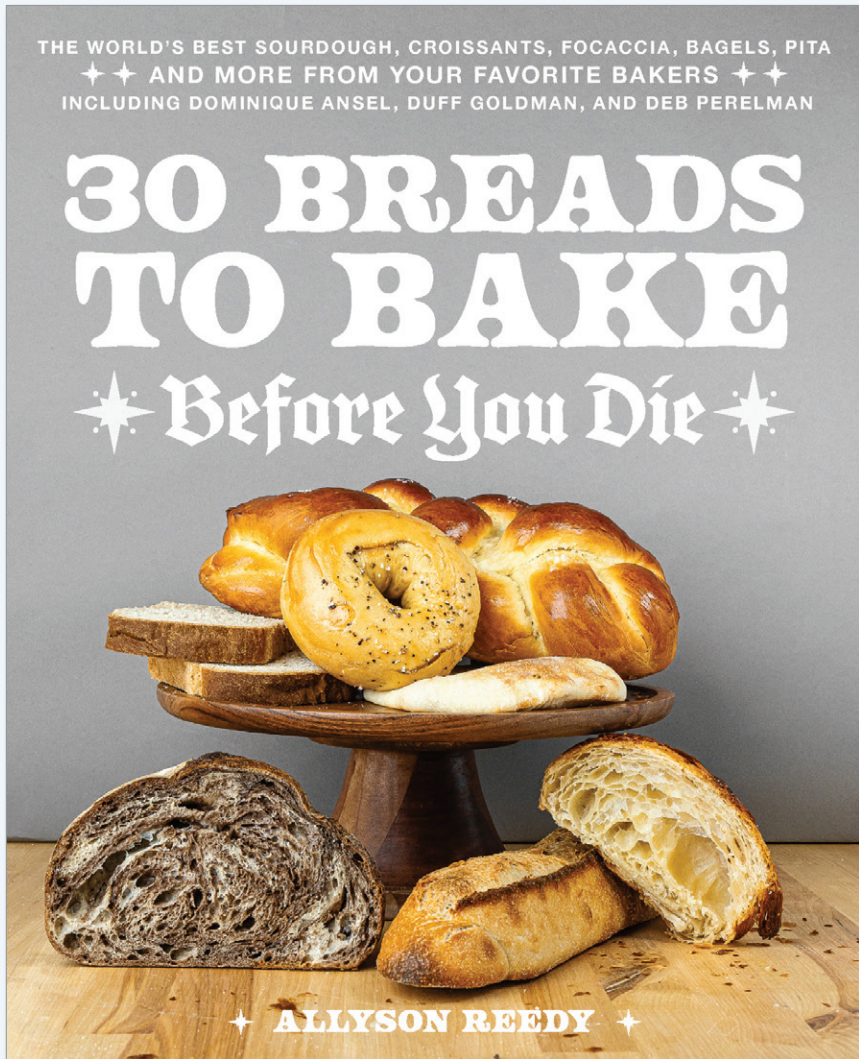


# Ulysses Press

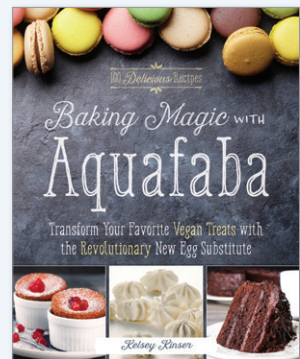
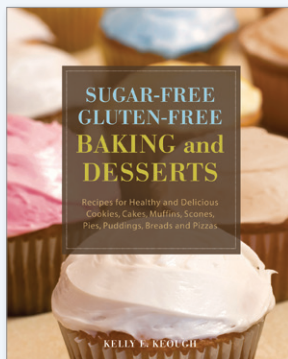
Summer 2024





August 2024 | Paper over Board | 144 Pages | 7" x 9" | 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

978-1-64604-679-9 (print)

978-1-64604-680-5 (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:

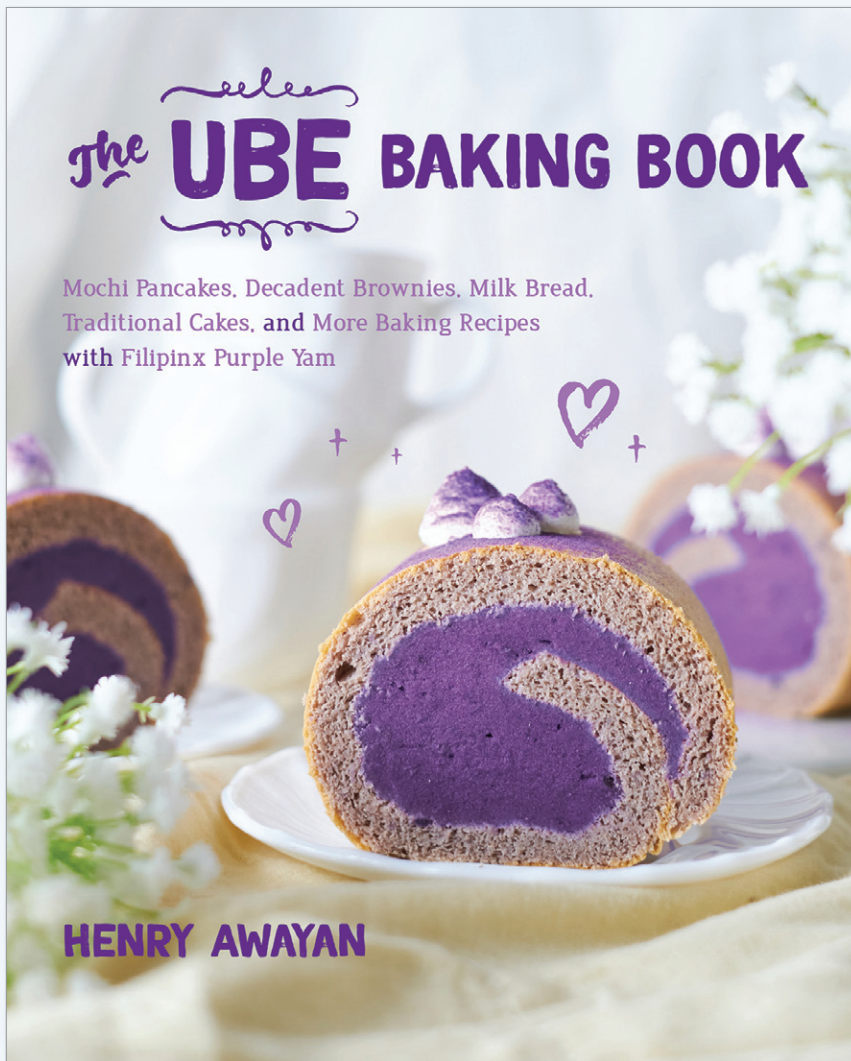
- ▶ Beginner’s Sourdough from Maurizio Leo (The Perfect Loaf)
- ▶ Focaccia from Joanne Chang (Flour Bakery)
- ▶ Bagels from Andrew Dana (Call Your Mother Deli)
- ▶ Croissants from Dominique Ansel
- ▶ Ultimate Dinner Rolls from Tessa Arias (Handle the Heat)
- ▶ Matzah from Duff Goldman
- ▶ Baguette from 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

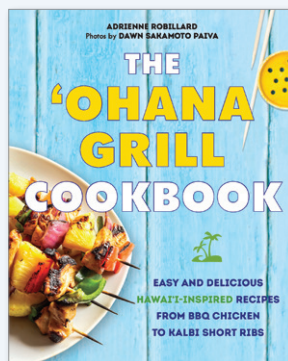
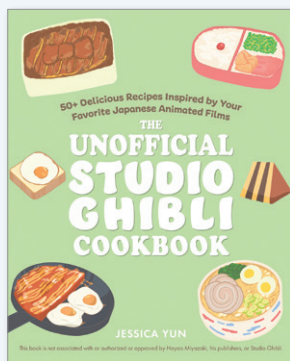
Allyson Reedy is a carb-loving food writer and restaurant critic in Denver, Colorado. When she’s not taste-testing or checking out new restaurants for a story, she’s probably tripping over her pug in her home kitchen while stressing over sourdough. Read more from her and bake up killer desserts in *50 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*.





