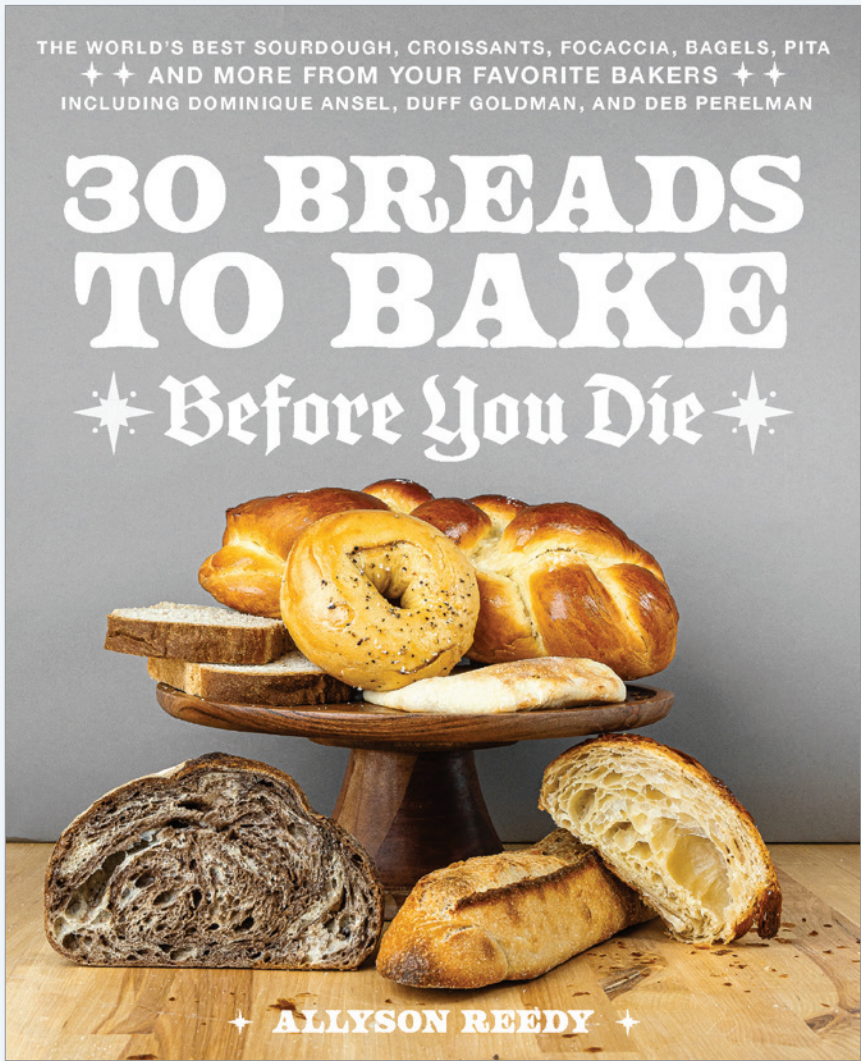


Ulysses Press

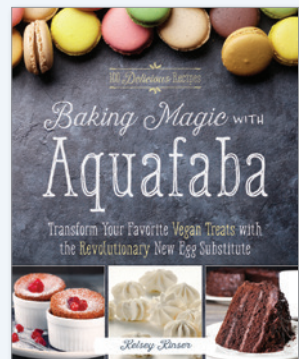
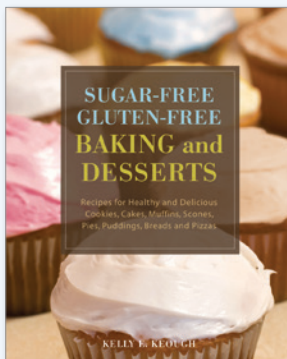
Summer 2024





August 2024 | Paper over Board | 112 Pages | 7.5" x 9.25" | Full Color

Similar titles from Ulysses Press



30 Breads to Bake Before You Die

The World's Best Sourdough, Croissants, Focaccia, Bagels, Pita, and More from Your Favorite Bakers (Including Dominique Ansel, Duff Goldman, and Deb Perelman)

Allyson Reedy

Master the art of breadmaking with this gorgeous baking book featuring 30 delicious bread recipes from famous bakers, including Tieghan Gerard, Duff Goldman, Maurizio Leo, Christina Tosi (Milk Bar), Joanne Chang (Flour Bakery), and more!

Summer 2024

\$24.95 US | \$33.95 CAN

ISBN 9781646046799 (print)

ISBN 9781646046805 (ebook)

Category: Cooking

Rights: World

This is a bread book for people who really, really love bread in all its wondrous forms—but who also might be intimidated by the word “starter.” The recipes, tips, and tricks in *30 Breads to Bake Before You Die* come from expert dough workers and bread magicians who’ve put in the hours of kneading, proofing, stretching, folding, and baking to perfect these recipes, all in the oh-so-noble name of good bread.

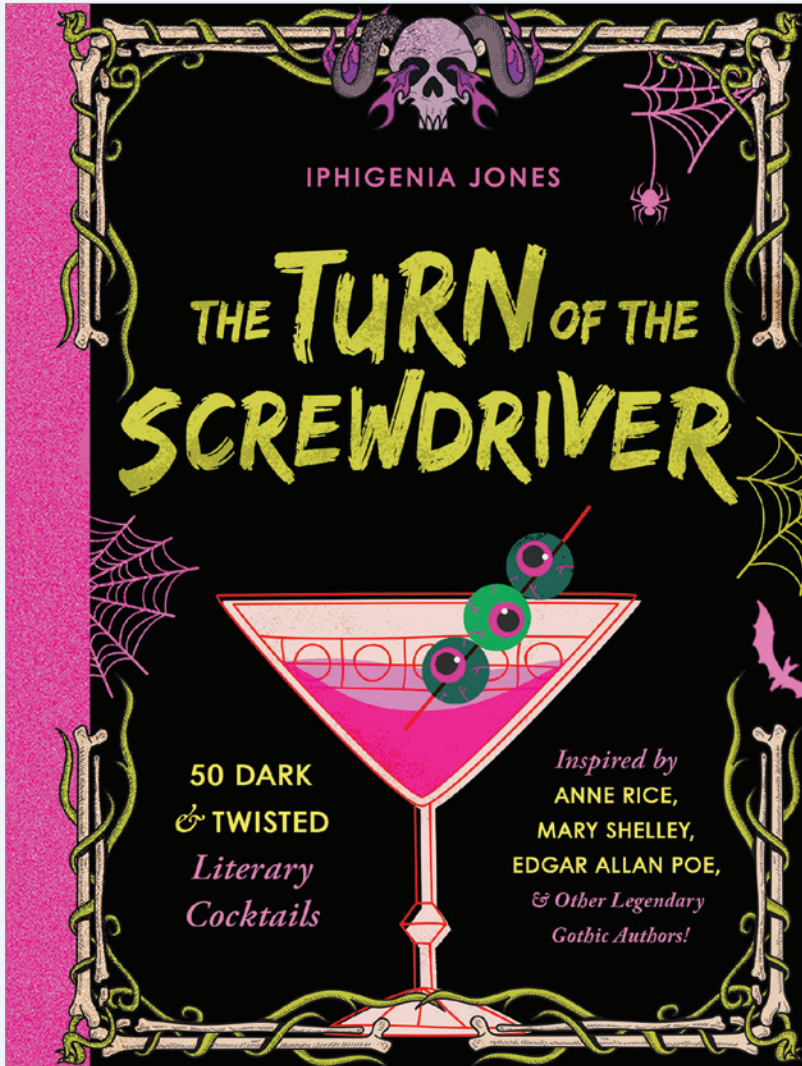
Get ready to bake your way through some of the most mouthwatering bread recipes, including:

- ▶ Beginner’s Sourdough from Maurizio Leo (The Perfect Loaf)
- ▶ Focaccia from Joanne Chang (Flour Bakery)
- ▶ Bagels from Andrew Dana (Call Your Mother Deli)
- ▶ Croissants from Dominique Ansel
- ▶ Ultimate Dinner Rolls from Tessa Arias (Handle the Heat)
- ▶ Matzah from Duff Goldman
- ▶ Baguette from Shawn Bergin (Bakery Four)
- ▶ Pita from Alon Shaya
- ▶ And so much more!

Because who has time for the third-best bagel recipe or so-so sourdough? Not you! So bake up these awesome, accessible breads now. Before you die.

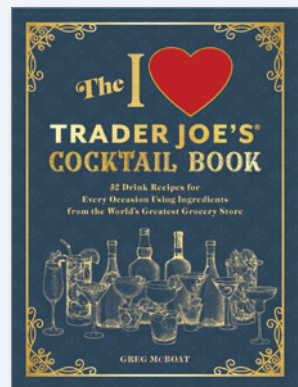
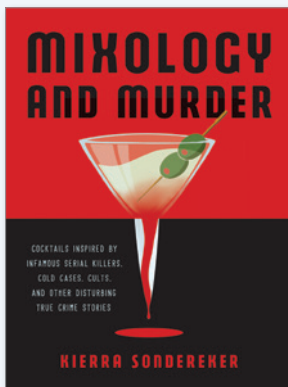
ABOUT THE AUTHOR

Allyson Reedy is a carb-loving food writer and restaurant critic in Denver, Colorado. When she’s not taste-testing or checking out new restaurants for a story, she’s probably tripping over her pug in her home kitchen while stressing over sourdough. Read more from her and bake up killer desserts in *50 Things to Bake Before You Die: The World’s Best Cakes, Pies, Brownies, Cookies, and More from Your Favorite Bakers, Including Christina Tosi, Joanne Chang, and Dominique Ansel*.



July 2024 | Paper over Board | 176 Pages | 6" x 8" | Full Color

Similar titles from Ulysses Press



The Turn of the Screwdriver

50 Dark and Twisted Literary Cocktails Inspired by Anne Rice, Mary Shelley, Edgar Allen Poe, and Other Legendary Gothic Authors!

Iphigenia Jones

Shake up some dark and brooding cocktails with 50 drink recipes inspired by your favorite gothic horror books, like *Interview with a Vampire*, *Frankenstein*, *Jane Eyre*, and *Wuthering Heights*—a perfect gift for booklovers and mixologists!

