



SPRING 2025

# ULYSSES PRESS



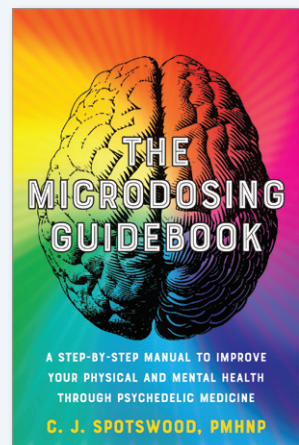
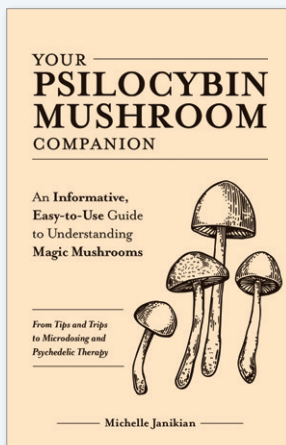
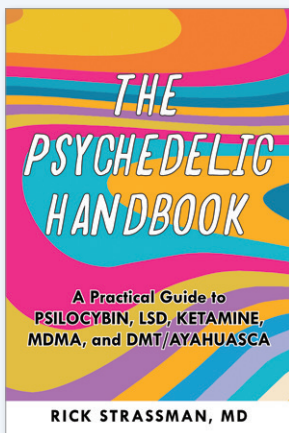
ULYSSES BOOKS  
FOR YOUNG READERS

 **velopress**<sup>®</sup>



February 2025 | Paperback | 240 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



# The Beginner's Guide to Ego Death

## Expand Your Mind through Psychedelic Exploration

AJ Murrillo

Embark on a transformative journey with this comprehensive guide to unleashing your true potential and achieving ego death through psychedelics!

**Spring 2025**

\$17.95 US | \$24.95 CAN

ISBN 9781646047895 (print)

ISBN 9781646047963 (ebook)

**Category:** Body, Mind & Spirit

**Rights:** World

The true limits of our potential are hidden deep within our minds, obscured by the psychological walls and bound to the mental shackles we've developed over time. These intangible restrictions that keep us from understanding our true selves and reaching enlightenment can only be overcome through psychedelic-induced ego death.

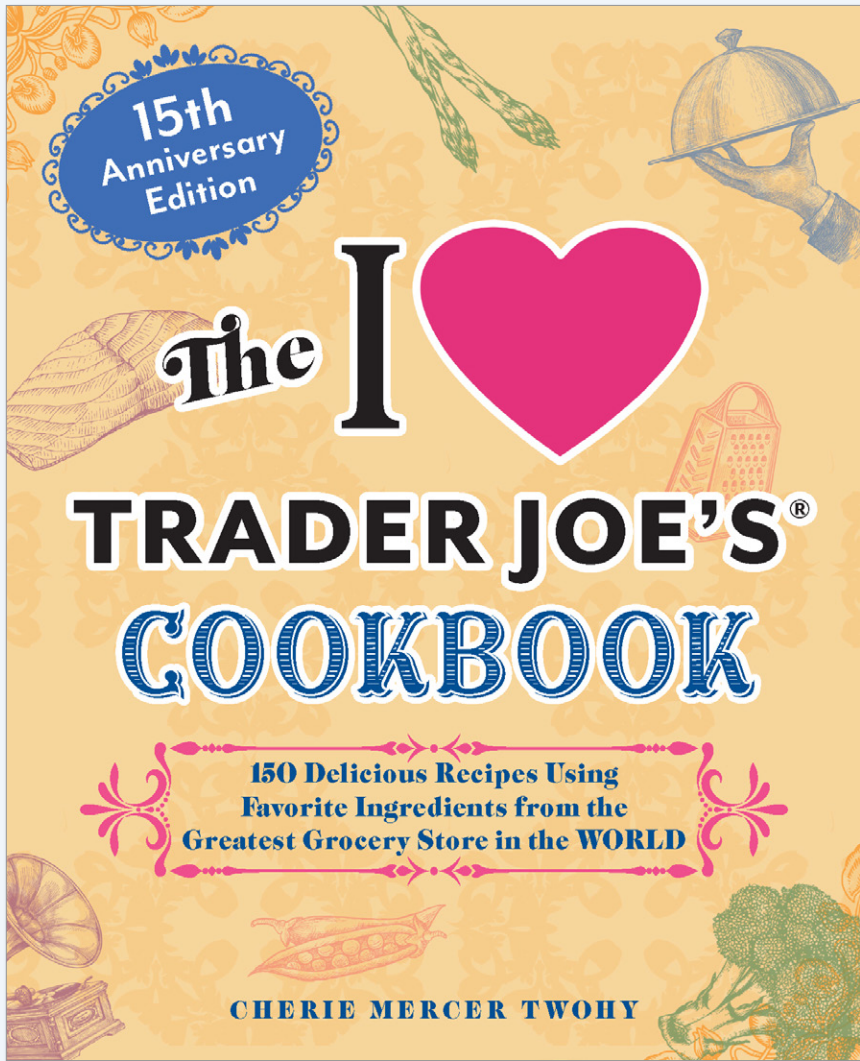
A transformative guide written in two parts, *The Beginner's Guide to Ego Death* will illuminate the path to self-discovery and fulfillment by providing profound insights into the human psyche and detailed information on the best psychedelics to use and their effects. Whether you're a seasoned psychonaut, a psychedelic newbie, or simply curious about the nature of ego death, this book will awaken your innate potential as you learn to:

- ▶ Understand the human psyche
- ▶ Learn the different psychedelics and their effects
- ▶ Navigate the complexities of reality
- ▶ Explore the depths of consciousness
- ▶ And more!

Written by an expert psychonaut and mindfulness teacher fueled by divine purpose, *The Beginner's Guide to Ego Death* offers a flawless roadmap to achieving ego death through psychedelics and ultimately tapping into your inner wisdom and strength.

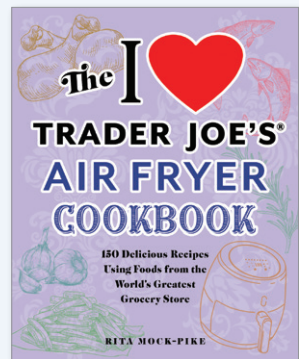
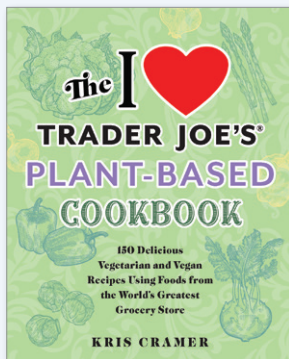
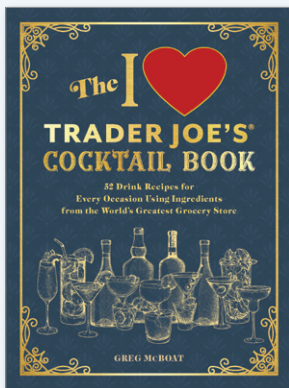
### ABOUT THE AUTHOR

AJ Murrillo, an introspective detective from Brooklyn, New York, bravely explored the inner landscapes of the psyche through ego death experiences. Encounters with the depths of consciousness ignited her path. It is AJ's divine purpose to spread the wisdom trusted to her by the Universe. Residing in Ecuador, AJ is a freelance writer specializing on topics related to mental and spiritual well-being. In her digital diary, AJ shares personal experiences of self-evolution, insights on spiritual development, and advice on healing, inviting others to explore enlightenment with her at [ThePhilosophersRoom.com](http://ThePhilosophersRoom.com).

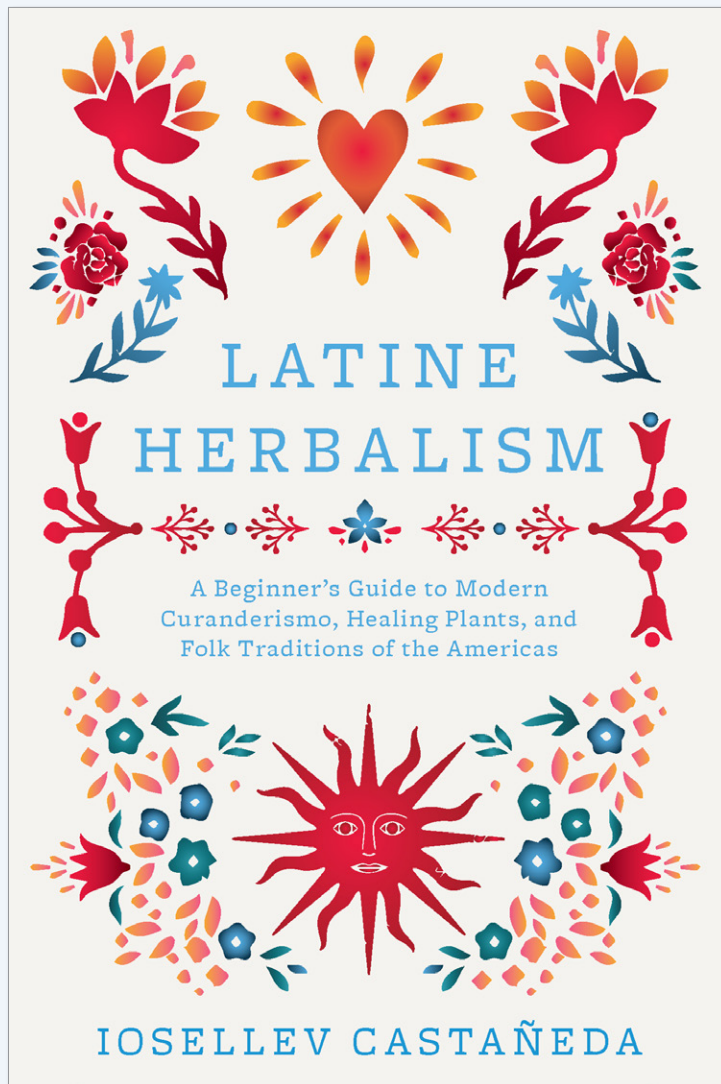


March 2025 | Paperback | 256 Pages | 7.5" x 9.25" | Full Color

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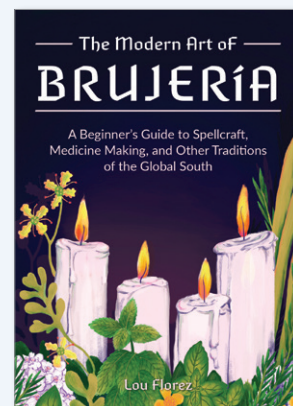
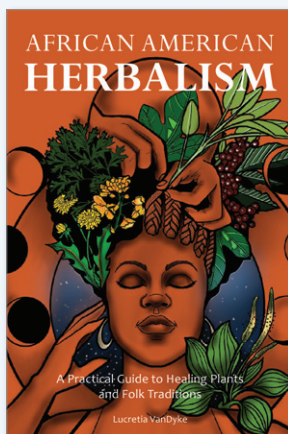
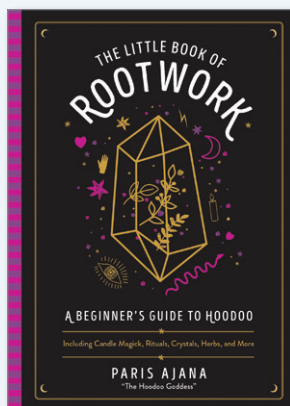






April 2025 | Paperback | 200 Pages | 6" x 9" | Black and White

Similar titles from Ulysses Press



# Latine Herbalism

## A Beginner's Guide to Modern Curanderismo, Healing Plants, and Folk Traditions of the Americas

Iosellev Castañeda

Discover the art of modern curanderismo as you explore the rich history behind modern-day herbal remedies, natural recipes, plant medicine, holistic and spiritual rituals, and more practiced by curanderos(as) across the Americas.

