

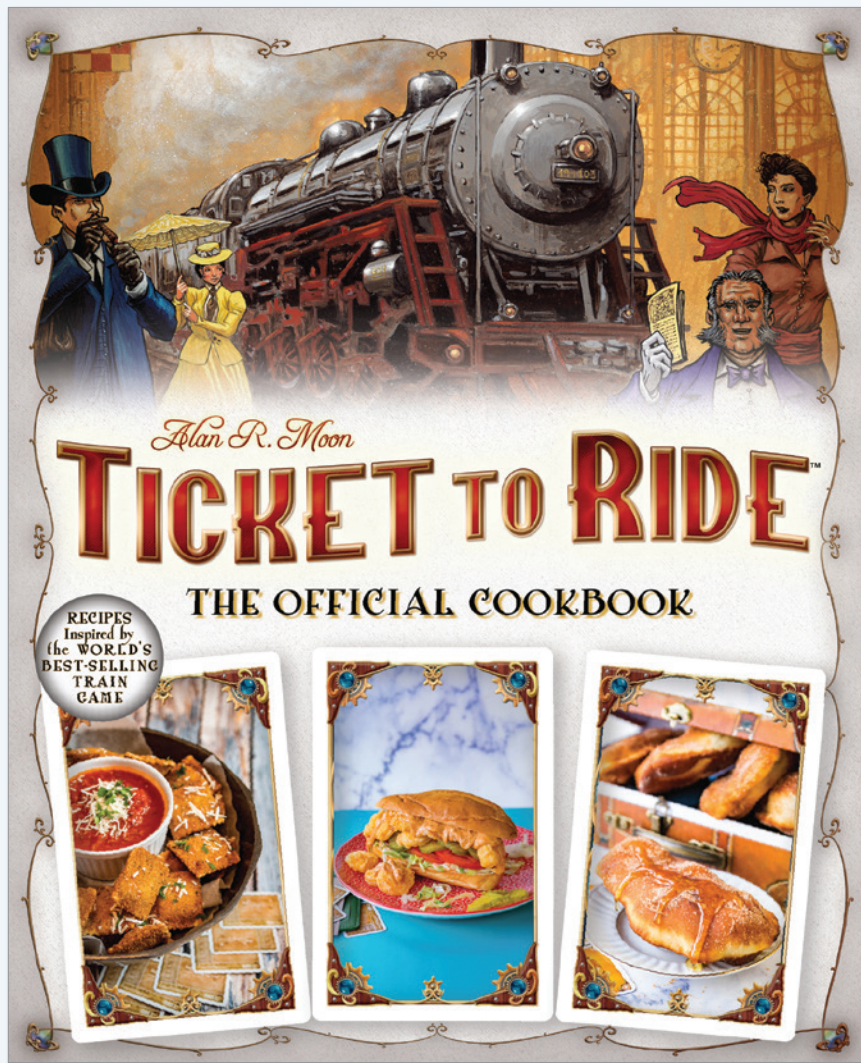
ULYSSES PRESS

SPRING 2024



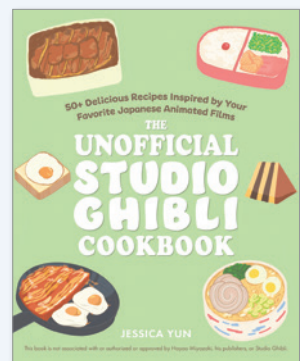
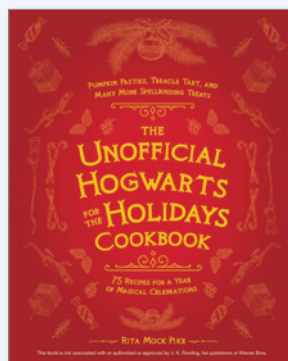
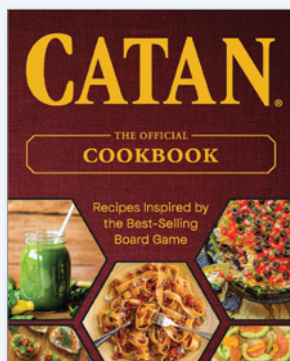
BLOOM BOOKS
FOR YOUNG READERS

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Ticket to Ride™

The Official Cookbook

Editors of Ulysses Press

All aboard! Set out on a culinary journey through North America with the first-ever official Ticket to Ride™ cookbook.

Spring 2024

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978-1-64604-497-9 (print)

978-1-64604-512-9 (ebook)

Category: Cooking

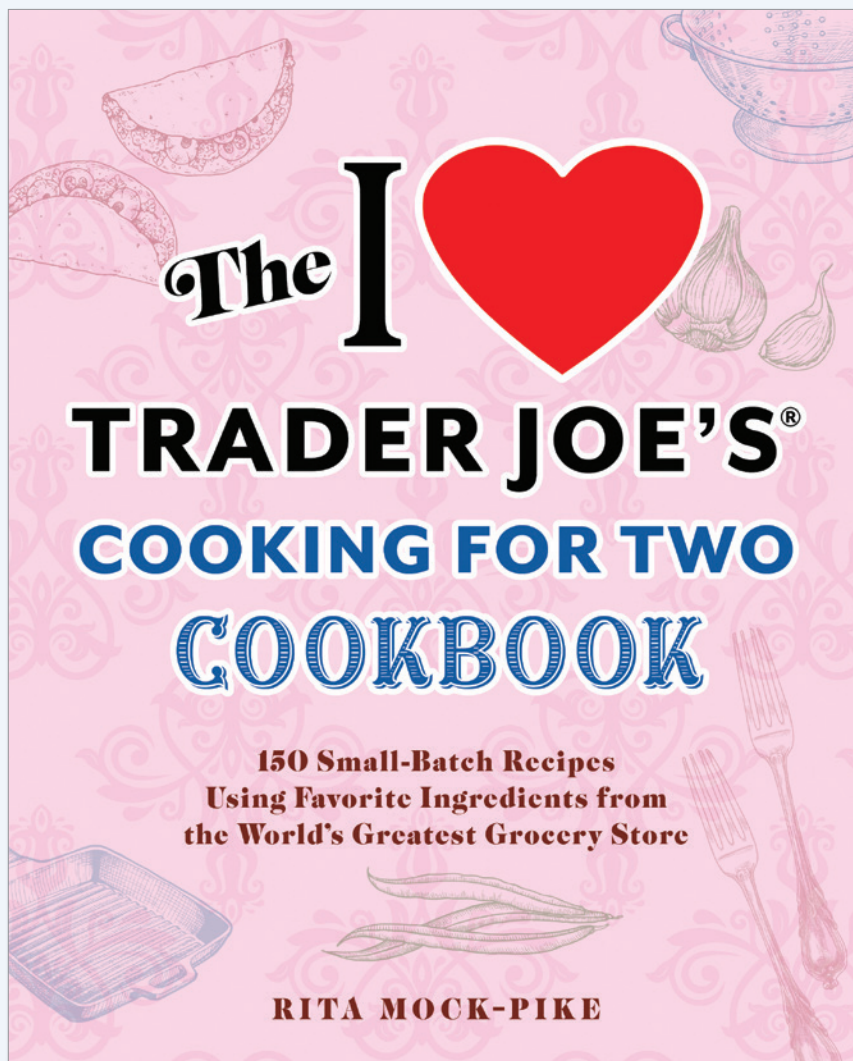
Rights: US, Canada, UK, ANZ

Based on Alan R. Moon's iconic board game, *Ticket to Ride™: The Official Cookbook* offers dining car menus inspired by your favorite destinations throughout the United States and Canada. Imagine yourself riding the rails while enjoying New York's famous pizza paired with San Francisco's iconic mai tai, or New Orleans's low country shrimp po' boy followed by Little Rock's decadent possum pie.

With easy-to-follow recipes for regional desserts, local favorites, cocktails, and more, now every game night can be a delicious adventure. *Ticket to Ride™: The Official Cookbook* will leave friends, family, and fellow passengers delighted, refreshed, and ready to take on another round of route-building fun.

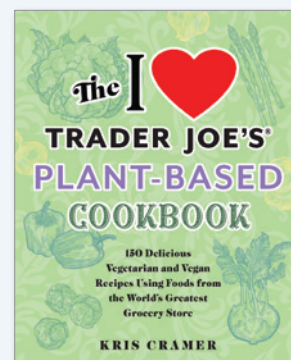
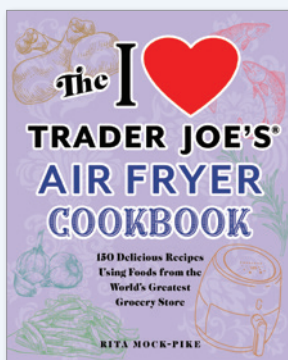
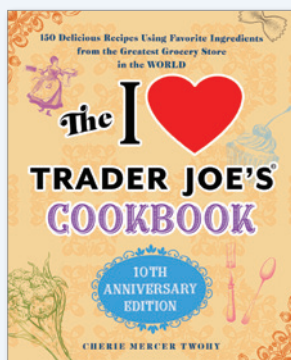
ABOUT THE AUTHOR

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



January 2024 | Paperback | 240 Pages | 7.5" x 9.25" | Full Color

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The I Love Trader Joe's Cooking for Two Cookbook

150 Small-Batch Recipes Using Favorite Ingredients from the World's Greatest Grocery Store

Rita Mock-Pike

Surprise your partner, roommate, or guest by making small-batch meals perfect for two, with your favorite Trader Joe's® products!

Spring 2024

\$19.95 US | \$26.95 CAN

978-1-64604-622-5 (print)

978-1-64604-640-9 (ebook)

Category: Cooking

Rights: World

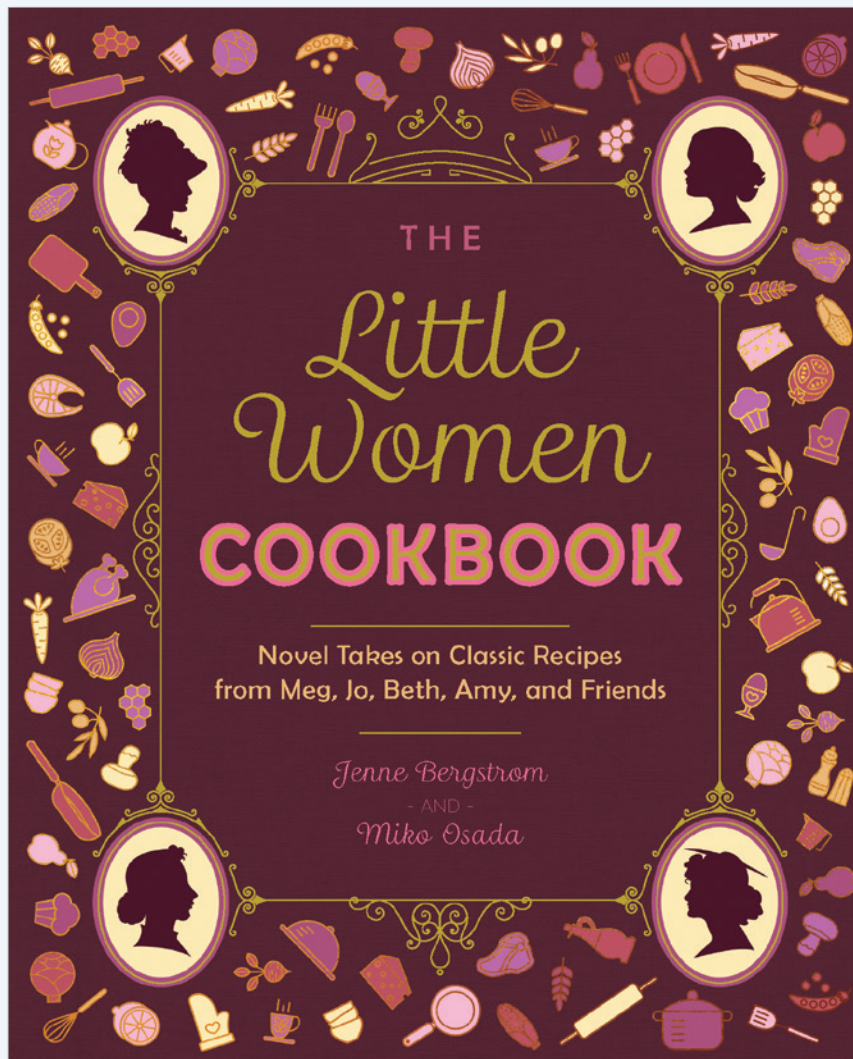
Trader Joe's® is not only everyone's favorite grocery story, it is also the ultimate pit stop before date night. With *The I Love Trader Joe's® Cooking for Two Cookbook*, you can whip up the most delicious and easy recipes, and the best part is the serving sizes are enough for two people! This cookbook will definitely ease up the nerves for when it is your time to cook, and in no time you will be creating mouthwatering dishes, including:

- ▶ Smoked Salmon Quinoa 'n Cheese
- ▶ Toasted Cucumber Tomato Canapes
- ▶ Wine Country Grilled Cheese
- ▶ Creamy Spiced Chai Ice Milk
- ▶ Red Pepper Eggplant Chicken Dip
- ▶ And more!

This wonderful collection of easy-to-make recipes will include yummy appetizers, fabulous desserts, and even scrumptious breakfasts!

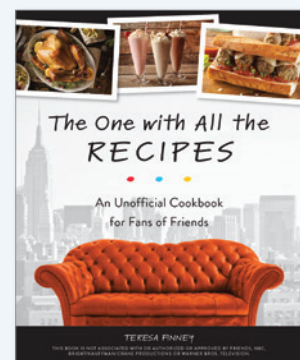
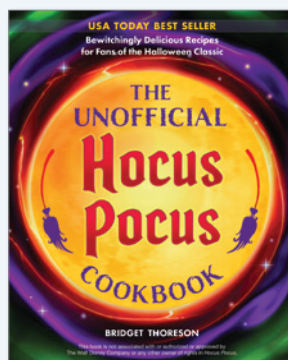
ABOUT THE AUTHOR

Rita Mock-Pike is the granddaughter of aviatrix Jerrie Mock, the first woman to pilot an airplane solo around the world. Rita has taken inspiration from her grandmother's life and flight and pursued many of her own dreams in theater, podcasting, novel writing, and cooking. She now writes about food, adventure, the outdoors, gardening, DIY, travel, pets, faith, and the arts, as well as holds the role of cofounding managing editor for the art and literary magazine *The MockingOwl Roost*. She's happily married to Matt and faithfully serves the very fluffy kitten queen Lady Stardust.



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The Little Women Cookbook

Novel Takes on Classic Recipes from Meg, Jo, Beth, Amy, and Friends

Jenne Bergstrom and Miko Osada

Join the March family for joyous Christmas breakfasts, lovely lunches, scrumptious desserts, and more!

Spring 2024

\$19.99 US | \$26.99 CAN

978-1-64604-540-2 (paperback)

978-1-61243-959-4 (ebook)

Category: Cooking

Rights: World

You already adore the story of these four sisters who, with little means, find their own paths in a tale full of laughter, love, loss, and family. Now, experience Louisa May Alcott's classic novel in an entirely new and delightful way—as a cookbook.

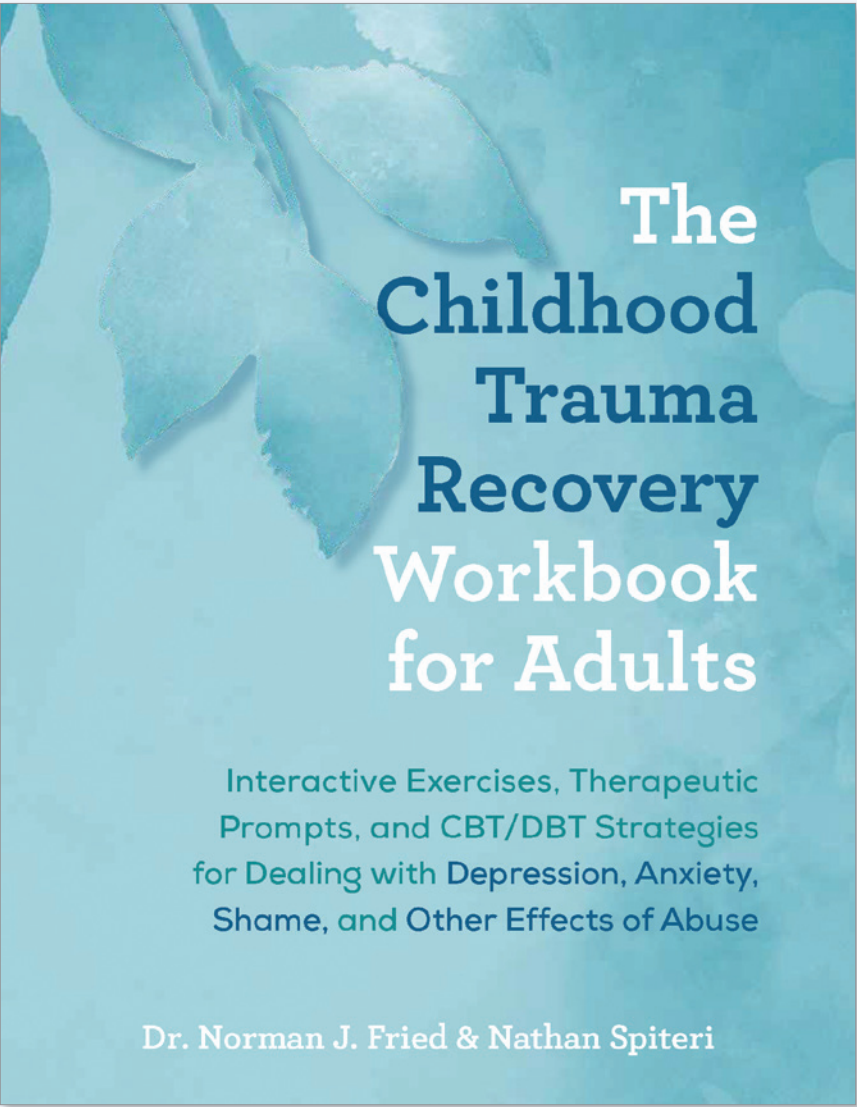
You'll learn to make ice cream with Meg, molasses candy with Jo, baked squash with Beth, pickled limes with Amy, and so much more. For a creative twist, these delicious step-by-step recipes are adapted from vintage Civil War-era cookbooks for the modern kitchen.

