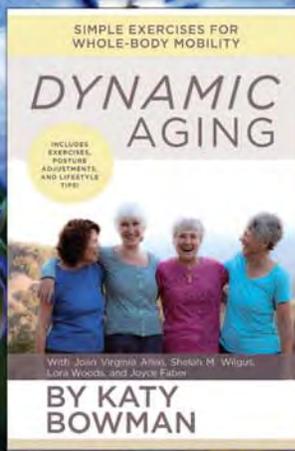
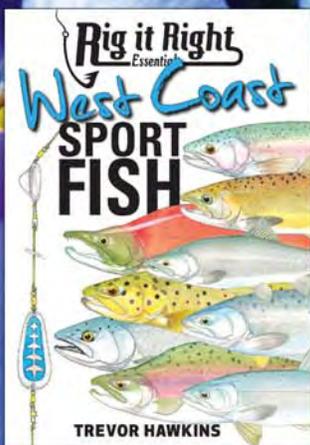
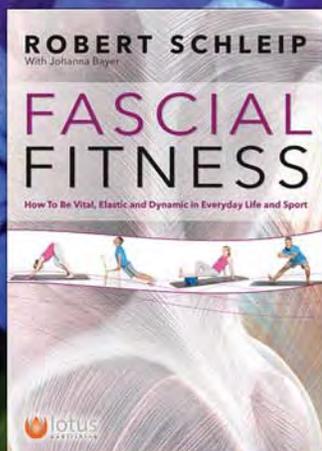
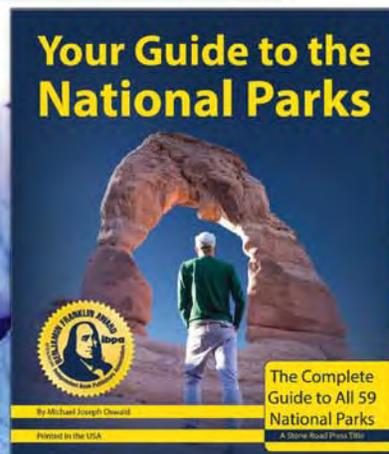
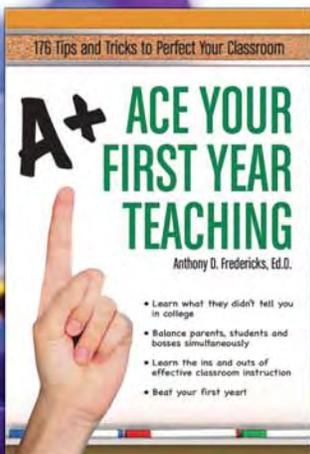
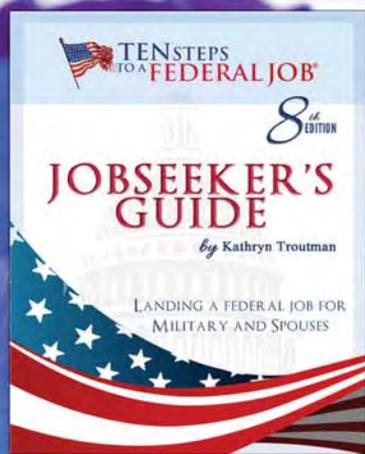
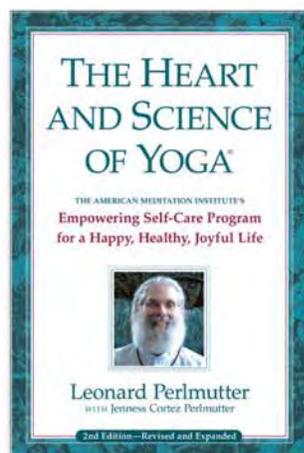
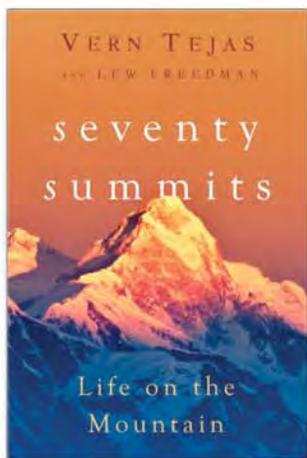
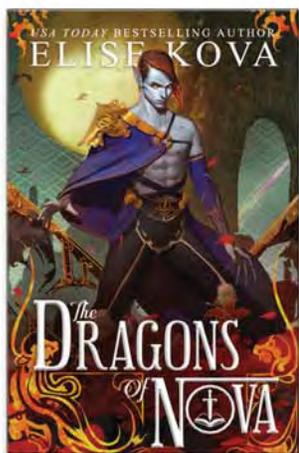


# Cardinal Publishers Group Spring 2017 Books and Videos





# Your Guide to the National Parks, 2nd Edition

Michael Joseph Oswald

Stone Road Press • ISBN: 9781621280675 • Format: Trade Paper • Trim: 7.50 x 9.00 • Photos & Maps: 500+ Color • Pages: 704 • Price: \$25.00 • Publication Date: January 1, 2017 • Category: TRAVEL / Parks

*Your Guide to the National Parks* provides step-by-step itineraries, kid-friendly activities, and the most popular ranger programs to help plan your family vacation. Thousands of hotels, restaurants, and attractions beyond the parks and 11 suggested road trips make it the ultimate dashboard companion. Exhaustive activity information, including hiking tables, easy-to-find trailhead markers, outfitter details, and backpacking essentials, serves as blueprint for an adventure of a lifetime. With something for everyone this is *Your Guide to the National Parks*. This completely refreshed edition includes the addition of Pinnacles National Park. The second edition also features new pictures throughout the book and updates to most maps as well as smaller content changes throughout the book.

Award winning and well-reviewed *Your Guide to the National Parks* first edition was the #1 bestselling guide book on the subject of national parks in 2015, according to Nielsen BookScan. Previous edition ISBN: 9781621280002

*"In short, this is a great, almost encyclopedic, guide to help you prepare for your park visits." ~ Kurt Repanshek (nationalparkstraveler.com)*

*"Oswald provides an amazing, almost overwhelming, amount of data on each place. ...a timely and useful reference." ~ Library Journal*

*"Each entry includes location info, what to expect from nature, how to find the park, open seasons, notable attractions, and plenty of full color photography to back the details up. "Your Guide to the National Parks" is a must for nature and vacation collections." ~ Midwest Book Review*

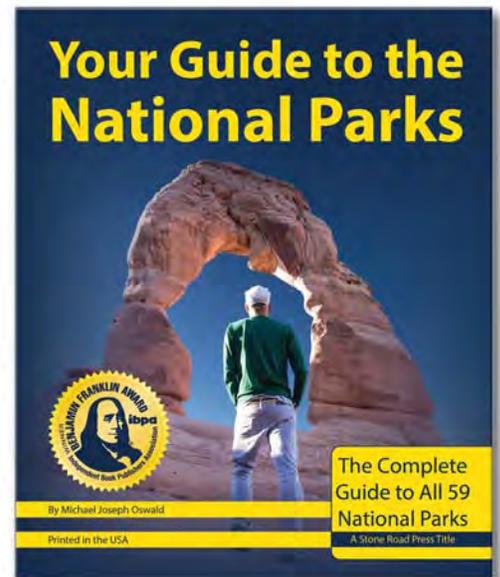
*"This gem of a travel guide is one of the most comprehensive and well-crafted books of its genre on the market." ~ ForeWord Reviews*

## About the Author

Michael Joseph Oswald is an American travel writer. In 2003 he graduated from the University of Wisconsin–Madison with degrees in electrical engineering and chemistry. After four years working in a corporate environment, he escaped to a more adventurous lifestyle traveling and pursuing his passion for kayaking, biking, and hiking across America's National Parks.

## Marketing

- Mail copies to influential travel bloggers
- Radio interviews
- Print interviews and reviews
- Social media campaign
- Author appearances



# Dynamic Aging

## Simple Exercises for Whole-Body Mobility

Katy Bowman with Joan Virginia Allen, Shelah M. Wilgus, Joyce Faber, Lora Woods • Illustrated by Shelah M. Wilgus

Propriometrics Press • ISBN: 9781943370115 • Format: Trade Paper (lie flat binding) • Trim: 6.00 x 9.00 • Illustrations: 50 B&W & line drawings • Pages: 120 • Price: \$12.95 • Publication Date: March 1, 2017 • Other features: index, glossary, references • Category: HEALTH & FITNESS

*What if your lack of mobility isn't due to your age, but simply the number of years you haven't been moving well?*

*Dynamic Aging* presents a new paradigm in senior fitness: your age isn't responsible for your lack of mobility; your habits are! In this powerful and effective guide to moving better, geared specifically for those 50-plus, biomechanist and movement teacher Katy Bowman details how readers can regain their balance, maintain their ability to drive, keep their feet healthy and functional, and regain mobility and reduce pain throughout their bodies. Bowman's exercises are straightforward, require no special equipment, and include modifications for readers of all fitness levels.

To combat the idea of being "too old" to make great improvements, *Dynamic Aging* is filled with stories and advice from four septuagenarians who have been following Bowman's program for a decade, avoiding surgeries, eliminating pain, and regaining freedom and ease in their bodies they thought they had lost permanently to "old age." From hiking mountains to climbing ladders and walking on cobblestones with ease, each of these women embodies the book's message: No matter where you're starting, if you change how you move, you can change how you feel.

### About the Author

A biomechanist by training and a problem-solver at heart, Katy Bowman has the ability to blend a scientific approach with straight talk about sensible solutions and an unwavering sense of humor, earning her legions of followers. Her books, *Movement Matters* (2016) 9781943370030, *Diastasis Recti* (2016) 9780989653961, *Don't Just Sit There* (2015) 9781943370009, *Whole Body Barefoot* (2015) 9780989653985, *Alignment Matters* (2013) 9781943370085, and *Every Woman's Guide to Foot Pain Relief* (2011) 9781936661077 have been critically acclaimed and translated worldwide.

Joan Virginia Allen in her 79th year is experiencing dynamic aging in her teaching, hiking, tree climbing and hanging, and sharing her vitality and joie de vivre with her family and friends in Ojai, CA.

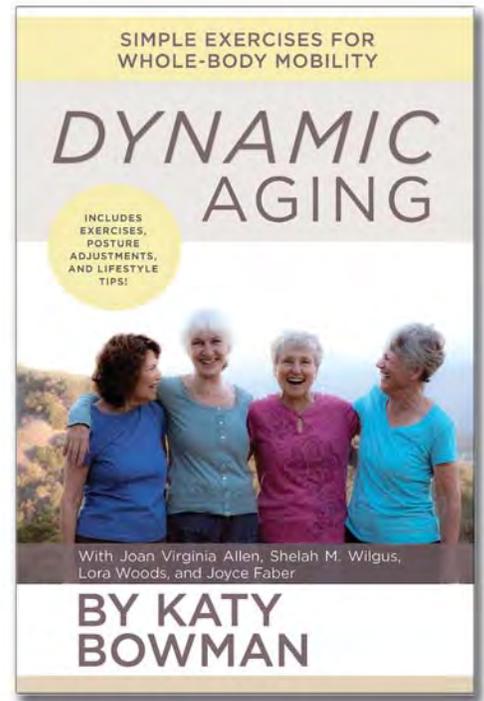
Shelah Wilgus is a graphic designer, fibre artist and aspiring photographer, who also teaches about a plant-based lifestyle, and vegan cooking classes. She is 78 and lives in Ventura, CA.

Joyce Faber is a passionate third generation teacher, mother, step-mother, grandmother, great-grandmother who is 79. She lives in Ventura, CA.

Lora Woods, 76, lives in Ojai, CA, where everything is accessible by foot and the hiking is awesome.