Summer 2024

\$19.95 US | \$26.95 CAN
 ISBN 9781646046812 (print)
 ISBN 9781646046829 (ebook)

Category: Cooking
Rights: World

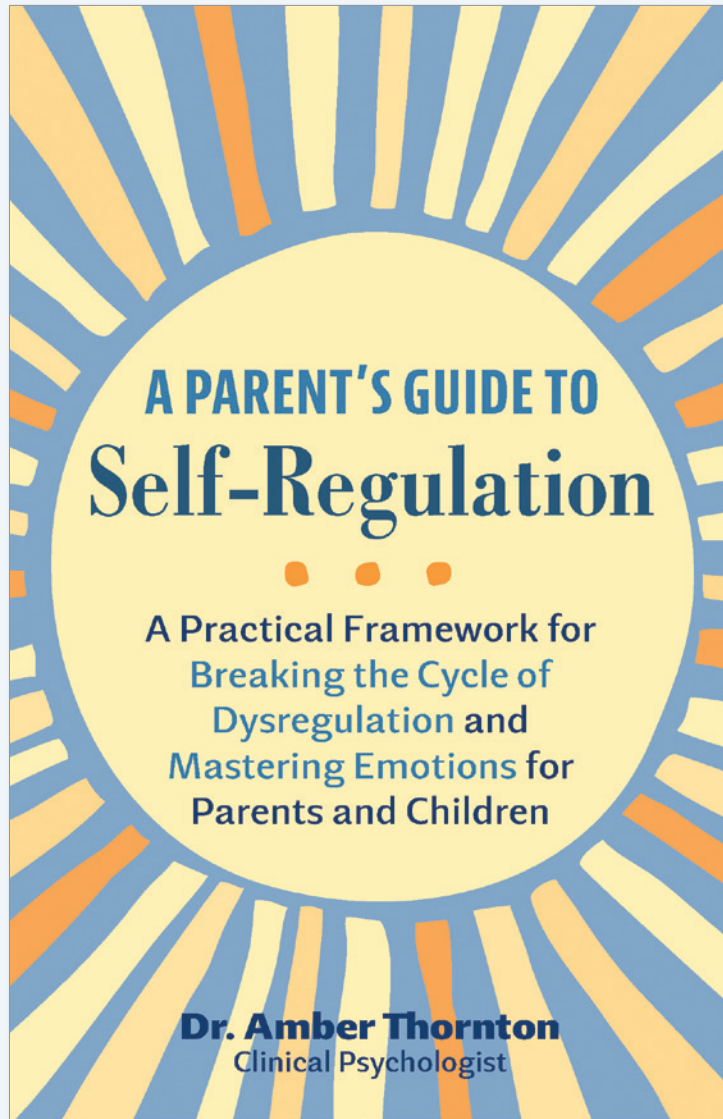
Calling all booklovers and at-home mixologists! Get out a chilled glass and prepare to get chills down your spine with these sinisterly scrumptious cocktail recipes. Inspired by your favorite gothic tales, *The Turn of the Screwdriver* offers 50 creative drink recipes so you can shake or stir up some liquid trouble to serve at any event. There’s a cocktail for every dark and twisted soul out there, including:

- The Haunting of Highball House (*The Haunting of Hill House* by Shirley Jackson)
- The Portrait of Dorian Grey Goose (*The Portrait of Dorian Gray* by Oscar Wilde)
- Mexican Hot Gothalate (*Mexican Gothic* by Silvia Moreno-Garcia)
- Her Brandy and Other Parties (*Her Body and Other Parties* by Carmen Maria Machado)
- InterVieux with the Vampire (*Interview with the Vampire* by Anne Rice)
- The Legend of Slushy Hallow (*The Legend of Sleepy Hollow* by Washington Irving)
- And more!

Perfect for book nerds, horror fans, and those who celebrate Halloween all year round, *The Turn of the Screwdriver* is the ultimate gift to give your favorite goth or anyone obsessed with Wednesday Addams, Stephen King, and more gothic greats.

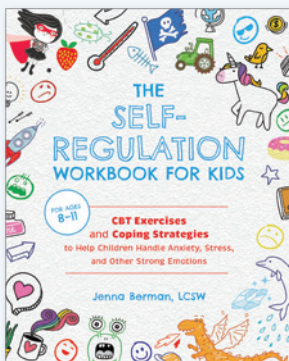
ABOUT THE AUTHOR

Iphigenia Jones has seen every episode of *The Addams Family* and has only been accused of witchcraft thrice. She is the author of *The Unofficial Wednesday Cookbook* and *What Would Wednesday Do?*, and enjoys cats, blackberries, and chatting with ghosts.



June 2024 | Paperback | 176 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



A Parent's Guide to Self-Regulation

A Practical Framework for Breaking the Cycle of Dysregulation and Mastering Emotions for Parents and Children

Dr. Amber Thornton

Discover tools and techniques for managing emotions, reactions, and behavior in this friendly, evidence-based book designed especially to help and support struggling, overstressed parents.

Summer 2024

\$17.95 US | \$24.95 CAN

ISBN 9781646046683 (print)

ISBN 9781646046713 (ebook)

Category: Family & Relationships

Rights: World

As the millennial generation moves into their parenting years, posting on social media about milestones, memories, and good times is almost second nature. Families can seem “perfect,” and some parenting methods are heralded as “the best.” However, behind closed doors, many parents and caregivers struggle greatly no matter what method or combination of parenting methods they use. There are points where it seems like you’ve tried everything. Maybe it even feels hopeless. That’s where *A Parent’s Guide to Self-Regulation* comes in.

This book will demystify the concepts of dysregulation and parental self-regulation, and will normalize prioritizing these skills for parents before bringing the concepts into parenting children. With this book’s step-by-step framework, you will learn how to mitigate tough parenting moments, develop self-regulatory skills, and read real accounts from other parents. From addressing societal myths about dysregulated parenthood to offering tips on re-parenting yourself for better regulation and everything in between, this book will serve as both a friendly companion and a source of solid, evidence-based advice.

A Parent’s Guide to Self-Regulation is written by Dr. Amber Thornton, a clinical psychologist and mother of two, who knows what it feels like to struggle with dysregulation and self-regulation as a parent.

ABOUT THE AUTHOR

Dr. Amber Thornton is a licensed clinical psychologist and strong advocate for the mental health and well-being of parents. Dr. Amber loves writing and creating content online that will speak to the everyday struggles of motherhood and parenthood.

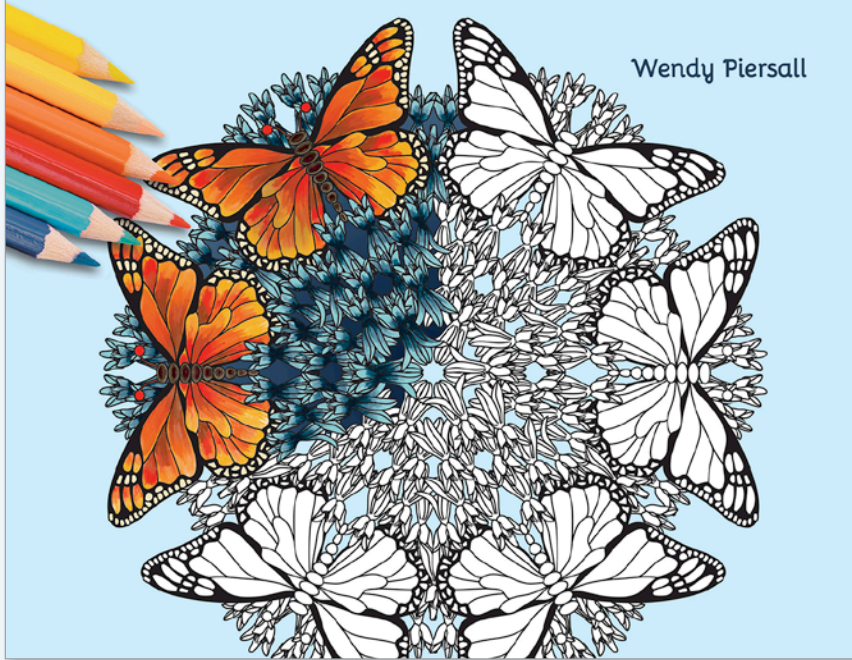
Dr. Amber holds a BS in psychology from Ohio State University and a PsyD in clinical psychology from Wright State University School of Professional Psychology. She’s an Ohio native who has made Washington, DC, her home since 2018. She loves spending time with her husband and two children.

Learn more about Dr. Amber Thornton at www.dramberthornton.com.

Meditation Mandalas

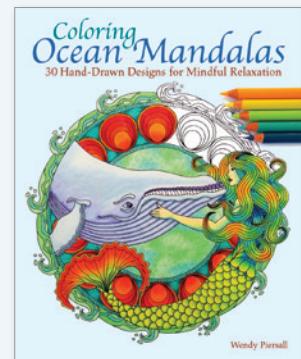
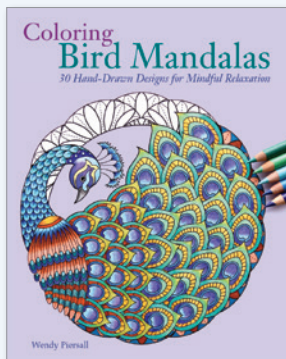
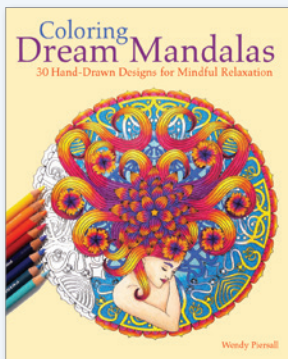
24 Soothing Illustrations to Achieve Tranquility,
Alleviate Anxiety, and Release Tension

Wendy Piersall



June 2024 | Paperback | 48 Pages | 8.5" x 8.5" | Black and White

Similar titles from Ulysses Press



Meditation Mandalas

24 Soothing Illustrations to Achieve Tranquility, Alleviate Anxiety, and Release Tension

Wendy Piersall

Escape the pressures of everyday life by unwinding, letting go of anxiety, and alleviating stress with this adult coloring book featuring a variety of animal, floral, and whimsical mandalas!