A perfect gift for *Little Women* fans everywhere, the book is packed with beautiful color photographs, timeless illustrations, favorite passages, historical trivia, and additional commentary by the authors, founders of *36 Eggs*, the literary food blog.

ABOUT THE AUTHORS

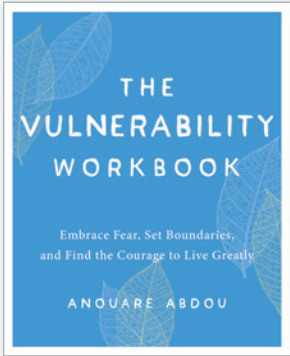
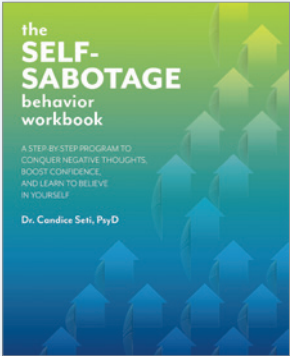
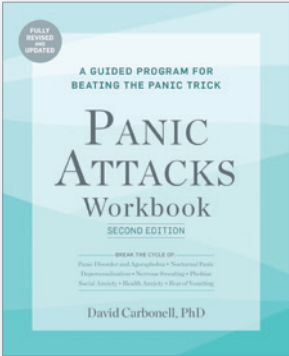
Jenne Bergstrom was raised by two summer camp directors but spent all her time reading instead of being outdoors. She went to a tiny one-room schoolhouse in a charming mountain town but always dreamed of living in a glamorous big city. Nowadays, she lives in a tiny house in San Diego and runs a library in another charming mountain town. She is the cofounder of the literary culinary blog *36 Eggs* (36eggs.com), and her favorite *Little Women* character is Aunt March.

Miko Osada is a librarian for kids and teens, in a suburb just east of San Diego. She lives with her wife and three cats, Figgy, Piggy, and Squeazle. Miko is the cocreator of *36 Eggs*, a blog about re-creating fictitious dishes. *Little Women* was one of her favorite stories growing up, and she owns four copies of the book: two in Japanese (her first language) and two in English. Miko is a proud member of Slytherin House, and the March sister she relates to most is Amy.



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The Childhood Trauma Recovery Workbook for Adults

Interactive Exercises, Therapeutic Prompts, and CBT/DBT Strategies for Dealing with Depression, Anxiety, Shame, and Other Effects of Abuse

Nathan Spiteri and Norman J. Fried

Overcome the psychological and physiological effects of childhood trauma with this easy-to-use workbook of CBT- and DBT-based exercises and techniques.

Spring 2024

\$18.95 US | \$25.95 CAN

978-1-64604-625-6 (print)

978-1-64604-642-3 (ebook)

Category: Self-Help

Rights: World

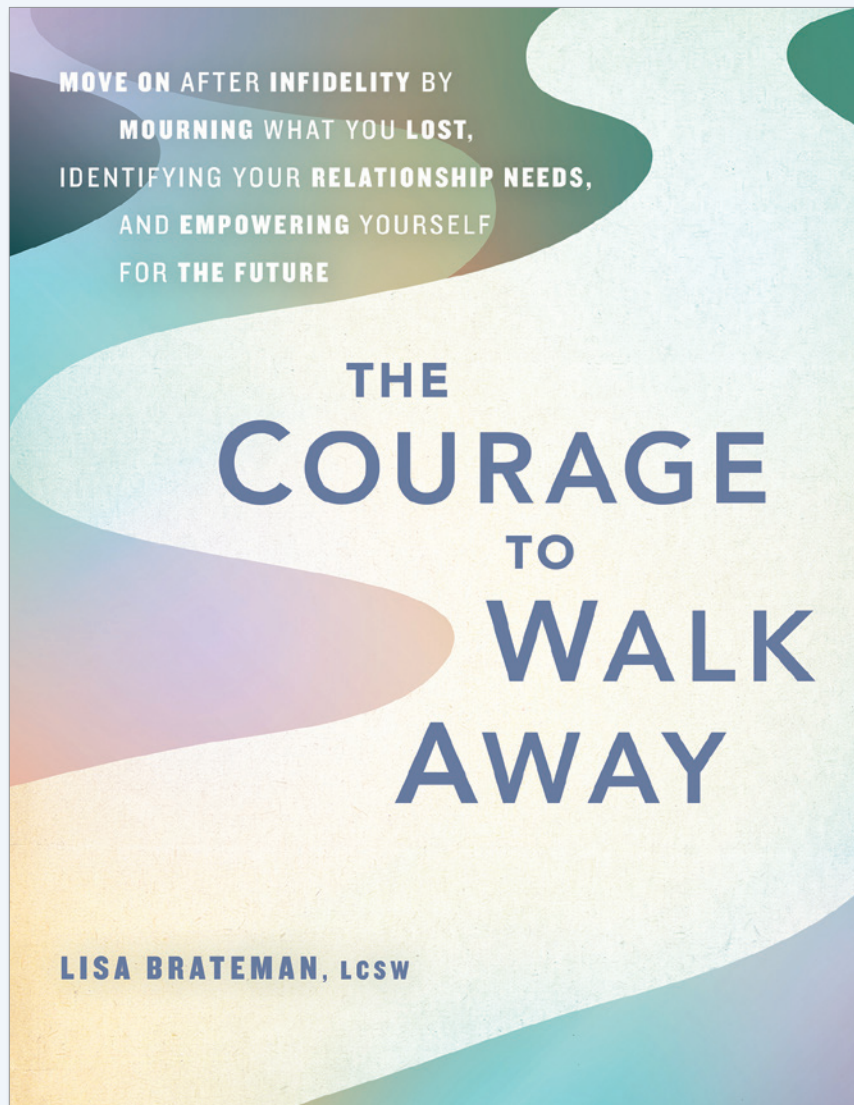
The ideal upbringing for any child prioritizes unconditional love and protection above all else. To these healthy children, our world is a fair place full of benevolence and wonder. However, for those who were raised in unhealthy environments or forced into damaging situations, this belief may have been warped or shattered entirely, leading to the adoption of a negative worldview that has stayed with them all their lives. As adults, it can be difficult to heal from this trauma. It is not, however, impossible. *The Childhood Trauma Recovery Workbook for Adults* is an accessible guide to clinical and effective healing. Based on the principles of cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT), this workbook contains strategies, techniques, and exercises to help you overcome and recover from:

- › Depression and anxiety
- › Shame and self-loathing
- › Grooming and trauma bonding
- › Toxic masculinity
- › Impostor syndrome
- › Self-sabotaging behaviors

ABOUT THE AUTHORS

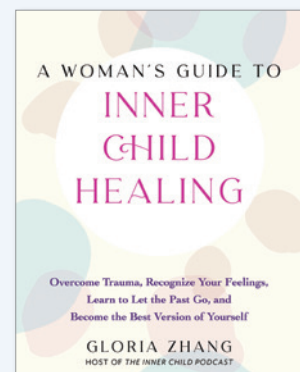
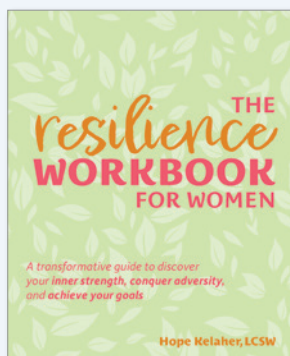
Nathan Spiteri is a filmmaker, actor, and writer. He is also a sexual abuse survivor, TEDx speaker, activist, and advocate. Through intensive therapy and group work, Nathan now educates people on the stigma of child sexual abuse and its relation to addiction and substance abuse and helps other survivors find closure and move forward with their lives.

Dr. Norman J. Fried served as the chief psychologist for the Children's Cancer Centers and the Division of Pediatric Hematology/Oncology at Northwell Health and Winthrop University Hospitals for 20 years. Now in private practice, Norman is a regular contributor on crisis intervention and recovery for television and news shows, including *Dr. Phil*, Fox News, BBC World News, and NBC News.



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The Courage to Walk Away

Move On after Infidelity by Mourning What You Lost, Identifying Your Relationship Needs, and Empowering Yourself for the Future

Lisa Brateman, LCSW

Discover how to successfully navigate the aftermath of a breakup or divorce caused by cheating, broken trust, financial betrayal, and more through journaling prompts and helpful exercises designed to heal and empower you for the future.

Spring 2024

\$18.95 US | \$24.95 CAN

978-1-64604-558-7 (print)

978-1-64604-578-5 (ebook)

Category: Family & Relationships

Rights: World

The process of breaking up and its aftermath is always an emotional roller coaster, but it's made much more painful when caused by infidelity. But once the initial shock of betrayal has passed, it's time to deal with the inevitable fallout and changes in your life.

Written by expert psychotherapist and relationship specialist Lisa Brateman, LCSW, *The Courage to Walk Away* is designed to help you understand and heal from the infidelity and heartbreak that ended your relationship. With unique exercises, strategies, activities, and more, you'll learn what comes next after infidelity, including:

- › Identifying and reframing negative thoughts
- › Understanding your relationship patterns
- › Becoming more aware of the triggers that cause you emotional distress
- › Learning to trust and hope again
- › And more

This workbook is the perfect guide to help you move on through the grief, turn loss into opportunity, and focus on your own needs, wants, and desires, now and for a more fulfilling relationship you'll have in the future.

ABOUT THE AUTHOR

Lisa Brateman, LCSW, is a psychotherapist, relationship specialist, public speaker, and media commentator with over two decades of experience. She earned her bachelor's degree in communications from William Paterson University and her master's degree in social work from New York University. As an internationally recognized expert in her field, Lisa is a frequent commentator for TV, radio, newspapers, and magazines. Analyzing the psychological impact of current events, Lisa demystifies human behavior and relationships. In addition to her private practice, Lisa was the psychotherapy consultant at the office of New York Sinus and Sleep Medicine, where she worked with clients to reduce anxiety and other psychological barriers to sleep. The mother of two sons, she lives with her partner in Manhattan.



January 2024 | Paperback | 160 Pages | 5.5" x 8.5" | Black and White

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The Devotional for Black Women

52 Weeks of Affirmations, Bible Verses, and Journal Prompts to Strengthen Your Spirituality and Embrace Black Girl Magic

Chelsea La’Nere Brown

Strengthen your relationship with God with this year-long Christian devotional designed to empower Black women to walk confidently in their faith.

Spring 2024

\$16.95 US | \$22.95 CAN

978-1-64604-611-9 (print)

978-1-64604-630-0 (ebook)

Category: Religion

Rights: World

Get ready to put aside any obstacles, doubt, fear, and negative self-talk, and say “Hello!” to what makes you magical in God’s eyes.

The Devotional for Black Women provides 52 weeks of practical biblical principles and inspiration for building intimacy with God to fully embrace your identity in Christ, understand your God-given purpose, and walk confidently in your calling. Through weekly devotional wisdom, journaling prompts, biblical affirmations, and more, readers will be empowered to:

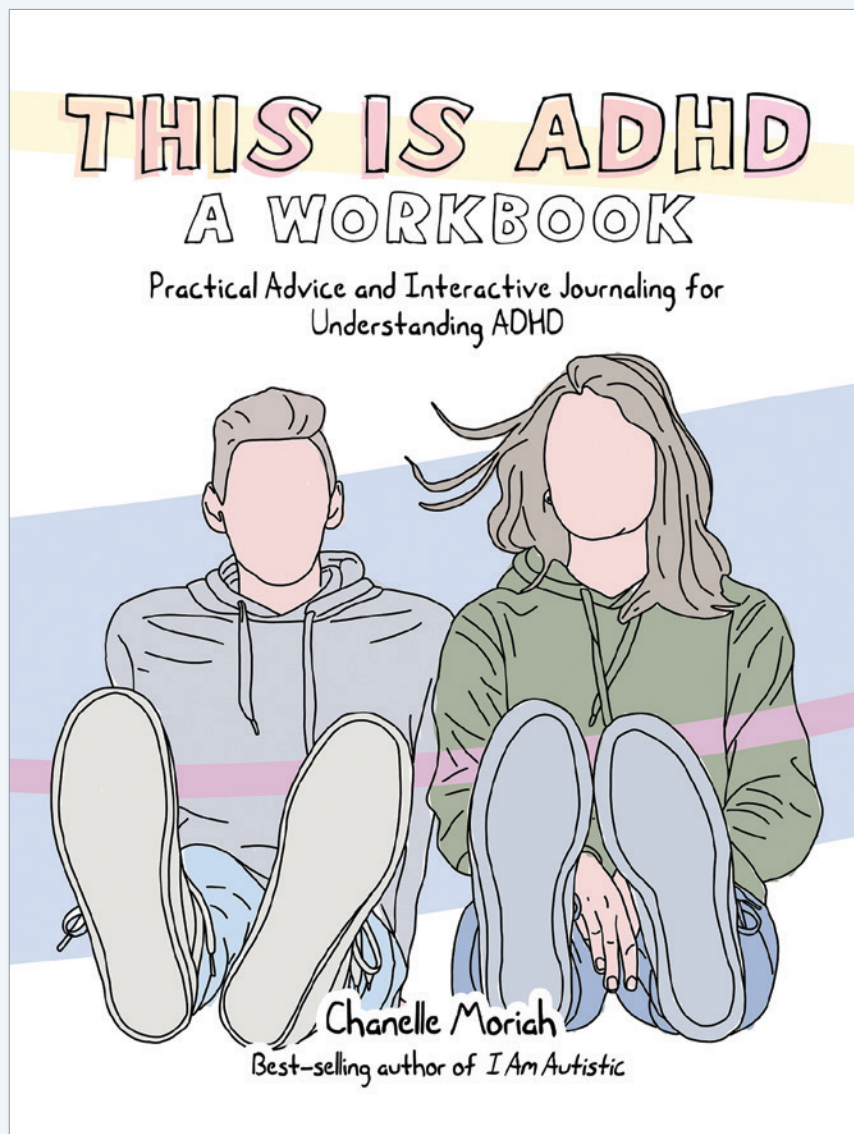
- Overcome societal influences that Black women often allow to make up their identities
- Nurture a stronger, more personal relationship with God
- Build upon the faith, trust, and confidence needed to share your uniqueness with the world as a Black Christian woman
- And so much more!

This undated devotional allows readers the freedom to engage at their leisure and is perfect for Black Christian women who desire to make their faith an intricate part of their lifestyle.

ABOUT THE AUTHOR

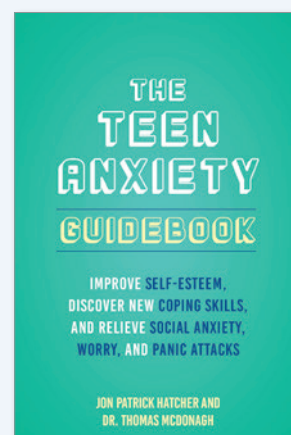
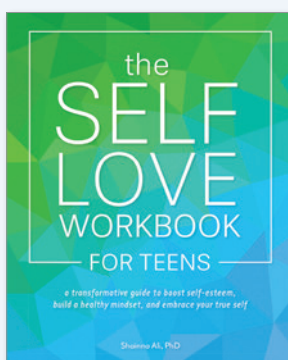
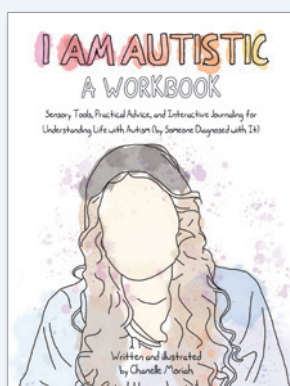
Chelsea La’Nere Brown is an Atlanta-based faith blogger who, at the height of the pandemic, began sharing both her spiritual and self-discovery journeys online. Her blog aims to inspire Christian women to become intentional about their spiritual and personal growth while on the journey to becoming their best selves. Chelsea is also the founder and owner of Chelsea La’Nere, a product-based business that helps Christian women create and maintain faith-based routines and practices that foster spiritual growth, an intimate relationship with God, personal development, and mental wellness.

When Chelsea is not blogging and empowering Christian women, this native of Savannah, Georgia, is a social worker, daughter, sister, friend, and the busy mom of an amazing little boy.



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This Is ADHD: A Workbook

Practical Advice and Interactive Journaling for Understanding ADHD

Chanelle Moriah

Discover the essential guide to understanding attention deficit hyperactivity disorder—commonly known as ADHD—for people with ADHD and their families, friends, colleagues, and more.

