

CHRONICLE BOOKS

SPRING 2025 London Rights Guide





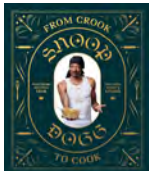
SNOOP DOGG'S FROM BAKED TO BAKER
60 Recipes for Baking With (or Without) Weed
By Snoop Dogg

Following the breakout successes *From Crook to Cook* (#1 *New York Times* bestseller, more than 1.5 million copies sold!) and *Snoop Dogg Presents: Goon with the Spoon* (*New York Times* bestseller!)—the long-awaited cannabis cookbook from infamous rapper and entertainer Snoop Dogg.

Finally, here's a weed-forward baking book with 60+ recipes straight from the chief of chiefting himself. Explore Snoop's very own recipes designed to blast your taste buds and your high to new levels, like Cornbread with Honey Cannabutter, Red Velvet Blundt Cake, and Fruit Gummies. The sesh doesn't end there. Spice up your game day lineup with Pigs in a Blanket and Cheese Fries, Snoop style—aka, loaded with THC. Looking to change up your movie night snacks? Try Hot Buttered Popcorn with a side of Puppy Chow, and wash that down with a Loaded Milkshake—trust, your movie viewing experience will skyrocket, literally. Wanting to make Sunday brunch interesting? Whip up some Buttermilk Pancakes with Stoner Syrup. Also inside, find tips and tricks for adding bud into unexpected places, like infused ice cubes for a slow-burn cocktail high or doctoring up prepackaged cake and brownie mixes with herbaceous surprises. The possibilities are endless.

Unjacketed hardcover, \$24.95, 7-1/2 x 9 in, 192 pages, full-color photographs throughout, Fall 2025

Also available:



From Crook to Cook
Fall 2018



Snoop Dogg Presents Goon with the Spoon
Fall 2023

Rights sold for *From Crook to Cook*: Bulgarian, Riva Publishers • French, Solar • German, Panini Verlags • Hungarian, Alexandra Könyvesház • Japanese, Shobun-sha Publisher • Korean, Wisdom House • Russian, Eksmo Publishing House

Rights sold for *Snoop Dogg Presents Goon with the Spoon*: Hungarian, Alexandra Könyvesház • Japanese, Shobun-sha Publisher



INSTANT RAMEN KITCHEN
40+ Delicious Recipes That Go Beyond the Packet
By Peter J. Kim

A delightful deep dive into the versatility of instant ramen with 40 international recipes, here is an umami-rich instruction manual to help you become a better chef and get creative in the kitchen using a classic comfort food slurped around the world. Author Peter J. Kim breaks down his philosophies on creating the perfect harmony in your noodle bowl through this information-rich guide featuring transformative recipes, a fool-proof methodology, an instant ramen flavor wheel, and a robust pantry to encourage your own noodle masterpieces, plus a field guide to different flavor profiles and ramen varieties. After perfecting the basics, he offers you carte blanche to create your own unique ramen masterpieces. But if you're in search of more ways to think outside the packet, *Instant Ramen Kitchen* is complete with unique comfort food recipes from all corners of the globe that demonstrate the beloved noodle's versatility and flavor-enhancing qualities. More than just an afternoon snack (though instant ramen is great any time of the day), the improvisations shared here result in nourishing, delicious, and soul-satisfying meals.

Unjacketed hardcover, \$27.95, 7-1/4 x 9-1/4 in, 240 pages, full-color photographs throughout, Fall 2025

PIZZA PRACTICE
Perfect Pizza, Focaccia and Pita, Plus What to Have for Dessert!
By Tara Jensen

Pizza, pita, focaccia: these are gateway breads to building a bread-baking practice. For all home bakers and curious professionals, here's THE go-to pizza primer, with 80+ recipes for accessible flatbreads (plus desserts!) and aspirational food and lifestyle photography (pizza parties! a recipe flowchart!) from celebrated and beloved baker Tara Jensen.