### Marketing

- Author's website, podcast, and social media channels
- Ads in senior-focused publications
- PR mail-outs to senior-focused publications



# Move Your DNA

## Restore Your Health Through Natural Movement Expanded Edition

Katy Bowman • Foreword by: Jason Lewis

Propriometrics Press • ISBN: 9781943370108 • Format: Trade Paper • Trim: 7.00  
x 9.50 • Illustrations: 126 B&W • Pages: 280 • Price: \$24.95 • Publication Date:  
May 15, 2017 • Other features: index, references • Category: HEALTH & FIT-  
NESS

Humorous, fascinating, and science based, the bestselling first edition of *Move Your DNA* has been updated and expanded to include a comprehensive three-level exercise program.

In layperson-friendly, terms *Move Your DNA* addresses the vast quantities of disease we are suffering from, identifying our lack of movement as the primary cause. Readers can use the corrective exercises and lifestyle changes Katy Bowman has created to help each of us transition to healthy, naturally moving bodies. *Move Your DNA* explains the science behind our need for natural movement—right down to the cellular level. It examines the differences between the movements in a typical hunter-gatherer's life and the movements in our own. It shows the many problems with using exercise like movement vitamins instead of addressing the deeper issue of our poor movement diet. Best of all, *Move Your DNA* contains the corrective exercises, habit modifications, and simple lifestyle changes we need to make in order to slowly mobilize our body to decrease pain and uncover our naturally healthy, reflex-driven selves.

From couch potatoes to professional athletes, new parents to seniors, readers will love Bowman's humorous, passionate, and science-based guide to restoring your body and reclaiming your life. Previous edition ISBN: 9781905367573

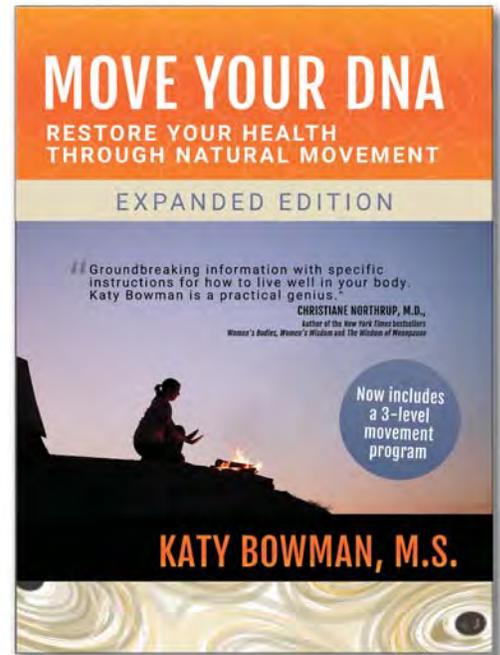
### About the Author

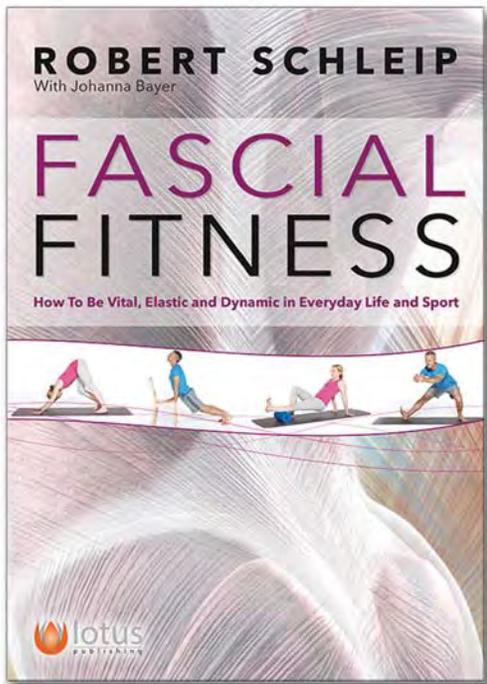
A biomechanist by training and a problem-solver at heart, Katy Bowman has the ability to blend a scientific approach with straight talk about sensible solutions and an unwavering sense of humor, earning her legions of followers. Her award-winning blog and podcast, *Katy Says*, reach hundreds of thousands of people every month, and thousands have taken her live classes.

Her books, *Movement Matters* (2016) 9781943370030, *Diastasis Recti* (2016) 9780989653961, *Don't Just Sit There* (2015) 9781943370009, *Whole Body Barefoot* (2015) 9780989653985, *Alignment Matters* (2013) 9781943370085, and *Every Woman's Guide to Foot Pain Relief* (2011) 9781936661077 have been critically acclaimed and translated worldwide.

### Marketing

- Promotion through author's extremely popular website, podcast and social media channels
- Targeted PR mailouts to paleo, health, fitness, and movement based publications and online outlets
- Author tour of United States and Europe in Spring 2017





# Fascial Fitness

How to be Vital, Elastic and Dynamic in  
Everyday Life and Sport

Robert Schleip with Johanna Bayer

Lotus Publishing • ISBN: 9781905367719 • Format: Trade Paper • Trim: 7.00 x 9.50 • Photos and Illustrations: 200 Color • Pages: 224 • Price: \$19.99 • Publication Date: March 2017 • Category: HEALTH & FITNESS/Exercise/Healthy Living/Longevity

Anyone who wants an active, mobile and painless everyday life should be aware of the importance of their connective tissue! Understanding of connective tissue has greatly increased in recent years in physiotherapy, sports science and medicine. Muscular connective tissue – known as fascia – plays an important role in health, well-being and mobility, as it transmits the power of the muscles, communicates with the nervous system and serves as a sense organ. Fascia ensures the protection of the internal organs and forms the basis for a beautiful body shape.

Connective tissue can work in the same way as your other muscles, responding to stress and nerve signals and, if it gets tangled or glued together, causing pain and problems with movement. Fascia should therefore be specifically exercised – but 10 minutes twice a week is all you need.

In this book, leading German fascia researcher and Rolfing practitioner Robert Schleip describes how recent research findings can be translated into a practical exercise program for everyday use.

## About the Author

Dr. Robert Schleip is Director of the Fascia Research Group at Ulm University, Germany. In addition he serves as Research Director for the European Rolfing Association and maintains a part-time private practice as certified Rolfing practitioner as well as Feldenkrais teacher. He holds an M.A. degree in psychology from Heidelberg University, as well as a Ph.D. in Human Biology from Ulm University. Together with colleagues, his input and inspiration was instrumental in getting the first international Fascia Research Congress in 2007 started, as well as the subsequent congresses. His own research work on active fascial contractility was honored with the Vladimir Janda Award for Musculoskeletal Medicine.

## ALSO FROM THIS PUBLISHER



## Complete Calisthenics

Ashley Kalym

LP • \$29.99 • 336 pages • 8.2 x 10.8 • ISBN-13: 9781905367542 • TP

# Once Upon a Time It Was Now

## The Art and Craft of Writing Historical Fiction

James Alexander Thom

Blue River Press • ISBN: 9781681570518 • Format: Trade Paper • Trim: 6.00 x 9.00  
• Pages: 192 • Price: \$17.99 • Publication Date: May 1, 2017 • Category: LANGUAGE ARTS & DISCIPLINES / Composition & Creative Writing

While a historian stands firmly planted in the present and looks back into the past, a historical novelist has a more immediate task: to set readers in the midst of bygone events and lead them forward, allowing them to live and feel the wonderment, fear, hope, triumph, and pain as if they were there.

Learning historical stories is easy, creating stories based in history is not.

In *Once Upon a Time It Was Now*, best-selling author James Alexander Thom (*Follow the River, From Sea to Shining Sea, Sign-Talker*) gives you the tools you need to research and create stories born from the past that will move and inspire modern readers. His comprehensive approach includes lessons on how to:

- Find and use historical archives and conduct physical field research
- Re-construct the world of your novel, including people and voices, physical environments, and cultural context
- Achieve verisimilitude in speech, action, setting, and description
- Seamlessly weave historical fact with your own compelling plot ideas

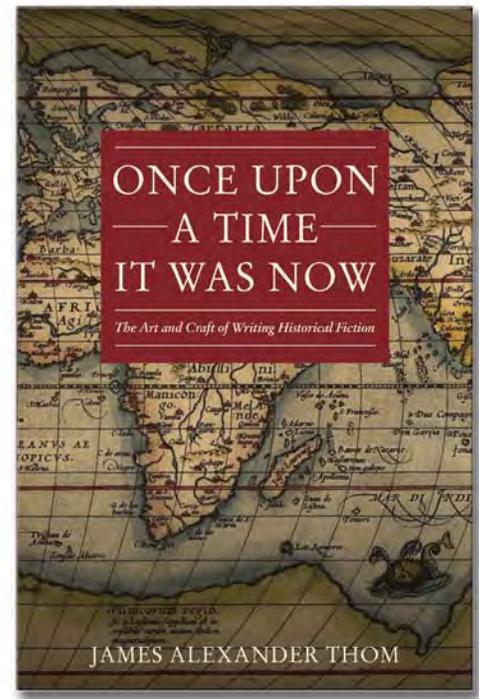
With wit and candor, Thom's detailed instruction, illuminating personal experience, and invaluable insights culled from discussions with other trusted historical writers will guide you to craft a novel that is true to what was then, when then was now. Previous ISBN 9781582975696.

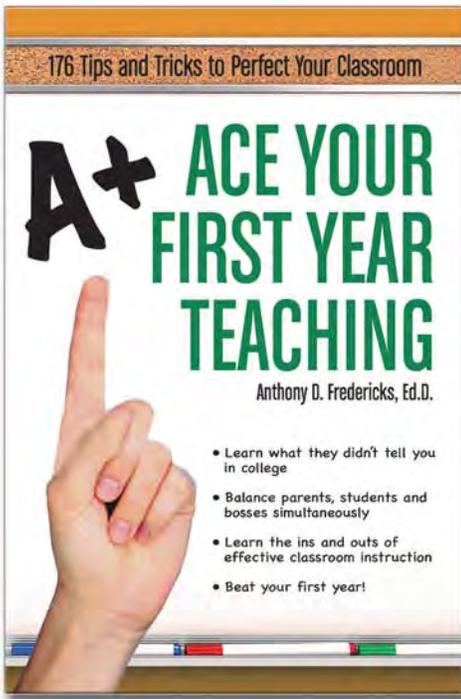
### About the Author

James Alexander Thom is an Indiana-born Marine veteran, and was a newspaperman, magazine freelance writer, and Indiana University Journalism School lecturer before he became a full-time historical novelist, known for his thorough research in archives and in the field. His American frontier and Indian war novels have won national awards and sold more than two million copies. Two were made into television films, by Hallmark and Ted Turner. Thom's family history drew him to the Civil War era. His namesake was killed in the Battle of Fredericksburg, and his great grandfather survived the deathly Andersonville prisoner-of-war camp. Several years as Ohio River historical lecturer for the Delta Queen line provided technical knowledge and riverboat lore for this book. The author is also an artist and sculptor. James and his wife Dark Rain live in a 170-year-old log house near Bloomington, Indiana.

### Marketing

- Electronic press releases to cities across the US
- Author appearances
- Television, radio, print and online interviews
- Social media campaigns





# Ace Your First Year Teaching

How to be an Effective and Successful Teacher

Anthony D. Fredericks, E.d.D

Blue River Press • ISBN: 9781681570457 • Series: Ace Your Teacher Series • Format: Trade Paper • Trim: 6.00 x 9.00 • Pages: 320 • Price: \$14.99 • Publication Date: April 1, 2017 • Other features: Index, Web Resources • Category: EDUCATION / PROFESSIONAL DEVELOPMENT

It's a challenge faced thousands of times by thousands of new teachers every year. In this captivating and highly practical book, (which builds on the success of the critically acclaimed *Ace Your Teacher Interview* [9781681570044] and *Ace Your Teacher Resume* [9781681570204]) award-winning author and teacher, Anthony D. Fredericks offers real-world guidelines, fresh advice, and down-to-earth tips from numerous principals, superintendents, and teachers around the country. Most important, he provides you with useful and applicable tips and strategies that will make your first year go by smoothly.

