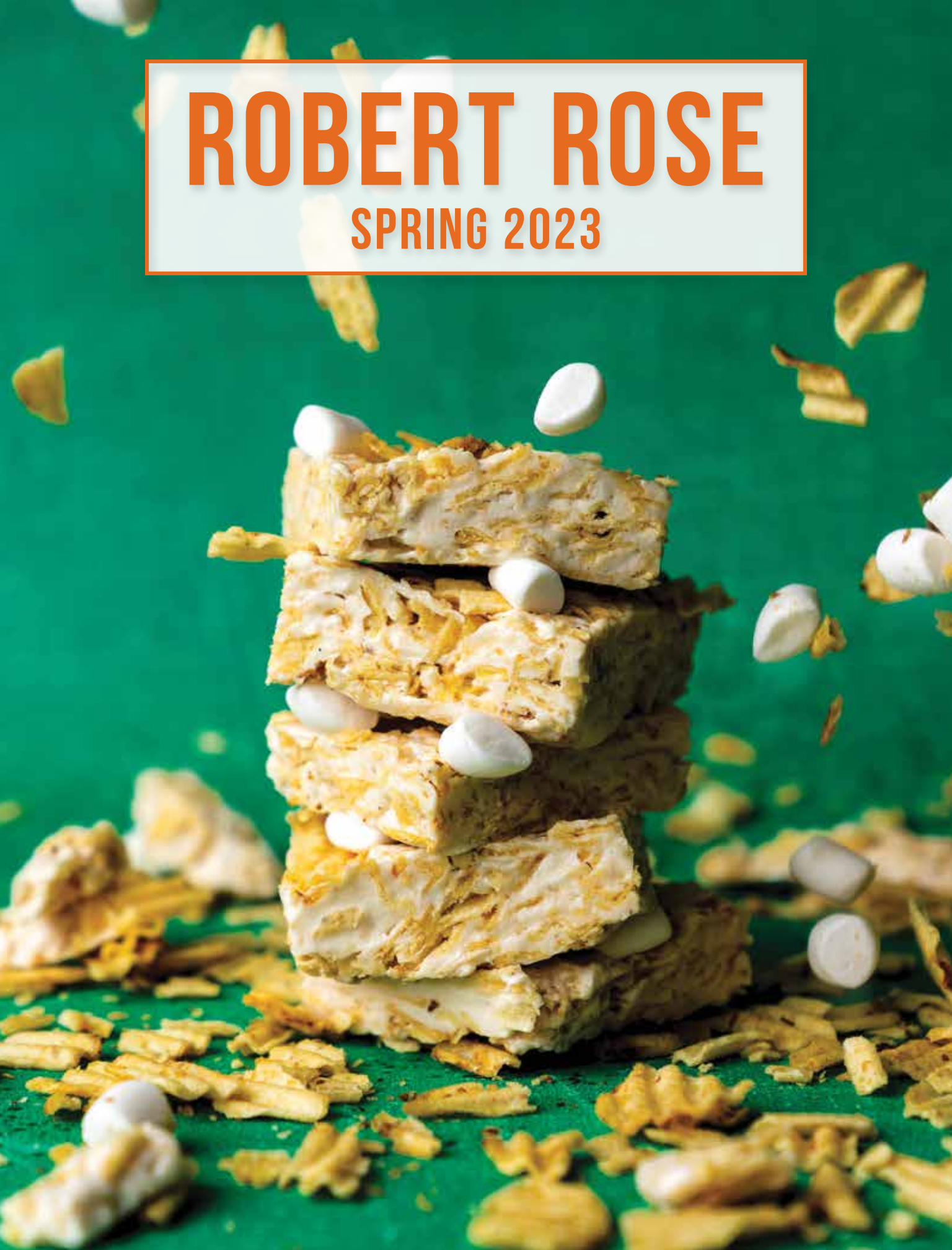
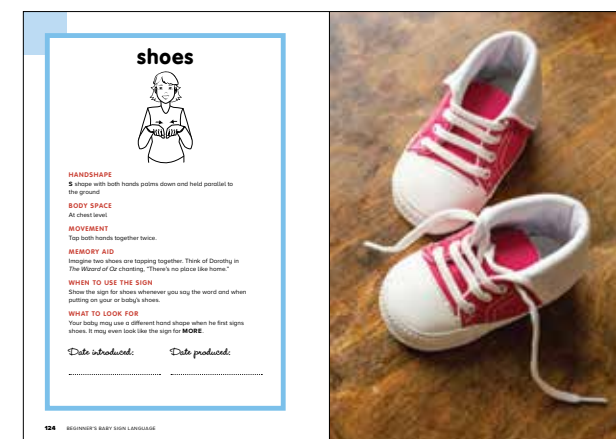


ROBERT ROSE

SPRING 2023





BEGINNER'S BABY SIGN LANGUAGE

Sign & Sing at Home

Your baby is ready to sign when they can wave bye-bye

Beginner's Baby Sign Language: Sign & Sing at Home includes 100+ American Sign Language (ASL) signs to introduce to your baby. This book is designed to show you what and when to sign to your child. Not only is it surprisingly easy, signing with your baby can increase connection as you better understand baby's behavior and can relieve frustration by helping them to communicate their wants. You'll find easy-to-follow illustrations and instructions for signs like *milk* and *diaper*. You'll also learn practical songs to sign and sing with your child. Also included are the alphabet and numbers (1-10) in ASL conveniently located at the front and back of the book for quick reference.

Unlike other books in the genre, this beautifully designed educational book stands out with loads of full-color photographs to make it easy to look up the signs you want to share. With this book you and your baby will be communicating clearly and confidently!

SARA BINGHAM is the founder of WeeHands, the world's leading children's sign language and language development program for babies, toddlers and preschool children. She is a trained therapist, the mother of two and a frequent contributor to parenting magazines and baby-related professional websites.

ISBN(S): 978-0-7788-0710-0 / 077880710X

PUBLICATION DATE: March 2023 (Shipping February 2023)

LIST PRICE: \$19.95 US / \$24.95 CAN

FORMAT/TRIM: TP / 7" X 10"

PAGE COUNT: 176

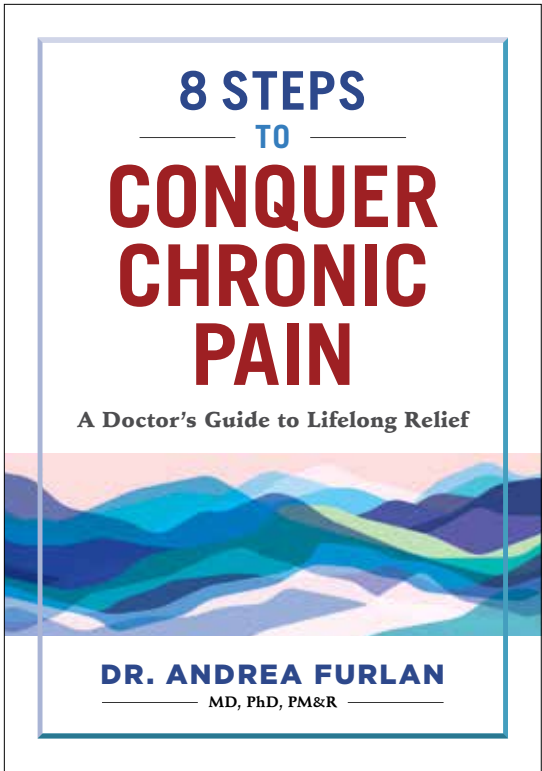
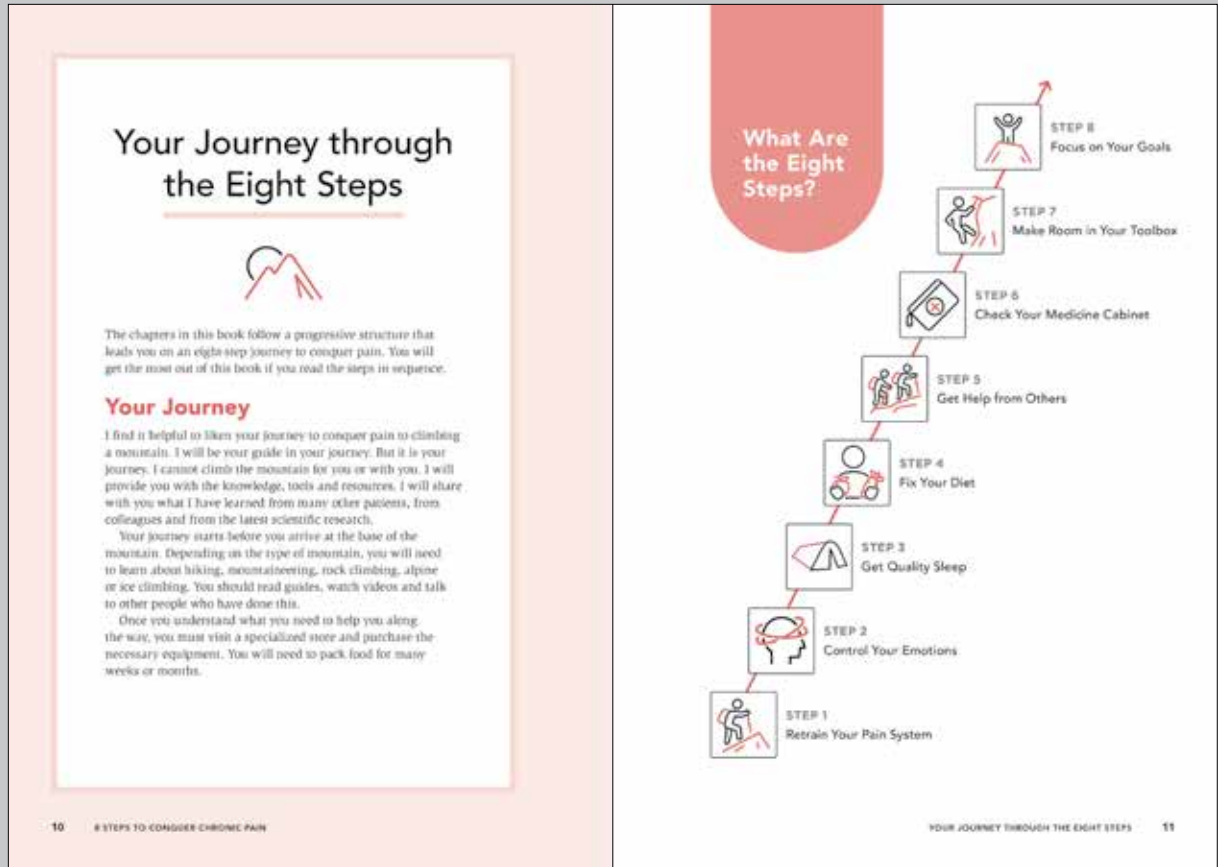
WORD COUNT: 16,246

ILLUSTRATIONS: 60+ photos and illustrations, 4 color text, cover printed on both sides

SUBJECT / CATEGORY: Education - ANF / Sign Language

RIGHTS: World

BLAD



8 STEPS TO CONQUER CHRONIC PAIN

A Doctor's Guide to Lifelong Relief

A practical, solution-based guide for ending chronic pain

Chronic pain is one of the most common chronic conditions in the United States. The CDC estimates that 20% of US adults live with chronic pain. That's more than 50 million adults in the US, alone! But what exactly is chronic pain? And is there a solution for it?

8 Steps to Conquer Chronic Pain answers these questions and more, presenting attainable, accessible and evidence-based solutions to your pain problems. Written by a pain specialist with extensive hands-on experience and knowledge of the latest advances in treatment, this book will help you to understand the different types of pain, how they're diagnosed and, most important, what you can do to relieve your chronic pain.

DR. ANDREA FURLAN is an Associate Professor in the Department of Medicine at the University of Toronto and a Staff Physician and Senior Scientist at the Toronto Rehabilitation Institute. Her YouTube page has more than 400,000 subscribers and more than 30 million views. She received a CIHR New Investigator Award, and her research focus is on treatments of chronic pain including medications, complementary and alternative therapies, and rehabilitation.

ISBN(S): 978-0-7788-0711-7 / 0778807118

PUBLICATION DATE: April 2023

(Shipping March 2023)

LIST PRICE: \$24.95 US / \$29.95 CAN

FORMAT/TRIM: TP / 7" X 10"

PAGE COUNT: 256

WORD COUNT: 74,867

ILLUSTRATIONS: Fully illustrated throughout, charts and graphs, two color

SUBJECT / CATEGORY: HEALTH & FITNESS / Pain Management

RIGHTS: World

BLAD

You need to be sure your fitness levels are adequate for the altitude you will climb, or you could develop mountain sickness or experience shortness of breath. You should be physically and mentally prepared for potential challenges, such as falling rocks, rain and snow, heat during the day and cold nights, as well as your physiological needs.

Maybe you are bringing someone with you to the mountain or maybe or you will meet your group there. Together you will decide how to work to reach your goals.

Finally, after months of preparation, you will be ready for your first steps up. Each person will travel at a different speed on their own trail; you will find the one that works best for you.

WE DON'T CHOOSE PAIN; PAIN CHOOSES US

A climbing journey has some similarities to conquering chronic pain, but also differences. While mountain climbing is optional, chronic pain is not a choice. No one wakes up one morning and says, "I need a challenge, so I will inflict pain on my body and then I will overcome it."

Pain happens as an injury, an accident or a disease. Sometimes it appears without an apparent cause, as with a neuropathy (damage to the nerves) or fibromyalgia. We don't choose pain; pain chooses us.

What is the first obstacle that I see in many of my patients? They deny chronic pain. They don't see the mountain in front of them. And I can't guide them to climb it if they don't believe they have chronic pain.

"Each person will travel at a different speed on their own trail; you will find the one that works best for you."

Are you ready for your journey?

Here's our itinerary:

WHAT IS PAIN?

In *What Is Pain?* we will examine what pain actually is.

Our body has a pain system that acts like the alarm system of a house. When the pain system is working well, pain is a sensation that alerts our brain that something needs to be fixed or eliminated. However, there might be malfunctioning of the pain system itself, leading to false alarms, increased pain volume or short circuits in the brain. They prolong the pain without an injury or disease triggering it. In this chapter:

- We will learn about the three kinds of pain: nociceptive, neuropathic and nociplastic. Basically, nociceptive pain occurs when the alarm system is working well, while neuropathic pain occurs when there is an injury or disease in the pain system, and nociplastic pain occurs because the pain system is intact but malfunctioning.
- When the alarm system of the house malfunctions, we need to fix the alarm system instead of trying to find a fire to put out. Much chronic pain is caused by abnormal pain systems, so we need to learn how to fix the pain system instead of trying to find where the injury causing the pain is.

GETTING A DIAGNOSIS

Next, in *Getting a Diagnosis*, we will visit a pain clinic and learn how a doctor diagnoses chronic pain.

- We will talk about the types of doctors that treat patients with chronic pain, including pain clinics and specialists, and what the doctors will ask you, which tests they might run and why labs and images aren't always necessary.
- Often, a physical examination is all the doctor needs. We will also look at some messages that doctors give their patients and how they can be planting the seeds of pain.

What Is Pain?



Our bodies have a built-in alarm system to alert us of harm. It's called the pain system. It's a complex system that involves the brain, nerves, and muscles. It's designed to protect us from harm.

What Pain Is Not

- It is not a disease. It is a sensation.
- It is not a sign of weakness.
- It is not a sign of aging.
- It is not a sign of a bad character.
- It is not a sign of a bad life.
- It is not a sign of a bad doctor.
- It is not a sign of a bad system.
- It is not a sign of a bad world.
- It is not a sign of a bad future.
- It is not a sign of a bad past.

Everyone Experiences Pain Differently

The experience of pain is highly individual. It's not just about the physical sensation, but also about the emotional and psychological factors. Some people experience pain as a constant background noise, while others experience it as a sharp, sudden attack. The intensity of the pain can vary from a mild ache to a severe, debilitating pain.

FAQ

Why do I have pain all the time and all over my body? There are many reasons for this. It could be a sign of a chronic condition, such as fibromyalgia or chronic pain syndrome. It could also be a sign of a more serious condition, such as a neurological disorder. It's important to talk to your doctor about your pain.

The Pain System

Our body has a built-in alarm system to alert us of harm. It's called the pain system. It's a complex system that involves the brain, nerves, and muscles. It's designed to protect us from harm.

The brain is the central command center for the pain system. It receives signals from the nerves and muscles and decides whether or not to send a pain signal to the brain. The brain also decides how to respond to the pain signal.

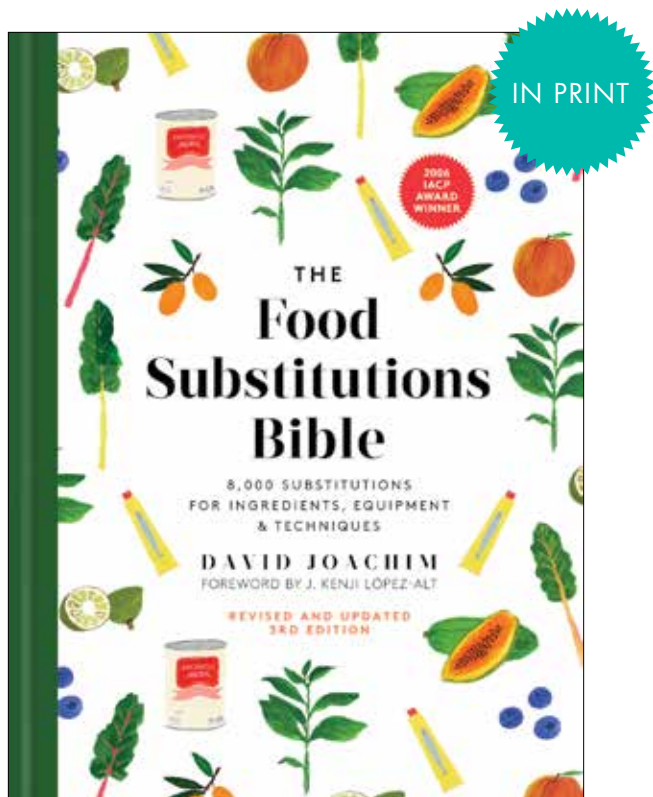
When the pain system is working well, it sends a pain signal to the brain when there is an injury or disease. The brain then sends a signal to the muscles to move away from the injury or disease. This is how the pain system protects us from harm.

How Will I Know if I Have a Chronic Pain Condition?

- 1. Chronic pain is long-lasting.
- 2. Chronic pain is recurrent.
- 3. Chronic pain is severe enough to interfere with your daily life.
- 4. Chronic pain is not caused by an injury or disease.
- 5. Chronic pain is not caused by a medical condition.
- 6. Chronic pain is not caused by a psychological condition.
- 7. Chronic pain is not caused by a lifestyle factor.
- 8. Chronic pain is not caused by a genetic factor.
- 9. Chronic pain is not caused by a hormonal factor.
- 10. Chronic pain is not caused by a nutritional factor.

The diagnosis of a chronic pain condition is based on a combination of factors. These include the duration and severity of the pain, the location of the pain, and the impact of the pain on your daily life. Your doctor will also consider your medical history and any tests that have been done.

Chronic pain is a complex condition that can be difficult to diagnose. It's important to work closely with your doctor to understand your pain and to develop a treatment plan that works for you.



THE FOOD SUBSTITUTIONS BIBLE, THIRD EDITION

8,000 Substitutions for Ingredients, Equipment & Techniques

This full-color, hardcover edition features a brand-new design with a foreword by J. Kenji López-Alt, 8,000 substitutions, custom hand-drawn illustrations by Emily Isabella, and 24 new recipes, increasing the total to 188 recipes

Have you ever been in the middle of making a meal only to discover you have run out of a key ingredient or don't own a specialty pan called for in the recipe? Or maybe, you want to create a different flavor or texture for a tried-and-true family dish by experimenting with something new and exciting.

The answer to these dilemmas? Substitute. But the internet doesn't always have reliable answers or accurate replacements. Winner of an International Association of Culinary Professionals (IACP) award, The Food Substitutions Bible, now in an expanded, updated, and revised third edition, is the authoritative guide to making substitutions in the kitchen.

