

**the
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summer 2016**

SUMMER 2016

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The Countryman Press

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Family Favorites from Melissa's Southern Style Kitchen

KEEPING TRADITIONS ALIVE

Melissa Sperka

The long-awaited cookbook from an immensely popular cooking blog

Melissa Sperka learned to cook, like many people, from her mother and her grandmothers. For generations, her Southern family made gathering around the kitchen table for meals an important part of every day, and she's passing these values on to her own children, and to the many readers of her blog. Sperka's grandparents grew and harvested food on their Virginia farmland. Her mother continued this tradition, canning, freezing, and cooking fresh produce from her backyard garden. Everyone was welcome at the supper table, so pull up a chair and become inspired with her recipes:

- Bacon-Wrapped Chipotle BBQ Smokies
- Open-Faced Cheese Toast with Plum Tomatoes
- King Ranch Chicken Casserole
- Pimento Cheese BLTs
- Gramma Minnie's Blueberry Ice Box Pie

This promises to be an instant classic.



Melissa Sperka is the creator, recipe developer, stylist, and photographer of the blog Melissa's Southern Style Kitchen. Her work has been featured in *Southern Living Magazine* as well as other print and online outlets. Melissa lives in North Carolina with her family.

MARKETING & PUBLICITY

- **Print and online excerpts in cooking and Southern publications**
- **TV appearances**
- **Blogger outreach and giveaways**
- **Social media outreach**
- **MelissasSouthernStyleKitchen.com**

MAY

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TERRITORY: W
CQ 12

COOKING



BLT MACARONI SALAD

This BLT macaroni salad is a fusion dish combining everything we love about a BLT sandwich and a pasta salad. What could possibly be wrong with that? It can be served as an entree for a light supper, or as a make-and-go picnic salad or for a Summer BBQ. Think macaroni, thinly sliced lettuce and green onions, diced sweet plum tomatoes and a homemade creamy mayonnaise dressing. And of course, there's smoky crumbled bacon.

1 (16-ounce) box elbow macaroni
 1½ cup real mayonnaise
 ½ cup sour cream
 3 tablespoons sugar
 2 tablespoons apple cider vinegar
 1½ teaspoons celery salt
 1½ teaspoons onion powder
 1½ teaspoons garlic powder
 ½ teaspoon smoked paprika
 ¼ teaspoon dry dill
 Black pepper to taste
 5 green onions, thinly sliced
 4 roma tomatoes, seeded and diced
 2 cups loosely packed green leaf lettuce, thinly sliced
 ½ pound bacon, cooked and crumbled

Cook the elbow macaroni in salted water per the package instructions until al dente. Drain well.

In a large mixing bowl, whisk together the mayonnaise, sour cream, sugar, apple cider vinegar, celery salt, onion powder, garlic powder, smoked paprika, dill and black pepper to taste.

Add the drained macaroni, sliced green onion and diced tomatoes. Mix until evenly distributed then cover and chill.

Just before serving mix in the sliced green leaf lettuce and crumbled bacon. Taste and adjust the creaminess of the dressing and the amount of salt and black pepper, if needed.

Garnish with additional bacon and green onion if desired. Store chilled.



LEMON SOUR CREAM POUND CAKE

When it comes to baking, I confess it's a year-round activity at our house. My oven never rests for very long. This cake is one such example. The creamy lemon-laced sour cream batter combines to create a flavor that just never gets old. Serve it as is, or with a dollop of lemon curd or fresh cream and berries, it's another fabulous way to enjoy the made-from-scratch flavor of pound cake.

For the cake:
 3 cup all purpose flour
 1 (3.4-ounce) package instant lemon pudding mix
 ½ teaspoon salt
 ½ teaspoon baking soda
 1½ cups butter, softened
 2 ¾ cups granulated sugar
 2 teaspoons pure vanilla extract
 6 large eggs
 1 (8-ounce) carton sour cream
 2 tablespoons fresh lemon zest

For the glaze:
 1½ cups powdered sugar
 2 tablespoons fresh lemon juice, more if needed to thin
 1 tablespoon butter, melted

Preheat the oven to 325°F. Butter and flour a tube pan. Set aside.

Sift together the all purpose flour, lemon pudding mix, salt and baking soda.

Cream together the softened butter, granulated sugar and vanilla. Beat for 2 to 3 minutes until light and pale yellow in color.

Add the eggs one at a time beating well after each addition. Stop and scrape the sides of the bowl as needed.

Lower the speed of the mixer and add the sifted dry ingredients alternately with the sour cream. Mix until fully combined.

Stir in the fresh lemon zest by hand.

Pour into the prepared tube pan and place into the oven.

Bake for 1 hour 20 minutes to 1 hour 30 minutes or until a toothpick inserted into the center comes back clean.

Cool in the pan on a wire rack for 15 minutes then remove from the pan and cool completely.

To Prepare The Glaze:
 Mix together the powdered sugar, lemon juice and melted butter. Drizzle over the cooled cake.



The Starving Artist Cookbook

ILLUSTRATED RECIPES
FOR FIRST-TIME COOKS

Sara Zin

When life hands you lemons . . . paint them and then write down the recipes

Aspiring artist Sara Zin turned 30 and hit a wall. She was hungry—starving—to find meaning in her art. Plus, she really wanted one of her grandmother’s oatmeal cookies. Zin didn’t know how to make them; she never learned how to cook. She decided it was time. And, as a painter, it was only logical that she paint every dish once it was prepared. This cookbook is the result of that year’s journey, with basic recipes for:

- French Toast and Crispy Bacon
- The Manly Burger
- Tomato Soup
- Simple Carbonara
- Oatmeal Cookies

This book will appeal to anyone who likes to eat—starving or not.



Sara Zin is an illustrator, graphic designer, and painter who combined her passion for art with her love of food. Her work has appeared in galleries across America. She lives on the West Coast with her husband.

MARKETING & PUBLICITY

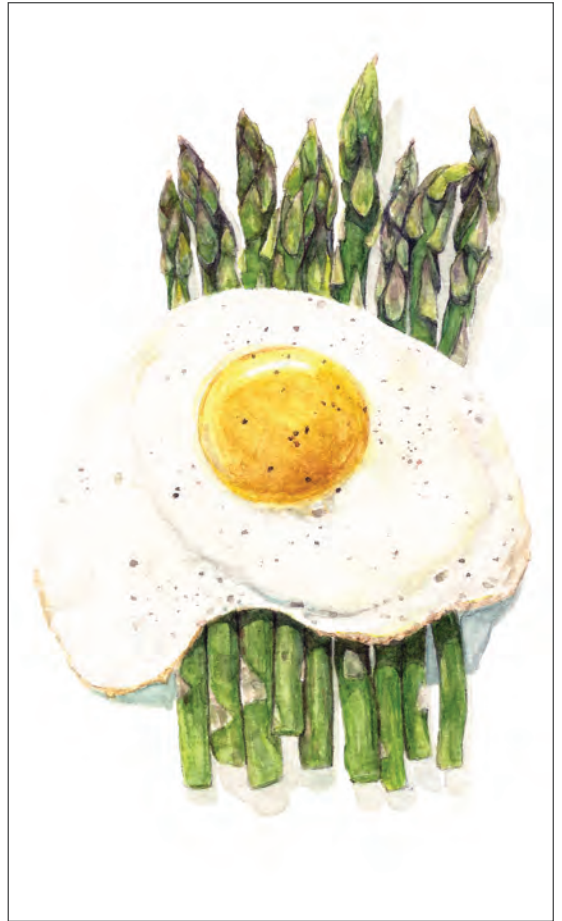
- **Features in cooking, lifestyle and Millennial publications**
- **Graduation gift guide promotion**
- **Social media and Pinterest promotion**

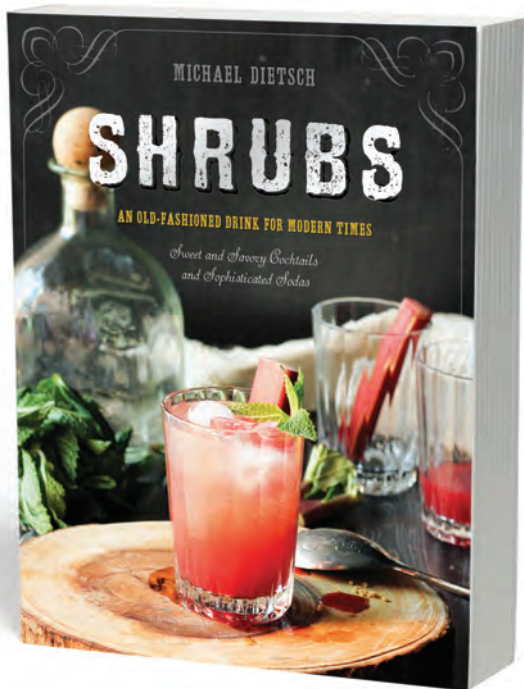
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CQ 16

COOKING





Shrubs

AN OLD-FASHIONED DRINK
FOR MODERN TIMES

Michael Dietsch

FOREWORD BY PAUL CLARKE

Now in paperback, with five new recipes
to capture a fresh, new audience

A shrub is full of character and variety. The ingredients—fruit, sugar, and vinegar—are as simple as can be. But the variations are seemingly unlimited. It has another superpower: A strong shrub game can help you make the most of bruised or aging summer fruit.”

