

I Love Taylor Swift Updated & Expanded Version

An Unofficial Fan Journal
Princess Gabbara

BOOK DESCRIPTION

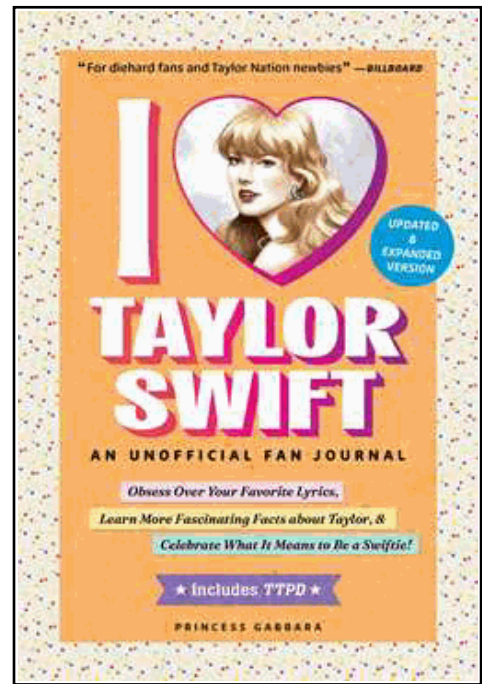
For Swifties of all ages, *I Love Taylor Swift* is now updated for the Tortured Poets era with fun coloring pages and new journaling prompts inspired by Taylor's life and lyrics.

Whether you've been a fan since "Our Song" or just discovered her, *I Love Taylor Swift Updated and Expanded Version* is for you! This book lets you obsess over your favorite songs, appearances, and looks of the amazing Taylor Swift with personalized journal prompts, trivia, and scrapbook pages. Each page is filled with fun prompts to help you relive the moment you discovered Taylor's music, reflect on meaningful songs or music videos, and imagine hanging out with Taylor. You'll get to explore topics like favorite collaborations, hidden Easter eggs, and the one question you'd ask Taylor if you met her.

This updated version includes new journaling prompts and trivia focused on Taylor's 2024 double album *The Tortured Poets Department*, plus eight entertaining coloring pages inspired by her life and lyrics. This book is the ultimate Swiftie experience!

AUTHOR BIO

Princess Gabbara is a writer, editor, and pop culture enthusiast with a decade of journalism and storytelling experience. Throughout Princess's versatile career, her bylines have appeared in and on *Grammy*, *Billboard*, *MTV News*, *Shondaland*, *Bustle*, *Bitch Media*, *Vibe*, *Ebony*, and *Essence*. Her career highlights include exclusive interview coverage of celebrities, including Mariah Carey, Venus and Serena Williams, Lady Gaga, Mary J. Blige, Queen Latifah, Issa Rae, Tracee Ellis Ross, Gabrielle Union, Dionne Warwick, Rita Moreno, and more.



HARDCOVER

On Sale: 11/05/24

Adams Media

9781507223789

Juvenile Nonfiction

First Print: 75,000

6 x 9, 224 pages

Carton quantity: 24

\$15.99 (US) / \$21.99 (CAN)

AUTHOR HOMETOWN

Princess Gabbara / Jersey City / NJ

The Bushcraft 101 Field Log

Track and Record Your Wilderness Adventures

Dave Canterbury

BOOK DESCRIPTION

Track and record your wilderness adventures with the must-have companion journal from bestselling author and Bushcraft expert Dave Canterbury.

Head out on your next wilderness trek equipped with the ultimate companion—*The Bushcraft 101 Field Log*. This notebook is a must-have for Dave Canterbury and it's your indispensable tool for documenting and tracking your next bushcraft adventure.

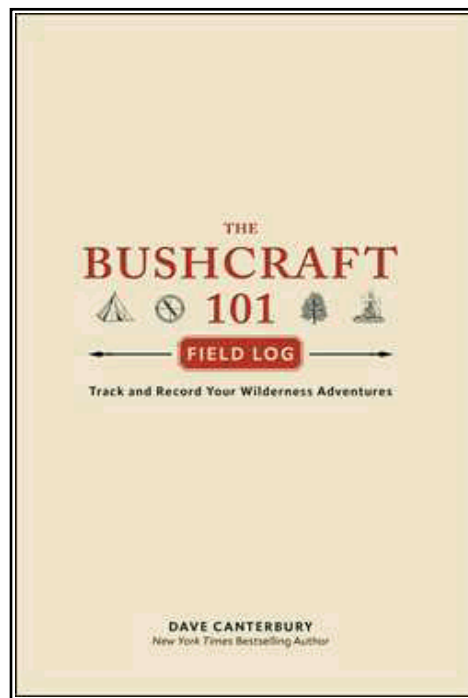
With sections dedicated to gear inventory, conditions, observations, and notes, this book offers a structured framework for recording your outdoor experiences. Whether you're a seasoned survivalist or a novice camper, the field log lets you track the progress, document your experiences, and continually improve your outdoor skills.

Dave Canterbury, the bestselling author of the Bushcraft series, has always emphasized the importance of carrying a notebook on any bushcraft adventure. Now, with his very own field log, recording each outing becomes easier and more organized. The log includes space for packing lists, tracking pace and directions, observing flora and fauna, and keeping notes on the highs and lows of adventuring.

Gear up, step into the wild, and let *The Bushcraft 101 Field Log* be your trusted companion on your journey to wilderness mastery.

AUTHOR BIO

Dave Canterbury is the coowner and supervising instructor at the Pathfinder School, which *USA TODAY* named as one of the Top 12 Survival Schools in the United States. He has been published in *Self Reliance Illustrated*, *New Pioneer*, *American Frontiersman*, and *Trapper's World*. Dave is the *New York Times* bestselling author of *Bushcraft 101*; *Advanced Bushcraft*; and *The Bushcraft Guide to Trapping, Gathering, and Cooking in the Wild*.



PAPERBACK

On Sale: 12/24/24

Adams Media

9781507223796

Sports & Recreation

First Print: 75,000

5 1/2 x 8 7/16, 256 pages

Carton quantity: 24

\$15.99 (US) / \$21.99 (CAN)

AUTHOR HOMETOWN

Dave Canterbury / Jackson / Ohio

Meditations for Black Women

75 Mindful Reflections to Help You Stay Grounded & Find Inner Peace
Oludara Adeeyo

BOOK DESCRIPTION

An inspiring and empowering collection of 75 mindful meditations curated for Black women everywhere to help prioritize self-love, find inner peace, and promote self-reflection.

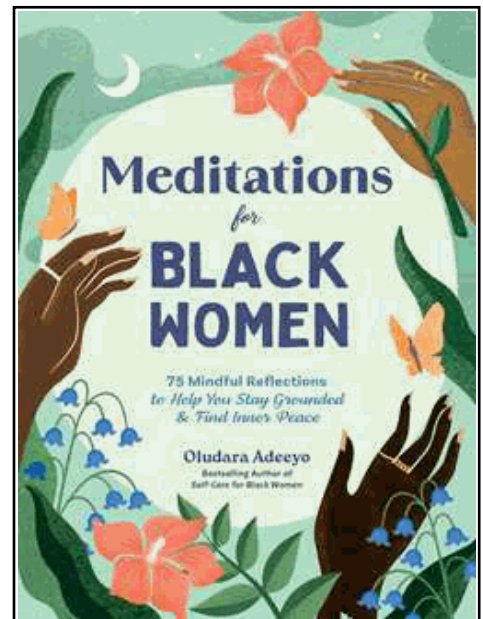
Meditations for Black Women is a collection of 75 mindful reflections tailored uniquely to the experiences of Black women. These reflections are designed to inspire, support, and ground Black women, helping them navigate their unique everyday challenges. Each meditation is accompanied by a powerful quote from an influential Black woman, adding an extra layer of inspiration and contemplation.

