

Ulysses Press

Fall 2024

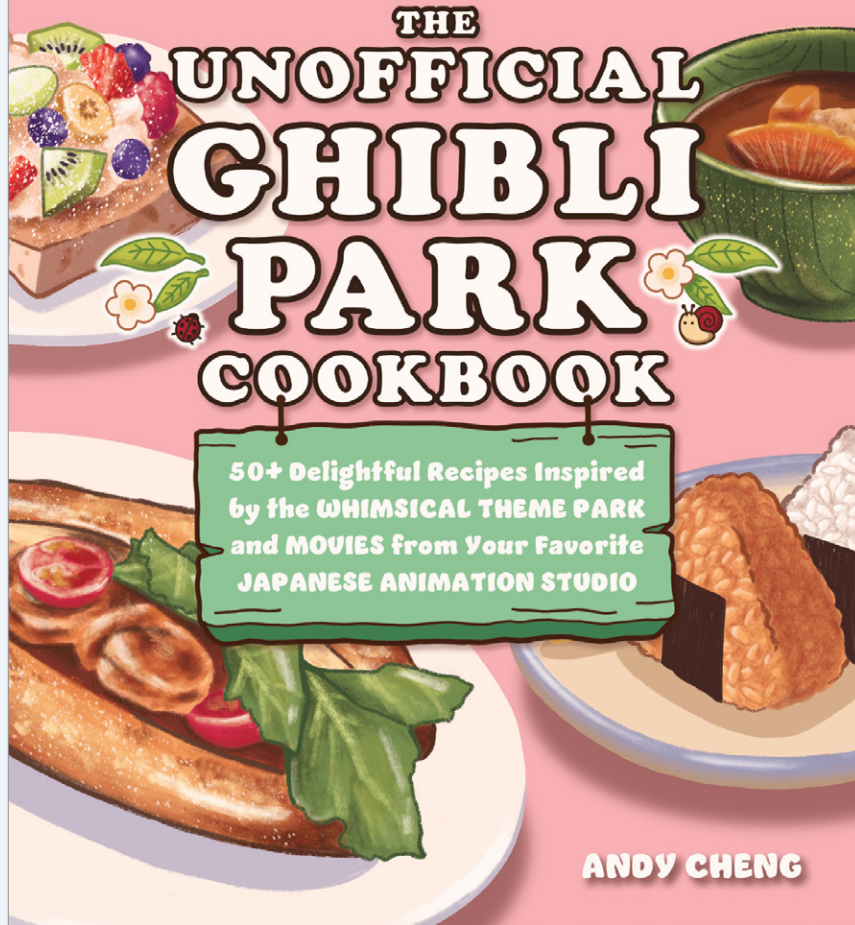


 ULYSSES BOOKS
FOR YOUNG READERS

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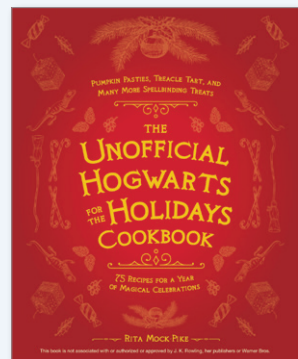
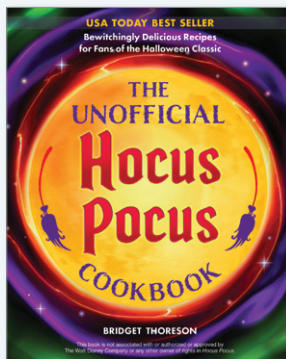
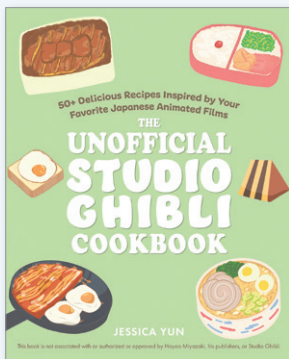


This book is not associated with or authorized or approved by Hayao Miyazaki, his publishers, Studio Ghibli, or Ghibli Park.



November 2024 | Paper Over Board | 176 Pages | 7.5" x 9" | Full Color

Similar titles from Ulysses Press



The Unofficial Ghibli Park Cookbook

50+ Delightful Recipes Inspired by the Whimsical Theme Park and Movies from Your Favorite Japanese Animation Studio

Andy Cheng

Bring even more magic into your kitchen with this unofficial collection of recipes straight from the heart of the Japanese theme park inspired by Hayao Miyazaki's most beloved films!

Fall 2024

\$22.95 US | \$26.95 CAN

ISBN 9781646047253 (hardback)

ISBN 9781646047345 (ebook)

Category: Media Tie-In

Rights: World

Studio Ghibli has bewitched and delighted our hearts since 1985 with their enchanting stories of heroes and heroines featuring magic, love, nature, and, of course, the tastiest-looking animated food ever! In 2022, that captivating charm was brought to life with the opening of Ghibli Park, a theme park so exclusive that it has only one location in Japan and requires reservations made months in advance to enter.

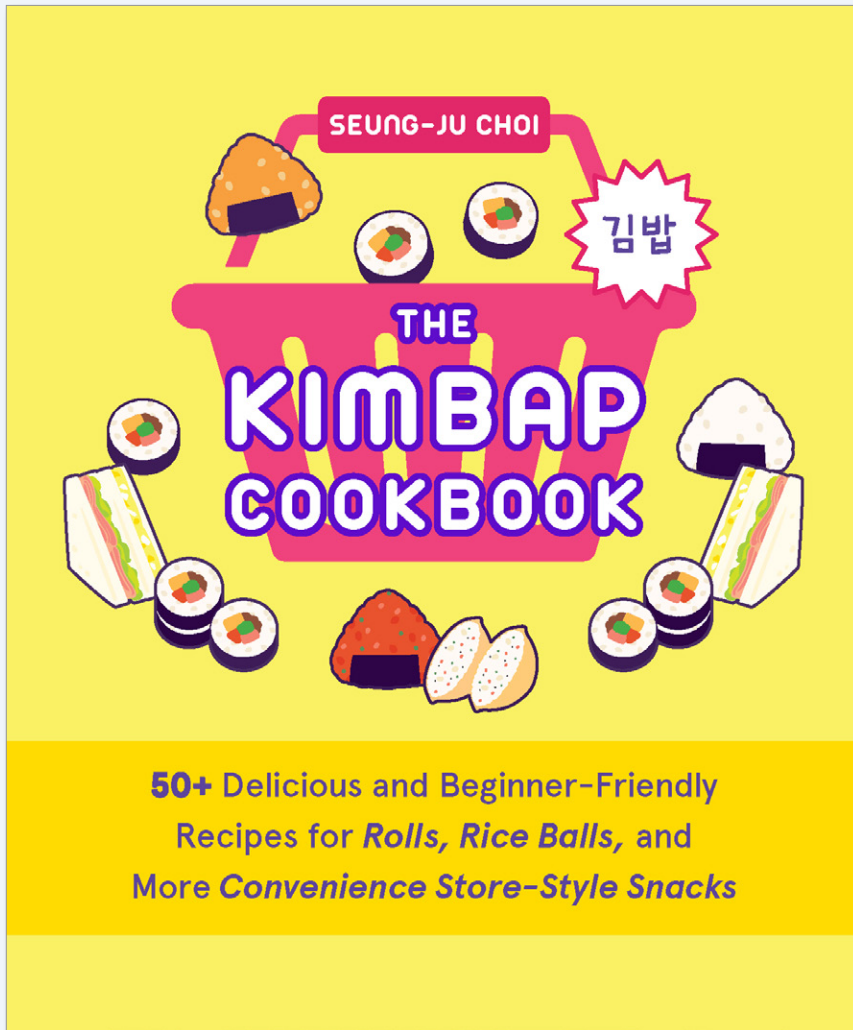
Why not experience the excitement of this wondrous place in your own home? With more than 50 movie-inspired recipes straight from the theme park, *The Unofficial Ghibli Park Cookbook* contains a variety of tantalizing and unique dishes, including:

- ▶ Spicy Shrimp Sandwich
- ▶ Ketchup Spaghetti Sandwich
- ▶ Seasonal Fruit Pizza
- ▶ Shio Musubi Onigiri
- ▶ Fish Bowl Fruit Punch Float
- ▶ Matcha Chiffon Cake

A delightful window into the park itself, *The Unofficial Ghibli Park Cookbook* will take you on a journey to experience the wonders of Hayao Miyazaki's greatest works like never before!

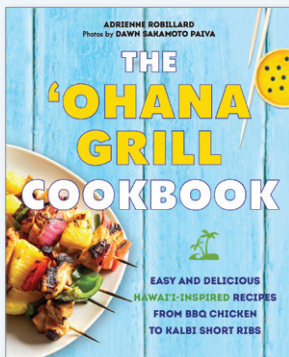
ABOUT THE AUTHOR

Andy Cheng, a professional chef turned writer and photographer, has put his passion for cooking to paper as he shares his love of food. His journey started at a young age, learning the basics of cooking from his father. It wasn't until he moved to Japan in 2018 that he delved into the gastronomic world of Japan, studying in kitchens across the country, including a Michelin-starred restaurant nestled in the snowy expanse of Hokkaido. His writing and photography career started to take off as he began writing about Japanese food culture for various web and magazine publishers. Andy now resides in Sapporo, Hokkaido, sharing Japanese food culture and travel with the rest of the world. You can follow more of Andy's journey on his Instagram @andychengjp.



October 2024 | Paper Over Board | 128 Pages | 7.5" x 9" | Full Color

Similar titles from Ulysses Press



The Kimbap Cookbook

50+ Delicious and Beginner-Friendly Recipes for Rolls, Rice Balls, and More Convenience Store–Style Snacks

Seung-Ju Choi

Learn to make delicious and authentic Korean food with this beginner-friendly cookbook filled with recipes for easy-to-make snacks or on-the-go lunches for rice rolls, rice balls, kimbap, and more.

Get out your rice cooker and get ready to learn your new favorite recipes for authentic Korean snacks! Inspired by convenience store snacks, *The Kimbap Cookbook* comes with over 30 kimbap, rice roll, and rice ball recipes that are perfect for picnics, office lunches, or a late-night bite while binge-watching your favorite K-drama. Recipes include:

- ▶ Kimchi Pork Kimbap
- ▶ Pork Cutlet Kimbap
- ▶ Fried Tofu Rice Balls
- ▶ Kimchi Fried Rice Pancakes
- ▶ Crunchy Shrimp Roll
- ▶ And more!

Fall 2024

\$22.95 US | \$26.95 CAN

ISBN 9781646047154 (hardback)

ISBN 9781646047284 (ebook)

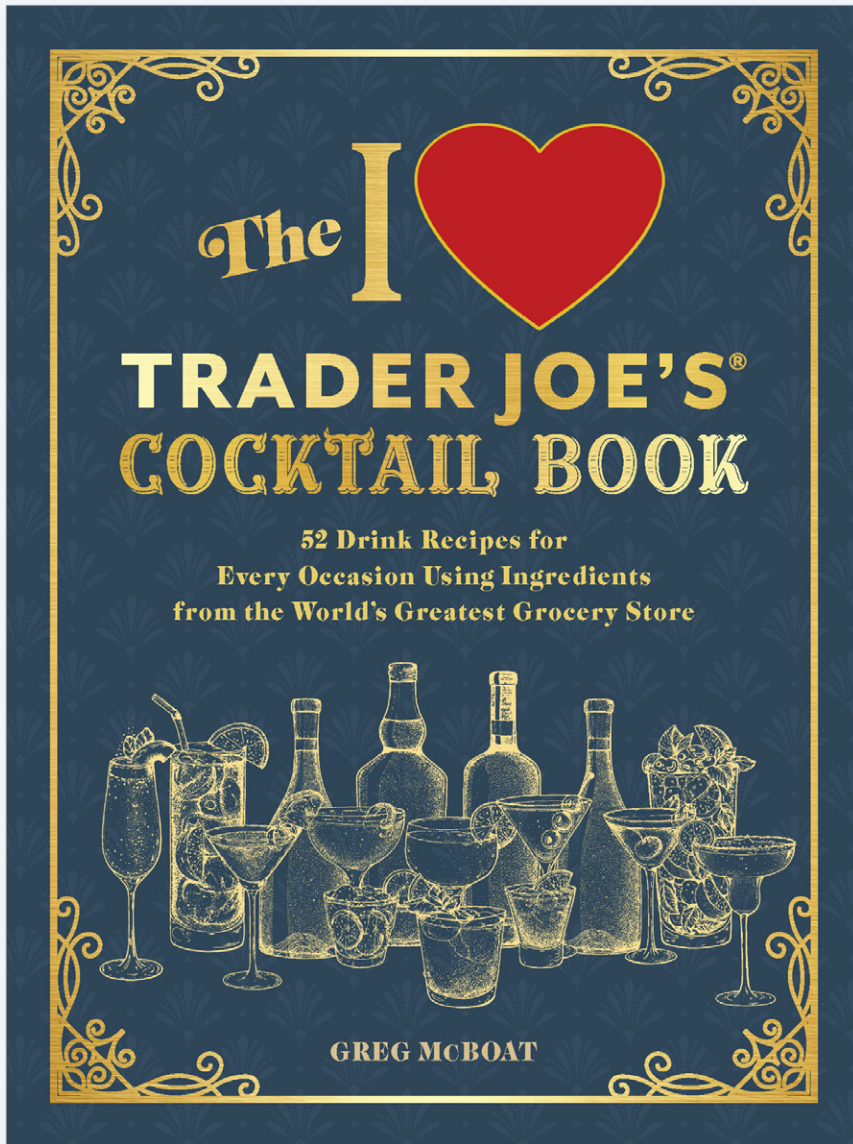
Category: Cooking

Rights: US, Canada

The Kimbap Cookbook is the perfect gift for anyone who loves Korean food and is looking to switch up their go-to meals!

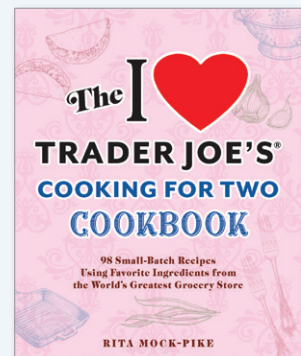
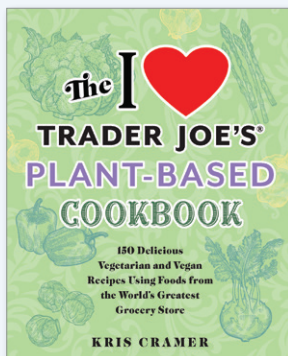
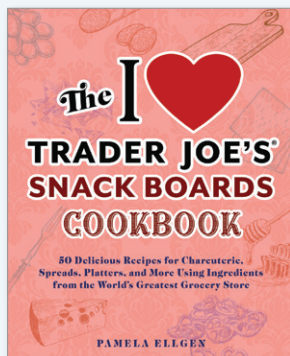
ABOUT THE AUTHOR

Seung-Ju Choi has worked as a culinary reporter for a women's lifestyle magazine for over 10 years. Now, she works as a cooking expert and food stylist, serving as a caterer for small parties and meetings. She is characterized by introducing daily Korean food, special meals, and healthy foods as easy and practical recipes. In addition to *Gimbap, Rice Balls, and Sandwiches*, her published books include *Today's Korean Side Dish*, *One Bowl Diet Lunch Box*, and *Pasta and Salad*. She was in charge of cooking and food styling for the Korean TV drama *Love Is Annoying, but I Don't Want to Be Lonely*.



November 2024 | Paperback | 128 Pages | 6" x 8" | Full Color

Similar titles from Ulysses Press



The I Love Trader Joe's® Cocktail Book

52 Drink Recipes for Every Occasion, Using Ingredients from the World's Greatest Grocery Store

Greg McBoat

Discover cocktail-making techniques; learn to balance sweet, sour, bitter, and savory flavors; and master the art of mixology with these 52 step-by-step seasonal cocktail recipes featuring unique Trader Joe's® products.

Fall 2024

\$18.95 US | \$23.95 CAN

ISBN 9781646047024 (paperback)

ISBN 9781646047031 (ebook)

Category: Cooking

Rights: World

Trader Joe's is all about bringing flavors from across the world into your kitchen with ease and fun. And what better way to up your mixology game than by using some of the most amazing Trader Joe's products to make unique and creative cocktails? Welcome to *The I Love Trader Joe's® Cocktail Book*.

