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Fall/Winter 2026 Catalogue



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GRANVILLE ISLAND
PUBLISHING

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Letter from the Publisher



Hello,

The cover image for the fall catalogue was captured in a planter on our back deck. Besides the elegant and impertinent toadstools, notice the black piece of feather-light ash, which floated in from a rare fire in our neighbourhood.

One of my breaks from the world of publishing books is working in the garden and bringing plants in to arrange flowers and observe the whole plant close-up on the windowsill in front of the kitchen sink. More importantly, I've noticed that the vegetables we harvest prefer to live on in the fridge standing up vertically in a little bit of water, covered. They are crisp and fresh-tasting when we go to eat them which we appreciate. They don't like to lie down and wilt. Hmm. . . What an important discovery!

What has this got to do with our authors and their books? Well, they too are creative, diverse with viewpoints and ideas that can also help people on a global scale.

I'm happy to announce that this new crop of books and e-books including our backlist are going to have an excellent run due to the efforts of our marketing team and publicist Jay Lang, who along with others is so impressed with our books. She has started with us by amplifying the smarts and energy of an author in a wheelchair who is brilliant at connecting on social media, Phil Nealy, author of *I Won't Stand for This!*

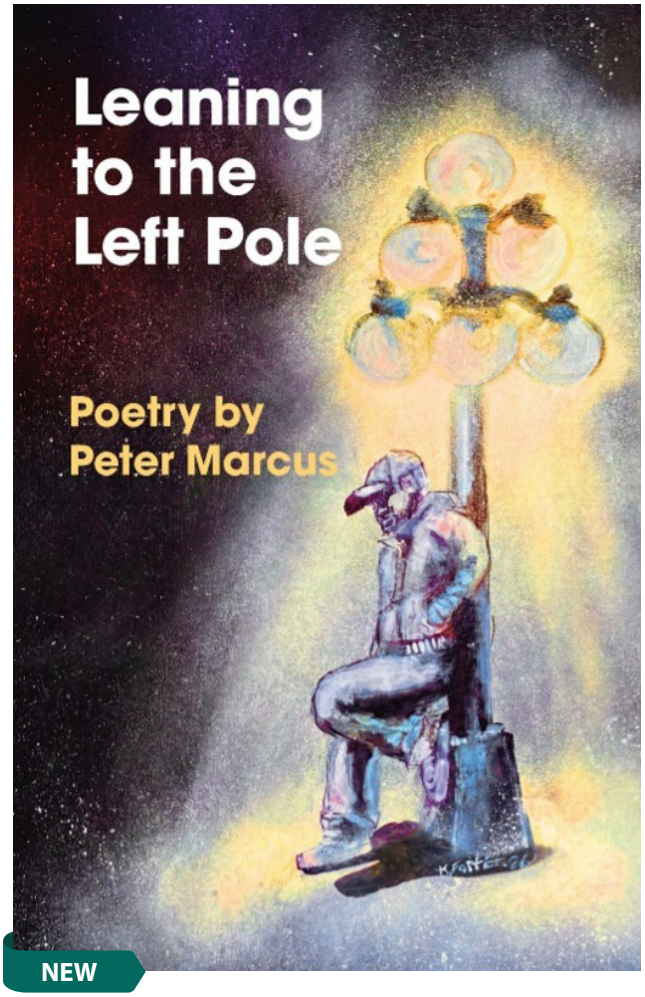
As a creative connector, it was fun for me to commission artist Ken Foster (*Ken Foster's Vancouver*) to do the cover painting for *Leaning to the Left Pole* by poet Peter Marcus.

It's a privilege to help Craig Bowlsby publish his Shanghai-based novel *Requiem for a Lotus*, which connects East and West.

Happy also to reconnect with Kyle Hawke, who I've known for 30 years. He's published under the imprint Three Ocean Press and is helping us mightily with editing.

Dive in and enjoy! I invite you to order the books and connect with our authors.





NEW

Leaning to the Left Pole

Poetry

Peter Marcus

Leaning to the Left Pole is the follow-up poetry collection from Peter Marcus, the longtime labour activist and Vancouver poet whose 2019 collection, *A Worker's Friend*, was a call to action in poetry form, and playfully expressed the spirit of working-class struggle, leftist politics and social justice.

This new collection maintains a signature accessibility and engagement. The verses deliver sharp political commentary, environmental concerns and social justice themes through playful puns, inventive wordplay and metaphor. Throughout, one senses the twinkle in the author's eye.

This new volume further articulates Marcus's commitment to reflecting — and challenging — the world with profound left-wing conviction.

Leaning to the Left Pole gathers acute observations into poetry shaped by a lifetime of work and solidarity. In these sharp and deeply humane poems, Peter Marcus confronts war, inequality, climate crisis and the everyday realities of working people navigating a world driven by power and profit.

The cover

Ken Foster was specifically commissioned to paint this image (on foam core) because the first painting in his art book *Ken Foster's Vancouver* has a man leaning on a Gastown light pole. Ken's art in his edgy style shows what Peter writes about in his poems, and both live on the vibrant east side of Vancouver. A good fit on several fronts.

Poetry | Political & Protest
Rights Held Worldwide

Softcover
978-1-989467-89-3
5.5 X 8.5in. — 100 pages
$16.95 CAD

Pub. date: May 26, 2026



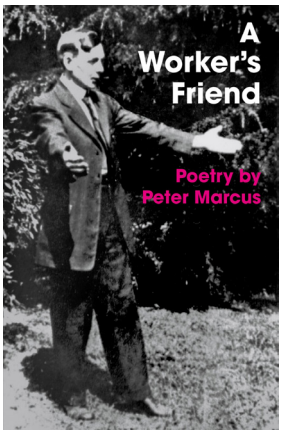
Peter Marcus was born in 1945 in Toronto. He moved to Vancouver in 1966. He found steady work in the health care system as a cleaner and later as a transport attendant before retiring in 2002. He was an activist in the Hospital Employees' Union and a member of the Communist Party of Canada. His first book, *A Worker's Friend*, was published in 2019.

Also by Peter Marcus

A Worker's Friend

Poetry | Political & Protest
Softcover
978-1-989467-08-4
5.5 X 8.5in. — 100 pages
$16.95 CAD | $14.95 USD

E-book
978-1-989467-09-1
$9.99 CAD | $7.99 USD



I Won't Stand for This!

Embracing My Disability to Empower Others

Phil Nealy

In *I Won't Stand for This!: Embracing My Disability to Empower Others*, Phil Nealy shares his experience of life after a spinal cord injury that resulted in quadriplegia. With clarity and honesty, he reflects on rehabilitation, self-advocacy and the ongoing work of building a full and independent life.

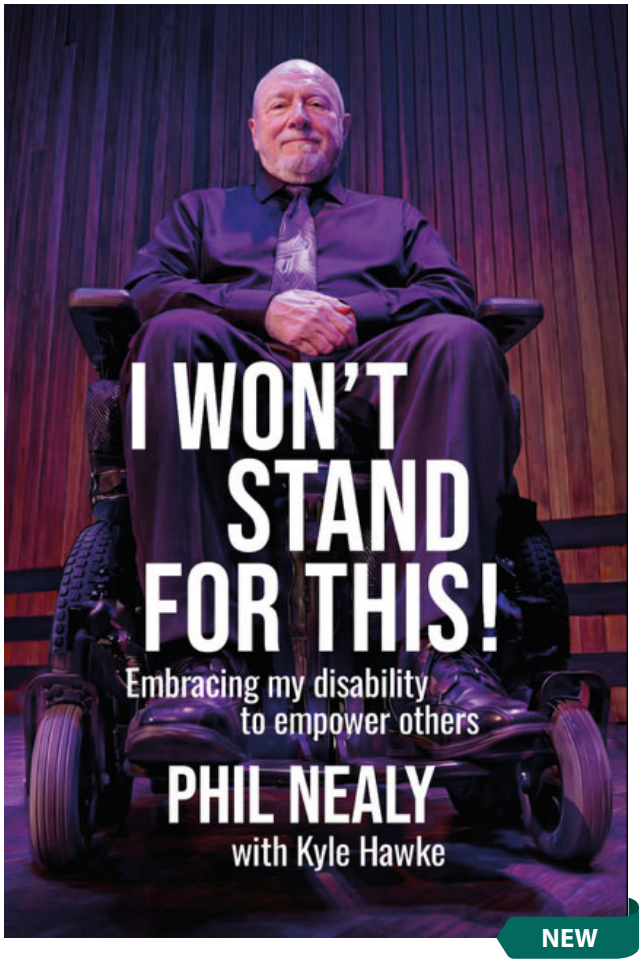
Rather than presenting disability as tragedy or inspiration, Phil challenges common assumptions about ability, productivity and worth. He writes about navigating physical limitations, social barriers and shifting identities, while emphasizing resilience, persistence and personal agency.

Written with Kyle Hawke, this autobiography offers an engaging and thoughtful perspective on disability grounded in lived experience. *I Won't Stand for This!* will appeal to readers interested in memoir, social issues and stories of determination that highlight dignity, community and the power of refusing imposed limits.

Phil Nealy is a career counsellor with a long history of working with students to help them find new directions. He currently acts as the senior admissions advisor for the Victoria campus of Sprott Shaw College. Following a diving accident, Nealy was diagnosed as a quadriplegic who would need a lifetime of constant care. Refusing predictions of his limitations from doctors, he strove to regain movement. He now lives independently, spending his leisure time exploring nature across Vancouver Island, swimming and snorkelling in the Caribbean.

A thoroughly engaging memoir of Phil Nealy's life, through his challenges, his quirky sense of fun and especially his persistence and creativity in overcoming obstacles…Through his own focus and dedication, he helped others to understand how to use their own strengths and persistence to achieve their own goals.

— Leigh Harris
Career Coach, Evolved NLP Coach



NEW

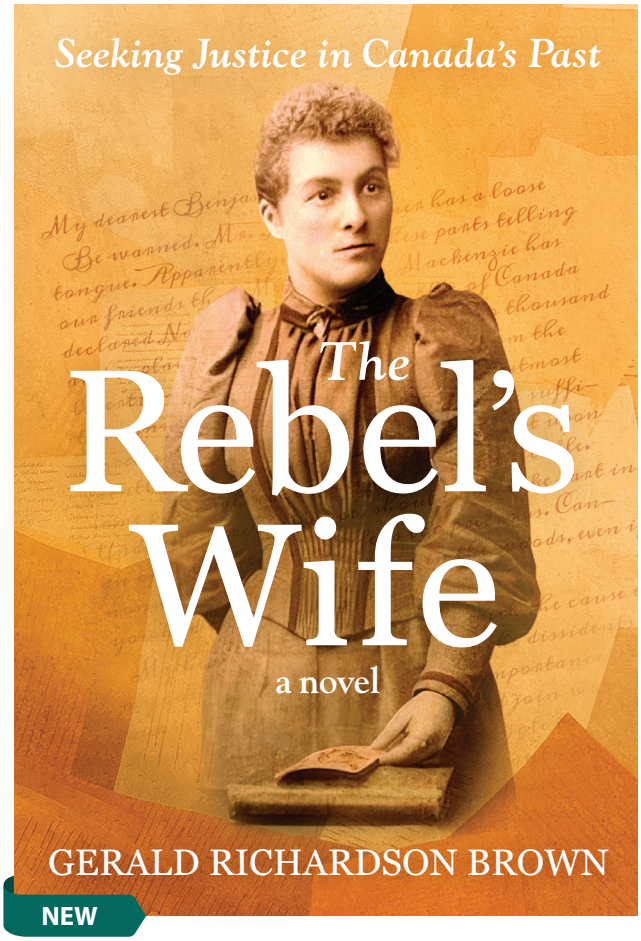


Blography | Memoir | Disabilities
Rights Held Worldwide

Softcover
978-1-989467-85-5
6 x 9 in. — 274 pages
$34.95 CAD | $29.95 USD

E-book
978-1-989467-86-2
$9.99 CAD | $7.99 USD

Pub. date: May 15, 2026



The Rebel's Wife

Seeking Justice in Canada's Past

a novel

Gerald Richardson Brown

On August 11, 1838, Maria Wait sits horrified as the judge reads her husband's sentence: execution by hanging. In the aftermath of a failed rebel uprising in strident Upper Canada, Benjamin Wait is one of several activists facing death for their political ideals. In the overheated courtroom, Maria succeeds in saving her husband's life so that their child can know a father and she can be reunited with her beloved. Maria's quest for justice takes her from the halls of power in the young colony of Upper Canada to a harrowing sailing across the Atlantic Ocean and finally to London, England where she petitions Queen Victoria for her husband's freedom. By the time Maria returns to Canada, her family and neighbours see Benjamin as a lost cause. Frustrated but undaunted, Maria puts her faith in God and continues to work relentlessly for her husband's freedom.

The Rebel's Wife features unexpected twists and turns all the more engrossing because they are based on historical events. Informed by the real Maria and Benjamin's published memoirs, the novel presents scenes of travel by public carriage through colonial Canada. Maria's travels by water, foot and carriage throughout the young country, the ocean crossing and the subsequent landscape of 1830s London, England. *The Rebel's Wife* brings to life the devotion and courage of a remarkable real woman in a forgotten but fascinating chapter of Canadian history.



