



FAIR WINDS PRESS QUIVER BOOKS

2012 NEW TITLES | SPRING + SUMMER





Cool Springs Press is the leading publisher of state and local gardening information in the United States. In addition to gardening, Cool Springs Press publishes books and creates products on birding, cooking, canning, and preserving.



Quiver is a boutique imprint that offers books and card decks for couples wanting to take their sex lives to the next level. Quiver's books celebrate erotic pleasure and intimacy through beautiful, sophisticated photography and inspiring text.



Creative Publishing international publishes photographic step-by-step how-to books, including titles on home improvement, home decorating, sewing, crafting, hunting, and fishing. Our list of more than 300 titles includes best-selling series of books with nationally recognized brand partners Black & Decker®, Orvis, and SINGER®.



Rockport Publishers creates beautifully illustrated source books for professional designers and artisans of all types. Rockport's books present the best in design work from around the world and bring readers inside the world's most talented design and art studios to see how the work gets done and the inspiration that lies behind each finished piece.



Fair Winds Press offers nonfiction books in a range of practical categories, including nutrition, fitness, parenting, beauty, treating sickness, mental health, and using new medicine.



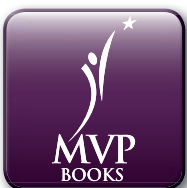
Voyageur Press is best known for our regional books, whether they're regional looks at travel and natural history or music, gardening, astronomy, weather, culture, country living, and more. This regional focus makes our books unique and different, setting them apart from other titles on similar subjects. And we are the leading publisher on railroads and farm tractors.



Motorbooks is one of the world's leading transportation publishers, covering subjects from classic motorcycles to heavy equipment to today's latest automotive technology. We satisfy our customers' high expectations by hiring top writers and photographers and presenting their work in handsomely designed books that work hard in the shop and look good on the coffee table.



Walter Foster Publishing is dedicated to preserving the high standards and superb quality customers expect. We believe artists are eager to learn, to sharpen their skills, and to experience new artistic horizons. Our mission is to provide the tools to accomplish those goals. We offer step-by-step books and kits for kids and adults that are accessible, entertaining, affordable, and informative.



MVP Books publishes a variety of titles in the fields of sports, health and fitness, and the outdoors, including lavishly illustrated coffee-table books, narrative histories and biographies, and practical how-to and training manuals.



Zenith Press is the history, current affairs, science, and aviation imprint of the Quayside Publishing Group and publishes both hardcover and paperback narrative and illustrated books. Zenith's primary area of interest is American military history, current events, science, and space.



Quarry Books provides high-end, beautifully designed visual inspiration and reference books on art, crafts, food, pet care, and lifestyle topics for aspiring artists, artisan hobbyists, food enthusiasts, DIYers, and makers.



Quayside Distribution Services, a division of Quayside Publishing Group, is the world's largest distributor of enthusiast subject titles, offering the most comprehensive assortment of books, calendars, and videos of interest to the enthusiast. We are focused on providing our clients with a one-stop, full-service, sales, distribution, and credit and collections solution in the North American market.



QUAYSIDE PUBLISHING GROUP

QUAYSIDE PUBLISHING GROUP

represents a dynamic group of imprints dedicated to providing quality and excellence to its readers. Each imprint embodies the breadth and scope of its speciality topics. Quayside Publishing Group encompasses Cool Springs Press, Creative Publishing international, Fair Winds Press, Motorbooks, MVP Books, Quarry Books, Quiver, Rockport Publishers, Voyageur Press, Walter Foster Publishing, Zenith Press, and Quayside Distribution Services.

www.quaysidepub.com



Ebook available



FAIR WINDS PRESS



Ebook available

March 2012

MAKEUP MAKEOVERS IN 5, 10, 15, AND 20 MINUTES

Expert Secrets for Stunning Transformations

Robert Jones

Item #: 199789 AQ
ISBN: 978-1-59233-371-4
\$21.99 US
£14.99 UK
\$23.99 CAN

8.5 x 11 in
216 x 192 mm
192 pages, Paperback
400 color photos
All rights available
Beauty & Grooming
Ct. Qty. 20



Fair Winds Press

Look Professionally Made Up—in Just Minutes!

- Robert Jones's technique and approach appeals to consumers and has a proven bookselling record.
- The before-and-after photography is truly dramatic, attention-getting, and differentiating. Some might say the transformations are unbelievable or technology aided, yet Jones continues to impress people in person with his makeovers, including booksellers at the BEA.
- Jones uses top-tier models as well as everyday looking people, appealing to his core *Marie Claire* audience, a broad, consumer-rich base.

Robert Jones is a respected international hair and makeup artist. Formally trained as a painter, he brings an artist's eye to his work, applying the rules of light, undertones, and blending to some of the world's most recognizable faces. His work can be found on the pages of *Marie Claire*, *Allure*, *In Style*, and numerous other fashion catalogs and magazines. He is the author of *Makeup Makeovers*, *Makeup Makeovers: Weddings*, and *Looking Younger*. He lives in Dallas, Texas.

www.robertjonesbeauty.com



Create timeless looks that will give you confidence and make you radiant with internationally-renowned makeup artist Robert Jones in **Makeup Makeovers in 5, 10, 15, and 20 Minutes**. This step-by-step guide to realistic, everyday makeup for the woman on the go contains makeup techniques for every occasion, starting with the five-minute morning-makeup for work, more refined style for important meetings that can be done in the office, quick and stylish looks for after-work drinks, and even elegant evening styles for women who have the time but not the energy or need to spend hours on their look. Top-of-the-field makeup artist Robert Jones shows you which tools to use, how to conceal blemishes, and how to emphasize certain features, such as eyes and lips. You'll discover how to quickly and efficiently transform your appearance in stunning and remarkable ways, no matter what the occasion and in an incredibly short amount of time.

Also Available:



Makeup Makeovers, ISBN: 978-1-59233-182-6
\$21.95 US/£13.99 UK/\$29.95 CAN Rights: All available

Makeup Makeovers: Weddings, ISBN: 978-1-59233-231-1
\$24.95 US/£12.99 UK/\$27.95 CAN Rights: All available

Looking Younger, ISBN: 978-1-59233-317-2
\$21.95 US/£12.99 UK/\$23.95 CAN Rights: All available

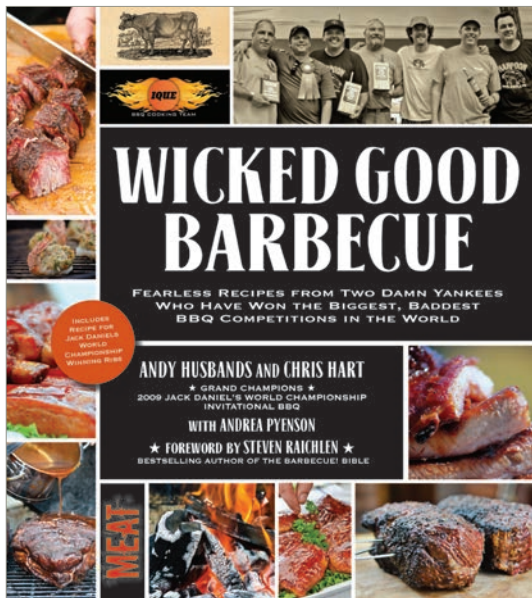
WICKED GOOD BARBECUE

Fearless Recipes from Two Damn Yankees Who Have Won the Biggest, Baddest BBQ Competitions in the World

Andy Husbands, Chris Hart, and Andrea Pyenson, Foreword by Steven Raichlen

Item #: 195058 AQ
 ISBN: 978-1-59233-499-5
 \$21.99 US
 £14.99 UK
 \$23.99 CAN

8 x 9 in
 203 x 229 mm
 224 pages, Flexibound
 70 color photos
 All rights available
 Cooking/Methods/Barbecue & Grilling
 Ct. Qty. 20



World Championship BBQ recipes!

- Includes Jack Daniels award winning rib recipe.
- Introduction by Steven Raichlen.
- Andy Husbands has been featured on CBS *The Early Show*, he also appeared on season six of *Hell's Kitchen* on Fox with Gordon Ramsay. Husbands' honors also include the Wine Spectator Award of Excellence.

Andy Husbands is the award-winning chef/owner of Tremont 647. A James Beard "Best Chef" semi-finalist, Andy competed in the sixth season of Fox Television Network's "Hells Kitchen" with Gordon Ramsay.

Chris Hart, winner of the Jack Daniel Invitational World Championship in 2009, has dominated the competition BBQ circuit for the past 10 years with his team, iQUE. The team was the first group of northerners in barbecue history to win a World Championship.

Andrea Pyenson has been writing about food for more than a decade. Her writing has appeared in *The Boston Globe*, *edible Boston*, *edible Cape Cod*, *msn.com*, *onefortable.com*, *The Washington Post*, and *Fine Cooking*, among others.



Barbecue is distinctively Southern. So how did two guys from Boston win hundreds of barbecue ribbons, 30 Kansas City Barbecue Society championships, and the biggest prize of them all, the Jack Daniels World Championship Invitational Barbecue? By remaking classic BBQ favorites with new, audacious, and occasionally outrageous, twists, techniques, and ingredients. Award-winning chefs Andy Husbands and Chris Hart reveal their competition-winning techniques and recipes, from the ribs that won the Jack Daniels World Championship, to 25-Step Championship Chicken that melts in your mouth, to \$100 Meatloaf that will redefine your definition of the word. **Wicked Good Barbecue** ain't your daddy's barbecue. It's your guide to fun, fearless, and fantastic cooking.