The book is a testament to the power of self-reflection and meditation as wellness tools. It acknowledges the unique stressors and obstacles Black women face, such as micro- and macro-aggressions, the “strong Black woman” trope, and historical trauma. By offering tailored tools to address these unique needs, the book provides a much-needed mental health support for Black women.

Meditations for Black Women is a journey to self-discovery, self-love, and self-care as well as a celebration of Black womanhood and a testament to the strength, resilience, and beauty of Black women.

AUTHOR BIO

Oludara Adeeyo is a mental health therapist and author of *Self-Care for Black Women* and *Affirmations for Black Women: A Journal*. She is passionate about helping people, especially Black women, improve their overall wellness. Before becoming a Licensed Clinical Social Worker, Oludara worked as a writer and editor. She has been an associate web editor at *Cosmopolitan* and the managing editor at *XXL*. Oludara lives in Los Angeles, California.



HARDCOVER

On Sale: 01/14/25

Adams Media

9781507223734

Self-Help

First Print: 50,000

5 1/2 x 7 1/2, 192 pages

Carton quantity: 24

\$15.99 (US) / \$21.99 (CAN)

AUTHOR HOMETOWN

Oludara Adeeyo/ Los Angeles, CA

The Ultimate Fantasy Character Creator

From Origin Story to Character Voice, Everything You Need to Develop Original Fantasy Characters

Jeff Stormer

BOOK DESCRIPTION

Develop and perfect your own fantasy character for online worlds, social videos, in-person meetups, self-published novels, and more with *The Ultimate Fantasy Character Creator*.

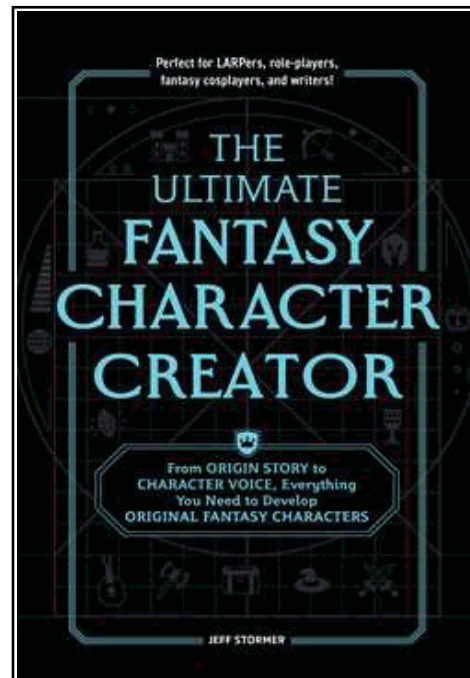
Take your inspiration to new heights with this fantasy character creation guide!

In a genre with so much imaginative potential, creating well-rounded and unique characters that speak to the personality and individuality of the creator can be tricky. This guide is an excellent resource, perfect for anyone interested in elevating their fantasy content on social media, preparing for a LARP event, or even writing characters for novels or screenplays.

With the tool in *The Ultimate Fantasy Character Creator*, fantasy content creators will be able to generate compelling and fully realized backstories, engage in colorful dialogue with other characters, and connect their fantasy characters to the real world in new and interesting ways.

AUTHOR BIO

Jeff Stormer is an award-winning podcaster, author, and game designer living in Philadelphia, Pennsylvania. Since 2015, he has hosted *Party of One*, a TTRPG actual play podcast focused on two-player RPGs. He has additionally coproduced shows including *All My Fantasy Children* and *Yazeba's Bed & Breakfast*, which won Best of the Best in Fiction Podcasting at the 2022 New Jersey Web Fest. As a designer, he has published *Anyone Can Wear the Mask* won a Judge's Spotlight Award at the 2021 ENNIES (and also he wrote that Olive Garden LARP). When not podcasting, he enjoys attending professional wrestling with his wife and hanging out with his cat.



PAPERBACK

On Sale: 01/14/25

Adams Media

9781507222676

Games & Activities

First Print: 75,000

6 x 9, 304 pages

Carton quantity: 24

\$16.99 (US) / \$22.99 (CAN)

AUTHOR HOMETOWN

Jeff Stormer/Philadelphia/PA

AI for Small Business

From Marketing and Sales to HR and Operations, How to Employ the Power of Artificial Intelligence for Small Business Success

Phil Pallen

BOOK DESCRIPTION

An essential guide for small business owners and entrepreneurs looking to use artificial intelligence to automate tasks, improve customer service, make better decisions, grow their businesses faster, and stay ahead of the AI curve.

ChatGPT, machine learning, automation, natural language processing. Every day, it seems like there is a new AI term to learn and a new promise of how it will improve your work. But with tons of conflicting information, small business owners are left wondering exactly how to leverage AI technology to grow and, more importantly, stay competitive with larger companies.

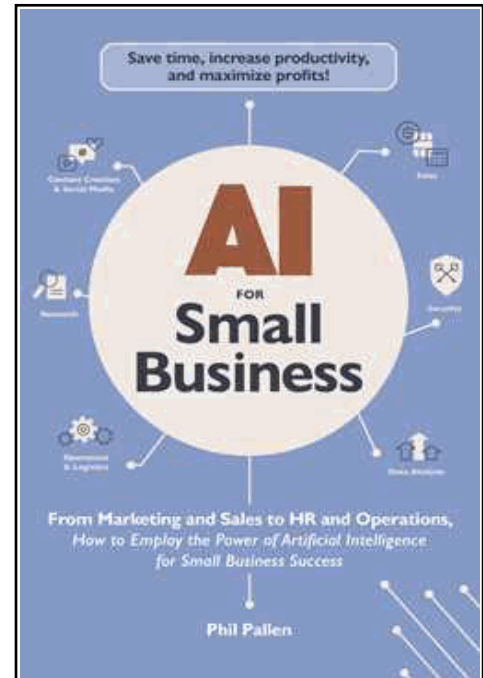
Cutting through the buzzwords and media frenzy, *AI for Small Business* is the road map to take you from overwhelmed to empowered. Opening with simple explanations of AI basics and clarification of myths, you are empowered to assess your goals to create a comprehensive AI strategy for your business—including information on selecting tools, a timeline for implementation, and ideas for scaling systems. This essential guide then walks you through practical AI applications for each department, informing you how to use AI to automate tasks, make better decisions, and grow your business in all areas including:

- Sales
- Marketing
- Social media and content creation
- Customer service
- Finance and accounting
- Operations and logistics
- Human resources and talent management
- Data analysis and decision-making
- Security and legal compliance
- R&D and innovation

Author Phil Pallen is a brand strategist who uses his AI expertise to help hundreds of businesses scale and grow profits. In *AI for Small Business*, case studies from Pallen's successful clients illustrate how real small business owners are applying AI technology in various ways. Plus, ready-to-try prompt sidebars and specific product recommendations allow you to start employing the power of AI in real time.

AUTHOR BIO

Phil Pallen is a brand and AI strategist who has helped hundreds of small companies scale their business. He is the author of *AI for Small Business*. Visit him online at PhilPallen.co and on Instagram, TikTok, and X at [@PhilPallen](https://www.instagram.com/PhilPallen).



PAPERBACK

On Sale: 01/14/25

Adams Media

9781507222911

Business & Economics

First Print: 50,000

6 x 9, 240 pages

Carton quantity: 24

\$17.99 (US) / \$24.99 (CAN)

AUTHOR HOMETOWN

Phil Pallen - Davenport, FL

The Everything Guitar Chords Book, 2nd Edition

Over 2,000 Chords for Every Style of Music

Marc Schonbrun

BOOK DESCRIPTION

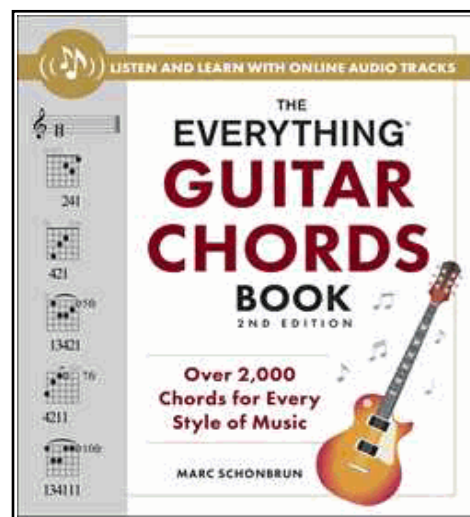
Master chords and start strumming with this updated edition of *The Everything Guitar Chords Book* that features over 2,000 chords, perfect for every style of music, making it a must-have for beginners and seasoned guitarists alike.

