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Winter 2015

**The Countryman Press**

*A division of W.W. Norton & Company, Inc.*

Cover photograph: XXX

The Ultimate Book of Modern Juicing

Everything You Need to Know About Healthy Green Drinks, Juice Cleanses, and More

Mimi Kirk

The most current and comprehensive juicing guide available

Step aside, Juicing Bible and Big Book of Juices: Mimi Kirk is back with the most current and fresh guide to juicing yet. With more than 200 recipes, handy advice on how to get the most from your juicing, and an eye toward taste, health, and cost, The Ultimate Book of Modern Juicing is the only book on the topic you’ll ever need. Kirk has been juicing vegetables and fruits for more than 40 years, yet she doesn’t look a day over 50. (And yes, those two things are connected.) She recently became more interested in how to use juicing to feel and look even better. Her discoveries—genuinely up-to-the-minute—are shared here, along with vibrant photographs of her creations. The Ultimate Book of Modern Juicing is a must-have for everyone interested in or committed to the juicing lifestyle.

MIMI KIRK is also the author of Live Raw. Voted PETA’s sexiest vegetarian over 50 at age 70, she has appeared on NBC, CBS, and Fox News; and in VegNews magazine, Purely Delicious, and PETA Prime. Kirk enjoys spending time with her boyfriend, four children, and seven grandchildren. She lives in Ramona, California.
Cooking with Microgreens
The Grow-Your-Own Superfood
Sal Gilbertie and Larry Sheehan

Microgreens: The new superfood you grow in your own kitchen!

Microgreens are young plants that are harvested a few weeks after germination. We’ve all heard of the nutritional virtues of kale, for example, but did you know that the microgreen versions of many plants hold anywhere from 4 to 50 times the nutrients per volume as the same plants in mature form? Microgreens truly are the new superfood. Chefs and gardeners around the country are discovering that these easy-to-grow plants can be raised in the convenience of your own kitchen in a few weeks’ time. And the range of flavor profiles is amazing—from spicy radishes or daikon to fresh-from-the-farm corn flavor in miniature corn microgreens. Sal Gilbertie gives you all you need to know to grow these delicious plants. He walks you through many of the most popular varieties, explaining growing specifics and flavor profiles. He then provides fabulous recipes for enjoying your harvest in salads, soups, main courses, and much more.

SAL GILBERTIE is a third-generation proprietor of Gilbertie’s Herb Gardens in Westport, CT. His greenhouses and gardens supply microgreens and herbs to many top chefs and restaurants in the greater New York City area. He is the author of several books.

LARRY SHEEHAN has a long list of writing credits that includes newspapers, magazines, television documentaries, and dozens of books, among them the best-selling Living with Dogs and The Sporting Life.

Also of Interest
Kale, Glorious Kale
$16.95 (Can. $18.95)
Paperback
978-1-58157-245-2

Off-the-book-page features
Outreach to health, gardening, and food editors and bloggers
National review attention
Local promotion and events with authors and the chefs they supply

$16.95 (Can. $18.95) I Paperback I CQ 36
Territory: W I 978-1-58157-266-7
7 x 7 | 144pp | Color photographs throughout

COOKING / SPECIFIC INGREDIENTS
January 2015
Cooking with Superfoods

More than 100 Ways to Enjoy Acai, Kale, Chia, Farro, Cacao, and Other Nutritional Powerhouses

Cassie Johnston

There’s a superfood for everyone! Here’s how to find and cook with your favorites.

A superfood is one that goes above and beyond the call of duty—not only are superfoods delicious, but they also pack a powerful nutrient punch. Skip the diet programs, pills, and promises—eating a diet rich in superfoods is the best way to stay healthy, maintain your weight, and fight all kinds of diseases and ailments. Many superfoods are familiar—blueberries, oats, walnuts, and even dark chocolate—but what about the more unusual superfoods, such as acai, farro, and hemp seeds? In this wide-ranging cookbook, author Cassie Johnston features 30 superfoods and more than 100 recipes, including:

• Goji Berry–Walnut Scones
• Cheesy Baked Farro and Cauliflower
• Orange-Balsamic-Glazed Beets
• Dark Chocolate and Pistachio Yogurt Parfait

Her style of comfort food and beautiful photography will make a superfood lover out of anyone.

