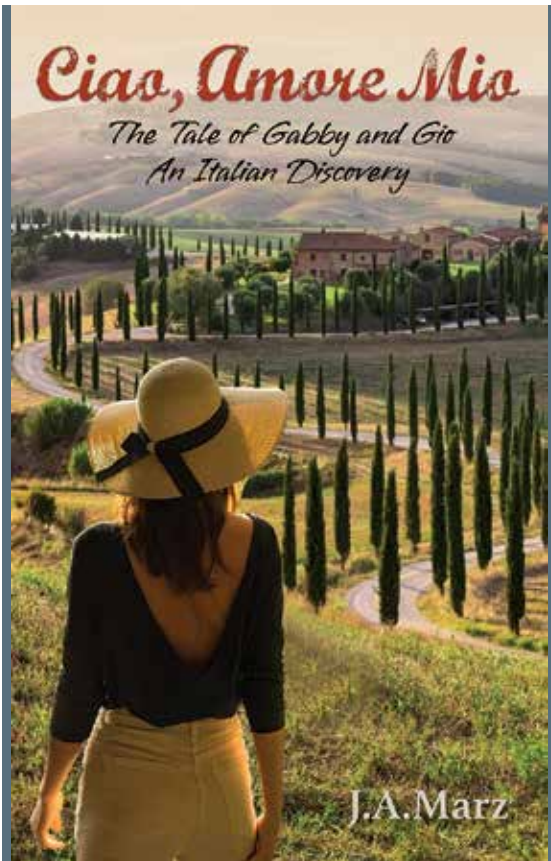




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Format: Paperback  
Trim size: 5x8"  
Cover price: \$17.95  
Page count: 158 pages  
ISBN: 979-8-89420-035-4



J.A. Marz

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## Ciao, Amore Mio

### The Tale of Gabby and Gio: An Italian Discovery

In the heart of Tuscany's rolling hills and ancient olive groves, Gio Marzo embarks on an unexpected journey of self-discovery. As love, heartbreak, and loyalty converge, he faces truths he never anticipated.

Gio, a nomadic travel writer and skilled golf hustler, has always lived for the next adventure—until he met Gabriella “Gabby” Rosetti. Their initial meeting in the village of San Gimignano sparks an intense connection between Gio’s free-spirited nature and Gabby’s unwavering passion for her home.

Set against the stunning landscapes of Tuscany and the vibrant energy of Rome, the Tale of Gabby and Gio is a story of identity and self-discovery—and the struggle to reconcile one’s desires with the realities of life. Gio’s journey pushes him to confront his deepest fears. Will Gio realize too late whether some things are worth staying for?

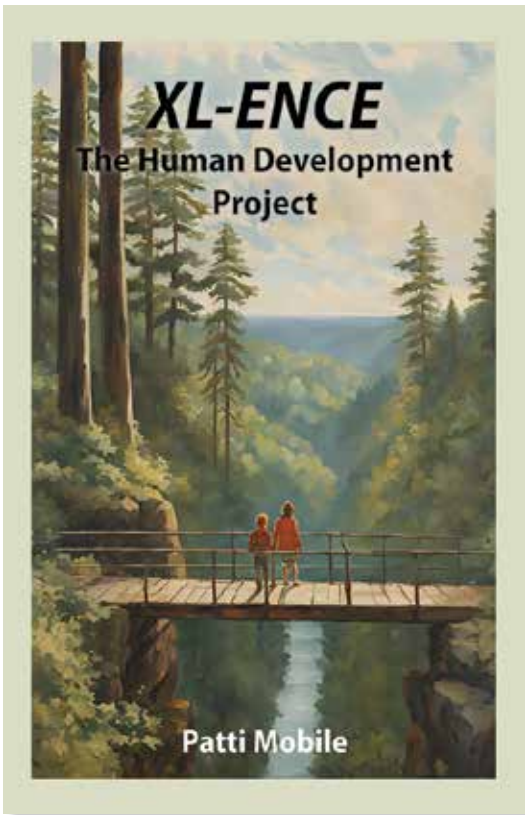
Author: J.A. Marz began his career as a recreation executive for an inner-city youth organization and then as a sports journalist for a daily newspaper in Eastern Pennsylvania before transitioning into the healthcare industry as a communications professional.

Although now retired from healthcare, J.A. served as a chief marketing officer for various health networks and implemented new business strategies in the industry for more than twenty-five years.

He was among the first to coin the term “Moneyball Marketing” in the healthcare world, highlighting the importance of demonstrating value and return on investment. J.A. also has experience in crisis communication and is well-versed in performance metrics, promotion, sports marketing, and hospitality.

Writing and storytelling have always been J.A.’s passions, along with golf, travel, music, and all things Italy. He is excited to publish work that touches the soul. This marks his first published book.

J.A. holds a Bachelor of Arts degree from Bloomsburg University in Pennsylvania and earned an Executive Leadership certificate from Georgetown University’s Center for Professional Development in Washington, DC.



Format: Paperback

Trim size: 5.5x8.5"

Cover price: \$17.95

Page count: 290 pages

ISBN: 979-8-89420-025-5

979-8-89420-026-2

## XL-ENCE

The Human Development Project

The Challenge: Find a Way to Save the Earth

Hannah Larsen, a middle school teacher in Columbus, Ohio, receives a gift of \$60 billion to turn the world back from its imminent destruction. Hannah decides that what is needed to build a better world is better humans. She looks for children and young adults with special skills; strong connections to the earth, its animals, and plants; and unique traits that might be genetically transmissible to their children.

Hannah finds a site in New Zealand that has all the basics she needs to bring these special people together. The money represents vast resources, power, and influence. Hannah and her team of advisors must use the money to build something new, a place where problems can be solved by working together. But that much money can also bring trouble to her door.

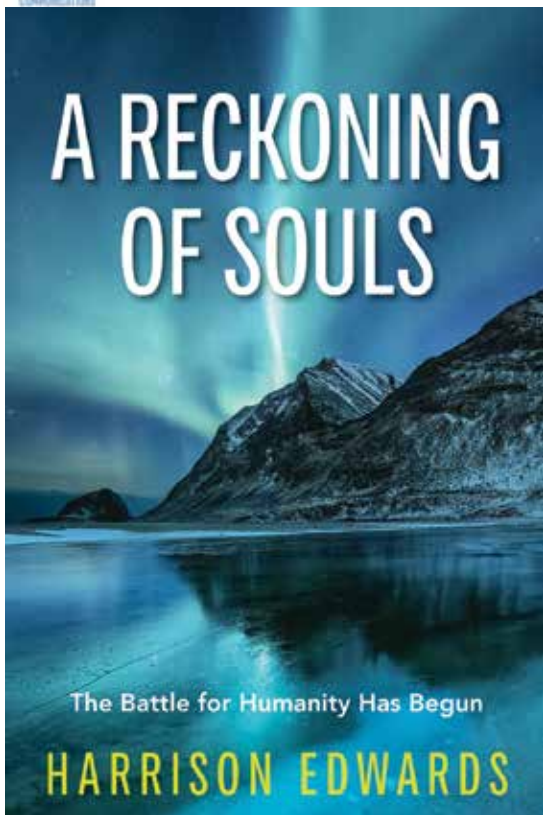
One of the children senses danger in their midst. As they race to find it, Hannah feels the project spiraling out of her control. The team's ability to bravely face the danger could be the only way to save the project—and maybe the world.

Author: Patti Mobile

Patti Mobile grew up with stories--bedtime stories, family history, story books, and comic books. Her favorite family story was about how her father's mother, Nana, traveled from Russia, across the Pacific Ocean, landing in San Francisco. She was only fourteen years old, and she was put on many trains by strangers who looked out for her and helped her to find her future husband and his siblings in New York. Storytelling is an art. It captures our imagination, and it helps us to understand each other and our world.

Patti's story has both successes and failures. She was a competitive athlete from her twenties to her sixties. She received the Most Valuable Player Award at the National Volleyball Championships in Minneapolis, Minnesota, in 2003 when she was fifty years old. Today Patti lives in Long Beach, California, with her husband, Alex, where they enjoy growing vegetables, herbs, and fruit. They also have two telescopes that show them the ever-changing universe filled with wonders.

Patti wanted to share her stories with other people, perhaps to inspire them to write and share their own stories. She says that one of the things that makes us unique is our creativity. We express that creativity through art, photography, cooking, clothing design, music, tools, and telling stories. She hopes that your journey through her imagination will be enlightening and entertaining. Safe travels!



Format: Paperback

Trim size: 5.25x8"

Cover price: \$17.95

Page count: 304 pages

ISBN: 979-8-89420-008-8

979-8-89420-009-5



Harrison Edwards

## A Reckoning of Souls

The Battle for Humanity Has Begun

Would you sacrifice an entire city to make the world a better place?

A massive explosion rips through the outdoor seating area of a popular restaurant in downtown Trondheim. Two days later, fourteen people are found dead in a church along a remote section of coastline. The souls of the victims have been ripped from their bodies. Moments later, a spirit from the Otherworlds steps through the Black Void to find the ancient relic that killed them.

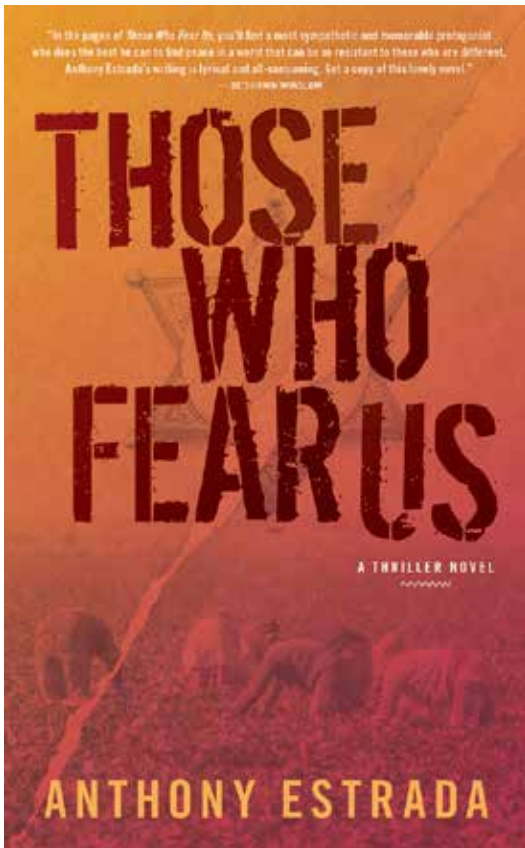
On a secluded island in the Arctic Circle, a troubled man sees a world that has lost its way and feels compelled to change that. He contemplates the unthinkable, wielding the formidable power of a mysterious artifact to reshape the moral fabric of eight billion unsuspecting souls—knowing that his actions will wipe out the inhabitants of an entire city.

David Skye and Jade “Epiphany” Hendrix set out to stop him and save the lives that would be lost if he were to succeed. Their efforts to do that are complicated by Kari Salverson, a dedicated police detective with the Norwegian Police Service. She believes David and Epiphany are involved in a recent string of deadly attacks and is determined to apprehend them.

A reckoning of souls is quickly approaching, as the battle for humanity unfolds in the snowy, arctic fjords of Norway, and the vast spirit realms of the Otherworlds. The possibility of a peaceful future for billions of souls and the lives of tens of thousands of innocent people are both at stake. In a clash that pits two opposing sides against each other, which one is on the more righteous path?

Author: Harrison Edwards

Harrison Edwards lives in eastern Pennsylvania with his wife and their black Lab, Deacon. Harrison’s writing is a blend of science fiction and urban fantasy. Subject matter for his stories comes from deep interests in science, technology, and mythology. When he’s not compiling and developing ideas for future novels, you can find him composing original works of contemporary instrumental music for his next CD release.



Format: Hardcover & Paperback  
Trim size: 6x9  
Cover price: \$19.95 PB // 24.95 HC  
Page count: 212 pages  
ISBN: 978-1-958711-96-5 PB  
978-1-958711-92-7 HC



Anthony Estrada

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## Those Who Fear Us

"I knew I was going to die. And somehow, I knew it's exactly what I needed most."

Sergeant Carlos Lopez patrols the streets of the isolated, sleepy California farming community of San Eugenio. Searching for meaning, purpose, and dignity, Sgt. Lopez finds it at the expense of the town's Latino migrant population.

A prisoner of his circumstances, Sgt. Lopez believes the only possible escape is putting his department-issued Beretta 9mm to his head. In the midst of a case that has divided the nation, a call from headquarters to hold a high-profile murder suspect for the evening threatens to upend every story Carlos has created in his life and forces him to confront the demons of his past, his family, career legacy, and racial identity.

A tale of family, identity, redemption, and the meaning of truth, *Those Who Fear Us* asks the question, "Are the ones we're afraid of most, the ones staring back at us in the mirror?"

"In the pages of *Those Who Fear Us*, you'll find a most sympathetic and memorable protagonist who does the best he can to find peace in a world that can be so resistant to those who are different.

Anthony Estrada's writing is lyrical and all-consuming. Get a copy of this lovely novel."— De'Shawn Winslow

Author: Anthony Estrada

Anthony Estrada is a Los Angeles-based producer and writer. A native of Southern California, and a third generation Latino, he has been working in the entertainment industry for the past ten years. Most recently, Anthony worked for Nicki Minaj, as part of her growth development team as she expanded her entrepreneurial and creative endeavors across multiple sectors.

Prior to his work with Ms. Minaj, Anthony worked as part of the management team for Jennifer Lopez, under media entrepreneur, Benny Medina.

Currently, Estrada is developing the stage musical, *Labor of Love*. He is also dual tracking *The Revolutionary Kids* as a multi-series set of young adult graphic novels, and a television show, based on a short film he produced and directed.

Estrada continues to pursue projects and opportunities that help develop the influence of Latinos in front of and behind the camera, in the film, television, and non-scripted genres.



## Reborn Lycan

### Werewolves Are Among Us!

Imagine the raging hormones, roller-coaster emotions, and unbridled angst of teenagers—times fifty! That's life for werewolf teens Zane and Rocky and their friends. There's no such thing as a "normal" day at school—nor at the office for their werewolf parents.

Get a glimpse inside the werewolf world in this action-packed, fast-paced, steamy story about how a prophecy foretold plays out, creating seismic changes in both Zane's and Rocky's wolfpack—but in their enemy pack as well.

As you delve deeper into this story, you'll be forever marked—just as the wolves mark their mates for all eternity.

Author: Holly Hiller

Holly Hiller grew up in the Lehigh Valley, Pennsylvania. She graduated from Whitehall-Coplay High School, then served in the Air Force as an AMMO troop from 1999 through 2008. In the Air Force, Holly traveled all over the world. Her favorite duty station was Germany, and she still misses her time in the service. Today, Holly lives in Slatington, Pennsylvania, with her husband, Sean. They have four children and ten reptiles: four bearded dragons, three water dragons, two leopard geckos, and one uromastyx.

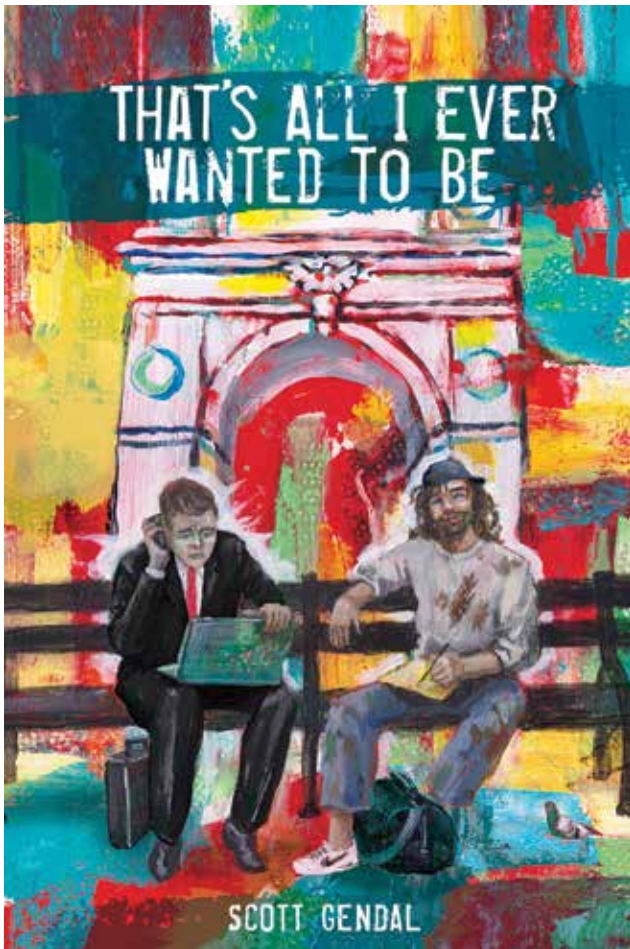
Format: Paperback

Trim size: 6x9"

Cover price: \$17.00

Page count: 208 pages

ISBN: 978-1-958711-85-9



Format: Hardcover  
 Trim size: 6x9  
 Cover price: \$29.95  
 Page count: 354  
 ISBN: 978-1-958711-35-4



Scott Gendal

## That's All I Ever Wanted to Be

The modern, spiritual adventure *That's All I Ever Wanted to Be* tells the story of Evan Bloom, a man who gives up everything to reveal the diversities of poverty verses wealth, enemies verses friendship, life verses death, and loneliness verses true love. On his journey in and around New York City, Evan learns to trust his instincts and intuition in discovering his true self.

How is it that a young thirty-something, multi-millionaire stockbroker with all of the trappings that wealth brings could leave it all behind to live penniless? Is there more to life than having great wealth? Can one more readily discover the meaning of life, love and true happiness by living with nothing?

It would be hard to think that many important lessons could not be learned by pursuing the life you were born to live, discovering your soul's purpose, finding your soulmate and creating the life you have always dreamed of.

Join Evan on his journey to share his gift with the world and be loved and enlightened. *That's All He Ever Wanted to Be...*

Author: Scott Gendal

Scott Gendal has written more than 2,000 songs and poems with a Pilot G2 pen on yellow legal pads.

Scott wrote both the book and lyrics to the rock musical "Your Biggest Fan," which is currently in preproduction.

A standup comedian, Scott performed and worked at Carolines Comedy Club in New York City.

In the summer of 2017, Scott wrote five-minute poetry for passers-by in New York City's Washington Square Park.

Scott is originally from Dix Hills, Long Island, and is a graduate of Hofstra University. He currently resides in New York City and Delray Beach, Florida.

*That's All I Ever Wanted to Be* is Scott's first novel.



## Coin and Dagger

A Biblical Novel

Matthew was a tax collector in Roman-occupied Galilee. Despite his comfortable life, he was scorned and shunned by his fellow Judeans. To them, Matthew was a traitor who lined Rome's coffers, and his own, at the expense of the people of Galilee.

Simon was a Zealot—loyal to God, the Judean people, and their traditions. Not content to see God's people suffering, Simon was ready and willing to take up arms to free his homeland from Rome's oppression and pagan influence.

Their paths had crossed before. Now a Nazarene teacher has arrived in Capernaum with new ideas and a new purpose that challenges both their worldviews in unexpected ways. Despite their differences, Matthew and Simon confront their shared history and divergent ideals as they embark on a new mission that meets strong resistance from both sides.

Author: Jac Filer

Bio: Jac Filer is a lifelong resident of Bucks County, Pennsylvania, where he presently lives with his family and his dog. Since 2020, he has been enjoying a second career as a freelance Christian writer, and he is an ongoing contributor to multiple blogs, websites, and devotional apps. *Coin and Dagger* is Jac's first novel.

Format: Paperback  
Trim size: 6x9  
Cover price: \$16.95  
ISBN: 978-1-958711-76-7  
Page count: 302 pages



Jac Filer

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## The Code

We unconsciously imprint our prejudices on AIs. Can they become mentally ill like their creators?

If one becomes psychotic, is shutting it down murder? What if he fights back?

Liam, a gifted engineer, is trying to save the world, by finding a way to let industry mine for metals without the environmental disasters that make the news. Nanobots mining asteroids are the answer, and they are being tested on the dark side of the moon.

But Gene, the AI tasked with helping him, spirals down the path of schizophrenia and is on track to mine the moon to dust — and without the influence of the moon, the ecosystems that mankind depends on for its survival as a species will be lost.

This leaves Liam and his colleagues to battle the creation and his own demons to save humanity — who are oblivious to the potential destruction around the corner.

Author: Peter McAllister

Hometown: Melbourne, Australia

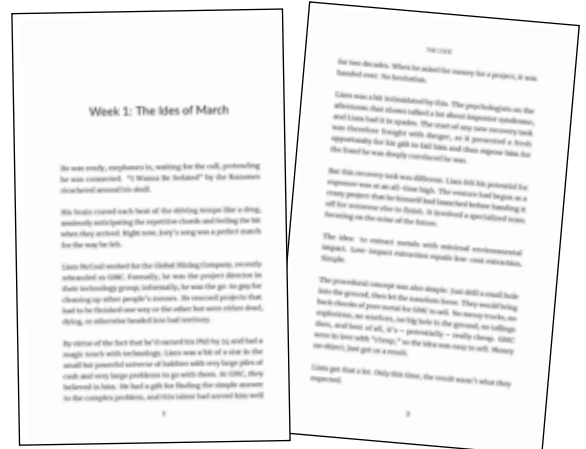
Bio: Peter McAllister is an engineer, scientist, turned technology manager who wants to share the stories that keep him awake at night. In his professional life, he works in IT where tools such as AI are becoming prevalent. This behind-the-scenes knowledge, along with his previous work at the intersection of technology, business, and people, puts him in a great position to speculate on the future.

Peter lives outside of Melbourne, with his wife, four cats, and the kangaroos that visit them.

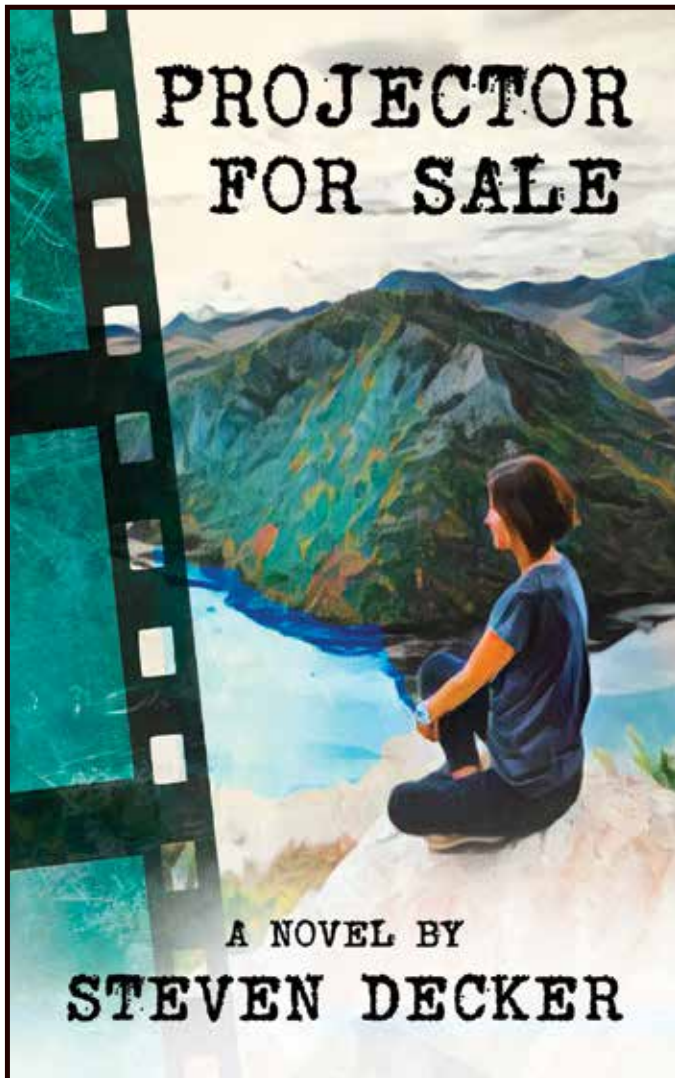


Peter McAllister

Format: paperback  
Trim size: 5x8  
Cover price: \$12.95  
ISBN: 978-1-952481-00-0  
Page count: 276



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## Projector for Sale

A Novel

Emily Noland is a trauma survivor who never remembers her dreams. While searching for a job, her lifelong interest in cinema is sparked by an ad about a projector for sale, and something happens that mysteriously changes everything.

Emily not only starts remembering her dreams, she finds herself transforming them into reality, and her life inexplicably begins to blossom. She travels around the world searching for answers, encountering people and experiencing life-changing events that she's dreamed about before, forming relationships that could last a lifetime.

But new, powerful dreams compel her to abandon the path she'd hoped to follow, and Emily must now face a final, frightening question. Can she determine her own destiny or will it be written by processes she simply cannot control?

Author: Steven Decker

Steven Decker is a world traveler who believes strongly in the first commandment of writing: Write what you know.

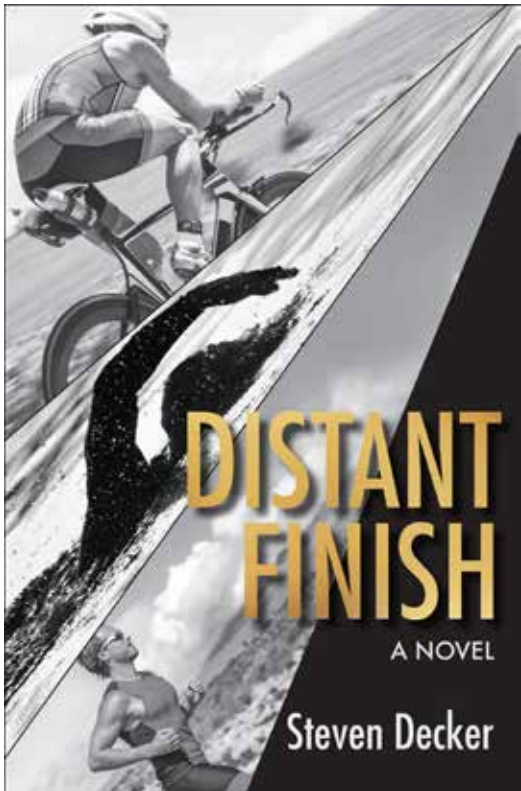
His experiences around the globe often appear in his books as settings, characters, or plot points, and hopefully this enhances the experience of the reader. But any good work of fiction requires more than that. Fiction readers want to escape from their everyday lives when we read a book, thus the true job of a novelist is to imagine special things, sometimes even spectacular things, then write about them in a way that inspires the reader to go there, too.

The author spends his days with his two dogs, Jenny and Wilson, doing his best to write good fiction in a quiet town in Connecticut.



Steven Decker

Format: Paperback  
Trim size: 5x8  
Cover price: \$16.95  
ISBN: 978-1-952481-55-0  
Page count: 276



## Distant Finish

A Novel

Best friends Michael Stevens and Billy Dexter have been athletic rivals their entire lives, first in youth swimming, then in high school track, and finally in triathlon. A terrible accident plunges their exceptional athletic careers into a long hiatus, but when they meet Liza Whitlock and Allie West, two extraordinary athletes themselves, a final reckoning is inevitable. Culminating in two thrilling world championship triathlon races, *Distant Finish* is a compelling look at the beauty and agony of sport merging with life itself.

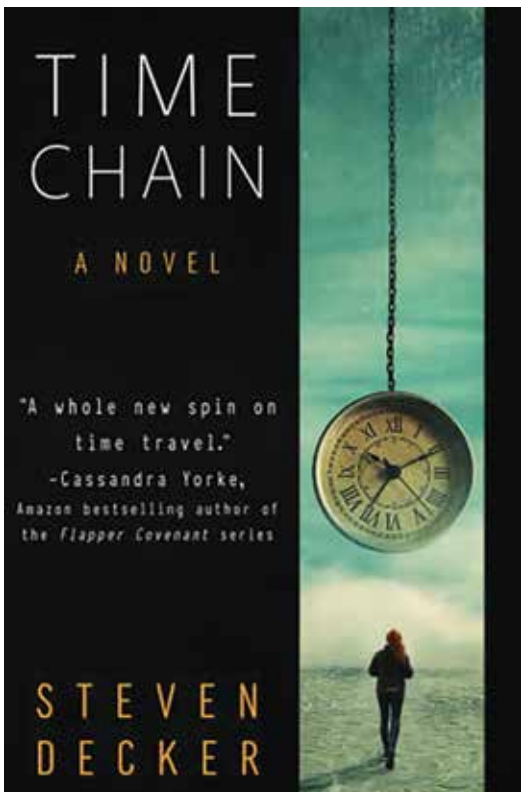
Format: Paperback

Trim size: 5x8

Cover price: \$19.95

ISBN: 978-1-952481-45-1

Page count: 276 pages



## Time Chain: A Time Travel Novel

They know their futures, but not his, and that's a problem.

Such is the fate of Dani, Aideen, and Orla—three daring women from different time eras—linked by a rare, mutual occupation. They meet on a tiny island in western Ireland, in the year 2022, and develop a fierce affection for one another. But their time together—and much more—will end unless they unravel a mystery surrounding their boss, Charles, a curious man from the future who claims he wants to save humanity. But Charles is hiding something sinister. Steven Decker's captivating new novel, *Time Chain*, is character-driven sci fi supported by a rich vein of historical fiction, with a thrilling finale in a fascinating future time. After incredible adventures on a Greek island and in Egypt in the 1970s, then in 18th century Ireland, the three unlikely companions travel to 2253, where they discover the astonishing truth.

Apocalypse is only days away.

Format: Paperback

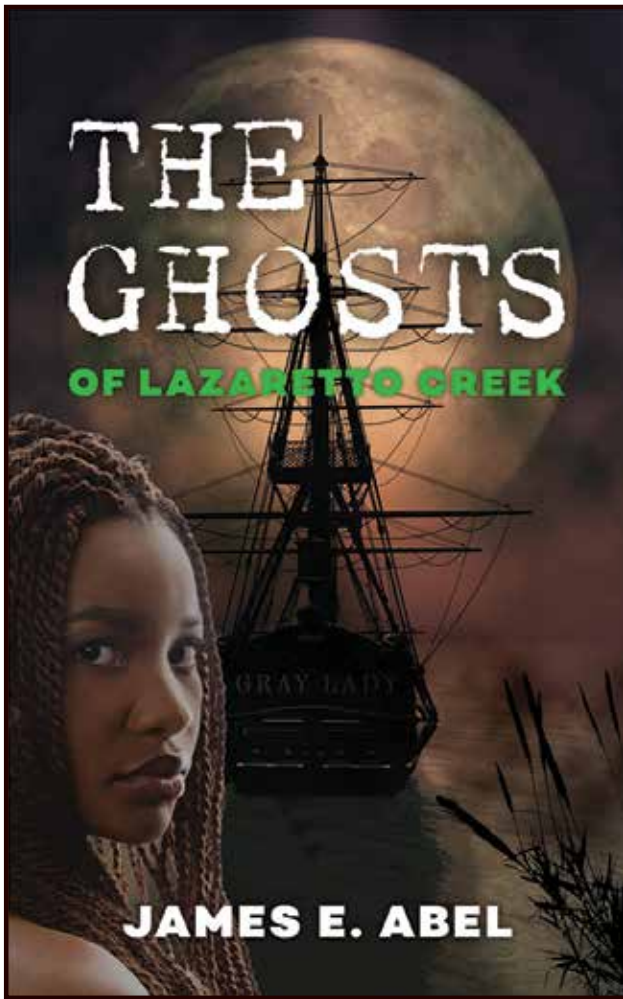
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Cover price: \$9.95

ISBN: 978-1-952481-99-4

Page count: 306

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Format: Paperback  
Trim size: 5x8  
Cover price: \$13.95  
ISBN: 979-8-89420-003-3  
Page count: 208



James E. Abel

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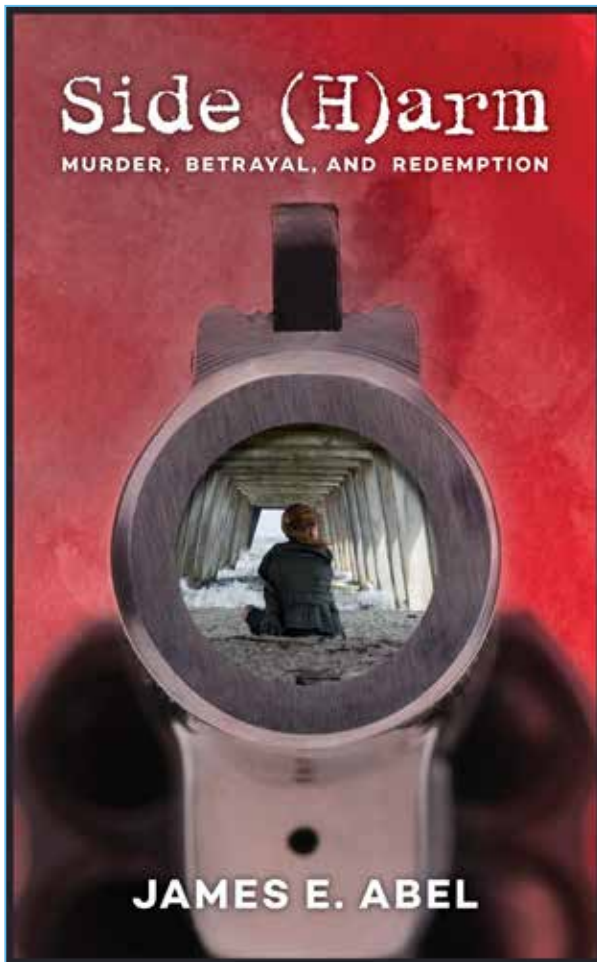
## The Ghosts of Lazaretto Creek

JUST WEEKS BEFORE HIS WEDDING, Jordan Nichols disappears into the murky waters of Lazaretto Creek on Tybee Island, Georgia, which sets off a frantic search in the hope of finding him alive. Along the way, his friends must deal with tales of ghosts, or “haints” as they are known within the local Gullah culture, ghost ships, pirate treasure, and some very real and present evil. The only witness to Jordan’s disappearance, an attractive young Black woman by the name of Sadie, has dark secrets of her own.

The Ghosts of Lazaretto Creek is James E. Abel’s fourth novel, following his widely acclaimed novels *Side(H)arm*, *Blue’s Code*, and *Liberty’s Circle...Broken*. All are available on Amazon.com, and although they each stand on their own, they are also linked as a series. They follow the lives of Jordan Nichols and his family and friends over the course of more than ten years.

Author: James E. Abel is a retired financial executive who has spent large portions of his life in Massachusetts, Pennsylvania, and South Carolina, which is where he and his wife currently reside.

Abel first became interested in writing both novels and screenplays shortly after spending time with his granddaughter on the sets of various television shows and movies in the Atlanta area during her young acting career. It was also during that time he became familiar with and fell in love with the Tybee Island and Savannah, Georgia, area where many of his novels are set. The inspiration for his novels, however, continues to be his concern over the future of the United States of America and his love and respect for God and Country.



James E. Abel

## Side (H)arm

### Murder, Betrayal, and Redemption

A gripping story of murder, betrayal, and redemption, set in Savannah Georgia. When a police detective and his young daughter are faced with tragedy, she turns to her love of art and the help of strangers for comfort and healing, while he turns to revenge.

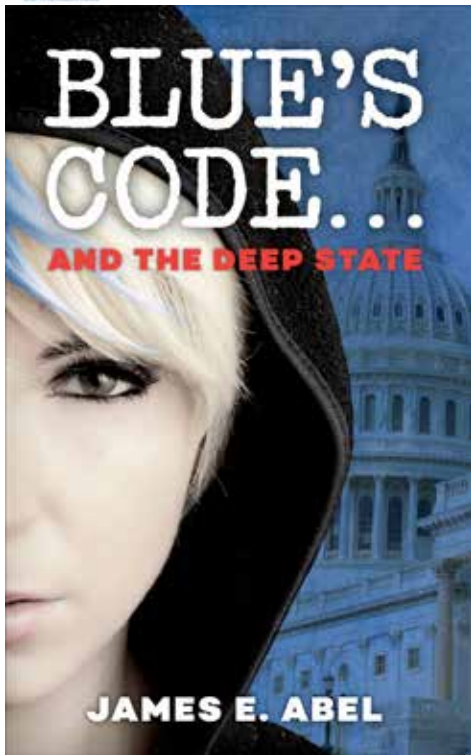
#### About the Author: James Eugene Abel

James E. Abel calls three areas home: New England—where he spent his “wonder years” and attended Norwood High School; Bethlehem, Pennsylvania—where he met his loving wife Barbara, attended Lehigh University, raised three children, and pursued a career as a Finance executive; and The Low Country—from Georgia through South Carolina where he and his family spend as much time as possible.

The rich heritage and natural beauty of Savannah Georgia and neighboring Tybee Island led Mr. Abel to choose the area as the setting for *Side (H)arm*. His concerns over the opioid epidemic and the bitter political divisiveness afflicting this country provided Mr. Abel with his purpose in writing this novel. His belief in family, tolerance and the healing power of art provided him with his inspiration.

*Side (H)arm* is Mr. Abel’s first novel, and its genesis was a short film that was written by him and filmed on Tybee Island. His hope is that the Novel will now serve as the basis for a feature length film of the same name. He currently plans to direct all proceeds from the sale of this novel toward the making of the film and he encourages anyone who enjoys the novel to share that fact with their friends on Facebook. Mr. Abel hopes to post progress toward the film on twitter so please feel free to follow him on Twitter, @jameseabel.

Format: Paperback • Trim size: 5×8 • Cover price: \$8.95  
ISBN: 978-1092388375 • Page count: 274

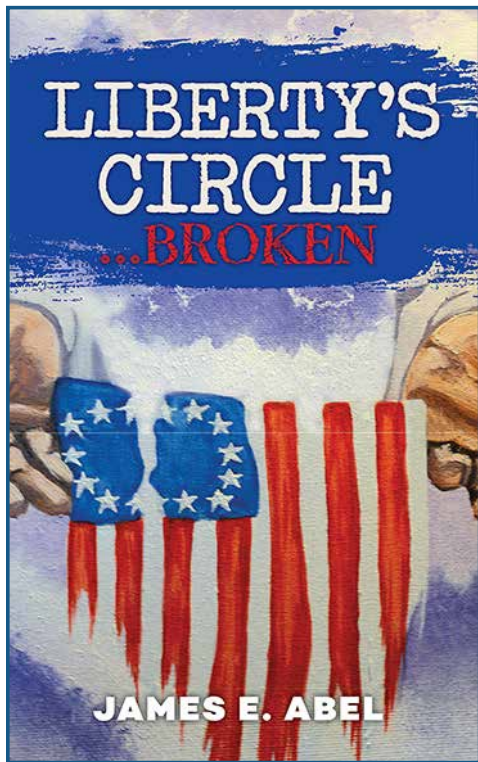


## Blue's Code

WHEN BLUE, the adopted daughter of Georgia's governor, realizes what her mother is up to at the family owned pharmaceutical lab, she devises a secret code in order to reach out to some old friends for help. She and her friends quickly find themselves in the cross-hairs of the Deep State, fighting for their lives. Their sole objective is to live long enough to expose who and what the Deep State really is, what their End Game is, and how they've been controlling politicians and throwing elections.

This novel picks up on the lives of Blue, the Nichols family, and FBI agent William Bennings ten years after they were first introduced in the novel "Side(H)arm," which is also available exclusively through Amazon. If you like political intrigue or are wondering why the United States is no longer united... *Blue's Code* is a must read. I hope you enjoy reading it as much as I enjoyed writing it!—James E. Abel

Format: Paperback • Trim size: 5x8 • Cover price: \$8.95  
ISBN: 978-1-950459-25-4 • Page count: 216



## Liberty's Circle Broken

THE DEEP STATE is determined to bring down the UNITED STATES OF AMERICA as BLUE and her friends finally take the fight to the enemy. In the process, they discover who is behind the burning of America's cities, the relentless attacks on America's Judeo-Christian foundations, and the all-out war on its entire social fabric.

*His finest novel! Abel's suspenseful story is entwined with good and evil. Laced with deception from economic giants and politicians, it makes one wonder if this could be happening in our world today. A book you will not want to put down!*

—Marilyn Hatley, Mayor, North Myrtle Beach, SC

*God and Country! Abel takes us through this adventure with road signs taken right out of the Bible. I thought his biblical reference to the statue in front of the United Nations was pure fiction until researching it for myself. Turns out, it was right on. In fact, the UN recently had the statue quietly removed. It really makes you wonder if Abel's fictional predictions are closer to the truth than we would like to believe!*

—Dr. Robert Bridger, Professor Emeritus, FMU

Format: Paperback • Trim size: 5x8 • Cover price: \$13.95  
ISBN: 978-1-952481-95-6 • Page count: 250

## Victoria's Voice

On June 6, 2015, David and Jackie Siegel received the call that no parent should ever get. Victoria, their beautiful, vibrant 18-year-old daughter, had died of a drug overdose. The Siegels vowed to do whatever it takes to prevent this from happening to other parents.

Right after Victoria passed away, Jackie received a text from one of Victoria's friends, directing her to look in Victoria's bedroom nightstand for a secret diary Victoria had kept—and suggesting they publish it. The Siegels decided to honor Victoria's wish.

Victoria's diary, in her own hand and featuring her own art, is bookended by intros by her parents before it and tips and resources after it. *Victoria's Voice* is a gripping peek inside the mind of a sometimes happy, healthy teen and other times a teen dramatically influenced by drugs and alcohol.

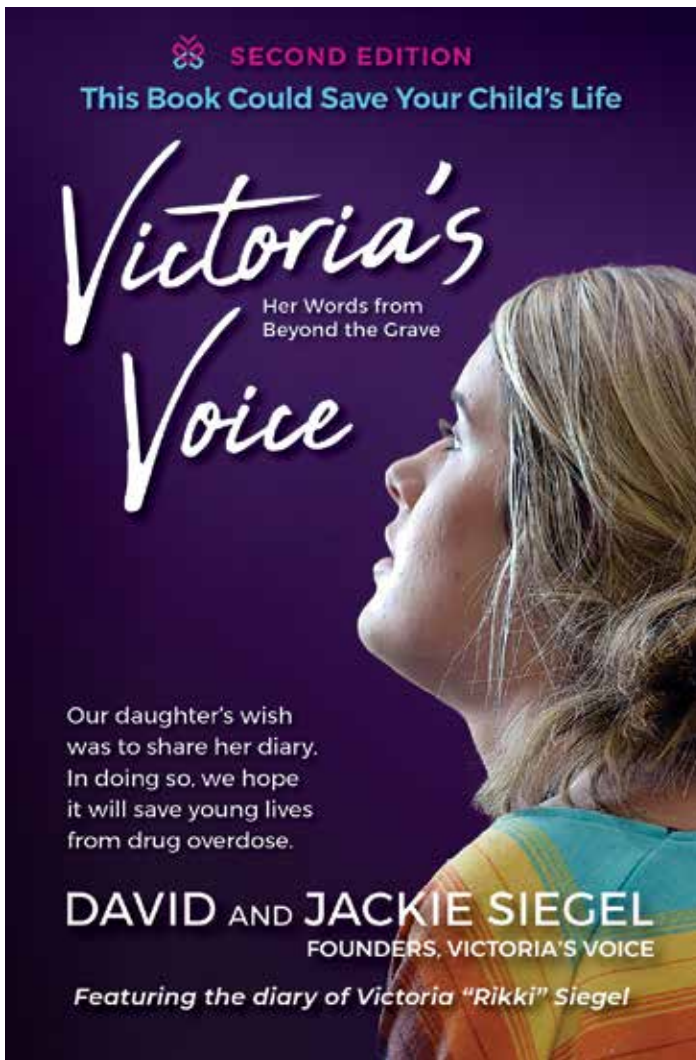
This is Victoria's voice—from beyond the grave. It could save your child's life.

Author: David and Jackie Siegel

David and Jackie Siegel are committed to turning the tragedy of the daughter Victoria's death into a national platform for drug awareness, abuse prevention and saving lives.

As public figures, the Siegels effectively advocated for the Comprehensive Addiction and Recovery Act (CARA), signed into law on July 22, 2016, by President Obama. This was the first major federal addiction legislation in 40 years and the most comprehensive effort undertaken to address the opioid epidemic—laying the groundwork for a coordinated national response.