Also Available:



The Low-Carb Barbecue Book, ISBN: 978-1-59233-055-3
\$17.95 US/£10.99 UK/\$24.95 CAN Rights: All available

Handy Mom's Guide to Grilling, ISBN: 978-1-59186-376-2
\$19.95 US/EUK/\$21.95 CAN Rights: All available

Barbecue Road Trip, ISBN: 978-0-76032-752-4
\$30.00 US/£17.99 UK/\$32.95 CAN Rights: All available

March 2012

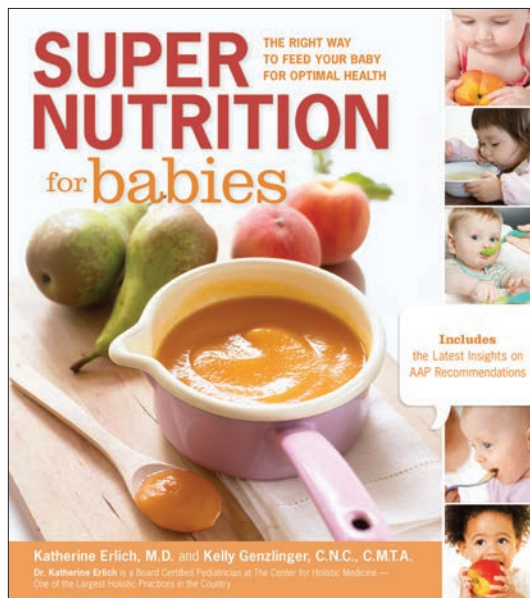
SUPER NUTRITION FOR BABIES

The Right Way to Feed Your Baby For Optimal Health

Katherine Erlich, M.D. and Kelly Genzlinger, CNC, CMTA

Item #: 199785 AQ
ISBN: 978-1-59233-503-9
\$16.99 US
£11.99 UK
\$18.99 CAN

8 x 9 in
203 x 229 mm
256 pages, Paperback
color photos
All rights available
Cooking/Baby Food
Ct. Qty. 20



Fair Winds Press

Feed your baby for optimal development.

- Based on a program used at one of the top holistic practices in the nation.
- Huge audience: More than 4 million babies are born each year in the U.S.
- The latest research and AAP position on holistic and nutrient-dense diets for babies and infants.



Katherine Erlich, M.D. is a board certified pediatrician and mother of two who practices out of the largest holistic medical center in the Midwest. Dr. Erlich has been instrumental in creating her school district's Wellness Committee, featured on the news, and has authored articles printed in several publications.

Kelly Genzlinger C.N.C., C.M.T.A. has dedicated many years to the study of nutrition and foods' effects within the human body. She has been a featured speaker at wellness symposiums and a guest on cable shows such as Diabetes Countdown and The Bottom Line.

There is a better way to feed your baby. **Super Nutrition for Babies** gives parents the latest science-verified nutritional recommendations for feeding their child. Based on a program used at one of the largest holistic pediatric practices in the country, this book provides information on all aspects of nutrition and feeding, including introducing meat in a child's diet, healthier alternatives to dairy and soy, starting solid foods, establishing a regular eating schedule, dealing with picky eating, and the best foods for every age and stage so your baby gets the best nutrition to minimize illness and optimize sleep, digestion, and brain development.

Also Available:



The Best Homemade Baby Food on the Planet, ISBN: 978-1-59233-423-0
\$19.99 US/£12.99 UK/\$21.99 CAN Rights: All available

Developmental Baby Massage, ISBN: 978-1-59233-483-4
\$19.99 US/£14.99 UK/\$21.99 CAN Rights: All available

The Better Way to Care for Your Baby, ISBN: 978-1-59233-420-9
\$19.99 US/£14.99 UK/\$24.99 CAN Rights: All available

March 2012

ORGANIZING SOLUTIONS FOR PEOPLE WITH ADHD, 2ND EDITION

Tips and Tools to Help You Take Charge of Your Life and Get Organized

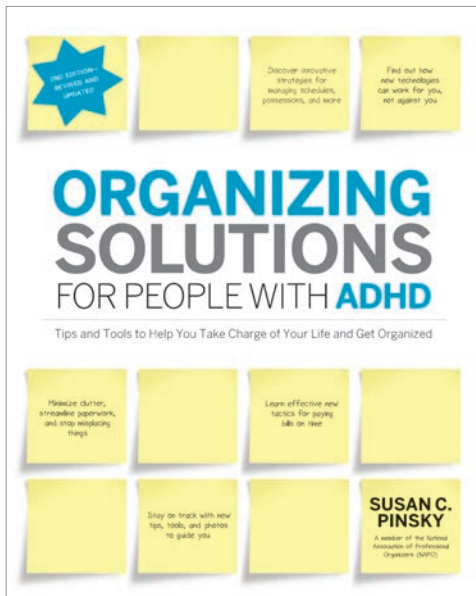
Susan C. Pinsky

REVISED & UPDATED



Item #: 199813 AQ
ISBN: 978-1-59233-512-1
(Previous 978-1-59233-234-2)
\$19.99 US
£14.99 UK
\$21.99 CAN

8 x 10 in
203 x 254 mm
200 pages, Paperback
75+ color photos
All rights available
Psychology / Psychopathology/
Attention-Deficit Disorder (ADD-ADHD)
Ct. Qty. 20



Effective organizing strategies for your home, your schedule, and your life.

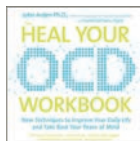
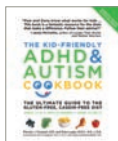
- Focuses on hot-button issue (organization) for the growing number of people who suffer with ADHD.
- Offers the latest strategies for keeping electronics and other new technologies in order and functional.
- Author is a respected name in both the ADHD and professional organizers' world and speaks frequently at conferences and other events.

Susan C. Pinsky is the author of *The Fast and Furious 5-Step Organizing Solution*. She is a top professional organizer and member of the National Association of Professional Organizers and lives in Acton, MA with her husband and three children.



If you're one of the 10 million American adults with Attention Deficit Hyperactivity Disorder (ADHD), every day is a struggle to keep your home, your office, your electronics, and your calendar organized. **Organizing Solutions for People with ADHD, 2nd Edition** presents a simple but effective, long-term solution to get you back in control of your life. Written by professional organizer Susan Pinsky, this book outlines a practical, ADHD-friendly organizing approach that emphasizes easy maintenance techniques and methods for maximum efficiency, catering to the specific needs of the ADHD population. Color photos, useful tips, and bulleted lists make this a quick and manageable read, no matter how fleeting your attention span. Armed with this unique, step-by-step approach to organizing, you'll receive the tools and the knowledge you need to eliminate stress from your home and lead a happier, healthier, more organized life.

Also Available:



The Fast and Furious 5 Step Organizing Solution, ISBN: 978-1-59233-419-3
\$19.99 US/£12.99 UK/\$21.99 CAN Rights: All available

The Kid-Friendly ADHD & Autism Cookbook, ISBN: 978-1-59233-394-3
\$24.99 US/£16.99 UK/\$27.50 CAN Rights: All available

The Heal Your OCD Workbook, ISBN: 978-1-59233-378-3
\$18.99 US/£12.99 UK/\$20.95 CAN Rights: All available

April 2012

THE KID-FRIENDLY ADHD & AUTISM COOKBOOK, UPDATED AND REVISED

NEW IN PAPERBACK!

The Ultimate Guide to the Gluten-Free, Casein-Free Diet

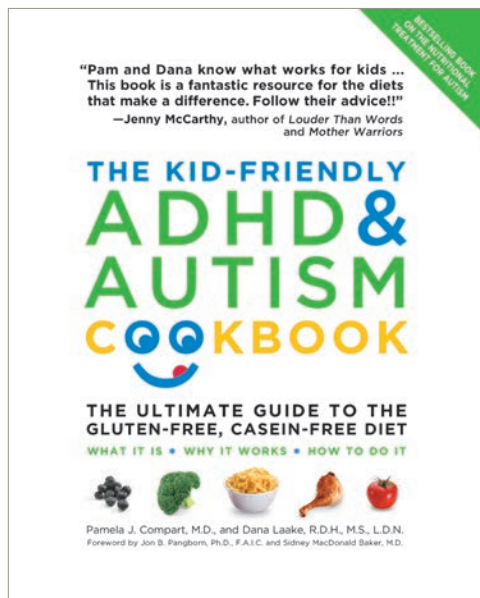
Pamela J. Compart, M.D. and Dana Laake, R.D.H., M.S., L.D.N



Fair Winds Press

Item #: 193904 AQ
 ISBN: 978-1-59233-472-8
 \$18.99 US
 £12.99 UK
 \$20.99 CAN

7.5 x 9.25 in
 191 x 235 mm
 352 pages, Paperback
 color photos
 All rights available
 Cooking/Health & Healing/General
 Ct. Qty. 20



More great advice and recipes for healthy meals and snacks for kids with autism and ADHD.

→ Foreword by renowned leaders in the field, Jon B. Pangborn, Ph.D., F.A.I.C., and Sidney MacDonald Baker, M.D.

Pamela Compart, MD, is a developmental pediatrician and a functional medicine physician. She is the founder and director of HeartLight Healing Arts, Inc., which is an integrated health care center providing comprehensive traditional and complementary medicine services for children and adults.

