



Meyer & Meyer Sport
9781782552932

Pub Date: 4/7/2026
\$19.95
Trade Paperback

200 Pages
Carton Qty: 0
Sports & Recreation / Running &
Jogging
SPO035000
6 in | 9 in

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9781782552758 - \$16.95
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9781782552208 - \$16.95

Running Until You're 100, Sixth Edition

Your Guide to Lifelong Running

Jeff Galloway

Key Selling Points:

- New edition of a bestselling title.
- Explains Jeff's well-known Run Walk Run® method and how to implement it into training.
- Programs specifically designed for mature runners in the 50s through 70s.
- Uses a combination of running and walking intervals to achieve goals without risking injury.
- Offers additional nutrition advice to encourage a healthy lifestyle for healthy aging.
- Explores principles of training as well as its mental and physical benefits.
- Provides tips on finding one's own Magic Mile and setting up a running strategy.
- Includes other useful advice for the beginner runner or the running coming back after a break or injury.

Summary

This is a new edition of *Running Until You're 100* by running coach, Jeff Galloway! It is the must-have guide that will keep runners fit as they age and help them run for life. This book offers step-by-step programs for runners in their 40s, 50s, 60s, and 70s. The programs all use Jeff Galloway's proven Run Walk Run® method and are designed to help the mature runner make the adjustments needed for each decade so that they can enjoy exercise and enhance quality of life without injury.

After developing his own Run Walk Run® method, which has a more than 98% success rate, Jeff has helped hundreds of thousands of walkers and runners achieve their goals. Jeff's plan uses a combination of running and walking intervals that help each person continue to run without risk of injury. The method is low mileage and can be fit into any schedule.

In addition to his training plans, Jeff includes advice on nutrition and fat burning as well as how to determine current fitness level, set appropriate goals, and stay injury free. Combining healthy eating with these run-walk, low-mileage programs benefits the bones, joints, and heart, and most runners can enjoy running with fewer aches and pains.

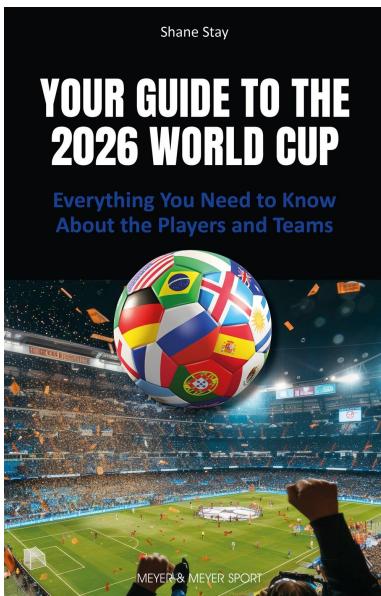
With this b...

Contributor Bio

Jeff Galloway was an average teenage runner who kept learning and working harder until he became an Olympian. He is the author of the bestselling running book in North America (*Galloway's Book on Running*) and was a *Runner's World* columnist for more than 20 years, as well as an international speaker for more than 200 running and fitness sessions each year. His Run Walk Run® program has inspired millions to run and improve their running. His program's 99% success rate is based on Jeff's success with more than 500,000 runners. Visit Jeff's website: www.jeffgalloway.com

Marketing Plans

- Social Media: Facebook page Jeff Galloway (jeffgallowayfan) (151K followers);
Instagram @jeffgallowayolympian (32.8K followers)
- Social media giveaways, live Instagram chats



Meyer & Meyer Sport
9781782552963
Pub Date: 4/7/2026
\$19.95
Trade Paperback

336 Pages
Carton Qty: 0
Sports & Recreation / Soccer
SPO040000
5.5 in | 8.5 in

Related Products

Also Available

9781782552888 - \$22.95
9781782552901 - \$16.95

Your Guide to the 2026 World Cup

Everything You Need to Know About the Players and Teams

Shane Stay

Key Selling Points:

- Provides detailed and expert analysis of all 48 teams and star players.
- Ideal for someone new to the sport.
- The content enhances a reader's experience when watching the games.
- With each time, the author analyzes strategies, formations, plays.
- Includes a walkthrough of the different stadiums of the three host countries.
- Includes background information on the World Cup.

Summary

Your Guide to the 2026 World Cup takes the reader through the globally renowned FIFA World Cup, providing in-depth details on all 48 teams, star players, coaches, team strategies, expert game analysis, and more! This is the perfect book for the enthusiast as well as anyone new to watching the sport.

The 2026 World Cup is the first to be hosted by three nations: the United States, Canada, and Mexico. Author Shane Stay delves into the World Cup's historic background, explaining not only why these games are so exciting, but also what the viewer should watch for as the matches unfold. He takes the reader through the stadiums and explains team strategies, formations, styles of play. He provides background on all the star players and teams, and even makes a few predictions for the games' outcomes.

Enhance the experience of watching the world's most popular tournament with the extra details and fun anecdotes provided in *Your Guide to the 2026 World Cup*.

Contributor Bio

Shane Stay is a bestselling author whose books include *100 American Soccer Legends*, *This Is Our CITY*, *THE World Cup 2022 Book*, *The Euro 2020 Book*, *European Soccer Leagues 2019*, *Major League Soccer 2019*, *THE Women's World Cup 2019 Book*, *THE World Cup 2018 Book*, *Why American Soccer Isn't There Yet*, and *The Cairo Project*. In 2008, he played professional soccer, coauthored a print book, published a magazine story, bottled Leaf Dressing, worked clubs as a comedian, was a restaurateur, and received a Master of Arts from Southern Illinois University. In 1999, he founded the first online Current Events Game (CE Game). He has appeared on TV and has featured on numerous radio broadcasts including ESPN and NPR. He lives in Chicago, Illinois.

Marketing Plans

- Review mailings
- Soccer podcast tour
- National radio broadcast tour interviews with local sports radio
- Social Media: Facebook: @ShaneStayAuthor and www.shanestay.com
- Author tour to Chicago and St. Louis and other Midwestern cities



Guido Bruscia

TRAINING WITH SANDBAGS FOR STRENGTH AND MOBILITY

52 FUNCTIONAL TRAINING EXERCISES
TO BUILD MUSCLE AND STAY LIMBER



The Ultimate Functional Training Series, Volume IV

Meyer & Meyer Sport
9781782552925

Pub Date: 5/5/2026
\$26.95
Trade Paperback

240 Pages
Carton Qty: 0
Health & Fitness / Exercise
HEA007050
Series: Ultimate Functional Training
Series

7 in | 10 in

Related Products

Also Available

9781782552895 - \$26.95
9781782552833 - \$24.95
9781782552734 - \$24.95

Training with Sandbags for Strength and Mobility

52 Functional Training Exercises to Build Muscle and Stay Limber

Guido Bruscia

Summary

Volume IV in the Ultimate Functional Training Series, with 199 Full Color photos and illustrations.

Training With Sandbags for Strength and Mobility, gives the reader 52 functional sandbag exercises that improve strength, build muscle, and reduce the risk of injury. Functional training includes those exercises which prepare the body for daily activities, and the best part of functional training is that it is simple to master and fits within the busiest lifestyle. And with this book, readers can train using one of Europe's most popular personal gym equipment.

The exercises are grouped into their targeted areas: full body, lower body, core, and upper body. As the reader has progressed in strength and mobility by mastering the bodyweight exercises found in volume I, they will build on their foundation as they progress in strength and fitness by adding additional sandbag weight. Also included are sample training plans for strength, hypertrophy, and toning which can be implemented into any workout routine, at home or at the gym.

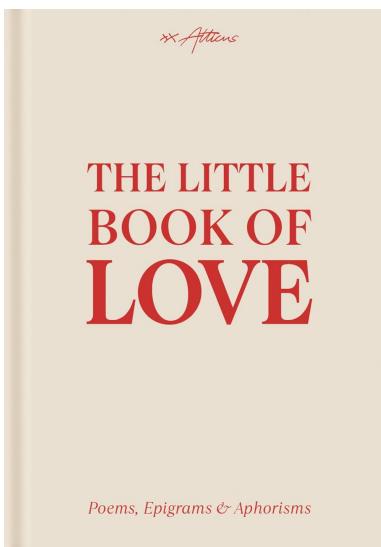
No training should be undertaken without first mastering the theory behind it. Before diving into the exercises, the reader is given the theory and background on ...

Contributor Bio

Guido Bruscia is a master trainer who is well known worldwide for functional and kettlebell training. He is the technical director of the Functional Training School, and he also teaches at institutions for fitness and bodybuilding coaches and personal trainers. He has written several bestselling books. He invented Personal Care, an innovative method of personal training with the goal of revolutionizing the lives of its students. Guido lives in Rimini.

