

# Affirmations for Self-Love

100 Lessons for Learning to Love Yourself Through the Beautiful Days, the Hard Days, and Everything in Between

Zanna Keithley

## BOOK DESCRIPTION

Discover the power of self-love with this inspiring collection of empowering affirmations and reflections on self-improvement, personal growth, mindfulness practices, joy, and abundance, crafted by poet and social media standout Zanna Keithley.

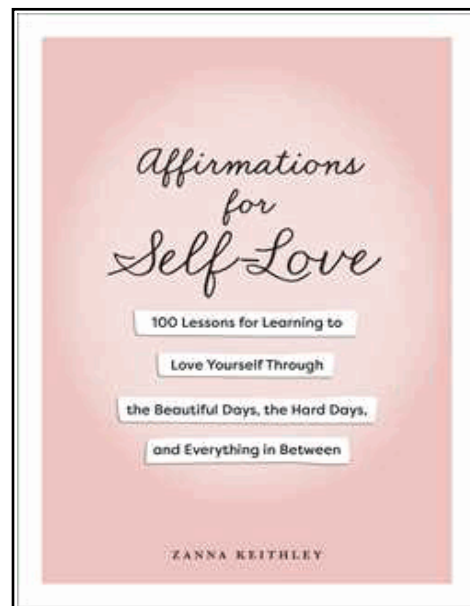
*The more I follow my heart, the more beautiful life becomes.*

Author, poet, and social media creator Zanna Keithley guides you on a powerful path of self-improvement, mindfulness, and personal development in her uplifting book, *Affirmations for Self-Love*. Page by page, Keithley's empowering affirmations and inspiring words help you trust your inner voice, follow your heart's true calling, and fully embrace your authentic self.

A fulfilling and joyful life begins by practicing daily self-care, listening to your intuition, and choosing the most loving action in every moment. And this collection of positive affirmations and reflections helps you set intentions for joy, attract abundance, and create the beautiful, authentic life you deserve.

## AUTHOR BIO

Zanna Keithley is an author, poet, and social media content creator living in Seattle, Washington. She began sharing her writing on Instagram in 2020 and continues to write short prose dedicated to inspiring readers to follow their dreams, trust their intuition, and create beautiful and fulfilling lives. Follow her at @ZannaKeithley.



## HARDCOVER

**On Sale: 09/16/25**

**Adams Media**

**9781507224342**

Self-Help

First Print: 75,000

6 x 8, 224 pages

Carton quantity: 24

\$18 (US) / \$25 (CAN)

## AUTHOR HOMETOWN

Zanna Keithley / Seattle /

Washington

## OTHER FORMATS

eAudio: 9781668140574, \$25.99

eBook: 9781507224359, \$10.99

# Coping with Cancer in Early Adulthood

From Diagnosis to Treatment to Day-to-Day Life Changes, Navigating Your Cancer Journey

**Cristina Pozo-Kaderman, PhD, and Saul Wisnia**

## BOOK DESCRIPTION

Empowering young adult cancer patients with expert guidance, practical strategies, and heartfelt real-life stories, *Coping with Cancer in Early Adulthood* draws on decades of experience from Christina Pozo-Kaderman, PhD, and Saul Wisnia to help reclaim life and identity amidst the challenges of a cancer diagnosis.

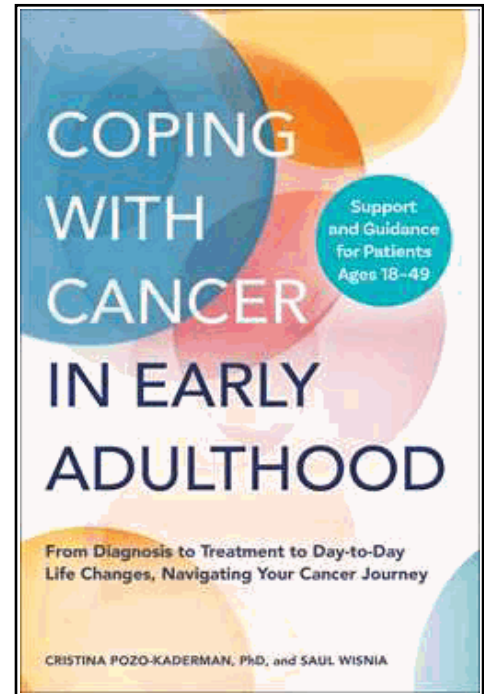
*Coping with Cancer in Early Adulthood* explores the emotional, physical, and practical challenges faced by young adults aged 18–49 who are navigating a cancer diagnosis during critical life milestones in early adulthood. This guide provides actionable advice for managing emotional struggles, financial concerns, relationship challenges, and physical health changes caused by cancer.

Christina Pozo-Kaderman is a clinical psychologist and director of the Young Adult Program and Dana-Farber Cancer Institute and Saul Wisnia is Dana-Farber’s senior publications editor. Drawn from their over fifty-five combined years of experience working with and telling the stories of early-adult patients, this guide will address topics such as:

- Mood and mental health changes
- Loss of independence
- Feelings of isolation
- Managing relationships
- Financial toxicity
- Fertility and sexual health changes
- Redefining “normal”
- Fear of recurrence and “scanxiety”

Meeting patients where they are in the cancer journey, *Coping with Cancer in Early Adulthood* aims to empower patients to advocate for themselves and tackle challenges head-on. Offering actionable self-care tips, expert-backed strategies, and real-life cancer survivor stories, this resource supports young adults and their caregivers in overcoming cancer’s emotional and physical toll to rebuild identity and find hope.

## AUTHOR BIO



## PAPERBACK

**On Sale: 10/14/25**

**Adams Media**

**9781507224205**

Health & Fitness

First Print: 75,000

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

Carton quantity: 40

\$18 (US) / \$25 (CAN)

## AUTHOR HOMETOWN

Cristina Pozo-Kaderman - Boston, MA

Saul Wisnia - Newton, MA

## OTHER FORMATS

eBook: 9781507224212, \$13.99

Cristina Pozo-Kaderman, PhD is a clinical psychologist and director of the Young Adult Program (YAP) at Dana-Farber Cancer Institute. Dr. Pozo-Kaderman obtained her doctorate in clinical psychology from the University of Miami. She completed her internship at Cornell Medical College, Payne Whitney Clinic, and her fellowship in psychooncology at Memorial Sloan Kettering Cancer Center. As a psychologist, Dr. Pozo-Kaderman exclusively serves young adults who have received a cancer diagnosis, often following them from the time of diagnosis until several years post-treatment. As the head of the YAP, she is responsible for programming that is available to the totality of Dana-Farber's young adult client population; this programming includes individual psychosocial services, support groups, education, webinars, advocacy, partnerships and events with national nonprofits, and the annual Young Adult Cancer Conference.

Saul Wisnia is senior publications editor at Dana-Farber Cancer Institute. A former sports and news correspondent at *The Washington Post* and feature reporter at *The Boston Herald*, he is the author or coauthor of numerous books including the *Library Journal* starred guide *Spinal Cord Injury and the Family*.

# The Shadow Work Self-Reflection Deck

Cards for Healing Your Trauma and Exploring Your Hidden Self  
Jor-EI Caraballo, LMHC

## BOOK DESCRIPTION

Unlock the transformative power of shadow work and self-discovery with *The Shadow Work Self-Reflection Deck*, a comprehensive self-help tool designed by licensed therapist Jor-EI Caraballo, featuring 100 prompts and affirmations to deepen mental health exploration, foster personal growth, and cultivate self-acceptance.

Shadow work—the therapeutic process of exploring your emotional pain, past trauma, and personal imperfections—is a powerful tool to help you embrace and accept yourself, even the parts that are difficult.

*The Shadow Work Self-Reflection Deck*, an essential tool for personal development and emotional healing, is an expansion of author Jor-EI Caraballo's *Shadow Work Workbook*, with over 100 prompts and affirmations (including 25 all-new cards) to walk you through your own shadow work. As a licensed therapist and mental health expert, Caraballo delivers skilled therapeutic guidance to this deck, making it a powerful companion for your journey of self-exploration, emotional growth, and self-acceptance.

## AUTHOR BIO

Jor-EI Caraballo is a licensed therapist and cofounder of Viva, a multi-state mental health practice. Caraballo received a BA in psychology from the University of North Carolina at Wilmington and MA and EdM degrees in psychological counseling from Teachers College at Columbia University. He has been featured as a mental health expert across many magazines and websites, including *Mind Body Green*, *Men's Health*, *Healthline*, *Insider*, *Self*, and more, sharing advice and insight on self-care, interpersonal relationships, dealing with trauma, and more.



## FLASHCARDS

**On Sale: 12/02/25**

**Adams Media**

**9781507224281**

Self-Help

First Print: 75,000

4 x 6, 100 pages

Carton quantity: 24

\$19 (US) / \$26 (CAN)

## AUTHOR HOMETOWN

Jor-EI Caraballo / New York / New York

# The Green Witch's Deck of Magical Herbalism

50 of the Most Magical Plants, Herbs, and Flowers to Empower Your Craft

Arin Murphy-Hiscock

## BOOK DESCRIPTION

Unlock the ancient secrets of herbal magic and green witchcraft with this beautifully crafted 50-card deck designed to enhance your spells, rituals, and connection to nature.

Step into the enchanting realm of herbal magic and transform your practice with the wisdom of green witches within these cards. Start exploring today and see how herbs can elevate your magical craft.

Discover the unique properties of each herb on one side of each card, then learn how to harness the power of herbs for healing, spellcasting, and even rituals on the other. From the calming effects of lavender for relaxation to the protective qualities of rosemary for protection spells, these cards will guide you in using nature's gifts to manifest your intentions and deepen your connection through green witchcraft practices.

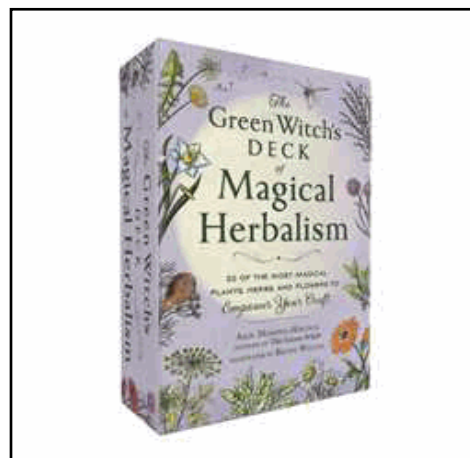
In *The Green Witch's Guide to Magical Herbalism*, you'll:

- Master the art of herbal healing and discover the power of natural remedies.
- Enhance your spells and rituals with powerful botanical allies to transform your magical practice with herbs.
- Cultivate a deeper relationship with the natural world.

Whether you're a seasoned practitioner or just starting your magical journey, this 50-card deck is your perfect companion.

## AUTHOR BIO

Arin Murphy-Hiscock is the author of *The Green Witch's Grimoire*, *Spellcrafting*, *The Pregnant Goddess*, *Wicca*, *The Green Witch*, *The Way of the Hedge Witch*, *House Witch*, *The Witch's Book of Self-Care*, *Pagan Pregnancy*, *Solitary Wicca for Life*, and *The Hidden Meaning of Birds—A Spiritual Field Guide*. She has been active in the field of alternative spirituality for over twenty years and lives in Montreal, Canada.



## FLASHCARDS

**On Sale: 09/09/25**

**Adams Media**

**9781507223949**

Body, Mind & Spirit

First Print: 50,000

3 3/4 x 5 1/4, 50 pages

Carton quantity: 40

\$20 (US) / \$27 (CAN)

## AUTHOR HOMETOWN

Arin

Murphy-Hiscock/Montreal/Canada

# The Book of Signs

150 Symbols and Their Spiritual Messages from the Other Side

**Mystic Michaela**

## BOOK DESCRIPTION

**Discover the meaning behind 150 common signs you might see from the beyond and learn to communicate with the other side with this enlightening new resource for receiving and interpreting spiritual messages.**

A feather found during a walk outside...