Dana Laake is a licensed nutritionist in Kensington, Maryland. Within her practice, Dana Laake Nutrition, she provides preventive and therapeutic medical nutrition services. An honors graduate from Temple University (health sciences, dental hygiene), she received her masters' degree in nutrition from the University of Maryland.

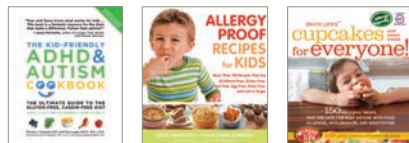


"Pam and Dana know what works for kids... This book is a fantastic resource for the diets that make a difference. Follow their advice!!"

—Jenny McCarthy, author of *Louder Than Words* and *Mother Warriors*.

Containing the best "kid-friendly" recipes, this is a complete, new-in-paperback guide to the gluten-free, milk-free diet for ADHD and autism. In addition to current research and findings, this book provides recommendations from the authors for packing school lunches and snacks, plus hundreds of recipes! One of the challenges that parents face is coping with children who have picky appetites and crave the very foods that affect their behavior, focus, and development. The other challenge is finding ways to get their children to eat healthy foods. The uniqueness of this book is that it not only provides gluten-free milk-free substitutes and recipes, it provides successful suggestions for feeding the picky eater. The specialty ingredients are explained and extensive sources provided. There are also testimonials from the parents and from the children themselves.

Also Available:



The Kid-Friendly ADHD & Autism Cookbook (HC), ISBN: 978-1-59233-394-3
 \$24.99 US/£16.99 UK/\$27.50 CAN Rights: All available

Allergy Proof Recipes for Kids, ISBN: 978-1-59233-383-7
 \$18.99 US/£12.99 UK/\$23.99 CAN Rights: All available

Enjoy Life's™ Cupcakes and Sweet Treats for Everyone, ISBN: 978-1-59233-404-9
 \$19.99 US/£12.99 UK/\$24.99 CAN Rights: All available

April 2012

SUPER DRINKS FOR A HEALTHY PREGNANCY

Quick and Delicious Smoothies, Juices, and Soups that are Packed with Nutrition

Fiona Wilcock MSc, PGCE, BA, RPHNutr

Item #: 199785

ISBN: 978-1-59233-520-6

\$16.99 US

\$18.99 CAN

8.5 x 9.5 in

216 x 241 mm

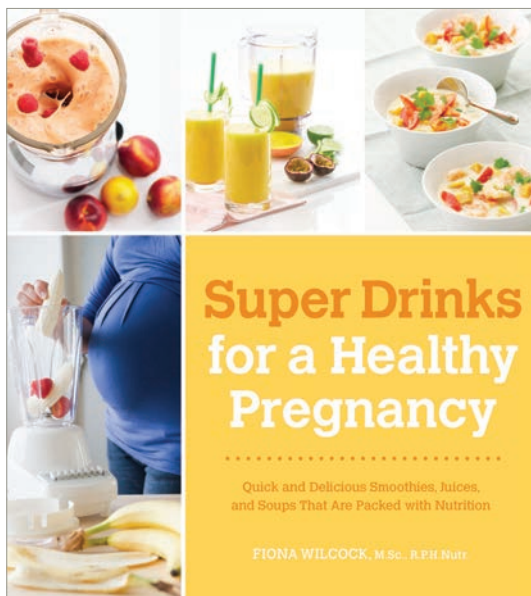
128 pages, Paperback

175 color photos

North American rights only

Health & Fitness/Nutrition

Ct. Qty. 20



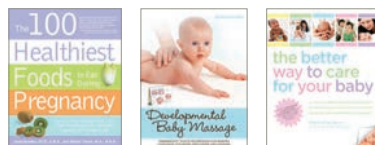
Make delicious smoothies, juices, and soups that are quick to whip up and highly nutritious!

- Provides meals that can be used as nutritious meal replacements—perfect for busy moms-to-be who need meal options they can prepare and consume quickly.
- Author is a nutrition expert who has provided recipes for companies such as Disney, Babylicious, and Good Housekeeping
- Simple, to-the-point nutritional advice for the 6 million women who become pregnant every year.

An optimal supply of vitamins and minerals is important in any diet but nutrient needs increase dramatically during pregnancy and are critical for ensuring baby's healthy development. However, common pregnancy complaints such as nausea often make eating properly difficult. Smoothies, juices, and soups provide a easy and digestion-soothing way to get essential vitamins and minerals—and can be prepared quickly and easily. **Super Drinks for a Healthy Pregnancy** provides over 100 recipes developed to meet the nutritional needs of pregnant and nursing women, ease pregnancy complaints such as nausea and sleeplessness, and keep moms-to-be nourished and energized.

Fiona Wilcock MSc, PGCE, BA, RPHNutr was a nutrition scientist and lecturer for many years and is now an independent nutrition consultant and author. She has provided recipes and nutritional advice to *Marks & Spencer*, *Good Housekeeping*, *Disney*, *Babylicious*, as well as to the UK's *Food Standards Agency*. She is the author of the Gourmand award-winning *Complete Pregnancy Cookbook*. She resides in London.

Also Available:



The 100 Healthiest Foods to Eat During Pregnancy, ISBN: 978-1-59233-400-1
\$24.99 US/£16.99 UK/\$31.99 CAN Rights: All available

Developmental Baby Massage, ISBN: 978-1-59233-483-4
\$19.99 US/£14.99 UK/\$21.99 CAN Rights: All available

The Better Way to Care for Your Baby, ISBN: 978-1-59233-420-9
\$19.99 US/£14.99 UK/\$24.99 CAN Rights: All available

BEAT OVEREATING NOW!

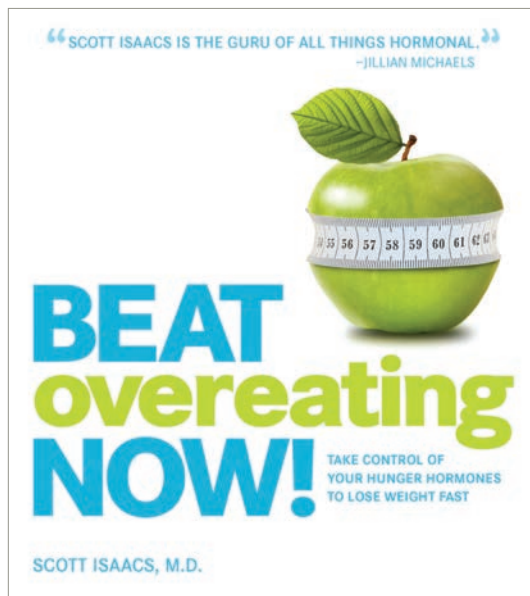
Take Control of Your Hunger Hormones to Lose Weight Fast

Scott Isaacs, M.D.



Item #: 199788 AQ
 ISBN: 978-1-59233-504-6
 \$16.99 US
 £10.99 UK
 \$18.99 CAN

8 x 9 in
 203 x 229 mm
 256 pages, Paperback
 1-color images
 All rights available
 Health & Fitness/Weight Loss
 Ct. Qty. 20



Fix cravings, hunger, and weight gain forever!

- Dr. Scott Isaacs is considered one of the leading weight loss experts in the country and has been called “the guru of all things hormonal” by Jillian Michaels. He has been featured in *Prevention*, *Men’s Health*, *LHJ*, *CNN* and *NPR*.
- Books that explore why we overeat are bestsellers including *The End of Overeating* (over 120,000 sold in HC) and *Mindless Eating* (over 60,000 sold).
- *Beat Sugar Addiction Now!* has sold over 13,000 copies since March 2010.

Beat Overeating Now! provides a step-by-step plan for fixing appetite controls and working with your body’s natural hunger and weight loss hormones to beat overeating easily and permanently. Written by Dr. Scott Isaacs, one of the leading weight loss experts in the country, **Beat Overeating Now!** will help you take control of your appetite, your weight, and your life. His work is supported by the latest research on what really controls our appetites—a network of various hormones and chemical messengers that control hunger, satiety, metabolism, and weight gain.

Dr. Scott Isaacs is on the faculty of Emory University School of Medicine and is considered one of the leading weight loss experts in the country. He was referenced several times in Jillian Michael’s NYT bestselling book *Master Your Metabolism*. He has been profiled on *CNNHealth.com* and *WebMD.com*, and has been featured in countless national publications including *Ladies Home Journal*, *Better Homes and Gardens*, *Fitness*, *Shape*, *Men’s Health*, *Good Housekeeping*, *Glamour*, *Prevention*, *Women’s World*, and *First*.