Marketing Plans

- Electronic press release with review copy offer will be send to editors, writers and bloggers in appropriate print and online media
- Promotion on various social media sites



The Little Book of Love

Poems, Epigrams & Aphorisms

Atticus, Ashley C Chase

Key Selling Points:

- Pocket sized travel companion Hardcover
- Followers: 1.6M on Instagram alone
- Growth: 55,000 / month with Impressions per week: 35+ Million
- #1 Person to Follow" - Teen Vogue
- "The World's Most Tattooable Poet" - Galore Magazine
- "Book of the Year" Goodreads Nomination Two Years Running
- New York Times Bestselling Author of *The Dark Between Stars*, *Love Her Wild*, *The Truth About Magic*, and *LVOE*

Summary

The Little Book of Love by Atticus is a tender exploration of the many shapes and seasons of love, woven into four soulful chapters.

In "Within", Atticus turns inward, guiding us toward the quiet art of self-love-learning to meet our reflections with kindness, embracing our flaws, and remembering that true connection begins with caring for ourselves.

In "The Search", he captures the ache and beauty of longing, the courage it takes to be vulnerable, and the hopeful wonder of opening one's heart to possibility.

In "The Fire", Atticus celebrates love fulfilled: the spark of passion, the warmth of intimacy, and the radiant joy of truly connecting with another soul.

And in "The Echo", he honors love's shadows, holding space for heartbreak, grief, and resilience, while reminding us that even in the ache of letting go lies the strength to begin again. With his signature voice, at once raw and tender, Atticus distills the universal rhythms of the heart, offering readers a poetic companion through every stage of love's journey.

Contributor Bio

Atticus is the anonymous 4X *New York Times* bestselling author of *Love Her Wild*, *The Dark Between Stars*, *The Truth About Magic*, and *LVOE*, whose evocative words have inspired millions around the world to feel deeply and find beauty in the everyday.

Hailed as "The #1 Person to Follow" by *Teen Vogue* and "The World's Most Tattooable Poet" by *Galore Magazine*, his words have been shared by millions and inked on thousands of fans and celebrities. Atticus has been featured in *Time Magazine*, *Elle*, *The Guardian*, *Fast Company*, *Publisher's Weekly*, *The New York Times* and *The Wall Street Journal*. He's

worked with Kygo, Maroon 5, Coach, Absolute Vodka, Kohl's, Stance Socks, and Urban Outfitters among others. All this while wearing a mask and keeping his identity a secret, preferring to send love from the shadows.

Marketing Plans

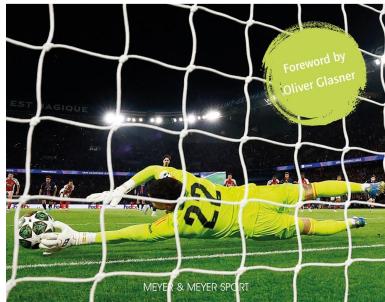
Preorder:

- Teasers across all social media (IG, TikTok, FB, Twitter, Pinterest). Promote 1 x week
Example post: 3 poems from inside the book with the book cover as the second picture

Leonhard Zeilinger | Franz Gruber

THE ULTIMATE GUIDE TO GOALKEEPER TRAINING

Develop Motor Skills, Technique, Tactics, and Mindset



Meyer & Meyer Sport
9781782552918
Pub Date: 5/5/2026
\$26.95
Trade Paperback

248 Pages
Carton Qty: 0
Sports & Recreation / Coaching
SPO061030
6.5 in | 9.5 in

Related Products

Also Available

9781782552901 - \$16.95
9781782552635 - \$16.99
9781782552253 - \$19.95

Display

9781782552215 - \$19.95

The Ultimate Guide to Goalkeeper Training

Develop Motor Skills, Technique, Tactics, and Mindset

Leonhard Zeilinger, Fraz Gruber, Oliver Glasner

Key Selling Points:

- Covers all facets of goalkeeper training: physical, technical, tactical, and mental preparation
- Suitable for all playing levels.
- Includes QR codes linking to video demonstrations.
- Features structured training plans, real-world examples, and methodological guidance.

Summary

As the final defender, modern goalkeepers must do more than simply stop goals. They must be able to read the game, make plays, and communicate with their teammates.

The Ultimate Guide to Goalkeeper Training is a holistic training guide for goalkeepers at every level. Drawing on their decades of coaching experience, the authors break down the essential components of goalkeeping into four key areas: motor skills, technique, tactics, and mental preparation.

From detailed explanations of diving and positioning to strategies for initiating attacks and managing pressure situations, this book is a comprehensive roadmap to goalkeeper development. Structured drills, developmental insights, and performance benchmarks help coaches and players design meaningful training plans. A QR code in each section links to videos that demonstrate proper technique, bridging the gap between theory and practice.

This book is an invaluable resource for goalkeeper training.

Contributor Bio

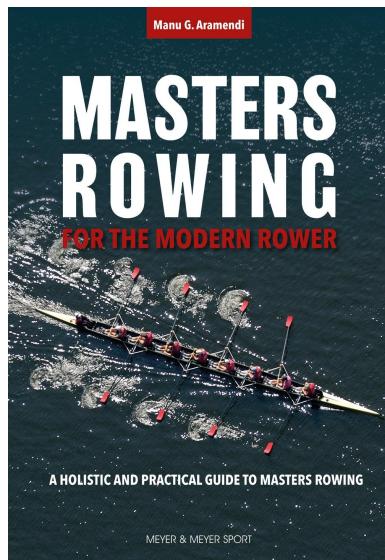
Leonhard Zeilinger is a sports scientist and goalkeeper specialist. He is known for his in-depth research, coaching expertise, and structured training methodologies. He collaborates with clubs and associations across Austria to develop goalkeeper education programs. Additionally, his valuable experience as a team coach plays a pivotal role in uniting goalkeepers with the broader team strategy. He resides in Upper Austria.

Franz Gruber has been the goalkeeping coach at FK Austria Wien since 1999. Having started in youth development, he has advanced to the professional squad and now serves as head of goalkeeping, overseeing training from academy to senior level. Gruber has worked under renowned coaches and contributed to the development of top Austrian goalkeepers. He lives in Vienna, Austria.

Foreword by **Oliver Glasner**, an Austrian football manager and former player. He is currently the manager of Premier League club Crystal Palace. In 2025 Glasner led Palace to their first major trophy i...

Marketing Plans

- Seek reviews in soccer publications/media, in particular those aimed at goalkeeping.
- Seek reviews from pro goalkeepers and coaches.
- Contact coaching organizations, academies, and professional clubs for collaboration.



Meyer & Meyer Sport
9781782552956
Pub Date: 4/7/2026
\$26.95
Trade Paperback

312 Pages
Carton Qty: 0
Sports & Recreation / Water Sports
SPO080000
6.5 in | 9.5 in

Related Products

Also Available

9781782552109 - \$28.95

Masters Rowing for the Modern Rower

A Holistic and Practical Guide to Masters Rowing

Manu G. Aramendi

Key Selling Points:

- A complete overview masters rowing, including the history of the sport and its ties to society.
- Reviews training types and training zones.
- Outlines what is a masters rower and what all masters rowers should know when training and competing.
- Provides prevention advice for typical rowing injuries.
- The content is suitable for both competitive and recreational masters rowers.

Summary

This book not only outlines training for masters rowers, but it assists the rower in better understanding how the body responds to the exertion from rowing as well as how to mitigate the changes in performance as they age.

96 color photos and diagrams.

Rowing has a long history with deep cultural roots. Today, it can be either a demanding sport or a relaxing leisure activity. Still, both rowing forms require teamwork and the delicate integration of technique and physical effort. In a more competitive sphere, it also requires mental strength. This is all true for masters rowers. Masters rowers must be sure that their rowing techniques are practiced methodically and carefully to prevent injuries.

This book provides a complete overview of masters rowing. It examines in detail the history of rowing as well as its history as a sport, moving on to outline the different types of training and training zones. The training advice would not be complete without an overview of the most common rowing injuries and how they can be prevented, especially as the rower ages. The book also provides details on how aging and rowing go hand in hand. Competing as a masters rower requires different training sk...

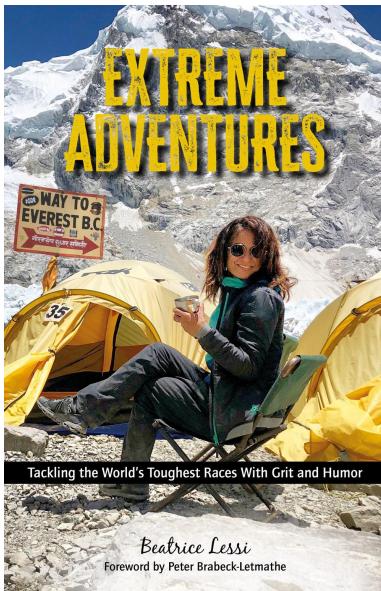
Contributor Bio

Manu G. Aramendi is a doctor of medicine (MD), specialist in sports medicine, and associate professor of Physiology at the Faculty of Medicine of the University of the Basque Country. He has provided medical expertise and guidance to a range of sports teams. He currently provides medical services to the Guipuzcoa Football Federation. He has published five books, fourteen book chapters, and numerous articles. In addition to organizing courses and seminars, he led the organization of the Estropada Akademikoa - Regata Académica, an Olympic rowing regatta between universities, as well as the associated socio-cultural events. He is a member of the Ur Kirolak rowing club in Donostia-San Sebastián and has participated in several international championships and regattas. He lives with his family in Zumaia, Spain.

