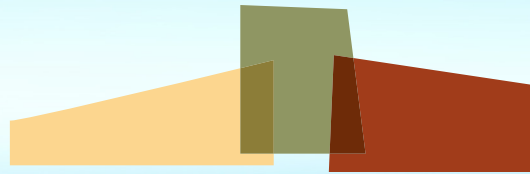


SUMMER 2025



THE STABLE
BOOK GROUP

ULYSSES PRESS



ULYSSES BOOKS
FOR YOUNG READERS



VELOPRESS



MILLENNIAL MENOPAUSE

Preparing for

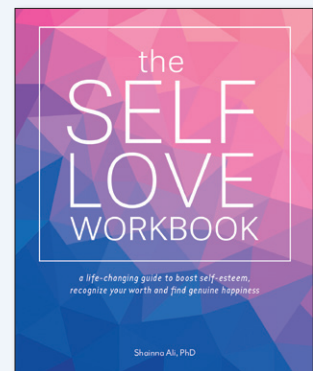
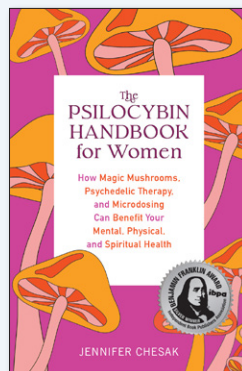
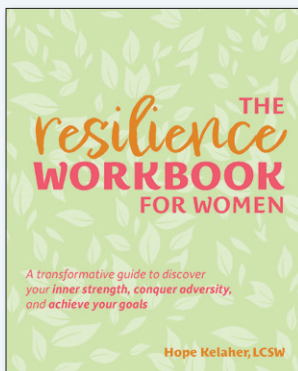
**PERIMENOPAUSE,
MENOPAUSE &
LIFE'S NEXT PERIOD**
LIFE'S NEXT PERIOD
LIFE'S NEXT PERIOD
LIFE'S NEXT PERIOD

LAUREN A. TETENBAUM

LCSW, JD, PMH-C

July 2025 | Paperback | 208 Pages | 5.5" x 8.25" | Black and White

Similar titles from Ulysses Press





Millennial Menopause

Preparing for Perimenopause, Menopause, and Life’s Next Period

Lauren A. Tetenbaum, LCSW, JD, PMH-C

Get ready to take on menopause with this refreshingly real guide for millennials looking to embrace a new life phase with confidence, humor, and empowerment.

Get ready to take on menopause with this refreshingly real guide for millennials looking to embrace a new life phase with confidence, humor, and empowerment.

Menopause is often misunderstood, under-discussed, and even stigmatized. For millennial women, navigating this next chapter may seem daunting. How can you find surety and balance within all of the noise? How can you pinpoint what is an old wives’ tale and what is fact based in modern science? In *Millennial Menopause*, this generation finally has the handbook it deserves—a fresh, relatable, and empowering guide to understanding modern menopause.

Summer 2025

\$18.95 US | \$25.95 CAN

ISBN: 9781646048106 (print)

ISBN: 9781646048113 (ebook)

Category: Health & Fitness

Rights: World

From hormonal changes and mental health to the impact on careers, sex lives, and friendships, *Millennial Menopause* dives deep. With real-life anecdotes, professional advice, and important discussions on how menopause is (and isn’t) portrayed in the media, this book encourages millennial women to advocate for themselves, embrace their bodies, and navigate this phase with confidence.

Whether you’re just starting to wonder “What’s next?” or already feeling the effects, this book offers practical tips, expert interviews, and a much-needed sense of sisterhood. After all, this isn’t just the end of one chapter—it’s the beginning of an empowered new era.

ABOUT THE AUTHOR

Lauren A. Tetenbaum (aka “The CounseLaur”) is a millennial mother of two, a social worker specializing in supporting women through life transitions, and a former lawyer passionate about advocating for women. Through her counseling practice, Lauren facilitates psychoeducational workshops to empower postpartum and other women in corporate settings, provides clinical therapy to individuals and couples in New York, New Jersey, Connecticut, and Florida, and frequently speaks on podcasts and at events about topics like maternal mental health, gender equity, and working parenthood. She regularly contributes thought leadership on women’s issues to blogs, magazines, and anthologies; this is her first book. Learn more at TheCounseLaur.com.

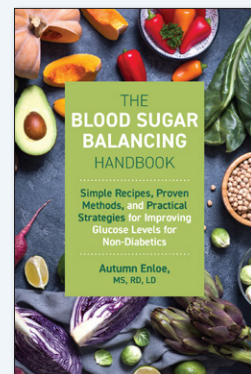
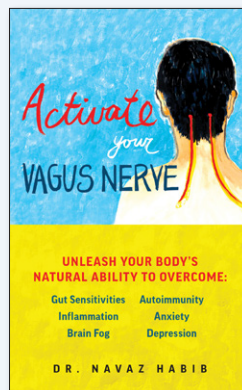
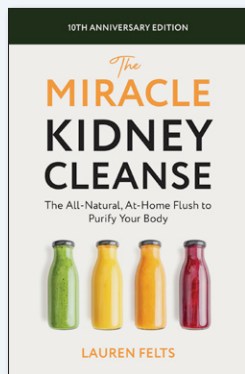
The HEALTHY KIDNEY Handbook

A COMPREHENSIVE GUIDE TO
Manage Hypertension, Control Stress,
and Prevent Renal Failure, Kidney Disease,
and More

C. NICOLE SWINER, MD

June 2025 | Paperback | 176 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press



The Healthy Kidney Handbook

A Comprehensive Guide to Manage Hypertension, Control Stress, and Prevent Renal Failure, Kidney Disease, and More

C. Nicole Swiner, MD

Improve kidney function and manage kidney disease with this practical guide full of tips and strategies on maintaining kidney health through hydration, lifestyle changes, balanced nutrition, and more.

Summer 2025

\$17.95 US | \$24.95 CAN

ISBN: 9781646047673 (print)

ISBN: 9781646047680 (ebook)

Category: Diet & Nutrition

Rights: World

Improve kidney function and manage kidney disease with this practical guide full of tips and strategies on maintaining kidney health through hydration, lifestyle changes, balanced nutrition, and more.

With *The Healthy Kidney Handbook*, you'll learn what you can do before your kidney health starts to suffer, including:

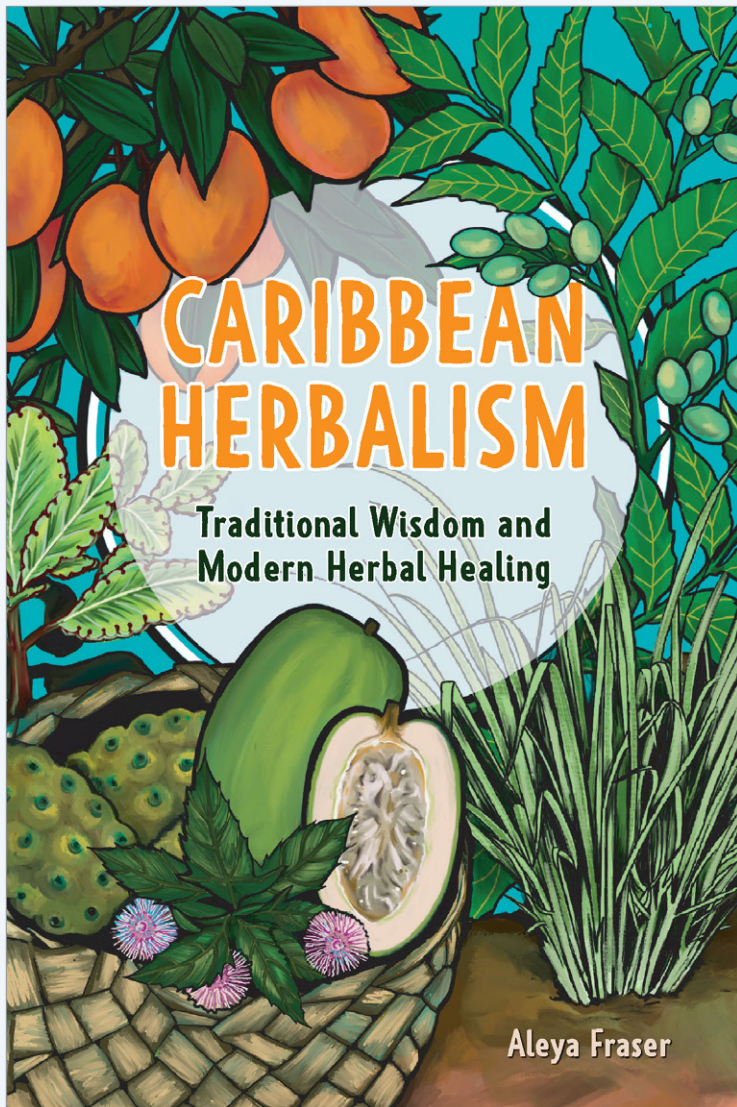
- ▶ Understanding the anatomy of the kidneys and exactly what makes them function
- ▶ Learning good nutrition and how you can upgrade your diet
- ▶ Improving your access to consistent exercise
- ▶ Discovering how current weight-loss drugs and diabetes can affect your kidney health
- ▶ And so much more

Whether you're currently suffering from kidney disease or simply want to embark on a healthier lifestyle, this book will guide you in transforming your kidney health through science-backed research, advice, strategies, and more.

ABOUT THE AUTHOR

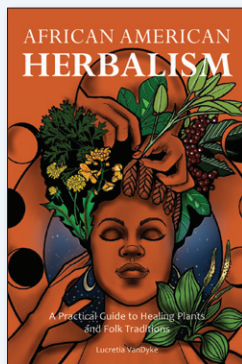
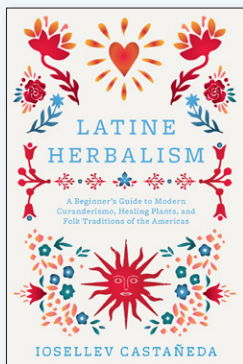
Voted one of the Top 10 Best Doctors in NC, Doc Swiner is a family physician, seven-time best-selling author, speaker, wife, and mother in Durham, North Carolina. She is also affectionately known as the "Superwoman Complex" expert and has written two best-selling books on the topic, which has now evolved into the #nosuperwoman lifestyle brand. She also owns and runs Swiner Publishing Company for authors and entrepreneurs, and Serenity Hydration and Wellness, which provides IV hydration and self-care consults.

Her loves are minority health, women's health, mental health, DEI, and entrepreneurship. She attended Duke University and went to medical school at the Medical University of South Carolina. She speaks nationally and has appeared on the news and other media, and as a main stage speaker at Essence Fest and Radio One's Women's Empowerment. She has become one of the nation's experts on self-publishing, media in medicine, and self-care.



June 2025 | Paperback | 160 Pages | 6" x 9" | Black and White

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Caribbean Herbalism

Traditional Wisdom and Modern Herbal Healing

Aleya Fraser

From the forest to the pharmacy, the bush to the medicine bottle, explore how plants and traditional practices from the Caribbean have traveled around the world to help heal people of all cultures.

Summer 2025

\$17.95 US | \$24.95 CAN

ISBN: 9781646048168 (print)

ISBN: 9781646048175 (ebook)

Category: Body, Mind & Spirit

Rights: World

For millennia, people have utilized plants as foods, medicines, hallucinogens, clothing, shelter, perfumes, dyes, and even poisons. In the Caribbean, medicinal and practical use of plants began with its first inhabitants, the Amerindians. New plants and knowledge were introduced through both triangular trade with Asia, Africa, and Europe and the enslavement of Africans and Indians from Southeast Asia, culminating in the modern-day system of Caribbean herbalism.

Caribbean Herbalism tells the rich and complex stories of Caribbean people and the plants that have sustained them. Inside you'll find:

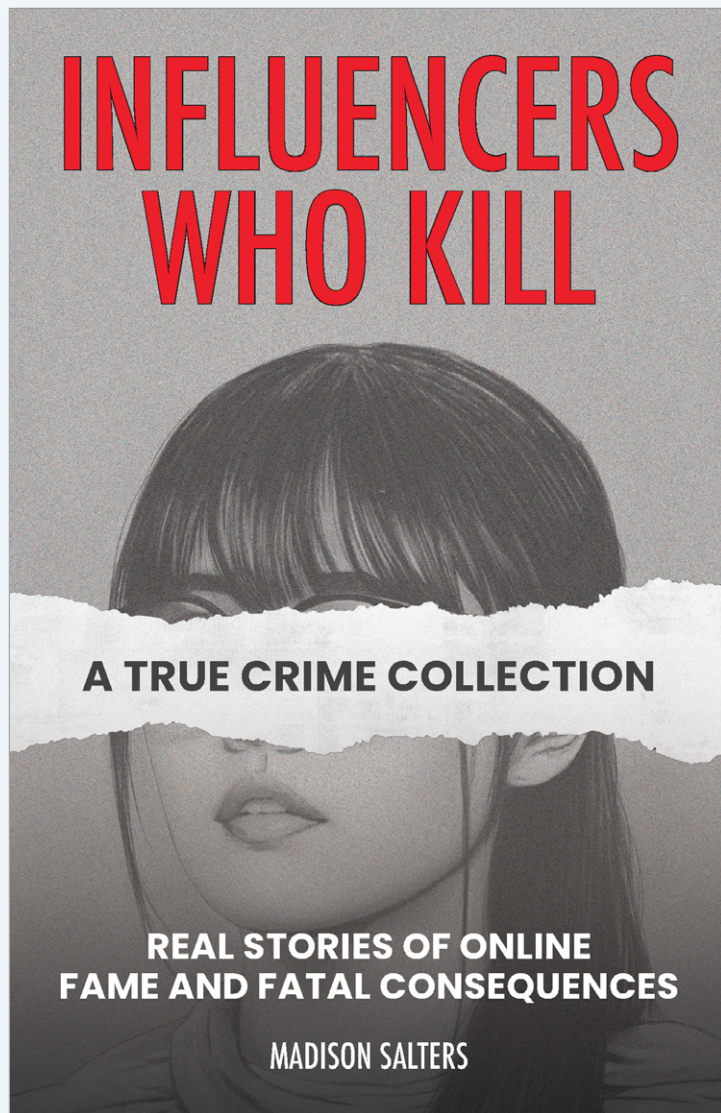
- ▶ A practical guide to a meaningful selection of herbs and their traditional uses
- ▶ Botanical field notes and drawings that tell the stories of the Indigenous, African, East Indian, and European plants that inhabit the region
- ▶ Culturally important traditions, remedies, and recipes
- ▶ Interviews with Caribbean people

This book offers practical tools you need to build a relationship with plants and make common Caribbean herbal remedies like bush teas, bush baths, herbal wines, infused alcohols and oils, and more!