Also Available:



Beat Sugar Addiction Now!, ISBN: 978-1-59233-415-5
 \$16.99 US/£10.99 UK/\$18.99 CAN Rights: All available

Beat Sugar Addiction Now! Cookbook, ISBN: 978-1-59233-489-6
 \$16.99 US/£12.99 UK/\$18.99 CAN Rights: All available

500 400-Calorie Recipes, ISBN: 978-1-59233-462-9
 \$19.99 US/£14.99 UK/\$21.99 CAN Rights: All available

July 2012

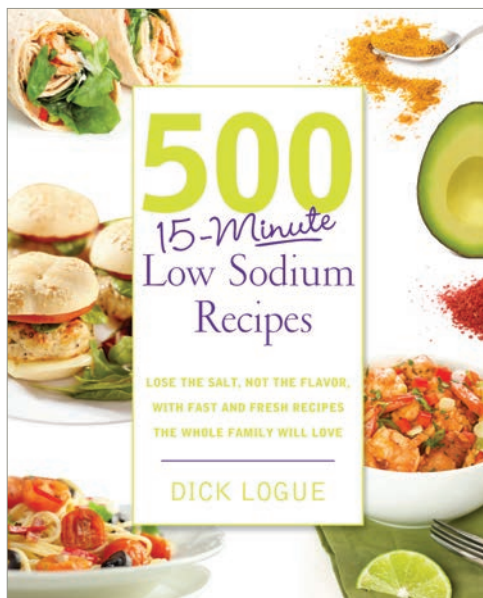
500 15-MINUTE LOW SODIUM RECIPES

Lose the Salt, Not the Flavor, with Fast and Fresh Recipes the Whole Family Will Love

Dick Logue

Item #: 199786 AQ
ISBN: 978-1-59233-501-5
\$19.99 US
£14.99 UK
\$21.99 CAN

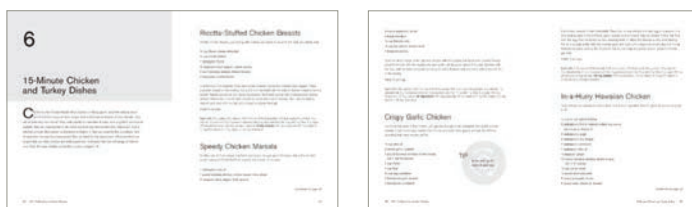
7.5 x 9.125 in
191 x 235 mm
512 pages, Paperback
All rights available
Cooking/Health & Healing/Low Salt
Ct. Qty. 20



Fast, flavorful, low-salt recipes, just like the doctor ordered!

- This book provides more than twice the number of recipes than the leading competitive titles.
- Each recipe provides nutritional breakdowns so readers can easily track their sodium intake.
- Recipes require 15 minutes or less prep, which helps dieters avoid the temptation of opting for convenience and takeout foods.

Dick Logue is a six-time cookbook author and founder of the website www.lowsodiumcooking.com. After being diagnosed with congestive heart failure more than 10 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of *500 Low Sodium Recipes*, *500 Low-Cholesterol Recipes*, *500 High Fiber Recipes*, *500 Low Glycemic Index Recipes*, *500 Heart-Healthy Slow Cooker Recipes*, and *500 400-Calorie Recipes*. He lives in Maryland.



Create great, low-sodium meals in a jiffy while still enjoying all the foods and flavors you love with **500 15-Minute Low Sodium Recipes!** In these pages, you'll be treated to dishes so delightful you'd never guess they're low in salt and quick to prepare. Packed with 500 recipes to choose from, you'll find everything from beef, chicken, and vegetables dishes to international takeout-style recipes, desserts, and more. And with 15 minutes or less prep time on every recipe, staying on track is as easy as pie! You'll also find a nutritional breakdown on every recipe, making it easier than ever to track your daily sodium intake. Cutting sodium doesn't mean cutting flavor or variety, or spending hours in the kitchen on complicated recipes. Make staying on course easy—and delicious!—with **500 15-Minute Low Sodium Recipes**.

Also Available:



500 Low Sodium Recipes, ISBN: 978-1-59233-277-9
\$19.99 US/£12.99 UK/\$23.95 CAN Rights: All available

500 Low Glycemic Index Recipes, ISBN: 978-1-59233-417-9
\$19.99 US/£14.99 UK/\$21.99 CAN Rights: All available

500 Low-Cholesterol Recipes, ISBN: 978-1-59233-396-7
\$21.99 US/£14.99 UK/\$27.50 CAN Rights: All available

July 2012

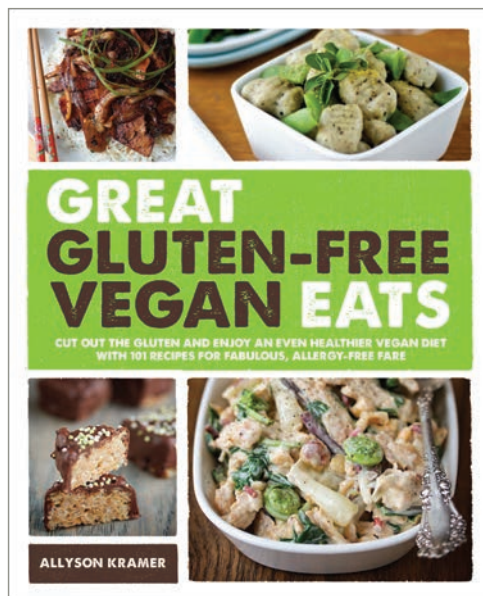
GREAT GLUTEN-FREE VEGAN EATS

Cut Out the Gluten and Enjoy an Even Healthier Vegan Diet with 101 Recipes for Fabulous, Allergy-Free Fare

Allyson Kramer

Item #: 199814 AQ
ISBN: 978-1-59233-513-8
\$19.99 US
£14.99 UK
\$21.99 CAN

7.5 x 9.25 in
191 x 235 mm
240 pages, Paperback
100+ color photos
All rights available
Cooking / Vegetarian & Vegan
Ct. Qty. 20



Compassionate and wheat-free recipes impressive enough for even the most seasoned foodie!

- Focuses on two hot diet trends that people want to follow, but need guidance on.
- Author has a strong platform and blog, and is well-known and trusted in the vegan and gluten-free community.
- Four-color photography for every photo (including some step-by-step) shows readers exactly how each recipe should look, leaving no guesswork.

Allyson Kramer is founder of the blog www.manifestvegan.com, which she launched in 2009 as a way to communicate her love of vegan cooking and recipe development to the world. Shortly after the site's launch, Allyson was diagnosed with Celiac disease, and she began focusing solely on gluten-free, vegan recipes. Manifest Vegan was listed as one of the top veg blogs of 2010 by VegNews Magazine, and has received praise on such sites as theKitchn.com, Slashfood.com, and Foodgawker.com. Allyson develops all of the recipes and photos that appear on the site. She is also a contributor to National Celiac Foundation Association newsletter and ChicVegan.com. She lives in Ohio.



Following a plant-based, gluten-free diet is one of the healthiest lifestyle choices around, yet it can be a challenge to create meals that not only match your needs, but taste delicious too. But not any longer! **Great Gluten-Free Vegan Eats** shows you exactly how to create compassionate and wheat-free recipes that are impressive enough for even the most seasoned foodie. Full of fresh and all-natural ingredients, the 101 fully-photographed, scrumptious recipes you'll find inside prove that eating vegan and gluten-free doesn't have to be a sacrifice, but a delight! From tempting appetizers, to hearty mains, to luscious desserts, you'll find dishes to suit your every need and craving, including: *Cherry Vanilla Bean Pancakes*, *Mediterranean Croquettes*, *Coconut Asparagus Soup*, *Roasted Red Pepper & Fava Salad*, *Walnut Ravioli with Vodka Sauce*, *Rosemary, Leek & Potato Pie*, *Chocolate Hazelnut Brownie*, and *Cheesecake Banana Berry Cobbler*.

Also Available:



The Best-Ever Wheat and Gluten-Free Baking Book, ISBN: 978-1-59233-131-4
\$17.95 US/\$24.95 CAN Rights: All available

The Vegan Scoop, ISBN: 978-1-59233-392-9
\$19.99 US/£12.99 UK/\$21.95 CAN Rights: All available

Color Me Vegan, ISBN: 978-1-59233-439-1
\$19.99 US/£14.99 UK/\$21.99 CAN Rights: All available

August 2012

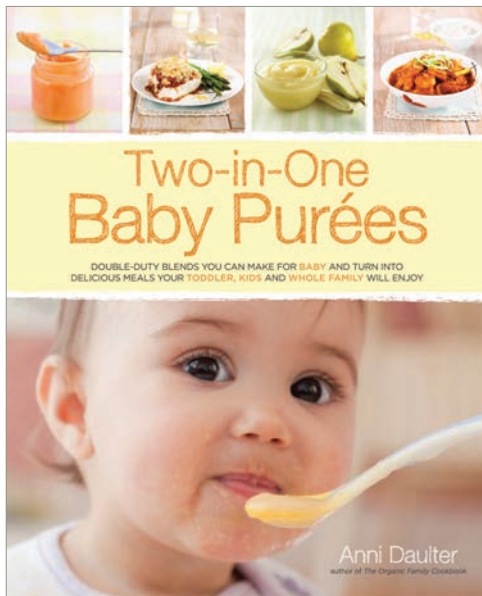
TWO-IN-ONE BABY PURÉES

Double-Duty Blends You Can Make for Baby AND
Turn Into Delicious Meals Your Toddler, Kids, and Whole Family Will Enjoy

Anni Daulter

Item #: 199817 AQ
ISBN: 978-1-59233-516-9
\$19.99 US
£14.99 UK
\$21.99 CAN

7.5 x 9.25 in
191 x 235 mm
208 pages, Paperback
50 color photos
All rights available
Cooking/ Baby Food
Ct. Qty. 20



Tasty recipes that work double-duty so you don't have to!

- Provides parents with the healthiest, most nutritious recipes for their feeding their baby, toddler, and entire family. This combination is not offered in competing titles.
- Takes pressure off busy moms and dads who constantly feel like they need to make twenty different things at every meal to satisfy their families.
- Author is a trusted name in the ever-growing "trendy mommy" world and has connections to Gwyneth Paltrow and other well-known moms.