In one comprehensive, easy-to-use book that's organized from A to Z, bestselling author David Joachim has compiled creative and clear options to solve cooking conundrums. Now it offers more than 8,000 alternative ingredients, equipment, and techniques plus 188 simple recipes, covering emergency substitutions, time-saving substitutions, healthy substitutions, alternatives for hard-to-find ingredients, vegan and kosher alternatives, and ideas for varying the flavor of a dish in countless ways. You'll also find over 30 ingredient guides and measurements tables to help decipher things like choosing fresh chiles and pan size equivalents.



Don't have mirin? Use a mixture of sherry and sugar instead. Looking for a less-rich alternative to whipped cream? Evaporated milk whips up surprisingly well and makes a creamy, lower-calorie substitute you can dollop onto your favorite desserts. Can't find your fondue pot? Use a heavy stoneware dish set on a warming tray or heating pad. David gives you all the information you need to improvise with confidence at home or in a commercial kitchen.

DAVID JOACHIM has written, edited, or collaborated on more than 50 cookbooks. With Andrew Schloss, he co-authored *The Science of Good Food*, which was nominated for a James Beard Award. He also wrote the *A Man, A Can, A Plan* series, which has sold more than 1 million copies. David recently co-wrote *Mastering Pizza* with James Beard Award-winning chef Marc Vetri and *The Wicked Healthy Cookbook* with plant-based chefs Chad and Derek Sarno. He lives in Pennsylvania.

J. KENJI LÓPEZ-ALT is *The New York Times* bestselling author of *The Food Lab* and *Every Night Is Pizza Night*. He is a *New York Times* food columnist; the chief culinary advisor for *Serious Eats*; and the host of *Kenji's Cooking Show*, which has more than a million subscribers on YouTube. He lives in Seattle.

EMILY ISABELLA is a New York-based illustrator. Her clients include Kate Spade and Anthropologie.

ISBN(S): 978-0-7788-0706-3 / 0778807061

PUBLICATION DATE: Available

LIST PRICE: \$49.95 US / \$59.95 CAN

FORMAT & TRIM: HC / 7.5" x 10"

PAGE COUNT: 220,007

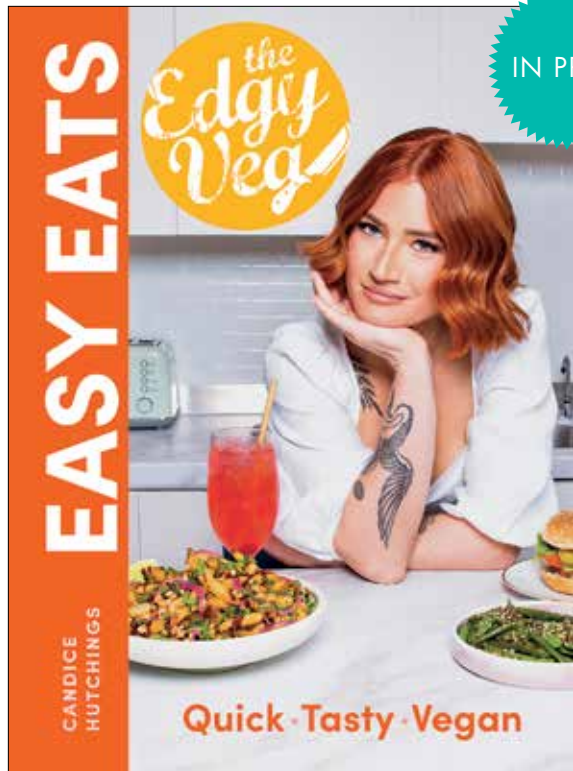
WORD COUNT: 220,007

ILLUSTRATIONS: Full-color and illustrated throughout with 170+ unique illustrations

SUBJECT/ CATEGORY: CKB071000 COOKING / Reference

RIGHTS: World

BLAD



THE EDGY VEG: EASY EATS

Quick • Tasty • Vegan

Mouth-Watering Vegan Food You'll Crave — Everyday

She's back! In her follow-up to the bestselling *The Edgy Veg*, Candice Hutchings, the face of the Edgy Veg YouTube channel (445,000+ Subscribers, 500,000+ Average Monthly Views) returns with *The Edgy Veg Easy Eats*, a collection of 106 brand-new recipes that don't sacrifice creativity or bold flavor for ease or time.

Candice's recipes are always as exciting and original as she is and in these deliciously designed pages, you'll find vegan food built differently. This is food that satiates every craving. Everything from Lazy Lasagna to impress your main squeeze to tasty one-pot dinners like Easy Breezy Creamy Chic-Peas for when you've got a case of the Mondays. Candice is serving you finger-licking and lightning-fast appetizers (think Fancy Fall Charcuterie Board) and no-fuss desserts, such as Chipsy Marshmallow Treats, for when you need a sweet-fix in a hurry. Flip open to any page, and each recipe will take you no longer than 45 minutes to make, while never compromising your need for great taste. In no time at all, you will be serving up dinner with an attitude and a cheeky side.

Whether life throws you lemons or tosses you a bone, we all need to eat — preferably really tasty food — and, as always, Edgy Veg has got your back!

CANDICE HUTCHINGS is the face of the popular Edgy Veg YouTube channel and blog, where she delivers plant-based recipes with comedy and attitude, and the author of the bestselling *The Edgy Veg: 138 Carnivore-Approved Vegan Recipes*. She disrupts the vegan community with her candid and humorous takes on activism not only for animals and plant-based food, but also mental health, the environment, and female empowerment. She lives in Toronto, Ontario, with her three rescue dogs.



ISBNs: 978-0-7788-0703-2 / 0778807037

PUBLICATION DATE: Available

LIST PRICE: \$29.95 US / \$34.95 CAN

FORMAT & TRIM: HC / 7.75" x 10.5"

PAGE COUNT: 256

WORD COUNT: 46,829

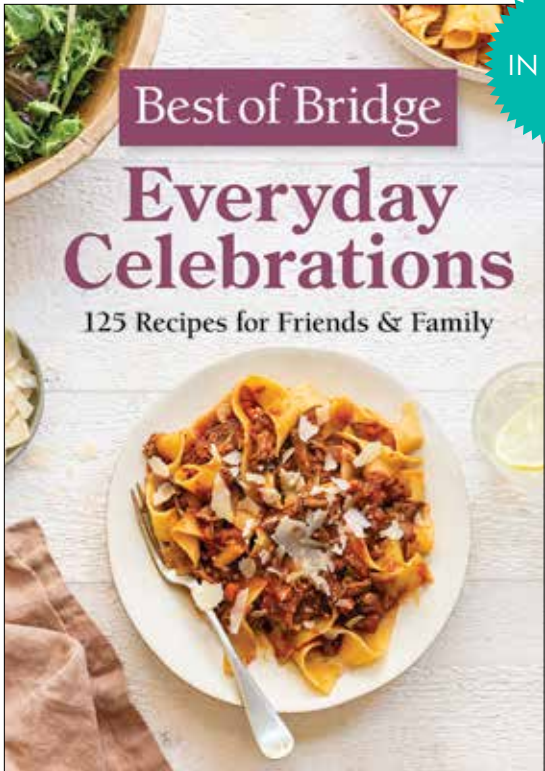
ILLUSTRATIONS: Full-color book including 100 full-color photographs and index

SUBJECT/ CATEGORY: CKB125000 COOKING / Vegan; CKB086000 COOKING / Vegetarian

RIGHTS: World

BLAD





IN PRINT

BEST OF BRIDGE: EVERYDAY CELEBRATIONS

125 Recipes for Friends & Family

Fall 2022 will see a complete reinvention of Best of Bridge. Full color format with 80 photos in hardcover format. New website, new newsletter, increased social media. The new Best of Bridge

As we come through a pandemic that has separated family and friends and inspired home cooks to carefully balance the weekly grocery bill, Best of Bridge is back with a bold new look and style to inspire each of us to find joy and togetherness by bringing delicious food to everyday celebrations.

In Best of Bridge: Everyday Celebrations you'll find 124 brand-new recipes designed in the Bridge style you've come to know and trust, now in a beautifully updated hardcover format. We've also included more photographs than ever, with more than 80 vibrant full-colour photos that bring the recipes to life. If you're reuniting with loved ones for a long overdue holiday get-together, try Make-Ahead Herb and Spice Turkey. Lamb and Pistachio Meatballs with Yogurt Mint Sauce are perfect for an overdue work potluck. If you're having a cozy party just for one or two, the Herbed Cheese and Zucchini Tart partnered with Blueberry Brunch Sangria will have you toasting to your own success. Best of Bridge: Everyday Celebrations brings all the recipes, all the ease, and all the fun.

Best of Bridge is a beloved recipe treasure trove as familiar as apple pie or, more fittingly for its Canadian authors, Nanaimo bars! With over 4 million books sold, Best of Bridge has become a household tradition spanning generations. Best of Bridge recipes are made for everyone. Ingredients are easy to find, directions are easy to follow, and the results are always guaranteed to be delicious.



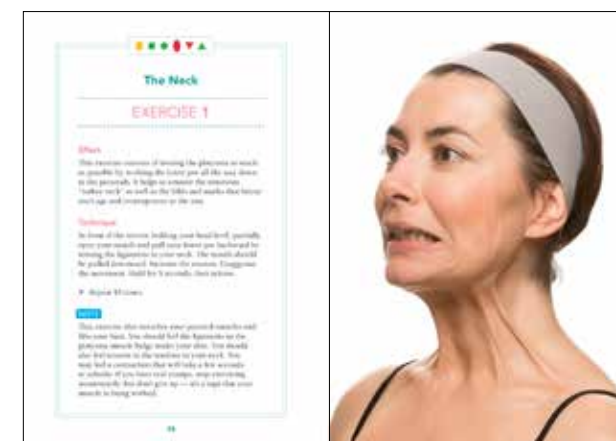
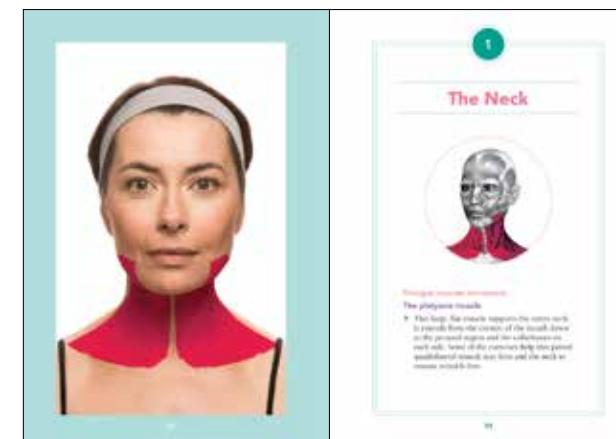
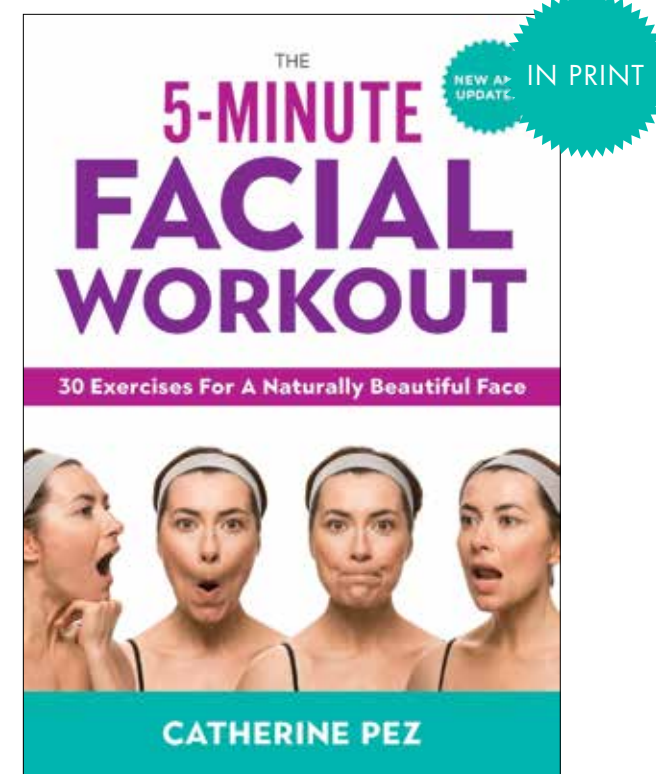
EMILY RICHARDS is a cookbook author, recipe developer, chef and home economist. She lives in Guelph, Ontario.

SYLVIA KONG is a food stylist, home economist and consultant at Savory Palate Consulting. She lives in Calgary, Alberta.

This is their fifth Best of Bridge book.

ISBNs: 978-0-7788-0708-7 / 0778807088
PUBLICATION DATE: Available
LIST PRICE: \$29.95 US / \$34.95 CAN
FORMAT & TRIM: HC / 7.75" x 10.5"
PAGE COUNT: 256
WORD COUNT: 44,583
ILLUSTRATIONS: Full color book including 80+ color photographs and index
SUBJECT/ CATEGORY: CKB029000 COOKING / Entertaining; CKB127000 COOKING / Comfort Food
RIGHTS: World





THE 5-MINUTE FACIAL WORKOUT

30 Exercises for a Naturally Beautiful Face

Updated and expanded 2nd edition of The 5-Minute Facial

Did you know that the structure of your face is made up of more than 50 muscles, and that their fitness, to a large degree, determines its appearance? Just as we can exercise and tone our body's muscles, we can do the same with our facial muscles. This can ultimately make a marked difference in our appearance and can potentially eliminate the need for invasive plastic surgery.

This updated 2nd edition includes a new section on exercises specific to facial shape. Icons identify which face shape is best for each exercise. Performing these facial gymnastics on a regular basis may combat common concerns, including “empty”-looking cheekbones, floppy jowls, relaxed eyelids, wrinkles and unwelcome elasticity. This program requires no special equipment, and each of the 30 exercises feature clear instructions, with a photograph to demonstrate the movement.

CATHERINE PEZ is an ardent believer in natural beauty and has taught her facial gymnastics method for several years. She is convinced that muscles have a significant role in the architecture of the body as well as the face. Catherine teaches regular conferences and workshops, as well as thalassotherapy sessions. She resides in Paris, France.

ISBNs: 978-0-7788-0471-0 / 0778804712

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$19.95 CAN

FORMAT & TRIM: TP / 7" x 10"

PAGE COUNT: 208

WORD COUNT: 22,507

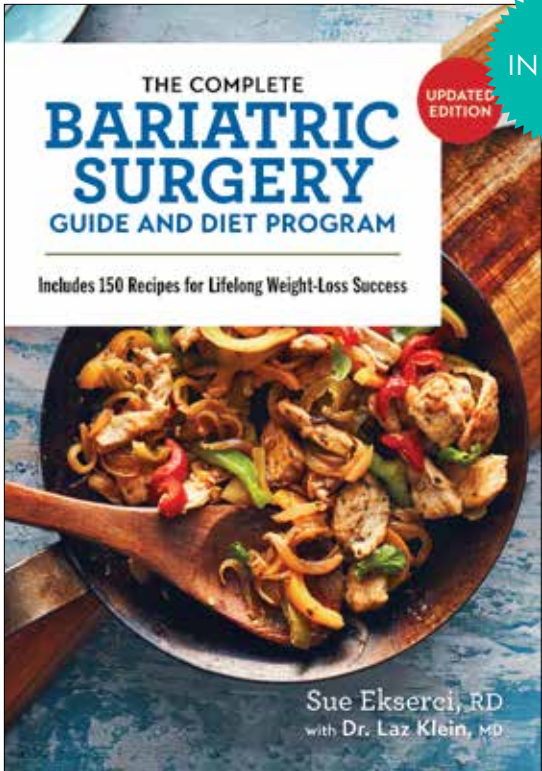
ILLUSTRATIONS: Full color book including 80+ color photographs and index

SUBJECT/ CATEGORY: HEA003000

HEALTH & FITNESS / Beauty & Grooming

RIGHTS: World

BLAD



THE COMPLETE BARIATRIC SURGERY GUIDE AND DIET PROGRAM

Includes 150 Recipes for Lifelong Weight-Loss Success

Find post-surgery confidence, creativity and satisfaction in good food

Bariatric surgery is a procedure designed to help people decrease their food intake and change the way their body handles food — the result being significant weight loss. This new edition of *The Complete Weight-Loss Surgery Guide and Diet Program* (9780778802730) provides up-to-date information on the many procedures that are currently available in North America, including vertical sleeve gastrectomy, duodenal switch and the Roux-en-Y gastric bypass. All the potential risks and benefits associated with each type of bariatric surgery are examined, as well as measures of success, and preparation and recovery instructions. To further ensure success, 150 recipes have been included that have been specially created with weight-loss patients in mind.

SUE EKSERCI, BAsC, RD, has worked at Humber River Hospital in several areas of dietetics, including bariatrics and medicine, and she is currently a dietitian in the hospital's Maternal and Child Program.

LAZ KLEIN, MD, MSc, FRCS(C), is a staff surgeon at Humber River Hospital in Toronto, where he converted the existing bariatric program from “open” to “laparoscopic,” and he is an assistant professor in the Department of Surgery at the University of Toronto.

ISBNs 978-0-7788-0709-4 / 0778807096

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAN

FORMAT & TRIM: TP / 7" x 10"

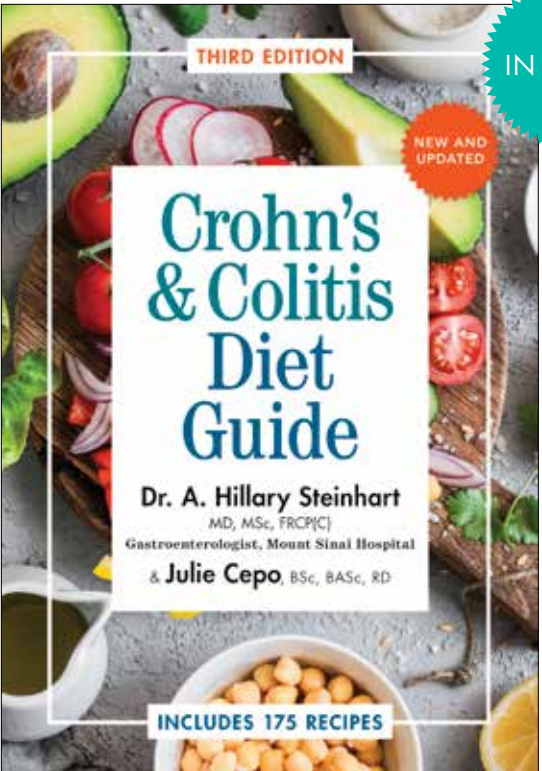
PAGE COUNT: 352

WORD COUNT: 84,199

ILLUSTRATIONS: B&W Diagrams and index

SUBJECT/ CATEGORY: CKB026000 COOKING / Health & Healing / Weight Control

RIGHTS: World



CROHN'S AND COLITIS DIET GUIDE, THIRD EDITION

Includes 175 Recipes

Easy to follow guidance for sufferers, families, friends and caregivers in helping to manage IBD (inflammatory bowel disease) symptoms

Inflammatory bowel disease (IBD) describes a group of conditions, the two main forms of which are Crohn's disease and ulcerative colitis. IBD causes inflammation of your digestive tract, which can lead to abdominal pain, severe diarrhea, fatigue, weight loss and malnutrition.

This updated 3rd edition, in a very informative and easy-to-understand manner, provides all the necessary guidelines regarding the specific foods that might cause problems, as well as IBD-tailored recipes that can be enjoyed without compromising taste and overall nutrition.

DR. A. HILLARY STEINHART, MD, MSc, FRCP(C), is a Gastroenterologist at Mount Sinai Hospital in Toronto and an Associate Professor in the Department of Medicine at the University of Toronto.

JULIE CEPO, BSc, BASc, RD, is the in-patient clinical dietitian for the Gastrointestinal Program at Mount Sinai Hospital. She specializes in parenteral and enteral nutrition support, and perioperative diet education.