**Spring 2025**

\$18.95 US | \$25.95 CAN

ISBN 9781646047628 (print)

ISBN 9781646047635 (ebook)

**Category:** Indigenous Health & Healing

**Rights:** World

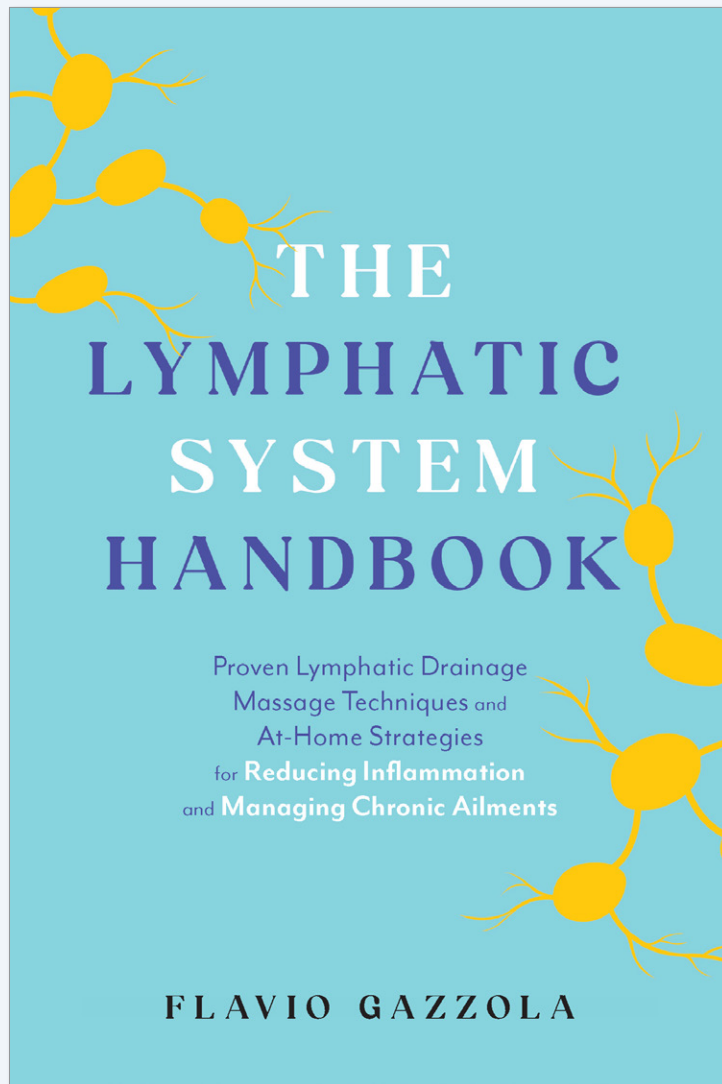
Delve into the healing traditions of Latine folk herbalism and modern curanderismo with this all-in-one guidebook offering a fusion of time-honored and contemporary practices. *Latine Herbalism* details the medicinal power of herbs and plants, their origins, and their most common uses while also exploring the folk traditions from sacred locations in the US, Mexico, and South America. This book even goes one step further, helping you navigate through the most common afflictions of body and mind, from digestive issues to stress management and beyond, with *remedios y rituales* such as:

- Breath vibrations
- Heart vibrations
- Spirit of the flowers
- Moon energy
- And more

Authored by a passionate advocate and practitioner, this book explores and honors the nuanced realms of curanderismo and Latine herbalism.

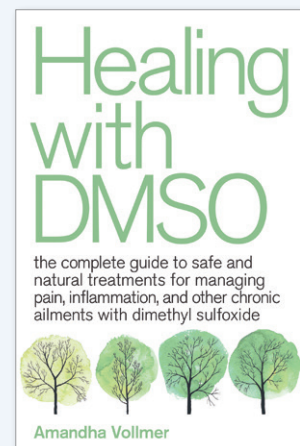
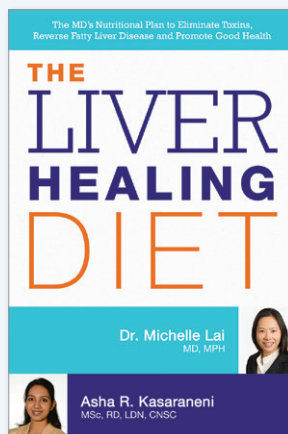
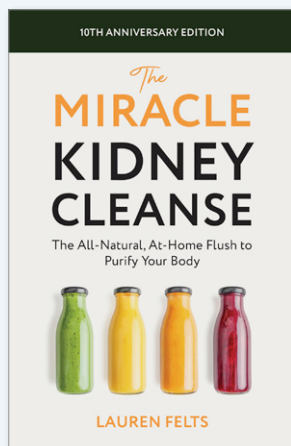
### ABOUT THE AUTHOR

Iosellev “Josie” Castañeda Morales is a modern-day curandera. At an early age she was introduced to the practice of curanderismo as a way of life. Today, Josie serves her Miami community as a yerbera, one who works with herbs. She shares her knowledge with depth, joy, and clarity. You can connect with her at [CuranderaRemedies.com](http://CuranderaRemedies.com).



February 2025 | Paperback | 248 Pages | 6" x 9" | Black and White

*Similar titles from Ulysses Press*





# The Lymphatic System Handbook

## Proven Lymphatic Drainage Massage Techniques and At-Home Strategies for Reducing Inflammation and Managing Chronic Ailments

Flavio Gazzola

Uncover the secrets of the lymphatic system and master your total-body health with easy-to-follow exercises, simple therapy techniques, digestible clinical information, and more!

Spring 2025

\$18.95 US | \$25.95 CAN

ISBN 9781646047857 (print)

ISBN 9781646047864 (ebook)

Category: Alternative Therapies

Rights: World English

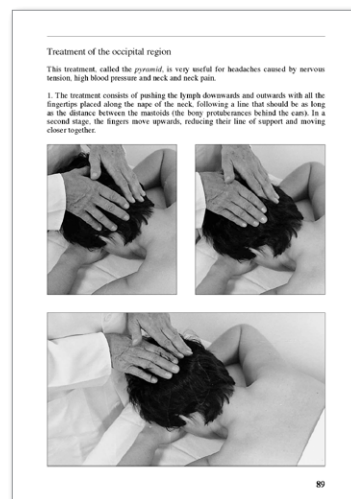
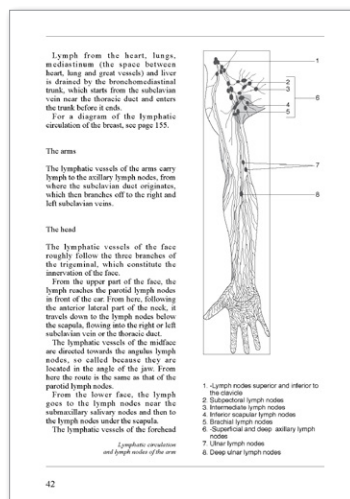
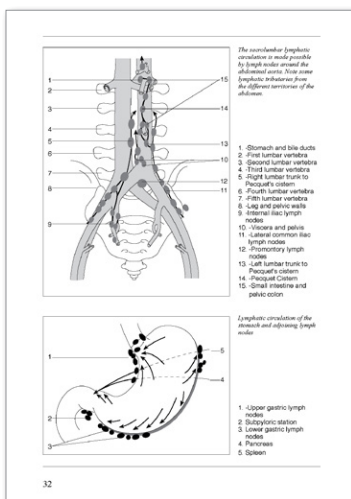
Although not commonly known, the lymphatic system is responsible for a number of important functions in the human body, such as purifying toxins, fortifying the immune system, and maintaining physical beauty. Whether you're interested in learning more about this elusive system or seeking alternative treatment to chronic inflammation, look no further than *The Lymphatic System Handbook*!

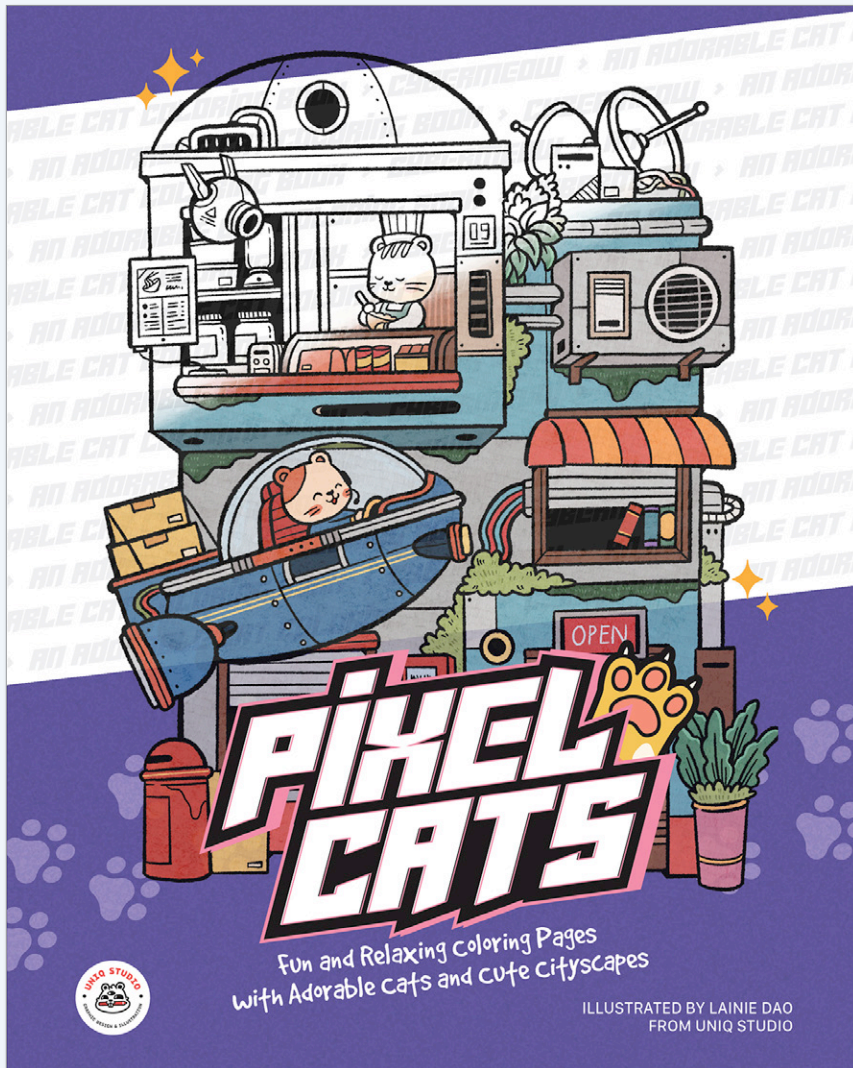
Featuring step-by-step exercises and techniques for lymphatic drainage massages as well as comprehensive, easy-to-digest information on lymph health, circulation, and management, *The Lymphatic System Handbook* will help you understand and alleviate inflammation symptoms associated with chronic illnesses, such as:

- Diabetes
- Lymphedema
- Cellulitis
- Sciatica
- And more!