Two-in-One Baby Purées takes the chaos out of mealtime by providing you with pure and wholesome recipes you can make for baby, and then turn into delicious dishes for your entire family. Prepare a tasty Apple, Squash and Raisin Purée for your seven-month-old, for example, and then use the extra to make hearty Spiced Mini Muffins for the rest of the clan. Or treat your baby to Kale and Banana Purée, and turn a portion of it into an evening side dish of Green Quinoa. With a companion recipe for every baby purée, your recipes will be working double-duty, but you won't have to.

Anni Daulter is a professional cook, advocate of sustainable living, and author of *Organically Raised: Conscious Cooking for Babies & Toddlers* and *ICE POP JOY*. She was also the founder and operator of a fresh organic baby food company, Bohemian Baby, for three years, where she developed all recipes and branding for the company. Her food was sold to all the top celebrity babies including the children of Gwyneth Paltrow, Adam Sandler, Christy Turlington, Stevie Wonder, Bridget Fonda, Debi Mazar, the late Heath Ledger, Angela Bassett and many others. Anni lives in Los Angeles.

Also Available:



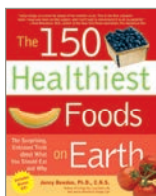
The Best Homemade Baby Food on the Planet, ISBN: 978-1-59233-423-0
\$19.99 US/£12.99 UK/\$21.99 CAN Rights: All available

The Better Way to Breastfeed, ISBN: 978-1-59233-422-3
\$19.99 US/£14.99 UK/\$21.99 CAN Rights: All available

The 100 Healthiest Foods to Eat During Pregnancy, ISBN: 978-1-59233-400-1
\$24.99 US/£16.99 UK/\$31.99 CAN Rights: All available



TOP 10



The 150 Healthiest Foods on Earth

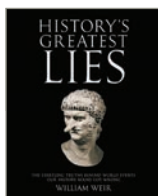
The Surprising, Unbiased Truth about What You Should Eat and Why
Jonny Bowden, Ph.D., C.N.S.

Fair Winds

ISBN-13: 978-1-59233-228-1

8 x 10 in, 203 x 254 mm
360 pages, PB w/CD-Rom
150 photos/illustrations
Rights sold: Lithuanian, Turkish, English language in Asia
Ct. Qty. 10

\$24.99 US/£15.99 UK/\$32.50 CAN



History's Greatest Lies

The Startling Truths Behind World Events our History Books Got Wrong
William Weir

Fair Winds

ISBN-13: 978-1-59233-336-3

7 3/8 x 9 1/2 in, 197 x 241 mm
288 pages, PB w/flaps
125 photos/illustrations
Rights sold: Polish
Ct. Qty. 10

\$19.99 US/£12.99 UK/\$21.95 CAN



About Face

Amazing Transformations Using the Secrets of the Top Celebrity Makeup Artist

Scott Barnes

Fair Winds

ISBN-13: 978-1-59233-399-8

8 3/8 x 10 1/4 in, 213 x 260 mm
240 pages, PLC w/acetate jacket
250 photos/illustrations
All rights available
Ct. Qty. 20

\$24.99 US/£16.99 UK/\$31.99 CAN

"Barnes presents some sensible skin care how-to and tricks."

—Library Journal



Beat Sugar Addiction Now!

The Cutting-Edge Program That Cures Your Type of Sugar Addiction and Puts You on the Road to Feeling Great-and Losing Weight

Jacob Teitelbaum, M.D. and Chrystie Fiedler

Fair Winds

ISBN-13: 978-1-59233-415-5

8 x 9 in, 203 x 229 mm
256 pages, PB

All rights available
Ct. Qty. 20

\$16.99 US/£10.99 UK/\$18.99 CAN



The Vegan Table

200 Unforgettable Recipes for Entertaining Every Guest at Every Occasion

Colleen Patrick-Goudreau

Fair Winds

ISBN-13: 978-1-59233-374-5

7 1/2 x 9 1/4 in, 191 x 235 mm
304 pages, PB
60+ photos/illustrations
All rights available
Ct. Qty. 10

\$19.99 US/£12.99 UK/\$21.95 CAN

"Uncomplicated recipes will appeal to nonvegans and vegans alike."

—Library Journal



The Joy of Vegan Baking

The Compassionate Cooks' Traditional Treats and Sinful Sweets

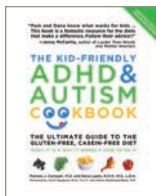
Colleen Patrick-Goudreau

Fair Winds

ISBN-13: 978-1-59233-280-9

7 1/2 x 9 1/4 in, 191 x 235 mm
288 pages, PB w/flaps
30 photos/illustrations
All rights available
Ct. Qty. 10

\$19.95 US/£12.99 UK/\$24.95 CAN



The Kid-Friendly ADHD & Autism Cookbook

The Ultimate Guide to the Gluten-Free, Casein-Free Diet

Pam Compart, M.D., and Dana Laake, R.D.H., M.S., L.D.N.

Fair Winds

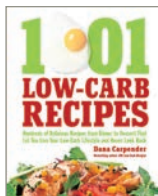
ISBN-13: 978-1-59233-394-3

7 3/4 x 9 1/2 in, 197 x 241 mm
352 pages, HC w/jacket
All rights available, Ct. Qty. 20

\$24.99 US/£16.99 UK/\$27.50 CAN

"Kid-friendly recipes make up the book's core. There is also a resource list."

—Library Journal



1001 Low-Carb Recipes

Hundreds of Delicious Recipes from Dinner to Dessert that Let You Live Your Low-Carb Lifestyle and Never Look Back
Dana Carpender

Fair Winds

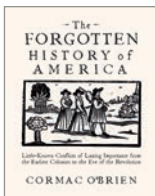
ISBN-13: 978-1-59233-414-8

7 1/2 x 9 1/2 in, 191 x 232 mm
656 pages, PB
All rights available
Ct. Qty. 20

\$21.99 US/£14.99 UK/\$27.50 CAN

"Smart purchase for a good price."

—Library Journal



The Forgotten History of America

Little-known Conflicts of Lasting Importance from the Earliest Colonists to the Eve of the Revolution

Cormac O'Brien

Fair Winds

ISBN-13: 978-1-59233-302-8

7 3/8 x 9 1/2 in, 194 x 241 mm
304 pages, PB
125 photos/illustrations
All rights available
Ct. Qty. 20

\$19.99 US/£12.99 UK/\$21.95 CAN



The Better Way to Care for Your Baby

A week-by-week Illustrated Companion for Parenting and Protecting Your Child Using the Latest and Safest Techniques

Robin Weiss

Fair Winds

ISBN-13: 978-1-59233-420-9

8 x 10 in, 203 x 254 mm
304 pages, PB
200 photos/illustrations
All rights available
Ct. Qty. 10

\$19.99 US/£14.99 UK/\$24.99 CAN



QUIVER BOOKS

THE MANHATTAN MADAM'S SECRETS TO GREAT SEX

Expert Advice for Becoming the Best Lover He's Ever Had

Kristin Davis and Lainie Speiser

Item #: 195059 AQ
 ISBN: 978-1-59233-502-2
 \$17.99 US
 £12.99 UK
 \$19.99 CAN

6.5 x 8.75 in
 165 x 222 mm
 144 pages, Paperback
 40 color photos
 All rights available
 Self-help/Sexual Instruction
 Ct. Qty. 20



Secrets and Tips Direct from the Manhattan Madam's Playbook—to Your Bedroom.

- ➔ Authored by New York's top madam
- ➔ Never-before-revealed techniques from author's proprietary training manual
- ➔ Teaches women how to enchant and thrill their man



Lainie Speiser is the publicist and columnist for all of the Penthouse magazine titles and Friend Finder, Inc. Her books include *Confessions of the 100 Hottest Porn Stars*, *Naked Ambition*, *Threesomes: For Couples Who Want to Know More*, *Hot Games for Mind-Blowing Sex*, *The Manhattan Madam*, and *The Little Bit Naughty Book of Blow Jobs*. She resides in Hoboken, NJ.

Kristin Davis, the famous “Manhattan Madam,” reveals the seduction and sexual techniques that her clients paid thousands of dollars an hour for and that garnered her the largest and flashiest client list in the industry in this tell-all guide. Drawn from her top-secret manual used to train her high-end escorts, **The Manhattan Madam's Secrets to Great Sex** teaches women how to seduce a man completely and keep him intrigued—before and after the clothes come off. Covering everything from body language and sexual technique to charm and flirtation, as well as figuring out his secret fantasies (and how you can become them), this is the ultimate manual to getting and keeping any man.

The Manhattan Madam, Kristin Davis, is the woman behind one of the most successful prostitution rings in history. She accumulated the largest “little black book” in the industry, with more than 10,000 names. In 2009 she released her book *The Manhattan Madam* and has been in the spotlight ever since. Her business catered to the elite of the world, A-list stars, athlete and politicians. Kristin has appeared on *20/20*, *48 Hours*, *Entertainment Tonight*, *Extra*, and *The Insider*.