CASSIE JOHNSTON is a freelance graphic designer, writer, and blogger. Her blog, backtoherroots.com, encourages readers to make healthier choices about food, activities, and life by living more simply. She and her husband farm nine acres in southern Indiana. Johnston is also the author of Cooking with Greek Yogurt.

ALSO OF INTEREST

Cooking with Greek Yogurt
$15.95 (Can. $17.00) Paperback 978-1-58157-239-1

Social media campaign
• Food blogger
• Giveaways
• Local media attention

$16.95 (Can. $18.95) Paperback 978-1-58157-274-2 Territory: W

7 x 7 | 208pp | Color photographs throughout

COOKING / HEALTH & HEALING / GENERAL

January 2015
Katrine van Wyk does it

AS SEEN IN
• MEN’S JOURNAL
• PREVENTION
• MIND BODY GREEN
• EPICURIOUS
• REFINERY29
• PORTLAND OREGONIAN
• WELL + GOOD
• ORGANIC SPA LIVING
AND ELSEWHERE...

Best Green Drinks
Boost your juice with antioxidants.
Protein and more.

katrine van wyk
Best Green Eats Ever

Delicious Recipes for Nutrient-Rich Leafy Greens, High in Antioxidants and More

Katrine Van Wyk

Foreword by Frank Lipman, M.D.

You can’t survive on green drinks alone!

Leafy greens are the most nutritionally dense foods available. These versatile ingredients pack an enormously healthy punch. To satisfy your hunger—and your tastebuds—eat this:

- Grilled Caesar Salad
- Shredded Chicken and Savoy Cabbage
- Brussels Sprouts Chips
- Lemon-Kale Sorbet

With 75 outrageously delicious recipes, there’s something for everyone. Also included are modifications to make nearly every dish acceptable for a multitude of diets, from raw to cooked, paleo to vegan to gluten-free.

Katrine van Wyk came to New York from Norway as a model. Her personal struggles with food allergies led her to attend the Institute for Integrative Nutrition. She is now a wellness expert for MindBodyGreen.com and a certified 200 RYT yoga teacher. Van Wyk helped develop smoothies and juices for Equinox’s juice bars in London and Toronto. She lives in Brooklyn, New York.
The Ultimate Blender Cookbook

Fast, Healthy Recipes for Every Meal

Rebecca Miller Ffrench

You’ll be amazed at what your blender can do for you!

Blenders are the “it” accessory, mostly because smoothies are healthy and quick. Sure, but did you know you can also whiz up a mean burger—salmon, veggie, turkey, even beef—in a blender? Your blender is that good! Brownies, pancakes, slaws . . . there are so many things you can make easily and quickly. Not only that, but blending offers the perfect opportunity to sneak in some extra nutrition: Black beans in your chocolate cake? Carrots in your tomato sauce? Or a quick pulse of cauliflower that can stand in for cream in sauces and soups? A handy chart suggests ways to boost nutrition in recipes that you and your family will embrace. If a high-performance blender is already on your counter, this book is its obvious companion. Save money, eat healthier, and get dinner on the table in a jiffy with The Ultimate Blender Cookbook.

REBECCA MILLER FFRENCH writes about food and lifestyle for national publications, including Better Homes & Gardens, Real Simple Family, and Martha Stewart Weddings, and as a columnist on babycenter.com. She has appeared on Good Morning America, The Better Show, and elsewhere. Passionate about natural foods, Ffrench uses her blender every day to make healthful meals for herself, her husband, and their two daughters in New York City.
Natural Beauty Alchemy

Make Your Own Organic Cleansers, Creams, Serums, Shampoos, Balms, and More

Fifi M. Maacaron

Recipes for 100+ natural beauty products and help understanding organic ingredients

If you’ve spent hundreds of dollars looking for the perfect moisturizer, or shampoo, or anti-aging serum, but had no luck, then this book is for you. Written by a licensed pharmacist and expert healthcare professional, it contains not only more than 100 easy, all-natural recipes for face, hair, and body, it will also help you to determine if a store-bought product is truly organic or natural by reviewing and explaining ingredients found in most of them. It’s a comprehensive guide to understanding and making natural beauty products. Author Fifi Maacaron explains the basics, answers questions, and discusses techniques.