Written by a seasoned health expert, *The Lymphatic System Handbook* is the perfect easy-to-follow guide for maintaining your lymph health and leading a happier, healthier life.

### Sample pages





January 2025 | Paperback | 48 Pages | 8" x 10" | Black and White

Similar titles from Ulysses Press



# Pixel Cats

## Fun and Relaxing Coloring Pages with Adorable Cats and Cute Cityscapes

Lainie Dao

Indulge your imagination in a purrfect world filled with futuristic felines and their techno houses in this coloring book for cat lovers, adults and kids alike!

Unleash your creativity within the pages of *Pixel Cats* and find a way to relax and enjoy the fancy spaceships and sleek architecture. The journey will take you to never-seen-before places where cybermeows reign and fans of kittens and felines will rejoice.

This cybernetic jungle includes detailed pages for endless fun and de-stressing hours. This coloring book mixes the intrinsic details of a futuristic world where cats rule the world and where nature and its feline creatures are beautifully balanced. Joyful scenes will let your creativity and imagination run wild with each stroke of your favorite coloring pencils!

Spring 2025

\$14.95 US | \$19.95 CAN  
ISBN 9781646047598 (print)

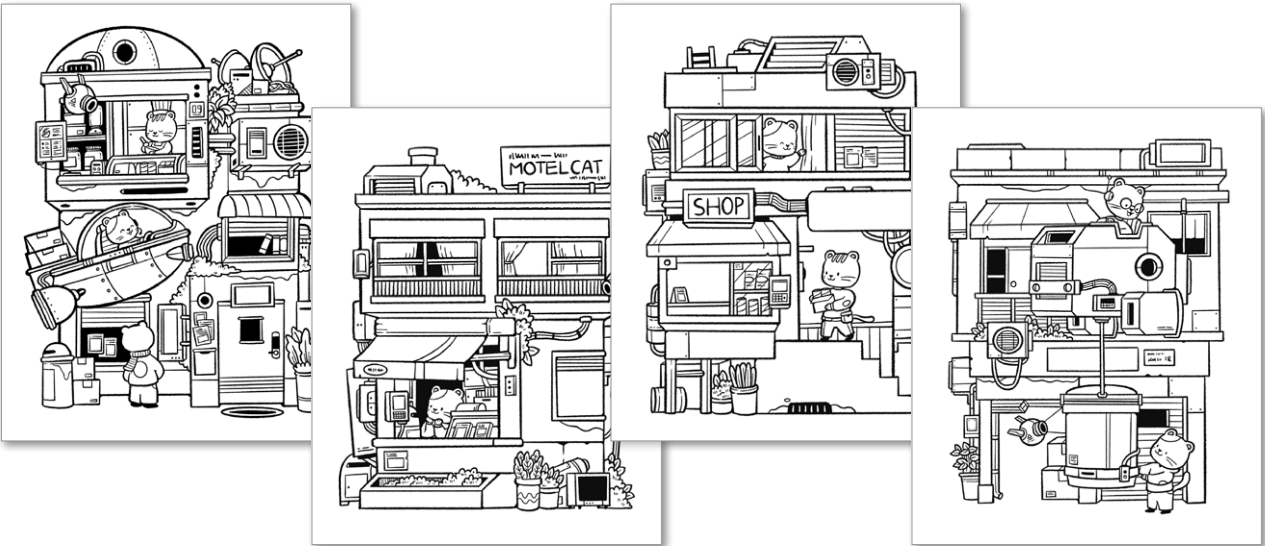
Category: Coloring Books  
Rights: World

### ABOUT THE AUTHOR

Lainie Dao, also known as LAINIE, is originally from Hanoi, Vietnam. Lainie has a passion for abstract and surrealist art and has also created comic books for kids. She believes art is a vehicle to transcend lines, gender, and race, and that it can empower everyone to explore themselves and their surroundings.

Sample pages

Be sure to tag your progress and finished art with #LainieDao on Facebook and Instagram. Let your colors fly!





# ULTIMATE GUIDE TO WILDERNESS LIVING

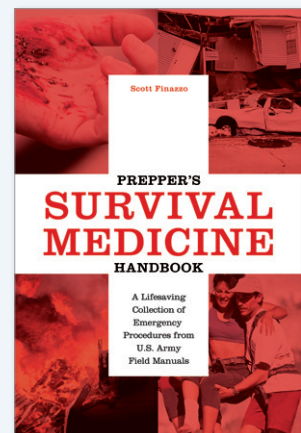
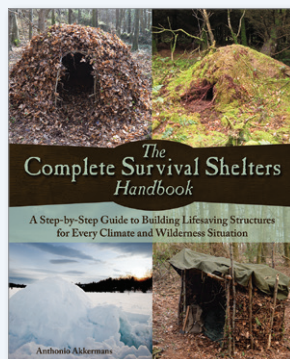
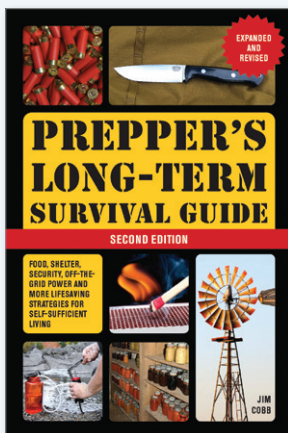
Surviving with Nothing But Your Bare Hands  
and What You Find in the Woods

John McPherson and Geri McPherson



February 2025 | Paperback | 336 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



# Ultimate Guide to Wilderness Living

## Surviving with Nothing But Your Bare Hands and What You Find in the Woods

Geri McPherson and John McPherson

Survivalists of all levels can use the *Ultimate Guide to Wilderness Living* to learn primitive living skills, tools for optimal self-sufficiency, and how to be better prepared for any and all adventures into the wild!

### Spring 2025

\$19.95 US | \$24.95 CAN

ISBN 9781646047833 (print)

ISBN 9781646047840 (ebook)

**Category:** Outdoor Skills

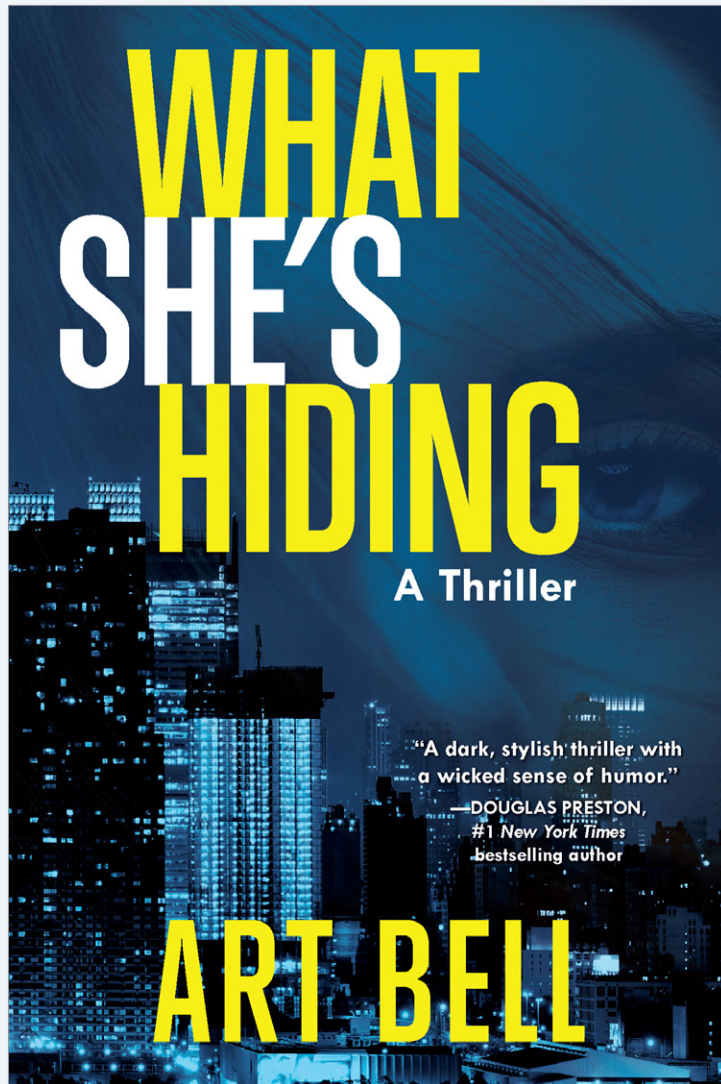
**Rights:** World

Packed with in-depth instruction and photos, this guidebook teaches the skills needed to survive and live in the wild using only those things found in the woods or in other natural landscapes. Learn how to ignite a fire with a two-stick hand drill, erect temporary and semipermanent structures, and more with wilderness experts John and Geri McPherson.