August 2024 | Paper over Board | 128 Pages | 7.5" x 9.25" | Full Color

*Similar titles from Ulysses Press*





# The Ube Baking Book

## Mochi Pancakes, Decadent Brownies, Milk Bread, Traditional Cakes, and More Baking Recipes with Filipinx Purple Yam

Henry Awayan

Add a taste of the Philippines to your favorite cookies, brownies, cakes, breads, and more with the first-ever baking cookbook dedicated to the yam called UBE!

### Summer 2024

\$19.95 US | \$26.95 CAN

978-1-64604-544-0 (print)

978-1-64604-565-5 (ebook)

**Category:** Baking

**Rights:** World

Ube, meaning “tuber” in Tagalog, is a purple yam originating from the Philippines. Ube is totally unique—it is flavorful, sweet, nutty, and bright purple! Its one-of-a-kind flavor and showstopping color have made it the trendiest ingredient in baked goods and desserts in Asia and around the world.

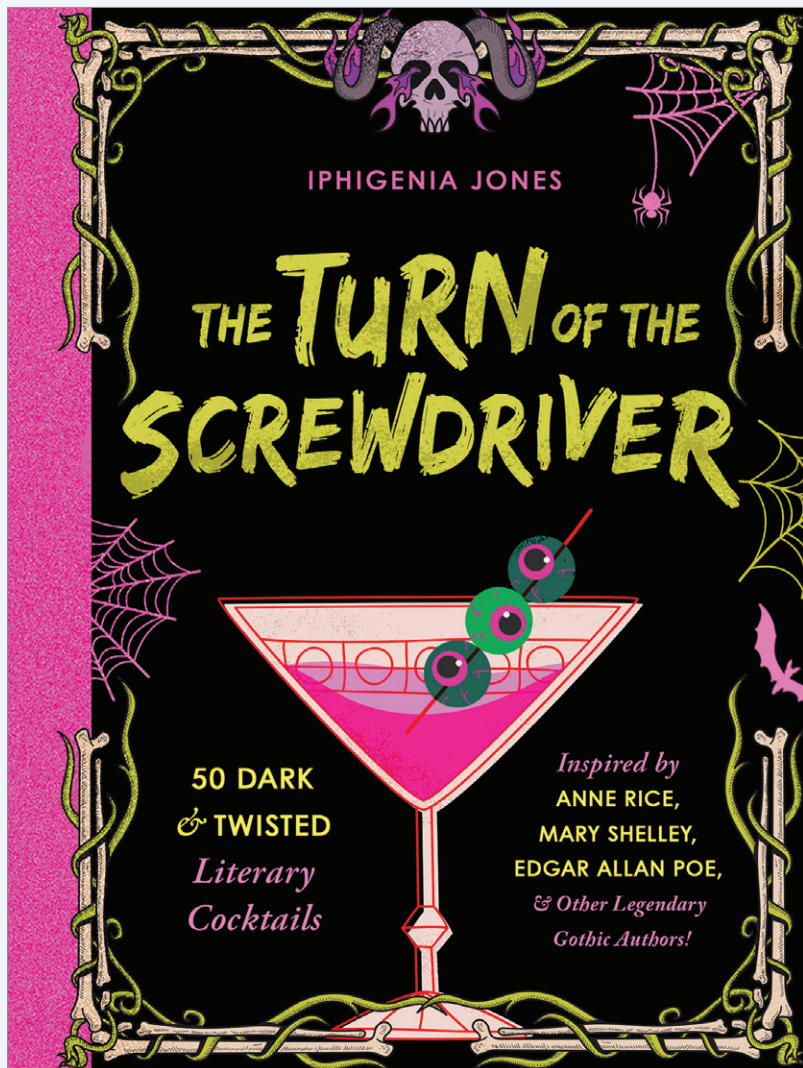
Now, with the first ube-dedicated baking book, you can make your own violet and exceptional creations. With over 50 beautiful photographs and easy-to-follow recipes, award-winning baker Henry Awayan offers his traditional childhood favorites as well as brand-new creations, including:

- › Ube halaya (Filipino jam)
- › White-chocolate-chip ube brownies
- › Halo halo
- › Mango ube cream tart
- › Ube crème brûlée
- › And more!

Perfect for fans of Trader Joe’s Ube Mochi Pancake and Waffle Mix or home chefs of all levels, this book will add a pop of color to your baking game.

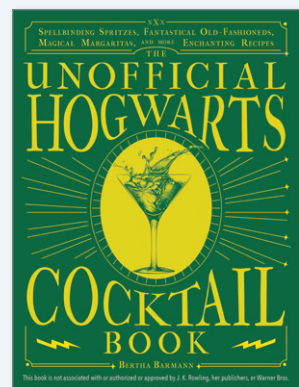
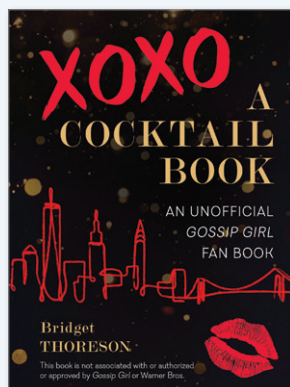
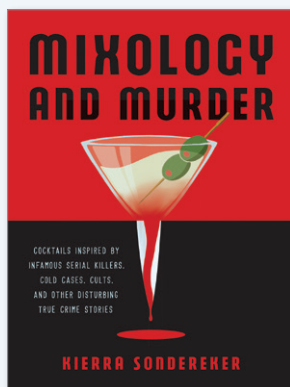
### ABOUT THE AUTHOR

Henry Awayan is baker and owner of the award-winning Whisk Cake Creations in Alameda, California. A graduate of culinary and pastry school as well as the Ice Cream School through the agricultural science winter program at Penn State, he has worked for various bakeries, catering companies, restaurants, country clubs, and hotels in the San Francisco Bay Area. After many years in the industry, he decided to follow his childhood dream and opened his very own bakery in 2014. In 2017, Henry was featured on the Food Network show *Bakers vs. Fake*. Whisk Cake Creations was voted Best Bakery in Alameda in 2022. He lives in San Leandro with his wife, Margie, and two children.