ISBNs: 978-0-7788-0478-9 / 077880478X

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAN

FORMAT & TRIM: TP / 7" x 10"

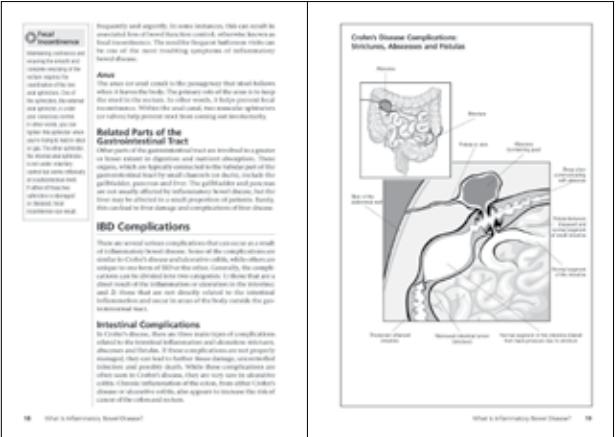
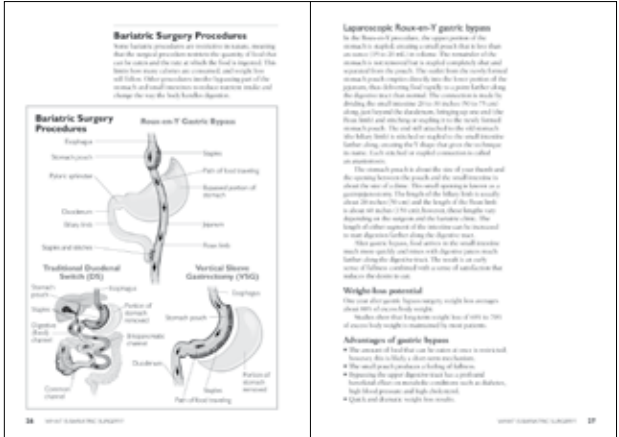
PAGE COUNT: 336

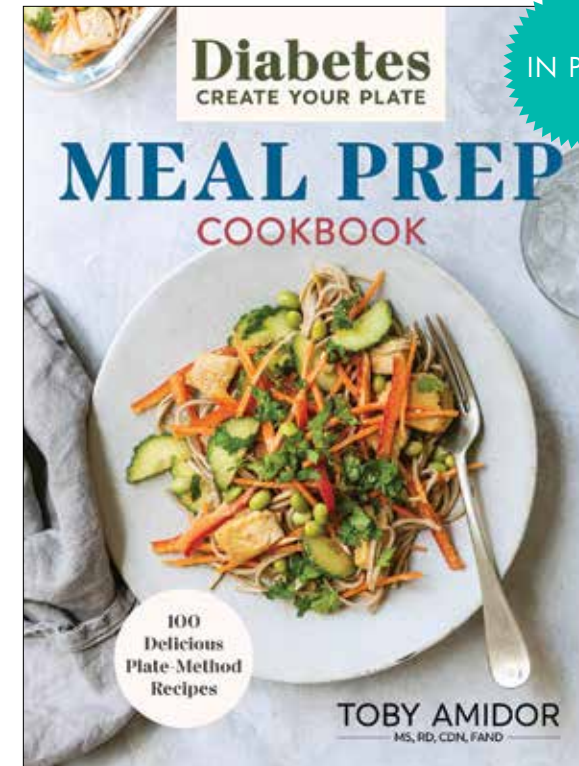
WORD COUNT: 118,283

ILLUSTRATIONS: B&W Diagrams and index

SUBJECT / CATEGORY: HEA039010 HEALTH & FITNESS / Diet & Nutrition / Diets

RIGHTS: World





DIABETES CREATE YOUR PLATE MEAL PREP COOKBOOK

100 Delicious Plate-Method Recipes

Finally, the perfect diabetes meal-prep cookbook everyone has been waiting for!

Diabetes Create Your Plate Meal Prep Cookbook presents and explains the popular Diabetes Plate Method with 100 delicious recipes, and 5 different meal plans that range in complexity for beginners to experienced meal preppers. Specific food safety concerns are outlined for people with diabetes along with helpful tips, and all recipes contain nutritional information and step-by-step guidance for creating multiple dishes at one time.

Meal plans include grocery lists and nutritional information for each individual-serving meal prep container. At-a-glance icons show which recipes are freezer-friendly, one-pot, 30 minutes or less, vegetarian, vegan, dairy-free, gluten-free or a complete plate in one dish. Each recipe is a make-ahead meal designed for preparing in advance so you can confidently grab and go all week long.

TOBY AMIDOR, MS, RD, CDN, FAND, is a Wall Street Journal bestselling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. She is the author of six cookbooks, including *The Best 3-Ingredient Cookbook*, *The Best Rotisserie Chicken Cookbook* and *The Family Immunity Cookbook*. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.



ISBN(S): 978-0-7788-0707-0 / 077880707X

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$29.95 CAN

FORMAT/TRIM: TP / 7.5" X 10"

PAGE COUNT: 288

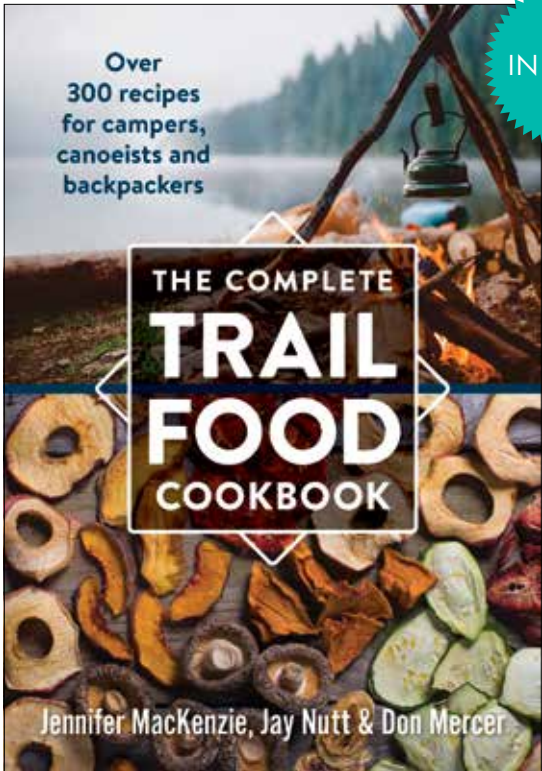
WORD COUNT: 50,996

ILLUSTRATIONS: 80 full color photos

SUBJECT/CATEGORY: Cooking / Health & Healing

RIGHTS: World

BLAD



THE COMPLETE TRAIL FOOD COOKBOOK
Over 300 recipes for campers, canoeists and backpackers

300 appetizing, energizing and easy-to-prepare recipes

These outstanding recipes have been created to appeal to and meet the needs of wilderness and camping enthusiasts. Making your own food is more economical than buying commercial packaged food, and you can customize any recipe to suit your tastes. You'll also benefit from the lack of preservatives.

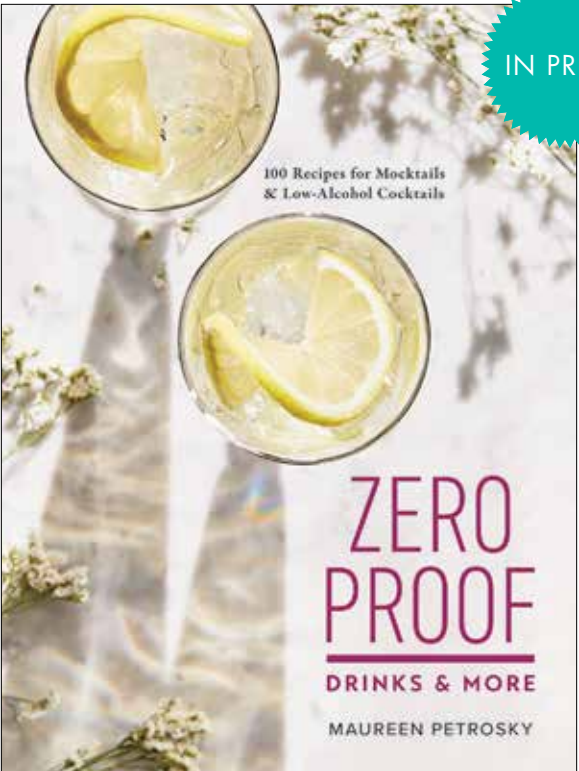
Recipes for breakfast, main courses and high-energy snacks are featured, as well as desserts and beverages. Using dried foods, you can create a wide array of meals, from the everyday to the truly gourmet.

Together, the authors bring a wealth of culinary knowledge and experience to the table. When you add in their enthusiasm for camping, it's clear that they've created the definitive book on trail food.

JENNIFER MACKENZIE is a professional home economist specializing in recipe development and testing. She lives in Lakefield, Ontario.

JAY NUTT is a chef and proprietor of Nuttshell Next Door Cafe in Lakefield, Ontario.

DON MERCER, PH.D., P.ENG., is a professional engineer and an associate professor in the Food Science Department at the University of Guelph.



ZERO PROOF DRINKS & MORE
100 Recipes for Mocktails & Low-Alcohol Cocktails

Leave no guest out and get creative with on-trend drink recipes perfect for every occasion

Zero Proof Drinks & More offers delicious and mindful drinks for every guest and every occasion. Maureen Petrosky, an Entertaining and Lifestyle Expert who appears regularly on NBC's TODAY show and hosts multiple video series on TODAY.com, shares over 100 no-alcohol and low-alcohol recipes for cocktails, spritzers, ciders, coffees, shandys & radlers, and a whole lot more.

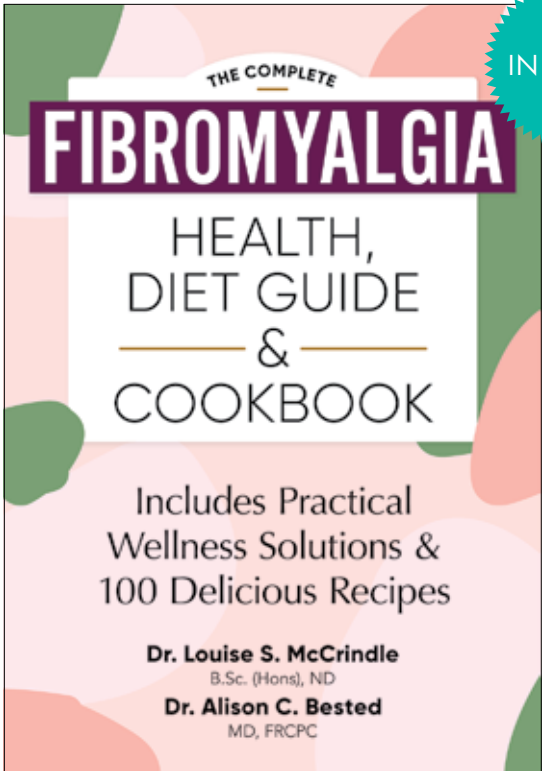
52% of Americans who drink alcohol report that they are actively trying to cut back. The choice for no- and low-alcohol drinking is as individual as the drinks themselves: health concerns; calorie reduction; religion; cultural trends; pregnancy... Zero Proof Drinks & More has the perfect flavor for every pallet along with easy tips and tricks for creating the perfect on trend drink. Mindful drinking is no longer relegated to Dry January – this is now a year-round trend.

MAUREEN PETROSKY appears regularly as an Entertaining and Lifestyle Expert on NBC's Today Show. Author of *The Wine Club* and *The Cocktail Club*, she's also a popular columnist for today.com and thekitchn.com. She currently resides in Bucks County, Pennsylvania.



ISBN(S) 978-0-7788-0675-2 / 0778806758
PUBLICATION DATE: Available
LIST PRICE: \$24.95 US / \$29.95 CAD / £19.95 UK
FORMAT/TRIM: TP / French flaps / 7.5" X 10"
PAGE COUNT: 224
WORD COUNT: 31,059
ILLUSTRATIONS: 85 full color photos
SUBJECT/CATEGORY: Cooking/Drinks
RIGHTS: World





THE COMPLETE FIBROMYALGIA HEALTH, DIET GUIDE AND COOKBOOK
Includes Practical Wellness Solutions & 100 Delicious Recipes

Fibromyalgia affects 1 of 438,900 people in Canada and 1 of an estimated 5 million adults in the United States

This book, written by leading experts, gives common-sense tools that will help fibromyalgia patients help themselves on the road to improvement and perhaps recovery. Not so very long ago, fibromyalgia was thought to be a psychosomatic illness — it was all in your head — and received little attention. Although attitudes have begun to change, it's still difficult to get a doctor to diagnose and treat fibromyalgia.

This outstanding resource provides the necessary hope, support and resources for a condition that is often misunderstood, left undiagnosed and untreated.

DR. LOUISE S. MCCRINDLE, B.SC. (HONS), ND, is a naturopathic doctor currently in charge of the Fibromyalgia and Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Clinic at the Robert Schad Clinic, affiliated with the Canadian College of Naturopathic Medicine in Toronto.

DR. ALISON BESTED, MD, FRCPC, is a hematological pathologist by training who has devoted the last 20 years of her practice to treating patients with fibromyalgia, myalgic encephalomyelitis/chronic fatigue syndrome, and multiple chemical sensitivities. Recently she has been appointed the Medical Director of the Complex Chronic Diseases Program at BC Women's Hospital in Vancouver, British Columbia.

ISBN(S): 978-0-7788-0453-6 / 0778804534

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$24.95 CAD / £16.95 UK

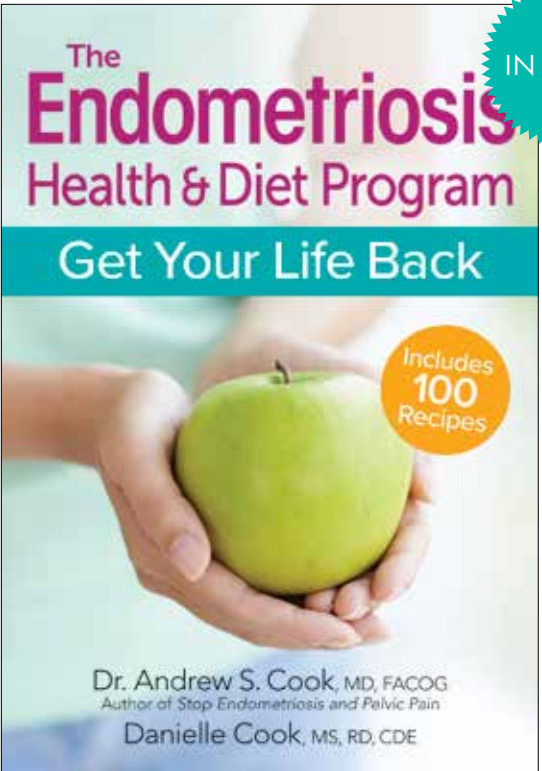
FORMAT/TRIM: TP / 7" X 10"

PAGE COUNT: 288

WORD COUNT: 84,952

SUBJECT/CATEGORY: Health

RIGHTS: World



THE ENDOMETRIOSIS HEALTH & DIET PROGRAM

Get Your Life Back

Endometriosis can have a profound impact on a woman's quality of life and affects 6% to 10% of women worldwide

This timely book dispels the myths surrounding endometriosis and provides recommendations that are easy to understand and follow.

The book is split into four sections. Part 1 provides information on the medical side of endometriosis and how lifestyle factors may impact the disease. Part 2 consists of an integrative lifestyle plan to manage symptoms and potentially slow or halt endometriosis disease progression. Part 3 offers a scientifically based diet plan that addresses the many factors associated with the disease. And Part 4 provides 100 recipes that will help you follow the diet plan.

Whether you suffer from endometriosis or have a loved one who does, the advice in this guide will offer relief and healing.

DR. ANDREW S. COOK, MD, FACOG, is the founder and director of the Vital Health Institute. He is an internationally renowned endometriosis specialist, pelvic pain specialist and women's health expert, as well as a highly respected gynecologic surgeon and a leader in minimally invasive surgical techniques. He has devoted his life to helping women with complex health problems.

DANIELLE COOK, MS, RD, CDE, is the Director of Integrative Medicine at the Vital Health Institute. Danielle has a Master's Degree in nutrition and food science and now specializes in functional preventative nutrition. She is working on her Doctor of Health Science (DHS) in integrative health care.

ISBN(S) 978-0-7788-0562-5 / 077880562X

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$24.95 CAD

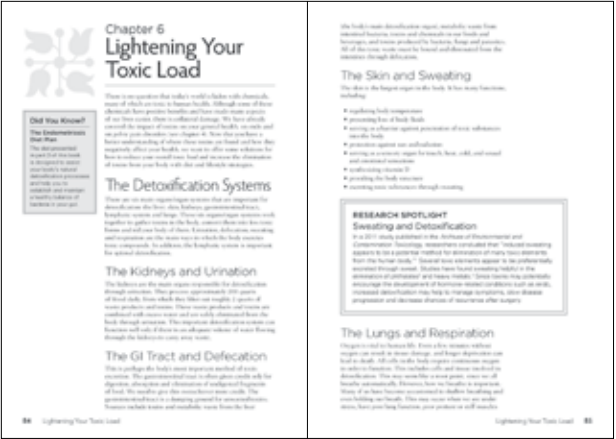
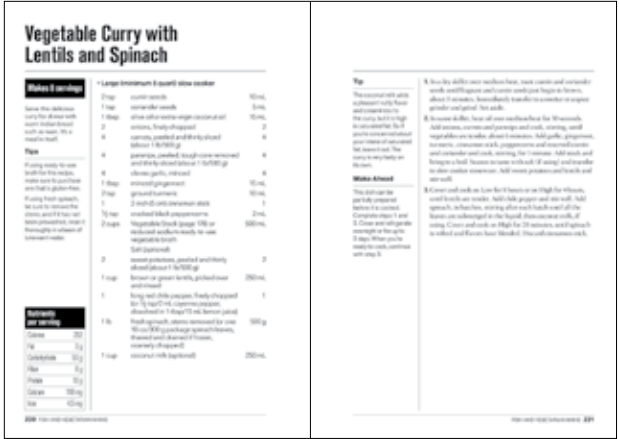
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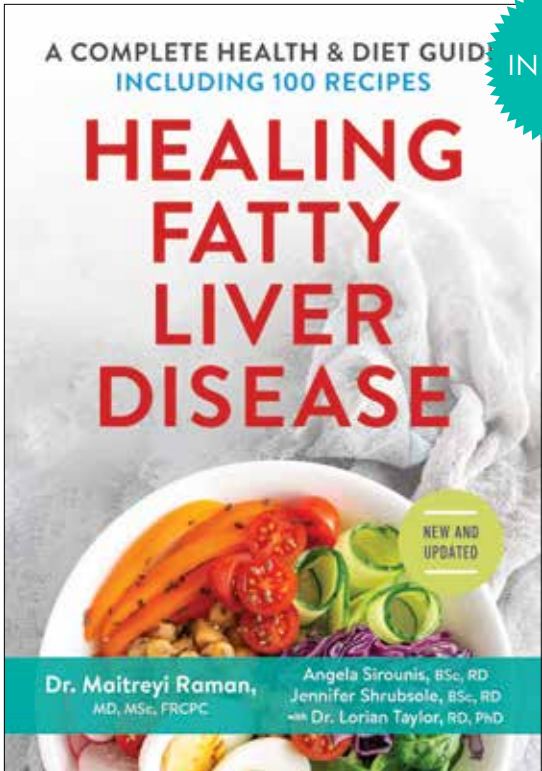
PAGE COUNT: 288

WORD COUNT: 115,502

SUBJECT/CATEGORY: Health

RIGHTS: World





IN PRINT

HEALING FATTY LIVER DISEASE

A Complete Health and Diet Guide, Including 100 Recipes

The most common cause of chronic liver disease in North America

Some people with fatty liver disease simply have excess fat in the liver. Although not normal, it's not serious if it doesn't lead to inflammation or damage. However, once there's a buildup of fat, the liver becomes vulnerable to injury. Others have what's called nonalcoholic steatohepatitis (NASH). NASH can lead to permanent liver damage and cirrhosis.

Both types of nonalcoholic fatty liver disease (NAFLD) are becoming more common. Up to 20% of adults have either fatty liver or NASH.

DR. MAITREYI RAMAN, MD, MSC, FRCPC, is a gastroenterologist and physician nutritionist. She is the medical director of the Southern Alberta Home Enteral and Parenteral Program.

ANGELA SIROUNIS, BSC, RD, is a clinical dietitian at Foothills Medical Centre in Calgary, Alberta, who works in enteral and parenteral nutrition support, in both in- and outpatient settings.