Maple leaves blowing in the breeze...

A particular book sticking out from the shelf...

These are all signs from the other side—but are you prepared to receive them? With the expert wisdom of trusted psychic medium and *Angel Numbers* author Mystic Michaela, you will be. *The Book of Signs* is an enlightening guide to communicating with the other side.

You will find detailed descriptions of 150 common signs from beyond and expert advice on how to interpret these insightful messages. Signs defined in this book will include:

-Birds like bluebirds, which mean someone is sending you luck

-Flowers such as roses, which communicate miracles from the other side

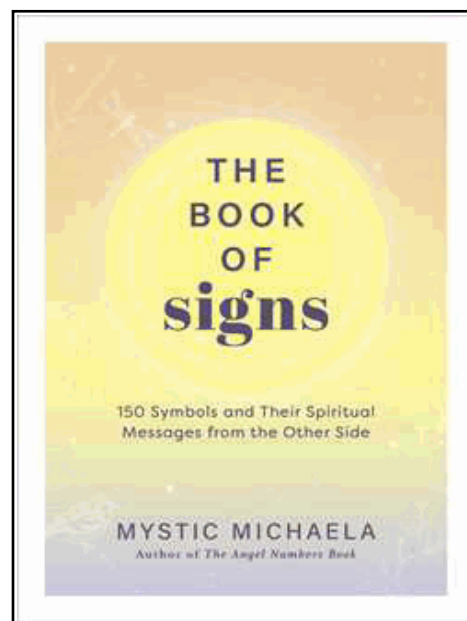
-Sounds like the peal of a bell, which reminds us that love is all around.

-And many more!

In addition to getting these messages from beyond, you'll also learn how to communicate back to those on the other side, creating a meaningful connection between this plane and the next. Your daily life is filled with these amazing messages—and with *The Book of Signs* you'll be ready to receive them.

## 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.



## HARDCOVER

**On Sale: 06/17/25**

**Adams Media**

**9781507223970**

Body, Mind & Spirit

First Print: 65,000

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

Carton quantity: 24

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

## AUTHOR HOMETOWN

Mystic Michaela / Boynton Beach / FL

## OTHER FORMATS

UAB eAudio: 9781668132746,

\$17.99

eBook: 9781507223987, \$10.99



# The Spiritual Meaning of Birds Oracle Deck

Discover the Wisdom & Insight of These Divine Winged Messengers

**Arin Murphy-Hiscock**

## BOOK DESCRIPTION

Gain insight and wisdom from our feathered friends with these 50 bird-inspired oracle cards from the bestselling author of *The Green Witch* and *The Green Witch's Oracle Deck*.

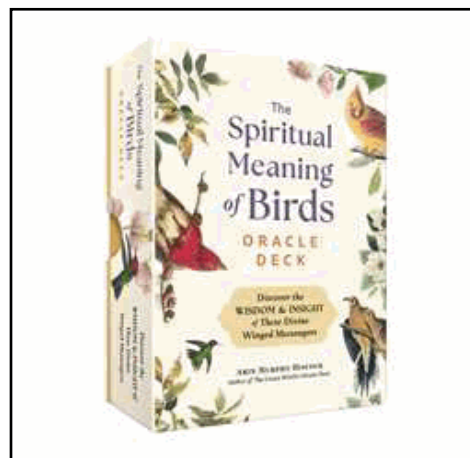
Birds can be important messengers—if you know what to look for. Now, gaining the wisdom from these wise creatures is easier than ever with this deck of 50 oracle cards. From the bestselling author of *The Green Witch* and *The Green Witch's Oracle Deck* Arin Murphy-Hiscock comes insight inspired by birds of all shapes and sizes.

These are birds you'll likely find in your very backyard or neighborhood, from the blue jay whose own chattiness reminds you to take a closer look at your own communication, to the gull who suggests that you might be taken as a fool and should think carefully about what you believe to be true. You'll even find an informational booklet that details how to use the cards, interpret them, and even which spreads to choose.

From the energetic hummingbird to the nourishing turkey, these oracle cards are here to help you take a closer look at the birds around you and then message they may be trying to share.

## AUTHOR BIO

Arin Murphy-Hiscock is the author of *The Green Witch's Grimoire*, *Spellcrafting*, *The Pregnant Goddess*, *Wicca*, *The Green Witch*, *The Way of the Hedge Witch*, *House Witch*, *The Witch's Book of Self-Care*, *Pagan Pregnancy*, *Solitary Wicca for Life*, and *The Hidden Meaning of Birds—A Spiritual Field Guide*. She has been active in the field of alternative spirituality for over twenty years and lives in Montreal, Canada.



## FLASHCARDS

**On Sale: 05/06/25**

**Adams Media**

**9781507223772**

Body, Mind & Spirit

First Print: 45,000

3 3/4 x 5 1/4, 50 pages

Carton quantity: 40

\$22.99 (US) / \$32 (CAN)

## AUTHOR HOMETOWN

Arin

Murphy-Hiscock/Montreal/Canada

# The Yokai Oracle Deck

Wisdom and Guidance from the Spirits of Japan  
**Thersa Matsuura**

## BOOK DESCRIPTION

Unlock ancient Japanese folklore and spiritual guidance with this beautifully illustrated oracle deck, inspired by *The Book of Japanese Folklore* and infused with the mystical essence of yokai, kami, and traditional myths.

Unlock the ancient wisdom of Japan with this captivating oracle deck inspired by *The Book of Japanese Folklore*. Perfect for those fascinated by the rich tapestry of Japanese culture and spiritual seekers alike, this collection offers a getaway to the mystical realms of kami, spirits, yokai, folk heroes, and other mystical beings of Japanese folklore.

Each of the 60 beautifully illustrated cards channels the wisdom of legendary spirits, ancient deities, and mythical beings from Japan's folklore. Whether you're seeking spiritual guidance, clarity in life's challenges, or a deeper understanding of Japanese culture, these cards provide powerful insights and inspiration.

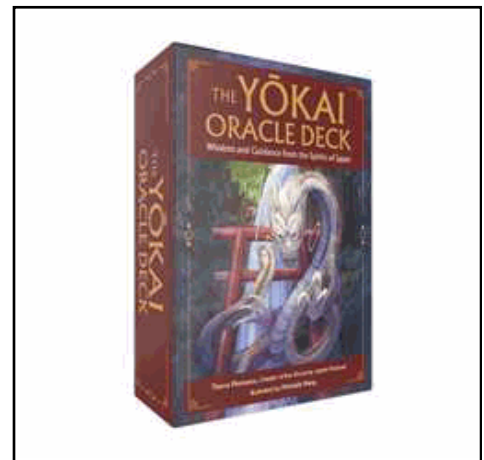
Dive into the captivating stories and timeless wisdom that have shaped Japan's folklore and discover the powerful messages within. This is more than just a deck; it's an invitation to explore the unseen and unlock the mysteries of the spirit world.

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## AUTHOR BIO

Thersa Matsuura is an American expat who has lived in Japan for over thirty years. Her fluency in the language allows her to explore her favorite part of Japanese culture: all the myths, legends, folktales, and superstitions. Thersa retells these Japanese folktales and ghost stories on her popular podcast *Uncanny Japan*. Thersa has also published two short story collections, including *A Robe of Feathers and Other Stories* and *The Carp-Faced Boy and Other Tales*, a collection of horror stories inspired by Japanese folktales, which was nominated for a Bram Stoker Award in 2017.

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## FLASHCARDS

**On Sale: 11/25/25**

**Adams Media**

**9781507224274**

Body, Mind & Spirit

First Print: 60,000

4 9/100 x 5 5/8, 60 pages

Carton quantity: 24

\$20 (US) / \$27 (CAN)

## AUTHOR HOMETOWN

Thersa Matsuura / Shizuoka /  
Japan



# The Goth Garden

The Mystery, Beauty, and Lore of Dark Gardening  
**Felicia Feaster**

## BOOK DESCRIPTION

Explore the mysterious beauty of gothic gardening with this illustrated plant encyclopedia, featuring the history, myths, and lore behind 50 dark and unique plants perfect for creating your very own spooky garden.

From the Mangave Black Widow to the humble mint plant, discover the hidden stories behind plants that bring a moody, gothic vibe to your garden. Learn what makes a garden truly gothic as you uncover the fascinating histories and legends of unusual plants, inspiring you to design your own striking gothic garden. Discover the dark and fascinating histories of these unique plants and get inspired to incorporate them into your gothic garden or spooky outdoor space.

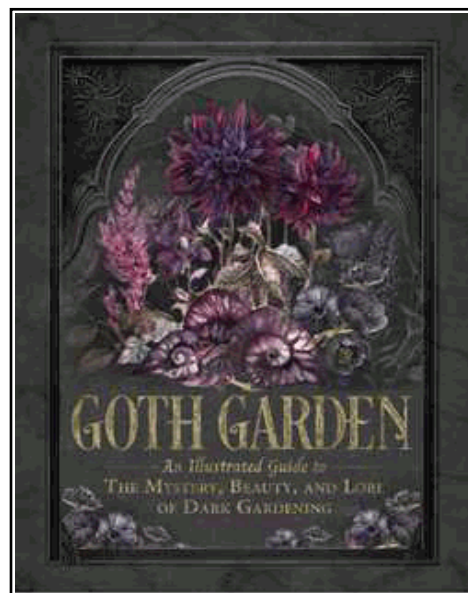
You'll explore unique varieties like:

- The "Queen of the Night" Tulip
- Black Krim Tomatoes
- The "Black Magic" Petunia
- And many more!

Unearth the secrets of plants like "Black Lace" Elderberry, with its dark foliage and connections to Freya, the goddess of love and death, or the deep red basil that adds both flavor and gothic flair to your garden. Whether you're a seasoned gardener or just beginning your botanical journey, *The Goth Garden* will inspire you to transform your space into an enchanting, gothic retreat filled with mystery and life.

## AUTHOR BIO

Felicia Feaster is a content creator, editor, and lifestyle journalist with a specialty in garden writing. She is the winner of multiple awards from the Society of Professional Journalists and the Garden Writers Association. Her writing has appeared in *Martha Stewart*, *Elle*, *HGTV*, and more. Learn more about her work at [FeliciaFeaster.com](http://FeliciaFeaster.com).



## HARDCOVER

**On Sale: 11/18/25**

**Adams Media**

**9781507224472**

Gardening

First Print: 75,000

6 x 8, 144 pages

Carton quantity: 24

\$20 (US) / \$27 (CAN)

## AUTHOR HOMETOWN

Felicia Feaster/Atlanta/Georgia

## OTHER FORMATS

eAudio: 9781668142684, \$25.99

eBook: 9781507224489, \$10.99

# Emergency Communication 101

The Essential Guide to Maintaining Contact During and after Any Disaster Scenario

**Creek Stewart and Joe Bassett**

## BOOK DESCRIPTION

**Master emergency communication with this comprehensive step-by-step guide that helps you stay connected with loved ones, request critical help, and access vital updates during emergencies like natural disasters, power grid failures, EMP attacks, and cyber threats.**

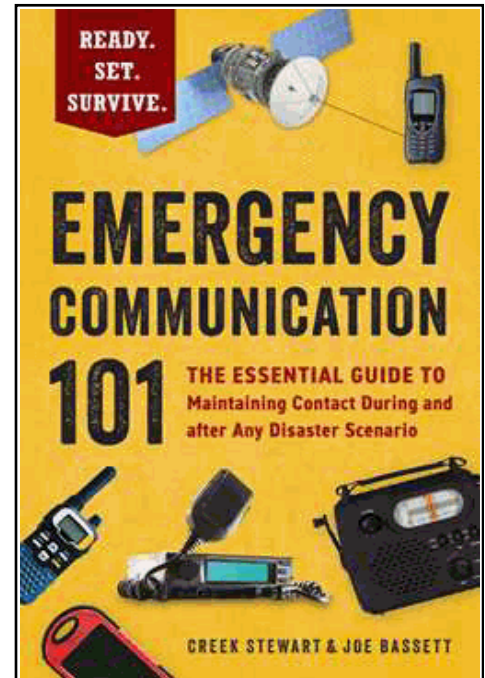
When disaster strikes, communication—which is key to survival—is often disrupted. Without cell phone or internet service, how will you contact you loved ones, request help, or receive important news and updates from outside sources?