Historical fiction
Rights Held Worldwide

Softcover
978-1-989467-79-4
6 x 9 in. — 320 pages
$24.95 CAD | $21.95 USD

Pub. date: October 30, 2025

Born in 1930, Gerald Richardson Brown grew up in a small village, an experience that has never left him. He was fortunate to be able to go to university and eventually to teach civil engineering at the University of British Columbia for twenty-five years. On retirement, he began writing historical fiction. He published a trilogy of novels linked by the contents of a sea chest brought to North America by early European settlers. *The Road to Ganneious* (2012), *The Villager* (2018) and *North to Crying Rock* (2020) were published by Conundrum Press. *The Rebel's Wife* is Professor Brown's fourth book. He lives in Vancouver with his wife, Janet.

Requiem for a Lotus

A novel

Craig H. Bowlsby

In 1917, Inspector Harmon Fletcher of the Shanghai International Police must solve the murder of a Chinese sing-song girl he'd failed to protect. Combining his Canadian prairie hunting experience with modern forensic technique, Fletcher scours Shanghai's dangerous jigsaw underworld of English, French and Chinese zones. As the pressure mounts, amid threats, betrayal and a surprising romance, he brings one killer to justice, but another escapes, and Fletcher must sacrifice more than he expected before he's done.

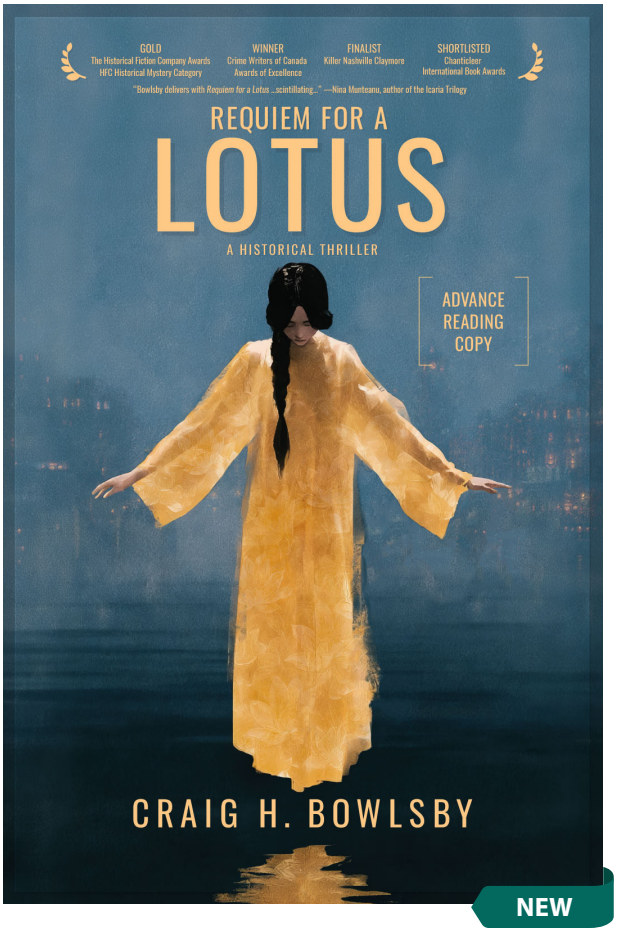
Craig H. Bowlsby , BFA, lives and writes in Vancouver, BC. Besides honours for *Requiem for a Lotus,* Craig won the 2023 Crime Writers of Canada Award of Excellence for his near-future detective short story, "The Girl Who Was Only Three Quarters Dead," previously published in *Mystery Magazine* in April 2022. Craig's short story, "A Bullet for the Tin Man," is scheduled to be published in the 2026 Sisters in Crime anthology, *Home Sweet Homicide*.

***Requiem for a Lotus* is a turn-of-the-century detective noir thriller that grabs you from the first chase scene in the city's boisterous Nanking Road. Inspector Harmon Fletcher … promises to linger with readers alongside the likes of Sam Spade and Philip Marlowe.**

— Nina Munteanu
Author of the genetic engineering sci-fi thriller,
Gaia's Revolution

Filled with nail-biting tension, *Requiem for a Lotus* is a gripping and fast-paced historical crime thriller . . . Shanghai is depicted as a city that never sleeps, nor will the reader until they have finished and closed the book.

— The Historical Fiction Company



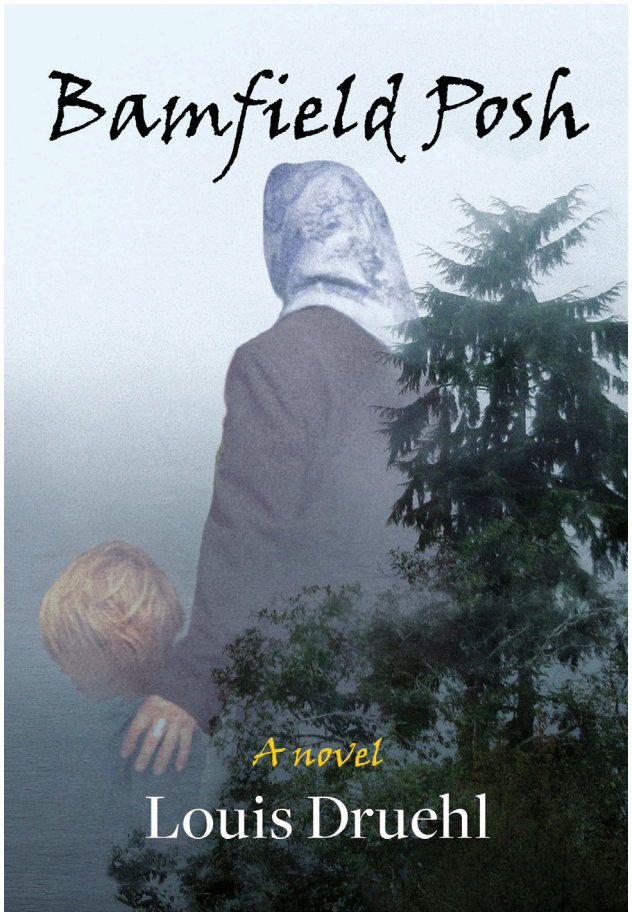
NEW



Detective & Mystery
Softcover
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6 x 9 in. — 288 pages
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E-book
978-0-9191705-8-7
$9.99 CAD | $7.99 USD

Pub. date: October 19, 2026



Bamfield Posh

A novel

Louis Druehl

A war bride, Molly — aspiring singer and Jehovah's Witness — and her young son are shipped off to Bamfield, on the west coast of Vancouver Island, British Columbia. Here, she will struggle through the hardships but enjoy the bounty of living off the land (and sea) amidst immigrants, fishermen, Indians and misfits while keeping alive her dream of achieving 'posh' and navigating her tricky path to love.

Fiction| Literary Fiction
Rights Held Worldwide

Softcover
978-1-989467-69-5
5.5 x 7.75 in. — 336 pages
$23.95 CAD | $19.95 USD

E-book
978-1-989467-71-8
$9.99 CAD | $7.99 USD

Pub. date: January 2024



Louis Druehl is a Professor Emeritus at Simon Fraser University (SFU). He was educated in the United States, Germany and Canada, where he earned his Ph.D. He taught marine botany at SFU for 36 years, conducting kelp research at the Bamfield Marine Sciences Centre, which he was instrumental in establishing in 1968.

His contributions to the research of kelp have been recognized through the naming of a diatom genus, *Druehlago*, and a kelp species, *Saccharina druehlii*. The revised issue of his best-selling book *Pacific Seaweeds Updated and Expanded* has received U.S. recognition (National Outdoor Book Awards, Honorable Mention 2016; Independent Publisher Book Awards, Bronze Medal, 2017).

Louis turned to serious, non-scientific writing after his retirement in 2000. His first novel, *Cedar, Salmon and Weed*, has earned a place on *BC BookLook's* Map of Literary Fiction (https://bcbooklook.com/50-louis-druehl/). His subsequent book, *The Kawai Scrolls* (Tidewater Press, 2017), won him the inaugural Whistler Book Prize for Independent Authors, adding to his growing list of literary achievements.

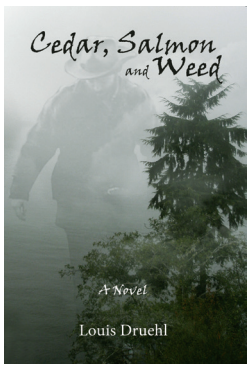
A hilarious sensual romp from wartime Britain to the wilds of Canada's west coast…Louis Druehl brings the history of the fictionalized (but very real) coastal village of Bamfield to life with the story of war bride Molly Stanford… His descriptions of the natural world, both on land and in the sea, are fabulous. A fun read.

— Ann Eriksson
Author of *The Performance* and *High Clear Bell of Morning*

Also by Louis Druehl

Chosen to be on Alan Twigg's literary map of BC

Cedar, Salmon and Weed



Fiction | Literary Fiction
Rights Held Worldwide

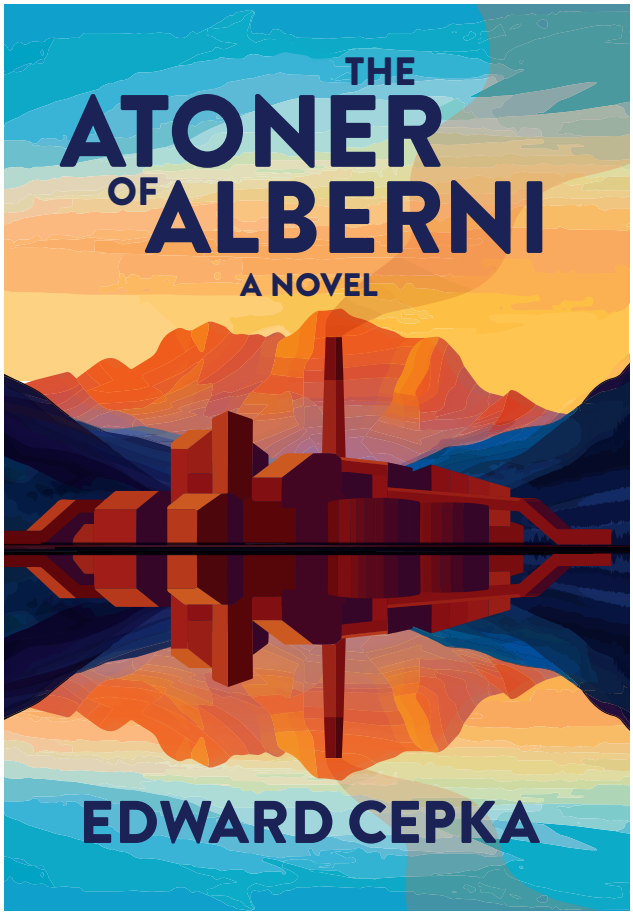
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978-1-926991-61-0
5.5 x 7.75 in. — 352 pages
$22.95 CAD | $18.95 USD

E-book
978-1-926991-62-7
$9.99 CAD | $7.99 USD

The Atoner of Alberni

A novel

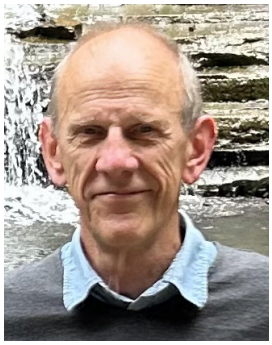
Edward Cepka



Talking fish, telekinesis and a failed attempt to levitate the Port Alberni pulpmill to a less ecologically damaging location play a role by the third generation of a family of west coast industrialists. Henry Cox, a remittance man from England, soon realizes that his dream of market gardening on an estate in the planned resort community of Clo-oose on the west coast of Vancouver Island makes little sense and that the real opportunity is in the vast surrounding forests.

In Ed Cepka's debut novel, obsession, greed and ruthlessness make Henry Cox a rich man. His grandson Larry, sent to work in the family pulpmill, wants no part of it and decamps to India to search for a more exalted level of being. Summoned back as the sole heir, he attempts to make amends for the moral and environmental crimes of his grandfather in this darkly comedic novel.

This evolving "black comedy" subtly explores profound themes of colonization, environmental destruction and societal values, inviting readers to unravel deeper interpretations."



Edward Cepka was raised in Port Alberni and while at university worked summers in the Alberni Valley's sawmill, plywood mill, pulp mill and logging operations. As he pursued a career in architecture in Vancouver and latterly at the University of British Columbia, the stories, legends and tall tales of the place he grew up in never left him. Cepka retains a soft spot in his heart for the actual Alberni Valley, fictionalized in his novel.

