



# 2023 Frankfurt - Family & Parenting Rights Guide

9/25/2023

[dropcap.com](https://dropcap.com) | [Allison@dropcap.com](mailto:Allison@dropcap.com) | [Monica@dropcap.com](mailto:Monica@dropcap.com)



Familus  
Publication Date: 3/28/2023

7.35in x 5.2in (187mm x 132mm)  
Page Count: 212  
Retail Price (USD): 14.99  
Age: 18+  
ISBN: 978-1-64170-791-6

## 115 Hacks and Hacktivities for Parents of Mini Humans

By Katherine Bast

When you have a mini human running around, things can get pretty messy. Public diaper blowouts, shopping tantrums, teething pain, art projects that end up on the wall—and that's only the tip of the iceberg. But don't worry! 115 Hacks and Hacktivities for Parents of Mini Humans has all the tips and tricks for big humans on the verge of their own tantrums. With hacks for everything from mini human care to travel and toys, this book will give you the extra hand you need to do it all. Divided into helpful categories, each innovative hack comes with easy-to-follow instructions, materials made up of simple items you can find in your own home or local stores, and clean, modern illustrations that make parenting feel a little less hectic (even on the days that you are running on fumes). And watch out for the hacktivities! You can use these hacks that are disguised as activities to keep your mini human busy, making parenting fun for everyone. In a durable and easy-to-carry package, this must-have book can go with you anywhere. Parenting is officially hacked!

### About The Author(s)

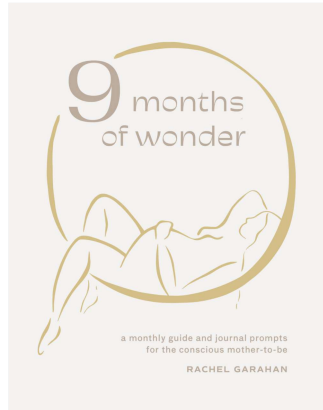


Born and raised in England, Kate Bast is a TikTok content creator who now lives in Southern California with her husband Ryan, and toddler, Lily. Kate brings to life some of the best parent hacks and mini human hack-tivities as she navigates the wild ride of parenting.

Current Licenses: None

### BISAC Codes

- FAMILY & RELATIONSHIPS / Activities
- FAMILY & RELATIONSHIPS / Parenting / General
- FAMILY & RELATIONSHIPS / Parenting / Motherhood



Familius  
Publication Date: 2/6/2024

7.25in x 9.25in (184mm x 235mm)  
Page Count: 112  
Retail Price (USD): 24.99  
Age: 3 - 6  
ISBN: 9781641709965

## 9 Months of Wonder

By Rachel Garahan

Pregnancy is a time like no other, a season of limbo: the baby is here but not here. Mothers-to-be enter a dreamy phase between being and becoming, suspended in wonder with amazement of what we are creating, and curiosity for who we are carrying. We can get so caught up in the new life growing within us—distracted with facts and logistics—that we might easily forget to acknowledge the other transformation taking place as well: the redefining of our own identity. With a spare, modern design and gorgeous illustration, 9 Months of Wonder is designed to help you to document the liminal space between here and there while softening into the season you're in. In these journal pages, you'll find a safe place to record and process your experiences, reflect on the ups and downs, move through fears, and honor the metamorphosis taking place in you as you give birth to the new life of your child and the new parts of yourself.

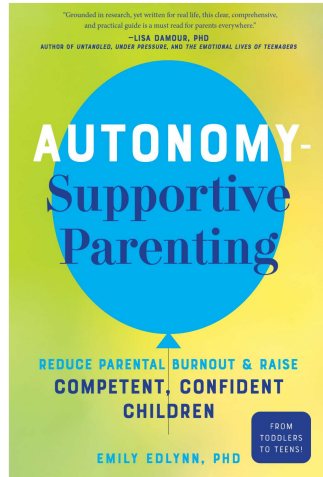
### About The Author(s)

Rachel Garahan is a creative director, artist, and innate nurturer. In all of her work, she is drawn to what she calls the elemental connection : the space where nature and the human spirit overlap. She is the founder of One Part Gypsy, a creative design and consulting agency, and an online journal of the same name where she writes about conscious living and bohemian style. With a strong root in the worlds of natural beauty and wellness, her work is known for being clean, modern, and sophisticated. Clients include Yoga Journal and Dr. Andrew Weil, and her lifestyle has attracted praise from the likes of Josie Maran and Tata Harper. She is based out of Ojai, California where she lives with her husband, son, and two pups.

Current Licenses: None

### BISAC Codes

- FAMILY & RELATIONSHIPS / Parenting / Motherhood
- HEALTH & FITNESS / Breastfeeding
- HEALTH & FITNESS / Pregnancy & Childbirth



Familjus  
Publication Date: 9/5/2023

9.05in x 6.05in (230mm x 154mm)  
Page Count: 336  
Retail Price (USD): 18.99  
Age: 18+  
ISBN: 9781641709767

## Autonomy-Supportive Parenting

By Emily Edlynn

As parents, we want our children to take responsibility for their schoolwork, their chores, and their choices. We want them to grow into independent adults, but when we see them struggling, we sometimes have a tendency to step in and problem-solve, telling them exactly what to do or even doing things for them ourselves. The problem is the more controlling we are with our children, the more out of control they feel. When our children feel out of control, problems big and small follow—from more tantrums in thwarted toddlers to a higher risk of drug and alcohol use in adolescence. So how do we support our children's autonomy while maintaining boundaries and not losing our minds in the process? From clinical psychologist Emily Edlynn, PhD, comes a flexible parenting framework that can apply to every family and every parental relationship. With Autonomy-Supportive Parenting, you can build trust in your child and trust in yourself.