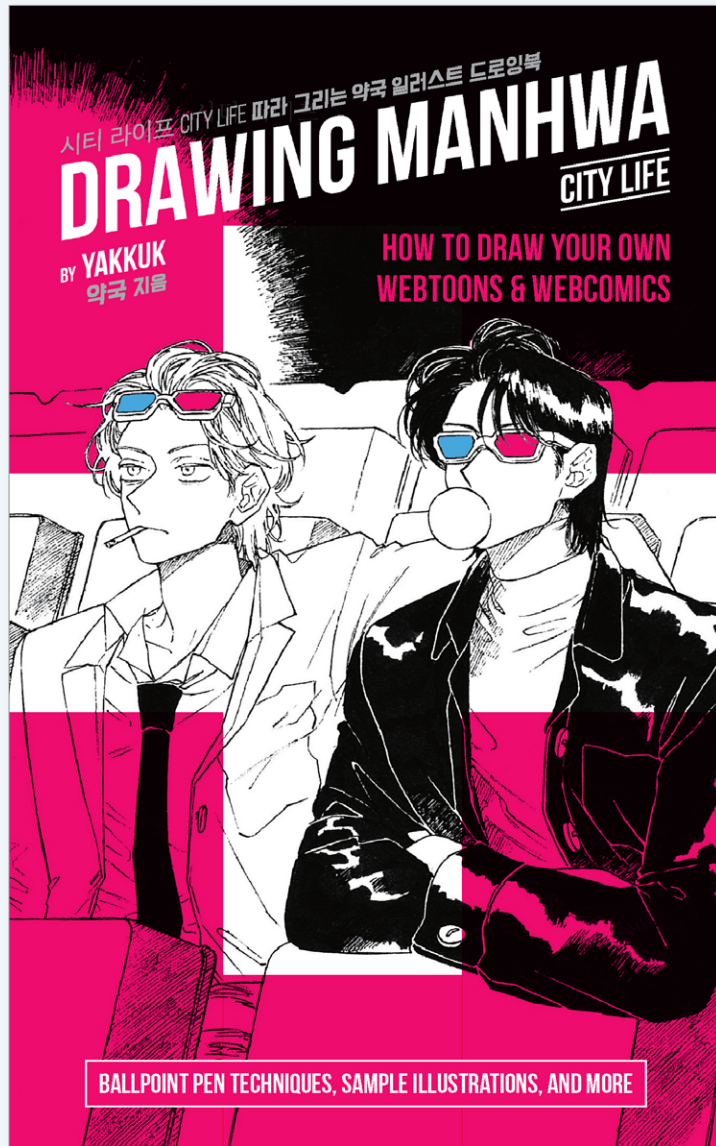
This book features 52 classic cocktails and mocktails with unique seasonal trends. Spring cocktails focus on floral, herbal, and citrus flavors for light drinks. Summer cocktails highlight ripe fruit and icy ways to beat the heat. Fall cocktails are all about the harvest and warm spices infused in intense drinks. And finally, winter cocktails feature cozy flavors that keep you warm inside. Get ready to enjoy every season with drinks like:

- ▶ The Dirtiest Martini
- ▶ My Paloma
- ▶ Cookie Butter Old-Fashioned
- ▶ Warming Wassail Punch with Cloven Oranges
- ▶ And more!

ABOUT THE AUTHOR

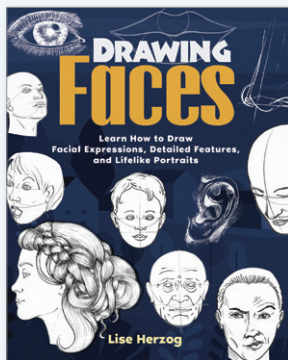
Greg McBoat first watched Julia Child making her Queen of Sheba cake when he was six years old. He was captivated by her style of explaining the history and influence of food and drink. This began Greg's understanding of how the stories behind food and drinks give unique insights into people and cultures. His mission is to change people's lives through the stories he tells.

While specializing in food and drink photography and writing, Greg has worked for such clients as *Food and Wine*, the *Denver Post*, Joseph Phelps Winery, and Hard Rock Cafe. Greg has collaborated on three previous cookbooks: *50 Things to Bake Before You Die*, *The Official Catan Cookbook*, and *The Official Ticket to Ride Cookbook*. Greg is from New Mexico and lives in Denver, Colorado, with his daughter, Eponine, and cat, Ash.



September 2024 | Paperback | 112 Pages | 5" x 8" | Black and White

Similar titles from Ulysses Press



Drawing Manhwa

How to Draw Your Own Webtoons and Webcomics

Yakkuk

Learn how to draw like your favorite manhwa artists in this detailed handbook on ballpoint pen drawing—a perfect gift for fans of webtoons like *True Beauty*, *The Remarried Empress*, and *The God of High School*!

Fall 2024

\$15.95 US | \$21.95 CAN

ISBN 9781646047215 (paperback)

Category: Art

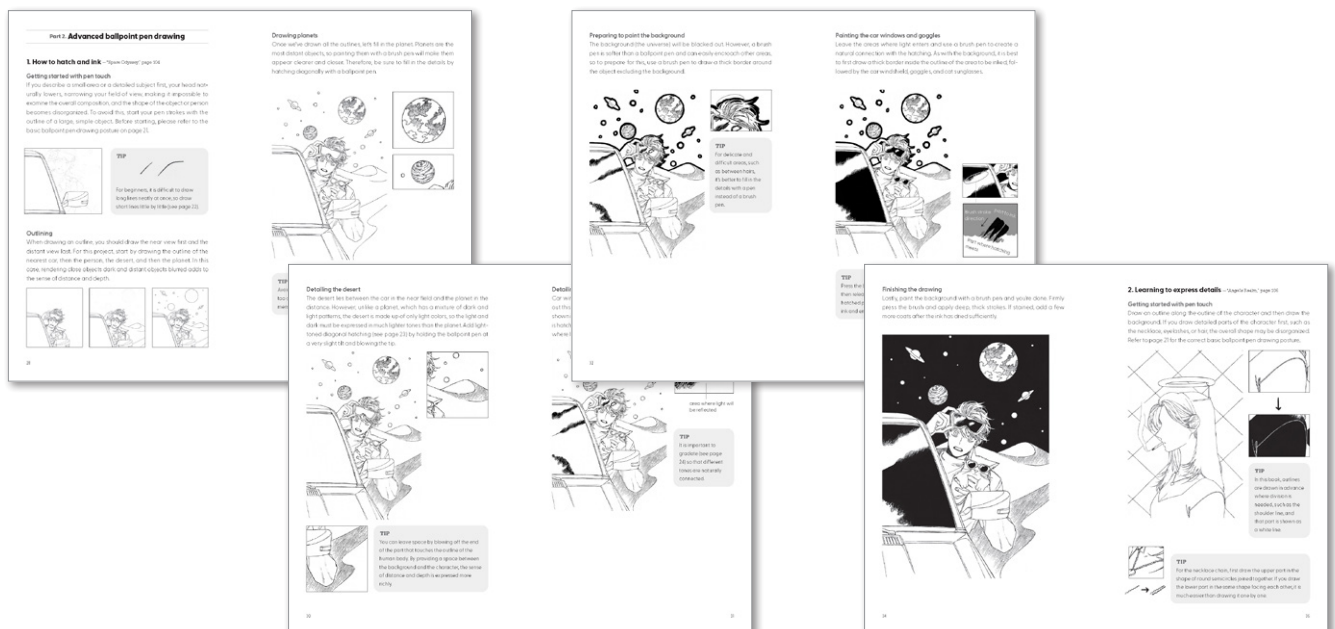
Rights: World English

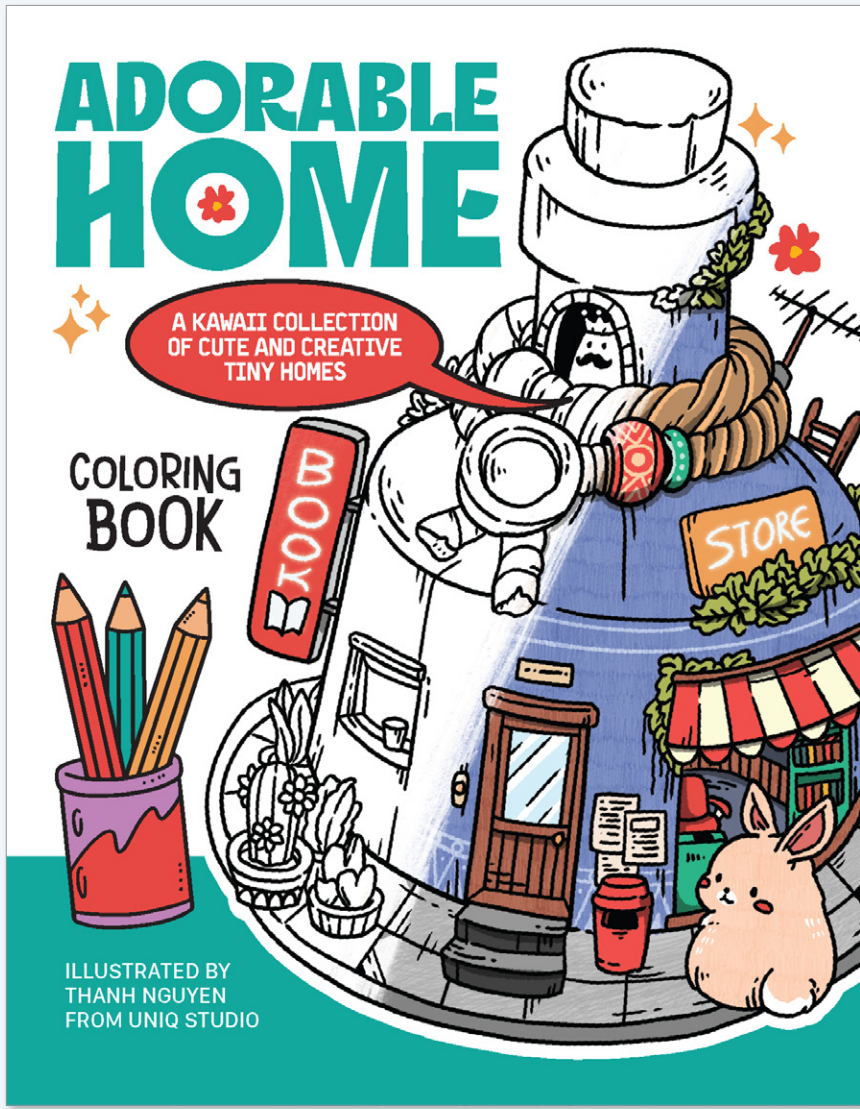
Follow step-by-step instructions and practice the art of drawing manhwa comics in this how-to book inspired by city life, illustrated by Yakkuk (creator of webtoons and comics such as *Unlucky Mansion*, *A Declaration of Revenge*, *Kirkegaard*, *Dhammapada*, and *The Eve Festival*). From basic shapes to shading techniques, readers will learn all of the necessary elements that go into creating captivating manhwa illustrations. There are even full-page illustrations provided for readers to trace and color in. In addition to learning the basics, readers will begin to form their own artistic style and personal drawing techniques, thanks to blank practice spaces.

ABOUT THE AUTHOR

Yakkuk was born in 1991 and majored in visual design. She lives with Tarō, the cat. She made her debut in 2016 with her short story book *Seoha* and published *Unlucky Mansion* in a series on Naver Webtoon. She uses a prominent sense and stylish painting to portray young people today. She wrote and painted *A Declaration of Revenge*, *Kirkegaard*, and *Dhammapada*. She also communicates with readers by sharing drawing videos on YouTube's *Bad Pharmacy* channel.

Sample pages





November 2024 | Paperback | 88 Pages | 7" x 9" | Black and White

Similar titles from Ulysses Press



Adorable Home Coloring Book

A Kawaii Collection of Cute and Creative Tiny Homes

Thanh Nguyen

Embark on a journey of imagination and tranquility with this cute and unique coloring book filled with drawings of whimsical homes, quaint coffee shops, and dream-worthy bookstores!

Fall 2024

\$14.95 US | \$19.95 CAN

ISBN 9781646047499 (paperback)

Category: Coloring Books

Rights: World

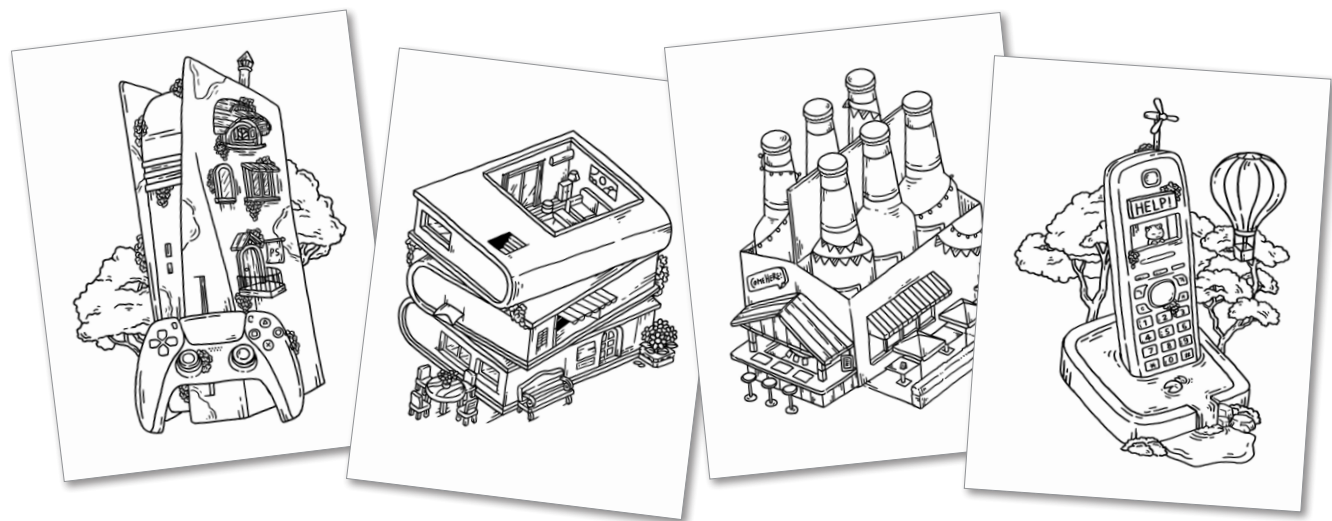
The pages within the *Adorable Home Coloring Book* will walk you through a journey of wonder and nostalgia. It acts as a return to the sweet dreams and wild creative days we all had as children. Each page strikes a perfect balance between easy-to-color spaces and charming details, ensuring that the process is neither overwhelming nor monotonous, yet remains truly enchanting.

This kawaii coloring book for adults is otherworldly and utilizes fantastical elements mixed in with mundane items, making it a truly special experience. The book acts as a link between generations as it is the perfect activity for everyone to enjoy and share. The coloring book is a celebration of imagination, a tribute to the child within us all, yearning for a world of peace, simplicity, and adorable wonders.

ABOUT THE AUTHOR

Thanh Nguyen, artistically known as Bakemono, from UniQ Studio in Hanoi, Vietnam, is an accomplished artist and comic book author renowned for his unique blend of abstract art. His work, celebrated for its vivid imagination and captivating storytelling, has earned him acclaim in the realm of children's comics.

Sample pages



THE FOREST GIRL'S COLORING BOOK

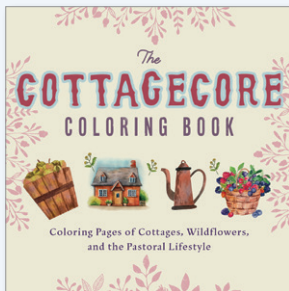
Enchanting Coloring Pages of Nature, Animals, and Cozy Scenes
for Relaxation and Stress Relief



CEPPOL

October 2024 | Paperback | 128 Pages | 8" x 10" | Black and White

Similar titles from Ulysses Press



The Forest Girl's Coloring Book

Enchanting Coloring Pages of Nature, Animals, and Cozy Scenes for Relaxation and Stress Relief

Illustrated by Aeppol

Take a break from everyday life by relaxing, letting go of anxiety, and alleviating stress by coloring in a variety of nature, animal, and whimsical landscapes from popular Korean artist Aeppol!