—*The New York Times*, in an article featuring *Shrubs*

Michael Dietsch took the mixology community by storm when he brought back a popular drink from colonial times, the shrub. Not the green, leafy kind that grows in the ground, but a vintage drink mixer that can be spiked with alcohol or prepared as a soda. Drinkers, bartenders, and the media embraced the book. This new edition features a foreword by Paul Clarke, the Executive Editor of *Imbibe* magazine and author of *The Cocktail Chronicles*. Here is the definitive guide to making and using shrubs.



Michael Dietsch is a writer, editor, and accidental bartender in Brooklyn. He is a contributor at *SeriesEats.com* and writes about spirits and cocktails at the website *A Dash of Bitters*.

MARKETING & PUBLICITY

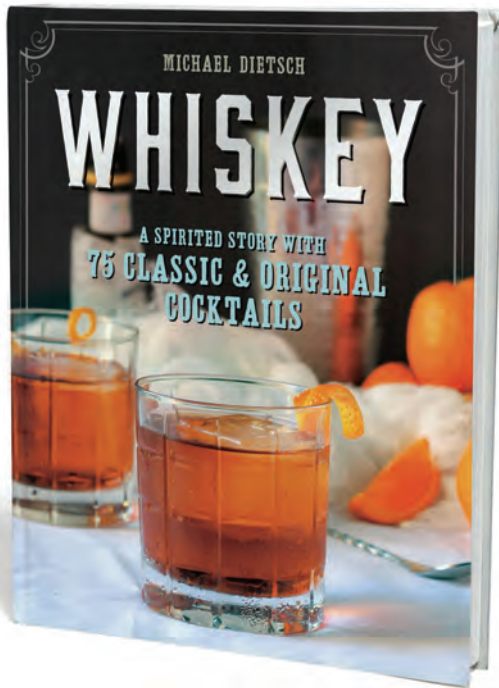
- Off-the-book-page recipe excerpts
- Blogger outreach
- Co-promotion with *Whiskey*

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CQ 18

COOKING



Whiskey

A SPIRITED STORY WITH 75 CLASSIC AND ORIGINAL COCKTAILS

Michael Dietsch

Whiskey cocktails that go well beyond the Old-Fashioned

Whiskey is booming in popularity. Craft distilleries are making whiskeys not just from corn, rye, and malted barley, but also from grains such as quinoa, blue corn, and triticale. Cocktail lovers have embraced the earthy, bitter, savory notes that come from the “brown” spirits. In this collection, *Shrubs* author Michael Dietsch reaches out to those drinkers with a little bit of history and a lot of delicious recipes—each of which has a story.

He begins with colonial-era drinks such as Cherry Bounce and the Stone Fence, moving to early whiskey drinks like the Toddy and Julep, and then into the cocktail explosion of the Jerry Thomas era circa 1880s. This leads to the drinks of pre-Prohibition, Prohibition, and post-Repeal, and then to a section on the cocktail renaissance of the last 15 years. This book is a pleasure to read and use.



Michael Dietsch is a writer, editor, and accidental bartender in Brooklyn. He is a contributor at *SeriesEats.com* and writes about spirits and cocktails at the website *A Dash of Bitters*.

MARKETING & PUBLICITY

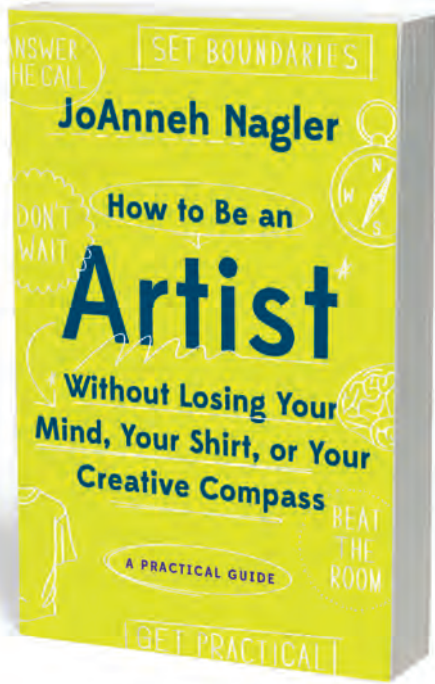
- Outreach to cocktails/spirits blogs and publications
- Father's Day outreach
- Radio and podcast interviews
- Author website: ADashofBitters.com

MAY

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CQ 16

COOKING



How to Be an Artist Without Losing Your Mind, Your Shirt, or Your Creative Compass

A PRACTICAL GUIDE

JoAnneh Nagler

Be true to your artistic self— but don't quit your day job

Whether you're a new graduate, someone considering a job change, or a creative type who isn't finding time to pursue your passions, don't fall for this line: "Do what you love and the money will follow." If food, clothing, and shelter are critical to survival, so then is money—and it should really be a priority. With that said, author JoAnneh Nagler still wants you to embrace your creativity and continue to make art—just to do it with a plan. In this groundbreaking book, she provides step-by-step strategies to show writers, sculptors, painters, musicians, designers, and other artists how to live a healthy and decent life. Chapters include:

- Get a day job
- Map out your living costs
- Show up for your art hours like it's a job
- Know what to work on first
- Think like an inventor



JoAnneh Nagler is an artist, musician, writer, and life coach who has worked to seamlessly fit her artistic endeavors with her own lifestyle. She is the author of *The Debt-Free Spending Plan* and has been featured in *The New York Times*, *U.S. News and World Report*, and elsewhere. She lives in San Francisco, CA.

MARKETING & PUBLICITY

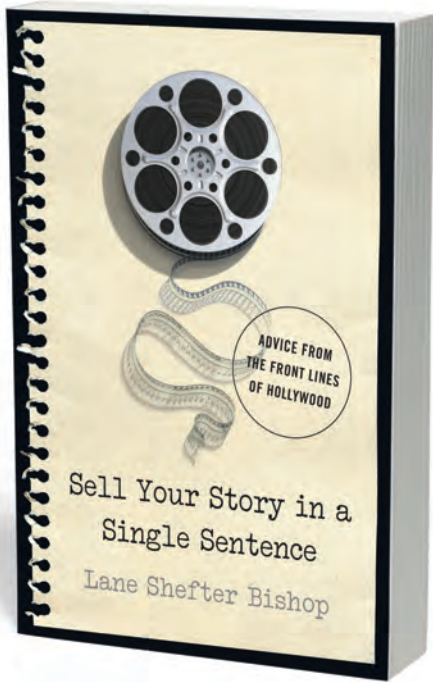
- Outreach to financial, career, and new adult publications
- Guest posts on career, artistic, and lifestyle blogs
- Collaboration with author coaching and events

MAY

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CQ 24

SELF-HELP



Sell Your Story in a Single Sentence

ADVICE FROM THE FRONT
LINES OF HOLLYWOOD

Lane Shefter Bishop

Secrets to pitching a project to TV or film, from an Emmy-winning producer/director

Every writing project has one thing in common—they all start with a single sentence. Writers constantly struggle to answer this question: What is your story about? Finally, a guide by a leading Hollywood insider who actually knows the answer—and now she shows you how to do it yourself!

Lane Shefter Bishop, CEO of Vast Entertainment, explains the key to selling your screenplay, novel, or script. She focuses on the “log-line,” the one sentence, attention-grabbing description. This comprehensive guide to opening career doors is the first of its kind, highlighting the tips and techniques for making your story stand out.

From tips on character development to hints on points to avoid, Bishop covers all you need to know when selling your story.



Lane Shefter Bishop is the CEO of Vast Entertainment, a book-to-screen adaptation company. She spent nearly a decade working in motion picture development at Walt Disney Pictures, Touchstone Pictures, and Hollywood Pictures, among others, and has been a working producer and director for many years. Her projects have included ABC's *Home Show*, Showtime's *The Affair*, and HBO's *Hotline* series. She has won numerous awards including an Emmy. She lives in Los Angeles, CA.

MARKETING & PUBLICITY

- **Outreach to career and business publications**
- **Guest blog posts on writing, career, film industry, and lifestyle blogs**
- **Radio, podcast, and TV appearances**
- **Author website: LaneDirect.com**

MAY

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CQ 24

PERFORMING ARTS



The Modern Preserver

JAMS, PICKLES, CORDIALS,
COMPOTES, AND MORE

Kylee Newton

Innovative jam and pickle recipes, a brand new take on a very old craft

Preserving is an ancient technique that speaks to a modern sensibility. It puts you in step with the seasons, uses up leftover fruits and vegetables, and gives you complete control over what goes into your food. In *The Modern Preserver*, Kylee Newton takes you through every aspect of preserving: from classic jams and jellies, to pickles and fermentation, and to chutneys, cordials, and compotes. Newton's easy-to-follow, step-by-step instructions wed age-old methods with a contemporary flavor. The book features more than 130 creative and unique recipes for even the most discerning palate, including:

- Rhubarb & Prosecco Jelly
- Spicy Bourbon Pickles
- Mango Salsa Relish
- Roasted Red Pepper Ketchup
- Pineapple & Chili Syrup

These delicious recipes also make stylish gifts and reassuringly natural homemade treats.



Kylee Newton grew up in New Zealand and now lives in London. She began making preserves seven years ago to give as homemade Christmas presents, and has been doing it ever since. She sells her preserves each week at London farmers' markets and constantly tests new recipes and flavors.