### About The Author(s)

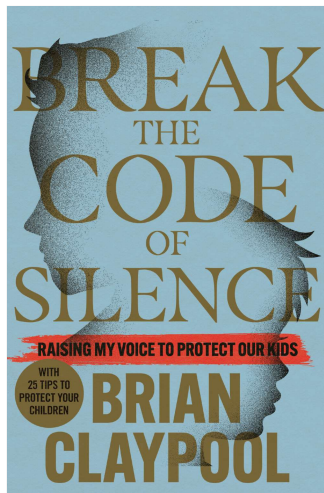


Emily Edlynn., PhD lives outside of Chicago with her three children, husband, and Aruban rescue dog, and by day works as a clinical psychologist with children, adolescents, and families. She pens a regular advice column for Parents.com, and writes about parenting across national outlets and for her blog, The Art and Science of Mom. For more information, visit [www.emilyedlynnphd.com](http://www.emilyedlynnphd.com)

Current Licenses: None

### BISAC Codes

- FAMILY & RELATIONSHIPS / Parenting / General
- FAMILY & RELATIONSHIPS / Education
- SOCIAL SCIENCE / Children's Studies



Flashpoint  
Publication Date: 1/10/2023  
8.5in x 5.5in (216mm x 140mm)  
Page Count: 240  
Retail Price (USD): 25.95  
Age: 18+  
ISBN: 9781954854741

## Break the Code of Silence

By Brian Claypool

**Litigation and civil rights attorney Brian Claypool has squared off in the courtroom against child predators in some of America's most notorious abuse cases. He is also a highly regarded expert on sexual, physical, and emotional abuse and has regularly appeared on Fox News, CNN, *Good Morning America*, and HLN. For the first time, Claypool tells his personal story of abuse and how that has fueled his mission to protect and defend children.**

Bravely sharing his own trauma, Claypool gives insight into what can happen when we don't speak out, how abuse can affect victims for a lifetime, and how we can collectively break the pervasive code of silence. Along the way, he details five blockbuster cases he worked on and won for kids, including that of Anthony Avalos, a topic in the Netflix series *The Trials of Gabriel Fernandez*.

Claypool provides important red flags—developed from his own years of experience in court analyzing child predators—for identifying trouble and safeguarding children.

It's time to end this power dynamic and give a voice to children and those who seek to protect them. This eye-opening, crucial must-read will empower anyone who wants to advocate for children and is courageous enough to defend them.

### About The Author(s)

**Brian Claypool** is a highly regarded trial attorney and nationally recognized legal, social, and entertainment television commentator. He is also the owner and managing general partner of the Claypool Law Firm, where he tenaciously represents and advocates for his clients. He was one of the lead attorneys in the high-profile Miramonte child abuse case.

Claypool regularly contributes to Good Morning America, Fox News, America's Newsroom, CNN Newsroom, and more.

Claypool holds a JD from Villanova University Charles Widger School of Law and a BA from Pennsylvania State University.

He is a proud single father of a precious young woman who is the light of his life. He strives to strike a balance in his life by participating in sports, political events, and various charitable organizations.

### Review(s)

"Brian Claypool is a gifted advocate and storyteller both inside and outside the courtroom." —Retired Judge Gail A. Andler (Orange County, CA, Superior Court)

---

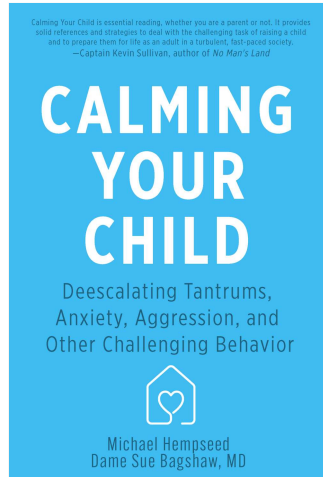
**Current Licenses:** None

### BISAC Codes

- FAMILY & RELATIONSHIPS / Abuse / Child Abuse
- LAW / Child Advocacy
- BIOGRAPHY & AUTOBIOGRAPHY / Lawyers & Judges



contact: [allison@dropcap.com](mailto:allison@dropcap.com)



Familis  
Publication Date: 7/1/2022

9in x 6in (229mm x 152mm)  
Page Count: 256  
Retail Price (USD): 18.99  
Age: 18+  
ISBN: 9781641706667

## Calming Your Child

By Michael Hempseed, Dame Sue Bagshaw

It's time for school, and your child refuses to put on her clothes. You can sense her anxiety and the impending tantrum. This familiar scene can make parents feel powerless, unable to calm their child's fears or the resultant negative behavior. Dame Sue Bagshaw, MD, and psychologist Michael Hempseed are here to tell you: there is hope! Tantrums and anger are common behaviors, but instead of blaming poor parenting or too much screen time, *Calming Your Child* looks at the root causes, including anxiety, depression, and sensory issues, other psychological factors, explaining the research and helpful techniques in a simple, accessible way. Every child is different, so this guidebook provides a variety of methods to strengthen your bond with your child and combat behavior issues, all while gaining a better understanding of the way your child sees the world.