Discover where most first year teachers go wrong and avoid those problems. *Ace Your First Year Teaching* gives you proven strategies, winning guidelines, and scores of examples and tips. Also included are step-by-step evaluations that will help you rise to the top of the teacher pool and give you a distinctive advantage over the competition—an advantage that can result in the career of your dreams.

Most important, he provides you with useful and applicable tips and strategies that will make your first year go by smoothly.

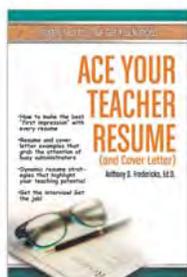
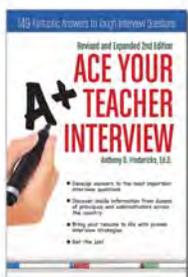
## About the Author

Anthony D. Fredericks, Ed.D. is a nationally recognized educator well known for his practical teacher materials and stimulating and engaging conference presentations. A professor of education at York College of Pennsylvania, he is an award-winning and best-selling author of more than 150 books, including teacher resource materials (*Guided Reading in Grades 3-6*), children's books (*Mountain Night, Mountain Day; The Tsunami Quilt*), and adult non-fiction titles (*The Secret Life of Clams*). His extensive background includes experience as a classroom teacher, reading specialist, professional storyteller, curriculum coordinator, educational consultant, and staff developer.

## Marketing

- Review copies to educator periodicals, blogs and websites
- Author appearances and media interviews
- Social media campaigns

## ALSO IN THIS SERIES



### Ace Your Teacher Interview, 2E

Anthony D. Fredericks

BD • \$12.99 • 256 pgs • 6x9 • ISBN-13: 9781681570044 • TP

### Ace Your Teacher Resume (and Cover Letter)

Anthony D. Fredericks

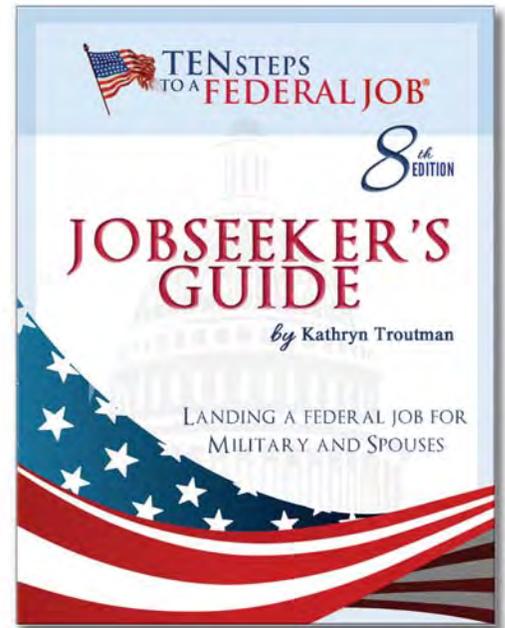
BD • \$12.99 • 256 pgs • 6x9 • ISBN-13: 9781681570204 • TP

# Jobseeker's Guide, 8th Edition

## Ten Steps to a Federal Job® for Military Personnel and Spouses

Kathryn Troutman • Illustrator: Paulina Chen

The Resume Place • ISBN: 9780986142161 • Format: Trade Paper • Trim: 8.50 x 11.00 • Illustrations: 50 Color • Pages: 172 • Price: \$18.95 • Publication Date: May 1, 2017 • Other features: Index • Category: BUSINESS & ECONOMICS/ Careers/ Job Hunting/ Resumes



The Jobseeker's Guide is used at more than 150 military bases worldwide to teach Kathryn Troutman's highly acclaimed Ten Steps to a Federal Job® to military personnel and family members. This title is recognized as the leading guide on the topic for 100,000 members of the military and their spouses worldwide.

The new edition continues to use a colorful workbook style loaded with pages of exercises, samples, and charts throughout and is particularly effective for class training.

This military/family-friendly publication contains:

- Fully updated information on special hiring programs for military members and spouses
- Updates with the latest federal hiring changes and initiatives
- Latest salary and online builder information
- Before and after resume samples

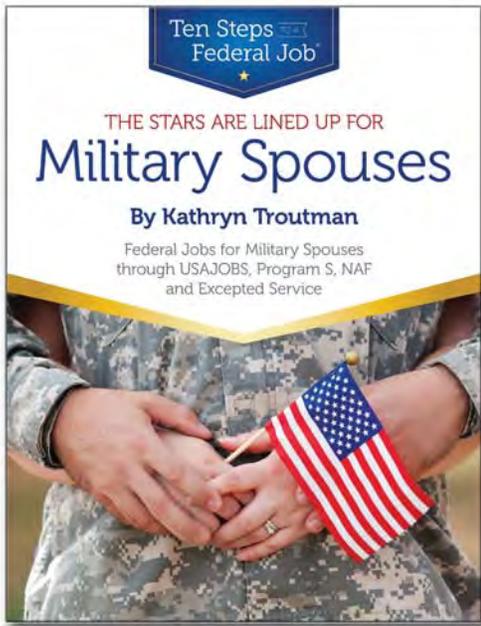
*"I was introduced to Kathy when she published her first book, the Federal Resume Guidebook. Since then, I have always found her advice on job search and resume preparation to be some of the best available. Her knowledge of the hiring process for the Federal government makes her the absolute best single source of information for this particular market." May 26, 2009, Margaret Dikel, author and webmaster, The Riley Guide*

### About the Author

Kathryn Troutman lives in Catonsville, MD and is the founder and president of The Resume Place, Inc., a service business located in Baltimore, MD. Resume Place specializing in writing and designing professional federal and private-sector resumes, as well as coaching and education in the federal hiring process. For the past 40 years, Troutman has managed her professional writing and consulting practice, publishing, and federal career training business. With her team of 20 Certified Federal Resume Writers, The Resume Place advises and writes more than 300 federal resumes per month for military, private industry, and federal clients world-wide.

### Marketing

- [www.resume-place.com](http://www.resume-place.com) (author's website)
- Facebook, YouTube, and Twitter posts
- PRWeb and other press releases
- Blogs and articles by the author for online federal job search and career resources
- Resume Place newsletters
- Webinars taught by the author



# The Stars Are Lined Up for Military Spouses

Federal Jobs for Military Spouses through USAJOBS, Program S, NAF, and Excepted Service

Kathryn Troutman • Illustrator: Paulina Chen

The Resume Place • ISBN: 9780986142185 • Format: Trade Paper • Trim: 8.50 x 11.00 • Illustrations: 50 Color • Pages: 144 • Price: \$14.95 • Publication Date: May 1, 2017 • Other features: index • Category: BUSINESS & ECONOMICS / Careers / Job Hunting / Resume

Military spouses also deserve a career! The challenge for military spouses is being relocated every two to four years. Finding permanent, career positions with frequent relocations is difficult. But the one employer with positions and careers at

every military base is the US Government. This book is dedicated to helping military spouses navigate the complex federal job application system.

*The Stars Are Lined Up for Military Spouses* covers four different ways to land four different kinds of positions with the federal government:

- USAJOBS competitive hiring
- Excepted service jobs
- Non-Appropriated Fund (NAF) jobs
- Military Spouse Preference (MSP) jobs

Each of these paths requires different job search techniques and tips. Kathryn Troutman, known as the “Federal Resume Guru,” shares straightforward strategies based on her 40+ years of expertise with resume writing and career coaching. Military spouses will be encouraged and equipped to take control of their career.

This reader-friendly publication contains:

- Updates with the latest federal hiring changes and initiatives
- Before and after resume samples
- Clear step-by-step instructions

## About the Author

Internationally recognized as the “Federal Resume Guru” by federal jobseekers and federal human resources specialists, Troutman created the format and name for the new “federal resume” that became an accepted standard after the SF 171 form was eliminated in 1995. She is the pioneering designer of the Federal Resume based on her first book, the *Federal Resume Guidebook* 9780986142123, which already is in the 6<sup>th</sup> edition.

## Marketing

- Resume Place newsletters
- Webinars taught by the author
- Ten Steps to a Federal Job courses taught in Baltimore, MD

10 • Call Toll Free: 800-296-0481

# Managing a Startup in the Digital Age

You Get What You Work For, Not What You Wish For

Howard A. Tullman

Blog Into Book • ISBN: 9781619849778 • Series: The Perspiration Principles •  
Format: Trade Paper • Trim: 6.00 x 9.00 • Illustrations: 10 charts/graphs •  
Pages: 192 • Price: \$16.95 • Publication Date: February 1, 2016 • Category:  
BUSINESS & ECONOMICS / Entrepreneurship

Howard Tullman has successfully founded more than a dozen high-tech businesses in his 50 year career and created more than \$1 billion in investor value as well as thousands of new jobs.

*Managing a Startup in the Digital Age* is a collection of Tullman's straightforward, plain-spoken principles which are crucial to hiring and managing a new start-up today in almost any technology-driven marketplace.

*"No matter how many operations a surgeon has watched, I'd rather have the guy who's done it be the one cutting on me. Howard Tullman has done it over and over again." ~ Mark Walsh, Head of Innovation and Investment, US Small Business Administration*

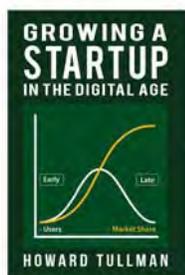
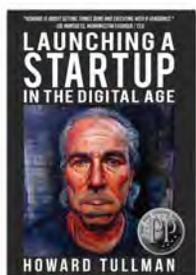
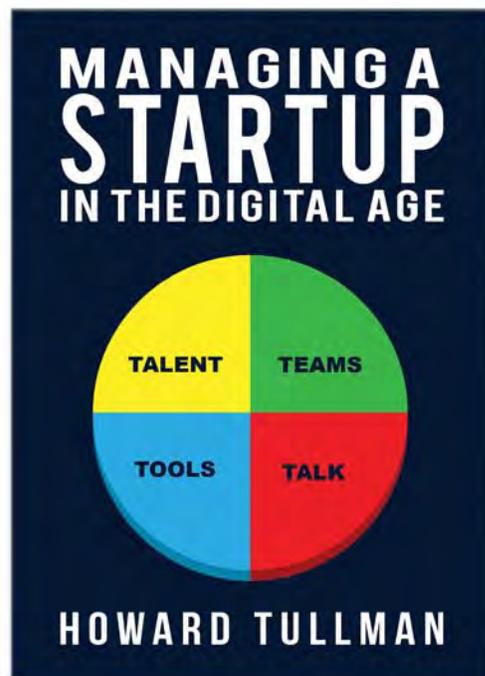
*"I've known Howard for at least 15 years ...he's about getting things done and executing with a vengeance." ~ Joe Mansueto, Morningstar Founder / CEO*

## About the Author

Howard Tullman is the CEO of 1871 in Chicago where digital startups get their start. He is also the General Managing Partner of two venture funds: Chicago High-Tech Investment Partners and G2T3V, LLC, which both focus on funding disruptive innovators. He is the former Chairman and CEO of Tribeca Flashpoint Media Arts Academy in Chicago. He is an active member of numerous city, state and civic boards and organizations and a tireless supporter and mentor to many start-ups and other businesses and individuals.