These are recipes any baker can access, using the equipment already in their kitchen, with explorations of different ingredients, techniques, flours, and heat sources for perfecting pizza and so much more. Jensen steps bakers through 10 essential and foolproof doughs, using yeast and sourdough, which range in difficulty from simple to advanced. Once you “get” one, you can advance, or endlessly riff on the dough you've mastered. Beyond this “primer” section, the book will cover other types of pizza (grandma! Neapolitan! pan!) and how to use pizza dough for other bakes, such as stromboli, semolina rolls, and calzone. Recipes for salads and desserts are here, too. Many baking books and bakers are dogmatic in their approach to sourdough, resisting the addition of commercial yeast. This guide uses both—each alone or in combination—so bakers can experiment and find out what makes the dough of their dreams. Also included are step-by-step instructions, timelines, and photography for all phases of the dough-making process as well as folding, shaping, stretching, and baking.

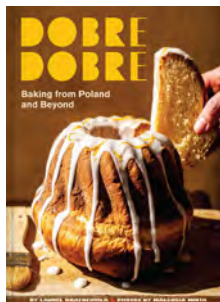
Unjacketed hardcover, \$35.00, 8-1/2 x 11 in, 288 pages, full-color photographs throughout, Spring 2026

WILL THIS MAKE YOU HAPPY?

By Tanya Bush, photographs by Forsyth Harmon

The antithesis of unattainably aspirational, *Will This Make You Happy?* embraces the messy, maddening realities of baking while empowering would-be bakers to learn real and applicable skills along the way. Divided into 52 recipes and themed by season, the book stretches over a single year, following Tanya as she explores and builds on her baking skills. Reflecting the flow of the seasons, recipes build off of each other, using the skills learned in the previous sections. While the recipes are utilitarian and easily recreated, there are choose-your-own-adventure paths to success, enabling freestyling to suit a mood: Recipes for when you want to measure out each ingredient to a tee and those that will find success regardless of which flour or fat you use. Recipes for days when you require a treat to complete a baseline task, need a midnight snack during a night of quaking insomnia, have an urgent craving because you're low on energy, or need a pastry project that will distract you for three days. Each also includes lively suggestions for adapting according to personal tastes or dietary restrictions. This is a recipe book that centers the you in baking, that reckons with the home baker as a multidimensional person rather than just an obedient rule-follower in the kitchen. *Will This Make You Happy?* honestly articulates the way people are turning to baking today: often out of emotional necessity or in search of a tactile distraction or therapeutic hobby.

Unjacketed hardcover, \$29.95, 7-1/4 x 9-1/4 in, full-color photographs throughout, Spring 2026



DOBRE DOBRE

Baking from Poland and Beyond

By Laurel Kratochvila, photos by Malgosia Minta

Poland's distinctive baking culture is a product of its rich and complicated history, from the World Wars to the rise of Communism to the cultural exchange that inevitably happens to a country with seven neighbors and endless migration. Step into a piekarnia (bakery) and be greeted by tiny, pretty rugelach, a classic Jewish cookie; decorative layer cakes, recalling the over-the-top, factory-made products of the late twentieth century, now reinvented for the modern palate; and Lithuanian black

bread, a sweet, dark rye loaf—all in the same resplendent bakery case. In this repertoire-expanding baking book, American-born baker and 2023 James Beard Award finalist Laurel Kratochvila goes back to her roots to bring us more than 120 familiar and inventive treasures. Vivid storytelling and fascinating historical details illuminate each recipe's significance. Beautiful photography makes it feel as if you're right there beside Kratochvila, stepping into a warm bakery on a cold winter's day, picking baskets of wild bilberries in July, and biting into a soft yeasted bun, jammy strawberries oozing down your chin. Cheesecakes, wafer cookies, gingerbread, country loaves: These recipes aren't just for those curious about the new wave of Polish bakeries or nostalgic for the old-world treats or Jewish delights of their childhood—they're for any home baker looking to fill their cookie jars and bread boxes with inspiration.

Unjacketed hardcover, \$35.00, 7-1/4 x 10 in, 304 pages, full-color photographs throughout, Fall 2025

Rights sold: • German Language, Wolf Literary Services



THE GREAT GATSBY

The Complete Novel with 15 Recipes Inspired by the Roaring '20s

By F. Scott Fitzgerald

For every devotee of F. Scott Fitzgerald's great American classic, this very special edition of *The Great Gatsby* is an absolute must-have. Tucked craftily within the pages of the full-length novel are removable cards with food and drink recipes inspired by the story so you can truly live out the decadent world of Gatsby. Sip on a West Egg while curled in an armchair, puzzling over Gatsby's paradoxical motives. Learn to make a glorious Champagne tower to impress your guests. Whip up some 1920s crab puff canapes to fuel your flapper fetes. Perfect for catering your next Gatsby-inspired party, New Year's Eve bash, or Roaring Twenties gathering.

