



FALL 2020



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Discover our three distinct imprints, each part of Sasquatch Books—one of the country’s leading boutique presses—located in downtown Seattle.



SASQUATCH BOOKS

Our innovative, eclectic list of nonfiction includes beautiful, inspiring lifestyle books on topics such as cooking, gardening, crafts, home decor, nature, and more, as well as narrative nonfiction spanning memoir, history, and social science. We also publish select journals, workbooks, and stationery products.



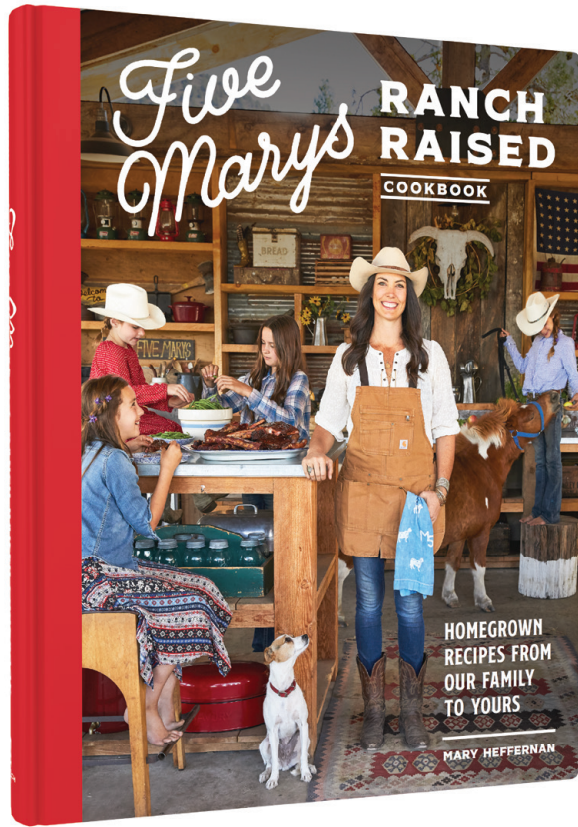
LITTLE BIGFOOT

From board books to picture books to fascinating nonfiction for older readers, our beautifully crafted children’s books feature the animals, people, and landscapes that define the Northwest and inspire young readers from babies to age ten to experience the world around them and foster a lifelong love of reading.



SPRUCE BOOKS

Our gift book imprint for teens, Spruce Books focus on self-expression and personal growth. Titles include journals, quote collections, workbooks, and more. They are inspiring, practical, meaningful, and giftable—perfect for tweens, teens, and twentysomethings who want to create positive change in themselves and the world around them.



SEPTEMBER 8, 2020

\$29.95 | Cooking



Hardcover | 8 x 10½ | 288 pgs

ISBN: 978-1-63217-307-2

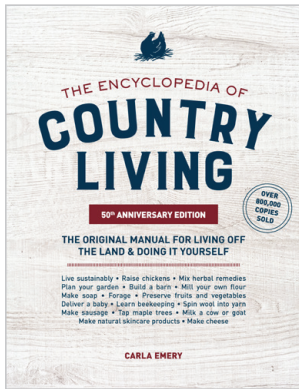


Kathryn Gamble

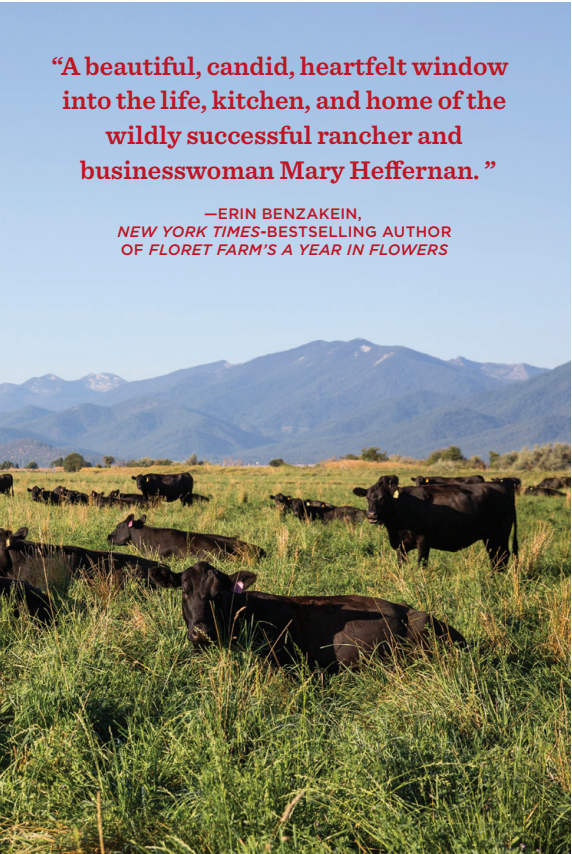
MARY HEFFERNAN and her husband, Brian, own and operate Five Marys Farms, an 1,800-acre ranch in the mountains of Northern California where they live with their four daughters and raise all-natural beef, pork, and lamb. Five Marys was awarded Best Farm in America by *Paleo* magazine and has been featured in *Oprah* magazine, *Real Simple*, *Sunset*, and other national publications. Mary has a fiercely loyal following on social media and hosts popular summer farm dinners and weekend retreats at the ranch with cooking, cocktails, and butchery classes.

ONLINE: 
FiveMarysFarms.com
 [fivemarysfarm](https://www.facebook.com/fivemarysfarm)
 [@fivemarysfarms](https://www.instagram.com/fivemarysfarms)

ALSO AVAILABLE:

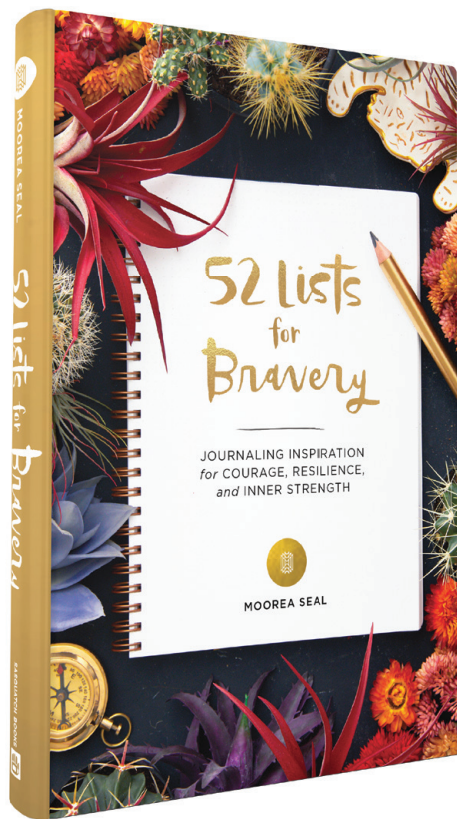


The Encyclopedia of Country Living
 50th Anniversary Edition
 ISBN: 978-1-63217-289-1
 \$29.95



“A beautiful, candid, heartfelt window into the life, kitchen, and home of the wildly successful rancher and businesswoman Mary Heffernan.”

—ERIN BENZAKEIN,
 NEW YORK TIMES-BESTSELLING AUTHOR
 OF FLORET FARM'S A YEAR IN FLOWERS



52 LISTS FOR BRAVERY

Journaling Inspiration for Courage, Resilience, and Inner Strength

Moorea Seal

For fans of the 52 Lists journals or anyone looking to infuse their life with more confidence, this new addition to the series includes lists, tips, and tools to help grow bravery both inward and outward.

Unlock belief in your own resilience through the empowering practice of list making. Create 52 lists, one for each week of the year, in this beautiful undated hardback journal, and discover the courageous person within. Includes 52 listing prompts divided into four sections, actions to encourage readers to take their learnings out into their lives, quotes, short inspiring essays, beautiful photography and illustrations, metallic-foil accents, and a ribbon. Those undergoing major life changes or facing the unknown will especially benefit, although anyone can enjoy this unique journal.

SEPTEMBER 15, 2020

\$16.95 | Self-help—journaling

Hardcover | 5½ x 8½ | 160 pgs

ISBN: 978-1-63217-331-7



Marissa Alves

MOOREA SEAL is a Seattle-based author, speaker, retailer, designer, and avid list maker with over one million books, journals, and stationery products in print. Her passion lies in giving voice to the inner child that lives within us all and providing resources for happiness, resilience, and self-expression. Join her at MooreaSeal.com.

ONLINE: ✎

MooreaSeal.com

Instagram: @mooreaseal

Twitter: @mooreaseal

Pinterest: @mooreaseal



52 Lists

JOURNALS AND STATIONERY
FROM MOOREA SEAL

OVER
1.25 MILLION
UNITS
SOLD



52 Lists for Calm
Moorea Seal
\$16.95 • HC • 9781632172853
5½ x 8½ • 160 pages



52 Lists for Togetherness
Moorea Seal
\$16.95 • HC • 9781632172198
5½ x 8½ • 160 pages



52 Lists for Happiness
Moorea Seal
\$16.95 • HC • 9781632170965
5½ x 8½ • 160 pages



The 52 Lists Project
Moorea Seal
\$16.95 • HC • 9781632170347
5½ x 8½ • 144 pages

Coming
Fall
2020!