FIFI M. MAACARON is a trained pharmacist, uniquely qualified to design natural and effective beauty products. She has spent three years creating, testing, and perfecting the formulas in her book. Maacaron lives in Pennsylvania.

• Targeted review coverage
• Social media events

$19.95 (Can. $22.95) | Paperback | CQ 24
Territory: W | 978-1-58157-272-8
8 x 8 | 288pp | Color photographs throughout

HEALTH & FITNESS / BEAUTY & GROOMING

February 2015
Backyard Building
Jeanie and David Stiles

“Jeanie and David Stiles are America’s First Couple of do-it-yourself building projects.” —Matt Lauer, on The Today Show

$19.95 (Can. $21.00) | paperback | CQ 24
Territory: W | 978-1-58157-238-4
8 × 8 | 288pp | Color photographs throughout
HOUSE & HOME / OUTDOOR & RECREATIONAL AREAS

Preserving Everything
Leda Meredith

The ultimate guide to putting up food.

$19.95 (Can. $21.00) | paperback | CQ 24
Territory: W | 978-1-58157-242-10 | 8 × 8 | 288pp
Color photographs throughout
COOKING / METHODS / CANNING & PRESERVING

Dry-Curing Pork
Hector Kent

Make your own dry-cured pork delicacies at home with the know-how you’ll learn from this book.

$19.95 (Can. $22.95) | paperback | CQ 36
Territory: W | 978-1-58157-243-8 | 8 × 8 | 224pp
Color photographs throughout
COOKING / METHODS / CANNING & PRESERVING
The High-Protein Vegetarian Cookbook
Hearty Dishes That Even Carnivores Will Love
Katie Parker and Kristen Smith
Satisfying recipes from Veggie and the Beast

Where do vegetarians get their protein? From delicious plant-based foods, including beans, nuts, quinoa, and even raw cocoa. These ingredients are used to their best advantage in this new cookbook. As a vegetarian living with a meat-eating guy, the author has developed recipes for every time of day (or night) that are deliciously satisfying and high in protein. With recipes like Fresh Veggie Quinoa Salad with Lemon Tahini Dressing, Mushroom and Wild Rice Burgers, Quick and Vegetarian Chili, Dark Chocolate Black Bean Brownies, the results are outrageously tasty—and completely vegetarian!

KATIE PARKER founded the food blog Veggie and the Beast. She’s been a vegetarian for twenty-five of her twenty-eight years, and her boyfriend, Ryan—an avowed carnivore, outdoorsman, and bowhunter—came up with the name. With Ryan at the table, Parker has upped her game to serve high-protein, hearty, vegetarian fare that satisfies both of them. They live together in Edina, Minnesota.

KRISTEN SMITH earned a BS in dietetics from the University of Kentucky and a PhD in nutrition science from the University of Minnesota. While pursuing her doctoral degree and studying the effects of an isolated component of barley fiber on human health and cardiovascular disease risk, she also completed a specialized dietetics internship through the University of Minnesota and became a registered and licensed dietitian. Smith lives in Richfield, Minnesota.

ALSO OF INTEREST
The Ultimate Protein Pow(d)er Cookbook
$22.95 (Can. $24.00)
Paperback
978-1-58157-253-7
Turtle, Truffle, Bark

Simple and Indulgent Chocolates to Make at Home

Hallie Baker

Caramel and nuts make a turtle; this cookbook makes you a master of chocolate

Even if you’ve never made chocolate candies before, you’ll fall in love with the easy recipes in Turtle, Truffle, Bark. The title refers to the three types of candies featured in this cookbook: A turtle is traditionally a pecan-studded, chocolate-covered caramel patty, but reimagined by author Hallie Baker, you’ll be making Dark Chocolate Almond Chili Turtles and White Chocolate Cashew Mango Turtles. You might think you know what Baker means by a truffle, but think again. These aren’t everyday flavors—here are crazy-simple recipes for Milk Chocolate Lavender Truffles and Dark Chocolate Stout Truffles, among others. Finally, bark is usually a slab of chocolate in which various ingredients are anchored. Peppermint bark is one familiar kind, but you must try the White Chocolate Strawberry Bark and the Milk Chocolate Peanut Butter Bark you’ll find in this book. Get ready to satisfy your chocolate craving in yummy new ways!