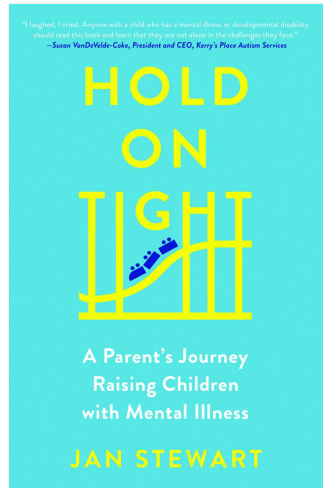
### About The Author(s)

Michael Hempseed holds an honors degree in psychology from the University of Canterbury and speaks all over New Zealand on topics such as suicide prevention, improving sleep, and trauma. His first book, *Being A True Hero: Understanding and Preventing Suicide in Your Community*, has been used by the New Zealand Police, New Zealand Army medics, and many more. In 1995, Dame Sue Bagshaw, MD, established 198 Youth Health, a health center designed to care for the disadvantaged in the city of Christchurch, and in 2019, she was knighted for her services to young people. She is a senior lecturer of pediatrics at the Christchurch School of Medicine and the founder of The Collaborative Trust for Research and Training in Youth Health and Development.

**Current Licenses:** Chinese (Simplified) (Worldwide (excluding Taiwan, Hong Kong and Macao))

### BISAC Codes

- PSYCHOLOGY / Psychopathology / Anxieties & Phobias
- SOCIAL SCIENCE / Children's Studies
- FAMILY & RELATIONSHIPS / Anger (see also SELF-HELP / Anger Management)



Barlow Books  
Publication Date: 3/8/2023

8.5in x 5.5in (216mm x 140mm)  
Page Count: 224  
Retail Price (USD): 28.00  
Age: 18+  
ISBN: 978-1-988025-97-1

## Hold on Tight

By Jan Stewart

"Jan Stewart never thought she would live with fear in her own house. **Hold on Tight: A Parent's Journey Raising Children with Mental Illness** describes her raw and emotional journey raising two children with multiple mental health disorders. Jan details the roller coaster lives and challenges that both children have faced in detail, from the time they were born to the present as young adults in their 30s. Pulling no punches, Jan describes moments of terrifying fear, pain, and hopelessness, as well as awe, pride, and hope. The roller coaster ride never stops. While brutally honest, **Hold on Tight** is a love song to Jan's children. The book educates and empowers parents so that both they and their children can lead more fulfilling lives. Healthcare professionals, as well as families, friends, educators, employers, and others who interact with these families, get an inside look into the lives and unique perspectives of these parents. Compelling parental advice includes: • Trust your gut. • Persevere in identifying the right professionals, diagnoses, and treatments. • Insist on an integrated partnership approach with all those involved in each child's care. Amongst other insights, Jan counsels parents to reset the expectations of their own lives, as well as those of family and friends, to talk openly with each child, and to take care of themselves. Powerful, honest, and inspirational, **Hold on Tight** inspires readers to never give up."

### About The Author(s)

JAN STEWART is a highly regarded mental health governance expert and advocate. Her brutally honest memoir **Hold on Tight: A Parent's Journey Raising Children with Mental Illness** describes her emotional roller coaster story parenting two children with multiple mental health disorders. Her mission is to empower and inspire parents to persevere, as well as to better educate their families, friends, healthcare professionals, educators, and employers. Jan chairs the Board at Kerry's Place Autism Services, Canada's largest autism services provider, and was previously Vice Chair at the Centre for Addiction and Mental Health. She spent most of her career as a senior partner with the global executive search firm Egon Zehnder. Jan is a Diamond Life Master in bridge and enjoys fitness, genealogy, and dancing.

### Review(s)

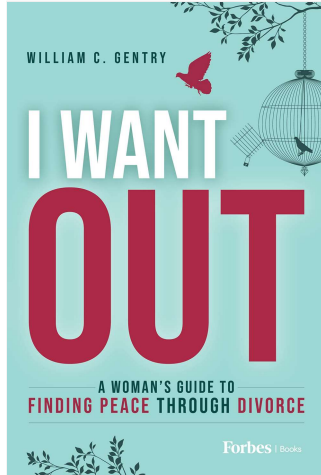
"This brisk and honest account through a mother's eyes of her two children, from infancy to adulthood, is a powerful story of struggle, uncertainty, determination, hope, and triumph. It demonstrates the need for both formal and informal supports – in healthcare, schools, workplaces, and the community – with the knowledge and instincts to help. It tells how two young people managed to find their place in the world and how their parents learned to celebrate it. And it provides a distillation of what was needed for the journey."