Summer 2024

\$10.00 US | \$13.00 CAN

ISBN 9781646046706 (print)

Category: Coloring Books

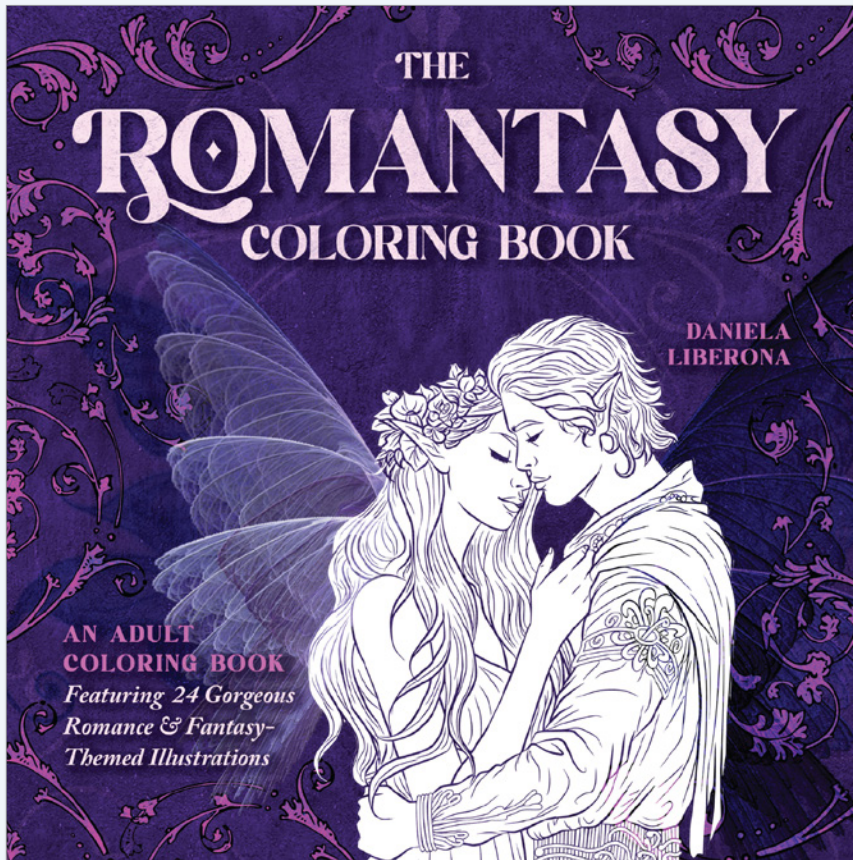
Rights: World

Calm your mind as you color your way through 24 unique and intricate shapes that are designed to help you achieve relaxation and inner peace. Each page in this collection of animals, flowers, and dreamlike mandalas is designed to provide stress relief. So grab your favorite colored pencils or markers, and dive into the therapeutic world of *Meditation Mandalas*, including:

- ▶ Sunflowers
- ▶ Trees and lanterns
- ▶ Butterflies
- ▶ Starfish
- ▶ Hot-air balloons
- ▶ Elephants
- ▶ And more!

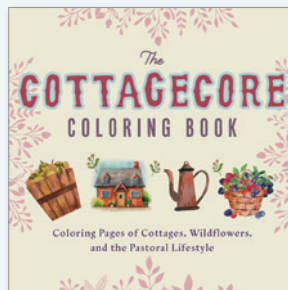
ABOUT THE AUTHOR

Wendy Piersall is a lifelong artist with 20 years of professional design experience. Author of *Coloring Animal Mandalas*, *Coloring Flower Mandalas*, *Coloring Dream Mandalas*, and *Coloring Ocean Mandalas*, she has been drawing mandala coloring pages as the founder of the Woo! Jr. Kids Activities website for kids since 2009. She lives with her husband and three children in Woodstock, Illinois.



May 2024 | Paperback | 56 Pages | 8.5" x 8.5" | Black and White

Similar titles from Ulysses Press



The Romantasy Coloring Book

An Adult Coloring Book Featuring 24 Gorgeous Romance and Fantasy Themed Illustrations

Daniela Liberona

Color your way to enchantment in this romantasy-themed coloring book for adults, a perfect gift for fans of Sarah J. Maas, *Fourth Wing*, Carissa Broadbent, and other romantic fantasy novels and authors!

Featuring 24 illustrations inspired by all the best parts of romantasy books, this captivating collection will have you bringing mythical creatures, magical landscapes, and ethereal characters to life through color. Scenes include:

- ▶ A glamorous ball
- ▶ Dragon riders
- ▶ A fae knight
- ▶ An enchanted garden
- ▶ A magical castle in the sky
- ▶ And more!

Summer 2024

\$12.95 US | \$17.95 CAN

ISBN 9781646047468 (print)

Category: Coloring Books

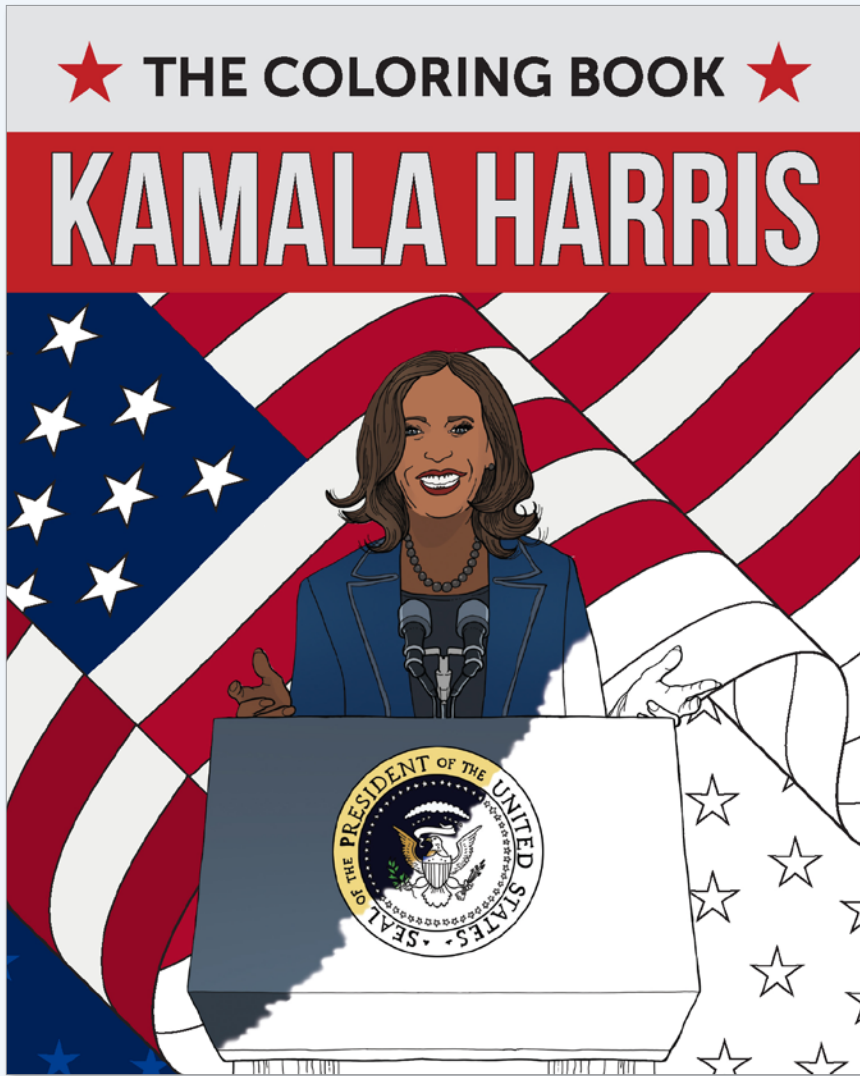
Rights: World

ABOUT THE AUTHOR

Daniela Liberona lives in Chile.

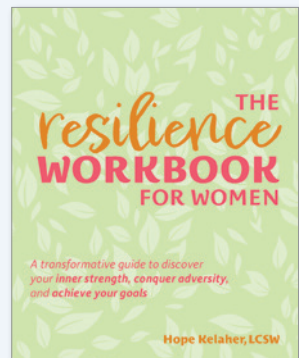
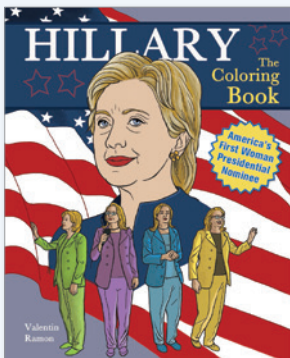
Sample pages





August 2024 | Paperback | 40 Pages | 8" x 10" | Black and White

Similar titles from Ulysses Press



Kamala Harris

The Coloring Book

Editors of Ulysses Press

Celebrate Kamala Harris, the first female Vice President of the United States and her 2024 presidential campaign with this unofficial coloring book for adults!

Fall 2024

\$14.95 US | \$19.95 CAN

ISBN 9781646048137 (paperback)

Category: Coloring Books

Rights: World

Get inspired with 18 quotes and illustrations of this trailblazer breaking barriers as a determined prosecutor, a dedicated Senator, the Vice President, and now on the path to the presidency. On each page, you'll discover key moments of Kamala Harris' career, her advocacy for justice, and her vision for a brighter future. Coloring pages include:

- ▶ "We did it, Joe!"
- ▶ Kamala Harris getting sworn in as Vice President of the United States of America
- ▶ "You exist in the context of all in which you live and what came before you."
- ▶ Kamala Harris on Air Force 2
- ▶ And so much more!

So grab your favorite coloring tools, unleash your creativity, and celebrate Kamala Harris!

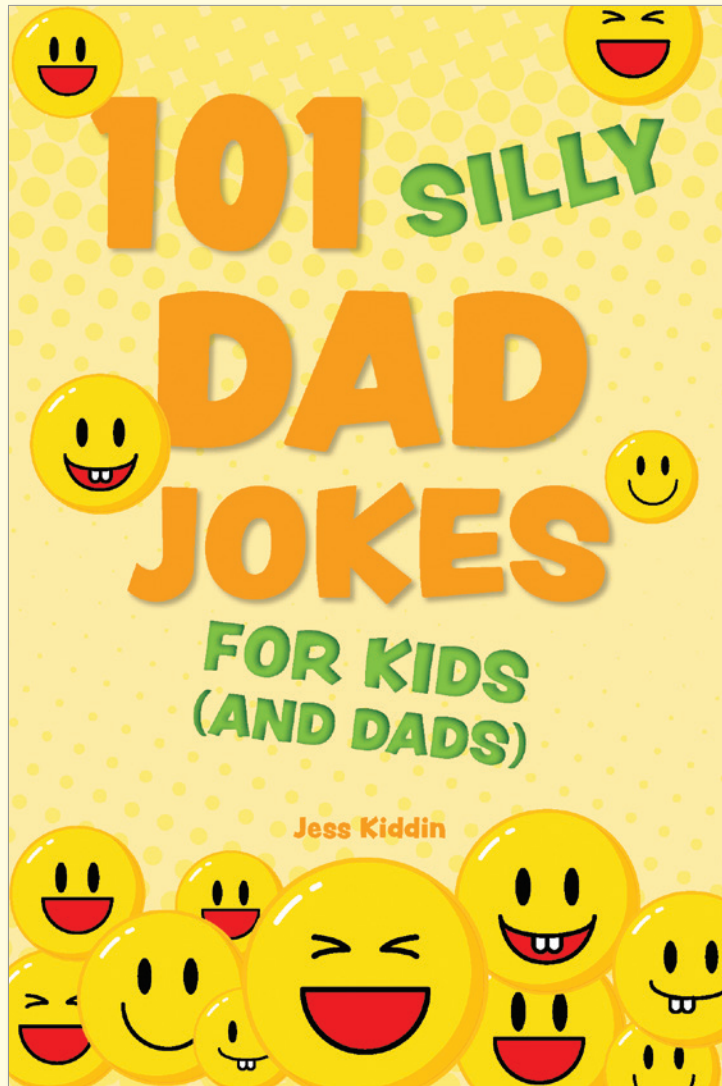
Register to vote and learn about voter registration deadlines and laws in your state at <http://vote.gov>. A percentage of this book's proceeds will be donated to ActBlue.