JENNIFER SHRUBSOLE, BSC, RD, is a clinical dietitian at Foothills Medical Centre in Calgary, Alberta. She specializes in enteral and parenteral nutrition support for gastrointestinal medical and surgical patients.

DR. LORIAN TAYLOR, RD, PHD, is a registered dietitian and behavior change specialist. She is the research director for Alberta's Collaboration of Excellence for Nutrition in Digestive Diseases (Ascend) and also a co-founder of LyfEMD.

ISBN(S): 978-0-7788-0437-6 / 0778804372

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAD / £16.95 UK

FORMAT/TRIM: TP / 7" X 10"

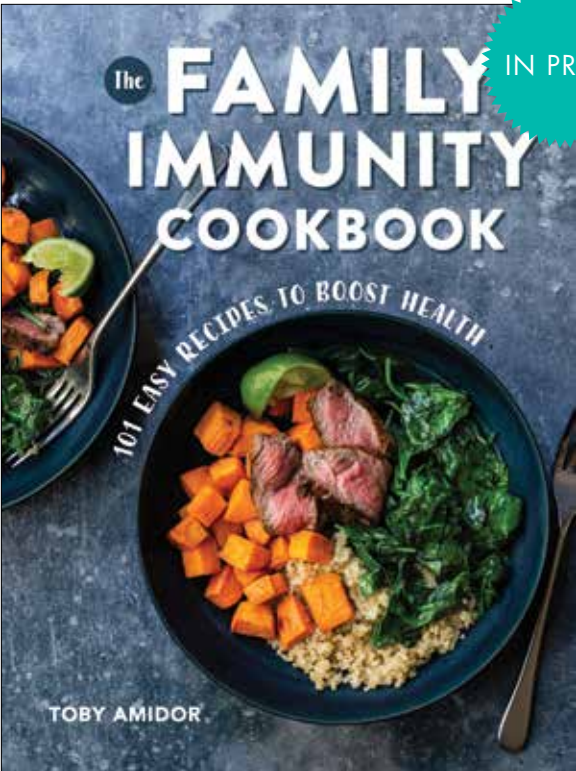
PAGE COUNT: 288

WORD COUNT: 72,414

SUBJECT/CATEGORY: Health

RIGHTS: World

BLAD



IN PRINT

THE FAMILY IMMUNITY COOKBOOK

101 Easy Recipes to Boost Health

An easy-to-follow, family friendly cookbook filled with delicious recipes all designed to boost health, energy and wellness

All of us want to keep our families safe and healthy. We also want to eat delicious and satisfying food. *The Family Immunity Cookbook* includes 25 of the top immune-boosting foods, incorporated into 101 delicious recipes. These are ingredients that provide immune-essential nutrients like vitamin C, vitamin D, zinc, selenium, iron and protein to keep your body's defenses in tip-top shape, or they are foods that help decrease inflammation and boost antioxidant activity.

Bestselling cookbook author and nutritionist Toby Amidor is skilled at making tricky topics fun and easy to understand – she's done the work for you. She expertly describes the nutritional benefits of foods and then weaves them into recipes the whole family will enjoy.

TOBY AMIDOR, MS, RD, CDN, FAND, is a *Wall Street Journal* bestselling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. She is the author of six cookbooks, including *The Best 3-Ingredient Cookbook*, *The Best Rotisserie Chicken Cookbook*, *Smart Meal Prep For Beginners*, *The Healthy Meal Prep Cookbook* and *The Easy 5-Ingredient Healthy Cookbook*. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.

ISBN(S): 978-0-7788-0680-6 / 0778806804

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$29.95 CAD

FORMAT/TRIM: TP / 7.5" X 10" / French Flaps

PAGE COUNT: 256

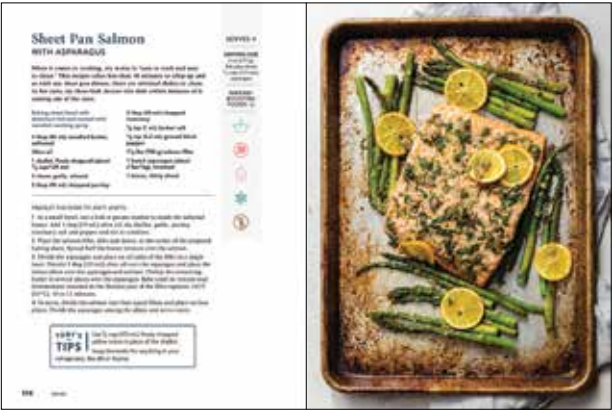
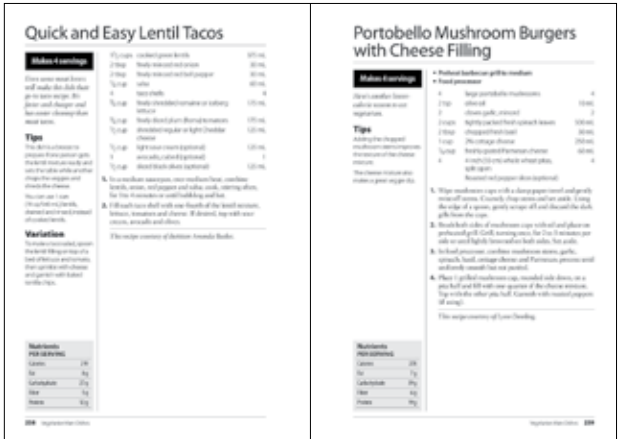
WORD COUNT: 48,545

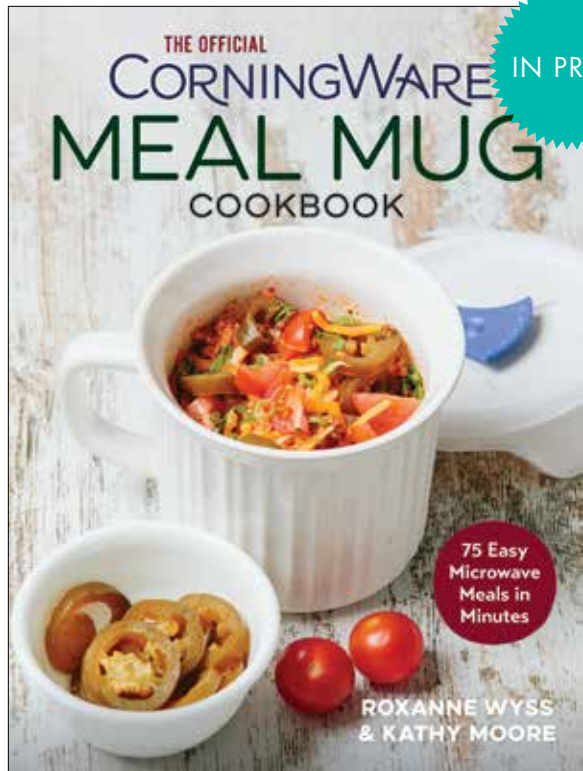
ILLUSTRATIONS: 90 color photos

SUBJECT/CATEGORY: Cooking / Health & Healing / General

RIGHTS: World

BLAD





OFFICIAL CORNINGWARE MEAL MUG COOKBOOK

75 Easy Microwave Meals in Minutes

Whether at school, the office or in your own home, you can have delicious food in minutes every day of the week

The Official CorningWare® Meal Mug® Cookbook gives you can-do solutions for 75 meals in minutes. All you need are our recipes, a CorningWare® Meal Mug®, a few ingredients and a microwave. The results will give you hot, hearty, wholesome home-cooked food every time. And most recipes are designed to be transported in a cool pack, so they can easily go where you go.

Looking for an easy way to make breakfasts, lunches, dinners or snacks? Every recipe has been carefully tested to give you perfect results every time, in and out of the microwave in under 10 minutes. This cookbook, the perfect companion to the CorningWare® Meal Mug®, will inspire you to create delicious, easy meals in minutes wherever you are!

ROXANNE WYSS and **KATHY MOORE** are cookbook authors, food consultants, cooking teachers and bloggers who share their test-kitchen expertise through creative recipes and tips that make cooking easier and more fun. They have written 17 cookbooks, including *Delicious Bundt Cakes*, *Delicious Dump Cakes*, *175 Best Babycakes Cupcake Maker Recipes*, *175 Best Babycakes Cake Pop Maker Recipes* and *The Best Cast Iron Baking Book*. Their popular food blog can be found at www.pluggedintocooking.com.



ISBN(S): 978-0-7788-0705-6 / 0778807053

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$24.95 CAN

FORMAT/TRIM: TP / 7.5" X 10"

PAGE COUNT: 176 pages

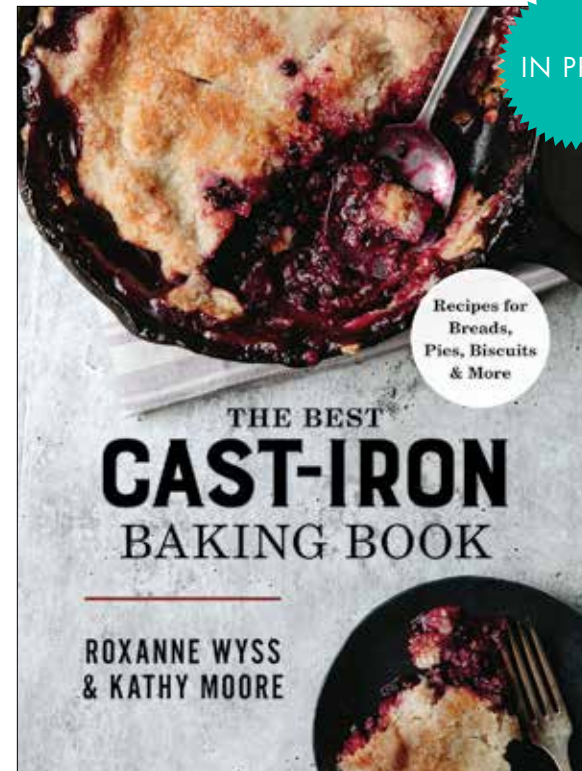
WORD COUNT: 21,573

ILLUSTRATIONS: 75 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



THE BEST CAST-IRON BAKING BOOK

Recipes for Breads, Pies, Biscuits & More

The Best Baking You'll Ever Taste

Many home cooks have learned from relatives and top chefs about the benefits of cooking with cast iron: it infuses food with more flavor, reaches higher temperatures and is naturally nonstick. But did you know cast iron is the key to the most delicious baking you will ever taste?

In *The Best Cast-Iron Baking Book*, veteran cookbook authors Roxanne Wyss and Kathy Moore share over eighty sweet and savory recipes. Everything in this book is cooked in a 10-inch skillet or Dutch oven. You'll find breads, biscuits, cobblers, pies, cakes, pizzas, brownies and much more.

Cast-iron baking is easy — and this cookbook empowers home cooks to bake and use their cast iron confidently. Roxanne and Kathy also include tips for cooking with cast iron and information for how to care for, season and store these versatile products.

ROXANNE WYSS and **KATHY MOORE** are cookbook authors, food consultants, cooking teachers and bloggers who share their test-kitchen expertise through creative recipes and tips that make cooking easier and more fun. They have written seventeen cookbooks, including *Delicious Bundt Cakes*, *Delicious Dump Cakes*, *175 Best Babycakes Cupcake Maker Recipes* and *175 Best Babycakes Cake Pop Maker Recipes*. Their popular food blog can be found at www.pluggedintocooking.com.

ISBN(S): 978-0-7788-0683-7 / 0778806839

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7.5" x 10"

PAGE COUNT: 192 pages

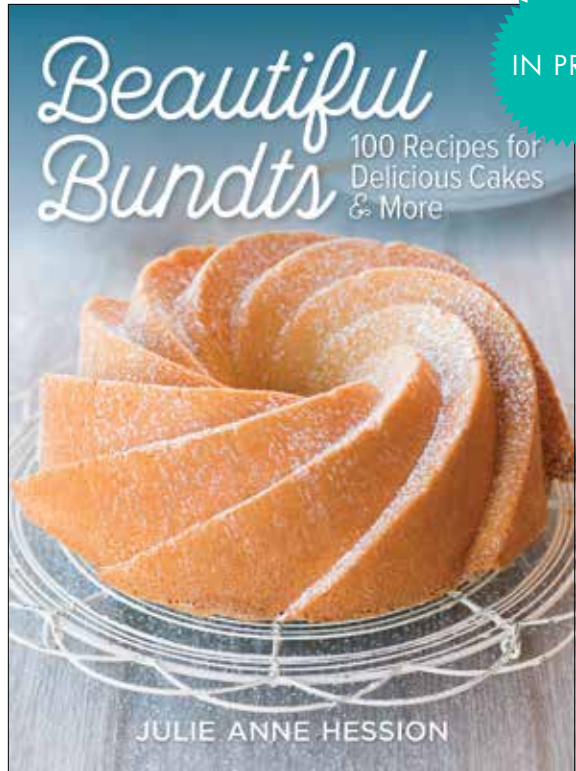
WORD COUNT: 43,177

ILLUSTRATIONS: 60 color photos

SUBJECT/CATEGORY: Cooking / Methods / Baking

RIGHTS: World

BLAD



BEAUTIFUL BUNDT
100 Recipes for Delicious Cakes & More

The appeal of Bundt-style cakes is stronger than ever

The distinctive ring shape of a Bundt pan is more popular than ever, with many next-generation bakers discovering the unique and iconic shape for the first time. Julie has created 100 delicious and versatile recipes — from the retro classics to modern twists — for every occasion. The recipes are simple and easy to make, but the results are nothing short of spectacular. There are vegan and gluten-free options, so absolutely everyone can enjoy these Bundts.

Full color throughout and loaded with photos, this book will show you just how spectacular a slice of Bundt cake can be! And if you're new to baking, Julie has included loads of helpful tips to get you started, from info on key ingredients to how to glaze a cake.

Celebrate the holidays with Cinnamon-Raisin Challah Bundt or impress your guests with Mini Chai-Spiced Bundts with Vanilla Glaze. It's always a good time for the homemade goodness of a Bundt cake.

JULIE ANNE HESSION has combined her love of food with her love of words to become a successful chef, food writer, competitive cook, photographer and food blogger. She took all the photographs for *Beautiful Bundts*. Her sweet creations have been featured in *People*, *O, The Oprah Magazine*, *Better Homes and Gardens* and *Food Network Magazine*.

ISBN(S): 978-0-7788-0576-2 / 077880576X

PUBLICATION DATE: Available

LIST PRICE: \$27.95 CAD / \$24.95 US / £16.95 UK

FORMAT/TRIM: TP / 7.75" x 10.5"

PAGE COUNT: 288

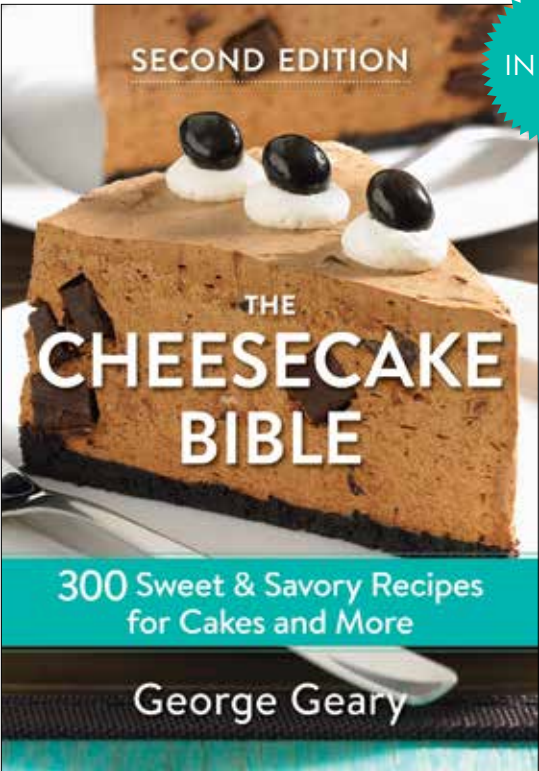
WORD COUNT: 82,534

ILLUSTRATIONS: 100 color photos

SUBJECT/CATEGORY: Baking

RIGHTS: World

BLAD



THE CHEESECAKE BIBLE,
SECOND EDITION

300 Sweet & Savory Recipes
for Cakes and More

The highly anticipated upgraded edition of the definitive book on luscious, decadent cheesecake by a master chef and baker

Beloved for over a decade, this comprehensive resource allows its many readers to indulge in recipes that range from traditional and chocolate to fruity and savory. Now, *The Cheesecake Bible* is back and better than ever with 90 new recipes to satisfy people who eat a gluten-free diet and to answer the recent cultural appetite for more savory cheesecakes.

Iconic recipes include Deep Dark Chocolate Fudge Cheesecake and White Chocolate Velvet Cheesecake with Port Wine Berry Compote. Then there are the more savory options, such as Black Olive and Herb Cheesecake and Blue Cheese Cheesecake with Pecans. With more than 300 recipes, there's a cheesecake for everyone.

The book features extensive how-to instructions, along with sections on equipment, basic tips and techniques for perfect cheesecakes, a list of common ingredients and frequently asked questions from the author's baking classes. It is the ideal guide for beginners and seasoned bakers alike, ensuring that they make the very best cheesecakes.

GEORGE GEARY teaches baking and cooking techniques at more than 100 cooking schools across North America every year. He is a food journalist and the author of five cookbooks.

ISBN(S): 978-0-7788-0618-9 / 0778806189

PUBLICATION DATE: Available

LIST PRICE: \$27.95 CAD / \$24.95 US / £16.95 UK

FORMAT/TRIM: TP / 7" x 10"

PAGE COUNT: 384

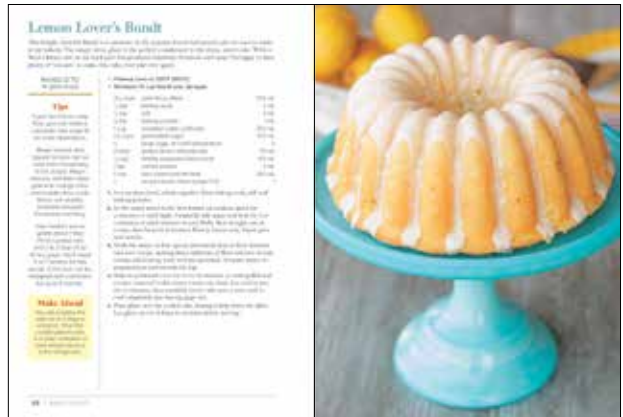
WORD COUNT: 115,197

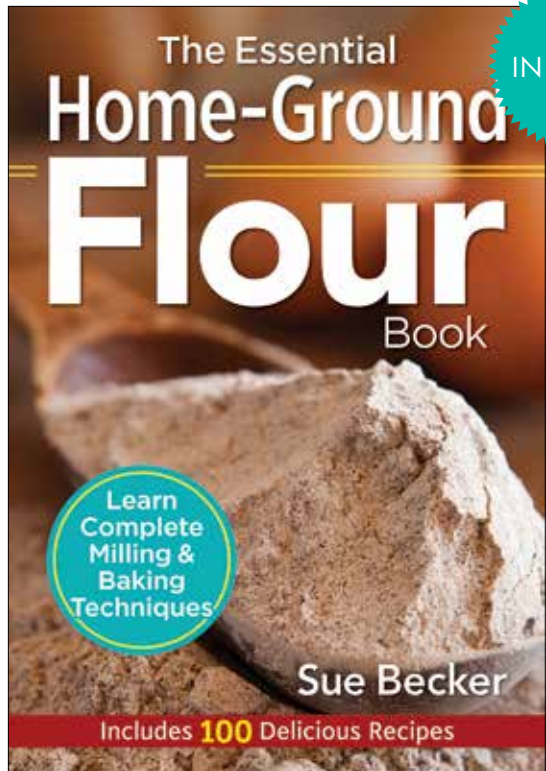
ILLUSTRATIONS: 32 color photos

SUBJECT/CATEGORY: Baking

RIGHTS: World

BLAD





THE ESSENTIAL HOME-GROUND FLOUR BOOK

Learn Complete Milling & Baking Techniques, Includes 100 Delicious Recipes

Learn how to mill and bake flour at home with 100 delicious recipes

Home flour milling can result in food that is more flavorful and more nutritious than its store-bought counterparts. The process can also save a ton of money just in the cost of bread alone, especially for those with special dietary needs and restrictions.