—David S. Goldbloom, OC, MD, FRCPC, Senior Medical Advisor, Centre for Addiction and Mental Health, Professor of Psychiatry, University of Toronto

**Current Licenses:** None

### BISAC Codes

- FAMILY & RELATIONSHIPS / Children with Special Needs
- FAMILY & RELATIONSHIPS / Parenting / General



ForbesBooks  
Publication Date: 9/5/2023

9in x 6in (229mm x 152mm)  
Retail Price (USD): 22.99  
Age: 18+  
ISBN: 9798887501208

## I Want Out

By William C. Gentry

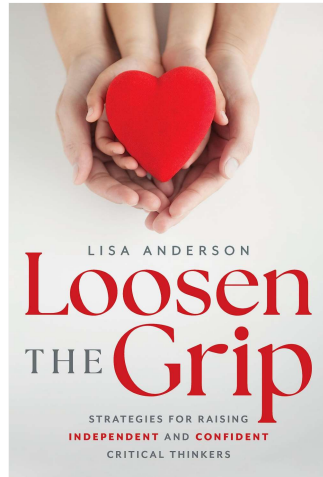
Divorce Doesn't Have to Be Scary What's holding you back from leaving your failing marriage? If you're like most women, the answer is probably fear. Fear over where you will live, what will happen to your children, how you will support yourself, and more. Just what will you have to give up in order to finally have the peace you want and deserve? The rumors and misinformation around divorce can be enough to scare some women into staying in marriages that aren't working—even when those marriages are abusive. But you don't need to let fear force you to settle for an unhappy life. You can escape your marriage without giving up the things that matter most to you. I Want Out: A Woman's Guide to Finding Peace Through Divorce will show you how. I Want Out is written by Bill Gentry, A Georgia divorce lawyer with over 35 years of experience helping women escape failing marriages for better, happier futures. While the book focuses on Georgia divorce law, it provides a comprehensive overview of how the divorce process works in any state, illustrating what happens at each stage, what to expect, and what you can do to ensure the best possible outcome for yourself and your family. Packed with emotional stories of real clients who've endured the challenges of divorce and created better lives for themselves, this step-by-step guide will empower you with everything you need to know to take control of your life and find the peace and happiness you deserve.

**Current Licenses:** None

### BISAC Codes

- FAMILY & RELATIONSHIPS / Divorce & Separation
- FAMILY & RELATIONSHIPS / Dysfunctional Families





Advantage Media Group  
Publication Date: 8/22/2023

9in x 6in (229mm x 152mm)  
Retail Price (USD): 17.99  
Age: 18+  
ISBN: 9781642256970

## Loosen The Grip

By Lisa K. Anderson

How can parents take back their power to discover and develop the best way to parent for their child? By hitting the pause button, shutting out all the noise that tells them how they should parent, and building the confidence to create the relationship that best nurtures and supports their children's well-being and independence. Three years into parenting, Lisa Anderson realized that the way she was parenting wasn't healthy for her or her daughter. She sought counseling to help her figure it out, and so began her journey of discovering the best parenting approach for her child. Lisa had her work cut out for her. When her daughter was six, the advisors at her school expressed concern that she had ADHD. Lisa took her to a psychologist who, after months of testing, diagnosed her with BRAT syndrome. "It took me a minute to realize what he meant—she was a brat." It was at this point that Lisa realized she had never said "no" to her daughter, not because she thought it was best for her daughter, but because that's what she knew. "I was going to create a little monster if I didn't change my way of thinking and shift my focus from what I needed to what my daughter needed." It was a difficult concept to understand, and an even more challenging task to achieve, but through her work on her own trauma coupled with her education and experience in social work and counseling, Lisa figured it out. Not the way to be a perfect parent, but the way to be the best parent for her child. Isn't that what every parent really wants and what every child deserves? Fear, guilt, and social pressures are driving parents to be over-involved and their children to be overscheduled and overstressed. Children's freedom to develop their autonomy is being restricted under the guise of keeping them safe from things we simply cannot control. Hypervigilant parenting comes at a significant cost to all of us, as is evident through the increasing number of anxious and depressed children and the emerging adults who lack the confidence and the skills to be self-sufficient. Somewhere along the way we have forgotten that our number one job as parents is to raise our children to be capable, independent adults. Something needs to change.

### About The Author(s)

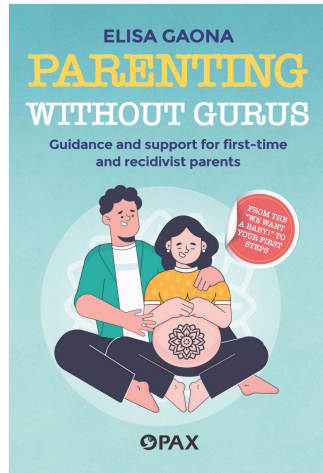


Lisa Anderson has dedicated her life to the field of Human Services, with a career spanning decades and encompassing an eclectic range of professional experiences within various systems. Her work has taken her through public, non-profit, medical, and private practice sectors, always striving to make a difference in the lives of others.

**Current Licenses:** None

### BISAC Codes

- PSYCHOLOGY / Developmental / Child
- PSYCHOLOGY / Emotions



Pax  
Publication Date: 11/30/2022  
23cm x 15.5cm (230mm x 155mm)  
Page Count: 368  
Retail Price (USD): 12.99  
Age: 18+  
ISBN: 9786077135487

## Parenting Without Gurus

By Elisa Gaona

In Parenting Without Gurus, Elisa Gaona lovingly offers comprehensive information and up-to-date strategies that she has experienced first-hand as both a mother and a paediatrician. She wants parents to ask themselves their own questions and find their own answers because there is no single path to follow, no one-size-fits-all suit. There are no recipes and quick fixes. Elisa states that we are all apprentices, not gurus, but if we have truthful and updated information to decide, everything is easier. This guide is designed for both first-time and recidivist parents from the moment they plan to get pregnant to their baby's first steps.