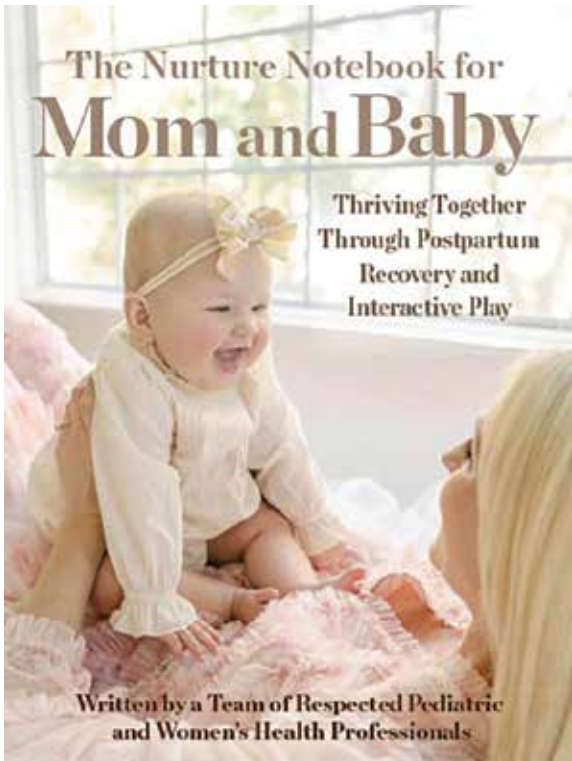
In 2019, the Siegels established the Victoria's Voice Foundation, a 501(c)(3) public charity to help end the drug crisis. To date, more than 500,000 parents and children have been positively impacted by the foundation's educational programming. *Victoria's Voice* is also focused on making naloxone—a medicine used to treat overdose—more widely available.



David and Jackie Siegel

Format: Paperback  
Trim size: 6x9  
Cover price: \$19.95  
ISBN: 978-1-958711-50-7  
Page count: 318

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Format: Paperback

Trim size: 8x10"

Cover price: \$34.95

Page count: 242 pages

ISBN: 979-8-89420-010-1 IS //

979-8-89420-029-3 KDP

## The Nurture Notebook for Mom and Baby

### Thriving Together Through Postpartum Recovery and Interactive Play

Are you a busy mom, looking for effective ways to engage, entertain, and enhance your baby's development, while also discovering proven postpartum recovery techniques?

Unlock the secrets to a harmonious start for both you and your baby with *The Nurture Notebook for Mom and Baby*, an essential guide crafted by a team of leading pediatric and postnatal experts. This groundbreaking book delves into the intertwined journey of infant development and postnatal recovery, offering a holistic approach to ensure both mom and baby thrive.

From the first days at home to your baby's pivotal early milestones, *The Nurture Notebook for Mom and Baby* is organized by chapters for each month of the baby's first year, uniquely bridging the gap between postnatal recovery and infant development, with each featuring expert insights into:

- Postnatal recovery, from physical postnatal exercises to emotional well-being
- Baby's development, including motor, visual, cognitive, social-emotional, self-care, and speech and language development
- Development-appropriate play positions and activities
- Special journaling sections to record and preserve observations and memories

Special bonus sections of the book include expert insights into:

- Parents' emotional well-being
- Nutrition
- Breastfeeding
- Auditory development
- Dental care

Written by a Team of Respected Pediatric and Women's Health Professionals local author on MC and CT, health AA

*The Nurture Notebook* includes contributions from more than a dozen medical experts in a wide range of fields, founded and led by Kim Bandi, Bandi, OTR/L (pediatric occupational therapist), founder of *The Nurture Notebook*, director of Valley Family Therapeutics, and Orton-Gillingham practitioner.

In 2022, Lisa expanded her business by becoming a Motivational Life Coach, helping people gain inner drive and become unstuck through self-discovery skills, coping skills, and time management skills.

Additionally, Lisa conducts workshops for veterans, Girl Scouts, schools, and colleges to help people gain motivation and drive and learn how to accept their imperfections.





Format: Paperback  
 Trim size: 6x9"  
 Cover price: \$15  
 Page count: 66 pages  
 ISBN: 978-1-958711-55-2;  
 978-1-958711-56-9

## Finding Freedom from Clutter

Organize your home and life with tips and tricks from a personal concierge!

Are You Drowning in Clutter?

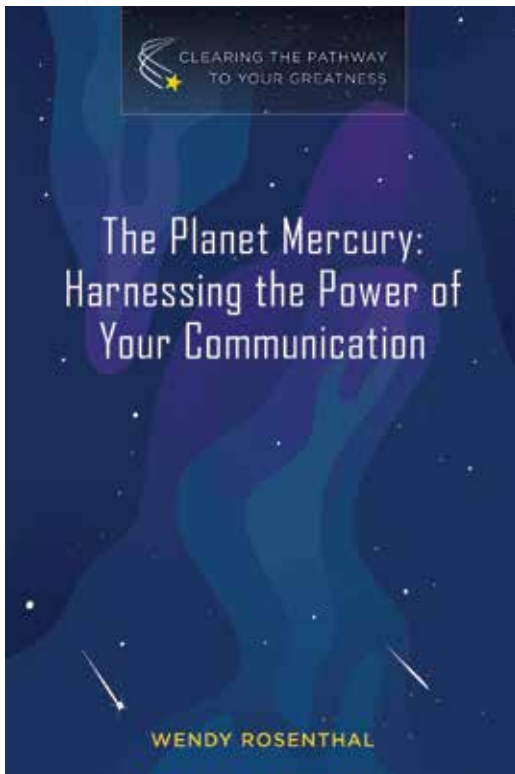
*Finding Freedom from Clutter* will help you organize your papers, photos, stuff, and life! This book features top tips and tricks from a personal concierge and certified photo manager to help you:

- Organize Your Goals
- Organize Around the House
- Sell, Donate, and Discard Your Clutter
- Organize Papers, Photos, and Memorabilia
- Organize for the Holidays
- Help Other People Organize

This guide will streamline and simplify your life, saving you money, time, and sanity!

Author: Melissa Draving

Melissa Draving is a Personal Concierge, Professional Organizer, and Certified Photo Manager who lives in Emmaus, Pennsylvania. She started her business Here For You Concierge in 2017 to help others have more time to give back to their families, by helping with things they don't know how to do, don't have time for, and/or normally procrastinate. As one client beautifully put it "You help others do things they have wanted to do for a long time." She has worked with more than 100 clients, some on a weekly basis and others just for projects. In 2021 she learned about Photo Management and decided to become certified after helping several clients with their photo projects.



Format: Paperback

Trim size: 6x9"

Cover price: \$13

Page count: 112 pages

ISBN: 978-1-958711-98-9

## The Planet Mercury

### Harnessing the Power of Your Communication

Astrology reveals reams of information about the internal tools our soul comes into the world with to provide everything we need to be our best selves. From how we approach challenges in our lives to our ability to communicate effectively, your natal astrological chart is the map of your soul and a guide to your greatness. And, if communication is considered key to personal and career success as Paul J. Myer, pioneer in self-improvement and achieving goals, suggests, levelling up your communication skills seems like a no-brainer. Want a shorter path to uncovering your basic skills coupled with easy-to-implement tips to reach your goals? Then dive into *The Planet Mercury: Harnessing the Power of Your Communication* to discover what sign Mercury was in at the time of your birth and what that indicates about how you communicate in business, in relationships, and in life in general.

After a short primer on astrology and how it works, author, greatness coach, and applied astrologer Wendy Rosenthal shares the good, the bad, and the opportunity for each sign in Mercury along with straightforward tips to help you harness the power of your communication.

This insightful book comes with a simple form to fill out so Ms. Rosenthal can share your Mercury sign with you so you can get started right away!

Author: Wendy Rosenthal

Wendy Rosenthal, Chief Pathfinder, is a mom, a wife, an avid sports fan, a podcaster, a lecturer, a person who has been on a spiritual path for 25 years, and a good friend who loves to help people.

For the past 25 years Wendy has been advising businesses, large and small around the world on how to take an idea and turn it into something that can come to life, all the while supporting their brand and financial objectives. From theme parks in Abu Dhabi to nonprofits in Los Angeles, she has seen a lot projects fly and others never get off the ground.

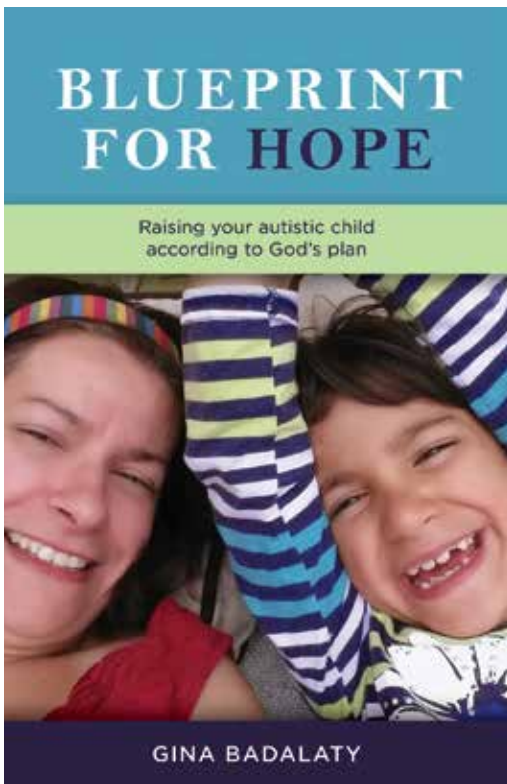
She learned from the best in many industries and has seen people, titans of industry, make mistakes--all of which made their projects better in the long run.

Along the way, Wendy realized the best part of her consulting work was being able to work one to one with people in the teams she supported, helping them play their part in the overall team.

This inspired her to shift her consulting focus to use her gift of taking a lot of information in and distilling it to clear a pathway for action that helps individuals move their ideas to creation, to jump over all their own internal and external hurdles with clarity and ease.

Ultimately, her goal is always to empower her clients to discover the answers that are inside them already and be the support they need to achieve their next greatness, whatever that may be.

Wendy lives in Austin, Texas, with her husband, Mike; son, David; and dog, Sunnie.



Format: Paperback  
 Trim size: 6x9"  
 Cover price: \$19.95  
 Page count: 174 pages  
 ISBN: 978-1-958711-94-1



Gina Badalaty

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## Blueprint for Hope

### Raise Your Autistic Child Alongside Jesus

Are you raising a child on the autism spectrum and feel like you've lost all hope? Worried about what the future holds for your child? Are you at your wit's end dealing with your child's meltdowns, self-injurious behaviors, or safety concerns?

You can overcome these difficulties! *Blueprint for Hope* helps you address these challenges, using the Bible as a guide to finding the peace of Christ as you search for solutions to help your child. Written by the mother of a child on the autism spectrum, this book shows you how God's word provides a practical plan to parenting a child on the spectrum.

Gina Badalaty shares how the Bible helped her:

- Cope with an autism diagnosis
- Conquer anger, despair, anxiety, and other painful emotions
- Address behavioral issues that put autistic children at risk
- Teach her child about Jesus
- Deal with an uncertain future

In this book, you'll learn how Biblical figures overcame difficulties by calling and relying on God and how that can help you. Gina provides scriptural guidance on parenting an autistic child, including how to pray; how to make choices about therapies, education, and more; and how to find the best tools and resources to help your child thrive. She covers topics ranging from dealing with your family and marriage to finding support and encouragement on this journey.

*Blueprint for Hope* is your companion to keep by your side as you walk through your parenting journey with Jesus.

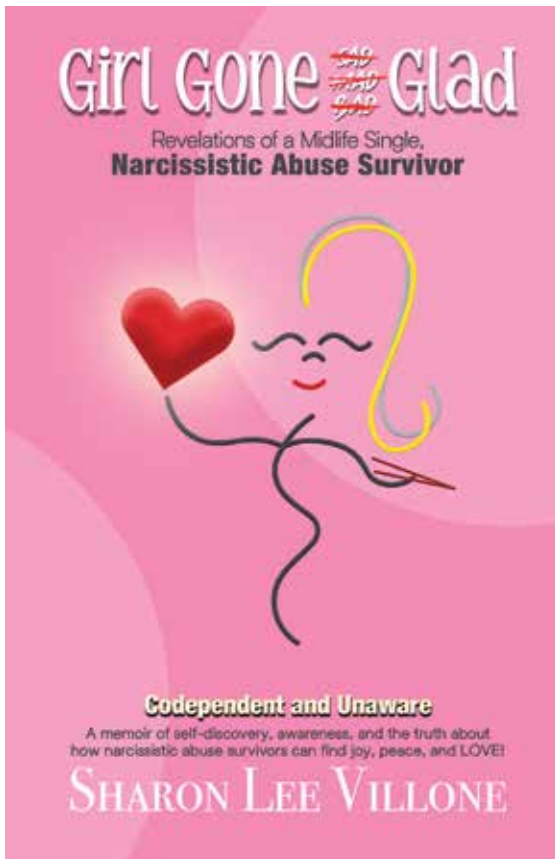
Author: Gina Badalaty

Gina Badalaty is a writer, researcher, educator, and entrepreneur. She was born and raised in Queens, New York. She earned her degree in Interdisciplinary Studies at the New York Institute of Technology.

In 2002, Gina and her husband, Chris, moved to Pennsylvania. Gina started one of the first "mom" blogs. She opened a web design shop and ran that for many years before earning her first professional writing gig at American Greeting Cards Interactive in 2008.

By 2014, she was hired by Mamavation to investigate harmful ingredients in products. She's worked with many clean brands and has written for Project NonGMO, Healthy Moms Magazine, Savvy Women's Alliance, and Healthy Child. She wrote for NatualLivingFamily for two years, and she currently writes for TastingTable.com.

Gina lives in Pennsylvania with her husband, her two daughters, and their black lab, Bailey. Her children's disabilities have empowered her to be an advocate for people with Down syndrome and people on the autism spectrum. The family enjoys travel, theme parks, and a good sporting or music event.



Format: Paperback  
Trim size: 5.06x7.81"  
Cover price: \$19.95  
Page count: 162 pages  
ISBN: 978-1-958711-57-6



Sharon Lee Villone

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## Girl Gone Glad

A memoir of self-discovery, awareness, and the truth about how narcissistic abuse survivors can find joy, peace, and LOVE!

Am I Crazy?

From the outside, Sharon had it all. But her picture-perfect life was not what it seemed. What she didn't know at the time was that she was being psychologically manipulated by a malignant narcissist who trapped her in an abusive cycle of Hoovering, devaluation, and explosive anger—with a whole lot of gaslighting, word salad, and breadcrumbing thrown in for good measure.

Today, many of these words are becoming better known, but during Sharon's toxic enmeshment with her narcissistic spouse, these things were not yet fully understood—let alone talked about.

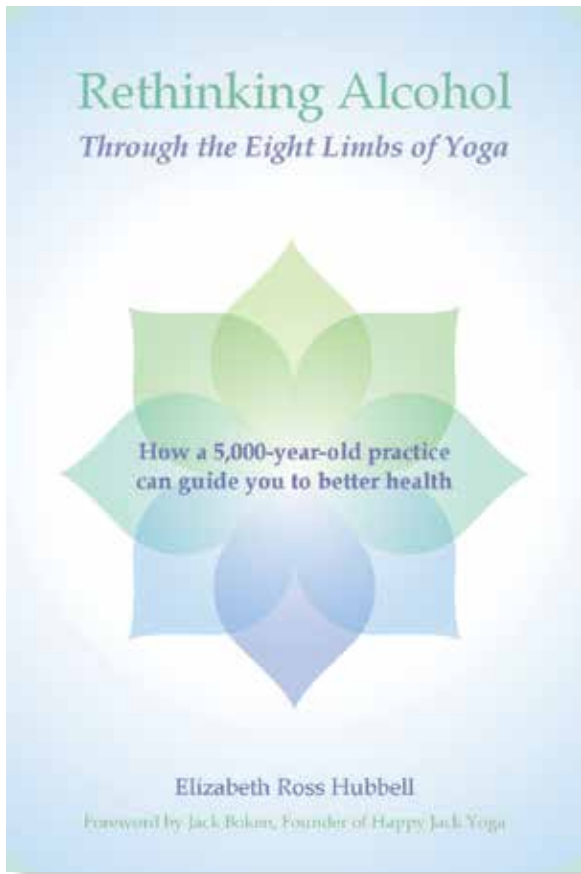
Nearly 20 years of torment caused Sharon to doubt everything, including her own reality. She wondered, "Is it me? Am I crazy?" Enduring decades of mental and emotional abuse resulted in a complete lack of identity where she no longer knew who she was or who she wanted to be. When the straw finally broke the camel's back (in this case a dead squirrel tumbled out of a wall), Sharon found the strength to stop the madness and regain control of her life.

In *Girl Gone Glad*, Sharon uses wit and wisdom to share the lessons she learned post divorce that changed her life. Years of research and in-depth conversations with hundreds of other narcissistic abuse survivors led her on a journey to discover her most authentic self. She shares the Red Flags of Narcissism, Symptoms of Narcissistic Abuse, and some basic facts about narcissistic personality disorder, including how to heal from narcissistic abuse and some motivational tips that helped her along the way.

Sharon is a midlife single, narcissistic abuse survivor. These are the revelations that healed her ... and can heal you too!

Author: Sharon Lee Villone

Sharon Lee Villone grew up in a small town in New Jersey where, in her early teens, she discovered her love for writing as her father battled a terminal illness. She moved to Pennsylvania in her early twenties to raise a family, and in the early 2000s wrote a family living column for a local newspaper. In 2016, she released her first novel, *Harness the Storm*, after a turbulent divorce from an abusive narcissist. She still resides in Pennsylvania, where she is working on her next novel and runs a support group for narcissistic abuse survivors. She is a proud mom and gigi, narcissistic abuse support and recovery coach, listener, hugger, chewing gum addict, endless student of life and spirituality, and humble servant of God, who continually strives to practice gratitude for such a unique and glorious human experience.



Format: Paperback  
 Trim size: 5.5x8.25"  
 Cover price: \$19.95  
 Page count: 112 pages  
 ISBN: 978-1-958711-62-0



Elizabeth Ross Hubbell

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## Rethinking Alcohol Through the Eight Limbs of Yoga

How a 5,000 year old practice can guide you to better health

Foreword by: Jack Boken

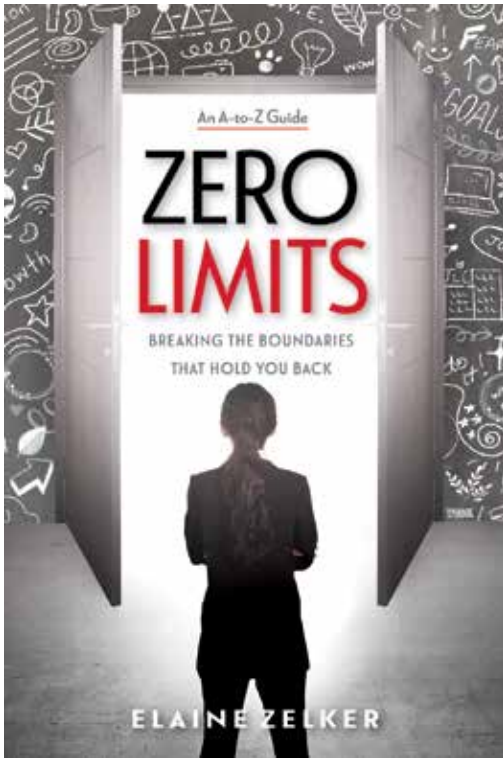
Vinyasa and vino. Women, Wine, and Warrior 2. No matter where you look, alcohol is everywhere, even pervading sacrosanct health and wellness venues. While the harms of tobacco and “hard” drugs are well-known, alcohol has somehow gotten a pass in modern society. Until very recently, it was even recommended to drink a glass of wine every evening for heart health. We are finally awakening to the harms of even small amounts of alcohol, but this presents a new challenge for people dedicated to making healthful choices: How can we omit something that has become such a celebrated part of our everyday lives?

In this book, Elizabeth Ross Hubbell uses the time-honored principles of Ashtanga Yoga to help you rethink that nightly glass (or three) of wine. We’ll explore some of the most recent findings on the harms of alcohol and how Patanjali’s teachings from 2,000 years ago remain relevant in pursuit of living our healthiest, happiest lives.

Author: Elizabeth Ross Hubbell

Elizabeth Ross Hubbell is an RYT-500 certified yoga instructor and freelance writer passionate about living a plant-based, alcohol-free life. She hosts a monthly online gathering for those rethinking alcohol in their lives. In March of 2023, she completed a 100-hour yoga spirituality immersion in Rishikesh, India, to deepen her understanding of this ancient practice.

Elizabeth previously was an instructional designer with a background in K-12, higher ed, and adult learning. She is coeditor of *Thriving as a Woman in Leadership in Higher Ed* (2021) and coauthor of six books on instruction, including *Instructional Models: How to Choose One, How to Use One* (2019), *The 12 Touchstones of Good Teaching* (2013), and *Classroom Instruction that Works, 2nd ed.* (2012). She earned her BSEd from UGA in Education and her MA from UC-Denver in Information and Learning Technologies.



Format: Paperback  
Trim size: 6x9"  
Cover price: \$19.95  
Page count: 162 pages  
ISBN: 978-1-958711-74-3



Elaine Zelker

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## Zero Limits

### Breaking the Boundaries That Hold You Back

Are you tired of coasting through life without a sense of purpose? Do you yearn for a life where you can accomplish anything you set your mind to? Elaine Zelker's *Zero Limits* is the guide you've been waiting for. In this empowering book, she shares her personal journey of how leaving her nursing career behind to pursue life as an entrepreneur led her to find her true purpose. Drawing from her 13 years of entrepreneurial experience, Elaine provides invaluable insights and practical advice for women, especially those who are seeking to take control of their lives and unlock their full potential.

With *Zero Limits*, you will embark on a life-changing journey, starting with finding the right accountability partner to keep you on track and setting clear expectations for success. Elaine guides you through the process of building a strong brand that stands out in today's competitive market, fostering collaboration and partnerships that amplify your impact, and differentiating yourself from the competition. She empowers you to overcome fear, cultivate a growth mindset, and embrace new opportunities that lead to personal and professional growth.

Elaine emphasizes the importance of gratitude, growth, and giving back, and she provides practical tools for incorporating these practices into your daily life. She dives into the power of positive habits, "I am" statements, and joy, showing you how to cultivate a mindset of abundance and success. Along the way, you'll learn to let go of negative emotions, forgive past hurts, and build loving relationships that bring fulfillment and meaning.

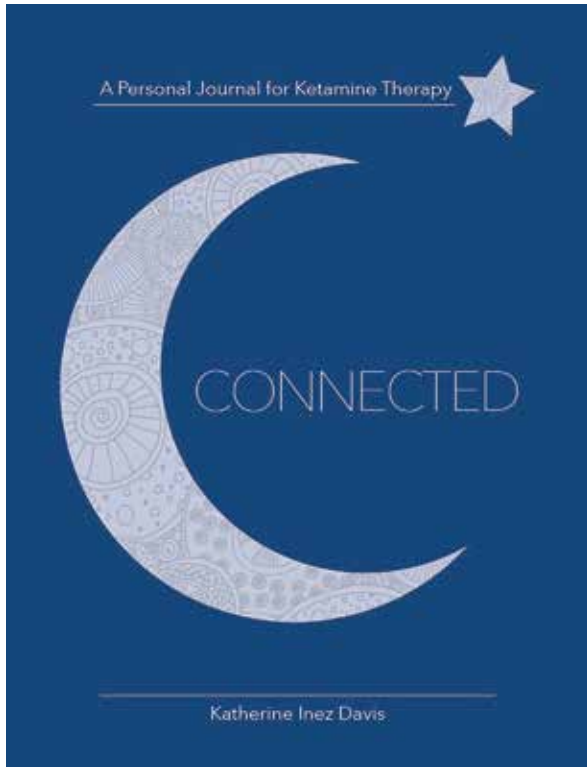
Throughout the pages of *Zero Limits*, you'll be guided in crafting a clear, compelling mission statement that aligns with your values and goals, as well as creating an elevator pitch that captures the essence of who you are and what you do. Elaine encourages you to embrace the power of the pivot, to adapt and seize new opportunities, and to confidently share your personal story to inspire others.

Author: Elaine Zelker

In addition to her new love for writing, Elaine Zelker has been running her photography business in the Lehigh Valley, PA, since 2010. She has mastered the "perfect headshot" and has enjoyed photographing thousands of people all over the country.

Known as a serial entrepreneur, Elaine has multiple side hustles and businesses. She's a mom, RN, photographer, café owner, brand strategist, wife, social retailer, author, DIYer, speaker, and lover of life!

She has three amazing daughters (and three pups), and lives in Easton, PA, with her husband, Zeke.



Format: Paperback  
 Trim size: 8.5x11  
 Cover price: \$14.95  
 Page count: 108 pages  
 ISBN: 978-1-958711-25-5

## Connected

### A Personal Journal for Ketamine Therapy

Like ketamine therapy, your pen is a powerful tool.

Join these in *CONNECTED* as you prepare for, record, and successfully integrate your healing experience.

As you know, patients turning to ketamine therapy to treat severe depression, PTSD, chronic pain, and related physical and mental health issues can take active steps alongside treatment for improved outcomes. Journaling—a healthy outlet on its own—is one of these.

Katherine Inez Davis focused graduate study on the ketamine patient experience and found undeniably consistent themes to create *CONNECTED*.

Your personal journal for ketamine therapy offers:

- Three different sets of working pages to support the complete process of this unique treatment: Preparation, Recall, and Connection
- A space to explore the tremendous, unusual experience of ketamine; and capture the sensory, emotional, and mental missives within
- Organized, broad prompts to bring clarity to details and connect the experience to daily life
- A starting point for review and discussion with a counselor, medical team, or support group
- A flexible, growing document for the critical phase of integration

*CONNECTED* has ample writing space and a functional layout that brings ease to the process.

This journal was designed to work in partnership with your treatment, allowing a chance to thoughtfully consider how the ketamine experience can translate into the best possible health results. The ketamine will fade away, but your words, captured here, will remain available to revisit and explore as you move forward.

Author: Katherine Inez Davis

Katherine Inez Davis followed a lifelong belief in the power of words to achieve undergraduate and graduate degrees in English and Professional Writing. Her published work earned a Fellowship from the Knight Foundation and awards from the International Association of Business Communicators and Pennsylvania Press Association. She has placed creative writing in *Steam Ticket*, *The Ravens Perch*, *Green Silk Journal*, and *Line Zero*. Originally from New Jersey, Davis now resides in northeast Pennsylvania.



Self-Love, Family, Health, Gratitude, and Kindness.

# KEEP GOING, *Keep Growing*

Wellness journal with a 70-Day Tracker to help you continue to grow into the best version of yourself



PATTY BARAJAS GODINEZ

Amor propio, Familia, Salud, Gratitude y Bondad.

# SIGUE ADELANTE, *Continúa Creciendo*

Diario de bienestar con un seguimiento de 70 días para ayudarle a continuar creciendo hasta convertirse en la mejor versión de usted mismo



PATTY BARAJAS GODINEZ

## Keep Going, Keep Growing

A wellness journal with a 70-day tracker to help you continue to grow into the best version of yourself

After struggling for more than a decade with depression, insomnia, overweight, and low self-worth, Patty Barajas Godinez finally figured out how to live her life with more purpose, learning how to pick up the pieces and put herself back together again.

As Patty discovered the healthy habits that worked for her, she organized them into her own journal, which she realized might help others struggling with the same challenges. Patty loves to see other people rise and expand, and she felt it would be selfish not to share what worked so well for her with the world.

Author: Patty Barajas Godinez

Several years ago, Patty created a growth mindset accountability/mastermind team where she inspires others to take action and live their best life. She has helped hundreds of women who struggle with busy lives, offering them support, accountability, and direction. She is also certified as an Ultimate Portion Fix Nutrition Coach.

Patty has been meal prepping for 10 years for her family. In 2021, after receiving requests for her meals, she founded a local meal preparation business called Blooming Meal Preps.

Patty lives in Castaic, California, with her husband, their three children, and her enormous family.

*Keep Going, Keep Growing* is also available in Spanish, *Sigue Adelante, Continúa Creciendo*.

To learn more, follow Patty's story on Instagram @pbgodinez.

Format: Hardcover & Paperback

Trim size: 8x10

Cover price: \$35

Page count: 112 pages

ISBN: 978-1-958711-23-1 HD

978-1-958711-26-2 PB

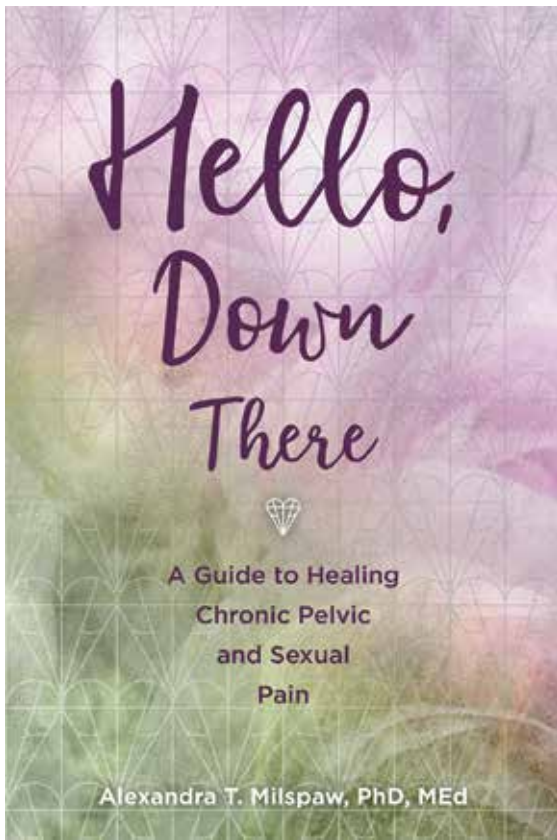
SPANISH: 978-1-958711-24-8 HC

SPANISH 978-1-958711-27-9 PB



Patty Barajas Godinez





Format: Paperback  
 Trim size: 6x9  
 Cover price: \$35  
 Page count: 302 pages  
 ISBN: 978-1-958711-10-1



Alexandra T. Milspaw, PhD, MEd

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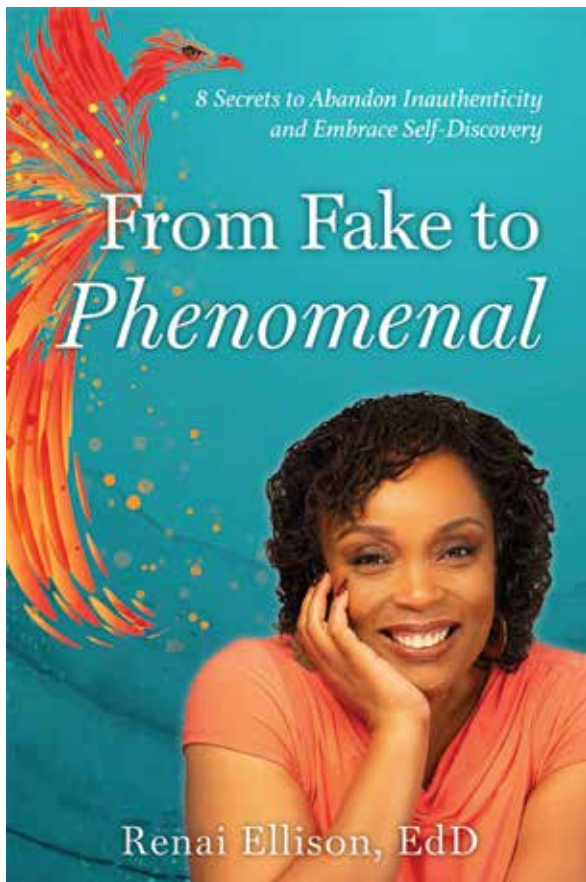
## Hello, Down There

A guide to healing chronic pelvic and sexual pain

*Hello, Down There: A guide to healing chronic pelvic and sexual pain* offers a one-of-a-kind review of cutting-edge scientific information on the etiology of chronic pain, with special focus on pelvic and sexual pain disorders. Dr. Milspaw's conversational approach to understanding how "it's all connected" guides the reader through easy-to-learn techniques that retrain the brain and nervous system quickly and effectively. Utilizing research from the fields of psychoneuroimmunology, mindfulness, neuro-linguistic programming, emotional freedom techniques, and self-hypnosis, Dr. Milspaw provides more than 30 interactive, recorded exercises the reader can enjoy again and again. This book offers understanding, guidance, and support for both patient and practitioner.

Author: Alexandra T. Milspaw, PhD, MEd

Bio: Alexandra T. Milspaw, PhD, MEd, is a licensed professional counselor in Pennsylvania, an AASECT-Certified Sex Therapist, and certified in consulting hypnosis, neuro-linguistic programming, and mindfulness-based stress reduction. Dr. Milspaw currently serves on the Board of the International Pelvic Pain Society (IPPS) and Chair for the IPPS Clinical Foundations Course. Dr. Milspaw specializes in post-traumatic stress disorder, chronic pain, and sexual health. Her life's work and passion is bridging the gap between the medical and psychological worlds, hoping to improve the efficiency and effectiveness in improving the lives of both patient and practitioner. pain education, sexual pain, pelvic pain, chronic pain, sexual health, holistic health, multidisciplinary; mindfulness; mindfulness-based cognitive therapy, emotional freedom techniques, bilateral stimulation, self-care, self-help, trauma, stress, chronic stress, sex, urology, gynecology, gastrointestinal, nervous system, autonomic nervous system, dysautonomia, post-traumatic stress disorder (PTSD), anxiety, depression, mental health, emotional health, physical health, spiritual health, 4-D Wheel, 4-D Network, mindful journaling, journaling, light therapy, sound therapy, posture, physical therapy, pelvic floor physical therapy, mind-body, medicine, psychology, trauma survivor, trauma healing, trauma recovery, pain recovery, surgery recovery, surgery healing, generational trauma, somatic therapy, somatic healing, irritable bowel syndrome, interstitial cystitis, pudendal neuralgia, pelvic floor dysfunction, neuromuscular pain, behavioral health, psychology, psychoneuroimmunology, functional medicine, integrative medicine, complementary medicine, alternative medicine, natural healing, meditation, guided meditation, eastern medicine.



Format: Paperback  
Trim size: 6x9  
Cover price: \$24  
Page count: 130 pages  
ISBN: 978-1-958711-08-8



Renai Ellison, EdD

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jennifer@brightcommunications.net • BrightCommunications.net

## From Fake to Phenomenal

### 8 Secrets to Abandon Inauthenticity and Embrace Self-Discovery

How would you like to discover the most authentic, captivating, phenomenal you?

In *From Fake to Phenomenal*, trailblazing model and TV personality turned life and leadership development coach Renai Ellison, EdD, shares her inspiring stories and transformational tips to help you discover the keys to unlocking your best life. Renai's 8 secrets to abandon inauthenticity and embrace self-discovery provide a roadmap to success, for both your personal and professional journey.

Renai shares RENAissance Reflections that give you essential takeaways from her memoir that will resonate with you and connect your dots to find your authentic self. Integrating Renai's unique brand of wisdom into your life will inspire you to walk unapologetically into your God-given destiny. Each secret's Thoughts to Ponder encourage and challenge you to dig deeper, reflect more, and grow exponentially. This is your day to believe that phenomenal is right around the corner.

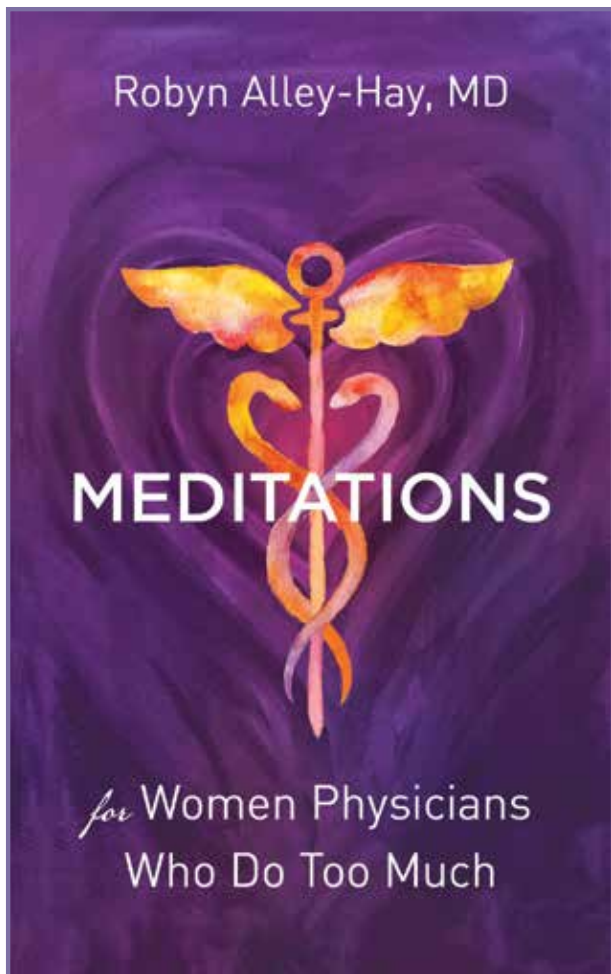
Author: Renai Ellison, EdD

Bio: Renai Ellison, EdD, MA, is the Founder and CEO of EMBRACE LIFE Enterprises.

Renai began her journey as a Life and Leadership Development Coach, Consultant, Trainer, and Speaker after earning a Christian life coach certification and then a life and leadership coach certification. She holds a Professional Certified Coach (PCC) credential from the International Coaching Federation (ICF). After accomplishing her lifelong dream of obtaining an Educational Doctorate in Organizational Leadership, Renai gravitated toward hours of training in the areas of anti-oppression, anti-racism, and diversity, equity, and inclusion (DEI). She is passionate about social justice and expanding the consciousness of humanity—one individual at a time.

Renai launched her career as a model when she was a junior in college, and she soon became a television host and actress, appearing on television networks including QVC, HGTV, PBS, and MyPHL17. As a first-place speech contest winner, club member, and leader with Toastmasters International, Renai speaks to people globally, nationally, regionally, and locally about the value of relationship, community, and connection. She also believes strongly in the power of authenticity and self-discovery.

A devoted daughter to her mother, Maryan, and a loyal friend, Renai values and prioritizes quality time with the people she loves most.



## Meditations for Women Physicians (and Others) Who Do Too Much

*Meditations for Women Physicians (and Others) Who Do too Much* features more than 100 inspiring meditations and prayers. These comforting words can help over-stressed, over-scheduled, over-wrought women find peace, calm, and tranquility. Topics include perfectionism, relationship, forgiveness, and anxiety. This book is a balm for the over-worked soul.

Author: Robyn Alley-Hay, MD

Robyn Alley-Hay, MD, is an international women's empowerment coach, author, speaker, educator, and longtime feminist committed to helping women master their inner power and vision. She has worked for more than 25 years as an ob-gyn and for more than 10 years as a life coach. Dr. Alley-Hay is also a Reiki master. She works with a nonprofit organization that travels to the isolated lands of Tibetan Buddhism. In 2016, at the invitation and special blessing of His Holiness the 14th Dalai Lama, Dr. Alley-Hay started a cervical cancer screening clinic and continues to provide medical education and training to the local indigenous healers and midwives. Dr. Alley-Hay lives and loves in Dallas, Texas, with her husband.

Format: Paperback

Trim size: 5x8

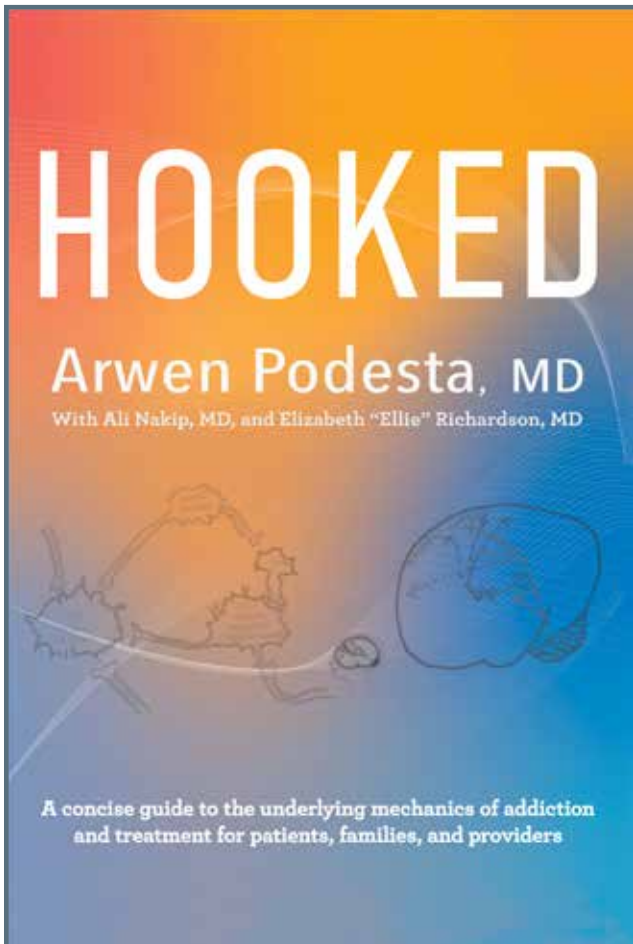
Cover price: \$16

Page count: 228

ISBN: 978-1-952481-91-8



Robyn Alley-Hay, MD



Format: Paperback  
Trim size: 6x9  
Cover price: \$17.95  
Page count: 94  
ISBN: 978-1-9524813-1-4



Arwen Podesta, MD

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## HOOKED

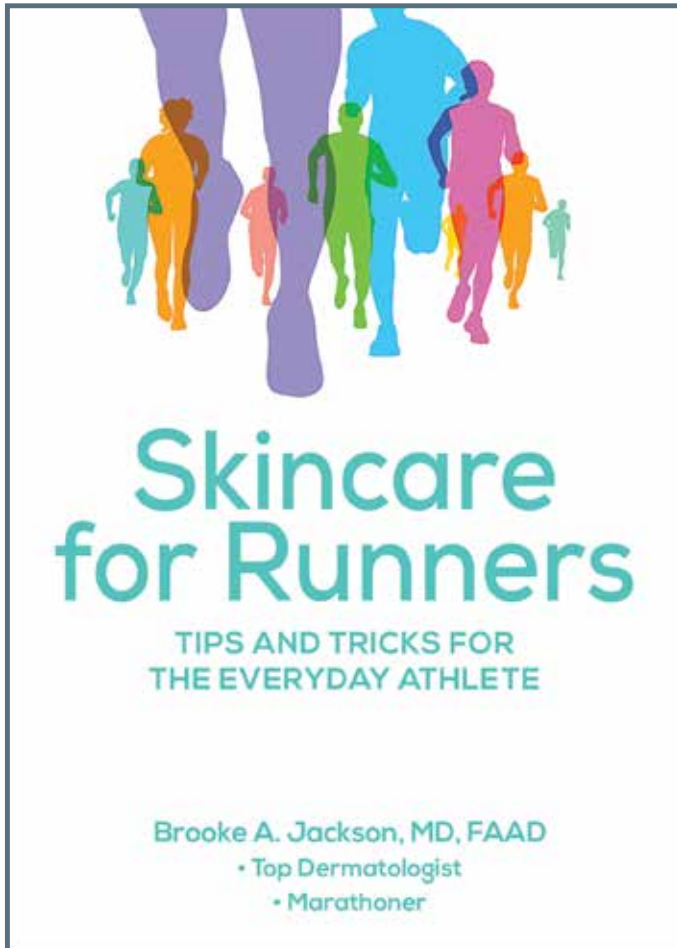
Addiction is a complex problem, with social, psychological, and biological underpinnings. The scope of the problem is at epidemic proportions. Thanks to decades of scientific research, we are better equipped than ever to comprehend the causes, complications, and effective social and medical treatments for addiction.

Navigating the physical, medical, emotional, and social aspects of addiction can be overwhelming to patients, families, and even treatment providers. Many publications deal with this topic; however, most are thin pamphlets or thick scientific treatises. This short book concisely and clearly answers the questions that students, patients, and their loved ones ask: What is an addiction? Why do we care about it? Why do some people get addicted and others do not? What do we do about addiction? This book is medically minded but accessible to all readers, and it will answer these questions and more.