Spring 2024

\$19.95 US | \$26.95 CAN

978-1-64604-612-6 (print)

978-1-64604-631-7 (ebook)

Category: Psychology

Rights: US, Canada

Chanelle Moriah was officially diagnosed with ADHD at 22 and soon discovered just how inaccessible a lot of information can be for ADHD adults and those who may not yet have been able to obtain an assessment or support.

So Chanelle created a simple resource that explains what ADHD is and how it can impact the different areas of someone's life. *This Is ADHD: A Workbook* is a tool for both diagnosed and undiagnosed people with ADHD to explain or make sense of their experiences. It also offers non-ADHD people the chance to learn more about ADHD from someone who has it.

With clear sections explaining the many aspects of ADHD, accompanied by Chanelle's beautiful illustrations and with space for readers to write down their thoughts, this workbook is designed to be personalized to the individual's experience. *This Is ADHD: A Workbook* helps people feel less alone in their ADHD and brings knowledge to an often-misunderstood condition.

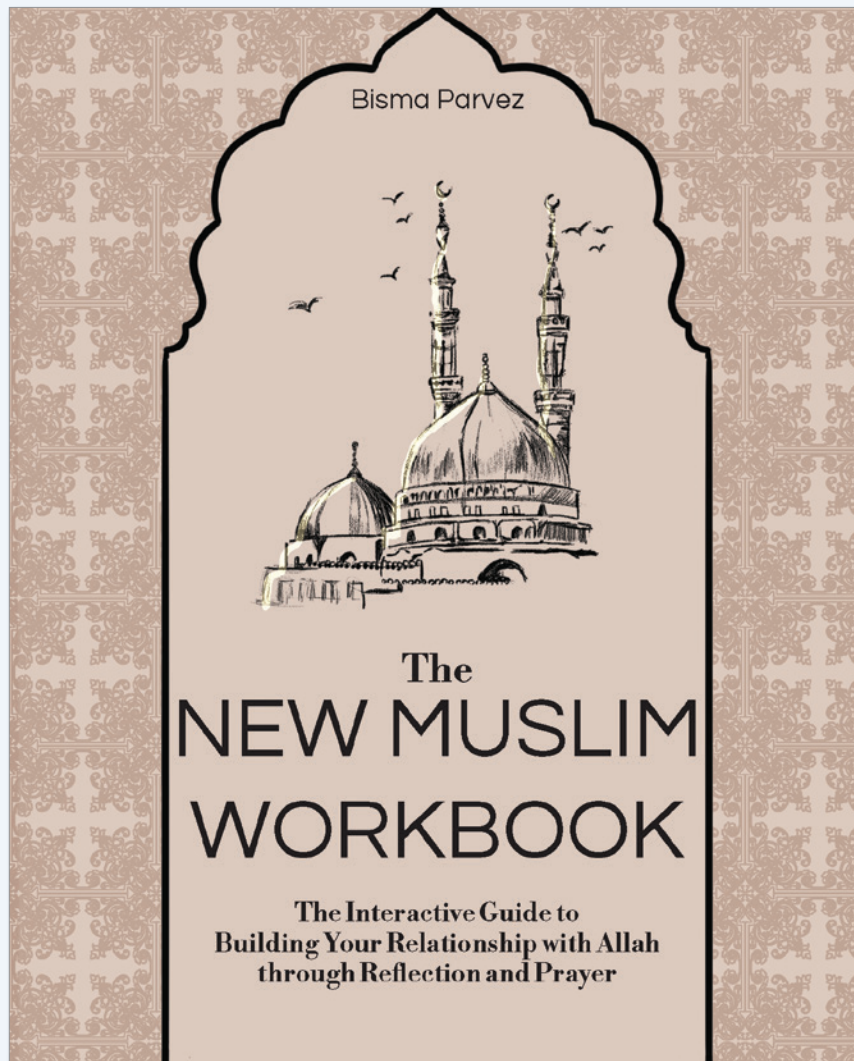
ABOUT THE AUTHOR

Chanelle Moriah (they/them) is a neurodivergent author and illustrator and is the author of the best-selling *I Am Autistic*.

They are passionate about creating spaces of understanding to allow the freedom of individual expression. As a late-diagnosed ADHDer, with other related conditions and forms of neurodivergence, they are particularly passionate about bringing awareness to the different ways in which neurodivergence can present, and the importance of being able to live your life accordingly.

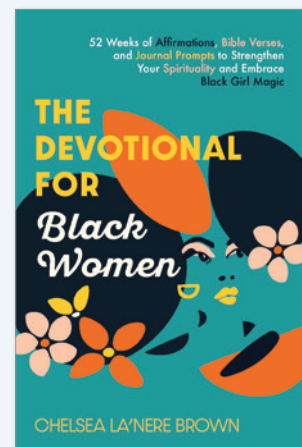
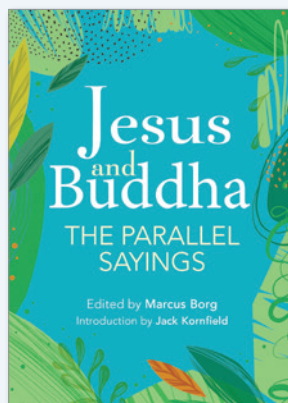
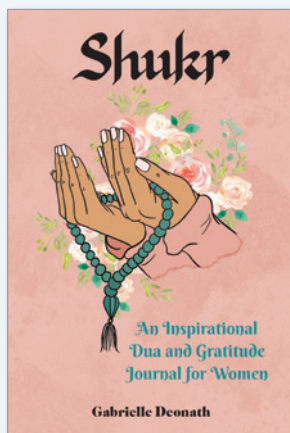
They hope that by sharing their life and experiences, and helping others to understand, they are reducing the harm and trauma (even if only for one person) that neurodivergent individuals face in existing in a neurotypical world.

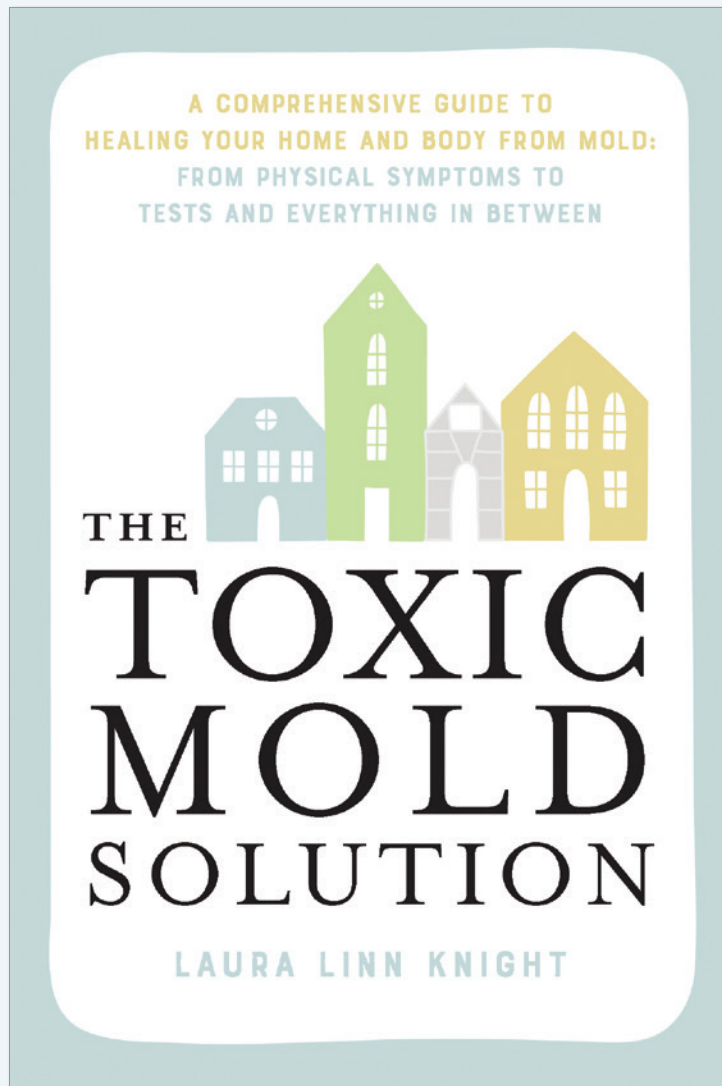
Chanelle lives in Wellington, New Zealand, and enjoys bubble tea, LEGO, and sitting in the rain.



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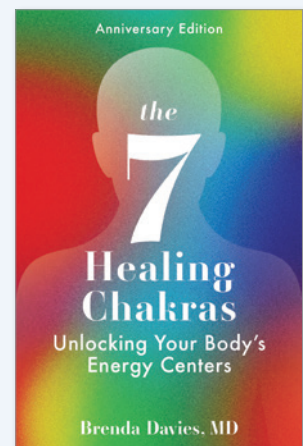
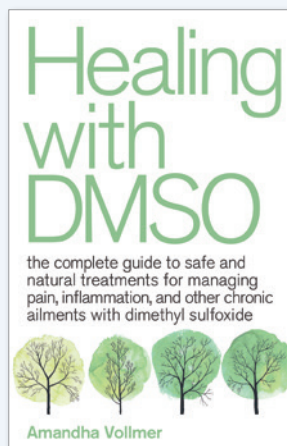
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The Toxic Mold Solution

A Comprehensive Guide to Healing Your Home and Body from Mold: From Physical Symptoms to Tests and Everything in Between

Laura Linn Knight

Discover everything you need to know about mold toxicity, including how to heal from mold-related illnesses like allergies, anxiety, chronic asthma, migraines, eczema, and more.

Spring 2024

\$16.95 US | \$22.95 CAN

978-1-64604-614-0 (print)

978-1-64604-633-1 (ebook)

Category: House & Home

Rights: World

What if the cause of your chronic health condition or your mental health challenges was lurking silently behind the walls of your home? An estimated 10 million Americans suffer from mold toxicity, and many don't even know it. In *The Toxic Mold Solution*, author Laura Linn Knight shares the most up-to-date research into mold and mold toxicity, guidance from experts in the field, case studies from families healing from mold exposure, and her own personal experiences with the devastating effects of mold. Along the way, you'll also discover a multitude of healing tools and exercises to help you:

- ▶ Recognize the physical and psychological symptoms of mold toxicity
- ▶ Locate resources for testing your home and your body for mold
- ▶ Discover the protocols you need to detox your body
- ▶ Develop tools that will support your emotional well-being throughout the process

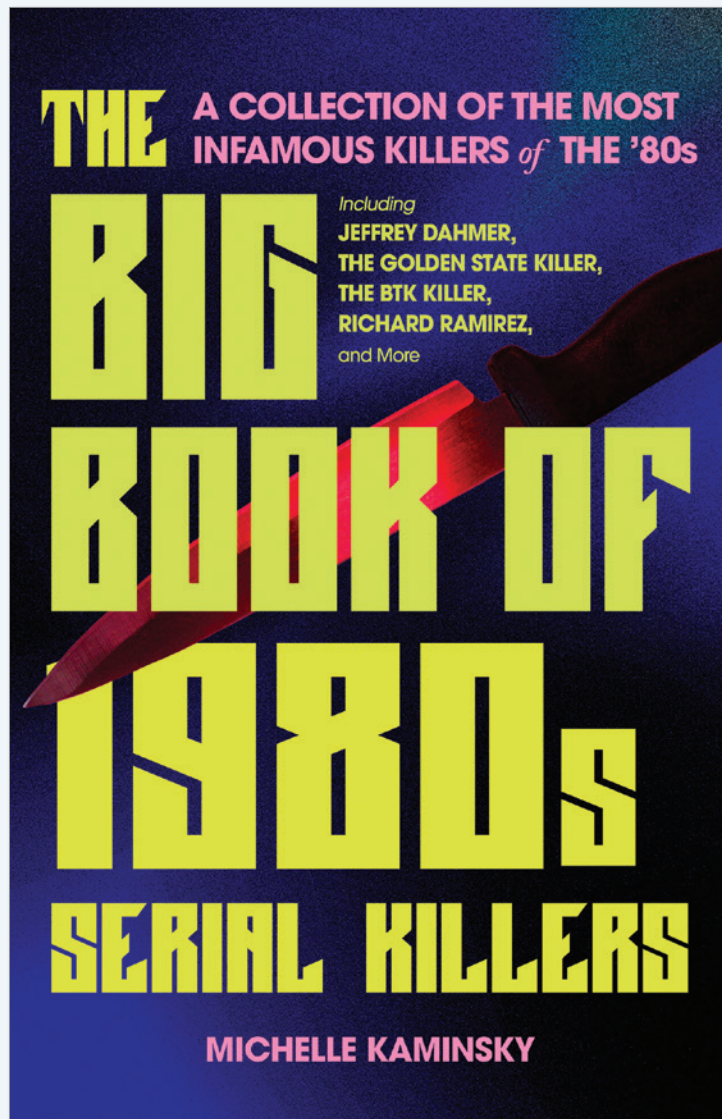
The Toxic Mold Solution will empower you to be your family's advocate and champion on the journey to detoxify your home, heal your body, and reclaim your physical and mental health.

ABOUT THE AUTHOR

Laura Linn Knight is a parenting educator, author, mindfulness and meditation guide, mother of two, and former elementary school teacher who helps families create calmer homes by giving them the tools and resources they need to heal.

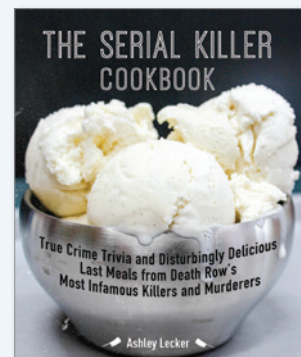
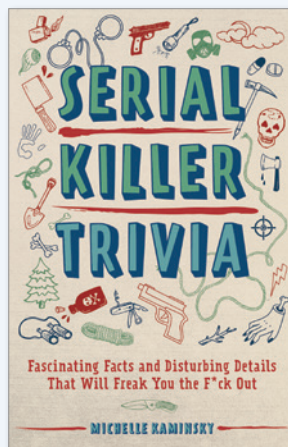
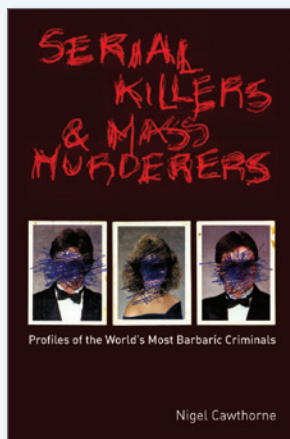
Today Laura is drawing on her years of experience in family education to support families in addressing a widespread but misunderstood health concern: mold toxicity. Laura shares her knowledge, research, and personal experiences in recovering from mold exposure through her advocacy work and her blog, *The Toxic Mold Solution*.

Laura is the author of *Break Free from Reactive Parenting*, and her work has been featured on NBC's *Today Show*, *Romper*, *PureWow*, *Motherly*, *Good Day LA*, and across other various media outlets.



April 2024 | Paperback | 256 Pages | 5.5" x 8.5" | Black and White

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The Big Book of 1980s Serial Killers

A Collection of the Most Infamous Killers of the '80s, Including Jeffrey Dahmer, the Golden State Killer, the BTK Killer, Richard Ramirez, and More

Michelle Kaminsky

Take a deep dive into the rise and fall of some of the most notorious serial killers of the '80s, including Jeffrey Dahmer, Joseph James DeAngelo, Dennis Lynn Rader, and the Night Stalker.