ABOUT THE AUTHOR

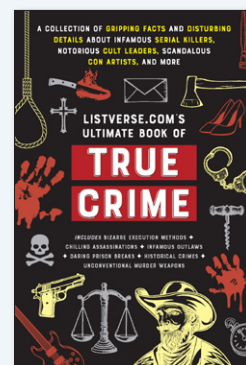
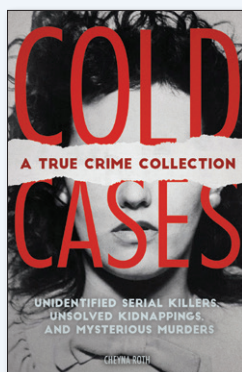
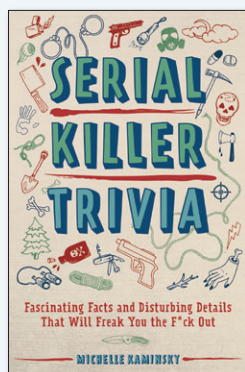
Aleya Fraser is a land steward and ethnobotanist with a strong lineage of land-based people. She has spent the last 12 years managing and founding farms and deepening her herbal knowledge through scientific research, practice, and communing with elders. Aleya uses her bachelor's degree in physiology and neurobiology as well as the ancestral wisdom in her fingertips to guide her studies and research interests. She blends her upbringing in Maryland with a strong focus on Trinidadian roots in her writings.

Aleya also managed and cofounded farms in Baltimore City, on the Eastern Shore of Maryland, in Northwest Virginia, and now, in her ancestral lands of Trinidad and Tobago, where she lives with her husband and daughter. She can be found on social media at @naturaleya or naturaleya.substack.com.



June 2025 | Paperback | 208 Pages | 5.5" x 8.5" | Black and White

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Influencers Who Kill: A True Crime Collection

Real Stories of Online Fame and Fatal Consequences

Madison Salters

From TikTok to YouTube, OnlyFans to Instagram, sink into 10 bone-chilling stories of influencers who resorted to murder... or tried to.

Summer 2025

\$16.95 US | \$22.95 CAN

ISBN: 9781646048052 (print)

ISBN: 9781646048069 (ebook)

Category: True Crime

Rights: World

Thousands of followers. Rapt audiences. Splashy photos and videos that rack up millions of views, crowning the popular few who beat the algorithm “Online Influencers.” But what happens when the next reel on the slideshow of someone’s life... is death?

Accidental or premeditated? In some cases, only you can decide. This book features 10 fascinating cases, including:

- ▶ Yuka Takaoka, Japanese bar hostess who stabbed her flirty host boyfriend
- ▶ Nasim Aghdam, YouTube Headquarters shooter
- ▶ Mary Anne Oliver-Snow/Snow the Salt Queen, cosplay shooter who maintains her innocence
- ▶ David Katz, sports video game tournament shooter
- ▶ Samantha Wohlford, Mommy vlogger who tripped over her own lies in the interrogation room
- ▶ Randy Stair, supermarket shooter who produced—and dated—cartoons
- ▶ Trey Sesler, “Mr. Anime,” who murdered his family
- ▶ Pekka-Eric Auvinen, admirer of violence who carried out one of Finland’s few school shootings
- ▶ Abigail White, OnlyFans talent who bullied and killed her husband

ABOUT THE AUTHOR

Madison Jayne Salters is a journalist, writer, editor, and translator who has lived all over the globe, only to settle back at her starting line: New York City. She works in publishing as a content leader for works in translation from Japanese for the US and European markets. She loves a good investigative deep dive, drinking too much coffee, her two little epileptic sausage dogs, and her partner—not necessarily in that order. Highly awarded for her work, she was once named “Top 30 Under 30” by *Westchester Magazine*, which her family found hilarious. This is her third book.



PREPPER'S LONG-TERM SURVIVAL
COUNTDOWN TO
PREPAREDNESS



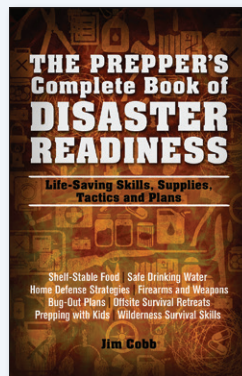
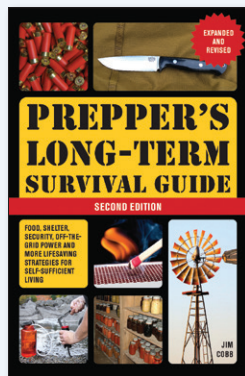
THE PREPPER'S
52-WEEK COURSE
TO TOTAL DISASTER
READINESS



JIM COBB

July 2025 | Paperback | 240 Pages | 6" x 9" | Black and White

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Prepper's Long-Term Survival: Countdown to Preparedness

The Prepper's 52-Week Course to Total Disaster Readiness

Jim Cobb

Take control and survive a disaster in any season with this practical guide that provides checklists, step-by-step instructions, and more vital information on emergency preparedness.

Summer 2025

\$19.95 US | \$26.95 CAN

ISBN: 9781569750018 (print)

ISBN: 9781646048229 (ebook)

Category: Self-Help

Rights: World

Welcome to the most important class you'll ever take. In this dangerous world, there's no place where disaster won't find you. Your only option is to get educated.

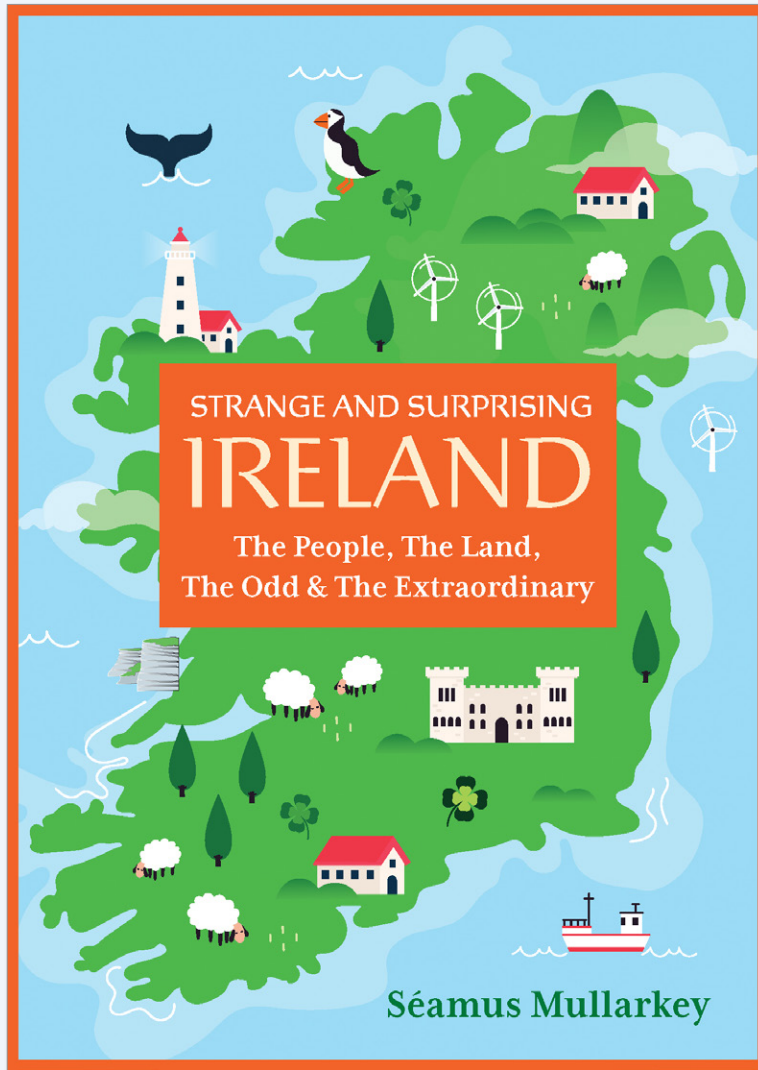
Presenting a straightforward 52-week course to becoming a full-fledged prepper, this book provides a step-by-step guide to everything from simple tools for storing food and water to advanced techniques for defending your family and property. With this book, you will:

- › Learn to stock, treat, use, and reuse the most important survival item of all—water
- › Store enough food to feed your family for three months without breaking the bank
- › Develop the emergency skills to respond effectively to any catastrophic event
- › Fortify and protect your home with affordable and manageable DIY projects
- › Create a prepper savings account to ensure your family's well-being
- › And so much more

If you want to make it out alive, you can't rely on hope or help from others. Be ready to confidently act and survive on your own with *Prepper's Long-Term Survival: Countdown to Preparedness*.

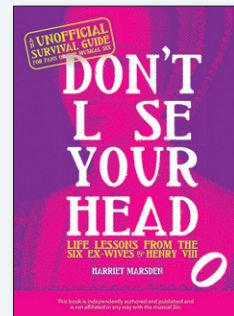
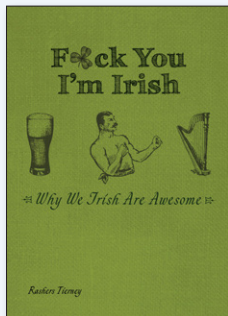
ABOUT THE AUTHOR

Jim Cobb is the author of numerous prepping and survival guides, including *Prepper's Long-Term Survival Guide*, *Prepper's Home Defense*, and *The Prepper's Complete Book of Disaster Readiness*. Cobb is a prepper, survivalist, and author of *The Survival Weekly Dispatch* (jimcobb.substack.com). He lives in Wisconsin.



May 2025 | Paperback | 296 Pages | 5" x 7" | 40 Illustrations

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Strange and Surprising Ireland

The People, the Land, the Odd & the Extraordinary

Séamus Mullarkey

Discover the magical folktales, peculiar stories, and charming figures of the Emerald Isle in this giftable book perfect for lovers of Irish culture, language, and Ireland itself.

Summer 2025

\$19.95 US | \$26.95 CAN

ISBN: 9781646048038 (print)

ISBN: 9781646048045 (ebook)

Category: Reference

Rights: World

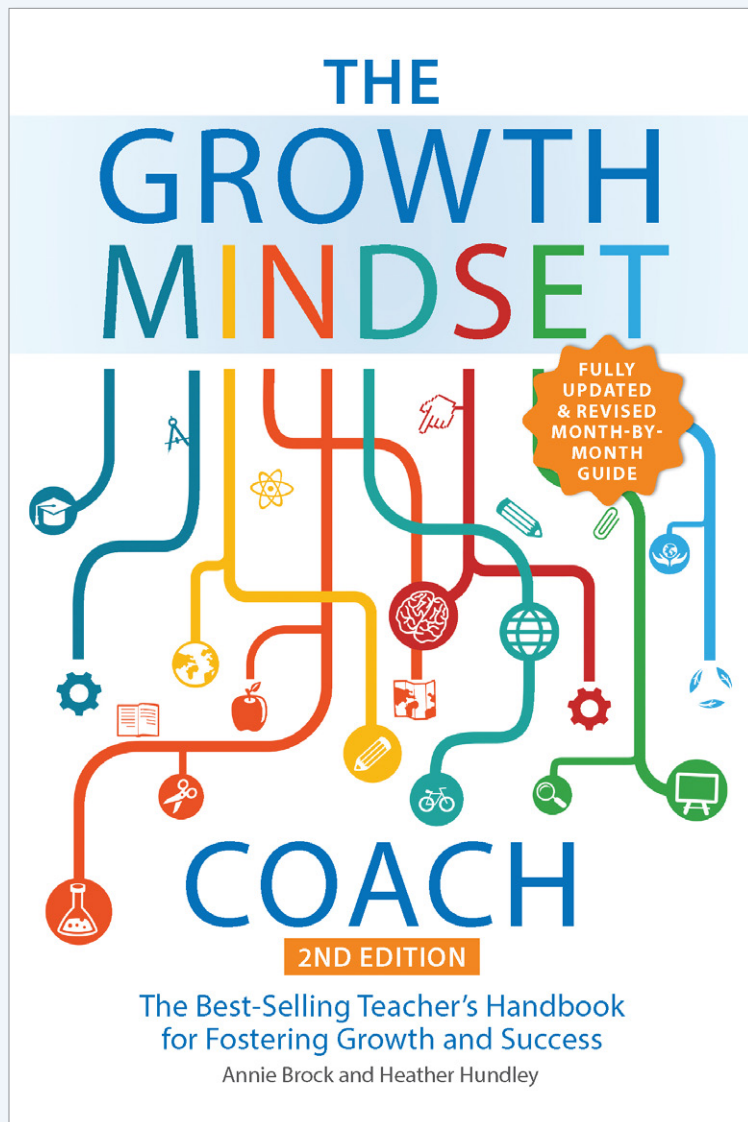
This captivating book takes you on a journey through the heart of Irish culture, unraveling quirky traditions, little-known myths, and fascinating stories that have shaped the unique spirit of Ireland. From fairies and mythical beasts to curious customs and age-old legends, you'll explore the hidden gems of Irish history that often go unnoticed. Whether you're a lover of folklore, a history buff, or simply curious about the world's most enchanting island, *Strange and Surprising Ireland* offers bite-sized tidbits, trivia, and stories sure to fascinate and enchant. Let this book be your guide to the unique and delightful world of Ireland, where every story has a twist and every tradition hides a secret.

ABOUT THE AUTHOR

From the west of Ireland but now living in New York, Séamus Mullarkey spends much of his time scouring vintage newspaper articles, leafing through dusty old books, and scrutinizing scholarly databases. Séamus is obsessed with overlooked stories, forgotten aspects of world events, and quirky trivia. He is fascinated by the kind of history that you definitely didn't learn in school. Teachers told him to "only answer what you're asked" and "don't go off on tangents," but now he delights in writing about whatever he wants, and it's his pleasure to take his readers on that journey with him.