MARKETING & PUBLICITY

- **Outreach to cooking, DIY and preserving publications**
- **Off-the-book-page recipe excerpts**
- **Blogger outreach and giveaways**

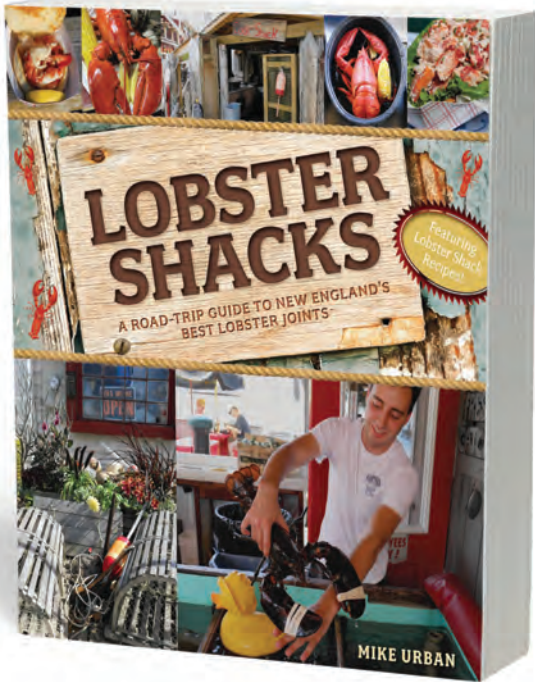
JUNE

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CQ 14

COOKING





Lobster Shacks

A ROAD-TRIP GUIDE TO NEW ENGLAND'S
BEST LOBSTER JOINTS

Revised Edition

Mike Urban

The newly updated tour of New England's best roadside seafood

Lobster Shacks is a fun, road-trip-style guide to the 75 or so best shacks in New England, starting in Connecticut and heading north and east through Rhode Island, Massachusetts, New Hampshire, and Maine. Each shack entry features a lively description which includes historical background, biographical portraits of the owners past and present, highlights from the menu, and driving directions. Scattered throughout the guide you will find feature recipes, lobster shack legends and lore, and information on local fishing fleets. Author Mike Urban is a veteran shack aficionado with years of experience searching for the best shacks and he hit the road again in 2015 to update this new edition. In short, whatever fits the lobster shack zeitgeist and spirit will find its way into this unique guide.

MARKETING & PUBLICITY

- **Regional media promotion**
- **Cross-promotion with *The New England Seafood Markets Cookbook***
- **Cooking and travel blog outreach**

JUNE

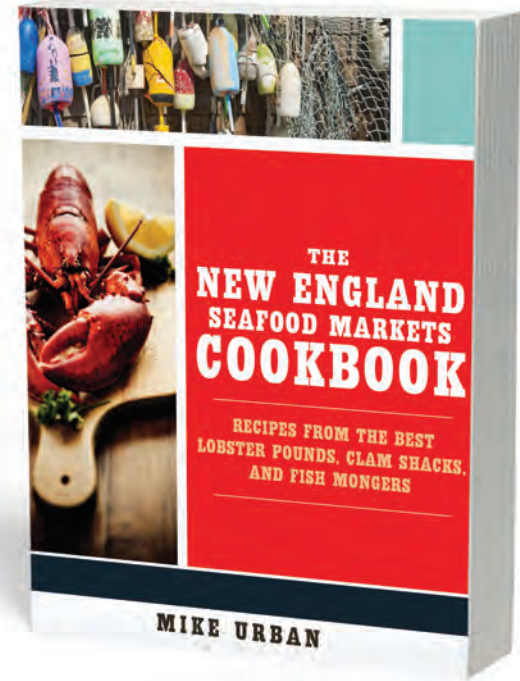
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CQ 24
PREVIOUS EDITION:
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TRAVEL



Mike Urban is an editor, writer, and book packager who specializes in travel, outdoor recreation, sports, food, and business/career books. He has been in book publishing for over thirty years, last serving as Vice President and Associate Publisher of Globe Pequot Press, where he edited hundreds of travel guides and created a plethora of guidebook series. Urban lives in Old Saybrook, Connecticut, with his wife and four children.



The New England Seafood Markets Cookbook

RECIPES FROM THE BEST LOBSTER POUNDS, CLAM SHACKS, AND FISH MONGERS

Mike Urban

125 recipes from the best seafood markets in New England

From Old Saybrook to Bar Harbor, the New England coast is home to some of the best lobster pounds and fish markets in the world. The dedicated staff there work to bring in the freshest catches every day, so who better to ask how to cook with them? *The New England Seafood Markets Cookbook* offers 125 recipes from the best seafood markets in the six-state New England region including such basics as:

- Lobster Newburg
- Thai Squid Salad
- Halibut with Sorrel Sauce

Throughout, the recipes are supplemented with profiles of more than thirty of the top seafood markets—their histories, their owners, their specialties—and profiles of some of the more colorful fishing operations along the New England seaboard.



Mike Urban is an editor, writer, and book packager who specializes in travel, outdoor recreation, sports, food, and business/career books. He has been in book publishing for over thirty years, last serving as Vice President and Associate Publisher of Globe Pequot Press, where he edited hundreds of travel guides and created a plethora of guidebook series. Urban lives in Old Saybrook, Connecticut, with his wife and four children.

MARKETING & PUBLICITY

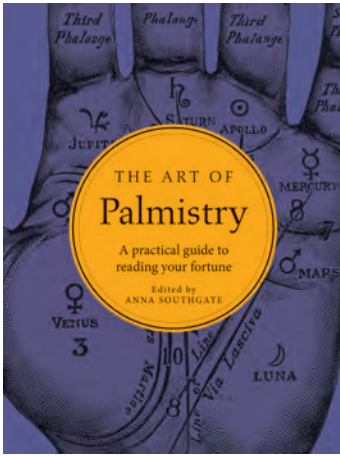
- **Regional media promotion**
- **Marketing collaboration with relevant companies**
- **Cooking and travel blog outreach**

JUNE

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CQ 24

COOKING



The Art of Palmistry

A PRACTICAL GUIDE TO READING YOUR FORTUNE

Edited by Anna Southgate

How to read palms, and use what you learn in everyday life

Divination by means of examining the hands (not just the palms, despite the popular name) has been around for more than 5,000 years, yet it continues to be one of the most popular tools of prophecy, perhaps because it is so simple, requiring no equipment beyond your hands. With easy-to-follow instructions and clear illustrations, *The Art of Palmistry* is a perfect introduction for beginners and a source of inspiration for seasoned lovers of palmistry.

MARKETING & PUBLICITY

- Outreach to New Age, mysticism, and lifestyle publications
- Posts on healthy living and alternative healing blogs

JUNE

144 pages • 50 color photographs
Full-color throughout • 6.1" x 8.1" • Cloth

\$17.95 / (\$23.50) • ISBN 978-1-58157-376-3
TERRITORY: X • CQ 28

BODY, MIND & SPIRIT

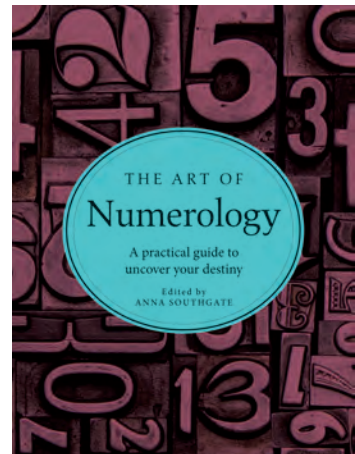
The Art of Numerology

A PRACTICAL GUIDE TO UNCOVER YOUR DESTINY

Edited by Anna Southgate

Unlock the secret messages that your birth number holds

Many people believe that numbers hold divine, mystical meanings. Every number has prophecies associated with it—for example, number one deals with strong will, positivity, and pure energy. Using a numerology chart, you can calculate which particular number or set of numbers represent you, and learn how it represents your character traits and personality. This practical and fascinating guide shows you how to find and use your numbers.



MARKETING & PUBLICITY

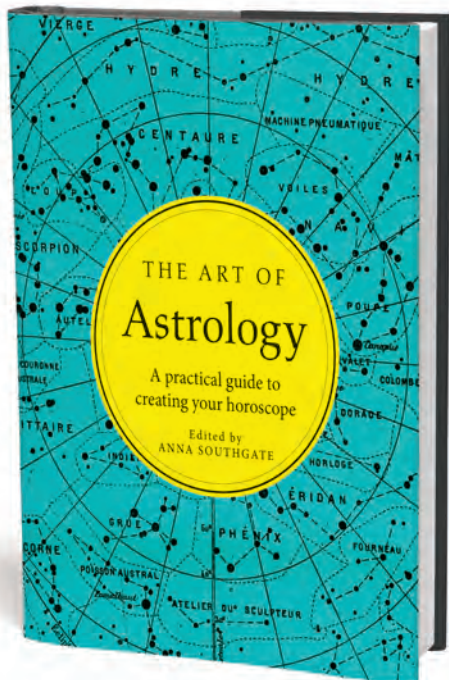
- Outreach to New Age, mysticism, and lifestyle publications
- Posts on healthy living and alternative healing blogs

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TERRITORY: X • CQ 28

BODY, MIND & SPIRIT



The Art of Astrology

A PRACTICAL GUIDE TO
CREATING YOUR HOROSCOPE

Edited by Anna Southgate

What's your sign . . . and what does it mean for you and those you love?

At the moment of your birth, the planets above were at precise positions in the sky, corresponding to the particular constellations of stars that make up the zodiac. Astrology is the study of the movements and positions of these celestial bodies, and how their locations influence a person's character traits, likes, and dislikes, career aptitude, financial prospects, and health. This practical and fascinating guide covers basic definitions, calculations, methods, interpretations, and more.

Anna Southgate is an editor with more than 20 years experience, and has edited numerous books in the Mind, Body, Spirit category, including titles on western astrology, chinese astrology, divination and spiritual health.