Fall 2024

\$14.95 US | \$19.95 CAN

ISBN 9781646047321 (paperback)

Category: Coloring Books

Rights: World English

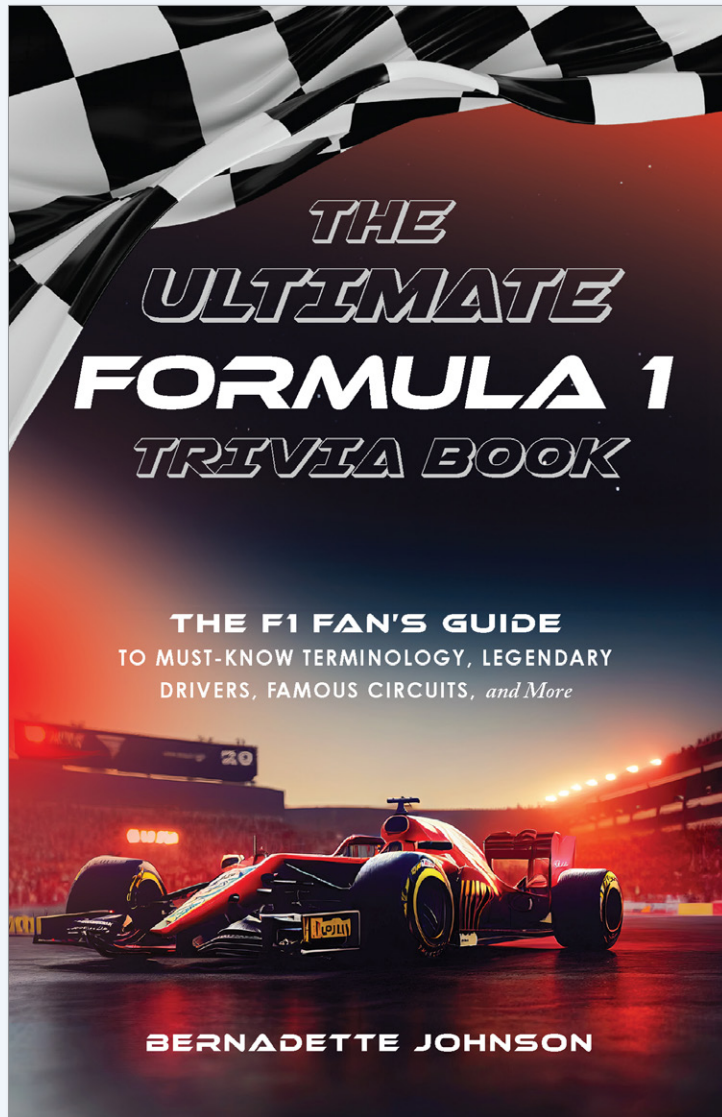
Soothe your heart and mind as you color your way through 58 beautiful, whimsical illustrations designed to help you achieve relaxation and inner peace. Created by popular artist and illustrator Aeppol, each page conveys the beauty that can be found in nature. So grab your favorite coloring utensils, and dive into the calm and tranquil world of *The Forest Girl's Coloring Book*, including scenes of:

- ▶ Adorable woodland creatures
- ▶ Beautiful treescapes
- ▶ Floral landscapes
- ▶ Cozy cottages
- ▶ And more!

ABOUT THE AUTHOR

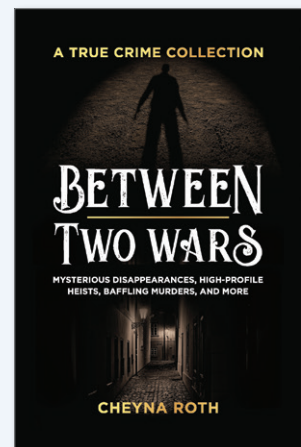
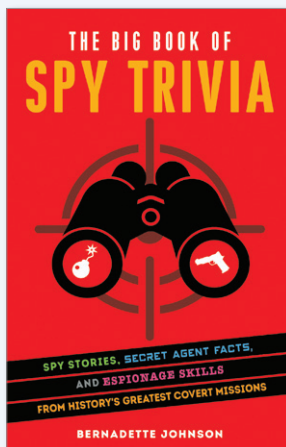
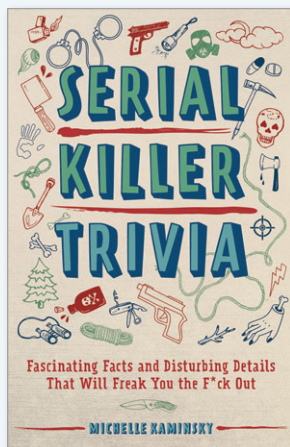
Aeppol's art captures the essence of a moment's repose for weary souls, weaving the beauty of nameless wildflowers, the ever-changing sky with the seasons, and fluffy clouds into the tapestry of nature's subtle transformations. These observations find their way onto Aeppol's sketchpad, where each stroke brings forth happiness. Aeppol's work aspires to encapsulate not just the whimsy of fairytales and imagination, but also the fluid emotions dictated by the weather, all set against the backdrop of evocative landscapes.

Under the theme "Aeppol's Forest Girl's Diary," Aeppol has published essays titled "I'll Be Your Forest," "To You, Who Resemble the Forest," and "I Chose Happiness," which, alongside four coloring books, have garnered immense affection and achieved best seller status in the art category.



September 2024 | Paperback | 232 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



The Ultimate Formula 1 Trivia Book

The F1 Fan's Guide to Must-Know Terminology, Legendary Drivers, Famous Circuits, and More

Bernadette Johnson

Make it out of the pit stop, get your engines ready, and celebrate all things F1 by learning about the world's legendary drivers like Lewis Hamilton and Max Verstappen, and renowned teams like Ferrari, Mercedes, McLaren, and Williams.

Fall 2024

\$16.95 US | \$22.95 CAN

ISBN 9781646047376 (paperback)

ISBN 9781646047383 (ebook)

Category: Trivia

Rights: World

Whether you are a lifelong Formula 1 fan or just starting to enjoy the adrenaline-filled motor sport, this book is the perfect companion. With *The Ultimate Formula 1 Trivia Book*, you can learn all about the famous circuits and their races, including life-changing accidents as well as the manufacturing and development of the fastest cars. You'll find the answer to the most burning questions regarding the sport, including:

- ▶ What F1 rivalry was the 2013 Ron Howard film *Rush* based on?
- ▶ Who is the youngest Formula 1 driver?
- ▶ Which driver suffered horrific burns in a crash during the 1976 German Grand Prix and returned to racing a few weeks later?
- ▶ What disaster got car racing banned for a time in several European countries?

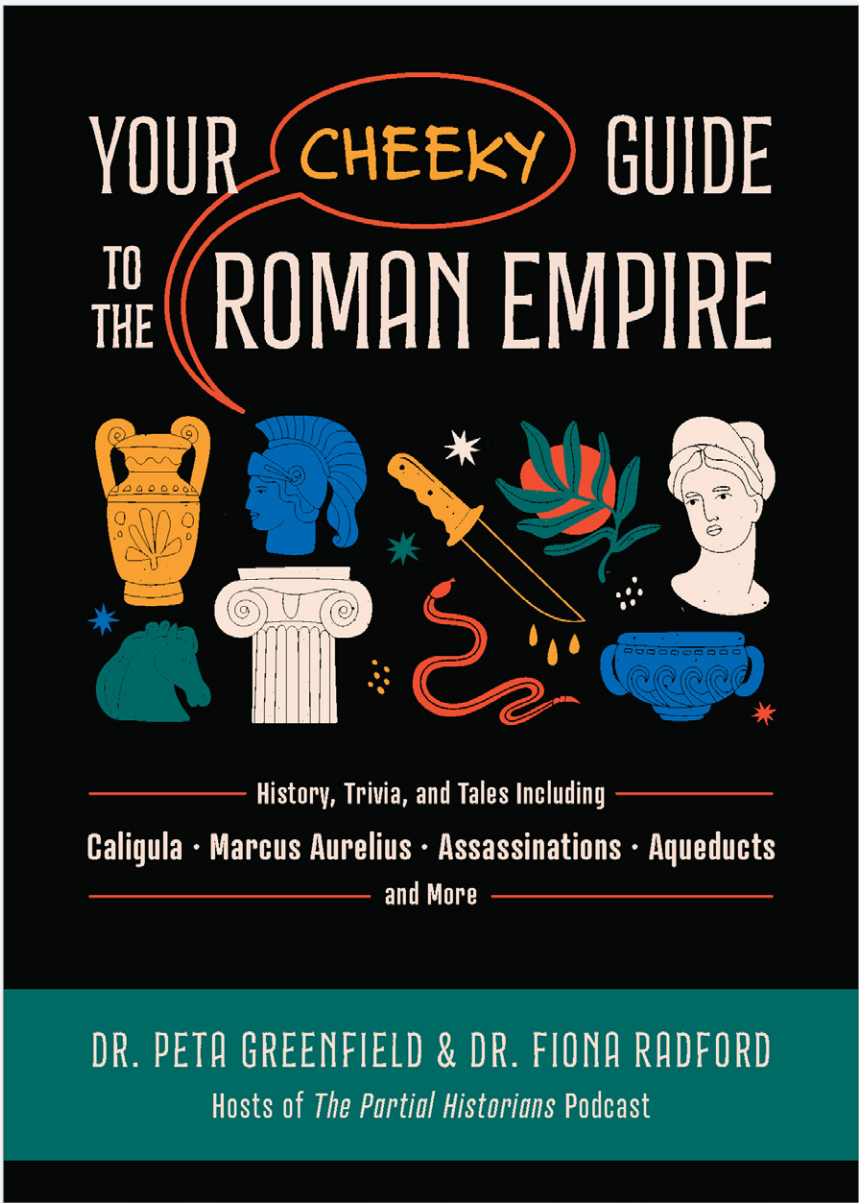
Additionally, you'll get all the extra facts about legendary drivers like Lewis Hamilton and Max Verstappen and some insights on the world's renowned teams like Ferrari, McLaren, and Williams.

ABOUT THE AUTHOR

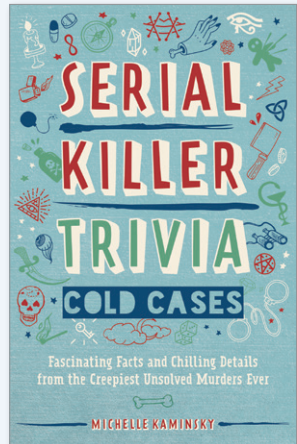
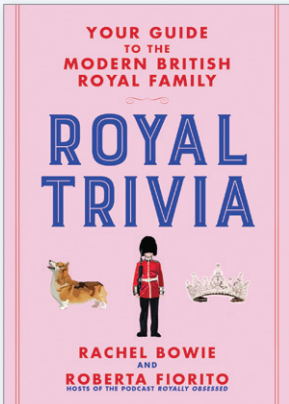
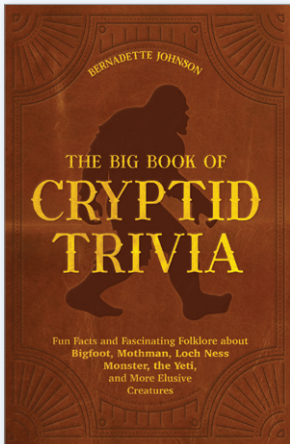
Bernadette "Berni" Johnson began her career at age six, when she crayoned a book about her mom that received a rave review from its lone reader. In her youth, she devoured the entire sci-fi section of the local library and dabbled in computer programming (and gaming) on an Atari 1200, leading to an IT career in adulthood.

She also kept one foot in humanities and literature, earned a couple of English degrees, and continued to write. Her works include over 50 technology articles for HowStuffWorks.com, *The Big Book of Spy Trivia* from Ulysses Press, and several short stories published here and there, as well as books and stories soon to come out.

When she's not watching movies and TV 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 terrier. You can read Berni's blog and find links to her writing at BerniJohnson.com.



November 2024 | Paperback | 312 Pages | 5" x 7" | Black and White



Your Cheeky Guide to the Roman Empire

History, Trivia, and Tales, Including Caligula, Marcus Aurelius, Aqueducts, Assassinations, and More!

Dr. Peta Greenfield and Dr. Fiona Radford

Discover the wild and fascinating true stories of the Roman Empire that they never taught you in your boring history class with this ultimate collection of notorious emperors, scandalous love affairs, rebellion, and more!

Fall 2024

\$15.95 US | \$21.95 CAN

ISBN 9781646047338 (paperback)

ISBN 9781646047222 (ebook)

Category: History

Rights: World

Whether you think about the Roman Empire every day or not, the legendary stories and fun facts in this book of Ancient Roman history are sure to shock you. Discover just how far the Romans would go to please the gods, the most torrid love affairs, the fun that emperors had to create to keep themselves entertained, and the never-ending scandals that caused serious outrage in Ancient Roman society. This collection of trivia and history includes:

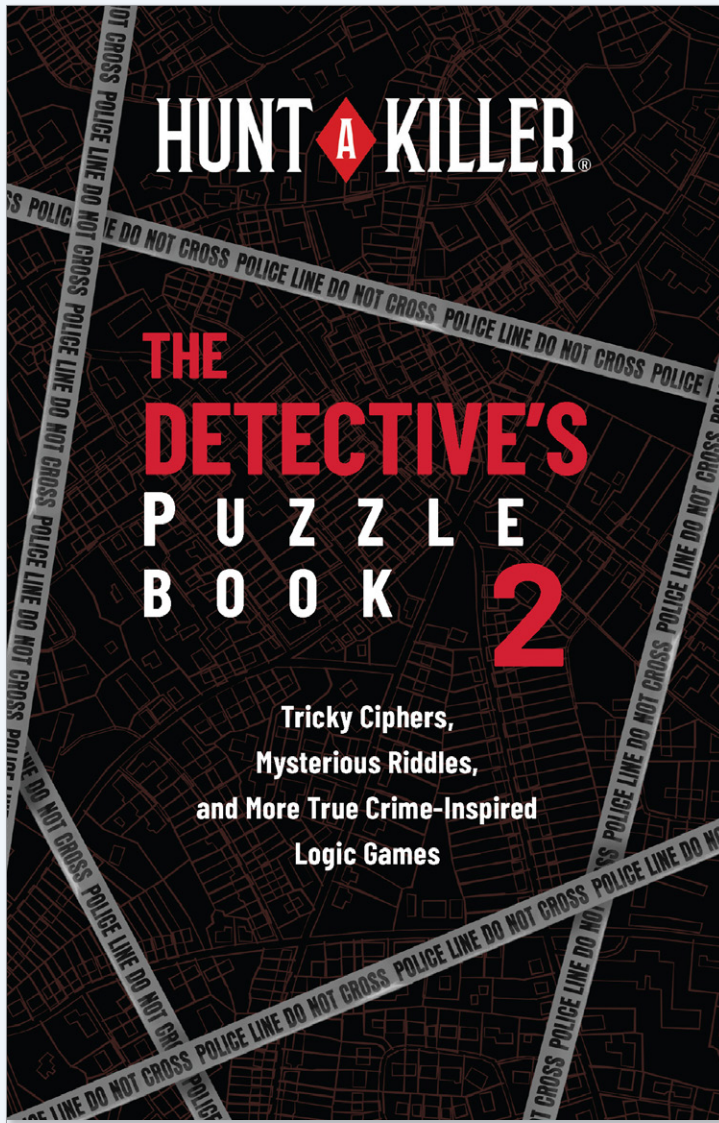
- ▶ The rise of Spartacus, the most famous rebel of them all
- ▶ The tale of the goddess Vesta, who saved Tuccia, a priestess wrongly accused of losing her chastity
- ▶ The story behind the Romans developing a cult for the goddess Cybele, also known as the “Mother of the Gods”

Whether you’re a Roman Empire enthusiast or someone whose knowledge only comes from the movie *Gladiator*, this book has facts and trivia that will be sure to both educate and entertain you!

ABOUT THE AUTHOR

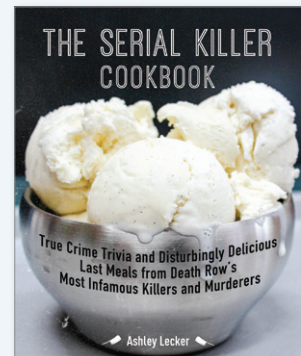
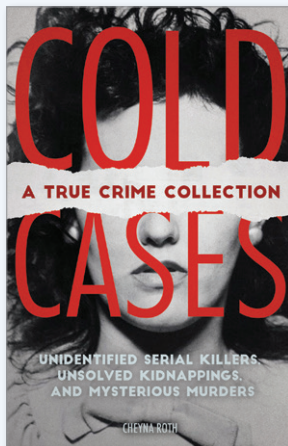
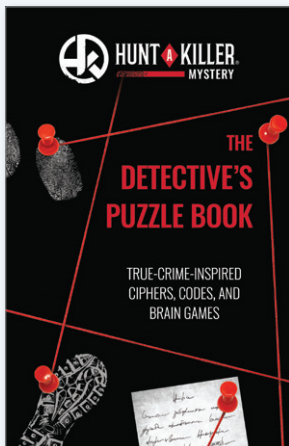
Peta Greenfield (Dr. G) holds a doctor of philosophy in ancient history and classics from the University of Sydney and has taught history and literature for over 15 years. She has bylines in *Ancient World Magazine*, *Bad Ancient*, *Byteside*, and *Classicum*, and is the coauthor of *Rex: The Seven Kings of Rome*. Besides being a cohost of the wildly popular podcast *The Partial Historians*, Peta has also reached millions through collaboration with TED-Ed. She loves terrible puns and all cats, and finds the Romans funny despite how serious they are.

Fiona Radford (Dr. Rad) holds a doctor of philosophy in ancient history from Macquarie University. Fiona’s bylines appear in *Ancient World Magazine*, *Bad Ancient*, and *Classicum*, and she is the coauthor of *Rex: The Seven Kings of Rome*. For the past decade, Fiona has cohosted the *The Partial Historians* podcast. She laughs way too often and loudly, and usually it is about the Romans. She aspires to be Agrippina the Younger when she grows up.



September 2024 | Paperback | 112 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



Hunt A Killer: The Detective's Puzzle Book 2

Tricky Ciphers, Mysterious Riddles, and More True Crime–Inspired Logic Games

Hunt A Killer

Gather clues, decipher evidence, and crack the case in this second collection of true crime–inspired logic puzzles from the groundbreaking creators of Hunt A Killer.