“During my first years of learning survival I took a course in survival and primitive earth skills taught by John and Geri McPherson. I was excited by their unbelievable passion and their intrinsic understanding of survival. Their teachings took me from understanding basic skills to a full-blown love for the ancient technologies that humans developed to survive. John and Geri are the real deal. They don’t just teach this stuff, they live it. I loved the experience with them so much I came back a second time a few years later. Now that I have traveled the world as Survivorman—experiencing and filming survival in every ecosystem there is—I can sit back and watch my shows and see John and Geri’s teachings peek through in every situation. I have been able to understand survival because of John and Geri, and can highly recommend this book.” —Les Stroud, aka Survivorman

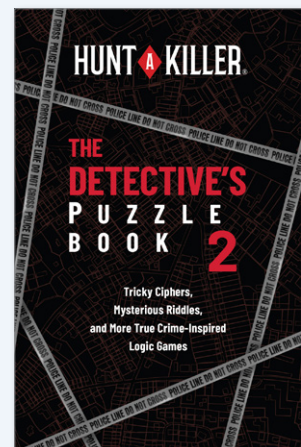
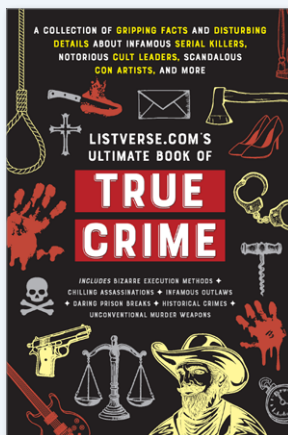
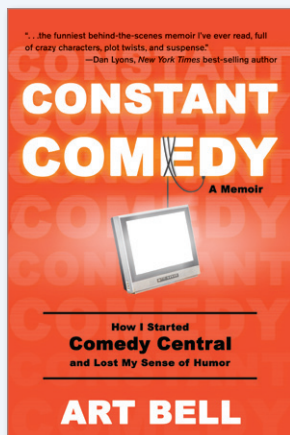
### ABOUT THE AUTHOR

Married for over 20 years, John and Geri McPherson lived on 46 acres of undeveloped land in the Flint Hills of Kansas. Everything man made on their property had been done by them. They taught many members of the military Special Operations Forces, including A-Teams, Rangers, and SEALs. Twice a year, they used to run a special class on strictly primitive wilderness living and survival skills for instructors from the US Army Special Warfare Command’s SERE survival school.



March 2025 | Hardcover | 304 Pages | 6" x 9" | Black and White

Similar titles from Ulysses Press



# What She's Hiding

## A Thriller

Art Bell

For readers of Harlan Coben and Laura Dave, a gripping modern-day noir thriller featuring a hotshot lawyer unexpectedly drawn into a web of violence and intrigue by the ex-wife he hasn't spoken to since their bitter divorce, written by the former president of CourtTV.

### Summer 2025

\$28.95 US | \$38.95 CAN

ISBN 9781646047512 (print)

ISBN 9781646047543 (ebook)

**Category:** Mystery/Thriller

**Rights:** World

From the day he first met her, Leslie Dunlop had excelled at deception, but Henry Gladstone, a lawyer at a white-shoe Manhattan firm, couldn't say no. Their white-hot affair became a marriage filled with secrets and lies that collapsed as spectacularly as it began.

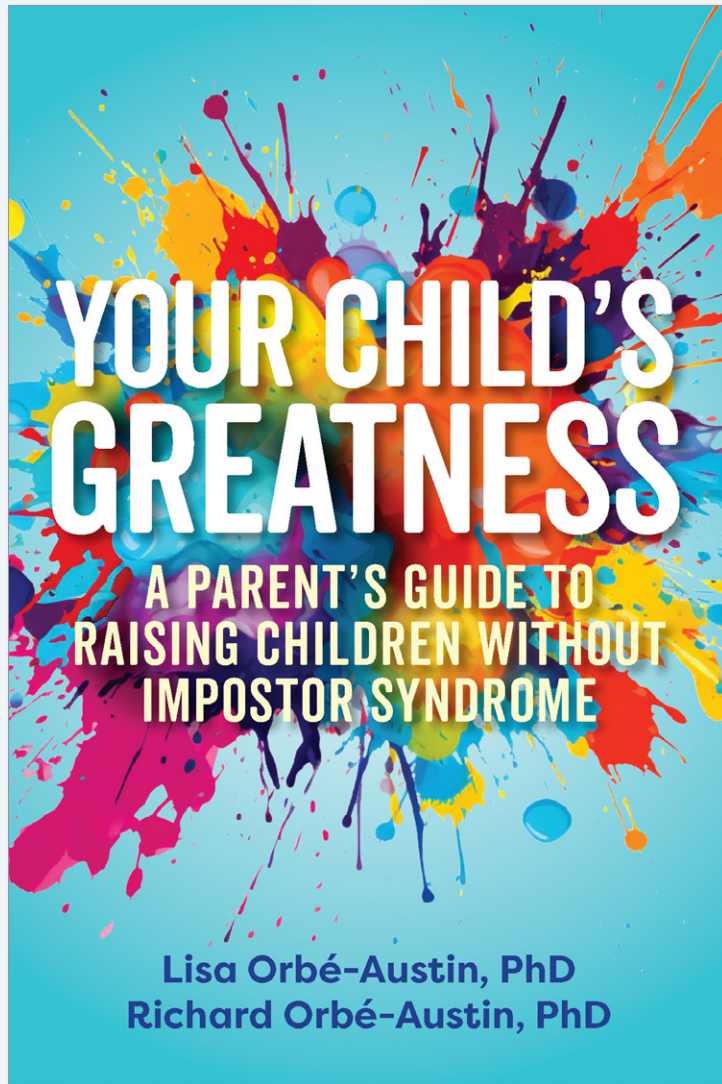
Cut to today: Leslie, who Henry hasn't heard from since their divorce was finalized, bursts into his office and announces that if he doesn't hand over a quarter-million dollars, they'll both be killed. Henry dismisses her story as a stupid attempt to steal his money and—despite his still-smoldering desire for her—tells her to get lost. But when he comes home to find his apartment ransacked, he begins to think this time Leslie may be telling the truth. And now that he desperately needs to find her, she's disappeared again.

In a harrowing journey through the glittering heights and shadowy corners of New York City, where the legal world meets the dark underside of the city, Henry assembles a team that includes his best friend Aiden, a private investigator named Gabriela, and Aiden's ex Emma to track down a missing engagement ring, stay one step ahead of the Russian mob, and uncover the secrets of Leslie's past. As the screws turn tighter and tighter, Henry must learn who he can trust to uncover the truth...before it's too late.

In *What She's Hiding*, Art Bell masterfully weaves a noirish tale of suspense and emotional turbulence as a dangerous woman draws Henry ever further into a high-stakes game that neither one of them may survive.

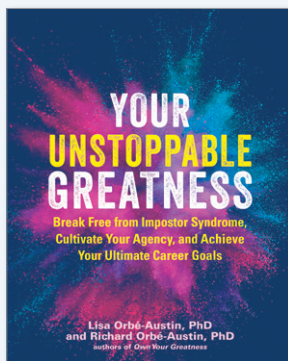
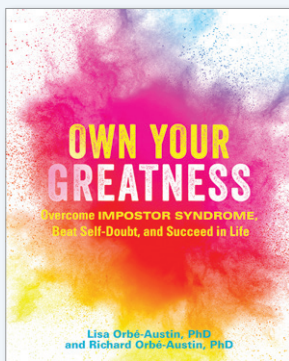
### ABOUT THE AUTHOR

Art Bell is a writer and former television executive known for developing and launching the Comedy Channel (later Comedy Central) while at HBO; and, as president of Court TV. His memoir *Constant Comedy: How I Started Comedy Central and Lost My Sense of Humor*, was a finalist in the 2020 Best Book Awards in both the memoir and business categories. Bell has had short stories, nonfiction, and satire published in several journals, including *Lowestoft Chronicle*, *Aethlon: The Journal of Sports Literature*, *The Ocotillo Review*, *Fiction Southeast*, *Castabout Arts and Literature*, *High Shelf Press*, and *Writers Read*. *What She's Hiding* is his first novel. Bell lives with his wife, Carrie, in Park City, Utah.



February 2025 | Paperback | 208 Pages | 6" x 9" | Black and White

*Similar titles from Ulysses Press*





# Your Child's Greatness

## A Parent's Guide to Raising Children without Impostor Syndrome

Lisa Orbé-Austin, PhD, and Richard Orbé-Austin, PhD

Create healthy relationships, identify key conflict resolution tools, and build a healthy, emotionally regulated, and impostor syndrome-free family with help from authors Lisa and Richard Orbé-Austin, recently featured on the *Today Show*.

**Spring 2025**

\$19.95 US | \$24.95 CAN

ISBN 9781646047697 (print)

ISBN 9781646047703 (ebook)

**Category:** Personal Growth

**Rights:** World

Emotional regulation is key to becoming a better parental figure for every member of your family. Discover the tools to successfully regulate those emotions so you can work with and nurture your child from the very beginning until they are independent (or interdependent) from you, continuing to grow into a person who trusts themselves and is unafraid of impostor syndrome. *Your Child's Greatness* will act as a manual to the principles and skills that are critical in the development of healthy self-esteem in children, including:

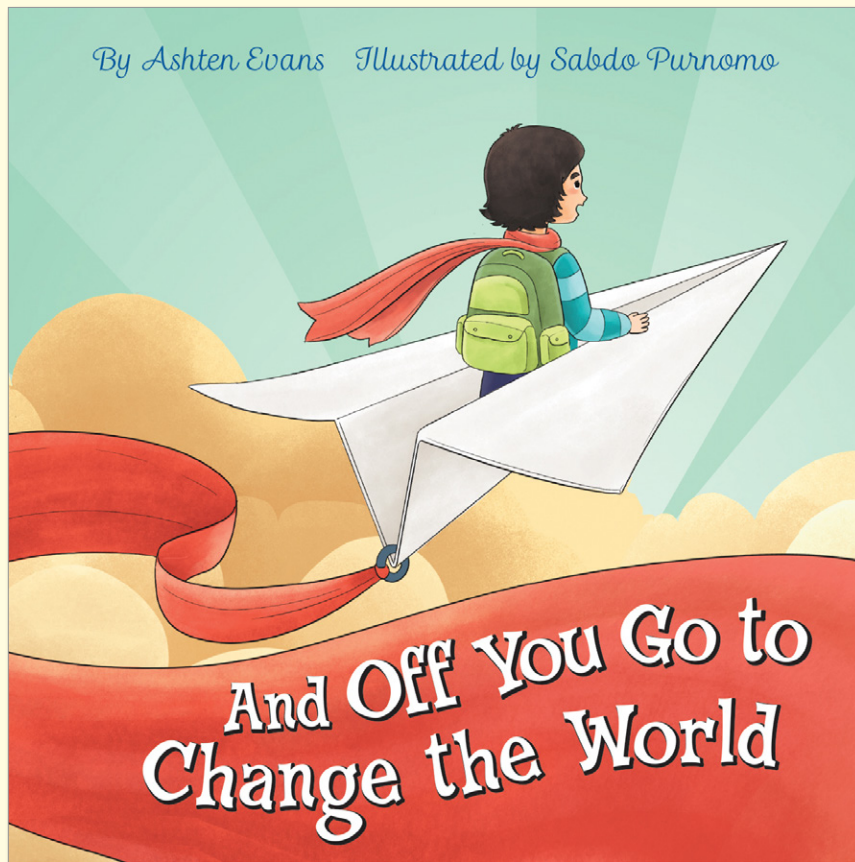
- ▶ An ability to develop an internal sense of validation and self
- ▶ The skills to handle critical feedback with an aim toward growth
- ▶ A focus on collaboration and building community around them
- ▶ A lack of fear around who they are, what they want, and the journey that they are on

### ABOUT THE AUTHOR

Dr. Lisa Orbé-Austin is a licensed psychologist and executive coach. She earned her doctorate in counseling psychology from Columbia University. Her expertise on impostor syndrome is regularly sought by the media, and she has appeared in outlets such as *Financial Times*, the *Today Show*, *Good Morning America*, *Forbes*, and *Huffington Post*. She is the coauthor of *Own Your Greatness* (Ulysses Press, 2020) and *Your Unstoppable Greatness* (Ulysses Press, 2022) and a contributor to the American Psychological Association's *The Impostor Phenomenon: Psychological Research, Theory, and Interventions* (APA Press, 2024).