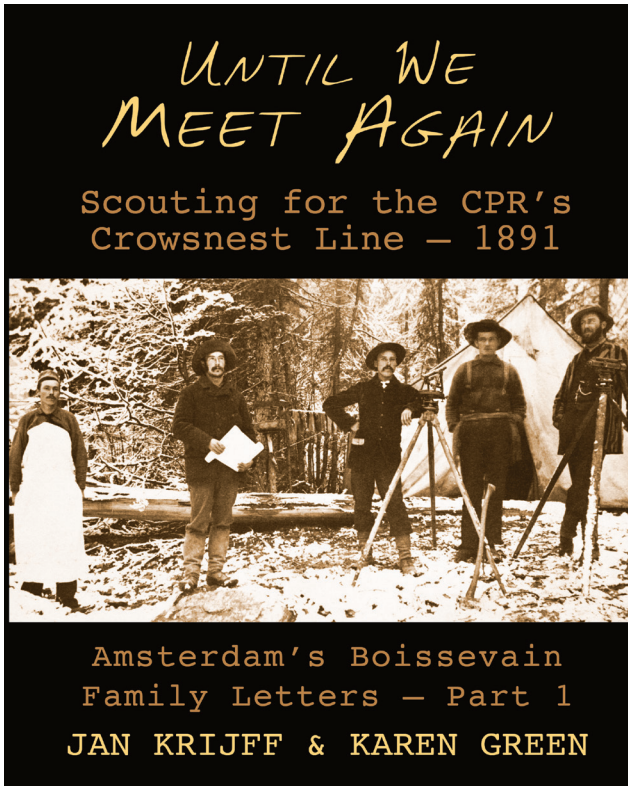
Cepka wrote many drafts of *The Atoner of Alberni* over the years but only completed it upon his retirement. Retaining a home in Vancouver, he now lives mostly on Vancouver Island at the mouth of the Chemainus River, in a house he designed, and dreams of the glory days of his hometown that both did and didn't happen.

Historical fiction
Rights Held Worldwide

Softcover
978-1-989467-77-0
5.5 x 7.75 in. — 256 pages
$23.95 CAD | $19.95 USD

E-book
978-1-989467-80-0
$9.99 CAD | USD

Pub. date: October 30, 2025



Until We Meet Again

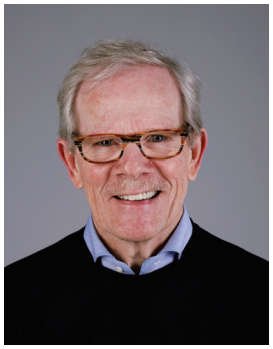
Scouting for The CPR's Crowsnest Line — 1891

Amsterdam's Boissevain Family Letters — Part 1 of the series

Jan Krijff and Karen Green

It is Amsterdam, October of 1891. Karel Boissevain, a son of a successful shipowner, suffers from severe asthma and is persuaded by his doctor to leave the Netherlands for the fresh air of Canada. Accompanied by one of his sisters, Heleen, they board a luxury steam liner to Montreal before Karel takes a train to Alberta, where he will begin work with a CPR survey crew during a cold winter in Crowsnest Pass — a job he obtained through Cornelius Van Horne.

Heleen's letters, in particular, offer an inside view of leading households in Alberta. The siblings stay in touch with their family from across the Atlantic, swapping stories of their business and words of support. Karel has also left behind his fiancé, Wil de Vos. This devastating and intensely emotional period is captured with great feeling and honesty in their letters. The future remains uncertain for all, but their connections are unbroken.



History | Canada
Rights Held Worldwide

Softcover
978-1-989467-46-6
8 x 10 in. — 316 pages
$24.95 CAD | $21.95 USD

E-book
978-1-989467-47-3
$9.99 CAD | $7.99 USD

Pub. date: November 1, 2022

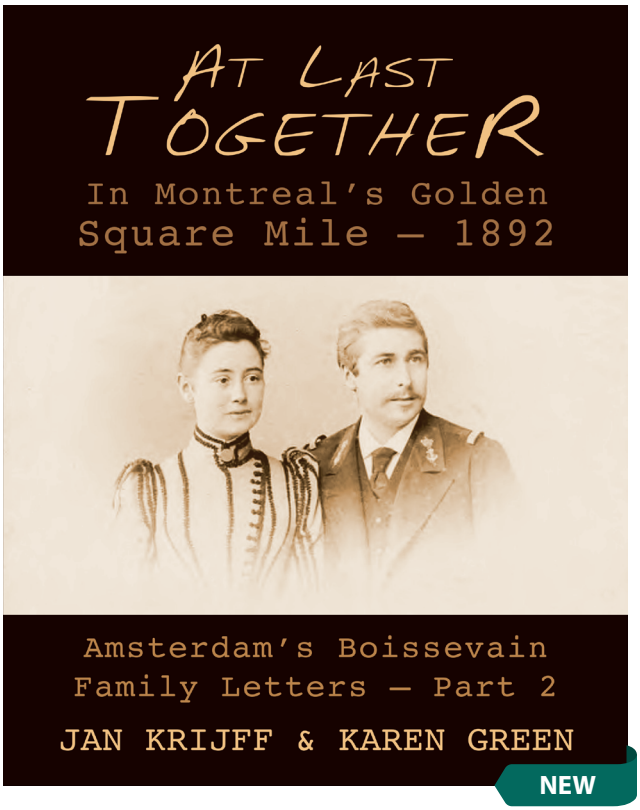
Jan Krijff was born in the Netherlands and emigrated to Canada in 1968. He has a BA in Economics from the University of Calgary, and a master's degree in history from Leiden University in the Netherlands. Krijff has previously published *100 Years Ago: Dutch Immigration to Manitoba in 1893*; *Een Aangename Vriendschap (An Amicable Friendship)*; *Dutch Gentlemen Adventurers in Canada* (with Herman Ganzevoort) and *Greetings from Canada: Postcards from Dutch Immigrants to the Netherlands 1884–1915* (with Karen Green). The latter received an honourable mention for history in the Indie Fab awards.

At Last Together

In Montreal's Golden Square Mile — 1892

Amsterdam's Boissevain Family Letters — Part 2 of the series

Jan Krijff and Karen Green



This sequel to *Until We Meet Again: Scouting for the CPR's Crowsnest Line — 1891* centres on siblings Karel and Heleen Boissevain, who are exploring career opportunities for Karel in Eastern Canada out of Montreal, where they are warmly welcomed. The collection highlights Karel's engagement to Willemina (Wil) de Vos, who plans to immigrate once he's settled. Their eventual reunion drives the narrative, with Wil's preparations and thoughts on the move woven throughout the letters.

The siblings find Karel and Wil a home, prompting wedding preparations and the families' journey to Canada. The book concludes with Wil and Karel's wedding. An epilogue reveals Karel's diverse business ventures, their five children, and their eventual return to Europe in 1912. This intimate chronicle illuminates a broader period of Canadian history and endeavours including their offspring's bravery and sacrifices in World War II.



Karen Green was born in southern Alberta. She has a BA and an LL.B from the University of Alberta, having practiced law in Edmonton and, more recently, in Vancouver where she worked in human resources and labour relations for various organizations. For twelve years, Green also served as a part-time chair of review panels under the BC Mental Health Act. She is the co-author of *Greetings from Canada* and contributed to *Dutch Gentlemen Adventurers*.

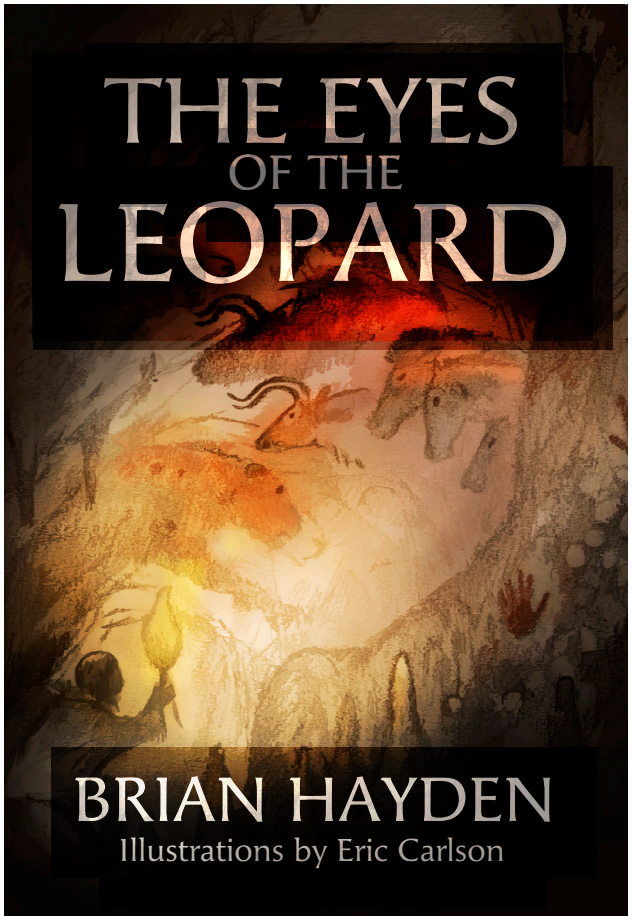
She now lives in the Netherlands with her husband, Jan Krijff.

Historical fiction
Rights Held Worldwide

Softcover
978-1-989467-78-7
8 x 10 in. — 328 pages
$24.95 CAD | $21.95 USD

E-book
978-1-989467-81-7
$9.99 CAD | USD

Pub. date: October 30, 2025



The Eyes of The Leopard

Brian D. Hayden
Illustrated by Eric Carlson

A YA adventure novel set in France during the last Ice Age, *The Eyes of the Leopard* is inspired by anthropologist and archaeologist Dr. Brian Hayden's lifetime experience in the field.

Hayden's expertise brings realistic depth to this classic coming-of-age story, painting the prehistoric life of communal hunts, ritual feasting and spiritual ceremonies "with the vivacity of a graphic novel." With art by professional archaeological illustrator Eric Carlson, the novel has been acclaimed as a successful union of scientific work and storytelling.



Dr. Hayden was born in New York, and now lives on Cortes Island in coastal British Columbia, Canada. Specializing in prehistoric and ethnographic hunter-gatherer societies, Hayden studied stone tool-making with Australian Aborigines and has worked with native groups in the interior of British Columbia excavating a prehistoric winter village at Keatley Creek and recording their traditional food resources. Hayden has published 18 books including *The Power of Feasts* and *Shamans, Sorcerers and Saints: A Prehistory of Religion*.

Eric S. Carlson is an artist and archaeological illustrator born and raised in Juneau, AK who now resides in Missoula, MT. His archaeological illustrations have appeared in the *New York Times*, PBS's *NOVA* and a variety of books and articles including the award-winning book *Six Hundred Generations: An Archaeological History of Montana*.

Young Adult Fiction | Historical
Rights Held Worldwide

Softcover
978-1-989467-42-8
5.5 x 8.5 in. — 190 pages
$19.95 CAD | $17.95 USD

E-book
978-1-989467-43-5
$9.99 CAD | $7.99 USD

Archaeologists are generally timid about straying from conventional scholarship into the potentially treacherous paths of storytelling, but Hayden seamlessly breathes humanity into the world of the last ice age.

— Luc Moreau, Archaeologist and editor of *Social Inequality Before Farming?* (University of Cambridge)

The Hidden Zoo Inside You

An Illustrated Guide to Pesky Organisms and Pandemics

Allen Jones, M.D.

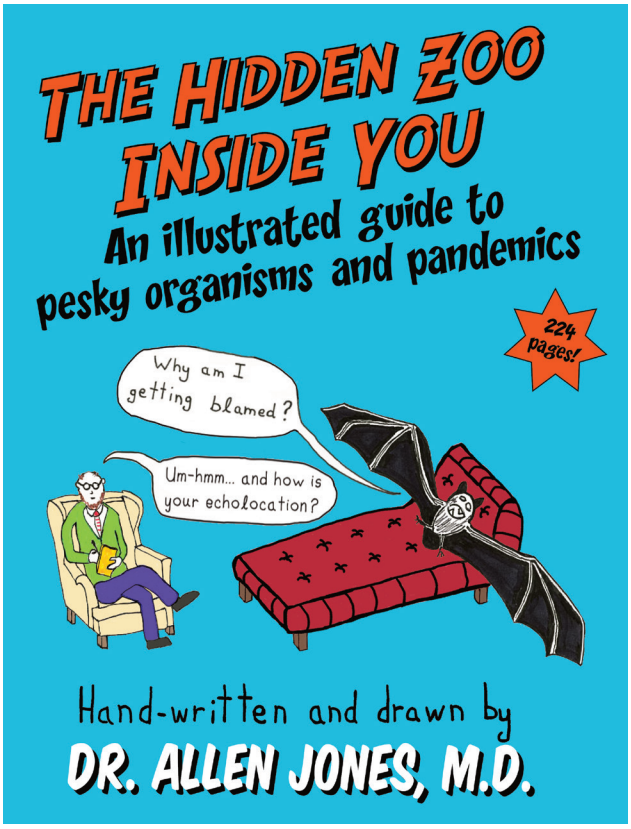
From the mind and hands of an experienced physician, this handwritten and hand-drawn guide includes content that is surprisingly broad and detailed, everything you need to understand about pandemics, such as the plague, Ebola fever, smallpox and — of course — the coronavirus. With a generous dose of humour, this unique book will make for entertaining and informative reading, delighting anyone, be they layperson or expert, with an interest in these topics.