Author: Arwen Podesta

Arwen Podesta, MD, is a clinician, speaker, teacher, and writer. She is board certified in psychiatry, addiction medicine, forensic psychiatry, and holistic and integrative medicine. Her background in massage therapy and biochemistry also inform her therapeutic approach, allowing her to help patients on many levels. She uses all her training and knowledge to comprehensively treat individuals and families, looking at micro- and macroscopic imbalances affecting mental wellness.

A specialist in addiction medicine, Dr. Podesta treats addiction and substance use through a neurobiological, genetic, and holistic medicine lens. She holds several positions—volunteer clinical faculty in academic residencies and fellowships, conference steering committee, medical director, and consultant for the courts. She also has a small private practice where she collaborates with a holistic team, including psychotherapists, a nutritionist, massage therapists, and an acupuncturist. She lectures often on addiction medicine and integrative psychiatry in both academic and public settings.



Format: Paperback  
 Trim size: 5x7  
 Cover price: \$15  
 ISBN: 978-1-9524812-7-7  
 Page count: 70 pages



Brooke A. Jackson, MD

## Skincare for Runners

### Tips and Tricks for the Everyday Athlete

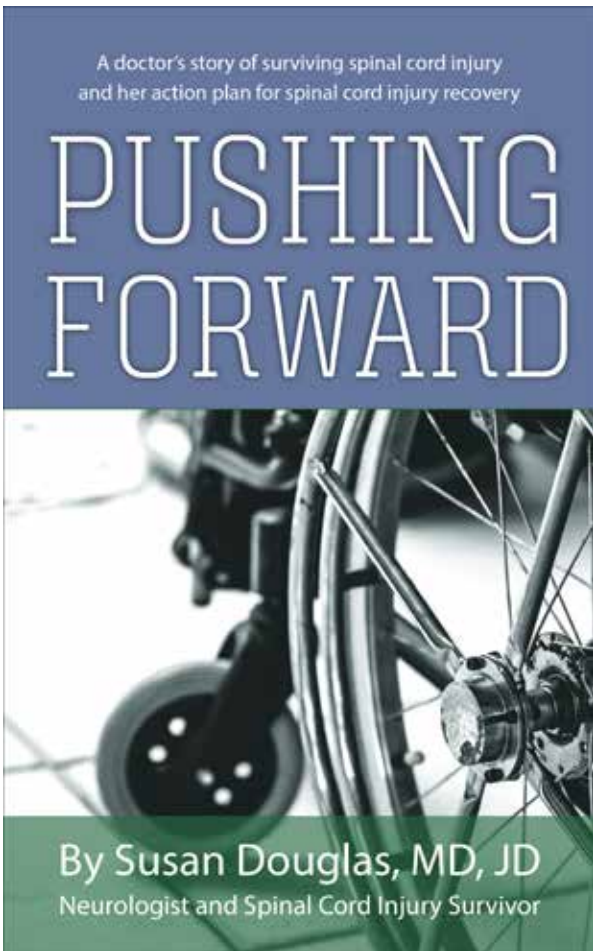
*Skincare for Runners* is the definitive guide to healthy skin and nails for runners—and all athletes. This book, written by a top dermatologist and marathoner, offers tips and tricks on skin, hair, and nails, including acne, cosmetic treatments, skin cancer prevention, blisters, nail problems, hair, and even the best gear—all for the everyday athlete.

Author: Brooke A. Jackson, MD,

Hometown: Durham, NC

Bio: Brooke Jackson, MD, is a board certified dermatologist and skin wellness advocate who enjoys educating people of all ages about the importance of proper skin care and skin health. Her specialties include ethnic skin care, laser surgery, and skin cancer prevention. Dr. Jackson's approach to public education is providing non-jargon practical medical insight that consumers can understand and appreciate.

Dr. Jackson was the first African-American dermatologist to be awarded laser fellowship training at Harvard where her interests and research helped to pioneer the uses of lasers in ethnic skin. She lectures nationally on the use of lasers and cosmetic procedures in skin of color. In addition to laser surgery, Dr. Jackson's clinical interests and expertise include the prevention and treatment of skin cancer. She is an ambassador and frequent speaker for the American Cancer Society. A gifted communicator, Dr. Jackson has made frequent guest appearances on ABC, NBC, FOX, and WGN news regarding dermatologic issues. She has been quoted in numerous publications such as *Self*, *O*, *Runner's World*, *Essence*, *Women's Day*, *Ladies Home Journal*, *Parenting*, *Teen Vogue* and *Fitness* magazines. She has authored numerous articles and book chapters. She also serves as a speaker for the American Cancer Society.



# PUSHING FORWARD

A doctor's story of surviving spinal cord injury and her action plan for spinal cord injury recovery

Susan Douglas knows persistence and perseverance. Douglas was 21 when her car skidded off a road. She returned to Georgetown University medical school a paraplegic in less than a year, where she was a trailblazer. In 1996, she began practicing academic Neurology at UCLA, combining lab research, clinical medicine and teaching. Changes in health care and insights from her own medical experiences, motivated her move toward public policy and she obtained her J.D. in 2007. She fights barriers wherever she finds them. Her struggle with provisions such as the Medicare Homebound Rule, Community First Choice and other regulations that essentially block access to genuine independence all drive her passion to change health care policy. She strives to be an effective advocate, thought leader, coalition builder and solution driver for public and private entities that are affected by health care policy. She focuses on reducing disparities, ending discrimination, promoting equality of opportunity and employment for underrepresented groups, and civil and human rights. Douglas believes that everyone shares essentially the same daily struggles, victories and defeats, regardless of occupation or social status. "We all benefit when these struggles and outcomes are acknowledged and validated by people in the same boat, fighting the same fight."

When Susan Douglas, MD, JD, was 21 years old she suffered a traumatic spinal cord injury. This book shares her story of surviving what should have been an unsurvivable accident and learning to thrive as a paraplegic. Then, Dr. Douglas offers her action plan: advice, ideas, tips, and solutions—as both a spinal cord injury survivor and a physician—to help spinal cord injury survivors heal and grow from their injuries.

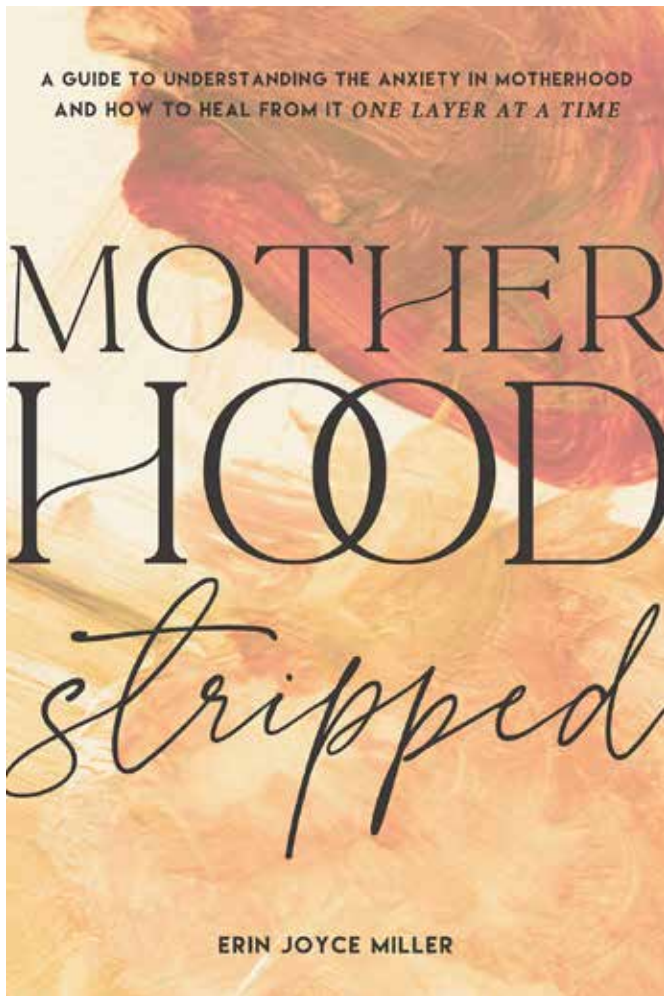
Format: Paperback  
Trim size: 5x8  
Cover price: \$15.95  
ISBN: 978-1-952481-16-1  
Page count: 100



Susan Douglas, MD, JD

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Erin Joyce Miller

## Motherhood Stripped

An honest discussion of the anxiety of motherhood in hindsight and how to live motherhood with joy from foresight

*Motherhood Stripped* is a guide to understanding the anxiety in motherhood and how to heal from it one layer at a time. In part 1, the author carefully outlines her own experience with anxiety and overwhelm in motherhood to display how quietly and easily any mother can fall into this mindset as well as creating a sense of truly being seen and a sense of validation for the reader. In part 2, the author then shares the Layered Growth Method in which the reader can learn tangible ways to heal her own anxiety and overwhelm, or, if a new mother, learn all of the golden rules to move into motherhood fully prepared for her new life experience.

Author: Erin Joyce Miller

Hometown: Allentown, PA

Bio: Erin Joyce Miller holds a master's degree in counseling psychology, is a published photographer, and a new author with *Motherhood Stripped* being her first published book. After becoming a mother and an entrepreneur, she found herself on her own journey of healing anxiety, which has lead her to passionately find ways to support other mothers in their own healing. Erin has expanded her business to include mentorship, podcasting, and now writing as ways to connect and support other mothers. Erin lives in Allentown, PA, with her husband, two children, Siamese cat, and Irish Red and White Setter. During the warmer months, you'll find her at their lake cottage on Seneca Lake, camera in hand.

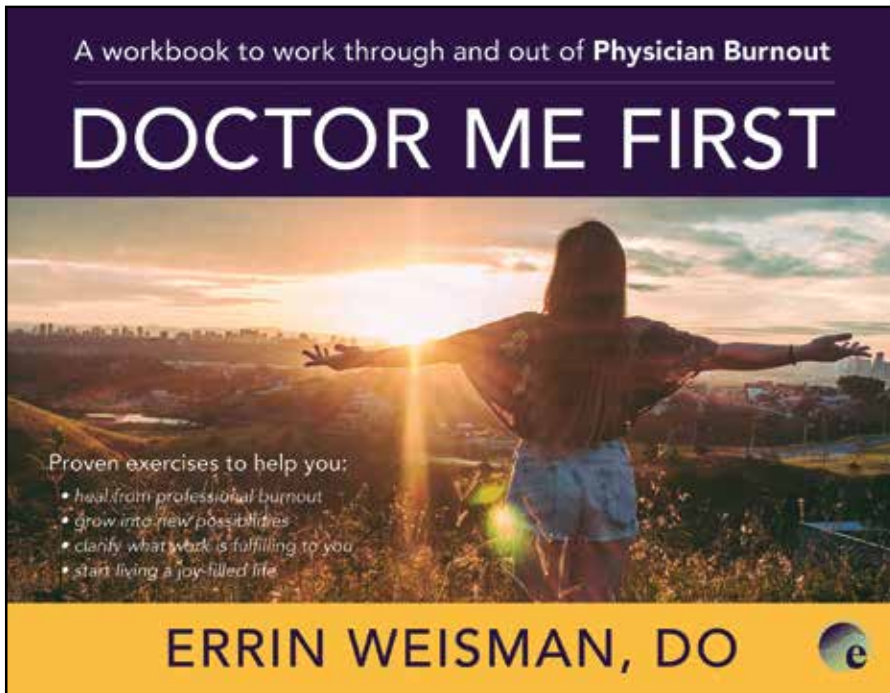
Format: Paperback

Trim size: 6x9

Page count: 260

ISBN: 978-1-950459-05-6

Price: \$19.95



## Doctor Me First

Ready for more? Fellow physician colleague, you've come to the right place. *The Doctor Me First Workbook* has all the mindset exercises and kicks of encouragement you need to move out of burnout and into a career and life you love.

Author: Errin Weisman, DO

Errin Weisman, DO, is a life coach, podcaster, and fierce wellness advocate who helps inspire female physicians and working moms to do the work they love and absolutely love life. Her work in the world is to openly tell how she faced professional burnout early in her family medicine career so that no one feels alone. Her goal is that all know that change is possible because "if she can do it, so can I" and that you can have a joy-filled and sustainable career.

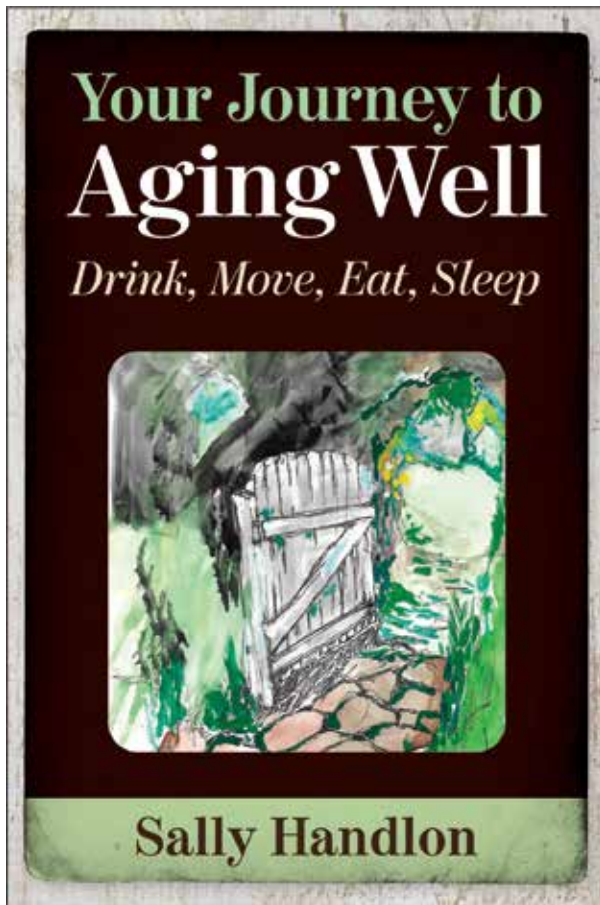
Dr. Weisman lives and practices life coaching and medicine in rural Southwestern Indiana, and she loves her roles as farmer's wife, athlete, and mother of three. Besides being sassy, she enjoys getting mud on her shoes, teaching her children to catch tadpoles, and reading great fantasy novels.

Format: Paperback  
Trim sizes: 8.5x11  
Page count: 90  
ISBN: 978-1-950459-07-0  
Price: \$19.97



Errin Weisman, DO





Format: Paperback  
 Trim size: 6x9  
 Cover price: \$14.15  
 ISBN: 978-1-7323016-0-3  
 Page count: 102



Sally Handlon

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## Your Journey to Aging Well

Drink, Move, Eat, Sleep

The Centers for Disease Control and Prevention predicts that the leading cause for death in 2030 will be cancer, followed by hepatitis and Alzheimer's disease. But in seven years, you'll have a whole new body. How can you make it a good one?

In *Your Journey to Aging Well*, you'll learn the four major components of good health: water, exercise, quality food, and sleep—and you'll learn how to maximize these components to take control of your health to age well. By changing just one of your habits, it will resonate throughout your body. It's like throwing a pebble in a pond. Imagine how your health will improve when you tackle one habit, then another, then another!

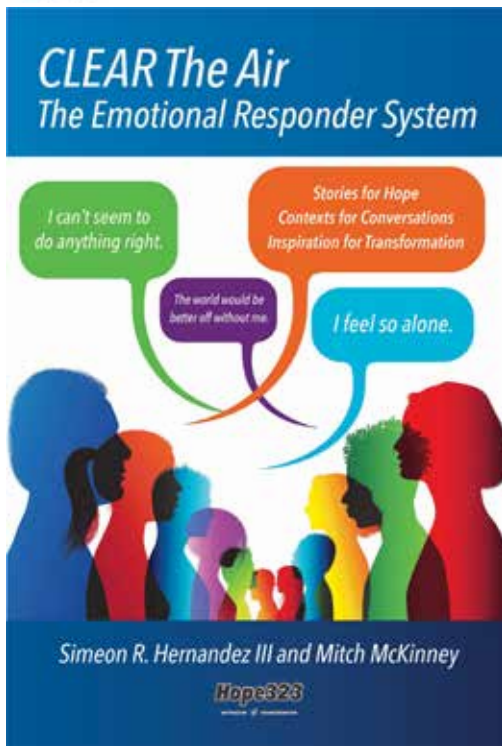
Good health isn't about a race and getting to the finish line. It's about understanding the impact of your choices. This book provides a place to start by sharing an understanding of the effects and consequences of choices that you make. You are the expert of your own body. Treat it well!

Author: Sally Handlon

Sally Handlon has been an active member of the Lehigh Valley business community and non-profit community for more than 40 years. During that time, she became familiar with wellness and the environment, both of which became passionate hobbies of hers.

In 2018, she made the choice to make those avocations a larger part of her life. She made her company, Handlon Business Resources (HBR), part-time and increased her focus on wellness and the environment. With that focus came the creation of [www.bodyconstruction.me](http://www.bodyconstruction.me) and her desire to write a book that would share the information she gathered over 30 years.

A graduate of Penn State University with postgraduate business courses at Muhlenberg College and Bucknell University, Sally's varied employment experience includes financial services, call center management, retail and commercial lending, higher education, community and institutional recreation, community health planning, retail business owner, and corporate mergers and acquisitions. She is a graduate of David Winston's Center for Herbal Studies, two year and graduate program. She is also a 2019 graduate of the Institute for Integrative Nutrition, the world's largest nutrition school and has Integrative Nutrition Health Coach certification.



Format: Paperback  
Trim size: 6x9  
Cover price: \$17.95  
ISBN: 978-1-952481-02-4  
Page count: 96 pages



Simeon R. Hernandez III



Mitch McKinney

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## CLEAR The Air: The Emotional Responder System

Stories for Hope, Contexts for Conversations,  
and Inspiration for Transformation

In a world where fear, stress, and anxiety can lead to depression for us or someone we love, how can we be a source of inspiration and a catalyst for hope? *CLEAR The Air: The Emotional Responder System* is designed to help people who are suffering from anxiety and depression realize that they may not be alone and that there can be hope in the hopelessness. By sharing personal experiences with anxiety and depression and applying lessons learned from their personal and professional lives, Simeon Hernandez and Mitch McKinney highlight how we can be the authors of “Stories for Hope” as they introduce a system that has worked well for them in having conversations with people who are dealing with emotional and mental challenges—and how they ultimately inspired them to seek additional help. They provide contexts for conversations that we have regarding anxiety and depression so that we can reduce and eliminate the stigma that hold people back from getting the help that they need. By empowering people to “CLEAR The Air” and become “Emotional Responders,” we can become an “Inspiration for Transformation” as we guide our friends and loved ones who are suffering from a mental or emotional injury to get the help that they need.

Coauthor: Simeon R. Hernandez III

Throughout his career, Simeon has used his behavioral analysis training to create a history of achievement. With more than 25 years of experience in driving business growth, leading start-up and turn-around efforts, and simplifying operational processes, he is a cofounder and the managing partner for Hope323, a company dedicated to providing insights and strategies for Inspired Transformation. A graduate of the improv training program from the highly acclaimed “Players Workshop of the Second City,” an accomplished martial artist, and a talented musician who is active in his church, Simeon incorporates key takeaways from the passions of his life with his business experience to deliver inspirational keynote presentations, produce engaging events, and provide innovative consulting programs for personal and business success.

Coauthor: Mitch McKinney

For the past 18 years, Mitch has dedicated his life to helping people find freedom in all aspects of their lives through vocational ministry. Since 2010, he has used his pastoral, communication, and strategic skills to serve a multi-site church in Orlando, Florida, that reaches more than 8,000 people each weekend. While he is a highly engaging and inspirational communicator, he spends most of his time as an experienced CLEAR system responder, who cares for people during their darkest seasons and deepest struggles. Mitch uses his own struggles with mental health to help provide hope for the hopeless and healing for the hurting.



## 12 STEPS TO OVERCOME PEOPLE PLEASING

One woman's journey to find peace, using practical tools to become her true self

*12 Steps to Overcome People Pleasing* shares the journey of Holistic Life Coach Trina Stutzman, who has lived a perfectly imperfect life. She is not a guru on a mountaintop but a guide by your side, empowering you to find your voice and have the courage to be unapologetically yourself.

In Trina's book, you will discover the wisdom that helped her work through some of her most deeply embedded people-pleasing habits. Through Trina's stories to illustrate the 12 steps, she fearlessly reveals the messiness of her life to share a few laughs, tears, and perspectives. In her Freedom Toolkit, she offers practical tips to help you navigate your soul journey so you too can experience more freedom and peace—both in your relationships and life.

This book is a gift to every individual who wants to be the joyous, confident person they were meant to be.

Author: Trina Stutzman

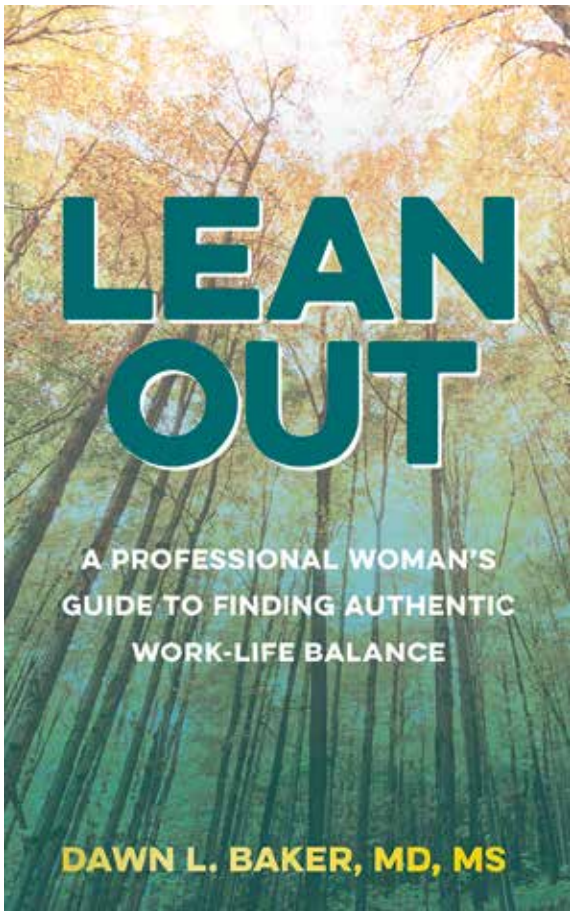
Bio: Trina Stutzman is passionate about empowering individuals to live intentionally by choosing who they want to become. She is a sought-after life coach, author, and speaker. She holds credentials through the International Coaching Federation and is a lay minister through Stephen Ministries. She holds a certificate in Family Business Advising through the Family Firm Institute and is a Reiki Master.

With 20 years coaching experience in various fields, Trina combines her passions and expertise and helps individuals take stock of all the roles they are playing in their lives and get to the root of who they truly are: powerful and limitless. When Trina is not nurturing others, she can be found living the life she loves and spending time with her four grown children, in Bucks County, Pennsylvania.

Format: Paperback  
Trim size: 6x9  
Cover price: \$16.95  
ISBN: 978-1-952481-39-0  
Page count: 90



Trina Stutzman



Format: Paperback  
Trim size: 5x8  
Cover price: \$18  
ISBN: 978-1-958711-31-6  
Page count: 144 pages



Dawn L. Baker, MD, MS

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## Lean Out

### A Professional Woman's Guide to Finding Authentic Work-Life Balance

It is not lazy, irresponsible, nor unprofessional to consider, and possibly give up, your position on the treadmill of achievement. On the contrary, cultivating self-awareness and making needed changes to your work-life balance is the most responsible thing you can do—for yourself, for your family, and for your patients and clients. It takes courage to step off the familiar treadmill and onto an unworn, unconventional path to your own fulfillment. This is not about leaning back. It's about leaning out.

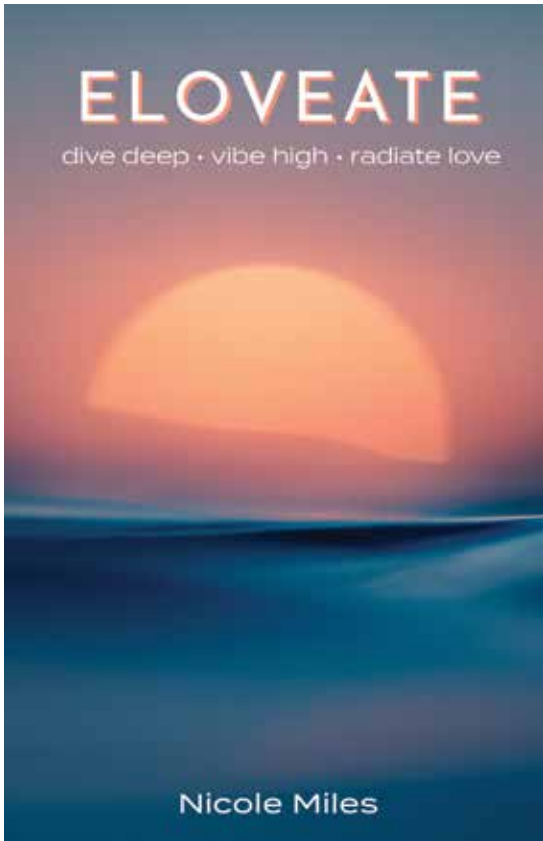
Today, women have myriad choices and opportunities, but are they better off as a result? The pervasive message that women should "lean in" and hustle for higher pinnacles in their professions is costing their health, sanity, and fertility. How can you step off the treadmill of achievement and find your own authentic work-life balance? This book offers practical information and exercises for getting started. It also includes inspiring stories of women who have taken the unconventional, counterculture path of leaning out.

"Dr. Dawn Baker inspires and guides women to be brave enough to carve out their own work-life balance. A much-needed message with valuable exercises!" —Sasha Shillcut, MD, FASE, physician, coach, organizational leader, and author of *Between Grit and Grace and Brave Boundaries*

"Such a timely, needed book with a thorough exploration of how to find our true selves in a world that screams 'women must do, and be more, more, more.'" —BC Krygowski, MD, physician, blogger, and author of *Spending Habits for Professionals Who Want to FIRE*

"With *Lean Out*, Dr. Baker has articulated a counterculture philosophy of living life to its fullest. Her conversational style of writing and generous sharing from her own life, coupled with stories from other women professionals, serve as a guide that unlocks the secrets to that authentic, balanced, happy life we all crave." —Robyn Alley-Hay, MD, physician, coach, and author of *Meditations for Women Physicians (and Others) Who Do Too Much*

About the Author: Dawn L. Baker, MD, MS, is a physician, writer, speaker, and life coach. She helps professionals step off the treadmill of achievement, rediscover their true selves, and cultivate a practice of balance that is right for them. She and her family live on an off-grid, mountain property in southern Utah.



Format: Paperback  
 Trim size: 5.06 x 7.81"  
 Cover price: \$18  
 ISBN: 978-1-958711-73-6  
 Page count: 40 pages



Nicole Miles

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## Eloveate

Dive Deep. Vibe High. Radiate Love.

*Eloveate* is a book you buy for yourself and revisit often, then buy for your loved ones so they can soak it up, too. It is as fitting for a teen as it is in one's midlife and elder ages. In these pages, you will find the reminder of who you truly are. You will be nudged into healing and remembering your divine direction. You will feel like you have the love and confidence to get back to living your best life. *Eloveate* reminds you of your magic, points out the ways it may have been blocked, and gives simple, direct guidance to revive it.

We are all here to live empowered and in love. The road back to oneness is not easy, but it is also not complicated and *Eloveate* helps you traverse the path. Nicole channeled this book at a time in her life when she was wide open to the Divine, asking how to move ahead toward her own inner truth. These concise chapters were the answer she received. This is the formula she was given for navigating the awakening process with love as the propelling force. When we are faced with so much external advice and so many paths to take, this book teaches you how to go to your one and only true source, the source within you, to guide you on your way back to wholeness.

The formula "dive deep, vibe high, radiate love" is one you will go to over and over again as you traverse the spiral unfolding of eloveation. With the undertone of unconditional love and support, Nicole teaches the simple truths you may have never been taught about life but surely need to know.

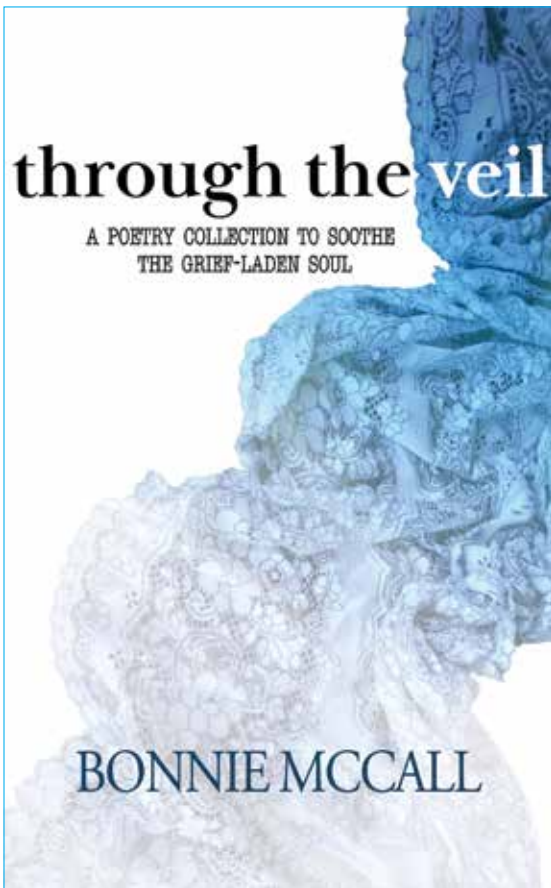
Author: Nicole Miles lives in eastern Pennsylvania, in the rolling hills of the Lehigh Valley. She is a lover of words, ideas, and expansion. Nicole has devoted most of her grown life to healing and self-discovery through exploring spiritual methods ranging from Ashtanga yoga, Reiki, shamanic healing, inner child work, Akashic healing, Ho' Opono, crystal resonance healing, forms of meditation, Ayurveda, and the list goes on. Each one is a tool to the unearthing of the truth of what she found at the core, which is LOVE.

Nicole loves being the mother of her three teenage daughters, and she loves spending time in nature and allowing herself to drift into the creative realm of spirit. Deeply empathic and intuitive, she has experienced countless moments of clear knowing, directly from the Divine, things she cannot otherwise explain how she knows or why she feels what she feels. This ability to clearly channel outside the linear mind helps her bring soothing and clarity to clients as a soul coach.

She has the strong ability to see potentials and blockages for people in body, mind, and spirit.

Her work is, like this book, clear, concise, and direct, wrapped in motherly love and compassion.

Find more from Nicole at her website, [www.eloveationnation.com](http://www.eloveationnation.com).



Format: Paperback  
Trim size: 6x9  
Cover price: \$9.95  
Page count: 64 pages  
ISBN: 979-8-89420-018-7

## Through the Veil

**Journey Beyond: A Collection of Poetry and Connection**

In our fast-paced world, life's challenges can leave us feeling adrift and alone. This heartfelt chapbook was born from love and loss and is dedicated to those seeking solace amidst adversity.

Each poem is a tribute to a beloved brother—a dear friend who offered comfort through life's trials and whose absence has revealed the fragile boundary between our world and the next. Through shared memories and enduring love, these verses navigate the complexities of grief and discover a bond that endures beyond time and space.

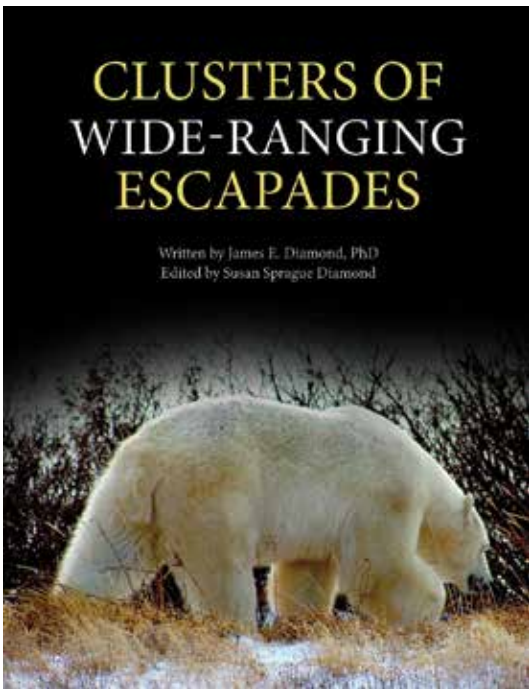
As you explore this intimate collection, may you find understanding and shared experiences that provide comfort and healing. It is our hope that these pages will reveal a sanctuary where the beauty of nature, life's mysteries, and the strength of human resilience are honored.

Most importantly, may these poems serve as a reminder that in moments of pain and quiet reflection, you are never truly alone.

**Author: Bonnie McCall**

Born in the rolling hills of western Pennsylvania, Bonnie McCall has always been a survivor, drawing strength from the world around her. Throughout her life, she's experienced the power and beauty of words as they flowed through her mind in poetic clusters. Often, she didn't pause to transcribe them, trusting that these words originated from a sacred source.

Balancing her passion for language with her commitment to helping others, Bonnie dedicated much of her life to working as a nurse—bringing healing and hope to those in need. When her brother passed away, she turned to writing as a means of healing her own heart. Through these heartfelt poems, she hopes to provide comfort and peace to those who are also navigating life's difficult moments.



Format: Paperback  
 Trim size: 8.5x11"  
 Cover price: \$24.95  
 Page count: 412 pages  
 ISBN: 979-8-89420-022-4



James E. Diamond, PhD

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## Clusters of Wide-Ranging Escapades

The world is a book, and those who do not travel read only a page.

*Clusters of Far-Ranging Escapades* takes you on a round-the-world adventure—without leaving your favorite chair! Travel with agricultural consultant, educator, and international explorer James E. Diamond, PhD, to Africa, Asia, Europe, Oceania, North America, and South America.

This book features 200 narratives, descriptions of incidents, adventures, encounters, and escapades by the author—and his family and friends. Each narrative in this book is organized by continent and highlighted by a captivating photo from Dr. Diamond's travels. Dr. Diamond firmly believes in the power of the narrative:

- Words make you think a thought.
- A thought makes you feel the words.
- A narrative makes you feel thoughtful words.

Clever readers will discover lessons the author consciously, intentionally smuggled within each narrative. As you read, he challenges you to find the embedded lessons and ponder their intentions.

*Clusters of Far-Ranging Escapades* is a celebration of friendship, ingenuity, sustainability and joy. The author hopes that reading this book encourages you to say, as is his signature quote:

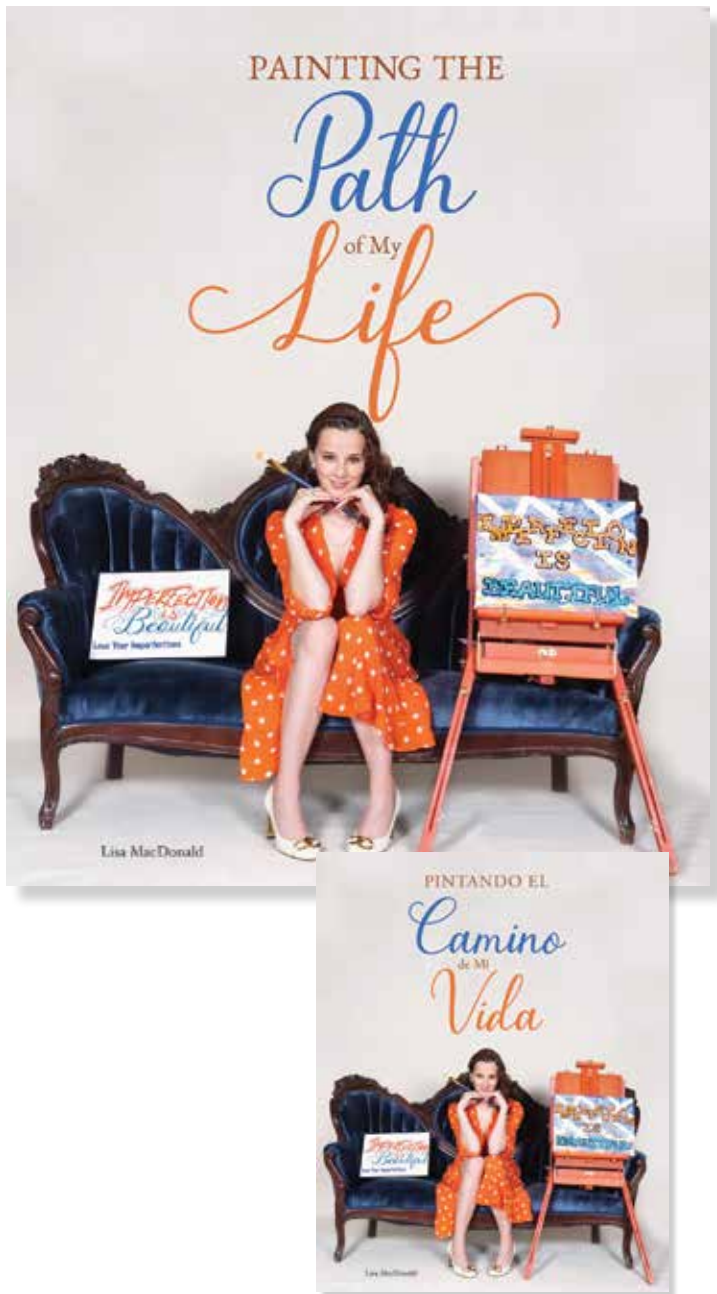
"If I was any better, I couldn't stand it!"

Author: James E. Diamond, PhD

James E. Diamond, PhD, was born and raised on a beef cattle and sheep farm in Southwest Pennsylvania. He received the Bachelor of Science Degree in Animal Husbandry from Delaware Valley University in Doylestown, Pennsylvania, in 1961; Master's Degree in Education from Lehigh University in Bethlehem, Pennsylvania, in 1967; and Doctor of Philosophy Degree in Agricultural Education from the Pennsylvania State University, University Park, Pennsylvania, in 1981.

Dr. Diamond taught Animal Sciences for fifteen years at Delaware Valley University and then at Upper Bucks County Area Vocational Technical School. Joining the Peace Corps in 1971 was the beginning of Dr. Diamond's international career.

Later, Dr. Diamond worked as Assistant Professor of Agricultural and Extension Education for more than 14 years at the Pennsylvania State University. Dr. Diamond was an international Agricultural and Extension Education Consultant for the United Nations, then he became the Dean of Agriculture and Environmental Sciences at Delaware Valley College. He was a charter member and past secretary of the Association for International Agricultural and Extension Education, and he co-chaired its membership committee.



Format: Paperback  
Trim size: 8x10"  
Cover price: \$19.95  
Page count: 74 pages  
ISBN: 978-1-958711-87-3

## Painting the Path of My Life

### Imperfection Is Beautiful

In this beautifully illustrated book, author Lisa MacDonald expresses her life story through art, which represents all her greatness and challenges she goes through on a daily basis.

Lisa MacDonald embraces herself as an artist; she sees her art as a unique abstract piece with touches of imperfection. She sees her art as something that people are not used to seeing, and she believes it is something meant to be seen. Expressing herself through art is a great way to help her find the words to speak about her story. Her art always gives her the motivation to not give up on herself but use these challenges to build herself into a stronger and wiser woman. She made this book for people to get more in touch with her story and understand how her art can touch others' souls.

She wants her story to spread awareness about different challenges that one may go through and imperfections that deserve to be spoken about.

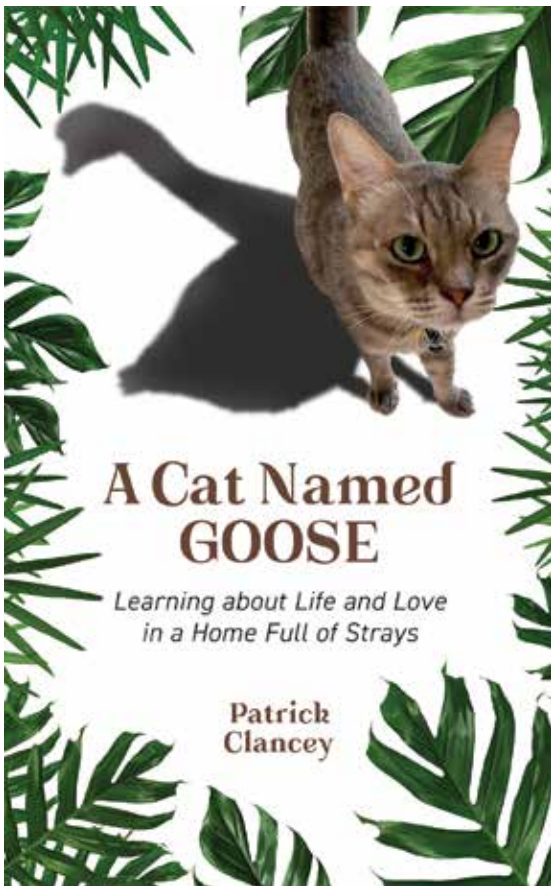
Author: Lisa MacDonald

With the love of developing herself through art, Lisa MacDonald, who grew up in Allentown, Pennsylvania, dreamed of becoming an artist since she was a little girl. In 2017, she started her company, Imperfection Is Beautiful, calling herself an Abstract Motivational Artist because her work combines abstract art and motivational speaking. She creates programs to help people, especially youth, improve their self-esteem and accept their imperfections.

In 2022, Lisa expanded her business by becoming a Motivational Life Coach, helping people gain inner drive and become unstuck through self-discovery skills, coping skills, and time management skills.

Additionally, Lisa conducts workshops for veterans, Girl Scouts, schools, and colleges to help people gain motivation and drive and learn how to accept their imperfections.





## A Cat Named Goose

### Learning about Life and Love in a Home Full of Strays

When a supremely serene adult stray appears unexpectedly outside the door of a cat lover's home, an amazing transformation begins. The lives of two humans and a houseful of strays are forever changed by this newcomer with a startlingly human character. Set in a tropical paradise on the magical island of Borneo, a man and a cat find adventure and adversity in encounters with exotic predators and members of both the feline and human kind. Along the way, each trades their needs and vulnerabilities for friendship and life lessons. This heart-warming, real-life story, set in a place whose name literally translates to "Cat City," recounts the tale of how one pet owner forges an enduring bond with an almost-human cat named Goose.

Author: Patrick Clancey

Patrick Clancey is an American entrepreneur who has spent much of his adult life pursuing business opportunities overseas. He has particularly fond memories of his many years living in Malaysia where he enjoyed and assimilated into the rich and diverse multi-ethnic society that is the hallmark of that enchanted place. An inveterate animal lover, he now lives in the Lehigh Valley, Pennsylvania, with his wife, Amy, and a home full of strays.

Patrick is also the author of *Yo, Coach! How Professional Coaching Transforms Your Business Dreams into a Winning Gameplan*.

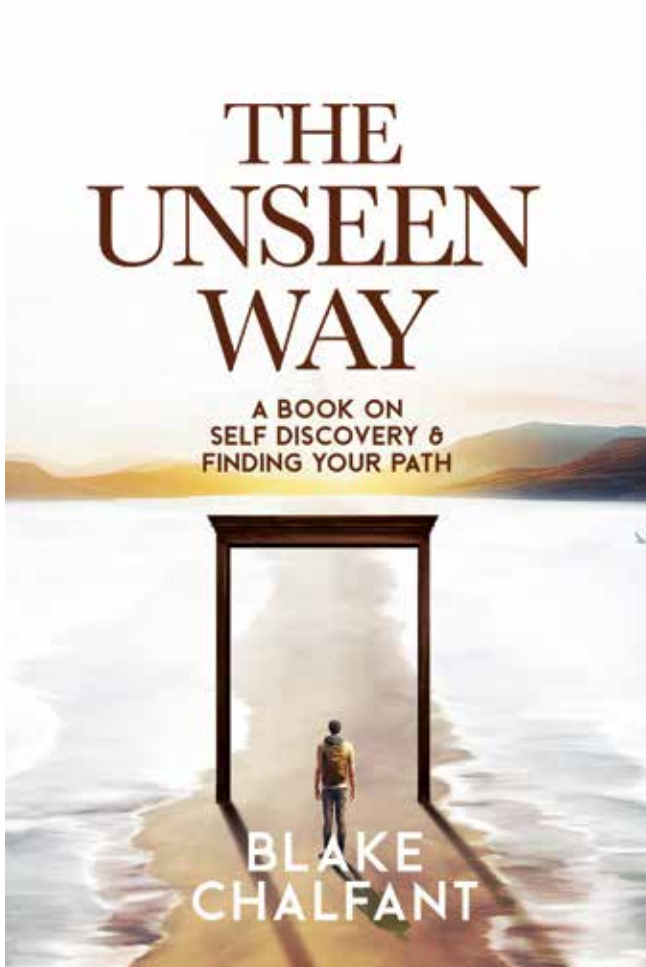
Format: Paperback

Trim size: 5x8"

Cover price: \$13.95

Page count: 120 pages

ISBN: 978-1-958711-90-3



## The Unseen Way

A Book on Self Discovery and Finding Your Path  
In a time marked by uncertainty and a lack of clear direction, many young men struggle to find authentic connection to themselves and true fulfillment in life. The traditional notions of masculinity and society's emphasis on external achievements are no longer working and must be addressed. The Unseen Way offers a vital roadmap for navigating this period of transition, guiding young men toward a more meaningful and balanced way of being in the world.