ABOUT THE AUTHOR

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

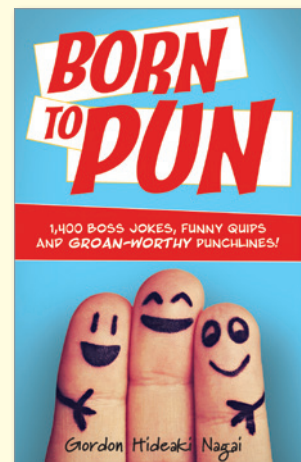
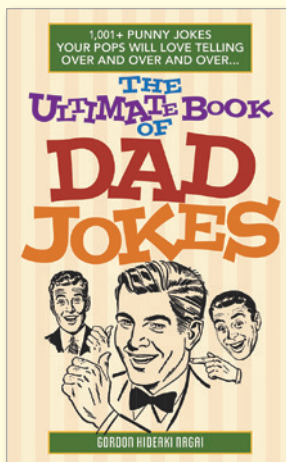
Sample pages





May 2024 | Paperback | 88 Pages | 4" x 6" | Black and White

Similar titles from Ulysses Press



101 Silly Dad Jokes for Kids (and Dads)

Editors of Ulysses Press

Laugh out loud with this collection of silly dad jokes that have just enough cringe to make kids, dads, and the rest of the family face-palm—a perfect gift for Father’s Day!

Summer 2024

\$7.95 US | \$10.95 CAN

ISBN 9781646046690 (print)

ISBN 9781646046720 (ebook)

Category: Juvenile Nonfiction

Rights: World

Discover the ultimate laugh-out-loud joke book for kids that’s full of groan-inducing puns, silly one-liners, and hilarious dad jokes! Inside, kids will find clean, fun jokes that are as clever as they are embarrassing. This collection covers everything from food to the moon, with jokes including:

- ▶ Why was the birthday cake as hard as a rock?
Because it was a marble cake.
- ▶ Why don’t ducks tell jokes when they fly?
Because they would quack up.
- ▶ Why does a moon rock taste better than an earth rock?
It’s a little meteor.
- ▶ What do cows in Hawaii wear?
They wear moo-moos.
- ▶ Rumor has it that George Washington had a lot of children.
People say he was the “father of our country.”

ABOUT THE AUTHOR

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

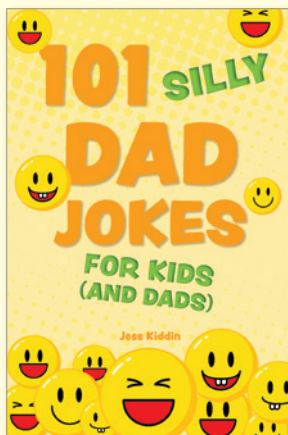
Sample pages





July 2024 | Paperback | 112 Pages | 4" x 6" | Black and White

Similar titles from Ulysses Press



101 Silly Dinosaur Jokes for Kids

Editors of Ulysses Press

Looking for some jokes that will never go extinct? Look no further. . . *101 Silly Dinosaur Jokes for Kids* is filled with funny, delightful Jurassic-era puns, knock-knocks, and gut-busters that dinosaur-obsessed kids will love reading, sharing, and telling.

This dino-mite joke book is filled to the brim with hilarious jokes, funny riddles, and side-splitting puns that are all about DINOSAURS! Whether you're a Triceratops-tripper, a Veloci-riddler, or just someone who loves good old dinosaur fun, this book is the perfect excavation site for you.

- ▶ Why was the T-Rex upset?
Because he was happy and he knew it...
- ▶ Why did the dinosaur cross the road?
Because the chicken hadn't evolved yet.
- ▶ What game do pet Brontosaurus like to play with humans?
Squash.
- ▶ What do you call a near-sighted dinosaur?
A Do-you-think-he-saurus.

Summer 2024

\$7.95 US | \$10.95 CAN

ISBN 9781646046904 (print)

ISBN 9781646046942 (ebook)

Category: Juvenile Nonfiction

Rights: World

ABOUT THE AUTHOR

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

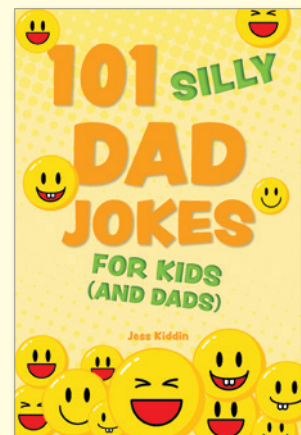
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June 2024 | Paperback | 112 Pages | 4" x 6" | Black and White

Similar titles from Ulysses Press



101 Silly Jokes for Kids

Editors of Ulysses Press

Laugh out loud with this book filled with hilarious, clean, and silly jokes for kids ages 5 to 10.

Packed with knee-slapping jokes and tongue-twisting fun, this joke book is the perfect companion for kids who love to laugh and entertain. Whether you're on a road trip, hosting a sleepover, or simply hanging out in the backyard, *101 Silly Jokes for Kids* guarantees to bring smiles, laughter, and maybe even a few eye rolls from parents and siblings!

Summer 2024

\$7.95 US | \$10.95 CAN

ISBN 9781646046898 (print)

ISBN 9781646046959 (ebook)

Category: Juvenile Nonfiction

Rights: World

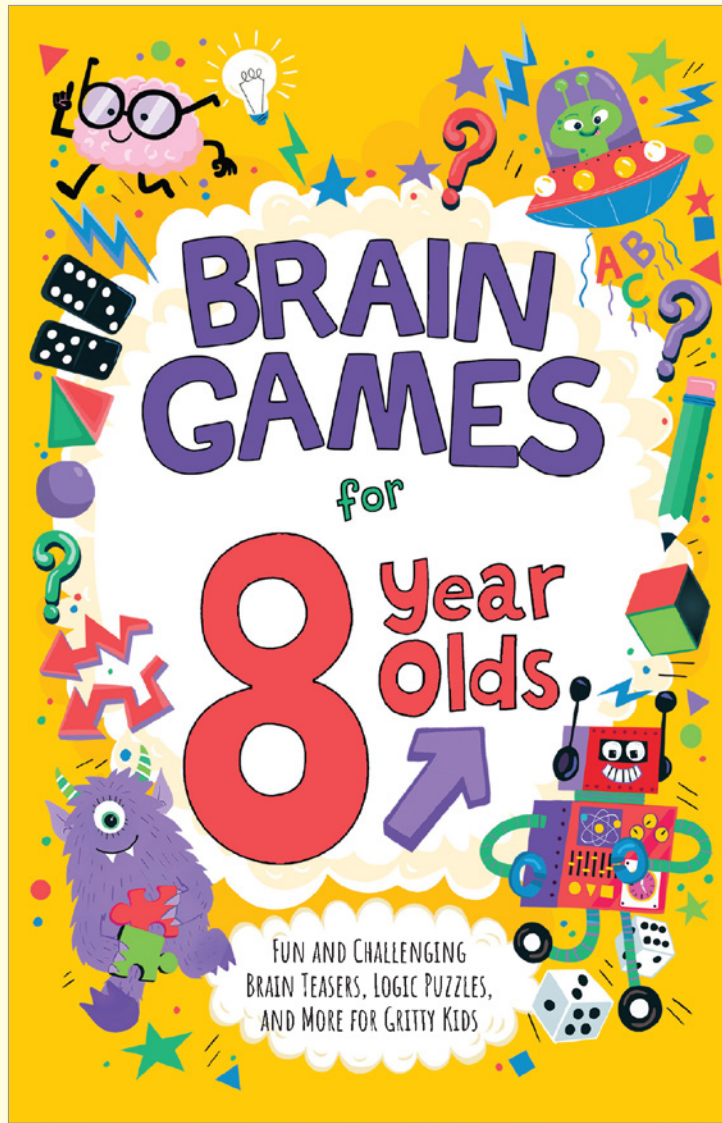
- ▶ What happened when the lion ate the comedian?
He felt a little funny.
- ▶ Why was the man mad at the clock?
He was ticked off!
- ▶ How was the snow globe feeling?
A little bit shaken.
- ▶ What starts with a P and ends with an E and has thousands of letters?
The Post Office!

ABOUT THE AUTHOR

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

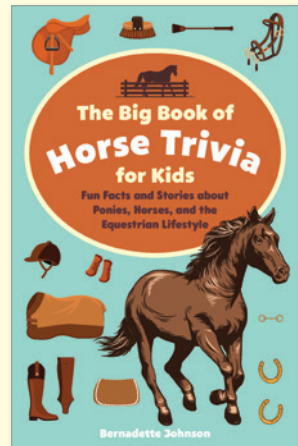
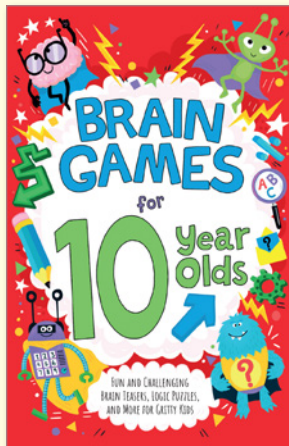
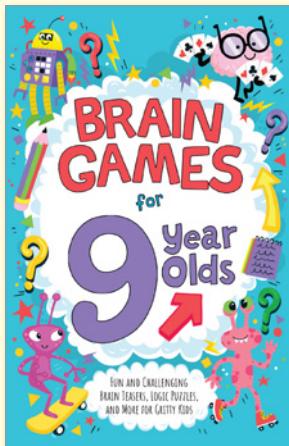
Sample pages





May 2024 | Paperback | 192 Pages | 5" x 7.75" | Black and White

Similar titles from Ulysses Press



Brain Games for 8 Year Olds

Fun and Challenging Brain Teasers, Logic Puzzles,
and More for Gritty Kids

Gareth Moore | Illustrated by Chris Dickason

Help your eight-year-old build resilience, improve their mindset, and broaden their minds with this exciting collection of over 100 head-scratching puzzles!