MARKETING & PUBLICITY

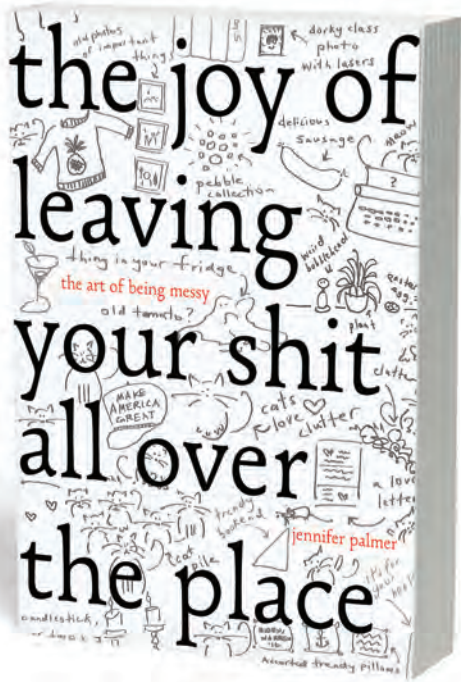
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CQ 28

BODY, MIND & SPIRIT



The Joy of Leaving Your Shit All Over the Place

THE ART OF BEING MESSY

Jennifer Palmer

Learn to be messy and everything else in your life will fall into place

The anti-clutter movement is having a moment. An entire book has been written on the topic of tidiness and how “magical” and “life-changing” it is to THROW AWAY YOUR BELONGINGS. Well, guess what, neatniks? Science shows that messy people are more creative.* This book shows you how to clutter mindfully with checklists, quizzes, guidelines, flow-charts (kidding), and inspirational stories. The results are truly magical. Your plants will stop dying. Your whiskey bottle will never run dry. Your drugstore points will finally add up to a free jar of salsa and some nice shampoo. Go ahead. Leave your pants on the floor tonight.

*As well as smarter and more attractive.



Jennifer Palmer has written for the *Atlantic*, *Teen Vogue*, *Curbed*, *Vice Magazine*, and BBC Radio. She lives in Brooklyn, New York. (Of course she does.)

MARKETING & PUBLICITY

- Off-the-book-page excerpts and author essays
- Book review campaign
- Graduation and gift guide promotion

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CQ 36

HUMOR

1.
Acknowledging the Magic of Clutter

"If a cluttered desk is the sign of a cluttered mind, of what, then, is an empty desk a sign?"

—ALBERT EINSTEIN

Visualize your own house or apartment. Visualize it full of crap. Visualize it messy. Visualize your closet. Say a small prayer of gratitude that you aren't the kind of person that has time to color coordinate their clothes or fold their socks into thirds or fold their t-shirts into military-esque squares. Acknowledge that life is short and you'd rather be drinking coffee and looking at Pinterest.



Recall the last time you visited a house that felt alive and filled with personality. The home of an artist, perhaps. Someone who saw things and painted them or drew them or built them or burned pine trees and threw them from their rooftop as part of a political protest. Were the spaces they lived in pristine? Did they resemble the glorious modern rooms you see at expensive hotels or in the pages of some boutique furniture store catalog showcasing a gold and marble coffee table with no storage bedecked with a single champagne flute? Did the spaces lack bookshelves? **Did the people who lived there talk to their clothing?** Did they whisper "thank you for your service" to the shirt they quietly were folding into thirds? Did they own a pair of jeans named Gerald?

Not likely.



Most likely these people treated their clothes like inanimate objects and lived in a place that felt alive. That was full of stuff. Oh that, they'll say casually. That's the silver tea set I got in Morocco. Those are the fishing nets I found on the beach in British Columbia and turned into a hammock. Those were my mom's wineglasses she inherited from her grandmother who got them in Venice on her honeymoon. That stack of books is my to-read pile. That pile of cats are my to-feed cats. Those flowers are dead. I need to throw those out.

You don't have to be artistic to have a lot of crap. That's not my point. The point is that there are a lot of people out there, people like me or perhaps you, that like stuff and like having it around and like picking it up and looking at it and remembering things and putting it down again and enjoying that nice feeling you get from remembering where you got it.



10.
are you too neat?

1. When you get home after a long trip the first thing you do is:

- Unpack, put away your clothes by rolling them into neat clothing-tubes, and thank them for their service.
- Put on your jogging pants and order pizza. (With paper plates so you don't have dishes.)
- Feed your dog.

2. In the bathroom, your soap and shampoo:

- Are wiped dry after every use, and placed out of sight in the cupboard.
- Sit on the side of the tub, caps opened and ready for use.
- You don't use soap and shampoo.

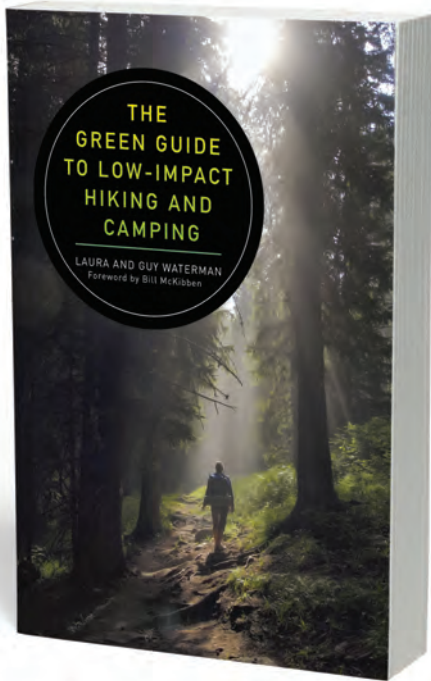
3. When you open your closet, do you see:

- Your clothes organized by category, with darker, cool weather clothes on the left and light, warm weather clothes on the right.
- Clean clothes hung on hangers, and dirty clothes on the ground. Shoes are usually under the dirty clothes.
- Your cats.

Answer Key:

- You have some issues. Chill out. No one ever said you're deathly.
- "Everything was always in its place and I had a place for everything."
- Congrats on being cool. On your deathbed you'll be like, "It was worth it."
- You probably like animals.





The Green Guide to Low-Impact Hiking and Camping

Laura and Guy Waterman

FOREWORD BY BILL MCKIBBEN

“A classic of backpacking literature”
(*Backpacker*), updated with a foreword
by Bill McKibben

Originally published as *Backwoods Ethics* in 1979, Laura and Guy Waterman’s definitive guide to low-impact hiking and camping was a prophetic call to reevaluate the impact of outdoor recreation on the wilderness. Enthusiastically received by environmentalists and wilderness managers at the time, its warnings and advice are now more relevant than ever. With wisdom and gentle humor, Laura and Guy Waterman present a strong case for the importance of respecting the natural world while you’re enjoying it. In his foreword to the new edition, world-famous environmentalist and best-selling author Bill McKibben puts the Watermans’ advice into context for today’s world. Day hikers, campers, and backpackers who follow the sensible techniques laid out in this book will help preserve the wilderness experience for generations to come.

MARKETING & PUBLICITY

- Print and online outdoor and environmental publications
- Regional author reviews
- Blogger outreach

JUNE

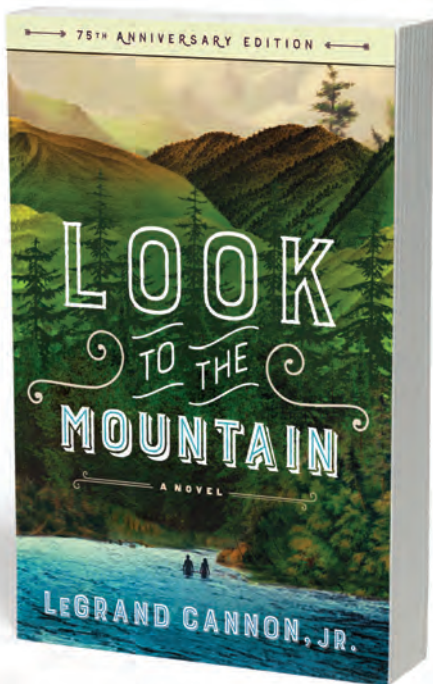
288 pages
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Paperback

\$18.95 / (\$24.95)
ISBN 978-1-58157-394-7
TERRITORY: W
CQ 36

SPORTS & RECREATION



Laura and Guy Waterman are co-authors of several books on environmental ethics. Guy died in the White Mountains of New Hampshire in 2000. Laura lives near their original homestead in Vermont.



Look to the Mountain

A NOVEL OF THE
NEW ENGLAND FRONTIER

75th Anniversary Edition

LeGrand Cannon, Jr.

The million-copy best-selling novel, updated with a new package for the 75th anniversary

One of the most popular and enduring novels of the last century, *Look to the Mountain* is the epic story of two young settlers who start a new life in the foothills of New Hampshire's White Mountains on the eve of the American Revolution. They learn to survive amid the struggle in what was then a harsh and unforgiving landscape, forging a bond between both them and their adopted homeland. A critical and commercial success when it was first published in 1942, LeGrand Cannon, Jr.'s novel was nominated for the Pulitzer Prize and translated into numerous languages throughout the world. It has sold over one million copies through various editions and has never been out of print. Seventy-five years on, *Look to the Mountain* is still a definitive American novel, offering a captivating glimpse of life at the edges of the original colonies, and the grit and determination of the earliest New Englanders.

LeGrand Cannon, Jr. (1899–1979) was a celebrated American novelist. He lived at the foot of New Hampshire's Mount Chocorua for years as research for *Look to the Mountain*. He was nominated for a Pulitzer Prize for his work.