In *Emergency Communication 101*, survival experts Creek Stewart and Joe Bassett provide practical strategies for emergency communication, teaching you how to send and receive essential information when cell networks and internet service fail.

You'll learn how to build an emergency communication plan tailored to your unique needs, budget, and skill level, ensuring you stay prepared in a disaster. Uncover strategies for connecting with loved ones post disaster and find a complete overview of emergency communication gear and equipment including ham, CB, GMRS, and MURS Radios, walkie talkies, satellite phones, and more, along with the skills needed to use them. You'll also find reliable emergency power solutions, including solar generators, portable battery systems, and backup power stations, to keep your communication devices running during a disaster.

*Emergency Communication 101* offers expert advice on identifying your needs, creating contingency plans, and preparing for scenarios like power outages, natural disasters, or cyberattacks to ensure you're ready for any situation.

## AUTHOR BIO



## PAPERBACK

**On Sale: 11/11/25**

**Adams Media**

**9781507224458**

Self-Help

First Print: 75,000

6 x 9, 256 pages

Carton quantity: 24

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

### AUTHOR HOMETOWN

Creek Stewart / Carmel / Indiana

Joe Bassett / Orange Park /  
Florida

### OTHER FORMATS

eBook: 9781507224465, \$13.99

Creek Stewart is an expert survival instructor and the author of *Survival Hacks* and the bestselling Build the Perfect Bug Out series of books. Creek is the in-house and on-camera Survival Expert for The Weather Channel and hosts *Could You Survive? with Creek Stewart* on the network. Creek has been featured as a guest expert in numerous media outlets including, the *Today* show, *Fox & Friends*, *The Doctors*, *Men's Fitness*, *Backpacker*, and *Outdoor Life*. Creek is the owner and founder of Willow Haven Outdoor Survival Training School, located in Central Indiana, and APOCABOX, a bimonthly survival subscription box that ships to thousands of loyal subscribers every other month. He is the recipient of the prestigious Outstanding Eagle Scout Award, which bestowed by the Boy Scouts of America to Eagle Scouts who have demonstrated outstanding achievement at the local, state, or national level.

Joe Bassett is the founder of Valiant Outfitters. As a backcountry guide, he's shared his passion for the wilderness with hundreds of people. He's also a ham radio operator who's helped countless others earn their ham radio license and develop emergency radio skills for disasters and survival. Joe has provided on-location radio support in eight disaster-stricken areas including Puerto Rico following Hurricane Maria. He frequently speaks about team crisis preparation and the importance of communication in disasters. Learn more at [ValiantOutfitters.com](http://ValiantOutfitters.com).

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# Celtic Mythology

The Gods, Goddesses, and Heroes Handbook

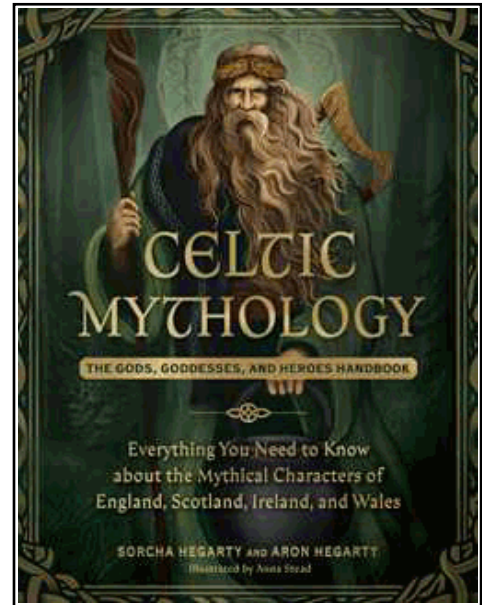
**Sorcha Hegarty and Aron Hegarty; Illustrated by Anna Stead**

## BOOK DESCRIPTION

**Discover the gods, goddesses, heroes, and monsters from Celtic mythology with this beautiful book that captures the ancient stories and tales that captivated the Celts.**

Prepare to be entertained as you learn about the many myths and legends of the Celtic people. From the storytelling duo behind the *Candlelit Tales*, this collection weaves together the stories of those heroes, deities, and monsters that make up the mythology.

Drawing together the mythology and tales of England, Scotland, Ireland, and Wales, this book is a comprehensive collection of the fascinating gods, goddesses, heroes, and monsters that make up the compendium of Celtic myths and legends. *Celtic Mythology* offers an accessible exploration of the rich tapestry of stories and characters that define Celtic culture and have fascinated people for centuries.



## AUTHOR BIO

Sorcha Hegarty and Aron Hegarty are storytelling siblings with a deep love of Celtic myths and a passion for sharing stories. Based in Ireland, they created *Candlelit Tales* in 2014 and have grown their storytelling business to include a short tour in North America. With a decade of research and storytelling under their belts, Aron and Sorcha are content experts with an ongoing drive to learn more about the tales they tell. As their fanbase grows, they become even more passionate about sharing their stories with the world.

Aron Hegarty and Sorcha Hegarty are storytelling siblings with a deep love of Celtic myths and a passion for sharing stories. Based in Ireland, they created *Candlelit Tales* in 2014 and have grown their storytelling business to include a short tour in North America. With a decade of research and storytelling under their belts, Aron and Sorcha are content experts with an ongoing drive to learn more about the tales they tell. As their fanbase grows, they become even more passionate about sharing their stories with the world.

Anna Stead is an illustrator working from her home in the beautiful North Cotswolds. She draws inspiration from nature, history, folklore, literature, folk art, and the mythic arts. She has a background in medieval studies and is a lover of fantasy literature.

## HARDCOVER

**On Sale: 08/19/25**

**Adams Media**

**9781507223888**

Social Science

First Print: 50,000

6 x 8, 256 pages

Carton quantity: 24

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

## AUTHOR HOMETOWN

Sorcha Hegarty and Aron Hegarty /  
Dublin / Ireland

## OTHER FORMATS

eAudio: 9781668128947, \$25.99

eBook: 9781507223895, \$10.99

# Edgar Allan Poe

The Master of the Macabre  
Levi Lionel Leland

## BOOK DESCRIPTION

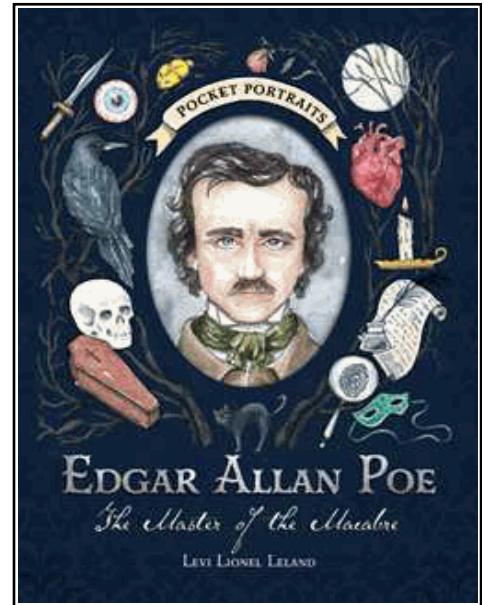
Step into the fascinating and gothic world of Edgar Allan Poe, the master of macabre, with this compelling literary biography that unravels his dark genius, iconic works, and enduring influence on gothic literature.

Discover the tumultuous life of Edgar Allan Poe, the legendary gothic author, marked by literary genius and personal tragedy, and explore the haunting themes that defined his timeless creations. From excerpts of his chilling tales like *The Tell-Tale Heart* and *The Raven* to insightful commentary and unforgettable quotes about and from Poe himself, this book paints a vivid portrait of the man behind the pen.

This beautifully curated book is both an inspiring biography and a celebration of literary brilliance. Whether you're a longtime admirer of Poe or just beginning your literary adventure, *Pocket Portraits: Edgar Allan Poe* will leave you fascinated, inspired, and longing for more.

## AUTHOR BIO

Levi Lionel Leland is a born and raised Rhode Islander with a near lifelong passion for Edgar Allan Poe and his works. After visiting every Poe Museum or house in the country, he focused his attention homeward, learning all that he could about Poe's time in Providence and creating the *Edgar Allan Poe RI* website and A Walking Tour of Poe's Providence, where he shares his research and passion for our favorite gothic poet.



## HARDCOVER

**On Sale: 09/23/25**

**Adams Media**

**9781507224137**

Biography & Autobiography

First Print: 50,000

4 1/2 x 6, 240 pages

Carton quantity: 40

\$17 (US) / \$23 (CAN)

## AUTHOR HOMETOWN

Levi Lionel

Leland/Providence/Rhode Island

## OTHER FORMATS

eAudio: 9781668135358, \$25.99

eBook: 9781507224144, \$10.99



# Jane Austen

The Original Romance Novelist

Janet Lewis Saidi

## BOOK DESCRIPTION

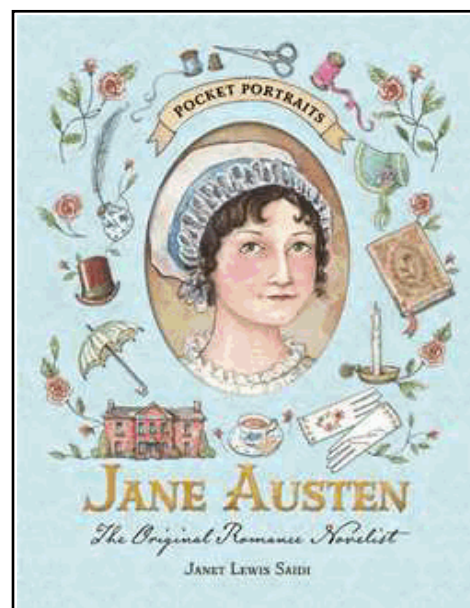
Take a trip back in time to the Regency-era life of Jane Austen, one of literature's most beloved novelists, with this captivating exploration of her works and the timeless themes of romance, family, and society.

*Pocket Portraits: Jane Austen* takes you through the moments of Jane Austen's life—some well-known and some which may be unexpected. These are the moments that shaped her six published novels, which draw deeply on themes of family, agency, philosophy, and love. From excerpts of her swoon-worthy tales like *Pride and Prejudice* and *Emma* to insight into Austen's social commentary and why her works still leave their mark on contemporary pop culture, this book paints a vivid portrait of the complicated woman behind the quill.

This beautifully curated book is both an inspiring biography and a celebration of literary brilliance. Whether you're a longtime admirer of Austen or just beginning your literary adventure, *Pocket Portraits: Jane Austen* will leave you fascinated, inspired, and longing for more.

## AUTHOR BIO

Janet Lewis Saidi is the creator of *The Austen Connection*, a public-humanities and journalism project that connects Austen's literature to the pop-culture and current events of our world today. The project has been featured in numerous publications such as *Electric Lit*, *The Christian Science Monitor*, NPR, and at national and international conferences such as Melbourne's AustenCon and the Jane Austen Society of North America (JASNA) AGM. A professor at the Missouri School of Journalism, Janet has taught writing, editing, and producing for fourteen years. In addition to her work as a producer at KBIA, Missouri's NPR-affiliate, her journalistic work has appeared on NPR, the BBC, PBS, and in *Los Angeles Times* and *The Christian Science Monitor*.