Also Available:



Confessions of the Hundred Hottest Porn Stars, ISBN: 978-1-59233-477-3
 \$19.99 US/£14.99 UK/\$21.99 CAN Rights: All available

Threesomes, ISBN: 978-1-59233-271-7
 \$19.99 US/\$24.99 CAN Rights: All available

Spectacular Sex Moves He'll Never Forget, ISBN: 978-1-59233-425-4
 \$19.99 US/£12.99 UK/\$21.99 CAN Rights: All available

June 2012

THE FIELD GUIDE TO F*CKING

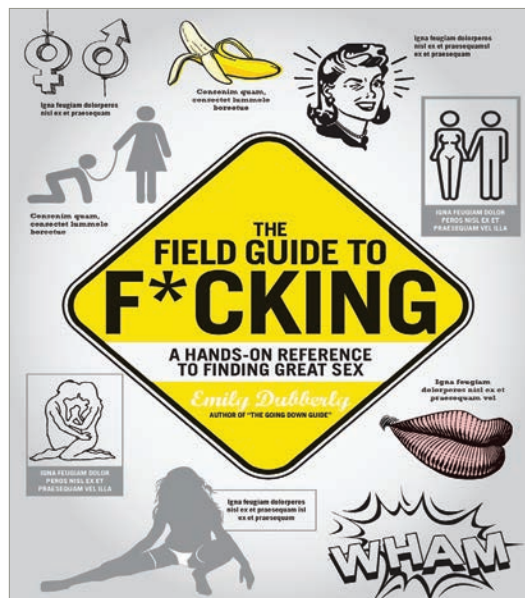
A Hands-On Reference to Finding Great Sex

Emily Dubberley



Item #: 199809 AQ
ISBN: 978-1-59233-509-1
\$17.99 US
£14.99 UK
\$19.99 CAN

6.5 x 8.75 in
165 x 222 mm
144 pages, Paperback
50 illustrations
All rights available
Self-help/ Sexual Instruction
Ct. Qty. 20



Sexual exploration has never been this fun!

- A fun reference guide to every size and shape of sexual anatomy cross-referenced with the best manual, oral, and intercourse techniques
- Gives readers insights into what their partner's sexual behavior and mating rituals say about their sexual desires, fantasies, and fetishes
- Sex instruction manuals that have a witty, slightly irreverent take do well. *The Guide to Getting It On* has sold over 250,000 copies in all editions

Field guides to birds, bees, and trees abound. However, until now, there has been no handy reference to the wildest creature of all (the horny human) in his natural habitat (the bedroom). **The Field Guide to F*CKING** is a hilarious encyclopedia that shows how to identify physical characteristics and bizarre seduction rituals of the creatures that are likely to be encountered during sexual forays. While written in a mock scientific tone, real insights on how to improve your sex comes through. Each entry cross-references which sexual techniques go best with each genital size, shape, and quirk. **The Field Guide to F*CKING** teaches you how to map out your partner's primary erogenous zones and decode sexual signals based on body language, kissing, and touch techniques. Sex has attracted many adventurers in search of its oft-elusive pleasures. **The Field Guide to F*CKING** is your indispensable guide to navigating the rocky terrain of mating and seduction with ease.

Emily Dubberley has written 19 books on sex and relationships including *The Going Down Guide*, *The Good Sexual Fantasy Guide*, and *Sex for Busy People*.

www.dubberley.com

Also Available:



The Sex Bible, ISBN: 978-1-59233-285-4

\$21.99 US/£12.99 UK/\$23.95 CAN Rights: All available

Marathon Sex, ISBN: 978-1-59233-481-0

\$19.99 US/£14.99 UK/\$21.99 CAN Rights: All available

Clitology, ISBN: 978-1-59233-486-5

\$19.99 US/£12.99 UK/\$21.99 CAN Rights: All available



July 2012

THE COMPLETE PHOTO GUIDE TO GREAT SEX

Step-by-step Pictures of All You Need to Know to Have the Most Amazing Sex Ever

The Editors of Quiver Books

Quiver

Item #: 199810 AQ

ISBN: 978-1-59233-510-7

\$19.99 US

£14.99 UK

\$21.99 CAN

10.25 x 7.625 in

260 x 193 mm

160 pages, Paperback

300 color photos

All rights available

Self-help/Sexual Instruction

Ct. Qty. 20

Be an amazing lover with this step-by-step guide.



- Comprehensive books on sex sell well as do those with a high number of photos. This book combines the best of both approaches covering a wide range of techniques and sexual practices in detailed step-by-step photos.
- Most competitive titles have 50-100 photos. Our guide will have several hundred original photos and illustrations.

Quiver is a boutique imprint that offers books and card decks for couples wanting to take their sex lives to the next level. Quiver's books celebrate erotic pleasure and intimacy through beautiful, sophisticated photography and inspiring text.

The Complete Photo Guide to Great Sex is an exciting new look at great sex techniques. This revealing guide shows mind-blowing positions, incredible oral techniques, and new exciting things to try in 300 color photos and illustrations. Each technique is broken down in step-by-step photo sequences with instructive captions and text so you can learn—and see—every detail of the move from the angle of their hips to the placement of their hands and mouth. Discover everything you need to know for the most amazingly satisfying sex ever with **The Complete Photo Guide to Great Sex**.

Also Available:



The Better Sex Guide to Extraordinary Lovemaking, ISBN: 978-1-59233-352-3
\$26.00 US/£19.99 UK/\$32.50 CAN Rights: All available

Daily Sex Bible, ISBN: 978-1-59233-447-6
\$17.99 US/£12.99 UK/\$19.99 CAN Rights: All available

Best Sex Ever, ISBN: 978-1-59233-434-6
\$17.99 US/\$22.50 CAN Rights: All available

July 2012

SEX POSITIONS YOU NEVER THOUGHT POSSIBLE

The Creators of the *Liberator* Wedge Show You the Secrets of Angles and Inclinations for the Deepest, Most Orgasmic Sex Ever

The Editors of *Liberator* and Jaiya

Item #: 199811 AQ

ISBN: 978-1-59233-511-4

\$19.99 US

£14.99 UK

\$21.99 CAN

10.25 x 7.625 in

260 x 193 mm

160 pages, Paperback

50 color photos

All rights available

Self-help/ Sexual Instruction

Ct. Qty. 20

Teaches readers how to hit orgasm hot spots easily.

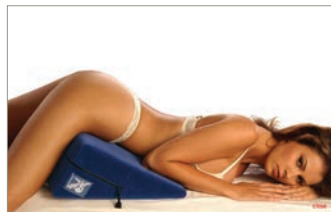


→ Liberator® is one of the leading sex toy companies in the nation and their products have global brand recognition. Liberator® products are also advertised in *Men's Health*, *Rolling Stone*, *Forbes*, and *Cosmopolitan*.

→ Unique concept in sex position books: how to use angles and props to achieve sex moves and G-Spot and clitoral stimulation not possible in standard positions.

Liberator® is one of the nation's foremost innovators of sexual health and wellness products. Liberator® products have been featured in the *New York Times*, *Men's Health*, *Rolling Stone*, *Forbes*, and *Cosmopolitan*.

Jaiya is a world-renowned sexologist and author of *Ret Hot Touch*. She has been featured on the *Tyra Banks Show*, *TLC*, *CNN* and *Playboy TV*.



Even the most acrobatic positions are attainable with a little help from Liberator® ramps and wedges—or standard pillows and cushions you have in your home. Authored by the creators of the iconic Liberator® sex cushions, **Sex Positions You Never Thought Possible** features dozens of sex moves that incorporate carefully-calibrated body angles and inclines to take sex to more orgasmic levels while targeting key hot spots and enabling deeper penetration and easier thrusting. This exciting guide shows you how to intensify sensations on standard positions such as cowboy and missionary, add kinky twists to oral sex, and make doggy-style positions more comfortable. Reach new heights of orgasmic pleasure with **Sex Positions You Never Thought Possible!**

Also Available:



Mastering Multiple Position Sex, ISBN: 978-1-59233-386-8

\$19.99 US/£14.99 UK/\$24.99 CAN Rights: All available

Kama Sutra 52, ISBN: 978-1-59233-397-4

\$19.99 US/£14.99 UK/\$24.99 CAN Rights: All available

Position Sex Bible, ISBN: 978-1-59233-349-3

\$17.99 US/£9.99 UK/\$22.50 CAN Rights: All available



Now Available

EROTIC MASSAGE

Sensual Touch for Deep Pleasure and Extended Arousal

Charla Hathaway



Item# 199790 AQ
ISBN: 978-1-59233-505-3
(Previous 978-1-59233-260-1)
\$14.99 US
£9.99 UK
\$16.99 CAN

5.75 x 5.75 in
146 x 146 mm
160 pages, Paperback
60 color photos
All rights available
Health & Fitness/Sexuality
Ct. Qty. 36



Erotic Massage shows how to bring your partner to high levels of arousal, keeping him or her in this state of sexual exaltation for an extended period. This beautifully illustrated book breaks down erotic massage techniques step-by-step and includes suggestions for the appropriate setting, lubrication, good communication, and conscious breathing. More than 60 sensual, how-to photographs and illustrations are featured throughout, as well as testimonials on how erotic massage has improved many couples' intimacy and sex lives.

Now Available

QUICKIES YOU'LL NEVER FORGET

Fast Sex, Fast Orgasm, Anytime, Anywhere

Joel D. Block, Ph.D.