Spring 2024

\$16.95 US | \$22.95 CAN

978-1-64604-617-1 (print)

978-1-64604-636-2 (ebook)

Category: True Crime

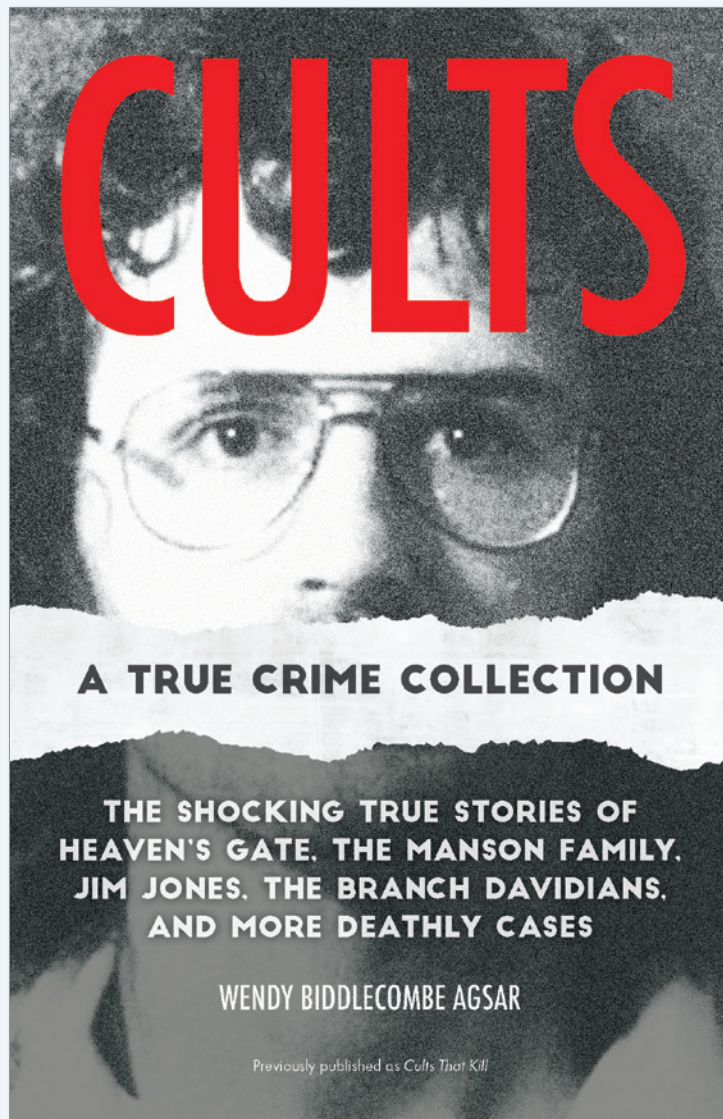
Rights: World

Neon leg warmers, big hair, rock band T-shirts, and mix tapes—1980s' nostalgia at its finest. But just below that saccharine facade lurked a seedy underbelly of inconceivable human monsters like no decade before had ever seen. The Golden Age of the Serial Killer brought a sharp increase in violent crime, panic, and terror, which in turn sparked a chaotic race between serial murderers and law enforcement officers tasked with both stopping the killings and delivering justice to victims and their loved ones. *The Big Book of 1980s Serial Killers* is for the true crime fanatic who wants to investigate these cases and discover the ins and outs of how crimes like these are solved. Serial killers included:

- › Doug Clark and Carol Bundy (Sunset Strip Killers)
- › Jeffrey Dahmer
- › Joseph James DeAngelo (The Golden State Killer)
- › Larry Eyler (The Interstate Killer)
- › Lonnie David Franklin, Jr. (The Grim Sleeper)
- › Samuel Little
- › Gary Leon Ridgway (The Green River Killer)
- › Dennis Rader (The BTK Killer)
- › Richard Ramirez (The Night Stalker)
- › Tommy Lynn Sells
- › Arthur Shawcross (The Genesee River Killer)
- › Aileen Wournos

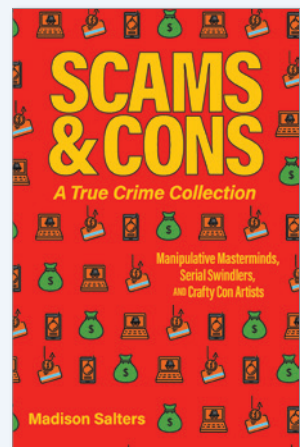
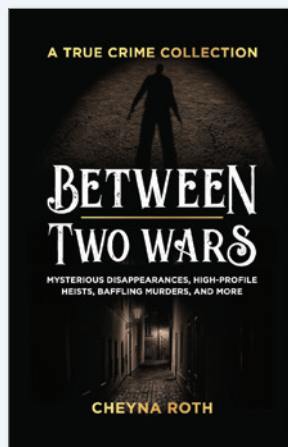
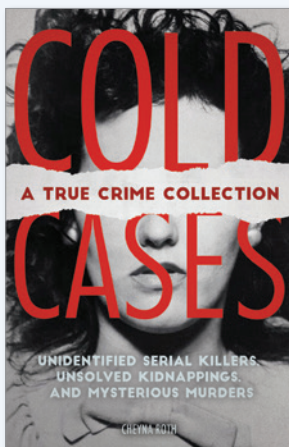
ABOUT THE AUTHOR

Michelle Kaminsky's true crime writing is driven by a lifelong fascination with criminal minds, motivations, and MOs. She is the author of *Serial Killer Trivia* and *Serial Killer Trivia: Cold Cases*, both published by Ulysses Press. Michelle is the mom of a human kid and a rescued hound, and she is probably listening to a true crime podcast right now. You can find her @michkaminsky throughout social media.



March 2024 | Paperback | 248 Pages | 5.5" x 8.5" | Black and White

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Cults: A True Crime Collection

The Shocking True Stories of Heaven's Gate, the Manson Family, Jim Jones, the Branch Davidians, and More Deathly Cases

Wendy Biddlecombe Agsar

Discover the truth of what happens when true believers go too far with the shocking stories of the world's most known and horrific cults like The Order of the Solar Temple and the NXIVM Cult.

Spring 2024

\$16.95 US | \$22.95 CAN

978-1-64604-620-1 (print)

978-1-64604-639-3 (ebook)

Category: True Crime

Rights: World

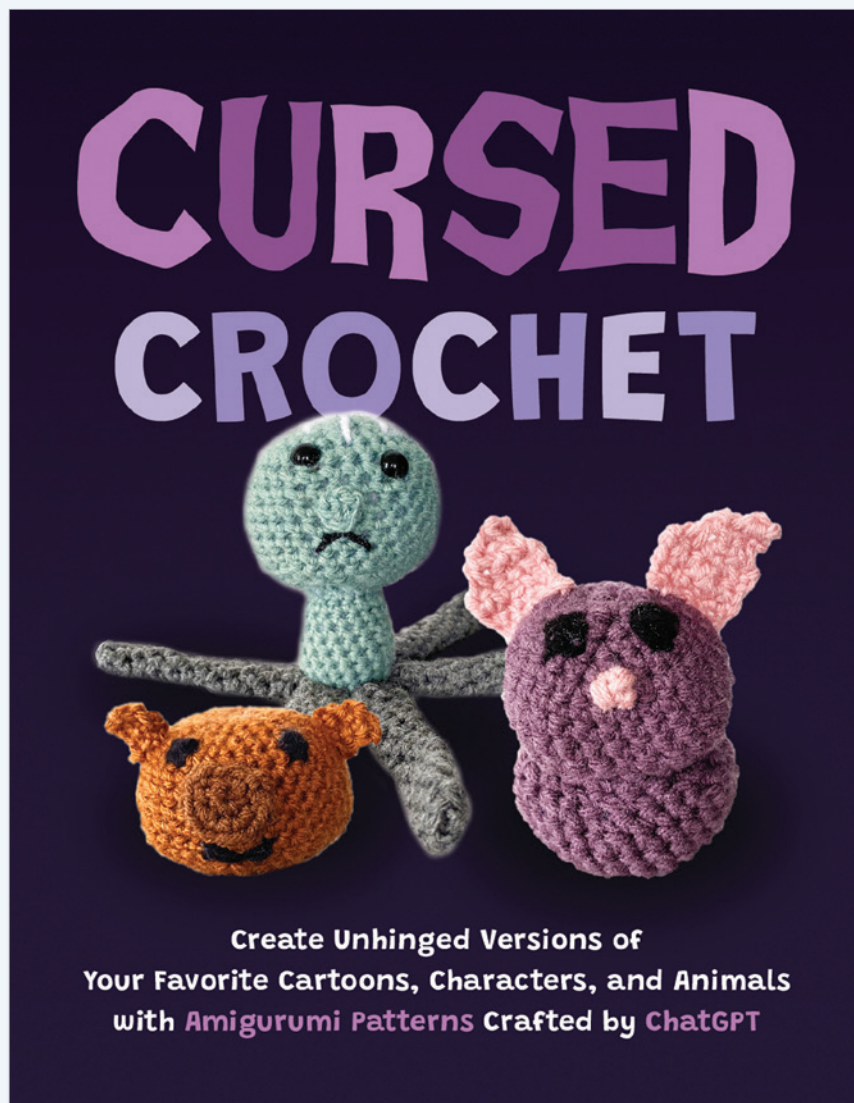
Cults have been around for centuries, and many have been dubbed as satanic and murderous due to their heinous crimes. In *Cults: A True Crime Collection*, you will get to study the most notorious ones and what they did to achieve that notoriety. Get to know the story behind the scariest cults in history, including:

- ▶ Charles Manson and the Manson Family
- ▶ Heaven's Gate and their mass suicide attempts
- ▶ Blood-consuming cults like the Vampire Clan
- ▶ Jim Jones and the Jonestown Massacre
- ▶ The People's Temple and their cyanide-laced drinks
- ▶ And more!

Cults: A True Crime Collection will tell you the real story behind the crimes and the leaders who orchestrated them, from gruesome suicides to clan murders. This book also studies the rise and fall of said clans and what led them to commit such terrible crimes like mass murders and human sacrifices.

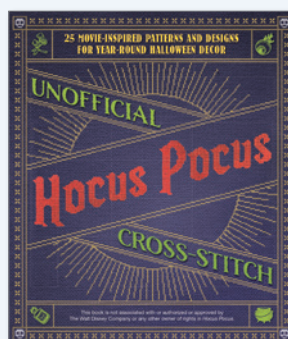
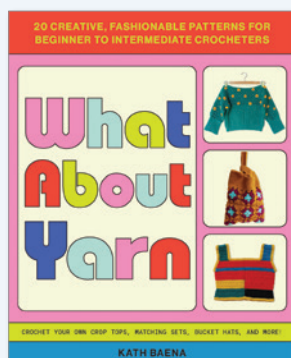
ABOUT THE AUTHOR

Wendy Biddlecombe Agsar is an editor, writer, and former newspaper crime reporter. She lives in Leipzig, Germany, with her family.



January 2024 | Paperback | 96 Pages | 7" x 9" | Black and White

Similar titles from Ulysses Press



Cursed Crochet

Create Unhinged Versions of Your Favorite Cartoons, Characters, and Animals with Amigurumi Patterns Crafted by ChatGPT

Editors of Ulysses Press

Crochet hilariously upside-down versions of cartoon characters, video game heroes, and childhood toys with the first-ever AI-generated crochet book showcasing the extremely weird, bad-good patterns made by a computer.

Spring 2024

\$17.95 US | \$24.95 CAN

978-1-64604-629-4 (print)

978-1-64604-656-0 (ebook)

Category: Crafts & Hobbies

Rights: World

What happens when you ask ChatGPT to write an amigurumi pattern?

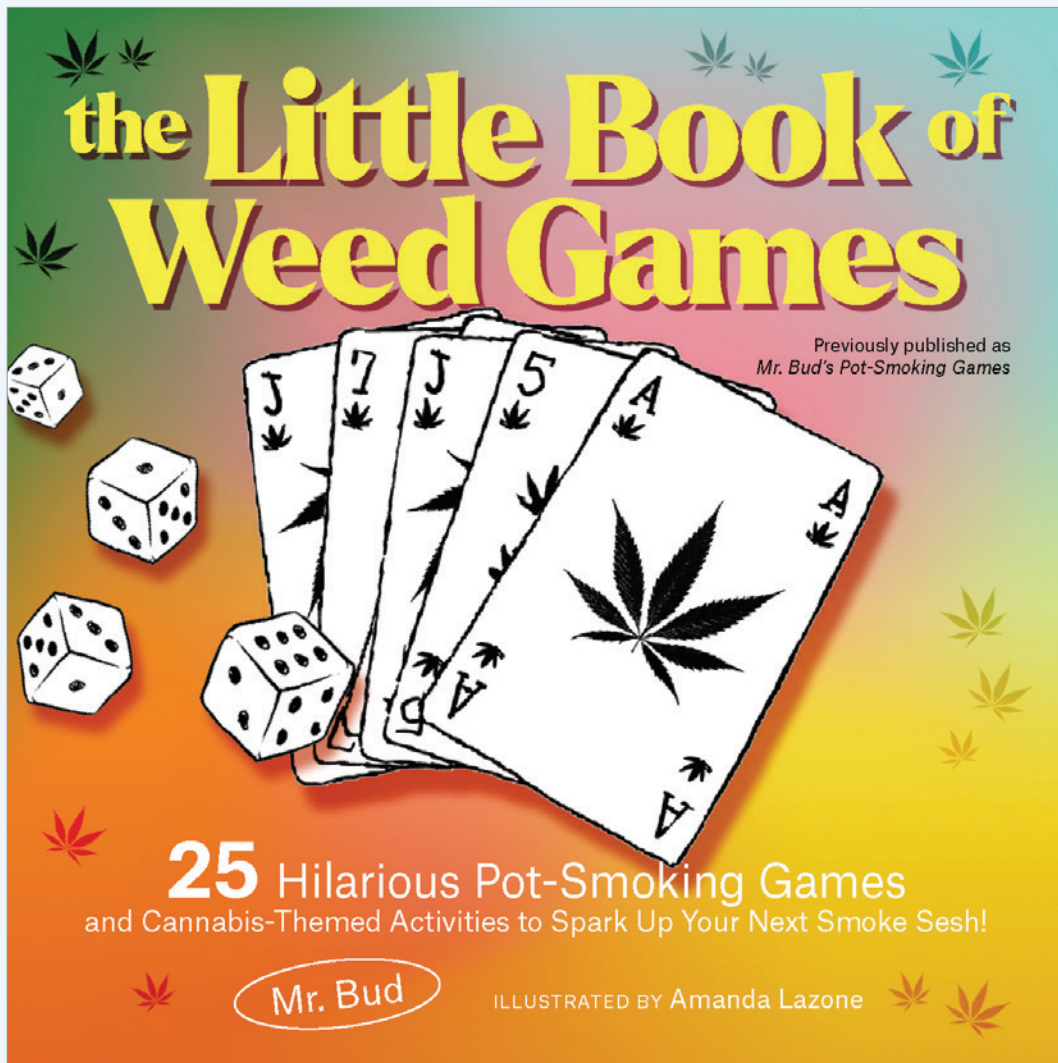
In early 2023, we asked the groundbreaking AI platform to create adorable crochet patterns of beloved characters and our favorite animals. Instead, we were left with charmingly strange versions of these creatures that delighted and horrified, like:

- Squooshward, a confused adaptation of Spongebob's grouchy neighbor
- Beige Space Baby, a flesh-colored horror in the general shape of beloved Baby Yoda
- Burfy, an even more terrifying version of the cursed '90s children's toy
- Oopa, a deranged interpretation of Aang's trusty flying bison
- And more!

Whether you're a beginner crocheter or an advanced yarn worker, grab your copy and stitch along with these patterns that are completely wrong, slightly strange, but above all hilariously fun.

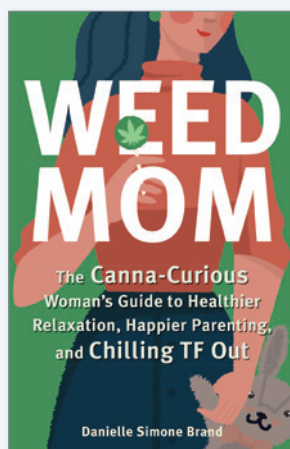
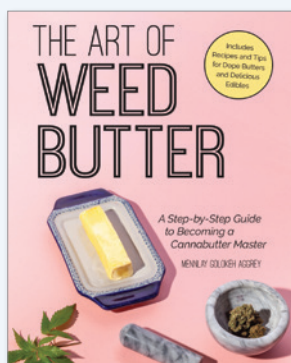
ABOUT THE AUTHOR

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



March 2024 | Paperback | 112 Pages | 7" x 7" | Black and White

Similar titles from Ulysses Press



The Little Book of Weed Games

25 Hilarious Pot-Smoking Games and Cannabis-Themed Activities to Spark Up Your Next Smoke Sesh!

Mr. Bud | Illustrated by Amanda Lanzone

Fire up the whole joint with these 25 fun and unique ganja-themed party games and activities!

Spring 2024

\$15.95 US | \$21.95 CAN

978-1-64604-628-7 (print)

978-1-64604-657-7 (ebook)

Category: Activity Books

Rights: World

Calling all ganja enthusiasts: bust out the rolled botanicals and let the weed games begin! *The Little Book of Weed Games* is the last hookup you'll ever need when it comes to party games. Hash it out with your friends over a number of hilarious dankified versions of classic games, including:

- ▶ Cee-Hi
- ▶ Texas Smoke 'Em
- ▶ Twisted Twister
- ▶ Cannabisland
- ▶ Bong Pong
- ▶ Never Have I Always

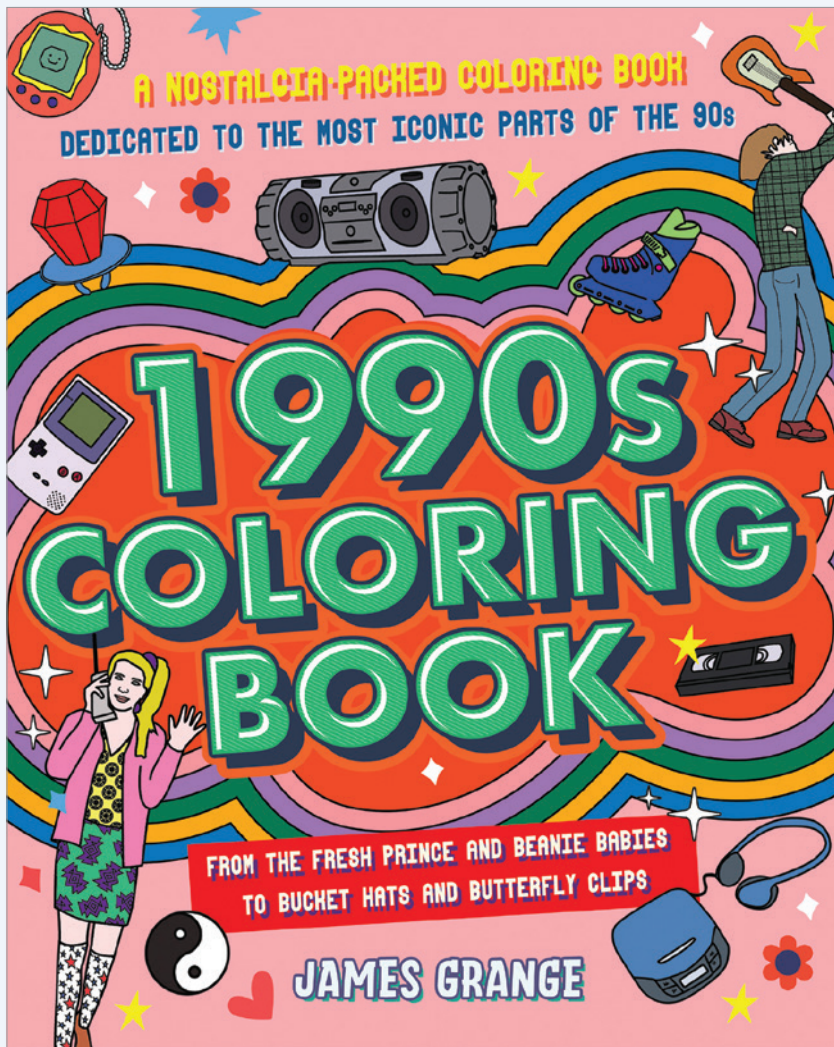
Whatever you're craving, *The Little Book of Weed Games* can be the perfect gift for the stoner in your life or an awesome enhancement to this year's 4/20 celebration!