This comprehensive how-to book details the process behind home flour milling and features the history of whole grains and grain anatomy; benefits of commercially milled flour vs. home-milled flour; tools and equipment for home flour milling; baking basics, including mixing methods and techniques; and a thorough description of different grains.

There are also 100 recipes for tasty quick breads, rolls and buns, muffins, pancakes, coffee cakes, biscuits and scones, cookies, brownies and pastries, plus others that are gluten-free, dairy-free and vegan. *The Essential Home-Ground Flour Book* is ideal for anyone who wants to create their own flours.

SUE BECKER is a popular speaker and teacher. She has been teaching others the healthful benefits of whole-grain nutrition and baking with freshly milled flour for nearly 30 years. She is a business owner and has a degree in Food Science from the University of Georgia. She lives in Woodstock, Georgia.



ISBN(S): 978-0-7788-0534-2 / 0778805344

PUB. DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAD / £16.95 UK

FORMAT / TRIM: TP / 7" x 10"

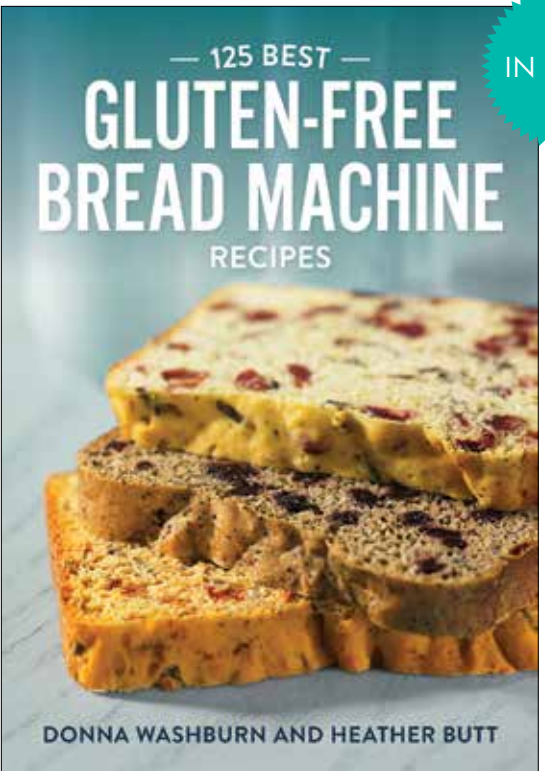
PAGE COUNT: 288

WORD COUNT: 78,525

ILLUSTRATIONS: 16 color photos

SUBJECT / CATEGORY: Cooking

RIGHTS: World



125 BEST GLUTEN-FREE BREAD MACHINE RECIPES

Breads made in your kitchen that taste like they came from the bakery

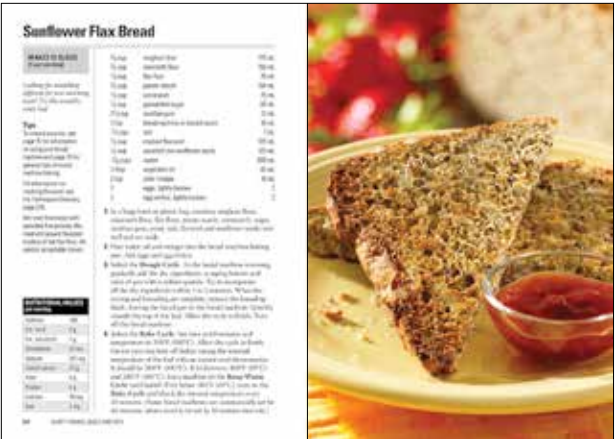
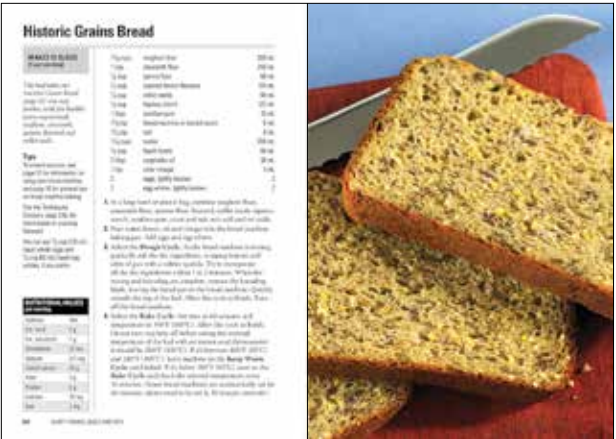
For anyone who enjoys the flavor and aroma of freshly baked bread, nothing beats the convenience of a bread machine. And for those who are managing gluten intolerance, a bread machine makes it easier to prepare their own loaves from scratch, so they can enjoy the food they would otherwise miss the most.

These recipes not only provide delicious results, but are specifically designed to meet the exacting requirements of a bread machine. Each has been extensively tested to ensure a successful product every time, including:

- Egg-Free Corn-Free Lactose-Free Brown Bread
- Italian Herb Bread
- Pumpernickel Loaf
- Sun-Dried Tomato Ciabatta
- Thin Pizza Crust
- Cinnamon Buns

Throughout the book you'll find tips and techniques for using your bread machine, as well as ideas and recipes for creating your own bread mixes. These are recipes everyone can enjoy, whether or not they are affected by gluten intolerance.

DONNA WASHBURN and **HEATHER BUTT** are bestselling authors, food stylists and recipe developers. Their previous gluten-free books have 150,000 copies in print, and their bread machine books have over 300,000 copies in print.



ISBN(S): 978-0-7788-0238-9 / 0778802388

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAD / £16.95 UK

FORMAT/TRIM: TP / 7" X 10"

PAGE COUNT: 256

WORD COUNT: 76,670

ILLUSTRATIONS: 8 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World





The ultimate bread machine recipes

DONNA WASHBURN and **HEATHER BUTT** live in Ontario. They are professional recipe developers and appliance testers. They have written twelve books with more than 385,000 copies in print.

PUBLICATION DATE: Available

FORMAT/TRIM: TP / 7" x 10"

WORD COUNT: 97,562

SUBJECT/CATEGORY: Cooking

BLAD



The ultimate bread machine recipes

DONNA WASHBURN and **HEATHER BUTT** live in Ontario. They are professional recipe developers and appliance testers. They have written twelve books with more than 385,000 copies in print.

PUBLICATION DATE: Available

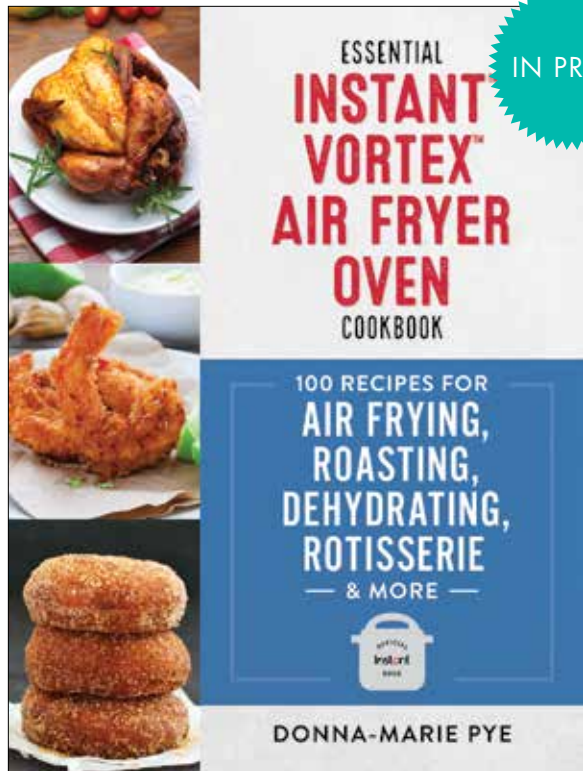
FORMAT/TRIM: TP / 7" x 10"

WORD COUNT: 97,562

SUBJECT/CATEGORY: Cooking

BLAD





ESSENTIAL INSTANT™ VORTEX™ AIR FRYER OVEN COOKBOOK

100 Recipes for Air Frying, Roasting,
Dehydrating, Rotisserie & More

The creators of Instant Pot® have launched the next new sensation, the Instant™ Vortex™ Air Fryer Oven, and this is one of the first official cookbooks on the market to go with it

Essential Instant™ Vortex™ Air Fryer Oven Cookbook is the essential companion to both Instant Vortex Pro Air Fryer Oven, and Instant Vortex Plus Air Fryer Oven, to help you cook in a brand-new way with the hottest new appliances from Instant Pot®. The Instant Vortex Pro Air Fryer Oven includes 9 built-in smart programs; the Instant Vortex Plus Air Fryer Oven includes 7 built-in smart programs: incorporating air fry, bake, roast, toast, proofing, broil, dehydrate and rotisserie, all in one appliance! *Essential Instant™ Vortex™ Air Fryer Oven Cookbook* includes more than 100 all new recipes from bestselling author and chef, Donna-Marie Pye, to create the fastest, healthiest and most flavourful dishes using all of the Instant Vortex smart programs.

DONNA-MARIE PYE is a bestselling author of four cookbooks with more than 300,000 copies in print. In her 20-year career in the food industry, Donna-Marie has worked with companies such as Kraft Foods. She now creates recipes and acts as a media spokesperson for Piller's Fine Foods, Maple Leaf Foods, California Raisins, Dare and others. She is co-owner of Relish Cooking Studio in Waterloo, Canada.

ISBN(S) 978-0-7788-0674-5 / 077880674X

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7.5" X 10"

PAGE COUNT: 192

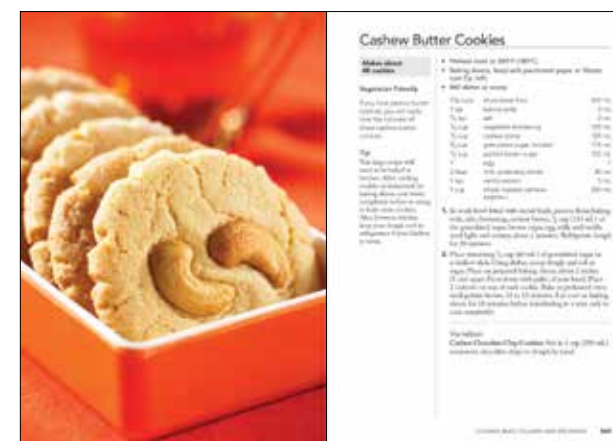
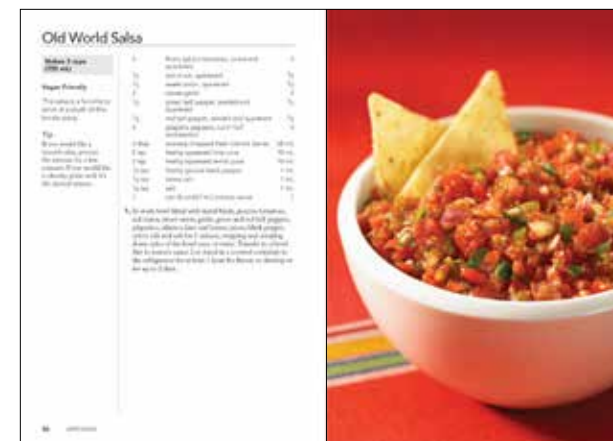
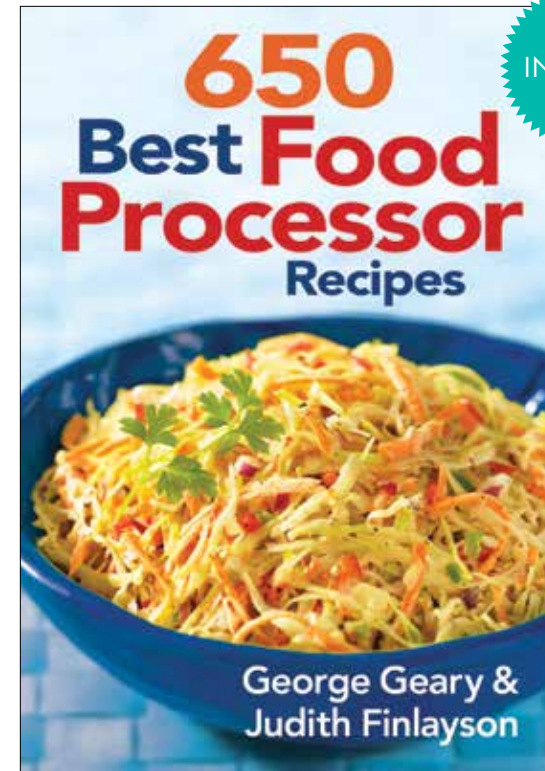
WORD COUNT: 49,100

ILLUSTRATIONS: 18 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



650 BEST FOOD PROCESSOR RECIPES

The ultimate cookbook for creating dishes using a food processor

Most of us have food processors in our kitchens, yet we don't fully maximize their usefulness. These machines can eliminate lengthy prep time and help you prepare fabulous and innovative dishes in minutes.

These delicious and foolproof dishes have been specifically created for the food processor. From appetizers and soups to main courses to cookies and cakes, you'll discover that it's an indispensable kitchen appliance. Many of these delicious recipes have even been designed so that no bowl cleanup is necessary until all the steps are completed.

Also included is information on getting maximum use out of your food processor, equipment and safe usage, basic processor parts and an A to Z of ingredients and how to process them, as well as extensive tips and techniques.

GEORGE GEARY teaches extensively in more than 100 cooking schools across North America every year. He's a regular contributing editor to magazines and newsletters. He lives in Los Angeles, California.

JUDITH FINLAYSON is a food writer, journalist and author. Her slow cooker books have sold over 750,000 copies. She has now written over 10 cookbooks. She lives in Toronto, Ontario.

ISBN(S): 978-0-7788-0250-1 / 0778802507

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAD / £16.95 UK

FORMAT/TRIM: TP / 7" X 10"

PAGE COUNT: 648

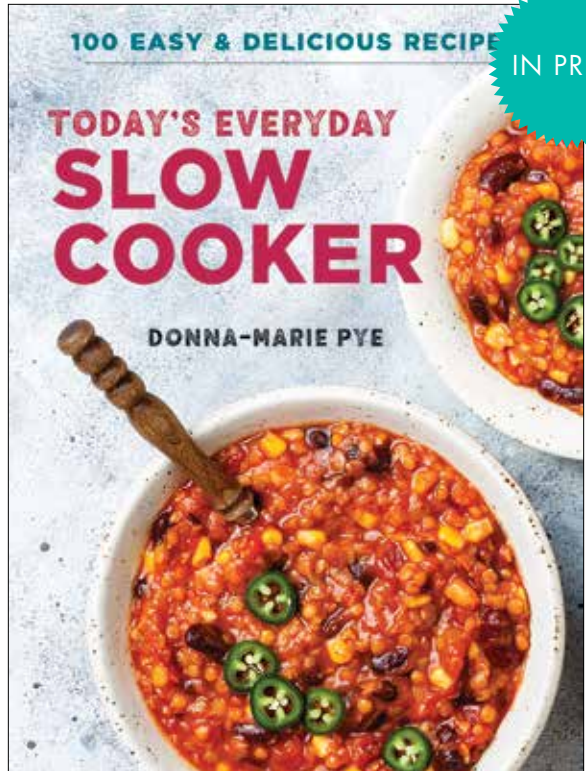
WORD COUNT: 190,000

ILLUSTRATIONS: 32 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



TODAY'S EVERYDAY SLOW COOKER

100 Easy & Delicious Recipes

Cooking trends come and go, but slow cookers continue as a beloved and trustworthy kitchen staple

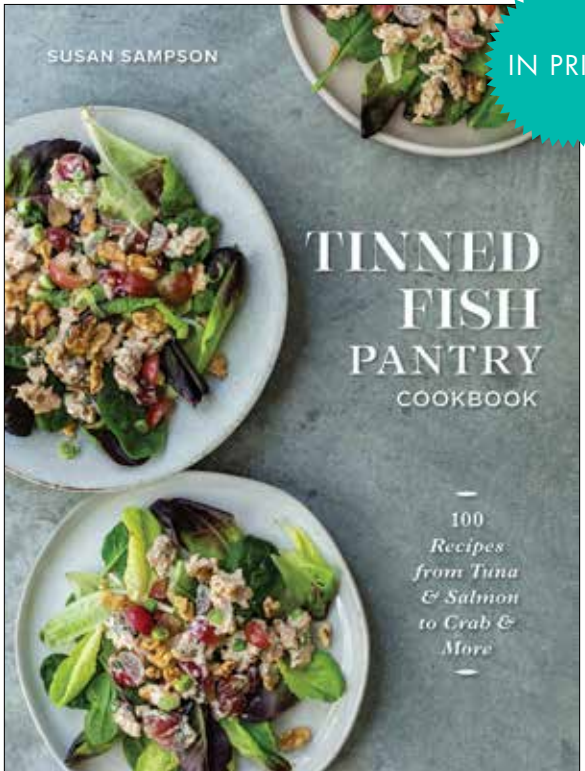
Planning a meal can be almost as satisfying as cooking it. But when life is just too busy to cook, the best meal planner knows a slow cooker can do it all for you.

Today's Everyday Slow Cooker is a collection of Donna-Marie Pye's most popular recipes from her bestselling cookbooks and includes more than 100 recipes updated and perfected for today's kitchen.

Bestselling cookbook author Donna-Marie Pye has chosen her most perfect, easy and economical mealtime solutions for every occasion. Whether you spend your weekends batch cooking, or simply relish the ease and pleasure of coming home after a long day at school or work to a house filled with the savoury smells of old-time Sunday cooking.

DONNA-MARIE PYE is the best-selling author of four cookbooks that have sold over 300,000 copies including *Essential Instant Vortex Air Fryer Oven Cookbook*, *The Best Family Slow Cooker Recipes*, *300 Slow Cooker Favorites* and *300 Slow Cooker Winners*. Donna-Marie lives in Kitchener, Ontario

ISBN(S) 978-0-7788-0676-9 / 0778806766
PUBLICATION DATE: Available
LIST PRICE: \$19.95 US / \$24.95 CAD / £14.95 UK
FORMAT/TRIM: TP / 7.5" X 10"
PAGE COUNT: 192
WORD COUNT: 46,040
ILLUSTRATIONS: 20 full-color photos
SUBJECT/CATEGORY: Cooking
RIGHTS: World



TINNED FISH PANTRY COOKBOOK

100 Recipes from Tuna & Salmon to Crab & More

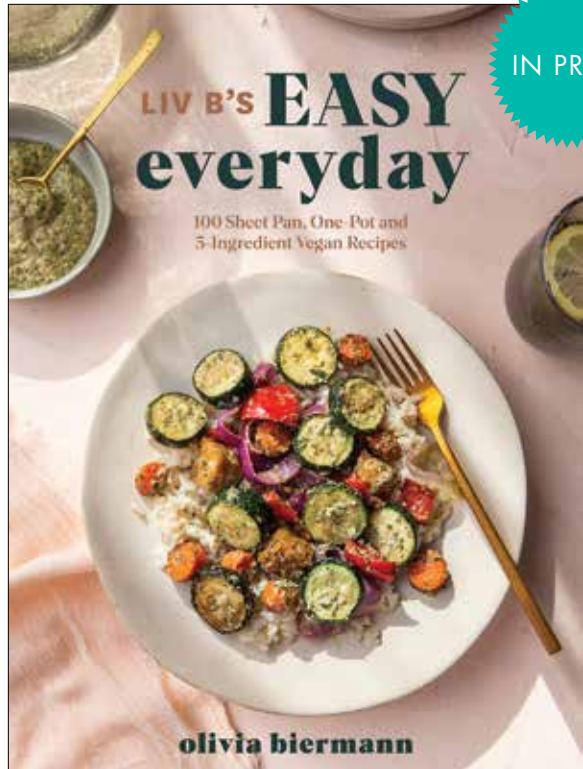
Enjoy the modern convenience, fresh flavors, and reliability of tinned seafood

Tinned Fish Pantry Cookbook: 100 Recipes from Tuna & Salmon to Crab & More, includes 100 classic canned fish and seafood recipes. North Americans already consume about 4 lbs of canned fish and seafood per person annually. With home-cooking and pantry-loading gaining momentum, sales of tinned fish are soaring, some by as much as 100%. That's a lot of tuna casserole! This book is devoted to expanding the range of ways for using tinned fish and shellfish. Why? Because tinned seafood is a great way to consume inexpensive protein in troubled times. Enjoy recipes for salmon, tuna and crab, and then expand your repertoire to include anchovies and sardines. Consumers want safe, healthy, ready-to-eat tinned seafood and we've got the easy and delicious recipes to make every meal its best.

