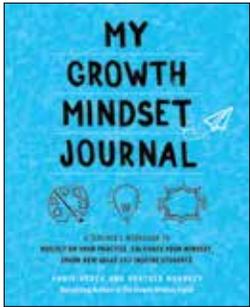


# FALL 2018

## Frontlist



Ulysses Press



## My Growth Mindset Journal

A Teacher's Workbook to Reflect on Your Practice, Cultivate Your Mindset, Spark New Ideas and Inspire Students

From the authors of the bestselling *The Growth Mindset Coach*, this illustrated, interactive journal is the perfect tool to help you make growth mindset a part of every class and every day. You'll find deeper meaning in your teaching practice through reflective activities that bring clarity to your successes and failures.

◆ **Annie Brock** and **Heather Hundley** are the coauthors of the bestselling books *The Growth Mindset Coach* and *The Growth Mindset Playbook*. They both live in Kansas.

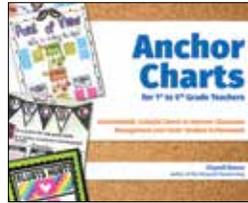
978-1-61243-836-8, \$15.95  
160pp, Trade paper, 7½ x 9¼  
Pub date: Nov 2018

## Anchor Charts for 1st to 5th Grade Teachers

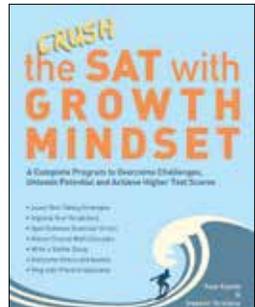
Customizable Colorful Charts to Improve Classroom Management and Foster Student Achievement

Designed for elementary school teachers, this ready-to-use handbook is packed with 101 colorful and fun anchor charts. Including charts on a variety of topics from behavior to writing, this book contains tips and tricks on how to use anchor charts in the classroom as well as an array of easy-to-use templates.

◆ **Chynell Moore** is author of the blog *The Pinspired Teacher* and many best-selling resources that help new teachers solve problems encountered in the classroom. She lives in Ohio.



978-1-61243-840-5, \$16.95  
128pp, Trade paper, 7½ x 9¼  
Pub date: Nov 2018



## Crush the SAT with Growth Mindset

A Complete Program to Overcome Challenges, Unleash Potential and Achieve Higher Test Scores

This is the first book to apply growth mindset strategies to SAT prep. Students will learn how to apply growth mindset to studying for and taking the SAT through this book's easy-to-understand program that pairs practice questions with powerful advice on positive thinking and goal setting.

◆ **Stephen Tarsitano** is a high school English teacher, tutor, and supervisor. He currently resides in northern New Jersey. **Paul Koontz** is a high school math teacher and football coach. Paul lives in Madison, New Jersey.

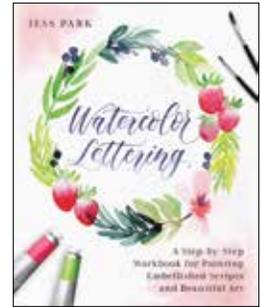
978-1-61243-844-3, \$24.95  
576pp, Trade paper, 7¼ x 9¼  
Pub date: Aug 2018

## Watercolor Lettering

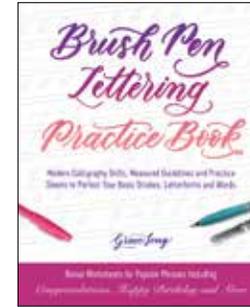
A Step-by-Step Workbook for Painting Embellished Scripts and Beautiful Art

*Watercolor Lettering* is the first book to combine modern watercolor artwork with popular brush pen lettering styles. Learn to create your own gorgeous hand-lettered art with step-by-step instructions, expert advice, and beautiful full-color illustrations.

◆ **Jess Park** is a California-based artist who enjoys teaching and encouraging budding artists through social media, her lettering guides, and online and face-to-face workshops.



978-1-61243-834-4, \$16.95  
128pp, Trade paper, 7½ x 9¼  
Pub date: Aug 2018



978-1-61243-828-3, \$16.95  
128pp, Trade paper, 7½ x 9¼  
Pub date: Aug 2018

## Brush Pen Lettering Practice Book

Modern Calligraphy Drills, Measured Guidelines and Practice Sheets to Perfect Your Basic Strokes, Letterforms and Words

There's only one way to take your hand lettering to the next level...practice, practice, practice. Now this handy companion to *Brush Pen Lettering* will help you improve your lettering skills. Blank workspaces, constructive coaching, expert tips, and guided drills make this practice book the perfect place to hone your brush pen talent.