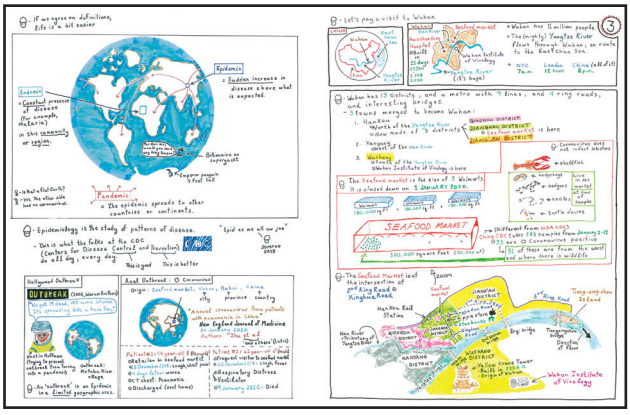
A resident of Vancouver, **Dr. Allen Jones** received his B.Sc. in zoology from the University of Manitoba and an M.Sc. in neuroscience and an M.D. from the University of British Columbia in Vancouver, Canada. As a dual citizen of Canada and the United States, following an internship as a primary care physician at McMaster University in Ontario, he trained in emergency medicine, including electives in toxicology at Bellevue Hospital in Manhattan, trauma at the Shock Trauma Center in Baltimore and aerospace medicine at the Kennedy Space Center in Cape Canaveral. He is certified in addiction medicine and, concurrently, is a surgical assistant in orthopedic, plastic and general surgeries in Surrey, BC.

Motivated to demystify the coronavirus and furthered by his passion for explaining and interpreting medical language for his patients, Dr. Jones started researching, writing and drawing *The Hidden Zoo Inside You* during the pandemic. When not working on his books or with his patients, he enjoys rock climbing and traveling.

It's rare for a book about infections to appeal equally to the lay public as well as healthcare professionals. Allen Jones, M.D. of Vancouver accomplishes this with *The Hidden Zoo Inside You: An Illustrated Guide to Pesky Organisms and Pandemics*…by describing and explaining them with handwritten diagrams and sketches, often using amusing anecdotes…

— BC Bookworld







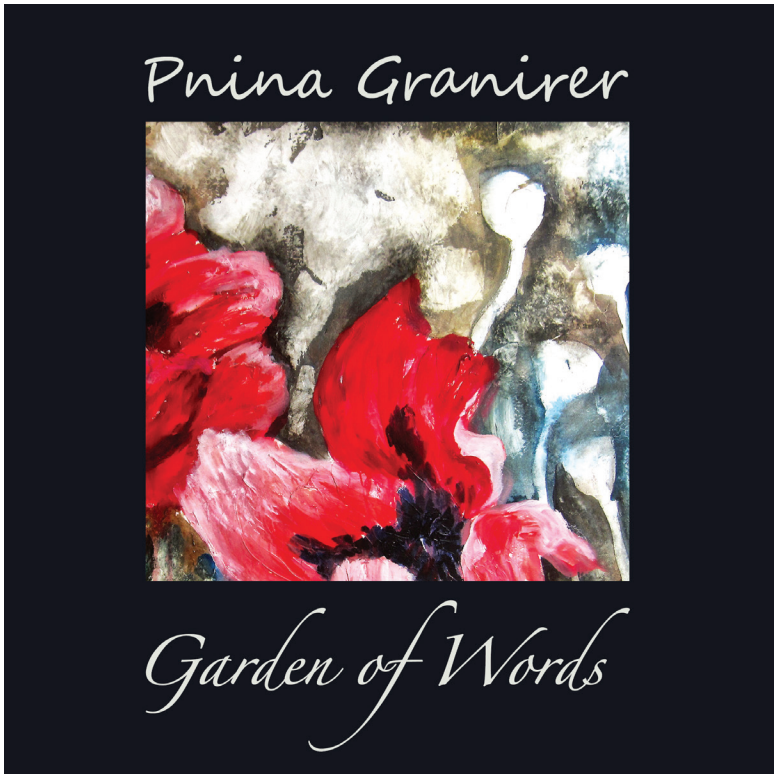
Health/Zoology/Diseases
Rights Held Worldwide

Illustrated | Full colour

Hardcover
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8.5 x 11 — 224 pages
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978-1-989467-66-4
8.5 x 11 — 224 pages
$39.95 CAD $34.95 USD

E-book
978-1-989467-67-1
$9.99 CAD $9.99 USD



Garden of Words

Pnina Granirer

In this collection, internationally exhibited artist Pnina Granirer offers new poetic reflections alongside her vibrant surrealist paintings. From the sculpted stones in the Gulf Islands to the joy of watching dancers' bodies in movement to the shadow of a new plague — each vivid vignette expresses Granirer's wish "to plant a garden of words in her field of colours."

Pnina Granirer was born in Romania and lived in Israel, the US and France before coming to Canada in 1965. Her previous publications include *The Trials of Eve* (1989), a limited-edition, award-winning book including drawings and poems, and her memoir, *Light Within the Shadows* (2017). *Pnina Granirer; Portrait of an Artist* by Ted Lindberg was published in 1998, and an extensive archive on her work can be found in the British Columbia Artists' Archive at the University of Victoria, BC. In 1993, Granirer co-founded Artists in Our Midst, the first annual Studio Tour in Vancouver, BC.

This poignant collection serves as an important reminder of the tenuous nature of our own existence, the incredible power of art, love, community and the awe-inspiring mystery, beauty and hope we can all find when we take the time to reconnect with nature and ourselves.

— Paul F. Crawford
Director/Curator
Penticton Art Gallery

Poetry | Art
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Softcover
1-989-467-64-0
Full Colour
8 x 8 in. — 124 pages
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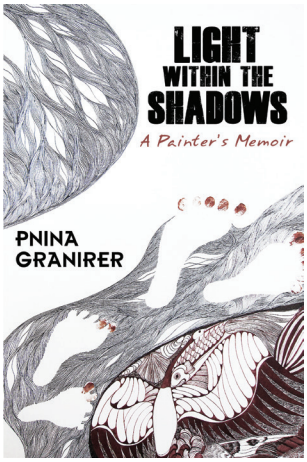
Also by Pnina Granirer

Light Within The Shadows
A Painter's Memoir

Memoir | Art | Judaic
Rights Held Worldwide

Softcover with flaps
978-1-926991-84-9
16 colour pages
6 x 9 in. — 336 pages
$24.95 CAD $24.95 USD

E-book — 978-1-926991-88-7
$9.99 CAD | $7.99 USD



Luminous

An Artist's Story as a Guide to Radical Creativity

Linda Dayan Frimer

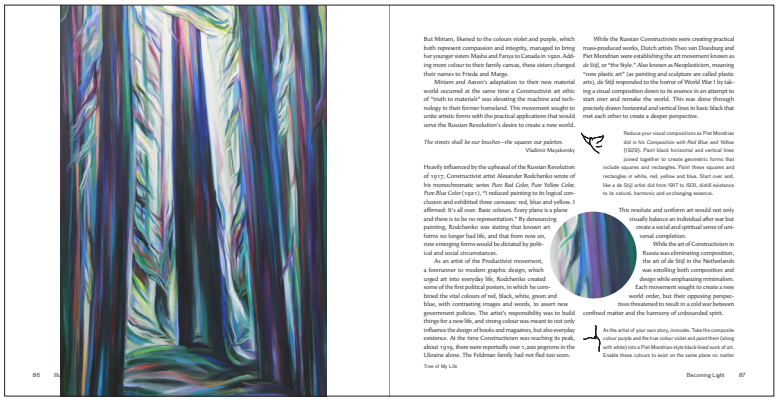
Accompanied by her acclaimed artwork, close examination of art history and theory, and exploration of Jewish spirituality, Linda Frimer explores the power of colour, the symbols that help to give life meaning, and the importance of creativity in not only protecting but ennobling existence. Her book *Luminous*, one of six INDIEFAB Finalists in the Art category for Foreword's Book of the Year Awards, aims to inspire readers to transform their life story into works of art by guiding them through a series of artistic exercises designed to cultivate imagination and foster healing through creativity.

Linda Dayan Frimer was born in Wells, BC. She has always been drawn to the light-filled grandeur of the forest and has worked to express the innate unity in all of life's forms, to become, in the process, a champion of environmental and health issues, a cultural and community facilitator and teacher. Frimer was a co-founder of the Gesher Holocaust Project, helping survivors and their children heal through art, and her works of art have raised funds for various foundations. Frimer graduated from Emily Carr School of Art and Design and received an honorary doctorate from the University of the Fraser Valley in 2016.

Part memoir, part art instructional, part art history book, *Luminous: An Artist's Story as a Guide to Radical Creativity*, a gorgeous new book by Canadian artist Linda Dayan Frimer, would be equally at home on a coffee table or in an art classroom.

— *The Nelson Daily*







FOREWORD'S BOOK OF THE YEAR AWARDS
INDIEFAB FINALIST

Art | Biography
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Hardcover
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Full Colour
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Softcover
Full Colour
978-1-989467-22-0
$44.95 CAD | $39.95 USD





Best Dressed Tables

Susan Hyatt

Finally, we are entertaining again! Within the pages of this book are carefully curated table spreads meant to inspire, teach and push the bounds of the conventional. From brunches, luncheons and dinner parties to Thanksgiving, Christmas and other seasonal holidays, Susan's dressed tables invite you to explore your creative potential. A section on travelling tables details tables created by Susan during her many travels, accompanied by the very recipes enjoyed on those tables from celebrated chefs around the world, as well as practical tips and suggestions that make dressing tables accessible to everyone.

Susan Hyatt has loved making things beautiful since she was a child growing up in the Bahamas, where she was influenced by bright, bold colours and aesthetics. She has spent more than two decades custom-designing dream weddings in Hawaii, Mexico, the Bahamas and Vancouver, and enjoys giving talks at various book clubs and luncheons. For more images of her beautiful work, visit her website at: www.tabletopsbysusan.com.

Tablesetting | Decorative Arts
Rights Held Worldwide

Hardcover
978-1-989467-05-3
Full Colour
10 x 10 in. — 240 pages
$64.95 CAD | $49.95 USD

E-book
978-1-989467-67-1
$9.99 CAD | $7.99 USD



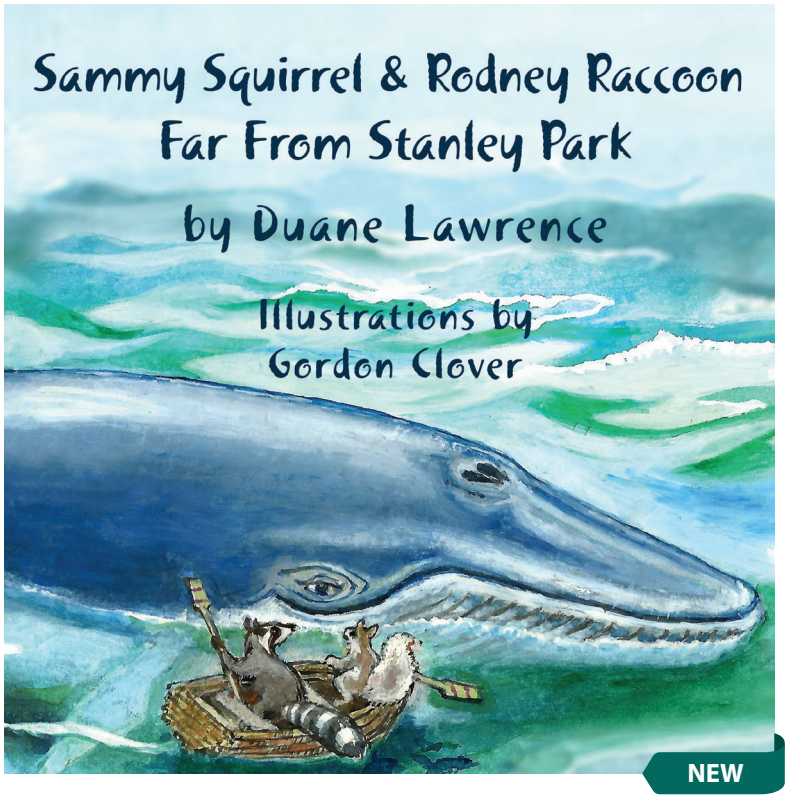
As an author of 5 cookbooks, I find this book very refreshing. Lovely to go through — page after page of beautiful photographs of table settings with descriptions of how to make it work and easy-to-follow recipes. With everything so accessible online, this book offers fantastic ideas for entertaining, from small casual gatherings to formal occasions. This book is inspirational, so keep it close. Well done. Brava! Brava! Brava!

— Umberto Menghi
Author, Chef, Restaurateur

Sammy Squirrel & Rodney Raccoon

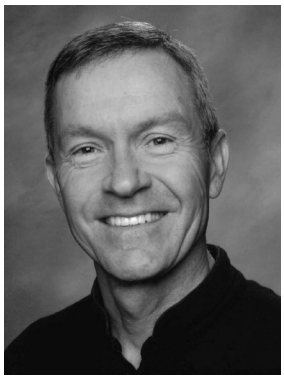
Far From Stanley Park

Duane Lawrence
Illustrated by Gordon Clover



When best friends Sammy Squirrel and Rodney Raccoon decide to explore the world beyond their home of Stanley Park, Vancouver, an adventure is what they're after and it is certainly what they get. Swept out to sea, the woodland creatures embark on an unexpected journey to a mysterious new land, where they help resolve a crisis they never expected to encounter.