52 Lists Planner (Black Floral)
Moorea Seal
\$30.00 • HC • 9781632173485
6 x 8¼ • 320 pages
On sale November 10, 2020



52 Lists Planner (Coral Crystal)
Moorea Seal
\$30.00 • HC • 9781632172341
6 x 8¼ • 328 pages



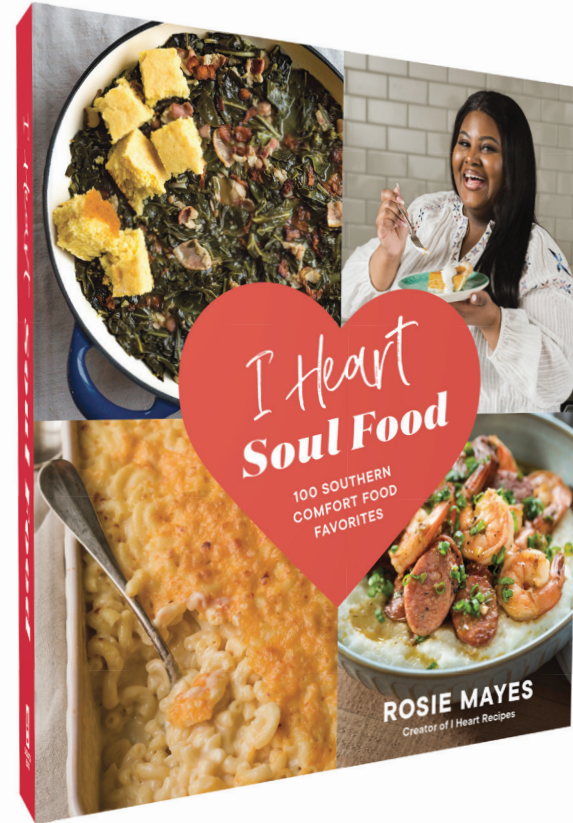
“This book is almost like having her over to cook for you and the entire family.”

—DAYMON “DAYM DROPS” PATTERSON, FOOD CRITIC AND YOUTUBER



“Rosie is my go-to when it comes to recipes.”

—ANGIE THOMAS, #1 NEW YORK TIMES-BESTSELLING AUTHOR OF *THE HATE U GIVE* AND *ON THE COME UP*



I HEART SOUL FOOD

100 Southern Comfort Food Favorites

Rosie Mayes

From beloved YouTuber and home cook Rosie Mayes of I Heart Recipes comes a cookbook chock-full of soul food favorites.

Learn to cook comfort food the way Mom used to! Here Rosie shares all the secrets of southern classics like fried chicken, mashed potatoes, collard greens, and mac and cheese, plus soulful twists like Sweet Potato Biscuits and Fried Ribs. These approachable, mouthwatering recipes are true to Rosie’s roots and use easy-to-find ingredients. Perfect for Sunday suppers, celebrations, and everyday eats, they’re love on a plate! Organized by meal, the cookbook includes 30 fan favorites, 70 never-before-seen recipes, and 90 photographs.

OCTOBER 27, 2020

\$24.95 | Cooking

Paperback | 8 x 9 | 256 pgs

ISBN: 978-1-63217-309-6



Michael Kartes

ROSIE MAYES is the creator of the blog and YouTube channel I Heart Recipes. She learned to cook from her Louisiana-born family. Ten years ago, she started her YouTube channel when she was working 12-hour days as a certified nursing assistant, but her platform grew quickly, and five years ago she quit her day job to devote herself to I Heart Recipes. She lives in Seattle.

ONLINE:

IHeartRecipes.com

@iheartrecipes

iheartrecipes

@iheartrecipes

ALSO AVAILABLE:



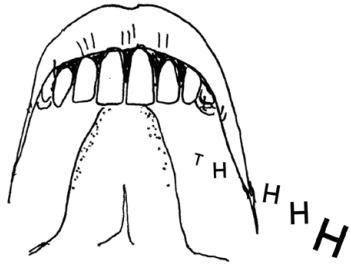
Big Food Big Love
ISBN: 978-1-63217-061-3
\$24.95

They it Good:

Gently place your tongue against the inside of your front two teeth.

Now blow until a whistling *th* sound lightly emerges.

(*They* it, don't spray it.)



Now, open the mouth to say *ey*, as in the letter *A* or the sound Canadians make at the end of sentences, kinda.

Or like a friend is driving by in a car and you want to get their attention.



8

9

Gender nonconforming, or **GNC**, means that a person's behaviors and gender expression do not match masculine or feminine gender norms (e.g., gender variant, gender diverse, gender atypical, gender creative).



Genderfluid means that someone identifies as gender neutral, but the word *fluid* might also mean they identify as a woman some days, a man others, and genderqueer other days. It's flexible, evolving, and may exist on a plane beyond binaries as well.

Genderqueer means a person does not subscribe to conventional gender distinctions but identifies with neither, both, a blend of genders, or something in the beyond. Basically *queering up the concept of gender*.



(I love queering up everything we can. It's the gay agenda.)

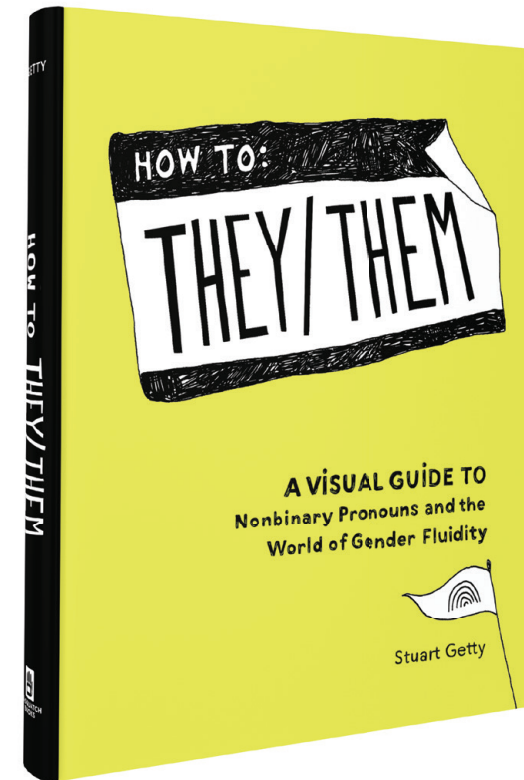
80

Gender Identity (+)

OK, now that you understand gender identity, let's go a little deeper.

Fact:

Cisgender and transgender people exist in this world.



HOW TO THEY/THEM

A Visual Guide to Nonbinary Pronouns and the World of Gender Fluidity

Stuart Getty

This charming and disarming 101 primer unpacks the questions around nonbinary and gender nonconforming identity, and the fun, visual approach helps readers learn to use they/them pronouns.

Ever wonder what “nonbinary” or “gender nonconforming” really mean? Why would someone identify that way? And how the heck do you use they/them pronouns for just one person? This book makes it humorous and easy to learn so everyone can get it. No soapboxes or divisive comment-section wars here. Sometimes funny, sometimes serious, always human, this guide is about more than just bathrooms and pronouns. It's about gender expression and the freedom to choose for one's own self how to identify.

SEPTEMBER 29, 2020

\$16.95 | Social science

Hardcover | 5½ x 7 | 240 pgs

ISBN: 978-1-63217-313-3



Brooke Thyng

STUART GETTY is a genderqueer writer, speaker, and filmmaker who works at IDEO, a design and consulting firm. They live in Oakland, California.

ONLINE: ↗

TheGettyBrothers.com

@thegettybrothers



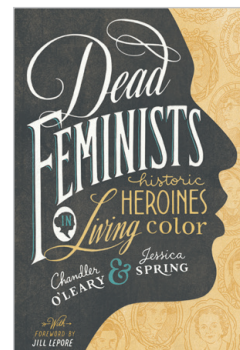
Brooke Thyng

BROOKE THYNG is a queer illustrator, graphic designer, and product designer at Uber. She lives in San Francisco.

ONLINE: ↗

@imeanwhatever

ALSO AVAILABLE:



Dead Feminists
ISBN: 978-1-63217-057-6
\$24.95



AUGUST 25, 2020

\$22.95 | Health & fitness




Hardcover | 6¼ x 8 | 192 pgs

ISBN: 978-1-63217-319-5



Lauren Segal

Before launching their CBD company Daze, **TORI BODIN** and **CHRIS TARELLO** worked at companies like Amazon and Redfin in marketing and product management. After discovering the power of CBD for themselves, they (along with their two best friends) founded Daze, a natural beauty and wellness brand that is known for its organically grown full-spectrum CBD oil. They live in Seattle.

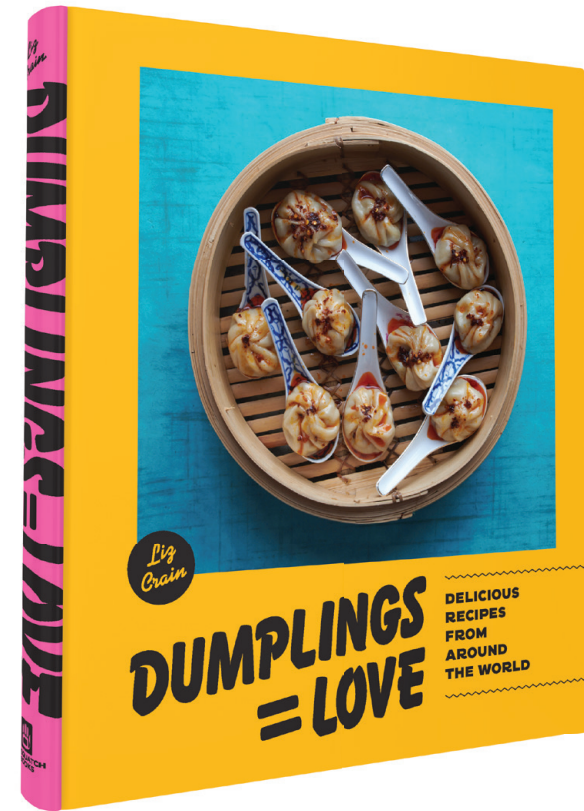
ONLINE:  ShopDaze.com
 shopdaze
 @dazeeycbd

ALSO AVAILABLE:



52 Lists for Calm
 ISBN: 978-1-63217-285-3
 \$16.95





DUMPLINGS = LOVE

Delicious Recipes from Around the World

Liz Crain

40 simple-but-innovative recipes that celebrate and elevate the beloved dumpling from Asia to Eastern Europe.