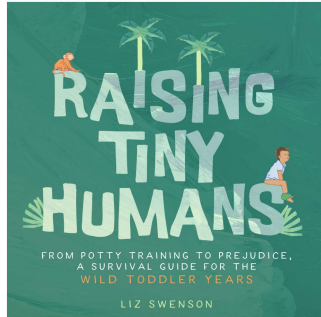
### About The Author(s)

Elisa Gaona, MD, is a paediatrician and a gastropaediatrician. She founded the Centro de Atención Integral para la Salud (ATIN) in 2012, and has pioneered the use of the baby-led weaning (BLW) complementary feeding method in Mexico. Her desire to offer an integral health accompaniment process has led her to be trained in Mindfulness practices, Conscious Parenting, Pediatrics of Sleep, Babywearing, and Breastfeeding in order to incorporate them all into her clinical practice. She hosts a Facebook broadcast and a podcast, both called Crianza sin gurus. She is the author of Crianza sin gurus (2022), published by Pax.

**Current Licenses:** None

### BISAC Codes

- HEALTH & FITNESS / Children's Health
- HEALTH & FITNESS / Pregnancy & Childbirth
- FAMILY & RELATIONSHIPS / Parenting / Fatherhood



Familius  
Publication Date: 3/26/2024

7in x 7in (178mm x 178mm)  
Page Count: 208  
Retail Price (USD): 14.99  
Age: 18+  
ISBN: 9781641707558

## Raising Tiny Humans

By Elizabeth Swenson

It's a jungle out there in the wild world of parenting! Just when you think you've got it down, a new phase emerges to keep you on your toes. There are plenty of books about the first year and caring for an infant, but once you have a curious, tottering toddler who seems intent on finding danger, it's a whole different animal! With this full-color illustrated field guide as your constant companion—full of tips, tricks, and a healthy dose of humor—you'll feel confident embarking on the adventure of parenthood for kids ages one and beyond! With chapters on body and brain development, behavior, and the ever-pressing question of how to help your child become the best human they can be, Raising Tiny Humans is the compass every parent needs to guide them on their way.

### About The Author(s)



Liz Swenson lives in the sunny beach town of San Clemente, California, with her handsome hubs, three crazy kids, and big dog, Harper. She relishes momming, teaching math to high schoolers, making art, and living life to the fullest. For more information, check out <https://lizswenson.org/home>

**Current Licenses:** None

### BJISAC Codes

- FAMILY & RELATIONSHIPS / Life Stages / Infants & Toddlers
- HEALTH & FITNESS / Children's Health
- FAMILY & RELATIONSHIPS / Life Stages / School Age



Dundurn Press Ltd.  
Publication Date: 4/4/2020

8in x 5in (203mm x 127mm)  
Page Count: 224  
Retail Price (USD): 15.99  
Age: 18+  
ISBN: 9781459746305

## Raising Your Kids Without Losing Your Cool

By Shantelle Bisson

Harried mother of three Shantelle Bisson guides you through raising a family, all while keeping your cool!

Let's face it — raising children can take a wrecking ball to your ambitions, your finances, your relationships, even your health. But, as mother of three Shantelle Bisson will tell you, it doesn't have to be that way. In *Raising Your Kids Without Losing Your Cool*, Shantelle sets out how to get ready for baby's arrival, helps you through the big push, lays it all out on breastfeeding, and makes sure you don't forget to KEEP HAVING SEX. Plus, she'll help you navigate the perils of helicopter parenting, children on social media, and even gender-reveal parties, and answer the burning question: Is that really cool?

### About The Author(s)

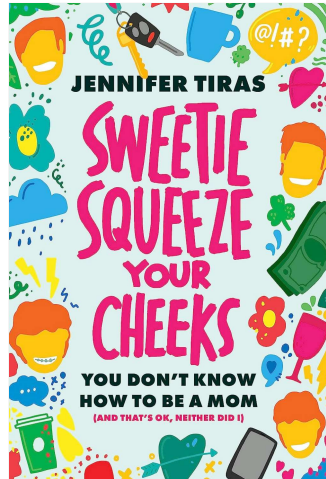
Shantelle Bisson is a producer, actress, parenting expert, and regular contributor to *Everything Zoomer*. She's also the owner of *Shantilly's Place*, a marina in Ontario's Kawartha region. She has raised three fully functioning young adults and splits her time between the lake, Toronto, and Los Angeles.

Shantelle Bisson is a producer, actress, parenting expert, and regular contributor to *Everything Zoomer*. She's also the owner of *Shantilly's Place*, a marina in Ontario's Kawartha region. She has raised three fully functioning young adults and splits her time between the lake, Toronto, and Los Angeles.