ABOUT THE AUTHOR

Mr. Bud has been a cannabis connoisseur for as long as he can remember, which granted, is not that long. He has traveled the world, mostly in his mind via the Discovery Channel. He is admired by college kids and disdained by his peers for discovering the one true fountain of youth: smoking enough pot to not mind living in your mom's basement.

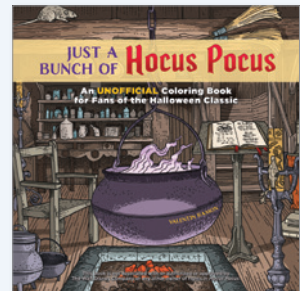
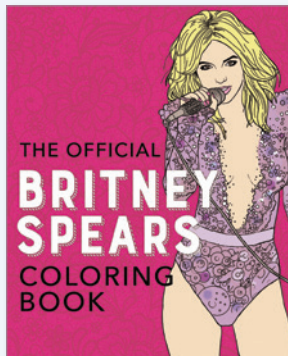
Sample pages





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

Similar titles from Ulysses Press



The 1990s Coloring Book

A Nostalgia-Packed Coloring Book Dedicated to the Most Iconic Parts of the '90s, from the Fresh Prince and Beanie Babies to Bucket Hats and Butterfly Clips

James Grange

Relive the best decade ever with this most excellent coloring book featuring some of the greatest hits of the '90s, including the Spice Girls, *Full House*, Beanie Babies, Leonardo DiCaprio, *Jerry Springer*, *Baywatch*, and more!

Calling all '90s babies! Dust off your scented markers and get ready for a blast from the past—it's time to celebrate the most bodacious time period of all with *The 1990s Coloring Book*! Color through 64 pages from everyone's favorite decade, with highlights from all of the greatest pop culture moments, including:

- › The Taco Bell chihuahua
- › *Saved by the Bell*
- › Rico Suave
- › Ace Ventura
- › *American Gladiators*
- › *The X-Files*
- › And more!

Spring 2024

\$14.95 US | \$19.95 CAN
978-1-64604-621-8 (print)

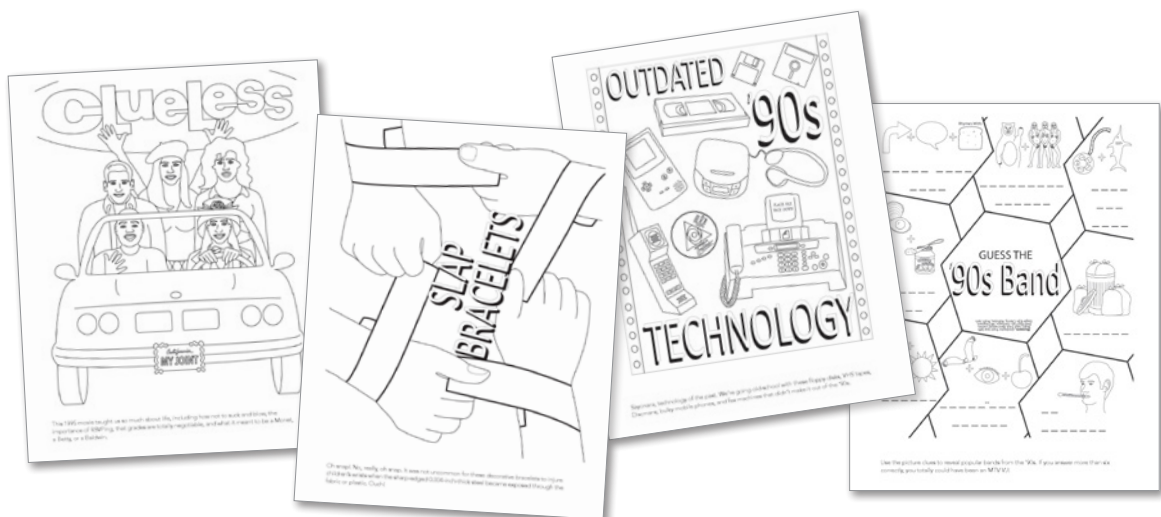
Category: Coloring Books

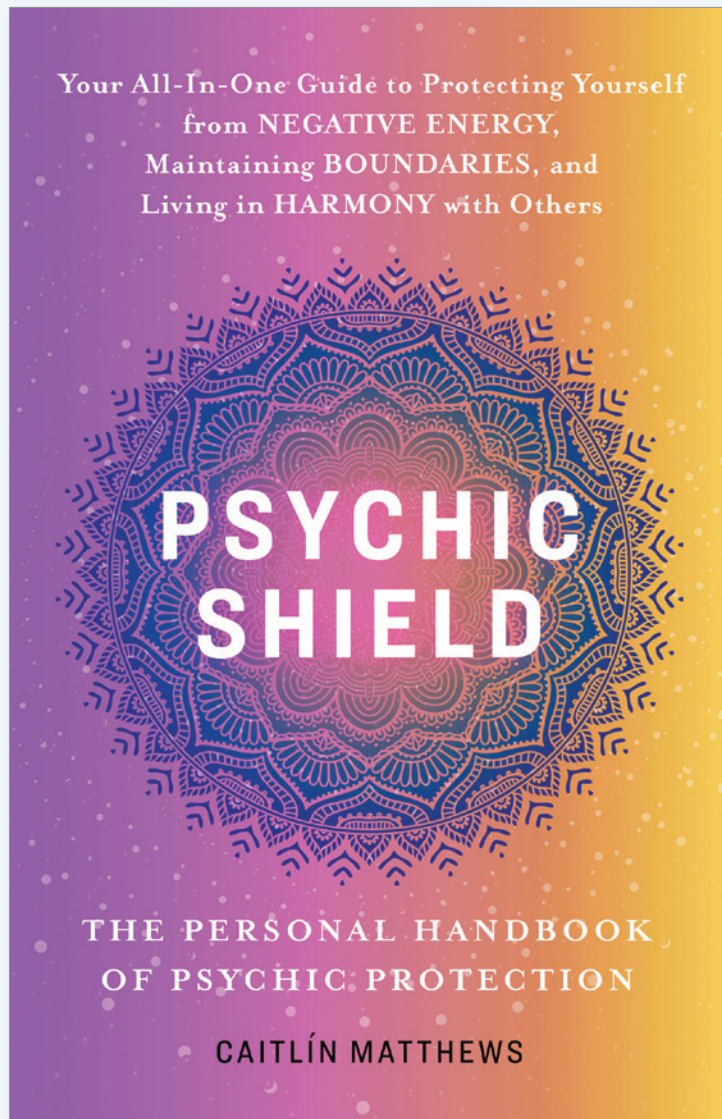
Rights: World

ABOUT THE AUTHOR

James Grange is an illustrator who enjoys coloring pages because of their simple nature: with a little creativity, anyone can color a masterpiece, regardless of artistic training.

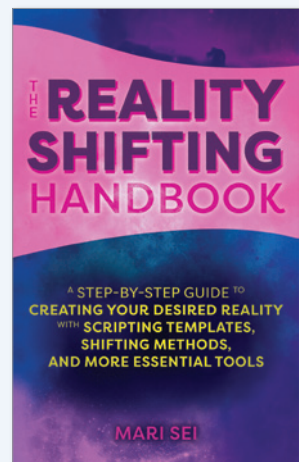
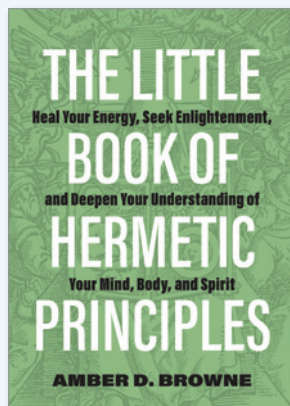
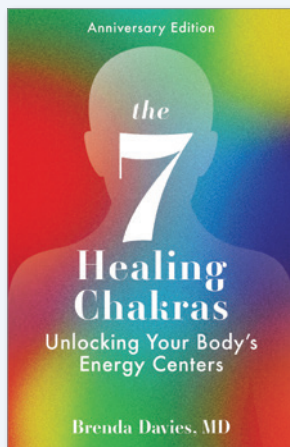
Sample pages





January 2024 | Paperback | 280 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



Psychic Shield: The Personal Handbook of Psychic Protection

Your All-in-One Guide to Protecting Yourself from Negative Energy, Maintaining Boundaries, and Living in Harmony with Others

Caitlín Matthews

Protect yourself from harmful negative energies and spiritual disturbances with this enlightened guide to psychic and mental health.

In today's hectic and uncaring world, it's important to guard the boundaries of your soul. *Psychic Shield: The Personal Handbook of Psychic Protection* will teach you all the practical and commonsense strategies necessary to defend yourself against any damaging external forces you may encounter. Packed with checklists, danger-point indicators, and reality checks, *Psychic Shield* offers a variety of spiritual housekeeping techniques to help you:

Spring 2024

\$17.95 US | \$24.95 CAN

978-1-64604-624-9 (print)

978-1-64604-641-6 (ebook)

Category: Body, Mind, & Spirit

Rights: US, CAN

- Strengthen your psychic health
- Overcome negative relationships
- Free yourself from fear and self-doubt
- Deal confidently with difficult people
- Live in harmony with others
- Maintain boundaries that keep you safe
- And so much more!

Whether you're a skilled psychic, a budding empath, or simply someone looking for answers, *Psychic Shield* offers a number of practices, meditations, and rituals to help you protect yourself and your inner peace.

ABOUT THE AUTHOR

Caitlín Matthews is a shamanic practitioner and the author of many books, including *Singing the Soul Back Home*, *Celtic Devotional*, and *Sophia: Goddess of Wisdom*. She teaches and lectures worldwide. At her shamanic practice in Oxford she sees clients in need of spiritual healing; she can also refer prospective clients to other trained ethical practitioners living in the United Kingdom. To receive this list write to her at BCM Hallowquest, London WC1N 3XX, UK. Enclose a stamped envelope (only within UK). To find out more about her courses, books, and events, visit HallowQuest.org.uk.

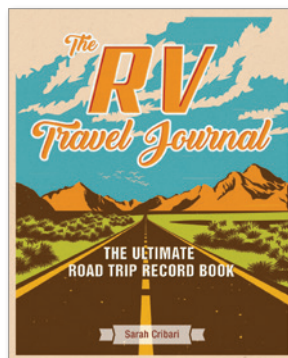
THE LARGE-FORMAT ONE-PER-PAGE NOTARY PUBLIC LOGBOOK

The Only Large-Format Logbook
That Protects Every Client's Privacy

* VALID FOR ALL 50 STATES * LARGE, EASY-TO-USE ENTRY BOXES *

January 2024 | Paperback | 144 Pages | 11" x 8.5" | Black and White

Similar titles from Ulysses Press



The Large-Format One-Per-Page Notary Public Logbook

The Only Large-Format Logbook That Protects Every Client's Privacy

Editors of Ulysses Press

Protect your clients' privacy and data with this one-of-a-kind notary journal and logbook, now available in easy-to-read large print text.

Spring 2024

\$9.99 US | \$12.99 CAN

978-1-64604-623-2 (print)

Category: Law

Rights: World

ABOUT THE AUTHOR

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

Sample pages

HOW TO USE THIS LOGBOOK

A. Record the date and time of the notary service.

B. Record the location of the notary service.

C. Record any fee being charged for the notarization, including any additional fee for travel.

D. Check the box for the notary service being performed. If the notary service is not listed, check the box for "Other" and record the service being performed on the provided line.

E. Record the type of document being notarized (for example, deed, affidavit, title, power of attorney, etc.), and record the date indicated on the document.

F. Check the box for individual or credible witness to indicate whose information is being recorded throughout this section (see G and H below).

G. Record right thumb print impression of the individual seeking notary service or credible witness as previously indicated (see F). NOTE: Make sure to follow your state's laws and only record a thumbprint when appropriate.

H. Check the box for the type of ID being used by the individual seeking notary service or credible witness as previous ID type being used is not listed, check the box for "Other" and record the type of ID on the provided line. Also, record it, when it was issued, and when it expires.

I. Print the name, address, and phone (or email) of the individual seeking notary service.

J. Have the individual seeking notary service sign in this box.

K. Print the name, address, and phone (or email) of the credible witness, if one is being used.

L. Have the credible witness sign in this box, if one is being used.

Notary Public Logbook Entry # 1

Date & Time: ____/____/____ : ____ am/pm

Place: _____ Fee: \$ _____

Travel: _____

Service

☐ Jurat ☐ Acknowledgment

☐ Certification ☐ Oath/Affirmation

☐ Other _____

Document type: _____

Document date: ____/____/____

Identification

☐ Individual ☐ Driver's License ☐ Passport

☐ Credible Witness ☐ Known Personally ☐ ID Card

Thumb Print _____

Other: _____

ID#: _____

Issued by: _____

Issued on: ____/____/____

Expires on: ____/____/____

Individual

Name: (print) _____

Address: _____

Phone: (or email) _____

Signature: _____

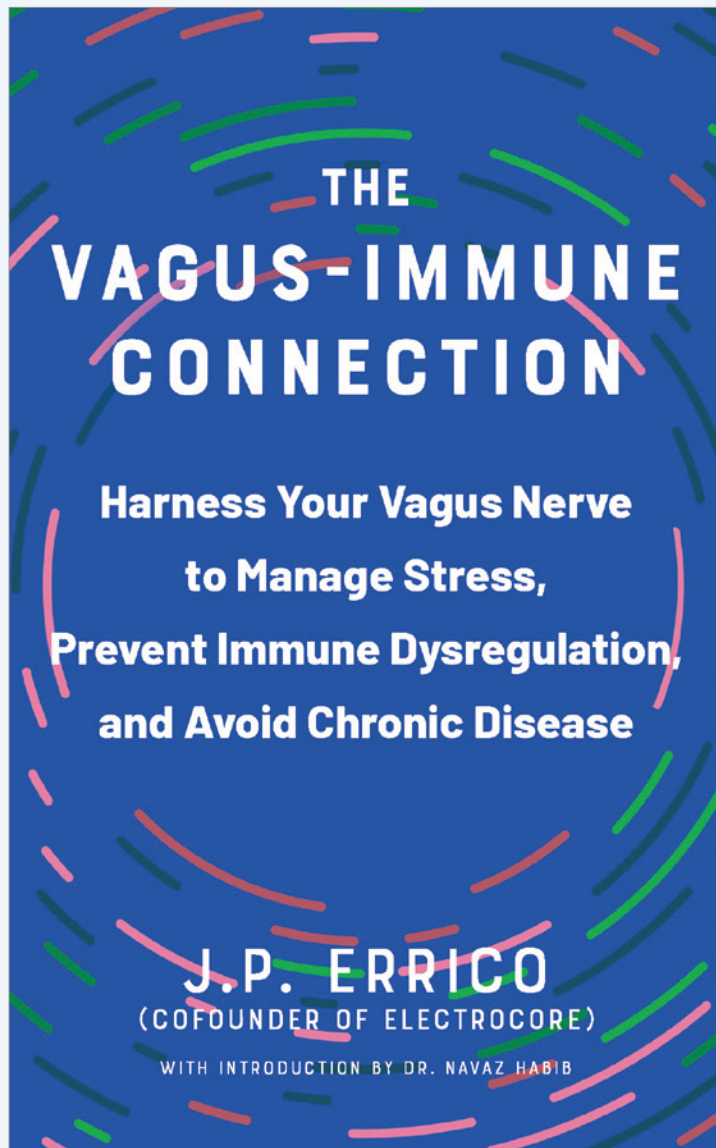
Witness

Name: (print) _____

Address: _____

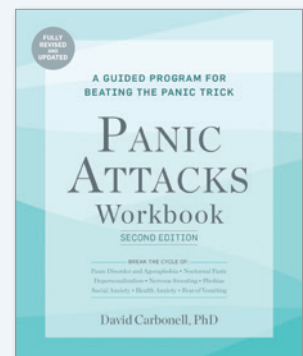
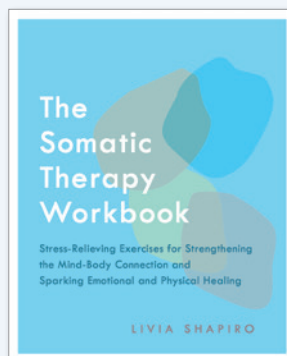
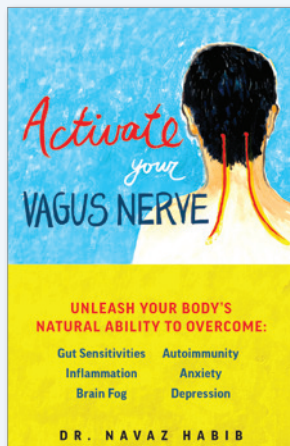
Phone: (or email) _____

Signature: _____



February 2024 | Paperback | 192 Pages | 5" x 8" | Black and White

Similar titles from Ulysses Press



The Vagus-Immune Connection

Harness Your Vagus Nerve to Manage Stress, Prevent Immune Dysregulation, and Avoid Chronic Disease

Navaz Habib and J. P. Errico

Take charge of your immune system, prevent immune dysregulation, and mitigate disease risks through the power of the vagus nerve.