Marketing Plans

Author is member of the following Facebook groups:

- Masters Rowing International (27K members)
- Master Rowing Group
- Coastal Rowing International (6K members)
- World Rowing (page, 128K like, 146K followers) - www.worldrowing.com



Meyer & Meyer Sport
9781782552949
Pub Date: 6/2/2026
\$22.95
Trade Paperback

288 Pages
Carton Qty: 0
Biography & Autobiography / Sports
BIO016000
5.5 in | 8.5 in

Related Products

Also Available
9781782551973 - \$16.95

Extreme Adventures

Tackling the World's Toughest Races With Grit and Humor

Beatrice Lessi

Summary

Extreme Adventures is a rocket-fueled, heartwarming journey through curiosity, self-doubt, reinvention, and improbable triumph, where every finish line is the next starting point.

Author's style is both humorous and inspiring.

Emerging from a childhood where she skipped gym class and was mystified by mathematics to a high-flying career in finance, on the outside, Beatrice Lessi seemed to be conquering the world. But inside, she was battling eating disorders and struggling to find meaning in her life.

Fast forward to her forties when on a whim Beatrice signs up for the Marathon des Sables, the grueling multi-day ultra race across the Sahara Desert. No training plan. No race preparation. Zero athletic experience. Instead Beatrice competes in the toughest footrace on earth fueled by wild curiosity and a hint of madness.

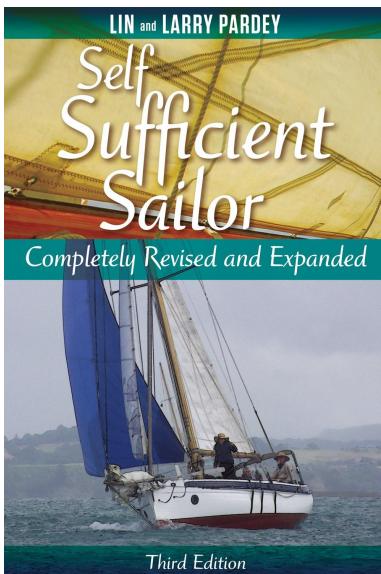
What follows is an outrageous, exhilarating, and soulful transformation that takes her to Everest Base Camp, the glaciers of Antarctica, and into the heart of ultra-endurance culture. Along the way, she proves that a person doesn't need youth, talent, money, a perfectly healthy body, or mathematical brilliance to live adventurously—just curiosity, guts, and a sense of humo...

Contributor Bio

Beatrice Lessi is a blogger and journalist. At age 40, with no previous experience in sports, she started running and went on to compete in numerous extreme races. She now writes to inspire others to take up running and embrace personal growth. Beatrice lives in Zurich with her husband. She has three daughters. She is driven by an endless energy and hopes to capture in writing what she experiences in life: good moods, curiosity, and beauty.

Marketing Plans

- Instagram: @beatriceless, 22+K followers
- Website: www.askthemonsters.com - author is ready to post articles about book with book link.
- Promotion through author's IG profile, supported by running social media ad campaign for the book.
- Approach media and blogs, particularly those geared toward women and...



L&L Pardey
9781929214785
Pub Date: 1/6/2026
\$29.95
Trade Paperback

328 Pages
Carton Qty: 0
Sports & Recreation / Water Sports
SPO036000
6 in | 9 in

Related Products

Also Available
9781929214808 - \$22.95
9781929214471 - \$22.95

Self Sufficient Sailor, Full Revised and Expanded

Lin Pardey, Larry Pardey

Key Selling Points:

- Photos: 80 B&W
- Illustrations: 42 B&W
- Map 1 B&W
- Most up to date version of a classic
- Highly endorsed

Summary

This book is just what the title says; a distillation of what the Lin and Larry learned during more than 47 years of sailing together, years during which they covered more than 200,000 miles on board their two cutters, *Seraffyn* and *Taleisin*, and on scores of other boats they have delivered or raced. Lin and Larry tell how they have sailed in comfort and safety without large cash outlay- on a pay-as-you-earn-as-you-go plan and by simplifying. The first two editions of this invaluable text have seen more than 60,000 copies reach people who dream of setting sail, be it for a weekend voyage across to an offshore island, or for a world circumnavigation.

"Nothing can keep you cruising longer, safer, and on a lower budget than self-sufficiency, and no one knows more about the subject than Lin and Larry Pardey."
- Tom Linskey, Senior Editor, *SAIL Magazine*

"In today's cruising culture, you might be fooled into thinking that you NEED an over-sized sailboat with countless expensive systems to cruise successfully. Lin and Larry Pardey spent most of their lives proving otherwise. This book offers a timeless philosophy of what is truly essential to Sail the World."
- Jordan and Desiree Wicht, You...

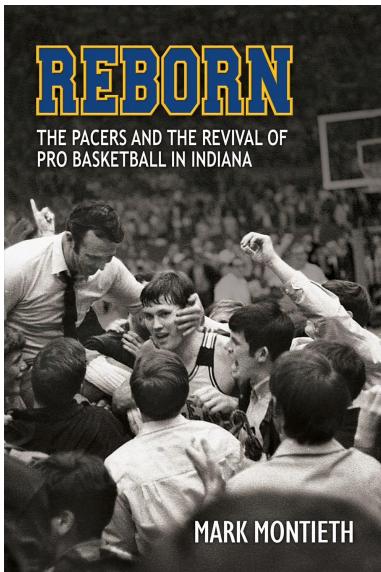
Contributor Bio

Lin Pardey has voyaged more than 220,000 miles on boats ranging from 24 feet to more than 60 feet in length. Her seminars, the 12 books and 5 videos she created, have encouraged thousands of potential voyagers to set sail. After 47 years of voyaging she settled in at her homebase in New Zealand, to care for Larry through his decline due to Parkinson's disease and dementia. With Larry now in full time care, she has once again set sail towards Australia as crew on David Haigh's 40 foot *Van de Stadt, Sahula*. Between return visits to see Larry, she looks forward to sharing more cruising.

Marketing Plans

Author's social media

Influencer campaign as a legend in the field and hall of fame sailor, Lin Pardey is connected with nearly all of the YouTube sailing celebrities



Halfcourt Press
9780998729848
Pub Date: 5/5/2026
\$21.95
Trade Paperback

416 Pages
Carton Qty: 0
Sports & Recreation / Basketball
SPO004000
6 in | 9 in

Related Products

Also Available

9781681572314 - \$18.99
9780998729824 - \$26.95
9781681571942 - \$14.99

Reborn

The Pacers and the Revival of Pro Basketball in Indiana

Mark Montieth

Key Selling Points:

- 30+ b/w photos
- Index
- The team is winning games and has strong fan support
- Author with strong track record of promoting books
- Hardcover edition is the all-time best selling book on the Indiana Pacers

Summary

Fan interest in the Indiana Pacers hasn't been this high since the Reggie Miller days. Author, Mark Montieth spent decades researching this book through extensive interviews and access to previously unseen internal documents regarding the formation and early seasons of the Indiana Pacers in 1967. He tells the dramatic story of the noble, city-wide effort to establish the franchise after a 14-year hiatus from professional basketball in Indianapolis, as well as the tumultuous and electrifying early seasons when the franchise that thrives today first took root.

More than merely recounting the games, he delves into the unique personalities of some of the players and the social issues that influenced their careers. He also captures the carefree, raucous nature of professional basketball in a basketball-crazed state in the Sixties. This was an era when fights in games were common, a player could pack a gun in carry-on luggage for a road trip, newspapers unabashedly promoted the team to help assure its survival, games were played in arenas so cold the players could see their breath, a player could be told he was traded while taking a post-game shower and fans would run onto the court and a...

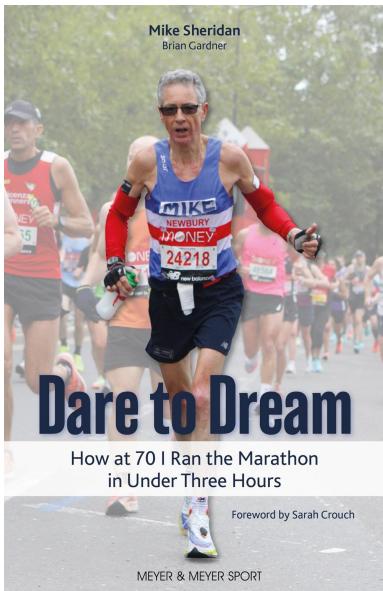
Contributor Bio

Mark Montieth was born and raised in Indianapolis and lives there today. He attended Indiana Pacers games as a child, and grew up to become a sports journalist who reported on the Pacers for many years, including a 12-year period when he covered the team for the Indianapolis Star.