The Everything Guitar Chords Book, 2nd Edition is your comprehensive guide to mastering guitar chords. This book takes you on a journey from the most basic chords to the most complicated ones featuring clear, easy-to-follow diagrams of each chord as well as links to online audio of 100 essential chords, making it easier than ever for you to practice and perfect your skills.

This book covers major, minor, augmented, diminished, and “special” chords, giving you a wide range of options to choose from. It also includes sample chord progressions in every style, helping you understand how different chords work together to create beautiful music. It also offers lessons on the theory of chord construction so you can understand the science behind the music. With thousands of useful and unique chords to choose from, this book is a must-have for musicians of all levels.

AUTHOR BIO

Marc Schonbrun is a guitarist, author, teacher, and technologist. He’s authored numerous books covering guitar, music theory, and technology, many of which have become popular in schools and universities. From small venues to notable stages like Lincoln Center, Marc has showcased his talent in both jazz and classical styles, often as a solo performer. Now based in California with his family, he continues to balance teaching, performing, and family time.



PAPERBACK

On Sale: 01/14/25

Adams Media

9781507223345

Music

First Print: 35,000

8 x 9, 288 pages

Carton quantity: 24

\$19.99 (US) / \$26.99 (CAN)

AUTHOR HOMETOWN

Marc Schonbrun/Pacific

Grove/California

The Everything Music Theory Book, 3rd Edition

Take Your Understanding of Music to the Next Level

Marc Schonbrun

BOOK DESCRIPTION

Master the fundamentals of music with the updated edition of *The Everything Music Theory Book* that features online audio examples, challenging practice exercises, and hundreds of illustrations so you can take your understanding to the next level.

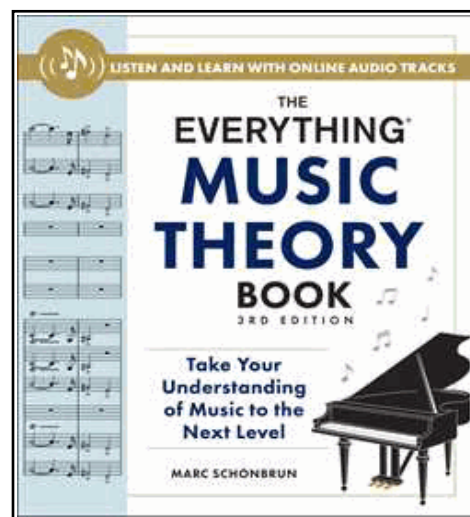
The Everything Music Theory Book, 3rd Edition is your comprehensive guide to mastering the essential tools needed to read, play, and comprehend music. Whether you're a new student or an intermediate musician, this book offers a complete educational package that teaches you a deeper understanding of music.

Learn how chords and scales are constructed, how rhythm works, and how to understand complex time signatures. Discover how to identify a key and how keys are organized. Gain insights into how composers and musicians think about songwriting.

Each chapter includes several Etudes—focused practice exercises—that test and reinforce your newfound understanding of music theory. With hundreds of illustrations and helpful audio examples, this book ensures you grasp every concept thoroughly. So grab a pencil, tune your instrument, and become a better musician without missing a beat!

AUTHOR BIO

Marc Schonbrun is a guitarist, author, teacher, and technologist. He's authored numerous books covering guitar, music theory, and technology, many of which have become popular in schools and universities. From small venues to notable stages like Lincoln Center, Marc has showcased his talent in both jazz and classical styles, often as a solo performer. Now based in California with his family, he continues to balance teaching, performing, and family time.



PAPERBACK

On Sale: 01/14/25

Adams Media

9781507223369

Music

First Print: 35,000

8 x 9, 320 pages

Carton quantity: 24

\$19.99 (US) / \$26.99 (CAN)

AUTHOR HOMETOWN

Marc Schonbrun/Pacific

Grove/California

The Angel Numbers Deck

Draw a Card and Discover Your Spirit Guides' Divine Message
Mystic Michaela

BOOK DESCRIPTION

Discover the divine messages of your spirit guides with this numerology deck you can use daily to pull a message from the universe and let it guide you in the right direction.

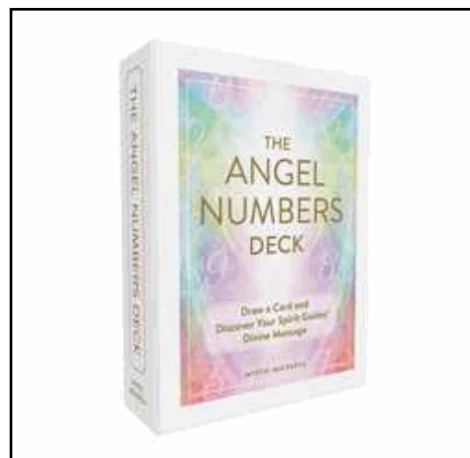
Number sequences, called angel numbers, are one of the ways the universe is trying to get your attention and send you messages straight from your angels and spirit guides. Like your daily horoscope or tarot card pull, your angel numbers are there to guide you, and this deck can help you receive your angel numbers clearly and directly and clue you in to what they're trying to say.

Whether you're familiar with the concept or are just discovering it, *The Angel Numbers Deck* offers the insights you need to understand your angel numbers. It includes both the typical triple repeating digit numbers, as well as other non-repeating angel numbers, like 123, 717, and 911.

With clear, inspiring definitions for the most important numbers and sequences, this deck puts the meaning of your angel numbers at your fingertips. It's a perfect companion for those seeking guidance, personal growth, and self-discovery.

AUTHOR BIO

Mystic Michaela is a fourth-generation psychic medium. Her true passion is guiding people through spirit to live their own authentic lives. Michaela currently resides in South Florida where she has a thriving practice of personal clients. She is also the host of her own podcast *Know Your Aura*. She has been featured as a New Age expert in *Well+Good*, *Cosmopolitan*, *Shape*, *Mashable*, *HelloGiggles*, and more.



FLASHCARDS

On Sale: 01/21/25

Adams Media

9781507223543

Body, Mind & Spirit

First Print: 50,000

4 3/8 x 5 7/8, 100 pages

Carton quantity: 24

\$19.99 (US) / \$26.99 (CAN)

AUTHOR HOMETOWN

Mystic Michaela / Boynton Beach / FL

AI for Life

100+ Ways to Use Artificial Intelligence to Make Your Life Easier, More Productive...and More Fun!

Celia Quillian

BOOK DESCRIPTION

Demystify the world of artificial intelligence with this groundbreaking guide featuring over 100 innovative ways to incorporate AI into your daily life.

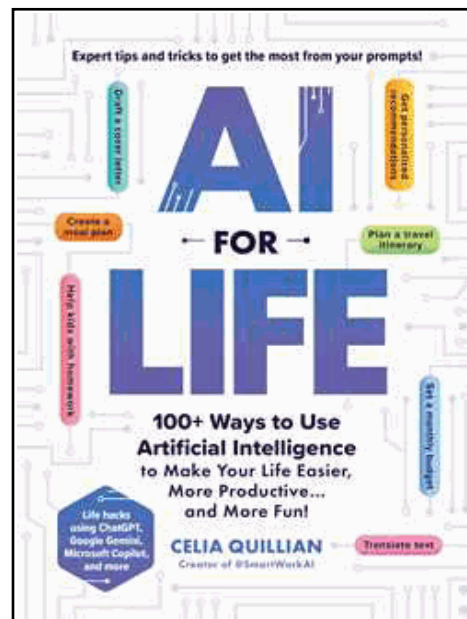
Every day, it seems like there's a new AI tool on the market and a new, complicated way to use it. But what if you could use AI to make your life easier without the complications?