SUSAN SAMPSON is food writer based in Toronto. Susan was born in Budapest, grew up in Toronto's "Goulash Archipelago" and worked for three decades as a newspaper journalist. In the Toronto Star's Test Kitchen, she stirred the pot as an editor, columnist, news and feature writer, recipe tester and product reviewer. Susan was given a Cordon d'Or – Gold Ribbon International Culinary Academy Award for *12,167 Kitchen And Cooking Secrets*. She is also the author of *The Complete Leafy Greens Cookbook*.

ISBN(S): 978-0-7788-0681-3 / 0778806812
PUBLICATION DATE: Available
LIST PRICE: \$19.95 US / 24.95 CAD / £15.95 UK
FORMAT/TRIM: TP / 7.5" x 10"
PAGE COUNT: 192
WORD COUNT: 47,685
ILLUSTRATIONS: 20 full-color photos
SUBJECT/CATEGORY: Cooking
RIGHTS: World





LIV B'S EASY EVERYDAY

100 Sheet Pan, One Pot and 5-Ingredient Vegan Recipes on a Budget

Vegan on a Budget. Simplified

Fans already know Olivia Biermann, from her Liv B YouTube fame (1 million average monthly views!), the Liv B blog (140,000 average monthly views!) and for her effortless and inexpensive plant-based cooking. In this follow-up to her bestselling *Liv B's Vegan on a Budget*, Olivia is back with a new collection of more than 100 recipes that are tastier and easier than ever before — all helping you master plant-based cooking. Everything in this book is cooked with either five ingredients or in one pot or on a sheet pan.

Liv B's Easy Everyday also includes pressure cooker recipes, meal prep and freezing instructions, tips and food substitutions — all to help you streamline your time in the kitchen. Looking to meal prep savory breakfasts for the week? Whip up a batch of Chorizo Tempeh Breakfast Wraps. Hosting a cozy family gathering? Try Sheet Pan Pot Pie. In a world of seemingly endless tasks, to-do lists and people clamoring for our attention, it's no wonder so many of us don't have the time or energy to cook. Olivia is here to help.

OLIVIA BIERMANN is the creator of the *Liv B* blog and YouTube channel. She focuses on a mix of comfort and health-conscious recipes, while keeping everything entirely plant-based. She is the author of the bestselling cookbook *Liv B's Vegan on a Budget*. She's also an avid baker and oat milk latte addict. She lives in Halifax, Nova Scotia.

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FORMAT/TRIM: TP / French flaps / 7.5" x 10"

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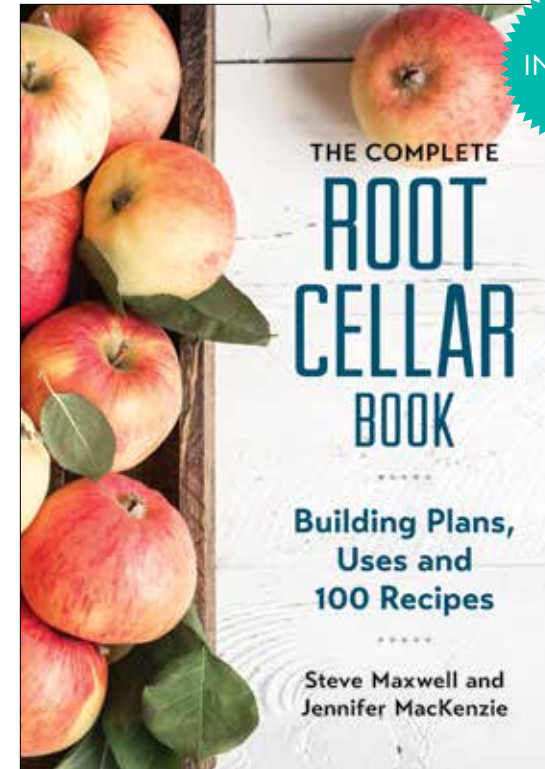
WORD COUNT: 33,175

ILLUSTRATIONS: 85 full-color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



THE COMPLETE ROOT CELLAR BOOK

Building Plans, Uses and 100 Recipes

Root cellars are nature's way of storing fruits, vegetables and preserves

Whether as a way to manage challenging economic times or to retain a garden bounty, root cellars are making a big comeback. This book takes a fresh look at the art and science of building, stocking and living well with a root cellar. It includes detailed and illustrated construction guides for making four different kinds of root cellars, including never-before-seen models for apartment- and condo-dwellers and homeowners without a basement.

Must-know information on how to choose, store and manage a supply of vegetables, fruits and preserves is included, as well as 100 recipes that incorporate your stored produce into both classic and innovative dishes, with a focus on good nutrition.

There's truly no better or more natural way to store food than in a root cellar. Everything you need to know about this time-honored tradition can be found within the pages of this book.

STEVE MAXWELL is a cabinet-maker, builder and award-winning home improvement author. He is also a photographer, videographer and seminar leader. Over the past two decades, Steve's magazine and newspaper articles have appeared in publications across North America.

JENNIFER MACKENZIE is a professional home economist and author with 15 years of experience in recipe development, testing and editing.

ISBN(S): 978-0-7788-0243-3 / 0778802434

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$27.95 CAD / £16.95 UK

FORMAT/TRIM: TP / 7" X 10"

PAGE COUNT: 264

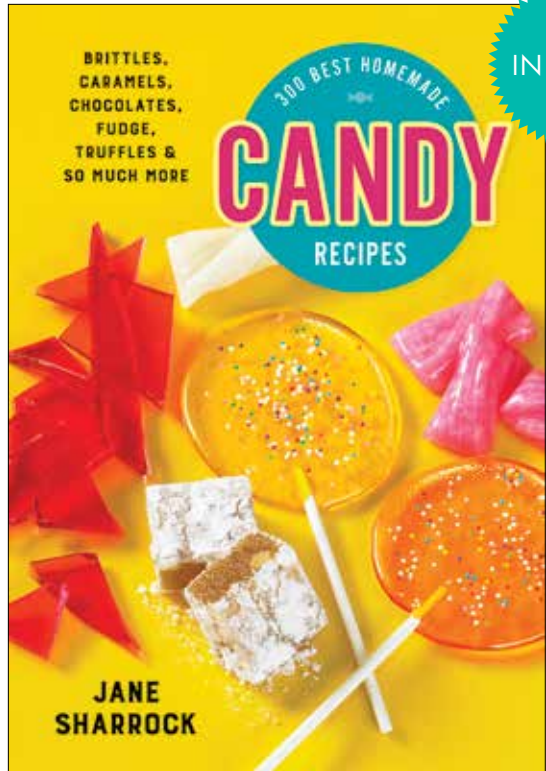
WORD COUNT: 92,729

ILLUSTRATIONS: 25 technical illustrations

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



300 BEST HOMEMADE CANDY RECIPES

Brittles, Caramels, Chocolates, Fudge, Truffles & So Much More

The step-by-step candy bible for beginners and accomplished candy-makers alike

With hundreds of recipes for sumptuously mouthwatering candies, chocolates, pralines, crèmes, fudges, toffee, holiday treats and no-bake cookies, this candy bible covers everything from the traditional to the exotic.

Complete with easy-to-follow instructions and step-by-step photos, it's a treasure trove of information and inspiring recipes. Many of us are intimidated by the thought of making our own candies, but Jane shows us how to master a few basic principles that every candy-maker should know. Before you know it, you're producing these delicious homemade goodies in your own kitchen.

The Candy Cooking Guide, metric charts, candy glossary and problem/solution section answer virtually every question or concern, truly making this a candy bible!

JANE SHARROCK is a third-generation candy-maker from a large extended family in Oklahoma. Before sharing her passion for candy-making, she had a long, successful career in the information technology field.

ISBN(S): 978-0-7788-0475-8 / 0778804755

PUBLICATION DATE: Available

LIST PRICE: \$24.95 US / \$24.95 CAD / £16.95 UK

FORMAT/TRIM: TP / 7" X 10"

PAGE COUNT: 288

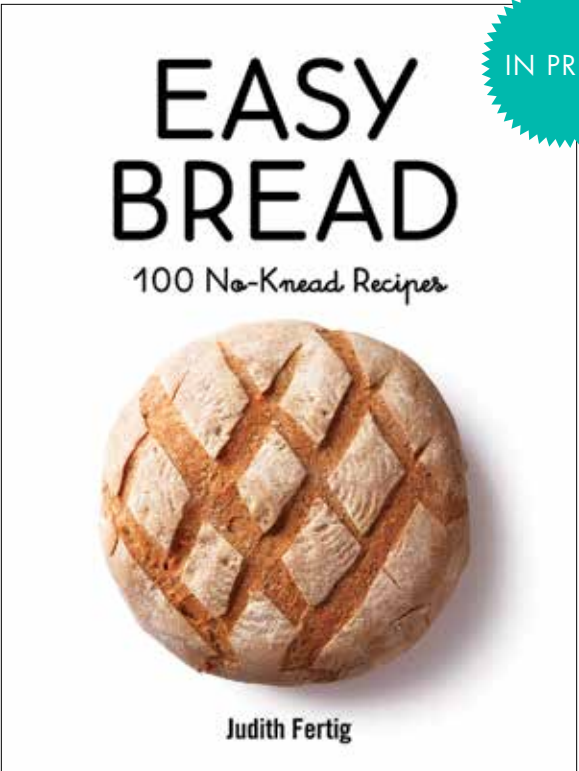
WORD COUNT: 107,732

ILLUSTRATIONS: 32 color photos

SUBJECT/CATEGORY: Cooking

RIGHTS: World

BLAD



EASY BREAD

100 No-Knead Recipes

Yes, you can have wonderful, home-baked bread any day of the week

Easy Bread will change the way you think about baking bread. Skip the traditional rounds of kneading and rising. With dough always ready to go, you'll be serving up glorious, fresh-baked breads in no time! Award-winning cookbook author Judith Fertig shares her expertise with a simplified, step-by-step technique and clear, detailed recipes easy enough for even beginning bread bakers. Start with a simple French loaf or pizza dough and quickly advance to filled breads, bagels and flaky buttery croissants. Prepare delicious bread toppings and fillings, like artisan butter, cinnamon sugar and caramelized onions, ready for whenever a craving for sweet or savory strikes.

Baking bread was never so easy — or so satisfying!

JUDITH FERTIG is an award-winning and bestselling cookbook author, specializing in baking, barbecue, and the regional cuisine of the North American Heartland. Her food and lifestyle writing has appeared in *The New York Times*, *The London Sunday Times*, *Bon Appetit*, *Food & Wine*, *Natural Awakenings*, *Better Homes & Gardens*, *Saveur*, *Fine Cooking*, and *Eating Well*. Fertig has appeared on the Food Network and many TV and radio programs.

ISBN(S): 978-0-7788-0684-4 / 0778806847

PUBLICATION DATE: Available

LIST PRICE: \$19.95 US / \$24.95 CAD

FORMAT/TRIM: TP / 7.5" X 10"

PAGE COUNT: 224

WORD COUNT: 52,572

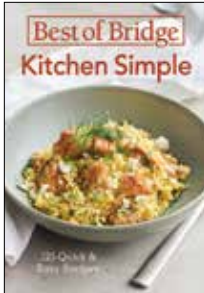
ILLUSTRATIONS: 60 color photos

SUBJECT/CATEGORY: Cooking / Courses & Dishes / Bread

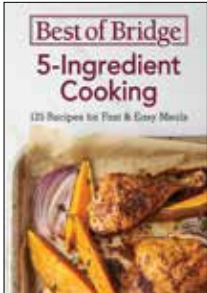
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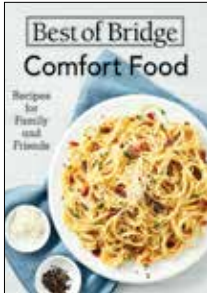