MARKETING & PUBLICITY

- **Regional New England media promotion**
- **Outreach to homesteading, history and book bloggers**
- **Review outreach**

JULY

416 pages
5.5" × 8.25"
Paperback

\$15.95 / (\$20.95)
ISBN 978-1-58157-365-7
TERRITORY: A
CQ 24
PREVIOUS EDITION:
978-0-88150-215-2

FICTION



Fabulous Frozen Paleo

DAIRY-FREE ICE CREAM, POPS, PIES,
GRANITAS, AND SORBETS

Pamela Braun

Frozen desserts even a caveman would love!

We all scream for ice cream . . . even those of us with dietary restrictions. The Paleo or Primal lifestyle doesn't have to be restrictive any longer, as there are now a host of dairy-free dessert options to satisfy your sweet tooth. Using nut milks and natural sugars, these recipes mimic the same creamy texture and sweet taste of regular ice cream. With full-color photographs and easy-to-follow, step-by-step instructions, delicious frozen treats like these can be whipped up in a flash:

- Salted Caramel Crack Ice Cream
- Bulletproof Coffee Affogato
- Vanilla Cherry Sorbet
- Watermelon Lime Granita
- Frozen Chocolate Cream Pie

The Paleo-style of eating seems to be here to stay. This cookbook takes it to another level.



Pamela Braun is the force behind the blog MyMansBelly.com. Her recipes have appeared in *The New York Times*, *Shape*, and *The LA Times*. She lives in Dallas, TX.

MARKETING & PUBLICITY

- **Summer healthy eating features**
- **Outreach to Paleo community**
- **Social media outreach**
- **MyMansBelly.com**

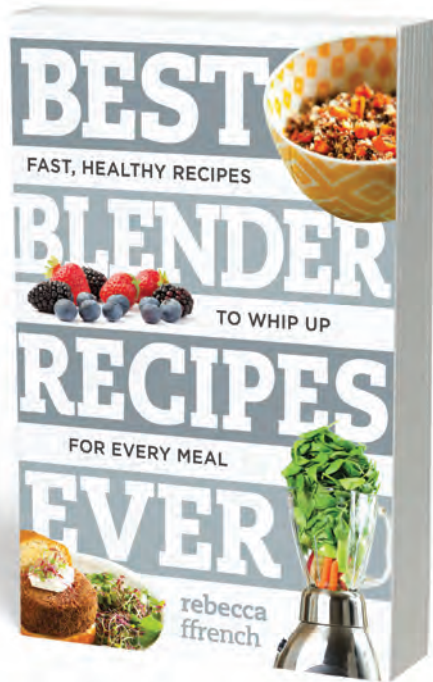
JULY

160 pages
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Full-color throughout
7" x 9"
Paperback

\$17.95 / (\$23.50)
ISBN 978-1-58157-386-2
TERRITORY: W
CQ 18

COOKING





Best Blender Recipes Ever

FAST, HEALTHY RECIPES TO WHIP UP FOR EVERY MEAL

Rebecca Ffrench

What has your blender done for you lately?

Sure, you've got the smoothie game down, but your blender is good for a heck of a lot more than that. From pancakes to burgers to brownies and slaws . . . there are so many things you can make easily and quickly. Check out some of these ideas:

- Zucchini Apple Muffins
- Smoky Hummus with Artichokes
- Chopped Kale Salad
- Herbed Goat Cheese Turkey Burgers
- Blueberry Cheesecake Bites

Best Blender Recipes Ever is the book that you—and your blender—have been waiting for.

MARKETING & PUBLICITY

- **Blogger outreach and giveaways**
- **Marketing collaboration with relevant companies**
- **Pinterest and social media promotion**

JULY

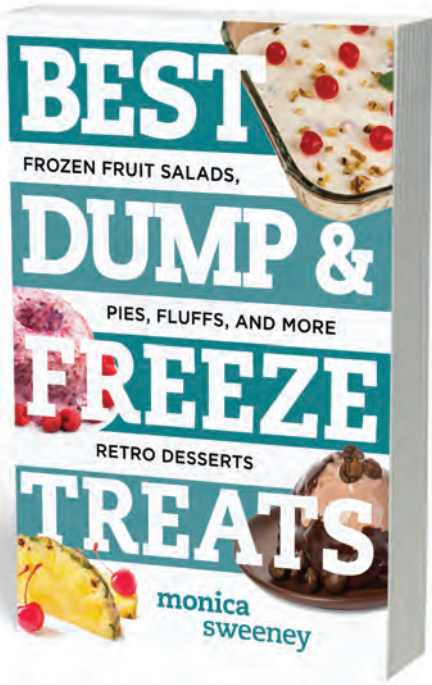
208 pages
40 color photographs
Full-color throughout
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Paperback

\$14.95 / (\$19.50)
ISBN 978-1-58157-389-3
TERRITORY: W
CQ 36

COOKING



Rebecca Miller Ffrench is a recipe developer, food writer, and lifestyle expert. Her work has appeared in national publications such as *Better Homes & Gardens*, *Shape*, *Real Simple Family*, and *Martha Stewart Weddings*. She is a regular contributor to *babycenter.com* and has appeared on *Good Morning America*, *The Better Show*, and elsewhere. Passionate about natural foods, Ffrench cooks up healthful meals for her family every day, whether they are in New York City or their home in the Catskills, where they try to spend as much time as possible.



Best Dump & Freeze Treats

FROZEN FRUIT SALADS, PIES, FLUFFS, AND MORE RETRO DESSERTS

Monica Sweeney

Refreshing and easy, these 1950s chilled desserts are awesome

These retro-style treats are fun to make and fun to eat. Using ingredients you can find at any supermarket, these easy recipes combine something creamy (think Cool Whip, sweetened condensed milk, or cream cheese) with something fruity (if you're feeling lazy, old-school canned fruit is a surprisingly delicious option) or something chocolate. Just mix it up and freeze it. If you're fancy, dump it into a ready-made piecrust before freezing! Recipes include:

- Frozen Ambrosia Southern Cherry Fluff
- Orange Cream Fruit Salad
- Frozen Key Lime Pie
- Banana Split Salad

Great for any occasion, these desserts are real crowd-pleasers.

Monica Sweeney is a writer and editor whose recipes have been in *Food & Wine* and *Foodista*. She lives in Boston, MA.

MARKETING & PUBLICITY

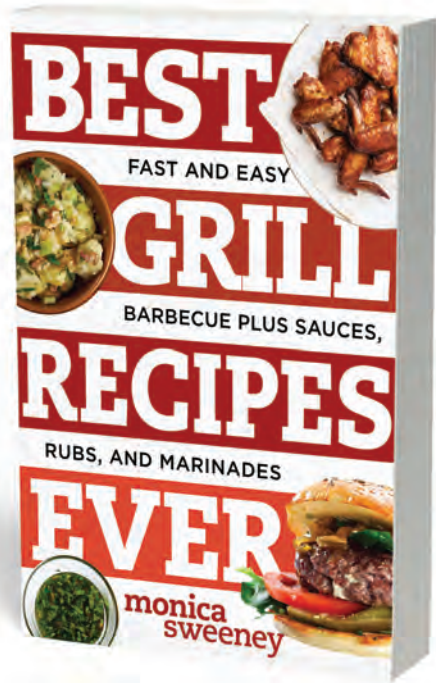
- **Blogger outreach and giveaways**
- **Pinterest and social media promotion**

JULY

128 pages
40 color photographs
Full-color throughout
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Paperback

\$14.95 / (\$19.50)
ISBN 978-1-58157-364-0
TERRITORY: W
CQ 36

COOKING



Best Grill Recipes Ever

FAST AND EASY BARBECUE PLUS SAUCES, RUBS, AND MARINADES

Monica Sweeney

Grab your apron and fire up the grill

Barbequing is a delicious way to get dinner on the table in a flash, whether it's your annual backyard cookout or your weeknight family dinner. With 50 mouthwatering recipes for meats, marinades, and rubs, as well as grilled vegetables and sides, this book will be your quick and easy go-to guide for any summer gathering. Recipes include:

- Bourbon-Brown Sugar Steak Marinade
- Honey Barbeque Chicken
- Grilled Asparagus Vinaigrette
- Fennel-Rosemary Pork Tenderloin
- Short-Rib Burgers

You'll want to grill every day with these simple, and simply good, recipes.

Monica Sweeney is a writer and editor whose recipes have been in *Food & Wine* and *Foodista*. She lives in Boston, MA.

MARKETING & PUBLICITY

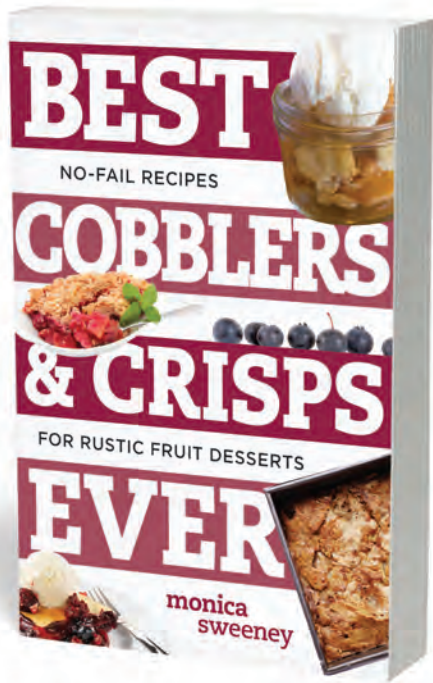
- **Blogger outreach and giveaways**
- **marketing collaboration with relevant companies**
- **Pinterest and social media promotion**

JULY

128 pages
50 color photographs
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Paperback

\$14.95 / (\$19.50)
ISBN 978-1-58157-393-0
TERRITORY: W
CQ 36

COOKING



Best Cobblers & Crisps Ever

NO-FAIL RECIPES FOR
RUSTIC FRUIT DESSERTS

Monica Sweeney

The taste of pie in half the time
and a quarter of the effort!