Shumai, gyoza, mandu, komber, pierogis: a dumpling by any other name would taste as comforting. The original comfort food in every culture, the humble dumpling takes center stage in this full-color cookbook with 40 recipes. Includes beloved staples like Chinese soup dumplings, Japanese gyoza, and Eastern European pierogi with step-by-step instructions for dumpling skins and fillings, as well as many regional twists on dumplings, including innovative fillings, dumpling doughs, and dipping sauces. Think Cincinnati Chili; Shrimp & Grits; Nettle & Caramelized Onion; and Bananas Foster Dumplings.

OCTOBER 13, 2020

\$22.95 | Cooking


Hardcover | 6 1/2 x 8 | 192 pgs

ISBN: 978-1-63217-296-9

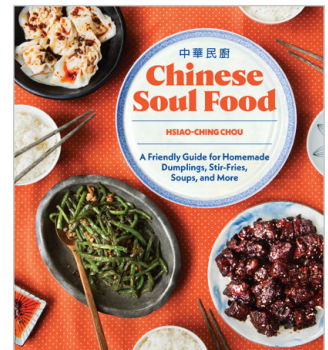


LIZ CRAIN often writes on Pacific Northwest food and drink and is the coauthor of *Hello! My Name is Tasty: Global Diner Favorites from Portland's Tasty Restaurants* with John Gorham, coauthor of *Toro Bravo: Stories. Recipes. No Bull*, and the author of *Food Lover's Guide to Portland*. She is the editor of *True Portland: The Unofficial Guide for Creative People*. Her writing has appeared in *Food & Wine*, *The Sun*, the *Guardian*, and *Cooking Light*.

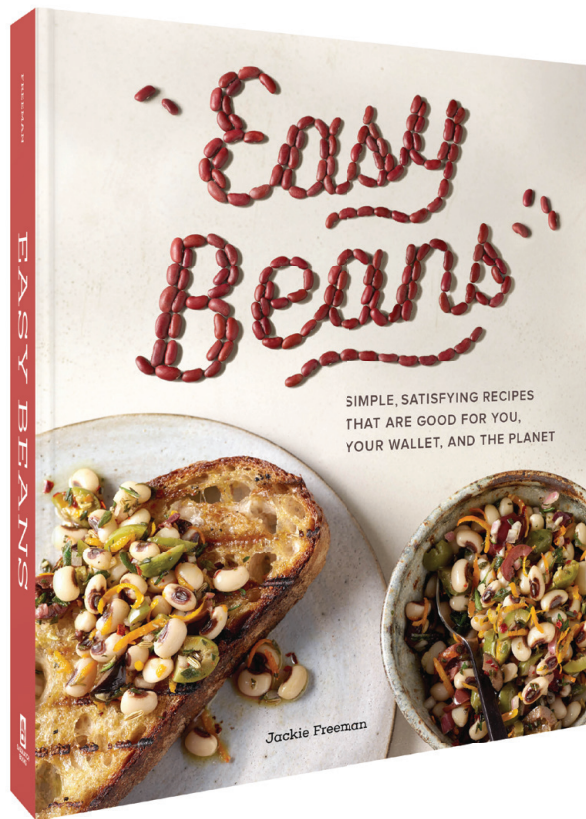
ONLINE: 

 @lizcrainpdx

ALSO AVAILABLE:



Chinese Soul Food
ISBN: 978-1-63217-123-8
\$24.95



EASY BEANS

Simple, Satisfying Recipes That Are Good for You, Your Wallet, and the Planet

Jackie Freeman

A fresh, updated approach to cooking with the world's most adaptable protein. In this cookbook with 40 inspired recipes for breakfast, lunch, snacks, and dinner, discover the delights of inexpensive, nutritional, and delicious beans.

Beans are an excellent everyday meal option; they're easy to make the main focus of a meal or to sneak into something for an extra nutritional boost. At a time when more people are eating less (or no) meat, beans are also an excellent source of protein. In *Easy Beans*, you'll learn the difference between pulses, legumes, and beans; how to soak, sort, and store dried beans; and how to use spices to add flavor to bean dishes. Regularly including beans in your diet is easy with these simple recipes for every meal of the day—from Lentil and Oat Granola with Coconut and Almonds to Edamame Fritters with Parmesan and Mint, and from Pinto Bean Enchiladas with Zucchini and Spinach to Cauliflower and Lima Bean Gratin.

NOVEMBER 3, 2020

\$19.95 | Cooking

Paperback | 6½ x 8 | 176 pgs

ISBN: 978-1-63217-292-1

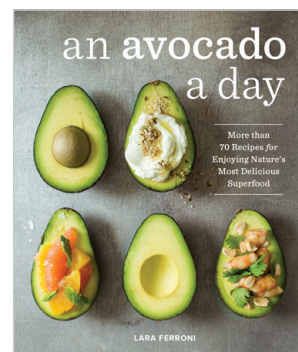


Bea Lee

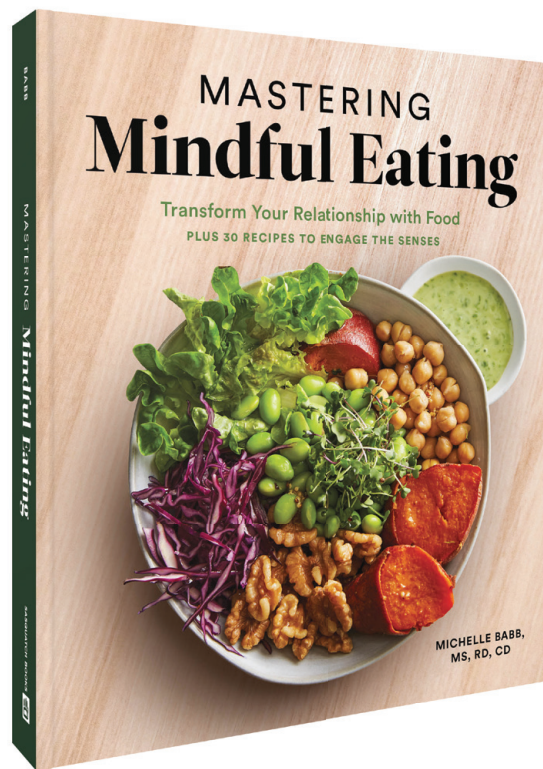
JACKIE FREEMAN is a professional chef with over twenty years of experience in restaurant kitchens, as a private chef, a culinary instructor (at PCC Markets), a recipe developer, a TV and radio personality, a food stylist, and a culinary writer. Jackie lives in the Seattle area with her family.



ALSO AVAILABLE:



An Avocado a Day
ISBN: 978-1-63217-081-1
\$19.95



MASTERING MINDFUL EATING

*Transform Your Relationship with Food,
Plus 30 Recipes to Engage the Senses*

Michelle Babb, MS, RD, CD

Practice mindful eating and build a positive relationship with food for improved health, calm, and body weight. Forget counting calories, strict portion control, and restrictive diet plans—this book will guide you through the why and how of changing your diet for optimal health, and provides recipes to help you slow down and truly experience your meal.

Eating a sandwich while running from a bear isn't good for digestion or nutrition. That's exactly what we're doing when eating a meal on the run or being distracted by computers, TVs, and social media. Rather than nourishing our bodies, we are feeding anxiety and poor habits that prevent our systems from functioning well. Registered dietitian Michelle Babb shows you how to practice mindful eating that allows your body to access the nutrients from food and turn on its self-regulating system. It's the sustainable, proven way to shed pounds, maintain your healthiest weight, and put yourself on a path toward lifelong wellness.

DECEMBER 1, 2020

\$22.95 | Cooking, Health & Eating

Paperback | 6½ x 8 | 208 pgs

ISBN: 978-1-63217-294-5



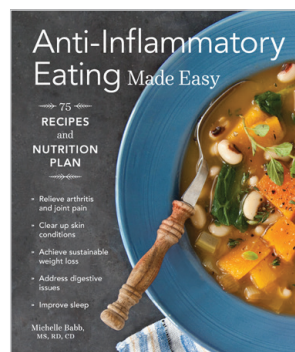
Nicole Ryan

MICHELLE BABB, MS, RD, CD, is a registered dietitian with a master's degree in nutrition. She helps clients achieve optimal health through nutrition education, creative fitness, and emotional balance. She has also studied at the Center for Mind-Body Medicine, where she learned how to help people become intelligent, intuitive eaters. She's a PCC Cooks instructor and author of *Anti-Inflammatory Eating Made Easy* and *Anti-Inflammatory Eating for a Happy, Healthy Brain*. She lives in Seattle.