Due to popular demand, this picture book colour version of *Sammy Squirrel & Rodney Raccoon* was created for preschool children who enjoy looking at illustrations and are just beginning to read.



Juvenile Fiction
Rights Held Worldwide

Softcover
978-1-989467-40-4
8.5 x 8.5 in. — 32 pages
$14.95 CAD | $12.95 USD

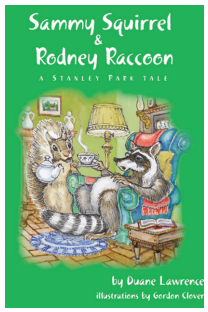
E-book
978-1-989467-41-1
$9.99 CAD | $7.99 USD

Duane Lawrence lives in Vancouver. It was during one leisurely stroll in Stanley Park that he decided to write about the animals that live there. He taught French for 20 years in Canada and English in Japan for 9 years. Recently retired, he's now visiting schools and presenting his three books for children in the primary grades. In 2016, *Sammy Squirrel & Rodney Raccoon – A Stanley Park Tale* was chosen by BC elementary school teachers as one of the Top 100 Books for BC Kids.

Gordon Clover was born in London, England. He taught art in both the UK and New Brunswick, where he also worked as a freelance illustrator of books and magazines. He worked at the *Edmonton Journal* before moving with his wife to BC. A longtime resident of North Vancouver and then Victoria, Gordon continued illustrating children's books well into his eighties.

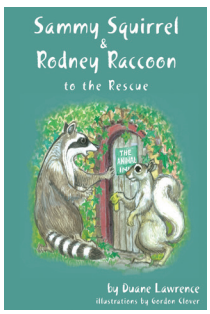
Also by Duane Lawrence

Sammy Squirrel & Rodney Raccoon
A Stanley Park Tale

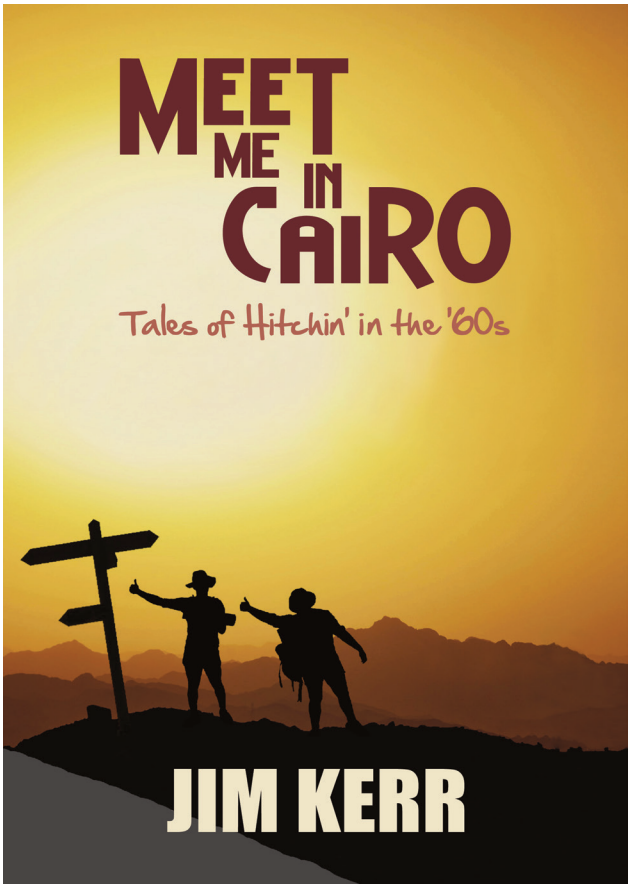


Children's Fiction
Rights Held Worldwide
Softcover 978-1-894694-54-4
6 x 8 in. — 106 pages | $12.95 CAD/USD
E-book 978-1-894694-89-6
$6.99 CAD| $5.99 USD

Sammy Squirrel & Rodney Raccoon
To the Rescue



Children's Fiction
Rights Held Worldwide
Softcover 978-1-894694-98-8
6 x 8 in. — 112 pages | $12.95 CAD|USD
E-book 978-1-926991-23-8
$6.99 CAD| $5.99 USD



Meet Me in Cairo

Tales of Hitchin' in the '60s

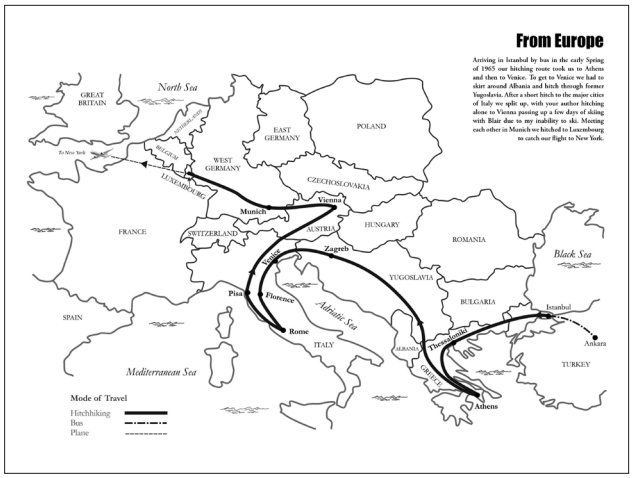
Jim Kerr

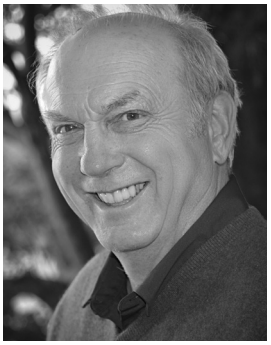
In 1964, two best friends left their comfortable and sheltered life in small-town British Columbia to explore the world together. Short on cash but high on youthful hubris, they made their way through Europe, then to North Africa, then further on to the Middle East and finally back home through Europe once more on just over two dollars a day. Following their travels, *Meet Me in Cairo* offers a rare firsthand account of world historical moments, such as post-independence Algeria, pre-1967 War Jerusalem and a divided Berlin, by two ragtag hitchhikers on the journey of a lifetime.

Jim Kerr was born in 1945 and was brought up in Kelowna, BC. He attended the University of British Columbia out of high school and dropped out after his first year to hitchhike through Europe and North Africa with his best friend Blair Campbell. Soon after, Jim returned to earn an arts degree in economics at UBC after discovering his knack for quick calculations at currency-exchange booths over the course of his journey. He has lived in Vancouver, BC, with his wife Kelly ever since.

This is more than simply a travel book with a retrospective view of the 1960s. It's a story of self-discovery and of coming of age at a time when doing so in this way was a rebellion against the status quo . . . a captivating page-turner of a read about two young people exploring a world they never knew existed.

—Ray Chatelin
award-winning author and travel writer





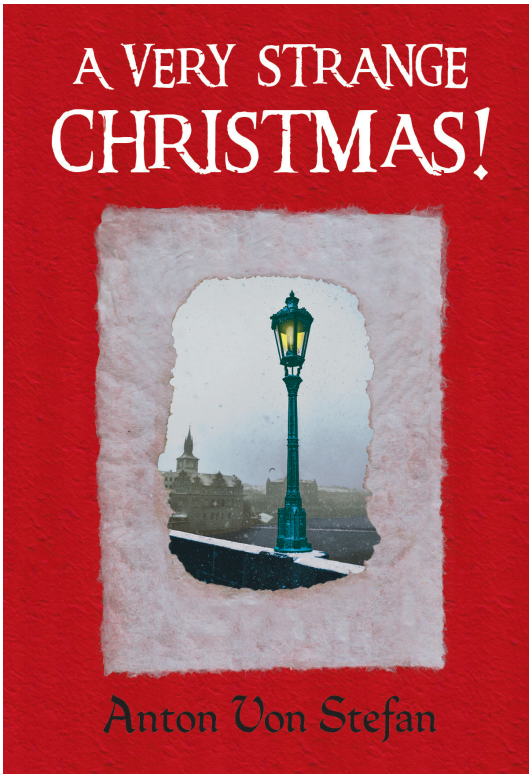
Memoir | Adventure
Rights Held Worldwide

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978-1-989467-52-7
6 x 9 in. — 304 pages
$26.95 CAD | $22.95 USD

E-book
978-1-989467-53-4
$9.99 CAD | $7.99 USD

A Very Strange Christmas!

Anton Von Stefan



On Christmas Eve, 1932, a penniless, hungry loner is out on the prowl. He is looking to commit the unimaginable, looking for a victim — when he is unexpectedly thwarted by a fierce winter storm. Caught up in forces he does not understand, his life will soon be forever changed by this strange, strange Christmas.

Anton Von Stefan was born in Vienna and has lived in Vancouver since childhood. He has completed over 36 ghost stories and published two books, *The Curse of the Red Crystal* (2017) and *A Very Strange Christmas!* (2021). Von Stefan divides his time between Vancouver, BC and Vienna where he has given expressive readings of his books at Shakespeare & Company. He's open to doing more readings of his timeless Christmas story in Canada at this time of year.

I loved this charming little Christmas story. It immediately draws the reader's attention in, starting with a desperate opening scene, and captures the mind's eye with colourfully painted characters and scenery. I enjoyed the book from the beginning to the end.

— Tracey Clausen
Director, Independent Quality Home Care

The tale within this book has that cosy fireside feeling . . . coupled with the magic of Christmas past. The perfect catalyst for gathering a group of friends and family, then regaling them with the old-fashioned art of live oral storytelling. Thanks for the magic.

— Mary Jean Dunsdon
Owner, The Licorice Parlours, Vancouver, BC

A well-written, thoughtful story for the Christmas holidays.

— Peter A. Idema P. Eng.
Director, West Coast Terminal Operations, Viterra



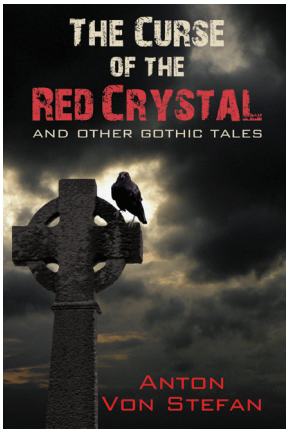
Fiction | Short Stories
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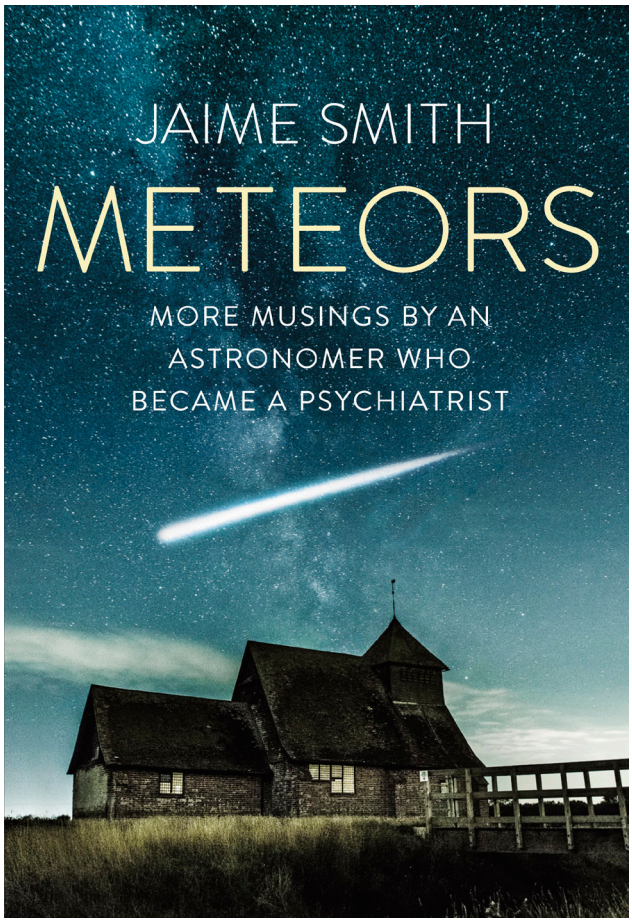
E-book
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$9.99 CAD | $7.99 USD

Also by Anton Von Stefan

The Curse of the Red Crystal
And Other Gothic Tales



Horror | Short Stories
Rights Held Worldwide
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978-1-926991-72-6
6 x 9 in. — 280 pages
$24.95 CAD
E-book 978-1-926991-75-7
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Meteors

More Musings of an Astronomer Who Became a Psychiatrist

Jaime Smith

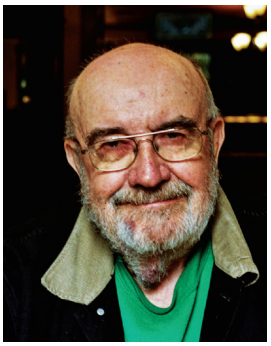
From Jaime Smith, author of *Stardust* and *Foxtrot*, comes a new collection of essays that draw from his background in astronomy, psychology and the humanities. Expanding on essays in *Stardust*, Smith delves more deeply into physics, biology, philosophy, religion, human behaviour and aesthetics. Running through all the essays is a focus on the nature of time — past, present and future. Drawing from history and psychology, Smith presents the writings and research of scholars in their fields as he explores where humanity might be going from here.