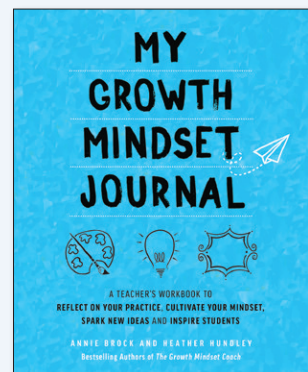
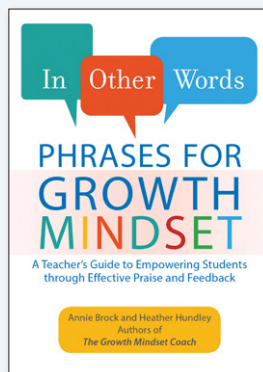
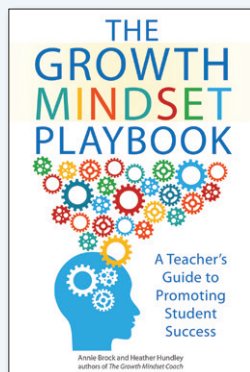
Sample pages





August 2025 | Paperback | 224 Pages | 6" x 9" | Black and White

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The Growth Mindset Coach, 2nd Edition

The Best-Selling Teacher's Handbook for Fostering Growth and Success (Fully Updated and Revised Month-by-Month Guide)

Annie Brock and Heather Hundley

Bring growth mindset strategies into the classroom with the newly updated version of this best-selling, easy-to-follow guide for teachers to empower learning through grit and resilience.

Summer 2025

\$17.95 US | \$24.95 CAN

ISBN: 9781646048236 (print)

ISBN: 9781646048243 (ebook)

Category: Education

Rights: World

The teacher-favorite *The Growth Mindset Coach* returns in a fully updated second edition, featuring fresh strategies, research, and resources to help unleash students' potential through innovative lessons, empowering messages, and cutting-edge teaching techniques. This new edition expands its focus to address the evolving needs of today's diverse classrooms, while incorporating the latest research and trends in education. You'll find the tools and advice needed to foster a growth mindset classroom, including:

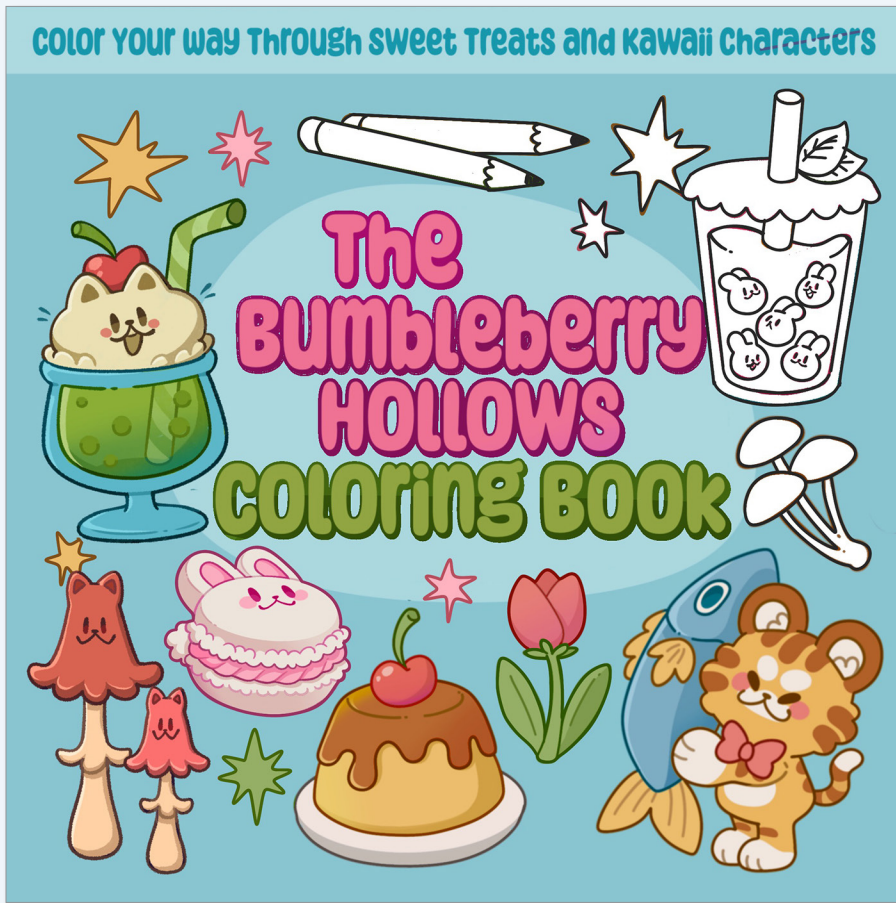
- ▶ A refreshed month-by-month program with adaptable lessons for middle and high school students
- ▶ Updated research-based activities from the latest studies
- ▶ New hands-on lesson plans incorporating social-emotional learning (SEL) concepts
- ▶ Educator stories reflecting today's classroom realities
- ▶ Constructive feedback techniques grounded in the latest psychological research
- ▶ Updated sample parent letters and communication techniques
- ▶ New content on using AI as a teaching tool

ABOUT THE AUTHORS

Annie Brock, a former high school English teacher and library media specialist, now works as a freelance writer and educational technology consultant. Annie has a degree in journalism from Kansas State University and earned her secondary English education credentials from Washburn University. She is the coauthor of *The Growth Mindset Playbook*, *In Other Words: Phrases for Growth Mindset*, and *My Growth Mindset Journal*.

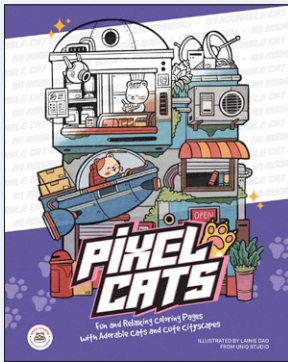
Heather Hundley, an elementary educator with 12 years of teaching experience, has an elementary education degree from Washburn University and master's degrees in education and in school leadership from Baker University. She has served as a supervisor for pre-service teachers and as a guest lecturer with Washburn University. Heather was recently nominated for the Presidential Awards for Excellence in Mathematics and Science Teaching.

COLOR YOUR way Through sweet Treats and Kawaii Characters



May 2025 | Paperback | 48 Pages | 8.5" x 8.5" | Black and White

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The Bumbleberry Hollows Coloring Book

Color Your Way Through Sweet Treats and Kawaii Characters

Faith Varvara

Unleash your creativity and de-stress while coloring whimsical dreamscapes, cute chibi creatures, and adorable scenes from popular Instagram artist @faithvarvara of Trendy Not shop and the Bumbleberry Hollows family of characters.

Escape into the fantastical world of cuteness that is Bumbleberry Hollows! Color your way through charming scenes filled with kawaii creatures like Beatrice the Bee, Inkeri the Goat, Persimmon the Frog, and Juniper the Bat, all in enchanting, magical settings. Flex your creativity and bring these adorable friends to life with your favorite coloring tools as you explore their whimsical, cozy world. The 24 fun-to-color designs will keep you inspired for hours.

Perfect for relaxation after work or for a fun weekend afternoon, this book is ideal for kids and adults alike. Whether you're an art enthusiast or just looking to unwind, *The Bumbleberry Hollows Coloring Book* offers hours of heartwarming coloring fun. Dive into Bumbleberry Hollows and bring these charming characters to life!