He has won many regional and national awards for his writing, as well as for hosting a popular program on the most powerful radio station in central Indiana. He also hosted two sports-related episodes on the local PBS television station, further expanding his personal brand.

Marketing Plans

- Extensive radio interviews, and likely television and print publicity
- Speaking engagements
- Web promotion
- Social media campaign



Dare to Dream

How at 70 I Ran the Marathon in Under Three Hours

Brian Gardner, Mike Sheridan

Summary

Dare to Dream is the inspiring memoir of Mike Sheridan, a world record-breaker in long-distance running with a unique approach to the marathon. For Mike, age is just a number, and anything is possible for the older athlete. Includes 18 b/w photos.

This is the complete story of Mike's illustrious career. He candidly shares his own experiences with the reader—all of his ups and downs, from a childhood spent in the endurance running hotbed of Kenya and an off-putting experience with cross-country running to becoming one of the most decorated masters of marathon running. He shares here his training methods for older runners.

Mike's story of perseverance and success is one that is sure to inspire runners of all ages.

Contributor Bio

Since retiring in October 2021, **Brian Gardner** has rekindled a childhood ambition to be a writer. He is a graduate in English Literature and a former athlete. He was a primary school teacher, fitness instructor, and a manager in physical activity and public health. He qualified with distinction in proofreading and copy editing from the College of Media and Publishing in 2022. His first book, *No Cross-Country for Old Men*, was published the same year. He is coauthor of the memoir of a world champion in athletics, *David Sharpe, Enigma on Track*, released in 2024. He resides in Wiltshire.

A bold and audaciously ambitious runner, **Mike Sheridan** embraced the grind tirelessly, year in and year out, as he straddled the fine red line of intense training that it takes to become one of the world's best marathoners. Through every soaring high and gut-wrenching low, through every injury and setback, Mike put his head down and got the work done, never complaining, always with his characteristic forward ...

Meyer & Meyer Sport

9781782552987

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\$28.95

Trade Paperback

328 Pages

Carton Qty: 0

Sports & Recreation / Running & Jogging

SPO035000

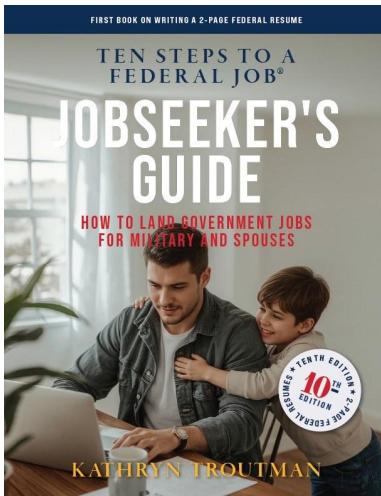
5.5 in | 8.5 in

Related Products

Also Available

9781782552406 - \$18.95

9781782551652 - \$16.95



The Resume Place
9781733777957
Pub Date: 3/3/2026
\$21.95
Trade Paperback

164 Pages
Carton Qty: 0
Business & Economics / Careers
BUS012030
Series: Ten Steps to a Federal Job®
8.5 in | 11 in

Related Products

Also Available

9781733407687 - \$21.95

Jobseeker's Guide, 10th Edition, Ten Steps to a Federal Job®

How to Land Government Jobs for Military and Spouses

Kathryn Troutman, Sarah, JD Blazucki

Key Selling Points:

- 28 Two-Page Federal Resumes
- 14 Federal Resume Excerpts from the former longform "Outline Format"
- Competency chapter features top competencies for government occupational series
- Keyword chapter will feature the best ways to add, feature and include keywords from USAJOBS
- Accomplishment chapter includes examples of accomplishments for government jobs
- Plain Language Lessons will enhance two-page succinct writing style

Summary

On May 29, 2025, the Office of Personnel Management sent a Memo to 2 million Federal employees telling them that a 2-page Federal resume is now required, instead of the long-form, which could be 5 to 20 pages. In the 10th Edition all of the resume formats have changed to the 2-Page Federal Resume format. The samples in this book will become the leading examples of 2-page Federal Resumes for the US Military installations worldwide. This book and curriculum, Ten Steps to a Federal Job® is taught by licensed Ten Steps to a Federal Job® trainers at more than half of the military bases worldwide.

The guide is organized into TEN STEPS TO A FEDERAL JOB(R): learning about federal jobs; networking and utilizing competitive hiring; searching USAJOBS; finding keywords; exploring core competencies; writing a 2-page federal resume; recording accomplishments; applying for federal positions; tracking applications and following up; and preparing for interviews and negotiations.

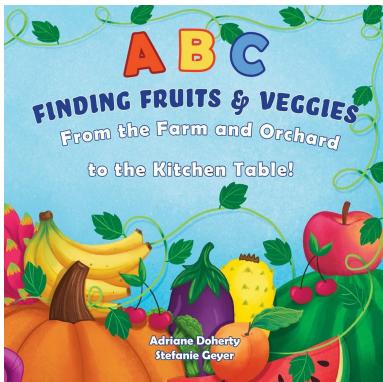
Since 2002, Kathryn Troutman created the Ten Steps to a Federal Job(r) after 9/11. This book and curriculum have been widely used for military personnel seeking jobs worldwide. Kathryn is the founder of the Certified Feder...

Contributor Bio

Kathryn Troutman is from Baltimore, MD and founded the Resume Place, the United States' first Federal resume writing and coaching business, more than 30 years ago. She is the pioneering designer of the Federal Resume format, created after the Federal government eliminated the SF-171 form in 1995.

Kathryn wrote the first-ever book on writing the Federal-style resume - Federal Resume Guidebook in 1995. The 7th Edition of the Federal Resume Guidebook was the No. One Resume Book in America for 2024 and half of 2025.

The new 10th Edition is written due to the OPM/Trump Administration CHANGE of the Federal resume format to a required 2-page format for 2 million Federal employee - a dramatic change in the application process. Many / most Federal resumes are 5 to 20 pages. The new 2-page rule is a dramatic change for Federal employees. They need this new book with samples.



ABC Finding Fruits and Veggies

From the Farm and Orchard to the Kitchen Table!

Adriane Doherty, stefanie Geyer

Summary

An interactive **seek-and-find** book for little readers about how their fruits and vegetables are grown, make it to market, and finally to their table. Kids follow the vine that runs throughout the book learning their alphabet and 78 words they can see and say.

Readers stroll through the farm, orchard, garden, farmer's market, and kitchen, as children find yummy foods to eat. Three new words for each letter, children will strengthen their letter recognition skills and increase their vocabulary.

With bright colors and simple sentences kids learn about fruits and vegetables, where they are grown, and how they make it to the table.

All Rubber Ducky Press board books are on quality whiteboard, rounded edges, and are tested for personal and environmental safety, and represent a diversity of people.

Contributor Bio

Adriane Doherty is the author of 15 children's books. Her writing encourages curious young minds to learn about the people and places around them while exposing readers to a fun story. Adriane is the operations director of the company she and her husband founded in Carmel, Indiana.

Marketing Plans

- Author tour to local schools, libraries, and bookstores in Indiana, Ohio, Kentucky
- Press Release
- Social Media Campaign

Rubber Ducky Press

9781947141735

Pub Date: 5/5/2026

\$11.99

Board Book

32 Pages

Carton Qty: 0

Ages 3 to 6, Grades P to 1

Juvenile Nonfiction / Concepts

JNF013110

Series: Come Learn with Me

7 in | 7 in | 0.9 in

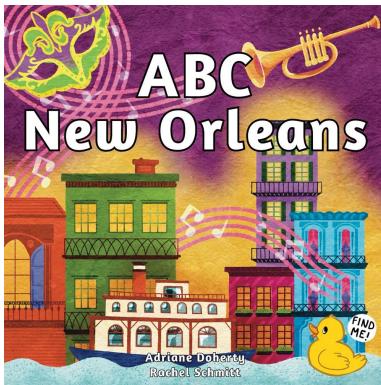
Related Products

Also Available

9781947141650 - \$11.99

9781947141612 - \$9.99

9781947141599 - \$8.99



ABC New Orleans

Adriane Doherty, Rachel Schmitt

Summary

Travel through the city of New Orleans and meet new people as you learn your ABCs. From joining a Mardi Gras parade to eating a delicious beignet, there is so much to do in this historic city. On each page hides a rubber ducky waiting to be found by you! With so much to see, kids will be reading this book over and over again.