In *AI for Life*, AI expert and creator of @SmartWorkAI offers over 100 ideas and ready-to-use prompts to get AI beginners started using the technology to actually improve their lives. Beginning with a primer on the basics—including an overview of the popular and free AI tools—you will learn expert-tested tips and tricks to get the most out of your AI use, such as layering prompts to dive deeper into an initial response or asking for the output in different formats.

Packed with practical how-to information, *AI for Life* is the must-have guide for using generative AI to make life easier, more productive, more organized, and more fun!

AUTHOR BIO

Celia Quillian, MBA, is a product marketing manager and the creator of the popular social media account, @SmartWorkAI. She is a thought leader in using generative AI in daily life and has been featured as an expert source for *Time*, the *Today* show, *Axios*, *New York Post*, and Yahoo News. Quillian is dedicated to teaching her followers simple and creative ways to use AI programs. You can follow her on TikTok and Instagram at @SmartWorkAI, or for more information, visit her website at SmartWorkAI.com.



PAPERBACK

On Sale: 01/28/25

Adams Media

9781507223390

Computers

First Print: 60,000

5 1/2 x 7 1/2, 240 pages

Carton quantity: 40

\$16.99 (US) / \$22.99 (CAN)

AUTHOR HOMETOWN

Celia Quillian - Atlanta

(Brookhaven), GA

The Everything Guitar Scales Book, 2nd Edition

Over 700 Scale Patterns for Every Style of Music

Marc Schonbrun

BOOK DESCRIPTION

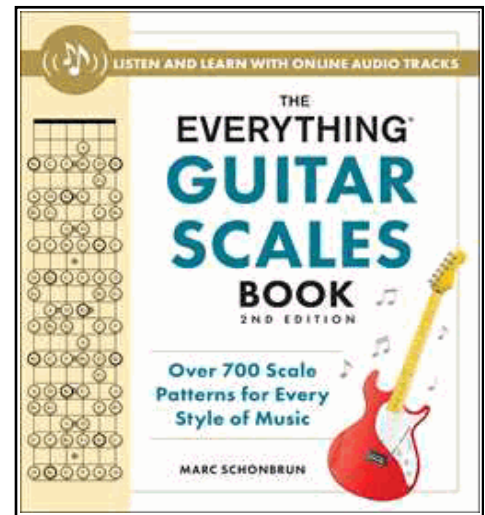
Master guitar scales and start strumming with this updated edition of *The Everything Guitar Scales Book* that features over 700 scale patterns for every style of music, perfect for beginners and seasoned guitarists alike.

Unleash your inner musician with this ultimate guide for guitarists looking to take their musical education to the next level. *The Everything Guitar Scales Book, 2nd Edition* is a treasure trove of scales, offering thousands of scale shapes for every style of music.

The book provides easy-to-follow fret board diagrams, eliminating the need for music reading. It delves into the basic theory behind the scales and offers practical tips on how to use them. No matter what level your guitar skills, this book opens new sounds and possibilities for your music. It also includes online audio tracks that demonstrate how to use the scales in real-life musical situations. This comprehensive package contains everything you need to know making it a must-have for musicians of all levels.

AUTHOR BIO

Marc Schonbrun is a guitarist, author, teacher, and technologist. He's authored numerous books covering guitar, music theory, and technology, many of which have become popular in schools and universities. From small venues to notable stages like Lincoln Center, Marc has showcased his talent in both jazz and classical styles, often as a solo performer. Now based in California with his family, he continues to balance teaching, performing, and family time.



PAPERBACK

On Sale: 01/28/25

Adams Media

9781507223758

Music

First Print: 35,000

8 x 9, 256 pages

Carton quantity: 24

\$19.99 (US) / \$26.99 (CAN)

AUTHOR HOMETOWN

Marc Schonbrun/Pacific

Grove/California

Stoicism 101

From Marcus Aurelius and Epictetus to the Law of Reason and Amor Fati, an Essential Primer on Stoic Philosophy

Erick Cloward

BOOK DESCRIPTION

Discover all the essential wisdom of the stoics with this engaging, informative, and easy-to-understand guide to all the key philosophers, concepts, and principles of the stoic philosophy.

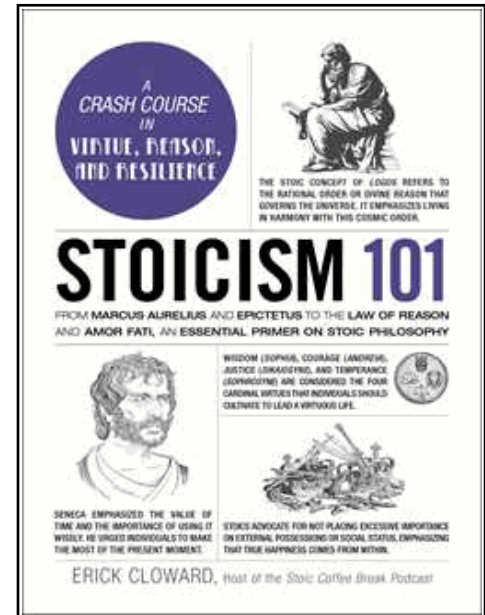
You've seen the memes and quotes everywhere—from Reddit to TikTok—but what is stoicism really about?

Stoicism 101 teaches you everything you need to know about this influential philosophy—from its key figures (including Epictetus, Seneca the Younger, and Marcus Aurelius), to its key principles (virtue, mindfulness, and the dichotomy of control).

This easy-to-read guide uses engaging, straightforward lessons to teach you all the important stoic concepts. Whether you are new to stoicism or have been studying it for some time, in this book you'll find quick, thorough, easy-to-understand explanations of stoic philosophies and practices such as mastering desires and emotions, cultivating character and virtue, learning self-acceptance, dealing with criticism and adversity, practical exercises for achieving happiness, and more.

AUTHOR BIO

Erick Cloward is an executive coach that helps leaders build more resilient teams and make better decisions when facing uncertainty. A former tech CTO and software developer, Erick started the *Stoic Coffee Break* podcast in 2018, after stumbling onto stoicism from a book recommendation from Tim Ferriss. Today, *Stoic Coffee Break* has more than 9 million downloads and provides listeners with practical lessons on how to apply stoicism in their daily lives. Erick lives in Amsterdam and writes about stoicism and leadership. Learn more at Stoic.Coffee.



HARDCOVER

On Sale: 02/04/25

Adams Media

9781507223574

Philosophy

First Print: 50,000

5 1/4 x 7 1/8, 256 pages

Carton quantity: 24

\$16.99 (US) / \$22.99 (CAN)

AUTHOR HOMETOWN

Erick Cloward / Amsterdam / Netherlands

The Dungeoneer RPG Sticker Book

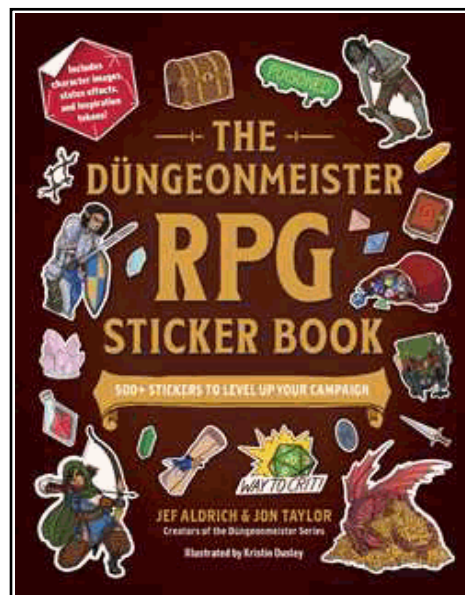
500+ Stickers to Level Up Your Campaign

Jef Aldrich & Jon Taylor; Illustrated by Kristin Ousley

BOOK DESCRIPTION

Celebrate your love of all things RPG with this collection of gaming-inspired stickers that include a menagerie of monsters and art for every character type, along with sticker inspiration points, status effect stickers, dice art, gamer jokes, and more.