## HARDCOVER

On Sale: 09/23/25

Adams Media

9781507224151

Biography & Autobiography

First Print: 50,000

4 1/2 x 6, 240 pages

Carton quantity: 40

\$17 (US) / \$23 (CAN)

## AUTHOR HOMETOWN

Janet Lewis Saidi - Columbia, MO

## OTHER FORMATS

eAudio: 9781668135419, \$25.99

eBook: 9781507224168, \$10.99



# J.R.R. Tolkien

The Father of Fantasy

Don Marshall

## BOOK DESCRIPTION

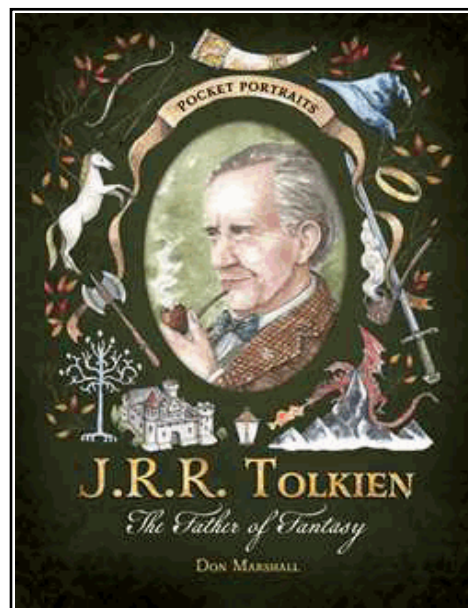
Explore the extraordinary life of J.R.R. Tolkien, the legendary creator of *The Lord of the Rings* and *The Hobbit*, in this captivating literary biography that celebrates the father of modern fantasy and his profound influence on fantasy literature and mythological storytelling.

This captivating volume goes beyond the epic tales of *The Hobbit* and *The Lord of the Rings* to explore J.R.R. Tolkien's incredible life and the experiences that shaped his legendary works. From his early days as a linguist to his passion for mythology and languages, this book provides fascinating insights into Tolkien's extraordinary mind.

This beautifully curated book is both an inspiring biography and a celebration of literary brilliance. Whether you're a longtime admirer of Tolkien or just beginning your literary adventure, *Pocket Portraits: J.R.R. Tolkien* will leave you fascinated, inspired, and longing for more.

## AUTHOR BIO

Don Marshall, known as "The Obscure Lord of the Rings Facts Guy" across the internet, has been inspiring fans and the nerd world at large with his Tolkien tidbits for years. With a decade of experience working in radio and television, Don's skills have segued into a very successful TikTok account, which reached viral status in 2020 and continues to entertain and inform the Tolkien fandom at large. Outside of his Tolkienian interests, Don enjoys spending time with his wife Nat Marshall, their dogs River and Lucy, and their tortoise Wash.



## HARDCOVER

**On Sale: 11/25/25**

**Adams Media**

**9781507224175**

Biography & Autobiography

First Print: 50,000

4 1/2 x 6, 240 pages

Carton quantity: 40

\$17 (US) / \$23 (CAN)

## AUTHOR HOMETOWN

Don Marshall / Florida

## OTHER FORMATS

eAudio: 9781668135440, \$25.99

eBook: 9781507224182, \$10.99

# The Little Book of Winter

A Cozy Guide to a Season of Comfort and Happiness

**Brittany Viklund**

## BOOK DESCRIPTION

**Celebrate the magic of winter with 70 ways to find coziness, comfort, and happiness no matter the weather.**

Discover simple ways to be happier everyday...no matter the season!

Embrace the coziness of winter months with activities that promote peace, relaxation, and mindfulness, perfect for slowing down and enjoying the season. *The Little Book of Winter* is here to make it easier than ever with 70 activities to help you make the most of the magical winter season. Try activities like:

-Crafting the perfect DIY simmer pot. Transform your home into a cozy haven with simple ingredients that will make your home feel warm, smell delicious, and take no time at all.

-Create the perfect winter bucket list. It's important to create space for moments of joy—so start with the suggestions in this bucket list (like decorating with string lights and going on a winter walk!) before adding your own seasonal must-dos.

-Treat yourself to something that feels luxurious. Winter is about taking the time to treat yourself and indulge in something that bring you joy, whether it's a luxurious new shower gel, a slow morning with nowhere to be, or fresh baked bread warm from the oven.

-And many more!

Whether you live for those chilly winter nights spent by the fire or need a little convincing to get in the spirit, this book will teach you to boost your mood, find joy in the everyday moments, and feel happier...no matter the weather.

## AUTHOR BIO

Brittany Viklund is a former early childhood educator turned content creator focused on intentional living and finding simple joys in everyday life. Whether she's sharing her latest recipes or recommending a new read, her goal is to be thoughtful, meaningful, and intentional with her time to enjoy every moment—no matter the season. Find her on Substack at [BrittanyViklund.Substack.com](http://BrittanyViklund.Substack.com).



## HARDCOVER

**On Sale: 10/07/25**

**Adams Media**

**9781507224397**

Self-Help

First Print: 60,000

5 1/2 x 7 1/2, 208 pages

Carton quantity: 24

\$16 (US) / \$22 (CAN)

## AUTHOR HOMETOWN

Brittany Viklund / Burlington / Vermont

## OTHER FORMATS

eAudio: 9781668141748, \$25.99

eBook: 9781507224403, \$10.99

# Options Trading 101

From Understanding the Types of Options and Creating a Trade Plan to Analyzing Risk and Predicting Strike Prices, an Essential Primer in Options Trading

James Royal, PhD

## BOOK DESCRIPTION

Minimize risk and maximize profit with options trading and explore the ins and outs of this popular investment strategy in this engaging, informative, and easy-to-understand guide.

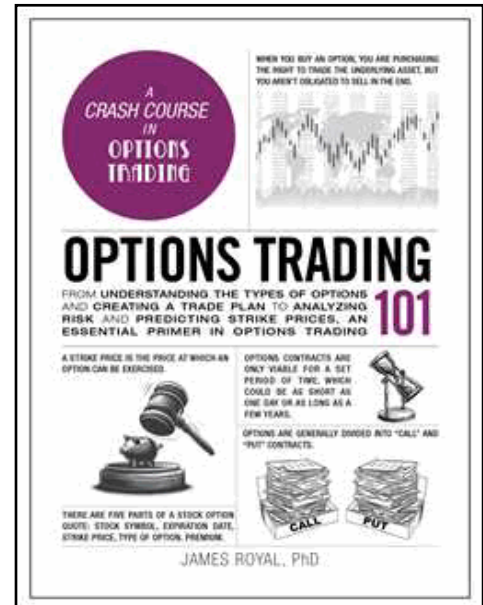
Want to make money options trading but don't know where to start? Are you unsure as to what options trading even is? Is options trading the right strategy for you? *Options Trading 101* has the answers to all these questions and more. From explaining what options are and how they differ from stocks in addition to going over key terms, such as calls, puts, strike price, and expiration dates, you will get a crash course in options trading to help you start making money fast.

You'll also find fundamental strategies for trading options, including buying calls and puts, and the risks and rewards associated with each. To build on a solid foundation, the book offers information on technical and fundamental analysis, helping you understand how to evaluate market trends and make informed decisions.

Additionally, risk management techniques and the importance of setting trading goals are emphasized to ensure long-term success. By the end of the book, you'll be confident in your understanding of options trading and be ready to begin your trading journey with a clean and informed strategy.

## AUTHOR BIO

James F. Royal, PhD, is a Bankrate principal writer and editor who covers investing and wealth management. His work has been cited across major media, including CNBC, *The Washington Post*, *The New York Times*, and the Associated Press. Royal believes in the power of education to help individuals make smart financial decisions that can positively and significantly improve their lives. James is a veteran writer and author of self-published titles, as well as a stock analyst with a history of working in the financial-services industry, including at the Motley Fool and Bankrate.



## HARDCOVER

On Sale: 07/22/25

Adams Media

9781507224038

Business & Economics

First Print: 60,000

5 1/4 x 7 1/8, 288 pages

Carton quantity: 24

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

## AUTHOR HOMETOWN

James Royal, PhD / Gainesville, FL

## OTHER FORMATS

eAudio: 9781668133156, \$25.99

eBook: 9781507224045, \$10.99

# Economics in Plain English

Definitions. Examples. Uses.

**David A. Mayer**

## BOOK DESCRIPTION

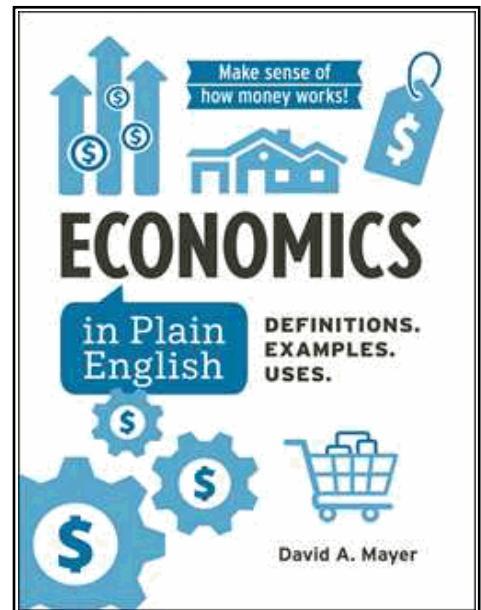
**Become fluent in the language of money and advance of your financial goals with this clear, straightforward guide to essential definitions and easy-to-understand explanations of all the economic terminology you need to know.**

Understanding the economy so you can effectively manage your money is not an easy job, and it's made even more complicated by the specific, complex terminology. Even the most financially responsible people can wonder how economic forces impact their personal finance. Now, *Economics in Plain English* has the answers.

Inside you'll find straight-forward explanations of 350 economic terms ranging from production, markets and consumer behaviors to banking and monetary policies and more! This quick and 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 economics and refer back to specific definitions as needed when reviews financial reports, forecasts, and documents.

## AUTHOR BIO

David A. Mayer earned his BS in economics from Texas A&M University and his MEd in educational psychology from the University of Texas at San Antonio. David has had an extensive career teaching economics to high school students. Since 2004, more than 500 of his students have earned college credit on the AP economics exams. In addition to his work in the classroom, David has served as an AP economics consultant for the college board and as an AP economics reader and table leader for Educational Testing Service. He has also written several economics books and test preps. Currently David is the academic dean at Stevens High School in Northside ISD in San Antonio, Texas.



## HARDCOVER

**On Sale: 05/20/25**

**Adams Media**

**9781507223901**

Business & Economics

First Print: 50,000

5 1/2 x 7 1/2, 208 pages

Carton quantity: 24

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

## AUTHOR HOMETOWN

David A. Mayer / San Antonio / Texas

## OTHER FORMATS

UAB eAudio: 9781668129364,

\$19.99

eBook: 9781507223918, \$10.99

# The Everything Guide to Investing in Your 20s & 30s, 3rd Edition

Your Step-by-Step Guide to: \* Understanding Stocks, Bonds, and Mutual Funds \* Maximizing Your 401(k) \* Exploring Strategies for Alternative Investments \* Taking Advantage of Investment Apps \* Investing Sustainably \* Becoming Financially Independent

**Joe Duarte, MD**

## BOOK DESCRIPTION

All you need to know about investing safely and smartly, with new information on the latest options—from commodities to bitcoin to real estate and private equity—in this comprehensive and updated guide to understanding the current market, setting realistic goals, and achieving financial success.

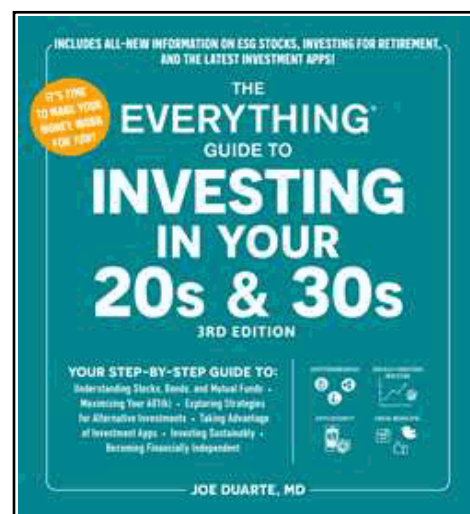
*The Everything Guide to Investing in Your 20s & 30s, 3rd Edition* is a comprehensive, step-by-step guide designed to navigate beginners through their investment journey. From understanding basic investment principles, to exploring a host of investment options, this book offers a broad perspective of the investment world.