Author: Blake Chalfant

Blake Chalfant is a young man on a mission to empower today's youth and redefine the narrative of what it means to be human. Driven by the boundless potential of humanity and by a quest for authentic living, Blake is reshaping the conversation around what it truly means to thrive. As a young men's coach and the host of the podcast "The Human Experience," Blake inspires audiences to embrace their full potential and explore the depths of what it means to be fully alive.

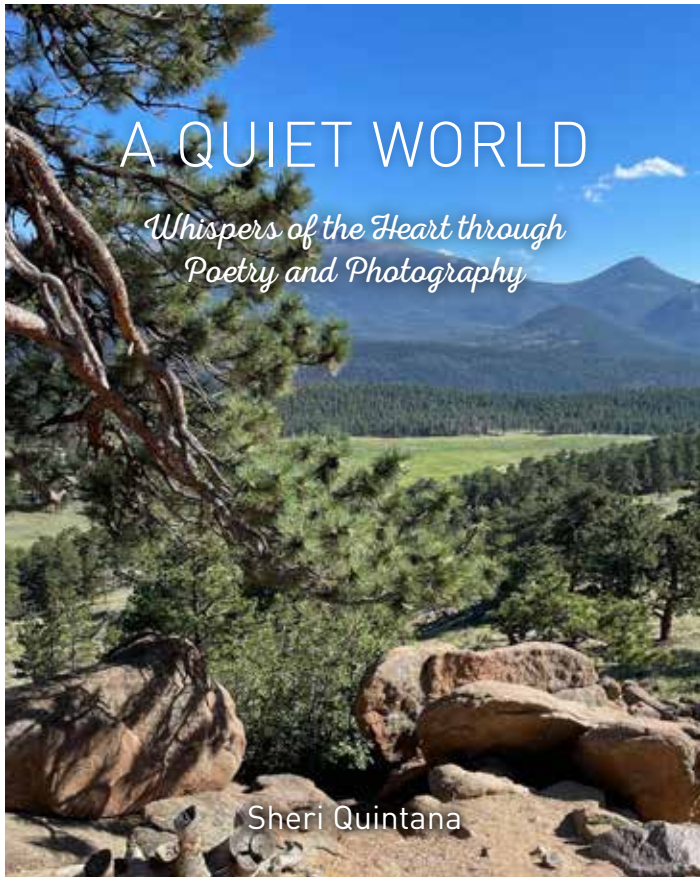
Format: Paperback

Trim size: 6x9"

Cover price: \$12

Page count: 104 pages

ISBN: 979-8-89420-000-2



Format: Paperback  
 Trim size: 8x10  
 Cover price: \$19.95  
 Page count: 42  
 ISBN: 978-1-958711-18-7

## A Quiet World

Whispers of the Heart through Poetry  
 and Photography

What if the breathtaking beauty of a sunset is actually a reflection of who you are? Maybe wisdom and inspiration patiently lie in wait for you to be still and present.

Let *A Quiet World* bring pause to your busy world and allow your heart to wander through healing words and photos. Feel the connectedness we share through nature and life's musings.

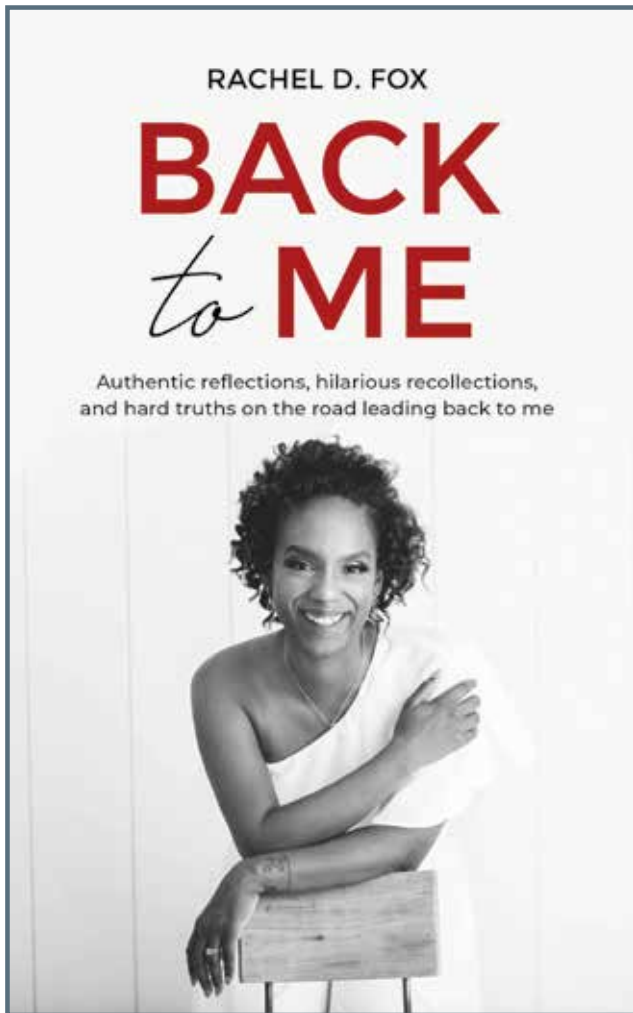
The author closes *A Quiet World* with a personal, heartfelt poem about an unexpected loss.

*A Quiet World* will whisk you away to moments of inspiration and deep reflection. Give yourself this magical escape!

Author: Sheri Quintana

Sheri Quintana is a Reiki Master/Teacher, wife, mother of two grown children, and a dog mom. She adores all animals, wildlife, nature, mountain streams, and the beauty and energy they all share. Sheri is proud of the innovative and resourcefulness of her creative pursuits, which can be seen in her home, garden and crafts. And, if power tools are involved, even better! She is also a self-taught drummer.

Sheri's first visit to the Colorado Rocky Mountains inspired this book. Natural elements "spoke" to her, initially resulting in very imaginative, vibrant, passages infused with life-force (reiki) energy. The poems organically shifted to very personal and emotional experiences.



Format: Paperback  
Trim size: 5x8  
Cover price: \$20  
ISBN: 978-1-952481-65-9  
Page count: 146



Rachel D. Fox

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jennifer@brightcommunications.net • BrightCommunications.net

## Back to Me

Authentic reflections, hilarious recollections, and hard truths on the road leading back to me

The process of becoming authentic is not for the weary, but it pays off in the end. Over a span of 30 plus years, Rachel D. Fox has assimilated what it means to fully embrace all that she is. *Back to Me* is an eclectic and unfiltered memoir where you will immediately identify your crazy coworker, sister, homegirl, daughter, and mostly yourself to sprinkle your life with laughter and encouragement to let you know that you're not doing life all by yourself. The book showcases a collection of authentic writings from an incredibly funny and honest woman.

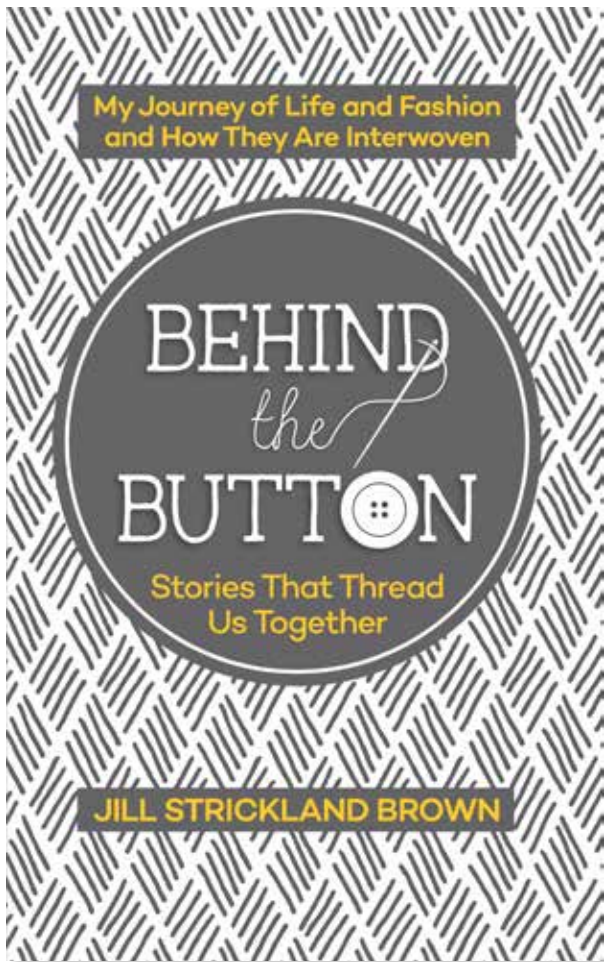
You'll trace Rachel's journey from the South to the Midwest, her upbringing in the pastor's education, new emotions of unbelonging to new destinations, identity, extended themes of acceptance and conforming in the workplace, fervently finding purposes from the sacrifices, and intimate situations that no one should experience. A subtle line is joined by a series of stories that over time slip out of hand, giving a clear lesson: Being passive and motionless is never an option.

Author: Rachel D. Fox

Rachel D. Fox has been empowering people to achieve their dreams for nearly two decades. Her unparalleled energy, humor, experience, and expertise have made her a trusted partner to individuals and institutions. She is a firm believer that nothing is impossible, and she is blessed with the opportunity to live out that belief daily.

In addition to owning a business, Rachel is a motivational speaker. She is also the president of a flooring and remodeling company, which she cooperates with her husband. She founded You Go Girl, a non-profit organization dedicated to ending the cycle of self-doubt and low self-esteem in young women and girls.

Rachel was named as a Greater Omaha Chamber Young Professionals Changemaker and was also granted the 2019 TOYO (Ten Outstanding Young Omahans) Award. Rachel was a top finalist for the Mrs. Nebraska pageant in 2019 and 2020. She was also the recipient of the Leadership Award from the Leadership Africa Summit in 2019.



Format: Paperback  
 Trim size: 5x7  
 Cover price: \$20  
 ISBN: 978-1-952481-12-3  
 Page count: 160 pages



Jill Strickland Brown

## Behind the Button

My journey in life and fashion and how they are interwoven *Behind the Button* shares a look behind the scenes of the empowering story of Jill Strickland Brown’s rise in the fashion industry, from small town customer service gal, to NYC seven-figure independent sales representative, to thriving retail store owner, influencing and supporting thousands of women along the way.

In her book, Jill weaves her fashion and style tips with her inspiring message of hope and transformation. Readers will learn how to design their best lives—both inside and out. This story of resilience and tenacity will inspire you to reach your goals and discover that we are all interwoven, that we are all connected.

Author: Jill Strickland Brown is an entrepreneur, author, founder, and CEO of Frox, a women’s lifestyle boutique located in historic Perkasio, Pennsylvania, and online at [jillstricklandbrown.com](http://jillstricklandbrown.com).

Jill has worked in the fashion industry for more than 30 years, including working as a seven-figure sales rep and owning a luxury boutique. She organizes fashion shows and events to connect with and empower her clients.

Jill is a champion of her community, striving to inspire women and fellow entrepreneurs and serving on community organizations and boards.

She is the author of *Behind the Button: Stories that Thread Us Together*. She is also a featured contributor in *Success Reimagined: Inspiring Stories of Local Leaders*.

Jill shares her message of inspiration, empowerment, resiliency, and tenacity with her community and audiences from coast to coast. She lives in Pennsylvania and enjoys spending time with her two grown children.



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Nelson A. Diaz

English version:  
Format: Paperback  
Trim size: 5x8  
Cover price: \$17.95  
ISBN: 978-1-958711-42-2  
Page count: 132

Spanish version:  
Format: Paperback  
Trim size: 5x8  
Cover price: \$17.95  
ISBN: 978-1-958711-58-3  
Page count: 136

## Gracias, Fidel!

A young boy's journey escaping Castro's Cuba and realizing the American Dream

What if you had to leave everyone you love and everything you know to start a new life—at age 13, by yourself?

That's the story of Nelson A. Diaz, a successful engineer and real estate investor who fled Castro's Cuba alone as a teenager—to escape his certain fate as a soldier in the Cuban Army. Nelson's journey took him to two countries, six cities, and many adventures until he was reunited with his family in Miami, Florida. Then Nelson navigated the uncertainties as an immigrant, the prejudices as a Cuban-American, and the language barriers as a Spanish-speaker—all while simultaneously trying to survive adolescence!

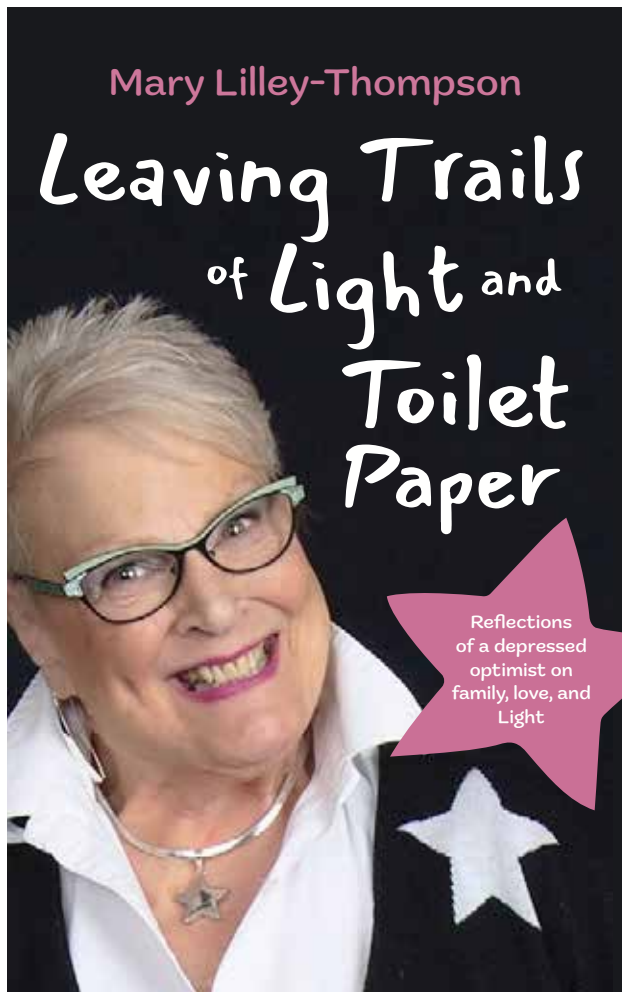
Nelson went on to found a successful real estate business in Allentown, Pennsylvania, and he shares his best business advice at the end of his book.

*Gracias, Fidel!* is the quintessential success story, the underdog's triumph, and the American dream realized.

Author: With the support of his family, Cuban-born Nelson A. Diaz escaped a certain fate as a soldier in Castro's army by emigrating to America—via Spain—when he was just thirteen. Several years later, he graduated with an advanced degree in engineering from Rutgers University.

Today, Nelson is the founder/owner of Mi Casa Properties in Allentown, Pennsylvania. He and his team focus on acquiring, rehabilitating, and managing single, multi-family, and commercial properties in urban areas of Lehigh County. Nelson led Mi Casa while serving as a Project Manager in the Nuclear Department for PPL Electric Utilities, until his retirement from PPL a few years ago.

Nelson has three sons and two grandsons, and he lives in Allentown. He enjoys sailing and traveling with his family. *Gracias, Fidel!* is his first book.



## Leaving Trails of Light and Toilet Paper

Reflections of a depressed optimist on family, love, and Light

A compelling book about dysfunction, forgiveness, a life-changing transformation and the key to leaving trails of Light.

If you've struggled with a dysfunctional family, divorce, having mental illnesses, being overweight, being a single parent, having a life-threatening health issue, or were challenged by dating again in mid-life, then you will want to find out how one woman found her way to forgive, survive, and thrive.

Told with wit and wisdom, *Leaving Trails of Light and Toilet Paper* is a journey of discovery, towards love and Light.

Mary Lilley-Thompson, an author, humorist, and laughter leader, is a graduate of Duquesne University, with a degree in Music Education and more than 25 years of speaking experience.

Once a Fortune 100 executive, her careers range from teaching music to the deaf and swimming to the physically challenged, to selling high voltage electrical systems to contractors and being a director of community life at a continuous care retirement community. Nationally acclaimed, Mary was listed as one of the "hottest rising speakers" in *Adult Ed Today Magazine*.

**Author:** Mary Lilley-Thompson

**Bio:** Mary Lilley-Thompson, an inspirational humorist, a certified laughter leader, author, and human being, is a graduate of Duquesne University in Pittsburgh, Pennsylvania, with a degree in music education and more than 25 years of speaking experience. Once a Fortune 100 executive, her careers range from teaching music to the deaf and swimming to the physically challenged, to selling high voltage electrical systems to contractors, and being a director of community life at a continuous care retirement community. She is semi-retired and living in the Lehigh Valley, Pennsylvania, with her husband, Bill, and her cat, Meercat.

Format: Paperback  
Trim size; 6x9  
Cover price: \$20  
ISBN: 978-1-952481-88-8  
Page count: 166 pages

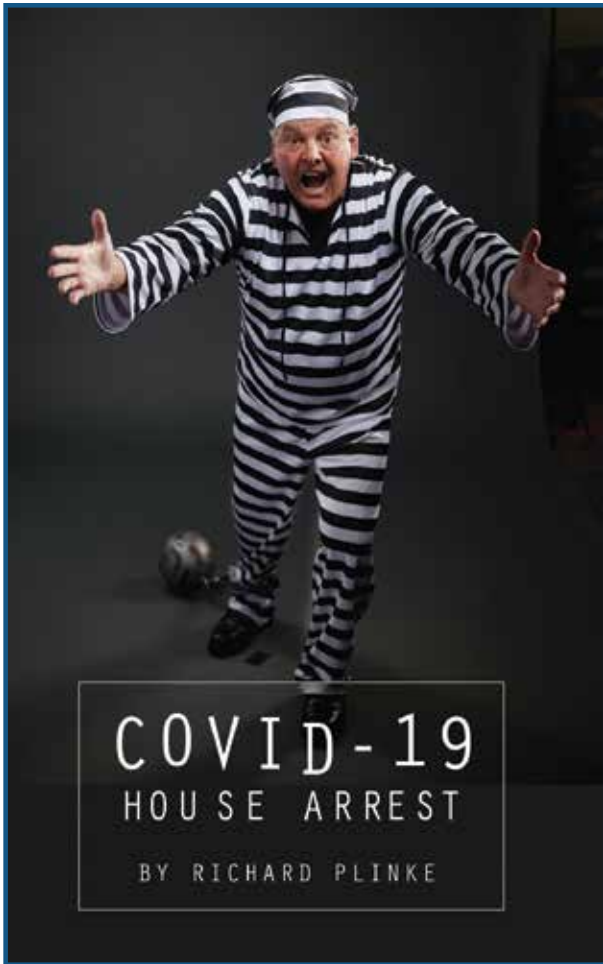


Mary Lilley-Thompson

Mary Lilley-Thompson is Erma Bombeck meets Dr. Ruth

[www.MaryStarshine.us](http://www.MaryStarshine.us)

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[jennifer@brightcommunications.net](mailto:jennifer@brightcommunications.net) • [BrightCommunications.net](http://BrightCommunications.net)



Format: Paperback  
Trim size: 6x9  
Cover price: \$19.95  
ISBN: 978-0-9888764-2-2  
Page count: 184



Richard Plinke

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## Covid-19 House Arrest

*Covid-19: House Arrest* is Richard Plinke's fourth book, and like its forerunners, is an amusing romp through the prism of his unique perspective. The book is a compilation of 48 Facebook essays written during the stay-at-home confinement ordered by governors around the country to ostensibly help combat the coronavirus pandemic.

That's not exactly the way Plinke saw it.

His sometimes hysterical, sometimes poignant, sometimes acerbic take on the curious mix of contradictory medical information and Machiavellian political maneuvers offer fertile ground for his bare-to-the-bone, satirical writing style — a smorgasbord of material and inspiration that keeps his readers "thoroughly entertained" while "fully engaged and amused," as one reviewer puts it.

All the posts were accompanied by pictures of Plinke in various and sundry poses and costumes to amuse and delight and to help illustrate the theme of each piece. All but one of the pictures were taken with an iPhone, and all props and costumes came from the closet or basement, except for a couple of items bought at Target, a large corporation that sells everything that local, small businesses weren't allowed to sell during the lockdown.

As another reviewer describes Plinke's writings, "Witty, thought provoking, and a welcome relief during coronavirus quarantine 2020. I didn't always agree with [him], but he got me thinking about my thinking."

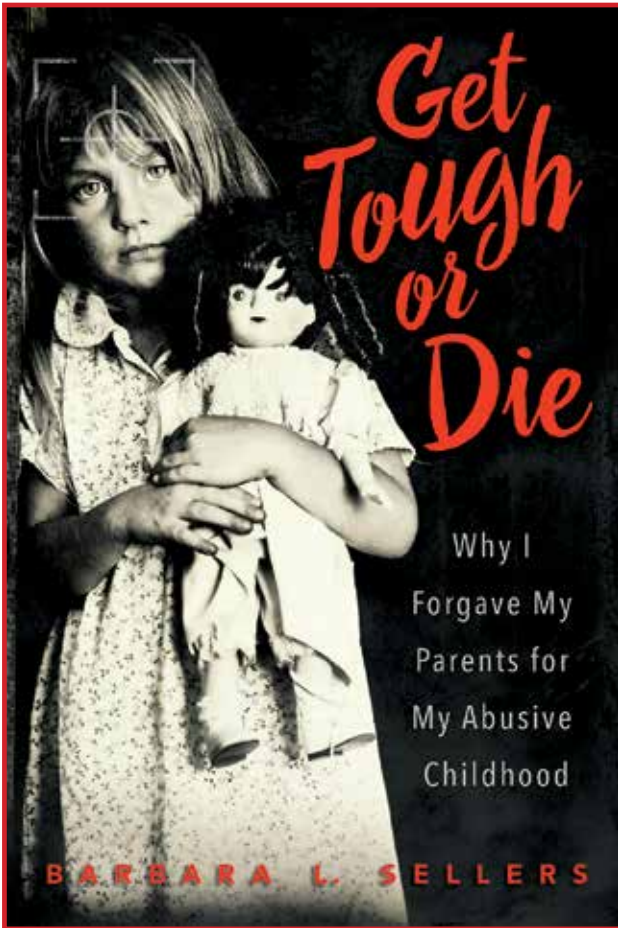
In the introduction, Plinke probably sums up best the book's basic message: "There's only one takeaway from all of this: I am the only person left you can trust (and I'm not so sure about me)."

Author: Richard Plinke

Bio: Richard Plinke is the author of three previous books: *From the Jaws of the Dragon*, *More Droppings from the Dragon* and *Dancing in the Cave of the Dragon*. He lives in Allentown, PA, with his wife, his dogs and sometimes with his yo-yo millenials.







Format: Paperback  
Trim size: 6x9  
Cover price: \$16.95  
ISBN: 978-0-9844804-1-8  
Page count: 208



Barbara L. Sellers

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## Get Tough or Die

### Why I Forgave My Parents for My Abusive Childhood

By the time Barbara was four years old, she already knew what she would have to do: Get tough or die.

During her childhood, Barbara often wished she was simply playing a part in a movie where a director would yell “cut,” and everything would be okay. Unfortunately, her childhood was no Hollywood movie. It was real-life—a situation she was born into and had to endure—severe child abuse at the hand of her father, while her mother was too afraid to protect Barbara and her siblings.

Now, as an adult, Barbara looks back and knows it was only by the hand of God and many miracles that she and any of her siblings survived at all. Two of their sisters were not so lucky.

By telling her story, Barbara hopes readers will be inspired to do whatever they can to help prevent spouse and child abuse.

Author: Barbara L. Sellers

Hometown: Tacoma, WA

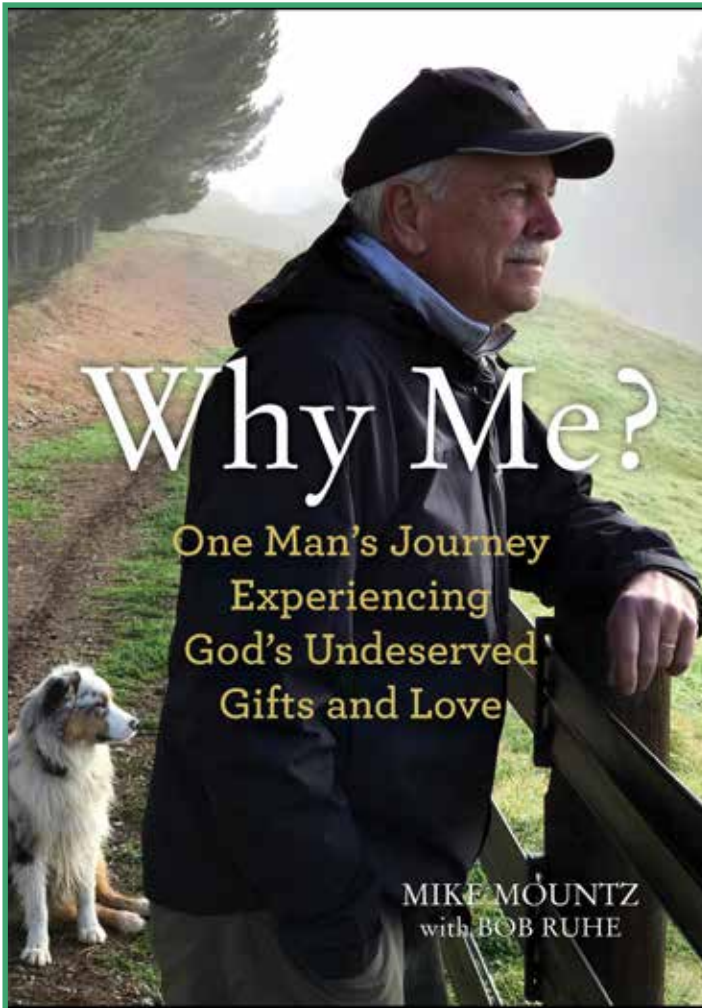
Bio: Barbara Sellers was the sixth born in a family of 14 children. She grew up on a large farm in Minnesota.

Barbara decided to become a writer when she was nine years old. After graduating from high school, Barbara worked as a secretary in St. Paul, Minnesota, for a few years before moving to Tacoma, Washington, to escape cold weather. There she met her first husband, the late Franklin Harvey, who was a sonar technician in the U.S. Navy. After living in several naval ports throughout the United States, Barbara earned a bachelor’s degree in English-writing (journalism).

Barbara retired in May 2009 from the Department of Defense, where she worked for an Army newspaper, the *Northwest Guardian*, as a reporter, editor, and photojournalist in the public affairs office. While there, she wrote more than 4,000 stories and won 32 individual and staff journalism awards, including the coveted Thomas Jefferson Award twice, for best newspaper out of more than 6,000 in all four branches of the military.

Barbara is a 30-year member of Toastmasters International and has won many humorous speech contests.

She has two adult sons, Shawn and Ryan, and one granddaughter, Crystal.



## Why Me?

### One Man's Journey Experiencing God's Undeserved Gifts and Love

*Why Me?* is filled with experiences from successful businessman Mike Mountz's life when he felt the presence of God. These Godly experiences, as Mike calls them, helped him to strengthen his faith, make changes in his life, and act when otherwise he might have been paralyzed by uncertainty. Mike describes how God guided him so that he gained the courage, strength, wisdom, and ability to make difficult decisions. The book also shares a critical lesson Mike learned—the importance of following your spiritual compass. Mike believes that we are all given this compass at birth and that compass is an important part of how we find direction in our lives. *Why Me?* is an unusual and thought-provoking journey of a fascinating life experiencing God's undeserved gifts and love.

Author: Mike Mountz

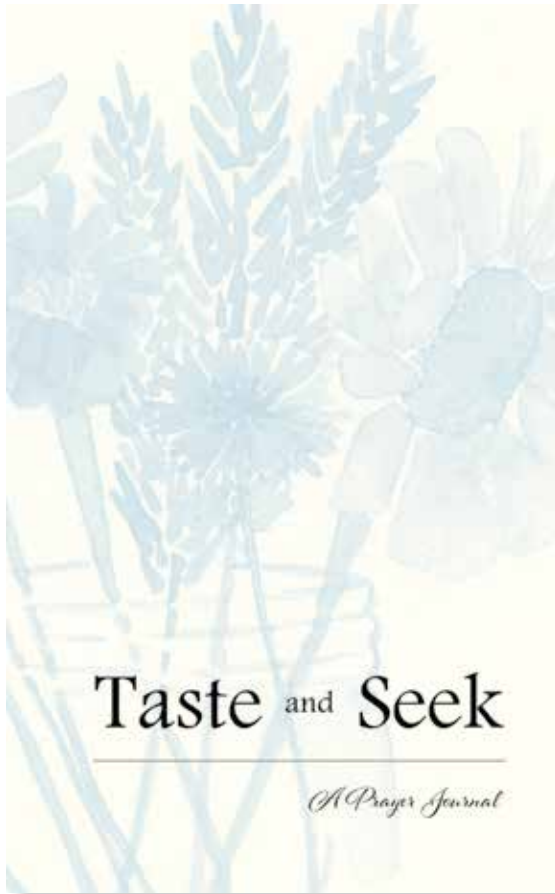
Hometown: Ephrata, PA

Bio: Mike Mountz owned and operated Cloister Car Wash in Pennsylvania for 28 years. An Army veteran, Mike founded Grace for Vets, an organization that provides free car washes to veterans on Veterans Day. Throughout Mike's life, he has battled the dual challenges of dyslexia and bipolar disorder. To help other people deal with dyslexia, Mike started Dyslexics Achieve Distinction, shortened to *dad*. Mike divides his time between his farm in New Zealand and his home in Lancaster County, Pennsylvania. He and his wife, Rhoda, have three children and 12 grandchildren.



Mike Mountz

Format: Paperback  
Trim size: 6x9  
Cover price: \$17.95  
ISBN: 978-1-7323016-3-4  
Page count: 320



Format: Paperback  
 Trim size: 5x8"  
 Cover price: \$20  
 Page count: 176 pages  
 ISBN: 978-1-958711-82-8

## Taste and Seek

### A Prayer Journal

*Taste and Seek: A Prayer Journal* is a full-color, beautifully designed and illustrated journal, filled with art, hymns, prayers, prayer pages, and pause and pray pages. Welcome to a journal that will help you see the goodness and faithfulness of God in your life. As you journal out your prayers, you will be deepened in your faith to know how attentive God is to you. When Jesus promises that the Father cares for us more than the birds of the sky and the flowers of the field, let this journal be evidence to his words.

On every page, may your eyes be lifted to the One who loves you more deeply than you know. As you fill the pages with prayers, may you be filled with hope, and may it spill into the lives of those around you. Then when a loved one asks you for the reason of your hope, this journal will be a living testimony of everything God has done and an assurance of what He will do.

You can use this journal as a personal place of prayer or invite your family to include theirs as well. Invite your loved ones into the beauty of answered prayer. Each entry allows you to ask God to come into your world. It is a bold declaration of faith asking God to see into our hearts and enter the mess of our lives. From what we know of Him, He is more than willing to do just that. Take the time to write down your prayers—any prayer—and wait for the LORD to answer them. Then, when He does, write the date and what happened.

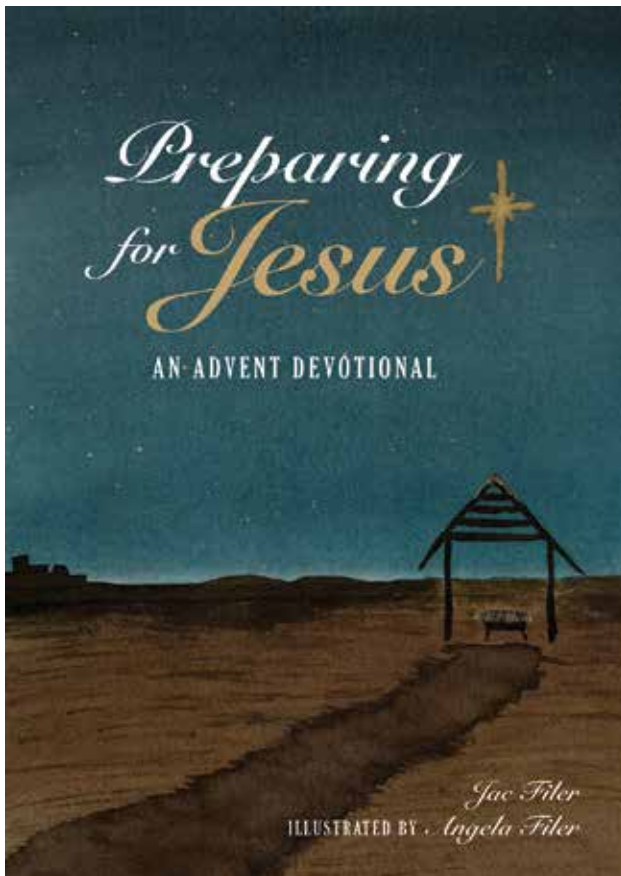
On the pause and pray pages, the art, hymns, and prayers will draw your eyes up to the Holy One and remind you of His strength, power, and compassion. His beauty and holiness are the reasons that we can trust Him because He is never changing. The hymns and prayers may echo the ones in your soul. There are times when we need the prayers of those gone before us when we cannot find the words to pray.

And finally, but most important of all, may you “taste and see that the LORD is good.”

Author: Linnea Smith

Linnea Smith is the founder of Taste and Seek Ministries whose focus is to disciple individuals and families through prayer journaling, studying scripture, and creating gatherings to encounter Jesus in their daily lives. Linnea is also a wife to Luke, mom to three little girls Sonya, Hannah, and Emma, and three heavenly babies. She is a teacher and ministry leader in her church. For more information, connect with her at [www.tasteandseek.org](http://www.tasteandseek.org).

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Format: Paperback  
Trim size: 5x7  
Cover price: \$9  
Page count: 72  
ISBN: 978-1-952481-93-2

## Preparing for Jesus

An Advent Devotional

*Preparing for Jesus* is a 28-day journey through Jesus' family tree, meant to turn your heart and mind toward the coming King as you prepare to celebrate his arrival.

On this journey, you will encounter some familiar and not-so-familiar ancestors of Jesus, starting with Abraham and ending with Joseph and Mary. You will meet heroes and villains. And you will read stories of victories and failures.

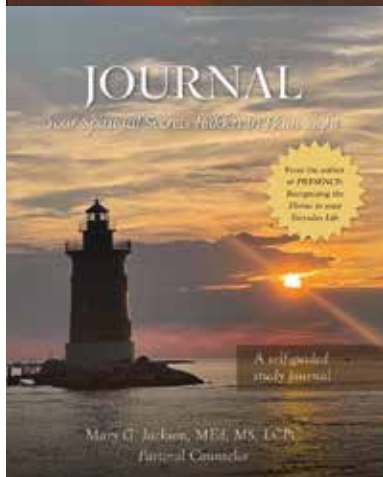
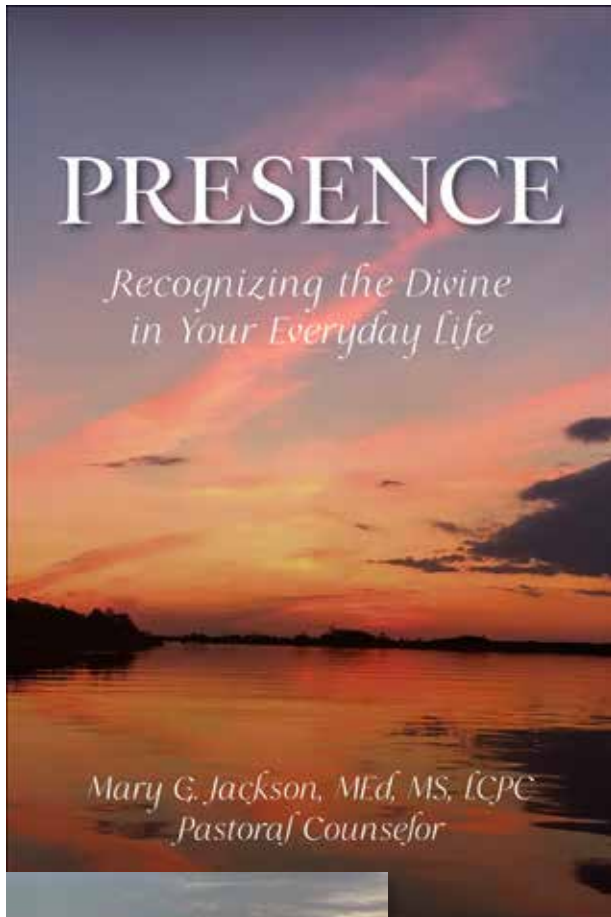
As you take this journey, reading each entry through the lens of the Christmas story and your own experiences, each day's entry will guide you as you take another step closer to Jesus and invite Him more fully into your heart, mind, and journey.

Author: Jac Filer

Jac Filer is a lifelong resident of Bucks County, Pennsylvania, where he presently lives with his family. Since 2020, he has been enjoying a second career as a freelance Christian writer, and is an ongoing contributor to multiple blogs, web sites, and devotional apps. *Preparing for Jesus* is Jac's first book.



Jac Filer



Format: Paperback  
 Trim size: 6x9  
 Cover price: \$19.95  
 ISBN: 978-1-952481-53-6  
 Page count: 202 pages



Mary G. Jackson, MEd, MS, LCPC

## PRESENCE

### Recognizing the Divine in Your Everyday Life

Author Mary G. Jackson, MEd, MS, LCPC, invites readers to enrich their spiritual journeys. This book is about the search for the connection between you as the beloved creation of the Divine and the mystery hidden in plain sight right here on Earth, right now.

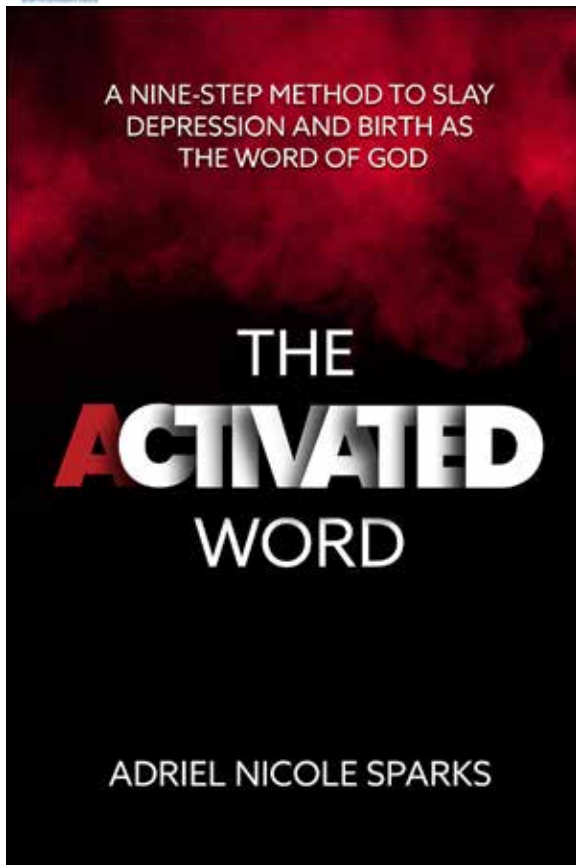
PRESENCE offers fresh ideas to consider, unique methods to explore, and profound ways to live your life fully aware of your ever-present spiritual journey. This book explores how the Divine shows itself in our lives, and how our everyday lives are filled with that presence. You'll discover the Divine in things that are delightful, when we suffer and fail and have to try again, and when our plans unfold effortlessly or come to an abrupt standstill. PRESENCE will also take you into the world of words and story as we seek to unravel the amazing symbolism in language.

PRESENCE is for people who love their faith but who have had that gut feeling that there could be more. It is for those who doubt their faith but are still open to seek more. This beautiful book connects your regular, everyday life with the Divine.

Author: Mary G. Jackson, MEd, MS, LCPC

Bio: Mary G. Jackson, MEd, MS, is a Licensed Clinical Professional Counselor (LCPC) in private practice and a graduate of Loyola College of Maryland's School of Pastoral Counseling. She holds two master's degrees, the first studying educational psychology and the second in counseling, followed by advanced study in pastoral counseling.

Mary has led an eclectic life spurred by her adventurous curiosity. She is just as much at home in the city of her birth, Washington, D.C., the Maryland farm raising alpacas, or the coastal beach of Delaware. Mary delights in her close and loving family, world travel, and a search for meaning. A life-long seeker, Mary invites you to ponder your spiritual journey and to recognize the Divine in your everyday life.



Format: Paperback  
Trim size: 6x9  
Cover price: \$22 /  
Page count: 286  
ISBN: 978-1-952481-23-9



Adriel Nicole Sparks

## The Activated Word

A nine-step method to slay depression and birth as the word of God

Adriel, author and seven-year depression survivor, knows how it feels to question your identity. Suicide has knocked on the doors of her mind too many times to count. But even at her breaking point, God's power stepped in and put depression on his knees. She's learned that the only real cure to this illness is the Cross. When Jesus died for you, depression died too. He took the lashes to help you overcome every mental bruise.

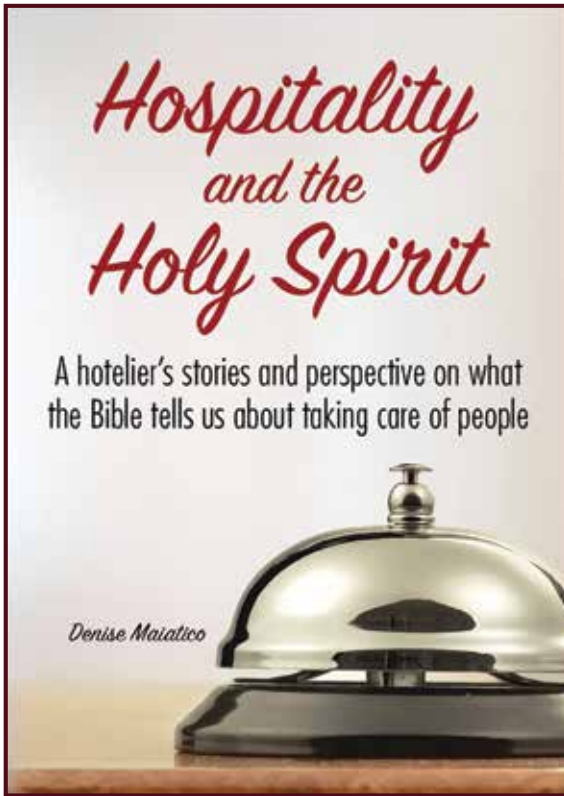
The question is, how do we grab onto that power today? By activating in His image. If He's the Word, you're His Activated Word, full of force and fire. Join Adriel as she teaches you how to become the mirrored reflection of God Himself. You don't have to live in bondage to your thoughts. She can give you the keys that'll set you free. With raw stories and creative guides, you'll find the tools needed to slice away doubt and gain unshakeable faith and self-love.

