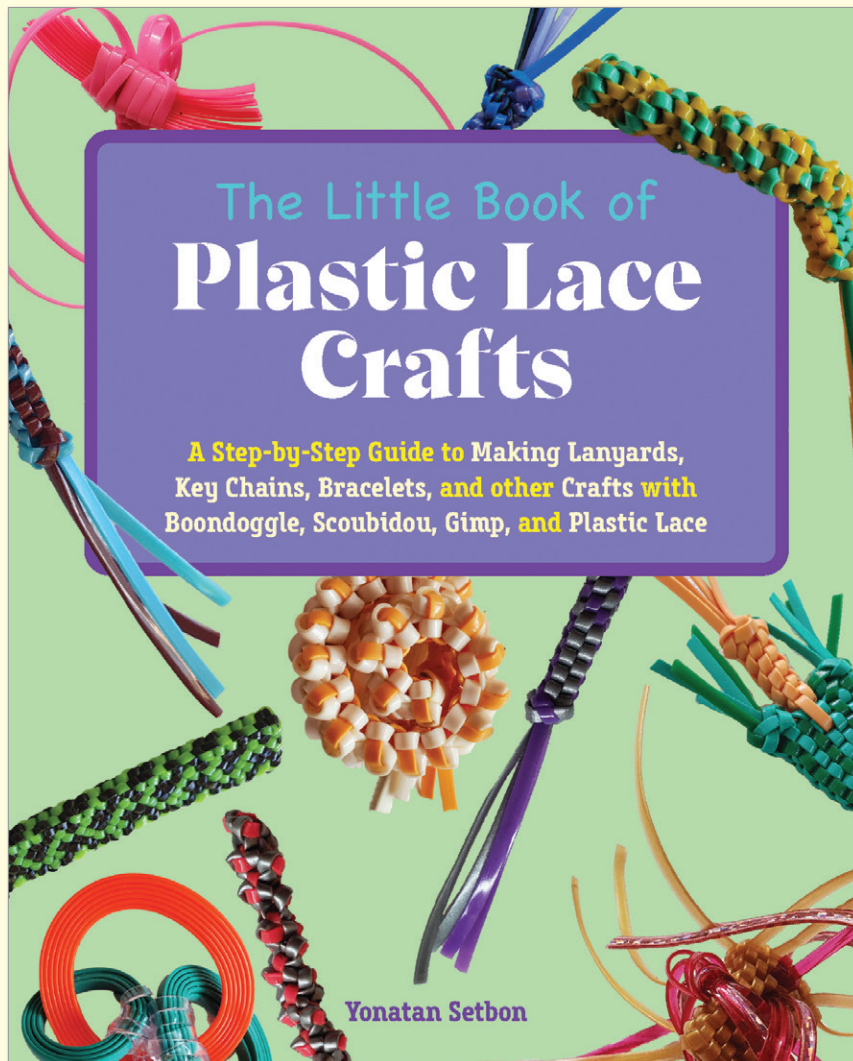
- ▶ Black cats
- ▶ Scary dolls
- ▶ Witches and wizards
- ▶ Killer clowns
- ▶ Frankenstein's monster
- ▶ Cthulhu
- ▶ And many more!

Whether you're a budding artist or a drawing master, *Drawing Spooky Chibi* makes drawing your favorite creatures of the night in anime-style fun and easy!

ABOUT THE AUTHOR

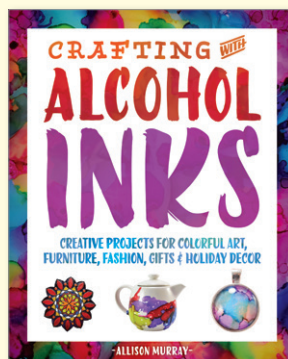
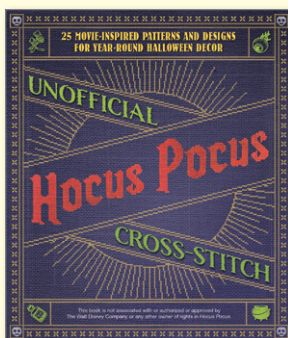
Tessa Creative Art is an anime and manga illustration and design studio located in Canada.

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, as well as the book *Drawing Fantasy Chibi* with Tessa Creative Art. 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 (sometimes) daily crafty pursuits and feline shenanigans on Instagram @ourdailycraft.



May 2023 | Paperback | 32 Pages | 8.5" x 11" | Full Color

Similar titles from Ulysses Press



The Little Book of Plastic Lace Crafts

A Step-by-Step Guide to Making Lanyards, Key Chains, Bracelets, and Other Crafts with Boondoggle, Scoubidou, Gimp, and Plastic Lace

Yonatan Setbon

Spice up your summer with this handy DIY guide packed with easy projects, beginners' tutorials, camp crafts, and more!