Philosophy | Science
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Softcover
978-1-989467-62-6
6 x 9 in. — 216 pages
$19.95 CAD | $17.95 USD

E-book
978-1-989467-63-3
$9.99 CAD | $7.99 USD

Pub. date: November 15, 2022



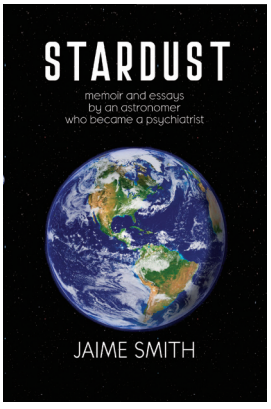
Jaime Smith, MD, FRCPC, was born in Appleton, Wisconsin. Upon completing his undergraduate studies in humanities at the University of Minnesota, he moved to Argentina to work as an astronomer at the national observatory, leaving behind the political framework of a country that he no longer supported.

Smith's path would ultimately lead him to British Columbia, where he was a university teacher in physics, mathematics and astronomy before changing careers and receiving his MD, followed by four years of training in psychiatry at the University of British Columbia. He counselled many hundreds of AIDS patients at St. Paul's Hospital in Vancouver, followed by being the only psychiatrist in the Yukon. He retired to Victoria afterwards.

Smith was a participant in the fight to destigmatize homosexuality within the medical community and served on the front line of the AIDS epidemic in Vancouver, BC. A widower since 2011, Smith passed away in 2023, leaving behind a legacy of his work.

Also by Jaime Smith

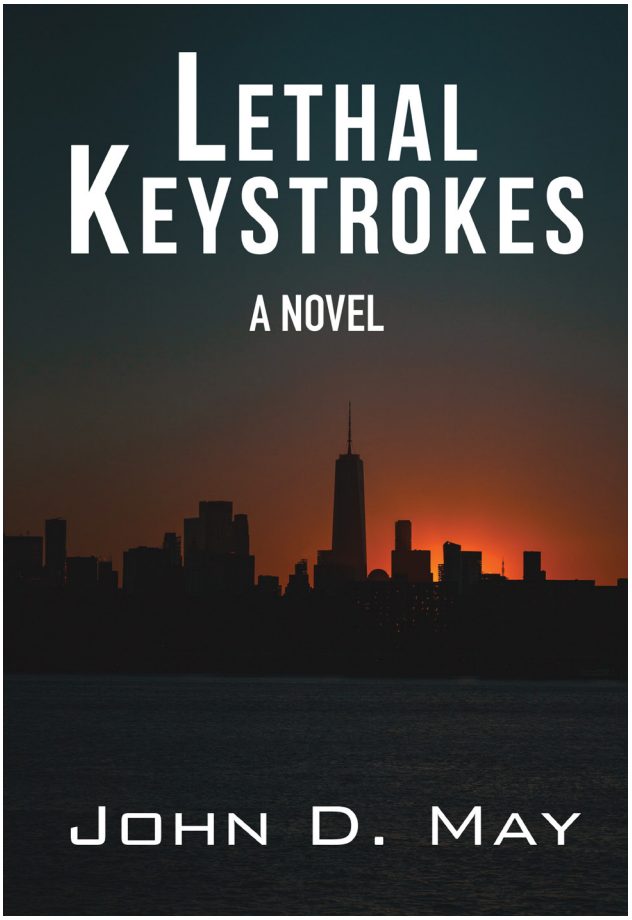
Stardust
Reflections on Life from the Humanities, Astronomy, and Psychiatry



Essay | Memoir
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6 x 9 in. — 248 pages
$19.95 CAD | $17.95 USD
E-book 978-1-989467-31-2 $9.99 CAD | $7.99 USD

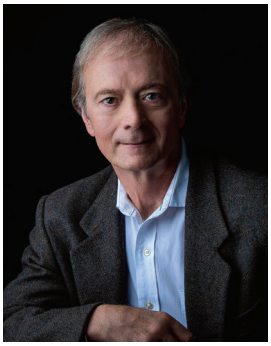
Lethal Keystrokes

John D. May



America's vulnerability is its hidden fanatics, those individuals who harbour fury, grief and a driving desire for revenge. While blending in with their neighbours, co-workers and customers, they plot the demise of their country. They have a network. They have resources. And they have the courage to make it happen. *Lethal Keystrokes* is the gripping story of such revenge seekers and of those who try to keep America safe.

John D. May was born in London, Ontario. He has balanced multiple passions over his life, including his work as a biologist, his career as a physician, his volunteer service at medical outreach clinics in Guatemala, singer-songwriting, and storytelling. He has written several songs for well-known Canadian artists and released two CDs available on iTunes and Spotify under the name Johnny May. His time is divided between his rural farm property near Toronto and the south of France.



Lethal Keystrokes is a compelling look at America's vulnerability to fanatics. It's a contemporary thriller that, trust me, you won't be able to put down.

— Anthony Furey
Post Media syndicated columnist and author of
Pulse Attack: The Real Story Behind the Secret Weapon That Can Destroy North America

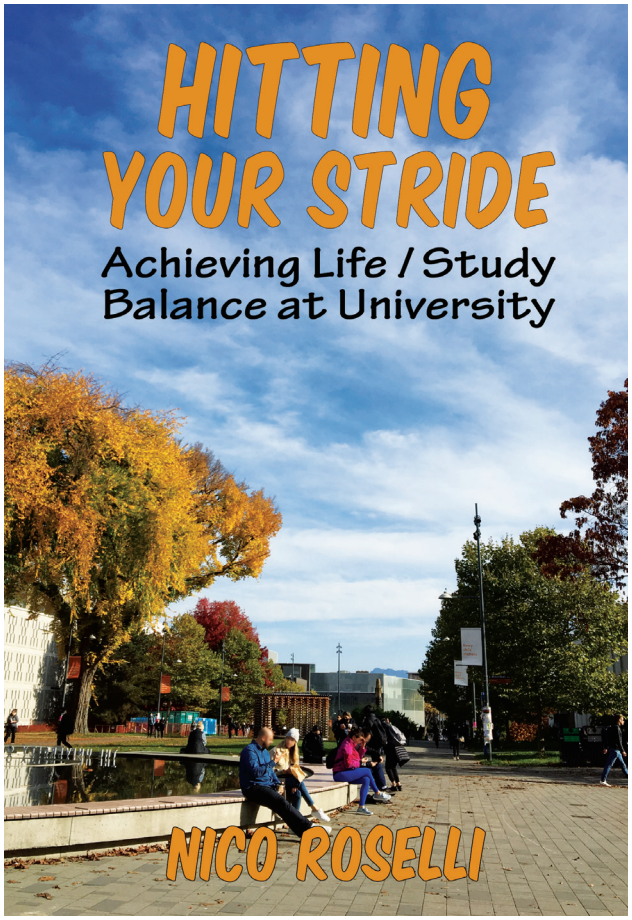
John D. May has created a top-notch adult thriller. The plot is extremely well-thought-out, with all of the pieces sewn together perfectly. Clever and suspenseful; you won't be able to put it down. _Lethal Keystrokes_ is the perfect book for anyone interested in American terrorism.

— Chick Lit Café Books & Reviews

Fiction | Action
Rights Held Worldwide

Softcover
978-1-989467-38-1
6 x 9 in. — 276 pages
$17.95 CAD | $19.95 USD

E-book
978-1-989467-39-8
$9.99 CAD | $7.99 USD



Hitting Your Stride

Achieving Life/Study Balance at University

Nico Roselli

In *Hitting Your Stride*, recent University of British Columbia grad Nico Roselli offers a first-hand account on getting through the emotional challenges of higher education. Interplaying personal vignettes with lesson-book activities, Roselli lays out a path to college success for introverts by promoting social networking and campus placemaking as grounding exercises, among many other actionable steps. By treating the college experience itself as a vehicle for self-development, he demonstrates how the opportunity to grow into healthy adulthood is right around the corner.



Domenico Roselli was born and grew up in Vancouver, BC. He graduated from the University of British Columbia in 2019 with his BA, where he majored in political science and minored in the Law and Society program. A two-time member of the President's Honour Society in high school, he is also a recipient of the Brother J.P. Keane General Excellence Award.

Since writing *Hitting Your Stride*, Roselli has begun to explore a career in teaching. He currently works in Vancouver schools as a Teacher On Call (TOC), and his next goal is to attend Simon Fraser University to complete the Professional Development Program for aspiring elementary and secondary school teachers. A devoted lover of sports and coffee, Roselli can be found cheering on his teams with his peers, as well as frequenting the local cafés and pubs of Vancouver. He plans to continue writing in both fiction and non-fiction genres

Hitting Your Stride **is exactly the kind of book I wish I had read before going into university. Nico skillfully covers everything from registering for your first courses to life after graduation. His unique perspective offers invaluable insight into the undergraduate world, and beyond.**

— Viktor Djurasic
Product Manager at Trainerize

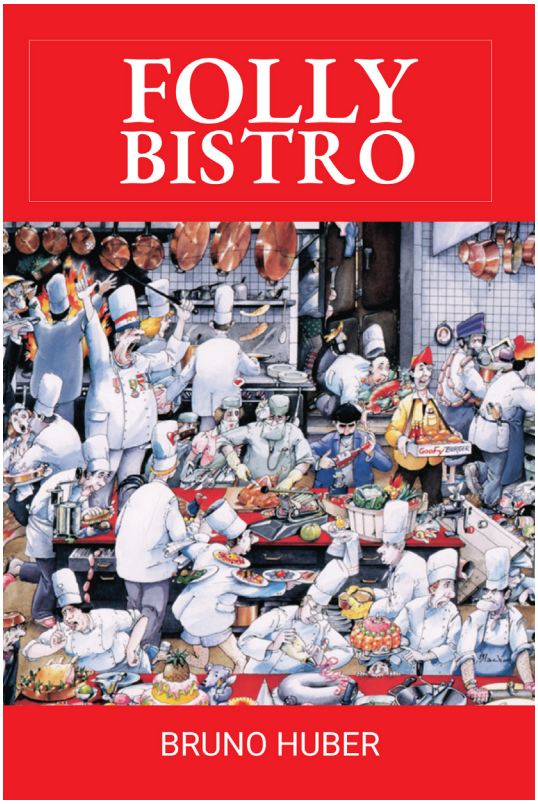
Personal Memoir | Education
Rights Held Worldwide

Softcover
978-1-989467-36-7
5.5 x 8.5 in. — 180 pages
$19.95 CAD | $17.95 USD

E-book
978-1-989467-37-4
$9.99 CAD | $7.99 USD

Folly Bistro

Bruno Huber



Folly Bistro is a hilarious account of two years in the life of a French restaurant in Vancouver's West End. The hopes and ambitions of the owner are brought down to reality by bureaucracy, outlandish egos and chaos in the kitchen. Dealing with the strong personalities of staff, this makes for a partly cautionary tale. This book is a great read: real characters and a no-holds-barred honest exposé of the trials and tribulations of becoming a restaurateur, all told with great humour.

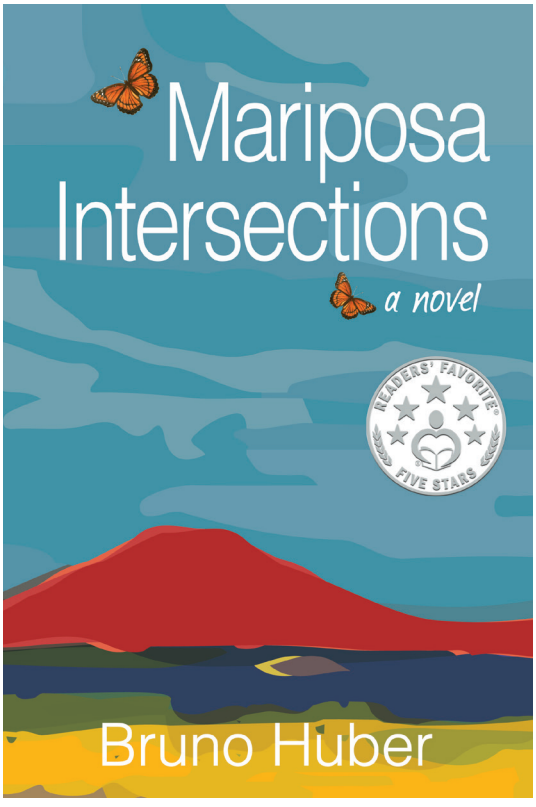
One of the most honest descriptions of the incredible challenges of operating a restaurant. A must-read for business students, foodies, restaurant owners (new and old), general-interest readers and government. A true joy to read the true-life experience.