This book is for the woman who:

- Feels like an outcast in society
- Is hungry for purpose and identity
- Struggles with body image disorders
- Has lost faith in herself or in God's grace
- Compares her life to women in the media
- Deals with trauma, past regrets, or failure

**GOD DID NOT COME TO PLAY, HE CAME TO SLAY.**

Author: Adriel Nicole Sparks is a wife to a faithful husband of nine years, a mother to three beautiful children, and a creative writer and graphic designer for her ministry's powerpacked newsletters, call her determined. Her passions include spreading the warmth of God and helping women find their truest identity. As someone once damaged by childhood abuse and four distinctive forms of mental illness, she believes your destiny lies beneath the acts of resilience. Her message is: "You'll never discover who you are until you've been molded under the pressure of a fire."



Format: Paperback  
Trim size: 5x7  
Cover price: \$12.95  
ISBN: 978-0-9994151-5-3  
Page count: 64



Denise Maiatico

A portion of the  
proceeds benefit  
Ben Salem Church  
in Lehighton,  
Pennsylvania

## Hospitality and the Holy Spirit

A hotelier's stories and perspective on what the Bible tells us about taking care of people

*Hospitality and the Holy Spirit* shares stories and perspectives by hotelier Denise Maiatico about what the Bible tells us about taking good care of people. The book draws from Denise's 20-plus-year-career in the hospitality industry, offering anecdotes that are sometimes funny, othertimes sad, but always fascinating. During her career, Denise has seen some crazy, wonderful, disturbing, and inspirational things. As a Christian, Denise wanted to explore the Bible on a deeper level and through the lens of her experience. Stories and advice about being a good host abound in the Bible. To create this book, Denise researched these Bible stories and married them to her own experiences. During this process, the lessons of the Gospel became both relevant and obvious to her. This book will support your own journey and desire to live a life that reflects hospitality—and the Holy Spirit.

Author: Denise Maiatico

Hometown: Lehighton, PA

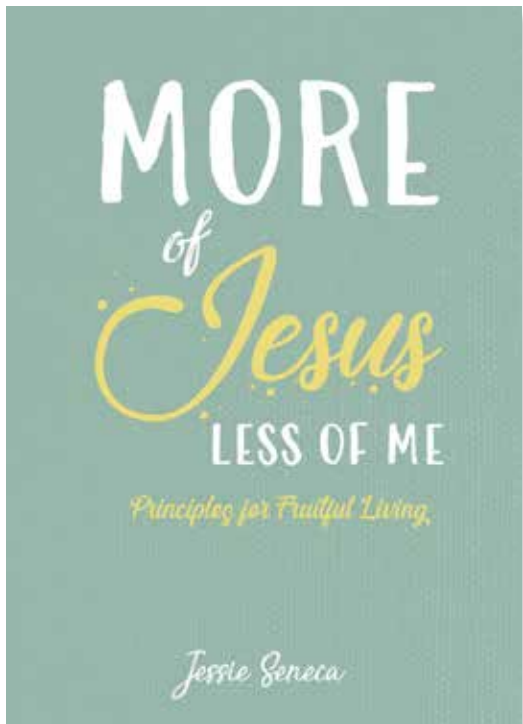
Bio: A fast-paced gate, encouraging smile, people-centered focus, and "GO FOR IT" attitude . . . it must be Denise Maiatico, Vice President Meyer Jabara Hotels.

It would not be accurate to say one works for Denise. It is more appropriate to say each works with Denise. She is a hands-on leader who is skilled at setting the vision and empowering the team, but she is also willing to roll up her sleeves and wash dishes, turn rooms, set an event, and greet guests with the best of them.

Denise graduated from the Indiana University of Pennsylvania in 1991 with a Bachelor's Degree in Communication. She began more than twenty years ago with Meyer Jabara Hotels starting as Regional Sales Director for five properties. She was then promoted to the General Manager of the Courtyard Marriott Lehigh Valley/I-78. Her team opened the 138-room hotel and became a trusted hospitality provider with intense loyalty. Then, she took on the challenge of opening the state-of-the-art 124-room Hyatt Place Bethlehem and successfully positioned the property as a new hotel in historic Bethlehem. The guests continue to rave about the experience. Denise's Lehigh Valley roots serve her well now as the Vice President for the region and yet another property.

Denise loves learning and teaching, and she enjoys her additional role as Adjunct Professor of Hospitality at Northampton Community College.

She has received numerous sales and leadership awards from various community organizations, Meyer Jabara Hotels, and the brands Marriott, Hyatt, and Holiday Inn. Denise was recognized as a Lehigh Valley Woman of Influence in 2013, as the Outstanding Businesswoman of the Year by the Bethlehem Chamber in 2013, and under her leadership, MJ hotels of the Lehigh Valley was nominated as Corporate Citizen of the Year in 2015. Denise was recognized by Hotel Management as one of their "37 GMs to Watch" in 2018. She loves to serve, and she sits on several boards throughout the Lehigh Valley.



## More of Jesus, Less of Me

### Principles for Fruitful Living

This book helps readers unfold what it means to set our selfish desires aside to deeply desire God and pursue a God-centered lifestyle—one fully devoted to Him. Surely, this is not an easy task, but it’s a desire worth seeking and searching for until the end of our days.

Format: Paperback • Trim size: 5x7 • Page count: 82  
ISBN: 978-1-950459-03-2 • Price: \$12

Author: Jessie Seneca

Hometown: Bethlehem, PA

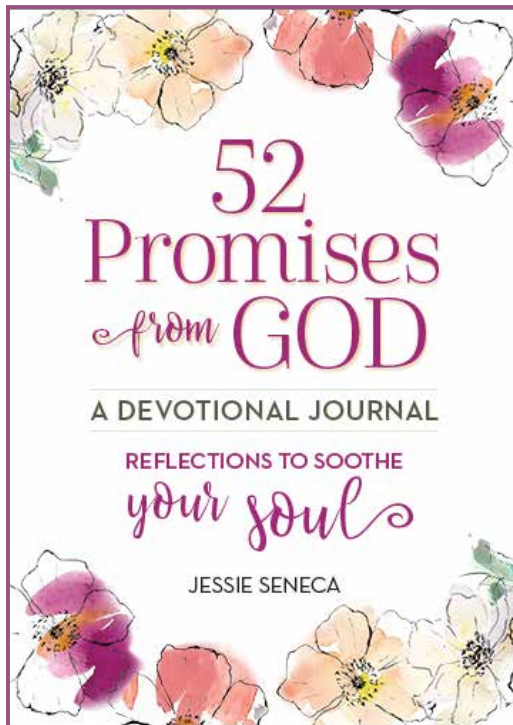
Bio: Jessie Seneca is a national speaker, author, leadership trainer, and the founder of More of Him Ministries and SHE Leads Conference. She has a passion to help women experience God’s Word for themselves as she encourages them to move into a life fully devoted to God.



Jessie Seneca

Jessie and her husband, John, live in Pennsylvania. They have two adult daughters and wonderful sons-in-law.

Most days you will find her walking her two golden-doodles, Bella and Murphy and enjoying her role as Mimi.



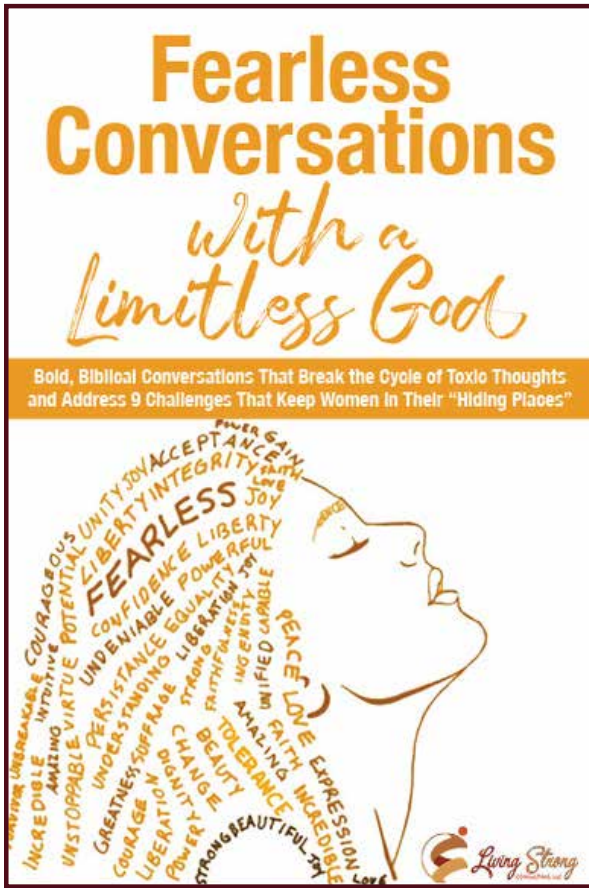
## 52 Promises from God

### Reflections to Soothe Your Soul

Longing for a soul soothing devotional that will remind you of God’s faithfulness? *52 Promises from God* will satisfy the depths of your heart as you are reminded of God’s goodness. At your own pace, soak in these Biblical truths and spend time reflecting on His promises in your life. This beautifully designed hardcover devotional will jumpstart your day with deep encouragement and steadfast assurance that God fulfills the promises He made you through His word.

Format: Hardcover • Trim size: 5x7 • Cover price: \$15  
ISBN: 978-0-9844804-3-2 • Page count: 112





Format: Paperback  
 Trim size: 6x9  
 Cover price: \$15.95  
 ISBN: 978-0-9844804-9-4  
 Page count: 160 pages



Veirdre Jackson, EdD

## Fearless Conversations with a Limitless God

**Bold, Biblical Conversations That Break the Cycle of Toxic Thoughts and Address Nine Challenges That Keep Women in Their "Hiding Places"**

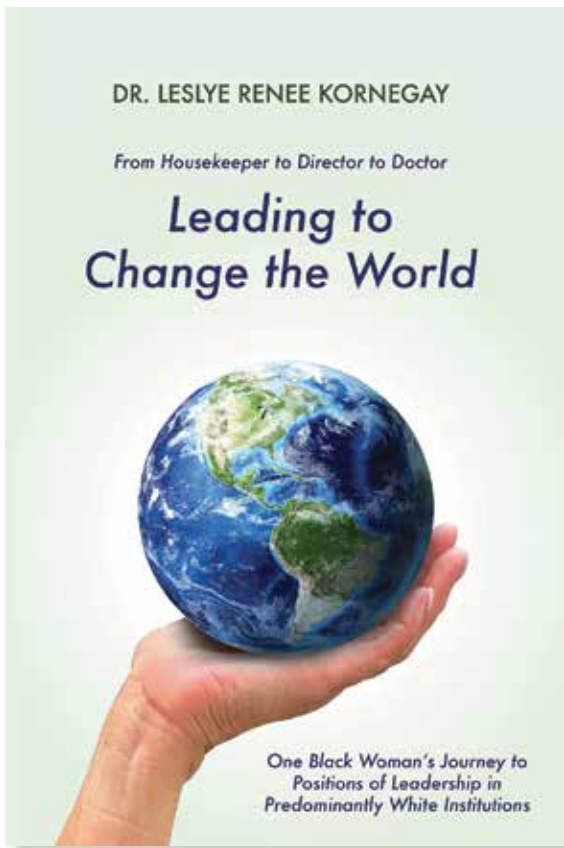
*Fearless Conversations with a Limitless God* meets women in their "hiding places" where they are often wanting and wishing for more but don't have the practical steps and tools to move forward. *Fearless Conversations with a Limitless God* is a book and video series that utilizes a Steps of Growth framework, which walks women physically, emotionally, mentally, and spiritually out of a "basement" mind-set into a place of reflection and freedom by unpacking conversations found in Scripture. Each chapter reveals a moment in time where Christ met different individuals at specific points in their lives and interrupted their broken belief systems, misguided self-narratives, and tragic stories of shame and regret and exposed their "hiding places" to free them to walk in a fearless confidence, accessing promises meant to be kept and used as a weapon to unravel the lies of the enemy.

Many of life's battles are won or lost in the mind. With every test, we stand at the crossroads of being bitter or better, broken or built up, victim or victor. This book is for every woman who is ready to break the cycle of toxic thoughts that contradict God's promises of life and abundance. Renewing your mind is not just a childhood memory verse to be tucked away for safe keeping, but a divine command for daily victorious living. Through Biblical principles that confirm practical science found in how the brain responds to stress, toxic cycles, and broken mental patterns, *Fearless Conversations with a Limitless God* brings this Scripture to life with intentional daily habits that shift your perspective, strengthen your faith, and give purpose to your story through Biblical instruction, trauma-informed approaches, and self-discovery.

Author: Veirdre Jackson, EdD

Hometown: Douglasville, PA

Bio: Veirdre Jackson, EdD, is an award-winning educator, entrepreneur, and advocate. Dr. Jackson is a veteran educator with more than 20 years of experience. She is the founder/CEO of Living Strong Consulting, LLC. In addition to her work as an educator, Dr. Jackson is also a certified trainer in Trauma Informed Practices and the cofounder of Fresh Fountain of Life: Counseling & Wellness Center. She provides training and consultation for her diverse client base on tangible strategies for building abundant living, resilience and healing emotionally, relationally, physically, and spiritually. She holds a master's degree in elementary education and a doctorate in educational leadership and innovation.



Format: Paperback  
Trim size: 6x9  
Cover price: \$16.95  
Page count: 156 pages  
ISBN: 979-8-89420-014-9



Dr. Leslye Renee Kornegay

For media interviews, bulk orders, and sales, contact Jennifer Bright, Bright Communications Founding CEO 610-216-0913 • [jennifer@brightcommunications.net](mailto:jennifer@brightcommunications.net) • [BrightCommunications.net](http://BrightCommunications.net)

## Leading to Change the World

### One Black Woman's Journey to Positions of Leadership in Predominantly White Institutions

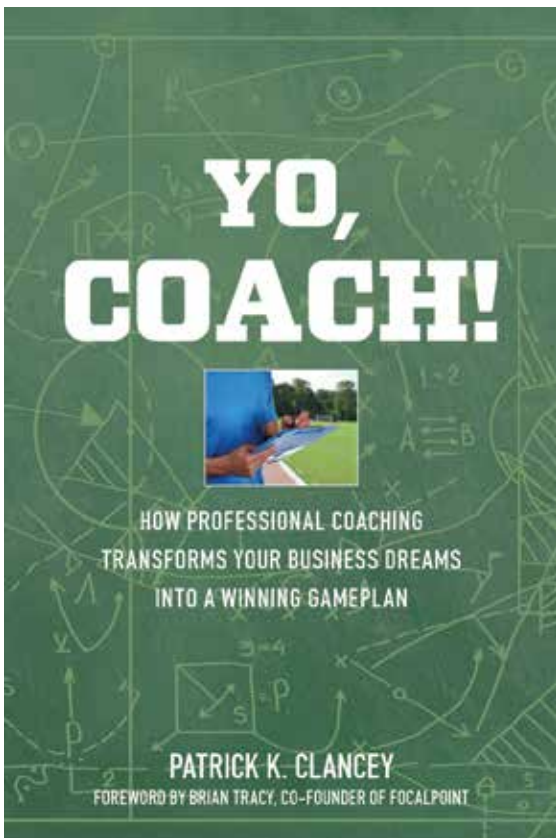
Leslye Renee Kornegay, EdD, rose from being a housekeeper, to a director, to a doctor of education. Through those years, a number of platforms emerged that gave other voices for Black women across all professional genres to speak up about the “-ism’s,” work and life struggles, and challenges and barriers in the workplace. The rise of Facebook, Instagram, LinkedIn, X, Tik Tok, podcasts, YouTube, blogs, and private TV digital stations opened up a wealth of Black women’s experience that were not accessible before. Dr. Kornegay realizes that she was never alone in her experiences as a Black woman in the South, but she understood that Black women’s voices were not as prevalent in the literature and social media as they are today—in both peer and non-peer contexts.

It is Dr. Kornegay’s hope that her book *Leading to Change the World*, can be used as a foundational piece to aid other Black women in their journeys. Although her focus and research have been on Black women in leadership, specifically in primarily white institutions (PWIs), she believes this book serves as a resource for anyone working with Black women in any professional capacity.

Author: Leslye Renee Kornegay, EdD is currently serving in the role of Executive Director of University Facilities (UEVS) at Duke University. Her career in Facilities has spanned more than 35 years.

Additionally, she has served in a faculty role for the past 14 years and has founded a nonprofit organization, the Kornegay Foundation.

In the 13 years since her research was completed, a number of platforms have emerged that have given another voice for Black women across all professional genres to speak up about the “-ism’s,” work and life struggles, challenges, and barriers in the workplace. The rise of Facebook, Instagram, LinkedIn, X, Tik Tok, podcasts, YouTube, blogs, and private TV digital stations have opened up a wealth of Black women’s experience. Dr. Kornegay realizes that she was never alone in her experiences. Black women’s voices were not as prevalent in the literature and social media as they are today—in both peer and non-peer contexts. It is Dr. Kornegay’s hope that her work can be used as a foundational piece for other Black women in their journeys. Although her focus and research have been on Black women in leadership, specifically in primarily white institutions (PWIs), she believes this book serves as a resource for nonwhites who work with Black women. It is also her hope this book serves as inspiration for Black women leaders in PWIs.



Format: Paperback  
 Trim size: 6x9"  
 Cover price: \$11  
 Page count: 48 pages  
 ISBN: 978-1-958711-91-0



Patrick K. Clancey

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## Yo, Coach!

How Professional Coaching Transforms Your Business Dream into a Winning Gameplan

Ever wondered whether your business would be greater if you teamed up with a business coach? In *Yo, Coach!* Patrick Clancey shares his experience as a Certified FocalPoint business coach to provide a simple, yet powerful overview of the process and benefits of coaching. You will understand how your coach helps you clarify your goals in your specific business and transform them into an actionable plan that will drive success in business and in life. You will learn that coaching isn't just for troubled companies. Far from it! Coaching is the key to moving from good to great and ensuring that your goals are attained more quickly and more easily than if you try to reach them on your own. Patrick explains why it's time for you to yell "Yo, Coach!" and transform your business dreams into a winning gameplan!

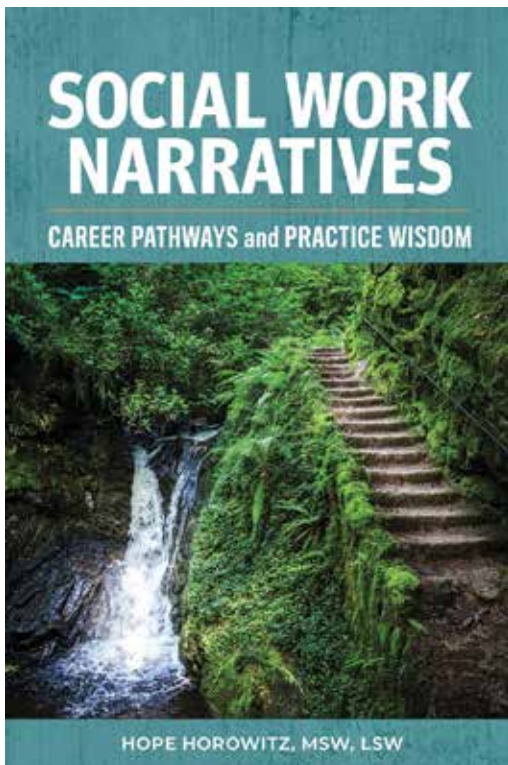
And if you would like a refreshing break from your hectic work schedule, pick up *A Cat Named Goose: Learning About Life and Love in a Home Full of Strays* also by Patrick Clancey.

Author: Patrick Clancey brings more than 30 years of entrepreneurial business experience to his coaching practice. A trained chemical engineer, he has owned companies in the highway safety, broadband switchgear, software, and consulting fields. He has firsthand experience in the international arena, having worked or lived in Europe, Latin America, and Asia. Patrick also holds an MBA from the Haas School of Business at the University of California, Berkeley, where he focused on international marketing.

Patrick is active in the addiction recovery space and volunteers as an accredited facilitator, both in the United States and internationally. A person of faith, he is an active member and volunteer in his local church community.

After nearly a lifetime abroad, Patrick has settled in the Lehigh Valley with his wife and a home full of animals. He coaches clients in many industries, from start-ups to approximately \$20 million in annual revenue, regardless of geographic location.

Patrick is also the author of *A Cat Named Goose: Learning About Life and Love in a Home Full of Strays*.



Format: Paperback  
Trim size: 6x9"  
Cover price: \$19.95  
Page count: 158 pages  
ISBN: 978-1-958711-63-7

## Social Work Narratives

### Career Pathways and Practice Wisdom

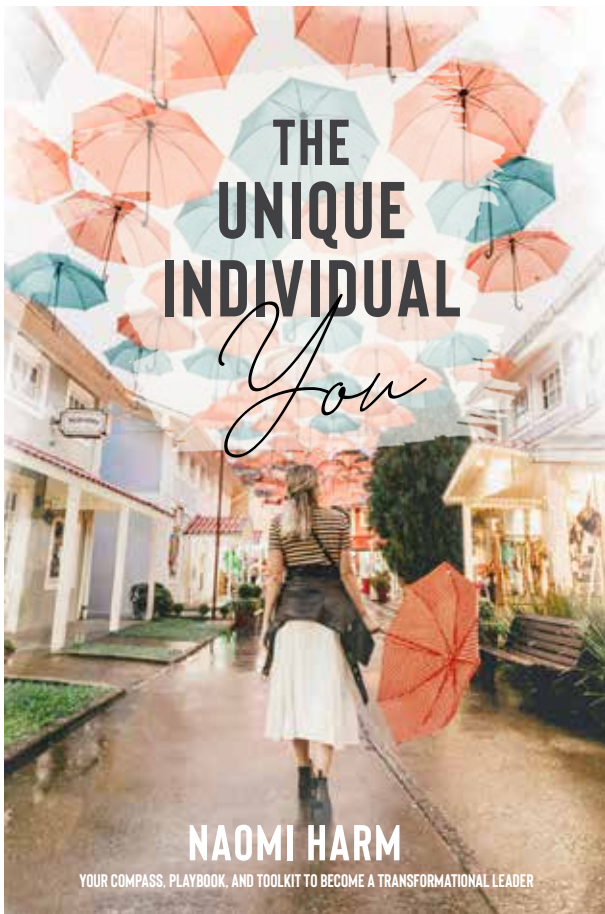
Be inspired as you explore the career versatility social work provides through unique narratives shared by social workers with careers of more than 50 years to those newer in practice. Interviewees were asked to share their social work journey, including education, work experience, practice wisdom, advice, and self-care tips. Stories are pertinent for all social workers, including those thinking about becoming a social worker, new social workers, those seeking to change their social work career direction, and those who want to reflect on their accomplishments and contemplate future goals.

You will be reminded how social work values and ethics are the foundation for practice.

Author: Hope Horowitz, MSW, LSW

Hope Horowitz, MSW, LSW, began her career in social services as a VISTA volunteer. She earned an MSW from the University of Michigan and has enjoyed a distinguished career as a practitioner, administrator, trainer, and educator for more than 42 years. She coordinates the Social Work Program and is Professor of Social Work/Sociology at Northampton Community College (NCC). Her passions include social justice issues and global education. She co-developed and led seven service-learning trips to help rebuild in New Orleans after Hurricane Katrina. Hope has taken students to Ecuador and Israel. She co-developed the Mindful Travel for Faculty trips and traveled with a group of NCC faculty to Finland. She co-led a Mindful Travel Mentors trip to Finland for social work students, alumni, faculty, and professionals. Hope has served as the National Association of Social Workers (NASW) Eastern Division Chair and held various leadership positions for the local division. She has presented at numerous conferences nationally and internationally and provided training workshops for nonprofit organizations throughout her career. Hope continues to serve on the Advisory Board of the Phoebe Institute on Aging, and, and she reviews grants for AmeriCorps.

Hope began her career in social services as a VISTA volunteer pursuing her passion to provide service to individuals and the community. Attending the University of Michigan School of Social Work provided the opportunity for her to focus on community organization as she earned her MSW. She has enjoyed a distinguished career as a practitioner, trainer, and educator for over 42 years. She spent 23 years practicing in the Jewish communal field including 14 years as Regional Director for Central Region East of the B'nai B'rith Youth Organization and serving as Assistant Director for 9 years at the Allentown Jewish Community Center. She also spent many summers staffing BBYO leadership programs. These administrative positions involved program planning, staff development and a variety of organizational and operations responsibilities. In addition, she led trips to Israel for teens and adults.



Format: Paperback  
 Trim size: 6x9  
 Cover price: \$20.00  
 ISBN: 978-1-952481-43-7  
 Page count: 160



Naomi Harm

## The Unique Individual You

Your Compass, Visionary Roadmap,  
 and Toolkit to Become a Transformational Leader

In *The Unique Individual You*, women-in-leadership strategist Naomi Harm presents compelling neuroscience research that documents how and why women's brains are wired for empathy, intuition, and collaboration—the very qualities business managers and educational administrators are looking for in their leaders of today.

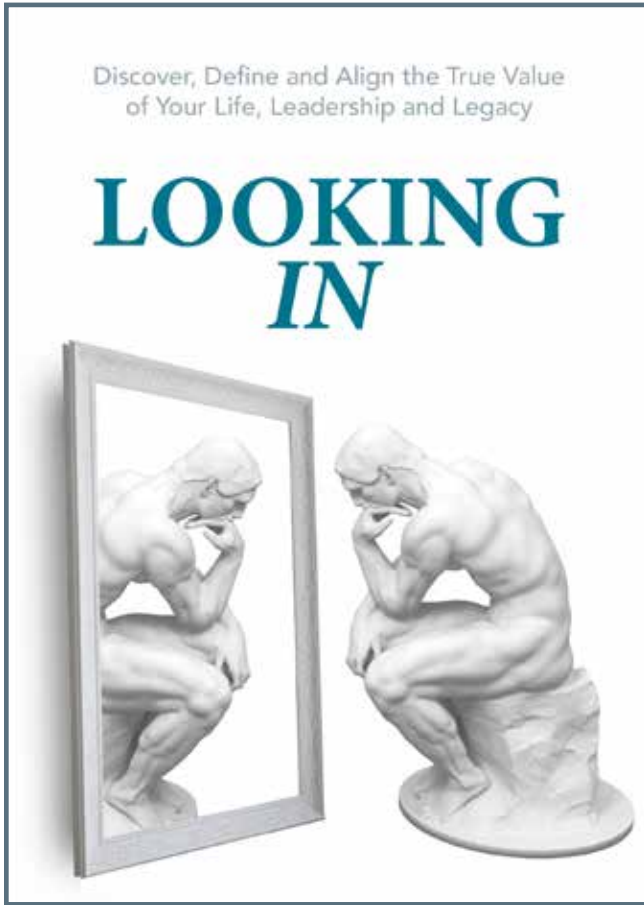
This inspiring and action-orientated women-in-leadership book focuses on how to build a woman's leadership confidence and cognitive presence and her sphere of influence. Mentorship stories of hope, optimism, mindfulness, and resilience drive the storyline, and they outline a creative visionary roadmap of effective women in leadership “lean-in” strategies and solutions to define and guide your women-in leadership-career trajectory.

Author: Naomi Harm

Naomi Harm has more than 25 years of experience as an educator, women-in leadership-strategist and mentor, and edtech influencer. Her main leadership and speaking engagements focus is on how to create dynamic and inclusive learning experiences to support the diverse needs of today's Generation Z and Gen Alpha students with K-12 educational leaders, university professors and managers, and directors in business leadership roles.

She has been involved in leading school district reform initiatives, redesigning classroom spaces and learning experiences with the brain in mind, professional development and curriculum alignment with ISTE standards, administrative leadership symposiums and roundtables, and developing and implementing STEM mentoring and role modeling leadership programs for girls, young women, and aspiring women leaders globally.

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Format: Paperback  
Trim size: 5x7  
Cover price: \$15.00  
Page count: 120  
ISBN: 978-1-952481-33-8



Traci Philips

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## LOOKING IN

Discover, Define and Align the True Value of Your Life, Leadership and Legacy

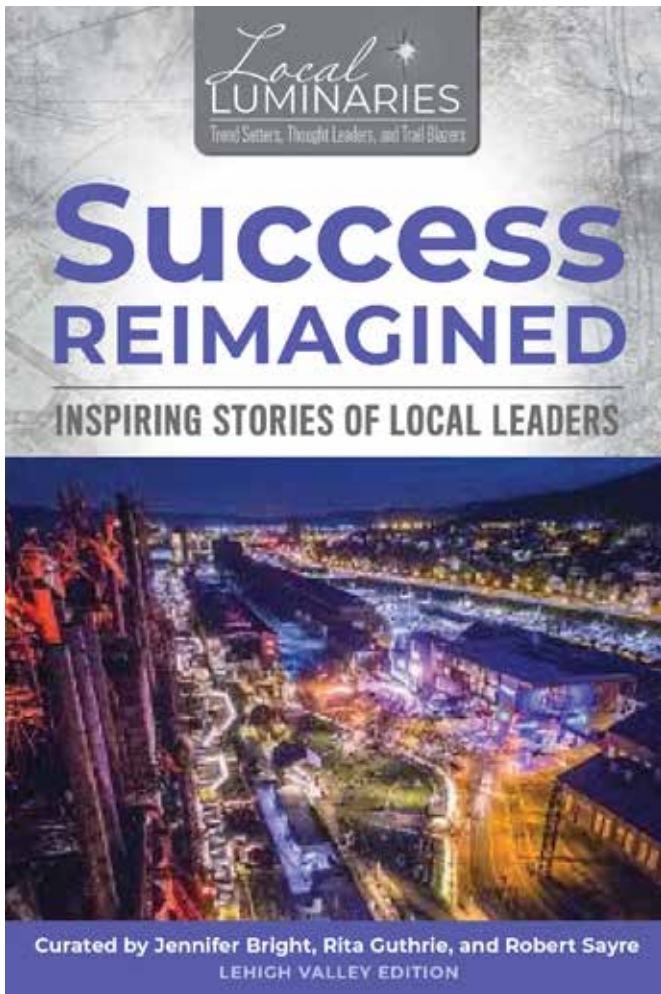
*Looking In* provides a compelling message for today's leaders and career professionals who are faced with common self-identity and confidence challenges. To find our way at any time, especially during times of change and uncertainty, we must learn the value of looking in to that innate place which exists within each of us.

In her inaugural book, Traci Philips invites readers to seek their personal answers and path in the outside world, by building an awareness and understanding of who they are at their innate core. It is in who we came to be and the value of this that we are to live and lead most powerfully.

As an Executive Leadership and Performance Coach to Visionaries, Traci has helped countless corporate and business professionals successfully and consciously lead and communicate who they are with integrity and truth. She has worked with ex-executives in federal prison, high-ranking corporate leaders and serial entrepreneurs who have created businesses that launched a new norm within their industries. Traci understands how to cultivate vision and communicate its value. She has developed unique ways to recognize and translate patterns in thought, emotion, language and behavior that can lead to successful and unsuccessful outcomes. Traci applies her knowledge and skill to a process that teaches executive leaders how to access and recognize the 3 Zones that directly affect the way they live, lead and perform.

In this book, Traci discusses these 3 Zones and explains how to uncover and define each, in order to determine your truest value, most productive and authentic approach to delivering this value and the impact and legacy you came to create and experience in your lifetime.

It's all within you now. If you're ready to decode and realize your mission and greatness, *Looking In* is where you need to begin.



## Success Reimagined

*Success Reimagined* celebrates the inspiring stories of 28 local Lehigh Valley leaders. This full-color book shares the advice and experiences of these business luminaries, including how they triumphed over adversity, pivoted to overcome challenges, and reinvented themselves to improve their lives, businesses, and community. Each story is accompanied by a stunning photograph of the expert profiled. This book includes profiles of a wide variety of professionals, including a real estate investor, sign manufacturer, franchise owner, TV producer, and architect. This book will empower and inspire readers as they discover secrets to business success—and the know-how to apply these strategies to their own lives.

Curators: Jennifer Bright, Rita Guthrie, and Rob Sayre

Photographs by Terree O'Neill Yeagle

Format: Paperback

Trim size: 6x9

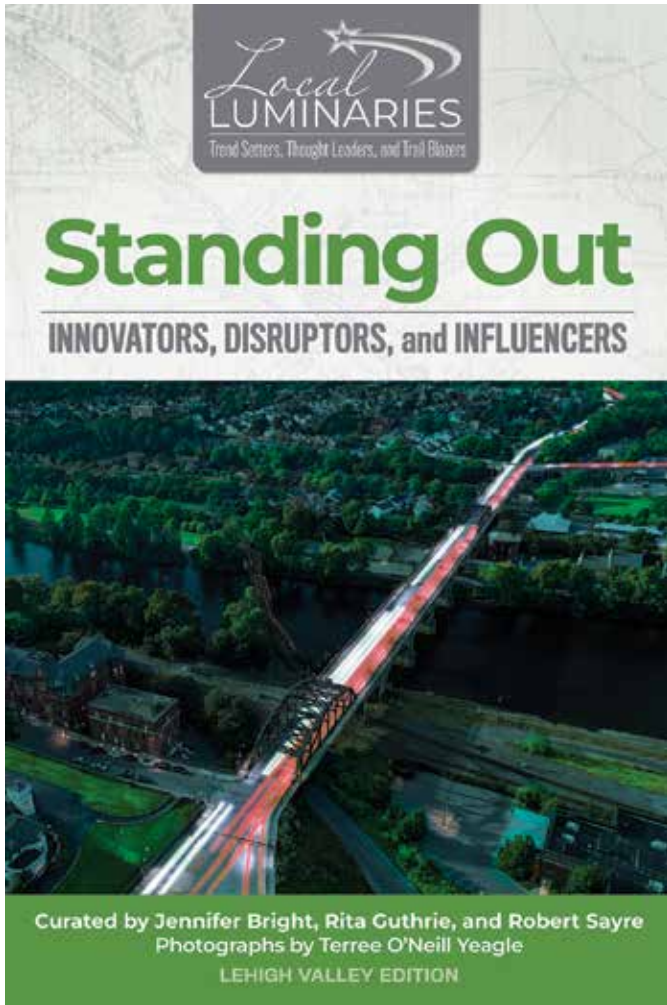
Cover price: \$19.95

ISBN: 978-1-952481-08-6

Page count: 140



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jennifer@brightcommunications.net • BrightCommunications.net



# Standing Out

## Innovators, Disruptors, and Influencers

*Standing Out* celebrates the inspiring stories of 28 local Lehigh Valley leaders. This full-color book shares the advice and experiences of these business luminaries, including how they stand out among their competition and exceed expectations to improve their lives, businesses, and community.

Each story is accompanied by a stunning photograph of the expert profiled. This book includes stories of a wide variety of professionals, including a Realtor, Feng Shui master, artist, and success coach. This book will empower and inspire readers as they discover secrets to business success--and the know-how to apply these strategies to their own lives.

Curators: Jennifer Bright, Rita Guthrie, and Rob Sayre

Photographs by Terree O'Neill Yeagle

Format: Paperback

Trim size: 6x9

Cover price: \$19.95

ISBN: 978-1-958711-03-3

Page count: 140



**Caring for Patients, Families, and Our Community Are the Arrows in My Quiver**

Michael Carabian, MD, Board-Certified Family Physician and Founder of Arrow Primary Care, a Direct Family Care Practice, in Bethlehem

Just as in northern New Jersey, near Newark, I met my wife while getting my undergraduate degree at St. Barnabas University. She was my tutor. I got on a 1.1 ranked medical school at a 1.5 medical college in Colorado called St. George's University, followed by clinical years in hospitals in New York and New Jersey. I then did my family medicine residency at Channing Hill Hospital, a University of Pennsylvania community hospital. It was all because I decided to go into medicine.

I believe that the best way to be in the care of people is to get to know them. I don't see them only through their family medical practices. I would help my family and friends with their health. It has been amazing, and a reward for my work. I believe that my patients' health is my passion.

Primary Care practice, I'm a membership-based program, focused on all-day medical services. Patients are people you can't see for their care. They pay no deductible, visit fees, no copays. Instead, my patients have



**My Passion for Learning and Educating People Propels Me Forward**

Michelle Linds, founder and owner of Process 1 in Allentown

Love is the most powerful force in the world, but the love of everything I do, is passion for learning and educating. It's always been in learning and teaching.

As a teacher, I believe in a neighbor who has had Down's Syndrome. Working with them inspired me to get my special education teaching degree, which I used to teach high school special needs students and directed special needs jobs. I had to learn a lot about different behaviors and job requirements, but it was a rewarding teaching experience. I used to be the only one who had been through the same experience. That's when I knew they get their first products were produced.

Teaching brings me joy and helps me to give the students who struggle to be in the classroom to get into the business world again. One day, I realized that educating would help me to be a successful entrepreneur to do what I love to do. They were the highest employer in Allentown at the time, and they had me in the building. The director was in another building in upper New York. When I took over, I was excited to see that in this office, a woman calling would be welcome. She then became another teacher of business. I had been educated in my life.

But I was passionate and I had to be in learning mode. I know if I could value I could do them over so I learned everything I could about my job as a business owner and that they would be all over me. I was passionate, I took it all morning and out of a job for them. And then, everything started around, and my territory sales started. From then, I kept teaching, but I kept going to my own and the opportunity to be in the country. Every experience was providing new learning and teaching experiences. As soon as an opportunity presented, I was eager to see. "That's it! It's my day!" I know each experience would be out of my comfort zone and the

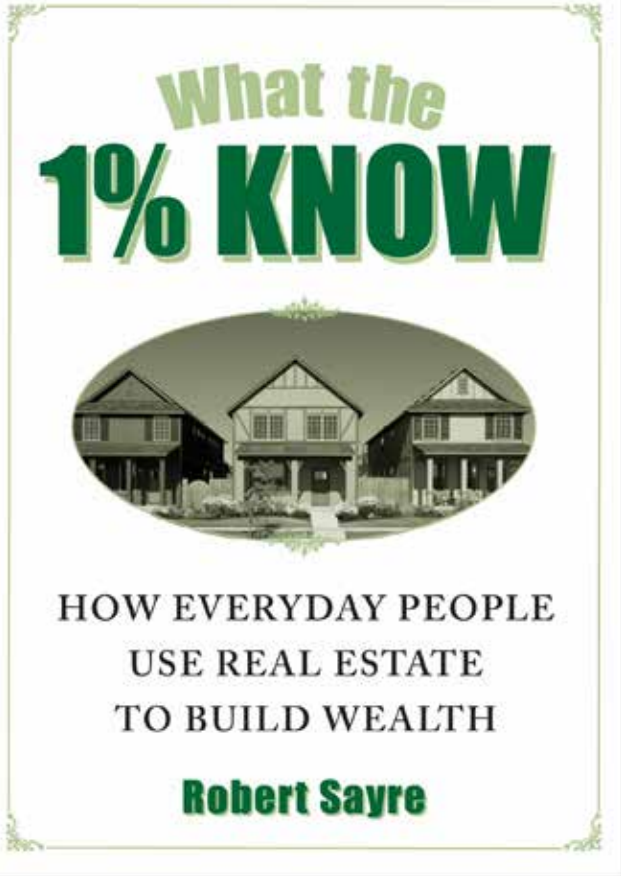


**My Passion Drove Me to Fight for Justice in Washington and Launch My Businesses at Home**

My passion for justice in Washington, D.C. led me to launch my businesses at home. I was inspired by the stories of the women who were fighting for justice in Washington, D.C. and I wanted to be a part of it. I started my own business and I was able to launch my businesses at home. I was able to launch my businesses at home and I was able to launch my businesses at home.

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## What the 1% KNOW

How Everyday People Use Real Estate to Build Wealth  
Want to know the secrets of the 1%?

In *What the 1% Know*, you'll discover how the rich use real estate to build--and maintain--their wealth. You'll enjoy personal stories, Robert Sayre's as well as a others' who generously gave their time and insight. Robert's backstory and the four case studies share his journey, both successes and failures. There are also interviews with other investors, all with unique, inspiring stories as well. Tip, charts, resources, and plenty of advice will help you begin your own journey to real estate investing success!

About the Author: Robert Sayre, a native of Boulder, moved to the East Coast in 1982 to work at a small book publishing company and then moved to the Lehigh Valley in 1988 to work at Rodale, Inc., as the business manager of its book division, with many great leaders and coworkers. He is now semi-retired, an active investor in real estate, and a volunteer as a master gardener with the Penn State Extension Service, and he has studied and practiced tai chi for 11 years. He and his wife, Sally, a retired public school teacher have three children and five of the best grandchildren ever. They are as busy as can be, but they love controlling their own schedule and traveling in their Lance RV camper.

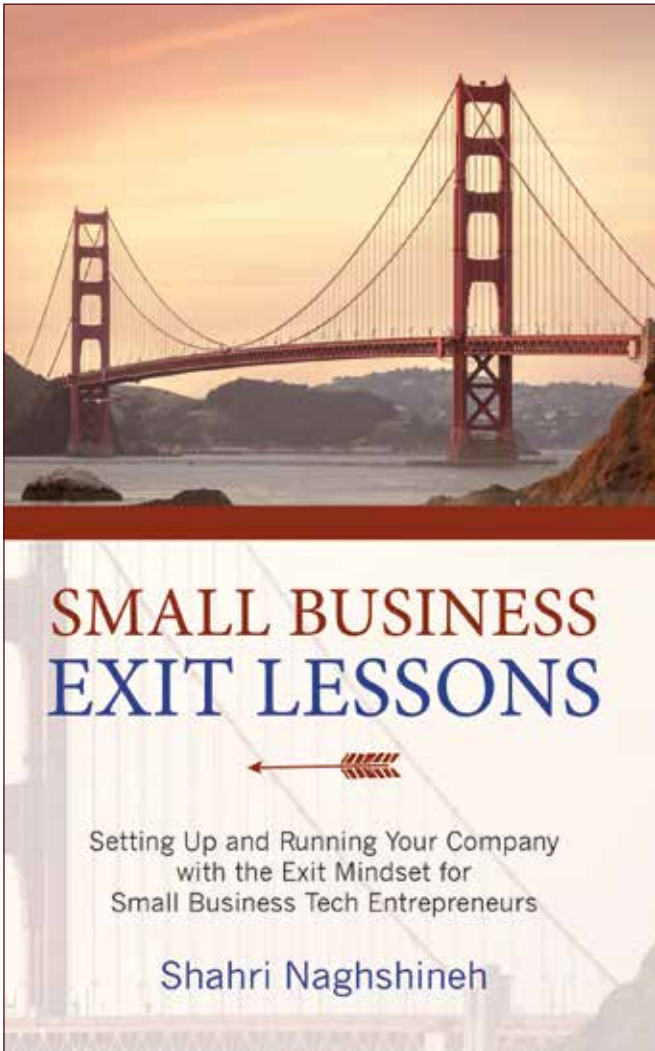
Format: Paperback  
Trim size: 6x9  
Cover price: \$14.95  
ISBN: 978-1-952481-10-9  
Page count: 106 pages



Robert Sayre



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Shahri Naghshineh

Format: Paperback  
Trim size: 5x8  
Cover price: \$29.95  
ISBN: 978-1-958711-29-3  
Page count: 166

## Small Business Exit Lessons

Setting Up and Running Your Company with the Exit Mindset for Small Business Tech Entrepreneurs

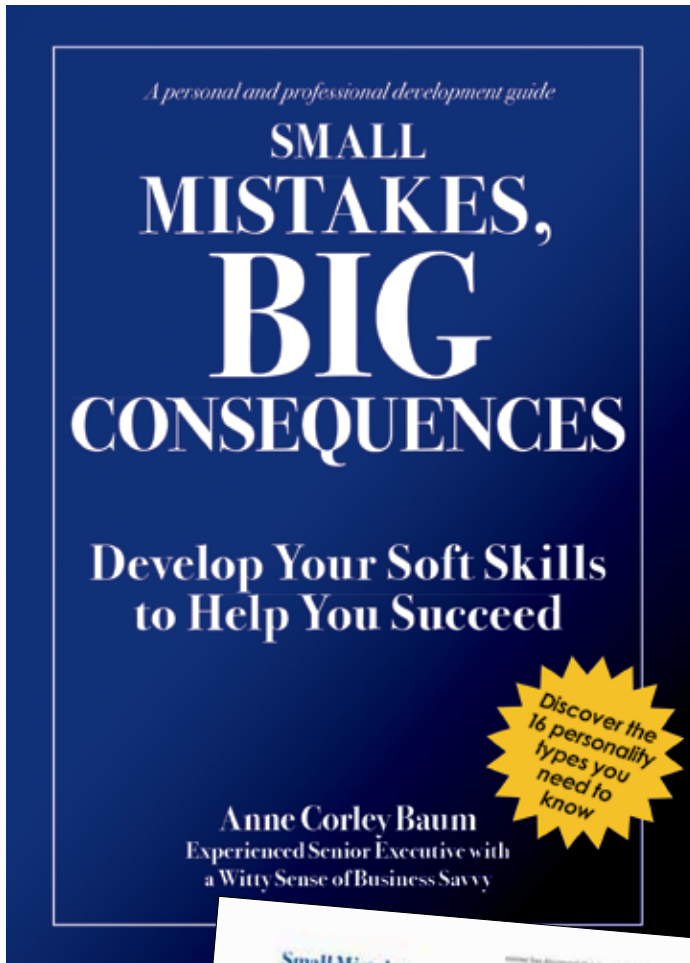
*Small Business Exit Lessons* is a critical guide for small business tech entrepreneurs on a topic they often fail to consider: developing an exit mindset. This book helps business founders and owners set up, grow and run their businesses, ever mindful of the exit plan to successfully license or sell their company. Planning your successful exit from the beginning will build your business on a firm foundation, foster steady growth, reduce overhead, and help to ensure a successful exit.