Cobblers, crisps, and crumbles are classic American desserts for a reason: They're delicious ways to showcase seasonal fruits by combining them with a sweet, crispy topping. And, best of all, they are quick and easy to make—think of them as pie's less intimidating, equally delicious cousins. Make amazing weeknight desserts or entertain a crowd with this collection of 50 recipes, accompanied by beautiful full-color photography. Recipes include:

- Peach Raspberry Cobbler
- Apple Crisp with Salted Caramel
- Strawberry Rhubarb Crisp
- Blueberry Lemon Cobbler

Monica Sweeney is a writer and editor whose recipes have been in *Food & Wine* and *Foodista*. She lives in Boston, MA.

MARKETING & PUBLICITY

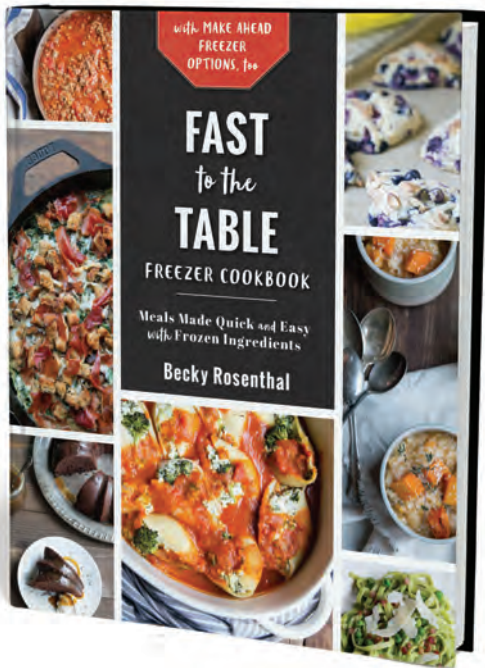
- **Blogger outreach and giveaways**
- **Marketing collaboration with relevant companies**
- **Pinterest and social media promotion**

JULY

128 pages
50 color photographs
Full-color throughout
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Paperback

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ISBN 978-1-58157-392-3
TERRITORY: W
CQ 36

COOKING



Fast to the Table Freezer Cookbook

MEALS MADE QUICK AND EASY
WITH FROZEN INGREDIENTS

Becky Rosenthal

A stocked freezer is the busy cook's best friend

Make your freezer work for you. If you buy groceries in bulk, discover how to break down your purchases into usable, smaller servings that you can freeze and incorporate into dishes later. If you love to get your fruits, vegetables, meat, and more from a farmers' market, but have a hard time eating everything before it spoils, learn how to freeze your produce yourself or prepare meals to freeze. And if you need more of a shortcut, buy frozen ingredients to use for recipes like these:

- Beef Pot Pie (freezer: piecrust, beef, vegetables)
- Corn Cakes with Pulled Pork and Cherry Salsa (freezer: pulled pork, cherries, make-ahead corn pancakes)
- Fisherman's Stew (freezer: fish, shrimp, scallops, vegetables)
- Peach-Blueberry Cobbler (freezer: fruit)

This is freezer-to-table cooking at its best.



Becky Rosenthal is the writer and photographer behind thevintagemixer.com. She has written for *The Guardian*, *Food52*, *The Huffington Post*, and a variety of other online and print publications. She lives with her family in Salt Lake City, Utah.

MARKETING & PUBLICITY

- **Off-the-book-page excerpts in cooking publications**
- **Outreach to DIY/preserving community**
- **Blogger outreach and giveaways**
- **TheVintageMixer.com**

AUGUST

224 pages
100 color photographs
Full-color throughout
8" x 10"
Cloth / Paper over boards

\$27.95 / (\$35.95)
ISBN 978-1-58157-382-4
TERRITORY: W
CQ 12

COOKING



Corn Cakes w/ Pulled Pork

This meal is great for entertaining because it feels like something labor intensive and special. But because you don't have to make this all at once, it's actually easy. I like the pulled pork from Trader Joe's but there are a lot of good choices available now. The result is a sweet and salty meal that is sooo tasty.

- | | |
|--------------------------------|---|
| 10 ounces frozen corn (2 cups) | 1/2 cup buttermilk |
| 1/2 cup whole wheat flour | 1/2 cup Greek yogurt (use low fat) |
| 1/2 cup cornmeal | 1/2 teaspoon chives (optional) |
| 2 teaspoons baking powder | 1/2 teaspoon jalapeño, chopped (optional) |
| 1 teaspoon salt | butter for the griddle |
| 1/2 teaspoon pepper | 1 (16-ounce) package pulled pork |
| 4 eggs | Cherry Salsa (recipe below) |

1. Preheat oven to 425 degrees. Rinse the frozen corn, then pat dry, removing any excess moisture. Roast the corn on a foil covered baking sheet for 30-45 minutes or until starting to brown.
2. Mix together the flour, cornmeal, baking powder, salt, and pepper. In a separate bowl mix together the eggs, buttermilk and Greek yogurt.
3. Gradually add the yogurt mixture to the dry ingredients, mixing just enough to incorporate. Add in the chives and jalapeño if using. Then, fold in the roasted corn.
4. Heat a griddle or large nonstick skillet to 350 degrees or medium high heat. Butter the skillet or griddle once hot. Then scoop out the batter 1/2 cup at a time. Flip and repeat with remaining batter. If you wish, let them cook and reheat until they are done.
5. To serve, warm the pulled pork too and cherry salsa. Top every 4-6 cakes with extra Greek yogurt and chives.



Cherry Salsa

- 1 (12-ounce) bag pitted frozen cherries (about 1 1/2 cups)
- 1 shallot, diced (or 1/2 red onion)
- 1 small jalapeño, diced (1/2 for milder salsa)
- 1 small lime
- 2-3 mint leaves, chopped

1. Roughly chop the cherries (sooner when they're still pretty frozen) and put in a small bowl. Stir in the diced jalapeño and shallot (or red onion).
2. Zest about half the lime over the cherry mixture, then cut the lime in half in order to juice it into the bowl. Add in the chopped mint leaves and toss to combine.
3. Let salsa come to room temperature before serving.



The Apple Cider Vinegar Companion

SIMPLE WAYS TO USE
NATURE'S MIRACLE CURE

Suzy Scherr

The multitasking superfood is delicious, too!

Generations of devotees have sworn by apple cider vinegar: cooking with it, swigging it by the spoonful, and using it as a remedy for just about any ailment. Why? The tart, fermented flavor certainly can add a punch to any recipe, but it's also great for weight-loss, digestion, and overall good health. It makes a mean natural cleanser, relieves muscle soreness, and even treats bug bites. *The Apple Cider Vinegar Companion* is the essential guide, with information on how to make your own, and tips and tricks for using it for household tasks. This book stands out from similar titles because of the wonderful recipes, such as:

- Dill Pickle Potato Salad
- Easy Homemade Farmer's Cheese
- Homemade Spiced Ketchup
- Raspberry-Peach Shrub
- Green Tea and Apple Cider Vinegar Tonic



Suzy Scherr is a chef and culinary instructor with nearly 20 years of professional experience. In addition to starting Brainfood, a still-thriving culinary arts program for teens in Washington, DC, Scherr has written articles and developed recipes for cooking schools and publications, including *Parents* and *Every Day With Rachael Ray*. She lives with her family in New York City.

MARKETING & PUBLICITY

- Outreach to natural living and health publications
- Pinterest and social media promotion
- Marketing collaboration with relevant companies

AUGUST

128 pages
50 color photographs
6" x 9"
Paperback

\$14.95 /
ISBN 978-1-58157-360-2
TERRITORY: W
CQ 36

COOKING



Fast and Easy Five-Ingredient Recipes

A COOKBOOK FOR BUSY PEOPLE

Philia Kelnhofer

Five ingredients are all it takes to create fantastic dishes

Whether it's throwing together a last-minute dip or having some cookies ready to bake from the freezer, quick-fix, low-hassle recipes are the key. It's daunting to prepare recipes with an overwhelming list of ingredients you can't even pronounce, and Philia Kelnhofer, of sweetphi.com, believes in simple, good food that you can assemble fast. Recipes include:

- Carbonara Quiche
- Stovetop Mac and Cheese
- Spinach Alfredo Lasagna
- Pulled Pork Carnita Tacos
- Green Tomato Galette

Whether for weeknight meals or impromptu dinner parties, these five-ingredient recipes will save you time and money...and they're delicious too!



Philia Kelnhofer (aka 'Phi') started her food blog sweetphi.com as a place to share her favorite recipes with friends and family. After getting numerous requests for more of her five-ingredient meals, she introduced Five-Ingredient Fridays with the simple belief that "five ingredients is all it takes to create fantastic dishes." A native of Chicago, Phi attended graduate school at Cornell University in New York, has lived in North Carolina, and now calls Milwaukee, WI home where she lives with her husband and their dog.