Summer 2025

\$15.95 US | \$21.95 CAN

ISBN: 9781646048212 (print)

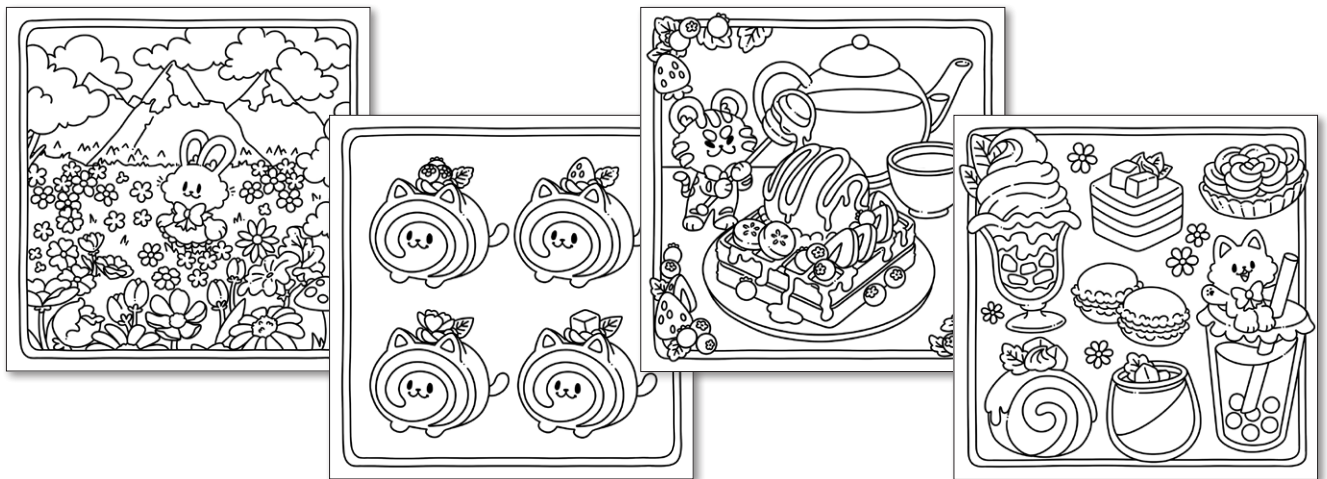
Category: Games & Activities

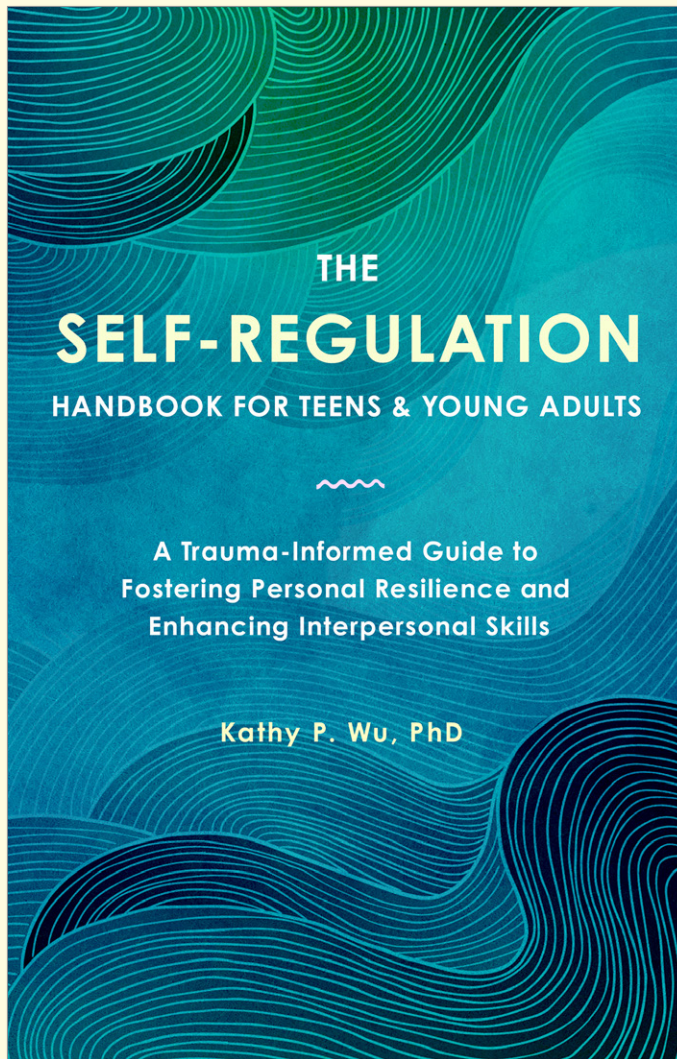
Rights: World

ABOUT THE AUTHOR

Faith Varvara is an artist and illustrator. You can find her on Instagram @faithvarvara and online at her shop: TrendyNot.com.

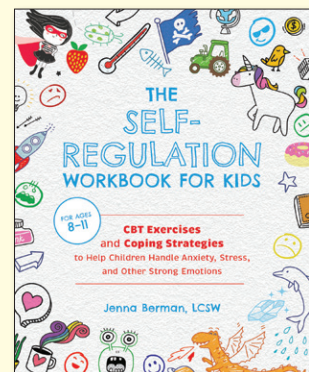
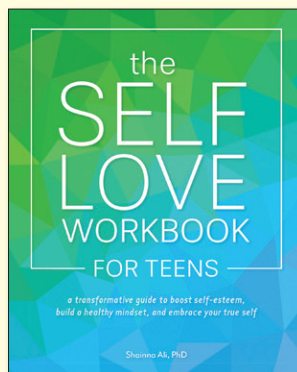
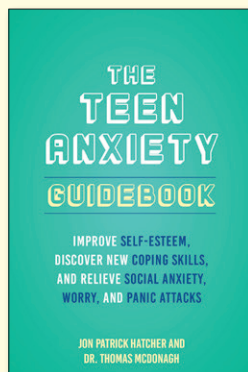
Sample pages





August 2025 | Paperback | 192 Pages | 5.5" x 8.5" | Black and White

Similar titles from Ulysses Press





The Self-Regulation Handbook for Teens and Young Adults

A Trauma-Informed Guide to Fostering Personal Resilience and Enhancing Interpersonal Skills

Kathy Wu, PhD

Discover how emotional regulation and other coping skills can help you manage big emotions, big life changes, and the issues you deal with on a day-to-day basis.

Summer 2025

\$17.95 US | \$24.95 CAN

ISBN: 9781646047574 (print)

ISBN: 9781646047666 (ebook)

Category: Young Adult Nonfiction

Rights: World

The final years of high school and the first years of college can be full of new experiences, friendships, and learning opportunities. But they can also be a time of upheaval and instability. This trauma-informed handbook will help you remain empowered and centered as you navigate through a variety of difficult experiences, including:

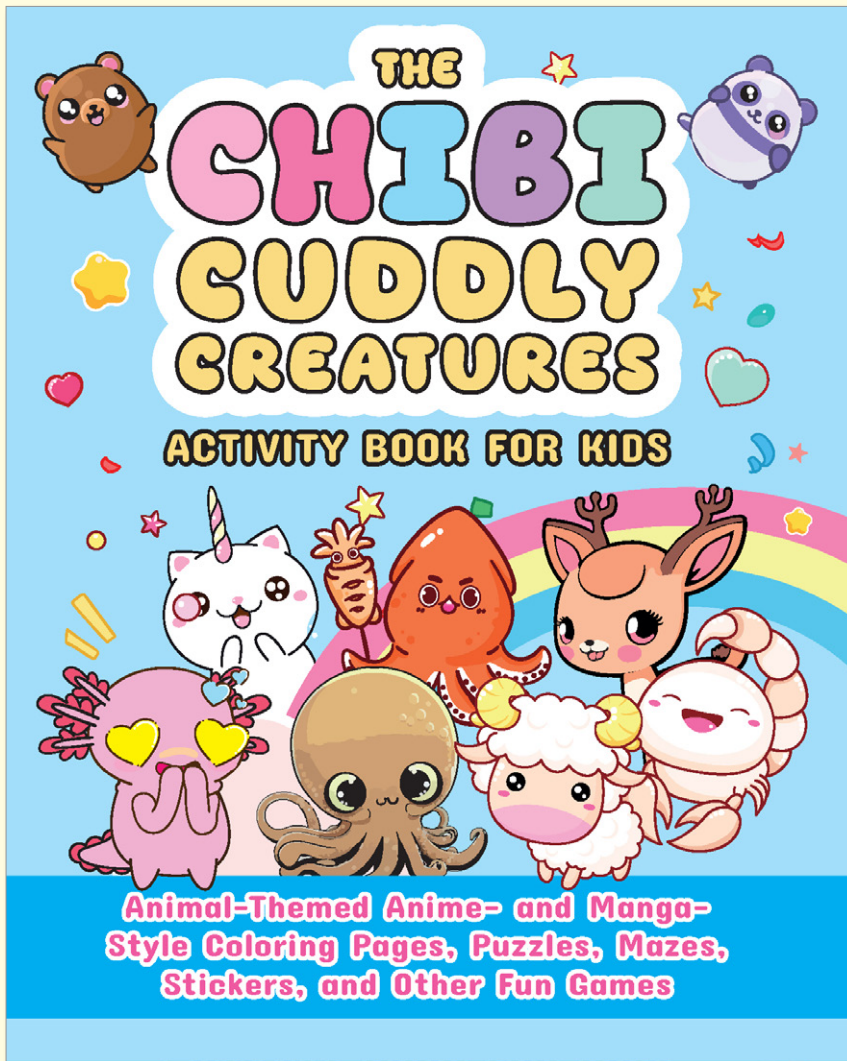
- ▶ Mental health concerns like anxiety, depression, perfectionism, boredom, burnout, and grief
- ▶ Interpersonal challenges like not fitting in, being gaslit, facing discrimination, and problems with communication and relationships
- ▶ External issues like collective trauma, social media pressures, political upheaval, and financial stress

Specifically designed for ages 15 to 21, this comprehensive guide provides valuable tools for utilizing self-regulation to build resilience and cultivate a strengths-oriented mindset. Dr. Kathy Wu, a licensed psychologist, has compiled helpful strategies and practical interventions from cognitive behavioral therapy, acceptance commitment therapy, dialectical behavioral therapy, and others, to help you understand and deal with difficult emotions and experiences. With engaging advice and real-life examples, this handbook equips you with the tools you need to thrive and face life's challenges head on.

ABOUT THE AUTHOR

Kathy Wu, PhD, is a licensed psychologist who helps young people optimize their personal growth, creativity and well-being. Formerly a college professor, Dr. Wu is keen on applying education with trauma-informed and evidence-based approaches to mental health care.

Dr. Wu has worked formally since age seven, starting in her family's dumpling business, through to corporations, psychiatric hospitals, community health centers, and public schools and universities. Dr. Wu currently has a thriving private practice. She feels most grounded when spending quality time with her friends and family.



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

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The Chibi Cuddly Creatures Activity Book for Kids

Animal-Themed Anime- and Manga-Style Coloring Pages, Puzzles, Mazes, Stickers, and Other Fun Games

Valentina Figus

A fun, cuddly, and cute full-color, animal-themed activity book packed with challenging puzzles and four sheets of stickers that kids ages six to nine will love!

This delightful activity book is perfect for animal, anime, and manga lovers! The engaging activities will keep children busy and entertained with pages and pages of amusing designs, stickers, and cute illustrations. It will spark creativity and imagination, as it is packed with:

- Simple yet captivating mazes, plus matching and counting exercises to encourage brain and creative functions
- Full-color animal-themed fun, with adorable cuddly creatures that children will rejoice to color and describe
- Four full-color sticker sheets! This activity is perfect for in-home entertainment or on-the-go fun!

Summer 2025

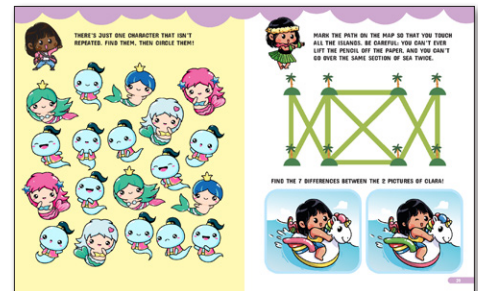
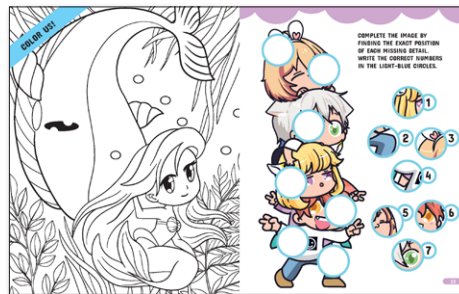
\$11.99 US | \$15.99 CAN
ISBN: 9781646048205 (print)

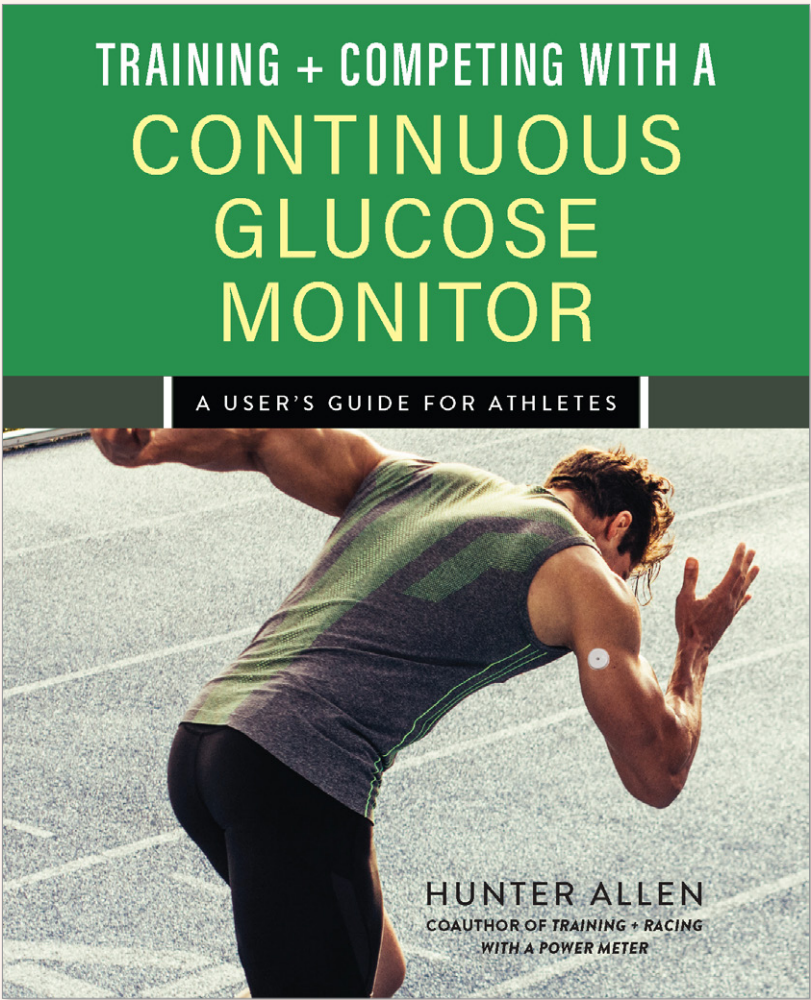
Category: Activity Books
Rights: US, Canada

ABOUT THE AUTHOR

Valentina Figus is a designer living in Italy.