ONLINE: 🐭

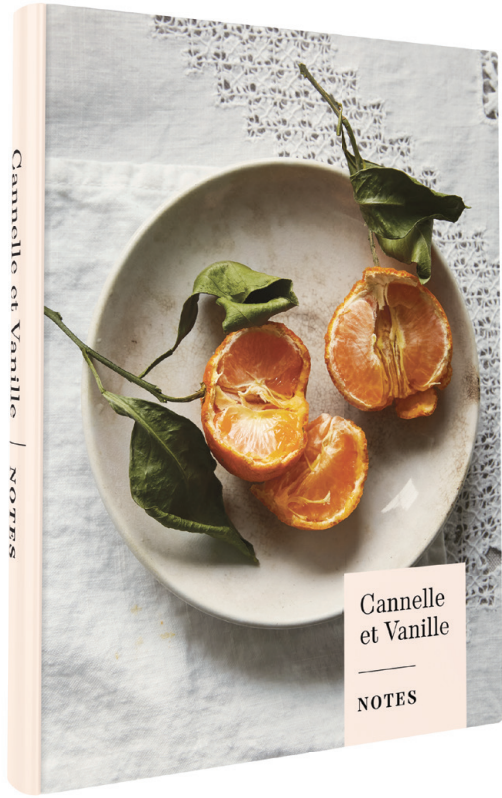
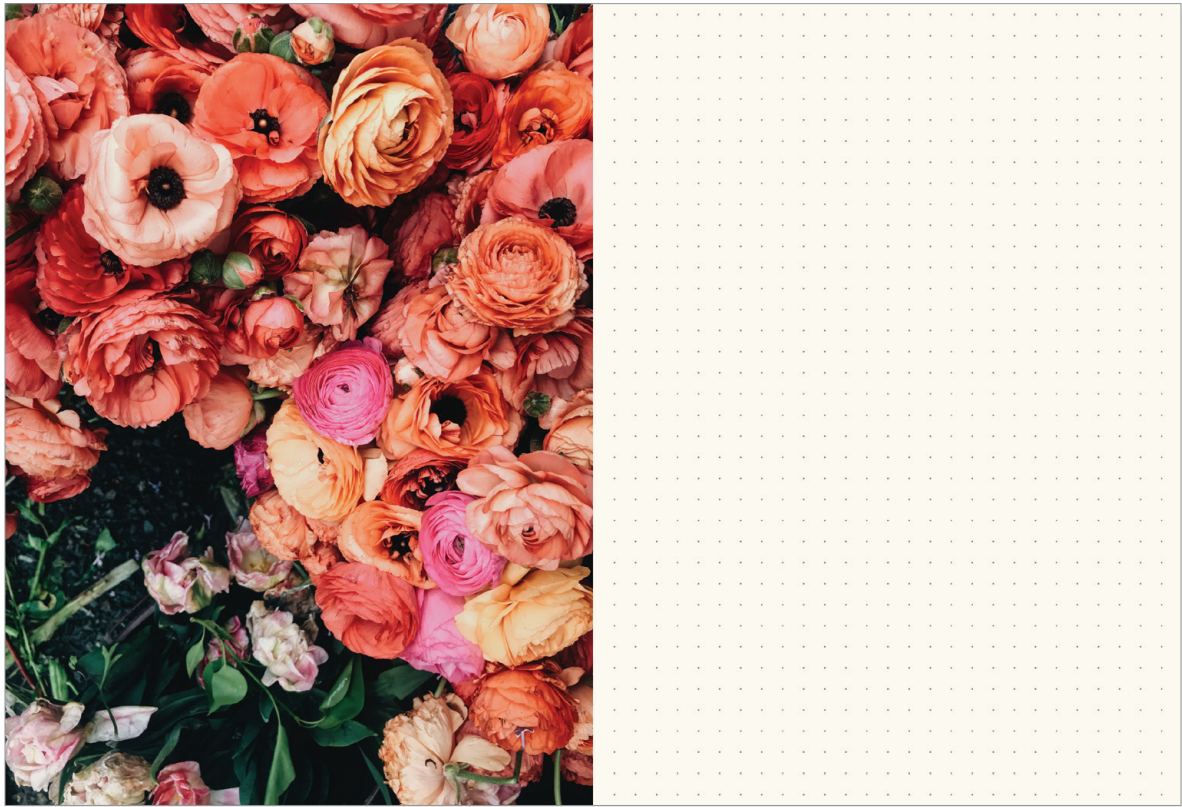
EatPlayBe.com

ALSO AVAILABLE:



Anti-Inflammatory Eating Made Easy
ISBN: 978-1-57061-933-5
\$22.95





CANNELLE ET VANILLE NOTES (JOURNAL)

Aran Goyoaga

Popular *Cannelle et Vanille* cookbook author, blogger, and Instagram creator Aran Goyoaga curates some of her most evocative images from her cookbook and her daily food and nature inspirations for this lush, gorgeously designed journal with ribbon.

Aran's signature photographs of food and flowers and her striking, atmospheric images are appreciated by fans around the world. In this beautiful keepsake journal, 30 photographs are sprinkled throughout, loosely organized by the seasons, and several include short recipe ideas. A perfect gift for fans of *Cannelle et Vanille* or anyone who wishes to capture the daily magic of cooking with inspired ingredients.

OCTOBER 6, 2020

\$16.95 | Self-help—journaling

Hardcover | 5½ x 7½ | 160 pgs

ISBN: 978-1-63217-341-6



Bela Thee

ARAN GOYOAGA has over 300,000 followers on her Cannelle et Vanille Instagram feed and is the author of *Cannelle et Vanille: Nourishing, Gluten-Free Recipes for Every Meal and Mood*, which was lauded by Food52, *Bon Appétit*, Epicurious, *Food & Wine*, the *New York Times*, and more. She is also the author of *Small Plates and Sweet Treats*. Aran lives in Seattle.

ONLINE: 🖱

AranGoyoaga.com

CannelleVanille.com

📷 @cannellevanille

“Excellent recipes.”

—NEW YORK TIMES

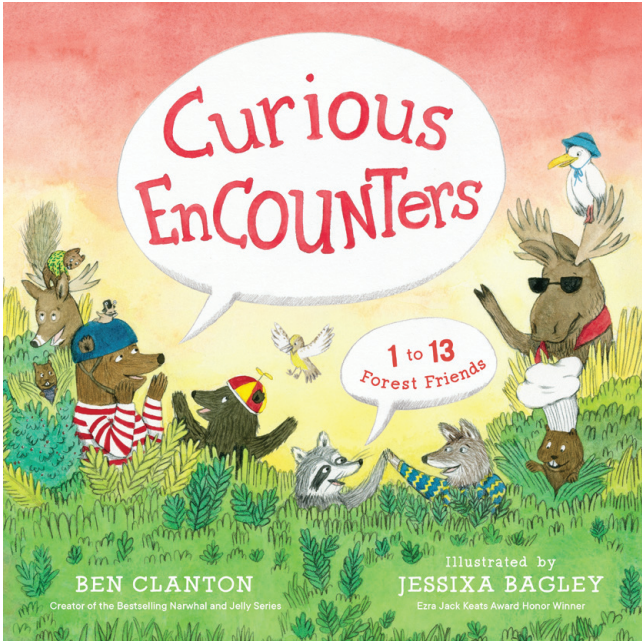
ALSO AVAILABLE:



Cannelle et Vanille
ISBN: 978-1-63217-200-6
\$35.00

little bigfoot





CURIOUS ENCOUNTERS

1 to 13 Forest Friends

Ben Clanton
Illustrated by Jessixa Bagley

Find some friends you can COUNT on for fun in this curious collection of creatures by bestselling author Ben Clanton and award-winning illustrator Jessixa Bagley.

Curious EnCOUNTERs features critters engaged in curious activities and is woven together by a young girl who is going on a hike. Readers will join her in unexpected, silly encounters along the way, such as one moose making a movie, five wolves weaving wool, and eight coyotes kayaking and canoeing. The young girl's hike culminates in what may be the most curious encounter of all: many of the animals in the book enjoying a big picnic lunch together, pulling in humorous details from previous scenes.

With the visual humor in Jessixa Bagley's illustrations, children will have fun learning to count to 13! And older readers will enjoy Ben Clanton's clever and punny wordplay!

AUGUST 4, 2020
\$17.99 Juvenile nonfiction
Hardcover 8¼ x 8¼ 32 pgs
ISBN: 978-1-63217-274-7
Age range: 3 to 7 years



Kelsey Clanton

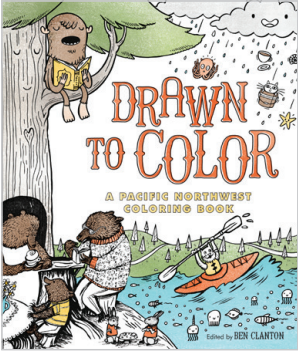
BEN CLANTON is an award-winning children's book authorstrator best known for the Narwhal and Jelly books. He has spent most of his time on this planet reading, drawing, playing basketball, gardening, and eating waffles. He lives in Seattle, Washington, with his family.



Jessica Jimenez

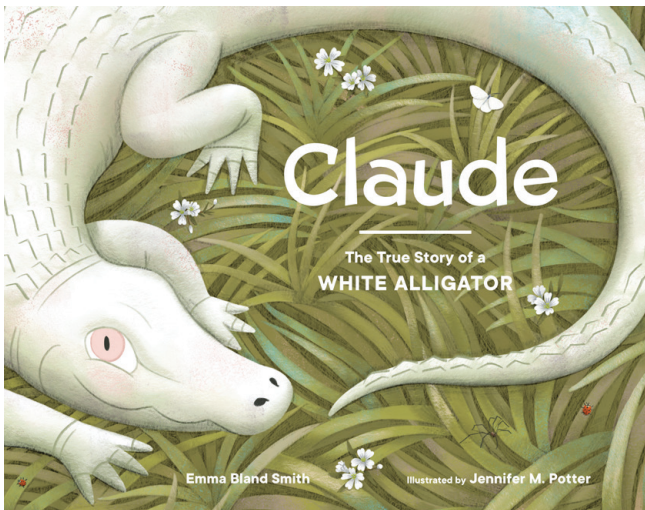
JESSIXA BAGLEY grew up in Portland, Oregon. Her debut picture book *Boats for Papa* has earned many accolades and awards, including the 2016 SCBWI Golden Kite Award for Best Picture Book Text. Her picture book *Laundry Day* received a 2018 Ezra Jack Keats Award Honor.