Unjacketed hardcover, \$35.00, 7-1/2 x 9 in, 158 pages, full-color illustrations throughout, Fall 2025



PICKLES, ILLUSTRATED

A Cookbook of 36 Recipes and Briny Miscellany

By Karen Solomon, illustrations by Alice Oehr

Pickled foods come in all shapes and sizes, from spicy, bold shreds of classic kimchi to slightly sweet, crunchy bread and butter discs. Inside these pages, discover four categories of pickles: sour-ish, savory-ish, sweet-ish, and spicy-ish. Sprinkled among the recipes are fascinating pickle tidbits and lore—pickle culture and traditions from around the world. In a pickle

to find a gift for the pickle lover in your life? Relish this moment—you found it!

Unjacketed hardcover, \$19.95, 6 x 6 in, 152 pages, full-color illustrations throughout, Fall 2025



DINKS AND DRINKS

A Pickleball Cocktail Book

Recipes by Camille Wilson, photography by Erica Allen

Whether you're pre-gaming with friends while waiting for a court or sneaking a sip between rounds, raise a glass to the joy of pickleball. All the recipes are inspired by actual pickleball phrases and terminology: Backspin Spritz, Paddle Punch, Spicy Golden Pickle, and more! All the recipes are easy to assemble and don't require any special ingredients, perfect for all levels of cocktail-makers.

Unjacketed hardcover, \$18.95, 5 x 7 in, 128 pages, full-color photographs throughout, Fall 2025



100 AFTERNOON SWEETS
With Snacking Cakes, Brownies, Blondies, and More
 By Sarah Kieffer

From Sarah Kieffer, the beloved baker behind *100 Cookies*, *100 Morning Treats*, and the popular *Vanilla Bean Blog*, here are 100 recipes for the most craveable afternoon treats.

“Kieffer’s fifth cookbook bursts with delectable sweets created and perfected by the author...Kieffer’s book is attractive, useful, and fun—a pleasure for browsing and baking.”—*Booklist*

“Kieffer is back with 100 more bakes to make readers happy. Recipes are straightforward, with uncomplicated directions and ingredients that can be found in a common pantry.... Another solid addition to Kieffer’s growing library of baking books...”—*Library Journal*

Unjacketed hardcover, \$27.50, 7-1/2 x 9 in, 304 pages, full-color photographs throughout, Fall 2024



Holiday Baking Deck

A festive and delectable recipe card deck with 30 essential bakes to enjoy all season long—from Sarah Kieffer, the beloved baker behind *100 Cookies* and *Baking for the Holidays*. This deck is your go-to guide for holiday brunches, seasonal parties, cookie swaps, showstopping desserts, and incredible edible gifts for family and friends. Here are creative riffs on classic bakes for Christmas, Hanukkah, New Year’s Day, and beyond, such as Triple Chocolate Peppermint Bark, Cardamom Bundt Cake with Coffee Glaze, Red Velvet Crinkle Cookies, and Jam Star Bread. Includes a handy booklet

chock-full of Sarah’s pro baking tips, notes on ingredients, flavor variations, and master recipes for doughs and toppings.

Deck, \$19.95, 3-3/4 x 5-1/2 in, 30 folded cards with 16-page booklet, full-color photographs throughout, Fall 2025

Also available:



100 Cookies
 Fall 2020

Rights sold: Chinese Traditional, My House Publication • Hungarian, Alexandra Könyvesház • Korean, MoonyeChunchusa • Russian, AST License • Vietnamese, Vietnam AZ Communication and Culture



100 Morning Treats
 Spring 2023



BREAKING BAO
88 Bakes and Snacks from Asia and Beyond
 By Ying Chang Compestine, illustrations by Vivian Truong

Food & Wine Best Cookbooks of 2024 • *New York Times* Best Cookbooks of 2024

From acclaimed pastry chef Clarice Lam: a visually sumptuous pan-Asian baking book exploring an umami-rich array of baked goods, confections, and savory snacks.