With a primary focus on those between the ages of twenty and forty, the book demystifies complex investment terminologies and strategies, making them easy to understand and apply. It contains practical advice on how to make wise investment decisions, insights on wealth growth, and tips to avoid common investment pitfalls. Including updated information on sustainable investing, investment apps, retirement savings, ETFs, and alternate investing.

You will find specific examples of investment strategies, real-world scenarios, and several DIY investing options specifically tailored for their age group so they can start making their money work for them now!

## AUTHOR BIO

Joe Duarte is a market analyst, trader, investor, and money manager. One of CNBC's original Market Mavens, Dr. Duarte has been writing about and analyzing global events since 1990. His articles and commentary have been featured on Marketwatch.com, *Barron's*, *Smart Money*, *Medical Economics*, and more. Dr. Duarte is a board-certified anesthesiologist, and former President of River Willow Capital Management where he managed individual accounts. His combined expertise in health care, energy, and the effects of politics and global intelligence on the financial markets have offered a unique blend of insight and information to thousands of active investors around the world on a daily basis, and he has been quoted in the major media, including CNBC, *The Wall Street Journal*, Associated Press, and CNN.com.



## PAPERBACK

**On Sale: 06/10/25**

**Adams Media**

**9781507224014**

Business & Economics

First Print: 65,000

8 x 9, 304 pages

Carton quantity: 24

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

## AUTHOR HOMETOWN

Joe Duarte, MD / Dallas, Texas

## OTHER FORMATS

eBook: 9781507224021, \$14.99



# The Ultimate RPG Worldbuilding Deck

75 Cards to Create and Customize Your Own Game World

James D'Amato

## BOOK DESCRIPTION

**Make worldbuilding as quick as the flip of a card with this fun and easy-to-use game resource deck that includes 75 cards to help you populate your game world with people, factions, destinations, and secrets.**

Worldbuilding for your RPG adventures can be a challenge, but this deck makes it easy with 75 interactive cards with prompts and ideas to help game masters create the people, places, and histories that populate their game world. Featuring all new prompts inspired by *The Ultimate RPG World Building Book*, this deck can be an engaging planning tool for a GM to use solo or to build out a session pre-game-night. It can also be used in-game on the fly for collaborative worldbuilding right at the table.

Cards fit into five categories, meant to build out all the most important parts of your game world such as:

- People: NPCs both allies and antagonists
- Institutions: Organizations and factions within the world that PCs can interact with
- Places: Evocative landmarks and locations for exploration
- History: Events and cultural background building that add flavor to the world
- Rumors: Unreliable stories that hint at interesting but uncertain concepts for PCs to explore

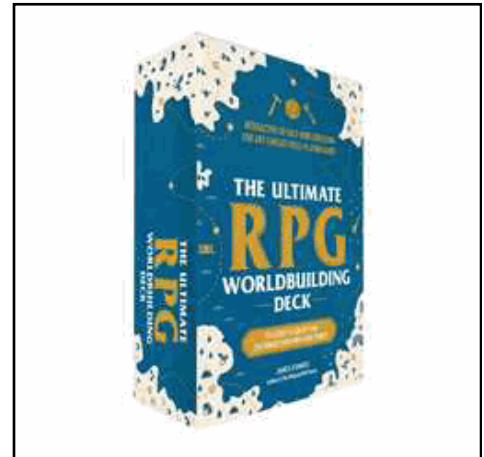
Just draw a card from the category you need, select details from the available options, and answer the prompts to specify who or what is joining your world, and how they connect to your existing story and adventurers. With 75 different cards in the deck, you'll have tons of game inspiration right at your fingertips.

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## AUTHOR BIO

James D'Amato is the author of The Ultimate RPG Series, cofounder of the One Shot Podcast Network, and host of the *One Shot* and *Campaign: Skyjacks* podcasts. He trained at Second City and iO in Chicago in the art of improvisational comedy: he now uses that education to introduce new people to role-playing, and incorporates improvisational storytelling techniques to create compelling and entertaining stories for RPG campaigns and one-shot adventures.

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## FLASHCARDS

**On Sale: 06/10/25**

**Adams Media**

**9781507223871**

Games & Activities

First Print: 40,000

4 x 6, 79 pages

Carton quantity: 32

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

## AUTHOR HOMETOWN

James D'Amato / Chicago / IL



# The Dungeoneer Deck of Side Quests

75 Mini Adventures to Empower Your Fantasy Campaign

Jef Aldrich and Jon Taylor

## BOOK DESCRIPTION

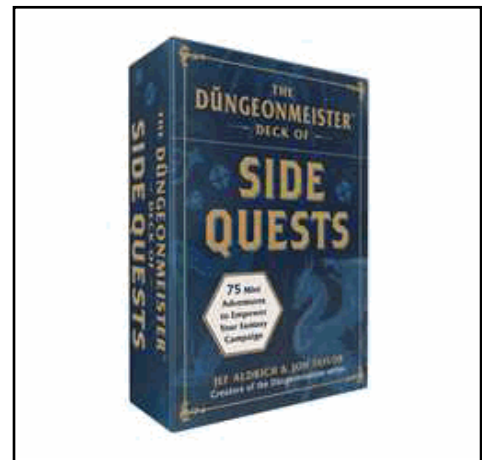
Elevate your gaming sessions with these 75 mini roleplay adventures packed with fun, excitement, Dungeoneer humor, and a storytelling boost for game masters across all your favorite fantasy worlds.

Looking to enhance your tabletop RPG campaign with more fun, thrilling adventures and immersive storytelling? *The Dungeoneer Deck of Side Quests* offers a quick and easy storytelling boost to your tabletop RPG sessions, making them lively, engaging, and full of unexpected surprises.

This deck is crafted to transform game downtime into exciting roleplay adventures and interactive fun. Each of these 75 mini quests is infused with classic Dungeoneer humor, ensuring your players are constantly thinking, collaborating, problem-solving, and eager for more. Depending on their choices, players can take away “boons” or benefits from free rerolls to new compatriots, bringing these boosts into their larger campaign adventure.

Best of all, this deck is user-friendly, making it an essential addition to your session prep. Game masters can effortlessly draw a card to find the perfect mini quests, seamlessly integrating them into any fantasy world campaign. Each card offers a narrative that’s flexible and adaptable, to suit your favorite fantasy worlds and backgrounds. Whether you’re a seasoned game master or new to tabletop RPGs, this versatile and easy-to-use deck is the ultimate tool to enhance your campaign with immersive storytelling, endless fun, and unforgettable adventures.

## AUTHOR BIO



## FLASHCARDS

**On Sale: 09/30/25**

**Adams Media**

**9781507224243**

Games & Activities

First Print: 40,000

4 1/4 x 6 1/4, 75 pages

Carton quantity: 40

\$19 (US) / \$26 (CAN)

## AUTHOR HOMETOWN

Jef Aldrich / San Diego / CA Jon

Taylor / Santee / CA

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 *Düngeonmeister*, *The Düngeonmeister Goblin Quest Coloring Book*, *The Düngeonmeister Cookbook*, *Düngeonmeister: The Deck of Many Drinks*, and *Düngeonmeister: 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 *Düngeonmeister*, *The Düngeonmeister Goblin Quest Coloring Book*, *The Düngeonmeister Cookbook*, *Düngeonmeister: The Deck of Many Drinks*, and *Düngeonmeister: 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.

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# Düungeonmeister: The Expanded Edition

RPG Cocktails and Mocktails to Shake Up Your Campaign

Jef Aldrich and Jon Taylor

## BOOK DESCRIPTION

The new and improved expanded edition of the hit cocktail collection includes even more RPG-inspired cocktail recipes—featuring all-new cocktails and a brand-new chapter of zero-proof drinks that still pack a punch.

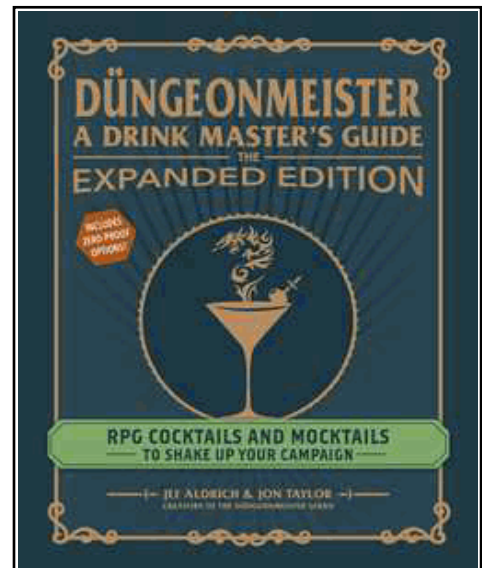
Calling all adventurers! The Düungeonmeister series is back with an updated and expanded edition of the bestselling RPG-themed cocktail book that started it all, now with even more game night drink recipes. This revamped collection is brimming with even more fantastical RPG-inspired drink recipes guaranteed to add some extra magic to your next game night.

Uncover brand-new recipes and fan-favorite classics, all inspired by the creativity and excitement of tabletop role-playing games like Dungeons & Dragons. Featuring RPG-inspired drink names, playful nods to tabletop game tropes, and step-by-step drink instructions, this book makes crafting cocktails as thrilling as a critical hit.

Enhance your game night hosting with a new chapter of alcohol-free drinks, perfect for anyone who loves flavorful mocktails without sacrificing the adventure—all the fun, no constitution checks required!

Whether you're a seasoned Dungeons & Dragons player, a mixology fan, or a lover of fantasy worlds, this RPG-themed cocktail book is a must-have guide for your next game night or party. Cheers to rolling dice and raising glasses!

## AUTHOR BIO



## HARDCOVER

**On Sale: 10/14/25**

**Adams Media**

**9781507224496**

Cooking

First Print: 75,000

6 x 7 1/2, 192 pages

Carton quantity: 24

\$19 (US) / \$26 (CAN)

## AUTHOR HOMETOWN

Jef Aldrich / San Diego / CA

Jon Taylor / Santee / CA

## OTHER FORMATS

eAudio: 9781668143148, \$25.99

eBook: 9781507224502, \$10.99

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 *Düngeonmeister*, *The Düngeonmeister Goblin Quest Coloring Book*, *The Düngeonmeister Cookbook*, *Düngeonmeister: The Deck of Many Drinks*, and *Düngeonmeister: 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.

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# The Unofficial TikTok Cookbook, Volume 2

75 (More!) Internet-Breaking Recipes for Meals, Snacks, Drinks, Treats, and More!

**Palestrina McCaffrey**

## BOOK DESCRIPTION

Discover 75 viral TikTok recipes and trending dishes in the second volume of bestselling *The Unofficial TikTok Cookbook*, perfect for easy home cooking and chefs of all skills!

From viral Whipped Lemonade to trending Pasta Chips, explore some of the most popular, post-worthy TikTok recipes that are taking social media by storm.

Test out the latest viral sensations and make some delicious dishes inspired by social media including:

- Cucumber Salad
- Baked Feta Pasta
- Dubai Chocolate Bars
- Dirty Soda
- And much more!

Featuring simple, step-by-step instructions, recreate the viral TikTok recipes taking over your FYP, all from the comfort of your home. Whether you're planning to post your cooking creations online or simply plan to taste test with friends, this book is a must-have for chefs of all ages.

## AUTHOR BIO

Palestrina McCaffery, better known as Little Remy Food on social media, is an amateur chef who brings her passion for food and love of learning to the kitchen. With her approachable style and honest feedback, she makes cooking fun and accessible for everyone. Known for testing viral recipes, she has become a trusted resource for home cooks looking to discover which recipes are genuinely worth recreating. Discover more by following @LittleRemyFood on your favorite social media platforms.