Summer 2023

\$12.95 US | \$17.95 CAN

978-1-64604-501-3 (print)

978-1-64604-519-8 (ebook)

Category: Crafts & Hobbies

Rights: World

Break has come and school is out. Keeping your kids entertained at home without screens may seem difficult, but it doesn't have to be. Why not make your break a "DIY summer" with *The Little Book of Plastic Lace Crafts*? This step-by-step guide to creating lanyards, key chains, bracelets, and other crafts with plastic lace features full-color diagrams and easy-to-follow text. It can be used at any proficiency level, starting off with basic stitching techniques before moving on to more advanced methods in order to teach you how to:

- ▶ Create a standard lanyard
- ▶ Integrate practical and creative techniques
- ▶ Incorporate new and playful ideas
- ▶ And more!

Written and illustrated by a highly experienced lanyard artist, *The Little Book of Plastic Lace Crafts* is screen-free summertime entertainment that the whole family can enjoy!

ABOUT THE AUTHOR

For over eight years, Yonatan Setbon has maintained a YouTube channel dedicated to lanyards. After mastering the content available on the internet, he began to explore and develop his own new techniques, both practical and creative. In 2008, when Yonatan was sixteen, his art was showcased on the website of expert crafter BoondoggleMan. On Yonatan's YouTube channel (www.youtube.com/@1anya7d), you can find the basics, as well as advanced tutorials with complete instructions for creating fun forms such as a Pikachu, a snake, and a dragon (that took 72 hours to make!). During the COVID-19 pandemic, Yonatan added several new artistic approaches to his repertoire, reflecting modern and more abstract styles.

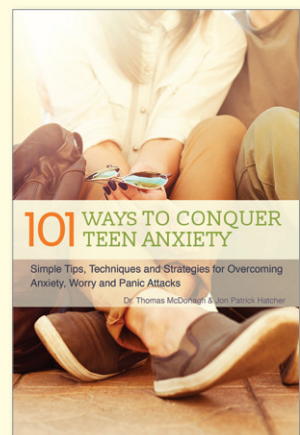
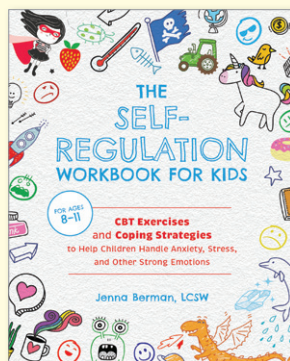
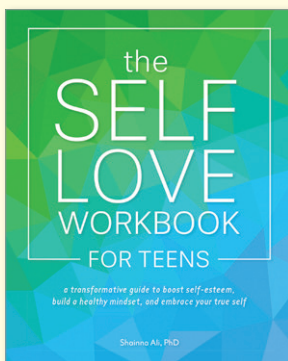
THE TEEN ANXIETY GUIDEBOOK

IMPROVE SELF-ESTEEM,
DISCOVER NEW COPING SKILLS,
AND RELIEVE SOCIAL ANXIETY,
WORRY, AND PANIC ATTACKS

JON PATRICK HATCHER AND
DR. THOMAS MCDONAGH

July 2023 | Paperback | 200 Pages | 6" x 9" | Black and White

Similar titles from Ulysses Press



The Teen Anxiety Guidebook

Improve Self-Esteem, Discover New Coping Skills, and Relieve Social Anxiety, Worry, and Panic Attacks

Dr. Thomas McDonagh and Jon Patrick Hatcher

Break free from anxiety and manage stress with simple strategies and cognitive behavioral therapy (CBT) techniques in this straightforward and encouraging handbook.

Summer 2023

\$15.95 US | \$21.95 CAN
978-1-64604-504-4 (print)
978-1-64604-524-2 (ebook)

Category: Social Topics

Rights: World

Keeping up with friendships, relationships, school, extracurriculars, and social media is already a lot of work. And when anxiety spikes, it sometimes feels like it's impossible to keep your life on track. You might feel like you're in a never-ending downward spiral. That's where this book comes in. *The Teen Anxiety Guidebook* offers dozens of beneficial quizzes, activities, tips, and CBT-based advice to help you:

- Identify your most common anxiety triggers
- Learn essential coping skills to prevent anxiety attacks
- Redirect risky behavior, including substance abuse and self-harm
- Understand the options of therapy and medication
- Overcome the spike-and-relapse cycle

From mindfulness meditation to diaphragmatic breathing, the exercises in this book will give you the tools you need to redirect negative thought and behavioral patterns and navigate the difficulties of life.

ABOUT THE AUTHOR

Jon Patrick Hatcher is the coauthor of *101 Ways to Conquer Teen Anxiety*, the author of *Anxiety Hacks for an Uncertain World*, and a curriculum developer and corporate trainer by trade. Jon holds a master of arts from Cal Poly, San Luis Obispo, and has spent years studying, utilizing, and sharing cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), exposure response prevention (ERP), and acceptance and commitment therapy (ACT) techniques. Jon writes in an engaging style from the vantage of someone who continues to effectively manage debilitating anxiety and depression. He has written for various platforms and publications such as *Good Housekeeping*, *Prevention*, *Success*, *Reader's Digest*, and *Health* magazines, and he currently writes the only self-help humor column on *Psychology Today*, titled "In Case of Anxiety." He loves the sound of steel drums and smelling new things. He lives in California.

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