Fall 2024

\$15.95 US | \$19.95 CAN

ISBN 9781646047079 (paperback)

ISBN 9781646047086 (ebook)

Category: Puzzles

Rights: US, Canada

Want to solve a murder? Stop a kidnapping? Or perhaps catch an art thief? In this second installment of Hunt A Killer's mind-bending puzzle books, you will once again put your crime-solving skills to the test.

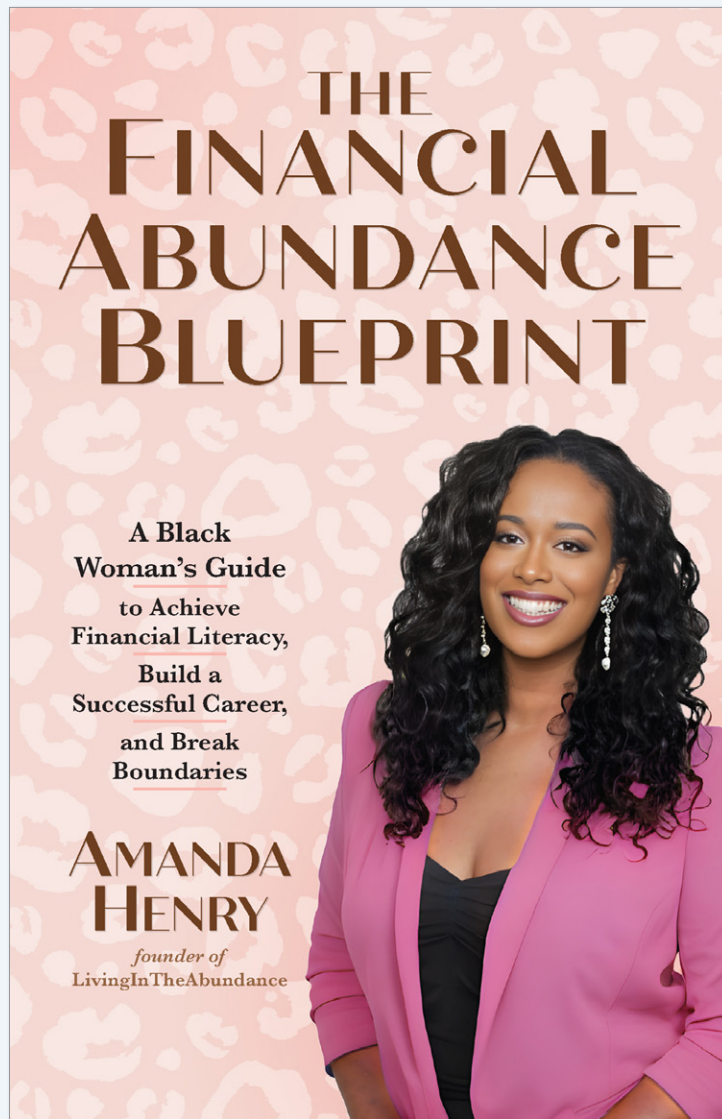
Hunt A Killer: The Detective's Puzzle Book 2 begins with private eye Michelle Gray's "Investigative Best Practices," where you'll learn all about the devious riddles, tricky logic grids, intriguing ciphers, curious word ladders, mysterious mazes, and more crime-themed puzzles you'll find in this book. Once you're fully prepared to investigate the cases ahead, slowly build your rank from amateur sleuth to top-notch lead detective by solving puzzles like:

- ▶ The Disappearing Donations: solve the mysterious cipher to discover who's been stealing from the local Catholic Church
- ▶ The Honorable Detectives: use the facts given to you to determine key information about detectives on your team
- ▶ Death by the Letter: navigate your way through a maze to successfully find the bodies from a murder you're investigating
- ▶ And so many more!

Whether you're a Hunt A Killer member, amateur sleuth, or simply love a good logic puzzle, these deceptively difficult but always fun puzzles will have you breaking codes and cracking Hunt A Killer cases in no time.

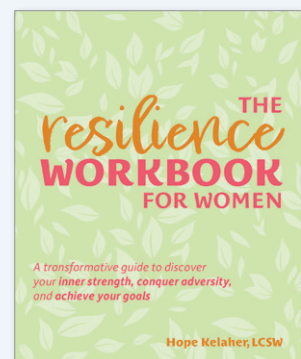
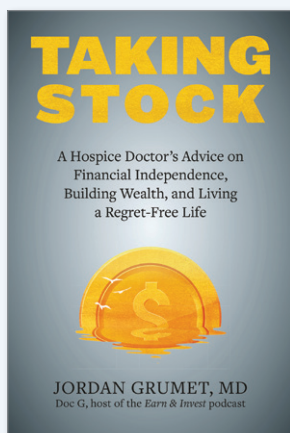
ABOUT THE AUTHOR

Since 2016, Hunt A Killer has disrupted conventional forms of storytelling by delivering physical items, documents, and puzzles to tell immersive stories that bring friends and families together. What started as an in-person event has now grown into a thriving entertainment company with over 100,000 subscribers and over four million boxes shipped. Hunt A Killer creates shared experiences and community for those seeking unique ways to socialize and challenge themselves.



December 2024 | Paperback | 192 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



The Financial Abundance Blueprint

A Black Woman's Guide to Achieve Financial Literacy, Build a Successful Career, and Break Boundaries

Amanda Henry

Discover the roadmap to attaining financial independence, growing your wealth, and climbing the corporate ladder—all while living your best life!

In a world of instant gratification where the American Dream is quickly fading and the push toward entrepreneurship as a means of stability grows ever greater, let it be known that there is still a way to live abundantly on the 9 to 5 grind. Tailored for trailblazing Black women and women of color, *The Financial Abundance Blueprint* blends personal anecdotes, actionable advice, and a touch of humor.

From dispelling myths around building wealth to revealing corporate's unwritten rules, this transformative guide will teach you the basics of:

- ▶ Working systemically vs. smarter and harder
- ▶ Creating your personal brand
- ▶ Networking with mentors and colleagues
- ▶ Maximizing corporate benefits
- ▶ Starting a business or side hustle

Whether you're a Gen-Zer taking the first steps into adulthood or a millennial working your way through life, *The Financial Abundance Blueprint* is the perfect roadmap on the journey to achieving financial freedom!

Fall 2024

\$16.95 US | \$22.95 CAN

ISBN 9781646047130 (paperback)

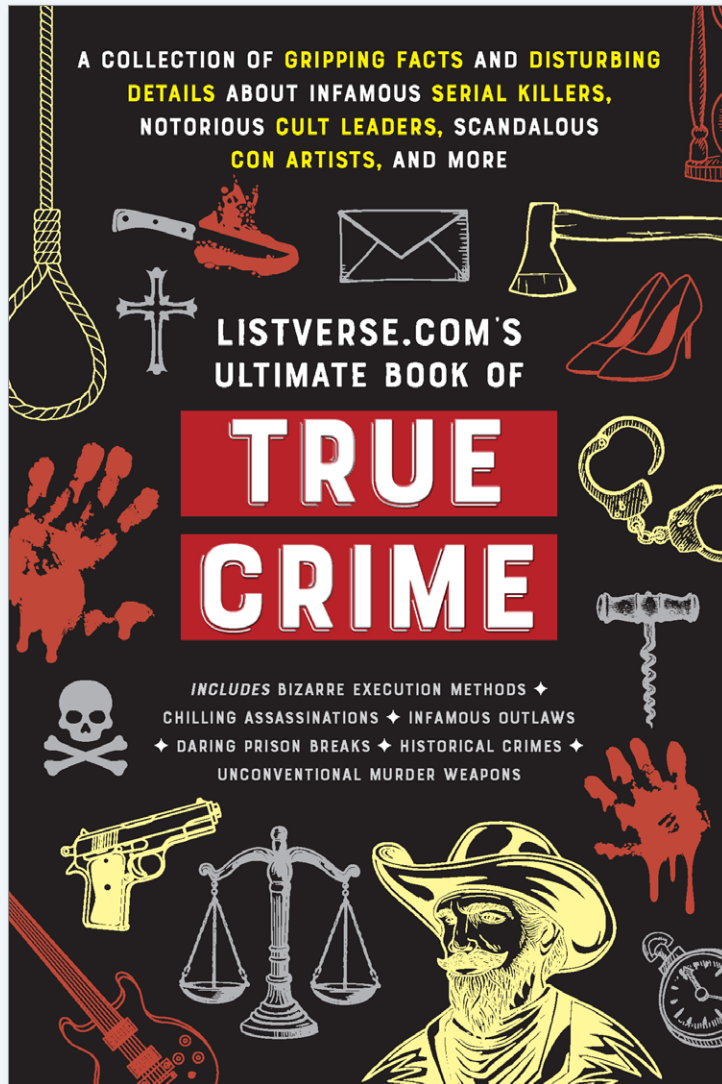
ISBN 9781646047260 (ebook)

Category: Personal Finance

Rights: World

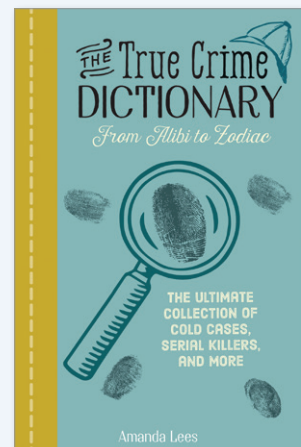
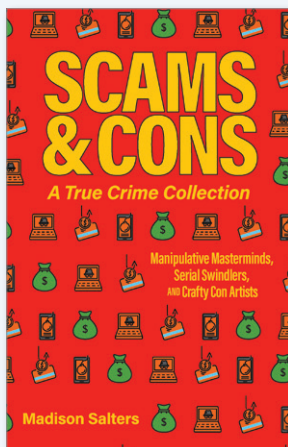
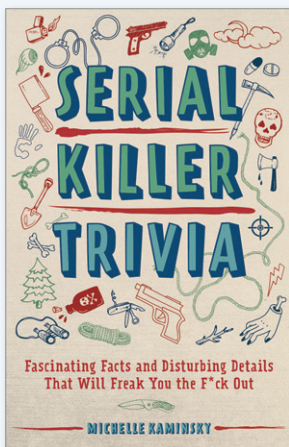
ABOUT THE AUTHOR

Amanda Henry, a Black first-generation Ivy League graduate, devoted wife, and mother, brings her seasoned corporate experience to empower emerging leaders. Her debt-free journey while tackling corporate America sparked a realization—abundant living on a 9 to 5 is possible. As founder of Living in the Abundance (LITA), a vibrant 15,000+ member community, Amanda educates and elevates young adults transitioning into adulthood on the art of navigating the corporate workplace and their personal finances for an abundant life. Amanda holds a BS in economics from The Wharton School, University of Pennsylvania, and an MS in global marketing management from Boston University. Amanda blends academic prowess with practical insights. Discover Amanda's full biography, LITA impact, and services at AmandaJHenry.com.



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Listverse.com’s Ultimate Book of True Crime

A Collection of Gripping Facts and Disturbing Details about Infamous Serial Killers, Notorious Cult Leaders, Scandalous Con Artists, and More

Jamie Frater

Broaden your true crime horizons with this collection of obscure and mind-boggling facts and stories from the world’s most interesting trivia site!

Fall 2024

\$15.95 US | \$21.95 CAN
ISBN 9781646047239 (paperback)
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Category: Trivia
Rights: World

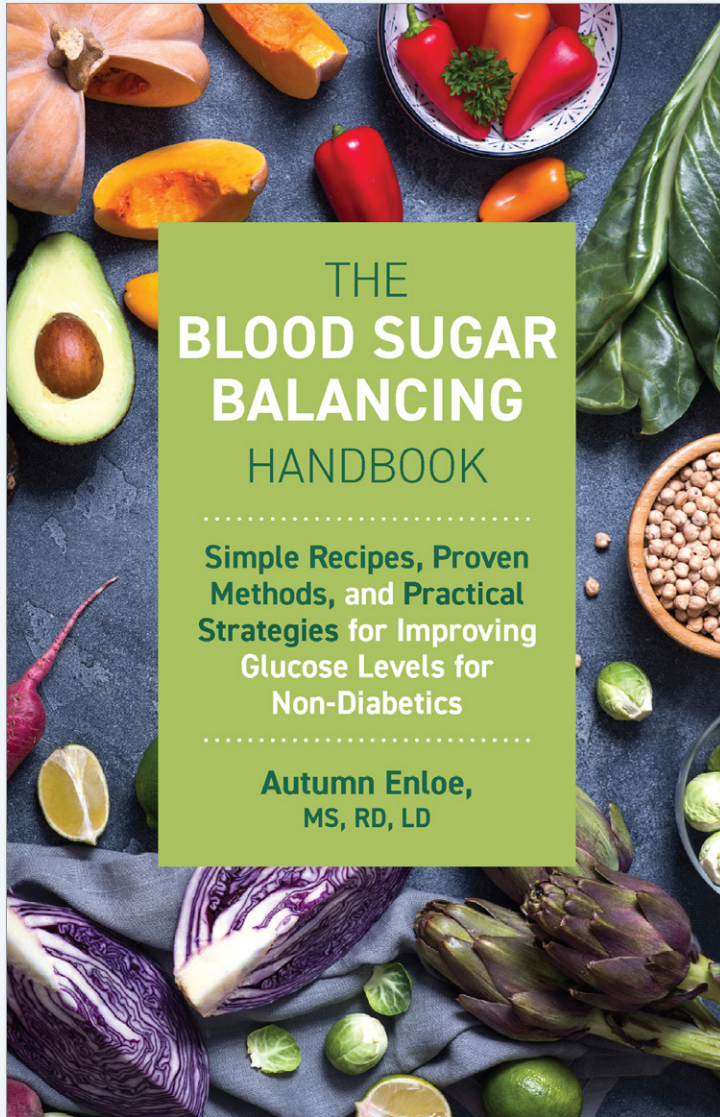
Have you ever heard of the Phantom Burglar of Bel Air or the Doodler? Who were the most prolific murderers of the Victorian era? Delve deeper into the true crime iceberg with *Listverse.Com’s Ultimate Book of True Crime* and discover even more mind-blowing stories from history, featuring:

- ▶ Lesser-known serial killers
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- ▶ Bizarre murder weapons
- ▶ Historical homicides
- ▶ Badass gangsters
- ▶ And so much more!

Perfect for true crime aficionados and novices alike, this collection of strange stories and trivia will blow your mind!

ABOUT THE AUTHOR

Jamie Frater was born in Naenae, a suburb of Lower Hutt, New Zealand, in 1974. He studied postgraduate music at the Royal College of Music in London, after which, due to an insatiable desire to share fascinating, obscure, and bizarre facts, he created Listverse.com, where he presents a new top ten list every day. He has been a guest speaker on numerous national radio and television stations in the United States and Great Britain. Jamie now writes full time for his California-based website from his home.



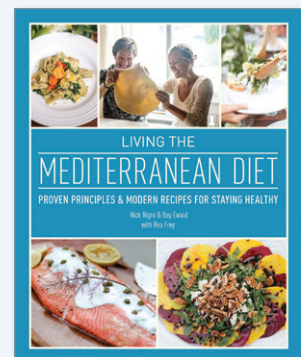
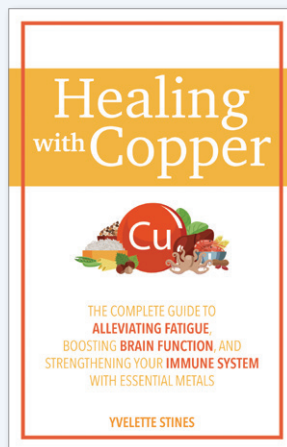
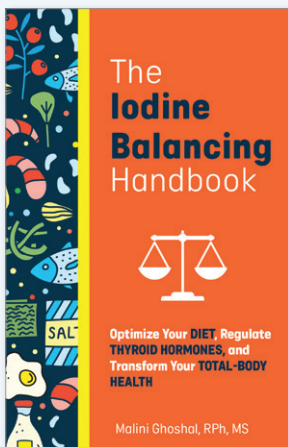
THE BLOOD SUGAR BALANCING HANDBOOK

.....
**Simple Recipes, Proven
Methods, and Practical
Strategies for Improving
Glucose Levels for
Non-Diabetics**
.....

**Autumn Enloe,
MS, RD, LD**

December 2024 | Paperback | 168 Pages | 5.5" x 8.5" | Black and White

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The Blood Sugar Balancing Handbook

Simple Recipes, Proven Methods, and Practical Strategies for Improving Glucose Levels for Non-Diabetics

Autumn Enloe MS, RD, LD

Follow easy steps and proven advice on how to balance your blood sugar, and discover all of the health benefits that come along with doing so—from better sleep and more energy to reducing cravings and boosting your mood. It's all possible when you understand how to manage and improve your glucose levels!

Although blood sugar is not often a priority for those who aren't diagnosed with prediabetes or diabetes, it's a critical part of health for everyone. Energy levels, moods, cravings, sleep, weight, and hormones are all tied to blood sugar. That's why *The Blood Sugar Balancing Handbook* is the go-to handbook for non-diabetics on ways to support stable and optimal blood sugar levels all day long, and prevent health complications in the future.