HALLIE A. BAKER started Turtle Alley Chocolates in 1999 with a tax refund, a most supportive husband, and a lot of luck. A dozen years later, she owns shops in Gloucester and Salem, Massachusetts. Turtle Alley Chocolates has appeared on NPR’s The Splendid Table, The Food Network, Roadfood, and Rachel Ray, and in Gourmet and Saveur.
The Land Where Lemons Grow

The Story of Italy and Its Citrus Fruit

Helena Attlee

A unique culinary adventure trip through Italian history.

The Land Where Lemons Grow is the sweeping story of Italy’s cultural history told through the history of its citrus crops. From the early migration of citrus from the foothills of the Himalayas to Italy’s shores to the persistent role of unique crops such as bergamot (and its place in the perfume and cosmetics industries) and the vital role played by Calabria’s unique Diamante citrons in the Jewish celebration of Sukkoth, author Helena Attlee brings the fascinating history and its gustatory delights to life.

Whether the Battle of Oranges in Ivrea, the gardens of Tuscany, or the story of the Mafia and Sicily’s citrus groves, Attlee transports readers on a journey unlike any other.

HELENA ATTLEE is the author of many gardening books and has contributed articles to numerous magazines. She leads garden tours around the world.

In The Land Where Lemons Grow, Helena Attlee—part goddess, part mother earth—entices one down paths that outsiders have rarely trod. Attlee’s Italy is the mystical one, the hidden one. Hers is the Italy that is still real. The Land Where Lemons Grow is a splendid work worthy of a place on the shelf with Ruskin, Henry James, and di Lampedusa.

—Marlena de Blasi
author of the best-selling A Thousand Days in Venice and A Thousand Days in Tuscany

ALSO OF INTEREST
The Sweets of Araby
$15.95 (Can. $17.00)
Paperback
978-1-58157-180-6

• National reviews
• Off-the-book-page features
• Social Media outreach to food and travel bloggers

$23.95 (Can. $26.95) | Cloth | CQ 16
Territory: B1 978-1-58157-290-2
6 x 9 | 256pp | Color photographs throughout
COOKING / ESSAYS & NARRATIVES
January 2015
The Sweet Side of Ancient Grains
Decadent Whole Grain Brownies, Cakes, Cookies, Pies, and More
Erin Dooner

Satisfy your sweet tooth with complex carbohydrates—no white flour here!

We need to eat more whole grains. A diet centered on white flour and refined carbohydrates isn’t good for our bodies or our waistlines. Beyond whole grains are the healthiest “ancient” grains, including teff, buckwheat, and quinoa. These grains are free of gluten and additives, but can they—and flours such as 100 percent whole wheat, farro, barley, and spelt—be used to make delicious desserts?

The answer is a resounding YES, thanks to The Sweet Side of Ancient Grains. With recipes made from both ancient grains and more familiar 100 percent whole grains, Erin Dooner has created a must-have cookbook for anyone who wants to eat healthy but is “blessed” with a sweet tooth. Unlike previous efforts at whole-grain dessert baking, this book relies on 100 percent whole and ancient grains and incorporates natural sugars wherever possible—all without compromising on results.

ERIN DOONER, the writer and photographer behind Texanerin Baking, began her blog in 2011 as a way to share her healthy whole grain dessert recipes. Since then, her work has been featured on the Huffington Post and Gourmet Live and in Glamour, Cosmopolitan, Parade, and other online and print publications. Originally from Plano, Texas, Dooner currently lives in Berlin, Germany.