**Current Licenses:** English (Canada)

### BISAC Codes

- FAMILY & RELATIONSHIPS / Parenting / Motherhood
- FAMILY & RELATIONSHIPS / Conflict Resolution
- BIOGRAPHY & AUTOBIOGRAPHY / Women



Advantage Media  
Publication Date: 8/22/2023

9in x 6in (229mm x 152mm)  
Retail Price (USD): 19.99  
Age: 18+  
ISBN: 978-1642256611

## Sweetie...Squeeze Your Cheeks!

By Jennifer Tiras

In the car one day, Jennifer Tiras' recently potty-trained toddler, Avery, informed her that he had to poop. (Yikes; please, not in the new vehicle!) Thinking fast, she responded, "Sweetie ... squeeze your cheeks together, and hold on just a few minutes!" When Jennifer looked in the rearview mirror, he was holding his face and squishing his cheeks like a determined little fish. This hilarious "wrong cheek" incident inspired her to document the special moments in her family life. Jennifer graduated from the University of Houston in 1994, magna cum laude, with a degree in Early Childhood Development. With a good grasp on "how to handle children" she eagerly embraced motherhood ... and quickly learned an eye-opening life truth: Nothing could have fully prepared her to be a mom! Nevertheless, she blended her educational knowledge with her heart for children and developed tips and strategies for every stage of motherhood! Having trouble with an infant's sleep habits? You, the parent, are in control! Let Jennifer show you some practical steps for sleep time. Does potty-training seem like you are entering a blind tunnel with no guidance? Simplify it with eight clear and achievable steps to potty-training success. How about the really big issues, like when to talk about sex, earning their own money, and keeping them close in the older stages when they want to drift away? Jenn has thought of it all, and she's got you covered! By weaving together detailed experiences from her teenage years to today, Jennifer tells story after story about every stage of motherhood and how it all comes back full circle. It is truth. It is emotion. And it's told in a priceless, entertaining way that keeps the reader eagerly flipping the page to see what Jennifer might say next. Motherhood doesn't come with a manual, but it does indeed come with a mother.

### About The Author(s)



JENNIFER TIRAS graduated from the University of Houston in 1994, magna cum laude, with a degree in Early Childhood Development. With a good grasp on how to handle children she eagerly embraced motherhood and quickly learned an eye-opening life truth: Nothing could have fully prepared her to be a mom! Nevertheless, she

blended her educational knowledge with her heart for children and developed tips and strategies for every stage of motherhood!

Learn more at <https://jennifertiras.com/>

### Review(s)

"Jennifer is a bold communicator and taught me how to have frank, tough conversations with my boys. She helps take taboo topics, remove emotion, and speak 'boy mom' in a way that penetrates their thick heads."

-LeeAnn Moore

"Raising my kids alongside Jennifer for the last twenty years has been a total blessing. She is an honest and straightforward friend-one who could always look at the little bumps in the parenting road and offer some humor, love, and advice for any situation. Love that she is sharing this with the world!"

-Lisa Watson

"I met Jenn Tiras nineteen years ago in a playgroup as a newbie mom of one; she was a seasoned mom of three. We became fast friends as I loved her candor in all things boys! Her stories were not only helpful and practical, but straight-up hysterical. To this day we reminisce all things parenting-parenthood is forever hood. I can always count on her for a good story or a nugget of good advice. You will too!"

-Kate Scheinman

"Even though Jenn is younger than me, I have always looked to her for advice. Jenn is a no-nonsense mom who is not afraid to say 'no' to her kids. She knows how to get the 'job' done and has mastered the role of guiding her boys to be successful members of society while giving them enough freedom to be independent. I feel fortunate to have her in my life and thankful to share the journey of motherhood with her."

-Michelle Blum

"I was blessed to meet Jenn almost twenty-five years ago (with our oldest sons) in playgroup. She has since raised four amazing boys who are now wonderful young men. I have always appreciated her parenting with logical consequences, strength, and love."

-Tiffany Leyendecker

"Jenn is straightforward, loving, and full of invaluable advice and wisdom. 'Busy boys don't have a lot of time for trouble,' she would say. Her boys were active with school and sports, numerous clubs, and activities inside and outside of school. There was not a lot of downtime for anyone. Most importantly, Jenn always positioned herself to be a parent first and not a friend. Always loving and supportive, she made sure to enforce the rules made-and because consequences were carried out, not many rules were broken more than once."

-Alyssa Tiras

"While raising our children together, I didn't know that Jenn kept a journal of her four boys and their development from birth through leaving the nest. She doesn't claim to be a better parent or that the way she did things is the right way. What she does do is take you through her journey with an easy read that is raw and comical. Her insight, parent...

"While raising our children together, I didn't know that Jenn kept a journal of her four boys and their development from birth through leaving the nest. She doesn't claim to be a better parent or that the way she did things is the right way. What she does do is take you through her journey with an easy read that is raw and comical. Her insight, parenting tips, concern and love will keep you turning the pages."

— Elizabeth Karkowsky

Current Licenses: None

**BISAC Codes**

- FAMILY & RELATIONSHIPS / Toilet Training
  - FAMILY & RELATIONSHIPS / Parenting / Motherhood
  - FAMILY & RELATIONSHIPS / Life Stages / Infants & Toddlers
-



Familjus  
Publication Date: 2/6/2024

6in x 9in (152mm x 229mm)  
Page Count: 224  
Retail Price (USD): 16.99  
Age: 18+  
ISBN: 9781641709057

## The Joy of Imperfect Love

By Carla Marie Manly

Stuck in unhealthy relationship dynamics? Yearning to find (or be) that perfect someone? Can you accept someone while also wanting them to grow? The key to healthy relationships is accepting that real love is messy, imperfect, and a work in progress! Clinical psychologist Dr. Carla Marie Manly's *The Joy of Imperfect Love* guides readers on a transformative journey of compassionate, healthy love. With research-backed insights, captivating case studies, and empowering exercises, readers explore how attachment issues and unresolved personal issues negatively impact both self-love and the quality of our relationships. Dr. Manly offers sound solutions for creating awareness and healthy habits that promote lasting love. Readers will breathe a sigh of deep relief as they discover the doable, real-life secrets to creating joy-filled relationships and genuine, imperfect love.