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

978-1-64604-681-2 (print)

978-1-64604-682-9 (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:

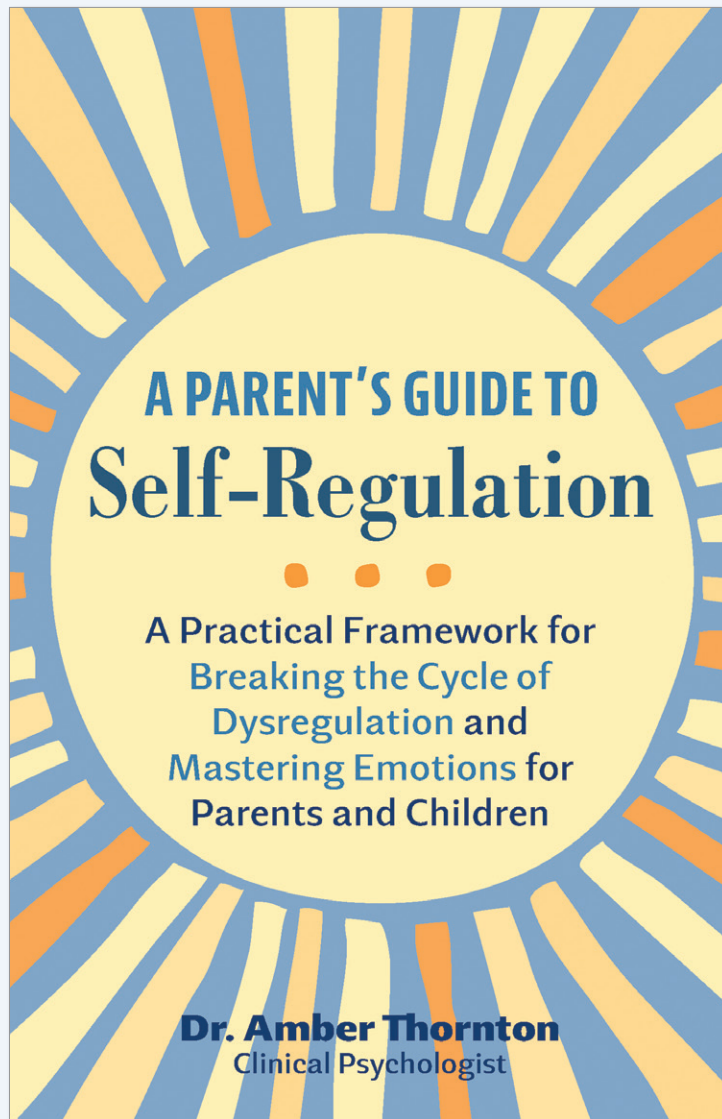
- The Haunting of Highball House (*The Haunting of Hill House* by Shirley Jackson)
- The Portrait of Dorian Grey Goose (*The Portrait of Dorian Gray* by Oscar Wilde)
- Mexican Hot Gothallate (*Mexican Gothic* by Silvia Moreno-Garcia)
- Her Brandy and Other Parties (*Her Body and Other Parties* by Carmen 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

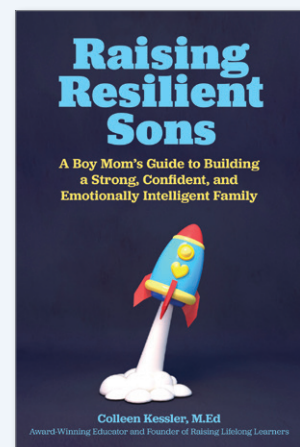
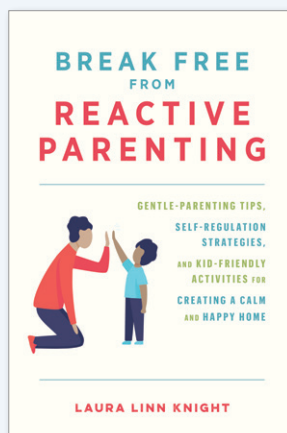
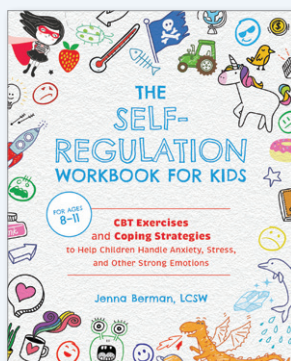
Iphigenia Jones has seen every episode of *The Addams Family* and has only been accused of witchcraft thrice. She is the author of *The Unofficial Wednesday Cookbook* and *What Would Wednesday Do?*, and enjoys cats, blackberries, and chatting with ghosts.





June 2024 | Paperback | 160 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

978-1-64604-668-3 (print)

978-1-64604-671-3 (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.

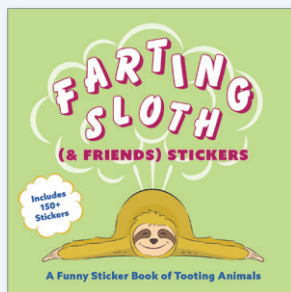
Dr. Amber holds a BS in psychology from Ohio State University and a PsyD in clinical psychology from Wright State University School of Professional Psychology. She’s an Ohio native who has made Washington, DC, her home since 2018. She loves spending time with her husband and two children.

Learn more about Dr. Amber Thornton at [www.dramberthornton.com](http://www.dramberthornton.com).



August 2024 | Paperback | 40 Pages | 4" x 6" | Full Color

*Similar titles from Ulysses Press*





# Parking Tickets

## 40 Funny/Joke Parking Tickets for Those Who've Crossed the Line

Shinebox Print

Unleash your frustration with bad drivers and their awfully parked vehicles with this hilarious collection of tear-out "parking tickets"!

**Summer 2024**

\$10.00 US | \$13.00 CAN

978-1-64604-683-6 (print)

**Category:** Humor

**Rights:** World

Looking for the perfect way to express your frustrations with a badly parked car? Why take the time to look for a pen and paper and come up with something sassy when you can have the perfect message on hand? *Parking Tickets* is a darkly humorous collection of joke tickets for all kinds of bad parkers, including:

- ▶ The Space Hog
- ▶ The Double Parker
- ▶ The Rough Lander
- ▶ And many others!

Packed with 40 gut-busting zingers and clapbacks, *Parking Tickets* is perfect for when you're looking to get back at the careless driver who ruined your day or simply want to leave constructive criticism on a disastrous parking job.

### ABOUT THE AUTHOR

Shinebox Print is based in Phoenix, Arizona.

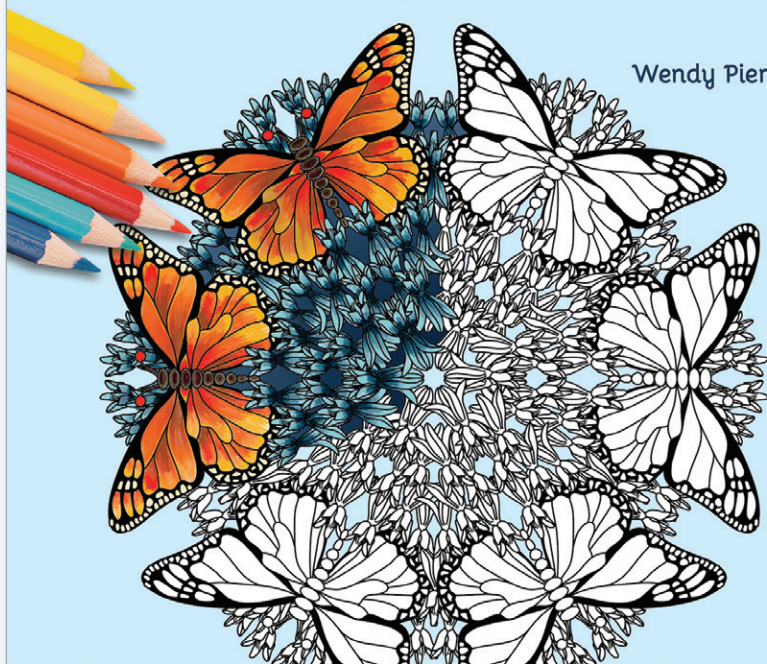
[Sample pages](#)