## Marketing

- Prominently display for the book at entrance of 1871 ([www.1871.com](http://www.1871.com)), a technology incubator where more than 1000 people enter per day and the author is CEO.
- Promoted on author's social media accounts with large following
- Author speaks frequently to large groups, businesses, and universities
- Promotion on author's blog as well as links and references on his blog for Inc.com
- Facebook Ads and Google search ads



## ALSO IN THIS SERIES

### Launching A Startup in the Digital Age

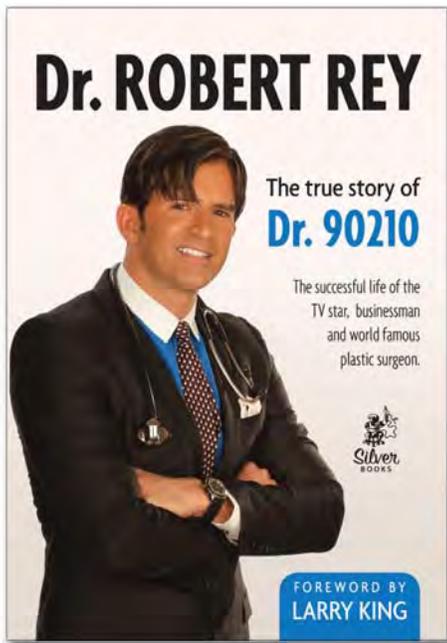
Howard A. Tullman

PZ • \$14.95 • 192 pgs • 6 x 9 • ISBN-13: 9781619849846 • TP

### Growing a Startup in the Digital Age

Howard Tullman

P2 • \$14.95 • 192 pgs • 6x9 • ISBN-13: 9781619849815 • TP



## Dr. Robert Rey

The True Story of Dr. 90210

Robert Rey • Foreword by: Larry King

Silver Books • ISBN: 9788586307683 • Format: Trade Paper • Trim: 6.30 x 9.20 • Illustrations: Illustrated with B&W and Color Photos • Pages: 216 • Price: \$19.95 • Publication Date: April 2017 • Category: BIOGRAPHY

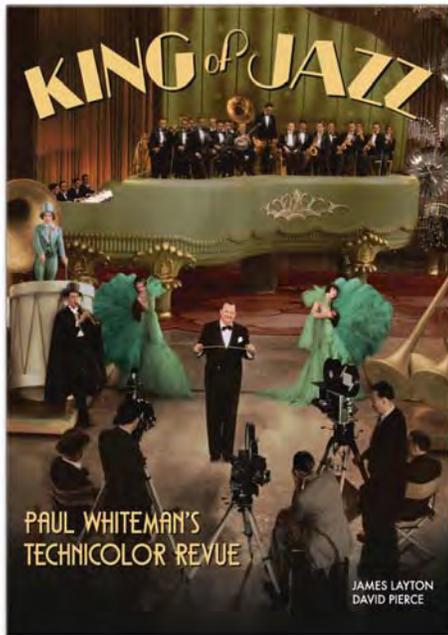
Dr. Rey is considered the busiest plastic surgeon in the world. He has made more than 30,000 surgeries, much of which was, and still is, done on America's and other countries' celebrities. As a businessman, Dr. Rey also achieved an impressive success with several multimillion dollars brands. With dozens of licensed products worldwide, just "Dr. Rey's Shapewear" sold over 100 million dollars. It was one of the top selling products at Sears nationwide and on HSN.

### About the Author

Dr. Robert Rey is a Beverly Hills' plastic and reconstructive surgeon, businessman, TV and movie star and a worldwide phenomenon. Born in Brazil and raised in the United States since the age of 12, Dr. Rey achieved a life of great success. Celebrities from all over the world, princesses and even queens are his patients. For 6 seasons, he starred the reality show "Dr. 90210", a hit TV show all over the world, displayed in 173 countries and watched by over than 370 million people weekly. Now he is on a new TV show "Celebrity Plastic Surgeons of Beverly Hills".

### Marketing

- Disclosure on Dr. Rey's social media with more than 500,000 followers (Instagram, Twitter, Facebook, Youtube)
- Interviews on national TV, radio, newspapers and magazines
- Book launch event in LA- Beverly Hills, CA with Hollywood celebrities and renowned doctors



## King of Jazz

Paul Whiteman's Technicolor Revue

James Layton and David Pierce • Foreword by: Michael Feinstein

Media History Press • ISBN: 9780997380101 • Format: Hardcover • Trim: 8.50 x 11.00 • Illustrations: 306 B&W & Color • Pages: 304 • Price: \$50.00 • Publication Date: November 21, 2016 • Other features: a comprehensive appendix • Category: PERFORMING ARTS / Film & Video / History & Criticism

*King of Jazz: Paul Whiteman's Technicolor Revue* tells the story of the making, release, and restoration of Universal's 1930 Technicolor musical extravaganza *King of Jazz*. Authors James Layton and David Pierce have uncovered original artwork, studio production files, behind-the-scenes photographs, personal papers, unpublished interviews, and a host of other previously unseen documentation. The book offers a richly illustrated narrative of the film's origins, production, and release, with broader context on its diverse musical and theatrical influences. The story concludes with an in-depth look at the challenges Universal overcame in restoring the film in 2016. Additionally, the book's appendix provides a comprehensive guide to all of the film's performers, music, alternate versions, and deleted scenes.

### About the Author

James Layton is Manager of the Museum of Modern Art's Celeste Bartos Film Preservation Center. Layton has also acted as Cataloguer and Workflow Coordinator at the East Anglian Film Archive in Norwich, UK, and is co-author of the Image Permanence Institute's informational poster *Knowing and Protecting Motion Picture Film* (2009). The author lives in Pennsylvania. David Pierce is an independent film historian and archivist. He founded the Media History Digital Library, providing free online access to millions of pages of motion picture magazines and books. The author lives in Maryland. Layton and Pierce previously wrote the award-winning book *The Dawn of Technicolor, 1915-1935*.

### Marketing

- Author appearances and live presentation of the book paired with the screening of the restored film *King of Jazz*.
- Book reviews in major print and online publications

12 • Call Toll Free: 800-296-0481

# The Dragons of Nova

Elise Kova

Keymaster Press • ISBN: 9781619845534 • Series: Loom Saga • Format: Hardcover  
• Trim: 5.50 x 8.50 • Illustrations: 2 B/W World Map, 10+ illustrations & diagrams • Pages: 488 • Price: \$24.99 • Publication Date: April 11, 2017 • Other features: Appendix • Category: High Fantasy, Steampunk, Adult General Fiction, Young Adult Crossover

Cvareh returns home to his sky world of Nova in this the second book of Loom Saga with the genius crafter Arianna as his temperamental guest. The mercurial inventor possesses all that his family needs to turn the tides of a centuries-old power struggle. But the keys to her mind must be earned with trust, something Ari has none of for the Dragon family responsible for the death of everything – and everyone – she once loved. Further complications abound as the political workings of the Dragon Court expose the shadowed past that haunts the woman he not only needs, but desires.

While Nova embroils itself in blood sport and political games, the rebels on Loom prepare for an all-out assault on their Dragon oppressors. Florence unexpectedly finds herself at the forefront of change, as her unique blend of skills and willingness to shoot to kill makes her a force to be reckoned with. For the future of her world, she vows vengeance against the Dragons.

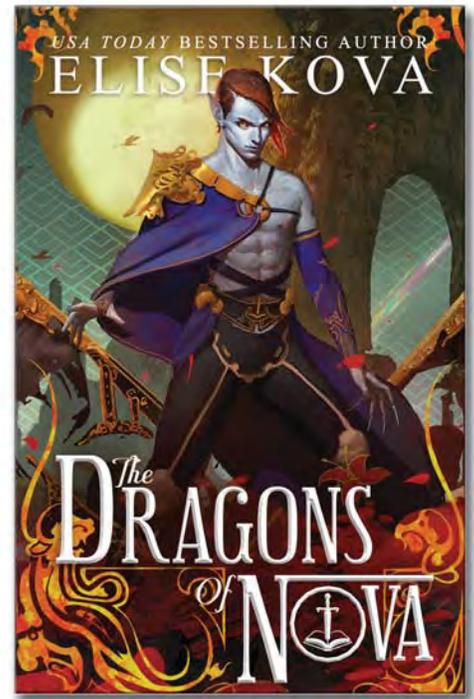
But, for the rebellion to rise, the Guilds must fall.

## About the Author

Elise Kova has always had a profound love of fantastical worlds. Somehow, she managed to focus on the real world long enough to graduate with a Master's in Business Administration before crawling back under her favorite writing blanket to conceptualize her next magic system. She currently lives in St. Petersburg, Florida, and when she's not writing can be found playing video games, watching anime, or talking with readers on social media.

## Marketing

- Leverage the success of *The Alchemists of Loom* and the *USA TODAY* Bestselling *Air Awakens* series to encourage readers to consume Elise Kova's new work.
- Engage readers through in-depth paid and earned marketing, including blog tours, industry reviews, comprehensive social networking and more.
- Use the extensive reach of Elise Kova's "Guild Games", mailing list, and Street Team to spread the word of *The Dragons of Nova*.

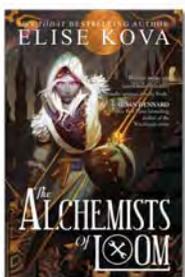


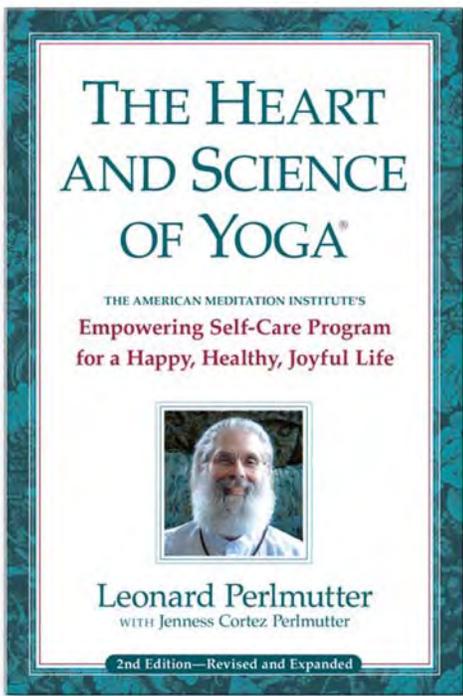
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## The Alchemists of Loom

Elise Kova

KP • \$23.99 • 400 pgs • 5.5 x 8.5 • ISBN-13: 9781619844414 • HC





# The Heart and Science of Yoga

The American Meditation Institute's  
Empowering Self-Care Program for a  
Happy, Healthy, Joyful Life

Leonard Perlmutter with Jenness Cortez Perlmutter

American Meditation Institute • ISBN: 9780975375228 • Format: Trade Paper •  
Trim: 6.00 x 9.00 • Illustrations: 91 B/W • Pages: 560 • Price: \$24.98 • Publication  
Date: March 1, 2017 • Other features: Glossary, Index, Directory of Practices •  
Category: Self-help & Personal Growth

The American Meditation Institute founder Leonard Perlmutter shares his extraordinary knowledge of the world's oldest and most practical mind/body medicine. As one of the West's foremost guides to understanding the nature of consciousness, Leonard gently leads you to a realization of the profound wisdom and power that you already possess.

As modern medicine rediscovers and systematically documents the physical, mental and emotional benefits of Yoga, millions of Americans from all walks of life are incorporating the timeless practices of this ancient science into their lives. Whether you are a beginner or a long-time student, Leonard provides loving support and valuable insights to advance your understanding and nurture your Self-transformation. Yoga Science promises that through the process of personal experimentation you too can access an inner reservoir of creativity to make every relationship rewarding—no matter what.

*The Heart and Science of Yoga* is the first, comprehensive Yoga Science curriculum accredited by the American Medical Association, American Nurses Association and American Psychological Association for continuing medical education credit. This book is an empowering guide for the greatest adventure you will ever have—your personal journey to a happy, healthy and joyful life.

## About the Author

Leonard Perlmutter is the founder of The American Meditation Institute in Averill Park, New York. Leonard has presented informative workshops on the benefits of meditation and Yoga Science at the M.D. Anderson Cancer Center, The Albany Medical College, The Berkshire Medical Center, The New York Times forum on Yoga Science, the Commonwealth Club of California, the University of Wisconsin School of Nursing, the Washington University Medical School, the University of Colorado Medical School and the West Point Association of Graduates. Leonard lives and teaches in Averill Park, New York.