### About The Author(s)



Clinical psychologist, author, and speaker Dr. Carla Marie Manly makes her home in Sonoma County, California. With a refreshing mindfulness-based approach, Dr. Manly focuses on supporting others in their journeys of personal transformation and the creation of deeply fulfilling relationships. For more information check out <https://drclarlamanly.com/>

**Current Licenses:** None

### BISAC Codes

- FAMILY & RELATIONSHIPS / Love & Romance
- FAMILY & RELATIONSHIPS / Dating
- PSYCHOLOGY / Psychotherapy / Couples & Family



Blue Star Press  
Publication Date: 10/3/2023

9in x 7.5in (229mm x 190mm)  
Page Count: 256  
Retail Price (USD): 27.95  
Age: 18+  
ISBN: 9781958803042

## The Organized Home for New Parents

By Ria Safford, Blue Star Press

If you're a new parent or soon-to-be-parent wondering how the heck to manage life at home with a baby or toddler, don't worry: mom of 3 and celebrity organizing expert Ria Safford is here to help. With 3 young kids and a busy small business to run, Ria Safford knows that life as a new parent can often feel like "crazytown bananaland." From dirty dishes piling up in the kitchen sink to heaps of new toys and clothes and contraptions in every corner of your home, life with young kids can be, well, a lot. That's why Ria, a former messy momma herself, hunkered down and developed systems to declutter and calm the chaos of everyday life spilling into her home. Now in her first book, the highly-sought-after national organizing expert shares the tried-and-true techniques that she's used to help both A-list celebrity clients and everyday new parents reduce stress and bring order to their families' life at home with kids ages 0-2. In *The Organized Home for New Parents*, Ria will teach you: • How to organize your baby or toddler's spaces (nursery, bathroom, play area) so that the things you need to care for them are easy to find and use • How to create systems for shared spaces like your kitchen and pantry to make activities like breastfeeding, solid food prep, etc. more manageable • How to arrange your stroller, diaper bag, and other essentials for trips outside the house and on the road • Hacks for tackling the growing pile of laundry throughout the week • How to juggle the important stuff (your mental to-do list, your calendar, your records) so you can keep track of your family's schedule • Tips for bringing peace to your personal spaces (bedroom, bathroom, closet) so you can start your day off on the right foot • How to build good habits to regularly reset your spaces so that toys, clothes, and other items can be cycled out of the home as your child grows This book also includes dozens of images from inside other new parents' homes, as well as checklists and charts that will help you quickly prioritize what you need (and when) to prepare your home for your baby. The perfect baby shower present or gift for new moms and dads, *The Organized Home for New Parents* will help you get through this hectic season of life and create a safe, comfortable, and organized home for your growing family.

### About The Author(s)

Ria Safford is a mom of 3 and the founder of RiOrganize, a company offering full-service organization, design, and space planning to families across the United States. Ria has organized spaces for A-list clients like Vanessa Bryant, Ciara, and Jen Atkin and for everyday families who are desperate for more streamlined systems in their homes. Ria's own organization journey began when she became a new mom and felt overwhelmed by all the mess accumulating in her house. She set out to calm the chaos and help families everywhere reduce stress and create routine-ready spaces that would make managing life with little ones easier. In 2022, Ria partnered with U Brands for a product line at Target that was featured on endcaps in 820 stores. She has also partnered with dozens of other companies including Michaels, Ziploc, iDesign, Apartments.com, and more. Additionally, Ria has 326K+ fans following her on Instagram for organization inspiration and advice.

**Current Licenses:** None

### BISAC Codes

- FAMILY & RELATIONSHIPS / Life Stages / Infants & Toddlers
- FAMILY & RELATIONSHIPS / Parenting / Motherhood
- HOUSE & HOME / Cleaning & Caretaking





DeVorss Publications  
Publication Date: 4/22/2020

7in x 5in (178mm x 127mm)  
Page Count: 160  
Retail Price (USD): 14.95  
Age: 18+  
ISBN: 9780875169163

## The Uncluttered Mother

By Dana Laquidara

If tidying up and placing everything in order was as simple as ABC, then achieving an uncluttered life wouldn't be so difficult . . . right?

For most mothers, clutter tends to linger even if it's out of sight. After the family's been fed, all the dishes have been cleaned, laundry folded and put away, emails have been written and bills have been paid, the stress remains as the wheels inside keep grinding away in anticipation of the "next" episode of clutter to tackle. "Out of sight, out of mind" does not apply here, so where does the stress end?

In **The Uncluttered Mother**, Dana Laquidara presents a process that takes you on a journey to stress-free motherhood (that's not a typo). Yes, it's possible to go from Calendars & Clutter, to Health & Habits, to Inspiration & Intuition, knowing that Laquidara's personal experience and compassion are leading you by the hand.

**THE UNCLUTTERED MOTHER** is meant to inspire readers to simplify all areas of life in order to unwrap the gifts of creativity and joyful parenthood. Beyond just validation for that overwhelmed feeling, this book offers a solution. Getting rid of beliefs, stuff, thoughts and activities that do not reflect your core self, is extremely empowering and uplifting.