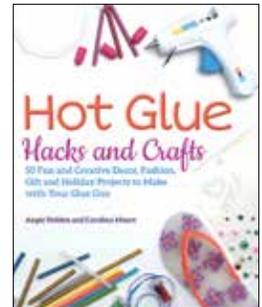
◆ **Grace Song** is a hand-letterer and brush calligraphy artist based in Toronto, Canada.

## Hot Glue Hacks and Crafts

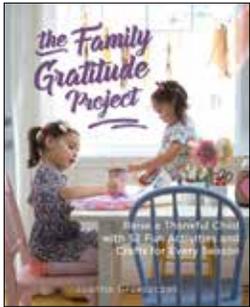
50 Fun and Creative Decor, Fashion, Gift and Holiday Projects to Make with Your Glue Gun

This book is packed with 50 creative projects you can make with your glue gun. From holiday crafts to creating 3D objects, you'll be amazed at all the things you can do. With full-color, step-by-step photos and instructions, you'll be making hot glue projects you never knew were possible!

◆ **Angie Holden** is the creative mind behind the popular craft blog *The Country Chic Cottage* ([www.thecountrychiccottage.net](http://www.thecountrychiccottage.net)). She lives in rural Tennessee. **Carolina Moore** is a quick crafts guru and author of *30 Minute Crafts* ([www.30MinuteCrafts.com](http://www.30MinuteCrafts.com)). She lives in San Diego, California.



978-1-61243-833-7, \$16.95  
128pp, Trade paper, 7½ x 9¼  
Pub date: Oct 2018



## The Family Gratitude Project

Raise a Thankful Child with 52 Fun Activities and Crafts for Every Season

Help your child understand and appreciate gratitude with this gorgeous activity book and interactive journal. Featuring 52 step-by-step projects, you'll grow closer to your child while also instilling in them the importance of gratefulness through fun, family-oriented activities.

◆ **Joanna Grzeszczak** is the creative mind behind the *Lazy Mom's Blog* ([www.lazymomsblog.com](http://www.lazymomsblog.com)). She currently lives in Montreal, Canada, and can be found on her popular Instagram account @lazymoms.

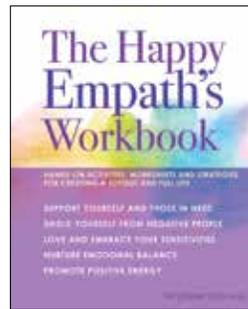
978-1-61243-839-9, \$17.95  
128pp, Trade paper, 7½ x 9¼  
Pub date: Oct 2018

## The Happy Empath's Workbook

Hands-On Activities, Worksheets, and Strategies for Creating a Joyous and Full Life

It's difficult for empaths to navigate this hectic and frenetic world because they are highly sensitive to the emotional energy of people around them. This interactive workbook helps empaths understand, reflect upon, and harness their unique and intuitive gift through engaging and thought-provoking activities.

◆ **Stephanie Jameson** is an intuitive psychic empath and certified reiki master whose strongest gifts are clairvoyance and clairaudience. Stephanie resides in Boise, Idaho.



978-1-61243-842-9, \$15.95  
144pp, Trade paper, 7½ x 9¼  
Pub date: Nov 2018



## Small Habits, Big Changes

How the Tiniest Steps Lead to a Happier, Healthier You

Make a real change in your life by harnessing the power of small, achievable habits. This book is packed with valuable techniques, tips, and tools to help you utilize little habits to make big changes towards a more successful, happier, healthier future.

◆ **Steven Handel** runs [TheEmotionMachine.com](http://TheEmotionMachine.com), a popular website with over 500 articles on a wide range of topics in psychology. He resides in St. Petersburg, Florida.