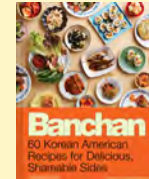
“*Breaking Bao* is the rare cookbook that stops you in your tracks.

Visually arresting, thoughtfully researched, and both whimsical and grounded in serious baking expertise.”—*New York Times*

Unjacketed hardcover, \$40.00, 8 x 11 in, 248 pages, full-color photographs throughout, Fall 2024



Chili Crisp
 By James Park
 Fall 2023



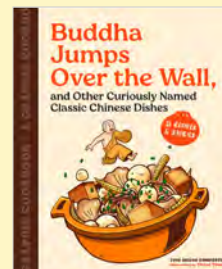
Banchan
 By Caroline Choe
 Fall 2024



The Vibrant Hong Kong Table
 By Christine Wong
 Fall 2024



In the Kusina
 By Wolody Reyes
 Spring 2025



BUDDHA JUMPS OVER THE WALL, AND OTHER CURIOUSLY NAMED CLASSIC CHINESE DISHES
A Graphic Cookbook—26 Recipes & Stories
 By Clarice Lam, photography by Evan Sung

Explore the unique nomenclature of traditional Chinese dishes through folklore, personal storytelling, and 26 easy-to-cook recipes in this entertaining graphic novel cookbook, perfect for lovers of comics and food.

Storytelling is one of the most universal and collaborative components in every culture. In Chinese culture, dishes are often connected to a classic legend, a famous person, or a historical event, underlining the importance of food. In this delightful graphic novel-style recipe book, Chinese American cookbook author Ying Chang Compestine explores the folkloric stories behind beloved Chinese dishes and gives easy-to-follow recipes for each, with art by award-winning children’s book illustrator Vivian Truong.

Paperback with flaps, \$24.95, 7-1/2 x 9 in, 184 pages, full-color illustrations throughout, Spring 2022

Photograph by Andria Lo from *Nifty Gifty*

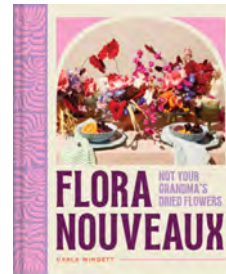
Lifestyle

FLOREM COMPENDIUM

By Lauren Work, illustrations by Jessi Evans

A love letter to flowers in all their varying species, *Florem Compendium* pairs vibrant visuals with fun floral facts and history—with lush, modern typography, illustration, and photography—to create the ultimate guide for floraphiles everywhere. Five sections are arranged by type of flower: The Icons (roses, sunflowers, etc.), The Blossoms (magnolias, cherry blossoms, etc.), The Healers (chamomile, lavender, etc.), The Wild Ones (wildflowers such as milkweed and mountain laurel), and The Oddities (night bloomers, desert flowers, etc.). Each entry will follow a loose structure covering the flower's meaning, origin, folklore, pop culture, bouquets, and, if applicable, recipes, festivals, famous floral shops, and more. Chunky and lushly illustrated, this hardcover volume will include photographs peppered throughout and a combination of full and spot illustrations totaling about 150-200. Vivid and unexpected backgrounds add to the modern and fresh feel of this new-style miscellany.

Unjacketed hardcover, \$24.95, 6 x 8 in, 224 pages, full-color illustrations throughout, Spring 2026



FLORA NOUVEAU

Not Your Grandma's Dried Flowers

By Carla Wingett, photographs by Jennifer Olson

Move over dusty, neutral bouquets! Dried flowers get a much-needed makeover in *Flora Nouveaux*, a contemporary color-forward take on dried floral arrangements. Combining hundreds of gorgeous images with easy-to-follow how-to guidance on drying and arranging stunning blooms, expert florist Carla Wingett puts the power in your hands to easily create spectacular, sustainable, showstopping dried arrangements for any occasion. Whether you want to jazz up your kitchen counter with an everlasting bouquet, add a festive wreath to your holiday table, or wow your wedding guests with an exquisite floral installation, *Flora Nouveaux* gives you all the tools to create magic with dried flowers.