Optimizing your blood sugar levels can be easier than you think, especially if you follow this handbook's easy-to-read, step-by-step program that uses proven methods backed by science. Most importantly, this handbook provides practical solutions and tips on things like:

- ▶ The best order in which to eat your foods
- ▶ Timing your meals
- ▶ How sleep habits and exercise can affect your blood sugar
- ▶ Recipes for the best foods to eat for breakfast, lunch, dinner, and snacks

Autumn Enloe, an award-winning registered dietitian, has worked with thousands of individuals on blood sugar management and has witnessed the powerful impact prioritizing blood sugar management has on one's health. Not only will you learn sustainable strategies to nourish your body, you'll have the tools to take control of your health for good.

ABOUT THE AUTHOR

Autumn Enloe is an award-winning registered dietitian and writer from Minnesota. She's been writing for publications worldwide for over a decade and is passionate about empowering others to improve their hormone health naturally. Autumn holds a master's degree in food and nutritional sciences and is the owner of Autumn Enloe Nutrition, a private practice focused on optimizing metabolic and hormone health for women. Visit her website AutumnEnloe.com, and find her on Facebook and Instagram @autumn.enloe.nutrition.

Fall 2024

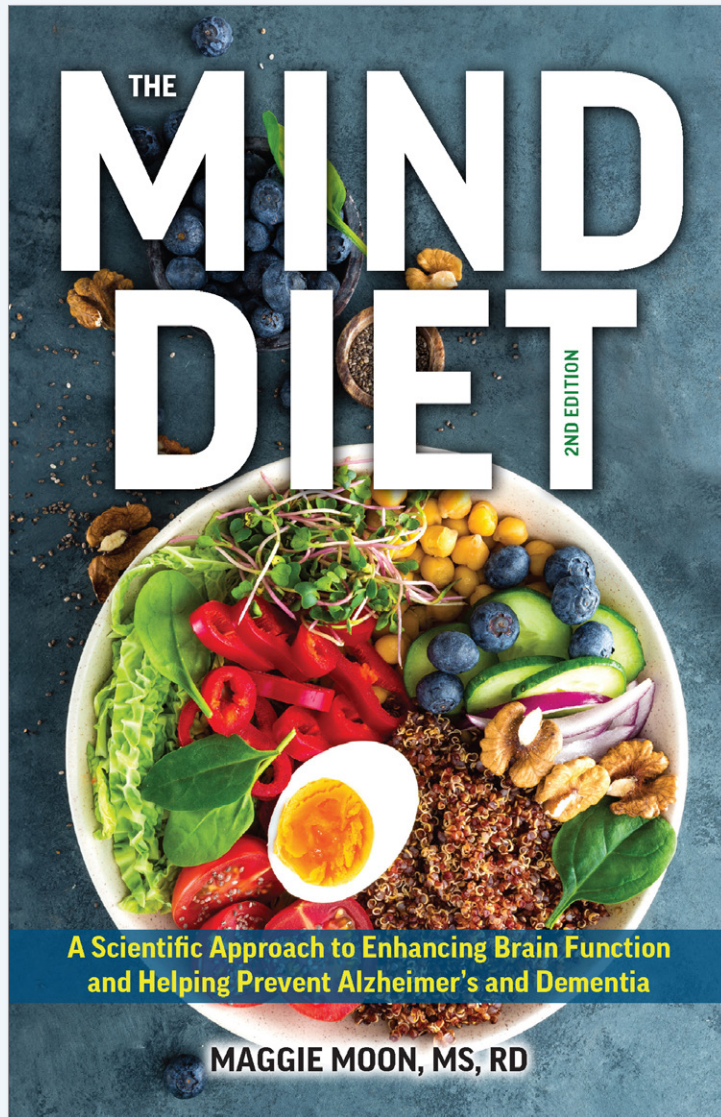
\$16.95 US | \$22.95 CAN

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ISBN 9781646047352 (ebook)

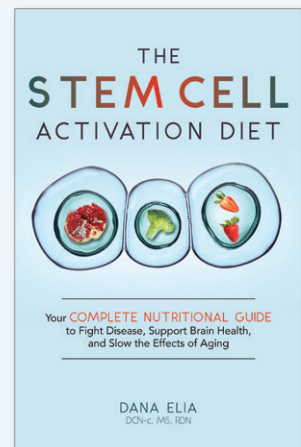
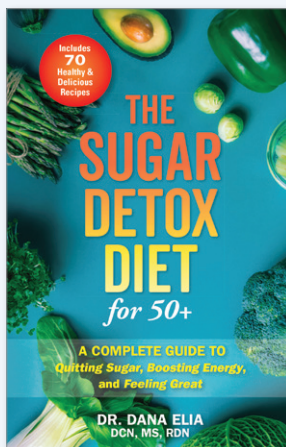
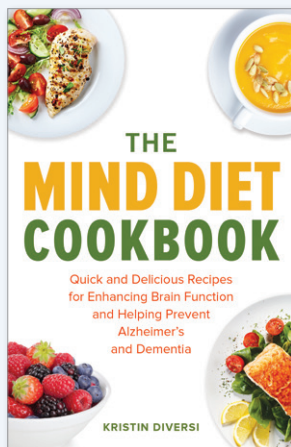
Category: Diet & Nutrition

Rights: World



December 2024 | Paperback | 336 Pages | 5.5" x 8.5" | Black and White

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The MIND Diet: 2nd Edition

A Scientific Approach to Enhancing Brain Function and Helping Prevent Alzheimer's and Dementia

Maggie Moon MS, RD

Enhance brain function and help prevent Alzheimer's disease and dementia with this fully updated, step-by-step nutrition guide from best-selling author and registered dietician Maggie Moon.

Fall 2024

\$16.95 US | \$22.95 CAN

ISBN 9781646047246 (paperback)

ISBN 9781646047161 (ebook)

Category: Cooking

Rights: World

Taking care of yourself doesn't just mean focusing on your body—it also means looking after your brain. *The MIND Diet, 2nd Edition* uses approachable and easy-to-understand language to explain the science behind how you can improve your brain health through nutrition and lifestyle habits. Written by best-selling author Maggie Moon, this fully updated edition offers brand-new content, including:

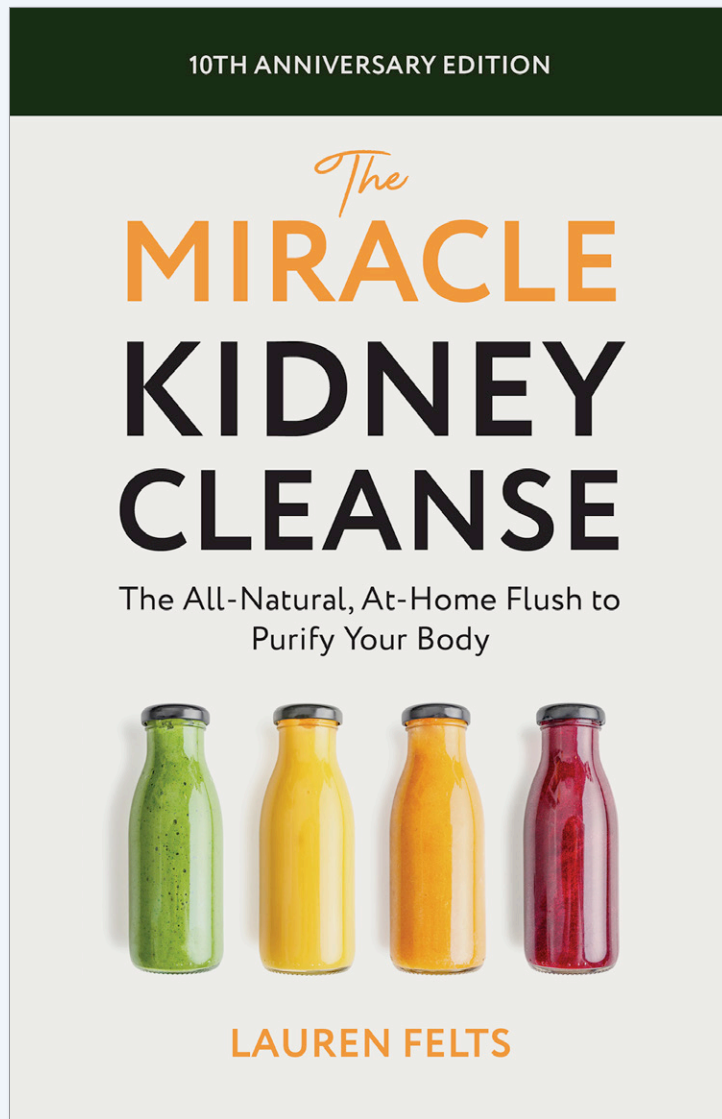
- ▶ New healthy recipes inspired by cultures from around the world
- ▶ Meal-planning guides
- ▶ Shopping lists
- ▶ Food swaps and alternatives
- ▶ Portion control strategies

This second edition of the original classic is perfect for longtime MIND diet fans and for anyone looking to make a lifestyle change to keep their brain healthy!

ABOUT THE AUTHOR

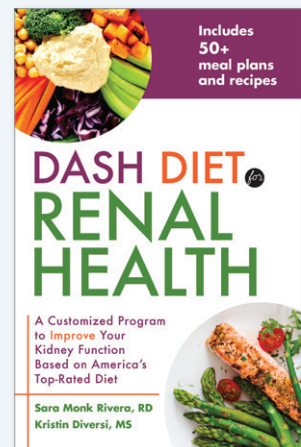
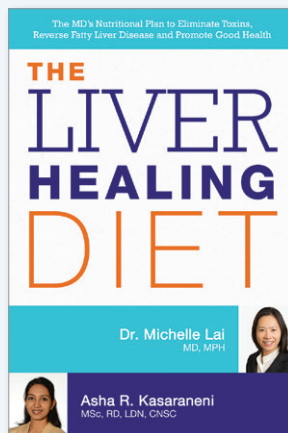
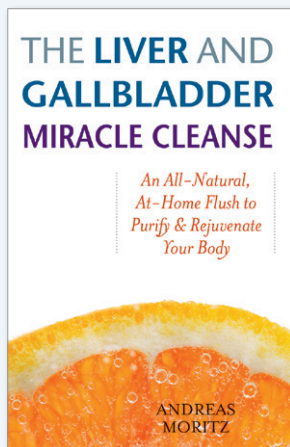
Maggie Moon, MS, RD, is a highly acclaimed nutritionist specializing in brain health. She is a Columbia University–educated, culinary-school trained, accredited registered dietitian with clinical training from top-ranked New York Presbyterian Hospital of Columbia and Cornell Universities. She has consulted with government agencies, national nonprofits, and global brands.

Moon is lead author of the Neurologic Disorders chapter in Krause and Mahan's *Food and the Nutrition Care Process*, a renowned resource in university nutrition programs worldwide. Additionally, she authored the Brain Health chapter in *The Culinary Medicine Textbook*, a comprehensive guide for community health initiatives. As a globally sought-after nutrition expert, Moon has shared her expertise with millions through international conferences, TV interviews, and publications such as *Eating Well*, *Good Housekeeping*, *Men's Health*, *Prevention*, and *Women's Health*. She is based in Los Angeles, where she enjoys hiking, cooking with her octogenarian mom, and creating content for @minddietmeals.



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The Miracle Kidney Cleanse

The All-Natural, At-Home Flush to Purify Your Body (10th Anniversary Edition)

Lauren Felts

Learn simple, straightforward strategies and diet plans to keep your kidneys in optimum health and peak function by introducing short detox regimens to your daily life.

Fall 2024

\$15.95 US | \$21.95 CAN

ISBN 9781646047048 (paperback)

ISBN 9781646047055 (ebook)

Category: Body Cleansing

Rights: World

Kidneys play an incredibly important part of your body's ability to shed toxins, filter and clean blood, and remain healthy. Keeping your kidneys healthy and functioning at peak performance is critical to a long, vibrant life, and this book is your key to protecting the organs that are protecting you. *The Miracle Kidney Cleanse* shows how to flush out toxins and maximize the benefits of the body's natural cleansing system, including:

- ▶ Preventing painful kidney stones
- ▶ Boosting immune function
- ▶ Increasing energy
- ▶ Helping ensure fertility
- ▶ Curing low-back kidney pain

The Miracle Kidney Cleanse is the safest and gentlest way to dissolve kidney-congesting salts, minerals, uric acid, and proteins. This straightforward plan also details the daily supplements and foods to eat, as well as the foods to avoid, to keep the renal system functioning smoothly.

ABOUT THE AUTHOR

Lauren Felts is a certified nutritionist based in Southern California. In addition to her private practice, she manages supplement sales and education for a national manufacturer, contributes editorial content to influential publications, and is a supporter of the launch of a raw culinary school and restaurant. She shares her nutrition knowledge on her website, TheHolyKale.com.

ARE YOU GONNA EAT THAT?

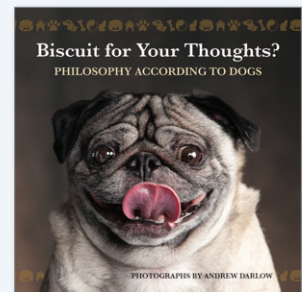
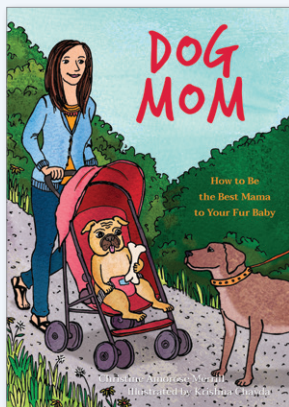
the essential
collection of
they can talk
comics

jimmy craig



September 2024 | Paperback | 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*.

Fall 2024

\$16.95 US | \$22.95 CAN
ISBN 9781646047413 (paperback)
ISBN 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.

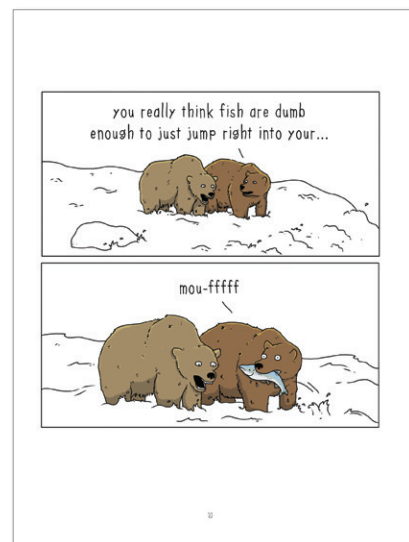
These colorful illustrated comics include the inner thoughts of creatures from across the animal kingdom—from misunderstood sharks and troublemaking bears to the often-complicated relationship between you and your pet cat. Get dating advice from raccoons, gain some life perspective from dogs, and learn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

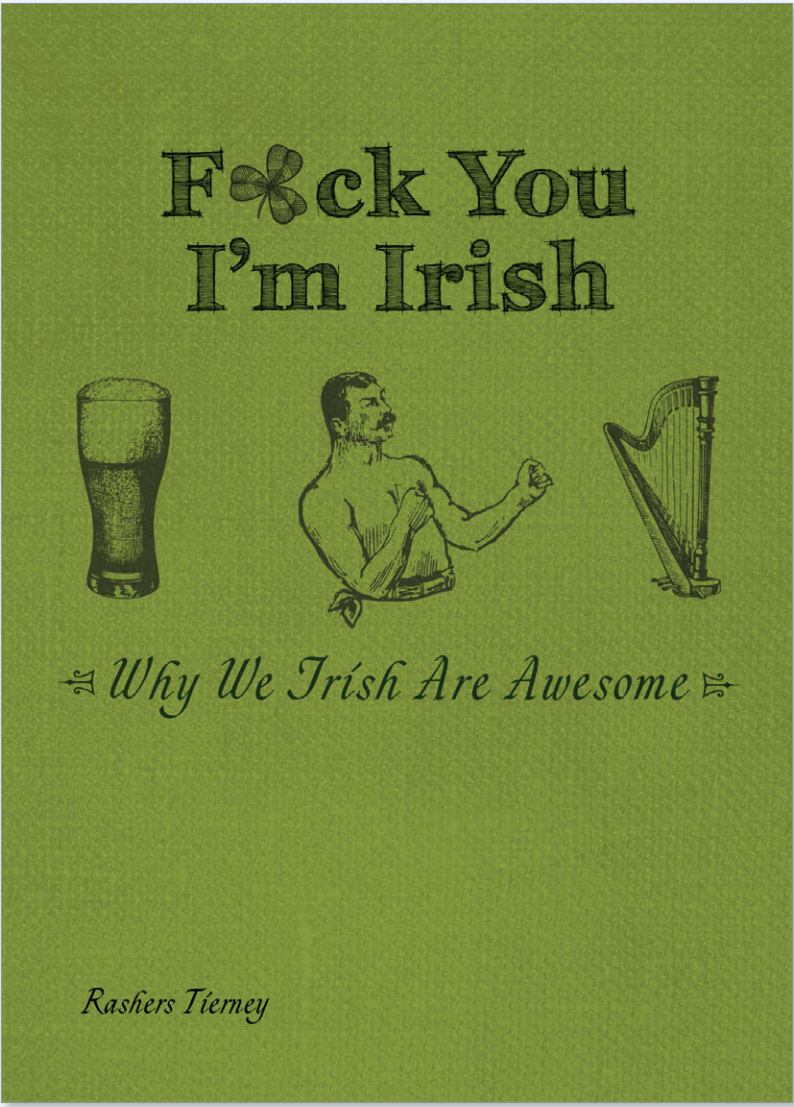
Updated to include brand-new comics, fan favorites, redrawn classics, *Are You Gonna Eat That?* is the perfect quirky gift for any lover of animals, or for anyone who just loves to laugh.