— Ian Tostenson
President/CEO
British Columbia Restaurant and Food Services Association

Business | Economics | Rights Held Worldwide | Softcover | 978-1-989467-00-8 | 6 x 9 in. | 272 pages | $19.95 CAD | $17.95 USD
E-book 978-1-989467-01-5 | $9.99 CAD | $7.99 USD

Mariposa Intersections

Bruno Huber

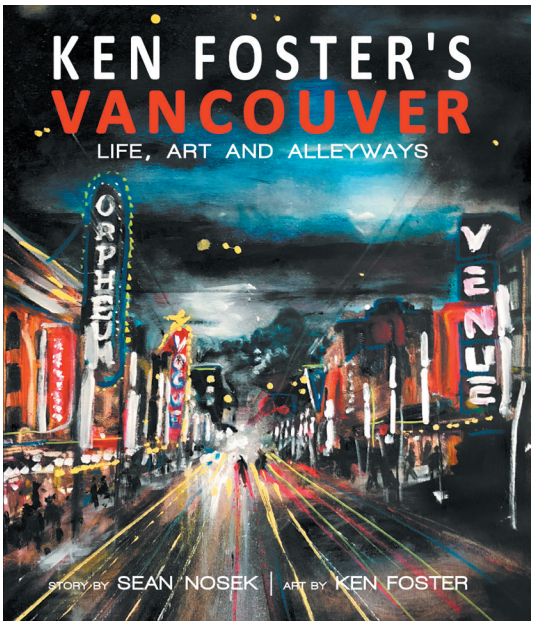


This is the story of Rafael and Gabriela, two young idealists from different social strata who find themselves at opposite ends of a defining cause, which is the Mexican Utilities proposal of a nuclear power plant on Lake Patzcuaro in Mexico. It is also the story of a group of international individuals who, like the monarch butterflies, are drawn together to form an organism that is bigger than the sum of its parts. Their common cause unites them for a short but intense time. Together they fight the proposed nuke plant in this historic central Mexican region.



Bruno Huber was born and raised in Zürich, Switzerland. He immigrated to Canada and settled on the Sunshine Coast near Vancouver, BC. He is the winner of the Höhnharter Prize for Literature for a book of short stories. He used to own Coast Books in Gibsons and a French restaurant in Vancouver's West End.

Fiction | Political romance | Rights Held Worldwide | Softcover | 978-1-926991-92-4 | 6 x 9 in. | 224 pages
$19.95 CAD | $17.95 USD | E-book | 978-1-926991-93-1 | $9.99 CAD | $7.99 USD



Ken Foster's Vancouver

Life, Art and Alleyways

Story by Sean Nosek | Art by Ken Foster

Set in the infamous Downtown Eastside of Vancouver, the story takes the reader deep into the heart of a world battered by poverty and addiction to discover perhaps the most prolific and exciting artist the country has known. Ken Foster's life is as remarkable as it is heart-wrenching, and author Sean Nosek gives the reader inside access to it all. The crown jewel, of course, is the collection of Foster's art, showing his evolution as an artist and many never-before-seen pieces.

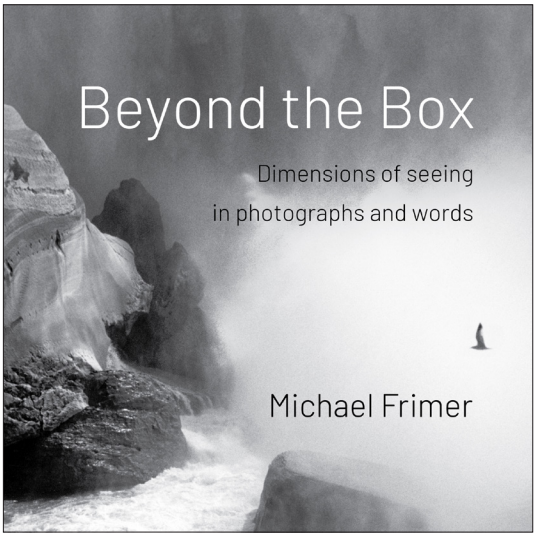


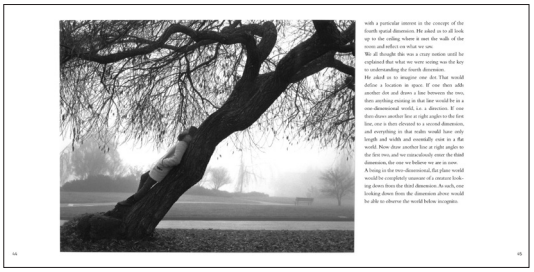


Ken Foster is an artist who has spent decades hawking his art on the street to survive. Known for producing work on found material, he is a local legend. He is the star of the documentary *Ken Foster* by John Laner.

Sean Nosek is a Vancouver-based photographer, writer and speaker with a keen interest in "the art of seeing." After decades in public education leadership, he now focuses on creative work through Dufflecoat Studio.

Art | Biography | Rights Held Worldwide | Softcover with flaps | 978-1-926991-91-7 | Full colour | 9.25 x 10.75 in. | 64 pages
$49.95 CAD/USD





Beyond the Box

Dimensions of Seeing

Michael Frimer

Human nature compels us to observe and ponder our lives. People pause in moments of reflection yet don't necessarily record or remember them. Dr. Michael Frimer is someone who did. In this collection of short essays and photographs, Michael shares his insights and creative interpretations of the ideas and thoughts that have informed his life as a noted surgeon and as a gifted photographer, encouraging us all to think more deeply.



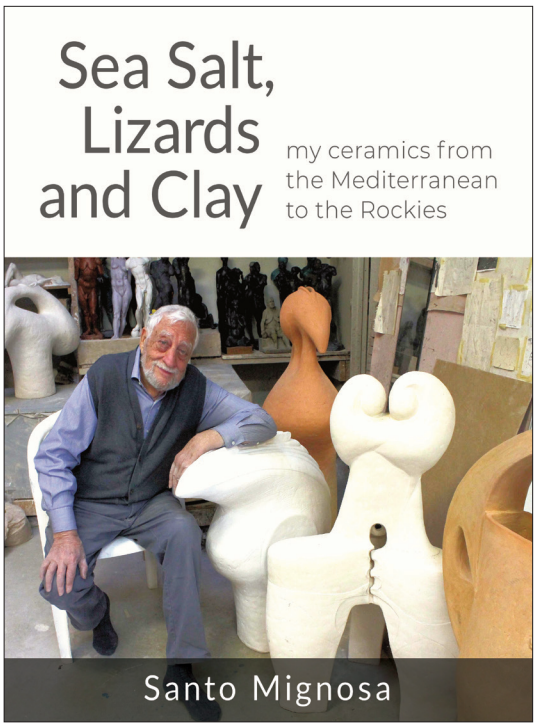
Michael Frimer was a respected general surgeon for over fifty years. Retiring in 2018, he was an award-winning darkroom and large-format photographer with an avid curiosity and desire for creative storytelling. He sang with the University of Toronto choir, the Toronto Symphony Orchestra and the Cantata Singers in Vancouver.

Essay | Memoir | Rights Held Worldwide | Softcover | 978-1-989467-33-6 | 10 x 10 in. | 148 pages | $24.95 CAD | $19.95 USD

Sea Salt, Lizards and Clay

My Ceramics from the Mediterranean to the Rockies

Santo Mignosa



This explores the career of renowned Italian-Canadian ceramic artist Santo Mignosa — gifted Modernist sculptor and rigorous technician. A young immigrant to Canada, and later an MFA graduate of Alfred University, Mignosa brought Continental and American formal art training to BC and Alberta — in anatomy, drawing, figurative art, ceramic murals and hand-built large-scale clay sculpture.



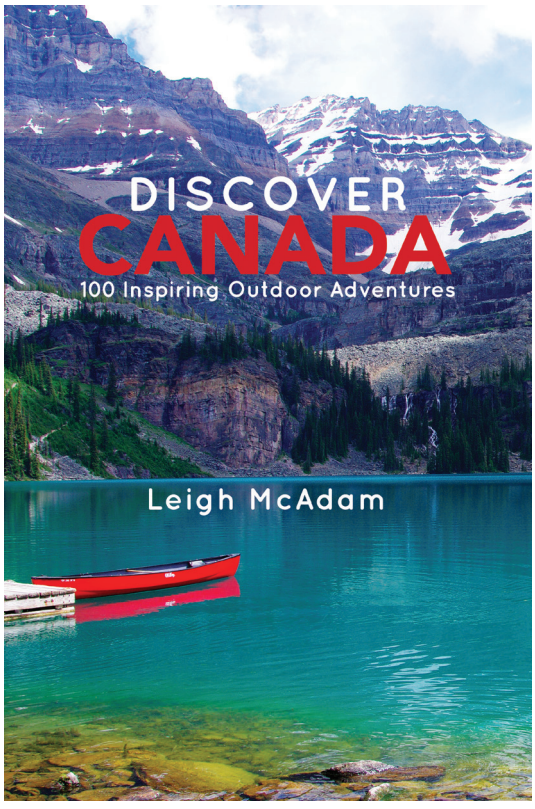
Born and raised in Italy, Santo Mignosa studied art and ceramics in Florence before arriving in Canada in the 1950s, where he became involved with nascent ceramic culture in BC, alongside mentor Olea Davis at UBC. After teaching in Kootenay colleges, he built a ceramics program at the University of Calgary which he ran for decades.

Art | Ceramics | Rights Held Worldwide | Hardcover | 978-1-989467-27-5 | 8.5 x 11 in. | 118 pages | $45.95 CAD | $40.95 USD
Softcover | 978-1-989467-32-9 | $25.95 CAD | $20.95 USD

Discover Canada

100 Inspiring Outdoor Adventures

Leigh McAdam

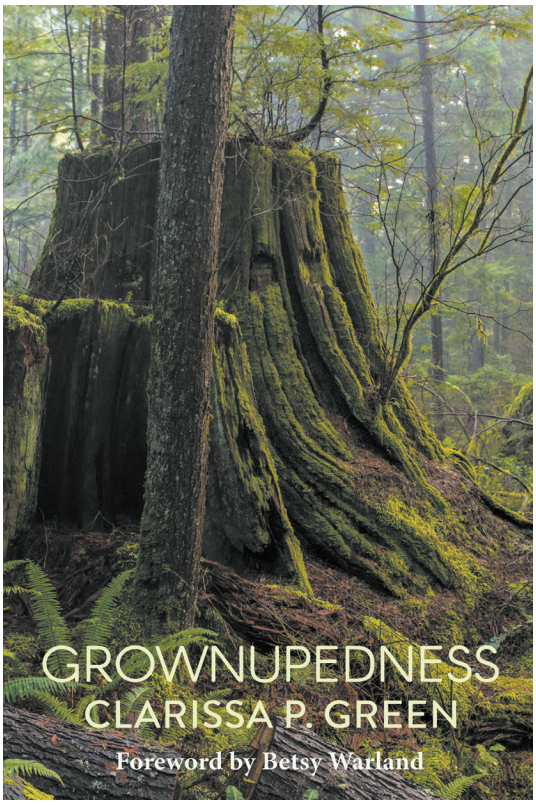


Outdoorswoman Leigh McAdam has been to 58 countries on every continent except for Antarctica. Her popular outdoor blog hikebiketravel.com, which attracts a large following of kindred spirits, vicarious travellers and, increasingly, admirers of her fine photographic skills, receives 135,000 page views per month. Here, 100 adventures are selected from the author's vast experience of year-round outdoor trips and are presented with detailed maps and McAdam's stunning photographs.



Leigh McAdam is constantly out there in the Canadian wilderness, writing as she travels, with good humour, wisdom and verve. She's home just long enough to do the laundry, and then she's off on another exciting adventure. She has lived in Toronto, Boulder and Vancouver. She currently lives in Calgary.

Outdoors | Travel | Canada | Rights Held Worldwide | Softcover | 978-1-926991-46-7 | Full colour | 6 x 9 in. | 254 pages
$29.95 CAD/USD | E-book | 978-1-926991-57-3 | $9.99 CAD | $7.99 USD



Grownupedness

Clarissa P. Green

Pivotal events in Clarissa P. Green's childhood altered the trajectory of her family relationships, personal life and career. Moved by the struggle between aging parents and their mid-life children in the face of grief and loss, she began a decades-long career as a therapist and university professor concentrating on these families. Sharing her personal experiences alongside those of her clients, in humorous and touching detail, Green makes her deep understandings of family and aging available to all.



Clarissa P. Green is an associate professor emerita at UBC. Her Continuing Studies Programs ran for more than a decade, and she received numerous teaching awards, including the 3M National Teaching Award. Her many works have been published in anthologies, *Geist* magazine and *The Fieldstone Review*.

Health | Cancer | Rights Held Worldwide | Softcover | 978-1-989467-24-4 | 5.25 x 8 in. | 206 pages | $19.95 CAD | $17.95 USD
E-book | 978-1-989467-25-1 | $7.99 CAD/USD



Too Scared to Tell Till Now

A Woman's Journey to a Fulfilled Life

Tricia Cook

A sexually abusive father and controlling mother hampered but did not prevent Trish Cook from a life of success. A stressful childhood in Yorkshire — complete with WWII bombing, rations and being shut up in a cupboard — was followed by nursing school, marriage and children, emigration to Canada, a job in health care, and eventual disability. After taking group psychology and learning that her younger sister had also been abused, Cook knew she had to warn others to speak up.