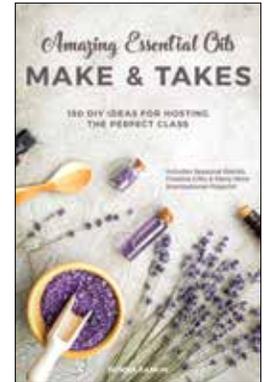
978-1-61243-831-3, \$14.95  
156pp, Trade paper, 5½ x 8½  
Pub date: Sep 2018

## Amazing Essential Oils Make and Takes

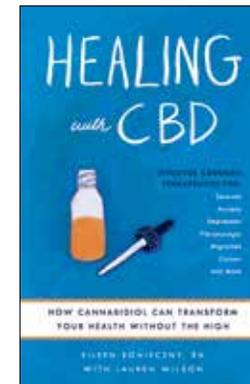
150 DIY Ideas for Hosting the Perfect Class

With 150 projects, this is the ultimate guide for hosting fun and engaging essential oil classes. Divided by seasons, each entry is cross-organized by theme, so it's easy to find a project perfect for the time of year and type of class you want to host. This book features a wide variety of categories including health, gardening, and mood lifters, and creative projects including diffusions, candles, and lotions that are sure to make any class a big hit!

◆ **Donna Raskin** is a health and fitness writer, a yoga teacher, and adjunct writing professor at The College of New Jersey.



978-1-61243-837-5, \$14.95  
192pp, Trade paper, 5½ x 8½  
Pub date: Sept 2018



978-1-61243-829-0, \$14.95  
224pp, Trade paper, 5½ x 8½  
Pub date: Sept 2018

## Healing with CBD

How Cannabidiol Can Transform Your Health without the High

This easy-to-understand guide clears away the confusion surrounding medical marijuana and cannabidiol (CBD) treatments. Providing straightforward, need-to-know information while dispelling convoluted rumors, this book explains how CBD oil can be used to safely and positively help a variety of common ailments.

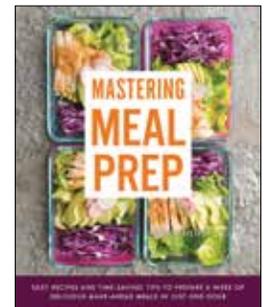
◆ **Eileen Konieczny, RN**, worked as a bedside nurse specializing in cancer. She lives in New York's Hudson Valley. **Lauren Wilson** is a professional writer, cannabis enthusiast, and food lover. She lives in Brooklyn, New York.

## Mastering Meal Prep

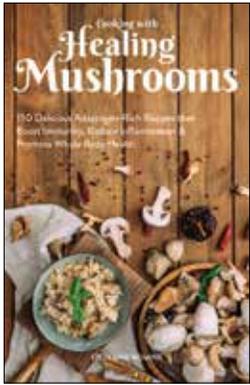
Easy Recipes and Time-Saving Tips to Prepare a Week of Delicious Make-Ahead Meals in Just One Hour

Become a master of meal prep with this ultimate guide for learning the art of make-ahead meal planning. With weekly menus, grocery lists, prep-day schedules, and healthy, delicious recipes, you'll learn how one hour on the weekend can turn into a week of tasty, time-saving breakfasts, lunches, and dinners.

◆ **Pamela Ellgen** is a paleo food blogger, certified personal trainer, and author. She lives in Santa Barbara, California, and may be found at [pamelasmodernfamilytable.com](http://pamelasmodernfamilytable.com).



978-1-61243-841-2, \$16.95  
128pp, Trade paper, 7½ x 9¼  
Pub date: Sept 2018



## Cooking with Healing Mushrooms

150 Delicious Adaptogen-Rich Recipes that Boost Immunity, Reduce Inflammation and Promote Whole Body Health

Nourishing, healthy, and delicious, mushrooms pack a punch when it comes to both flavor and health benefits. Learn how to incorporate this superfood into your daily diet with delicious recipes, tips, and tricks, and discover how you can reap the wide variety of benefits found in fungi-rich meals.

❖ **Stephanie Romine** is an author, health coach, and yoga teacher based in Asheville, North Carolina. Find her online at [www.TheFlexibleKitchen.com](http://www.TheFlexibleKitchen.com).

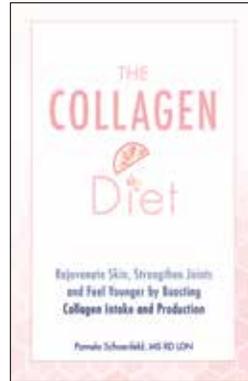
978-1-61243-838-2, \$15.95  
224pp, Trade paper, 5½ x 8½  
Pub date: Aug 2018

## The Collagen Diet

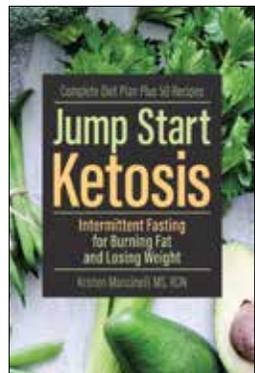
Rejuvenate Skin, Strengthen Joints and Feel Younger by Boosting Collagen Intake and Production

This is the first-ever resource on harnessing the power of collagen with food and supplements to support anti-aging as well as healthier skin, hair, and joints. A simple guide to collagen production and incorporation, this book will help you learn how to supplement your everyday diet with nutritious and tasty collagen-rich recipes.