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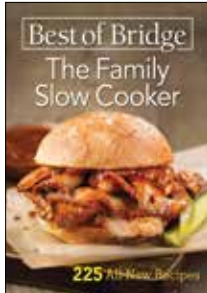
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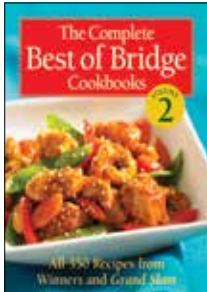
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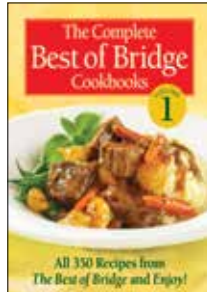
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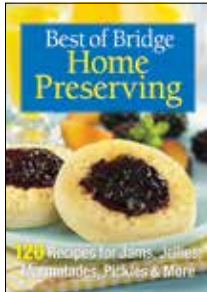
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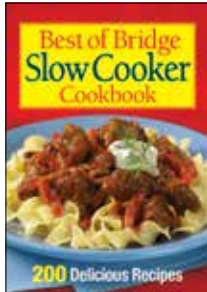
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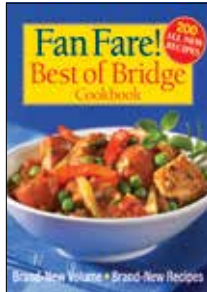
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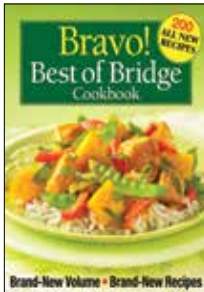
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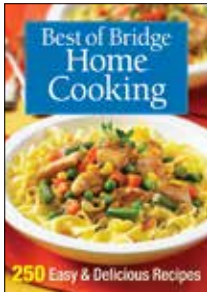
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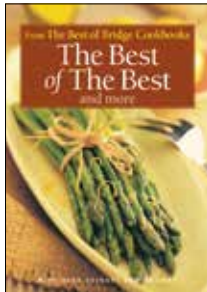
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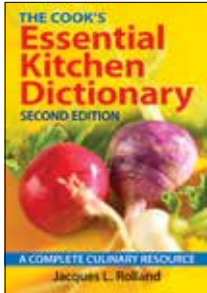
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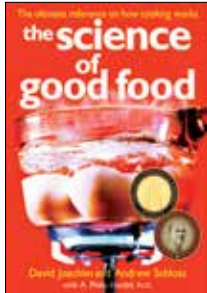
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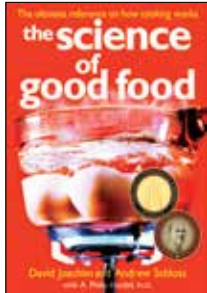
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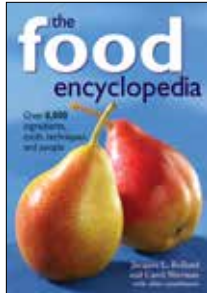
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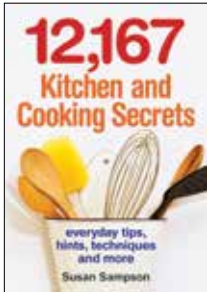
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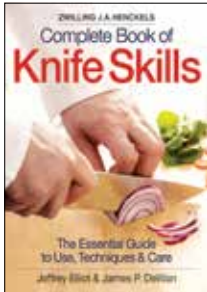
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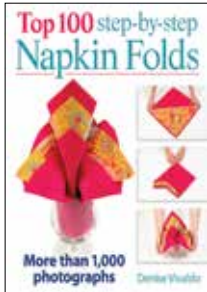
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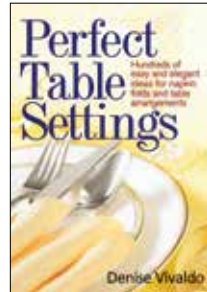
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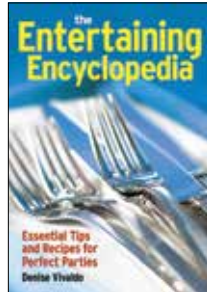
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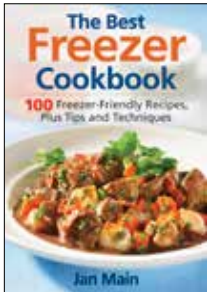
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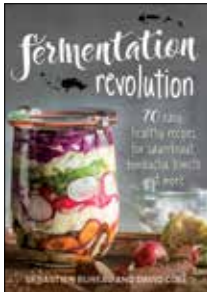
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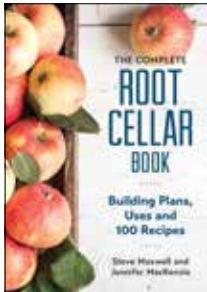
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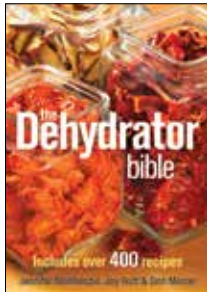
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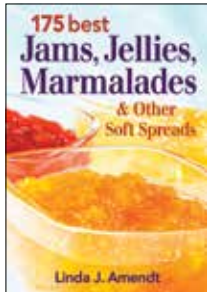
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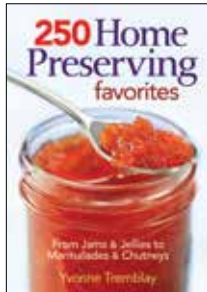
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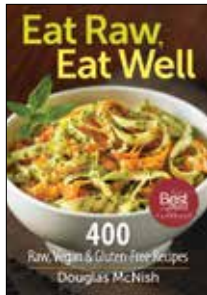
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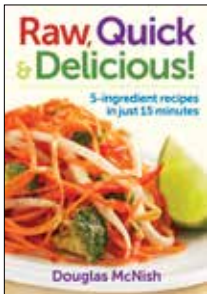
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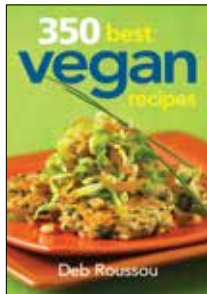
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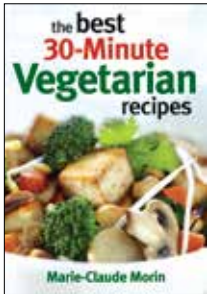
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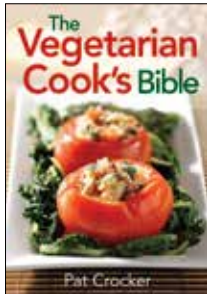
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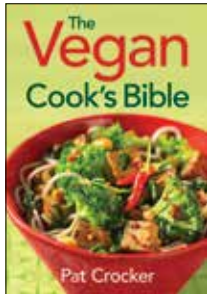
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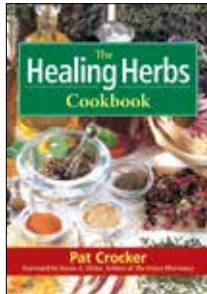
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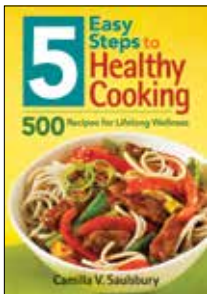
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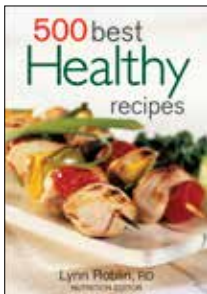
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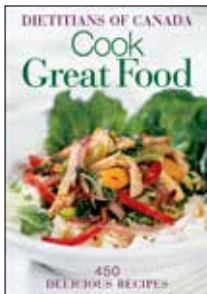
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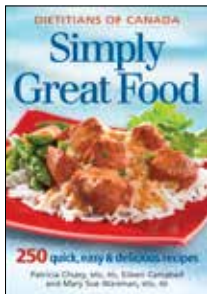
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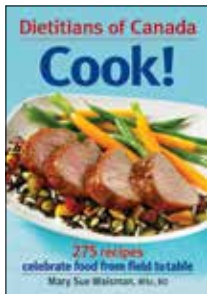
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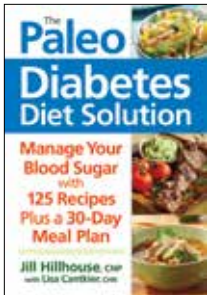
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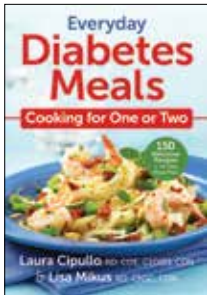
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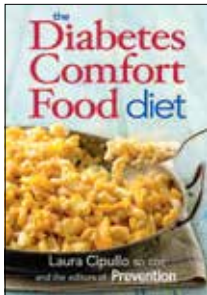
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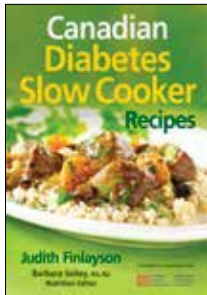
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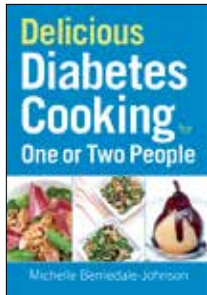
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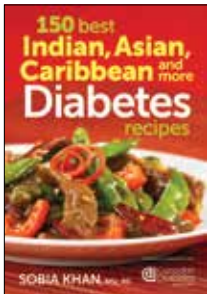
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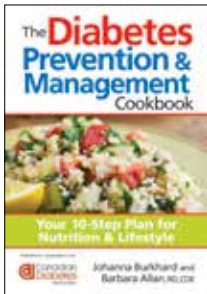
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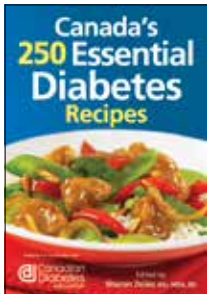
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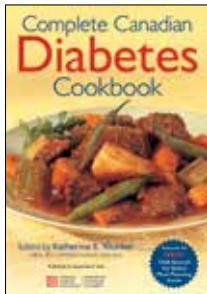
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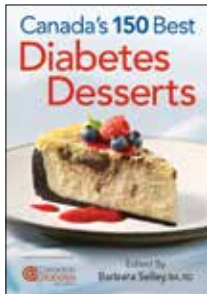
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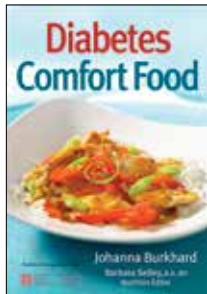
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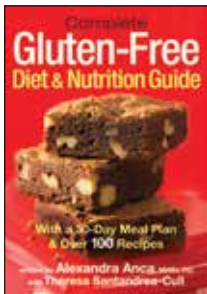
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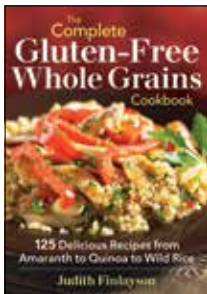
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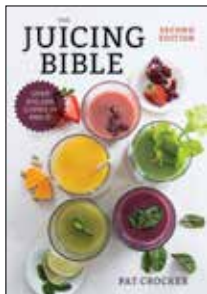
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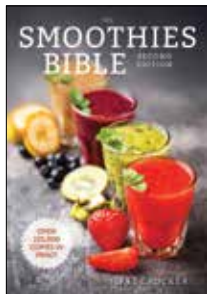
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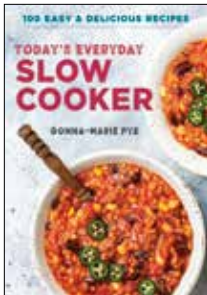
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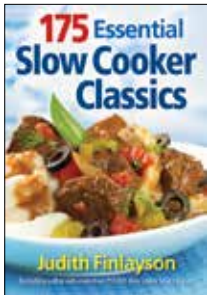
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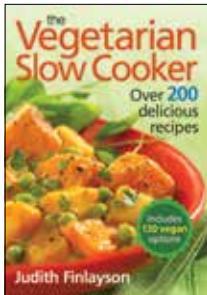
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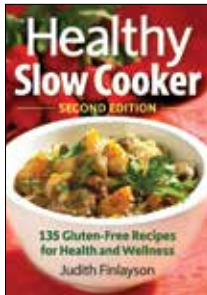
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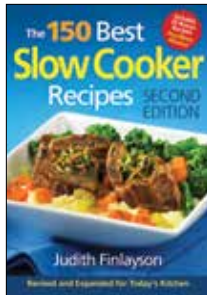
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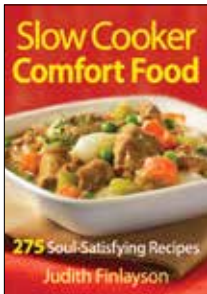
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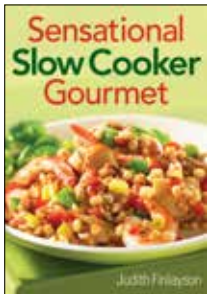
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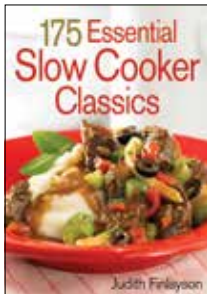
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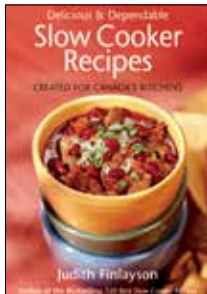
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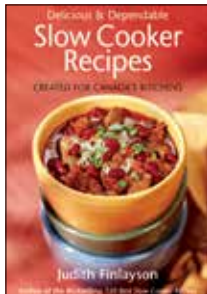
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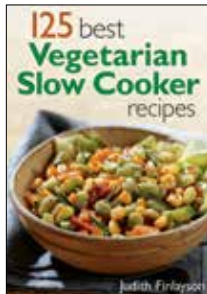
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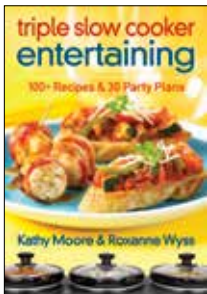
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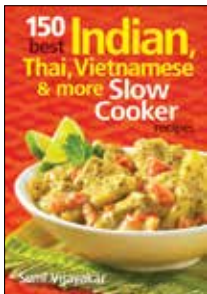
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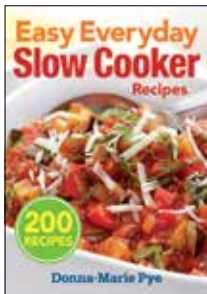
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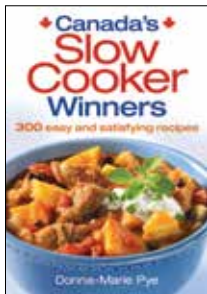
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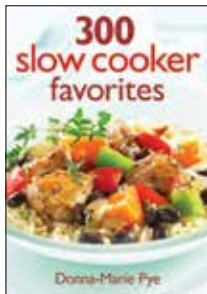
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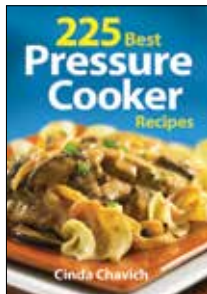
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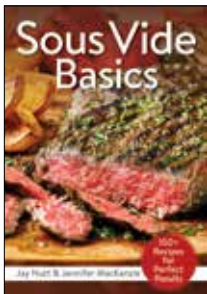
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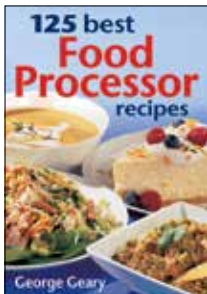
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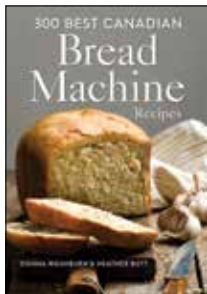
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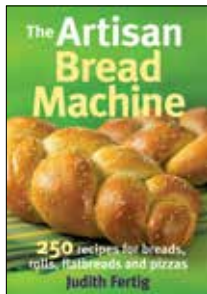
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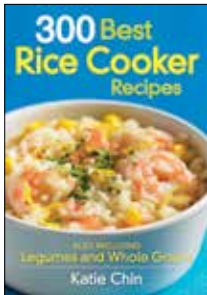
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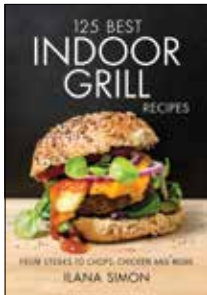
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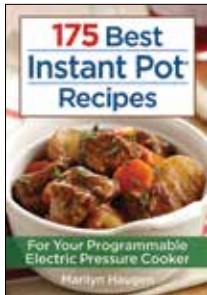
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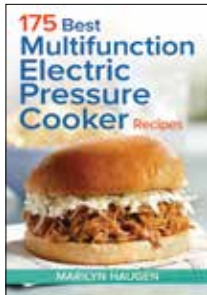
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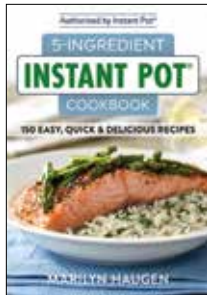
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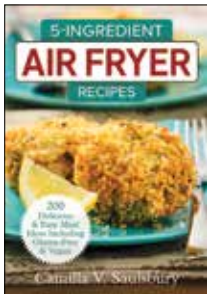
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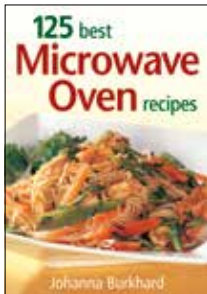
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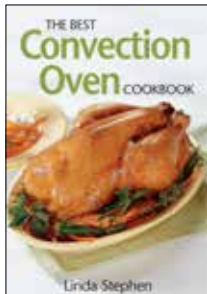
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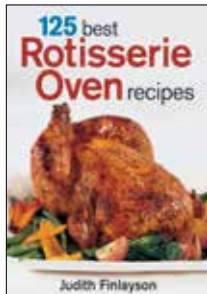
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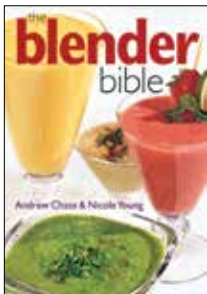
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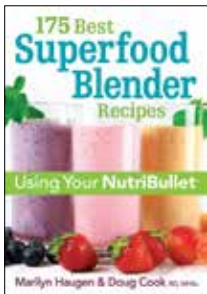
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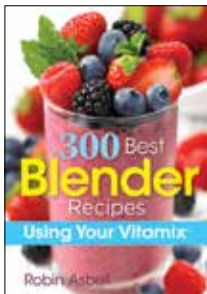
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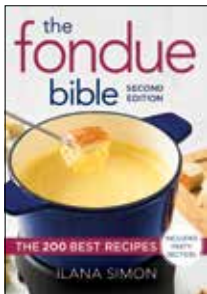
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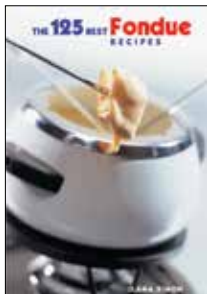
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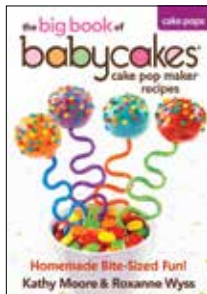
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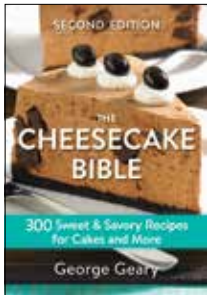
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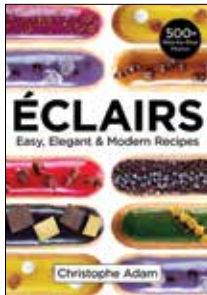
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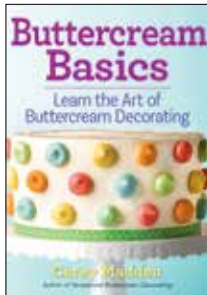
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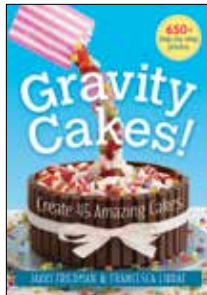
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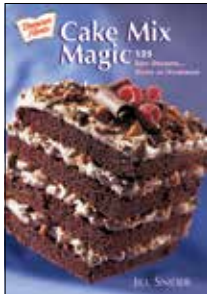
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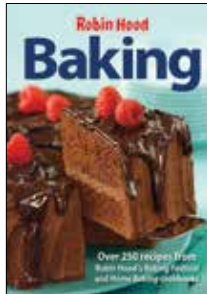
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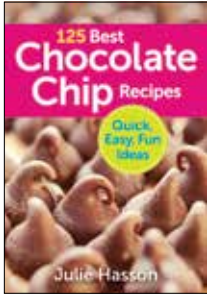
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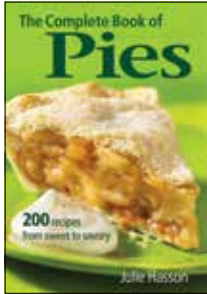
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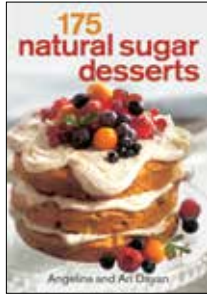
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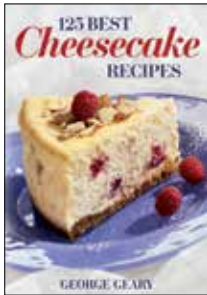
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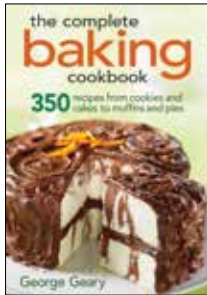
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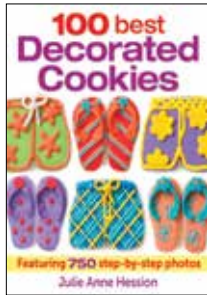
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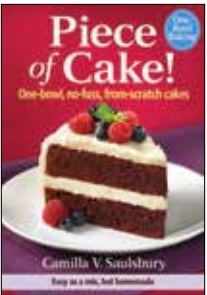
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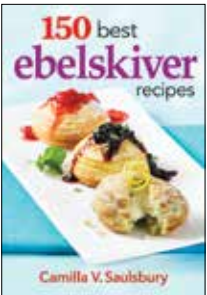
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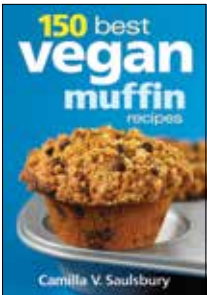
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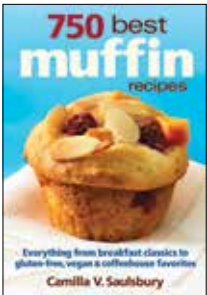
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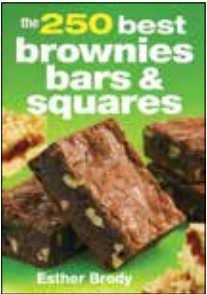
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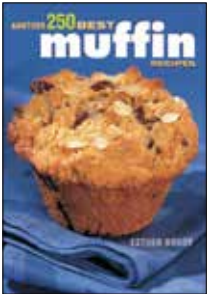
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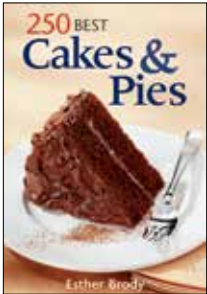
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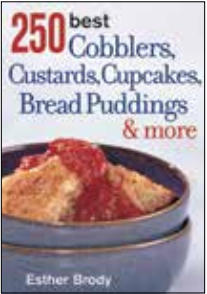
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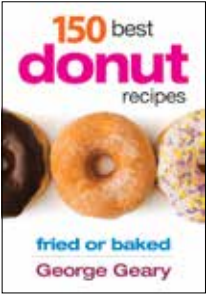
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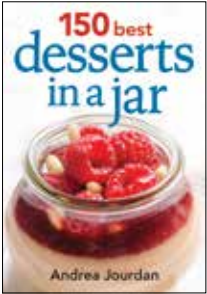