Finally, you can enjoy stickers from the RPG fandom including stickers celebrating in-game themes, from monsters to different hero types, weapons, potions, and more—as well as references to the gaming experience with dice-inspired art and gamer jokes. Featuring functional stickers, like inspiration and effect stickers, this collection has everything that an RPG fan could want. And these stickers are a perfect way for fans to share their passion with the world (or just with their game group) by sticking them everywhere, from their game books to their dice tray, their player notes, their DM screens, and more!



AUTHOR BIO

Jef Aldrich is a professional podcaster from San Diego. Along with Jon Taylor, he has been building a podcast brand outside of the big network channels. Jef started entertaining people as a Sea World tour guide and eventually just started being funny for a living on his own. Jef is the coauthor of *Dungeoneer*, *The Dungeoneer Goblin Quest Coloring Book*, *The Dungeoneer Cookbook*, *Dungeoneer: The Deck of Many Drinks*, and *Dungeoneer: The Random Monster Generator*. He is also a cocreator and cohost of the *System Mastery* podcast with Jon where they review and comment on odd classic RPGs, poking fun at obscure stories and systems while taking the game for a spin.

Jon Taylor is a professional podcaster from San Diego. He has a degree in English Literature from UC Santa Cruz. He spent several years as a stand-up comic on the East Coast before moving back to Southern California. Jon is the coauthor of *Dungeoneer*, *The Dungeoneer Goblin Quest Coloring Book*, *The Dungeoneer Cookbook*, *Dungeoneer: The Deck of Many Drinks*, and *Dungeoneer: The Random Monster Generator*. Jon is also a cocreator and cohost of the *System Mastery* podcast with Jef Aldrich where they review and comment on odd classic RPGs, poking fun at obscure stories and systems while taking the game for a spin.

Kristin Ousley is a cartoonist and comic creator with a deep love of magic and fantasy. She is the creator of the all-ages webcomic *Star Wheel* and Piper's Mystical Guidance. Kristin lives in the Midwest with her partner, three cats, and far too many tabletop miniatures.

PAPERBACK

On Sale: 02/18/25

Adams Media

9781507223550

Games & Activities

First Print: 50,000

6 1/2 x 8 1/2, 128 pages

Carton quantity: 40

\$15.99 (US) / \$21.99 (CAN)

AUTHOR HOMETOWN

Jef Aldrich / San Diego / CA Jon

Taylor / Santee / CA

The Everything Restaurant Copycat Recipes Cookbook

200 Easy Recipes to Re-Crete Your Favorite Restaurant Dishes at Home

Kelly Jagers

BOOK DESCRIPTION

Skip the pricey restaurant bill and recreate your favorite dishes right at home with these 200 fast, easy-to-follow recipes that are so good people will think it's takeout!

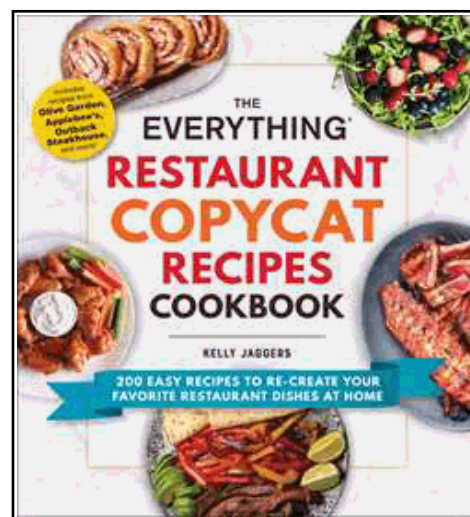
Visit your favorite restaurants...without waiting for a table or paying inflated prices for your meal! With 200 fast, easy, and delicious recipes, you can now recreate your favorite restaurant dishes without having to leave your house. You'll find iconic recipes for every meal of the day, including:

- IHOP's Original Buttermilk Pancakes
- Olive Garden's Bread Sticks
- In-n-Out's Double-Double Burger
- Pizza Hut's Stuffed Crust Pizza
- Crumbl's Classic Pink Sugar Cookie
- Southwestern Eggrolls from Chili's
- The Pink Drink from Starbucks
- And more!

With these tried-and-true recipes, *The Everything Restaurant Copycat Recipes Cookbook* allows you to recreate popular restaurant meals as closely as possible—while still receiving the same rave reviews as the real thing—on a much smaller tab per serving.

AUTHOR BIO

Kelly Jagers is a cookbook author, recipe developer, food photographer, food stylist, and founder of the recipe blog *Evil Shenanigans* (EvilShenanigans.com). She is the author of *The Everything® Pie Cookbook*, *Not-So-Humble Pies*, *Moufflet*, *The Everything® Easy Asian Cookbook*, *The Everything® Dutch Oven Cookbook*, and *The Everything® Easy Instant Pot Cookbook*. She is also a cooking instructor, personal chef, and caterer. Kelly lives in Dallas, Texas.



PAPERBACK

On Sale: 03/04/25

Adams Media

9781507223239

Cooking

First Print: 60,000

8 x 9, 272 pages

Carton quantity: 24

\$18.99 (US) / \$25.99 (CAN)

AUTHOR HOMETOWN

Kelly Jagers/Grand Prairie/Texas

The Autistic Burnout Workbook

Your Guide to Your Personal Recovery Plan

Dr. Megan Anna Neff

BOOK DESCRIPTION

Navigate the challenging terrain of autistic burnout with expert guidance, insightful visuals, and transformative exercises designed to help you pursue your own recovery from neurodivergent psychologist Dr. Megan Neff.

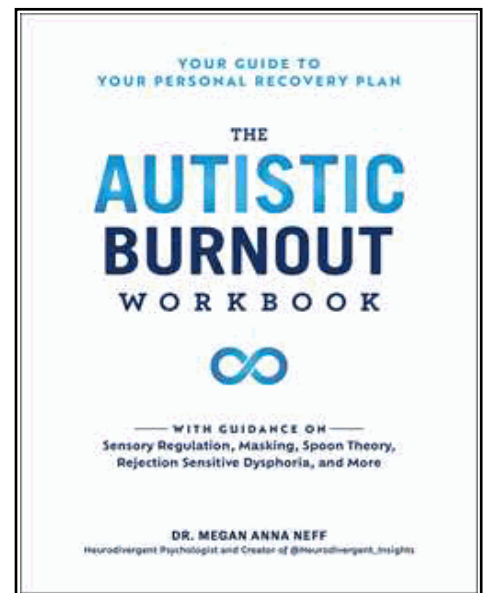
Feeling burnt out? You're not alone. Autistic burnout is a challenge faced by many individuals on the autistic spectrum. And *The Autistic Burnout Workbook* is here to help.

This transformative guide is designed to empower individuals on the autism spectrum to manage and overcome burnout. Crafted with empathy and insight, this workbook provides practical strategies and exercises to help you navigate the unique challenges associated with burnout.

Through interactive prompts and activities, *The Autistic Burnout Workbook* teaches individuals how to identify triggers, manage sensory overload, and build resilience. It encourages self-reflection and cultivates a supportive environment for personal growth. This user-friendly workbook is a proactive approach to mental health, promoting self-care and fostering a sense of control that makes it a lifeline for those grappling with the realities of autistic burnout.