ALSO AVAILABLE:



Drawn to Color
ISBN: 978-1-63217-109-2
\$15.99





CLAUDE

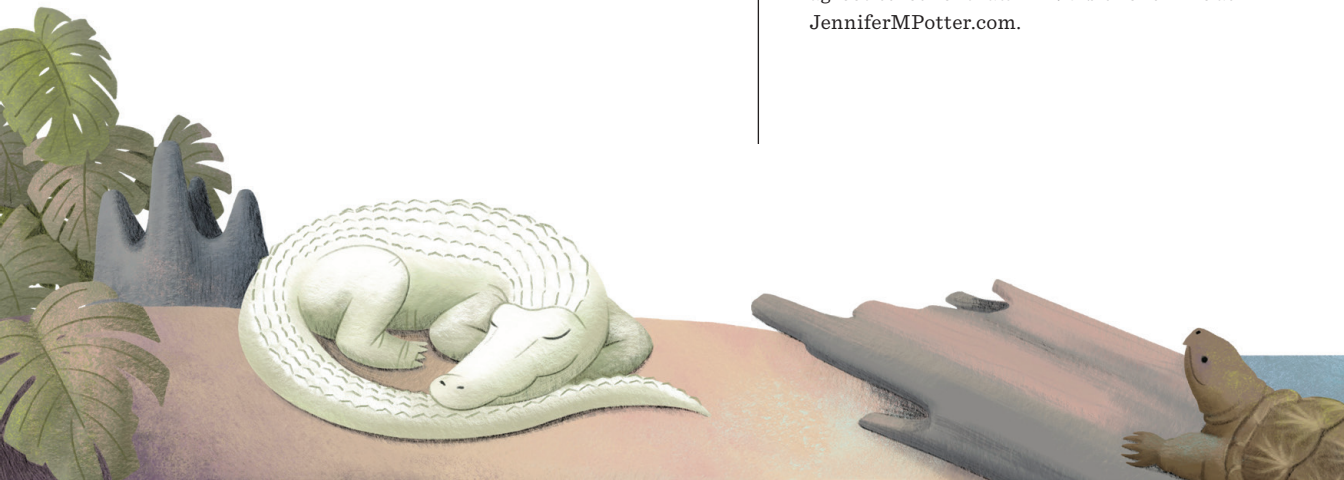
The True Story of a White Alligator

Emma Bland Smith
Illustrated by Jennifer M. Potter

Just in time for Claude's 25th birthday, here is the true story of this beloved albino alligator.

His story started in Louisiana where he hatched out of his egg and realized he looked different from the other hatchlings. They were green and Claude was white. The other hatchlings avoided him, and his color made him vulnerable to predators. So Claude went to a special zoo that cared for alligators, where he lived in a pen by himself. Now he was safe—but alone.

Scientists at the California Academy of Sciences heard about him and asked the zoo if he could come and live in the Academy's swamp. He made a 2,800-mile journey to his new home where they know that Claude's differences are exactly what makes him special.



AUGUST 4, 2020
\$18.99 Juvenile nonfiction
Hardcover 11 x 8½ 32 pgs
ISBN: 978-1-63217-269-3
Age range: 4 to 8 years



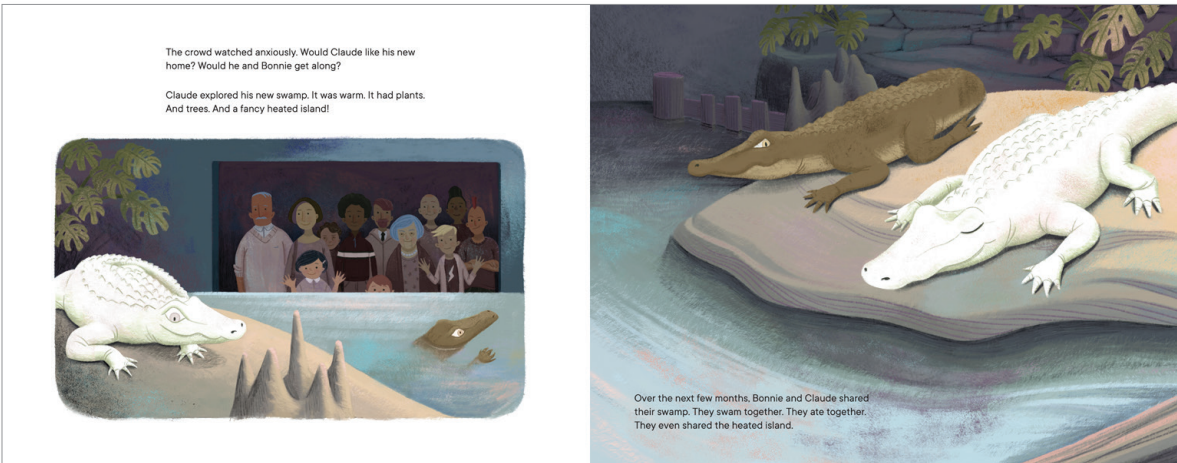
Ania Jankowska

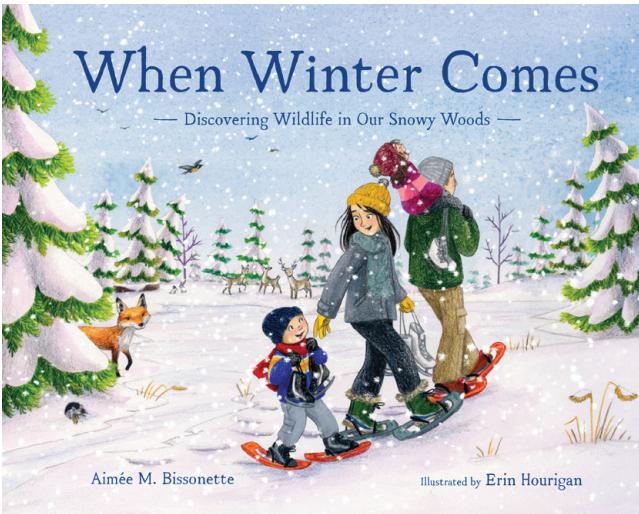
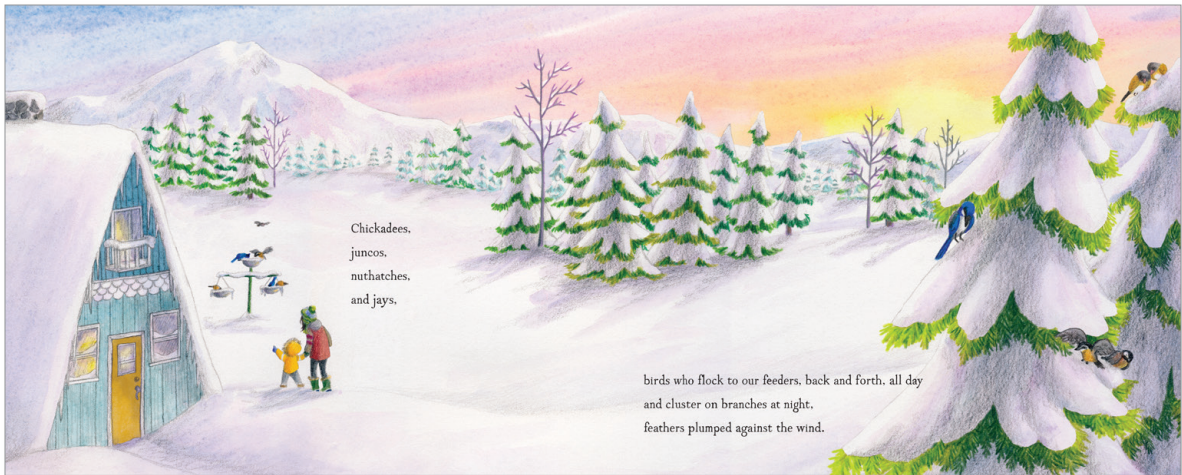
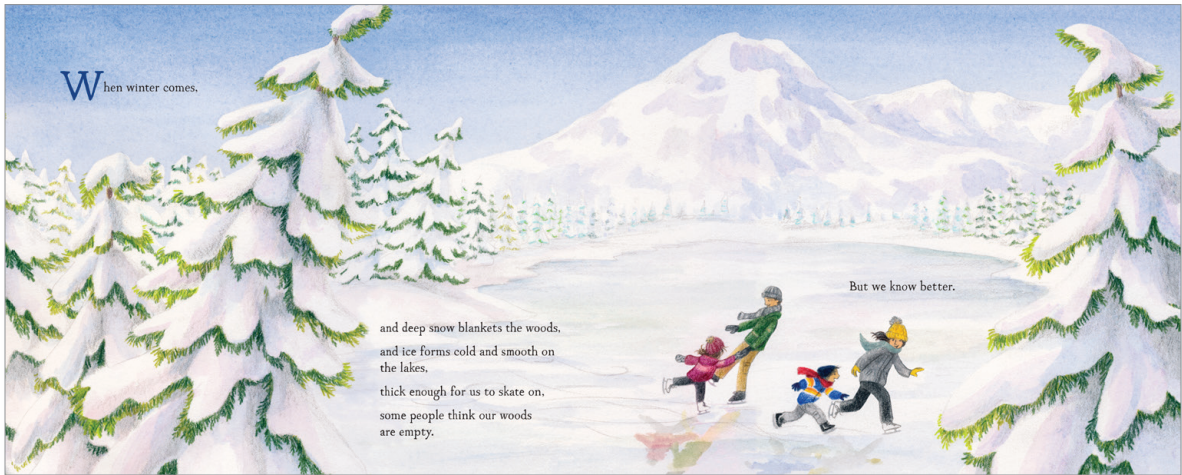
EMMA BLAND SMITH is a librarian and author of children's fiction and nonfiction. Her picture book debut, *Journey: Based on the True Story of OR7, the Most Famous Wolf in the West*, won the 2016 Sigurd F. Olson Nature Writing Award for children's literature and the 2017 Cook Prize. Visit her online at EmmaBSmith.com.