Summer 2024

\$7.95 US | \$10.95 CAN

ISBN 9781646046737 (print)

ISBN 9781646046744 (ebook)

Category: Juvenile Nonfiction

Rights: US, Canada

Whether you're a teacher or parent, finding new and exciting ways to stimulate your child's mind over the summer has never been easier! Specifically designed for eight-year-old children, *Brain Games for 8 Year Olds* is packed to the brim with a variety of captivating activities and brain-teasers, including:

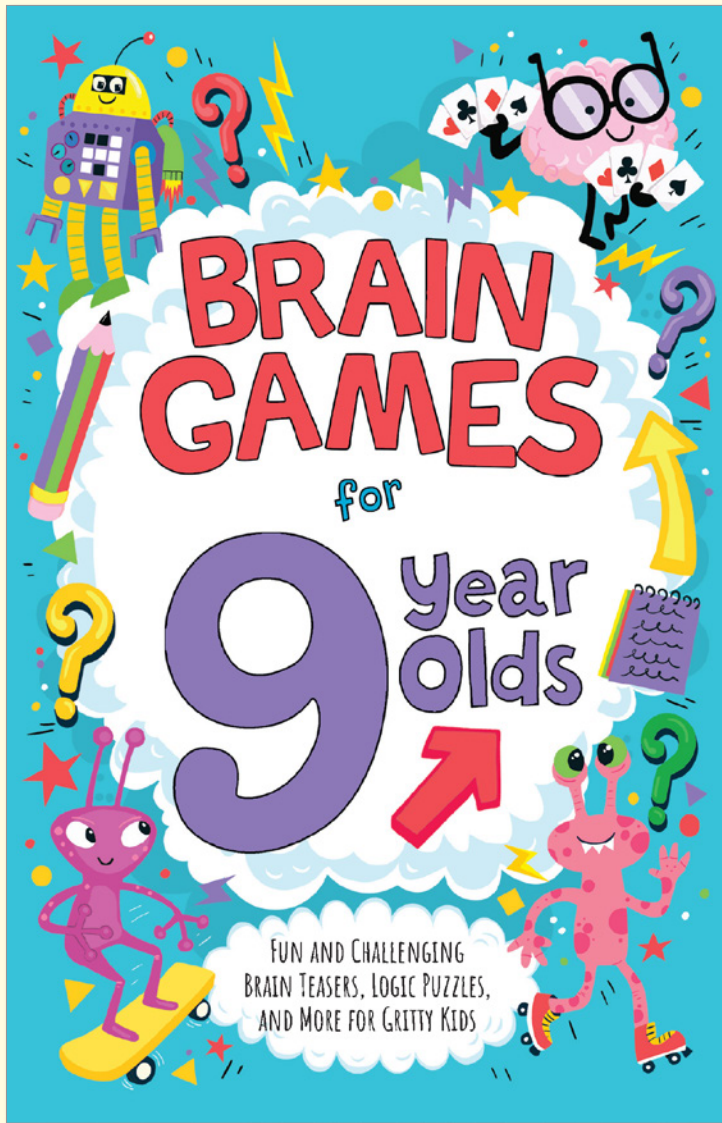
- ▶ Sudoku puzzles
- ▶ Mazes
- ▶ Picture codes
- ▶ And so much more!

Written by an internationally best-selling puzzle author, *Brain Games for 8 Year Olds* is the perfect mix of zany entertainment and mind-bending games to keep your child engaged and delighted as they learn and sharpen new skills.

ABOUT THE AUTHOR

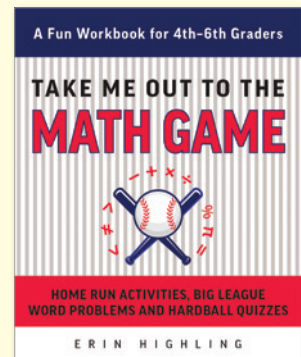
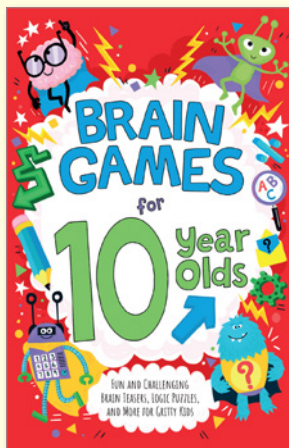
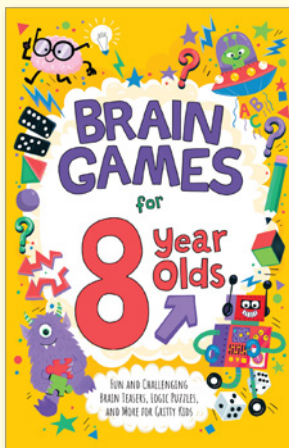
Dr. Gareth Moore (BSc [Hons], MPhil, PhD) is the internationally best-selling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-Stress Puzzles*, *Ultimate Dot to Dot*, *Brain Games for Clever Kids®*, *Lateral Logic*, *Extreme Mazes*, and *The Ordnance Survey Puzzle Book*. His books have sold over a million copies in the UK alone and have sold in 35 different languages. He is also the creator of online brain-training site BrainedUp.com and runs the daily puzzle site PuzzleMix.com

Chris Dickason's irreverent sense of humor was born from years as both a mild-mannered doodler and angry burger flipper. Taking inspiration as much from Henri Matisse as he does the Muppets, as well as odd bits of packaging collected from foreign supermarkets, Chris's work has been described as charming and visually striking, with a sharp graphic style. His illustrations are populated with rambunctious characters that are a cleverly crafted mix of an uncomplicated line style and wonky perspectives. Chris is the illustrator of the best-selling Buster Books series *Clever Kids*.



May 2024 | Paperback | 192 Pages | 5" x 7.75" | Black and White

Similar titles from Ulysses Press



Brain Games for 9 Year Olds

Fun and Challenging Brain Teasers, Logic Puzzles, and More for Gritty Kids

Gareth Moore | Illustrated by Chris Dickason

Discover the perfect summer bridge book containing over 100 engaging and educational problems to help your fourth grader strengthen their critical thinking and toughen their minds!

Whether you're a teacher or parent, finding new and exciting ways to stimulate your child's mind has never been easier! Designed especially for nine-year-old children, *Brain Games for 9 Year Olds* is packed with a variety of captivating activities and brain-teasers, including:

- ▶ Sudoku puzzles
- ▶ Mazes
- ▶ Picture codes
- ▶ And so much more!

Summer 2024

\$7.95 US | \$10.95 CAN

ISBN 9781646046751 (print)

ISBN 9781646046768 (ebook)

Category: Juvenile Nonfiction

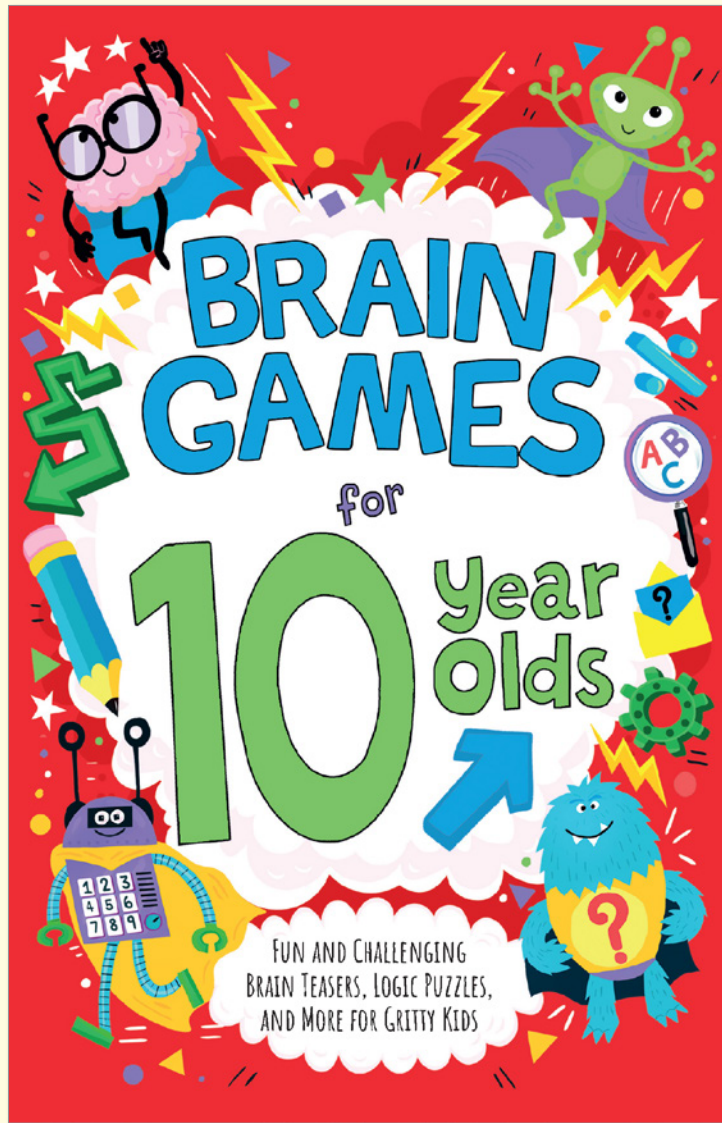
Rights: US, Canada

Written by an internationally best-selling puzzle author, *Brain Games for 9 Year Olds* is the perfect mix of zany entertainment and mind-bending games to keep your child engaged and delighted as they sharpen their logic and learn new skills.