Spring 2024

\$16.95 US | \$22.95 CAN

978-1-64604-619-5 (print)

978-1-64604-638-6 (ebook)

Category: Alternative Therapies

Rights: World

This comprehensive guide delves into the intricate relationship between the vagus nerve and immune regulation, providing invaluable insights and practical strategies for understanding chronic illnesses like migraine, anxiety, BPD, cognitive dysfunction, stroke, hypertension, IBS, and more.

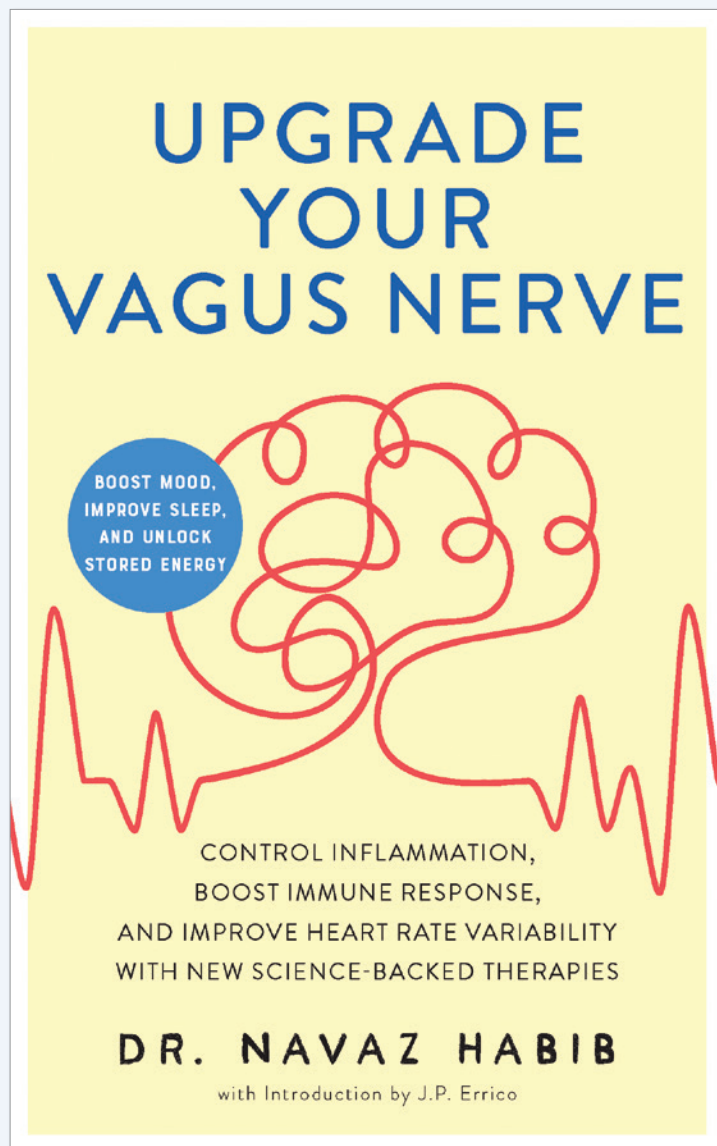
Engineer, inventor, and vagus nerve expert J. P. Errico distills the latest scientific research and technological advancements to offer an easy-to-understand guide to bolstering your immune system and enhancing resilience against pathogens and diseases. With *The Vagus-Immune Connection*, you will:

- ▶ Gain a deep understanding of how the vagus nerve influences the immune system, from its role in controlling inflammation to its impact on autoimmune conditions
- ▶ Discover practical techniques to effectively manage stress, a major contributor to immune dysregulation
- ▶ Enhance immune resilience and disease prevention
- ▶ Optimize cellular energy metabolism to improve neurodevelopment and cognitive function

ABOUT THE AUTHORS

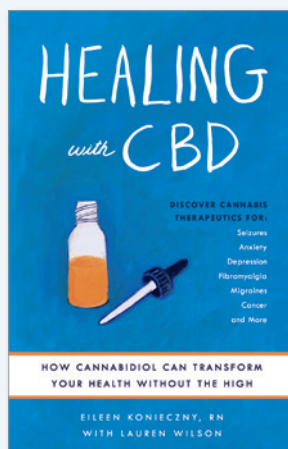
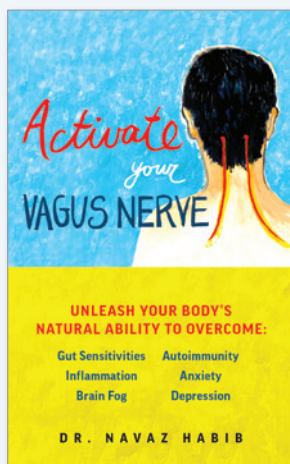
Dr. Navaz Habib is the founder of Health Upgraded, a functional medicine and health optimization clinic in Toronto, Canada, working with high-performing professionals, athletes, and entrepreneurs to dig a little deeper and find the answers to what is holding back their health. He works with those who want to take their health to a higher level, allowing them to contribute to humanity and serve more people.

J. P. Errico is a highly accomplished individual with a diverse range of expertise as an executive, entrepreneur, and inventor. He currently serves as a board member and founder of ElectroCore, a prominent company specializing in neuromodulation that has developed a pioneering noninvasive vagus nerve stimulator.



February 2024 | Paperback | 192 Pages | 5" x 8" | Black and White

Similar titles from Ulysses Press



Upgrade Your Vagus Nerve

Control Inflammation, Boost Immune Response, and Improve Heart Rate Variability with New Science-Backed Therapies (Boost Mood, Improve Sleep, and Unlock Stored Energy)

Dr. Navaz Habib and J. P. Errico

Unlock the full potential of your vagus nerve with this transformational guide, including practical strategies to treat headache, chronic pain, anxiety, depression, and more.

Spring 2024

\$16.95 US | \$22.95 CAN

978-1-64604-618-8 (print)

978-1-64604-637-9 (ebook)

Category: Alternative Therapies

Rights: World

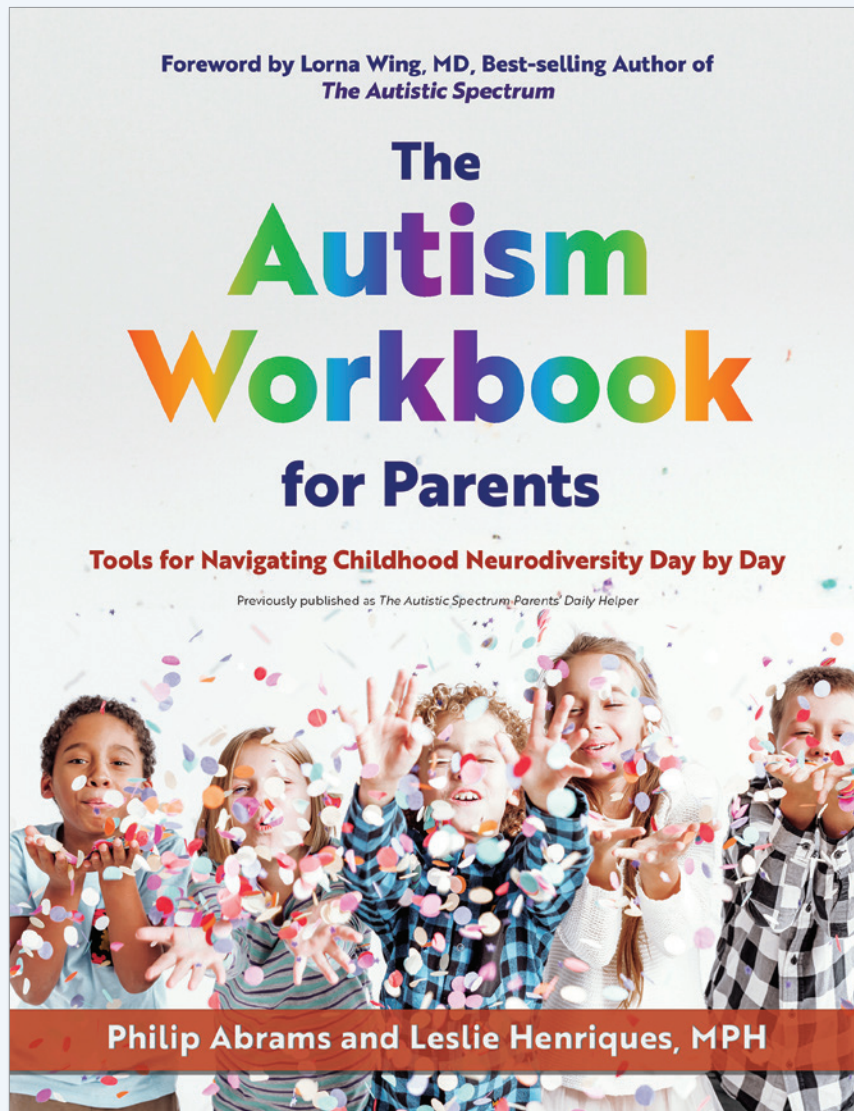
Harness the power of vagus nerve (VN) function and heart rate variability (HRV) in the long-awaited follow-up to bestseller *Activate Your Vagus Nerve* by Dr. Navaz Habib. This entirely new book goes beyond activation alone to explore stressors, measurement techniques, and practical protocols to create a roadmap to a healthier, happier life. Cowritten by functional medicine expert Dr. Navaz Habib, this book offers an approachable overview of recent research and easy-to-implement strategies. With *Upgrade Your Vagus Nerve*, you'll learn how to:

- Understand the impact of psychological and physical stressors, such as traumatic incidents and nutritional deficiencies
- Explore the intricate functioning of the vagus nerve and its connection to the parasympathetic nervous system and the microbiome-gut-brain axis
- Learn how to measure vagus nerve function using heart rate variability (HRV) and other devices
- Discover a wide range of strategies to upgrade your HRV/VN tone, including noninvasive electrical stimulation, breathwork techniques, nutritional optimization, sound therapy, temperature exposure, circadian biology alignment, and more

ABOUT THE AUTHORS

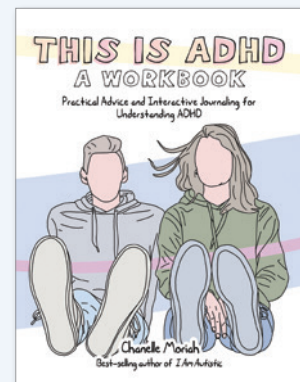
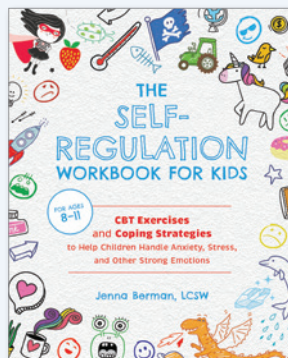
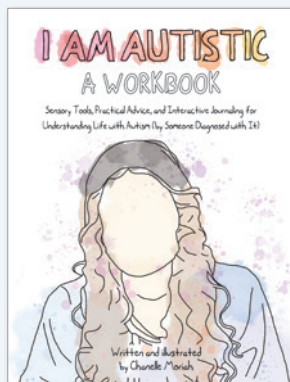
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March 2024 | Paperback | 128 Pages | 8.5" x 11" | Black and White

Similar titles from Ulysses Press



The Autism Workbook for Parents

Tools for Navigating Childhood Neurodiversity Day by Day

Philip Abrams and Leslie Henriques, MPH

Transform the way you parent with the workbook that “demystifies the day-to-day challenges of a son or daughter with autism by creating order and learning in their daily activities. In so doing, it creates hope.” —Ami Klin, Ph.D., Yale Child Study Center

Spring 2024

\$19.95 US | \$26.95 CAN
978-1-64604-686-7 (print)

Category: Family & Relationships
Rights: World

As the parent of a child with autism, you know how difficult it can be to simply get through the day. From getting dressed in the morning to brushing teeth before bed, raising a special needs child can turn ordinary events into extraordinary challenges. This book focuses on those kinds of everyday events.

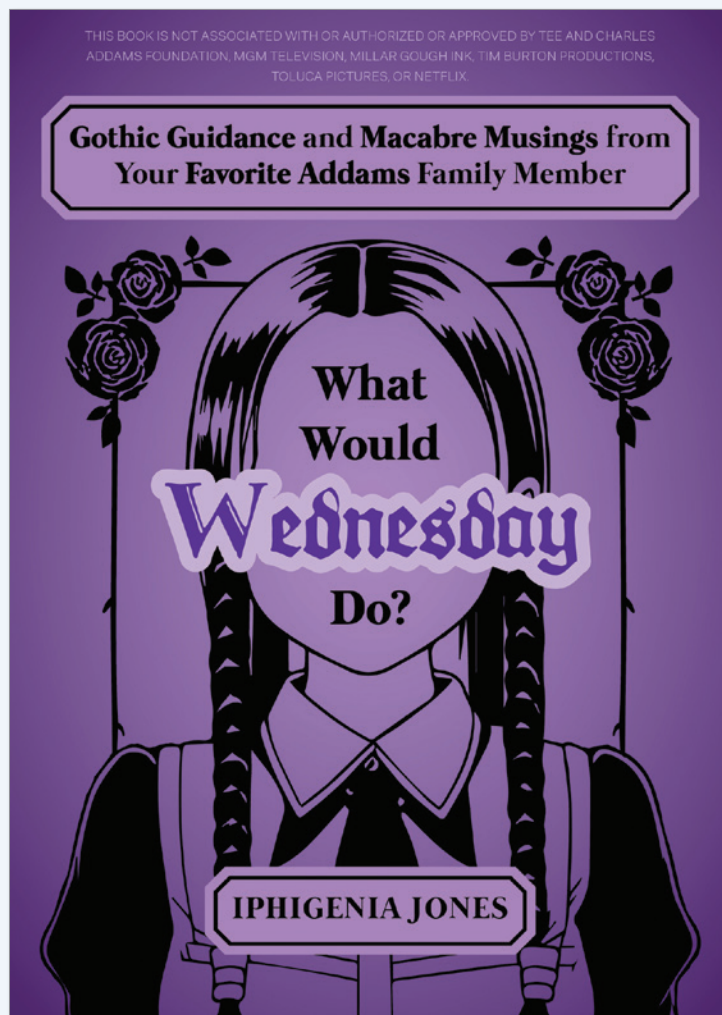
Your Workbook: Discover the methods for breaking through to your child and reaching into his or her world while supporting his or her learning style. Designed specifically for parents, this section introduces you to the exercises and activities you will be doing with your child. Everything is carefully explained, using lay terminology and simple illustration, including visual strategies, user-friendly schedules, and excursion plans.

Your Child’s Workbook: Hands-on activities in this section of the workbook will teach your child basic skills, using humor and time-tested educational techniques. On handy tear-out pages, these engaging games and exercises help your child learn how to recognize emotions; get dressed, read the clock, understand safety signs and visit doctors, dentists, friends, and family comfortably.

ABOUT THE AUTHORS

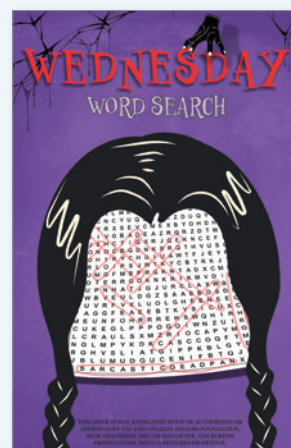
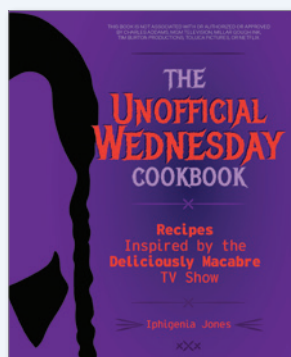
Philip Abrams is a father, husband, behaviorist, actor, and writer. A graduate of UC Berkeley, he has a masters in Special Education from National University in Los Angeles. Phil served as a technical advisor for autism on an episode of the TV show *The District* and has also created a script about an autistic young man’s journey—the way he perceives the world differently, and how that difference changes others’ perceptions. It is his hope to see it brought to life on television.

Leslie Henriques, MPH, is a graduate of UC Berkeley. She received her Masters of Public Health degree from the University of Hawaii, Manoa. Leslie lives in Berkeley, California, with her husband, Ray Riegert. Her nephew Elijah Abrams has inspired her to publish books that empower parents of children with autism.



February 2024 | Paper over Board | 128 Pages | 5" x 7" | Black and White

Similar titles from Ulysses Press



What Would Wednesday Do?

Gothic Guidance and Macabre Musings from Your Favorite Addams Family Member

Iphigenia Jones

Step into the eerie world of Wednesday with this book filled with unofficial advice and cryptic counsel for navigating the peculiarities of everyday existence.