Matt Schaefer

JENNIFER M. POTTER is an illustrator living in San Francisco. When she's not busy drawing, she loves visiting the city's many parks and museums with her husband. She has visited Claude many times and is thrilled he agreed to let her draw him. Visit her online at JenniferMPotter.com.





WHEN WINTER COMES

Discovering Wildlife in Our Snowy Woods

Aimée M. Bissonette

Illustrated by Erin Hourigan

A poetic children's book celebrating the vibrancy of life in winter

Though a forest may be blanketed in snow or a lake frozen over, families who enjoy the outdoors in winter, happily bundled up to play in the energizing weather, know that wildlife is still teeming there.

The fallen log that is used to hide behind in a snowball fight is a shelter for tree frogs, caterpillars, ladybugs, and slugs. The drifts of fallen snow that families snowshoe across have winding tunnels made by meadow mice in search of seeds and bark. The towering trees families ski among shield birds from winter winds.

When Winter Comes celebrates the joy of playing and exploring in the outdoors during the winter months and discovering the wildlife that abounds during this season.

OCTOBER 13, 2020

\$17.99 | Juvenile fiction

Hardcover | 10 x 8 | 32 pgs

ISBN: 978-1-63217-273-0

Age range: 4 to 8 years



Sarah Pierce

AIMÉE M. BISSONETTE'S picture books are inspired by her love of the outdoors. She is a true winter girl who skis, bird-watches, hikes icy paths, and snowshoes. Aimée lives in Minnesota and Michigan's Upper Peninsula (very snowy places!) with her family.



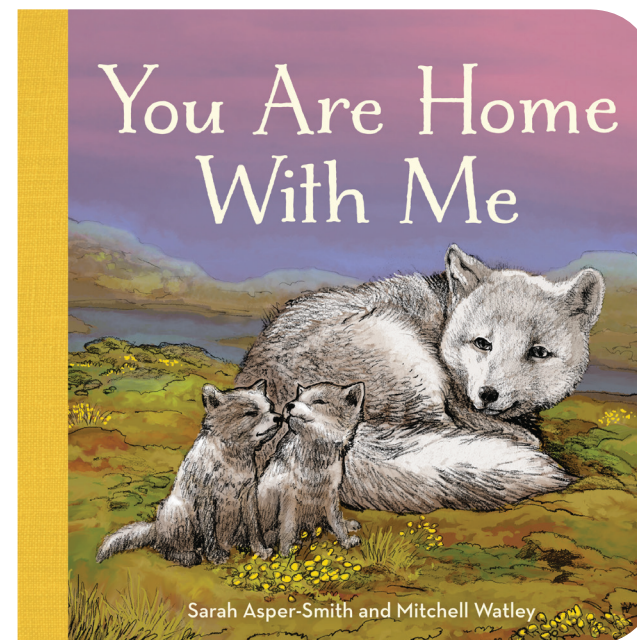
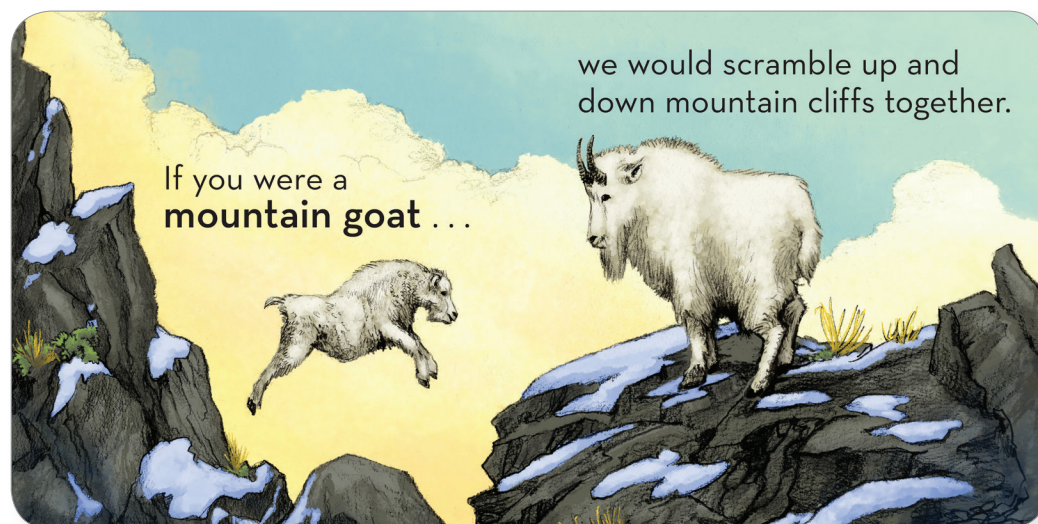
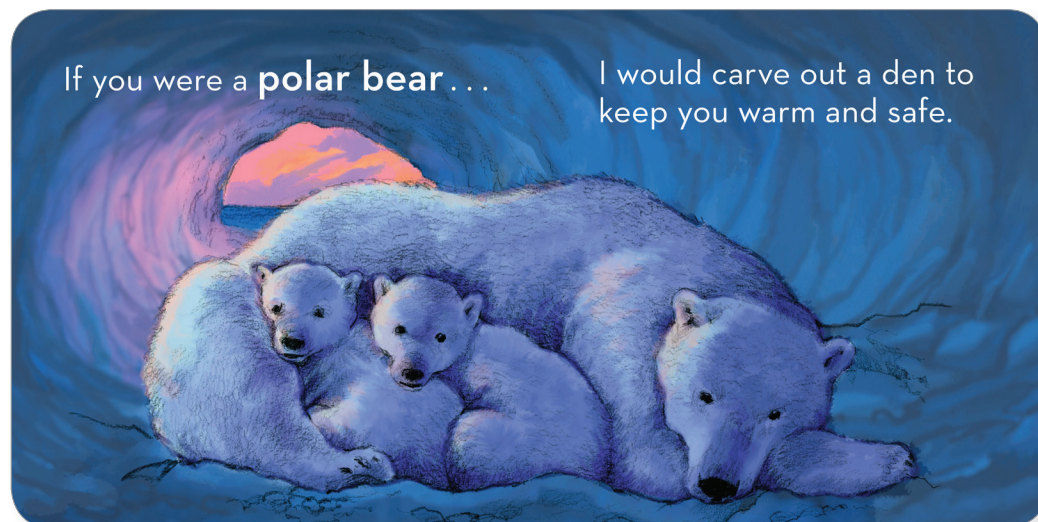
Megan Bowers

ERIN HOURIGAN grew up in Southern California playing in the waves and dreaming up stories everywhere she went. She studied illustration at Cal State Fullerton before moving to Oregon, where she learned to trade the waves for pine trees and rivers. She draws much of her inspiration from the world around her and loves spending time outdoors, whether it's on a hike or just playing with her dog, Scout.

ONLINE: ✎

ErinHourigan.com

📷 @erinnicholeart



YOU ARE HOME WITH ME

Sarah Asper-Smith
Illustrated by Mitchell Watley

Based on the bestselling hardcover children's book, the *You Are Home with Me* board book introduces young children to the homes of a variety of animals.

Explore the many ways that animals create a habitat to protect their young in this charming board book, filled with baby animals and their parents.

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NOVEMBER 10, 2020
\$9.99 Juvenile fiction
Board book 6¼ x 6¼ 22 pgs
ISBN: 978-1-63217-366-9
Age range: 0 to 3 years



Sarah Lutomski

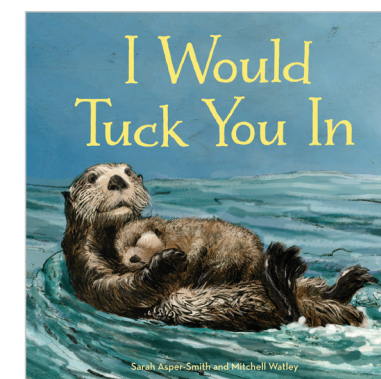
SARAH ASPER-SMITH makes her home up 100 stairs in Juneau, Alaska, with her husband, Mitchell Watley. In addition to writing children's books, Sarah works developing and designing museum exhibits. She helps people tell stories about their homes.

MITCHELL WATLEY now lives in Alaska, but he still considers Texas his home. When he is not collaborating with his wife, Sarah, on an artistic project or a delicious meal, he can often be found painting in his studio or walking their dog on the beaches near their home.