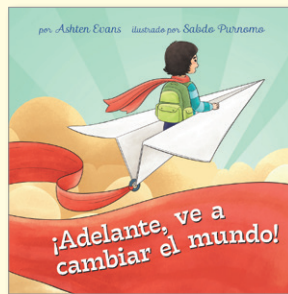
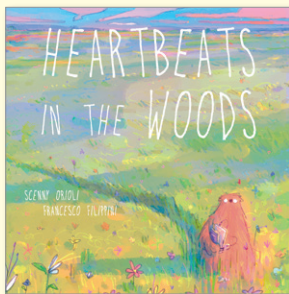
Dr. Richard Orbé-Austin is a psychologist and a partner of Dynamic Transitions Psychological Consulting, LLP, a career and executive coaching consultancy. Dr. Orbé-Austin's opinions and writings have appeared in *Forbes*, *Fast Company*, *Diversity Executive*, and *ThriveGlobal*, among others. He earned his PhD in counseling psychology from Fordham University's Graduate School of Education and his bachelor's degree in psychology from NYU. He is also the coauthor of *Own Your Greatness* (Ulysses Press, 2020) and *Your Unstoppable Greatness* (Ulysses Press, 2022).

By Ashten Evans Illustrated by Sabdo Purnomo



April 2025 | Paperback | 64 Pages | 6" x 6" | Full Color

Similar titles from Ulysses Press



# And Off You Go to Change the World

## A Preschool Graduation/First Day of Kindergarten Gift Book

Ashten Evans | Illustrated by Sabdo Purnomo

Give preschool and kindergarten grads the gift of inspiration with this perfect graduation day gift: a book full of positive messages paired with adorable, colorful illustrations that promises to uplift and encourage children on their big day.

The perfect gift for graduates of preschool or kindergarten as they accomplish their first experiences with school and pave the way to a lifetime of learning, this book is a great way to celebrate the special child in your life. With charming illustrations and text to uplift and motivate, *And Off You Go to Change the World* is a wonderful read for parents and children alike. Congrats, grads!

### ABOUT THE AUTHOR

Ashten Evans is an editor and writer living in Kansas City. She enjoys spending time with her loving husband, Drew, and their super-chill cat, Chelsea. This is her first book.

Spring 2025

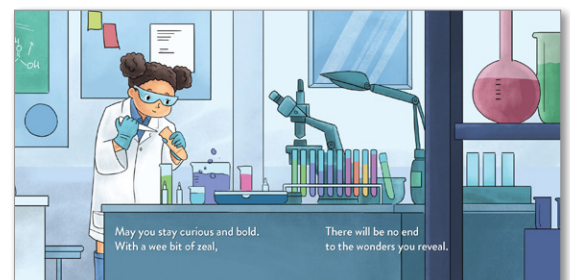
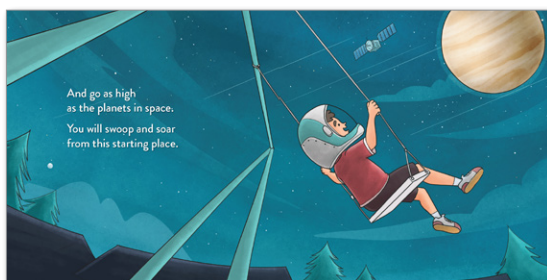
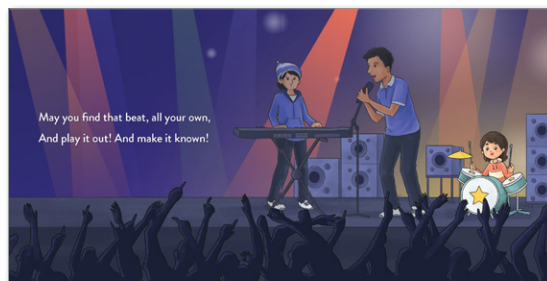
\$12.95 US | \$17.95 CAN

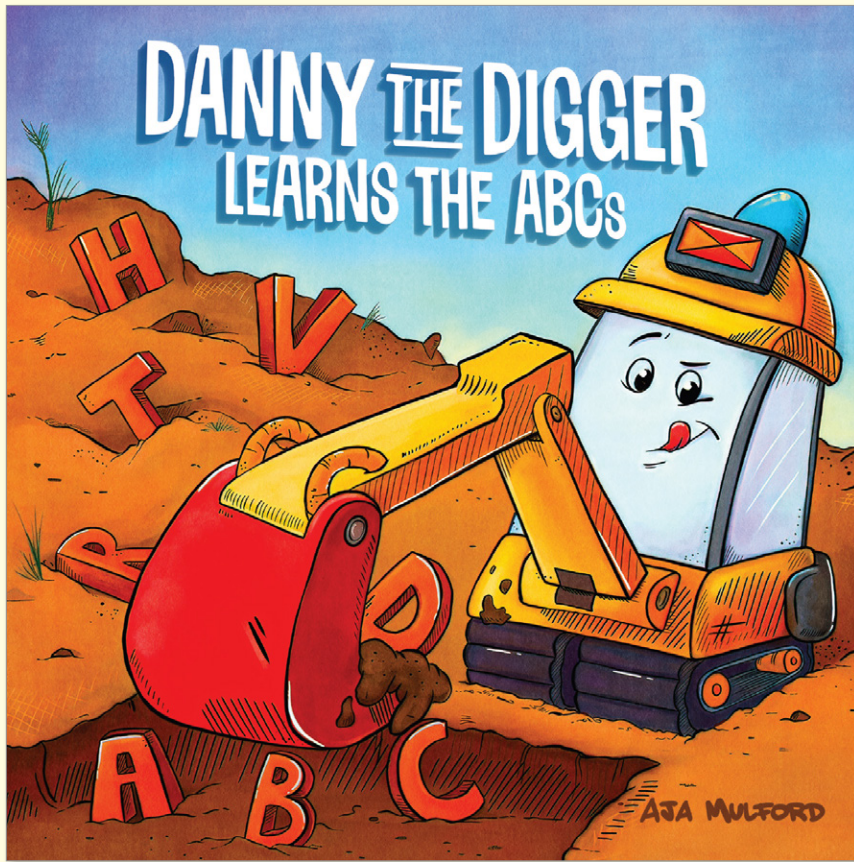
ISBN 9781646045372 (print)

Category: Juvenile Nonfiction

Rights: World

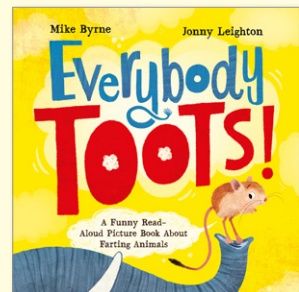
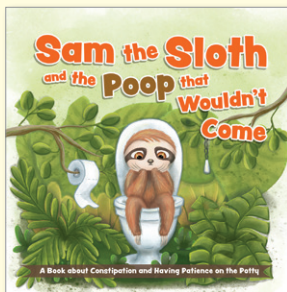
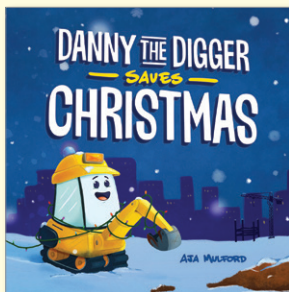
### Sample pages





April 2025 | Paperback | 24 Pages | 6" x 6" | Full Color

Similar titles from Ulysses Press



# Danny the Digger Learns the ABCs

Aja Mulford

Join Danny, a young mini excavator, as he and his construction site friends take on a new job, and learn the alphabet along the way!

The perfect ABC book for any kid who loves excavators, cranes, dump trucks, backhoe loaders, and mixers, *Danny the Digger Learns the ABCs* is a follow-up companion to *Danny the Digger Saves Christmas*. Kids will love learning their letters as they explore the construction site with Danny. The joyful, full-color illustrations feature large, prominent letters that will help toddlers start to recognize letter shapes while also learning the names of vehicles and tools found on construction sites. A wonderful baby shower gift or birthday present for young children!

Spring 2025

\$12.95 US | \$17.95 CAN

ISBN 9781646047871 (print)

ISBN 9781646047888 (ebook)