Unjacketed hardcover, \$27.95, 7-1/2 x 9 in, 224 pages, full-color photographs throughout, Fall 2025

DAD BOD

Easy Exercises To Do With Your Baby

By *Oliver Brooks*

Dads: Strengthen your muscles and your bond with your newborn! Via fun, easy exercises, *Dad Bod* shows you how to bring your baby with you on your fitness journey.

Stay fit without sacrificing time with your little one. Filled with 30 hilarious and effective exercises that you can do at home with a baby up to one year old, from Snuggle Squats to Peekaboo Pushups to Tiny Twists, this guide makes it easy to include your infant in your workouts—and baby will love the attention, movement, and stimulation too! Full routines plus exercises that incorporate your partner (if they feel up to it) ensure you have everything you need to bulk up those biceps and augment those abs while also connecting and spending time with your babe. Illustrations and step-by-step instructions demonstrate the practices. Don't sleep on your health! You want to be in tiptop shape for the toddler years—trust us.

Oliver Brooks has been a personal trainer for 14+ years and is a new dad to baby boy Brodie. Based in southeast England, he shares workout tips for new parents on his Instagram @olibrooks.fitness.

Unjacketed hardcover, \$14.95, 6 x 6 in, 112 pages, full-color illustrations throughout, Spring 2026



NIFTY GIFTY

Mini Crafts with Major Charm

By *Alexa Pedrero*

Whether you're a crafting newbie or a DIY dynamo, *Nifty Gifty* shows you how easy it is to make sweet and joyful miniature crafts that you can gift to anyone in your life (or just to yourself because you deserve it). Featuring 20 easy crafts, including Strawberry Trinket Dishes, Cowboy Boot Matchboxes, and Cake Gift Boxes. Includes step-by-step photographs to guide you seamlessly and extra crafting guidance like tips on entry-level

techniques such as slipping and scoring and a simple blanket stitch, how to sell your gifts, and more.

Unjacketed hardcover, \$22.95, 6 x 8 in, 160 pages, full-color photographs throughout, Fall 2025



POCKET NATURE: BIRD-WATCHING

Press Pause and Admire the Avian World

By *Andrea Debbink*

For amateur birdwatchers and aspiring ornithologists, this introductory book offers an easy way to delve into the awe-inspiring world of bird-watching, whether in a park, a forest, on a beach, or a front porch. Learn how to identify over twenty species of common and non-native North American birds through birdsong, nests, and appearance; create a bird-friendly habitat in your yard; and engage in community programming to spread avian awareness. Combining bird-watching basics with mindfulness exercises, *Bird-Watching* is a wonderful reminder that friendly faces are always around—we just need to open our eyes and ears to find them.

Unjacketed hardcover, \$12.95, 4 x 6-in, 128 pages, two-color illustrations throughout, Fall 2025



POCKET NATURE: TREE HUGGING

Seek Wisdom in the Forest

By *Emily Han and Gregory Han*

Often overlooked amid the hustle and bustle of our modern world, trees have many lessons to impart. In this portable guide crafted to kindle a sense of curiosity and wonder as we explore the nature of trees, you'll discover the basics of forest bathing; the inner workings of the roots, trunk, and crown; how trees foster community in the wilderness; and the grounding benefits of peaceful observation. With meditative practices and astounding facts, *Tree Hugging* encourages us to slow down and spend time with our oldest earthly companions.

Unjacketed hardcover, \$12.95, 4 x 6-in, 128 pages, two-color illustrations throughout, Fall 2025

Also available:



Pocket Nature: Cloud Spotting

Fall 2022



Pocket Nature: Leaf Peeping

Fall 2022



Pocket Nature: Beachcombing

Spring 2023



Pocket Nature: Sunset Seeking

Spring 2023



Pocket Nature: Mushroom Hunting

Fall 2023



Pocket Nature: Stargazing

Fall 2023



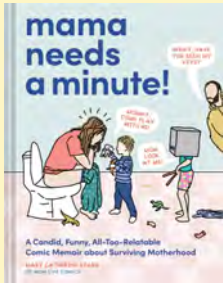
Pocket Nature: Beekeeping

Spring 2024



Pocket Nature: Flower Finding

Spring 2024



MAMA NEEDS A MINUTE!
A Candid, Funny, All-Too-Relatable Comic Memoir about Surviving Motherhood

By *Mary Catherine Starr*

From Mary Catherine Starr, the artist behind the @momlife_ comics Instagram account celebrated by moms all over the world, this deeply funny illustrated memoir captures the chaos, joy, exhaustion, guilt, well-intentioned-but-clueless partners, and infinite loads of laundry that come with being a mom.