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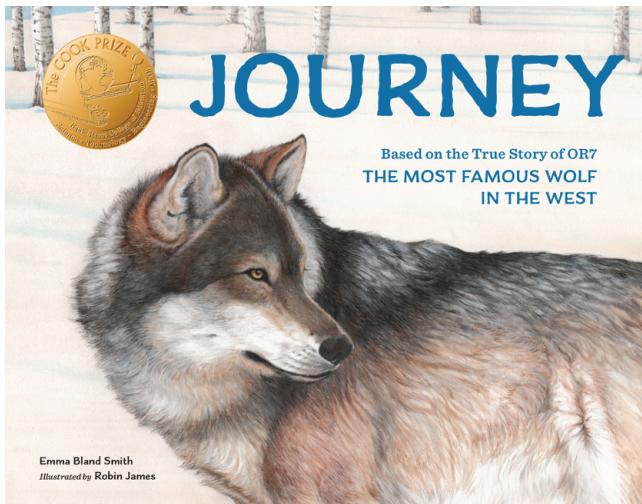
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Emma Bland Smith
Illustrated by Robin James

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AUGUST 4, 2020

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Anna Jankowska

EMMA BLAND SMITH is a librarian and author of children's fiction and nonfiction. Her picture book debut, *Journey: Based on the True Story of OR7, the Most Famous Wolf in the West*, won the 2016 Sigurd F. Olson Nature Writing Award for children's literature and the 2017 Cook Prize. Visit her online at EmmaBSmith.com.



Randall Williams

ROBIN JAMES has illustrated more than 85 books, including all of the titles of the much-loved Serendipity series. A native of the Pacific Northwest, she lives with her husband in Arlington, Washington. Learn more about her at RobinJames.net.



"A contest to name the wolf!" cried Abby, listening to a local radio broadcast. A conservation group was asking children to send in suggestions. This could be her chance to help him. She got out her notebook and pencil.

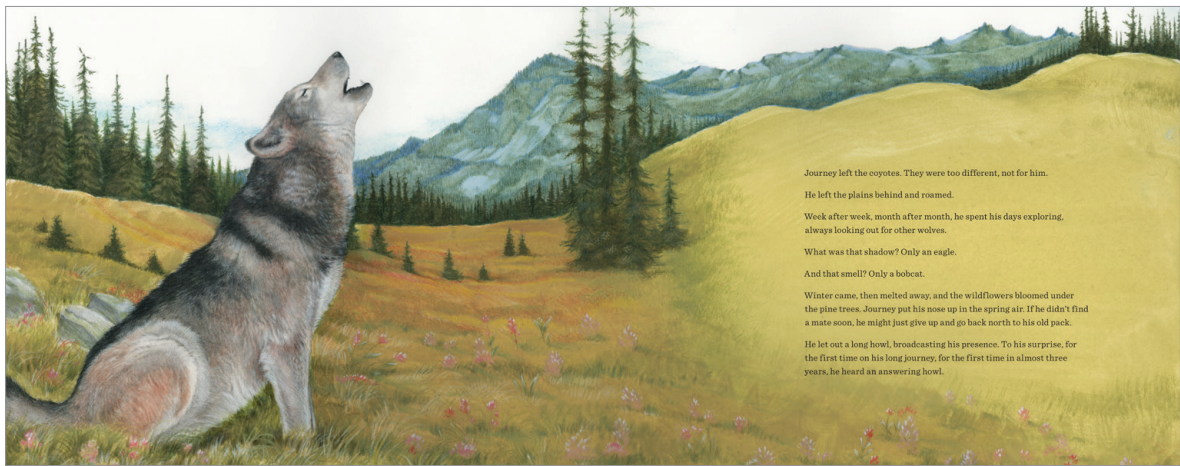
Brownie? No.

Cal, for California? No.

Spot? No.

Orrie, for Oregon? Maybe.

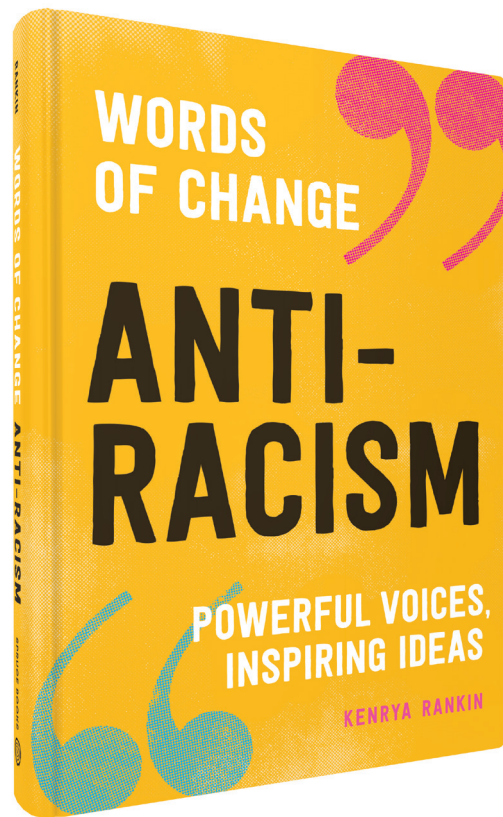
She thought for hours. And then it came to her.





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Kenrya Rankin

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Kea Dupree-Alfred

KENRYA RANKIN is an award-winning author, journalist, speaker, and on-air talent whose work shifts the narrative around who deserves liberation, justice, joy, and dignity in America. Kenrya is editorial director of *Colorlines* and coauthor of *How We Fight White Supremacy: A Field Guide to Black Resistance*; her expertise is frequently tapped by media such as the *New York Times*.

ONLINE: ↗

Kenrya.com

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“

There's this false notion that you have to separate and choose between issues of class and issues of race. What people do when they say that you need to separate class from race is that they are really just saying that people of color should come second. There is no such thing as talking about class without there being implications of the racial history of the United States.

You just can't do it.

—ALEXANDRIA OCASIO-CORTEZ

”



“WITH ONE
PERSON'S
PRIVILEGE COMES
AN OPPORTUNITY
TO EXPOSE
ANOTHER'S NEED.”

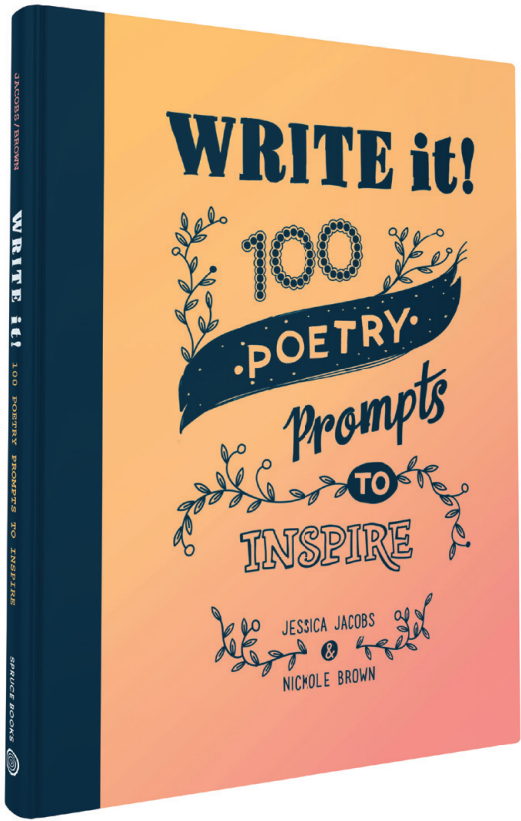
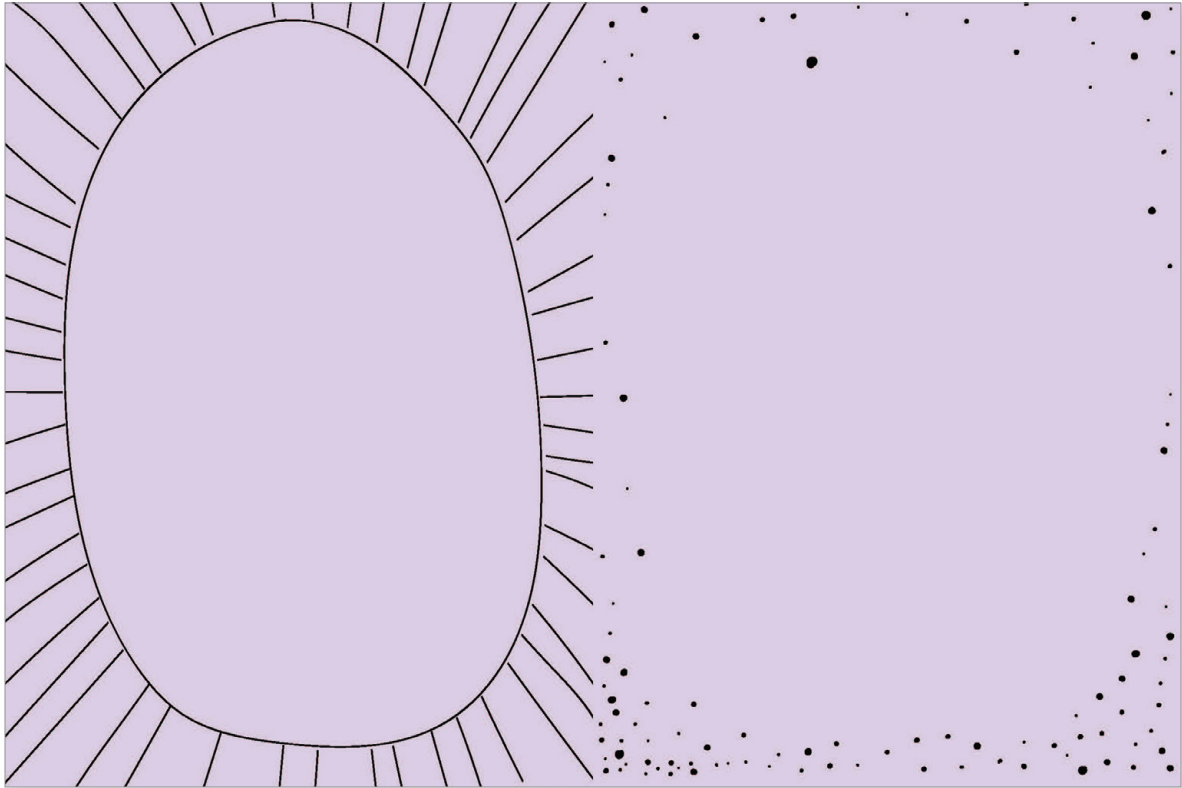
—ARIA CHIDO

“

Intimacy allows the transformation we so desperately need, beyond Whiteness as superiority.