❖ **Pam Schoenfeld, MS, PD, LDN**, is a registered dietitian and nutritionist who runs a busy, functional nutrition practice in Raleigh, North Carolina, that focuses on women's health at every age.



978-1-61243-832-0, \$14.95  
192pp, Trade paper, 5½ x 8½  
Pub date: Oct 2018



## Jump Start Ketosis

Intermittent Fasting for Burning Fat and Losing Weight

Discover the smarter way to achieve the benefits of ketosis with this easy-to-understand guide to intermittent fasting. Using this book's program, you'll limit *when* you eat rather than *what* you eat to reach ketosis, the state in which your body uses fat for fuel instead of glucose. It's the ultimate way to lose weight and get healthy.

❖ **Kristen Mancinelli, MS, RDN**, is a registered dietitian and nutritionist specializing in high fat/low carb and ketogenic diets and intermittent fasting. She lives in Los Angeles, California.

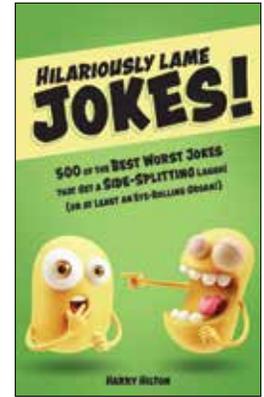
978-1-61243-835-1, \$14.95  
192pp, Trade paper, 5½ x 8½  
Pub date: Oct 2018

## Hilariously Lame Jokes

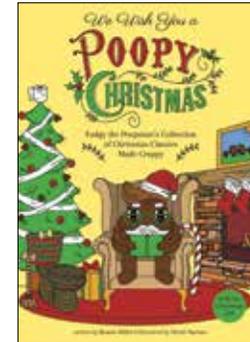
500 of the Best Worst Jokes That Get a Side-Splitting Laugh (or at Least an Eye-Rolling Groan)

From clever one-liners to classic knock-knock jokes, this book is packed with the most groan-inducing yet side-splitting jokes around. This collection features 500 of the best lame jokes that are perfect for sharing with friends, colleagues, and family.

❖ **Harry Hilton** lives in London, UK.



978-1-61243-827-6, \$12.95  
408pp, Trade paper, 5 x 8  
Pub date: Aug 2018



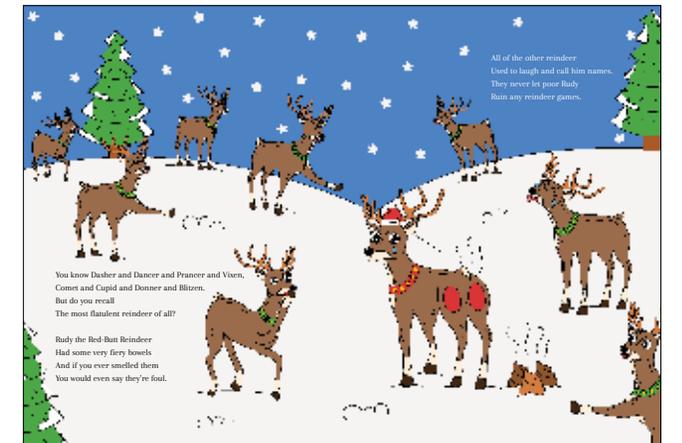
978-1-61243-843-6, \$14.95  
64pp, Hardcover, 6¾ x 9¼  
Pub date: Nov 2018

## We Wish You a Poopy Christmas

Fudgy the Poopman's Collection of Christmas Classics Made Crappy

A compilation of holiday tales with a toilet-themed twist, this is the perfect gift for Christmas lovers with a sense of humor. From Silent but Deadly Night to the Twelve Days of Poopmas, this fully illustrated collection of stories is sure to keep you and your loved ones Ho-Ho-Ho-ing.

❖ **Bonnie Miller's** singular goal in life is to make others laugh, which is exactly what she hopes this book will make you do. She lives in New York City. **Nicole Narváez** is a visual artist from Brooklyn, New York, whose work centers around female icons who fight for women's equality.





**Ulysses  
Press**

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