MARKETING & PUBLICITY

- **Recipe excerpts in major mainstream lifestyle publications**
- **Parent and women's lifestyle website outreach**
- **Outreach to relevant companies for collaboration**
- **Author website: SweetPhi.com**

JULY 2016

224 pages
95 color photographs
Full-color throughout
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Paperback

\$19.95/ (\$25.95)
ISBN 978-1-58157-399-2
Territory: W
CQ 24

COOKING

Jerky Everything

Pamela Braun

240 pages • 100 color photographs • 8" x 8"
Paperback • \$19.95 (Can. \$22.95)
ISBN 978-1-58157-271-1 • Territory: W • CQ 24

COOKING



The Forager's Feast

Leda Meredith

352 pages • 75 color photographs • 8" x 8"
Paperback • \$19.95 / (\$25.95)
ISBN 978-1-58157-306-0 • TERRITORY: W • CQ 24

COOKING



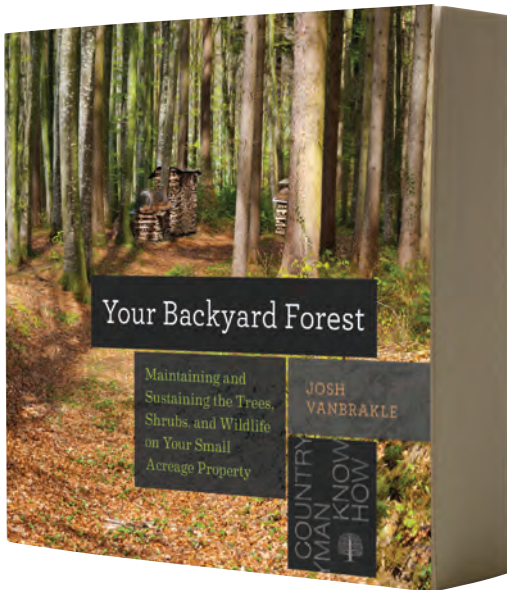
Herb Gardening

Melissa Melton Snyder

288 pages • 50 color photographs • 8" x 8"
Paperback • \$19.95 / (\$25.95)
ISBN 978-1-58157-312-1 • TERRITORY: W • CQ 24

GARDENING





Your Backyard Forest

MAINTAINING AND SUSTAINING THE TREES, SHRUBS, AND WILDLIFE ON YOUR SMALL ACREAGE PROPERTY

Josh VanBrakle

The complete guide to maintaining your own personal woods—whether it's two acres or twenty

Who owns our forests? We do. That's right, more than 10 million ordinary citizens own more than half of the forestland in America. The vast majority of landowners want to do right by their land, but until now, there's been no single resource for maintaining their woodland. *Your Backyard Forest* is a complete guide to nurturing the land in your care, from soil and water protection to fostering wildlife diversity and keeping the land whole. The book also features tips for the financial considerations that come from land-owning, including how to save money on your taxes and how to make some extra income from responsible timber sales and sustainable farming. Owning a piece of the forest is a rare privilege, and *Your Backyard Forest* helps you get the most out of the experience.



Josh VanBrakle is the Research Forester for the New York City Watershed Agricultural Council and has worked with private woodland owners for over five years. He holds an M.S. in Forest Resources Management from the State University of New York. He lives in the Catskills with his wife.

MARKETING & PUBLICITY

- Outreach to rural living and homesteading communities
- Radio and podcast interviews
- Guest posts on home, DIY, environmental, and gardening blogs

AUGUST

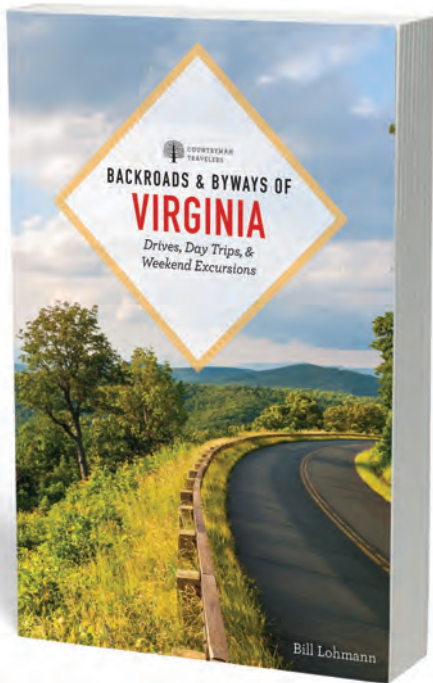
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Paperback

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ISBN 978-1-58157-509-5
TERRITORY: W
CQ 24

HOUSE & HOME



Countryman Travelers



Backroads & Byways of Virginia

DRIVES, DAY TRIPS,
AND WEEKEND EXCURSIONS

2nd Edition

Bill Lohmann

With natives as your guides, *Backroads & Byways* leads you down the road less traveled

Want to get to know Virginia, gateway to the South and a state steeped in history? In the revised and updated *Backroads & Byways of Virginia*, you'll find 19 itineraries for scenic drives, day trips, and longer adventures for the whole family. Follow the Crooked Road Heritage Music Trail; hit all the points in the historic triangle of Jamestown, Williamsburg, and Yorktown; and wend your way along the Blue Ridge Parkway through some of the loveliest scenery the region has to offer. Visit Mount Vernon, where George Washington really slept; witness the genius of Thomas Jefferson at Monticello. If you're looking for great places to go beyond the DC suburbs and Virginia Beach, reach for this guide. Interstate highways will bring you through Virginia, but only the backroads will bring Virginia to you!



Bill Lohmann was born and raised in Virginia. He has been a sports writer, feature writer, and columnist most recently for the *Richmond Times-Dispatch*. Lohmann and his family live in Richmond.

MARKETING & PUBLICITY

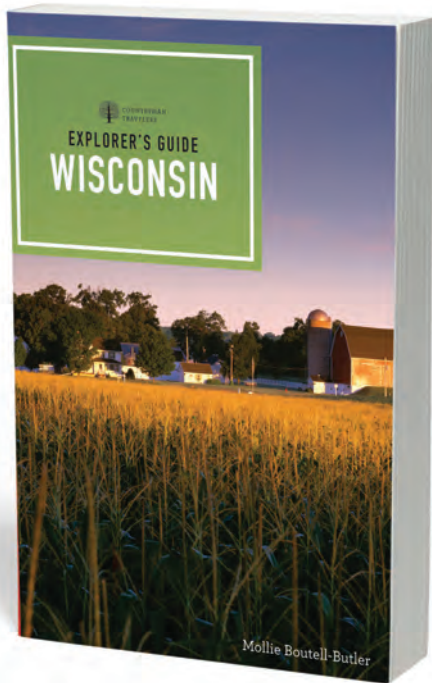
- Outreach to regional travel associations, including AAA
- Local media promotion

JUNE

288 pages
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Paperback

\$19.95 / (\$25.95)
ISBN 978-1-58157-371-8
TERRITORY: W
CQ 36
PREVIOUS EDITION:
978-0-88150-904-5

TRAVEL



Explorer's Guide Wisconsin

2nd Edition

Mollie Boutell-Butler

With city sophistication and small-town charm, Wisconsin offers much more than cheese!

No other guidebook on Wisconsin is as comprehensive or as passionate about all the riches nestled between Lakes Michigan and Superior. As with all Explorer's Guides, within these pages you'll find detailed information about lodging and dining options—including where to find native dishes like kringle and booyah—in the tourist hotspots and the rural escapes. You'll go up the coastline to the lighthouses, cherry orchards, and antiques markets of Door County; stroll through the offbeat shops and restaurants of Madison; and head inland where over 1,200 miles of bicycle paths and hiking trails weave among 15,000 glacial lakes. From Milwaukee's ethnic festivals to Green Bay Packers games, spectacular scenic drives through Chequamegon-Nicolet National Forest to the water parks of the Dells, with this indispensable guide, all the information you need to have a great time in Wisconsin is right here!

MARKETING & PUBLICITY

- Outreach to travel publications
- Regional media promotion

MAY

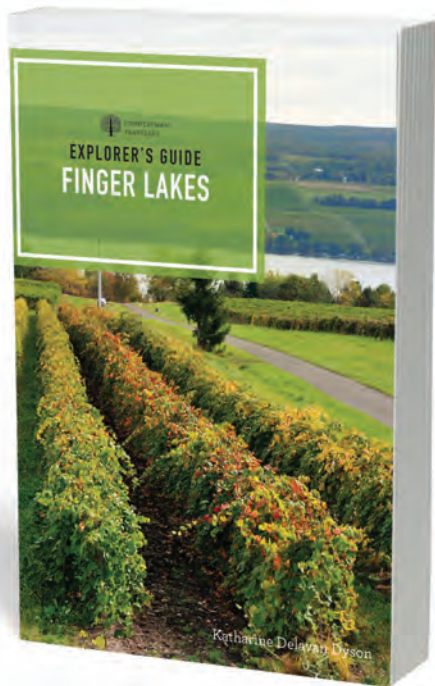
384 pages
100 color photographs
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Paperback

\$21.95 / (\$28.50)
ISBN 978-0-88150-995-3
TERRITORY: W
CQ 24
PREVIOUS EDITION:
978-0-88150-828-4

TRAVEL



Mollie Boutell-Butler writes and lives in the Milwaukee suburb of Shorewood, Wisconsin, where she has long enjoyed summers along beautiful Lake Michigan. A big fan of both food and the arts, Mollie is a regular contributor to Milwaukee's alternative weekly the *Shepherd Express* and the local A.V. Club. As the writer for the About.com Guide to Milwaukee for four years, she served up information on her favorite restaurants and things to do.