All Rubber Ducky Press board books are on quality whiteboard and tested for personal and environmental safety.

Contributor Bio

Adriane Doherty is the author 15 children's books. Her writing encourages curious young minds to learn about the people and places around them while sharing with readers an entertaining story. Adriane has visited New Orleans countless times for business and pleasure. Adriane attended college at IUPUI in Indianapolis. Following her schooling she got into sales and currently works in finance and operations at a distribution company she co-founded with her husband. As the mother of three Adriane read to her young children daily, and her love of books and helping young minds grow and understand the places around them inspired her to write. Adriane has traveled throughout the US posting travel tips for families on the Rubber Ducky Press blog and social media. She currently resides in Indiana.

Rubber Ducky Press

9781947141711

Pub Date: 5/5/2026

\$9.99

Board Book

28 Pages

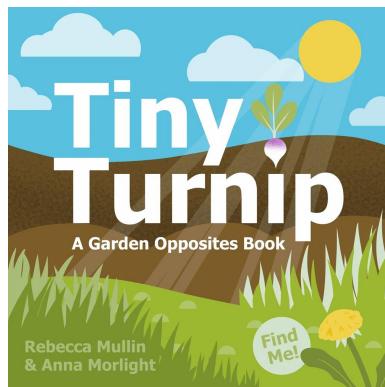
Carton Qty: 0

Juvenile Nonfiction / Concepts

JNF013010

Series: My First Alphabet Book

6 in | 6 in



Rubber Ducky Press

9781947141759

Pub Date: 5/5/2026

\$9.99

Board Book

28 Pages

Carton Qty: 0

Juvenile Nonfiction / Concepts

JNF013050

6 in | 6 in | 0.8 in

Related Products**Also Available**

9781947141612 - \$9.99

9781947141599 - \$8.99

Tiny Turnip**A Garden Opposites Story**

Rebecca Mullin, Anna Morlight

Summary

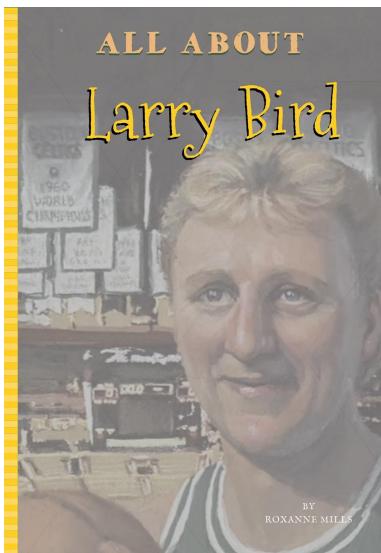
Discover a garden of opposites and surprises in *Tiny Turnip*. From heavy pumpkins to light pea pods, come along on a gardening adventure. Spot playful creatures and a hidden yellow dandelion on each page, inspiring and educating young minds and green thumbs alike.

All Rubber Ducky Press board books are on quality whiteboard and tested for personal and environmental safety.

Contributor Bio

Rebecca Mullin is the author of the gardening board book series, *One Tomato, Purple Carrot* and *Tiny Turnip* was shortlisted for the Indiana Authors Award and Rebecca is a member of the Indiana Humanities Speakers Program. Before writing for children, Rebecca was a bookseller and a Board Member of the Great Lakes Independent Bookseller Association. Rebecca now lives in Eau Claire, WI with her husband, four daughters, and an ever-expanding garden. Connect with her at rebeccamullin.com.

Anna Morlight was raised in the vibrant artistic community of Yellow Springs, Ohio. Trained in biology and with experience in zookeeping and outdoor education, her subject matter often focuses on animals and the natural world. Anna uses this inspiration and a simplified color palette to unify her work across various media, including digital art, linocut prints, and oil paintings. *Tiny Turnip* will be her third illustrated book. See more work at AnnaEm.com.



Blue River Press
9781681572376
Pub Date: 5/5/2026
\$7.99
Trade Paperback

128 Pages
Carton Qty: 0
Ages 9 to 14, Grades 4 to 8
Juvenile Nonfiction / Biography & Autobiography
JNF007100
Series: All About...People
5.2 in | 7.5 in

Related Products

Previous Titles

9781681571744 - \$5.99

Also Available

9781681570938 - \$7.99

9781681570891 - \$5.99

All About Larry Bird

Roxanne Mills

Summary

Larry Bird's story of an economically challenged upbringing in a small Midwest town to Basketball Hall of Fame is a truly inspiring tale. From the "Hick from French Lick" to "Larry Legend" his story is one of hard work, mental toughness, and competitive fervor.

Growing up the shy younger brother of high school basketball star Mark Bird, Larry had to work hard to get noticed. At first it didn't go well, but by his junior year in high school college teams began to take notice. By his senior year he was being scouted by Big 10 schools including the Bob Knight of the Indiana University Hoosiers. Although he signed up to play for Indiana University he never suited up for a game. Instead he dropped out and would eventually sign on with a much less powerful basketball program at Indiana State University. By his sophomore year as a Sycamore Larry was on the cover of Sports Illustrated.

Drafted into the NBA by the Boston Celtics Larry would lead his team to five NBA Finals winning three of those contests.

Small town Indiana is small town basketball. In the decade before Michael Jordan Larry Bird and Magic Johnson set the basketball world on fire. Larry would go on to coach for his home state Indiana...

Contributor Bio

Roxanne Mills is an author and an Associate Professor of English at Oakland City University in Oakland City, Indiana. Her writing interests include fiction and dramatic non-fiction, as well as the improvement of college student writing. She is the co-author, with her husband Randy, of *Summer Wind: A Soldier's Road from Indiana to Vietnam* and *Unexpected Journey: A Marine Corps Reserve Company in the Korean War*, the well-received case study of the call-up of Marine Reservists during the Korean conflict, published by the Naval Institute Press.

She is also the author of numerous professional articles on English education and regional Indiana history. These articles have been featured in journals and magazine such as:

Journal for the Liberal Arts and Sciences, Traces of Indiana and Midwestern History, Indiana Magazine of History, American Secondary Education, Education, College Student Journal, The Social Studies.

Roxanne lives in Columbus, IN.

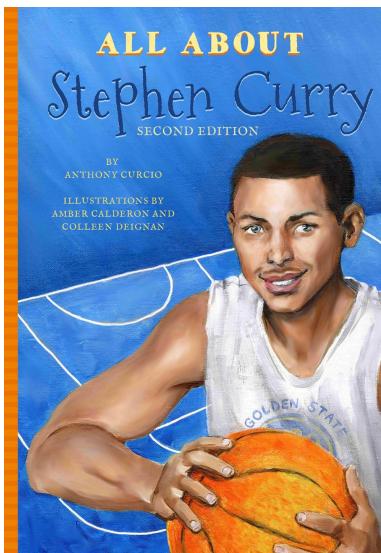
Marketing Plans

Indiana Author Tour

Presentation at ALA, NCTE, and Regional Bookseller Conferences

Library Mailings

DRC distribution through Edelweiss



Blue River Press
9781681572390
Pub Date: 12/2/2025
\$7.99
Trade Paperback

128 Pages
Carton Qty: 0
Ages 9 to 14, Grades 4 to 8
Juvenile Nonfiction / Biography & Autobiography
JNF007100
Series: All About...People
5.2 in | 7.5 in

Related Products

Also Available

9781681570952 - \$7.99
9781681570938 - \$7.99
9781681570976 - \$5.99

All About Stephen Curry 2nd Edition

Anthony Cursio, Amber Calderon, Nicole Santiago

Summary

A perennial NBA All-Star, Wardell Stephen Curry II (known as Steph) was named the NBA Most Valuable Player twice and has won four NBA championships and been selected on eleven NBA All-Star teams. He is largely thought of as the greatest shooter in NBA history. Curry was the first player in NBA history to be elected MVP by a unanimous vote and to lead the league in scoring.

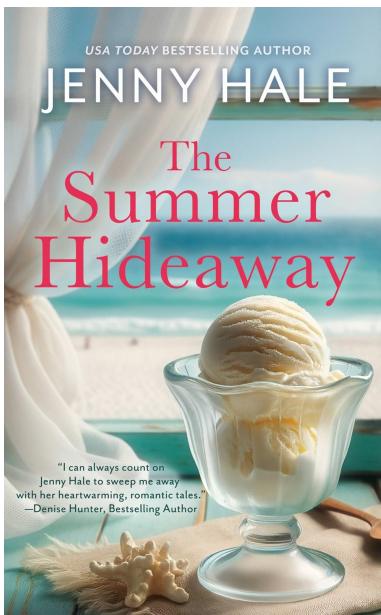
- 50 b/w illustrations
- Index, Glossary, Timeline, Quotes, and Further Reading sections
- Spot Gloss Cover Treatment
- Updated through the 2025 season

People throughout his childhood, high school, basketball career told him he wouldn't make it to the NBA. He was too slow and too short. Even after a dominant college career many still doubted Stephen had the stuff to make it in the NBA. He proved them all wrong and *All About Stephen Curry* tells the story of how he did it.

