



# FALL 2023



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



**SASQUATCH BOOKS** publishes visual nonfiction by gifted writers, artists, chefs, naturalists, and thought leaders whose work reflects the adventurous, creative, DIY spirit of the PNW. Their passion becomes ours as we help transform their vision into beautifully crafted books and journals.



**LITTLE BIGFOOT**, our children’s imprint, draws inspiration from the natural wonders of the PNW and the diverse population that lives here. We publish richly illustrated board books and picture books that spark curiosity and engage the imagination of young readers and their families.



Our **SPRUCE BOOKS** imprint creates giftable, highly visual books, journals, and workbooks intended to help readers age 16+ to develop self-knowledge, build emotional intelligence, and create positive connections with the world around them.

## NEW TITLES

### SASQUATCH BOOKS & SPRUCE BOOKS

- 4 The Salmon Sisters: Harvest & Heritage
- 5 Scandinavian Gatherings
- 6 Fermenter
- 7 Pie School
- 8 Dog Days: Your Furbaby Memory Book
- 9 Wild Medicine
- 10 The Reset Workbook
- 11 Parenting Beyond Power
- 12 The Seattle Book of Dates
- 13 Golden Gate Gardening, 30th Anniversary Edition

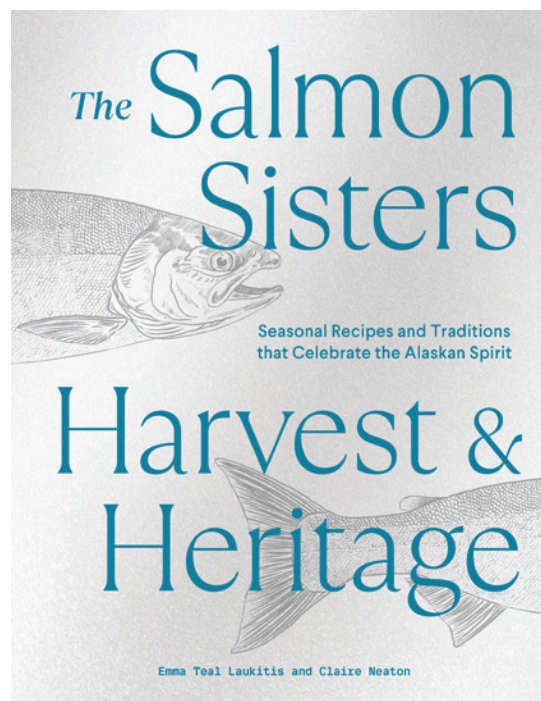
### LITTLE BIGFOOT

- 14 Working Boats Coloring Book
- 16 Where’s Joon?
- 17 When Fall Comes
- 18 Troublemakers and Superpowers
- 19 Drake the Super-Excited, Overeager, In-Your-Face Snake

### BESTSELLING BACKLIST

- 20 Sasquatch Books
- 21 Cookbooks
- 21 Little Bigfoot
- 22 Guided Journals





## THE SALMON SISTERS: HARVEST & HERITAGE

Seasonal Recipes and Traditions  
that Celebrate the Alaskan Spirit

Emma Teal Laukitis and Claire Neaton

Follow the Salmon Sisters as they celebrate the seasons through the food, traditions, and rituals of their Alaskan home. Lush photography, charming illustrations, 61 recipes, and 35 traditions showcase and honor the untamed spirit, natural bounty, and seasonal rhythms of land and sea.

The cookbook is organized by season. In each section, readers will find:

- Recipes ideal for the home cook
- Illustrated rituals and traditions
- Stories from Alaskan women on living and eating well
- A solstice or equinox menu to celebrate the seasonal harvest
- Expansive and intimate photography

SEPTEMBER 2023
Cooking – Specific Ingredients – Seafood
\$35.00   Hardcover   8 x 10½   272 pgs
ISBN: 978-1-63217-433-8

EMMA TEAL LAUKITIS and CLAIRE NEATON, a.k.a. the Salmon Sisters, grew up on a homestead in Alaska's remote Aleutian Islands, and make their livelihood harvesting wild seafood from the pristine, bountiful waters around them. This luxe hardcover reflects their values and vision, with delicious recipes and lovely traditions that is seasonal eating and living at its best.

ONLINE:   
salmonsisters.com  
 @aksalmonsisters

"Emma Teal Laukitis and Claire Neaton make me want to escape to Alaska and go fishing and then cook a gorgeous feast with their recipes. You will too."

—RENEE ERICKSON, chef and co-owner of Sea Creatures Restaurants, author of *A Boat, a Whale & a Walrus* and *Getaway*

### ALSO AVAILABLE:



The Salmon Sisters: Feasting, Fishing,  
and Living in Alaska  
ISBN: 978-1-63217-225-9  
\$24.95



NOW  
IN  
PAPERBACK!