## HARDCOVER

**On Sale: 10/14/25**

**Adams Media**

**9781507224328**

Cooking

First Print: 100,000

7 x 9, 176 pages

Carton quantity: 24

\$20 (US) / \$27 (CAN)

## AUTHOR HOMETOWN

Palestrina

McCaffrey/Ontario/Canada

## OTHER FORMATS

eAudio: 9781668140321, \$25.99

eBook: 9781507224335, \$10.99

# The Everything Guide to GLP-1s

Lose Weight, Build Healthy Eating Habits, and Achieve Lifelong Weight Management

**Kayley George, MS, RDN**

## BOOK DESCRIPTION

Lose weight and maintain your new healthy body with the first guidebook designed for GLP-1 medications, featuring essential background information on GLP-1s, 150 delicious recipes that help achieve and maintain weight loss, and easy-to-use meal plans.

For the best results on your weight loss journey, look no further than *The Everything Guide to GLP-1s*. Packed with everything you need to know about GLP-1 medications, including what they are, how they work, and what kind of healthy habits and lifestyle changes you need to make for the best results, this book is a must-have companion for your weight loss journey.

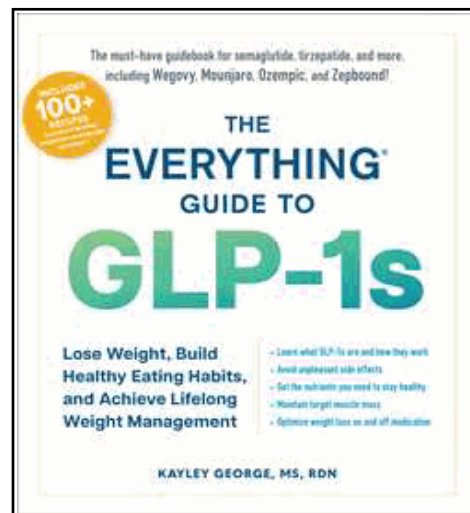
Once you've covered the basics, you'll find 150 recipes that are specifically designed to help you achieve the best results while taking weight-loss medications, to avoid uncomfortable side effects, and to help you maintain your new weight post-treatment. From breakfast to dinner and everything in between, this book has you covered so you can:

- Start your day off with a protein-packed breakfast like Tomato and Mozzarella Baked Eggs
- Get into those healthy legumes and vegetables with a Warm Chickpea Salad with Spinach for lunch
- Explore modified versions of your favorite foods like a burger for dinner with Feta Cheese Turkey Burgers
- And much more!

In this book, you'll find guidance on all things GLP-1. You'll also discover flexible meal plans that show you how to use these recipes to maintain a healthy body once and for all. Start your healthy weight loss journey today.

## AUTHOR BIO

Kayley George, founder of the Ditch the Diet coaching program, is a Texas-based Registered Dietitian dedicated to promoting healthy weight management without restrictive dieting. Using a holistic, personalized, and balanced approach toward weight loss, Kayley and her team of dietitians and therapists help women reach their ideal weight and lifestyle goals. She also specializes in working with adults taking GLP-1s to optimize their nutrition while on the medication. For more information, visit [HealthyWeightLossRD.com](http://HealthyWeightLossRD.com) or follow Kayley on Instagram @HealthyWeightLossRD.



## PAPERBACK

**On Sale: 05/13/25**

**Adams Media**

**9781507223833**

Health & Fitness

First Print: 60,000

8 x 9, 240 pages

Carton quantity: 24

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

## AUTHOR HOMETOWN

Kayley George/Woodway/Texas

## OTHER FORMATS

eBook: 9781507223840, \$13.99



# The GLP-1 Diet Cookbook

150 Nutritious, Protein-Packed Recipes to Support Weight Loss, Maintain Muscle, and Help You Feel Your Best!

Marie Feldman, RD, CDCES, and Jodi Dalyai, MS, RD, CDCES

## BOOK DESCRIPTION

Lose weight while staying healthy on GLP-1 medications with these helpful meal plans and nutrient-dense recipes specifically designed to boost the effects of GLP-1 medications like Ozempic, Wegovy, Zepbound, and more.

When starting your GLP-1 journey, you'll notice a distinct decrease in appetite—but when you're eating less, it's more important than ever to make sure you're getting the vitamins and nutrients your body needs in every meal. To avoid malnutrition, make the most of every meal, and continue losing weight, every recipe in this book is designed to get you the nutrients you need, prioritize protein and fiber to keep you feeling full and maintain muscle mass, and be delicious, quick, and easy...even with a small meal. From breakfast to dinner, try recipes like:

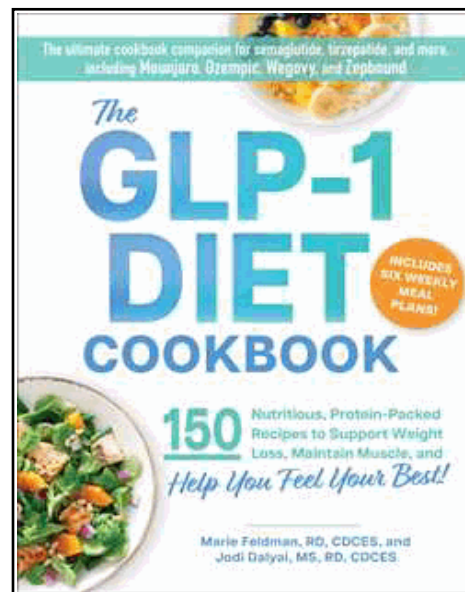
- Tomato and Basil Baked Egg Cups that make a hearty, low-carb breakfast
- A nutrient-packed Power Salad with Dijon Vinaigrette that's the perfect filling meal
- Apple Almond Energy Bites that are the perfect energy-boosting snack
- And many more!

Complete with six weeks' worth of meal plans, this cookbook has everything you need. Whether you're just starting a GLP-1 medication and are looking for some healthy meal swaps or are a longtime user looking for some easy, tasty recipes to add into your rotation, look no further than *The GLP-1 Diet Cookbook!*

## AUTHOR BIO

Marie Feldman, RD, CDE is a registered dietitian and a certified diabetes educator. She provides medical nutrition therapy and education in the areas of weight management and diabetes. In addition, she has served as a research department manager and helped facilitate over thirty industry-based clinical trials, primarily with a focus on diabetes and cardiovascular disease. Marie is the author of *The Big Book of Diabetic Recipes* and *Healthy Habits for Managing & Reversing Prediabetes*.

Jodi Dalyai, MS, RDN, CDE is a registered dietitian and certified diabetes educator. She works with a broad range of patients, including people with prediabetes and diabetes to help them use nutrition to heal and improve their overall wellness.



## PAPERBACK

On Sale: 08/19/25

Adams Media

9781507224052

Cooking

First Print: 60,000

7 x 9 1/8, 240 pages

Carton quantity: 24

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

## AUTHOR HOMETOWN

Marie Feldman/Ladera

Ranch/California Jodi

Dalyai/Calabasas/California

## OTHER FORMATS

eBook: 9781507224069, \$14.99

# The GLP-1 Solution

175+ Strategies, Tips, and Tools to Maximize Your Weight Loss and Feel Your Best on Semaglutide, Tirzepatide, and More  
**Gianna Beasley, RD**

## BOOK DESCRIPTION

Discover everything you need to know about your weight loss journey with GLP-1s and how to avoid negative side effects while on semaglutide, tirzepatide, and more with this must-have cheat sheet for making the most of your GLP-1 experience.

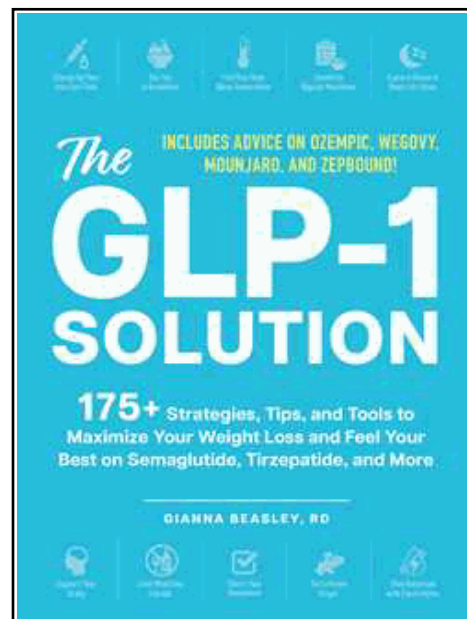
GLP-1 medications can be an important tool to promote weight loss—and this book is your must-have resource to make it easier than ever. Whether you're looking for a quick suggestion to make sure you're getting the best results from your medication or need advice on dealing with a challenging side effect, you'll find ideas for every aspect of your weight loss journey, including:

- Advice for getting the best results from your medications, like planning small, complete meals throughout the day
- Tools for managing unpleasant side effects like eating some mango to help with slowed down digestion
- And ways to maintain your mental health throughout the weight loss process, like taking a break from social media accounts where you might find yourself comparing your progress to others

Whether you're just preparing to start a GLP-1 medication or looking for tools to help with your specific concerns, this book is your must-have with advice that takes moments to read but still has a big impact on your healthy weight loss journey.

## AUTHOR BIO

Gianna Beasley is a registered dietician specializing in helping women navigate the world of GLP-1 medications by sharing a mixture of her own experiences with the medication and up-to-date science and research. Her goal is to help her clients feel empowered and supported and to create a personalized path that addresses both their nutrition needs and navigates their GLP-1 experience with ease. Learn more at [GiannaBeasley.com](http://GiannaBeasley.com).



## PAPERBACK

**On Sale: 09/23/25**

**Adams Media**

**9781507224113**

Health & Fitness

First Print: 75,000

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

Carton quantity: 40

\$17 (US) / \$23 (CAN)

## AUTHOR HOMETOWN

Gianna Beasley/Highlands

Ranch/Colorado

## OTHER FORMATS

eBook: 9781507224120, \$12.99

# 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.**

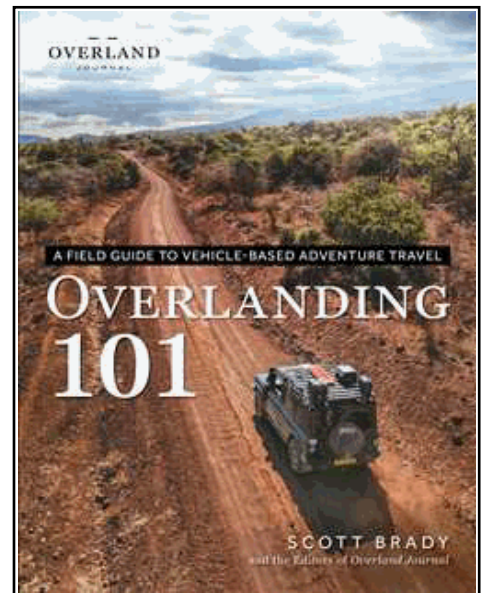
*Overlanding 101* is the first and ultimate guide to vehicle-based adventure travel. Authored by renowned adventure traveler Scott Brady and the editors at *Overland Journal*, this book puts you in the driver's seat, taking you through all aspects of overland travel. From vehicle selection and preparation 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: 05/20/25**

**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

## OTHER FORMATS

UAB eAudio: 9781668145333,

\$24.99

eBook: 9781507223666, \$19.99

# I Love Disney's Magic Kingdom

100+ Surprising Facts, Magical Quizzes, Fan-Favorite Trivia, and More about Disney's Magic Kingdom!

**Danielle Kelly with Ian Wilson**

## BOOK DESCRIPTION

**Celebrate your love of the Magic Kingdom with a must-have handbook that features everything from its stunning history to its iconic rides and attractions to surprising trivia, behind-the-scenes facts, and more.**

From Main Street USA, to Fantasyland, and beyond, *I Love Disney's Magic Kingdom* explores every area of the park and is made for the true Disney fanatic—complete with surprising trivia, behind-the-scenes facts, fun quizzes, and so much more.