## Marketing

- Social Media Campaign
- Online and In-Person Book Tour
- Google AdWords Campaign
- Blog Campaign
- Advertising in *Transformations* (circulation 12,000)

# Seventy Summits

## Life on the Mountain

Vern Tejas and Lew Freedman

Blue River Press • ISBN: 9781681570471 • Format: Hardcover • Trim: 6.00 x 9.00  
• Photos: 25 B&W • Pages: 256 • Price: \$26.95 • Publication Date: June 1, 2017 •  
Other features: Index • Category: SPORTS & RECREATION / Mountaineering

As a mountain climbing guide, it was Vern Tejas's job to climb the tallest and most dangerous mountains in the world. Always rebellious, Tejas never met a challenge he couldn't overcome, even the daunting task of climbing Mount Everest. In fact, he climbed all of the tallest mountains on each of the seven continents more than ten times each. *Seventy Summits* is his tale of the beauty, danger, and surprising freedom of mountain climbing and what it has given him throughout his life.

Climb Mt. McKinley with Tejas as he battles extreme cold. Scale Aconcagua and its windy peaks. Mont Blanc provides beautiful views, but Mt. Elbrus towers over the European continent.

"The Roof of Africa" is attempted by 35,000 people each year, but Mt. Kilimanjaro isn't as friendly as it looks and many people get hypothermia on this tropical mountain. Antarctica's Mt. Vinson boasts the last true frontier, a costly climbing trip that keeps getting more and more expensive. Take a break on Mt Kosciuszko. As Australia's tallest mountain, it's practically a stroll in the park at 7310 feet. Finally, join Tejas on the tallest mountain in the world: Mt. Everest. Better yet, read about him doing all of them ten times each.

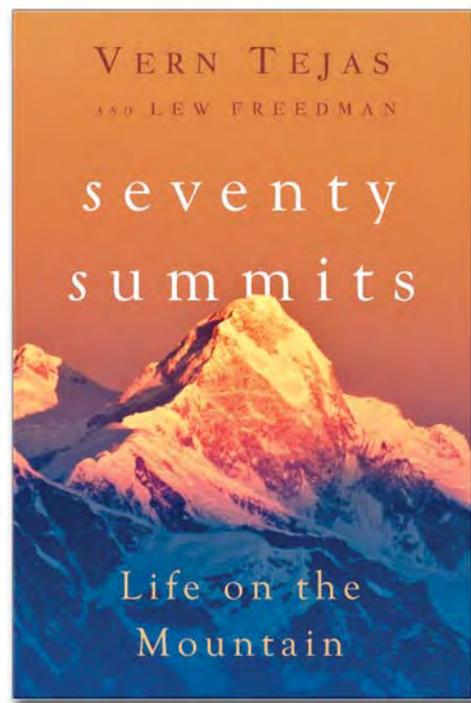
### About the Author

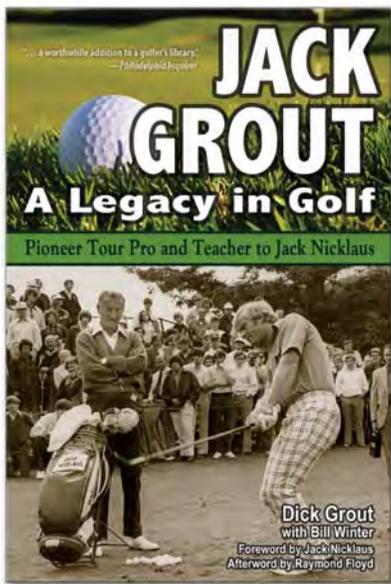
Vern Tejas is a mountain climber and guide from Mahwah, New Jersey. He currently holds the world record for fastest climb of the Seven Summits and was the first person to solo summit Mt. Vinson in Antarctica as well as several other mountains. He was named one of the top fifty Alaskan athletes of the 20th century by *Sports Illustrated* and was inducted into the Alaska Sports Hall of fame in 2012.

Lew Freedman is the author of more than 90 books including dozens of biographies for adult and school aged readers. He also enjoyed a long career as a journalist and newspaper editor for the *Chicago Tribune*, *Philadelphia Inquirer* and the *Anchorage Daily News*. The author currently resides in Columbus, Indiana.

### Marketing

- Electronic press releases to cities across the US
- Author appearances
- Television, radio, print and online interviews
- Social media campaigns





## Jack Grout A Legacy in Golf

Dick Grout with Bill Winter • Foreword by Jack Nicklaus • Afterword by Raymond Floyd

Blue River Press • ISBN: 9781681570594 • Format: Trade Paper • Trim: 6.00 x 9.00 • Photos: 25+ B&W  
• Pages: 292 • Price: \$18.99 • Publication Date: March 1, 2017 • Other features: Index • Category: SPORTS & RECREATION / Golf

*Jack Grout: A Legacy in Golf* is the warm, often-funny story of a humble but determined middle-class Oklahoman who flourished in a world of famous athletes and huge egos. The reader follows Jack Grout as he discovers the game of golf at age eight; begins giving golf lessons at fifteen; plays the ragtag early PGA Tour with Ben Hogan, Byron Nelson, Sam Snead and other legendary figures, then finds himself coaching a husky ten-year-old redhead named Jackie Nicklaus, the talented athlete that Grout would mold into the intimidating champion known as The Golden Bear.

Recognized in 2015 by induction into the World Golf Teachers Hall of Fame, Jack Grout is remembered not just for his four decades as Jack Nicklaus' instructor, but also for his work with other Tour stars including Raymond Floyd, Lanny Wadkins and David Graham, all of whom won major tournaments while under his tutelage.

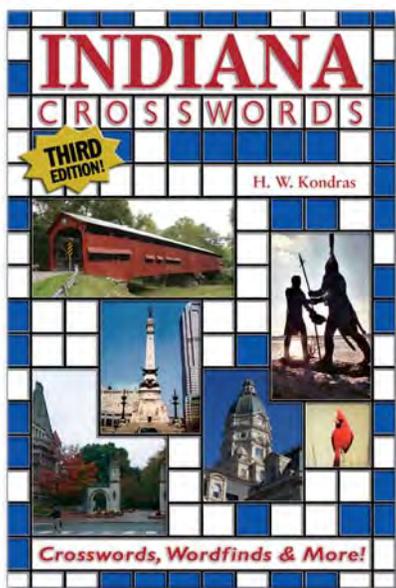
As author Dick Grout notes in this loving tribute, though, one key chapter in his father's story is yet to be written. That is, despite his enormous accomplishments within the game of golf Jack Grout has not been accorded the sport's ultimate honor: Induction into the World Golf Hall of Fame. And Dick Grout's question calls out from the pages of this book: "How could that be?" Previous edition ISBN 9781935628187.

### About the Authors

Dick Grout is a second-generation PGA golf professional who has followed closely in his famous father's footsteps. He is an accomplished player and teacher who specializes in the history and traditions of golf. He lives in Sunset, South Carolina, with his wife Denise and son Tony. Bill Winter is a career newspaper reporter and editor who also served for sixteen years as president and executive director of the Reston, Virginia-based American Press Institute, the newspaper industry's leadership-development center. Dr. Winter is based in southwest Florida, where he operates a media consulting firm in partnership with his spouse, Dr. Rosanne L. Winter, and also, with very limited success, exercises his passion for golf.

### Marketing

- Electronic press releases to cities across the US
- Author appearances
- Television, radio, print and online interviews
- Social media campaigns



## Indiana Crosswords, 3rd Edition

H.W. Kondras

Blue River Press • ISBN: 9781681570662 • Format: Trade Paper • Trim: 6.00 x 9.00 • Photos: 10+B/W • Pages: 128 • Price: \$7.95 • Publication Date: March 1, 2017 • Category: GAMES/ Crosswords / General

Test your knowledge of the Hoosier state and learn a few things with this fun collection of puzzles and trivia from the Midwestern mecca of corn and basketball.

Puzzles include such topics as famous Hoosiers, Indiana wildlife, Hoosier sports, Indiana crime, Indiana festivals and Indy racing.

*Indiana Crosswords* also includes word searches for younger readers on topics that include Indianapolis attractions, state parks and sports teams. Stuffed with fun facts, this book is an essential addition to any Indiana trivia lover's library of for those who want to learn more about this beautiful Midwestern state.

### About the Author

H.W. Kondras has authored or co-authored several other volumes of crossword puzzles including *Vampire Fun & Games*, *Detroit Red Wings Trivia: Hockeytown USA Trivia, Fun & Games*, *Seek & Find Indiana*, *Florida Crosswords* among others. She resides in Terre Haute, Indiana.

## Rig it Right Bass Essentials

Chad Foster

AFN • ISBN: 9781865133027 • Format: Trade Paper • Trim: 6.30 x 4.30 • Pages: 48 • Price: \$4.95 •  
Publication Date: March 1, 2017 • Category: SPORTS & RECREATION/ Fishing

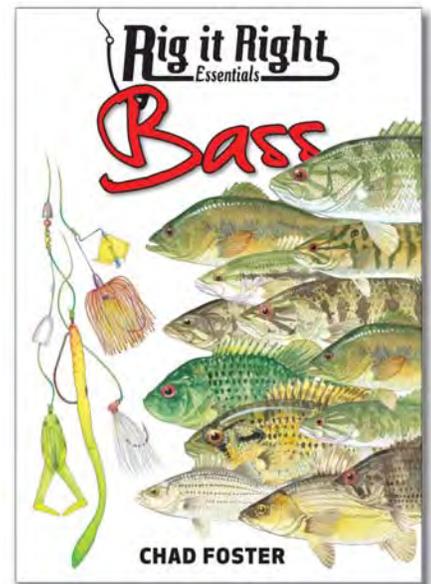
It's often said the best way to catch more fish is to understand them as much as possible. You need to understand where they live, what they feed on and where and when they spawn. Then ask yourself the question, why? The simple, or should we say complex answers will help you locate fish. Now, however, the question is, "How do I catch them?"

This book is aimed directly at short-cutting that learning curve. It offers you the knowledge on where to target bass, what to use, and how to fish so you can tangle with lunkers too!

### About the Author

Chad Foster is a USCG Master Captain and tournament angler. He operates out of Kissimmee, Florida.

This book is expertly illustrated by Trevor Hawkins



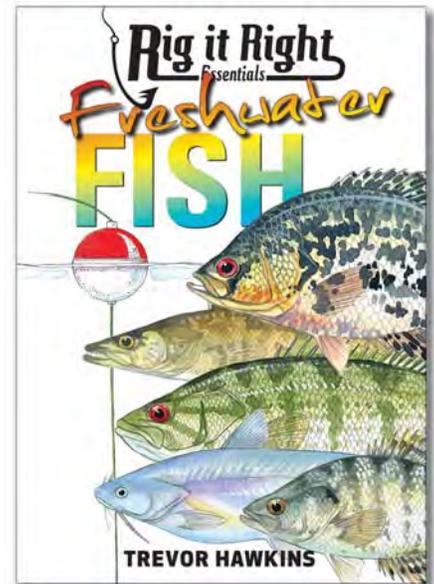
## Rig it Right Freshwater Essentials

Trevor Hawkins

AFN • ISBN: 9781865133010 • Format: Trade Paper • Trim: 6.30 x 4.30 • Pages: 32 • Price: \$4.95 •  
Publication Date: March 1, 2017 • Category: SPORTS & RECREATION/ Fishing

*Rig it Right Essentials Freshwater* is jam-packed with knowledge to help you rig up to catch more fish. Rigging up can be as basic as a single hook tied to the end of your line, or as fancy as a Double Spreader setup or anything in between. It all comes down to what you're fishing for and where.

You will find a fantastic selection of basic proven rigs that can be fished from boat or bank, plus it gives you an accurate description and illustration of the most popular species targeted with the rigs. It also lists the most popular natural baits and how to rig them.



## Rig it Right Westcoast Essentials

Trevor Hawkins

AFN • ISBN: 9781865133003 • Format: Trade Paper • Trim: 6.30 x 4.30 • Pages: 32 • Price: \$4.95 •  
Publication Date: March 2017 • Category: SPORTS & RECREATION/ Fishing

*Rig it Right Essentials West Coast Sport Fish* book is jam-packed with knowledge to help you rig up and catch more fish. Rigging up can be as basic as a single hook tied to the end of your line, or as fancy as a Side Planer Setup and anything in between.