This book includes the author's advice and expertise gleaned from his decades running five businesses, selling two and licensing three. Included is feedback from other successful entrepreneurs, business buyers, and investors. There are case studies and review of his experiences, on a wide variety of topics, including assembling your team, marketing, funding, R&D, delegating, finding the right customers, negotiating deals, and life after selling the business. The book also features excerpts from actual agreements and an outline to help readers create their own exit plan.

Read this book to start, grow, and sell your business or license your technology.

A percentage of proceeds from the sale of this book will be donated to the Ben Franklin Technology Partners of Northeastern Pennsylvania

Author: Shahriar (Shahri) Naghshineh emigrated to the United States as a student from Iran in 1979. He had received his civil engineering degree from Birmingham University in England. In 1982, he received his master's degree in chemical engineering from Lehigh University in Bethlehem, Pennsylvania. Shahri has founded, cofounded, and operated as president of five tech businesses. He has mentored and consulted with other startups. He enjoys speaking, mentoring, and consulting with tech entrepreneurs, especially helping them to grow a profitable business and plan their own successful exits. Shahri continues to pursue new business opportunities.



## Small Mistakes, Big Consequences

Develop Your Soft Skills to Help You Succeed

*Small Mistakes, Big Consequences* is a lighthearted look at the top 16 business mistakes that people make without realizing the potential consequences. Learn how to identify these common character mistakes that can make or break your relationships. Avoid making these mistakes yourself and learn how to work with and manage these personality types. Discover how to:

- Be perceived as **sincere** and **trustworthy**
- Empower your **team** for greater success
- Help team members take accountability for their **actions**
- Encourage others to listen to **your** perspective
- Present your **best**, most professional self

*Small Mistakes, Big Consequences* is filled with simple, actionable business tips to help you succeed. It's your guide to navigating the speed bumps on the road to the corner office.

Author: Anne Corley Baum

Bio: Anne is the Lehigh Valley executive & vice president, distribution channels and labor relations for Capital BlueCross. Prior to joining Capital BlueCross, she taught leadership to high potentials on their way to the C suite through the executive coaching programs and seminars of her company, Vision Accomplished. Anne believes that being active in the community is critical to success, and she has served on or led many boards. She has received numerous awards for her leadership, including the Athena International Award and Pennsylvania Best 50 Women in Business. Anne was certified by the Protocol School of Washington as a protocol and etiquette consultant, and she is a graduate of the University of Illinois and Rush University.

Format: Paperback

Trim size: 5X7

Cover price: \$10

ISBN: 978-1-7323016-2-7

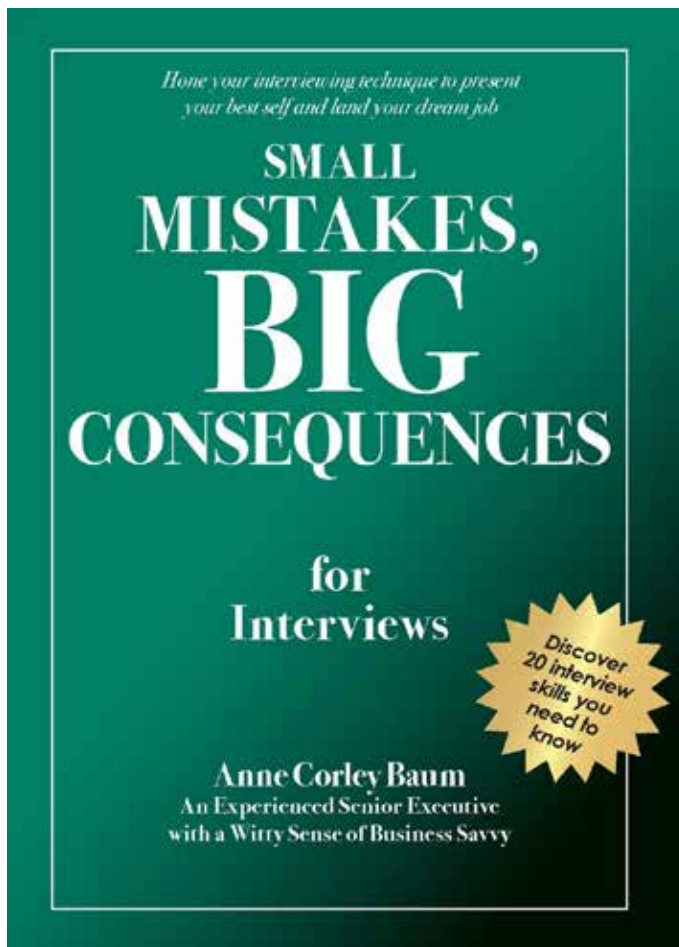
Page count: 64



Anne Corley Baum

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## Small Mistakes, Big Consequences for Interviews

Hone your interviewing technique to present your best self and land your dream job

*Small Mistakes, Big Consequences for Interviews* is a lighthearted look at the top 20 interviewing mistakes that people make without realizing the potential consequences. Learn how to identify these common character mistakes that can make or break your interview—and hiring prospects. Avoid making these mistakes yourself and learn how to interview and manage these personality types. Discover how to:

- Be perceived as sincere and trustworthy
- Make a great first impression
- Avoid common interview mistakes
- Encourage others to meet the “real you”
- Present your best, most professional self.

*Small Mistakes, Big Consequences for Interviews* is filled with simple, actionable business tips to help you succeed. It’s your guide to succeeding at job interviews to help you land your dream job.

Author: Anne Corley Baum

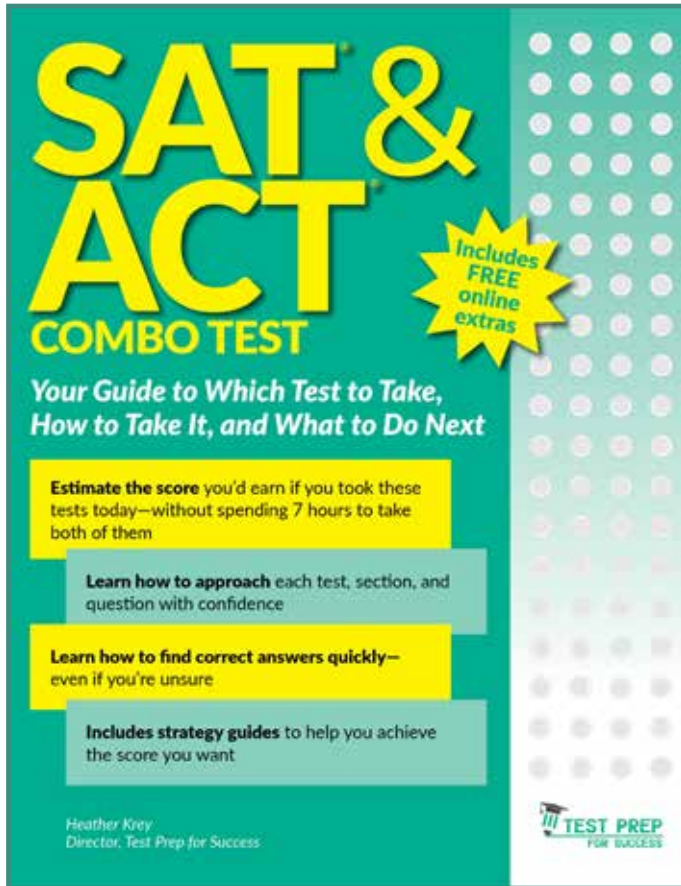
Hometown: Bethlehem, PA

Bio: Anne Corley Baum is the Lehigh Valley executive & vice president, distribution channels and labor relations for Capital BlueCross. Prior to joining Capital BlueCross, she taught leadership to high potentials on their way to the C suite through the executive coaching programs and seminars of her company, Vision Accomplished. Anne believes that being active in the community is critical to success, and she has served on or led many boards. She has received numerous awards for her leadership, including the Athena International Award and Pennsylvania Best 50 Women in Business. Anne was certified by the Protocol School of Washington as a protocol and etiquette consultant, and she is a graduate of the University of Illinois and Rush University.



Anne Corley Baum

Format: Paperback  
Trim size; 5x7  
Cover price: \$10  
ISBN: 978-1-950459-00-1  
Page count: 64 pages



## SAT and ACT Combo Test

Your Guide to Which Test to Take,  
How to Take It, and What to Do Next

If an SAT or ACT is in your future, this book is the perfect starting point! This mashup of the SAT and ACT gives you an idea of what's inside each test and helps you estimate what score you'll get on each. Get great tips and strategies for each section and expert advice on your next steps toward a fantastic score. Don't forget to check out our website for downloadable material, including score sheets and answer explanations for this book. Disclaimer: SAT is a registered trademark of the College Board, and ACT is a registered trademark of ACT, Inc. The use of these trademarks does not imply endorsement of this product or involvement in its production.

Author: Heather Krey

Hometown: Allentown, PA

Bio: Passionate about helping her students achieve their college dreams by being their coach and cheerleader as they prep for the SAT and ACT, Heather Krey is an experienced instructor with teaching certificates in math, physics, chemistry, and English. She knows the best tips and strategies for these tests—and she also understands that students need encouragement and practice to do their best. With dual bachelor's degrees in industrial engineering and psychology from Lehigh University, she also holds master of education degrees in mathematics from DeSales University and in teaching from Kutztown University. Heather lives in Allentown, PA, with her husband and three children.

About Test Prep for Success TP4S is the premier location for test prep and academic tutoring located in the Lehigh Valley area of Pennsylvania. We are educators first, so we never sacrifice personal connections for profits, and we strive to make our services affordable for all students. We conduct in-person classes, practice tests, and tutoring, and offer the same high-quality, programs online for students outside our local area. Visit our website at [tp4s.com](http://tp4s.com) to learn more about how we can help you prepare for your personal best.

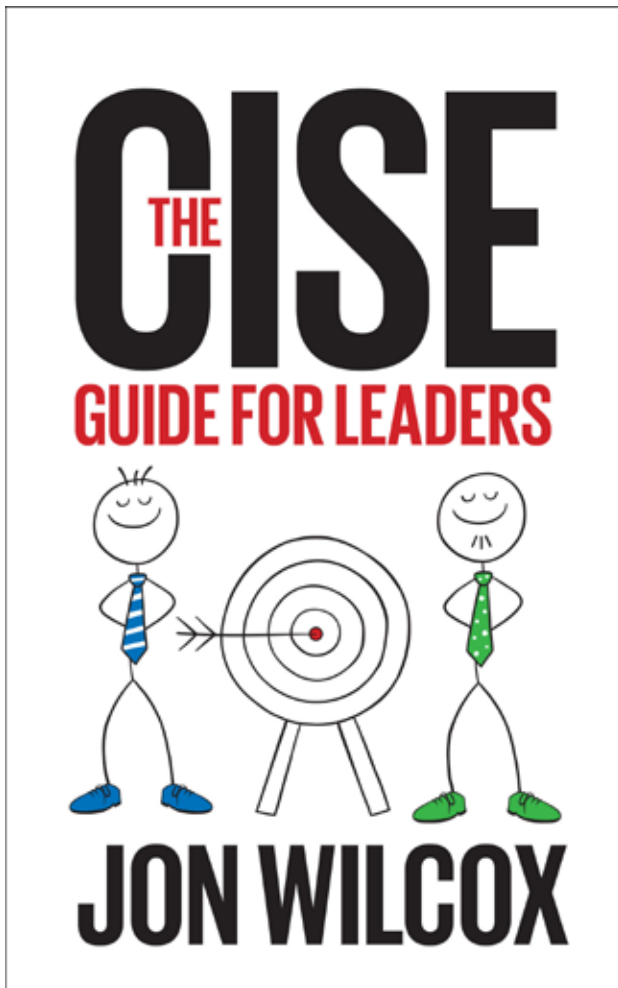
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Format: Paperback  
Trim size: 8.5X11  
Cover price: \$14.15  
ISBN: 978-1-952481-04-8  
Page count: 64 pages



Heather Krey

For media interviews, bulk orders, and sales, contact Jennifer Bright,  
Bright Communications Founding CEO • 610-216-0913  
[jennifer@brightcommunications.net](mailto:jennifer@brightcommunications.net) • [BrightCommunications.net](http://BrightCommunications.net)



Jon Wilcox

## The Cise Guide for Leaders

Help prevent information overload and get your point across. Follow the **Cise Brother's** advice and excel in your career.

What could be more **fun** and **serious** than an adult comic book with a paramount message?

This could be the most important leadership book you ever give to yourself or your team. Display it proudly as a reminder for you and your colleagues to be **Cise!**

Author: Jon Wilcox

Jon Wilcox has enjoyed a diversified engineering career, including working on industrial air pollution controls, robotics, fighter aircraft fuel controls, and hydraulic systems that lifted rockets up to the launch pad. After 25 years in industry, Jon changed his career to help people buy and sell their most valuable assets, real estate, currently in Pennsylvania and Florida. One of Jon's passions is leadership, and he wants help people learn valuable lessons in leadership so that they can enjoy better careers as well as home lives. Jon earned a bachelor's degree in mechanical engineering from Lehigh University and a master's degree in business from Rensselaer Polytechnic University (RPI). For more information, visit [www.TopDogLeadership.Life](http://www.TopDogLeadership.Life).

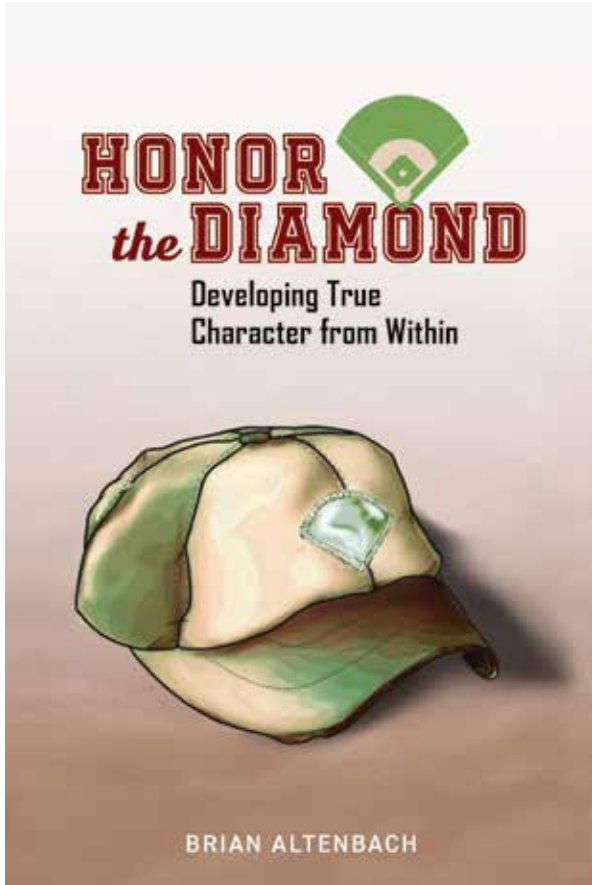
Format: Hardcover

Trim size: 5x8

Cover price: \$14.95

ISBN: 978-1-952481-67-3

Page count: 26 pages



Format: Paperback

Trim size: 6x9"

Cover price: \$14.95

Page count: 56 pages

ISBN: 978-1-958711-49-1

## Honor the Diamond

### Developing True Character from Within

Batter Up!

"Remember, kid, there are heroes and there are legends. Heroes get remembered, but legends never die. Follow your heart, and you'll never go wrong."--Babe Ruth

Many lessons are learned by youth—and adults—on the baseball diamond. The diamond can be the crucible where a young person's character is formed. Honor the Diamond spotlights six character traits, then illuminates them with story and advice learned—and earned—on the field by umpire Brian Altenbach.

This inspiring, insightful book will help youth—and adults—develop courage, compassion, gratitude, humbleness, honesty, and faith—traits that will serve them well on the field and translate to the school, workplace, and home. Viewing these character facets through the lens of baseball will draw in baseball players and fans alike. Let's play ball!

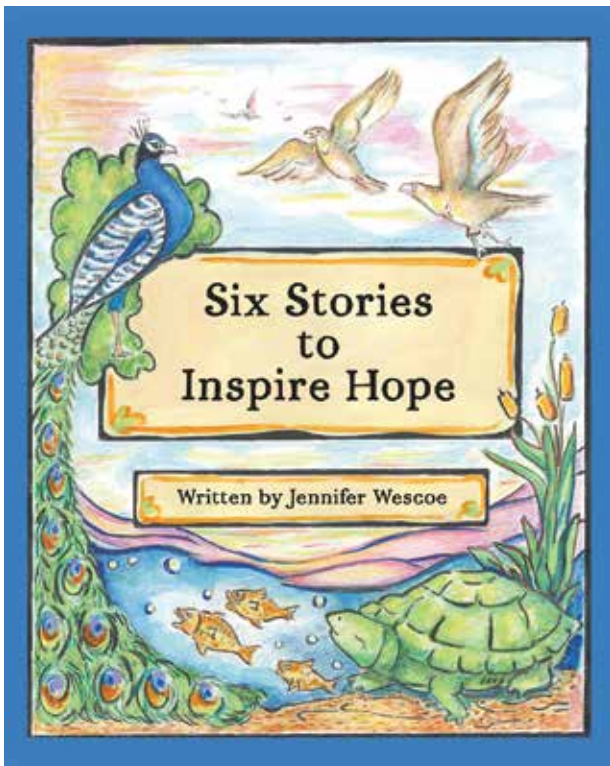
Author: Brian Altenbach was born and raised in Easton, Pennsylvania, and he has been around baseball his entire life as a spectator, player, coach, and umpire. He is married a second time and has two wonderful boys, a stepdaughter, stepson, and two grandchildren at this time. He is currently a Licensed Professional Counselor who works part-time in private practice counseling individuals through many aspects of life. He works full-time in a local county correctional facility, counseling adults faced with a wide array of charges. As a way to relax from his career, he decided to become a Pennsylvania Interscholastic Athletic Association Baseball Umpire for high school. He is also a member of the National Umpire Association and umpires in the Cal Ripken League of the Lehigh Valley. His collective experiences as a son, father, counselor, and umpire have led him to the formulation of this book.

"Brian's compassion for the youth of today and love for baseball are displayed every time he steps onto the diamond."

—Mike Long, parent, coach, and umpire

"This very insightful book highlights the importance of character through real-life examples. It will absolutely inspire a young child as well as any parent to cultivate character to make a positive difference in the world. As a coach in the Babe Ruth League, I believe this book is a must-read for any player and parent."

—Anthony Vitale, DC, parent and chiropractor



Format: Paperback // hardcover

Trim size: 8x10

Cover price: \$15.95 PB // 23.95 HC

ISBN: 978-1-952481-86-4 PB // 979-8-89420-030-9 HC

Page count: 64 pages

#### About the Illustrator

Barbara Kozero's dual passions for art and education have guided her professional career. Her artistic interests began when she was a child, when she started sketching pictures of mice and cats in school notebooks. Since then, she has produced a whimsical and unique body of work, including mosaic reliefs, fanciful clocks, and a series of "imagination drawings."

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jennifer@brightcommunications.net • BrightCommunications.net

## Six Stories to Inspire Hope

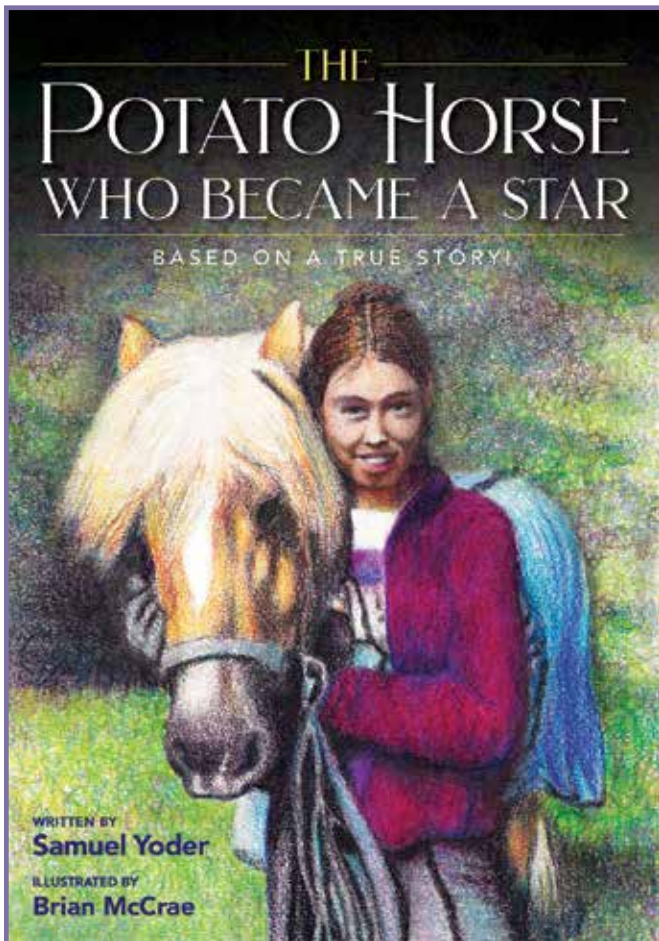
In our rapidly changing world, many of us find it increasingly difficult to connect with one another. Retreating into our electronic devices has become the norm, and they have significantly impacted how we communicate. As a result, we may find it difficult to stay present and open to growth opportunities that lie just beyond our periphery. *Six Stories to Inspire Hope* invites readers of all ages to engage in universal and timeless adventures that we all can relate to on some level. By joining the characters on their journeys, the life lessons they learn will spark meaningful conversations that create shared experiences of our own. These stories provide an engaging way for us to explore the wonderful possibilities of genuine human connection.

Author: Jennifer Wescoe

The art of storytelling has played an integral role in Jennifer Wescoe's life for as long as she can remember. Whether taking the form of written or spoken word, she loves getting lost in the lives of characters. Some of her favorite childhood memories include trips to the library with her mother and sister. Excitedly wading through piles of books, Jennifer loved learning about different names, places, and perspectives. She credits many amazing teachers for inspiring her imagination and encouraging her creativity. Jennifer's first book, *The Magic Shoes*, was published after winning the Bethlehem Public Library's "Write Your Own Book" contest when she was in third grade.

A native of Pennsylvania, Jennifer received both her undergraduate and graduate degrees from Lehigh University. She has served as an English, Theatre Arts, and Gifted Seminar educator for more than twenty-five years. Jennifer is passionate about helping learners of all ages find their voice through reading, writing, creating, and performing. As director of the Freedom High School Theatre Company, she was featured in the documentary *Most Valuable Players* and appeared on the Oprah Winfrey Network. Jennifer and her students were also the subject of the WB's web series *High Drama 2: Against All Oz*. When Jennifer is not in the classroom, you can find her enjoying the company of her family, friends, and dog, Theo.





## The Potato Horse Who Became a Star

This is a story about how a workhorse and a little girl's paths converged in the Czech Republic to create a powerful friendship that transformed both of their lives.

Author: Samuel Yoder, DVM, grew up on a small farm in rural Pennsylvania and became intrigued by the uniqueness and beauty of all animals. He attended high school in Kutztown, Pennsylvania, and earned a bachelor of science in chemistry and biology at Muhlenberg College in Allentown, Pennsylvania. Graduating from veterinary school at the University of Pennsylvania in 1986 set into motion 35 years and counting of the care and treatment of all sorts of animals in private practice with his wife and partner, Annemarie Yoder, DVM. He presently lives and farms on a certified organic farm called Green Alchemy, operated completely sustainably with solar PV, wind, and biofuels. He is currently pursuing a masters in anthropology at the University of Pennsylvania and enjoys studying past civilizations.

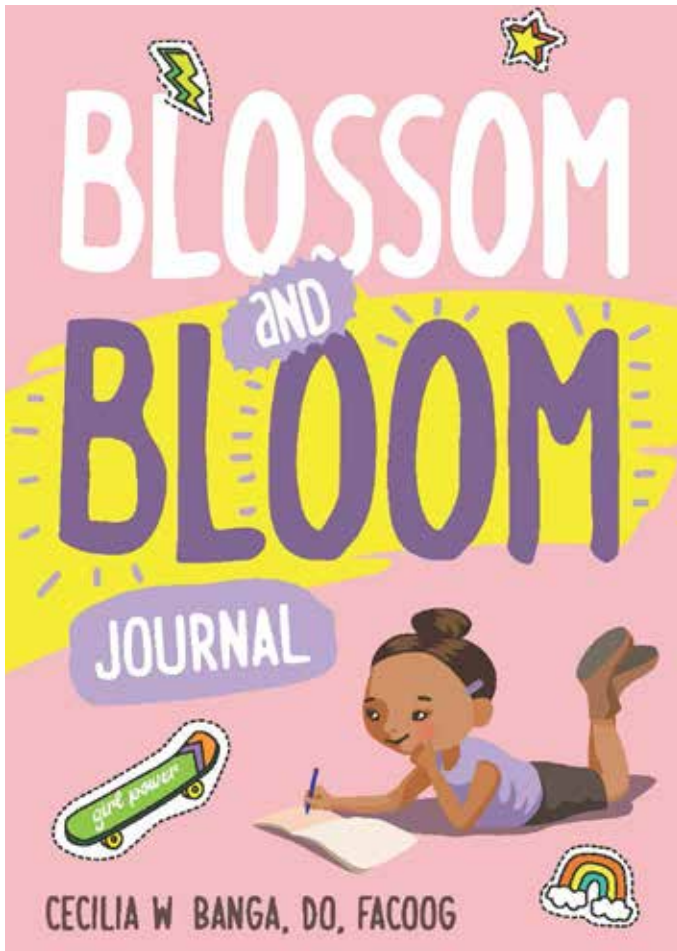
Format: Paperback

Trim size: 7x10

Cover price: \$16

Page count: 62

ISBN: 978-1-958711-16-3



## Blossom and Bloom Journal

*Blossom and Bloom Journal* by Dr. Cecilia Banga, a board-certified OBGYN, is the companion journal to her bestselling book, *Blossom and Bloom*. This book aims to help daughters and their parents communicate more openly about the journey from puberty to womanhood.

Girls will face many obstacles as they grow into their bodies and identities—false narratives in the media, peer pressure and judgment, and confusion with the process their bodies are going through. But there is an easier path—through intentional and open conversations.

Author: Cecilia W. Banga DO, FCOOG, a board-certified OBGYN, aims to help daughters and their parents communicate more openly about the journey from puberty to womanhood in a culturally significant setting. As a mother of two young Blossoms, Dr. Banga knows that adolescence is a critical period for girls to develop a sense of self. She wants to demystify puberty and increase confidence in making gynecologic healthcare decisions.

Originally from Ghana in West Africa, Dr. Banga is an alumna of the University of Oklahoma and of Oklahoma State University Center for Health Sciences. She practices in Greensboro, North Carolina, where she lives with her family. Learn more at [www.drbandgaoobgyn.com](http://www.drbandgaoobgyn.com) and [www.brownblossom.com](http://www.brownblossom.com).



Cecilia W. Banga, DO,  
FCOOG

Format: Paperback  
Trim size: 5.06x 7.81  
Cover price: \$19.99  
ISBN: 978-1-952481-75-8  
Page count: 374 pages



## Be Careful What You Wish For

Being made fun of and feeling like you don't belong is lonely and sad as well. Sardinia Louise Kingtree felt that way a lot and so her way to forget about all of that, at least temporarily, was to dive into her fantasy world each day after school. In her bedroom closet or treehouse, she could become someone else and experience different adventures learning a lot about herself along the way.

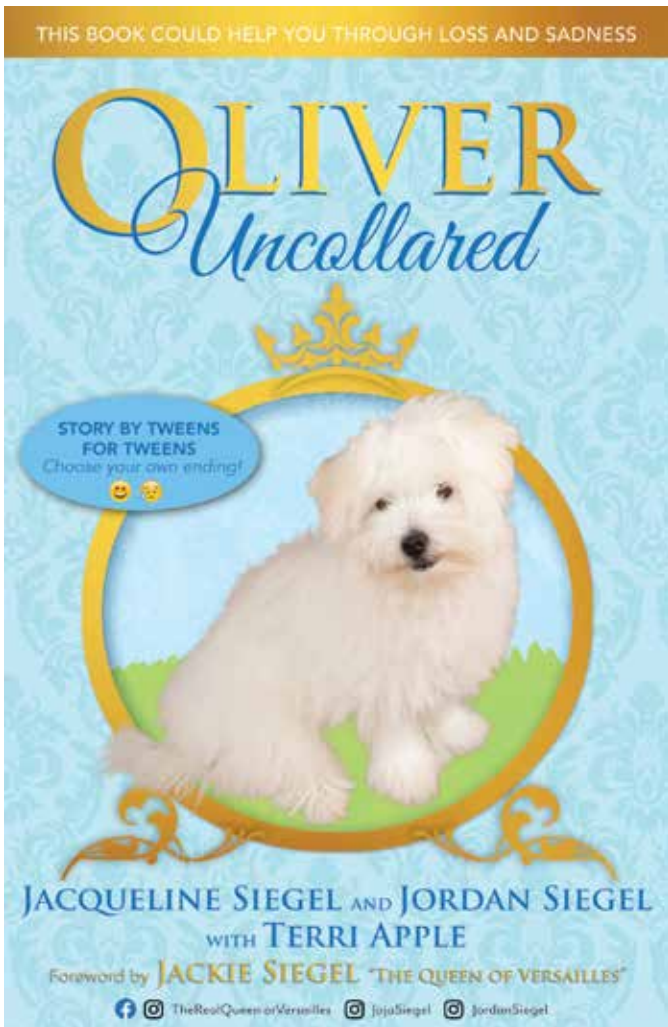
Author: Lynn Ann Post resides between Nazareth, Pennsylvania, and Manning, South Carolina. She lives with her husband, Norman, and has two daughters, Stacy and Jessica. She also has three grandchildren, Mikaylah and twins, Lena and Kole, all of whom help keep her young. She is the daughter of Elaine Dilliard and the late Melvin Dilliard along with her brother, Chris.

In her spare time since retiring from the Nazareth Area School District in Pennsylvania, Lynn Ann enjoys painting, reading, gardening, fishing, spending time with her family and friends, and of course writing.

Format: Paperback  
 Trim size: 5.25x8  
 Cover price: \$10.99  
 ISBN: 978-1-952481-14-7  
 Page count: 126 pages



Lynn Ann Post



## Oliver Uncollared

Jacqueline and Jordan Siegel’s dog Oliver has a once-in-a-lifetime adventure—or does he? You get to choose the ending—happy, sad, or bittersweet—of this fun and sweet story about a family, their dog, and the love they all share.

Twins Jacqueline and Jordan wrote this book to help them through the loss of their oldest sister, Victoria, who died of an accidental drug overdose at age 18.

This book includes how-to projects and information about coping with loss and preventing drug use—in support of their family’s mission to help end addiction.

Authors: Jacqueline Siegel and Jordan Siegel with Terri Apple

Author bios: Jacqueline and Jordan Siegel are sixth-grade twins.

Terri Apple is an actress and writer living in Los Angeles, California.

Jackie Siegel, who wrote the foreword for this book, is a mom of eight; an author, entrepreneur, and philanthropist; and coauthor of *Victoria’s Voice: Our daughter’s dying wish to share her story and save lives from drugs*.

Format: Paperback

Trim size: 5.25×8

Cover price: \$9.99

ISBN: 978-0-9994151-3-9

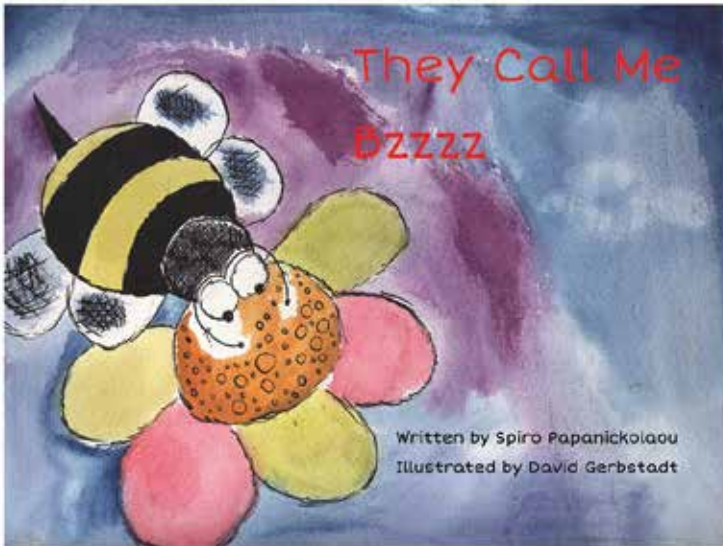
Page count: 96



Jackie Siegel



Jordan and Jacqueline with their sister Victoria



## They Call Me Bzzz

Who Might I Be? This beautifully illustrated, charming story encourages children to guess who the titular character is! The book is filled with clues and questions, making it interactive for even the littlest ones!

**Author:** Spiro Papanickolaou, local author on MC and CT, children's AA  
**Illustrator** David Gerbstadt

Spiro Papanickolaou grew up on Valley Forge Mountain in Pennsylvania. He majored in busiwith the world's finest medicinal oils. The company recently won an award for its Extreme Pain Oil. Spiro lives in Pennsylvania, and he has a grown daughter and son.

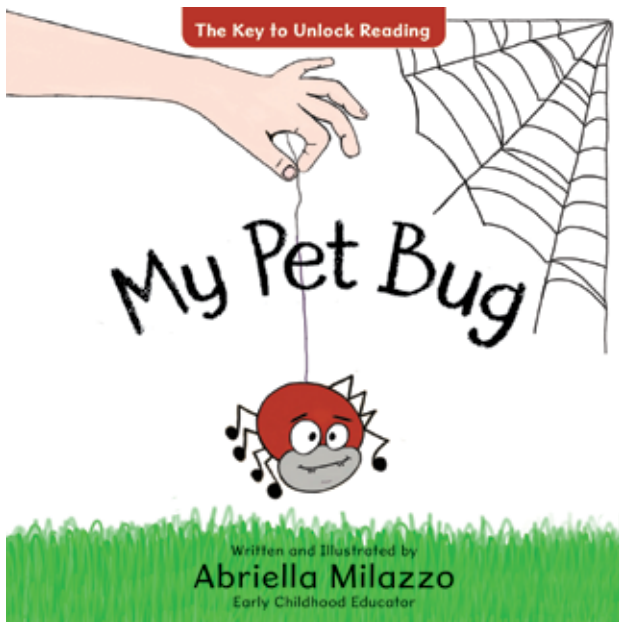
Format: Paperback

Trim size: 8.5x11"

Cover price: \$10.95

Page count: 22 pages

ISBN: 979-8-89420-006-4



Format: Paperback  
Trim size: 8x8"  
Cover price: \$14.95  
Page count: 28 pages  
ISBN: 979-8-89420-001-9



Abriella Milazzo

For media interviews, bulk orders, and sales, contact Jennifer Bright, Bright Communications Founding CEO 610-216-0913 [jennifer@brightcommunications.net](mailto:jennifer@brightcommunications.net) [BrightCommunications.net](http://BrightCommunications.net)

## My Pet Bug

### The Key to Unlock Reading

#### Unlock Reading

The words in this book have offered many children the opportunity to read their first book on their own for the first time, independently and out loud to their class during circle time.

Now, your young one will have the opportunity to enjoy this magical experience with you. Allow this tool in your hands to make learning easy, fun, and funny!

The contents of this book are the building blocks for successful reading and comprehension and lots of creative play in between. These words are the key to unlock a whole new world for children.

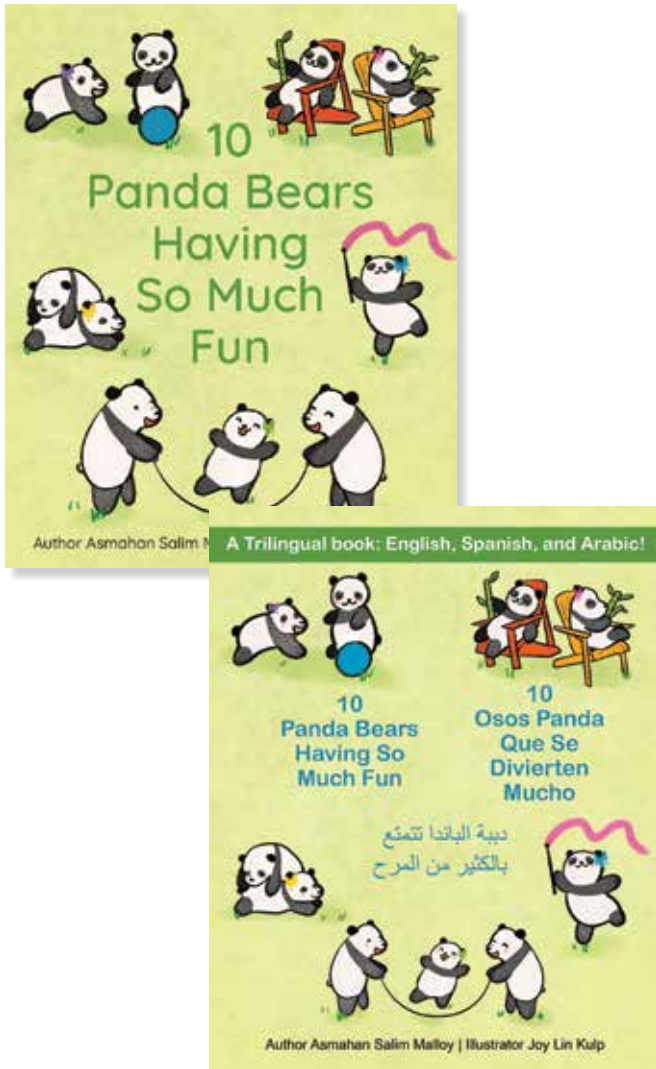
Once your child learns how to recognize and pronounce these words, a new journey will begin to unfold. They will begin weaving toward reading. From classrooms to cozy homes, spreading awareness of our dire need for unconditional love for creatures both big and small allows *My Pet Bug* to be the bridge that makes reading as enchanting as exploring!

During her Montessori teacher training, Abriella Milazzo, the author and illustrator, was given the assignment to write a story using only easy words. That was one very long, fun night because she couldn't resist bringing *My Pet Bug* to life!

Author: Abriella Milazzo

Abriella Milazzo has spent her lifetime traveling to faraway places around the globe. She enjoys immersing herself in nature and actively pursuing better ways to help heal the Earth every day. After receiving her degree in Environmental Science & Psychology, she set out on a long-awaited journey into the unknown, leading her hundreds of thousands of miles and learning many lessons and acquiring new skills along the way. Wherever she was, she could always rely on Mother Nature as her teacher to help guide her forward to where she was meant to be.

The author and illustrator, a New York native, multidisciplinary artist, educator, and yoga specialist joyfully introduces the magic of coexisting with nature to young minds and adults alike. Her playful approach to creativity and wellness makes her classes and events informative and fun for people to explore, enjoy, and grow!



Format: Paperback  
 Trim size: 8x10"  
 Cover price: \$10.95  
 Page count: 26 pages  
 ISBN: 979-8-89420-005



Asmahan Salim Malloy

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 jennifer@brightcommunications.net • BrightCommunications.net

## 10 Panda Bears Having So Much Fun

What would panda bears do in a park?

Have so much fun, of course!

This delightful book by first-generation-American Asmahan Salim Malloy, who came to the United States from Syria at age 25, is more than a children's picture book. It's an interactive, multifaceted learning tool, featuring:

- An age-appropriate, rhyming, engaging story
- Embedded ideas and themes for teachers to talk about
- A story that encourages hand gestures and actions
- Opportunities for counting—both spelled-out numbers and numerals
- Careful attention to design to make it a good read-aloud book for teachers
- Demonstrations of good behavior and choices
- Examples of exercise, hygiene, and health
- Bonus activity: Searching for a hidden heart on each spread

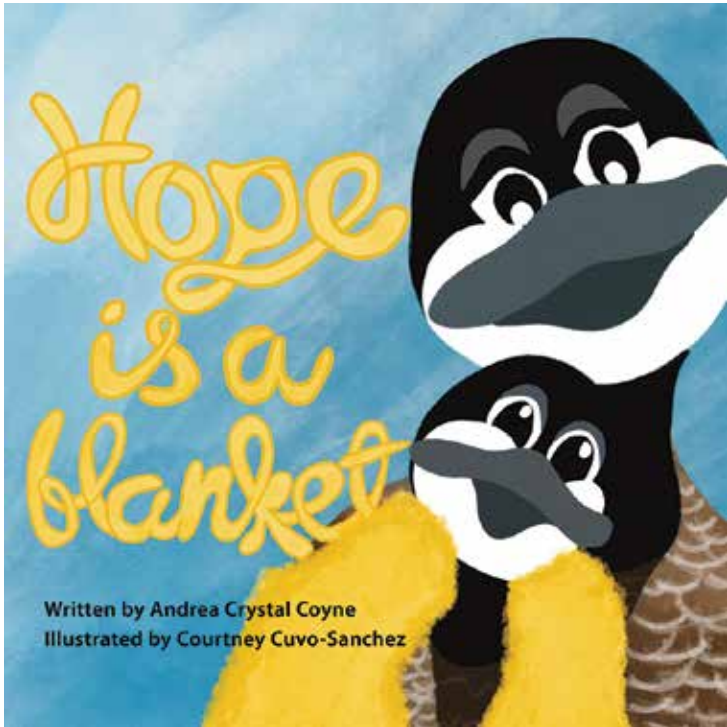
Children will love learning about the panda bears having so much fun!

Author: Asmahan Salim Malloy grew up on a small farm in Syria, and she worked as an elementary school teacher. She came to the United States in October of 1991, when she was 25 years old. Arabic is Asmahan's first language, and she learned to speak English after coming to America. She worked at several jobs until she was hired by Community Services for Children (CSC), which is also known as Head Start, in 2006. Her writing is inspired by Head Start children.

Asmahan loves working with children, and she feels that they are the light of our world.

During the COVID-19 pandemic lockdowns, Asmahan discovered her talent and passion for writing poetry and children's stories. Her poems and stories help children understand and learn about new ideas in an easy, unique, fun way.

Illustrator: Joy Lin Kulp



## Hope Is a Blanket

Hope may look a little different,  
Every time you read these pages.  
But always look with confidence,  
No matter what your age or stage is.  
Never worry if she'll show up.  
She'll never let you down.  
Just believe that she exists,  
And Hope can always be found.