# Meditation Mandalas

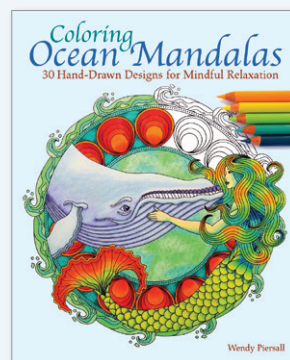
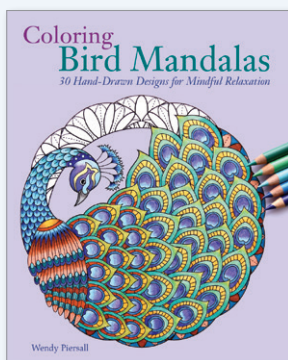
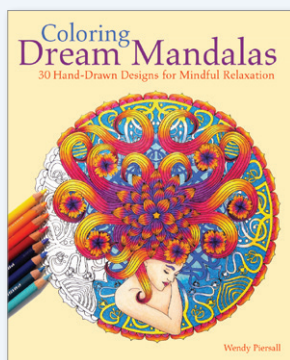
24 Soothing Nature-based Illustrations to Achieve Tranquility,  
Alleviate Anxiety, and Release Tension

Wendy Piersall



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

*Similar titles from Ulysses Press*



# Meditation Mandalas

## 24 Soothing Nature-Based 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  
978-1-64604-670-6 (print)

**Category:** Coloring Books  
**Rights:** World

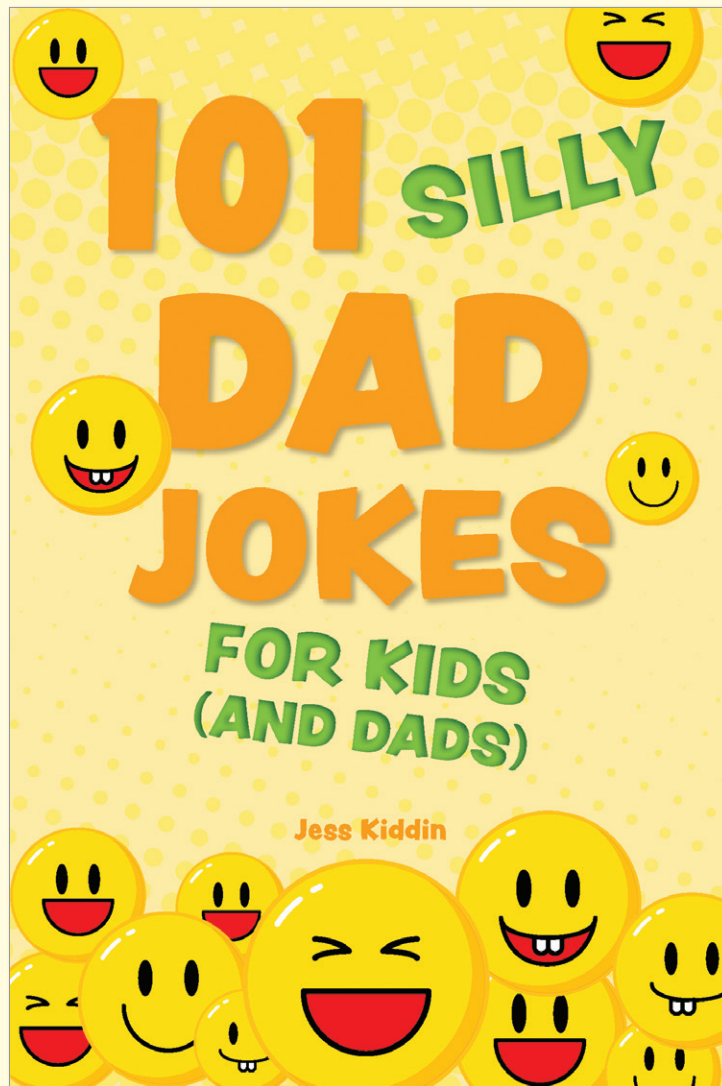
Calm your mind as you color your way through 24 unique and intricate shapes that are designed to help you achieve relaxation and inner peace. Each page in this collection of animals, flowers, and dreamlike mandalas is designed to provide stress relief. So grab your favorite colored pencils or markers,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

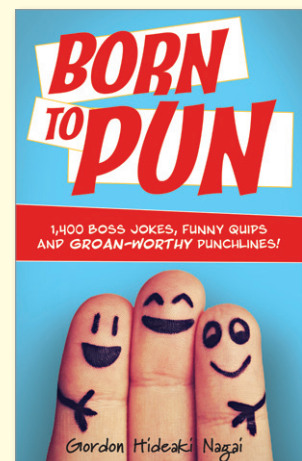
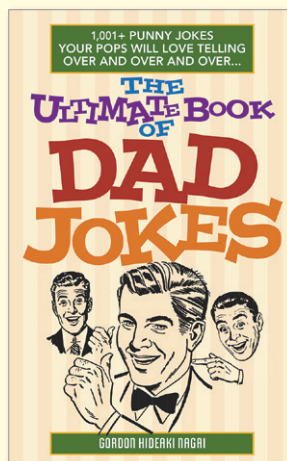
Wendy Piersall is a lifelong artist with 20 years of professional design experience. Author of *Coloring Animal Mandalas*, *Coloring Flower Mandalas*, *Coloring Dream Mandalas*, and *Coloring Ocean Mandalas*, she has been drawing mandala coloring pages as the founder of the Woo! Jr. Kids Activities website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





May 2024 | Paperback | 112 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

978-1-64604-669-0 (print)

978-1-64604-672-0 (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

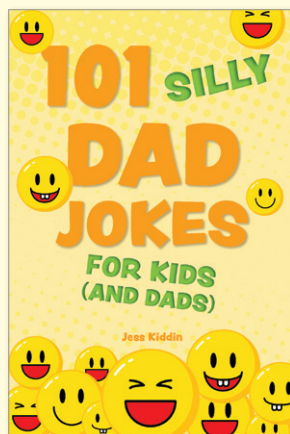




July 2024 | Paperback | 112 Pages | 4" x 6" | Black and White

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*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.

**Summer 2024**

\$7.95 US | \$10.95 CAN

978-1-64604-690-4 (print)

978-1-64604-694-2 (ebook)

**Category:** Juvenile Nonfiction

**Rights:** World

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.*

## ABOUT THE AUTHOR

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

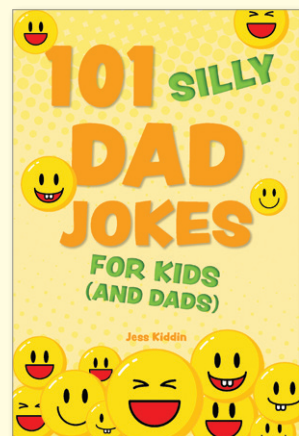
[Sample pages](#)





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.