Item # 154061 AQ
ISBN: 978-1-59233-506-0
(Previous 978-1-59233-240-3)
\$14.99 US
£9.99 UK
\$16.99 CAN

5.75 x 5.75 in
146 x 146 mm
160 pages, Paperback
30 color photos
All rights available
Self-Help/Sexual Instruction
Ct. Qty. 36



It's unrealistic to expect to engage in full-on sex all the time, which is why "quickies" are not optional; they're damn necessary. This book shows you how to have quick but rewarding sex that can be fulfilling for both partners. Inside, you'll find 30 full-color photographs of various techniques, positions, and exciting, forbidden places that are perfect settings for a quick encounter. Get on the fast track to speedy and satisfying sex with **Quickies You'll Never Forget!**

Now Available

POSITION SEX

50 Wild Sex Positions You Probably Haven't Tried

Lola Rawlins



Item # AQ
ISBN: 978-1-59233-507-7
(Previous 978-1-59233-238-0)
\$14.99 US
£9.99 UK
\$16.99 CAN

5.75 x 5.75 in
146 x 146 mm
160 pages, Paperback
50 color photos
Self-Help/Sexual Instruction
Ct. Qty. 36



Stuck in a one-position nooky rut? **Position Sex** shows you and your partner how to spice up your sex life and be more adventurous in the bedroom (or any room in the house). This book features beautiful full-color photographs of each hot, new position, as well as slight acrobatic variations on good old standbys, such as the missionary position. **Position Sex** shows you how to orchestrate these positions, explains their advantages for both him and her, and shows how to handle any potential physical challenges.



TOP 10



Oral Sex He'll Never Forget

52 Positions & Techniques Guaranteed to Blow Your Man Away

Sonia Borg, Ph.D., M.A.

Quiver

ISBN-13: 978-1-59233-385-1

8 x 10 in, 203 x 254 mm

144 pages, PB w/flaps

65 photos/illustrations

All rights available

Ct. Qty. 20

\$19.99 US/\$14.99 UK/\$24.99 CAN



Oral Sex She'll Never Forget

50 Positions and Techniques That Will Make Her Orgasm Like She Never Has Before

Sonia Borg, Ph.D., M.A., M.P.H.,

Quiver

ISBN-13: 978-1-59233-391-2

8 x 10 in, 203 x 254 mm

160 pages, PB w/flaps

50 photos/illustrations

All rights available, Ct. Qty. 20

\$19.99 US/\$13.99 UK/\$24.99 CAN

"This scenario-based manual enlivens the flourishing subgenre of oral sex books. After a well-done chapter on female sexual anatomy and response, clinical sexologist Borg introduces 50 ways to include cunnilingus in a pleasing sexual episode."

— Library Journal



Position Sex Bible

More Positions than You Could Possibly Imagine Trying

Randi Foxx

Quiver

ISBN-13: 978-1-59233-349-3

5 x 6 1/2 in, 127 x 165 mm

640 pages, PB

291 photos/illustrations

All rights available

Ct. Qty. 20

\$17.99 US/\$9.99 UK/\$21.50 CAN



Best Sex Ever

The Ultimate Guide to Positions, Techniques, Toys, and Games

Susan Crain Bakos

Quiver

ISBN-13: 978-1-59233-434-6

5 1/8 x 6 1/2 in, 130 x 165 mm

416 pages, PB

100 photos/illustrations

All rights available

Ct. Qty. 20

\$17.99 US/\$12.99 UK/\$22.50 CAN



The Sex Bible For Women

The Complete Guide to Being a Great Lover and Getting the Orgasms You Want

Susan Crain Bakos

Quiver

ISBN-13: 978-1-59233-412-4

8 x 8 in, 203 x 203 mm

256 pages, PB

100 photos/illustrations

Rights sold: Dutch, Polish,

Romanian, Russian

Ct. Qty. 20

\$19.99 US/\$14.99 UK/\$24.99 CAN



Sex Games Bible

More Erotic Activities Than You Could Possibly Imagine Trying

Randi Foxx

Quiver

ISBN-13: 978-1-59233-393-6

5 1/8 x 6 1/2 in, 130 x 165 mm

416 pages, PB

100 photos/illustrations

Rights sold: French Canadian, French

Ct. Qty. 20

\$18.99 US/\$12.99 UK/\$20.95 CAN



Mastering Multiple Position Sex

Mind-Blowing Lovemaking Techniques That Create Unforgettable Orgasms

Eric M. Garrison

Quiver

ISBN-13: 978-1-59233-386-8

8 x 10 in, 203 x 254 mm

192 pages, PB

62 photos/illustrations

All rights available

Ct. Qty. 20

\$19.99 US/\$14.99 UK/\$24.99 CAN



The Sex Bible

The Complete Guide to Sexual Love

Susan Crain Bakos

Quiver

ISBN-13: 978-1-59233-285-4

10 x 10 in, 254 x 254 mm

256 pages, PB

100 photos/illustrations

Rights sold: UK, French, Spanish, Dutch,

German, Czech, Polish, Icelandic,

Estonian, Swedish, Italian

Ct. Qty. 10

\$21.99 US/\$12.99 UK/\$23.95 CAN



The Better Sex® Guide to Extraordinary Lovemaking

The Sinclair Institute

Quiver

ISBN-13: 978-1-59233-352-3

8 1/4 x 9 1/4 in, 210 x 230 mm

352 pages, PLC

125 photos/illustrations

All rights available

Ct. Qty. 10

\$26.00 US/\$19.99 UK/\$32.50 CAN



The Orgasm Bible

The Latest Research and Techniques for Reaching More Powerful Climaxes More Often

Susan Crain Bakos

Quiver

ISBN-13: 978-1-59233-281-6

8 x 10 in, 203 x 254 mm

160 pages, PB w/flaps

50 photos/illustrations

Rights sold: UK, Dutch, Czech, Polish,

Estonian, German, Spanish

Ct. Qty. 20

\$19.99 US/\$9.99 UK/\$23.99 CAN

INDEX

500 15-Minute Low Sodium Recipes	12	Kramer, Allyson	13
Beat Overeating Now!	11	Laake, Dana	9
Block, Joel D.	21	Liberator	20
Compart, Pamela J.	9	Logue, Dick	12
Complete Photo Guide to Great Sex, The	19	Makeup Makeovers in 5, 10, 15, and 20 Minutes . . .	5
Daulter, Anni	14	Manhattan Madam's Secrets to Great Sex, The . . .	17
Davis, Kristin	17	Organizing Solutions for People with ADHD	8
Dubberley, Emily	18	Pinsky, Susan C.	8
Erllich, Katherine	7	Position Sex	21
Erotic Massage	21	Pyenson, Andrea	6
Field Guide to F*cking, The	18	Quickies You'll Never Forget	21
Genzlinger, Kelly	7	Raichlen, Steven	6
Great Gluten-Free Vegan Eats	13	Rawlins, Lola	21
Hart, Chris	6	Sex Positions You Never Thought Possible	20
Hathaway, Charla	21	Speiser, Lainie	17
Husbands, Andy	6	Super Drinks for a Healthy Pregnancy	10
Isaacs, Scott	11	Super Nutrition for Babies	7
Jaiya	20	Two-In-One Baby Purees	14
Jones, Robert	5	Wicked Good Barbecue	6
Kid-Friendly ADHD & Autism Cookbook, The	9	Wilcock, Fiona	10

**QUAYSIDE PUBLISHING
GROUP OFFICES**
www.quaysidepub.com

Quayside Publishing Group-Minneapolis, MN
(Creative Publishing International, Motorbooks,
MVP Books, Voyageur Press, Zenith Press, and
Quayside Distribution Services)
400 First Avenue North, Suite 300
Minneapolis, MN 55401
Phone: 612-344-8100
Fax: 612-344-8691
sales@quaysidepub.com

Quayside Publishing Group-Beverly, MA
(Fair Winds Press, Quarry Books, Quiver,
and Rockport Publishers)
100 Cummings Center, Suite 406-L
Beverly, MA 01915
Phone: 978-282-9590
Fax: 978-283-2742

Quayside Publishing Group-Irvine, CA
(Walter Foster Publishing)
3 Wrigley, Suite A
Irvine, CA 92618
Phone: 949-380-7510
Fax: 949-380-7575

Quayside Publishing Group-Brentwood, TN
(Cool Springs Press)
500 Wilson Pike Circle, Suite 100
Brentwood, TN 37027
Phone: 615-277-5555
Fax: 615-916-5801

Quayside Publishing Group-UK
(RotoVision SA)
Sheridan House
112-116A Western Road
Hove, East Sussex BN3 1DD
England
Phone: +44 (0) 1273 727268
Fax: +44 (0)1273 727269
www.rotovision.com

**U.S. BOOK TRADE
SALES REPRESENTATIVES**

West
Book Travelers West
2701 California Ave. SW PMB #233
Seattle, WA 98116
Phone: 206-932-7865
Fax: 800-440-0818
kurtis@booktravelerswest.com

NE & Mid Atlantic
Chesapeake & Hudson, Inc
115 W Potomac Street
Brunswick, MD 21716
Phone: 800-231-4469
Fax: 800-307-5163
office@cheshud.com

**South: Texas, Louisiana, Arkansas,
and Oklahoma**
McLemore/Hollen and Associates
3538 Maple Drive
Kingwood, TX 77339
Phone: 281-360-5204
Fax: 281-360-5215
mchoffice@suddenlink.net

Southeast
Southeastern Book Travelers
1920 Valleydale Road Suite 220
Birmingham, AL 35244
Phone: 205-682-8570
Fax: 770-804-2013
sbtorders@bellsouth.net

Mid-west
Abraham Associates
5120-A Cedar Lake Rd
Minneapolis, MN 55416
Phone: 800-701-2489
Fax: 952-927-8089
info@abrahamassociatesinc.com

**U.S. GIFT SALES
REPRESENTATIVES**

Allan Vaile & Associates
ALL IMPRINTS
CT, MA, ME, RI, VT, NH

Main Office and Showroom:
1000 Technology Drive Suite 144
Billerica, MA 01821
Phone: 978-670-1701