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.

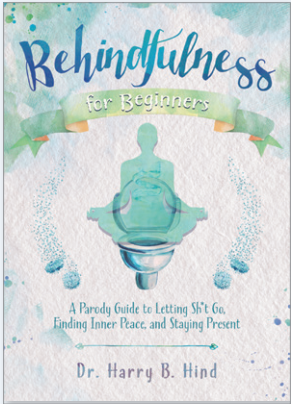
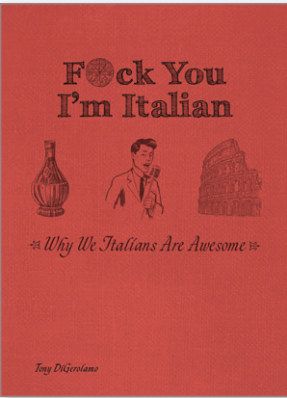
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F*ck You, I'm Irish

Why We Irish Are Awesome

Rashers Tierney

An in-your-face collection of trivia that's sure to inspire chest-thumping pride in everyone of Irish descent.

Fall 2024

\$12.95 US | \$17.95 CAN

ISBN 9781646047567 (paperback)

ISBN 9781612434179 (ebook)

Category: Humor

Rights: World

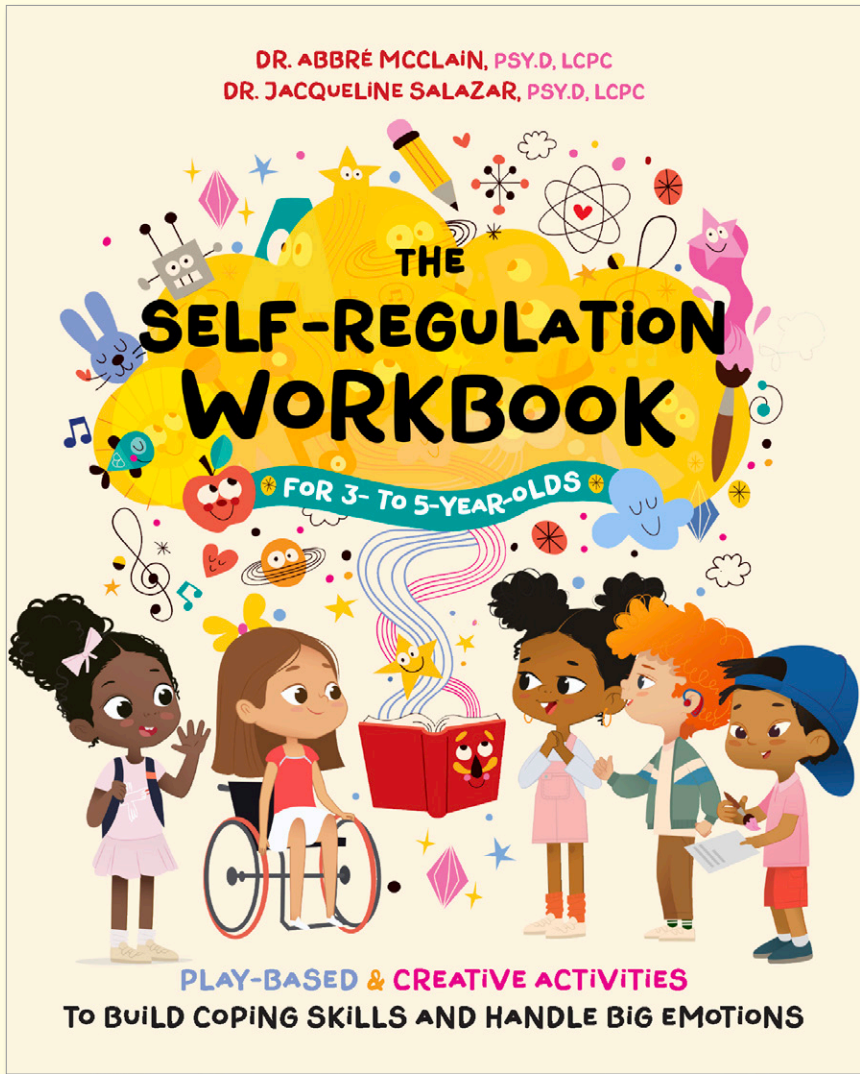
Is there anyone who does not think the Irish are the greatest people on Earth? Before stepping outside to convince them, first peacefully impart upon any misinformed bar patrons the incontrovertible evidence presented in *F*ck You, I'm Irish*. Amazing accomplishment or astounding person, if it bleeds kelly green and it's feckin' great, it's in this book.

Irish pride has sparked parades, breakfast cereal, beer, riots, international holidays, the fame of Liam Neeson, sports mascots, more beer, and now, this fun and fascinating book. In its pages, Irish culture, history, and general weirdness come to life with snappy entries on everything from snake-chasing saints, cute hoors, and ruthless independence fighters to acclaimed authors, superstar rock bands, and fair-skinned super models.

Forget about the leprechaun dolls, T-shirts, hats, wigs, and green beer that people buy every St. Paddy's Day! With true stories of immigrant struggles, rollicking wakes, hurling shenanigans, and Guinness-fueled escapades, *F*ck You, I'm Irish* offers a far better way to celebrate one's heritage than a manky "Kiss Me, I'm Irish" button.

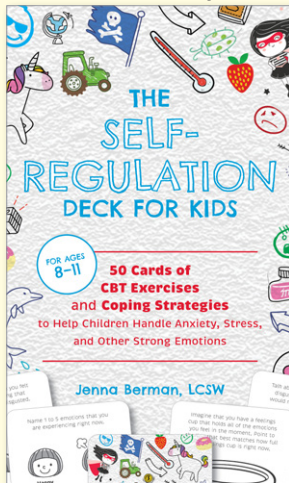
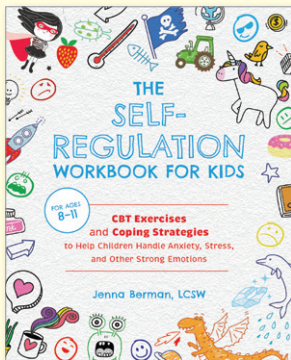
ABOUT THE AUTHOR

Rashers Tierney is an itinerant lecturer and anthropologist of note, presenting seminars across North America on all things Irish. His earth-shattering PhD thesis on "Flatulence in *Finnegan's Wake*" has been hailed as the work that "blew apart" the clique-ish inner circle of Joycean scholarship. He is currently at work on a study entitled "Brogue mo thóin," a controversial volume on the connections between the ancient Irish craft of shoemaking and renowned Gaelic curses.



October 2024 | Paperback | 96 Pages | 8" x 10" | Black and White

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The Self-Regulation Workbook for 3 to 5 Year Olds

Play-Based and Creative Activities to Build Coping Skills and Handle Big Emotions

Dr. Abbré McClain Psy.D, LCPC and Dr. Jacqueline Salazar Psy.D, LCPC

Discover play-based activities, CBT exercises, and coping strategies to help children ages 3 to 5 with social and emotional functioning, attachment patterns, and handling anxiety and other strong emotions!

Fall 2024

\$17.95 US | \$23.95 CAN

ISBN 9781646047291 (paperback)

ISBN 9781646047307 (ebook)

Category: Juvenile Nonfiction

Rights: World

Children aged 3 to 5 years are experiencing a period of rapid growth, and play is the key medium in which all aspects of their development, especially social and emotional development, occur. This evidence-based workbook acts as a resource for trusted adults and caregivers, providing playful and creative activities that will help foster self-regulation skills necessary for healthy emotional development in their children.

Activities within the workbook are play based to help young kids foster a healthy self-image and develop self-regulation skills necessary to manage stress, anxiety, and other big emotions. Additionally, the activities will include reflective opportunities for adults to help strengthen their relationship with the child. The reflective process is necessary for co-regulation, an essential aspect of self-regulation. These activities can be utilized repeatedly and adapted across ages and settings, as well as assist in navigating social and emotional developmental milestones.

ABOUT THE AUTHOR

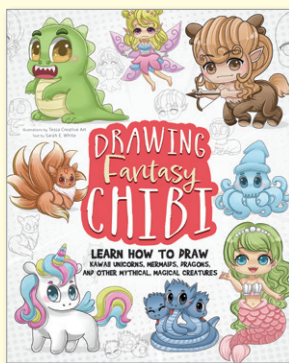
Dr. Abbré McClain received a doctorate in clinical psychology from Adler University and holds an Infant Parent Psychotherapy Endowment and certifications in Diagnostic Assessment for Young Children (DC:0-5) and Circle of Security-Parenting Facilitation (COSP); she is also eligible for Perinatal Mental Health Certification (PMH-C). Dr. McClain currently resides in Chicago, where she owns a therapy practice that serves children and families, and is an avid Chicago sports fan!

Dr. Jacqueline Salazar received a doctorate in clinical psychology from Adler University and holds numerous certifications, such as Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Teaching Parenting the Positive Discipline Way. She is a Certified Alcohol and Drug Counselor (CADC). She also owns a therapy practice in Chicago that specializes in services for children and families. Dr. Salazar currently resides in Chicago with her partner Adam, their son Quinn, and two cats Monkey and Cosmo.



September 2024 | Paperback | 128 Pages | 7" x 9" | Black and White

Similar titles from Ulysses Press





Drawing Chibi Food

Learn How to Draw Kawaii Onigiri, Adorable Dumplings, Yummy Donuts, and Other Cute and Tasty Dishes

Tessa Creative Art

Learn step-by-step tutorials on how to draw a variety of anime- and manga-style foods, including chibi bentos, tacos, pancakes, boba, and more!

It's time to take your drawing skills to the next level with *Drawing Chibi Food*! A comprehensive guide with easy-to-follow instructions and handy practice pages, this latest installment in the Drawing Chibi series will make you want to grab a delicious snack along with your sketchbook and begin drawing the most adorable versions of your favorite foods.

Whether you're a budding artist or a drawing master, *Drawing Chibi Food* makes sketching foods from all around the world in an adorable anime-style fun and easy!

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\$10.00 US | \$13.00 CAN

ISBN 9781646047093 (paperback)

ISBN 9781646047109 (ebook)

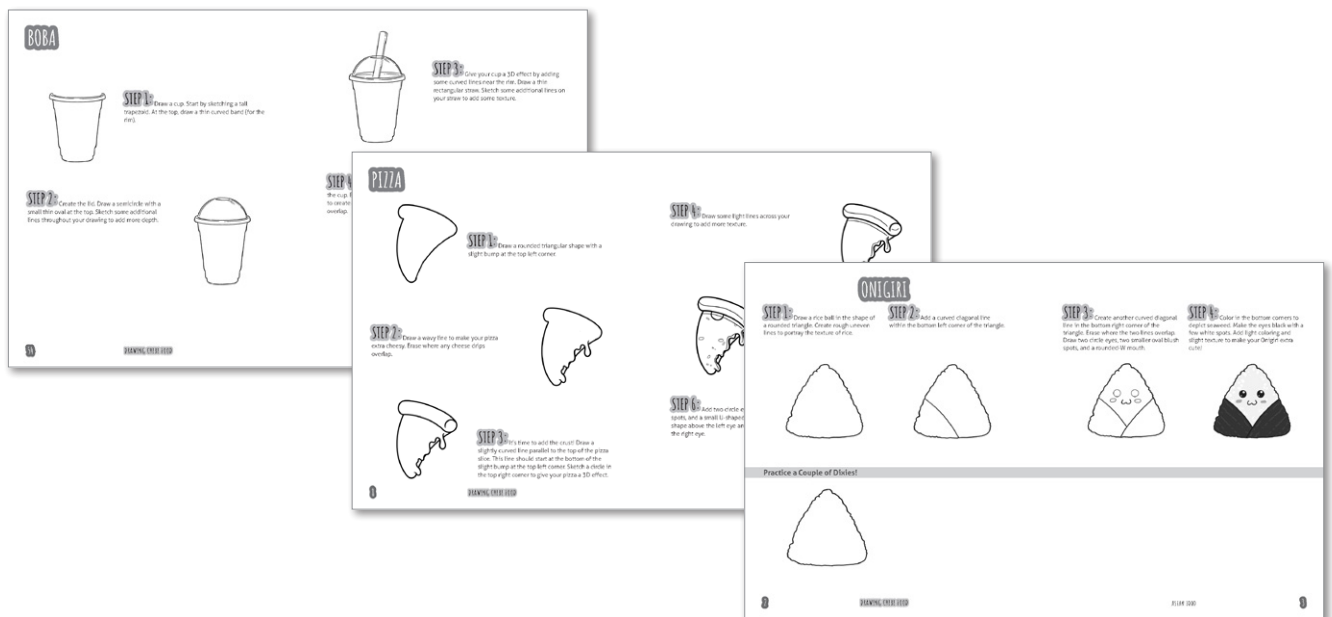
Category: Juvenile Nonfiction

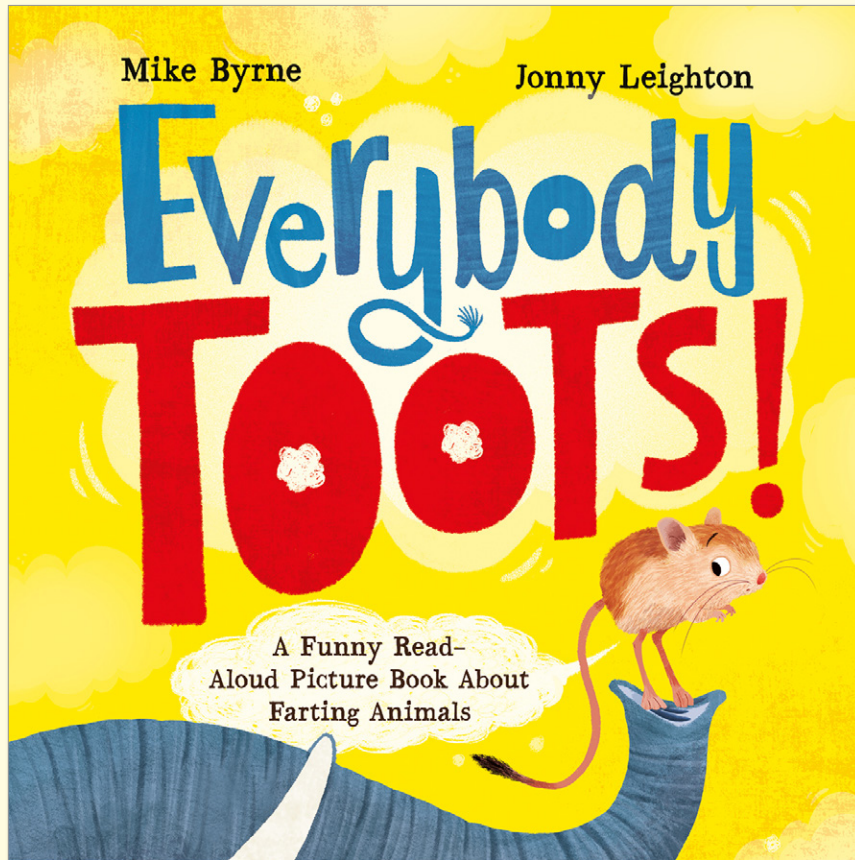
Rights: World

ABOUT THE AUTHOR

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

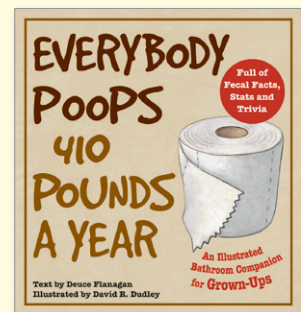
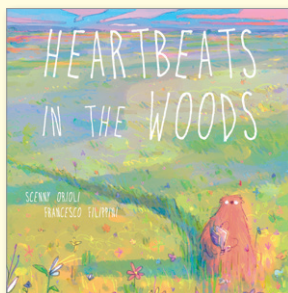
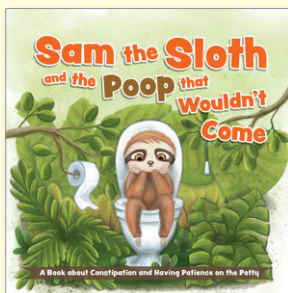
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Everybody Toots

A Funny Read-Aloud Picture Book About Farting Animals (Rhyming Books for Kids Ages 3–5)

Jonny Leighton | Illustrated by Mike Byrne

Teaching kids not to be ashamed of their natural bodily functions, this laugh-out-loud picture book features cows, monkeys, dinosaurs, and other tooters from the animal kingdom and beyond!