ALSO OF INTEREST
King Arthur Flour Whole Grain Baking
$24.95 (Can. $27.95)
Flexcover
978-1-58157-262-9
The Kripalu Cookbook
Atma Jo Ann Levitt

From the world-famous Kripalu Center for Yoga and Health in Lenox, Massachusetts, come more than 300 delicious and healthful recipes for every meal, every course, and any occasion. *The Kripalu Cookbook* is essential reading for those seeking to widen the range of their culinary accomplishments and become better acquainted with the rewards of a vegetarian diet and the Kripalu principles of imparting love to the preparation of food. Every recipe has been adapted for home use. This cookbook also includes special sections on Indian cookery, ideas for planning large parties for family and friends, a list of foods and equipment for a well-stocked vegetarian kitchen, and a chapter of nutritious and tasty kid-pleasing recipes.

**ATMA JO ANN LEVITT**, M.A., R.N., is a writer, counselor, and lecturer, and pioneered many of the programs of the Kripalu Center for Yoga and Health. She is the coauthor of *Kripalu Kitchen* and *The Kripalu Cookbook* and lives in Housatonic, Massachusetts.

• Social media through yoga circles
• Promotion through the Kripalu national network of centers

$21.95 (Can. $24.95) | Flexcover | CQ 24
Territory: W | 978-1-58157-613-9
7.25 x 9.25 | 448pp
PREV. ED. 978-0-936399-65-2

DIETARY COOKBOOK / VEGETARIAN
March 2015

**ALSO OF INTEREST**

*EatingWell Fast & Flavorful Meatless Meals*
$24.95 (Can. $29.00) | Cloth
978-0-88150-943-4
**The Whole Bowl**

*Gluten-Free/Dairy-Free Soups & Stews*

Rebecca Wood and Leda Scheintaub

A compendium of delicious soup and stew recipes that just happen to be gluten- and dairy-free.

Gluten-free and dairy-free recipes and cookbooks abound these days, yet there’s not been a great book exclusively about soups and stews. Now, James Beard Award–winning author Rebecca Wood has teamed up with food writer and recipe developer Leda Scheintaub to develop a delicious and satisfying set of recipes to fill this gap. More than 50 recipes accompanied by beautiful photographs will fill those cold winter days with tasty, nutritious delights, ranging from staples like a hearty vegetarian stock that will be the base for many other soups to exciting new possibilities like Congee Five Ways or Quinoa Hokkaido Pottage. No winter’s day should be without a delicious bowl of soup, and no cook should be without a copy of *The Whole Bowl*.

**REBECCA WOOD** is author of *The Splendid Grain*, winner of both a James Beard Award and an IACP Award. She is also known for her classic, *The New Whole Foods Encyclopedia*.

**LEDA SCHEINTAUB** is a food writer and recipe developer who once was a managing editor in the book business. She lives in Vermont.

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**ALSO OF INTEREST**

*A World of Noodles*

|$19.95 (Can. $21.00) | Paperback | 978-1-58157-210-0 |

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$16.95 (Can. $18.95) | Paperback | CQ 36

Territory: W | 978-1-58157-291-9

7 x 7 | 128pp | Color photographs throughout

COOKING / HEALTH & HEALING / GLUTEN-FREE

January 2015
Sweet Paleo

GLUTEN-FREE, GRAIN-FREE DELIGHTS

Lea Valle

A perfect introduction to the joys of paleo baking.

Whether you are simply gluten-free or living the paleo or primal lifestyle, in Sweet Paleo you will discover delectable desserts that are well within your special dietary constraints. From simple creations like chocolate chip cookies to sophisticated offerings such as a perfect grain- and dairy-free tiramisu, the wide range of sweet delights in this book is sure to satisfy your sweet tooth. Sweet Paleo, with more than 50 recipes accompanied by gorgeous color photography, will guide you through the use of grain-free flours, dairy-free alternatives, and unrefined sweeteners so that you’ll soon be making these fabulous desserts in your own kitchen.

LEA VALLE writes the popular blog Paleo Spirit. Her food and lifestyle tips focus on a back-to-basics approach to fitness for body, mind, and soul.