Author: Andrea Coyne is a PR expert in the  
Lehigh Valley, PA

Artist: Courtney Cuvo-Sanchez

Format: Paperback

Trim size: 8x8"

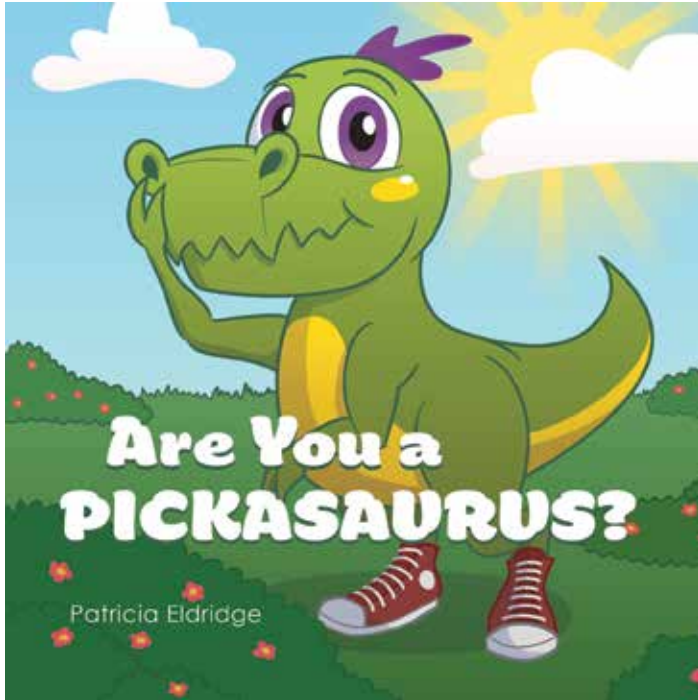
Cover price: \$12.95

Page count: 32 pages

ISBN: 978-1-958711-60-6

Ebook: 978-1-958711-61-3





Patricia Eldridge

## Are You a Pickasaurus?

Do You Love Dinosaurs?

Have you heard of the Pickasaurus? You might have more in common with this type of dino than you think! In this book, you'll discover the picky habits of the Pickasaurus—a friendly, funny little fellow!

Along the way, you'll meet the Pickasaurus' Mommy and Daddy and have some fun exploring his world.

Hold onto this book! You've picked a winner!

Author: Patricia Eldridge is the mother of seven and grandmother to 15 children, so it's safe to say she has been around quite a few Pickasauruses! She believes in finding the good in everything and everyone and has been described as leaving a trail of glitter everywhere she goes. Pat's life has been filled with creative adventures that help those in her world tap into their imaginations and dream. Her contagious optimism and love of life inspire fun stories and characters that she enjoys sharing with her family and friends. She now invites you to step into her world of imagination and wonder and meet the Pickasaurus. You've "picked a winner" by inviting this author into your home!

Format: Paperback

Trim size: 8x8"

Cover price: \$12.95

Page count: 34 pages

ISBN: 978-1-958711-81-1



## The Grace Ride

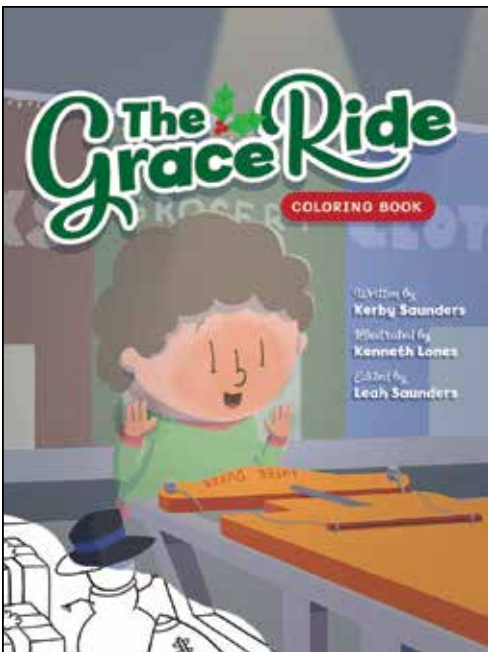
*The Grace Ride* is about wonder and hope. It's about the special meaning of Christmas. *The Grace Ride* is about faith, family, and sharing our joy with a friend—one who is always with us wherever we go.

Author: Kerby Saunders  
Illustrator: Kenneth Lones  
Editor: Leah Saunders

Format: Hardcover  
Trim size: 8.5x11  
Cover price: \$15  
Page count: 48 pages  
ISBN: 978-1-958711-21-7



Kerby Saunders



## The Grace Ride Coloring Book

*The Grace Ride* is about wonder and hope. It's about the special meaning of Christmas. *The Grace Ride* is about faith, family, and sharing our joy with a friend—one who is always with us wherever we go.

Author: Kerby Saunders

Kerby Saunders lives in Florida with his wife, Alice Ballantine. Kerby has seven children, thirteen grandchildren, and two great-grandchildren. Kerby plays golf, but he especially enjoys playing with his large family.

Illustrator: Kenneth Lones

Kenneth Lones lives in Vero Beach, Florida, with his mom, Carolynn, his dad, Jonathan, and his three siblings, Katherine, Gabe, and Grace. He has been drawing for fun for many years, but *The Grace Ride* marks the beginning of his career as an illustrator. He is currently studying Digital Media at Indian River State College. Kenneth hopes to eventually write and illustrate books of his own, but until then he's more than happy to bring others' books to life.

Editor: Leah Saunders

Leah Saunders is a longtime fan of the author, children's books, and art. She advised the illustrator on this book. You can find Leah somewhere enjoying life with animals, people, or nature.

Format: Paperback  
Trim size: 8.5x11  
Cover price: \$15  
Page count: 48 pages  
ISBN: 978-1-958711-79-8



Format: Hardcover  
 Trim size: 8.5x8.5  
 Cover price: \$20  
 Page count: 18  
 ISBN: 978-1-958711-53-8



Katarah Jordan

## It's Harvest Time!

*It's Harvest Time!* is a heartwarming children's book that celebrates the power of land and, family connection, and the joy of growing and sharing food. Join the Bees, an African-American family, as they embark on a journey of love and togetherness in their home garden.

In this beautifully illustrated story, readers will meet Mom, Dad, and their children, Arielle and Hasshan. Together, they curate a vibrant garden, transforming their backyard into a flourishing oasis. Through each season, they sow seeds, nurture their crops, and watch as nature works its magic.

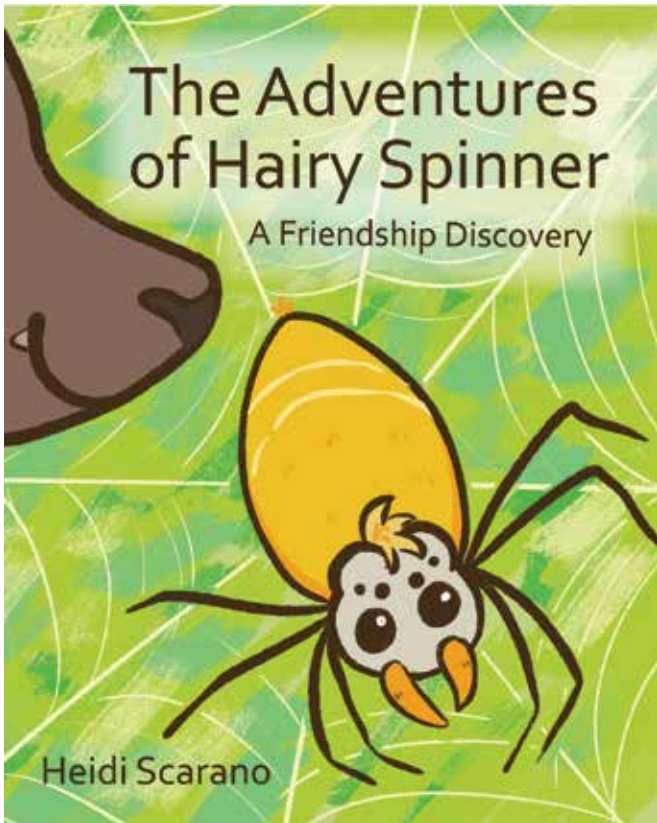
As the plants grow, so does the bond within the Bee family. They learn about the importance of patience, care, and hard work, realizing that every member has a unique role to play in tending the garden. Through their labor of love, they discover the wonders of nature and the value of teamwork.

But the Bee family's garden is not just for their own enjoyment. They believe in the power of community and sharing. As the harvest season arrives, they gather their bountiful crops and share them with their friends and neighbors. The act of giving becomes a joyful celebration of unity and gratitude.

*It's Harvest Time!* is a story that highlights the significance of land liberation and the deep connection between people, humans and nature. It encourages children to appreciate the Earth's gifts, teaching them about sustainable practices, and fostering a sense of responsibility toward the environment.

Author: Katarah Jordan is not only a passionate writer but also a Master Gardener with a deep dedication to teaching youth about the importance of growing their own food. As a mother and wife, she understands the significance of nurturing both the people and the things she encounters in life.

With her expertise and experience, Katarah Jordan has founded "What's Healthy Grows," which focuses on empowering communities, especially children, to develop sustainable and healthy relationships with the land, by starting right at home. Through educational programs and hands-on activities, she encourages young minds to connect with nature, cultivate their own gardens, and understand the benefits of fresh, homegrown produce.



Format: Paperback  
Trim size: 8x10  
Cover price: \$20  
Page count: 26  
ISBN: 978-1-958711-75-0



Heidi Scarano

## The Adventures of Hairy Spinner

### A Friendship Discovery

Hairy Spinner lives in the canopy of the rainforest. He's different than his family as he craves adventure—more than just catching a large insect in his web. Suddenly, he is being whisked away on the back of a bat who hasn't earned her full pilot's wings. They set off on a harrowing adventure through the forest, meeting others along the way, while trying to return Hairy to his family.

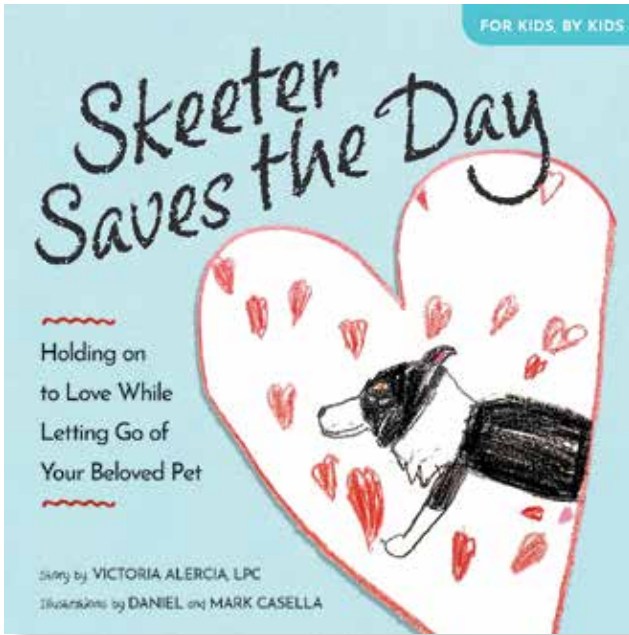
This book features:

- \* Science terminology
- \* Messages of kindness, friendship, and acceptance
- \* Tips on choosing the best read-aloud books for kids

This is the first book in the Friendship Discovery series

As Hairy hung out in his web, he sought the wild life. Little did he know, his wishes were about to come true!

**Author:** Heidi Scarano resides in Berks County, Pennsylvania. She is an avid lover of nature, science, and photography. She enjoys outings with her family and seeking new adventures via traveling, when she likes to experience local customs, cultures, and foods. In any spare time, she can be found taking care of her menagerie, which includes reptiles, chickens, hermit crabs, hissing cockroaches, and a rat. Heidi hopes to continue traveling to other lands, meeting new people, gaining knowledge, and acquiring friendships along the way. By doing so, she will have more adventures to write about!



Format: Paperback  
 Trim size: 8x8"  
 Cover price: \$15  
 Page count: 42  
 ISBN: 978-1-958711-80-4



Victoria Alercia

## Skeeter Saves the Day

Holding on to Love  
 While Letting Go of Your Beloved Pet  
 Licensed professional counselor Victoria Alercia and her 9-year-old twin sons created this book during their healing process after the loss of their dog, Skeeter, to help other families coping with the loss of their pet. Special features of the book include:

- Find the hearts on each page
- Fill in the hearts at the back of the book with words and pictures of your own pet
- Therapist-mom tips for coping with the loss of a pet

To continue to share the love that their family felt for Skeeter, a portion of the proceeds from the sale of this book will be donated to pets in need.

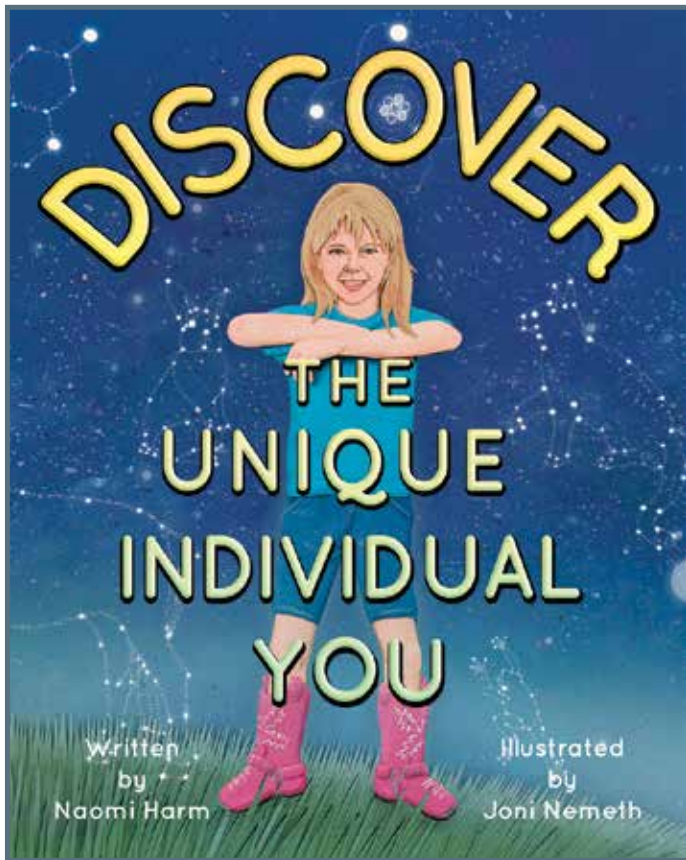
This book features a fill-in-the hearts section, a find-the-hearts feature on each spread, and therapist's tips on coping with the loss of a pet.

A portion of the proceeds from the sale of this book will be donated to pets in need.

**About the Author:** Victoria Alercia is a licensed professional counselor with more than 15 years of experience in the mental health field. She believes there is importance and beauty in being able to speak up and share our journeys to help with healing and guiding others. One of her favorite hobbies is being creative with her three sons.

**About the Artists:** Daniel and Mark Casella are 9-year-old twins. In addition to painting and drawing, they enjoy building with LEGOs, playing games on their tablets, and spending time with their family and friends.

**About Skeeter:** Skeeter was a 13-year-old Border Collie, heeler mix. He loved being with his family and showering them with lots of licks and snuggles. He loved going for walks and playing fetch and tug-of-war with his toys. He was a "therapy dog" for the family, helping in moments when they felt anxious and sad. He was also a protector of their home and family.



Naomi Harm

## Discover the Unique Individual You

*Discover the Unique Individual You* uses a rhyming picture book storyline to motivate children to discover their unique, personal learning interests via STEM experiments and collaborative DIY activities with empathy in mind. This book has been a genuine passion project for author Naomi Harm because it represents the significance of modeling, guiding, and investing in our future generations of leaders of girls and today's diverse learners. Additionally, this book includes a unique DIY project for children to produce their own glow-in-the-dark slime to help them discover their passion for STEM through a hands-on science experiment.

Author: Naomi Harm is a women-in-leadership strategist, STEM innovation specialist, and educator who is passionate about incorporating STEM and future-proofing hands-on learning experiences into all of her professional development programs for K-12 students and teachers. Through innovative design thinking projects and literacy activities, Naomi welcomes every chance to customize learning so that students and educators have a choice and a voice in their learning. She stresses inclusive teaching and learning experiences that meet the demands of all students of all abilities by providing access and equality to STEM teaching and learning materials and learning experiences, all while instilling lifelong learning confidence in today's diverse learners.

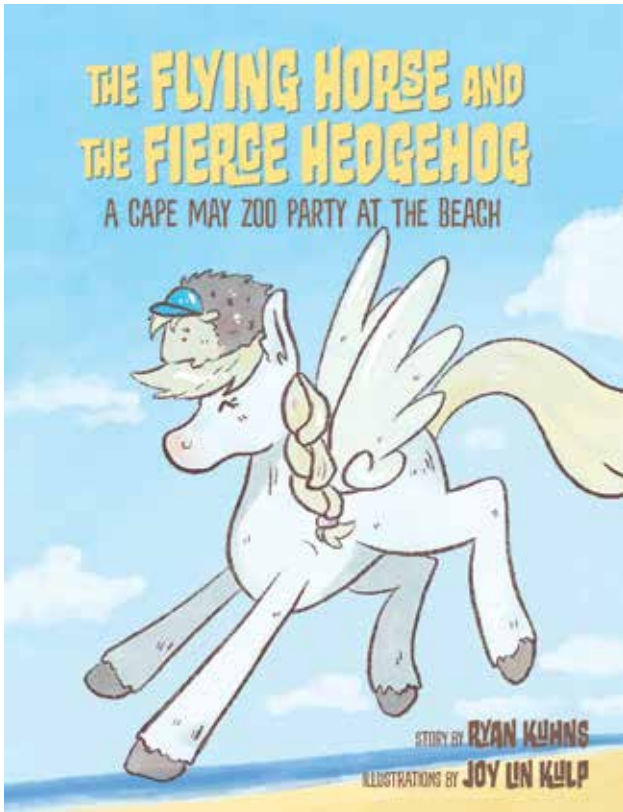
Format: Paperback and Hardcover

Trim size: 8x10

Cover price: \$12.95 PB // \$19.95 HC

Page count: 32

ISBN: 978-1-952481-46-8 PB // 978-1-952481-51-2 HC



Format: Paperback  
 Trim size: 11x8.5  
 Cover price: \$14.95  
 ISBN: 978-1-952481-59-8  
 Page count: 50



Ryan Kuhns

For media interviews, bulk orders, and sales, contact Jennifer Bright,  
 Bright Communications Founding CEO • 610-216-0913  
 jennifer@brightcommunications.net • BrightCommunications.net

## The Flying Horse and the Fierce Hedgehog

A Cape May Zoo Party at the Beach

Journey along with Bella the Flying Horse and Gabriel the Fierce Hedgehog on their adventure with their zoo animal friends.

~ ~ ~

Embrace the ocean's storm and always remember the ocean water will eventually calm. The winds eventually die down to a breeze, and life becomes tranquil while you're jumping in the waves again. The peace of the inner core is reflected in the surface of the ocean as it becomes like glass when you're playing in the sand. Life's quest will take all your dreams, fears, and goals, and wrap them up into one attainable journey. Smooth seas don't make skilled sailors!

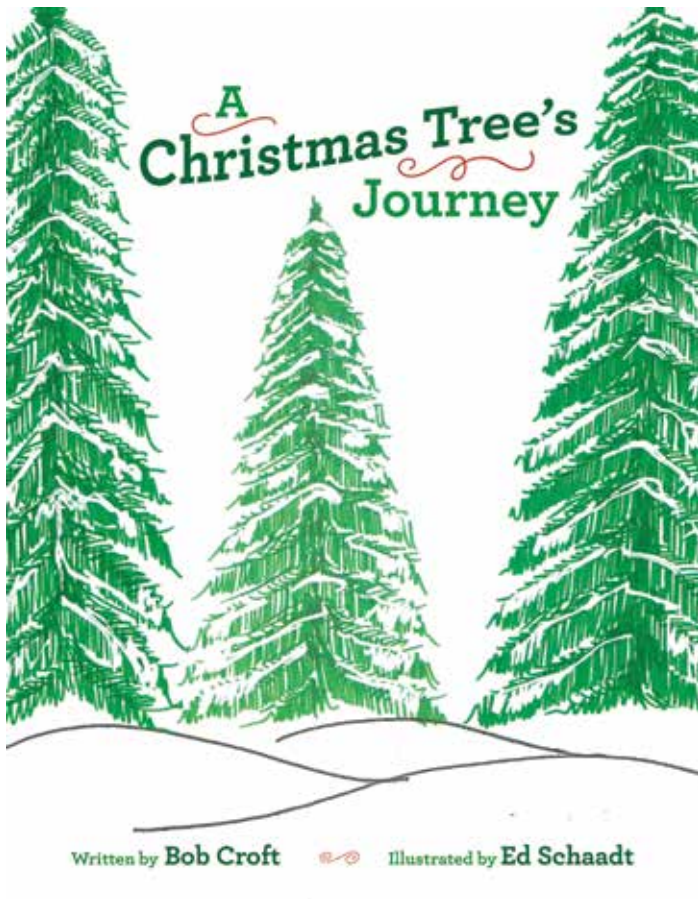
Learn how to become comfortable when you're uncomfortable on a daily basis. Never forget the driving force behind reaching your goals: discipline, commitment, toughness, effort, and pride. Always fourth quarter; always hungry and humble!

Author: Ryan Kuhns is father to two amazing kids, and he works at the Allentown School District. He's a passionate Duke basketball fan, Penn State football fan, and "inherited bandwagon" Michigan fan since Coach Martelli arrived at the maize and blue. He also greatly respects the legend Bob Hurley Sr., former coach of St. Anthony's Friars in Jersey City, where state championships were invented—26 of them to be exact.

Ryan's favorite activities are watching his daughter, Bella, ride horse and play soccer and softball. He also loves watching his son, Gabriel, play basketball, baseball, and football. In the family's free time together, they enjoy Friday pizza nights, playing at the beach and swimming at the pool in the summer, painting pumpkins in the fall, and going to New York City every December before Christmas. Ryan's ultimate favorite thing is "game day:" the day of a horse show, Bella and Gabriel's games—especially Saturday football games—and any Duke vs. UNC game—the greatest rivalry in sports.



BrightCommunications.net



## A Christmas Tree's Journey

*A Christmas Tree's Journey* shares an adventure of a little pine tree. The story offers a conservation message as it shows trees being removed and replaced. This heartwarming tale will appeal to children especially at the holidays.

Author: Bob Croft

Bob Croft grew up in Rhode Island and Connecticut. He served in the Navy for 23 years, mainly as a submariner and Navy diver. He set three world records in free diving, including the first person to dive beyond 200 feet while holding his breath. He lives with his wife, Edna, in Pennsylvania.

Format: Paperback

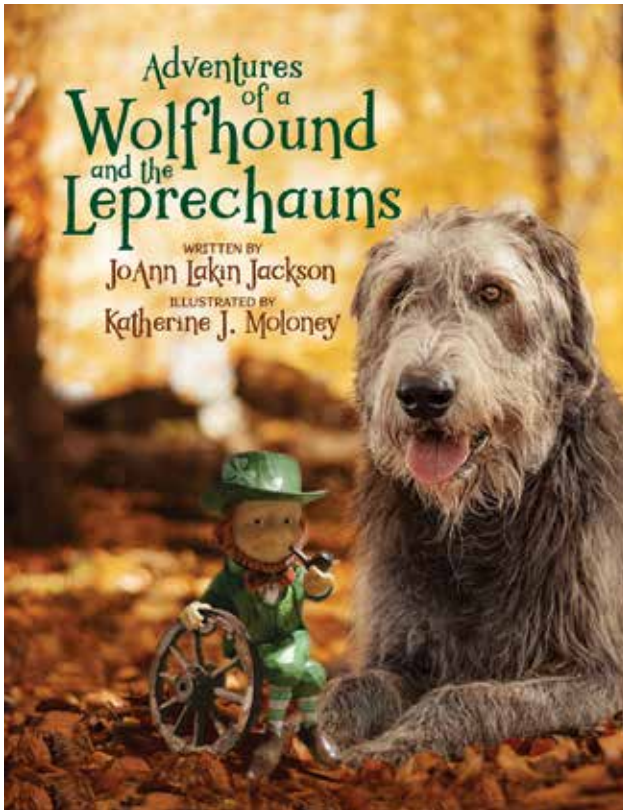
Trim size: 8.5x11

Cover price: \$15

ISBN: 978-1-958711-06-4

Page count: 44





Format: Hardcover  
 Trim size: 8.5x11  
 Cover price: \$20  
 ISBN: 978-1-952481-59-8  
 Page count: 34



JoAnn Lakin Jackson

## The Adventures of the Wolfhound and the Leprechauns

What do you know about Irish Wolfhounds?

This fanciful tale is about an Irish Wolfhound that meets and rescues several leprechauns. In this story, the wolfhound is rewarded for his actions, bravery, and loyalty. What could a leprechaun do to honor the wolfhound and make him special? Along the way, the Irish Wolfhound also learns some secrets about leprechauns. Read this book to discover those secrets!

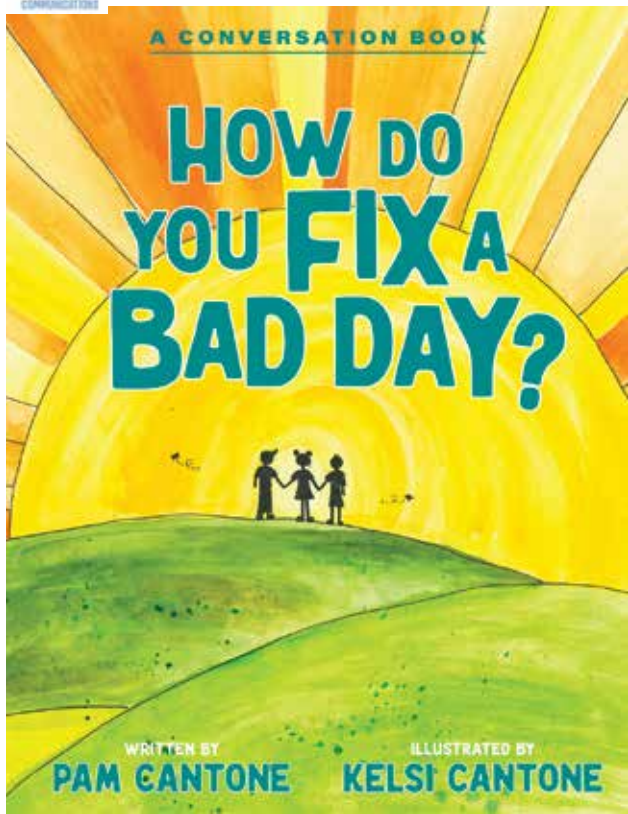
Author: JoAnn Lakin Jackson

Coming home to Irish Wolfhounds for some fifty years, showing them, being involved with other IW activities filled out JoAnn Lakin Jackson's busy life as a Kindergarten teacher at Cherrydale Primary School in Steilacoom, Washington. Now retired, she shares her life with her husband, Paul, and their Border Terrier, Duggan.

Besides showing her dogs here in the U.S., she has put titles on her dogs at Canadian and International shows and attained obedience as well as other working titles on her dogs.

While she was teaching, she often adapted well-known children's stories into plays for her students to perform. After retiring, she has written two collections of short stories, *Unexpected Diversity Tales*, followed by a collection of stories, *Naught Dog Tails Tales*, written by Duggan himself, with help from JoAnn.

JoAnn and Paul are both writers, belonging to Platteau Area Writer's Association, a writing group in the South Sound area of Puget Sound in Washington State, which is where the two met. About the artist: Kat Moloney started showing Irish Wolfhounds with her dad two years ago. She has two beautiful giants named Selene and Lycan. She also loves creating art and started her journey within the arts during the coronavirus pandemic. After graduating high school in 2022, she will be attending Pacific Lutheran University, majoring in studio arts and psychology.



Format: Paperback  
Trim size: 8.5x11  
Cover price: \$15  
ISBN: 978-1-952481-29-1  
Page count: 48



Pam and Kelsi Cantone

For media interviews, bulk orders, and sales, contact Jennifer Bright,  
Bright Communications Founding CEO • 610-216-0913  
jennifer@brightcommunications.net • BrightCommunications.net

## How Do You Fix a Bad Day?

### A Conversation Book

*How to Fix a Bad Day* is a children's conversation and picture book, helping kids to understand and express their feelings. The author's intention is to provide a moment to feel a few feelings, clear the mind, and see what you can find.

We can all relate to a bad day. From big to small, life delivers obstacles and frustrations that stir our emotions daily. Certainly, seeing the good can be challenging at any age as feelings rush in, take control of our thoughts, and affect our actions. Understanding the complicated connection of feelings, choices, and consequences is challenging, but yet, so important for the youngest of young.

This conversation book invites the reader into the process of a powerful pause, one that inspires intentional thinking, reasoning, and discussions about important emotions, decisions, and what if's. Critical social and emotional thinking, problem-solving, self-reflection, and more are blended within the pages of this book to provide opportunities for intentional conversations and learning for everyone.

May you take the time to

PAUSE

and enjoy the moment to inspire

A GOOD DAY.

Author: Pam Cantone

Pam Cantone is a certified educator, parent coach, and meditation guide. She is passionate about encouraging others to find the wisdom that is woven within life. Her family and friends motivated her to chase her dream to become a children's writer that inspires conversations to find important answers from important questions.

Pam lives in Allentown, Pennsylvania, with her husband, Rob, and she loves to take walks with her rescued furry pal Josie or sit quietly with a cup of coffee to gather her thoughts. Her two grown daughters, Kelsi and Casey, and grandson James helped her become the mom, "GiGi," and author she is today.

About the illustrator: Kelsi Cantone lives in Pennsylvania with her husband Anthony and is the new mom of one to her son James. When she is not working full-time at her family's business or in "mom-mode" she finds joy in reading, drawing and painting. She hopes to inspire the same love for books, art and music in her children and as well as others and is thankful for the opportunity to collaborate with her own mom on this book.



Format: Paperback  
 Trim size: 8.5 x 11  
 ISBN: 978-1-952481-78-9  
 Cover price: \$14.95  
 Page count: 42

## Find Magic & Find Joy

Coloring and Seek-and-Find Journal / A Mommy-and-Me Journal

*Find Magic & Find Joy* is a coloring and seek-and-find journal. It features coordinating coloring and seek-and-find journal pages for moms and kids.

The “Mom” coloring pages are more elaborate than the coordinating “Kid” coloring pages

Coordinating pages face each other, with the “Mom” pages on the left and “Kid” pages on the right, so you can tear them out, color on them at the same time, and display them!

Both books are also available separately as *Find Magic & Find Joy*.

Moms: Look for Joy the gnome as you color.

Kids: Look for Magic the kitten as you color.

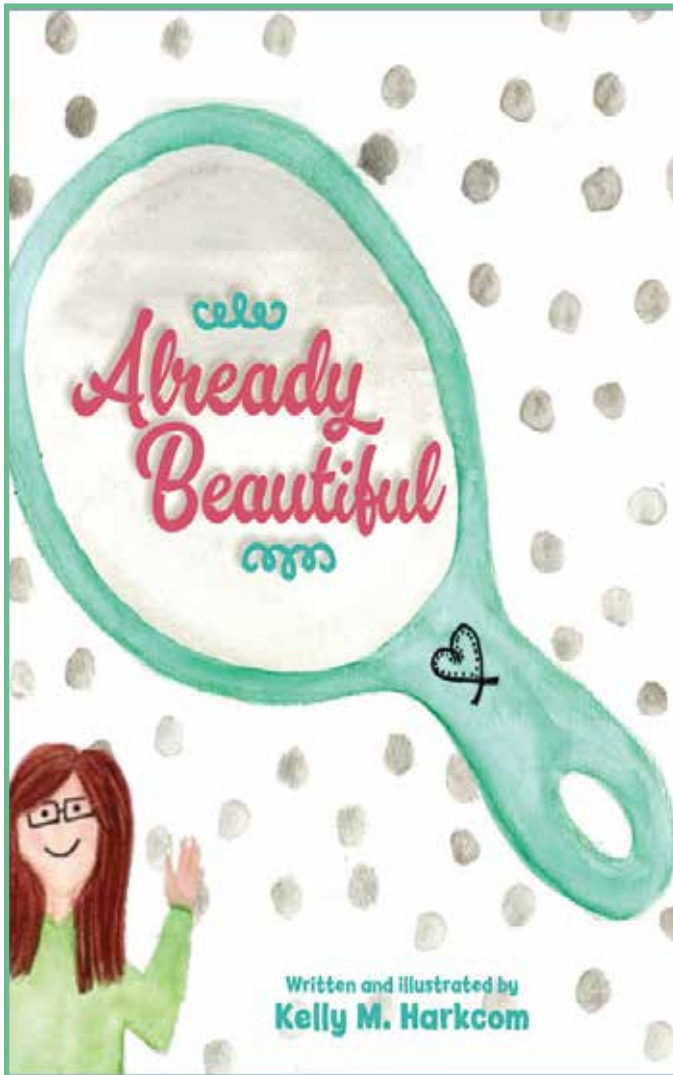
This is the first *Find Magic & Find Joy* book in the Mommy-and-Me Coloring and Seek-and-Find series. It's the ORIGINAL Mommy-and-Me Coloring and Seek-and-Find journal. Look for more books in the series coming soon. This book, *At the Beach*, features beautiful drawings of the beach, sea, water animals, and water fun.

Each coloring and seek-and-find page includes a journal prompt and lines to write. These prompts will encourage you to think, write, and dream about what you love and help you design your best future!

Coloring is better together!

Author: Jennifer Bright is founding CEO of Bright Communications. She lives in Hellertown, PA, with her fiancé and their four sons.

Creator Jennifer Bright fondly remembers coloring with her sons. How fun it would have been to have a matching, coordinating book to color alongside them! Here's wishing you many hours of coloring fun!



## Already Beautiful

Do You Know You're Already Beautiful?

Stop masking your inner beauty and let your true colors shine. You are already beautiful! Join Brianna in her discovery of what it means to be beautiful in this picture book written and illustrated by Kelly M. Harkcom. Everyone is perfect in the skin they are in. You just have to believe it.

Author: Kelly M. Harkcom developed a love of books before she could even talk. She has been a kindergarten teacher for many years and enjoys collecting far too many picture books to read to her young students and to the two children of her own. She loves everything about the writing and illustrating process and hopes to show other aspiring writers, young and old, that your dream of writing a book is attainable!

When she is not creating, Kelly loves spending time outdoors with her family. She loves animals, visiting the beach and a good cup of coffee. She resides in Eastern PA with her husband and two children.



Kelly M. Harkcom

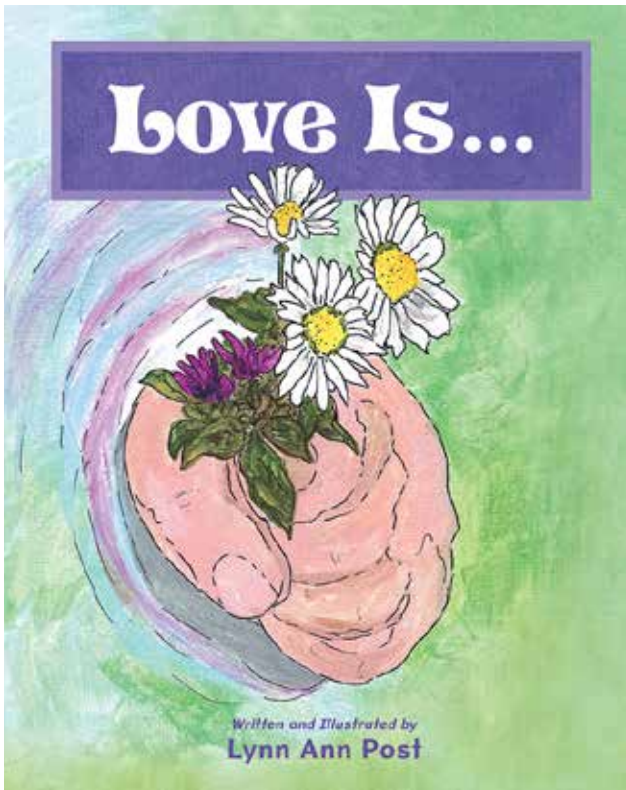
Format: Paperback

Trim size: 8.5x11

Cover price: \$14.95

ISBN: 978-1-952481-57-4

Page count: 32



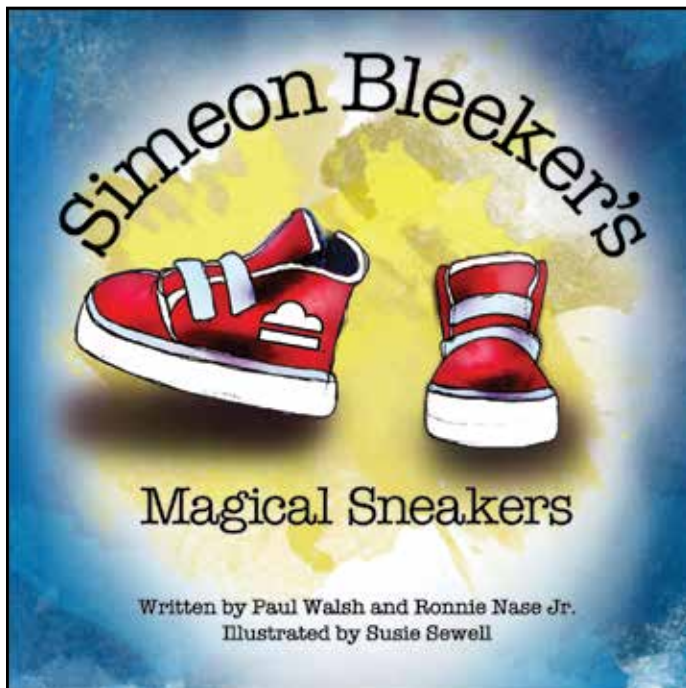
## Love Is . . .

Love can mean many different things to many different people: from planting seeds and watching a garden grow to sharing a day with a special person. This wonderful book includes beautiful paintings sharing ideas from a child's point of view about what love means to them. What does love mean to you?

Format: Paperback  
Trim size: 8x10  
Cover price: \$14  
ISBN: 978-1-952481-97-0  
Page count: 34 pages



Lynn Ann Post



## Simeon Bleeker's Magical Sneakers

Simeon Bleeker has magical sneakers. Whenever Simeon utters the magic words, he is able to fully imagine himself in the shoes of another child whose experiences he wonders about and are different from his own.

In this first book, Simeon spends some time in the shoes of a new girl in his kindergarten class named Madelyn. She is special in her own way. Madelyn has autism. After Simeon spends the first day of school noticing all the things that make Madelyn different, he rushes home to put his magical sneakers to work. As Simeon spends some time in Madelyn's shoes, he is able to start to understand why she does things a bit differently than he and other students in his class.

Simeon finds a way to make a special connection with Madelyn after he comes to realize what it is like to experience the world as Madelyn does.

Format: Hardcover and Paperback

Trim size: 8.5x8.5

Hardcover: \$17.99

Paperback: \$9.99

hardback # 978-1-952481-05-5

paperback # 978-1-952481-06-2

Page count: 32



**Ronnie Nase Jr.**, coauthor, graduated from Kutztown University with a Bachelor's degree in Electronic Media/Speech Communication.

Ronnie's eight years of experience serving children in the mental health

field truly speak to his passion for spreading empathy to those young and old. During that time, Ronnie has served his community as a Mental Health Technician, Therapeutic Staff Support, Respite Care Worker, and Special Education Instructional Assistant. He is excited to be working with his best friends on his authorial debut of Simeon Bleeker's Magical Sneakers.



Illustrator **Susie Sewell** has had a passion for creativity since a very young age. She is an artist with backgrounds in multiple fields, including glass blowing, painting, and illustration. She holds a Bachelor's

degree in Fine Arts with a concentration in Glass and a Minor in Art History from Tyler School of Art, Temple University. She also holds an Associate's degree in Applied Science for Communication Design from Northampton Area Community College. This is Susie's illustrative debut in the genre of children's books.



**Paul Walsh**, coAuthor: Paul has been a lover of words for as long he can remember. He has taught creative writing and literature for the past 10 years at a high school for the arts in Bethlehem, Pennsylvania, and he

serves as the Artistic Director of the Literary Arts at the school. Paul holds his Master's degree in English Literature, and he is currently a doctoral student in the field of education with a focus on transformational teaching and learning. He has served as a resident poet for an online literary arts magazine and is also the author of *Lemonade*, his first novel that was published in 2019. The publication of Simeon Bleeker's *Magical Sneakers* marks Paul's authorial debut in the genre of children's books.

## Bedtime Tails

### A New Adventure

*Bedtime Tails: A New Adventure* introduces readers to Perkins the cat, who lives with his mom and dad. His peaceful life is flipped upside down when a new addition is added to the family: his new sister, Daisy! Join Perkins as he maneuvers these changes, all while learning how important it is to accept and welcome others.

Author: Katarina Illona

Katarina “Katie” Illona is a Berks county, Pennsylvania, native with a passion for animals—especially cats. Katie earned an undergraduate degree in Communication Arts and Sciences from Penn State Berks in 2016 and a graduate degree in Student Affairs in Higher Education Administration from Kutztown University in 2019.

During Katie’s free time, besides writing and illustrating the *Bedtime Tails* collection, Katie enjoys reading, crocheting, hiking, watching TV, and spending time with her friends and family—oh, and cuddling with her fur babies, Perkins and Daisy, of course!

Format: Paperback / Trim size: 8x10

Cover price: \$13 / ISBN: 978-1-950459-09-4 / Page count: 24



Katarina Illona



Perkins



Daisy

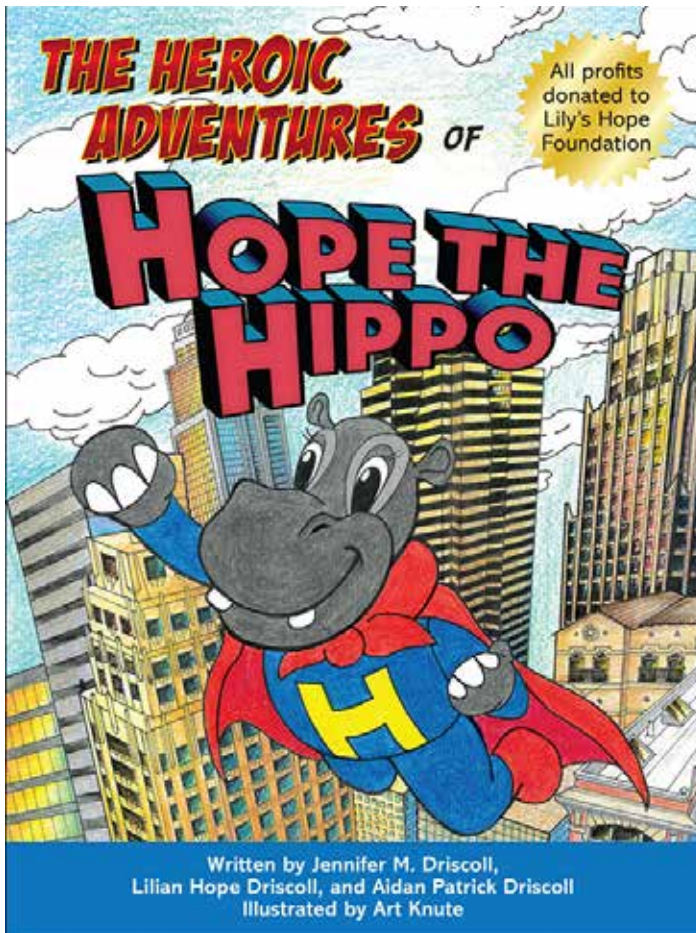


## Bedtime Tails A New Adventure: Coloring book

This is the companion coloring book to *Bedtime Tails: A New Adventure* introduces readers to Perkins the cat, who lives with his mom and dad. His peaceful life is flipped upside down when a new addition is added to the family: his new sister, Daisy! Join Perkins as he maneuvers these changes, all while learning how important it is to accept and welcome others.

Format: Paperback / Trim size: 8x10 / Cover price: \$8

ISBN: 978-1-950459-16-2 / Page count: 24



## The Heroic Adventures of Hope the Hippo

Join Hope the Hippo on her adventures with a new baby who was born prematurely and the baby's family. This coloring and activity book is brought to you by Lily's Hope Foundation, offering resources, aid, and hope to families with premature babies.

### About the Author

Jennifer Driscoll and her husband, Justin, had two children born prematurely: Lilian Hope and Aidan Patrick. Together they founded Lily's Hope Foundation, to offer aid and hope to families with premature babies. Jennifer and Justin know first-hand what the families of Lily's Hope Foundation experience. Aside from being Co-Founder and Executive Director of Lily's Hope Foundation, Jennifer works full time for an engineering firm in Allentown, PA. Jennifer graduated with her Bachelor's Degree in 2005 and her Master's in Business Administration in May 2011, both from Moravian College, in Bethlehem, PA.