Whether you visit the Disney Parks many times throughout the year or simply love all things Disney, you know there's always more to learn about the parks. Written by a former Disney cast member and diehard Disney fan herself, you'll learn insider info on its most iconic attractions, rides, and foods, such as:

-Look down! When visiting Tony's Town Square Restaurant on Main Street USA, you'll find that Disney Imagineers recreated a special moment from *Lady and the Tramp* just outside of the restaurant—if you look closely, you can find Lady's and Tramp's paw prints!

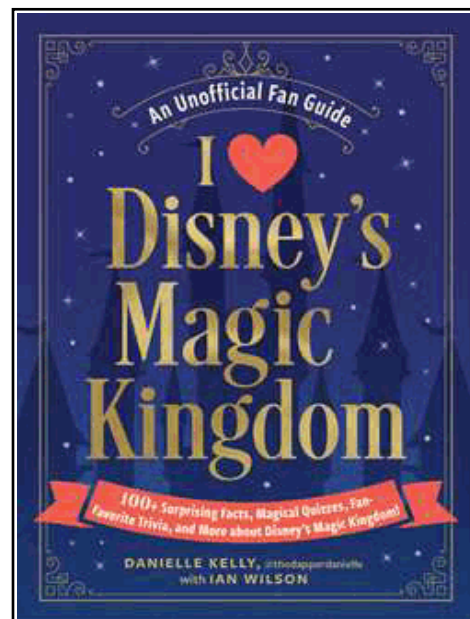
-Big Thunder Mountain Railroad in Frontierland might feel like it's taking you on an out-of-control train ride—but did you know its max speed is only 36 miles per hour? Instead of intense drops, it uses tight turns, small dips, and lots of momentum to make you feel like you're traveling faster than you really are.

-Love it or hate it, "it's a small world" in Fantasyland has a big impact! When you make a wish with your spare change, that money is collected every time the ride is cleaned and is donated to local children's charities.

## AUTHOR BIO

Danielle Kelly, known as The Dapper Danielle to her more than half a million social media followers, has exploded into an influential personality known for creating authentic and consistent Disney-themed content. A former Disney cast member with over a decade of experience, Danielle uses her experience to illuminate the stories, people, and history that go into the most magical and happiest places on earth. In between speaking engagements, podcast recordings, and content creation, Danielle is most likely to be at a Disney park obsessing over Orange Bird merch, planning her next fabulous outfit, and reminding everyone to "night night, sleep tight, dream of churros tonight!"

Ian Wilson was born in Tallahassee, Florida, and raised in Anchorage, Alaska. Living between two diametrically different places has helped Ian as an editor connect the abstract to the tangible, the artistic to the quantified, and the wild to the refined. Ian has been helping authors find the right words for their ideas for the last five years and has supported on titles ranging from social commentary to works of fiction. He currently lives in Nashville, Tennessee, with his wife and new baby.



## HARDCOVER

**On Sale: 05/13/25**

**Adams Media**

**9781507223956**

Travel

First Print: 75,000

5 1/2 x 7 1/2, 208 pages

Carton quantity: 32

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

## AUTHOR HOMETOWN

Danielle

Kelly/Championsgate/Florida

## OTHER FORMATS

UAB eAudio: 9781668132524,

\$17.99

eBook: 9781507223963, \$10.99



# I Love Disneyland

100+ Surprising Facts, Fun Quizzes, Fan-Favorite Trivia, and More about Disneyland!

## Ry Castles and Skyla Castles

### BOOK DESCRIPTION

Get to know Disneyland like never before with this ultimate fan guide to Disney magic, packed with insider secrets, fascinating trivia, and a comprehensive look at the Park's most iconic rides, attractions, and foods.

Whether you're a seasoned Disney Parks adventurer who visits Disneyland many times a year or a lifelong Disney fan dreaming of your next trip, this book is your ticket to uncovering everything you've ever wanted to know about Disneyland Resort in Anaheim, California.

With *I Love Disneyland*, uncover Disneyland's amazing history since its grand opening in 1955, explore behind-the-scenes details of beloved rides like Pirates of the Caribbean and The Haunted Mansion, and test your Disney knowledge with fun and challenging trivia!

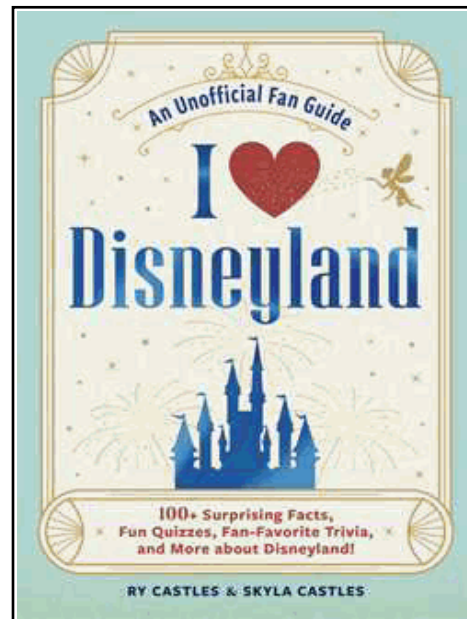
You'll learn the answers to surprising questions like:

- How did the Dole Whip come to be?
- Where can you find the most exclusive, members-only bar and restaurant at Disneyland?
- Which restaurant serves one of Walt's favorite dishes (made from a recipe provided by his daughter)?
- And much more!

### AUTHOR BIO

Ry Castles is a marketing professional and theme park enthusiast from Southern California. He's been visiting Disneyland since he was a small child, and grew up going to Disneyland a few times a year with his family. Together with his partner Skyla, he created Sometimes Castles, an online community that shares knowledge of food, events, and theme parks—especially Disneyland! When they aren't working on marketing plans, you'll find them hanging out at Disneyland and California Adventure. From entertainment and special events, to tips and hidden secrets, they can help you feel like a Disney expert too!

Skyla Castles is an influencer marketing specialist and Southern California transplant. In moving to SoCal, she discovered her love for Disney parks and wanted a creative outlet that married both her influencer marketing experience and this newly discovered passion. Together with her partner Ry, she created Sometimes Castles, an online community that shares knowledge of food, events, and theme parks—especially Disneyland! When they aren't working on marketing plans, you'll find them hanging out at Disneyland and California Adventure. From entertainment and special events, to tips and hidden secrets, they can help you feel like a Disney expert too! Learn more on their social media platforms at [@SometimesCastles](https://www.instagram.com/SometimesCastles).



### HARDCOVER

On Sale: 10/07/25

Adams Media

9781507224373

Travel

First Print: 75,000

5 1/2 x 7 1/2, 208 pages

Carton quantity: 24

\$17 (US) / \$23 (CAN)

### AUTHOR HOMETOWN

Ry Castles and Skyla  
Castles/Irvine/California

### OTHER FORMATS

eBook: 9781507224380, \$10.99

# Creepy Cute Doodles

How to Draw 100 Sweet & Spooky Designs  
Gaynor Carradice

## BOOK DESCRIPTION

Unleash your creepy, cute creativity with this step-by-step drawing guide packed with creative drawing exercises to help you craft the spooky sweet art you've always wanted to create.

This enchanting activity book by Gaynor Carradice invites you to the world of creepy cute art and creative drawing exercises with a unique twist. Whether you're a seasoned artist or a beginner, this guide offers step-by-step instructions to help you create 100 unique doodles that blend the macabre with the charming.

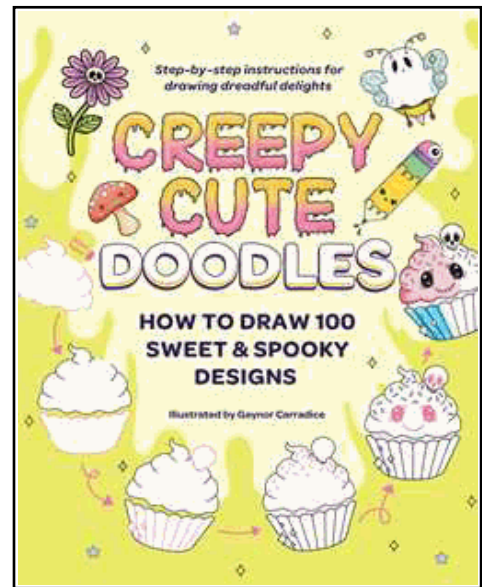
From ghostly ghouls to whimsical witches, each design is crafted to inspire and entertain. The book's easy-to-follow formal ensure that artists of all ages can enjoy the process of bringing these quirky characters to life. *Creepy Cute Doodles* is not just a drawing guide—it's an invitation to a world of creativity, fun, and the enchanting realm of creepy cute art!

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## AUTHOR BIO

Gaynor Carradice is a graphic designer and the creator of *The Creepy Cute Goth Coloring Book*, *The Creepy Cute Love Coloring Book*, *The Comfy Fall Coloring Book*, and *The Snuggly Winter Coloring Book*.

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## PAPERBACK

On Sale: 10/07/25

Adams Media

9781507223857

Art

First Print: 60,000

7 x 9, 112 pages

Carton quantity: 24

\$17 (US) / \$23 (CAN)

## AUTHOR HOMETOWN

Gaynor Carradice / Blackburn,  
Lancashire / United Kingdom



# The Creepy Cute Creatures Coloring Book

30 Pretty Scary Animal Coloring Pages for Wildly Adorable Fun!

Illustrated by Gaynor Carradice

## BOOK DESCRIPTION

Unleash your creativity with these adorably dark animal coloring pages, from disturbingly beautiful depictions of killer kittens, extra hooved horses, blood-thirsty bunnies, and more.

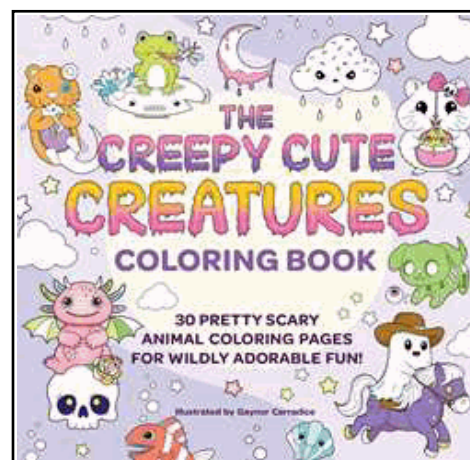
Ready to explore a world where the line between adorable and eerie blurs in the most delightful way? Then dive into *The Creepy Cute Creatures Coloring Book*, where ferociously cute critters reign supreme.

This coloring book infuses a touch of darkness into the cuddly and charming. So, say hello to a menagerie of bewitching beasts—from fluffy kittens with ghostly auras to mischievous foxes adorned with skeletal motifs. Every page offers a unique blend of sweetness and spookiness that is sure to ignite your imagination.

It's a little cute, a little creepy, and a whole lot of fun!

## AUTHOR BIO

Gaynor Carradice is a graphic designer and the creator of *The Creepy Cute Goth Coloring Book*, *The Creepy Cute Love Coloring Book*, *The Comfy Fall Coloring Book*, and *The Snuggly Winter Coloring Book*.



## PAPERBACK

**On Sale: 07/15/25**

**Adams Media**

**9781507223925**

Games & Activities

First Print: 75,000

10 x 10, 64 pages

Carton quantity: 24

\$14.99 (US) / \$19.99 (CAN)

## AUTHOR HOMETOWN

Gaynor Carradice / Lancashire /  
United Kingdom

# The Alien Encounters Coloring Book

Color Your Way Through the Most Famous Extraterrestrial Sightings Ever!

**Andy Price**

## BOOK DESCRIPTION

Combine your love of real-life alien encounters and the dark side of coloring with these 30 depictions of the most famous alien sightings to color to life.