## Summer 2024

\$7.95 US | \$10.95 CAN

978-1-64604-689-8 (print)

978-1-64604-695-9 (ebook)

**Category:** Juvenile Nonfiction

**Rights:** World

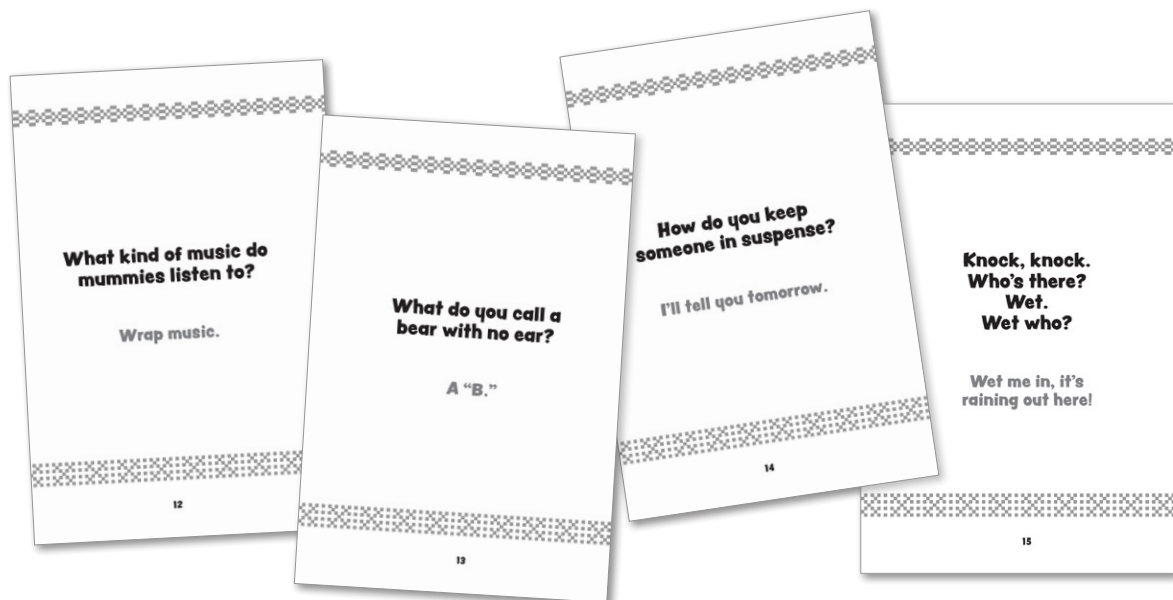
Packed with knee-slapping jokes and tongue-twisting fun, this joke book is the perfect companion for kids who love to laugh and entertain. Whether you're on a road trip, hosting a sleepover, or simply hanging out in the backyard, *101 Silly Jokes for Kids* guarantees to bring smiles, laughter, and maybe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

- › 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!*

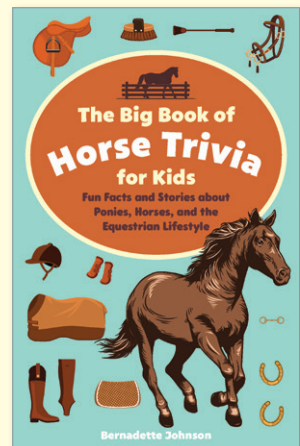
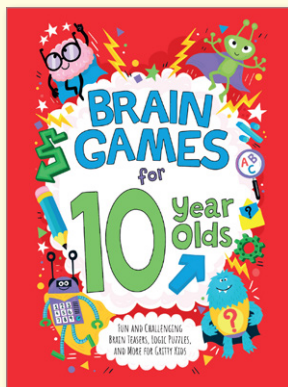
## ABOUT THE AUTHOR

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

## Sample pages





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# 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

978-1-64604-673-7 (print)

978-1-64604-674-4 (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:

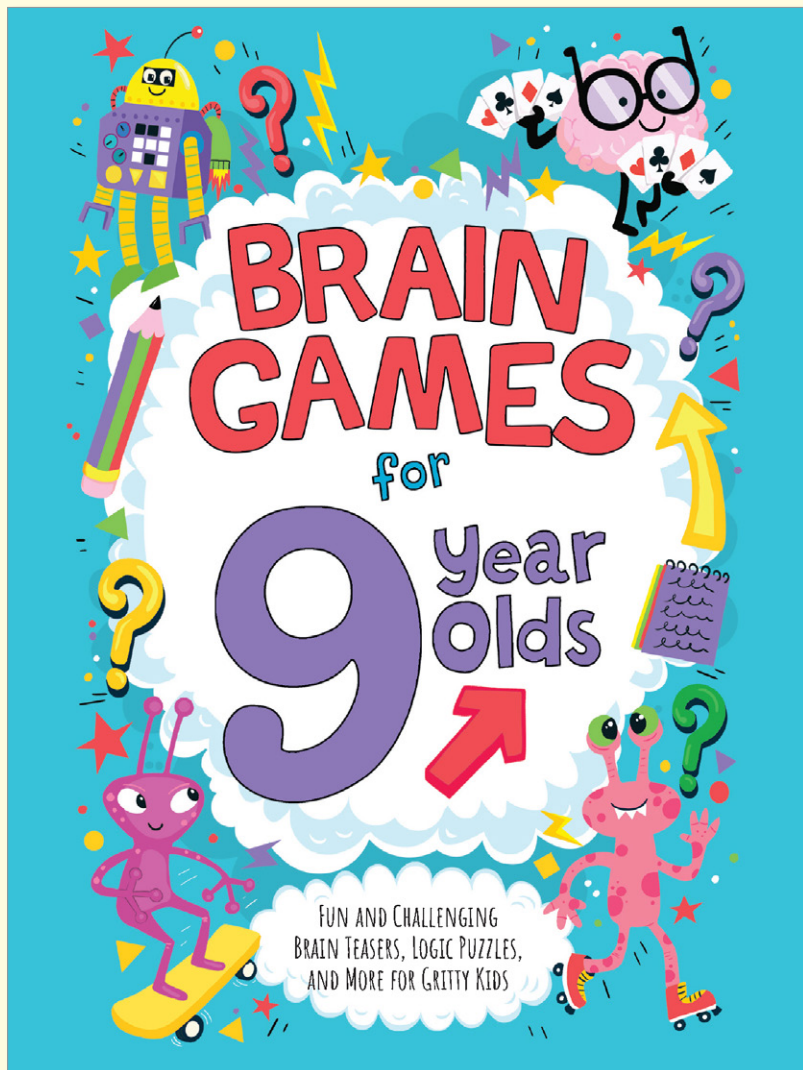
- Sudoku puzzles
- Mazes
- Picture codes
- And so much more!

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

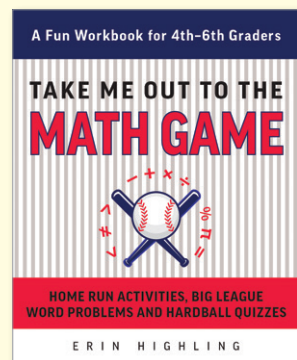
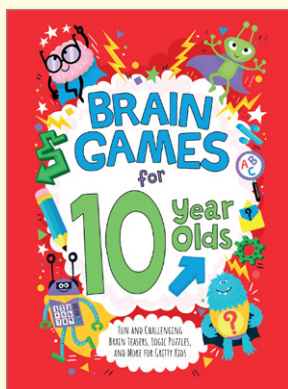
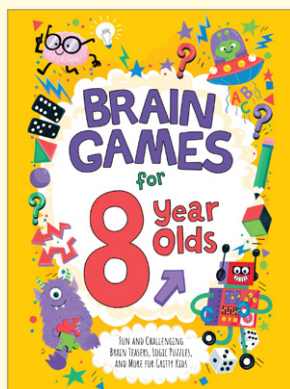
Dr. Gareth Moore (BSc [Hons], MPhil, PhD) is the internationally best-selling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-Stress Puzzles*, *Ultimate Dot to Dot*, *Brain Games for Clever Kids®*, *Lateral Logic*, *Extreme Mazes*, and *The Ordnance 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 | 6" x 8" | 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!