Jerboa feels shocked and embarrassed when he unexpectedly lets out a stinky, squeaky toot. Luckily, the wise Elephant is there to remind the shy creature that, whether big or small, animal or human, dinosaur or monster, *Everybody Toots!* Featuring hilarious rhyming text and entertaining illustrations, this cheeky picture book will leave kids bursting with laughter while also teaching them that passing gas is totally normal and okay.

Fall 2024

\$17.95 US | \$24.95 CAN

ISBN 9781646047147 (hardback)

ISBN 9781646047277 (ebook)

Category: Juvenile Fiction

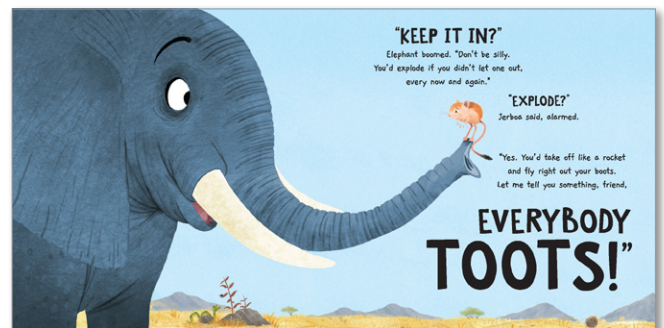
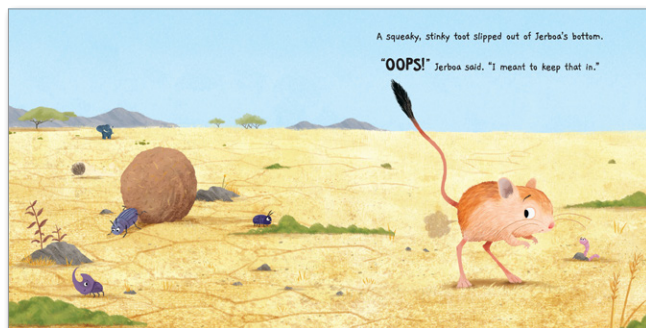
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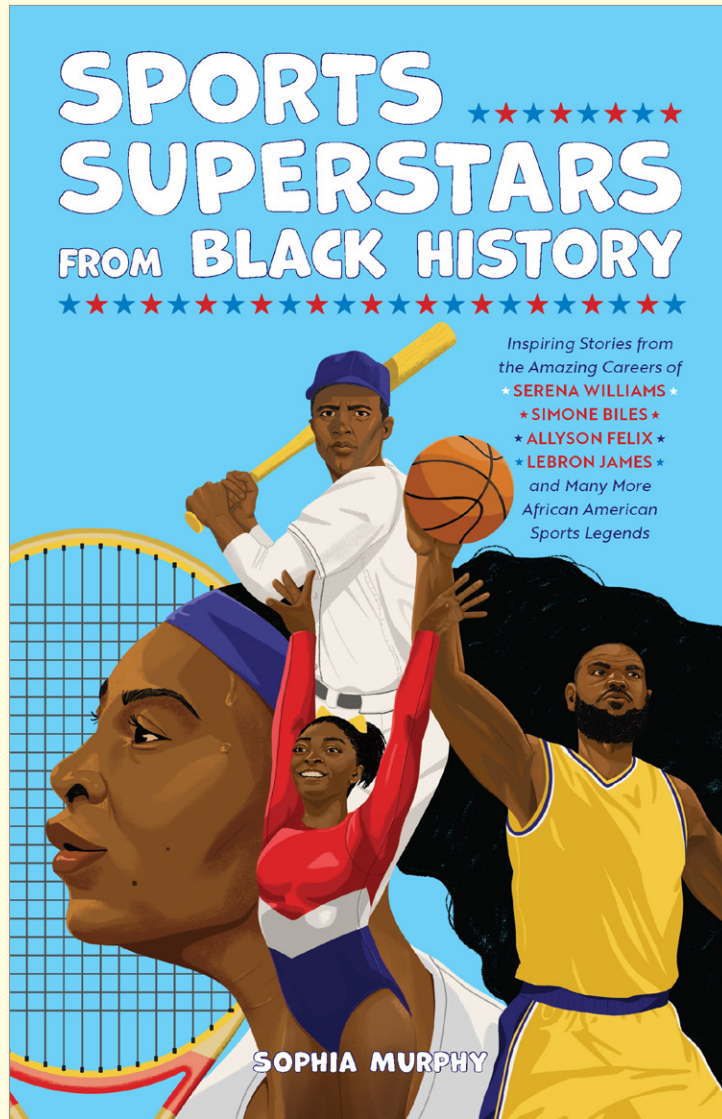
ABOUT THE AUTHOR

Jonny Leighton is an editor and writer based in Newcastle. He is the author of funny picture books *Does a Bear Poo in the Woods?* and *Which Bum's Mum's?* as well as numerous nonfiction titles for children, and the best-selling *Magical Unicorn Society*. Jonny's funny rhyming text and imaginative worlds have been translated and enjoyed in over 20 countries across the world.

Mike Byrne grew up on the Wirral near Liverpool before moving to Wales to study illustration at Glyndwr University. Mike now lives with his wife, cat, and two sons in the countryside, where he spends his days doodling and illustrating children's books while fueled only by tea and biscuits. He is the illustrator of *Does a Bear Poo in the Woods?* and *Which Bum's Mum's?* as well as numerous picture books for Scholastic and Macmillan Children's Books.

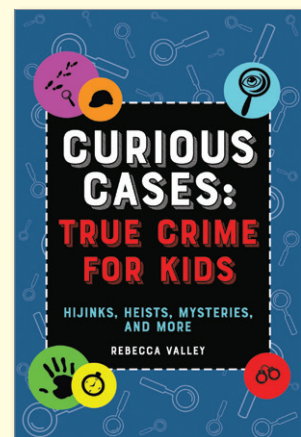
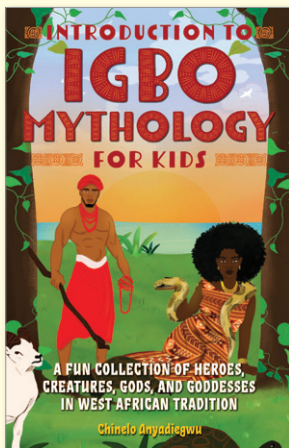
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October 2024 | Paperback | 184 Pages | 5.5" x 8.5" | Black and White

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Sports Superstars from Black History

Inspiring Stories from the Amazing Careers of Serena Williams, Simone Biles, Allyson Felix, LeBron James, and Many More African American Sports Legends

Sophia Murphy

Discover how 12 Black athletes overcame seemingly impossible odds and insurmountable challenges to achieve their dreams and make a name for themselves in the fields of football, baseball, basketball, tennis, track and field, and gymnastics—a perfect gift for young sports fans and young athletes!

Kids will immerse themselves in the world of sports as they follow iconic figures, from stars of the past to celebrities of today, through the highs and lows of their careers. Young readers will discover the inspirational stories of 12 people—some that they might know and love, and some that they may have never heard of before—all winners in their own right. But this book goes beyond touchdowns and home runs. Each of these figures has overcome many struggles, and kids will learn valuable life lessons from this book's deeper themes of leadership, perseverance, tenacity, and triumphing over adversity. Featuring stories about:

- ▶ Serena Williams and Althea Gibson
- ▶ Aaron Judge and Jackie Robinson
- ▶ LeBron James and Earl Francis Lloyd
- ▶ Russell Wilson and Fritz Pollard
- ▶ Simone Biles and Dominique Dawes
- ▶ Allyson Felix and Alice Coachman

Fall 2024

\$14.95 US | \$19.95 CAN

ISBN 9781646047192 (paperback)

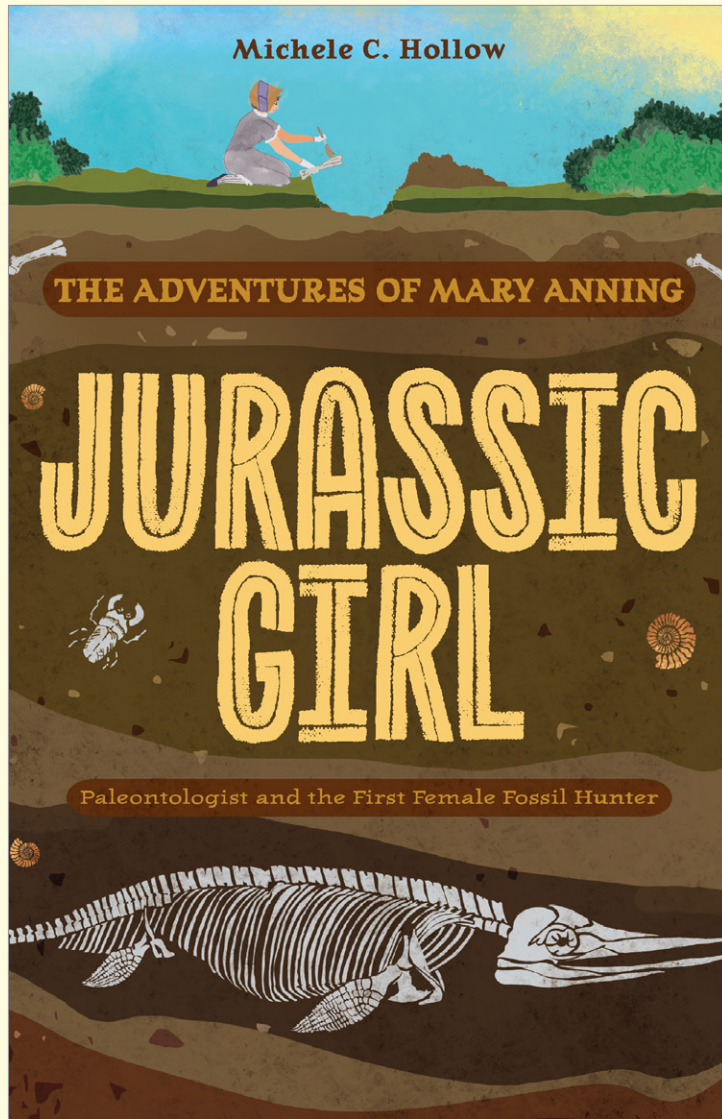
ISBN 9781646047208 (ebook)

Category: Juvenile Nonfiction

Rights: World

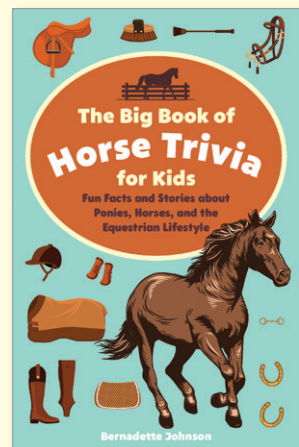
ABOUT THE AUTHOR

Sophia Murphy is a freelance writer based in Toronto. While she always dreamed of being a writer, her life took her down a different path. But after a lengthy career in communications and some time off to raise her children, she found her way back to her first love. Sophia holds a BA with honors in English literature from Carleton University and is in the process of writing the book of her dreams. She loves superhero movies, detective mysteries, and old-school cartoons. When she's not writing or reading, you can find her singing along to her favorite songs or in a fierce board game competition with her husband and two boys.



September 2024 | Paperback | 128 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press





Jurassic Girl

The Adventures of Mary Anning, Paleontologist and the First Female Fossil Hunter (Dinosaur Books for Kids 8–12)

Michele C. Hollow

Discover the fascinating life of 12-year-old Mary Anning, a fossil hunter who would grow up to be a famous paleontologist, in this historical fiction book for children interested in learning about dinosaurs, fossils, and women in STEM, like Grace Hopper, Marie Curie, and Jane Goodall.

At age 12, Mary Anning found the first ichthyosaurus, a lizard/fish-like creature from the Jurassic Period. It was more than 17 feet long. But according to many of the men in London’s Geological Society, the fossil could not be real due to several reasons:

- › Mary was female.
- › She was 12 years old.
- › She had no formal education.
- › She was poor.

This story follows Mary and her journey with the ichthyosaurus and offers a look into the childhood of someone who would eventually become the “Mother of Paleontology.” Featuring friendships, fossils, and found family, Mary Anning’s tale is sure to inspire young readers and scientists alike!

Fall 2024

\$9.99 US | \$12.99 CAN

ISBN 9781646047178 (paperback)

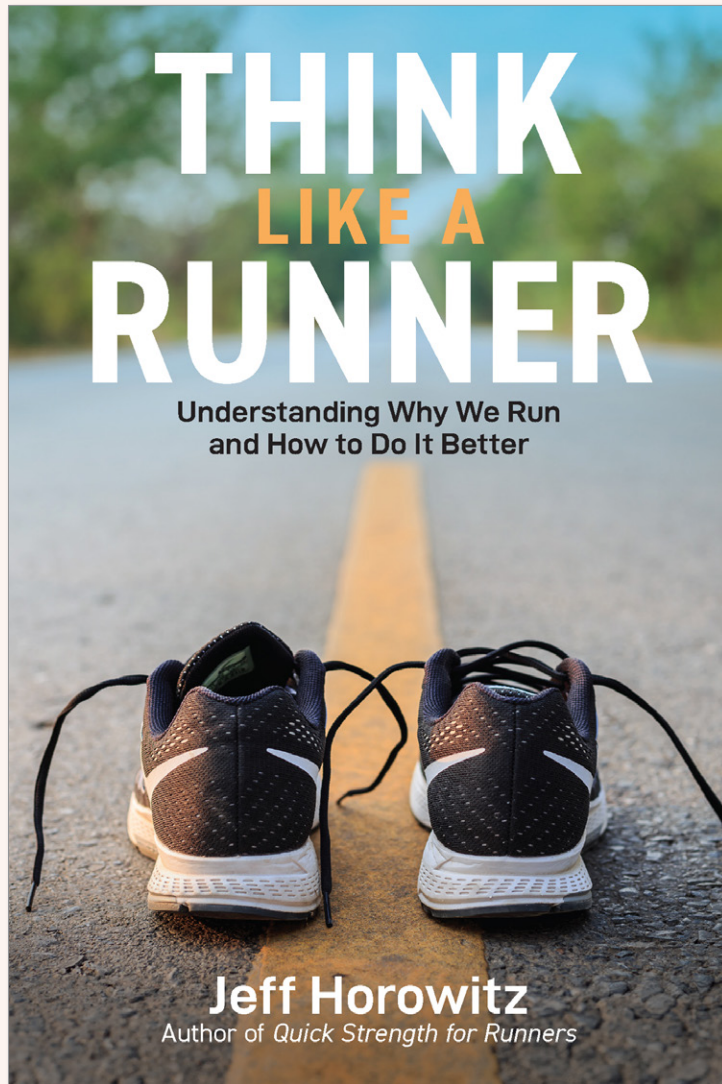
ISBN 9781646047185 (ebook)

Category: Juvenile Fiction

Rights: World

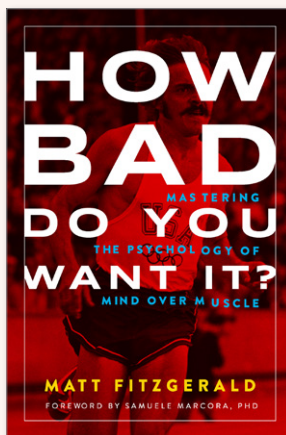
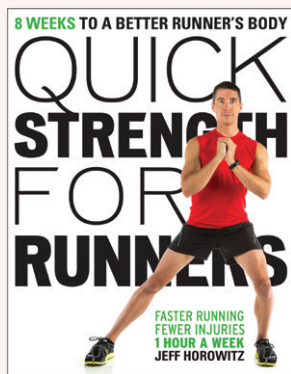
ABOUT THE AUTHOR

Michele C. Hollow works as a journalist writing about animals, health, mental health, and the environment. Her byline has appeared in the *New York Times*, *New York Daily News*, *New Jersey Monitor*, the *Guardian*, and *Symphony Magazine*. She’s a member the Association of Health Care Journalists. Michele lives in New Jersey with her husband, Steven, their sons Tishon and Jordon, and their rescue cat named Chai. If you’d like to learn more about Michele, you can check out her website, MicheleCHollow.com.



October 2024 | Paperback | 272 Pages | 6" x 9" | Black and White

Similar titles from VeloPress



Think Like a Runner

Understanding Why We Run and How to Do It Better

Jeff Horowitz

Discover exactly what it is that makes you a runner, and improve your running technique with this practical guide packed with friendly advice, anecdotes, tips, and more.

Fall 2024

\$19.95 US | \$24.95 CAN

ISBN 9781646047116 (paperback)

ISBN 9781646047123 (ebook)

Category: Sports & Recreation

Rights: World

We all decide to run for different reasons, whether it's to lose weight, improve health, or deal with stress in everyday life. But what is it that keeps you motivated to run, train, and race day after day? Professional runner and running coach Jeff Horowitz aims to answer this question in *Think Like a Runner*.