Packed with humor, warmth, and all-too-relatable anecdotes, this comic memoir explores the (often invisible) labor of modern motherhood that leaves so many moms feeling like they are losing themselves—and their minds! Whether you're navigating a hellish sleep regression, wiping sweet potato off the walls, seething with spousal resentment (deserved and undeserved), or simply hoping to pee without a toddler watching, this candid and irreverent account perfectly captures what every mom knows in her heart to be true: motherhood is @#\$\$% hard (and also really amazing)!

Filled with Starr's signature wit, warmth, and observational humor, *Mama Needs a Minute!* tackles all the absurdities of mom life and will make you laugh, cry, and feel seen in a way only a true mom-friend can offer.

Unjacketed hardcover, \$24.95, 7 x 9 in, 304 pages, full-color illustrations throughout, Spring 2025

Rights sold: French, Hachette Livre • German, DuMont Buchverlag • Spanish, Litera Libros



BOOK NOOKS
Inspired Ideas for Cozy Reading Corners and Stylish Book Displays

By *Vanessa Dina and Claire Gilhuly*,
photography by *Antonis Achilleos*

Home is where the books are. This inspiring home decor book is brimming with photos of cozy places to read and creative ways to display books at home.

"Reading nooks are all the rage in home design right now. As a home editor and an avid reader, I am loving the book nook

trend—so this *Book Nooks* coffee table book was a no-brainer for my living room. It not only looks gorgeous, but it usually inspires me to stop and take a minute to relax as well."

—*Better Homes & Gardens*

Unjacketed hardcover, \$26.95, 7-1/2 x 9 in, 144 pages, full-color photographs throughout, Fall 2024



Photograph © Libby DeLana from *Cold Joy*

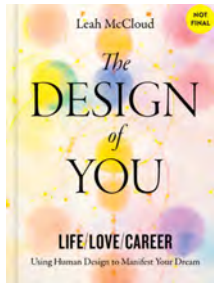


COLD JOY
Experience the Wondrous Power of Cold Water
By Libby DeLana

For most of her life, Libby DeLana believed she hated the cold—fear of cold became part of her identity. Then, in the midst of a dark period of deep personal turmoil and self-doubt, an impromptu dip in icy water cracked something open in her heart, forcing her to reexamine the limiting stories she told herself. If she could learn to love cold, what other beautiful life experiences might await? In this exhilarating guide to well-being, DeLana explores how creating a daily cold plunging practice

taught her self-love, courage, and resilience and illuminates the many physical, mental, and spiritual benefits of cold water. Combining personal storytelling with step-by-step guidance and essential tips for safety, plus fascinating details on the science and history of cold-immersion, *Cold Joy* provides everything you need to experience tremendous power of cold water—whether you're dipping in a sea, lake, river, or tub.

Unjacketed hardcover, \$19.95, 6 x 8 in, 208 pages, full-color photographs throughout, Fall 2025



THE DESIGN OF YOU
Using Human Design to Manifest Your Dream Life
By Leah McCloud

From Leah McCloud, the spiritual leader and human design educator behind *The Design of You* website and podcast, comes a guide to everything human design—what it is, how it affects you, and how to use it to become your most authentic self.

The Design of You is an accessible exploration of human design that teaches readers how to understand and harness the strengths of their personality types. Highly designed, user-friendly, and

interactive, *The Design of You* will provide an overview of the human design self-knowledge system and guidance on how readers can apply their unique human design profile in their everyday lives. Are you a Generator who thrives when you have ample space to share your passions? A projector who prioritizes alone time and room to recharge? *The Design of You* will teach readers how to identify their inner desires and make their most aligned decisions, master their personality types, and manifest a life of balance and fulfillment.