ABOUT THE AUTHOR

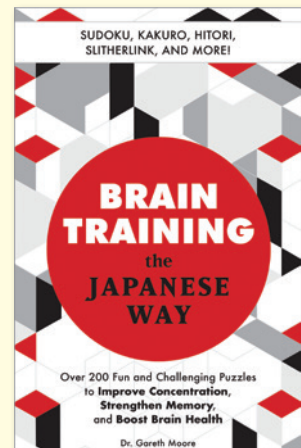
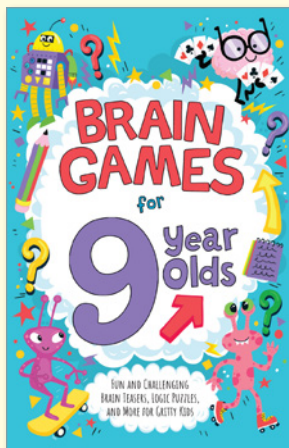
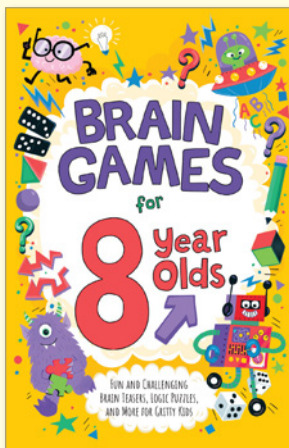
Dr. Gareth Moore (BSc [Hons], MPhil, PhD) is the internationally best-selling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-Stress Puzzles*, *Ultimate Dot to Dot*, *Brain Games for Clever Kids®*, *Lateral Logic*, *Extreme Mazes*, and *The Ordnance Survey Puzzle Book*. His books have sold over a million copies in the UK alone and have sold in 35 different languages. He is also the creator of online brain-training site BrainedUp.com and runs the daily puzzle site PuzzleMix.com

Chris Dickason's irreverent sense of humor was born from years as both a mild-mannered doodler and angry burger flipper. Taking inspiration as much from Henri Matisse as he does the Muppets, as well as odd bits of packaging collected from foreign supermarkets, Chris's work has been described as charming and visually striking, with a sharp graphic style. His illustrations are populated with rambunctious characters that are a cleverly crafted mix of an uncomplicated line style and wonky perspectives. Chris is the illustrator of the best-selling Buster Books series *Clever Kids*.



May 2024 | Paperback | 192 Pages | 5" x 7.75" | Black and White

Similar titles from Ulysses Press



Brain Games for 10 Year Olds

Fun and Challenging Brain Teasers, Logic Puzzles,
and More for Gritty Kids

Gareth Moore | Illustrated by Chris Dickason

Strengthen your fifth grader's logic skills with this unique collection of over 100 engaging and educational illustrated problems!

Summer 2024

\$7.95 US | \$10.95 CAN

ISBN 9781646046911 (print)

ISBN 9781646046782 (ebook)

Category: Juvenile Nonfiction

Rights: US, Canada

Whether you're a teacher or parent, finding the perfect summer bridge book to build your child's resilience and improve their mindset has never been easier! Created especially for 10-year-old kids, *Brain Games for 10 Year Olds* is packed to the brim with a variety of captivating activities and brain-teasers, including:

- ▶ Sudoku puzzles
- ▶ Mazes
- ▶ Picture codes
- ▶ And so much more!

Written by an internationally best-selling puzzle author, *Brain Games for 10 Year Olds* is the fantastic mix of zany entertainment and mind-bending games to keep your child engaged and delighted as they challenge their minds and learn new skills.

ABOUT THE AUTHOR

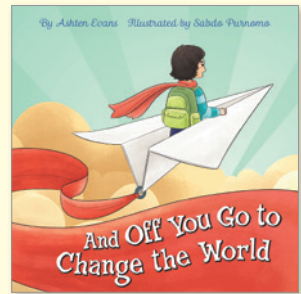
Dr. Gareth Moore (BSc [Hons], MPhil, PhD) is the internationally best-selling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-Stress Puzzles*, *Ultimate Dot to Dot*, *Brain Games for Clever Kids®*, *Lateral Logic*, *Extreme Mazes*, and *The Ordnance Survey Puzzle Book*. His books have sold over a million copies in the UK alone and have sold in 35 different languages. He is also the creator of online brain-training site BrainedUp.com and runs the daily puzzle site PuzzleMix.com

Chris Dickason's irreverent sense of humor was born from years as both a mild-mannered doodler and angry burger flipper. Taking inspiration as much from Henri Matisse as he does the Muppets, as well as odd bits of packaging collected from foreign supermarkets, Chris's work has been described as charming and visually striking, with a sharp graphic style. His illustrations are populated with rambunctious characters that are a cleverly crafted mix of an uncomplicated line style and wonky perspectives. Chris is the illustrator of the best-selling Buster Books series Clever Kids.



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

Similar titles from Ulysses Press



Underwater Hawai'i: Exploring the Reef

A Children's Picture Book about Hawai'i

Keith Riegert

Discover Hawai'i's incredible sea life in this fact- and picture-filled book for kids interested in learning about the ocean and life on the coral reef.

Before you dive beneath the Pacific waters off the islands of Hawaii, take kids on a fun, educational tour of the amazing sea creatures that live on the reefs surrounding O'ahu, Maui, Kaua'i, Moloka'i, Lana'i, and the Big Island. From colorful butterflyfish and *humuhumunukunukuapua'a* to remarkable moray eels and graceful spotted eagle rays, kids can learn to easily identify sea creatures while swimming or snorkeling, along with fascinating facts for each one.

Summer 2024

\$14.95 US | \$19.95 CAN
 ISBN 9781646046645 (print)

Category: Juvenile Nonfiction
Rights: World

ABOUT THE AUTHOR

Keith Riegert is an author and the CEO at Ulysses Press. He is also a cofounder of the book publicity and digital marketing firm Pacific & Court and teaches Analytics and Consumer Insights at NYU's School of Professional Studies at the Center for Publishing.

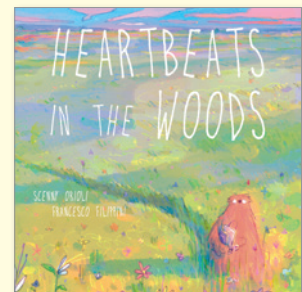
Sample pages





July 2024 | Paper over Board | 36 Pages | 8.5" x 8.5" | Full Color

Similar titles from Ulysses Press



The Cloud

A Wordless Book about Dealing with Big Emotions like Fear, Grief, Loss, Sadness, and Anger

Illustrated by Angelo Ruta

Create your own story as you make your way through this wordless picture book about how to handle big feelings and emotions like anxiety, grief, and fear, perfect for children ages three to five.

Summer 2024

\$17.95 US | \$23.95 CAN

ISBN 9781646046270 (print)

ISBN 9781646046447 (ebook)

Category: Juvenile Fiction

Rights: LB US, Canada, AUS, NZ

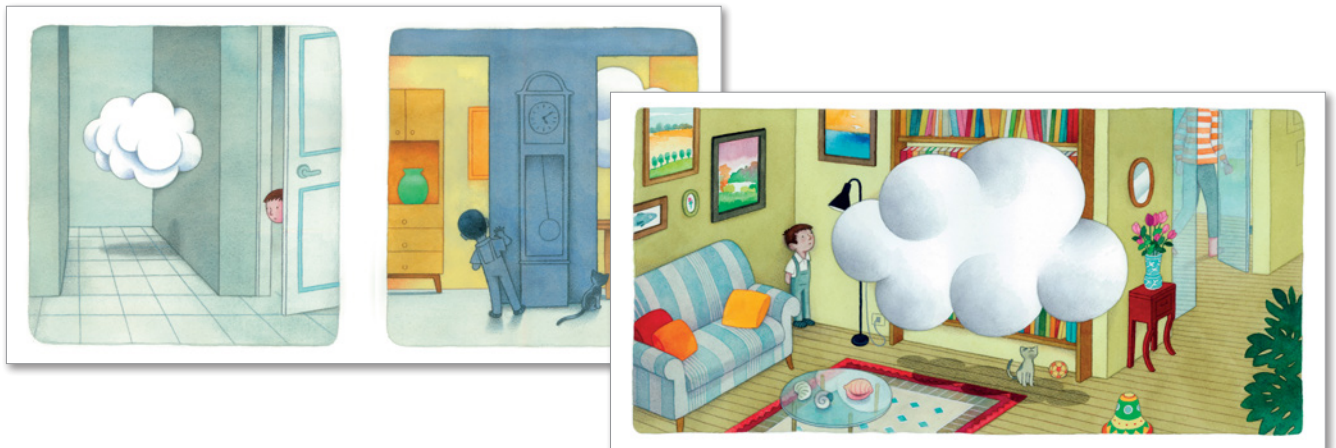
The main character of *The Cloud* discovers one day that he's being followed...by a cloud! It starts out small, but soon it grows and grows until all of a sudden, the boy is swallowed up by it. When things seem to be at their worst and the cloud bursts into a rainstorm, the boy is able to summon up his resilience and use it to deal with the cloud in a positive way.

This book has no words, providing parents and kids with the opportunity to interact with the illustrations and interpret the story in the way that they want. From dealing with a loss in the family or hard-to-handle emotions like fear and anxiety, readers will be able to create a story that relates back to their own circumstances and will also be able to talk about solutions that make the most sense for them.

ABOUT THE ILLUSTRATOR

Angelo Ruta is a set designer and editorial illustrator. He has been collaborating with important Italian and foreign publishers for many years. In addition to books, he applies illustration to communication, advertising, furnishings, theatrical performances, and films. He regularly publishes in "La Lettura," the cultural insert of the *Corriere della Sera*. In 2020, his silent book *La valigia* won the Books Against Hunger award.

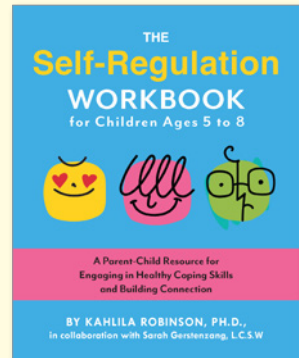
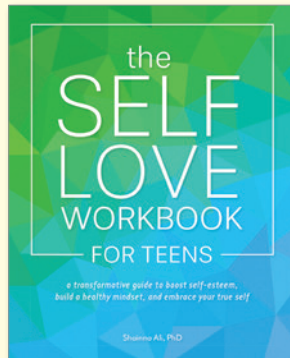
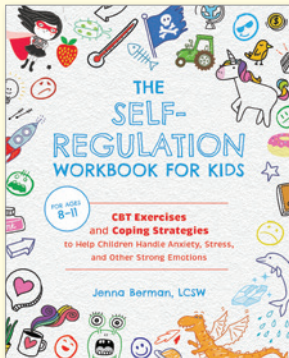
Sample pages





June 2024 | Flashcards | 50 Cards | 3" x 5" | Full Color

Similar titles from Ulysses Press



The Self-Regulation Deck for Kids

50 Cards of CBT Exercises and Coping Strategies to Help Children Handle Anxiety, Stress, and Other Strong Emotions

Jenna Berman, LCSW

Help your child identify, understand, and take control of their feelings with these kid-friendly cognitive behavioral therapy and self-regulation exercises and easy-to-use flashcards, a companion to *The Self-Regulation Workbook for Kids*.