AUTHOR BIO

Dr. Megan A. Neff is a neurodivergent (Autistic-ADHD) clinician, parent, and advocate. She works with late-in-life diagnosed autistic and ADHD people and creates mental health and wellness resources with the neurodivergent person in mind. She is a clinical psychologist, researcher, and writer who stumbled into becoming an accidental "Instagram therapist" and content creator. In a constantly evolving digital and mental health landscape, she often finds herself reflecting on what it means to be human, a helper, and how we can show up for each other.



PAPERBACK

On Sale: 03/11/25

Adams Media

9781507223062

Psychology

First Print: 60,000

7 x 9 1/8, 240 pages

Carton quantity: 16

\$18.99 (US) / \$25.99 (CAN)

AUTHOR HOMETOWN

Megan Anna Neff / Portland / OR

Stop Overthinking

A Workbook to Calm Your Busy Mind

Molly Burford

BOOK DESCRIPTION

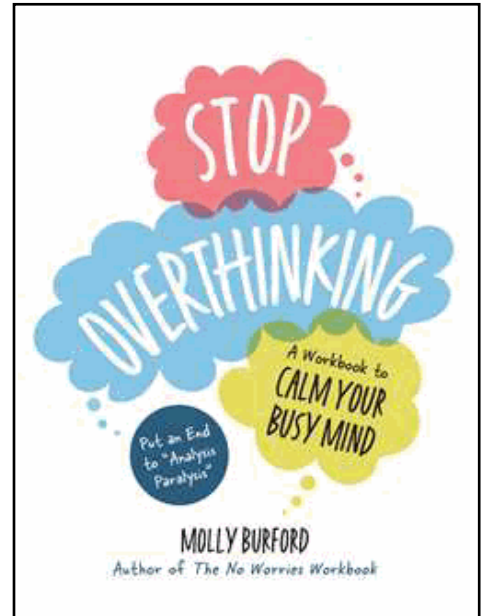
Beat decision paralysis and break those overthinking spirals once and for all with these engaging exercises, journal prompts, and fun, effective tips to redirect and calm your brain.

While it's natural to worry about the small things in life, getting stuck on this track can very easily veer into the territory of overthinking—a detrimental barrier that can lead to decision paralysis, a lack of focus and/or productivity, and an inability to solve even basic problems.

Stop Overthinking provides creative distraction techniques to help refocus your brain and eliminate the cycle of negative thoughts that come with overthinking. Loaded with activities, journal prompts, coloring pages, and more, this book is a relaxing and engaging distraction for anyone trapped in a relentless rumination.

AUTHOR BIO

Molly Burford writes about relationships, emotional intelligence, and authentic living. Her writing has appeared in *Allure*, *Teen Vogue*, and *Thought Catalog*, among others. She is the author of *The No Worries Workbook*, *Say Yes to Yourself*, *DIY Bucket List*, and *Stop Overthinking*. Molly was born, raised, and still resides in Detroit, Michigan. Follow Molly at @MollyBurford and learn more at MollyBurford.com.



PAPERBACK

On Sale: 03/11/25

Adams Media

9781507223642

Self-Help

First Print: 60,000

5 1/2 x 7 1/2, 176 pages

Carton quantity: 40

\$17.99 (US) / \$24.99 (CAN)

AUTHOR HOMETOWN

Molly

Burford/Birmingham/Michigan

College Hacks: Updated and Expanded

10th Anniversary Edition

Keith Bradford

BOOK DESCRIPTION

The ultimate student life guide now with an updated and expanded edition that includes tips and tricks to managing the latest technologies, saving money, and maintaining and improving physical and mental health, perfect for any student looking to ace their college experience.

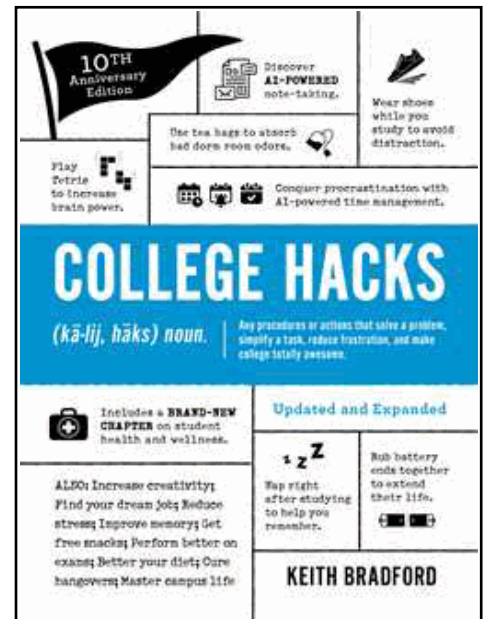
College Hacks: Updated and Expanded is the essential guide for every college student. Whether you're preparing for an exam, aiming to be the beer pong champ, or trying to remove a stubborn stain before an interview, this book has you covered.

This 10th anniversary edition has been fully updated to keep pace with the latest technology and trends. It introduces innovative ways to make college life easier, from leveraging AI to saving time (and money) on campus. It also includes new chapters on health and wellness providing everyday hacks to help you maintain and improve your psychical and mental wellbeing throughout your college career.

Packed with hundreds of tips to simplify nearly every situation, *College Hacks: Updated and Expanded* offers practical advice on everything from tackling lengthy assignments to dealing with a messy dorm room. With these life hacks, you'll breeze through each semester, finishing assignments and tasks quicker than ever before.

AUTHOR BIO

Keith Bradford is the sole owner and webmaster of Bradford Media, which publishes *1000 Life Hacks*, *Yup That Exists*, and many other blogs/sites. Since its launch at the beginning of 2013, Bradford Media has gained a collective readership of more than 200,000—and continues to grow each and every day. He's the author of *Life Hacks*, *College Hacks*, and *Holiday Hacks*. Keith lives in Aurora, Canada, and loves hockey, making music, and reading comic books.



PAPERBACK

On Sale: 03/18/25

Adams Media

9781507223710

Study Aids

First Print: 60,000

5 1/2 x 7 1/2, 336 pages

Carton quantity: 40

\$15.99 (US) / \$21.99 (CAN)

AUTHOR HOMETOWN

Keith Bradford / Aurora, Ontario, Canada

Personal Finance in Plain English

300+ Essential Financial Terms You Need to Know
Michele Cagan, CPA

BOOK DESCRIPTION

Discover the ins and outs of personal finance—in a language you can actually understand—with these clear, straightforward definitions and explanations of all things finance from income and assets to credit, loans, and debt, to stocks, bonds, money markets, and more.

The personal finance book you wished you had in school!

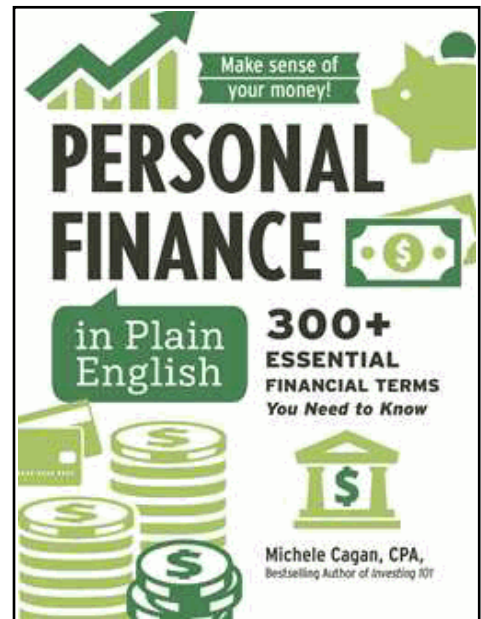
Managing your money is not an easy job, and it's made even more complicated by the specific terminology used in personal finance. Reading through a loan agreement, credit card terms and conditions, or a stock market report can leave even the most financially responsible people wondering *what exactly does this mean?* Now, *Personal Finance in Plain English* has the answers.