## Summer 2024

\$7.95 US | \$10.95 CAN

978-1-64604-675-1 (print)

978-1-64604-676-8 (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 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:

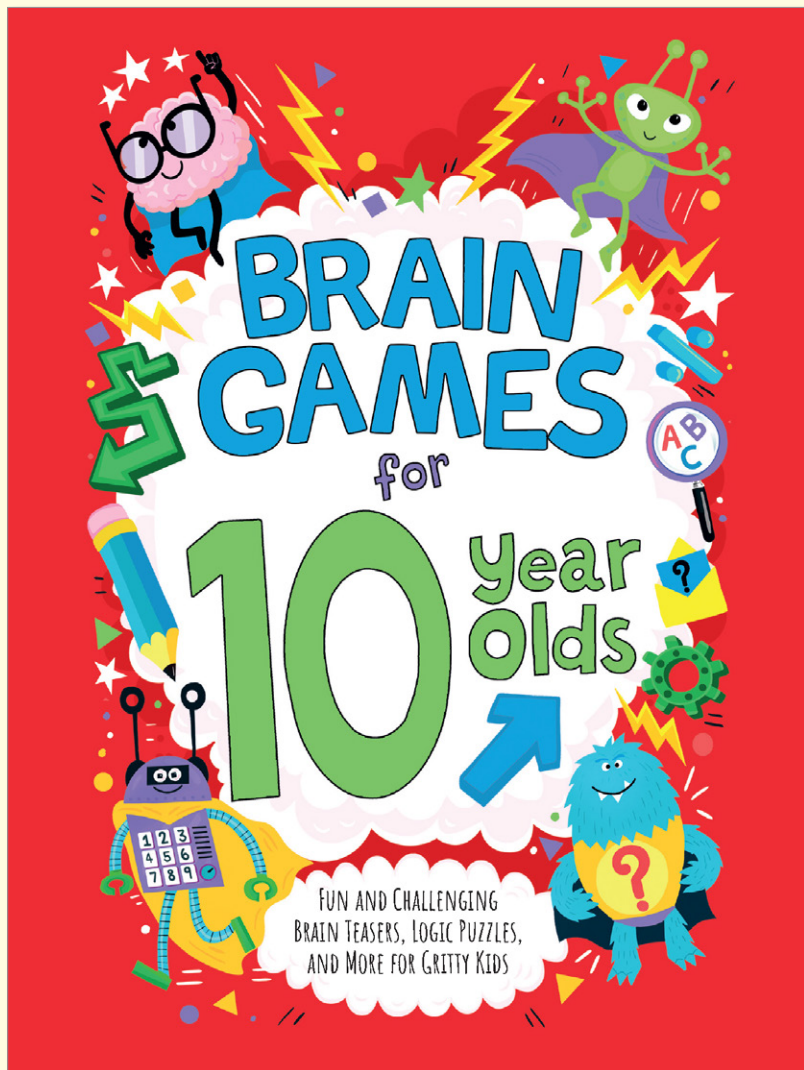
- › Sudoku puzzles
- › Mazes
- › Picture codes
- › And so much more!

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

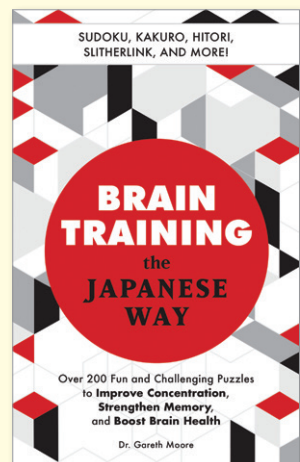
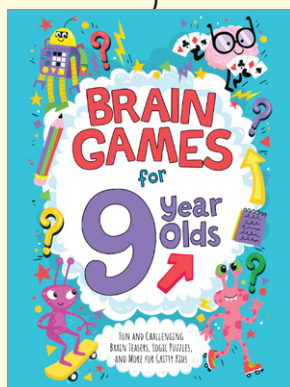
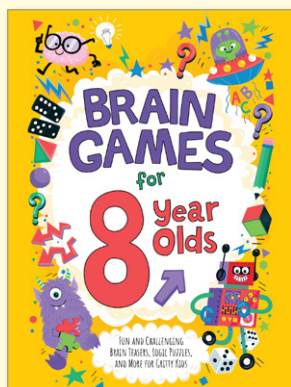
Dr. Gareth Moore (BSc [Hons], MPhil, PhD) is the internationally best-selling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-Stress Puzzles*, *Ultimate Dot to Dot*, *Brain Games for Clever Kids®*, *Lateral Logic*, *Extreme Mazes*, and *The Ordnance 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](http://BrainedUp.com) and runs the daily puzzle site [PuzzleMix.com](http://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 | 6" x 8" | 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

978-1-64604-691-1 (print)

978-1-64604-678-2 (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!

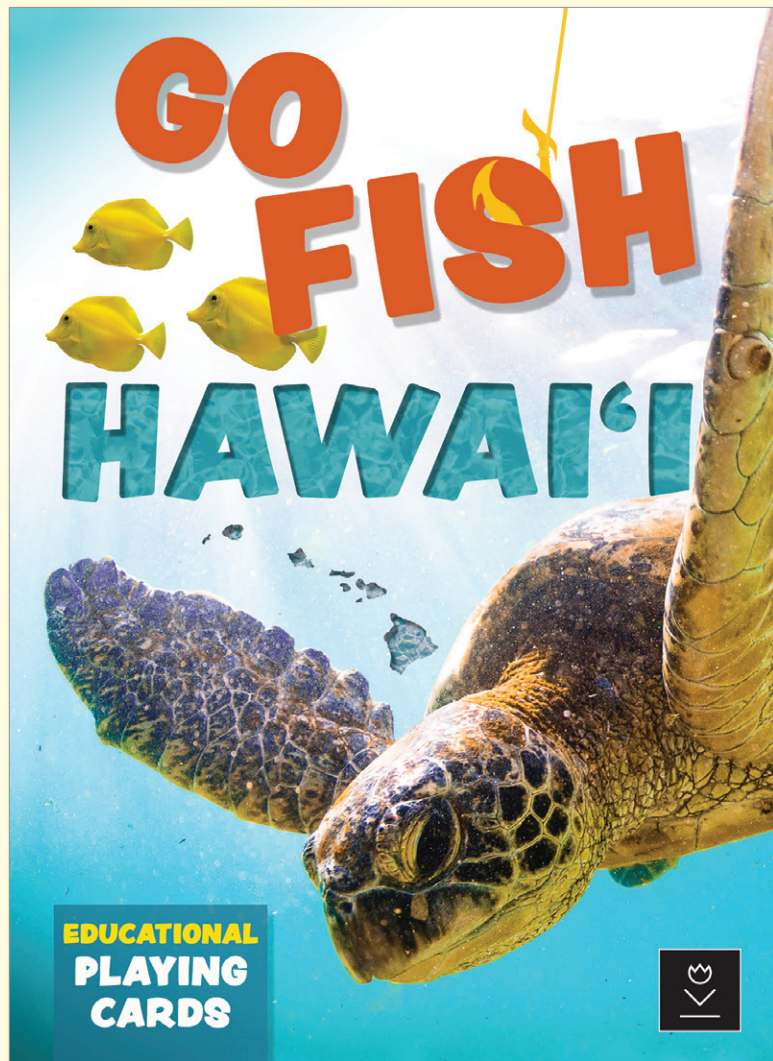
Written by an internationally best-selling puzzle author, *Brain Games for 10 Year Olds* is the fantastic mix of zany entertainment and mind-bending games to keep your child engaged and delighted as they challenge their minds and learn new skills.