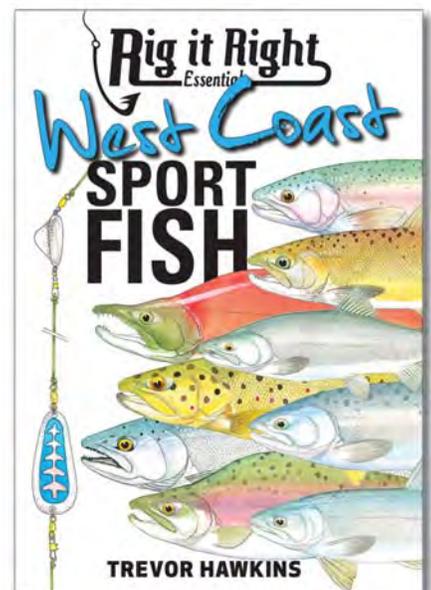
It all comes down to what species you're fishing for and where.

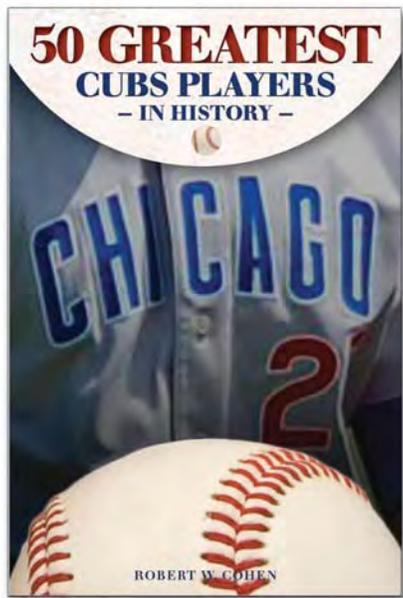
You will find a fantastic selection of basic proven rigs that can be used to catch some of the most popular West Coast species from bank or boat. Also included are important technical tips to get the most out of the rigs. It also describes each species mentioned in detail and supports those descriptions with realistic illustrations for ease of identification.

### About the Author

A passionate angler, artist and illustrator for most of his life, Trevor Hawkins has been fishing both fresh and saltwater for over five decades. In his earlier years, he started and managed his own printing business, which he was involved with for some twenty years. During that period he still fished every free moment while continuing his art career also. In the late 1990s he stepped away from the printing business completely to concentrate entirely on pursuing a fulltime career as an angling and outdoor author, angling illustrator in magazines and books, and also becoming an editor for a specialist freshwater fishing magazine.

His main fishing passion is chasing wilderness river trout with light fly rods and small flies, but he is equally at home chasing lake trout and saltwater fish or casting lures for other fish species, particularly in remote locations out of a kayak.





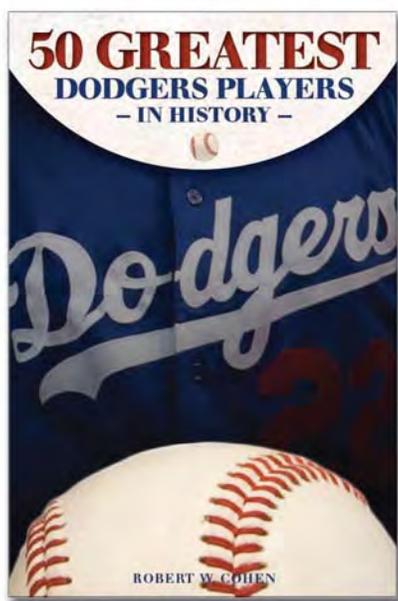
## 50 Greatest Players in Chicago Cubs History

Robert W. Cohen

Blue River Press • ISBN: 9781681570556 • Series: 50 Greatest • Format: Hardcover • Trim: 6.00 x 9.00 • Photos: 24 B&W • Pages: 256 • Price: \$24.95 • Publication Date: March 1, 2017 • Category: BASEBALL / History, Baseball / Essays & Writing

In a long awaited comeback, the Chicago Cubs finally broke their losing streak when they won the 2016 World Series. After 108 years, the Cubs basked in their victory at Wrigley Field. In *The 50 Greatest Players in Chicago Cubs History*, Robert Cohen continues the excitement by celebrating the fifty best players the Cubs have ever had. In this fascinating collection of bios, stats, and quotes, a well-defined system is used to rank the players. Memorable players like Ernie Banks, Mordecai Brown, Sammy Sosa, and Ryne Sandberg are all included in this book, which is sure to spark debate among Cubs fans about who really should be number one.

This book carefully examines the careers of the fifty men who made the greatest impact on one of the most successful franchises in the history of professional sports. Features of *The 50 Greatest Players in Chicago Cubs History* include quotes from opposing players and former teammates, summaries of each player's best season, recaps of their most memorable performances, and listings of their notable achievements.



## 50 Greatest Players in Brooklyn Dodgers History

Robert W. Cohen

Blue River Press • ISBN: 9781681570570 • Series: 50 Greatest • Format: Hardcover • Trim: 6.00 x 9.00 • Photos: 24 B&W • Pages: 256 • Price: \$24.95 • Publication Date: March 1, 2017 • Category: BASEBALL / History, Baseball / Essays & Writing

Holding the world record for the largest single game attendance, the Los Angeles Dodgers boasts a huge fan base. In *The 50 Greatest Players in Dodgers History*, Cohen answers the question on every fan's mind: who are the best players the Dodgers have ever had? In this fascinating collection of bios, stats, and quotes, a well-defined system is used to rank the players. He goes back to when the Dodgers were based in Boston to include players like Jackie Robinson and Roy Campanella as well as Los Angeles Dodger players like Clayton Kershaw and Don Sutton. This book is sure to spark debate among Dodgers fans about who really should be number one.

This book carefully examines the careers of the fifty men who made the greatest impact on one of the most successful franchises in the history of professional sports. Features of *The 50 Greatest Players in Dodgers History* include quotes from opposing players and former teammates, summaries of each player's best season, recaps of their most memorable performances, and listings of their notable achievements.

### About the Author

Robert W. Cohen began writing professionally in 2004. His first published work, *A Team for the Ages: Baseball's All-Time All-Star Team*, clearly reflects his great love of the game of baseball and his vast knowledge of the sport. A sports historian, Cohen has appeared on numerous sports talk-radio programs around the nation to discuss his published works. He lives in Clifton, New Jersey.

### Marketing

- Electronic press releases to cities across the US
- Author appearances
- Television, radio, print and online interviews
- Social media campaigns

# Hearts of Houston Baseball History

## Biggio and Bagwell – The Golden Years of Baseball

Greg Lucas • Foreword by Bill Brown

Blue River Press • ISBN: 9781681570532 • Format: Hardcover • Trim: 6.00 x 9.00 • Photos: 24 B&W • Pages: 288 • Price: \$26.95 • Publication Date: April 1, 2017 • Category: SPORTS & RECREATION / Baseball / History

The Houston Astros went 50 years without a Hall of Fame inductee until Craig Biggio became their first, followed two years later by Jeff Bagwell, arguably the two most influential and memorable players in Astro history. They helped lead the team to their first ever, and only, World Series game. Both spent their entire careers with the team and had amazing batting statistics that would make them memorable on any team. To the Houston Astros, though, they weren't just memorable, they were part of the "Killer B's," a group of players that all had last names beginning with B that helped make the Astros famous in Texas.

The author explores both Biggio and Bagwell's legacies with stories from the stands, teammates, his own announcing days, and the players themselves. The book chronicles the two men as they traveled with the team and made Houston history.

### About the Author

From 1995-2005 Greg Lucas was the sports announcer for the Houston Astros for television and radio. He was a field level commentator for television from 1995-2012 in addition to being a play by play announcer for more than 100 games prior to 2006.

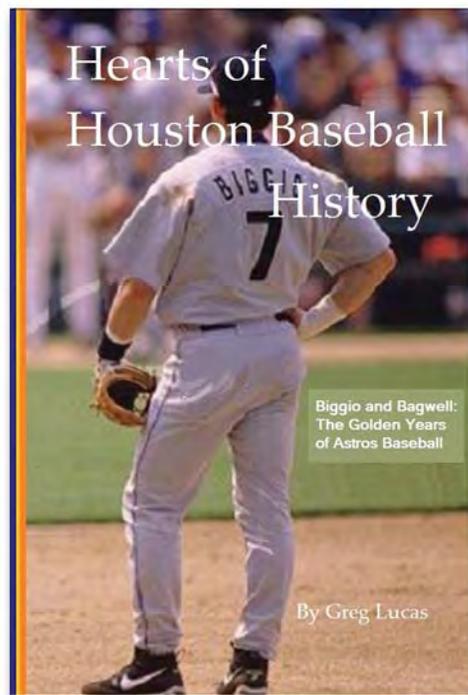
Lucas has been a sportscaster and play by play announcer for Major League Baseball and the National Basketball Association. He has called over 4,000 sporting events.

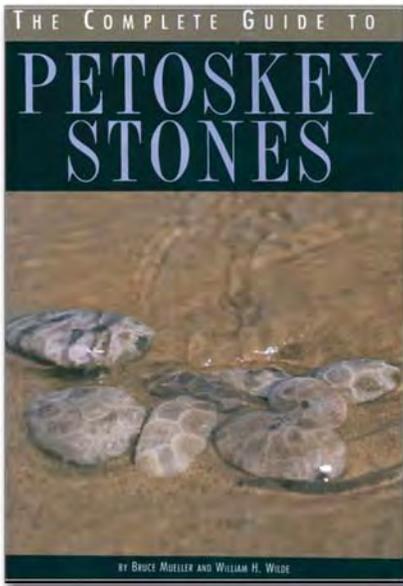
His first book, *Baseball – It's More Than Just a Game* was based on materials he had collected and used in broadcasts and telecasts and as part of pre-game and other special programs over his long, active career.

Lucas is a native Midwesterner from Kokomo, Indiana. His career started while getting his undergraduate degree from Butler University in Indianapolis.

### Marketing

- Electronic press releases to cities across the US
- Author appearances
- Television, radio, print and online interviews
- Social media campaigns





## The Complete Guide to Petoskey Stones

Bruce Mueller

Blue River Press • ISBN: 9781681570655 • Format: Trade Paper • Trim: 5.50 x 8.50 • Photos: 44 B/W  
• Pages: 96 • Price: \$12.99 • Publication Date: April 1, 2017 • Category: NATURE / Rocks & Minerals

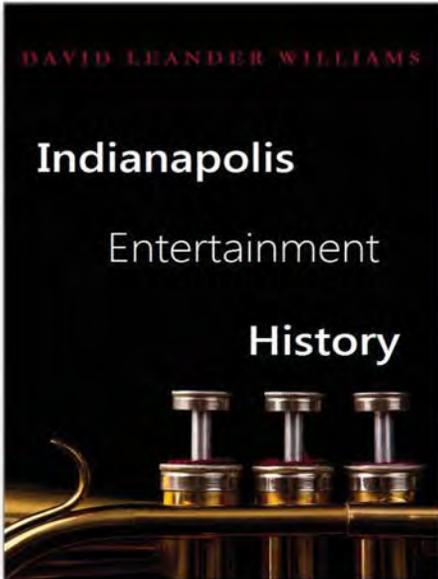
*The Complete Guide to Petoskey Stones* is the authoritative guide for everyone who visits northern Michigan and can't wait to stroll the beautiful beaches in search of Michigan's official state stone, the Petoskey stone. This book will dispel the myths surrounding the stone, such as they are only found in Michigan. Untrue: they are also found in states throughout the Great Lakes region and some parts of Canada. Learn the history of the mysterious Petoskey stones, why they are so popular in Northern Michigan, and what really makes them special enough to be the Michigan State Stone. Actually a fossil, Petoskey stones are ancient Devonian Era coral. The hexagonal coral cups create unique shapes and designs on the top side of the stone, and interesting patterns on the bottom that seem to radiate away from the center. This book will guide the reader down the path to the best places to find the stone. Once you've found the prized stone, we will lead you through the many methods of polishing, too.