Illustrator: Art Knute

Format: Paperback

Trim size: 6x9

Page count: 32

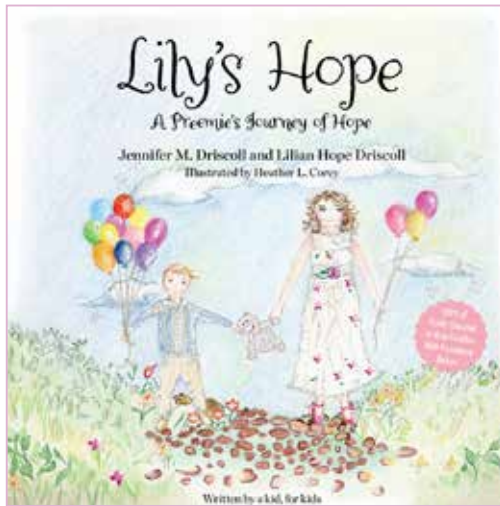
ISBN: 978-1-950459-20-9

Price: \$8



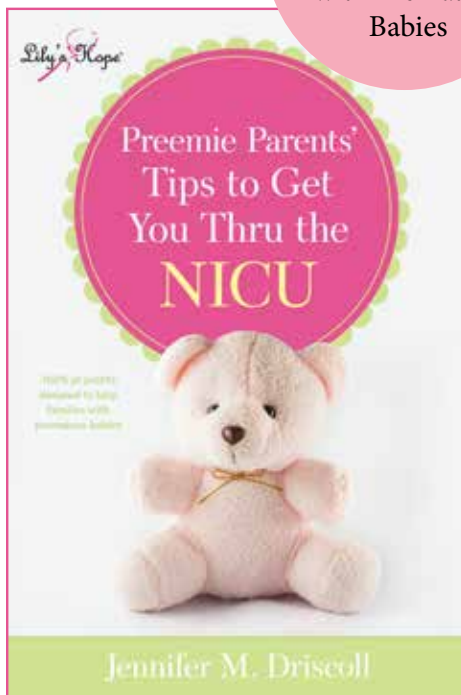
Jennifer Driscoll, her husband, Justin, and their children Lily and Aidan





Format: Paperback  
 Trim size: 8x8  
 Cover price: \$12.95  
 ISBN: 978-1-9409271-8-3  
 Page count: 64

100% of Profits  
 Donated to  
 Help Families  
 with Premature  
 Babies



## Lily's Hope

### A Premie's Journey of Hope

This incredible children's book follows the experiences of Lilian Hope and her little brother, Aidan Patrick, both born prematurely. "Hope means wishing for good things to happen," Lily says, as she realizes hope has followed her since the day she was born. Lily and Aidan share hope in their non-profit organization, Lily's Hope Foundation, that supports families with premature babies.

Authors: Jennifer M. Driscoll and Lilian Hope Driscoll

Illustrator: Heather L. Corey

Bio: Jennifer Driscoll and her husband, Justin, had two children born prematurely: Lilian Hope and Aidan Patrick. Together they founded Lily's Hope Foundation, to offer aid and hope to families with premature babies. Jennifer and Justin know first-hand what the families of Lily's Hope Foundation experience. Aside from being Co-Founder and Executive Director of Lily's Hope Foundation, Jennifer works full time for an engineering firm in Allentown, PA. Jennifer graduated with her Bachelor's Degree in 2005 and her Master's in Business Administration in May 2011, both from Moravian College, in Bethlehem, PA.

## Premie Parents' Tips to Get You Thru the NICU

*The Premie Parents' Tips to Get You Thru the NICU* will "hold" parents of premature babies' hands while they navigate the stressful, challenging time having a baby in the NICU. The book includes tips, advice, packing lists, journal prompts, and more.

Format: Paperback  
 Trim size: 6x9  
 Cover price: \$5.95  
 ISBN: 978-0-9994151-7-7  
 Page count: 48

Lily's Hope Foundation supports babies, children, and their families with unexpected and urgent needs due to premature birth. To date, Lily's Hope Foundation has helped more than 1,000 families.



Jennifer Driscoll, her husband, Justin, and their children Lily and Aidan



## Activity Book Starring Abe the Pilot!

Get your free copy at the Lehigh Valley International Airport

About the Book: Join Abe the Pilot on an adventure at the Lehigh Valley International Airport, color, and solve fun puzzles.

Abe the Pilot graduated from Embry-Riddle Aeronautical University in 2015 with a Bachelor's Degree in Aeronautics. Since graduation, Abe has earned his Airline Transport Pilot Certificate, totaling more than 2,000 hours of flight time. Abe resides in the Lehigh Valley, and he frequently flies through Lehigh Valley International Airport (ABE) on commercial aircraft.

Abe enjoys interacting with passengers throughout the Main Terminal and the Wilfred M. "Wiley" Post Jr. concourse at ABE. One of Abe's favorite pastimes when traveling through ABE is enjoying a fresh cup of coffee while listening to live music.

Abe has the luxury of flying with four different airlines through ABE: Allegiant, American, Delta, and United. Recently, he has been able to fly to exciting new destinations, like Nashville Savannah, and Sarasota. One of the main reasons Abe decided on a career in aviation is to have the opportunity to fly all across the country, visiting and learning about new cities.

In Abe's free time, he enjoys attending local baseball and hockey games and listening to the local radio stations. Abe has also taken interest in learning how to play his new guitar. If you can't find Abe jamming out to music, he also enjoys checking out local restaurants in the area with friends and family.

Format: Paperback  
Trim size: 6x9  
Cover price: Free  
Page count: 32 pages



## Be a Hero, Too

Mommy why can't I see the virus?  
Why can't we go see Grandpa and Grandma?  
Is the zoo still closed due to the germs?  
Children all over the world are asking questions like this about Covid-19. The best way for parents to answer these questions and to help their children feel safe and at ease is to have conversations.

*Be a Hero Too* was created to help star these conversations. This pandemic has created a lot of changes for families. Every child handles it differently. Some children may brush it off and hardly notice, but many children are much more observant and pick up on a lot more than their parents might realize. They may have fears and worries about our current world. The best way to know what these anxieties are is to talk with them. This book will help you!

Author: Samantha Rohe, MD

Samantha Rohe, MD, was born and raised in Newcastle, Nebraska and was always drawn to medicine. She attended Creighton University in Omaha, NE and while there it didn't take long to know that being a Pediatrician was for her! She loved the resilience of kids, the ability to be silly while working, the constant changes day to day, and being able to work with the entire family. She attended residency at Saint Louis University/Cardinal Glennon Children's Hospital in Saint Louis, Missouri. Today she works as a general pediatrician for Children's Physicians/UNMC. She lives with her husband and their two children in Omaha, NE.

Illustrator: Sophie Cemaj

Sophie Cemaj was raised between southern California, Mexico City, and Omaha, Nebraska. She attended Emory University and graduated with a Bachelor of Science in Chemistry. After graduating, she worked at the National Institute on Drug Abuse as a post baccalaureate researcher in medicinal chemistry. She currently attends the University of Nebraska Medical Center and is pursuing her MD. Sophie has been an avid doodler her entire life. She practiced her skills throughout her education, whether in the margins of elementary school worksheets or her chemical synthesis notebooks. She hopes to incorporate her love of art into her future medical practice.



Format: Paperback

Trim size: 8.5x11

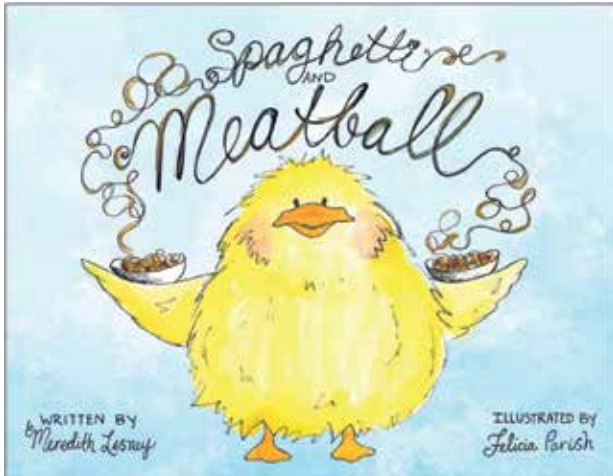
Page count: 18

ISBN: 978-1-950459-18-6

Price: \$6



Sophie Cemaj (left) and Samantha Rohe, MD



## Spaghetti and Meatball

*Spaghetti and Meatball* is a beautifully illustrated picture book of how a little, lost duck finds his way. The small, flat duck falls out of a library book and searches for a place to nap. Little did he know that the spot he napped in would turn his world upside down. Jelly Sandwich, a school librarian, shows an innocent duck what total acceptance means and has her world changed forever too. This story of love, adoption, and what it means to be a family will warm your heart. This is the first of a series of books about Meatball and the adventures he becomes involved in as he begins his new life as part of the Sandwich family.

Author: Meredith Lesney

Bio: Meredith Lesney was born in Seoul, South Korea, and at four months of age, she was adopted into a family in the United States. She grew up in Pennsylvania with her parents and older sister. Meredith attended Lock Haven University where she completed her B.S. degree in Library Science. She also has two Master's degrees in technology from Wilkes University. She currently works as a middle school librarian.

Meredith has a great love of travel and has visited more than 30 countries around the world. Some of the highlights of her journeys include a visit to her homeland in South Korea, climbing on the Great Pyramid of Giza in Egypt, and seeing the Terracotta Warriors in China. She looks forward to many more travels ahead.

A number of years ago, Meredith received a gift of a stuffed duck from her favorite cousin. She took the duck to school where her students fell in love with it and the many stories she made up about it. She named the duck Meatball. Meatball has become so popular in her school that he has appeared in the yearbook many times. The fact that her students have become so enchanted by Meatball inspired Meredith to write her stories.

Illustrator: Felicia Parish

Born and raised in Irvington, NJ, Felicia Parish loved to play hopscotch and double dutch. Even when she moved to Pennsylvania at age 14, she loved being outside. Her love of camping and hiking started when her parents took her and her older sister when they were very little. Felicia's favorite trips were to the beach where she would jump in the waves and bury her feet in the sand. To this day that's one of her favorite summer activities. Now, along with her husband, Felicia takes their two boys on camping, hiking, and beach adventures. Besides wishing she were a mermaid, Felicia loves to garden, take photos of her family and nature, and paint.

Felicia became an art teacher to share her love of art with her students. Working with watercolors is her favorite type of artwork. Felicia also enjoys expressing herself with clay and photography.

Felicia met Meredith working at the middle school. As their friendship grew over the years, so did their dream of becoming an author-illustrator team. When Meredith wrote her first story about Meatball, she asked Felicia to create the illustrations of her beloved character. Ever since the first sketch, Felicia and Meredith have continued to dream about Meatball's adventures.



Author Meredith Lesney    Illustrator Felicia Parish

Format: Paperback  
Trim size: 11x8.5  
Cover price: \$10  
ISBN: 978-0-9986531-2-9  
Page count: 48 pages



## Come Travel with Me: Chicago!

This is the second book in the Come Travel with Me series. This new book series offers a kids' eye view of major US travel destinations, including a special "where's the puppy"? feature on every spread! They're perfect gifts to give a child while planning a trip or keepsakes to bring home. Parents will love the "Parents' Pages" at the back, which include fun facts and travel tips about the city.

Author: Michele Fisher  
Hometown: Chester County, Pennsylvania

Illustrator: Joy Kulp  
Hometown: Allentown, Pennsylvania

Format: Paperback  
Trim size: 5x7  
Cover price: \$6.95  
ISBN: 978-0-9986531-7-4  
Page count: 64



Michele Fisher

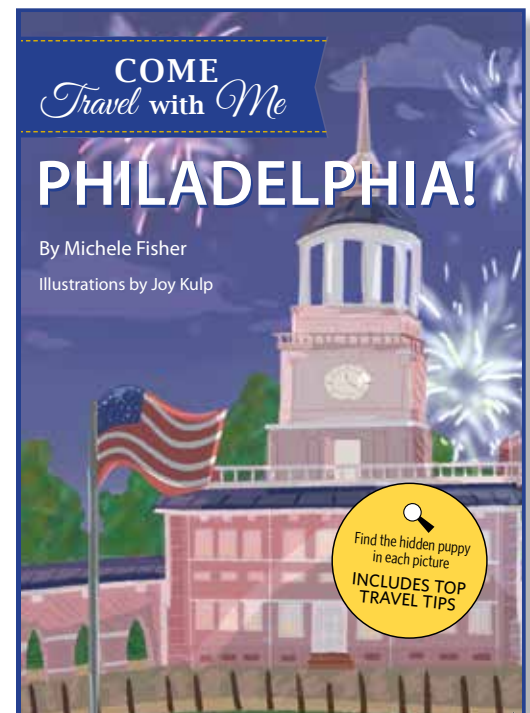
## Come Travel with Me: Philadelphia!

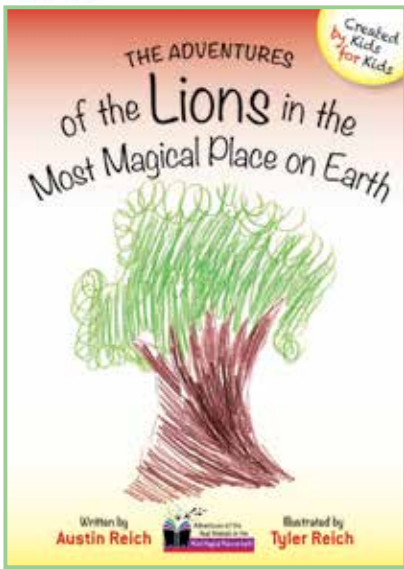
The first book in the Come Travel with Me series, this new book series offers a kids' eye view of major US travel destinations, including a special "where's the puppy"? feature on every spread! They're perfect gifts to give a child while planning a trip or keepsakes to bring home. Parents will love the "Parents' Pages" at the back, which include fun facts and travel tips about the city.

Author: Michele Fisher  
Hometown: Chester County, Pennsylvania

Illustrator: Joy Kulp  
Hometown: Allentown, Pennsylvania

Format: Paperback  
Trim size: 5x7  
Cover price: \$6.95  
ISBN: 978-0-9986531-5-0  
Page count: 64

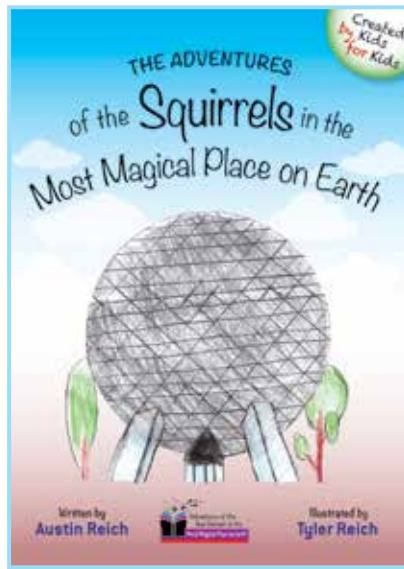




### The Adventures of the Lions in the Most Magical Place on Earth

This new book series tells the stories of the real live animals that make their home in the most magical place on Earth! The third book shares the adventure of Daniel the lion and his family. It features child's eye view illustrations, a child's perspective, and plenty of magic and whimsy. This book will appeal to families, especially families that love traveling and theme parks.

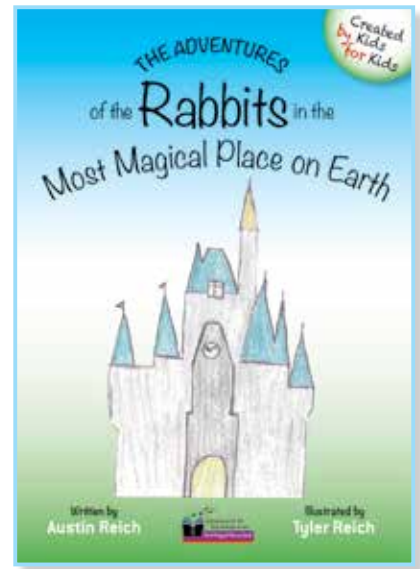
Format: Paperback  
Trim size: 5x7  
Cover price: \$5.95  
ISBN: 978-0-9986531-9-8  
Page count: 64



### The Adventures of the Squirrels in the Most Magical Place on Earth

This new book series tells the stories of the real live animals that make their home in the most magical place on Earth! The second book shares the adventure of Sammy Squirrel and his family. It features child's eye view illustrations, a child's perspective, and plenty of magic and whimsy. This book will appeal to families, especially families that love traveling and theme parks.

Format: Paperback  
Trim size: 5x7  
Cover price: \$5.95  
ISBN: 978-0-9986531-4-3  
Page count: 64



### The Adventures of the Rabbits in the Most Magical Place on Earth

This new book series tells the stories of the real live animals that make their home in the most magical place on Earth! The first book shares the adventure of Rebecca Rabbit and her family. It features child's eye view illustrations, a child's perspective, and plenty of magic and whimsy. This book will appeal to families, especially families that love traveling and theme parks.

Format: Paperback  
Trim size: 5x7  
Cover price: \$5.95  
ISBN: 978-0-9970808-8-9  
Page count: 64

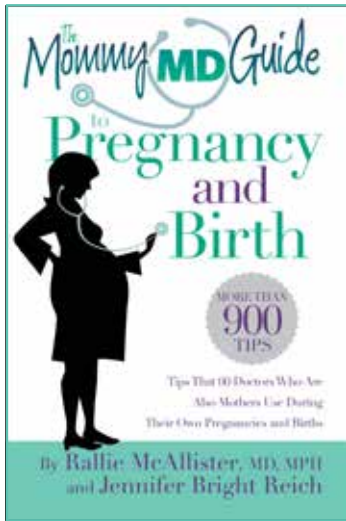


Illustrator Tyler Reich and Author Austin Reich

**Author: Austin Reich**  
Hometown: Allentown, PA  
Bio: Austin is a 10-year-old fifth grader who loves writing, LEGO, Pokemon, and traveling.

**Illustrator: Tyler Reich**  
Hometown: Allentown, PA  
Bio: Tyler is an 12-year-old seventh grader who loves drawing, LEGO, Pokemon, and traveling.

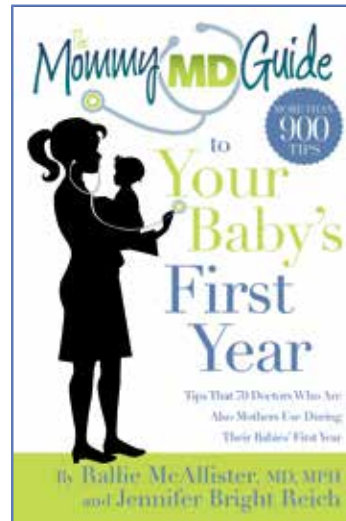
For media interviews, bulk orders, and sales, contact Jennifer Bright, Bright Communications Founding CEO • 610-216-0913  
jennifer@brightcommunications.net • BrightCommunications.net



### The Mommy MD Guide to Pregnancy and Birth

Coauthors: Rallie McAllister, MD, MPH,  
and Jennifer Bright Reich

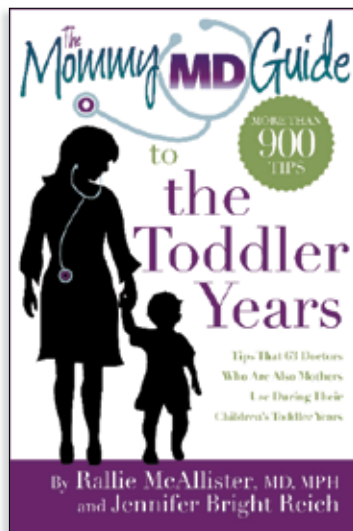
Format: Paperback • Trim size: 6x9  
Cover price: \$17.95 • Page count: 512  
ISBN: 978-0-9844804-0-1



### The Mommy MD Guide to Your Baby's First Year

Coauthors: Rallie McAllister, MD, MPH,  
and Jennifer Bright Reich

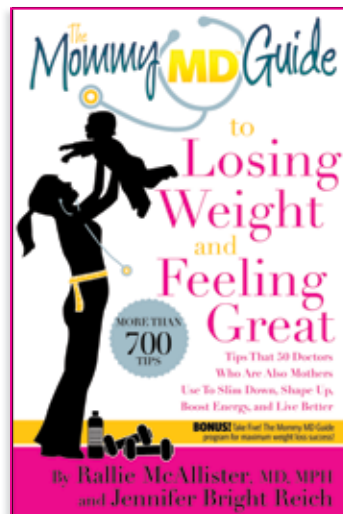
Format: Paperback • Trim size: 6x9  
Cover price: \$17.95 • Page count: 512  
ISBN: 978-0-9844804-2-5



### The Mommy MD Guide to the Toddler Years

Coauthors: Rallie McAllister, MD, MPH,  
and Jennifer Bright Reich

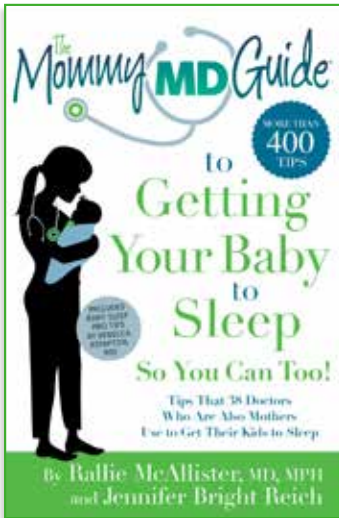
Format: Paperback • Trim size: 6x9  
Cover price: \$17.95 • Page count: 512  
ISBN: 978-0-9844804-4-9



### The Mommy MD Guide to Losing Weight and Feeling Great

Coauthors: Rallie McAllister, MD, MPH,  
and Jennifer Bright Reich

Format: Paperback • Trim size: 6x9  
Cover price: \$17.95 • Page count: 512  
ISBN: 978-0-9844804-6-3



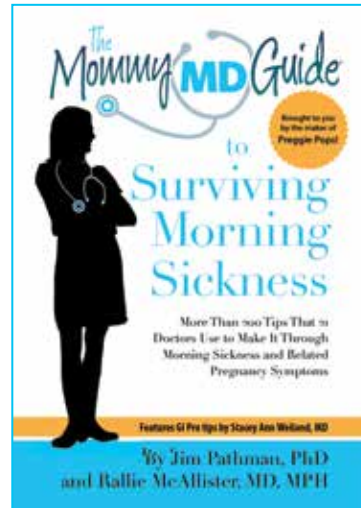
**The Mommy MD Guide to Getting Your Baby to Sleep**

Coauthors: Rallie McAllister, MD, MPH, and Jennifer Bright Reich

Format: Paperback • Trim size: 6x9

Cover price: \$10.95 • Page count: 272

ISBN: 978-0-9844804-8-7



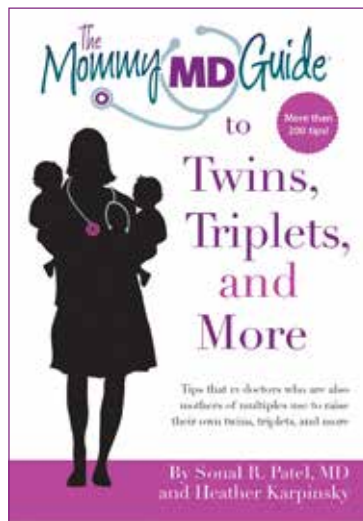
**The Mommy MD Guide to Surviving Morning Sickness**

Coauthors: Rallie McAllister, MD, MPH, and Jim Pathman, PhD

Format: Paperback • Trim size: 5x7

Cover price: \$9.95 • Page count: 144

ISBN: 978-0-9970808-5-8



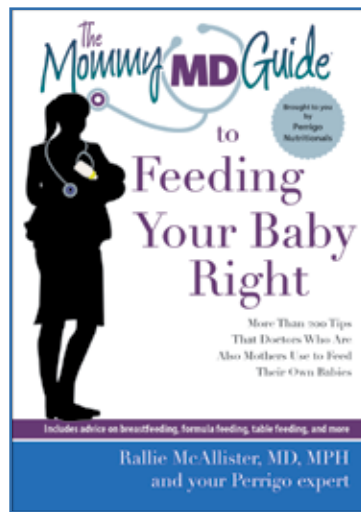
**The Mommy MD Guide to Twins, Triplets, and More**

Coauthors: Sonal R. Patel, MD, and Heather Karpinsky

Format: Paperback • Trim size: 5x7

Cover price: \$10.95 • Page count: 176

ISBN: 978-0-9994151-8-4



**The Mommy MD Guide to Feeding Your Baby Right**

Author: Rallie McAllister, MD, MPH

Format: Paperback • Trim size: 5x7

Cover price: \$12.95 • Page count: 176

ISBN: 978-0-9844804-5-6







## Bekindr

### The Transformative Power of Kindness

Does it feel like kindness has been lacking lately? Could your life be enhanced by more kindness? Would you like to read inspiring stories about kind acts?

If you answered yes to any of these questions, *Bekindr* is your book!

Kindness uplifts us and makes us more optimistic about humanity. Who couldn't use more of that?

*Bekindr* features heart-warming, soul-filling stories. Sixty-four contributors, in their own voices, share the ways they were positively impacted by the kindness of strangers. Interspersed is research into the science of kindness, actionable tips to help you to *Bekindr*, and dozens of inspirational quotes.

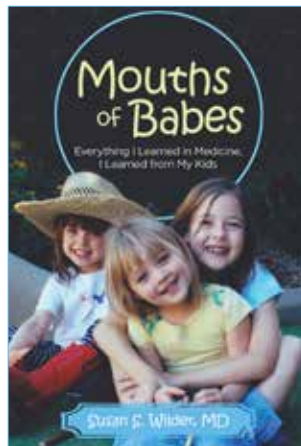
The book is beautifully laid out with photos from many contributors and is the perfect gift for all occasions.

*Bekindr* was created by Dr. Eva Ritvo to help you cultivate your best life—a life overflowing with kindness!

Author: Eva Ritvo, MD  
Hometown: Miami Beach, FL

Format: Hardcover  
Trim size: 5x8  
Cover price: \$19.95  
ISBN: 978-0-9994151-0-8  
Page count: 224

For media interviews, bulk orders, and sales, contact Jennifer Bright, Bright Communications Founding CEO • 610-216-0913 • [jennifer@brightcommunications.net](mailto:jennifer@brightcommunications.net) • [BrightCommunications.net](http://BrightCommunications.net)



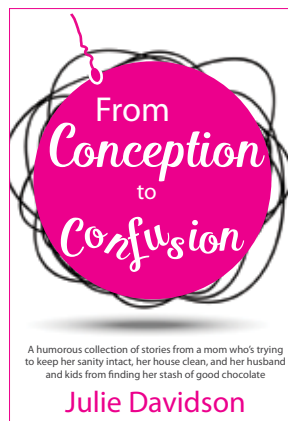
## Mouths of Babes

### Everything I Learned in Medicine, I Learned from My Kids

*Mouths of Babes* combines pithy, witty quips from the author's children with cherished family photos and sage observations from her 25+ years practicing medicine to offer a dose of comfort, humor, wit, and insight about medicine and parenting.

Author: Susan Wilder, MD  
Hometown: Scottsdale, AZ

Format: Paperback  
Trim size: 5x7  
Cover price: \$10.00  
ISBN: 978-0-9986531-8-1  
Page count: 48



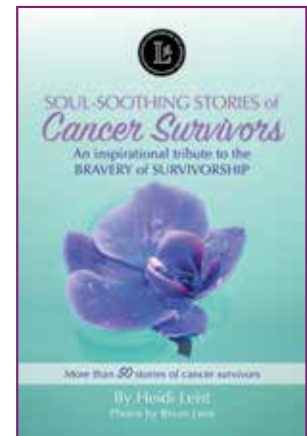
## From Conception to Confusion

A humorous collection of stories from a mom who's trying to keep her sanity intact, her house clean, and her husband and kids from finding her stash of good chocolate.

Foreword by Rallie McAllister, MD, MPH

Author: Julie Davidson  
Hometown: Green Bay, WI

Format: Paperback  
Trim size: 5x7  
Cover price: \$10.95  
ISBN: 978-0-9970808-2-7  
Page count: 176



## Lemongrass Spa Soul-Soothing Stories of Cancer Survivors

### More than 50 inspiring stories of cancer survival

Author: Heidi Leist  
Hometown: Tarpon Springs, Florida

Bio: Heidi Leist is the founder of Lemongrass Spa, in Pine, Colorado. Her company was named One of the Top 100 Women Owned Companies in Colorado.

Photographer: Bryan Leist  
Hometown: Tarpon Springs, Florida

Format: Paperback  
Trim size: 6x9  
Cover price: \$16.99  
ISBN: 978-1-9504591-7-9  
Page count: 256



# Let's Talk about Publishing *YOUR* Book!

## Who Are We?

Bright Communications is a woman veteran-owned independent publisher in Hellertown, PA. We are the bridge between:

**Traditional publishing:** Where they pay you and do a lot of the work, *but* they hijack control of your book!

**Self-publishing:** Where you maintain control over your book, *but* you pay all of the money, *and* you do all of the work!

Custom publishing is a **quicker** route to publishing than traditional publishing, and it's a **less expensive** route than self-publishing.

## Why Should You Publish a Book?

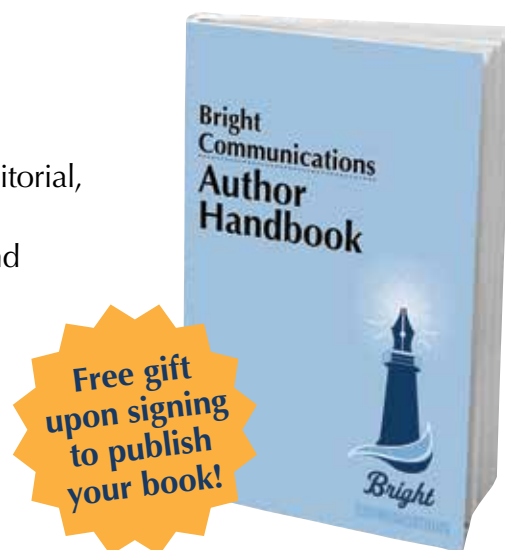
- As a published author, you're automatically a **recognized authority**.
- Your byline on a book is **your ticket** to television, magazine, and radio interviews.
- Spokesperson, media, and speaking opportunities increase.
- Offering your books for sale after seminars and speeches allows you to cash in on "back of the room" sales.
- Offering your wisdom, expertise, and experience in a book benefits **thousands of people**—many of whom will never have the chance to meet you personally.

### Books have impact:

- Reading on paper is slower and deeper than on screen; **paper readers remember more**.
- Reading a book stimulates emotions and desires.
- Reading a printed book requires more focused attention than reading on screen—fewer distractions.
- A book drives sensory involvement, which contributes to the impact on readers.
- Books are preferred by the majority of people—even millennials.
- Your book will help you **spread your message far and wide**.
- Your book is your **legacy**.

## Why Should You Publish with Us?

- We're an **efficient, effective, excellent** team of highly trained editorial, design, and marketing professionals.
- We have a proven track record of strictly adhering to **budgets** and **schedules**.
- Our forte is working with **authors** and **brands**.
- We love our work, we have **fun**—and you will too!



## What Are Your Publishing Packages?

We have four tiers of publishing, which are also customizable. You receive 100 percent of profits.

**Picture book/booklets:** up to 36 pages: \$3,900

**Pocket books:** 37-100 pages: \$7,900

**Main books:** 101-160 pages: \$9,900

**Supersized books:** Contact us for a custom proposal

- Special pricing for novels: \$7,900

These costs include: table of contents creation, schedule writing, coaching, editing, copyediting, cover designing, interior designing, layout, project managing, and printing on demand (bulk printing at an additional cost).

## Pay as You Go! Three Installments

	Writing coaching & editing →	Cover & interior design & proofreading →	Publishing, eBook & audiobook creating, & promo tools
Self-publishing assist →	\$833 →	\$833 →	\$833
Picture book (<36 pages) →	\$1300 →	\$1300 →	\$1300
Pocket book (36-100 pages) →	\$2633 →	\$2633 →	\$2633
Main book (100-160 pages) →	\$3300 →	\$3300 →	\$3300
Special pricing for novels →	\$2633 →	\$2633 →	\$2633

## What Benefits Do We Offer?

Our goal is to help you share your ideas, tips, vision, and story. To that aim, we offer you:

- **Quicker** route to publication than traditional or self-publishing
- Increased chance to make **greater profits** than traditional publishing
- **Less-expensive** route to publication than self-publishing
- You retain more control over the book than traditional publishing.
- Experienced, effective **coaching** to guide you from your idea to your finished book
- Talented team of 25+ editorial, design, and marketing professionals
- One liaison between you and our team—giving you a simple, sole **point of contact**
- Organizational pro to keep your book on budget and schedule
- Paperback or hardcover editions, plus optional eBook and audiobook
- Printing on demand
- Bulk printing (at an additional cost)
- Inclusion of your book in our Bright Communications LLC catalog
- Extensive menu of Bright Communications Promotion Tools, including bookmarks, flyers, postcards, and calendars
- **Enthusiastic**, experienced public relations and traditional media and social media support (at an additional cost)
- **Foreign rights sales** to sell the rights to international companies to publish your book



# Frequently Asked Questions

## What do your publishing packages cover?

Our packages cover the creation, publishing, printing, storage, promotion tool development of your paperback or hardcover, plus optional eBook (for Kindle) and audiobook (for Amazon ACX), including:

- Project management
- Writing coaching
- Editing
- Copyediting
- Cover designing
- Interior designing
- Indexing (if applicable)
- 2 rounds of reviews
- Bar code
- ISBN
- Printing on demand
- Bulk printing at an additional cost
- Bright Communications Promotion Tools
- Foreign rights agent pitching to foreign publishers
- Connecting with Launch Partners

## Who owns the copyright?

You do.

## Do you publish all books that come to you?

No, we are very selective, working only on books we feel have a good chance of success.

## Will my book be sold in all stores?

Your book will be available to *order* in all stores that sell books. We post your eBook to Amazon for Kindle and your audiobook to Amazon for ACX. Yes, there are other platforms, but we haven't found them to be sales beneficial.

## How many books will I sell?

Because they aren't properly promoted, 90 percent of books published in the United States sell fewer than 100 copies. We will work with you to create your best book; we will create Bright Communications Tools for your book to help you sell your book; and we will provide you with valuable connections to one of our Launch Partners, who will help you to accelerate your sales.

## How much money will I make?

It depends upon where the books are sold:

- If you sell a book personally to a friend or at an event, you can charge the cover price.
- If a book sells to a store, library, or website, you are paid a percentage of the cover price.

## How do I get paid?

We help you to set up accounts with Amazon or Ingram Spark to sell your print, eBook, and audiobook. Amazon or Ingram Spark sends your payments directly to your bank. Your book will also be also available to order at stores nationwide.

## How do you promote the book?

No matter whether you publish with us, a traditional publisher, or self-publish, promotion is the responsibility of the author. We create Bright Communications Tools for you to use. We also connect you with our Launch Partners, whom you can hire to help you to accelerate your sales, usually a few months before and/or a few months after your book releases.

## Bright Communications Promotion Tools

Our Bright Communications Promotion Tools are included in your publishing package and include many deliverables, which are detailed below. These tools are tailored specifically for your book/brand. These tools are created in the weeks leading up to your book's release.

- Bright Communications Catalog: Full-page listing in our Bright Communications Catalog for the first year after publication, partial-page listing in our Bright Communications Catalog each year after
- Bookmarks: We create a unique bookmark for your book.
- Flyer: We create a unique flyer for your book.
- Review Request Insert: We create a branded half-page flyer to insert in your books, requesting readers to post reviews.
- One-Page Calendars: We create a unique calendar for your book each November.
- Amazon Reviews: We monitor your book's Amazon page for reviews, likes, and comments to them and share them with you.
- Local Library, Media, and Store Pitching: We create a unique pitch for your book for libraries, media, and stores, and we send it to our lists of local libraries, media, and stores—and also to any emails you provide to us.

**Let's talk about *your* book!**  
**Jennifer@BrightCommunications.net**



## Types of Publishing Comparison

	<b>Bright Communications Independent Publishing</b>	<b>Traditional Publishing</b>	<b>Self-Publishing</b>
<b>Your Upfront Cost</b>	All costs	\$0	All costs
<b>Advance</b>	\$0	\$0 to \$5,000 approximately	\$0
<b>Profits (royalties)</b>	100 percent	6 percent (Your agent retains 12-14% of all you make.)	100 percent
<b>Your Time Cost</b>	writing, reviewing	writing, reviewing, editing	You do all of the work!
<b>Number of Books Published</b>	Our team has worked on thousands of books.	Thousands to tens of thousands, depending on the publisher.	One!
<b>Approval Process</b>	We will review your book and let you know our decision within a week. We publish around 50% of the books submitted to us.	It takes up to a year for most traditional publishers to review a proposal. Often they don't send rejections. Only 1 percent of authors are offered a traditional publishing deal.	It could take you a year or more to learn enough about the publishing process to self-publish your book.
<b>Time to Create Your Book</b>	We create your book from written manuscript to finished book in 6 to 9 months.	It could take years for a traditional publisher to complete your book.	It could take you a year or more to learn enough about the publishing process to self-publish your book.
<b>Time to Receive Profits</b>	Your profits are paid to you every 30 days by direct deposit from Amazon.com and IngramSpark.	Traditional publishers pay at 90+ days.	It would depend on where and how you sell your book.
<b>Creative Control</b>	You have complete creative control.	The publisher has "bought" your book and now has control.	You do all of the work, so you have control.
<b>Editorial team</b>	We have a highly experienced, efficient, effective professional team.	It depends on the publisher.	You have to do it yourself.
<b>Design team</b>	We have a highly experienced, efficient, effective professional team.	It depends on the publisher.	You have to do it yourself.
<b>Marketing team</b>	We create Bright Communications tools, including bookmarks, flyers, postcards, review request insert, and calendars and connect you with our vetted Launch Partners.	It depends on the publisher—likely little to no marketing work will be done on your behalf.	You have to do it yourself.
<b>Cover</b>	Our highly experienced cover designers will design a professional book cover.	Traditional publishers would design a professional cover.	Most self-published books lack a professionally designed cover.
<b>ISBN, Bar Code, Library of Congress</b>	We secure these critical publishing tools for your book.	Traditional publishers do this.	Most self-published authors do not do this.
<b>Amazon Review Coordinating</b>	We monitor your book's Amazon.com page, like and comment to reviews, and send them to you to like, comment to, and share with your network.	It's unlikely the publisher would do this.	You have to do it yourself.

	<b>Bright Communications Independent Publishing</b>	<b>Traditional Publishing</b>	<b>Self-Publishing</b>
<b>Library pitching</b>	We pitch your book to our 20+ local libraries and to your own local libraries.	It's unlikely the publisher would do this.	You have to do it yourself.
<b>Amazon.com posting</b>	We post for you.	The publisher posts it.	You have to do it yourself.
<b>eBook creation</b>	Our eBook partner creates the files for you and posts them to amazon.com. We link it to your paperback on amazon.com.	The publisher might create these for you.	You have to do it yourself.
<b>Audiobook creation</b>	Our audiobook partner produces the audiobook for your review, posts it, and helps to sell it. They split profits 50/50 with you. We link it to your paperback on amazon.com.	The publisher might create these for you.	You have to do it yourself.
<b>Foreign rights sales</b>	Our foreign rights agent partner works to sell the rights to publish your book to other countries	It's unlikely other publishers do this.	You have to do it yourself.
<b>Time spent with you</b>	6-9 months	3 months	It could take years for you to complete your book yourself.

# About Bright Communications

Bright Communications LLC is a woman veteran-owned independent publishing company in the Lehigh Valley, Pennsylvania. Jennifer Bright founded Bright Communications LLC in 2004, fueled by her love of books and helping people.

Over the years, the company has grown from a small one-woman business providing editorial services to other publishing companies to a robust organization employing more than 25 independent professionals and publishing more than 35 books a year in most book categories, including fiction, health, inspiration, parenting, memoir, and children's books.

Our efficient, effective process takes authors from idea all the way through to finished books. We create print, eBook, and audiobook editions, and our books are available everywhere books are sold.

Our passion is helping expert authors and visionary brands bring their books to life. We make publishing easy—and fun!

Here's what folks say about working with us:

*Jennifer and her team are heaven to work with, and authors would be lucky to have them in their corner.*  
—writer Sara A.

*Jennifer has a really smart business, and she will be helping lots of people get their message out into the world. Well done!*  
—agent Stephanie T

*I highly recommend Bright Communications for any publishing project, big or small. Jennifer recently helped me publish "SAT and ACT Combo Test" and was professional and friendly every step of the way. All I had to do was write the book, and Jennifer's team could handle the rest. As promised, she made the publishing process easy and fun, and I couldn't be more delighted with the outcome of the publication.*  
—Heather Krey, Director Test Prep for Success

*I am so thankful for you!! Thank you, thank you, thank you, for going above and beyond for me. I will never forget this process and all the growth I've experienced from jumping into this. I couldn't have found a kinder and more talented publisher!*  
—Patty G.

*It is better to use a publisher like Bright Communications instead of self-publishing on Amazon. One of the many reasons why is the author gets a better book.*  
—Barbara S.

*Jennifer always goes above and beyond the call of duty.*  
—Author, Steve D.

*One of the best decisions I ever made was to pick up the phone and call Bright Communications. I thank you so much for all that you've done to help me.*  
—Carl F.

*You have been a blessing for my book. I'm not sure I would have published otherwise.*  
—Author Don S.

*Thank you doesn't seem like enough to say. I literally could not have done this without you and your team. What an incredible experience and wonderful guidance I received from you!! I'm forever grateful!!*  
—Author Sheri Q

*I just looked at the book and I'm filled with emotions and my eyes are filled with tears; I don't know what to say... Thank you!!!*  
—Author Nelso

*Holding my book in my hands, I am the happiest person on the planet! Dreams do come true! Can't thank you enough. Beyond grateful.*  
—Author Scott



# FUN!

## Quarterly Author Reception

Let's celebrate! Each January, April, July, and October, we hold quarterly author receptions.

All Bright authors can sell their books.

Everyone is welcome! Please join us to celebrate, network, and learn more about publishing.

## Books Are Fashionable

Who says books are boring? Books are fashionable! Join us for fashion shows featuring our Bright authors at Frox Boutique in Perkasié.

Join us for fashion, food, and fun!

They're free! Sign up on Event Bright.



## Publishing Celebrations

Bright Communications offers two, three-day (Friday-Sunday) trips each year for our authors to celebrate their book publication, network, and learn about promoting and selling their books with in-person and zoom sessions by experts in book promotion, sales, and more!



## Publishing Vacations

Need to get away from it all, get some peace and quiet, and have support to write, edit, and/or publish your book? Take a Publishing Vacation!

These trips are for authors to go with or without or Bright team members. We have location ideas, with special pricing, or you can design your own trip!



## K-12 Publishing Workshop

We work with schools—elementary, middle, or high school—to support teachers in running our Bright Communications Publishing Workshop. Students will participate in six sessions:

- Idea generation
- Writing
- Editing
- Designing
- Printing
- Publishing and promoting

## Memory and Legacy Preservation Program

Create a robust program of ideas for senior living facilities to engage, inspire, and encourage members to remember and reminisce and share their memories and experiences with their family, friends, and fellow members.



## About the Publisher

Jennifer Bright is the founding CEO of Bright Communications LLC, an independent publishing company that helps authors bring their books to life.

Jennifer is also a publisher, editor, and writer with more than 25 years of publishing experience. She has contributed to more than 150 books and published more than 100 magazine and newspaper articles.

She proudly served as a lieutenant in the U.S. Army for four years, stationed at Fort Lewis, Washington.

Jennifer then worked for seven years on staff at Rodale before launching her own editorial business, Bright Communications LLC.

Jennifer's passion is helping authors bring their books to life—to help readers live healthier, happier lives. Jennifer lives in Hellertown, Pennsylvania, with her two sons. She can be reached at [Jennifer@BrightCommunications.net](mailto:Jennifer@BrightCommunications.net).



Bright Communications LLC  
217 Kichline Avenue  
Hellertown, PA 18055  
610-216-0913

[Jennifer@BrightCommunications.net](mailto:Jennifer@BrightCommunications.net)  
[BrightCommunications.net](http://BrightCommunications.net)