OPEN TERRITORY:

AR, CO, LA, NM, OK, TX
NY, NJ, PA
AL, FL, GA, MS, NC, SC, TN
IA, IL, IN, KS, KY, OH, MI, MN,
MO, ND, NE, SD, WI, WV
AK, CA, HI, NV, OR, WA

Contact: Jana Koch
400 First Avenue North
Suite 300
Minneapolis, MN 55401
Phone: 281-360-2941
Fax: 612-344-8691
jkoch@quaysidepub.com

**INTERNATIONAL
CO-EDITION & RIGHTS TEAM
Quayside Publishing Group
ALL IMPRINTS**

Nicole Kemble
Foreign Rights Director
All lists: France, French-speaking Canada, Italy
and key account Librero
Phone: +44 1273 7160005
Nicolek@rotovision.com

Philippa Painter
Acting Foreign Rights Director
All lists: Central & Eastern Europe,
Scandinavia
RotoVision only: Page One
Phone: +44 1273 716025
Philippap@rotovision.com

Marta Blanco
All lists: Spain, Latin America, Brazil, Portugal,
Netherlands, India & the Middle East, Greece,
and Turkey
Phone: +44 1273 716020
Martab@rotovision.com

Anja Endemann
All lists: Germany, Austria & Switzerland
Phone: +49 30 22 494 489
anja.endemann@web.de

Erica Hatcher
All lists: Japan & Korea
Phone: +81 136 215001
ehquarto@attglobal.net

Meixa Wang
All lists: China & Taiwan
Phone: +61 2 94 8399 0192
mwang@quarto.com.au

Peter Ackroyd / Susan Mears
All lists (except RV): South East Asia & Australia
Phone: +001 978 282 3530
packroyd@quaysidepub.com /
smears@quaysidepub.com

Leah Selwood
Rights Assistant
Phone: +44 1273 716020
leahs@rotovision.com

**DISTRIBUTION SALES
UK and Ireland**

Orders and enquiries to:
Aurum Press Ltd
7 Greenland Street
London NW1 0ND
Phone: 020 72847160
Fax: 020 74854902
e-mail:sales@aurumpress.co.uk

Sales Director, Graham Eames
graham.eames@aurumpress.co.uk
Phone: 020 72847165

United Kingdom and Ireland
ORDERSTO:
Grantham Book Services
Isaac Newton Way
Alma Park Industrial Estate
Grantham, Lincolnshire
NG31 9SD, UK
Phone: +44 (0) 1476 541 080
Fax: +44 (0) 1476 541 061
orders@gbs.tbs-ltd.co.uk

Europe, Middle East, and India
ALL IMPRINTS
Exports Sales Director
Diane Wilson
Phone: +44 (0) 1273 716221
Fax: +44 (0)1273 727269
dianeW@RotoVision.com

**Director of International Sales
Peter Ackroyd**
Quayside Publishing Group
100 Cummings Center, Suite 406L
Beverly, MA 01915, USA
Phone: 978-282-3576
Cell: 978-500-0472
packroyd@quaysidepub.com

Australia

ALL IMPRINTS including ROTOVISION
Capricorn Link (Australia) Pty. Ltd.
2 Dowling Place
South Windsor NSW 2756
Phone: +61 0245 601600
Fax: +61 0245 775288
books@capricornlink.com.au
www.capricornlink.com.au

New Zealand

ROCKPORT, QUARRY, FAIR WINDS, QUIVER,
WALTER FOSTER, CPI
David Bateman Ltd.
30 Tarndale Grove
PO Box 100-242 NSMC
Auckland 1330
New Zealand
Phone: (64 9) 415 7664
Fax: (64 9) 415 8892
bateman@bateman.co.nz

New Zealand

MOTORBOOKS, VOYAGEUR, ZENITH
Bookreps New Zealand Ltd.
P.O. Box 34 989
Birkenhead
Auckland 1330
New Zealand
Phone: +64 09 419 2635
Fax: +64 09 419 2635
sales@bookreps.co.nz

Singapore, Malaysia, Indonesia, Philippines, Vietnam, Cambodia, Brunei & Thailand

ALL IMPRINTS
APD Singapore Pte Ltd
Ian Pringle
52 Genting Lane #06-05
Ruby Lane Complex 1
Singapore 349560
Phone: (65) 6749 3551
Fax: (65) 6749 3552
ian@apdsing.com or th@apdsing.com

South Africa, Namibia, Botswana, Zimbabwe, Swaziland & Lesotho

ALL IMPRINTS
Real Books
Helena Groeneveld
137 Smit Street
Braamfontein, South Africa
Phone: +011 403-3700
Fax: +011 339-3169
helena.realbook@global.co.za

INTERNATIONAL SALES REPRESENTATIVES: EXPORTS SALES ONLY

Canada

ALL IMPRINTS
Canadian Manda Group
165 Dufferin Street
Toronto, Ontario
Canada, M6K 3H6
Phone: +1 888 563 8327
Fax: +1 416 516 0917
Orders and Inquiries:
general@mandagroup.com
www.mandagroup.com

South America, Central America, Caribbean & Mexico

ALL IMPRINTS
Cranbury International
Ethan Atkin
7 Clarendon Ave, Suite 2
Montpelier, VT 05602 USA
Phone: +1 802 223 6565
Fax: +1 802 223 6824
eatkin@cranburyinternational.com

Denmark, Finland, Iceland, Norway & Sweden

ALL IMPRINTS
Angell Eurosales
The Old Whaling House, The Walls
Berwick-upon-Tweed TD15 1HP
United Kingdom
Phone: +44 1289 332934
Fax: +44 1289 332935
gill@angelleurosales.com

Central & Eastern Europe, Belgium, France, Luxembourg, Monaco, Netherlands

ALL IMPRINTS
Austria, Germany & Switzerland
ALL IMPRINTS EXCEPT ROCKPORT
Bill Bailey Publishers Representatives
16 Devon Square
Newton Abbot, TQ12 2HR
Phone: +44 1626 331079
Fax: +44 1626 331080
info@billbaileypubreps.co.uk

Gibraltar, Greece, Crete, Italy, Malta, Portugal, and Spain

ALL IMPRINTS
Bookport Associates
Luigi Salma 7
Via 20094 Corsico (MI) Italy
Phone: +39 02 4510 3601
Fax: +39 02 4510 6426
bookport@bookport.it

Sub-Saharan Africa

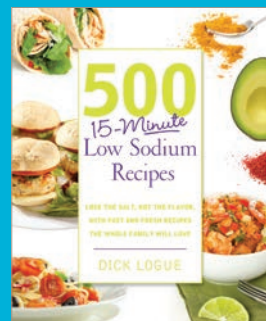
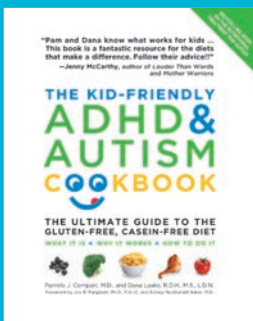
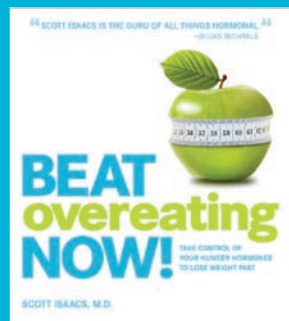
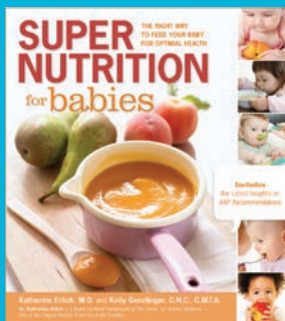
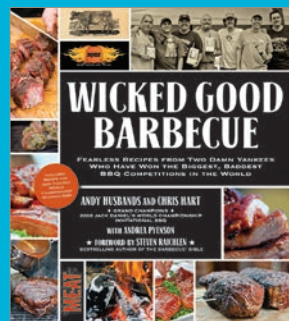
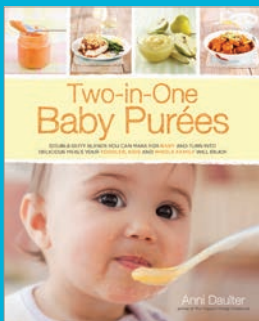
ALL IMPRINTS
Kelvin van Hasselt
Willow House, The Street
Birmingham, Norfolk
NR24 2PY, U.K.
Phone: 44 1263 862724
Fax: 44 1263 862803
kelvin@kvhbooks.co.uk

India and Bangladesh

ROCKPORT, ROTOVISION, CPI, FAIR WINDS
Ajay Parmar
Research Press
2/25 Ansari Road
New Delhi 110002
India
Phone: + 91 9811032998
aparmar@researchpress.co.in

Japan, Korea

ALL IMPRINTS
Peter Ackroyd/Susan Mears
Quayside Publishing Group
100 Cummings Center, Suite 406L
Beverly, MA 01915, USA
Phone: 978-282-3507
Fax: 978-283-2742
packroyd@quaysidepub.com
smears@quaysidepub.com



Quayside Publishing Group

400 First Avenue North, Suite 300
 Minneapolis, MN 55401
 (800) 328 - 0590 • www.quaysidepub.com

For more information on our publications visit our ONLINE CATALOGS at
<http://edelweiss.abovethetree.com/browse/quayside>

Printed in Singapore
 ISBN-13: 978-1-58923-709-4
 Item # 192964