The "All About...People" series has won multiple awards for both content and design. It includes biographies of the famous and not so famous people who helped shape our common history. Profiles include: Madam C.J. Walker, Barack Obama, Julia Morgan, Margaret Hamilton, Roberto Clemente, Stephen Hawking, and more.

Contributor Bio

Anthony Curio is a five-time best-selling author whose Juvenile non-fiction sports books have sold more than 400,000 copies since 2016. He has a bachelor's degree in social sciences from Washington State University and is an educational consultant and speaker. Anthony lives in Seattle, WA.



Harpeth Road Press
9781963483260
Pub Date: 6/16/2025
\$17.99
Trade Paperback

288 Pages
Carton Qty: 0
Fiction / Romance
FIC027270

5 in | 8.3 in

Related Products

Also Available

9798987711521 - \$14.99
9798987711538 - \$13.99

The Summer Hideaway

An Uplifting, Feel-Good Summer Romance

Jenny Hale

Summary

From the *USA Today* bestselling author of *The Magic of Sea Glass*, with over one million copies of her books sold, comes an absolutely beautiful summer romance, perfect for fans of Sheila Roberts, Jill Shalvis, and Debbie Macomber.

Alice Emerson and her best friend **Sasha Miller** have decided to swap inland living for the picturesque beaches of the Outer Banks. They pour everything they have into launching an ice cream shop in the little cottage on the beach where Alice spent blissful childhood summers with her grandfather.

As Alice and Sasha add color to the walls of the shop, their fresh new life begins to take shape, and love is the last thing on Alice's mind. But she keeps running into the mysterious **Jack Murphy**, and finds herself falling for his golden-boy charm and warm smile.

With everything on her plate, Alice tries not to think he could be the one for her. Jack's only there for the season, and Alice has had her fair share of heartbreak. Then she discovers an old locket tucked away that contains a family secret that turns Alice's world upside down and might just threaten the future of the ice cream shop.

An uplifting summer romance about the power of friendship, uncovering family secrets...

Contributor Bio

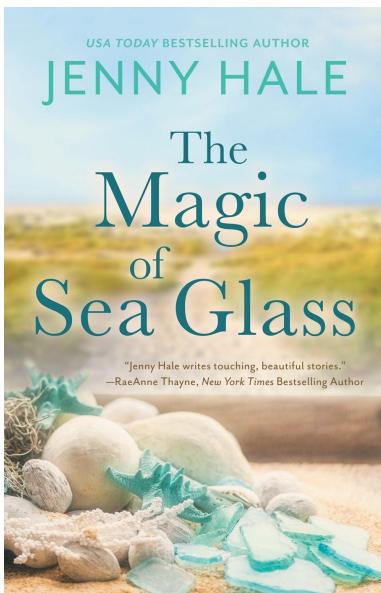
Jenny Hale is a *USA Today*, and international bestselling author of romantic contemporary fiction. Over one million of her books have sold worldwide, have been translated into multiple languages, and adapted for television. Her stories are chock-full of feel-good romance and overflowing with warm settings, great friends, and family.

Her novels *Coming Home for Christmas* and *Movie Guide Epiphany Award* winner *Christmas Wishes and Mistletoe Kisses* are Hallmark Channel original movies. She was included in *Oprah Magazine's* "19 Dreamy Summer Romances to Whisk You Away" and both *Southern Living's* "30 Christmas Novels to Start Reading Now" as well as "Beach Reads Perfect for Summer 2020."

Jenny is at work on her next novel, delighted to be bringing even more heartwarming stories to her readers. When she isn't writing or heading up her romantic fiction imprint [Harpeth Road](#), she can be found running around her hometown of Nashville, Tennessee.

Marketing Plans

- Mailing to 33,000 newsletter subscribers
- Promotion on Author Social Media Platforms, incl.: Facebook, X, Instagram, Threads, & TikTok
- Promotion on Publisher Social Media Platforms, Incl.: Facebook, X, Instagram, & TikTok
- Author tour of the following cities: Chesapeake, Virginia (partial setting of the ...)



HarperCollins Publishers
9798987711521
Pub Date: 4/9/2024
\$14.99
Paperback

272 Pages
Carton Qty: 0
Fiction / Romance
FIC027020
5 in | 8.3 in

Related Products

Also Available

9798987711538 - \$13.99

The Magic of Sea Glass

A Dazzlingly Heartwarming Summer Romance

Jenny Hale

Summary

From the *USA Today* bestselling author of *The Beach House*, with over one million copies of her books sold, comes a heartwarming beach read, perfect for fans of **Sheila Roberts, Jill Shalvis, and Debbie Macomber**.

After the loss of her fiancé a year ago, event planner **Lauren Sutton** can't seem to go on with her choice of career or the life she'd built with her fiancé any longer. Floundering emotionally, she makes a snap decision to sell her half of the business and spend the summer among the sand dunes and changing tides of the Outer Banks, taking care of an old inn in Rodanthe, North Carolina with its elderly owner Mary Everett.

Perhaps the salty breezes of the Atlantic and the warmth of summer sun on her face will help her find her direction. What she doesn't expect to find is a story hidden away in a string of sea glass that will change her life forever.

And complicating things is local fisherman **Brody Harrison**. All she'd wanted was to sink her toes in the sand and let the coastal breeze calm her aching heart. But Brody shakes up her plan in ways she'd never imagined.

An uplifting summer escape that will strengthen your family bonds and have you believing in the incredible power of love....

Contributor Bio

Jenny Hale is a *USA Today*, and international bestselling author of romantic contemporary fiction. Over one million of her books have sold worldwide, have been translated into multiple languages, and adapted for television. Her stories are chock-full of feel-good romance and overflowing with warm settings, great friends, and family.

Her novels *Coming Home for Christmas* and Movie Guide Epiphany Award winner *Christmas Wishes and Mistletoe Kisses* are Hallmark Channel original movies.

She was included in *Oprah Magazine's* "19 Dreamy Summer Romances to Whisk You Away" and both *Southern Living's* "30 Christmas Novels to Start Reading Now" as well as "Beach Reads Perfect for Summer 2020."

She can be found running around her hometown of Nashville, Tennessee with her husband, two boys, and their labradoodle, taking pictures-her favorite pastime.

Marketing Plans

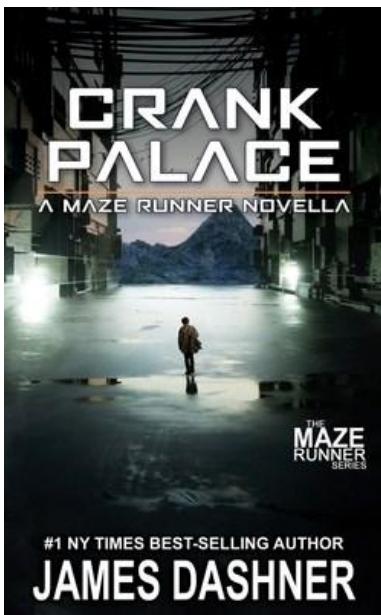
Kirkus Advertising

Facebook Ads

Author bookshop appearances (signing books, shared on social media)

Social media promotion

E-mail newsletter mailouts and author newsletter swaps



Akashic Media Enterprises
9798988421504

Pub Date: 10/17/2023
\$9.99
Trade Paperback

180 Pages
Carton Qty: 60
Young Adult Fiction / Dystopian
YAF015000
Series: The Maze Cutter
5.5 in | 8.3 in

Related Products

Also Available

9798985955248 - \$14.99
9798985955200 - \$22.95

Previous Editions

9781626015678 -

Crank Palace

A Maze Runner Novella

James Dashner

Summary

In this new edition Akashic Media Enterprises is adding teaser content for the new The Maze Cutter Series.

Newt has been to hell and back with his friends.

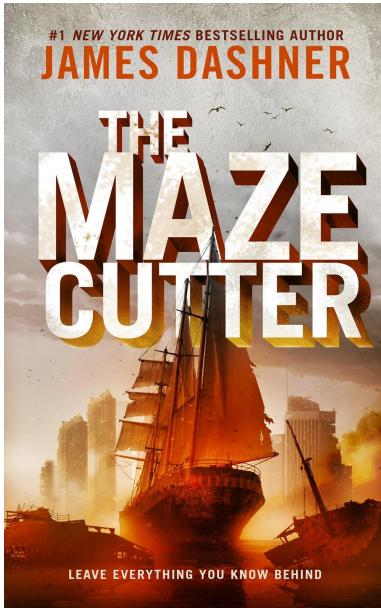
The Glade. The Maze. The Scorch. The inner halls of WICKED. But now he has a burden that can't be shared with Thomas and the others-the Flare. And Newt can't bear the thought of his friends watching him descend into madness as he succumbs to the virus.