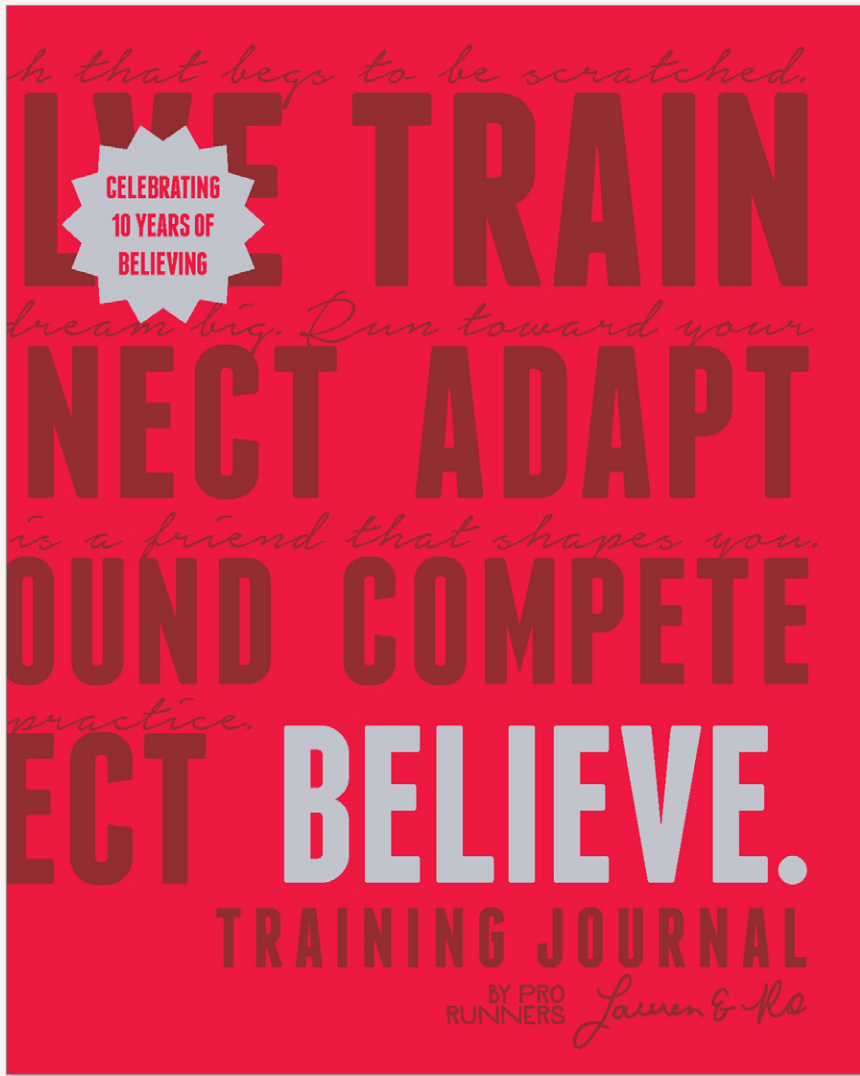
When you're just past mile 22 of a marathon and looking down the barrel of four more miserable miles of running until you can finally cross the finish line, it's not the science that keeps you going; it's something mental. Alongside insights into the mental journey all runners take in starting and sticking with this sport, you'll discover practical tips to help improve your running, including:

- ▶ Establishing your running tribe
- ▶ Finding the running gear every runner needs
- ▶ Setting training and racing goals
- ▶ Recognizing the onset of injuries
- ▶ Preparing your mind to get in the game
- ▶ Adjusting your relationship with running as you age
- ▶ And so much more

With *Think Like a Runner*, you'll realize that understanding the complexities of why we run will simply help you run better.

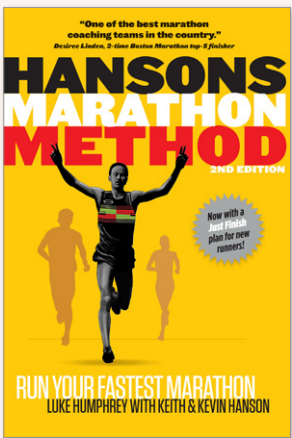
ABOUT THE AUTHOR

Jeff Horowitz is a certified running, cycling, and triathlon coach and a personal trainer who has run more than 180 marathons and ultramarathons across six continents. Formerly an attorney, he quit law to pursue his passion for endurance sport and now works with at-risk youth in Washington, DC, and around the world. He also coaches Team Hope, a charity fundraising training group that benefits the Hope Connections Center, which provides free counseling and services to cancer patients and survivors. Horowitz is the author of *Quick Strength for Runners*, *Smart Marathon Training: How to Run Your Best Without Running Yourself Ragged*, and *My First 100 Marathons: 2,620 Miles with an Obsessive Runner*.



September 2024 | Paperback | 264 Pages | 6" x 7.5" | Full Color

Similar titles from VeloPress



Believe Training Journal (10th Anniversary Revised Edition)

Lauren Fleshman and Roisin McGettigan-Dumas

Celebrate 10 years of running with *Believe Training Journal*, the most comprehensive training journal from professional runners, now fully updated with the latest trends, training programs, and more.

Fall 2024

\$26.95 US | \$32.95 CAN

ISBN 9781646047406 (flexibind)

Category: Sports & Recreation

Rights: World

A good running journal makes the miles make sense. Authors and pro-athletes Lauren Fleshman and Roisin McGettigan-Dumas created the *Believe Training Journal* to help you become the runner you were meant to be. This fully revised and updated edition celebrates the 10th anniversary of the Believe community coming together to set goals, see what works and what doesn't, keep their heads in the game, stay honest when no one's looking, and prove when the work's been done.

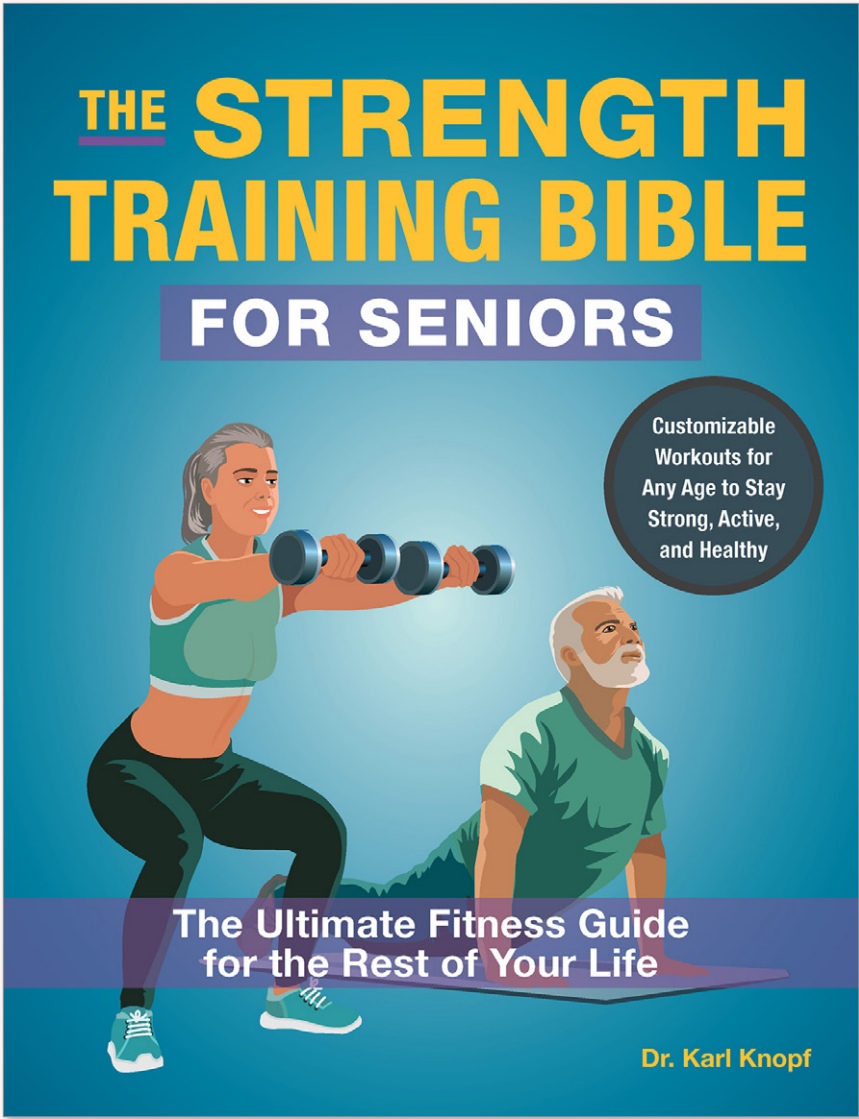
The *Believe Training Journal* has it all: designated grids for recording workout information as well as space to process and plan. The journal offers a full year of undated weeks, an annual calendar, worksheets, quizzes, lists, and plenty of room to record your training journey. Through hand-written notes and practical advice, Lauren and Roisin also share their wisdom, experience, and hard-earned secrets and lessons on training, racing, recovery, and more.

Use this training tool to learn more from your runs, to dig deeper, and to join a running community that believes in and inspires you.

ABOUT THE AUTHORS

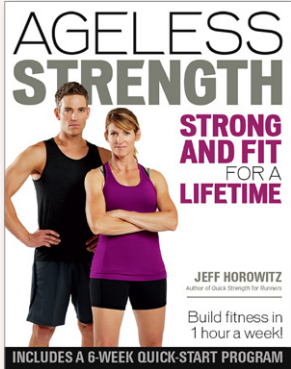
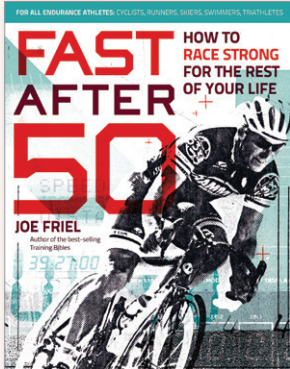
Lauren Fleshman is considered one of the greatest middle-distance runners in American history and one of the most influential women in running. She is a former professional runner, running coach, writer, and coauthor of five books, including her NYT best-selling memoir, *Good for a Girl*. She is also cofounder of Picky Bars, maker of real food performance snacks. On her popular blog *Ask Lauren Fleshman*, she answers questions about being a pro runner, giving advice to runners of all abilities on battling injuries and overcoming plain old bad luck.

Roisin McGettigan-Dumas is an elite professional runner and cofounder of Believe I Am, maker of running products inspired by self-affirming sports psychology. McGettigan-Dumas was a four-time All-American runner and European Indoor Medalist and represented her homeland of Ireland in the 2008 Olympics. She has an undergraduate degree in psychology and an MS in educational counseling, and is a certified sport psychology consultant. Roisin lives in Providence, Rhode Island, with her husband Myles and their daughters Hope and Ava.



September 2024 | Paperback | 392 Pages | 8.5" x 11" | Black and White

Similar titles from VeloPress



The Strength Training Bible for Seniors

The Ultimate Fitness Guide for the Rest of Your Life

Dr. Karl Knopf

Stay strong. Stay active. Stay healthy. “It’s never too late to lift weights: Older bodies can still build muscle” (Washington Post). *The Strength Training Bible for Seniors* is the only book you need to be fit and feel young in your fifties and beyond.

Science shows us that an active lifestyle helps us flourish and is one of the keys to a long life. Strength training—whether in your core, arms, legs, or back—is an essential component of a fitness routine, regardless of your age. *The Strength Training Bible for Seniors* covers all your workout needs: stretching, core strength, weight training, and kettlebell workouts to help you build muscle, tone your body, be flexible, and be your best. This book presents functional exercises carefully adapted and tested to provide comprehensive and customizable total-body workouts for people 50 years and older. Step-by-step photos and explanatory captions make it easy for anyone from the fitness novice to the lifetime athlete to train smart and stay fit for life. These progressive programs provide everything you need to:

Fall 2024

\$26.95 US | \$35.95 CAN

ISBN 9781646047475 (paperback)

ISBN 9781646047482 (ebook)

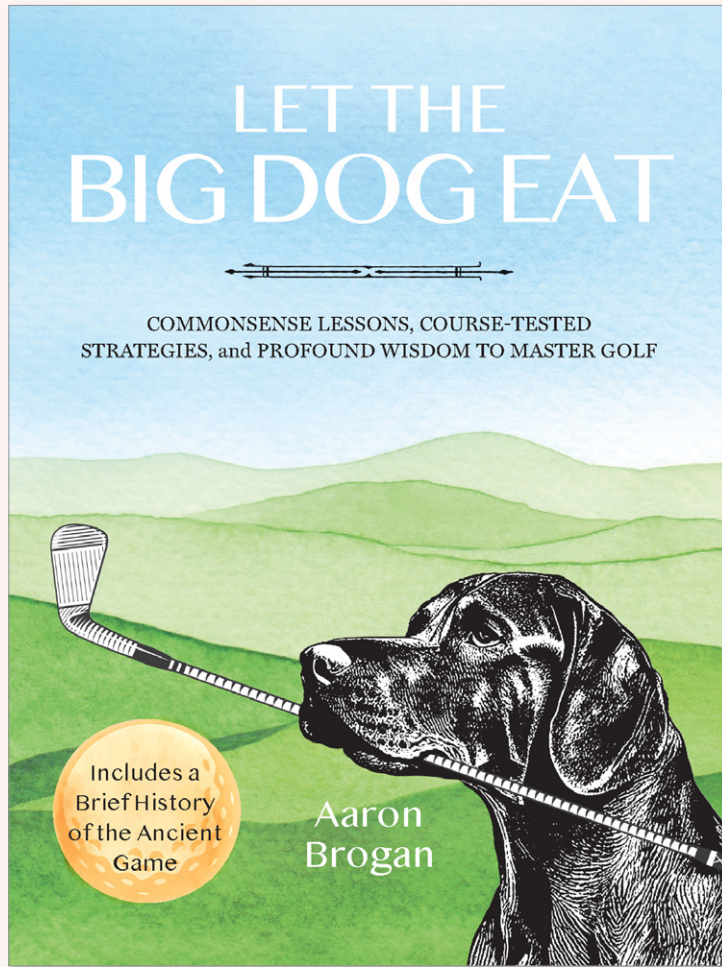
Category: Sports & Recreation

Rights: World

- ▶ Get stronger
- ▶ Build muscle
- ▶ Avoid injury
- ▶ Improve posture
- ▶ Develop low-back health
- ▶ Foster core stability and flexibility
- ▶ Increase hand-eye coordination
- ▶ Boost mind-body awareness
- ▶ Enhance sports performance

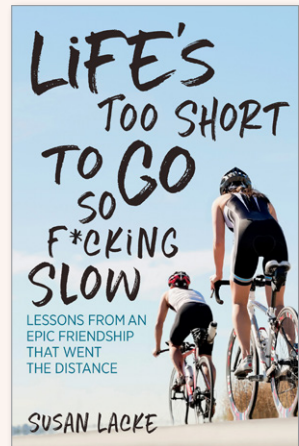
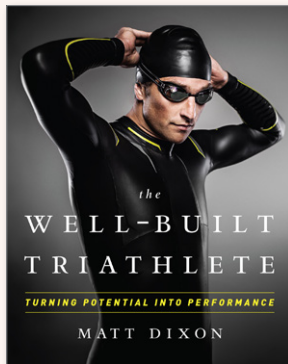
ABOUT THE AUTHOR

Dr. Karl Knopf has been involved in the health and fitness of older adults and the disabled for more than 40 years; he’s 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.



October 2024 | Paperback | 224 Pages | 6" x 8" | Black and White

Similar titles from VeloPress



Let the Big Dog Eat

Commonsense Lessons, Course-Tested Strategies, and Profound Wisdom to Master Golf

Aaron Brogan

Take your best shot at improving your golf game with this humorous yet practical guide for players of all skill levels.

Fall 2024

\$19.95 US | \$24.95 CAN

ISBN 9781646047420 (paperback)

ISBN 9781646047437 (ebook)

Category: Sports & Recreation

Rights: World

Looking to take your golf game to the next level? In *Let the Big Dog Eat*, author and avid golfer Aaron Brogan perfectly blends entertaining anecdotes from his life growing up as a competitive golfer in Maine with the actionable lessons he has learned in all aspects of the game.

Alongside practical tips and tricks to help you be successful on the course, Brogan introduces you to everything from the history of this ancient game to the unwritten rules of golf, all with a cheeky and sardonic tone that is sure entertain you as much as it does inform. Having this knowledge builds the perfect foundation for tackling the fundamentals of playing golf, including Brogan’s tried-and-true methods for:

- Perfecting your swing
- Choosing the right club for every situation
- Mastering the art of chipping
- Setting up a successful putt
- Improving your scoring skills
- And so much more!

ABOUT THE AUTHOR

Aaron Brogan is an attorney living in New York. His professional practice focuses on the regulation of technology, with a particular focus on cryptocurrency. Brogan began playing golf as a child in Maine, and grew to play competitively through his teenage years. Since then, through lifes many turns, golf has been his constant companion. Besides golf, Brogan writes about public policy, economics, and metaethics. He spends his leisure time travelling the world—climbing mountains, riding motorcycles, and making the most of his short time on Earth. In this pursuit, he admires Leonard Cohen, Billy Joe Shaver, and Josef Koudelka. He is also an avid photopgrapher and publishes is work at @barsons_baddies on Instagram.

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