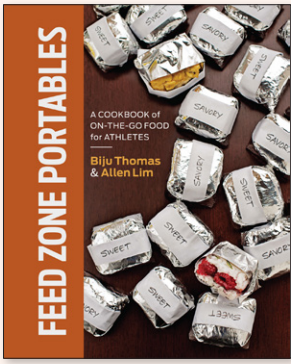
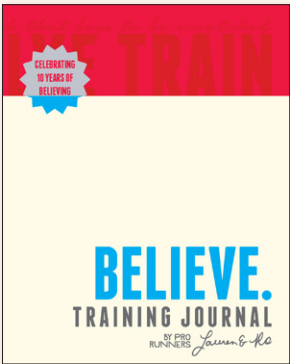
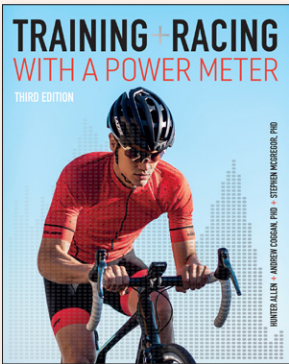
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Hunter Allen

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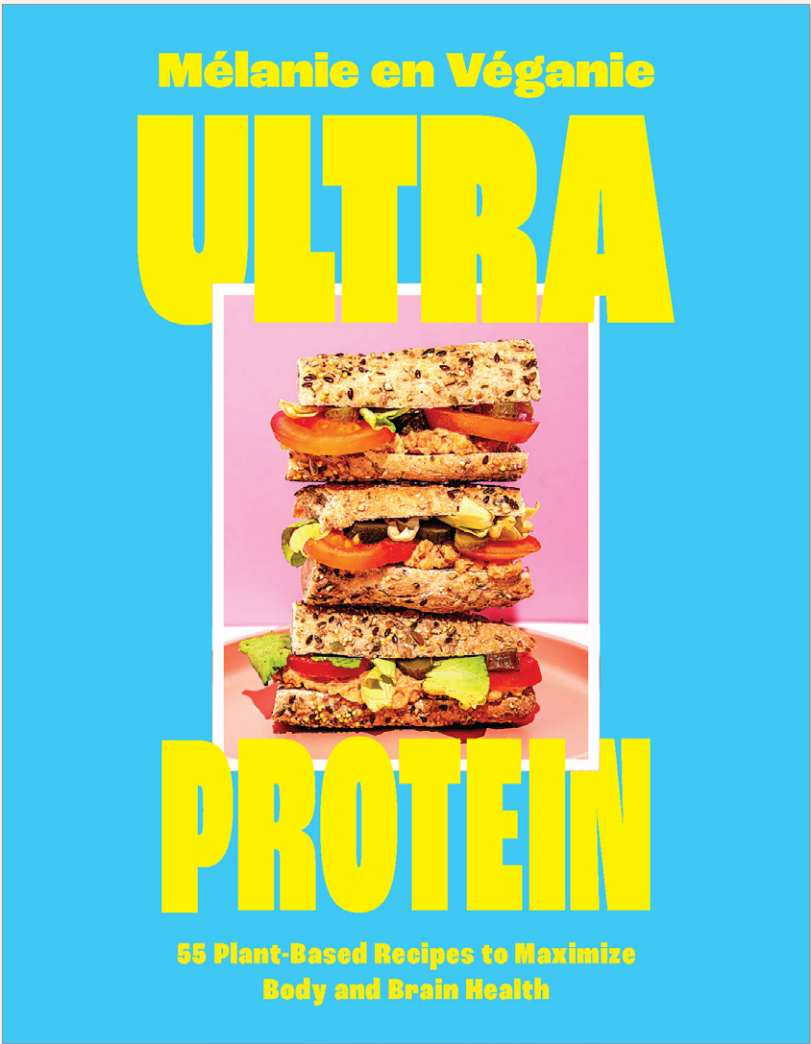
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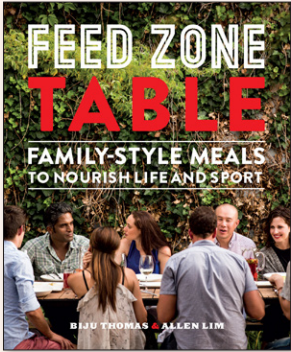
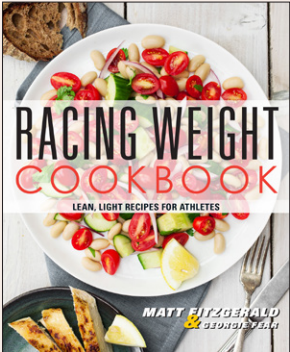
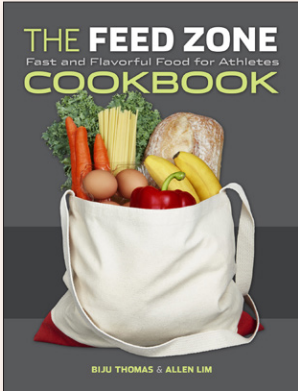
ABOUT THE AUTHOR

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, 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 a 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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Mélanie en Véganie

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Category: Cooking

Rights: World English

How much protein should I eat? How can I vary my protein sources on a daily basis? How do I integrate more plant proteins into my diet?

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- ▶ Soba noodles with peanut sauce
- ▶ And so much more!

Whether you are an athlete looking to rebalance your diet or you simply want to optimize your protein intake to maximize your energy, *Ultra Protein* is essential to your kitchen.

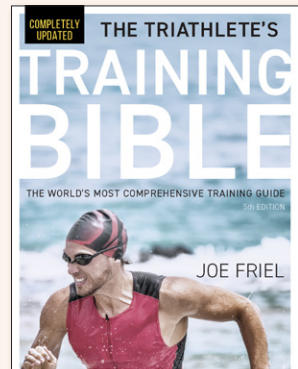
ABOUT THE AUTHOR

A graduate of Stanford and the Sorbonne, Mélanie en Véganie shares recipes, nutritional advice, and infographics committed to democratizing plant-based eating. Her specialty consists of identifying and varying sources of plant proteins to create dishes with remarkable nutritional benefits.



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ISBN: 9781646048144 (print)

ISBN: 9781646048151 (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 and parts you'll need to repair new and old mountain bikes, alongside everything from guidelines on wheel size selection for your frame size, suspension settings, and travel to procedures for mounting and sealing tubeless tire systems and more. Over 500 pages and more than 750 hand-drawn illustrations and exploded-parts diagrams show just the right level of detail to lead you through every mountain bike repair task, including:

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- ▶ 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.

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