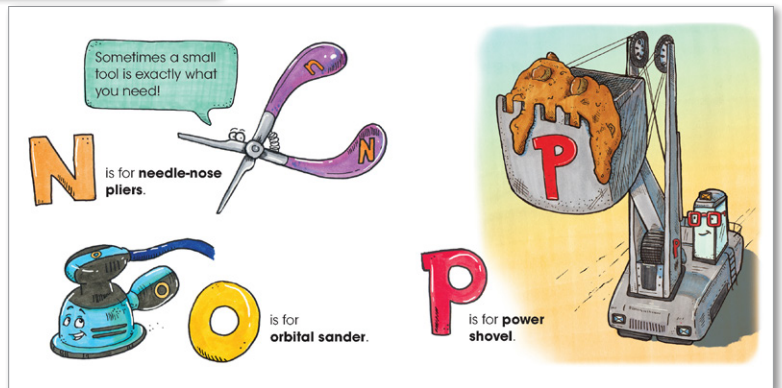
Category: Juvenile Fiction

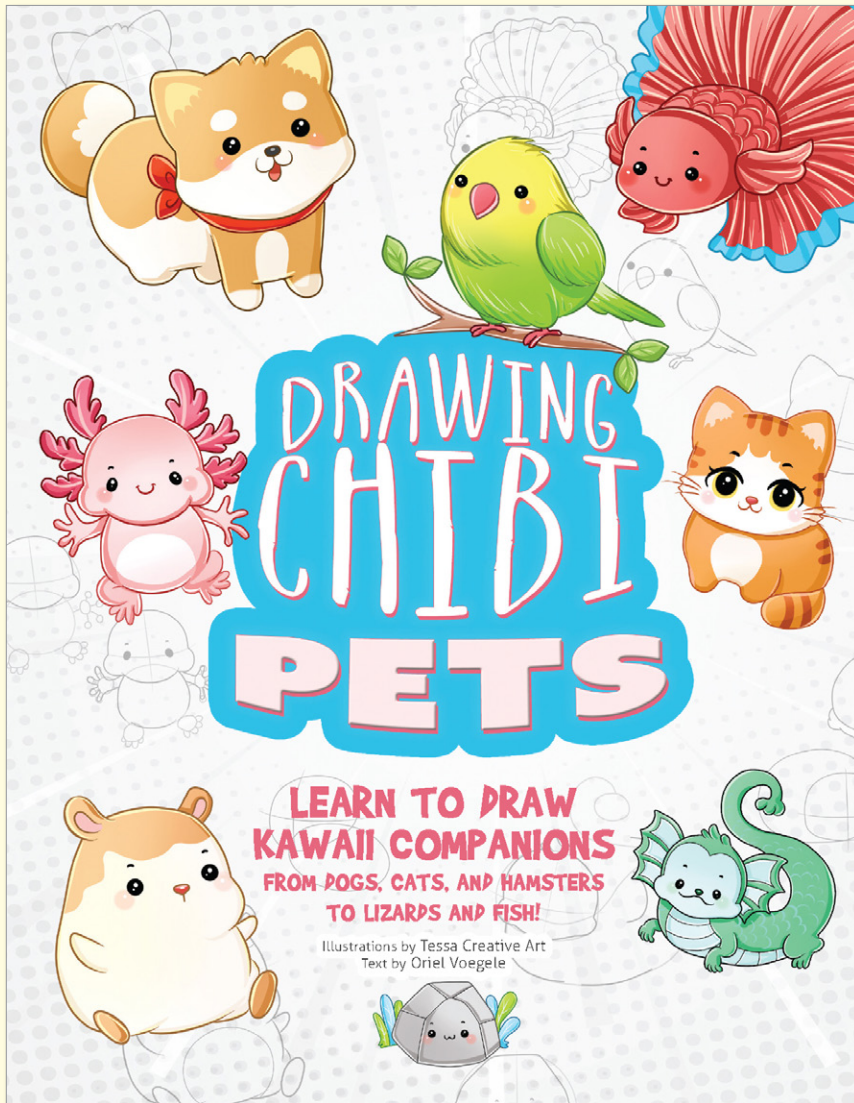
Rights: World

## ABOUT THE AUTHOR

Aja Mulford (pronounced Asia) is an illustrator, art director, and illustration teacher. Aja earned her MFA in illustration from the University of Hartford and has a background in graphic design, art directing, and teaching at the college level. Originally from Kealahou, Hawaii, Aja now lives and works with her husband, artist and designer Ryan Mulford, in Northern California.

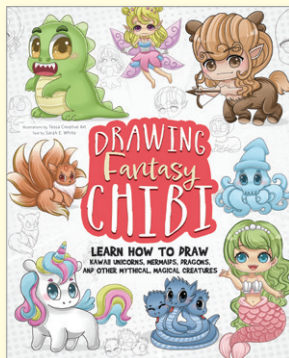
Sample pages





January 2025 | Paperback | 128 Pages | 7" x 9" | Black and White

Similar titles from Ulysses Press



# Drawing Chibi Pets

Learn to Draw Kawaii Companions, from Dogs, Cats, and Hamsters to Lizards and Fish!

Illustrated by Tessa Creative Art

In *Drawing Chibi Pets*, learn how to bring your favorite anime and manga-inspired pets to life using step-by-step instructions perfect for beginners!

Take your drawing skills to the next level with *Drawing Chibi Pets*!

Whether you're just starting out or need a refresher, this workbook is a great tool to work your way up from easy illustrations. Begin with familiar drawings like dogs and cats and steadily move toward complex animals like lizards.

*Drawing Chibi Pets* will help budding artists build and strengthen creative muscles with every page, cultivating self-confidence in your craft and yourself.

Spring 2025

\$12.95 US | \$17.95 CAN

ISBN 9781646047925 (print)

ISBN 9781646047932 (ebook)

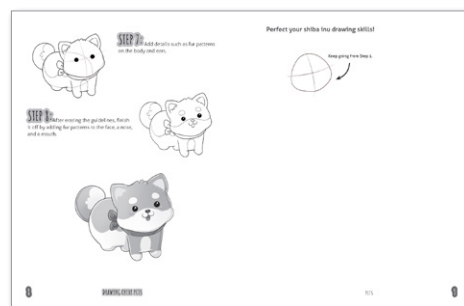
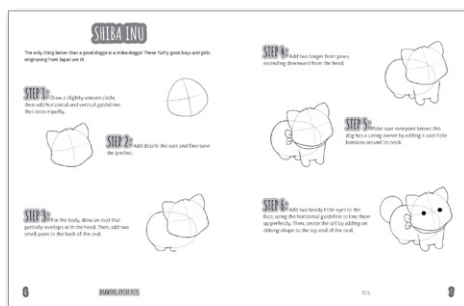
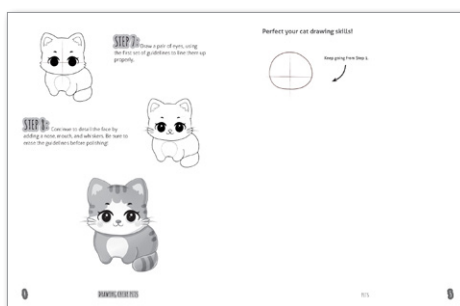
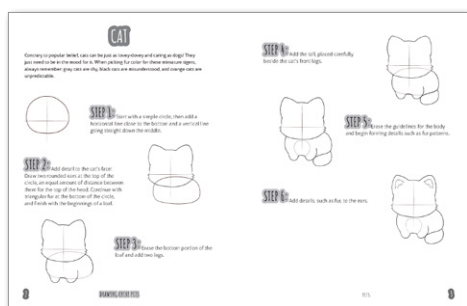
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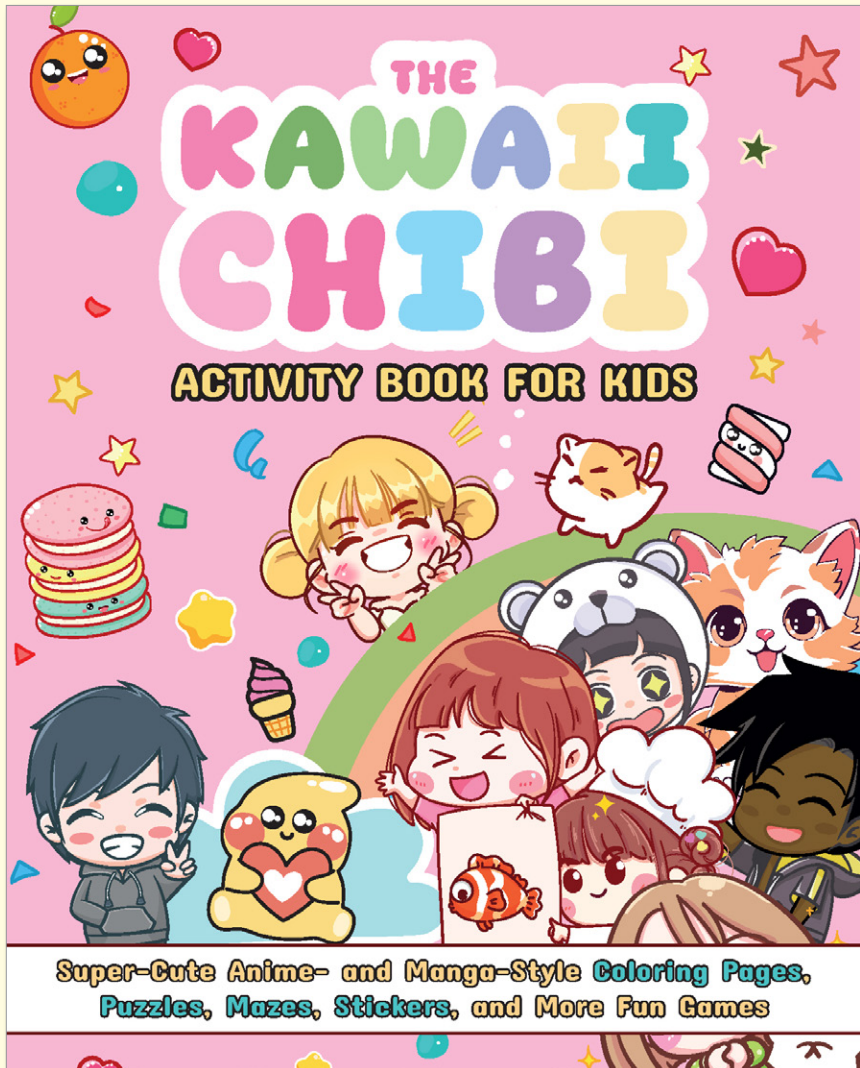
Rights: World

## ABOUT THE AUTHOR

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

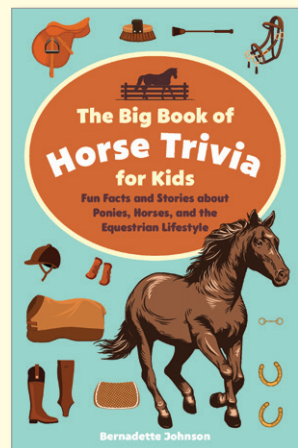
### Sample pages





March 2025 | Paperback | 64 Pages | 8" x 10" | Full Color

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# The Kawaii Chibi Activity Book for Kids

Super-Cute Anime- and Manga-Style Coloring Pages, Puzzles, Mazes, Stickers, and More Fun Games

Designed by Valentina Figus

Kids ages six to nine will have a blast solving the cutest mazes, puzzles, and more in this adorably illustrated activity and coloring book, featuring four sheets of kawaii chibi stickers!

This full-color activity book is the perfect gift for young fans of anime, manga, and everything cute! Packed with charming characters and engaging activities, this book will spark creativity and keep children entertained. Inside, kids will find:

- ▶ 60 pages of fantastically cute activities and coloring sheets, featuring an adorable assortment of chibi friends
- ▶ Activities like mazes, dot-to-dot, matching, counting, spot the differences, and more
- ▶ 4 pages of full-color stickers

Spring 2025

\$11.99 US | \$15.99 CAN  
ISBN 9781646047581 (print)