### About the Author

Bruce Mueller owns the C&M Rock Shop in Honor, Michigan. He holds a master's degree in geology from the University of Illinois.

### Marketing

- Electronic press releases
- Author appearances
- Television, radio, print and online interviews
- Social media campaigns



## Indianapolis Entertainment History

David Leander Williams

Blue Rive Press • ISBN: 9781681570631 • Format: Trade Paper • Trim: 6.00 x 9.00 • Photos: 24 B/W  
• Pages: 224 • Price: \$19.99 • Publication Date: June 1, 2017 • Category: HISTORY / United States / State & Local / Midwest

New Orleans wasn't the only place famous for creating jazz musicians. David Leander Williams, author of *Indianapolis Jazz*, is back with another trip down Indiana Avenue. This time he's going further back in time and talking about the entire musical history of the musical heart of Indianapolis. Big names like Scott Joplin and "Guitar Pete" Franklin make appearances at places like the Murat Temple and the Walker Theatre. Dick Clark's *American Bandstand* gets teenagers dancing and promotes integration while Thurston Harris sings chart-topper "Little Bitty Pretty One." Motown and Stax Records get rhythm and blues into the ears of the nation. Though Indianapolis is called "Nap Town," the history of Indiana Avenue is anything but boring.

Indiana Avenue was the center of Indianapolis's black culture when segregation was still a social norm. The clubs in the district offered fiery jazz and somber blues, experimenting with new sounds that would take over the radios. Now a historical section of Indianapolis, Williams chronicles its past in *Indianapolis Entertainment History*.

### About the Author

David Leander Williams is a collector of memorabilia, historical artifacts and information about African American history, particularly slavery; but his first love is music. Williams holds a BA in Spanish and Portuguese from Colorado State University and an MA in International Studies/Middle Eastern Affairs from Fairleigh Dickinson University.

### Marketing

- Electronic press releases
- Author appearances
- Television, radio, print and online interviews

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## The Spectacle

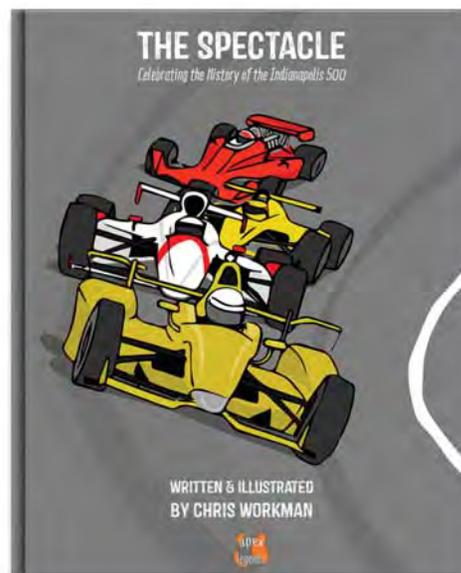
Celebrating the History of the Indianapolis 500

Chris Workman

Apex Legends • ISBN: 9780996286954 • Format: Hardcover • Trim: 8.25 x 10.50 • Illustrations: 40 Color • Pages: 48 • Price: \$19.99 • Publication Date: December 15, 2016 • Category: JUVENILE NONFICTION / Sports & Recreation / Motor Sports

Often called “The Greatest Spectacle in Racing”, the Indianapolis 500 is celebrating its historic 100th running in 2016. This illustrated picture book provides kids with an entertaining & educating historical perspective on the track, cars, drivers, and personalities that have shaped a century of thrilling events.

*The Spectacle* uniquely mixes IndyCar racing with educational with entertaining on-track action that is sure to please budding race fans and their motorsports-loving parents! Featuring multiple race-winning American driver Josef Newgarden at the iconic Road America race venue, *The Spectacle* is designed to provide an authentic glimpse into the world of IndyCar through Josef’s eyes, as well as those of his fans.



## Josef, the Indy Car Driver

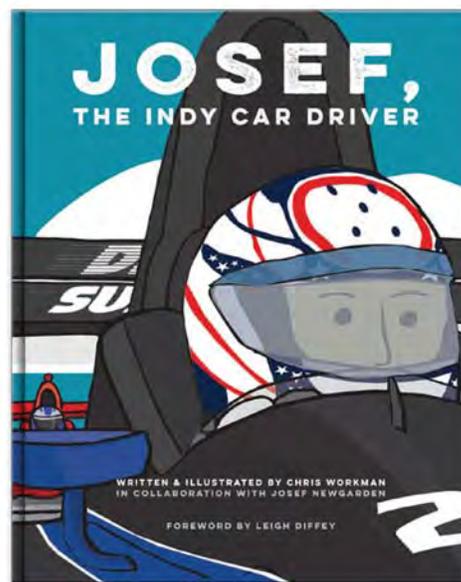
Chris Workman • Foreword by: Leigh Diffey • Illustrator: Chris Workman

Apex Legends • ISBN: 9780996286930 • Format: Hardcover • Trim: 8.00 x 10.00 • Illustrations: 50 Color • Pages: 52 • Price: \$19.99 • Publication Date: June 20, 2016 • Category: JUVENILE NONFICTION / Sports & Recreation / Motor Sports

*Josef, The Indy Car Driver* is a unique children’s picture book that mixes Indy car racing education with entertaining on-track action that is sure to please budding race fans and their motorsports-loving parents! Featuring multiple race-winning American driver Josef Newgarden at the iconic Road America race venue, *Josef, The Indy Car Driver* is designed to provide an authentic glimpse into the world of Indy car through Josef’s eyes, as well as those of his fans.

A portion of the story is dedicated to showing aspiring young racecar drivers a “path” to get to the Verizon IndyCar Series by featuring Josef’s personal progression through the ranks of motorsports, starting with karting. From there the content takes readers on a journey through a typical race weekend from practice to qualifying to the race itself. Informational content about the Verizon IndyCar series, race elements such as pit stops and the cars themselves are included throughout the book to help educate readers about the sport.

The book illustrations are as authentic as possible, depicting the Road America road course circuit from a variety of vantage points. 2016 spec Honda and Chevy Indy cars are featured as well as representative car paint schemes and numbers so that true Indy car fans will be able to have a deep connection with the content and storyline. Readers are treated to a mix of car “views”, including in-car, side, front and backward looking perspectives. All illustrations are hand-drawn and then digitized and colored for placement in the book.



### About the Author

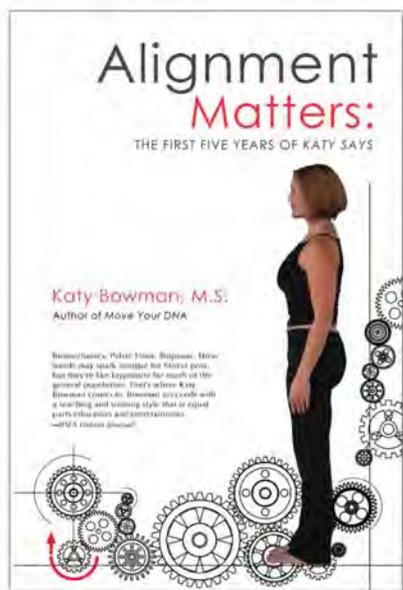
Apex Legends owner and author / illustrator of *Josef, The Indy Car Driver* Chris Workman is a father of three and life-long fan of all forms of racing. Workman is a seasoned motorsports marketing & advertising professional who became inspired to create a series of children’s picture books about racecars, drivers, team & tracks when he yearned for similar content to read to his kids, and realized very few authentic options existed. So, he decided to create one himself!

Workman currently resides in Huntersville, North Carolina with his wife, Rachel, and three kids

### Marketing

- Press releases distributed to parenting magazines and libraries
- Josef Newgarden talking points for any lifestyle media efforts

## ➤ New To Cardinal Publishers Group ➤



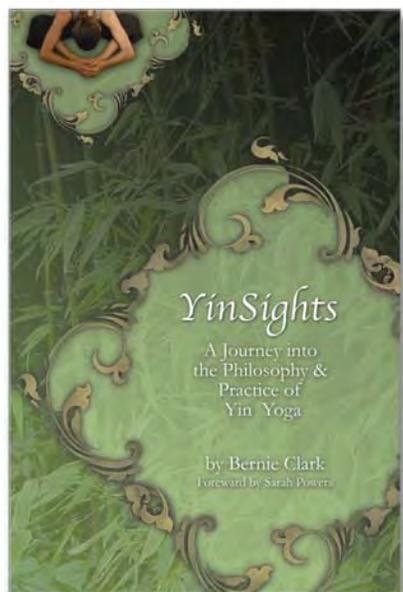
### Alignment Matters

The First Five Years of Katy Says

Katy Bowman

Propriometrics Press • ISBN: 9781943370085 • Format: Trade Paper • Trim: 6.00 x 9.00 • Photos & Drawings: 279 B&W • Pages: 456 • Price: \$19.95 • Publication Date: September 1, 2016 • Other features: index • Category: HEALTH & FITNESS

Katy Bowman's *Move Your DNA* 9781943370108 (2014), which explores the difference between exercise and movement, caused a mini-revolution in health and wellness circles. Since mainstream media caught wind, Bowman's furniture-free home, movement-based lifestyle, and scientific explanations of why we need to move have become staples in national health publications and online media around the world. But before Bowman became well known, she wrote down her ideas on movement and alignment in a blog called Katy Says. This revised edition of *Alignment Matters* contains the first five years of her posts, organized to function as a primer to alignment and better movement, and also to Bowman's more complex books. *For information about the author, see pages 2 and 3 in this catalog.*



### YinSights

A Journey into the Philosophy & Practice of Yin Yoga

Bernie Clark • Foreword: Sarah Powers

Yin Sights • ISBN: 9780968766514 • Format: Trade Paper • Trim: 6.00 x 9.00 • Photos & Illustrations: 200 B&W • Pages: 424 • Price: \$23.95 • Publication Date: Available for the first time since 2012 • Category: HEALTH & FITNESS / Yoga

In *YinSights: A Journey into the Philosophy and Practice of Yin Yoga*, Bernie Clark explores the benefits of yoga, as viewed by both the Eastern and Western worlds and relates how it affects the body and mind. This book serves as a practical guide for students interested in understanding Yin Yoga. While *YinSights* illustrates how to practice Yin Yoga, it is not just for those seeking knowledge about Yin Yoga. The book also discusses the advantages of all styles of yoga and will be of interest to every yoga student.

#### About the Author

Bernie Clark has been teaching yoga and meditation since 1998. He has a bachelor's degree in science from the University of Waterloo and combines his intense interest in yoga with an understanding of the scientific approach to investigating the nature of things. His teaching, workshops, and books have helped many students broaden their own understanding of health, life, and the source of true joy. He is also the author of: *Your Body, Your Yoga* (9780968766538), *The Complete Guide to Yin Yoga* (9781935952503) and *From the Gita to the Grail* (9781935628316).

### I Survived Ted Bundy

The Attack, Escape & PTSD That Changed My Life

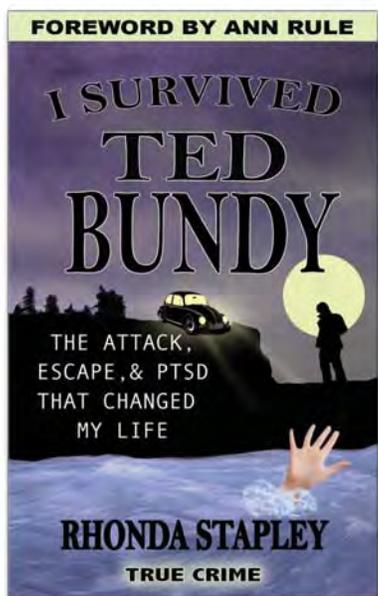
Rhonda Stapley • Foreword by: Ann Rule

Galaxy 44 Publishing, LLC • ISBN: 9780997559309 • Format: Trade Paper • Trim: 6.00 x 9.00 • Photos: 9 B&W • Pages: 192 • Price: \$14.95 • Publication Date: May 5, 2016 • Category: TRUE CRIME

She was an innocent Mormon girl. He was America's most notorious serial killer. When their paths crossed on a quiet autumn afternoon, he planned to kill her. But this victim had an incredible will to survive and would live to tell her story nearly three decades after he met death in a Florida electric chair. Ted Bundy brutally attacked Rhonda Stapley in a secluded Utah canyon in 1974. She miraculously escaped and hid her dark secret until now. This compelling real story of triumph over tragedy is both shocking and inspiring.