Leaving only a note, Newt departs the Berg before the Gladers return from their mission into Denver, Colorado. From there, he experiences the gritty nightmare of life on the streets, running from the infected and those hunting them, until he ends up in the Crank Palace, the last dumping ground of those without hope. Although Newt thought he was running away from his friends to save them from himself, along the way he meets a young mother named Keisha and her son, Dante, who end up saving Newt in a way he could never have imagined.

Taking place during the latter events of The Death Cure, Crank Palace tells the story of Newt like never before, from inside his own mind, as he searches for meaning in a life gone horribly wrong. He will try to fulfill a new-found destiny before his path le...

Contributor Bio

James Dashner is the author of the #1 New York Times Bestselling Maze Runner series (movies by Fox/Disney) including The Maze Runner, The Scorch Trials, The Death Cure, The Kill Order, and The Fever Code, and the bestselling Mortality Doctrine series (The Eye of Minds, The Rule of Thoughts, and The Game of Lives). Dashner was born and raised in Georgia, but now lives and writes in the Rocky Mountains with his wife and their four children.



Akashic Media Enterprises

9798985955248

Pub Date: 10/17/2023

\$14.99

Trade Paperback

328 Pages

Carton Qty: 36

Young Adult Fiction / Dystopian

YAF015000

Series: The Maze Cutter

5.5 in | 8.5 in

Related Products

Other Formats

9798985955200 - \$22.95

The Maze Cutter

A Maze Cutter Novel

James Dashner

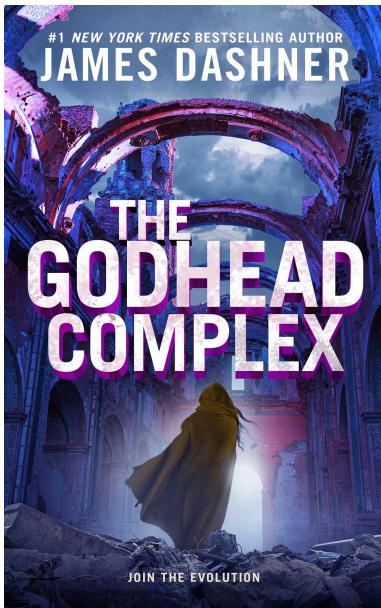
Summary

Seventy-three years after the events of THE DEATH CURE, when Thomas and other immunes were sent to an island to survive the Flare-triggered apocalypse, their descendants have thrived.

Sadina, Isaac, and Jackie all learned about the unkind history of the Gladers from The Book of Newt and tall tales from Old Man Frypan, but when a rusty old boat shows up one day with a woman bearing dark news of the mainland--everything changes. The group and their islander friends are forced to embark back to civilization where they find Cranks have evolved into a more violent, intelligent version of themselves. The islanders are hunted by the Godhead, the Remnant Nation, and scientists with secret agendas. When they cross paths with an orphan named Minho from the Remnant Nation, the dangers become real and they don't know who they can trust. The islanders will have to survive long enough to figure out why they are being targeted, who is friend or foe, and what the Godhead has planned for the future of humanity.

Contributor Bio

James Dashner is the author of the #1 New York Times bestselling Maze Runner series (movies by Fox/Disney), including The Maze Runner, The Scorch Trials, The Death Cure, The Kill Order, and The Fever Code, and the bestselling Mortality Doctrine series (The Eye of Minds, The Rule of Thoughts, and The Game of Lives). Dashner was born and raised in Georgia, but now lives and writes in the Rocky Mountains.



Akashic Media Enterprises

9798988421528

Pub Date: 9/3/2024

\$14.99

Trade Paperback

302 Pages

Carton Qty: 40

Young Adult Fiction / Dystopian

YAF015000

Series: The Maze Cutter

5.5 in | 8.3 in

Related Products

Also Available

9798985955224 - \$22.95

9798985955248 - \$14.99

9798988421504 - \$9.99

The Godhead Complex

James Dashner

Summary

FLARE ABOVE, MAZE BELOW.

Sadina and the islanders are up against both man and nature as they navigate their way to Alaska to see the Godhead, but the Godhead itself is fractured. Within the cracks of the sacred trinity, secrets are revealed that blur the lines of good and evil.

One person's God is another person's Devil. Isaac and Sadina are forced to split up, and while Minho holds the rest of the group together, it's his beliefs that are slowly falling apart. What once drove Minho to join the Godhead is causing him to question his past and his future. Sadina finds something life changing in The Book of Newt, and her mission to save the world becomes even stronger. But while on his own, Issac meets a new traveler with a mission and learns that the cure isn't what it once was thought to be, the immunes aren't as immune, and the world as a whole is evolving in a dangerous direction.

In Alaska, the Crank Army awaits to unleash its fury on the Godhead, ending Alexandra's reign before it begins but nature and evolution become an even greater threat than all the Cranks in the world. Beliefs change, futures are rewritten, and not even the Godhead knows what will happen next.

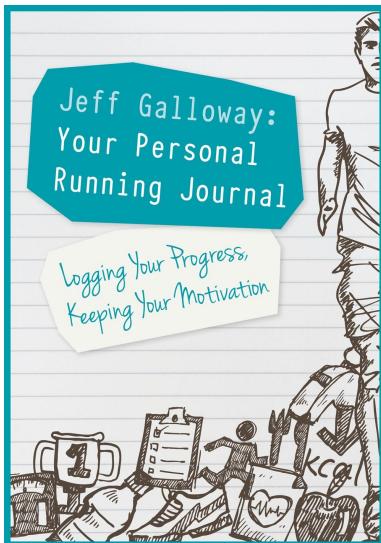
Praise for the M...

Contributor Bio

James Dashner is the author of the #1 New York Times bestselling Maze Runner series (movies by Fox/Disney), including The Maze Runner, The Scorch Trials, The Death Cure, The Kill Order, and The Fever Code, and the bestselling Mortality Doctrine series (The Eye of Minds, The Rule of Thoughts, and The Game of Lives). Dashner was born and raised in Georgia, but now lives and writes in the Rocky Mountains.

Marketing Plans

- Early Reader Review Campaign
- Author Tour
- National Print Publicity
- NetGalley Promotion
- Online Publicity
- Email Marketing Campaign
- Social Media Campaign
- Submitting for Editorial Reviews
- Influencer Campaigns
- School & Library Outreach
- Digital Optimization and Advertising
- Author Twitter: @James Dashner
- Author Website...



Meyer & Meyer Sport

9781782551102

Pub Date: 4/1/2017

\$16.95

Paperback

176 Pages

Carton Qty: 36

Sports & Recreation / Running &

Jogging

SPO035000

5.8 in | 8.3 in

Jeff Galloway: Your Personal Running Journal

Jeff Galloway

Summary

In this book, Olympian Jeff Galloway details how to set up a training program, how to monitor progress, and how to schedule each workout. Included are 52 weeks of daily journal entries, with data analysis tables. Jeff Galloway tells how to set up a successful training program to avoid injury, improve endurance, and run faster. Galloway's "magic mile" is used to predict performance and set a safe pace for long runs. Specific run-walk-run strategies are set up based upon the runner's current ability. Galloway details how to use the training journal to schedule long runs, drills, speed workouts, rest days, etc. The 52-week journal is easy to use and easy to analyze.

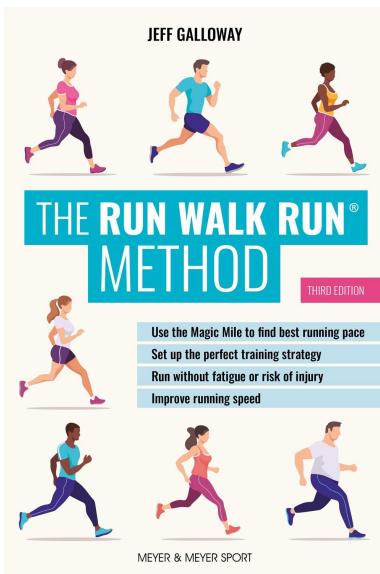
This new edition is characterized by a modern and more practice-oriented design that facilitates logging your progress as a runner. In this way, it might help you to keep your motivation

Contributor Bio

Jeff Galloway was an average teenage runner who kept learning and working harder until he became an Olympian. He is the author of the best-selling running book in North America (*Galloway's Book on Running*) and is a *Runner's World* columnist, as well as an inspirational speaker for more than 200 running and fitness sessions each year. He has worked with over 400,000 average people training for specific goals, and Galloway's quest for an injury-free marathon training program led him to develop group training programs in 1978. Galloway is the designer of the walk-run, low-mileage marathon training program (Galloway RUN WALK RUN method) with an over 98% success rate.