Spring 2024

\$15.95 US | \$21.95 CAN

978-1-64604-654-6 (print)

978-1-64604-655-3 (ebook)

Category: Humor

Rights: World

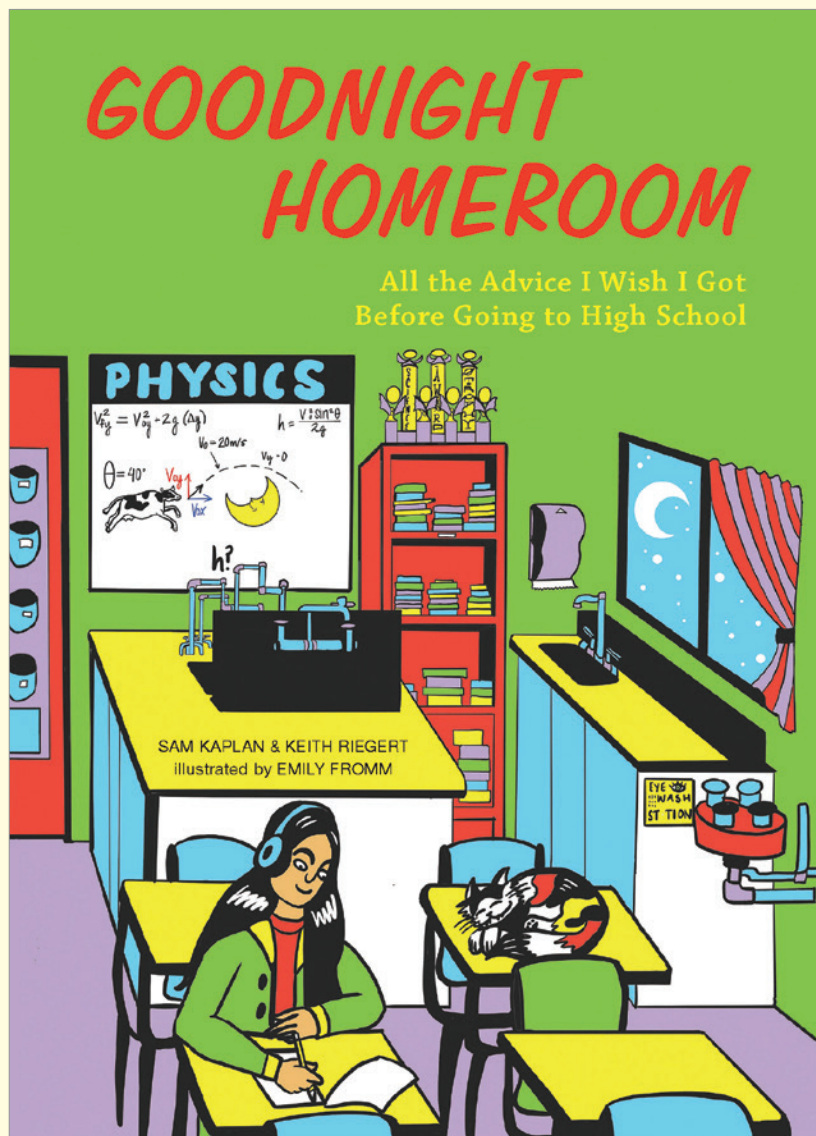
Written by a Wednesday expert and in an appropriately sinister style, this captivating and delightfully morbid book is your guide through the shadows of life. From relationships gone awry to embracing your inner darkness, this giftable advice book provides dark wisdom that will leave you both unsettled and entertained. You will learn the most devious of important life skills, including how to:

- › Navigate unconventional relationships and dreadful family dynamics
- › Find the best outfit for greeting local police officers when they come to inform you of your husband's mysterious demise
- › Explore the depths of your inner darkness for personal growth
- › Defy societal expectations
- › Uncover the most effective way to align yourself with the ghastly ghosts haunting your abode
- › Identify key poisonous plants and the best tea to pair them with
- › Find the most effective way to brood in shadowy corners
- › Cultivate a hauntingly fulfilling existence

Whether you're a fan of the Netflix series, movies, TV shows, cartoons, or comics, this book is a must-read for Addams family enthusiasts and fans of the macabre.

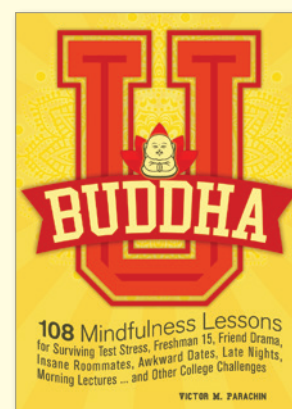
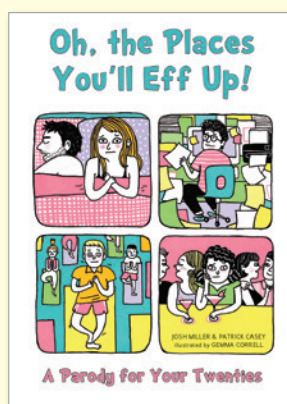
ABOUT THE AUTHOR

Iphigenia Jones has seen every episode of the *Addams Family* and has only been accused of witchcraft thrice. She enjoys cats, blackberries, and chatting with ghosts.



April 2024 | Paper over Board | 64 Pages | 6.5" x 9" | Full Color

Similar titles from Ulysses Press



Goodnight Homeroom

All the Advice I Wish I Got Before Going to High School

Keith Riegert and Samuel Kaplan

Gift middle school graduates with an informative and humorous guide to high school, featuring life-changing tips combined with funny full-color illustrations in this faux children's book for soon-to-be freshmen.

Spring 2024

\$15.95 US | \$21.95 CAN

978-1-64604-455-9 (print)

978-1-64604-476-4 (ebook)

Category: Pop Culture

Rights: World

Congratulations, you're officially off to high school! For a soon-to-be freshman, life comes at you fast, and the move from middle school to high school is one of the most exciting, difficult, and, at times, overwhelming transitions you'll ever go through. *Goodnight Homeroom* contains funny rhyming poems covering the ups and downs of high school along with advice on how to enjoy your time and overcome challenges during the next four years, including:

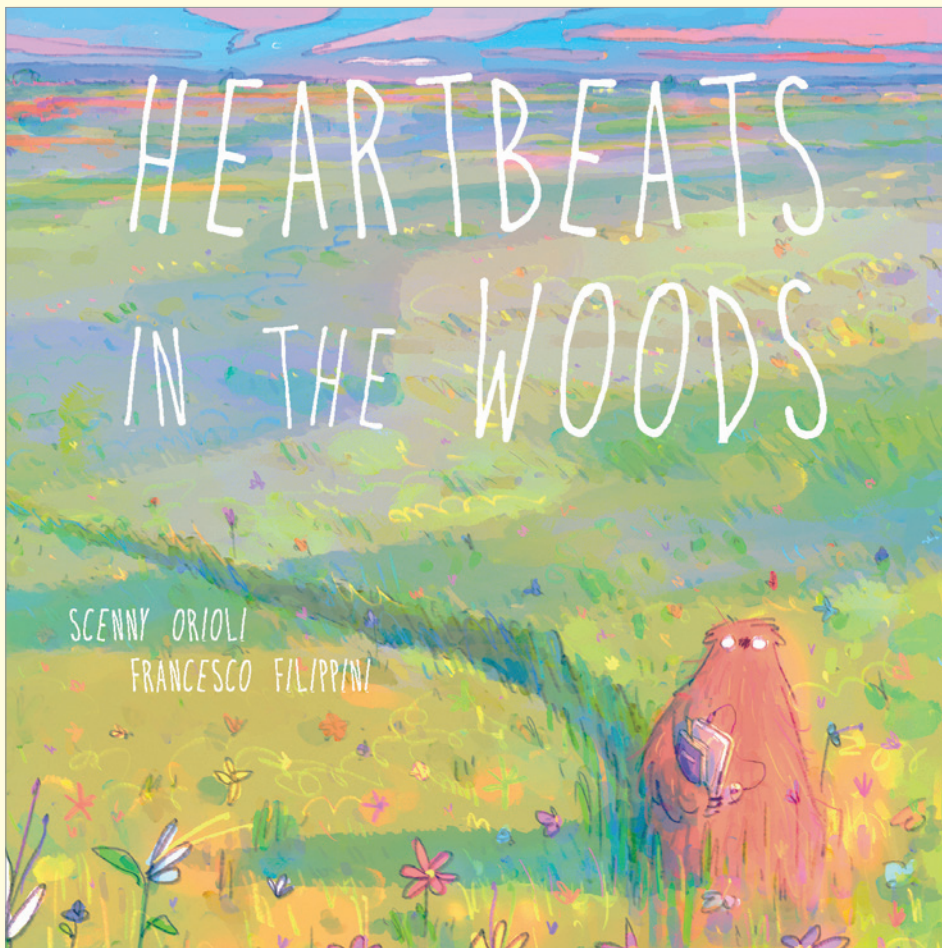
- ▶ Saying goodbye to your middle school besties
- ▶ Navigating the first days of freshman year
- ▶ Carving out your own studying strategies
- ▶ Making new lifelong friends
- ▶ Trying out clubs, sports, and important extracurriculars
- ▶ Preparing for tough tests (and the SAT/ACT)
- ▶ Getting ready for college applications
- ▶ And so much more!

ABOUT THE AUTHORS

As a writing team, authors Keith Riegert and Samuel Kaplan have explored a wide swath of the human experience, from airships and testosterone to nunchucks, root vegetables, and life-and-death survival. Keith lives in New York City. Samuel lives in California.

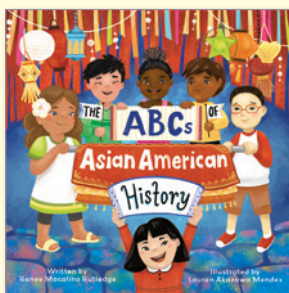
Sample pages





March 2024 | Paper over Board | 32 Pages | 8.5" x 8.5" | Full Color

Similar titles from Ulysses Press



Heartbeats in the Woods

A Children's Book about Hugs, Family, and Friendship

Scenny Orioli | Illustrated by Francesco Filippini | Translated by Editors of Ulysses Press

Follow Bear and his forest companions as they help him rediscover how hugs are made and the importance of friendship!

Bear has forgotten something important—he remembers the feeling and the sound “badump, badump, badump”—but he can’t seem to remember how hugs are made! He holds his arms out in a circle, but it just doesn’t feel right. Bear’s friends Toad, Fox, Dove, and Hedgehog come along one by one and try to help him out, but it isn’t until they all join together that the hug finally feels right and the sound of heartbeats in the woods returns to Bear’s ears once again.

Spring 2024

\$19.95 US | \$26.95 CAN

978-1-64604-626-3 (print)

978-1-64604-643-0 (ebook)

Category: Juvenile Fiction

Rights: World English

ABOUT THE AUTHOR

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

Scenny Orioli was born and raised in Florence and then moved to the Chianti hills. She works primarily in social work and keeps almost all of her publishing projects secret.

Francesco Filippini, director and illustrator, in 2009 wrote and directed his first animated short, *Orkiestra*, shortlisted for the David di Donatello Award. In 2015 he worked as art director at Bill Plympton’s animation studio on two feature films and a short film, *The Loneliest Stoplight*, which earned him a gold medal from the Society of Illustrators.

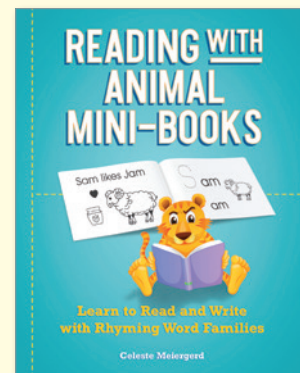
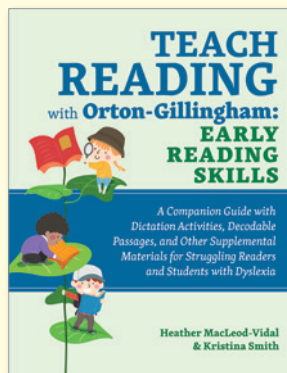
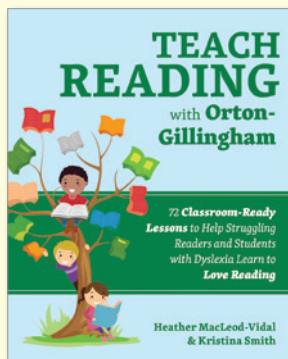
Since 2016 his collaboration with MAD Entertainment Studio in Naples has led him to direct several short films, including *Simposio Suino in Re Minore*, also a David di Donatello Award nominee, and to work on several feature films, including *Gatta Cenerentola* (Cappiello, Guarnieri, Rak, Sansone, 2017).

He illustrated *Un amore sulla testa* (by Luana Vergari, 2017), also translated in French and Spanish.



April 2024 | Paperback | 144 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



The Adventures of the Plott Family: A Decodable Stories Collection

6 Chaptered Stories for Practicing Phonics Skills and Strengthening
Reading Comprehension and Fluency (Reading Tools for Kids with
Dyslexia)

Heather Vidal and Kristina Smith

**Improve confidence in reading
for struggling readers and
children with dyslexia with
this decodable chapter book
collection filled with fun
and exciting adventures;
featuring six separate
stories all in one big book!**

Spring 2024

\$15.95 US | \$21.95 CAN

978-1-64604-615-7 (print)

978-1-64604-634-8 (ebook)

Category: Juvenile Fiction

Rights: World

Follow the Plott family on a series of fun and exciting adventures in this series of chaptered stories perfect for independent reading practice or shared reading. For Ash and Mel, two 10-year-old twin girls, there is always fun to be had in their small town of Longbranch. Whether they are on a camping trip with their parents or scaring their mischievous little brother, Calvin, the twins are always up to something. Follow them as they travel, learn new things, and take on challenges together.

This engaging collection contains six decodable stories for building reading fluency, stamina, and comprehension. This phonics-first text is written for students who have mastered sounding out words with short vowels, closed syllables, and blends. Based on principles in the science of reading, it is written by two educators who have made teaching students with dyslexia their passion. The six stories are written in a format specifically designed to foster a love of reading, even in reluctant readers.

ABOUT THE AUTHOR

Heather MacLeod-Vidal is a former teacher, tutor, educational business owner, and coauthor of *Teach Reading with Orton-Gillingham*. She currently works as a literacy specialist to support students with dyslexia and other learning differences in a Tampa Bay Area school.

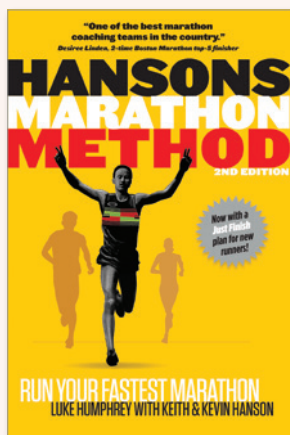
Kristina Smith is an educator and former clinical therapist with more than 15 years of experience teaching and tutoring children with learning challenges. She coauthored two books, *Teach Reading with Orton-Gillingham* and *Teach Reading with Orton-Gillingham: Early Reading Skills*.

To learn more about Kristina and fellow coauthor Heather MacLeod-Vidal's resources for struggling readers, please visit their website TreetopsEducation.com.



March 2024 | Paperback | 272 Pages | 7" x 9" | Full Color

Similar titles from VeloPress



Running Rewired

Reinvent Your Run for Stability, Strength, and Speed, 2nd Edition

Jay Dicharry

America's leading endurance sports physical therapist and coach shares a program for runners to become stronger, faster, and more durable—now with additional workouts and updated to include the latest research and a new chapter for runners new to the sport.

Spring 2024

\$24.95 US | \$33.95 CAN
978-1-64604-652-2 (print)

Category: Health & Fitness
Rights: World

In *Running Rewired*, America's leading endurance sports physical therapist and coach shares a program for runners to become stronger, faster, and more durable. Jay Dicharry distills cutting-edge biomechanical research into 15 workouts any runner can slot into their training program to begin seeing real results in about six weeks.

For better or worse, your body drives your running form. *Running Rewired* will show you how to shed old injuries, mobility problems, weaknesses, and imbalances and rewire your body-brain movement patterns. You'll rebuild your movement and transform your running within one season.