Explorer's Guide Finger Lakes

5th Edition

Katharine Delavan Dyson

The only comprehensive guidebook dedicated to the Finger Lakes region of upstate New York

Upstate New York's Finger Lakes region is one of the most serene and beautiful vacation spots in America. From the region's breathtaking glacial lakes and spectacular gorges to world-class wineries, this area has charms aplenty, and this trusted guide will help you explore all it has to offer. Katharine Delavan Dyson spent more than a year driving around each lake, stopping for countless interviews with residents and businesspeople. This full-color guide contains more than 100 photos, detailed maps, and info on attractions, events, shopping, history, recreation, and more. Take a cruise on the Erie Canal, bring the family to local farms and farmers' markets, play a few holes on the area's many golf courses, or hike the miles and miles of majestic trails. Broken down lake by lake, *Explorer's Guide Finger Lakes* will help you get the most out of your trip.



Katharine Delavan Dyson is an acclaimed travel writer who grew up in the Finger Lakes region. She is the author of *100 Best Romantic Resorts of the World* and writes several columns for national publications and web sites. Dyson divides her time between New York and Connecticut.

MARKETING & PUBLICITY

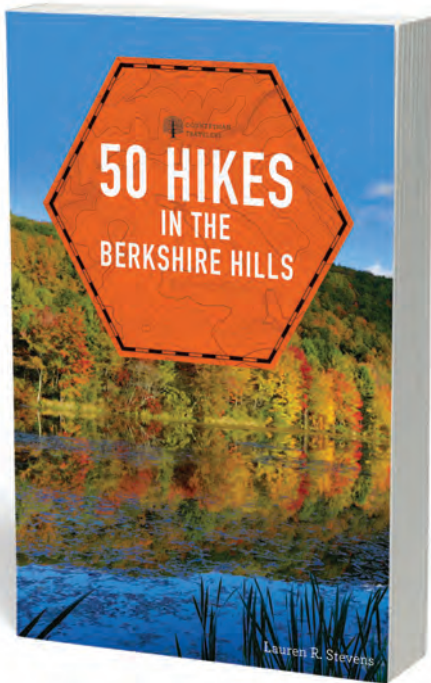
- Outreach to travel publications
- Regional media promotion

MAY

256 pages
100 color photographs
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Paperback

\$21.95 / (\$28.50)
ISBN 978-1-58157-300-8
TERRITORY: W
CQ 24
PREVIOUS EDITION:
978-1-58157-127-1

TRAVEL



50 Hikes in the Berkshire Hills

Lauren R. Stevens

Hikes and walks all around Western Massachusetts

Often compared to the English Lake District, the Berkshires abound with country lanes, scenic vistas, and forest trails for hikers and strollers of all abilities. Lauren R. Stevens has written about the Berkshires for more than 30 years, and *50 Hikes in the Berkshire Hills* collects some of the best day hikes, overnights, and scenic walks into a compact and accessible guide. Hikes range from flat rambles through some of the region's most famous villages to the area's longest hikes along the Appalachian and Mohawk Trails. Featuring full-color photographs, maps, and elevation profiles, this is the only guide you'll need to enjoy one of New England's most beautiful regions.

MARKETING & PUBLICITY

- Outreach to regional hiking groups and outdoor media
- Regional media promotion

JULY

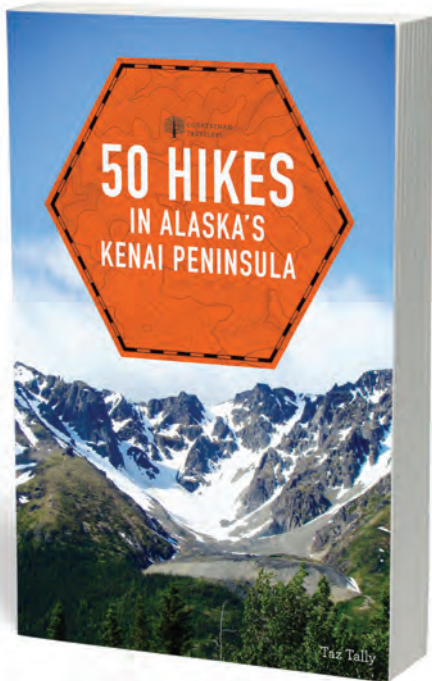
240 pages
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Paperback

\$19.95 / (\$25.95)
ISBN 978-1-58157-356-5
TERRITORY: W
CQ 24

SPORTS & RECREATION



Lauren R. Stevens is the author of several books, including *The Berkshire Book*, *Hikes & Walks in the Berkshire Hills*, and *Old Barns in the New World*. He's a contributing writer to numerous periodicals, including *The Berkshire Eagle*, and he founded *The Advocate* in 1981. He has lived in the Berkshires for more than 40 years.



50 Hikes in Alaska's Kenai Peninsula

2nd Edition

Taz Tally

A hiking guide to one of Alaska's most stunning outdoor getaways

Alaska is vast, wild, and stunningly beautiful—and notoriously difficult to get around. The Kenai Peninsula, with its proximity to Anchorage, is the gateway to the great outdoors of Alaska for vast numbers of visitors and locals alike. The Kenai offers coastal, forest, subalpine, tundra, and even glacial hiking opportunities accessible to most. The hikes in this book range from an easy half-mile walk through a boggy lowland meadow to more challenging multi-day hikes through mountainous terrain. As with all of the 50 Hikes series, this volume provides the kind of narrative descriptions that allow you to choose which hikes to actually take and equips you with critically acclaimed maps that help you navigate to and from where you are hiking.



Taz Tally is a photographer, Ph.D. geologist, and four-season outdoor athlete who moved to Alaska to pursue his love of hiking, biking, kayaking, skiing, and photography. He is the author of numerous books and teaches classes on digital photography. He lives in Anchorage.

MARKETING & PUBLICITY

- Outreach to regional hiking groups and outdoor media
- Regional media promotion

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SPORTS & RECREATION



The Classic Slow Cooker

BEST-LOVED FAMILY RECIPES
TO MAKE FAST AND COOK SLOW

Judy Hannemann

Meals that cook while you're out and about

When Judy Hannemann's mother cooked dinner, she stood over a hot stove for hours on end for her husband and family. For her own family, Hannemann took those favorite family recipes and translated them into something that cooked at home while she and her husband worked. Here are those tried-and-tested recipes, gathered from family and friends of her popular blog, bakeatmidnite.com. From festive appetizers to stick-to-your-ribs dinners to delightful desserts, here are the recipes you'll want to cook again and again.

Recipes include:

- Fruity BBQ Chicken
- Mississippi Ribs
- Five-Cheese Lasagna
- Citrus Greek Potatoes
- Slow Cooker Brownies

MARKETING & PUBLICITY

- Outreach to home cooking blogs
- Radio and podcast interviews
- Social Media Outreach
- www.bakeatmidnite.com

DECEMBER 2015

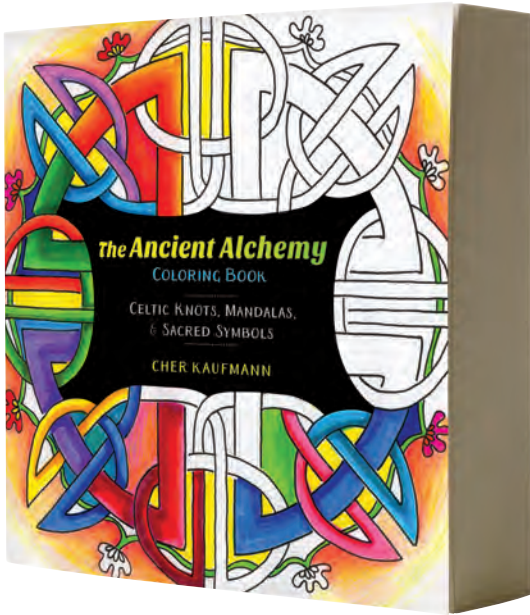
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COOKING



Judy Hannemann is a retired mechanical engineer who loves to cook, entertain, and share recipes on her popular blog, www.bakeatmidnite.com. She loves to create tasty and gourmet meals using her slow cooker from her home in Woodstock, NY.



The Ancient Alchemy Coloring Book

CELTIC KNOTS, MANDALAS,
& SACRED SYMBOLS

Cher Kaufmann

100 meditative patterns and symbols to color, inspired by ancient traditions

“Symbols are the imaginative signposts of life.”—Margot Asquith

Ancient symbols share wisdom, tell stories, decorate, protect, and inspire. We are fascinated by them and drawn to them—and now we can color them. Whether representing messages about daily life, evoking an emotion, or even conjuring up something magical, the images in this book beckon to any would-be artist. They are inspired from actual metal works, textiles, drawings, historical records, and evidence left behind from cultures past. Many of the ancient designs actually served as meditative tools, so the act of coloring in these symbols may offer a double dose of calm as the act of coloring invites us to be present in the moment.



Cher Kaufmann is an inspirational author, artist, and teacher. Her extensive studies of photography and art, combined with her training in massage therapy and Reiki have helped her discover unique patterns in the world. She teaches meditative drawing to packed classes. She lives with her family outside Dallas, Texas.

MARKETING & PUBLICITY

- **Pinterest promotion**
- **Outreach to New Age and alternative wellness community**
- **Reviews in amateur arts and crafts publications**
- **Online features about the mandala and coloring benefits**

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clutter

Grandma's crosstitch
HOME

DUMPLINGS
SHRUBS
CIDER
KALE

too many friends = clutter



old photos of important things

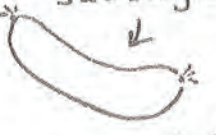


dorky class photo with lasers



cat pile

delicious sausage thing in your fridge



old tomato?



weird bobblehead



easter egg?



MAKE AMERICA GREAT



cats love clutter



a love letter

trendy bookend



it's for your health!

candlestick, or two



Assorted trendy pillows

DUMPLINGS
SHRUBS
CIDER
KALE