You'll find straightforward explanations of 350 personal finance terms ranging from banking and taxes to credit cards, student loans, and mortgages, to stock, cryptocurrency, retirement planning, and more. This quick, easy-to-use glossary teaches you what the term means, how the concept works, and how it is used. Read through the chapters for a solid primer in personal finance or refer to specific definitions as needed when reviewing your financial documents.

Take control of your financial goals and master the complex language of finance with *Personal Finance in Plain English*.

AUTHOR BIO

Michele Cagan is a CPA, author, and financial mentor. With more than twenty years of experience, she offers unique insights into personal finances, from breaking out of debt and minimizing taxes to maximizing income and building wealth. Michele has written numerous articles and books about small business finances, investing, and accounting, including *The Infographic Guide to Personal Finance*; *Real Estate Investing 101*; *Investing 101*; *Budgeting 101*; *Stock Market 101, 2nd Edition*; and *The Financial Recovery Workbook*. In addition to her financial know-how, Michele has a not-so-secret love of painting, Star Wars, and chocolate. She lives in Maryland with her kid, dogs, cats, and koi. Get more financial guidance from Michele by visiting MicheleCaganCPA.com.



HARDCOVER

On Sale: 03/25/25

Adams Media

9781507223611

Business & Economics

First Print: 50,000

5 1/2 x 7 1/2, 192 pages

Carton quantity: 24

\$16.99 (US) / \$22.99 (CAN)

AUTHOR HOMETOWN

Michele Cagan, CPA / Baltimore / Maryland

The Only Grammar Book You'll Ever Need, Updated Edition

Your One-Stop Source for Mastering English Grammar

Susan Thurman

BOOK DESCRIPTION

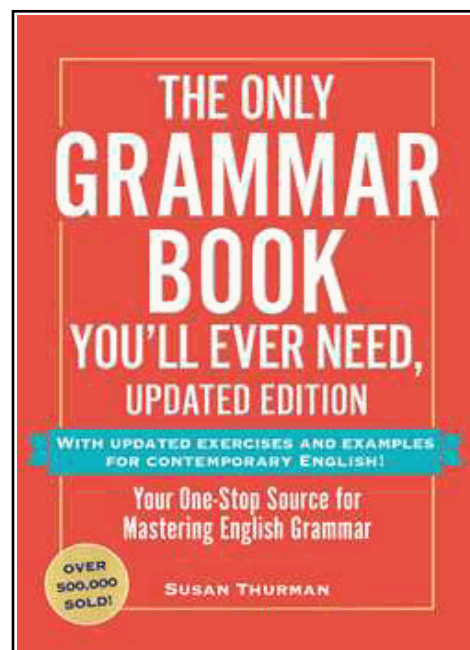
Master the art of English grammar with this updated edition of the bestselling guide, *The Only Grammar Book You'll Ever Need*, featuring fresh examples and quizzes to test your knowledge, making it an invaluable resource for business professionals, students, and anyone looking to improve their English language proficiency.

The Only Grammar Book You'll Ever Need, Updated Edition is a comprehensive guide to mastering English grammar. Whether you're a business professional looking to polish your communication skills, a student aiming for top grades, or an English language learner seeking to improve your proficiency, this book covers everything from understanding the parts of speech and elements of a sentence to avoiding the most common grammar and punctuation mistakes.

In a world where AI struggles to identify grammar mistakes, this book serves as a reliable tool for ensuring grammatically accurate communication. With English spoken by almost a quarter of the global population, the need for a comprehensive guide is more important than ever and *The Only Grammar Book You'll Ever Need, Updated Edition* offers clear, concise, and grammatically excellent guidance for all.

AUTHOR BIO

Susan Thurman has taught English grammar from the junior high school level to the college level. She edits and publishes *Class Act*, a national magazine that features grammar, writing, and ideas for English teachers, and has written more than fifty articles on English instruction, as well as a number of study guides. She lives in Henderson, Kentucky, where she teaches at Henderson Community College.



PAPERBACK

On Sale: 03/25/25

Adams Media

9781507223680

Language Arts & Disciplines

First Print: 60,000

5 1/2 x 7 1/2, 224 pages

Carton quantity: 40

\$13.99 (US) / \$18.99 (CAN)

AUTHOR HOMETOWN

Susan

Thurman/Henderson/Kentucky

The Flower Garden Deck

50 Flower Cards to Help You Plan, Plant, and Care For the Perfect Garden!

Jon VanZile

BOOK DESCRIPTION

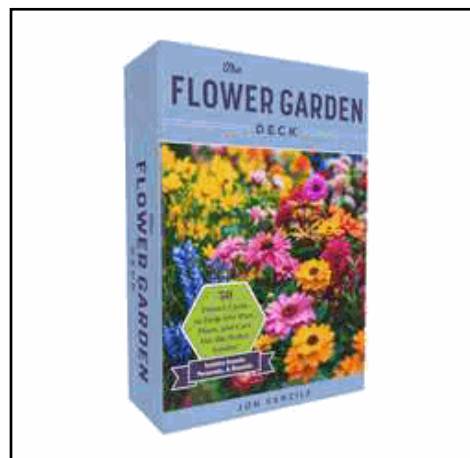
Unlock the beauty of your garden and embrace the power of flowers to create a vibrant, stress-reducing garden with this empowering deck that features information on how to plant and care for 50 popular flowers.

Immerse yourself in the world of flower gardening with *The Flower Garden Deck*. This comprehensive deck provides essential information on how to care for 50 popular flowers. From lilacs and roses to daisies and hydrangeas, each card offers insights on planting times, pruning techniques, optimal sun exposure, water needs, and pest control.

Beyond the practical, *The Flower Garden Deck* also highlights the therapeutic benefits of gardening so you can dive into the world of flower gardening and experience the joy and wellness plants bring. Whether you're a beginner looking to get your hands dirty or an experienced gardener seeking to add a splash of color to your garden, this deck is for plant lovers everywhere. Organized by growth cycle, the deck simplifies the gardening process, making it easier than ever to plan and maintain your flower beds.

AUTHOR BIO

Jon VanZile is a master gardener who lives in South Florida, where he enjoys collecting orchids and aroids and experimenting with ways to grow the perfect heirloom tomato. He is the author of several gardening books, including *Houseplants for a Healthy Home* and *Gardening Hacks*. He can be reached at JonVanZile.com.



FLASHCARDS

On Sale: 03/25/25

Adams Media

9781507223703

Gardening

First Print: 40,000

4 3/8 x 6 3/4, 50 pages

Carton quantity: 40

\$18.99 (US) / \$25.99 (CAN)

AUTHOR HOMETOWN

Pompano Beach, Florida

Three Minutes for Mom

365 Days of Empowerment, Encouragement, and Growth for a More Connected Motherhood

Erin Morrison, MA, EdM

BOOK DESCRIPTION

Uplift and boost your mood in three minutes or less with these short, easy-to-use entries designed to inspire, motivate, and encourage busy moms everywhere.

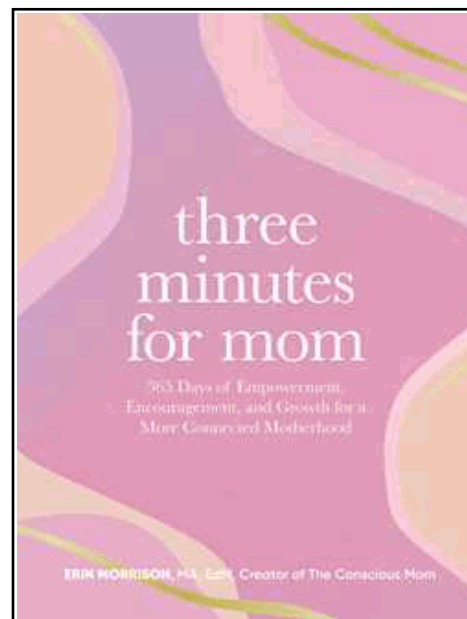
Three Minutes for Mom is an engaging collection of daily entries that will shift your mindset to focus on positivity, to help you see your strengths and growth as a mother, and to remind you that even when you're questioning yourself, you're doing a good job. Even though it's rewarding, motherhood can still be tough—and this book is here to remind you that you're not alone in those challenging moments.