Chronicle Prism, hardcover, \$24.95, 6 x 8 in, 208 pages, full-color interior, Fall 2025



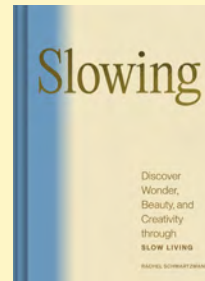
FLAMINGO ESTATE: THE GUIDE TO BECOMING ALIVE
Luxurious Rituals to Ignite Your Senses and Rejuvenate Your Soul
By Richard Christiansen

From inside the walls of Flamingo Estate—an abundant, visually rich guide to filling each day with radical pleasure, including wisdom on wellness, food, activism, design, nature, work, love, and more.

“Gathering lessons from the garden, and from the thought leaders who helped cultivate it, *Flamingo Estate: The Guide to Becoming*

Alive is ‘less a blueprint and more of a practice.’ From arctic explorers to global superstars, each interview subject shares their own experience of cultivating personal growth in even the toughest of soils. Read on and rest up.”—*Oprah Daily*

Unjacketed hardcover, \$50.00, 8-1/2 x 11-3/4 in, 528 pages, full-color photographs throughout, Fall 2024



SLOWING
Discover Wonder, Beauty, and Creativity through Slow Living
By Rachel Schwartzmann

An inviting guide to reclaiming your time and discovering the wondrous pleasures of slow living.

“*Slowing* combines memoir, interview, and instruction for a volume that feels more like an invitation than a guide. Rachel Schwartzmann wants to coax her readers to recognize slowing as something essential, powerful, and transformative—rather

like time itself.”—*Elle*

“Rachel Schwartzmann’s *Slowing* is an enchanting and soulful examination of what matters most: time, joy, creativity, and feelings. This is a beautiful book, filled with optimism and light.”

—*Debbie Millman, author of Why Design Matters and host of the podcast Design Matters*

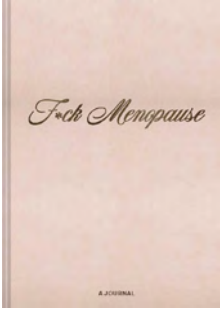
“The first half-sentence I fell in love with was ‘Worries attach themselves to mailbox keys,’ and everything that followed was a considered balm, though one that provoked such varied thought. The book holds awareness and secrets and a close attention, but more than anything, it is such a soft place to land.”

—*Ella Frances Sanders, New York Times bestselling author and illustrator of five books, including Lost in Translation and Everything, Beautiful*

“Both a reflective guide and a stirring meditation on time, connection, and pace.”

—*Rainesford Stauffer, journalist and author of All the Gold Stars and An Ordinary Age*

Unjacketed hardcover, \$22.95, 6 x 8 in, 256 pages, full-color interior, Fall 2024



F*CK MENOPAUSE

A Journal

Whether you're in perimenopause, smack in the middle of “the change,” or settling into the new normal of post-menopause, this companion for an often confusing and potentially sh*tty phase of life is perfect for you. Menopause sucks. But the good news is we're finally talking about it, making it the perfect time to get our understandably dramatic feelings out of our systems. Enter the *F*ck Menopause* journal—a private place to rage, vent, and process all the ups and downs of the hormonal roller coaster. Filled with self-care tips, irreverent (and all-too-real!) affirmations, and plenty of blank space to feel your feelings, this supportive journal helps you navigate every phase of menopause with confidence, self-compassion, and a healthy dose of humor.

Journal, \$14.95, 5 x 7 in, 144 pages, lined pages throughout, Fall 2025



MANIFEST THAT SH*T

A Journal to Turn Your Dreams into Reality

For joy-seekers and life hackers, this easy-to-use journal is the perfect tool to help you manifest your desires through the power of intention setting and positive thinking. Inspired by the law of attraction principles—using the power of the mind to turn thoughts into reality—these pages offer a safe space to dream big and honor your highest aspirations. Inviting and brightly designed, this fill-in journal can be tailored to your own manifestation journey, whether you want to practice positive thinking, set goals, or express daily gratitude. Uplifting and encouraging, this journal sets the path toward a more positive, empowered mindset so you can manifest your deepest desires.

Journal, \$14.95, 6 x 8 in, 224 pages, two-color interior throughout, Fall 2025