## 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

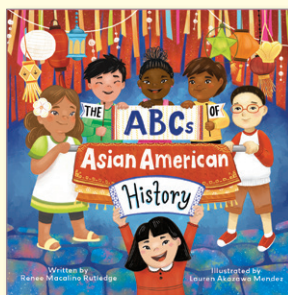
Chris Dickason's irreverent sense of humor was born from years as both a mild-mannered doodler and angry burger flipper. Taking inspiration as much from Henri Matisse as he does the Muppets, as well as odd bits of packaging collected from foreign supermarkets, Chris's work has been described as charming 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*.





May 2024 | Flash Cards | 52 Cards | 4" x 5.5" | Full Color

*Similar titles from Ulysses Press*



# Go Fish: Hawai'i

## Educational Playing Cards

Editors of Ulysses Press

Get ready for the islands and learn about the incredible sea creatures that inhabit the reefs around Hawai'i while playing everyone's favorite card game—Go Fish!

This full-color deck of 52 oversize playing cards are the perfect way to teach kids about the colorful fish they will see underwater in the islands of Hawai'i while playing their favorite card game, Go Fish. Each card features a photograph of one of the island's underwater inhabitants, from reef triggerfish (*humuhumunukunukuapua'a*) to dragon moray eels (*puhi kauila*), along with a fascinating fact about the creature.

### ABOUT THE AUTHOR

**Summer 2024**

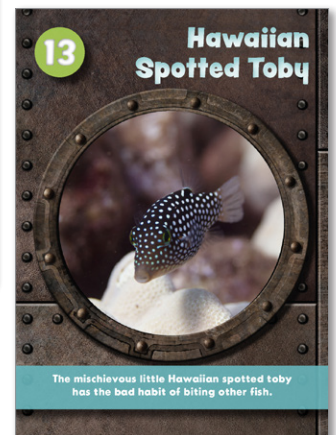
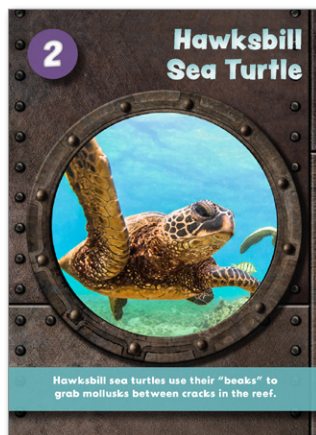
\$12.95 US | \$17.95 CAN  
978-1-64604-662-1 (print)

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

**Category:** Juvenile Nonfiction

**Rights:** World

### Sample pages

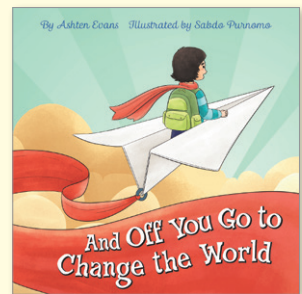
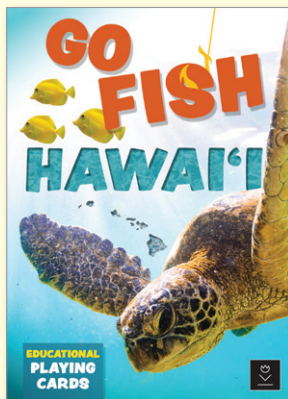






June 2024 | Paper over Board | 32 Pages | 8.5" x 8.5" | Full Color

*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

978-1-64604-664-5 (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.

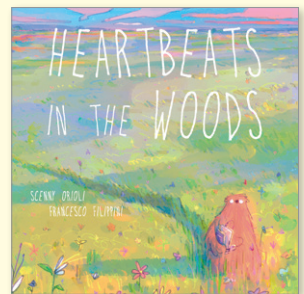
### Sample pages





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

978-1-64604-627-0 (print)

978-1-64604-644-7 (ebook)

**Category:** Juvenile Fiction

**Rights:** LB US, Canada, AUS, NZ

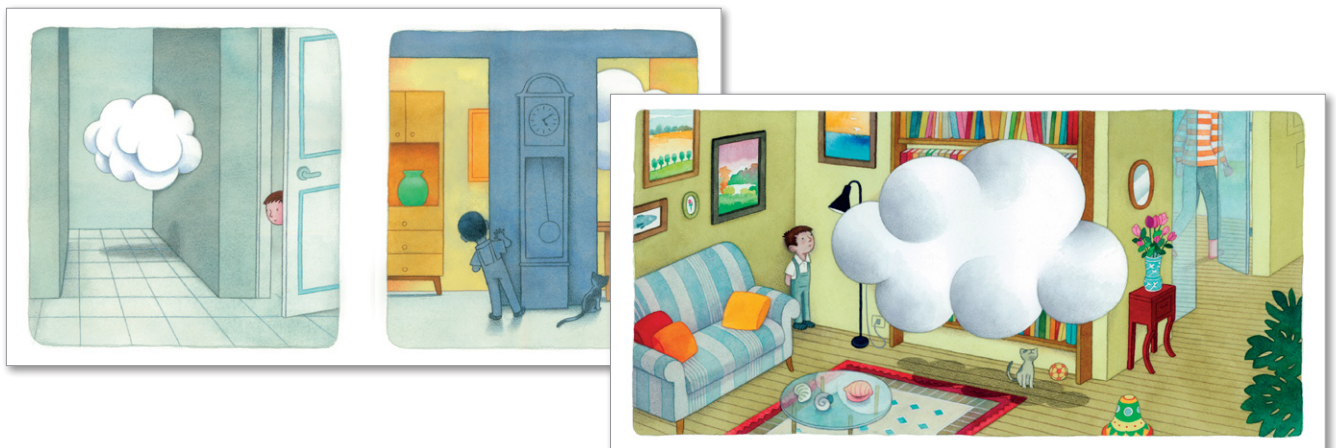
The main character of *The Cloud* discovers one day that he's being followed...by a cloud! It starts out small, but soon it grows and grows until all of a sudden, the boy is swallowed up by it. When things seem to be at their worst and the cloud bursts into a rainstorm, the boy is able to summon up his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

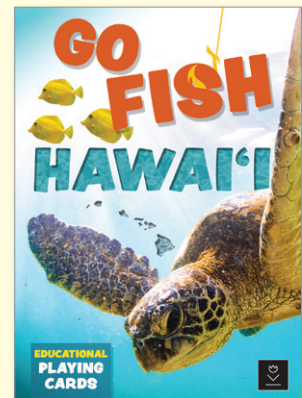
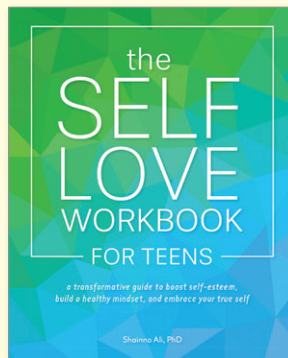
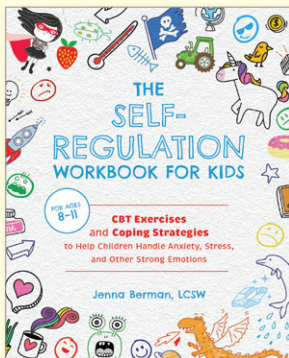






June 2024 | Flashcards | 50 Cards | 3" x 5" | Full Color

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

978-1-64604-667-6 (print)

**Category:** Juvenile Nonfiction

**Rights:** World

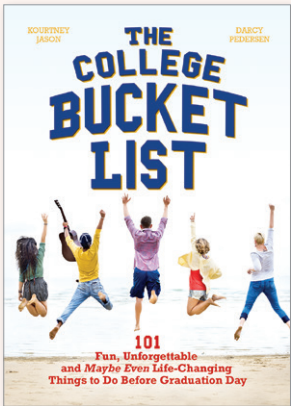
### ABOUT THE AUTHOR

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 | 144 Pages | 5" x 7" | 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

978-1-64604-685-0 (print)

978-1-64604-701-7 (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!