### About The Author(s)

Dana Laquidara is an award-winning writer whose work appears in Brain, Child, Literary Mamas, Boston Mamas, Mothers Always Write, Huffington Post, Spirit of Change and other publications. Dana has participated in several of The Moth live storytelling events and took first place in Boston while performing a selection from her memoir-in-progress. She resides in Massachusetts. You can find her at [danalaquidara.com](http://danalaquidara.com).

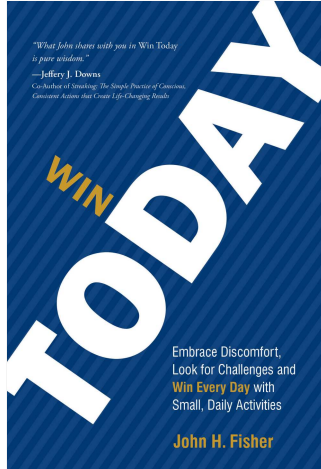
### Review(s)

Dana Laquidara is a guiding light for mothers who strive to simplify life in order to enjoy the small moments of motherhood. Dana gently reminds us that investing in ourselves by taking the time to declutter is a gift that gives back. --MIA WENJEN, The Pragmatic Mom

**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Personal Growth / Success
- FAMILY & RELATIONSHIPS / Parenting / Motherhood
- SELF-HELP / Personal Growth / Happiness



Advantage Media Group  
Publication Date: 6/20/2023

9in x 6in (229mm x 152mm)  
Page Count: 273  
Retail Price (USD): 27.99  
Age: 18+  
ISBN: 9781642257137

## Win Today

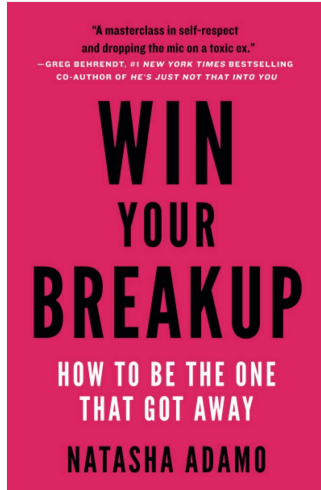
By John Fisher, John H. Fisher

A Treasured Gift from a Father to his Son As a senior in high school, I received a special gift from my father. As I was about to leave home for college, my father handed me an eleven-page handwritten letter that contained his best advice for his son. The letter contained quotes from Shakespeare, snippets from classic literature, and candid confessions about things that my dad wished he had done differently. The letter was written by pen but might as well have been written in granite. I still have this letter in a drawer in my bedroom closet and I read parts of it about once a month. To this day, I treasure my father's words of wisdom. As we get older, we realize that there are many lessons that life gives us. These lessons in life are invaluable. But these lessons in life are not serving anyone unless we share them with our family, friends, and even strangers. About three years ago, I began writing the most important lessons that I've learned in my life. The life lessons range from almost every aspect of life, including health and nutrition, financial management, faith, professional goal setting, and virtues such as perseverance, sacrifice, and gratitude. Ninety-seven percent of these life lessons are based upon abject failures, repeated mistakes, and, in some cases, heartbreak, but our mistakes and failures make us who we are. And I wouldn't have it any other way. Win Today was inspired by my father, James H. Fisher, Esq., who knew better than anyone that the greatest lessons aren't taught in a classroom.

**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Motivational & Inspirational
- SELF-HELP / Personal Growth / Happiness
- SELF-HELP / Personal Growth / Success



Lioncrest Publishing  
Publication Date: 3/18/2022

8.5in x 5.5in (216mm x 140mm)  
Page Count: 232  
Retail Price (USD): 15.99  
Age: 18+  
ISBN: 978-1544522784

## Win Your Breakup

By Natasha Adamo

You picked up this book because your breakup has been reduced to something that you feel you must “win” to emotionally survive and move on.

This reduction can only take place if you were involved with a toxic person. Toxic people are selfish, empathetically bankrupt, and have a limited relationship with reality. Anyone who feels validated by exploiting your hunger for theirs is toxic—to your peace, your life, and your mental health.

Breakups aren’t won by game-playing or vilifying your ex. They’re won by realizing that winning is losing a partner who has proven to be a dead end.

A new life is waiting for you at the end of this journey. In Win Your Breakup, relationship and self-help coach Natasha Adamo presents the opportunity for a life with relationships that you don’t have to tolerate and eggshell-walk your way through. It’s a life in which your ex regrets the day they ever decided to breach your trust and break your heart; a life in which those who took you for granted wish you could find a way back into theirs. In this life, you can choose to walk away from toxicity—no more trying to be the person someone may want, may commit to, may be honest with, and may treat with respect.

This life is about to be your own.

### About The Author(s)

Natasha Adamo is a high-performance, self-help, and relationship coach, as well as a speaker and blogger with over two and a half million readers. She currently coaches clients in person and remotely in thirty-one countries around the world. Win Your Breakup is her first book.

### Review(s)

“A masterclass in self-respect and dropping the mic on a toxic ex.”

GREG BEHRENDT, New York Times bestselling co-author of He’s Just Not That Into You

“If you truly desire to break destructive patterns, then this book might just be the best investment you ever make...in yourself!”

BOB BURG, bestselling co-author of The Go-Giver

---

**Current Licenses:** None

### BISAC Codes

- FAMILY & RELATIONSHIPS / General