With *Three Minutes for Mom*, you'll feel more confident in your abilities as a parent and discover moments of rest for yourself—all in three minutes or less. Use minute one to learn the theme of the day, minute two to explore how that theme is important to motherhood, and minute three to complete a question or activity that you can carry with you throughout the day for that extra boost of good energy. In just three minutes, you'll find the tools you need to be the best parent you can be (for both your child *and* yourself).

No matter how busy your schedule, how old your children, or how tired you are, *Three Minutes for Mom* makes it easy to find the encouragement, support, and joy you need.

AUTHOR BIO

Erin Morrison, MA, EdM, is the creator of The Conscious Mom, an approach to real parenting for real parents. With two master's degrees in psychological counseling from Columbia University and additional training to expand her down-to-earth, non-judgmental coaching style, Erin is the guide all parents need. As a mom of two, she understands the dynamics of parenting—and lives them herself!—so she can help parents everywhere dramatically and positively improve their relationships with their children. Learn more TheConsciousMom.com.



HARDCOVER

On Sale: 04/08/25

Adams Media

9781507223253

Family & Relationships

First Print: 50,000

5 1/2 x 7 1/2, 384 pages

Carton quantity: 24

\$16.99 (US) / \$22.99 (CAN)

AUTHOR HOMETOWN

Erin Morrison/Plantation/Florida

The Ultimate Nail Art Sticker Book

1,000+ Stickers for Your Nail Art Moment!

Asa Bree Sieracki

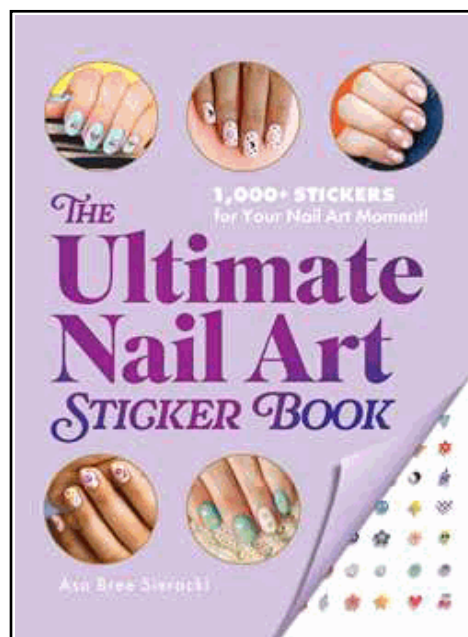
BOOK DESCRIPTION

Leave the nail salon behind and ramp up your own manicure skills right at home with this nail art sticker book that provides thousands of trendy and fun designs!

The Ultimate Nail Art Sticker Book is your ultimate guide to achieving beautiful, trendy, and eye-catching nails. This book is packed with thousands of stickers so you can create a variety of nail designs right in the comfort of your home, leaving those expensive salons behind. Whether you're a beginner looking for an easy way to start with nail art or a professional looking for new inspiration, this book features popular motifs like stars, smiley faces, and flowers, allowing you to create dozens of on-trend styles. *The Ultimate Nail Art Sticker Book* has everything you need to start expressing yourself to the fullest!

AUTHOR BIO

Asa Bree Sieracki is a nail artist and educator from Portland, Oregon, where she has spent more than a decade in the beauty industry. As a creative polymath, her work has taken her around the world as traveling nail artist, editorial content creator, public speaker, and consultant. She has been featured in many renowned beauty and fashion magazines, and her unique nail art can be seen in many digital publications as well. Her passion for making art accessible through nails has been an incredible journey, and she aims to continue paving her own creative path indefinitely. Find out more at AsaBree.com.



PAPERBACK

On Sale: 04/08/25

Adams Media

9781507223673

Health & Fitness

First Print: 60,000

5 x 7, 32 pages

Carton quantity: 40

\$17.99 (US) / \$24.99 (CAN)

AUTHOR HOMETOWN

Asa Bree Sieracki/Saint

Helens/Oregon

Overlanding 101

A Field Guide to Vehicle-Based Adventure Travel
Scott Brady and the Editors of Overland Journal

BOOK DESCRIPTION

Travel off the grid and explore the world with this ultimate guide to vehicle-based adventure travel, perfect for beginner and intermediate adventurers alike.

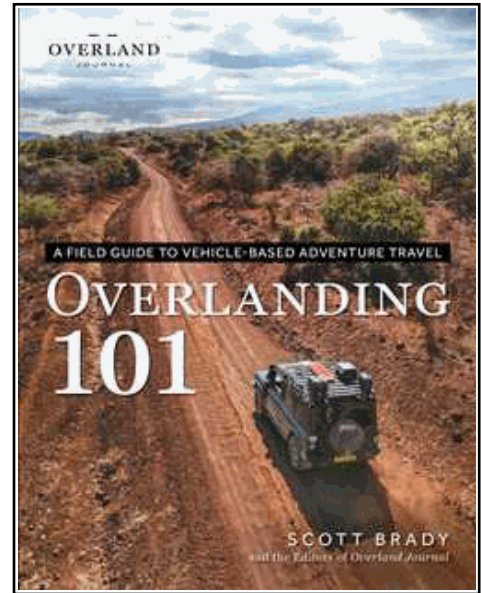
Overlanding 101 is the first and ultimate guide to vehicle-based adventure travel. Authored by renowned adventure traveler Scott Brady and the editors at *Overland Journal*, this book puts you in the driver's seat, taking you through all aspects of overland travel. From vehicle selection and preparation to navigation and outdoor travel skills, and much more, beginner and intermediate travelers will find all instruction and motivation necessary to overland like a pro.

Overlanding is about the journey, not the destination. It's about exploring remote locations, off-roading, and camping, where the journey is the principal goal of the travel. This book equips you with everything you need to know to confidently embark on your overlanding adventures. It also features scenic full-color photography and offers inspiring stories, making it a must-have for getting off-road and off the grid.

AUTHOR BIO

Scott Brady is an adventure traveler, photographer, and publisher. He is the CEO of Overland International, the parent company of *Overland Journal* magazine, *The Overland Journal Podcast*, and the website, *Expedition Portal*—the world's largest and most visited vehicle-dependent adventure community and overlanding editorial resource. Because of the large audiences of these outlets, Brady is often credited for popularizing overlanding in North America. As an overlander, Brady has circumnavigated the planet three times and was the first overlander to cross all seven continents. He was the expedition leader of the Expeditions 7 project, a three-year global adventure that was the first in history to take the same vehicle to all seven continents. *Top Gear*, The History Channel, A&E, Ineos, Jeep, Land Rover, Toyota, and others have utilized his driving and expedition skills.

Overland Journal, the premier magazine for overland travel enthusiasts, blends adventure with sustainability. Circulating five times yearly, the publication provides readers with skill instruction, vehicle and gear reviews, route suggestions, backcountry cooking recipes, stories from the road, and more with an emphasis on environmental responsibility. The publication is celebrated for its exquisite photography and in-depth writing. Parent company Overland International, which—in addition to the magazine—produces the *Overland Journal Podcast* and Expedition Portal forum and YouTube channel, provides instructional content for the world's largest audience in of vehicle-supported adventure travelers.



PAPERBACK

On Sale: 04/22/25

Adams Media

9781507223659

Travel

First Print: 75,000

7 x 9 1/8, 256 pages

Carton quantity: 24

\$27.99 (US) / \$36.99 (CAN)

AUTHOR HOMETOWN

Scott Brady - Prescott, AZ

Overland Journal - Prescott, AZ