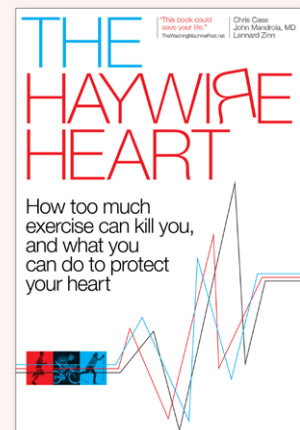
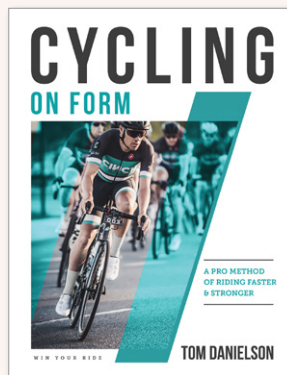
### ABOUT THE AUTHOR

Jeff Thoreson



June 2024 | Paperback | 488 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.

### Summer 2024

\$27.95 US | \$36.95 CAN  
978-1-64604-687-4 (print)  
978-1-64604-688-1 (ebook)

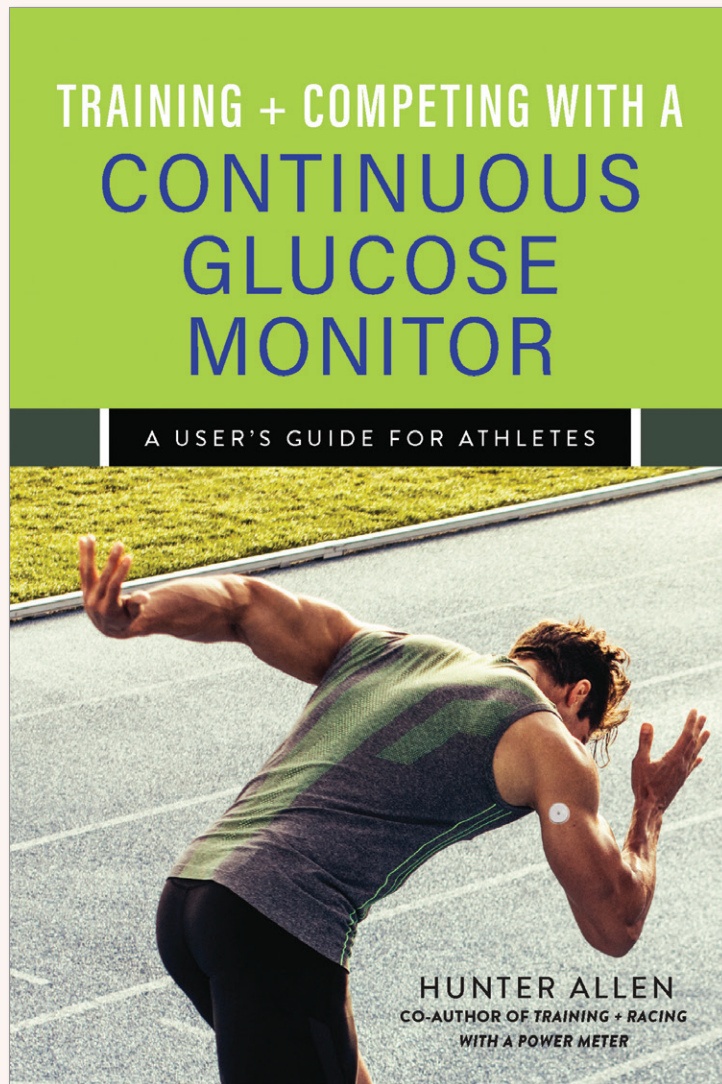
**Category:** Sports & Recreation  
**Rights:** World

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:

- 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

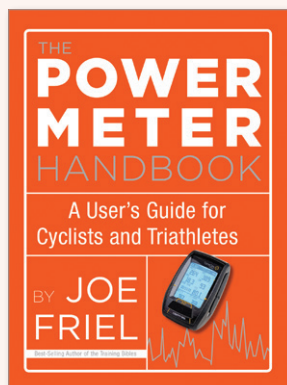
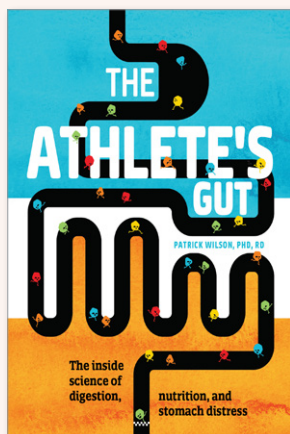
### ABOUT THE AUTHOR

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 | 300 Pages | 6" x 9" | Black and White

*Similar titles from VeloPress*



# Training and Competing with a Continuous Glucose Monitor

## A User's Guide for Athletes

Hunter Allen

Learn everything you need to know about how continuous glucose monitors can enhance your sports training programs for cycling, racing, swimming, and more.

Summer 2024

\$24.95 US | \$33.95 CAN

978-1-64604-693-5 (print)

978-1-64604-692-8 (ebook)

Category: Sports & Recreation

Rights: World

In the very first comprehensive guide to utilizing continuous glucose monitors (CGM) for enhancing sports training, *Training and Competing with a Continuous Glucose Monitor* will first explain what CGMs are and how they can help today's athlete maximize performance. Discover how and why seeing your continuous blood glucose with a CGM in real time will give the edge to:

- › Optimize the timing of nutrition intake
- › Determine the correct intake of foods to positively impact energy levels
- › Understand the proper timing and type of foods to use to "prime" your system before training or an event
- › Recognize patterns of poor nutrition intake and correct them
- › Learn your personal patterns of blood glucose highs and lows throughout the day to correct them for better glucose stability
- › And so much more

### ABOUT THE AUTHOR

Hunter Allen is considered a foremost authority on using power meters to excel in endurance sports. Over the course of his coaching career, he has analyzed thousands of power meters and consulted with companies to further the capabilities of power-meter software and products. Having taught USA Cycling power certification courses since 2005 and traveled to more than 20 countries, Hunter has equipped thousands of coaches and cyclists with the principles of training with power. A USA Cycling Level I coach, founder of the Peaks Coaching Group, cofounder of TrainingPeaks Software, and former professional cyclist with the Navigators team, Hunter has been coaching endurance athletes since 1995. His Peaks Coaching Group athletes have achieved more than 2,000 victories, numerous national and world championship titles, and Olympic medals. Hunter was also the BMX technical coach for the 2008 Beijing Olympics. Hunter holds a BA in economics from Randolph-Macon College. He resides in Bedford, Virginia, with his wife, Kate, and their children, Thomas, Jack, and Susannah.



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