ALSO OF INTEREST

Cooking with Coconut Oil

$16.95 (Can. $18.00)

Paperback

978-1-58157-236-0

Social media outreach to paleo blogs

Off-the-book-page features

$16.95 (Can. $18.95) | Paperback | CQ 36

Territory:W | 978-1-58157-277-3

7 x 7 | 144pp | Color photographs throughout

COOKING / COURSES & DISHES / DESSERTS

January 2015
Explorer’s Guide Playa del Carmen, Tulum & the Riviera Maya: A Great Destination 4TH EDITION

Joshua Eden Hinsdale

Hidden beaches, great taco bars, secret fishing holes, and buzzing nightspots await . . .

Explorer’s Guides show you how to visit great places like a local, getting under the touristy surface with insights into the area’s history, culture, economy, and more. Explorer’s Guides Playa del Carmen, Tulum & the Riviera Maya: A Great Destination is no exception. The author’s insider knowledge and selective recommendations make this book a must-have for your sojourn in Mexico. Let it help you make the most of your time in this beautiful place: delve deep into fascinating Mayan ruins; explore the pedestrian boardwalk in Playa del Carmen; or fish for elusive bonefish along the famous Sian Ka’an biosphere reserve in Punta Allen. This fully revised and updated fourth edition features color photography; detailed maps; rich history; a glossary of English to Spanish phrases; a rundown of the best local swimming lagoons, hidden beaches, and great taco bars; events calendars; and much more. It’s all you need to help you plan your best vacation yet.

JOSHUA EDEN HINSDALE has been a marketing consultant for various hotels and tourism companies across Mexico and Central America as well as a correspondent for the international travel media, contributing travel articles to a number of publications.

• Social media outreach to Mexico-related travel sites and blogs
• Feature push to travel editors for warm weather getaway stories

$19.95 (Can. $22.95) | Paperback | CQ 24
Territory: W | 978-1-58157-276-6
6 x 9 | 256pp | Color photographs throughout
PREV. ED. 978-1-58157-132-5
TRAVEL / FOREIGN / MEXICAN / YUCATAN

January 2015

ALSO OF INTEREST
Explorer’s Guide San Miguel de Allende & Guanajuato: A Great Destination
$19.95 (Can. $23.00) | Paperback
978-1-58157-131-8
Vermont Waterfalls
Russell Dunn
Photographs by Christy Butler

More than 200 waterfalls, from town centers to roadsides to isolated natural areas

For those who seek the special serenity that seems to be found near moving water, this guide to waterfalls in one of America’s most beautiful states will be a blissful find in itself. Vermont Waterfalls: A Guide is illustrated with appealing antique postcards of some of the state’s most famous falls as well as modern photographs of falls described here for the first time. Using the same successful geographic organization scheme employed in Connecticut Waterfalls: A Guide, the author makes it feasible to see several waterfalls in one trip. Detailed maps identify waterfalls by their proximity to Vermont’s major roadways: US 7 in the west; Route 100 bridging the center; and US 5/I-91 to the east. With more than 200 entries that include the history of and directions to all these cataracts and cascades, this guide is meant for everyone—waterfall enthusiasts, photographers, hikers, artists, families . . .

RUSSELL DUNN is a licensed hiking guide, the author of Connecticut Waterfalls: A Guide, and the author of five other waterfall guides to the nearby Adirondack, Catskill, and Hudson Valley regions as well as numerous hiking and kayaking guides. He and his wife, Barbara, live in Albany, NY.

Photographer CHRISTY BUTLER has published several posters of his waterfall images. He is also the creator of www.shoeboxphotos.net, which restores and displays photos taken by military veterans to provide a personal insight into the military experience. He and his wife, Jan, live in Cheshire, MA.

ALSO OF INTEREST
Connecticut Waterfalls
$18.00 (Can. $20.00) Paperback 978-1-58157-176-9

• Local author promotion
• Regional feature/off-the-book-page publicity
• Promotion to hiking groups

$19.95 (Can. $22.95) Paperback CQ 24
Territory: W | 978-1-58157-240-7 |
6 x 9 | 256pp | Color photographs throughout
TRAVEL / UNITED STATES / NORTHEAST / GENERAL

March 2015

WINTER 2015
Prices in this catalog are subject to change.

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