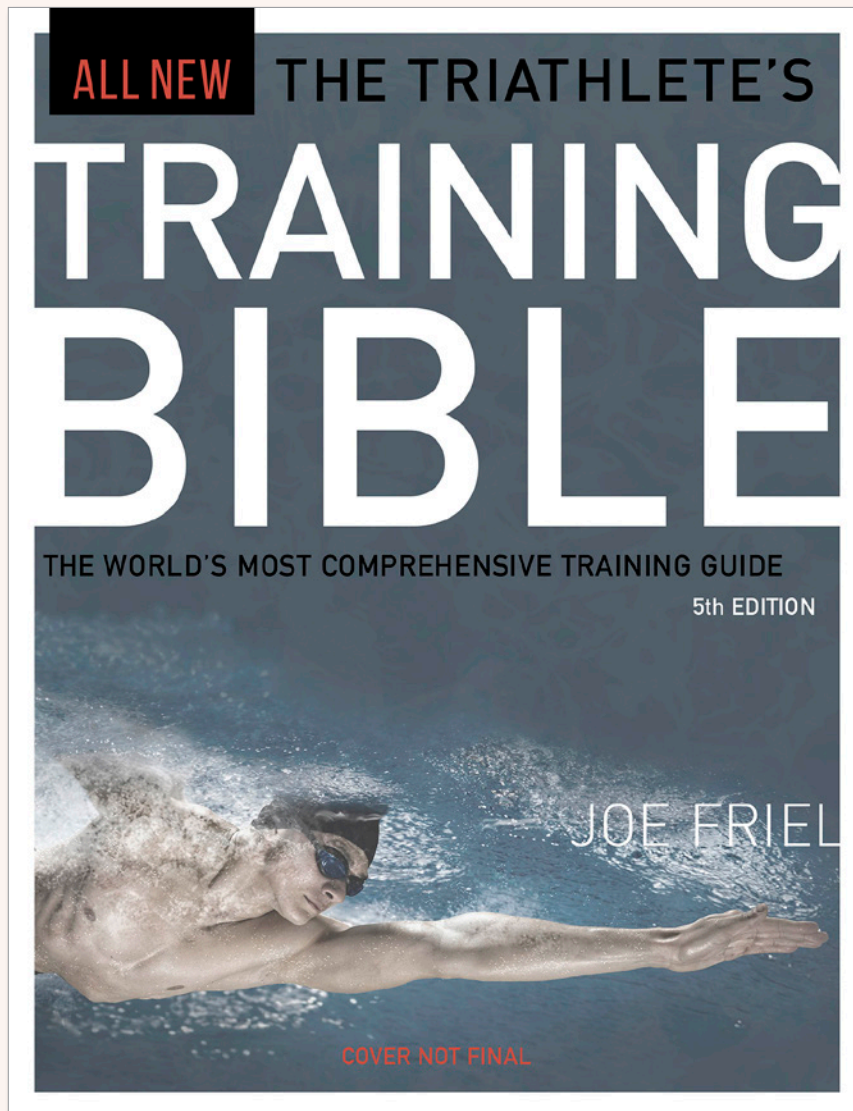
Through his work with athletes at REP Lab and top university sports performance clinics, Dicharry has found that strength training alone is inadequate for runners. To develop the four essential movement skills required for faster, safer running, runners must practice better movement as they build strength. In *Running Rewired*, you'll use:

- ▶ 11 self-tests for joint mobility, posture stability, rotation, and alignment
- ▶ 83 exercises to fix blocks, move with precision, build strength, and improve power
- ▶ 15 rewire workouts to amplify any training plan from 5K to ultramarathon

Dicharry's *Running Rewired* combines the best of real-world coaching and a physical therapy approach to strength and mobility for better running. You'll find your personal best running form and become a faster, more durable runner.

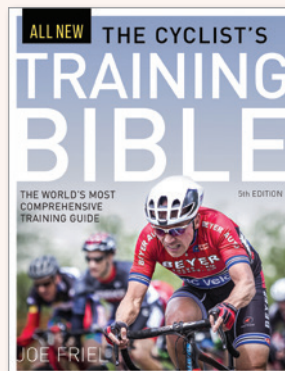
ABOUT THE AUTHOR

Jay Dicharry is one of America's leading physical therapists and a board-certified Sports Clinical Specialist. His REP Lab is known for rebuilding injured endurance athletes through accurate diagnosis, education, and treatment.



January 2024 | Paperback | 352 Pages | 8.5" x 11" | Black and White

Similar titles from VeloPress



The Triathlete's Training Bible

The World's Most Comprehensive Training Guide, 5th Edition

Joe Friel

The Triathlete's Training Bible is the best-selling and most comprehensive guide for aspiring and experienced triathletes, now updated to incorporate new training principles and the latest methodologies to help athletes train smarter than ever.

Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon. Joe has greatly updated this new 5th edition of *The Triathlete's Training Bible* to incorporate new training methods, especially on workout intensity, to help athletes train smarter and produce better results than ever.

The Triathlete's Training Bible equips triathletes of all abilities with every detail they must consider when planning a season, lining up a week of workouts, or preparing for race day.

With this new edition, Joe will guide you to develop your own personalized triathlon training program and:

- › Become a better swimmer, cyclist, and runner
- › Train with the most effective intensity and volume
- › Gain maximum fitness from every workout
- › Make up for missed workouts and avoid overtraining
- › Adapt your training plan based on your progress and lifestyle
- › Build muscular endurance with a proven approach to strength training
- › Improve body composition with smarter nutrition

The Triathlete's Training Bible is the best-selling book on tri training ever published. Get stronger, smarter, and faster with this newest version of the bible of the sport.

ABOUT THE AUTHOR

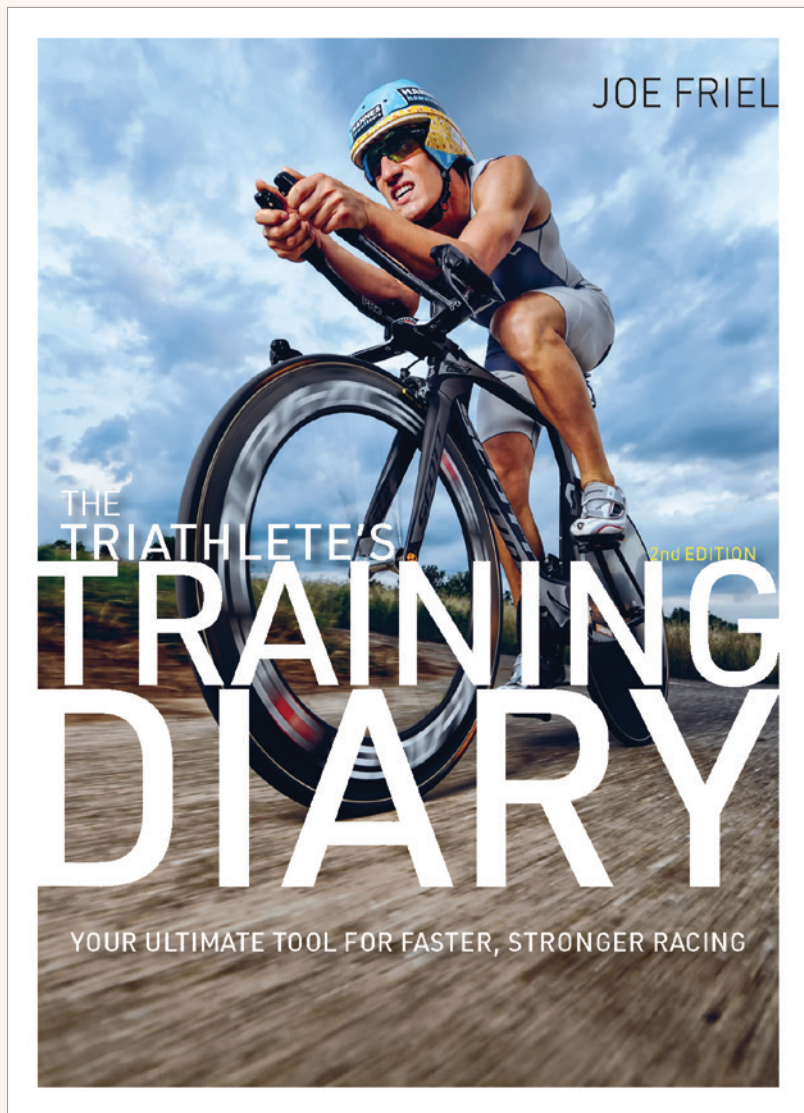
Joe Friel is the most trusted endurance sports coach in the world. He is the best-selling author of *The Cyclist's Training Bible*, *Fast After 50*, *Your Best Triathlon*, and *Your First Triathlon*. His TrainingBible Coaching service is one of the most successful and respected in endurance sports. Joe has trained endurance athletes since 1980, including national champions, world championship contenders, and Olympic athletes in triathlon, duathlon, road cycling, and mountain biking. He is an elite-certified USA Triathlon and USA Cycling coach and holds a master's degree in exercise science.

Spring 2024

\$27.95 US | \$36.95 CAN
978-1-64604-607-2 (print)
978-1-64604-649-2 (ebook)

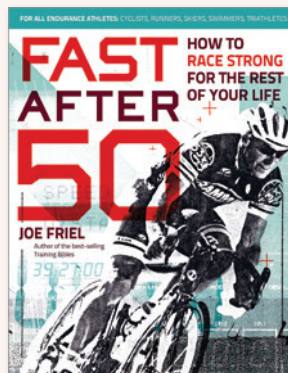
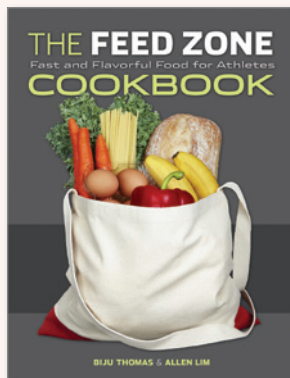
Category: Health & Fitness

Rights: World



January 2024 | Paperback | 272 Pages | 6.5" x 9" | Black and White

Similar titles from Ulysses Press



The Triathlete's Training Diary

Your Ultimate Tool for Faster, Stronger Racing, 2nd Edition

Joe Friel

A perfect companion to any triathlon training program, *The Triathlete's Training Diary* offers an ideal way for you to plan, record, and better understand your workouts and performance.

Spring 2024

\$19.95 US | \$26.95 CAN

978-1-64604-659-1 (print)

Category: Health & Fitness

Rights: World

With undated pages for use any time of the year, this diary offers plenty of space for all the objective and subjective performance metrics you might want to track in a smart format that's been carefully designed, tested, and refined by Joe Friel, the top coach in the sport of triathlon.

The Triathlete's Training Diary has lay-flat binding and flips easily so you can look up past workouts or settle your pre-race nerves by proving to yourself that you've done the work. This paper workout log is simple to use, never requires a login or password, and can be completely customized to meet your needs for any triathlon training schedule. This physical record of your workouts will reveal insights that don't display on an online dashboard.

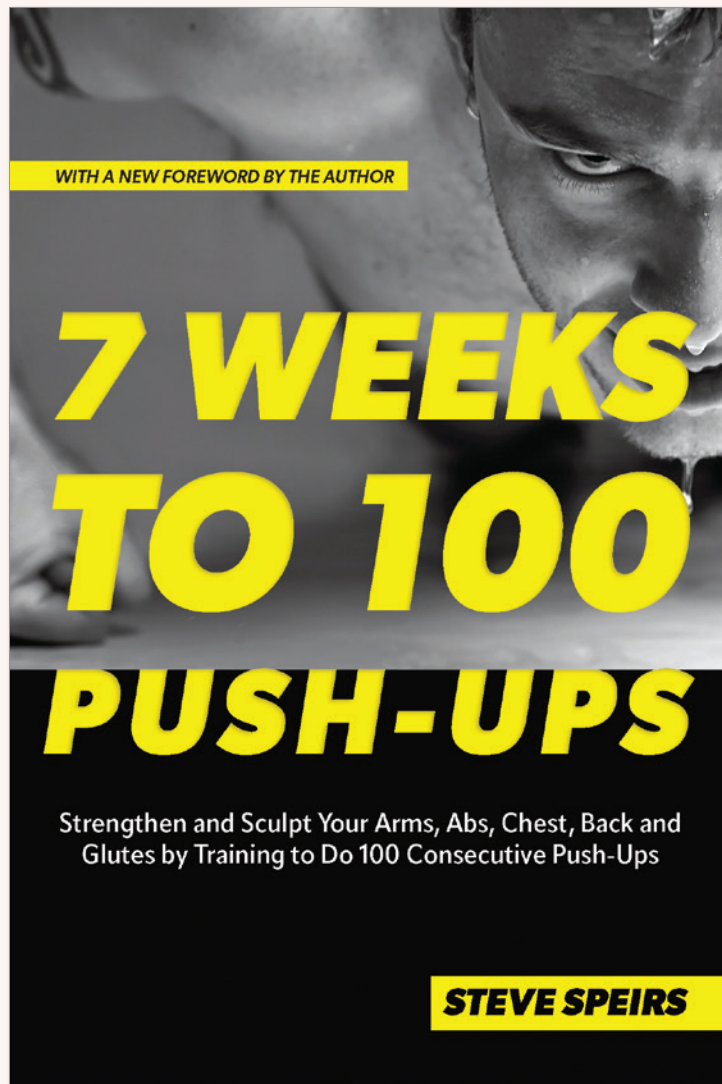
Fully compatible with Joe Friel's best-selling training programs like *The Triathlete's Training Bible*, *Your First Triathlon*, *Going Long*, and *Your Best Triathlon*, this diary simplifies the planning and execution of your triathlon training.

High-performing athletes know that a training diary is an invaluable tool. Whether they work with a coach or train independently, even elite triathletes keep a training log to hone their feel for performance, consolidate training data in one location, track their progress, monitor for injuries and overtraining, and reshape their goals throughout the season.

What gets measured gets managed. Add *The Triathlete's Training Diary* to your program and you'll unlock valuable insights that can help you improve in your sport.

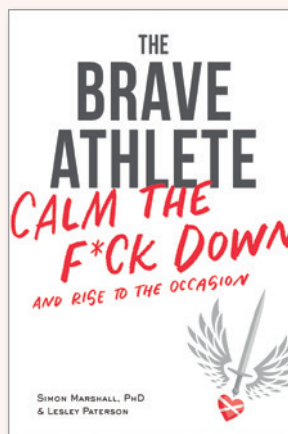
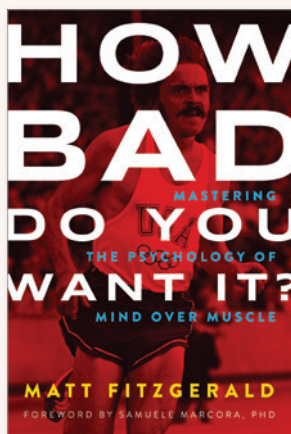
ABOUT THE AUTHOR

Joe Friel is the most trusted endurance sports coach in the world. He is the best-selling author of *The Cyclist's Training Bible*, *Fast After 50*, *Your Best Triathlon*, and *Your First Triathlon*. His TrainingBible Coaching service is one of the most successful and respected in endurance sports. Joe has trained endurance athletes since 1980, including national champions, world championship contenders, and Olympic athletes in triathlon, duathlon, road cycling, and mountain biking. He is an elite-certified USA Triathlon and USA Cycling coach and holds a master's degree in exercise science.



January 2024 | Paperback | 176 Pages | 6" x 9" | Black and White

Similar titles from VeloPress



7 Weeks to 100 Push-Ups

Strengthen and Sculpt Your Arms, Abs, Chest, Back, and Glutes by Training to Do 100 Consecutive Push-Ups

Steve Speirs

Learn how to successfully boost your upper-body and core strength and build muscle with the exercise program the *New York Times* says, “tests the whole body, engaging muscle groups in the arms, chest, abdomen, hips, and legs.”

If you're ready to massively increase your strength, follow the 7-week program in this book and you'll soon be able to complete 100 consecutive push-ups! You'll also transform your fitness, look great, and feel even better as you sculpt every muscle from your neck down to your calves.

Offering several custom-designed, day-by-day plans, this book has something for everyone: from beginners embarking on a new workout regimen to athletes looking to enhance their strength training program.

Unleashing the power of the ultimate strength exercise, *7 Weeks to 100 Push-Ups* includes:

- ▶ Instruction on how to do a perfect push-up
- ▶ Muscle-by-muscle breakdown of strength-building
- ▶ Challenging push-up variations

Spring 2024

\$18.95 US | \$25.95 CAN

978-1-64604-608-9 (print)

978-1-64604-650-8 (ebook)

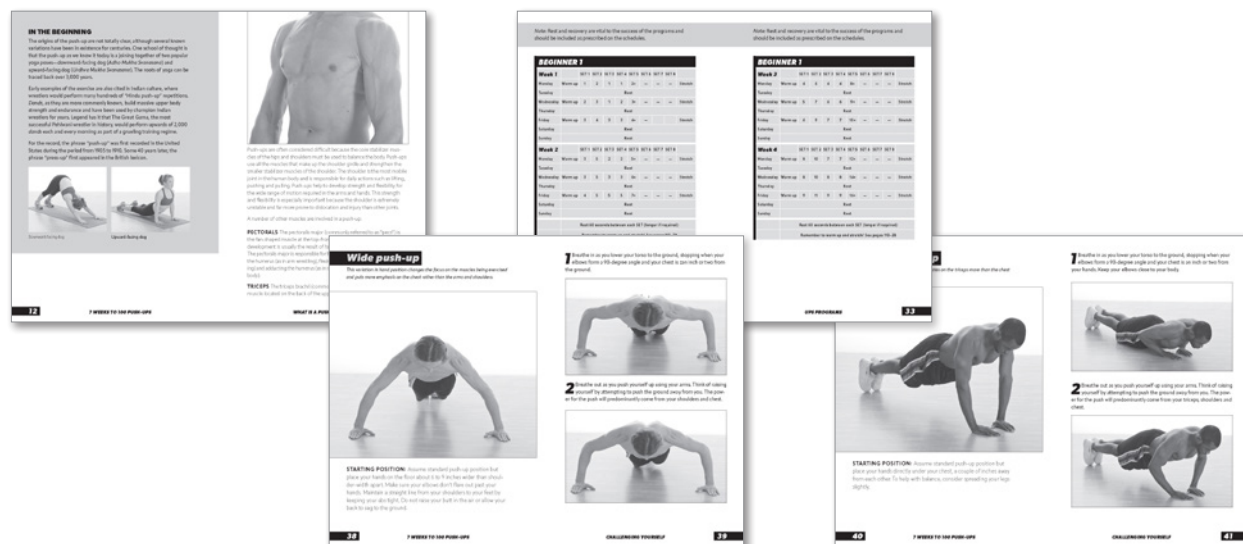
Category: Health & Fitness

Rights: World

ABOUT THE AUTHOR

Steve Speirs is an accomplished marathon runner and trainer and runs the popular website HundredPushUps.com.

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