When children have difficulty self-regulating, it can be harder for them to get along with peers and family members, hurt their academic achievement, and inhibit their ability to complete activities of daily living. That's where this card deck comes in.

The 50 cards of evidence-based CBT exercises in this deck will help kids learn all about their emotions and how to better feel, deal with, and express them. The instructions on each full-color card are easy to follow for both parents and kids, and will help empower children with concrete coping skills and regulatory techniques that they can return to each and every time they start to feel upset or stressed.

Summer 2024

\$19.95 US | \$26.95 CAN

ISBN 9781646046676 (print)

Category: Juvenile Nonfiction

Rights: World

ABOUT THE AUTHOR

Jenna Berman is a therapist with offices in Brooklyn, New York, and Montclair, New Jersey. She received a degree in psychology from Hobart and William Smith Colleges, a master's degree in social work from Columbia University, and post-graduate training at the Ackerman Institute for the Family and NYU. Jenna has a range of experience working in outpatient mental health as well as in school, residential, and medical settings. Jenna is passionate about helping children and adolescents feel empowered to overcome obstacles and reach their potential. She currently resides in Montclair, New Jersey, with her partner Colin, their daughter Natasha, and their two cats Benson and Stabler.



May 2024 | Paper over Board | 176 Pages | 5.5" x 8.25" | Black and White

Similar titles from Ulysses Press



The Golf Bucket List

100 Ideas for Enjoying the Great Game of Golf

Jeff Thoreson

Experience the glorious game of golf in a whole new way with this ultimate bucket list that spans the globe, for everyone who lives for their nine iron to the fan who loves watching The Masters played on TV.

Summer 2024

\$18.95 US | \$24.95 CAN

ISBN 9781646046850 (print)

ISBN 9781646047017 (ebook)

Category: Sports & Recreation

Rights: World

Tired of playing the same eighteen holes every weekend? Then this book is for you. *The Golf Bucket List* will introduce you to new ways for you to enjoy the game of golf, from the 10 most unique golf experiences you should try, to the 10 knee-knocker tee shots you need to hit, to advice for how to play at the most exclusive U.S. golf clubs.

As you learn unique facts about the game of golf, get ready to cross off ultimate bucket list items such as:

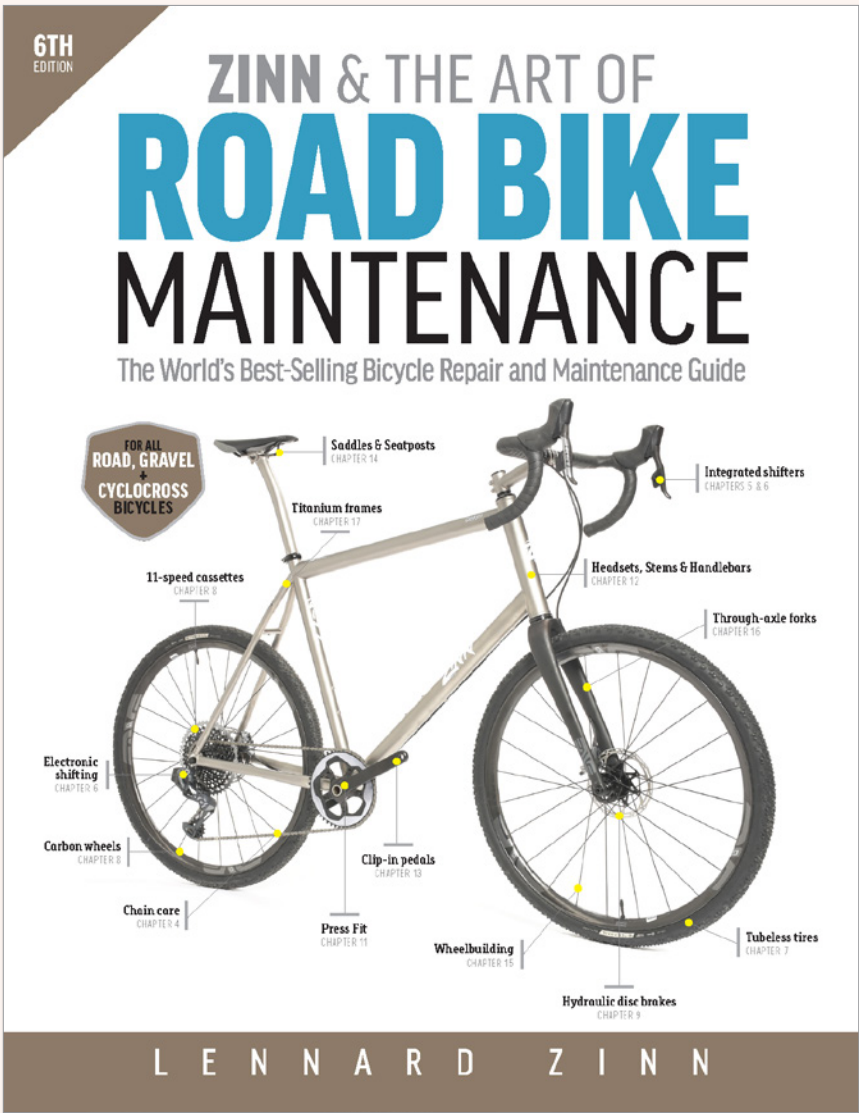
- ▶ Scoring a tee time at famous U.S. courses like Pebble Beach
- ▶ Attending championships like the Ryder Cup and The Masters
- ▶ Golfing at the world famous St. Andrews Old Course in Scotland
- ▶ Experiencing the world’s longest course across Australia
- ▶ Kicking back and hitting balls at Chelsea Piers in New York City
- ▶ Reading the best paeans to the sport on days you can’t make it to the course
- ▶ And so much more!

Whether your golf game is on par with the pros or you’ve only just picked up some clubs, *The Golf Bucket List* is the perfect way to immerse yourself in the world of golf—and have fun while doing it!

ABOUT THE AUTHOR

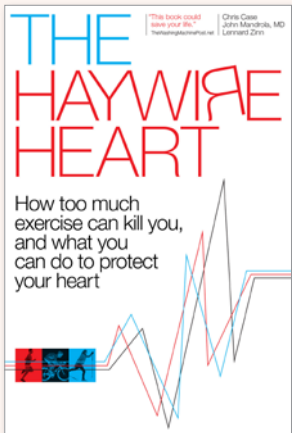
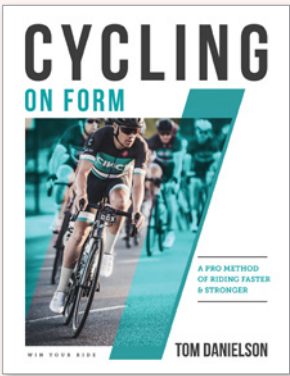
Jeff Thoreson is a publisher, editor, and writer who has written for numerous newspapers and magazines in his 40-year career. He was the founding editor of *The Washington Golf Monthly* and *GolfStyles* magazines and edited those publications for 25 years. His golf journey began by hitting Wiffle balls with his father’s clubs in the backyard of his childhood home. He began playing seriously after graduating from college, and progressed from not being able to break 100 to eventually trying to qualify for the U.S. Amateur. He has played in one professional tournament with a crash-and-burn result.

Thoreson holds a BA in journalism from the University of Maryland and lives in Frederick, Maryland. He has traveled to play the world’s great courses but finds particular pleasure in discovering lesser-known gems in far-away lands. He still plays to a 4 handicap.



June 2024 | Paperback | 520 Pages | 8.5" x 11" | Black and White

Similar titles from VeloPress



Zinn & the Art of Road Bike Maintenance

The World's Best-Selling Bicycle Repair and Maintenance Guide, 6th Edition

Lennard Zinn

Join the millions of cyclists who swear by the name Zinn. Now in its sixth edition, *Zinn & the Art of Road Bike Maintenance* is the world's best-selling guide to bicycle repair and maintenance.

Lennard Zinn is the world's leading expert on bike maintenance and repair. His friendly step-by-step guide explains the tools you'll need and how to know you've done the job right. The book's interior is easy to read, even in a dimly lit garage or workshop. Hundreds of hand-drawn illustrations and exploded parts diagrams show just the right level of detail to lead you through every bicycle repair task. In over 450 pages, Zinn's guide includes simple instructions for hundreds of bike maintenance and repair jobs, including:

Summer 2024

\$27.95 US | \$36.95 CAN

ISBN 9781646046874 (print)

ISBN 9781646046881 (ebook)

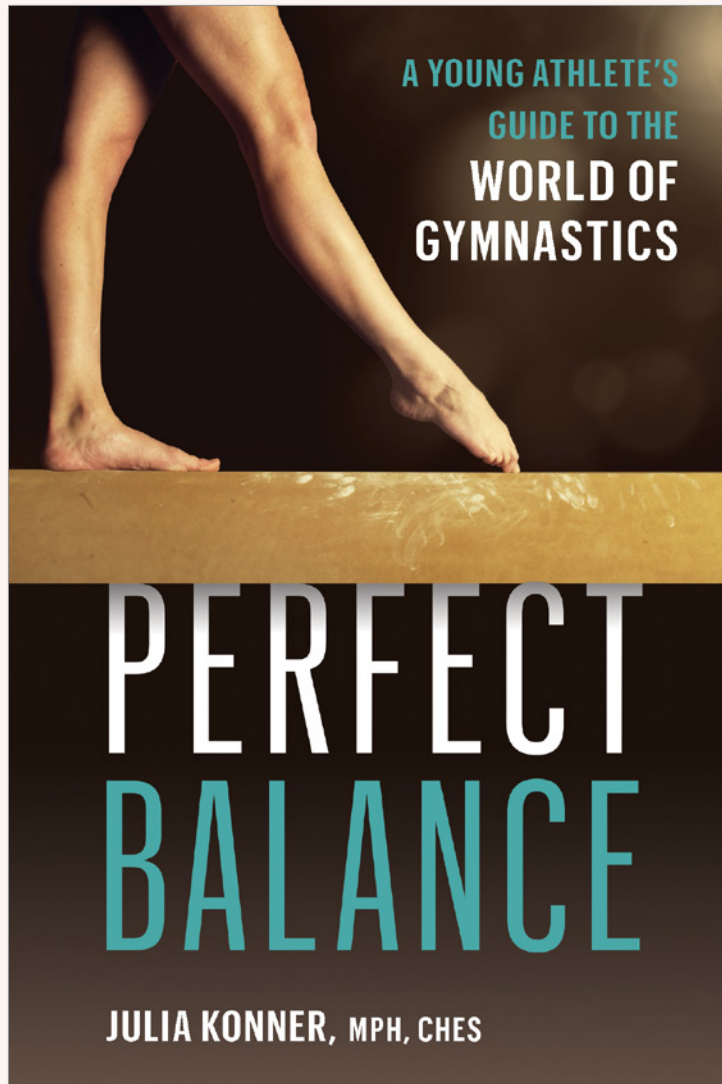
Category: Sports & Recreation

Rights: World

- ▶ Basics: How to fix a flat tire, lube a bicycle chain, adjust the brakes
- ▶ Emergency repairs: How to fix a broken chain, tighten loose spokes, repair a bent derailleur
- ▶ Easy shifting: How to adjust shifters, derailleurs, and cables for clean and smooth shifting
- ▶ Wheels: How to true a wheel, install a new tire, change a cassette, replace broken spokes, build your own wheels
- ▶ Overhauls: How to service and replace pedals, chains and chainrings, saddles, handlebars, stems, headsets, forks, bottom brackets
- ▶ New tech: How to maintain 11-speed systems, electronic and wireless shifters, disc brakes
- ▶ Cyclocross: How to set up a 'cross bike for racing, select the right components, and make quick repairs
- ▶ Troubleshooting: How to figure out what's wrong with any bike and fix it