—ADRIENNE MAREE BROWN

”



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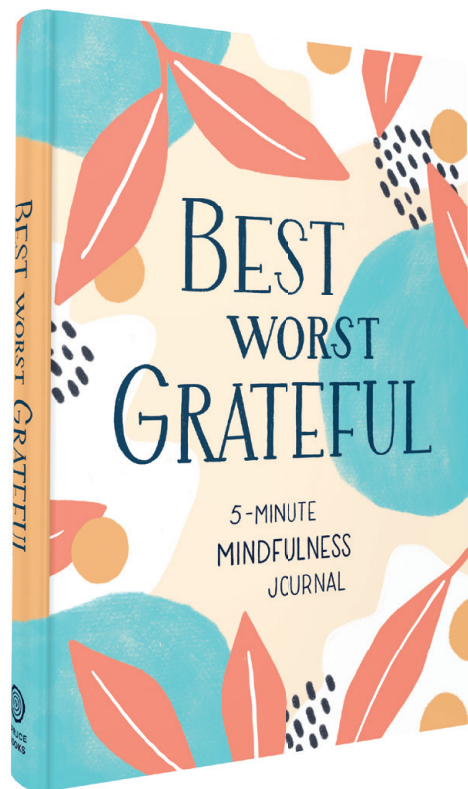
Joli Livaudais

Poet **NICKOLE BROWN** is the author of *Sister*, *Fanny Says*, and *To Those Who Were Our First Gods*. She once worked as editorial assistant for the late Hunter S. Thompson.

When not at home in Asheville, North Carolina, Jessica and Nickole are leading poetry workshops around the world.

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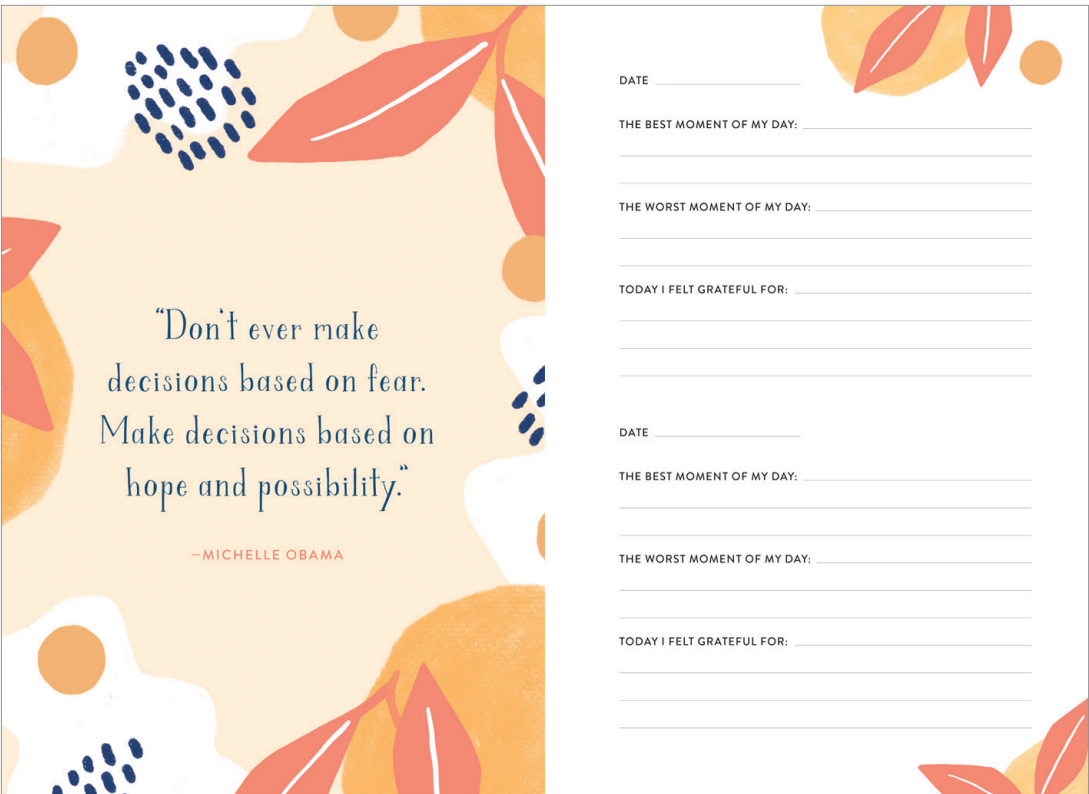
BEST WORST GRATEFUL

5-Minute Mindfulness Journal

Spruce Books

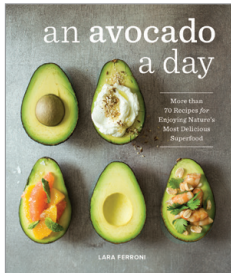
An easy-to-use mindfulness journal for anyone who wants to try the simple yet powerful practice of reviewing the day—noting the high point, the low point, and something for which they feel grateful.

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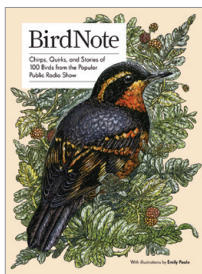
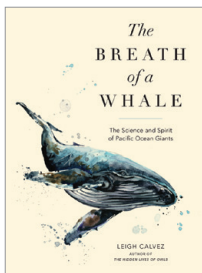


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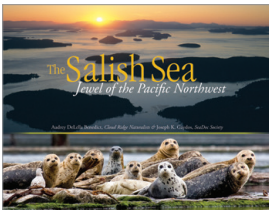
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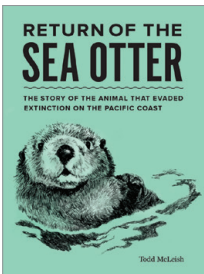
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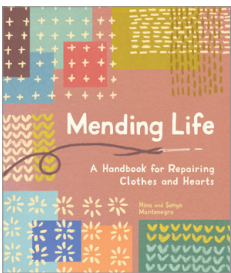
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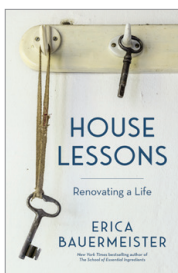
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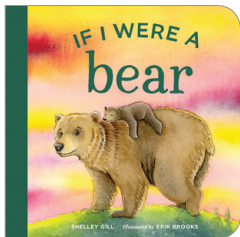
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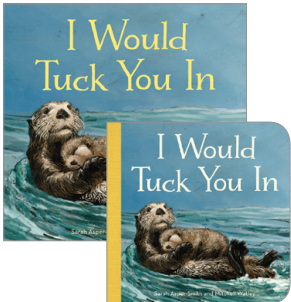
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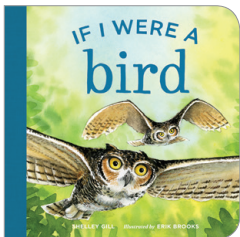


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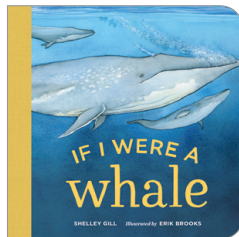
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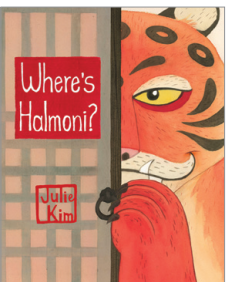
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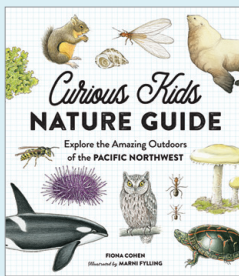
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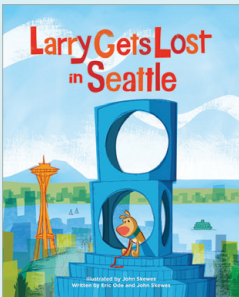
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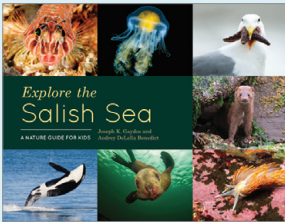
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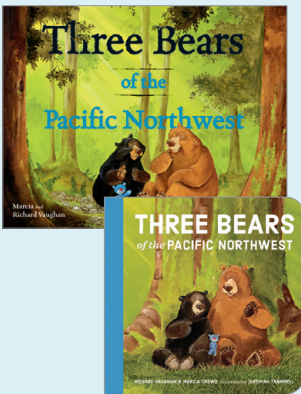
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