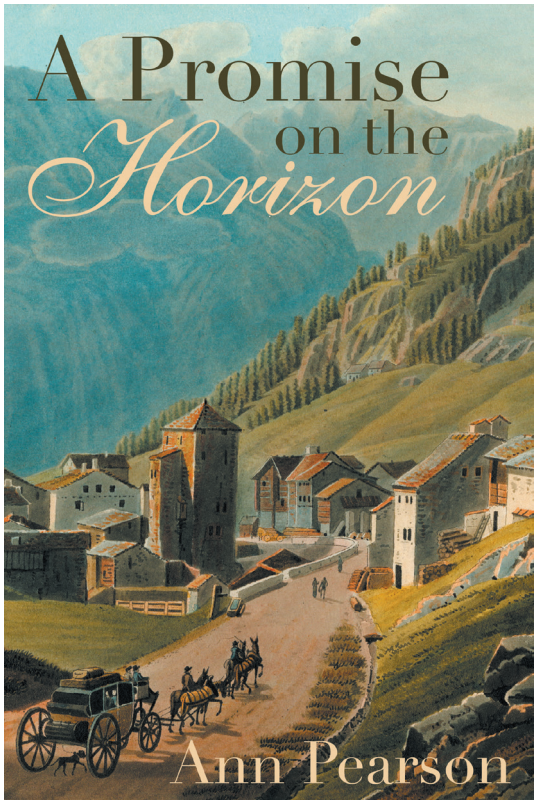


Tricia Cook was born in England and moved with her husband and children to Canada in 1967. Settling on Vancouver Island, she worked in extended care and hospice, before being forced by disability to retire. At this time, she started writing this brutally honest memoir.

Memoir | Rights Held Worldwide | Softcover | 978-1-926991-98-6 | 6 x 9 in. | 206 pages | $19.95 CAD | $17.95 USD
E-book | 978-1-989467-07-7 | $9.99 CAD | $7.99 USD

A Promise on the Horizon

Ann Pearson



A historical novel set in the era of Regency fiction, *A Promise on the Horizon* follows the intersecting journey of a man, based on the French writer Stendhal, and woman, inspired by the English feminist writer Mary Wollstonecraft, seeking to remake their lives in Italy, which is itself in the throes of major change under Napoleon's government. Set in a landscape and era familiar to many readers, and using Stendhal's diary as the frame, Pearson interweaves it with fictional events and complex and rich characters to create a nuanced portrayal of the Napoleonic era.



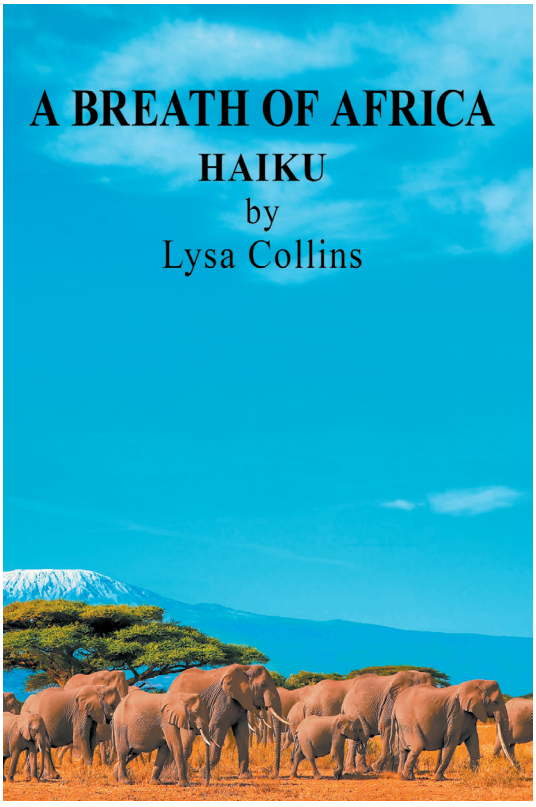
Ann Pearson grew up in England and did an honours degree in French at the University of London before moving to Vancouver, where she completed a PhD in French literature. She taught French for a few years before joining the Arts One program at UBC. She is currently working on a second Napoleonic-era novel.

Fiction | Rights Held Worldwide | Softcover | 978-1-989467-02-2 | 6 x 9 in. | 288 pages | $24.95 CAD | $22.95 USD
E-book 978-1-989467-03-9 | $9.99 CAD | $7.99 USD

A Breath of Africa

Haiku by

Lysa Collins

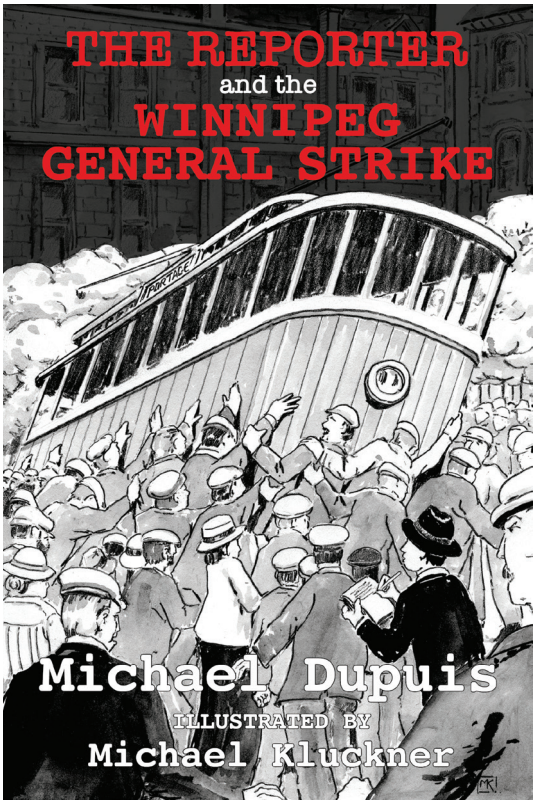


Collins has paddled down the Okavango Delta, travelled the Kalahari, trekked the Serengeti, and witnessed time begin in Ngorogoro. The magnitude of her undertaking to observe and poetically record wildlife is astounding. This is your opportunity to read a carefully selected and arranged collection, fresh out of Africa. Highly recommended reading for the armchair traveller, unless you can go see the amazing fauna and flora for yourself before it is gone.



Lysa Collins is a poet, environmentalist, world traveller and supporter of the Jane Goodall Institute and the African Wildlife Foundation. She writes haiku and other short forms of poetry, which appear both in English and in translation, nationally, and internationally, in a variety of print and online publications.

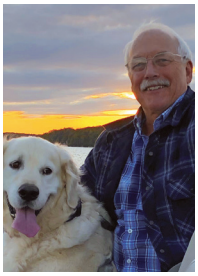
Poetry|Africa | Rights Held Worldwide | Hardcover | 978-1-989467-16-9 | 4.5 x 6 in. | 116 pages | $26.95 CAD | $23.95 USD
Softcover | 978-1-989467-13-8 | $16.95 CAD | $14.95 USD



The Reporter and the Winnipeg General Strike

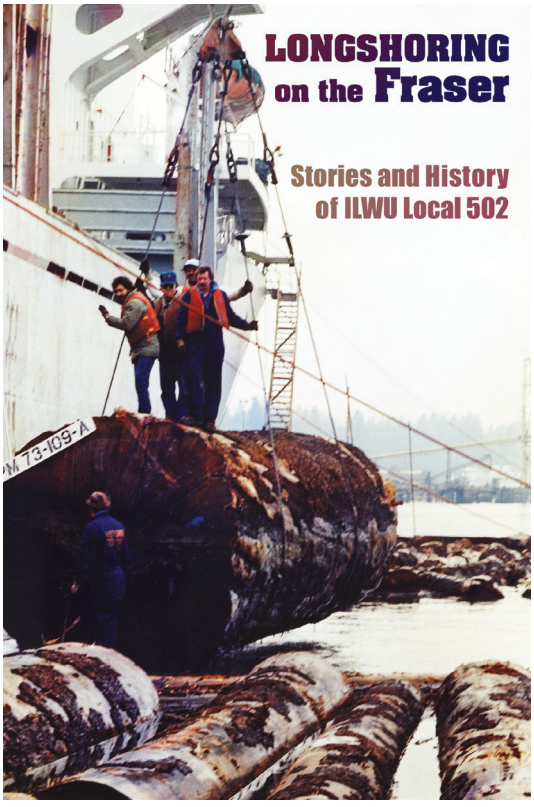
Michael Dupuis|Illustrated by Michael Kluckner

Can reporter William Patterson handle the big Winnipeg General Strike story of 1919? Is it union recognition and demands for fair wages and safe working conditions? Or is it an attempt at revolution, as red-fearing opponents insist? Winnipeg is reeling from the Spanish flu and the aftermath of WWI. Now with the fear of communism and the deepening divides between races and classes, the city is a ticking time bomb. As the strike reaches its violent climax, truths on both sides are slowly revealed.



Michael Dupuis is a retired history teacher, consultant and author. For nearly 50 years, his writing has explored the role played by journalists in historical events. Michael holds a BA in English, an MA in Canadian history from the University of Ottawa and a BEd from the University of Toronto. This is his first novel.

Fiction | Historical | Rights Held Worldwide | Softcover | 978-1-989467-28-2 | 6 x 9 in. | 264 pages | $24.95 CAD | $19.95 USD
E-book | 978-1-989467-29-9 | $9.99 CAD | $7.99 USD



Longshoring on the Fraser

Stories and History of ILWU Local 502

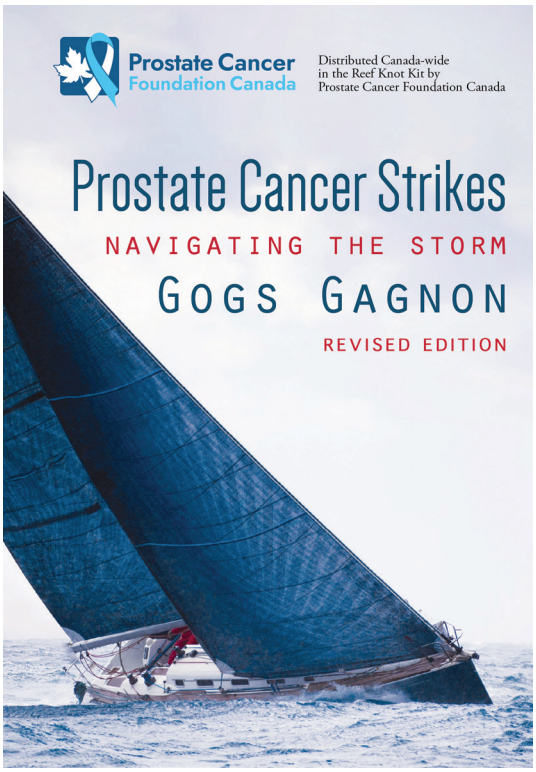
Chris Madsen, Liam O'Flaherty, Peter Hall, and Michelle La

The importance of strong autonomous local unions on the waterfront is central to the International Longshore and Warehouse Union movement. Chartered in July 1944, ILWU Local 502 adapted to changes in work and technology as the previous gang system transformed into new classifications and occupations. This is a collection of stories and oral histories brought to life by the men and women who worked on the Fraser River all the way back to 1859.






History | Labour | Rights Held Worldwide | Softcover | 978-1-926991-69-6 | 6 x 9 in. | 368 pages | $29.95 CDN | $24.95 USD



Prostate Cancer Strikes

Navigating the Storm *Revised Edition*

Gogs Gagnon

Bookauthority BEST PROSTATE CANCER BOOKS OF ALL TIME WINNER

At age 57, Gogs Gagnon became one of the millions of men diagnosed with prostate cancer during their lifetimes. After his surgery and recovery, he decided to share his story to inspire others to advocate for their health and learn from his experiences. Prostate cancer hits at the very core of manhood, and Gogs, in this deeply personal account, reveals intimate details that everyone impacted by the disease — man or woman — needs to know.



Gogs Gagnon followed an early passion for computers by becoming a programmer and independent technology consultant. In the course of his career, he has developed software for Apple, IBM and the government of British Columbia, where he was the lead programmer analyst and data architect.

Health & Fitness | Cancer | Rights Held Worldwide | Softcover | 978-1-9894677-3-2 | 5.25 x 8 in. 184 pages | $18.95 CAD | $17.95 USD | E-book | 978-1-926991-97-9 | $9.99 CAD | $7.99 USD

The Cozy Life with Hygge

Pia Edberg

In today's world, we're constantly rushing from one thing to the next and struggling with information overload. We're more disconnected from ourselves and our loved ones than ever before. Rediscover the joy of the simple things by learning about the cultural phenomenon of *hygge* and the secret to why Denmark is consistently rated the happiest country in the world. This charming little book, filled with hand-drawn illustrations, will inspire you to slow down and enjoy life's cozy moments.



Pia Edberg is a Danish author and artist. She has spent over 15 years studying personal development and has worked in human resources for the past 10 years. She dedicates her time sharing what she's learned while inspiring others through her works. She lives in Vancouver, BC. To learn more, visit: **www.piaedberg.com**



Self-Help | Rights Held Worldwide | Softcover | 978-1-926991-89-4 | 5.5 x 8.5 in. | 134 pages | $18.95 CAD | $16.95 USD | E-book 978-1-989467-04-6 | $9.99 CAD | $7.99 USD | Also available in French, Portuguese, German, Russian, Japanese and Chinese

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