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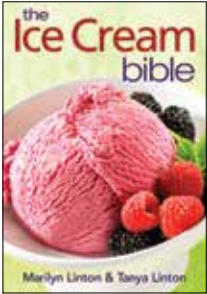
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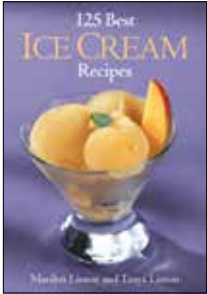
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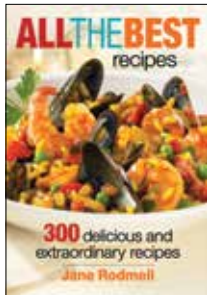
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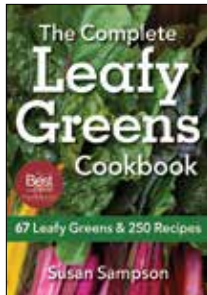
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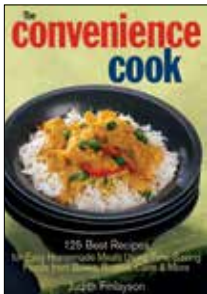
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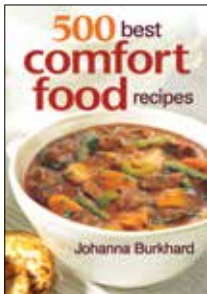
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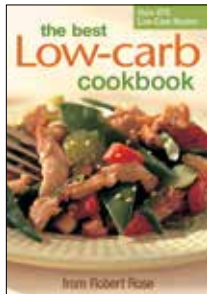
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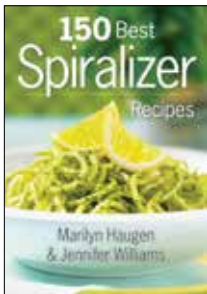
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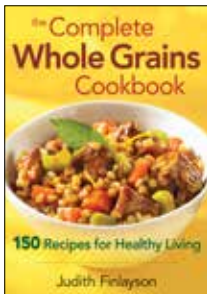
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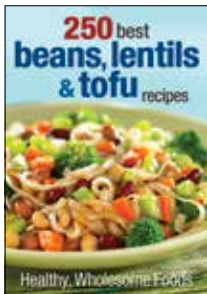
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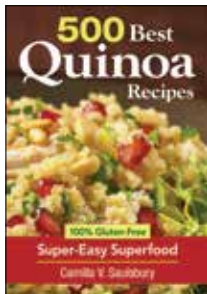
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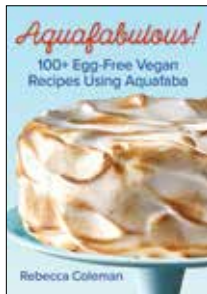
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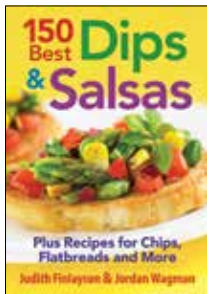
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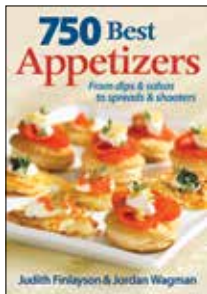
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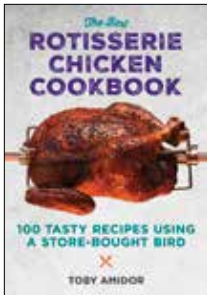
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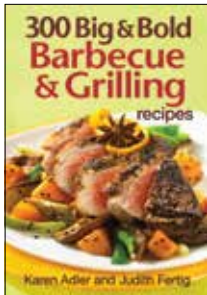
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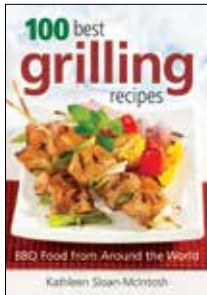
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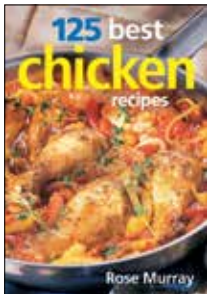
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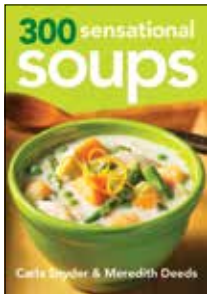
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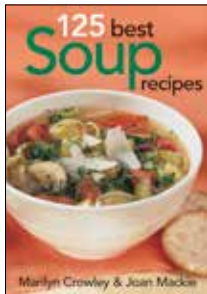
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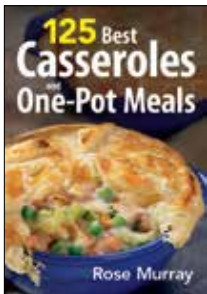
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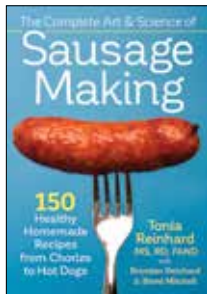
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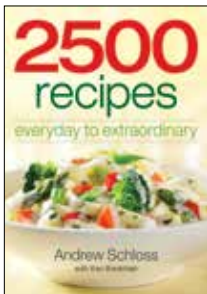
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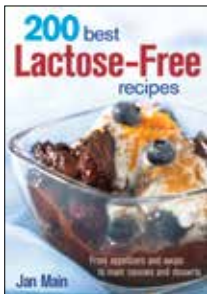
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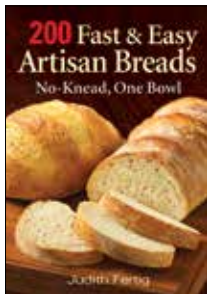
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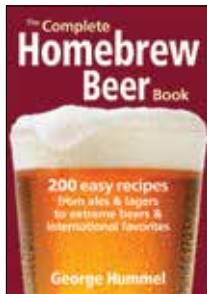
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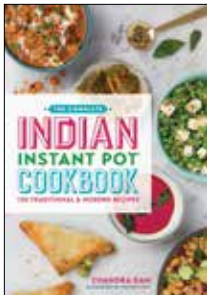
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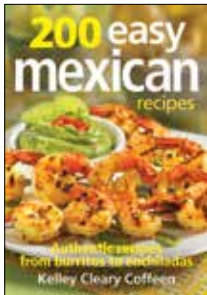
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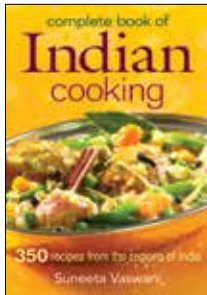
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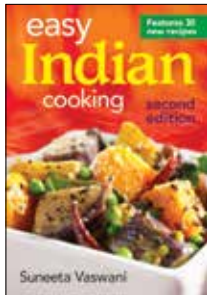
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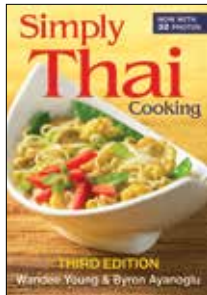
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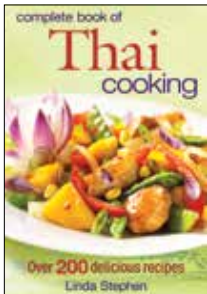
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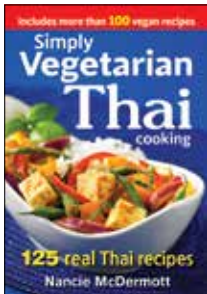
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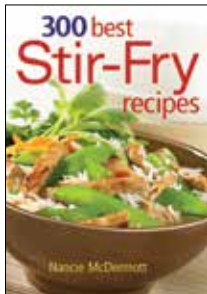
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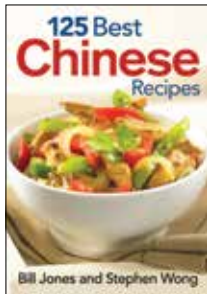
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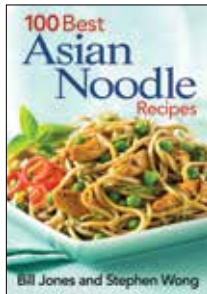
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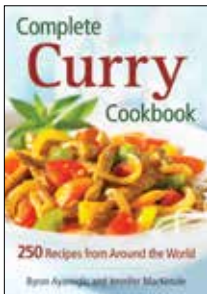
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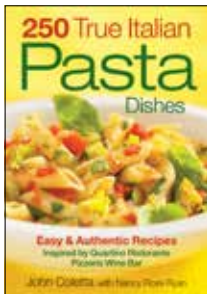
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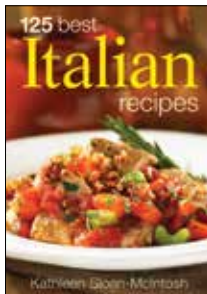
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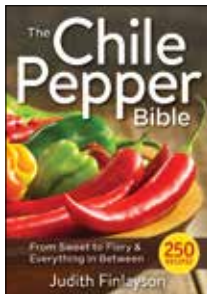
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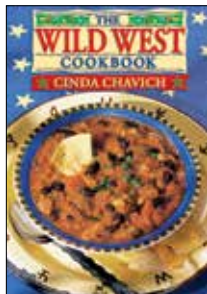
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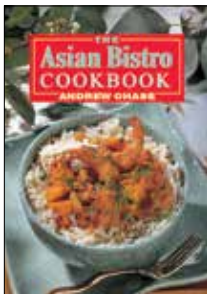
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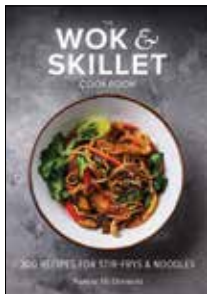
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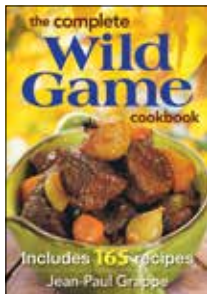
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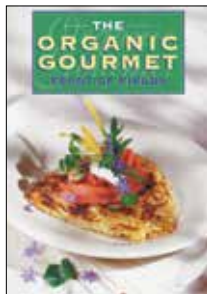
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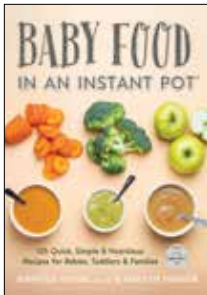
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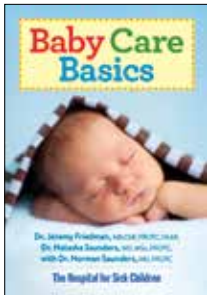
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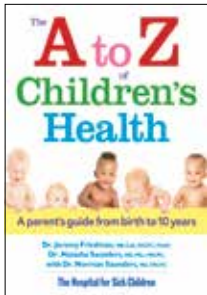
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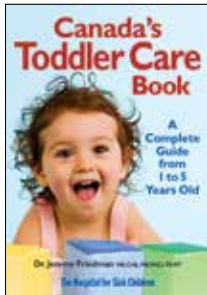
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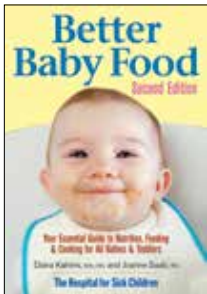
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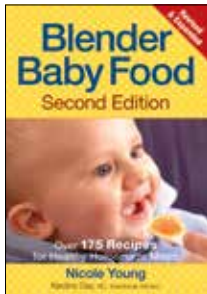
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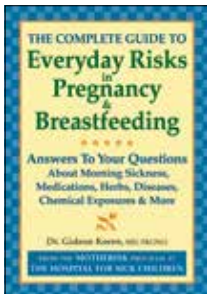
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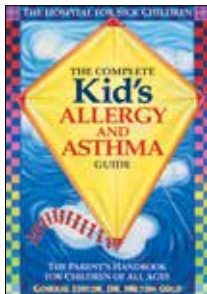
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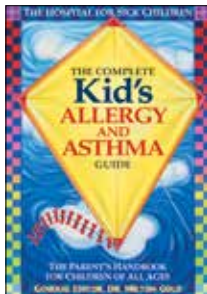
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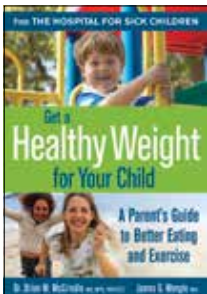
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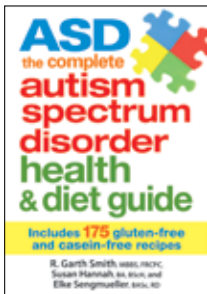
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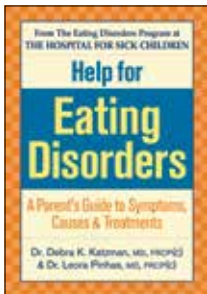
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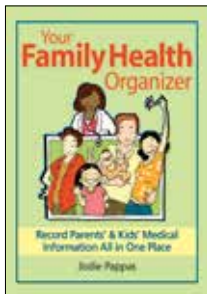
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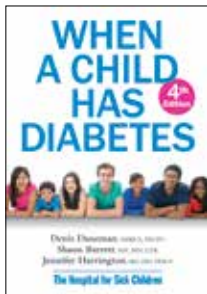
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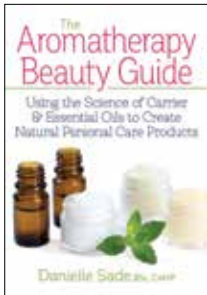
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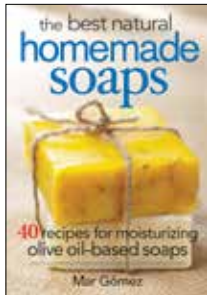
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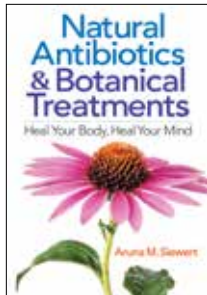
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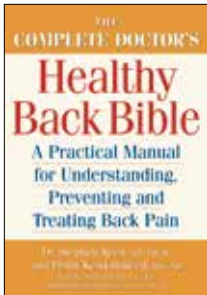
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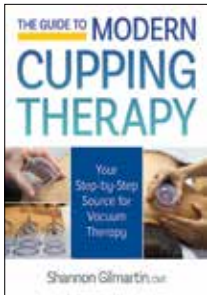
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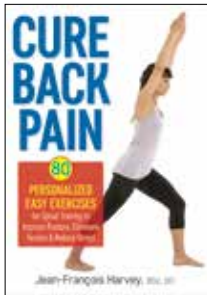
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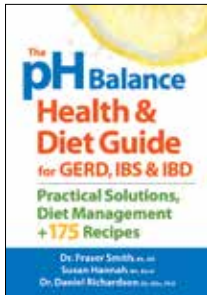
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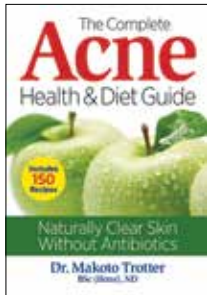
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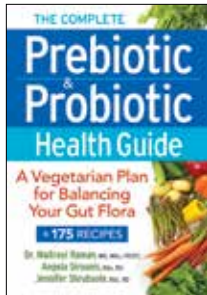
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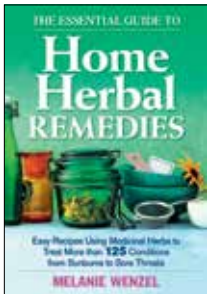
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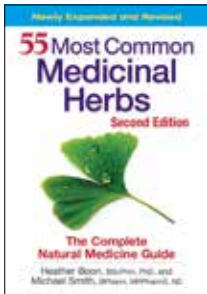
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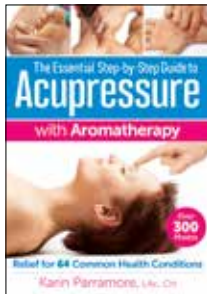
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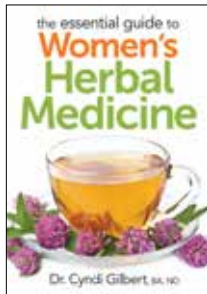
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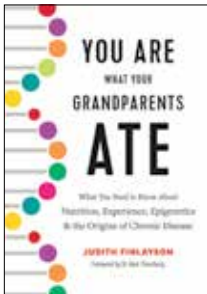
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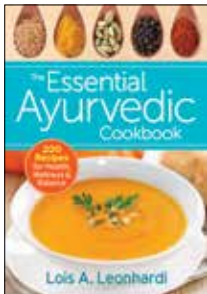
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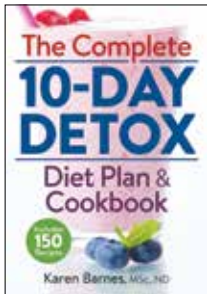
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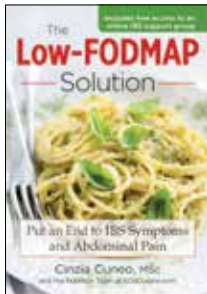
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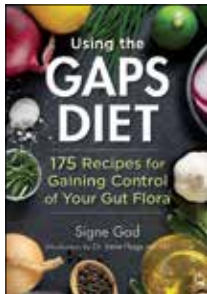
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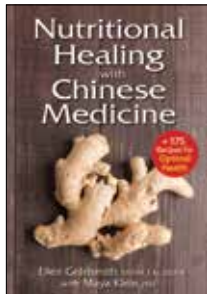
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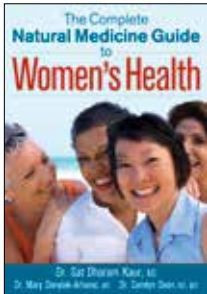
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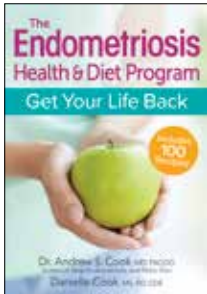
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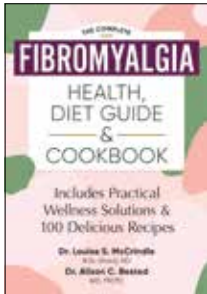
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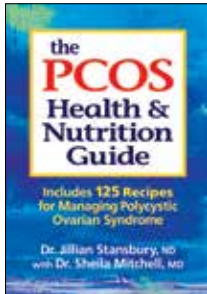
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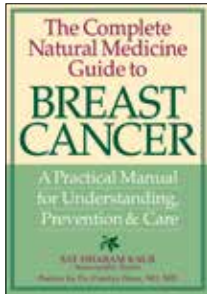
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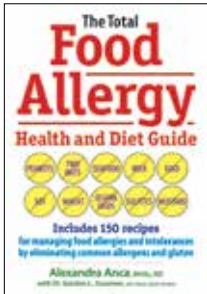
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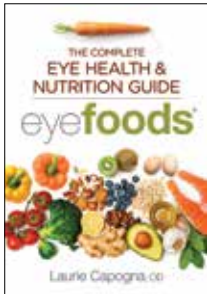
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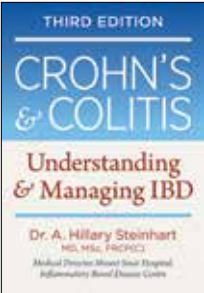
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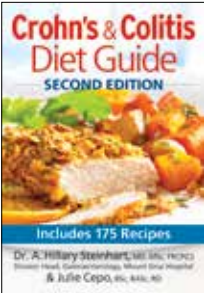
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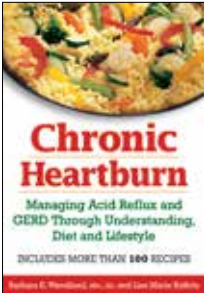
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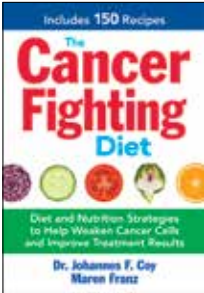
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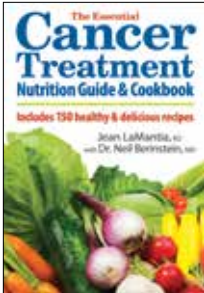
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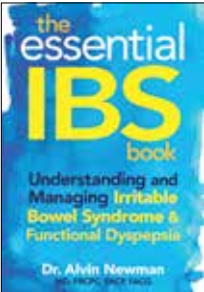
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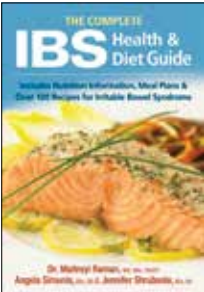
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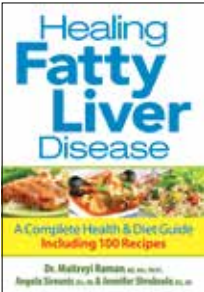
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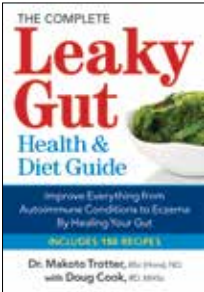
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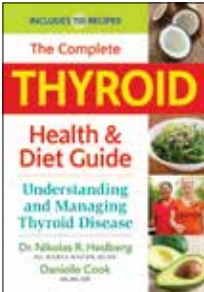
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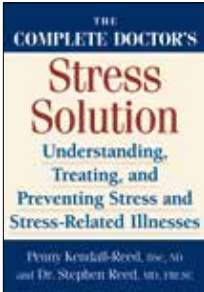
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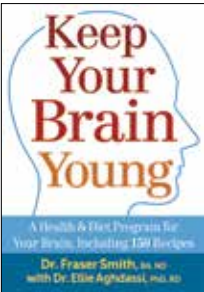
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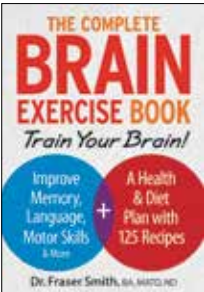
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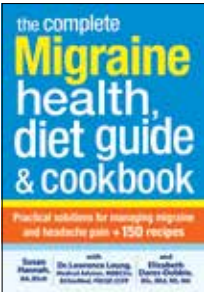
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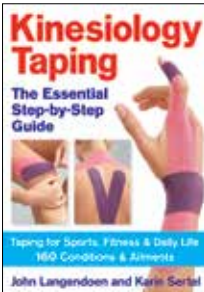
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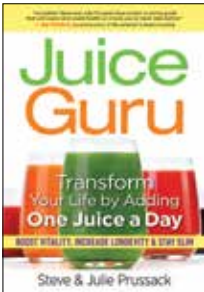
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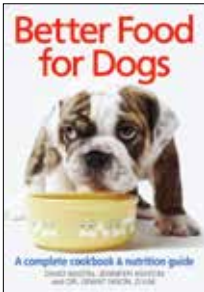
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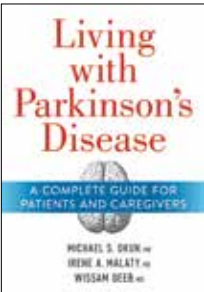
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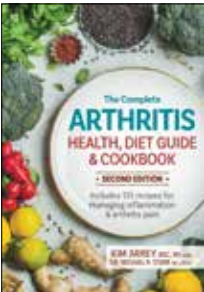
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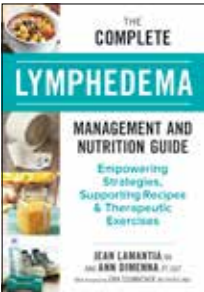
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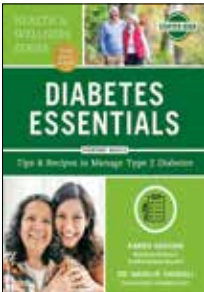
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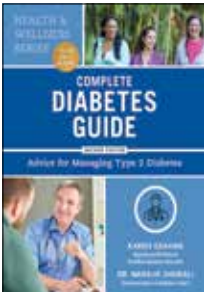
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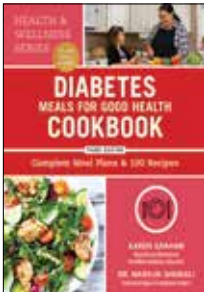
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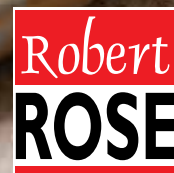
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