#### About the Author

Rhonda Stapley is a wife, mother, grandmother, former pharmacist and first time author. She resides in Salt Lake City, Utah.

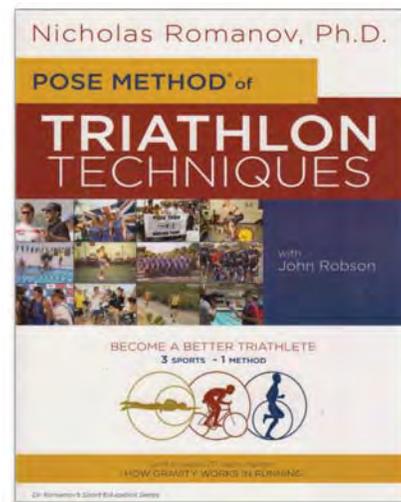


## Pose Method of Triathlon Techniques

Nicholas Romanov, Ph.D.

Pose Method Publishing • ISBN: 9781934013021 • Format: Trade Paper • Trim: 8.00 x 10.00 • Photos: 333 B&W • Pages: 356 • Price: \$29.95 • Publication Date: May 1, 2008 • Category: SPORTS & RECREATION/Triathlon

This “how to” book on triathlon techniques takes the guesswork out of your training and helps you to dramatically improve your performance. *Pose Method of Triathlon Techniques* introduces a uniform approach to three different sports and shows how to seamlessly blend them into one – triathlon. Two Olympic Games and Four National Teams later, Dr. Romanov offers you his insight and experience of over 35 years of working with athletes of all levels. Get clear, concise and pragmatic instruction on swimming, cycling and running techniques to improve your performance and to avoid injuries.



## Pose Method of Running

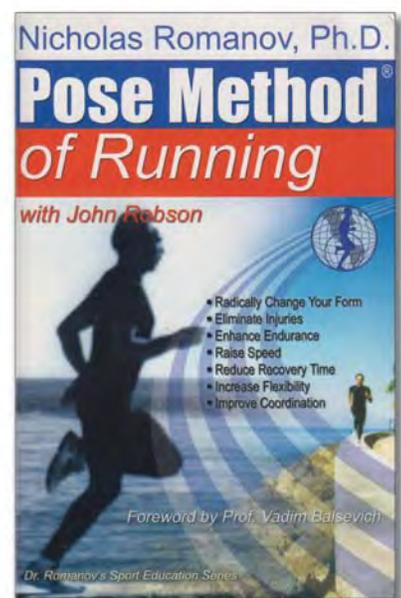
Nicholas Romanov, Ph.D. and John Robson • Foreword by: Vadim Balsevich

Pose Method Publishing • ISBN: 9780972553766 • Format: Trade Paper • Trim: 5.50 x 8.50 • Photos: 303 B&W • Pages: 315 • Price: \$34.95 • Publication Date: December 15, 2002 • Category: SPORTS & RECREATION/ Running & Jogging

Dr. Romanov's *Pose Method Of Running* brings his revolutionary ideas that changed the world of running to the professional athlete and amateur alike. In a very succinct and enjoyable manner, it teaches one to perform to the very best of his ability, using the Pose running technique. In ballet, or martial arts, one requires practice of technique. The same is true of running. Unless you are one of the lucky ones, like Haile Gebrselassie, Steve Prefontaine, or Michael Johnson, who were born with the perfect technique, you have to learn it. Running was practiced, but not taught as a skill. Romanov teaches running as a skill with its own theory, concepts, and exercises.

### About the Author

A man of humble beginnings, Nicholas Romanov, Ph.D. became a star Track & Field athlete, a champion with several records in high-jump standing unmatched for years, coached champions, conducted a significant body of scientific research, wrote two groundbreaking books on technique and training as well as published numerous scientific papers, and started a revolution by pointing out Gravity as the leading force in human movement.



## Cold Snap

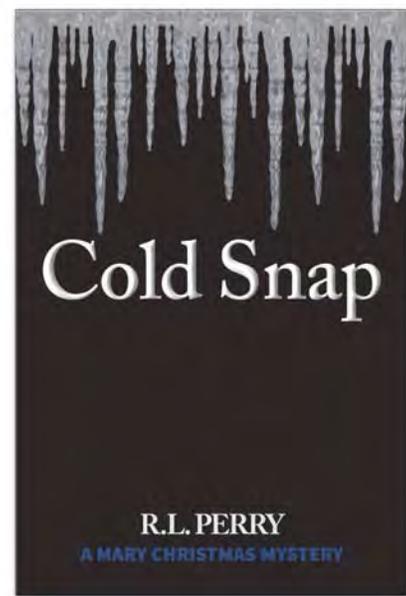
Todd Outcalt under pseudonym R.L. Perry

Blue River Press • ISBN: 9781681570617 • Series: A Mary Christmas Mystery • Format: Trade Paper • Trim: 6.00 x 9.00 • Pages: 160 • Price: \$12.00 • Publication Date: August 1, 2017 • Category: FICTION / Mystery & Detective / Women Sleuths

Two people have been poisoned, but by who? And more importantly, was it intentional or is everyone at risk? Mary is determined to find out and finds herself in the middle of a business scandal while she's at it. Unions, grudges, and money could all be motives, but finding the person behind it is harder than she thought. Being a funeral director and a coroner is rough business, especially during the Christmas season when love and light are in the air. But Mary takes us, once again, on a heart-warming adventure through the darkest days of death to a marvelous Yuletide discovery. *Cold Snap* picks up the pace from where *Bleak Midwinter* (6781681570273) leaves off, continuing Mary Christmas Mystery Series.

### About the Author

Todd Outcalt is the author of more than thirty books in six languages including the first book in A Mary Christmas Mystery Series *Slay Bells* 9781681570181, *Husband's Guide to Breast Cancer* 9781935628323 and *Indiana Wineries* 9781935628514. He has written for such magazines as *American Fitness*, *Cure*, and *Leadership* and speaks to groups large and small. He lives in Brownsburg, Indiana.



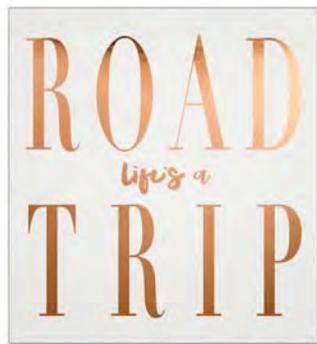
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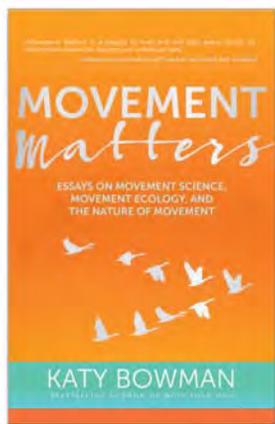
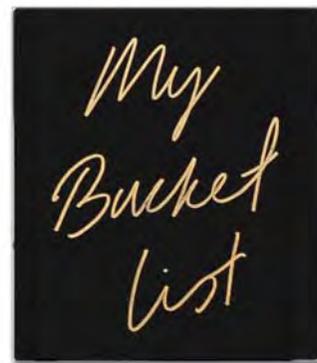


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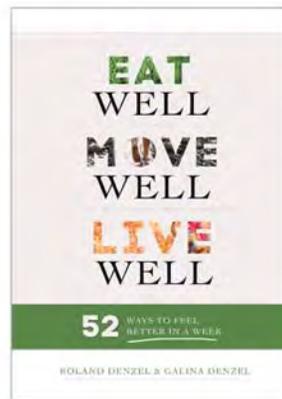


### Movement Matters

Katy Bowman

A companion to *Alignment Matters*, *Movement Matters* presents the deepening of Katy's groundbreaking work, models that have evolved from thinking of the body as a single structure to considering it to be a cluster of a trillion bodies, and how those trillion bodies are being loaded by forces both inside and outside.

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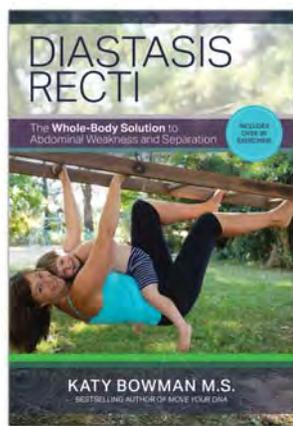
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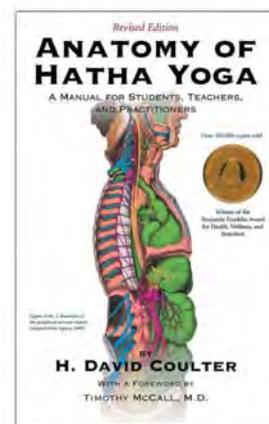


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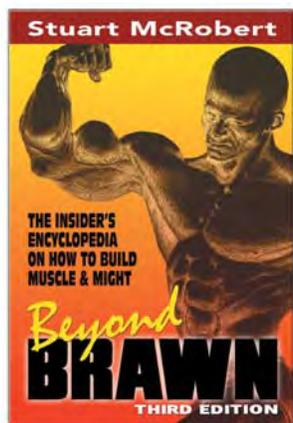
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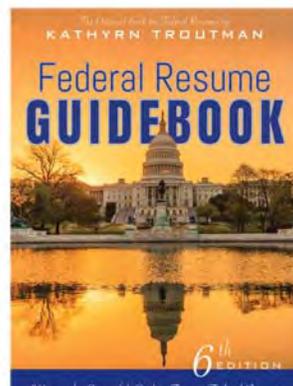


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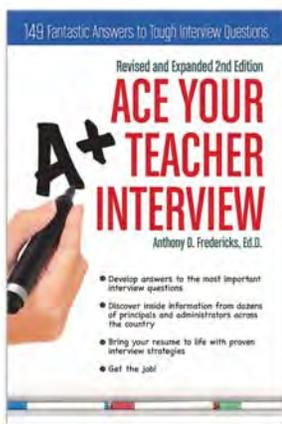
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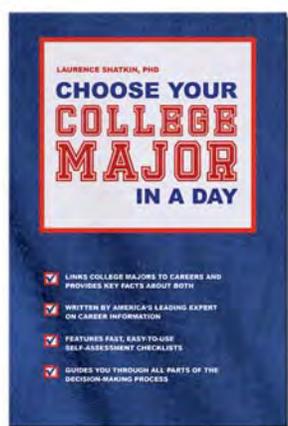
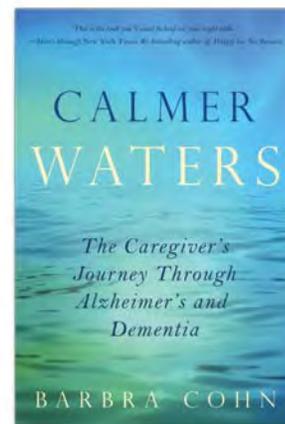
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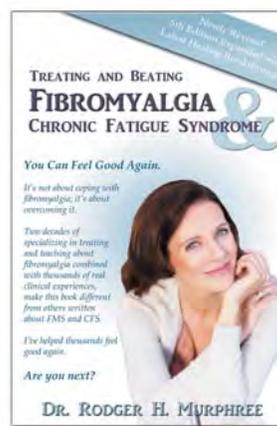


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