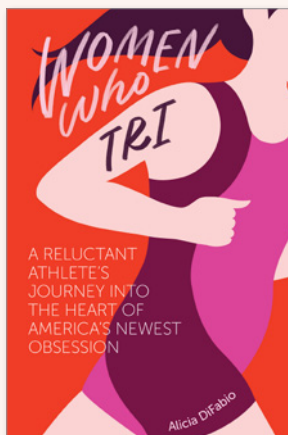
ABOUT THE AUTHOR

Lennard Zinn was a member of the US national cycling team and is a lifelong endurance athlete. He has reported on major stories for *VeloNews* for 30 years and is the author of the world's best-selling guide to bicycle maintenance and repair. Zinn has a degree in physics and has built custom bicycles for over 30 years.



August 2024 | Paperback | 168 Pages | 6" x 9" | Black and White

Similar titles from VeloPress



Perfect Balance

A Young Athlete's Guide to the World of Gymnastics

Julia Konner, MPH, CHES

Become a stronger, more informed gymnast with this practical guide for young athletes, filled with unique insights, advice, tips, strategies and more intended for young gymnasts who want to feel heard and understood in one of the toughest, most competitive sports

Summer 2024

\$21.95 US | \$24.95 CAN

ISBN 9781646046980 (print)

ISBN 9781646046997 (ebook)

Category: Sports & Recreation

Rights: World

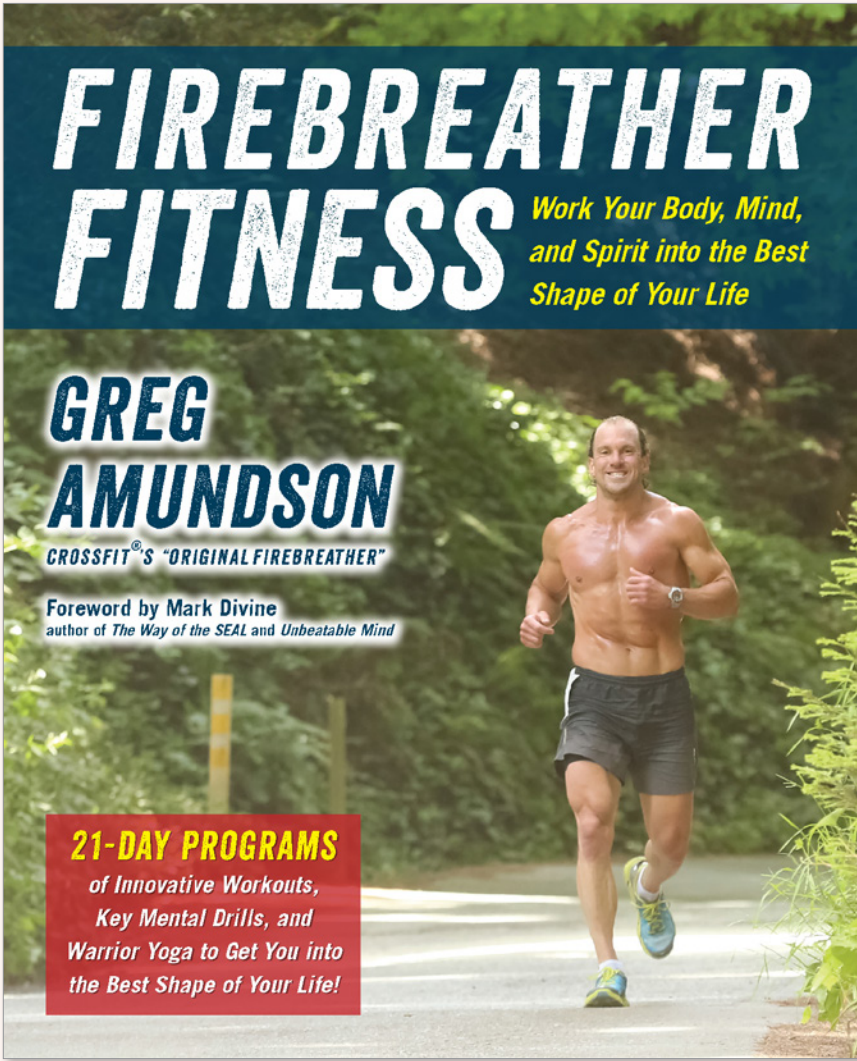
In *Perfect Balance*, multiple award-winning former gymnast and mentor to young gymnasts Julia Konner helps young athletes navigate their relationship with gymnastics. With a mix of objective advice, personal stories from the author's years as a gymnast, anecdotes of other gymnasts, and additional insights from a coach's perspective, *Perfect Balance* will be an invaluable, real-life guide for these young athletes participating in one of the most intense sports out there. Inside this book, young athletes will find:

- ▶ Practical tips for strength building
- ▶ Strategies for developing mental toughness
- ▶ Advice on dealing with body dysmorphia
- ▶ Information on how to choose the best coach and gym for you
- ▶ And so much more!

Whether you're just starting your gymnastics journey or are a seasoned gymnast with Olympic-sized goals, *Perfect Balance* will guide you in becoming the best young athlete you can be.

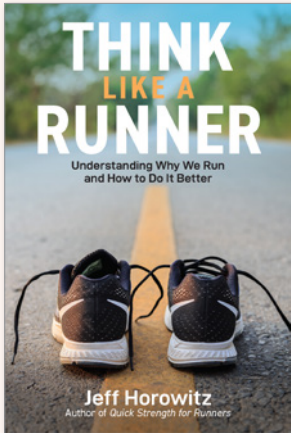
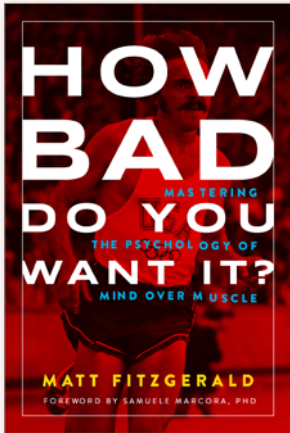
ABOUT THE AUTHOR

Julia Konner, MPH, is a 28-year-old former collegiate Division 1 student-athlete and coach with over 16 years of competing as an artistic gymnast. Through her many years as a club athlete, collegiate athlete, and then unanimously-voted team captain, she has faced her own adversities through injuries, body image issues, and ways that the time requirements of training 30+ hours/week impacted her social life. Over the years she has helped countless young and college-aged athletes navigate the complicated, arduous, and time-consuming sport of gymnastics. Through her personal experience and intricate knowledge of the sport, Konner provides evidence-based advice for young gymnasts at every level and continues to mentor young gymnasts and collegiate student-athletes through the ups and downs of the sport of gymnastics. Konner holds a Master's in Public Health (MPH) from the University of California, Davis. She remains active as a competitive CrossFit athlete. She currently lives in Washington, D.C., and works in global public health.



June 2024 | Paperback | 280 Pages | 7.5" x 9.25" | Black and White

Similar titles from VeloPress



Firebreather Fitness

Work Your Body, Mind, and Spirit into the Best Shape of Your Life

Greg Amundson with T. J. Murphy

Forge a powerful new path to fitness and health with Greg Amundson's *Firebreather Fitness* program and get into the best shape of your life physically, mentally, and spiritually.

Former SWAT officer, DEA Special Agent, U.S. Army Captain, and founding CrossFit athlete and coach, Greg Amundson is a globally recognized leader in functional fitness conditioning and anti-inflammatory foods and diet. Known as CrossFit's "original firebreather," Amundson shares his secrets, advice, and the experiences that helped him forge his *Firebreather Fitness* a fitness of body, mind, and spirit.

Amundson's *Firebreather Fitness* program will help you align your physical, mental, and spiritual training so you can gain strength, unlock potential, and live a high-performance, super-healthy life. *Firebreather Fitness* includes:

- ▶ Integrated 21-day training programs that include innovative workouts, key mental drills, and warrior yoga to get you into top condition
- ▶ Performance standards that keep your workouts challenging and let you compete with athletes on your level
- ▶ More than 40 exercises with clear technique photographs and advice
- ▶ Scaling options to make workouts easier or harder, depending on your level of fitness

Summer 2024

\$21.95 US | \$29.95 CAN

ISBN 9781646047970 (print)

ISBN 9781937716868 (ebook)

Category: Sports & Recreation

Rights: World

ABOUT THE AUTHOR

Greg Amundson has traveled worldwide, teaching CrossFit® movement, theory, and application for over 20 years. He created and taught the CrossFit® Law Enforcement Application Course for several years and led the team that designed the National Tactical Officers Association (NTOA) SWAT PFQ. Greg holds master's degrees in theological studies and leadership and serves in federal law enforcement.

T. J. Murphy, NASM CPT, is a veteran journalist and editor who has coauthored two *New York Times* best sellers, *Unbreakable Runner*, with Brian MacKenzie, and *Ready to Run*, with Kelly Starrett. His feature writing has appeared in *Outside Magazine*, *Runner's World*, *Spartan.com*, and *Triathlete Magazine*. T.J. is a 2:38 marathoner who has finished five Ironmans. He lives in Boston with his wife, Gretchen, and their two kids, Milo and Maddie. Ulysses Books for Young Readers

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