Marketing Plans

- Jeff will appear on national radio, TV, and online interviews.
- He will do regional radio and TV interviews tying in with his author tour stops
- He will promote his books on his website www.jeffgalloway.com and in his newsletters (circulation 30,000+)
- Promotion on various social media sites
- Elec...



Meyer & Meyer Sport

9781782552710

Pub Date: 9/3/2024

\$19.95

Trade Paperback

192 Pages

Carton Qty: 72

Sports & Recreation / Running &

Jogging

SPO035000

6 in | 9 in

Related Products

Also Available

9781782552697 - \$19.95
 9781782552062 - \$16.95
 9781782551652 - \$16.95

The Run Walk Run® Method 3rd Edition

Jeff Galloway

Key Selling Points:

- New edition of a bestselling title with more than 40K copies sold with a 94.7% sell-thru.
- Explains Jeff's well-known Run Walk Run® method and how to implement it into training.
- Uses a combination of running and walking intervals to achieve goals without risking injury.
- Offers a run-walk training plan for beginners.
- Explores principles of training as well as its mental and physical benefits.
- Provides tips on finding one's own Magic Mile and setting up a running strategy.
- Includes other advice useful for the beginner runner or the running coming back after a break or injury.

Summary

This is a new edition of bestseller, *The Run Walk Run® Method*, by running coach, Jeff Galloway! After developing his own Run Walk Run® method, which has a more than 98% success rate, Jeff has helped hundreds of thousands of walkers and runners achieve their goals. Jeff's plan uses a combination of running and walking intervals that help each person run their desired distance-whether it's a 5K race or a half marathon-and achieve their goal times. The method is low milage and can be fit into any schedule.

In this book, Jeff not only outlines how to follow the Run Walk Run® method, but he also explores the principles of training as well as its mental and physical benefits. He includes a training plan to get beginners started, and he provides tips on how to find one's own Magic Mile time, how to set up a running strategy, and how to train mental strength. He also includes advice on running with proper form and technique, using drills to run better, troubleshooting aches and pains, preparing for and finishing a race, and more.

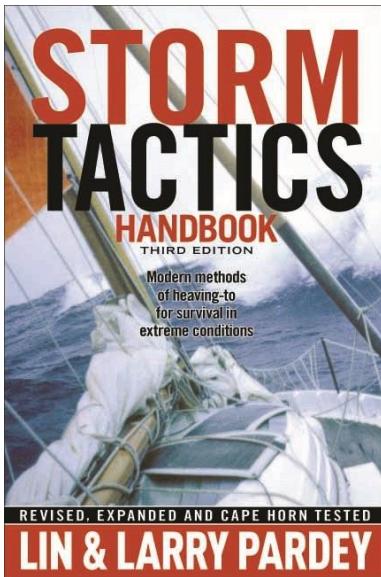
Jeff Galloway believes everyone is designed to run and walk, and he helps them to keep moving and enjoy the exercise with his book, *The Run Walk Run® Method*.

Contributor Bio

Jeff Galloway's books on running have sold more than 2 million copies. He was an average teenage runner who kept learning and working harder until he became an Olympian. He is the author of the bestselling running book in North America (*Galloway's Book on Running*) and was a *Runner's World* columnist for more than 20 years, as well as an international speaker for more than 200 running and fitness sessions each year. His Run Walk Run® program has inspired millions to run and improve their running. His program's 99% success rate! Jeff is also the primary coach for *runDisney®* events across the US & Canada.

Marketing Plans

- Facebook page Jeff Galloway (jeffgallowayfan) (135K followers); Instagram @jeffgallowayolympian (18.2K followers) Jeff can engage in social media giveaways, live Instagram chats.
- Inclusion in Galloway Newsletter with over 100K readers.
- Support from his daughter-in-law, Carissa Galloway RDN (Instagram ...



Pardey Books
9781929214471
Pub Date: 7/1/2008
\$22.95
Trade Paperback

256 Pages
Carton Qty: 30
Sports & Recreation / Water
Sports
SPO036000
9 in H | 6.1 in W | 0.7 in T | 0.9 lb
Wt

Storm Tactics Handbooks *(3rd Edition)*

Modern Methods of Heaving-to for Survival in Extreme Conditions

Lin Pardey, Larry Pardey

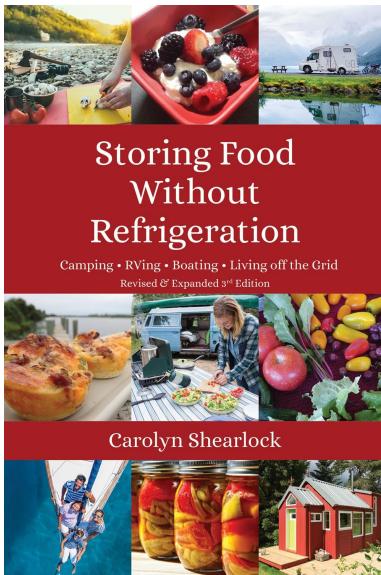
Summary

The fear of storms has kept many otherwise competent sailors from venturing into the open ocean. This book explores the myths that have sprung up about ways to bring small boats through storms and shows tried and true methods that work for all types of sailing vessels. Special sections explain storm sail design, sea-anchor technology and tips for preventing gear failure at sea. Included are a series of check lists designed to help potential voyagers chose, then outfit their boat for safe voyaging plus others to prepare them as a storm actually approaches and reassure them once they are in the midsts of heavy winds and seas. Marrio Vittone, a U.S. Coastguard Rescue Swimmer for 14 years, in an unsolicited testimony, wrote: I have been on several rescues (and heard of many more) that would have been completely unnecessary if the sailboat captains aboard would have practiced the skills taught by Lin and Larry Pardey. Not knowing how to heave-to in bad weather is as inexcusable as not knowing 'red, right, return'.

Contributor Bio

Lin, with her husband Larry is world renowned for her sailing exploits. Author of eleven best selling books on sailing and seamanship, several hundred articles which have been translated into five different languages, she has been keynote speaker in at the Pacific Northwest center of the Sea, the University of Houston Woman's Forum and Egyptian commission on future tourism. Her previous book, *Bull Canyon*, a memoir published in 2013 received three literary awards

Larry Pardey spent his teenage years rebuilding several boats ranging from eight to twenty feet in length. As he sold each one, he used his "sweat equity" profits to finance his next project. His largest from-the-keel-up projects have been the two boats he built with his wife Lin: *Seraffyn* the five-ton cutter which took them on an eleven-year, east-about circumnavigation, and *Taleisin* the boat shown in this book, which took them west-about over the past 30 years. As they cruised, Larry put his skills to work earning the majority ...



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Storing Food without Refrigeration (3rd Edition)

Camping, RVing, Boating, and Living Off-the-Grid

Carolyn Shearlock

Key Selling Points:

- Travel sized for easy storage and well organized quick reference
- 56 photos enhance the text
- No theories here, these are all well tested techniques by a seasoned traveler
- Strong author social media
- First edition sold out last year, this new edition is greatly expanded and revised

Summary

This book has been completely revised and expanded to include 32 new pages of information. It now has more than 50 B/W photos as well.

With a little planning and foresight, refrigeration is absolutely not necessary. In this book, the author discusses how to store food and make delicious meals without the use of a refrigerator. From milk and cheese to eggs and meat, this book lays out ways any boater, hiker, prepper, and camper can have safe home-cooked meals without artificially freezing or cooling their food.

Broken down into handy categories, this reference guide gives techniques on how to properly wash, store, treat, and cook your food for maximum flavor and usability. Written by a dedicated sailor whose own skills were honed on months-long journeys, the tips in this guide can be put to use by anyone trying to avoid heavy, power-sucking refrigerators. Sailors, campers, and hikers all could benefit, and the books serves equally well for those in RVs, those with limited space, and those trying to live off the grid.

Now updated to feature more handy storing tips and delicious recipes.

Contributor Bio

Carolyn Shearlock realized that there were two essential ingredients for great trips: sleeping well and eating well. Food didn't have to be fancy, but it shouldn't be a gray blob, either.

Over the years, trips have progressed from weekend Girl Scout camping trips to more rugged adventures on three continents lasting as long as four months. Both through her own trial and error and advice from others, Carolyn has refined her techniques for storing foods and cooking tasty meals, sometimes with a tiny refrigerator, sometimes with a cooler and sometimes with no way to cool food.

From 2002 to 2008, Carolyn lived aboard Que Tal, a Tayana 37 sailboat and cruised full time with her husband. In 2010, she created her website, The Boat Galley, to help others navigate the challenges of provisioning, storing food and cooking aboard a small boat. In response to reader questions, the site has expanded to include buying a boat and gear, living on a boat, cruising and chartering, boat work and potential p...

Marketing Plans

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