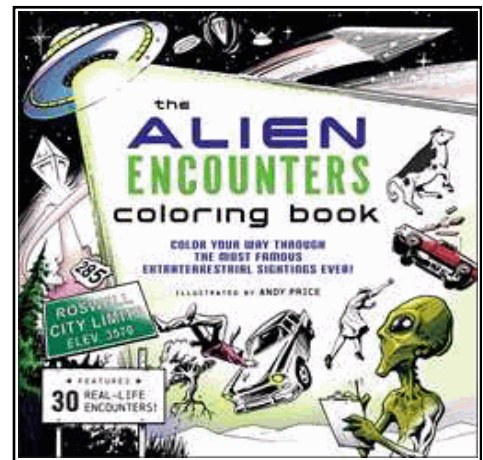
The truth is out there, and now true believers and curious minds can add a little color to the most popular alien sighting stories of all time. *The Alien Encounters Coloring Book* offers 30 images to color, depicting the most famous UAP and alien sightings ever recorded including:

- Battle of Los Angeles, 1942
- Roswell, 1947
- Rendlesham Forest, 1980
- Phoenix Lights, 1997
- Chicago O'Hare International Airport, 2006

Every encounter comes with a synopsis of what happened and important info like where, when, and who was involved. Grab your colored pencils and get ready to bring the most famous alien sightings to life!

## AUTHOR BIO

Andy Price is an American comic artist. He is also the creator of *The Cryptid Creatures Coloring Book* and *The Creepy Krampus Coloring Book*.



## PAPERBACK

**On Sale: 07/01/25**

**Adams Media**

**9781507223802**

Games & Activities

First Print: 75,000

10 x 10, 64 pages

Carton quantity: 24

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

## AUTHOR HOMETOWN

Andy Price / Maumelle / Arkansas

# The Comfy Fall Coloring Book

Gaynor Carradice

## BOOK DESCRIPTION

Grab your colored pencils and your coziest sweater and cuddle up with this autumn-themed coloring book featuring 45 festive illustrations making it the perfect activity for anyone looking to unwind and embrace the chill.

From pumpkin patches and smiling scarecrows to piles of fallen leaves and warm apple cider, *The Comfy Fall Coloring Book* brings together all the best parts of autumn. It's the perfect book for coloring fans who want something super easy and relaxing—but also super cute—to color.

This book offers:

- 45 hand-drawn single-sided pages ready for coloring
- Super cute and cozy pages for stress relief and relaxation
- High-quality paper to prevent bleed-through
- An oversized 10 x 10 package, giving artists plenty of room for coloring
- High-resolution prints for clear, crisp images

*The Comfy Fall Coloring Book* lets you enjoy the beauty and comfort of autumn all year round.

## AUTHOR BIO

Gaynor Carradice is a graphic designer and the creator of *The Creepy Cute Goth Coloring Book*, *The Creepy Cute Love Coloring Book*, *The Comfy Fall Coloring Book*, and *The Snuggly Winter Coloring Book*.



## PAPERBACK

**On Sale: 08/26/25**

**Adams Media**

**9781507224298**

Games & Activities

First Print: 75,000

10 x 10, 96 pages

Carton quantity: 24

\$14.99 (US) / \$19.99 (CAN)

## AUTHOR HOMETOWN

Gaynor Carradice / Blackburn,  
Lancashire / United Kingdom

# The Snuggly Winter Coloring Book

## Gaynor Carradice

### BOOK DESCRIPTION

Grab your colored pencils and your warm beverage and cuddle up with this winter-themed coloring book featuring 45 festive illustrations making it the perfect activity for anyone looking to unwind and warm their spirits in the colder months.

*The Snuggly Winter Coloring Book* is the ultimate adult coloring book, featuring cozy winter scenes like gingerbread houses, snowball fights, steaming mugs of hot cocoa, and warm quilts by the fire, making it the perfect mindfulness activity for holiday relaxation. This cozy coloring book is designed for adults looking for easy, relaxing, and super cute illustrations to spark creativity and melt away stress.

This book offers:

- 45 hand-drawn single-sided pages ready for coloring
- Super cute and cozy pages for stress relief
- High-quality paper to prevent bleed-through
- An oversized 10x10 package, giving artists plenty of room for their coloring
- High-resolution prints for clear, crisp images

*The Snuggly Winter Coloring Book* lets you enjoy the beauty and comfort of winter all year round, perfect for those chilly winter nights or as a thoughtful holiday gift for coloring enthusiasts.

### AUTHOR BIO

Gaynor Carradice is a graphic designer and the creator of *The Creepy Cute Goth Coloring Book*, *The Creepy Cute Love Coloring Book*, *The Comfy Fall Coloring Book*, and *The Snuggly Winter Coloring Book*.



### PAPERBACK

**On Sale: 10/21/25**

**Adams Media**

**9781507224304**

Games & Activities

First Print: 75,000

10 x 10, 96 pages

Carton quantity: 24

\$15 (US) / \$20 (CAN)

### AUTHOR HOMETOWN

Gaynor Carradice / Lancashire /  
United Kingdom

# A Creepy Krampus Coloring Book

30 Nightmare Coloring Scenes for a Festive and Frightful Creepmas

**Andy Price**

## BOOK DESCRIPTION

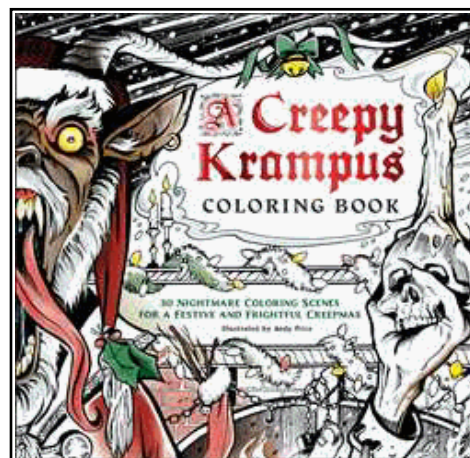
Krampus is the undisputed mascot of the creepy Christmas trend—and now you can experience the real nightmares before Christmas with this scary coloring book that horror fans and Christmas lover alike will enjoy before, during, and after the holidays.

Drawing inspiration from dark Christmas traditions and folklore, *A Creepy Krampus Coloring Book* invites you to explore Krampus myths and eerie festive legends, perfect for fans of spooky holiday themes. Each page introduces you to the unique legend of Krampus and other scary Christmas monsters, like La Befana, Mary Lwyd, Pere Fouettard, and many more.

*A Creepy Krampus Coloring Book* goes beyond traditional holiday themes, offering a distinctive creative experience. From hauntingly grotesque designs to whimsically eerie characters, each page of this dark Christmas coloring book lets you bring to life the mythical monsters and festive folklore of the season. Immerse yourself in the unsettling charm of this coloring journey—grab your colored pencils, and step into a darker Christmas.

## AUTHOR BIO

Andy Price is an American comic artist. He is also the creator of *The Cryptid Creatures Coloring Book* and *The Creepy Krampus Coloring Book*.



## PAPERBACK

**On Sale: 09/02/25**

**Adams Media**

**9781507224410**

Games & Activities

First Print: 75,000

10 x 10, 64 pages

Carton quantity: 24

\$16 (US) / \$22 (CAN)

## AUTHOR HOMETOWN

Andy Price / Maumelle / Arkansas



# Fall in Love & Save the World

A Romantasy Sticker Book

Illustrated by Catarina Cruz

## BOOK DESCRIPTION

Dive into your favorite genre full of fire-breathing dragons, fated mates, love spells, and more with this must-have collection of over 500 fantastical romantasy stickers dedicated to the themes and tropes you love!

From star-crossed lovers to epic battles, *Fall in Love & Save the World* captures what makes romantasy so enchanting. It is packed with over 500 stickers dedicated to the themes and tropes that have you turning the pages late into the night.

Featuring stunning, unique art from illustrator Catarina Cruz, these stickers bring characters, quotes, and scenes to life. With playful nods to beloved stories, you'll enjoy spotting references to your favorite moments and characters. Drawing on an array of top romantasy titles and series such as *A Court of Thorns and Roses*, *Fourth Wing*, *Divine Rivals*, and more, this sticker collection includes:

- Dragons, elves, fae, and vampires
- Hearts, knives, and crowns
- Skulls, crows, typewriters, and candles
- And lots of fun romantasy in-jokes, tropes, and puns!

Whether you're decorating your diary, personalizing your gadgets, or simply indulging in your love for romantasy, this sticker book is your new go-to. Join a community of passionate readers and celebrate the stories that transport you to wondrous realms.

## AUTHOR BIO

Catarina Cruz is a graphic designer, illustrator, and book lover based in Lisbon, Portugal.



## PAPERBACK

**On Sale: 06/24/25**

**Adams Media**

**9781507223932**

Games & Activities

First Print: 50,000

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

Carton quantity: 34

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

## AUTHOR HOMETOWN

Catarina Cruz / Lisbon / Portugal



# One More Page

A Sticker Book for Book Lovers!

**Katie Hughes, Anna Vehling, and Olivia Girgis**

## BOOK DESCRIPTION

Show off your love for books with this amazing collection of book-themed stickers, perfect for decorating your reading accessories like e-readers, journals, water bottles, phones, and more—with over 500 unique designs made just for book lovers and bibliophiles!

Attention bibliomaniacs, book addicts, and literature lovers: discover the ultimate sticker collection designed just for you! *One More Page* offers over 500 beautifully illustrated stickers to enhance your reading experience and celebrate your love for books.

Featuring illustrations of cozy book nooks, classic tomes, stunning bookshelves, and charming quotes, this collection provides a fresh, fun twist on bibliophile stickers. Perfect for both avid ebook readers and dedicated fans of physical books, these stickers add a personal touch to your literary journey.

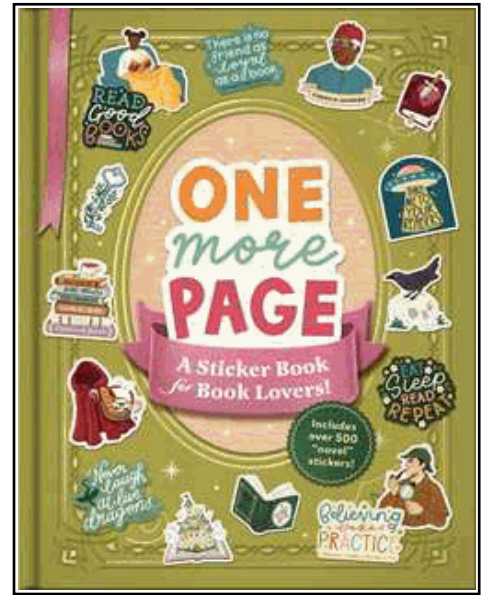
Brighten your reading space and add vibrant colors to your literary adventures with *One More Page's* book-themed stickers, designed to inspire and delight every book lover.

## AUTHOR BIO

Katie Hughes is a graphic designer, illustrator, and hand lettering artist from Cheshire, England. She has a special interest in true crime and a deep love for dogs. Katie creates all her artwork from her little cottage in Crewe with her cockapoo, Willow by her side.

Anna Vehling has been crafting and creating for as long as she can remember. In 2018, she took the big leap into self-employment as an illustrator, launching her online shop for all kinds of artsy goods. Since then, she's had the privilege of collaborating with a variety of authors, publishers, and fellow artists. Anna is at her best with a cup of coffee in her hand and the sound of rain tapping against the windows.

Olivia Girgis is a designer and illustrator who thrives on her love for characters and stories. She started sharing her book-inspired art online and gradually built a following that led to exciting projects and a growing creative business. When she's not drawing, you'll likely find her planning her next trip, hanging out with her large Egyptian family, or watching cat videos.



**PAPERBACK**

**On Sale: 10/28/25**

**Adams Media**

**9781507224229**

Games & Activities

First Print: 50,000

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

Carton quantity: 24

\$16 (US) / \$22 (CAN)