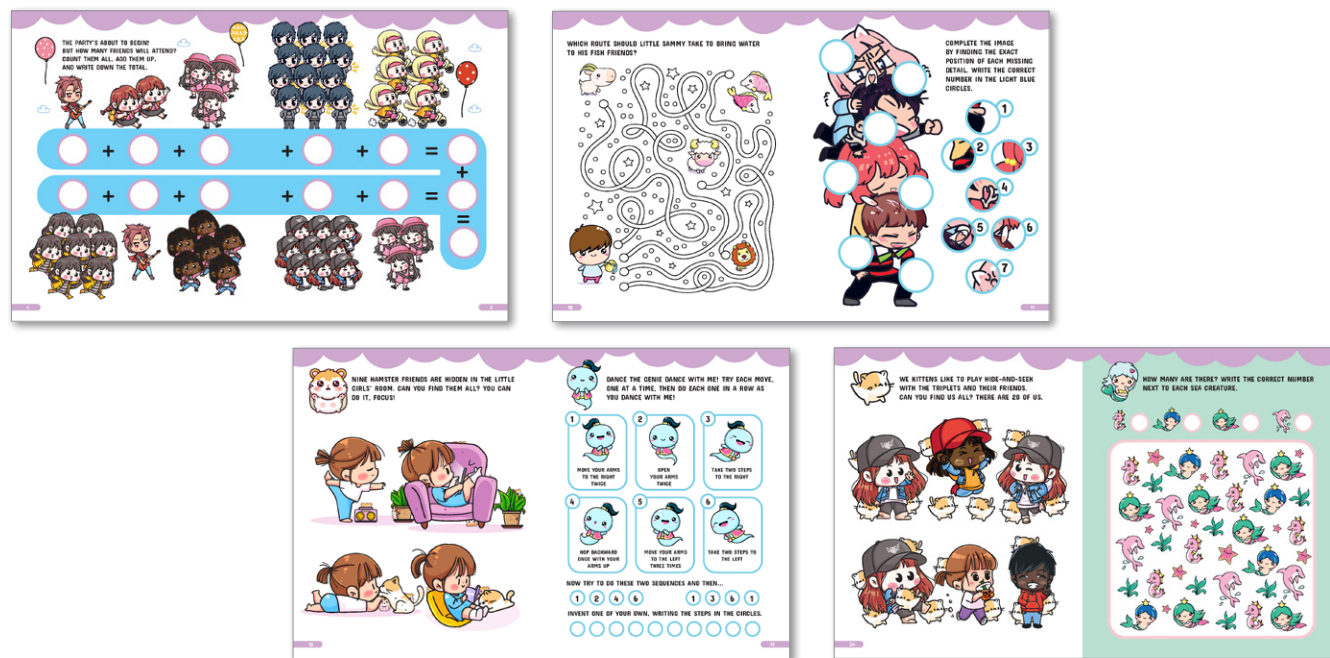
Category: Juvenile Nonfiction  
Rights: US, Canada

Whether kids are at home or on the go, *The Kawaii Chibi Activity Book for Kids* is sure to become a favorite!

## ABOUT THE AUTHOR

Valentina Figus is a designer living in Italy.

### Sample pages



THE  
**Self-Regulation**  
**WORKBOOK**  
for Children Ages 5 to 8

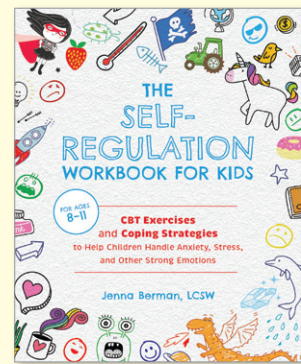
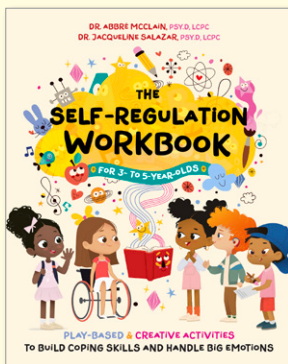


A Parent-Child Resource for  
Engaging in Healthy Coping Skills  
and Building Connection

BY KAHLILA ROBINSON, PH.D.,  
in collaboration with Sarah Gerstenzang, L.C.S.W

April 2025 | Paperback | 152 Pages | 8" x 10" | Black and White

Similar titles from Ulysses Press



# The Self-Regulation Workbook for Children Ages 5 to 8

## A Parent-Child Resource for Engaging in Healthy Coping Skills and Building Connection

Kahlila Robinson, PhD, with Sarah Gerstenzang, LCSW

Both caregivers and children can benefit from this workbook offering helpful guidance on essential emotional regulation skills such as co-regulation, frustration tolerance, expressing feelings, caregiver reflection, and child self-control, all through fun and engaging activities.

Written by experienced child therapists who are parents themselves, this workbook uses the foremost knowledge and methods to help both caregivers and children build strong relationships and instill useful regulation tools in their everyday lives. Follow along with fun activities used to teach caregivers how to realistically adapt to meet children's emotional needs. Activities and guidance include:

- ▶ How to use play and connection as a baseline approach
- ▶ Naming and noticing feelings
- ▶ Guidance for building emotional resilience in your child
- ▶ Emotion regulation strategies to use during tough moments
- ▶ Learning the strengths and limits of a child's brain and nervous system
- ▶ How to use parental reflection to better understand and respond to challenging child behaviors
- ▶ How to set limits and repair ruptures
- ▶ Guidance from theory and research on child emotion regulation

**Spring 2025**

\$17.95 US | \$22.95 CAN

ISBN 9781646047604 (print)

ISBN 9781646047659 (ebook)

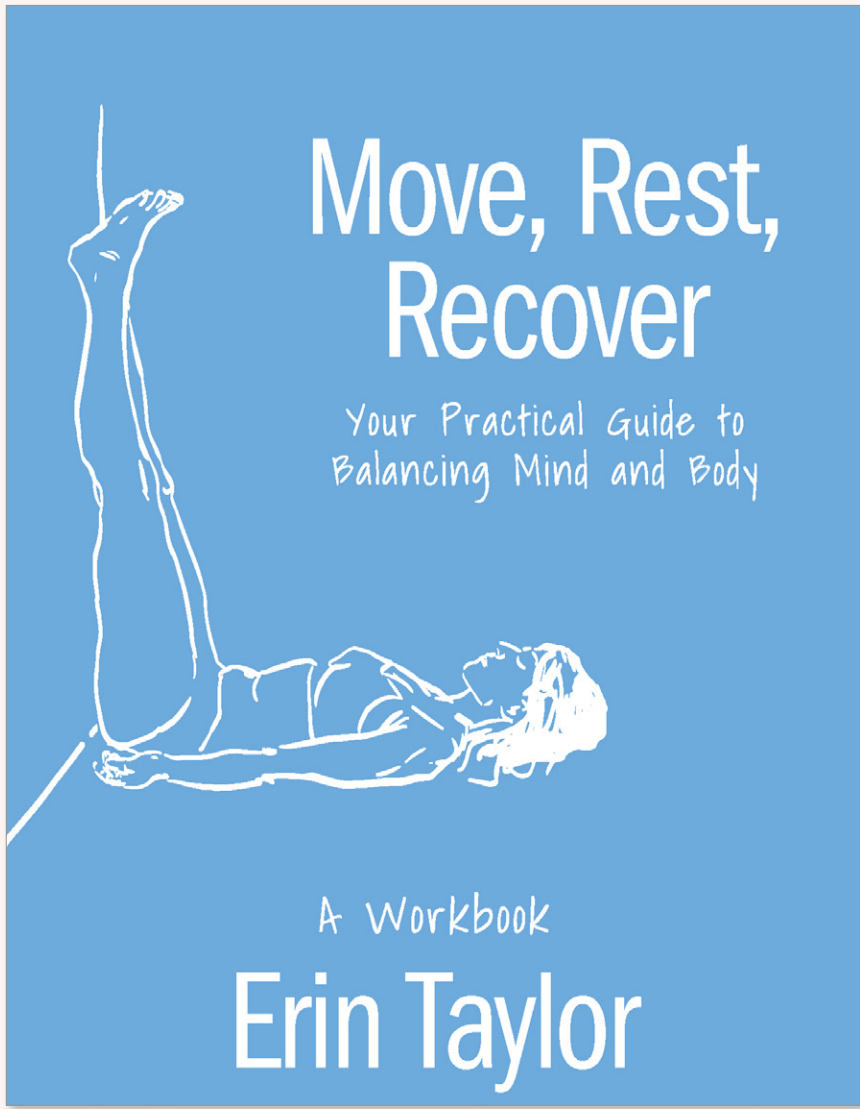
**Category:** Juvenile Nonfiction

**Rights:** World

### ABOUT THE AUTHOR

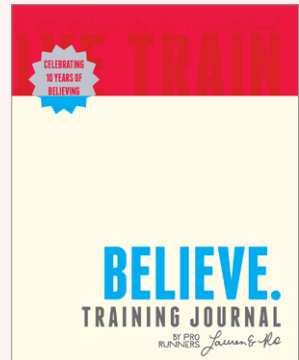
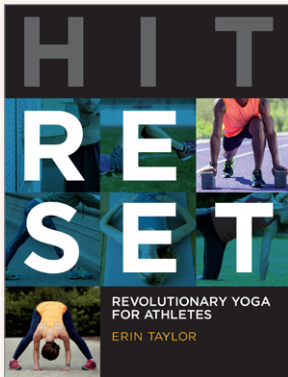
Kahlila Robinson, PhD, received her doctoral training from the Graduate Center, City University of New York. She has specialized training and experience working in parent mental health, as well as with children and families and with adults with relational trauma. She is a supervising psychologist for child and adult psychology graduate students at City College. She lives with her husband and children in New York City.

Sarah Gerstenzang works as a therapist with foster and adoptive families and previously held policy and administrative positions in child welfare. She holds a master's degree in social work from Columbia University. She is the board president of the Adoptive and Foster Family Coalition of NY, and has been a foster and kinship parent. One of her three children was adopted from the New York City foster care system.



January 2025 | Paperback | 208 Pages | 6" x 8" | Black and White

Similar titles from Ulysses Press



# Move, Rest, Recover: A Workbook

## Your Practical Guide to Balancing Mind and Body

Erin Taylor

**Balance your mind, body, and nervous system with this practical workbook focused on helping everyone—from athletes, to regular gym goers, to those who fit in a Pilates class here and there—build a recovery program that works for them.**

Recovery is the most readily available yet underutilized tool for well-being, the counterbalance to your active lifestyle that allows you to rise to the ever-increasing demands and pace of work, training, and life.

Without effective recovery, there is considerable strain on your mind, body, and nervous system. This stress and tension continues to accumulate long after your effort and output is done, making you vulnerable to illness, injury, and burnout. Discover how to fit rest and recovery into your everyday life using reflection, writing prompts, and accessible mental and physical recovery tools to activate and strengthen your own restorative practice. *Move, Rest, Recover: A Workbook* will teach you how to use recovery to your full advantage by:

### Spring 2025

\$19.95 US | \$24.95 CAN  
 ISBN 9781646047758 (print)  
 ISBN 9781646047765 (ebook)

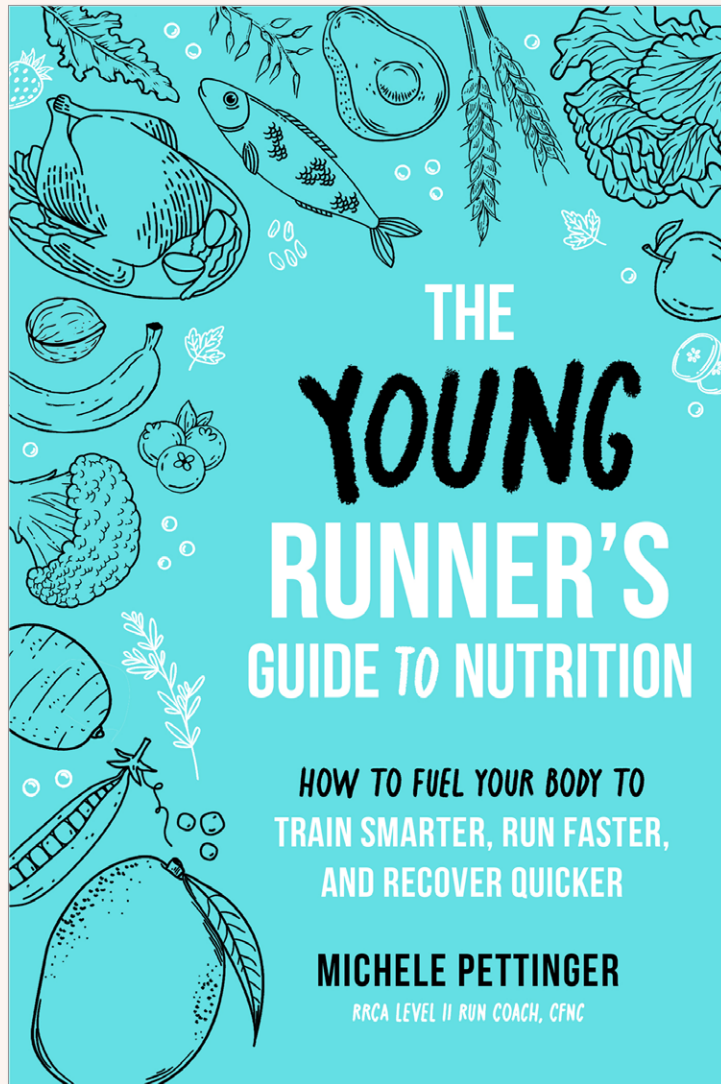
**Category:** Health & Fitness  
**Rights:** World

- ▶ Increasing your attentional capacity
- ▶ Managing and solving physical pain
- ▶ Promoting mental stability
- ▶ Boosting your immune system
- ▶ Improving the quality of your sleep
- ▶ And so much more!

### ABOUT THE AUTHOR

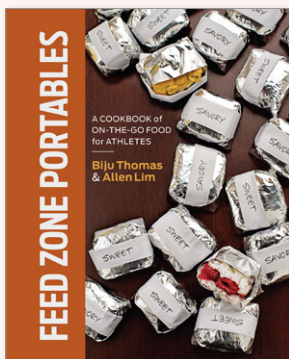
Erin Taylor is an international yoga coach, writer, and recovery expert. She is the founder of Athletes for Yoga, the only athlete-led, on-demand video platform and app that puts yoga into the context of sport and well-being goals. Erin is the author of *Hit Reset* and *Work IN*.

For 20 years she has coached professional athletes, everyday runners, pre- and post-natal women, office workers, and anyone looking to integrate practices that enhance well-being and performance. In her newsletter, *Balance Practice*, she offers practical tools to inspire and support mental and physical balance.



March 2025 | Paperback | 280 Pages | 5.5" x 8.25" | Black and White

Similar titles from Ulysses Press



# The Young Runner's Guide to Nutrition

## How to Fuel Your Body to Train Smarter, Run Faster, and Recover Quicker

Michele Pettinger

Empower young runners to take control of their health and training with this practical guide that teaches them the basics of sports nutrition and includes over 40 balanced and healthy recipes.

Author, lifelong runner, and certified running and nutrition coach Michele Pettinger grew up running under the tutelage of her father, the high school cross country and track coach. With *The Young Runner's Guide to Nutrition*, she plans to carry on the legacy of reaching youth runners and the communities that support them through nutrition education and practical, easy-to-implement protocols. With this practical guide, young runners will learn the fundamentals of sports nutrition, explaining why they need specific nutrients and what foods contain them. These young athletes will also discover more about:

### Spring 2025

\$18.95 US | \$23.95 CAN

ISBN 9781646047772 (print)

ISBN 9781646047789 (ebook)

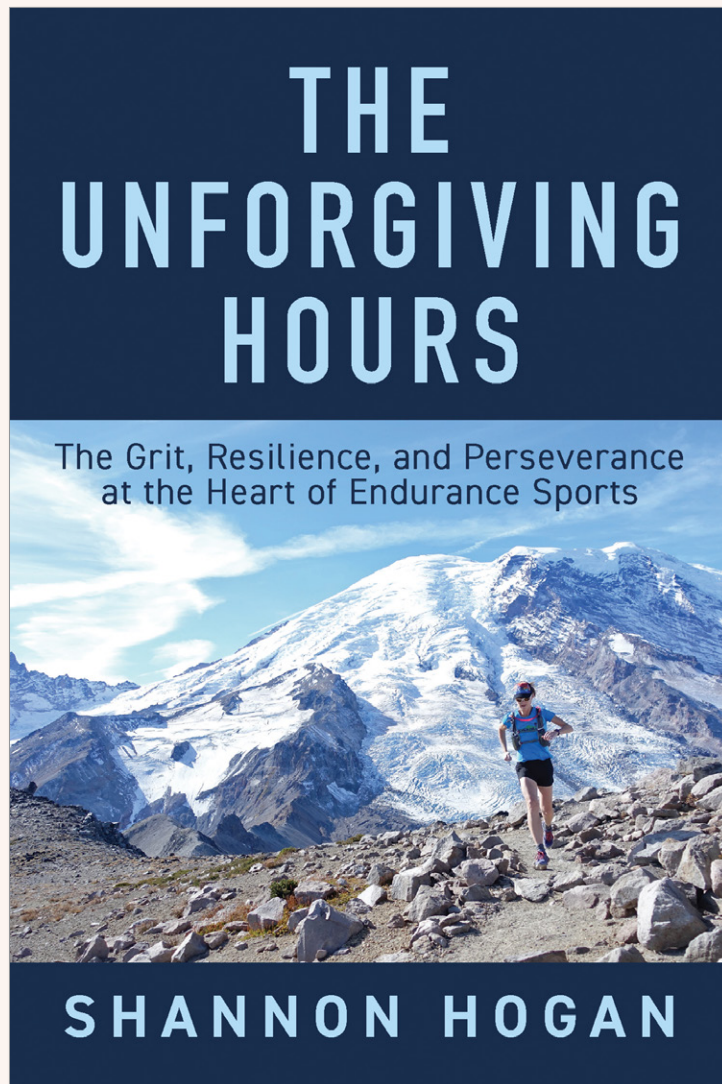
**Category:** Health & Fitness

**Rights:** World

- ▶ Navigating adolescence and the unique nutritional needs of the young runner, like macronutrients, micronutrients, and hydration
- ▶ Nutritional challenges and health risks such as the female and male athlete triads, disordered eating, RED-S, and other areas of concern
- ▶ Strategic fueling and optimizing performance and recovery through nutrition planning and nutrient timing
- ▶ Empowering change by integrating nutrition education into running programs, including how to foster positive body image and daily practical tools for upholding nutrition protocols

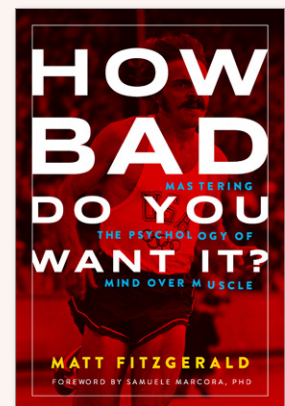
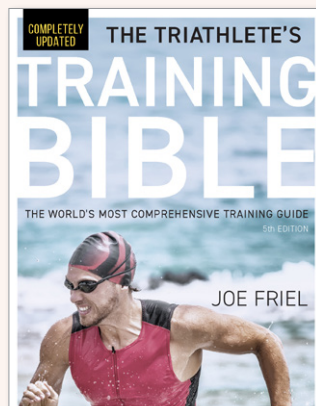
### ABOUT THE AUTHOR

Michele Pettinger started running in the Midwest at a young age. She has a passion for carrying on the legacy of reaching young runners and helping them build a solid nutritional foundation that will empower them now and long into their future running careers. She holds a master's degree in communication studies and had a career as a technical writer before she fell in love with trail running while living in the Pacific Northwest, where she founded P3Running, a collective of coaches specializing in custom run and nutrition coaching. Michele is an RRCA Level II Certified Running Coach, Certified Specialist in Fitness Nutrition, and Certified Functional Nutrition counselor. She is most at home on the trails, training for ultramarathon distances. Michele lives in Santa Cruz, California, with her husband, Joe. They have a grown daughter, Anika.



April 2025 | Hardback | 304 Pages | 6" x 9" | Black and White

*Similar titles from Ulysses Press*





# The Unforgiving Hours

## The Grit, Resilience, and Perseverance at the Heart of Endurance Sports

Shannon Hogan

For readers of *Born to Run* and *Endure*, athlete and journalist Shannon Hogan brings to life the inspiring stories of athletes who have pushed themselves through the “unforgiving hours” to achieve endurance sports greatness and redefine modern outdoor adventuring.

### Spring 2025

\$28.95 US | \$38.95 CAN

ISBN 9781646047796 (print)

ISBN 9781646047802 (ebook)

**Category:** Sports & Recreation

**Rights:** World English

Are competing in an ultramarathon at age 70, sailing from Washington State to Alaska without a motor, swimming the English Channel at age 15, and running the Boston Marathon in reverse and then turning around to race it conventionally really terrible ideas? In *The Unforgiving Hours*, Shannon Hogan dives into the world of endurance sports by taking us on the journeys of unheralded athletes tackling extraordinary quests in creative ways, proving what is possible and attesting to the patient drive, mettle, adaptability, passion, humor, and grit that exists in all of us. Some of the adventurers you’ll meet include:

- ▶ Lynne Cox breaking the record for swimming across the English Channel at age 15
- ▶ Jeanne Goussev, along with teammate Kelly Danielson, leading the first all-woman sailing team to win the Race to Alaska
- ▶ Yuichiro Hidaka dreaming of eating potato chips while running the Boston Double for the fourth time
- ▶ John Stamstad voyaging to Alaska for an all-night February bike race in the bush of the Last Frontier
- ▶ Gunhild Swanson running the Western States 100 Endurance Run five days shy of her seventy-first birthday
- ▶ Chris Jones embarking on The Last Great Race—six 100-mile ultramarathons to be completed over the course of one summer
- ▶ And Seana Hogan, the current cycling transcontinental female record holder (set at age 35) fighting the race clock and father time to finish Race Across America at age 60

### ABOUT THE AUTHOR

Shannon Hogan is a former pro mountain biker, ultrarunner, and open water swimmer based in the Cascade Mountains, Washington. She is the first female finisher of La Ruta de Los Conquistadores in Costa Rica (the world’s toughest mountain bike race), holds the women’s course record for the Pigtails 100K ultramarathon, and has successfully navigated multiple ridiculous-distance ultraruns, including a buckle-finish at Leadville 100 and a sub-24-hour finish at the Javelina 100-mile run in the Sonoran Desert. Hogan has written for *The Colorado Sun*, *Ultrarunning* magazine, and the *Seattle Times*.

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