## SCANDINAVIAN GATHERINGS

From Afternoon Fika to Christmas Eve Supper:  
70 Simple Recipes for Year-Round Hygge

Melissa Bahen

Relax with family and friends the *hygge* way with this whimsical collection of Scandinavian-inspired recipes, crafts, and entertaining ideas.

Create simple pleasures throughout the year with 10 seasonal, family-friendly gatherings filled with the flavors and traditions of Norway, Sweden, Denmark, and Finland (a region regularly reported as the happiest place on earth!). The book boasts 30 simple craft projects for entertaining and decorating, as well as 40 sweet and savory recipes that put a modern twist on well-loved, traditional Scandinavian treats like Mom's Maple Pecan Rings, Swedish Meat Pies, Lucia Buns, Hot Chocolate with Homemade Cardamom Marshmallows, and more.

SEPTEMBER 2023
Cooking – Regional & Ethnic – Scandinavian
\$24.95   Paperback   7½ x 8½   256 pgs
ISBN: 978-1-63217-499-4

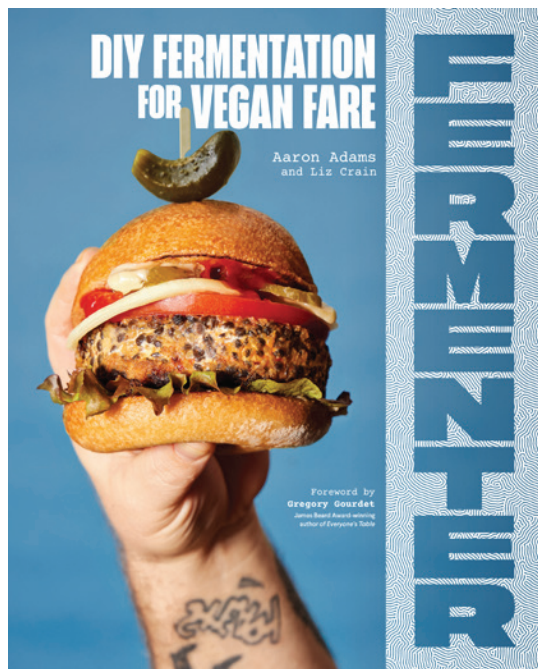
MELISSA BAHEN writes *Lulu the Baker*, a food and lifestyle blog focusing on fresh recipes, simple projects, and modern country life. She has been featured in media such as *Epicurious*. She lives in western Oregon.

ONLINE:   
LuluTheBaker.com

### ALSO AVAILABLE:



Five Marys Family Style  
ISBN: 978-1-63217-402-4  
\$40.00



## FERMENTER

*DIY Fermentation for Vegan Fare*

Aaron Adams and Liz Crain

Learn how to make funky, flavorful ferments and fantastic vegan food that incorporates them. Perfect for pickling wizards or those looking to up their vegan cred and bring revolutionary DIY spirit to their kitchen.

Like *The Noma Guide to Fermentation* but with a punk, DIY aesthetic and an it's-OK-to-fail ethos, *Fermenter* provides the sought-after secrets and words of wisdom from rising star chef Aaron Adams and renowned cookbook author Liz Crain. Based in Portland, Oregon (vegan capital of America), Fermenter restaurant specializes in culinary fermentation to achieve its unique funky flavors. They handcraft their own local bean and grain tempeh, fresh and aged vegan cheeses, fizzy probiotic drinks, and koji ferments—and now you can too. Follow them down this highly addictive (and inexpensive) path for totally DIY food, free from mass-produced or corporate anything.

*Beware: Vegetables will be slaughtered.*

SEPTEMBER 2023

Cooking – Vegan – Methods

\$29.95 | Paperback | 7 1/4 x 9 | 240 pgs

ISBN: 978-1-63217-471-0

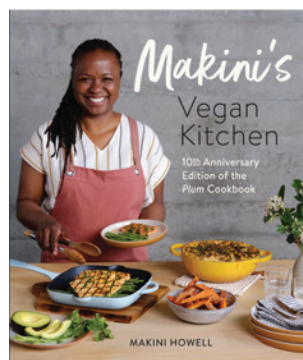
AARON ADAMS is a chef and fermentation educator. He opened his first restaurant in 2002 and zeroed in on his love of fermentation at Fermenter, which showcases everything from traditional to wildly experimental ferments—along with delicious dishes that incorporate them.

LIZ CRAIN is a longtime writer on Pacific Northwest food and drink. She is the author of *Dumplings = Love* and coauthor of *Toro Bravo*, and *Hello! My Name is Tasty*, as well as the 420-friendly *Grow Your Own*. She is cofounder of the annual Portland Fermentation Festival.

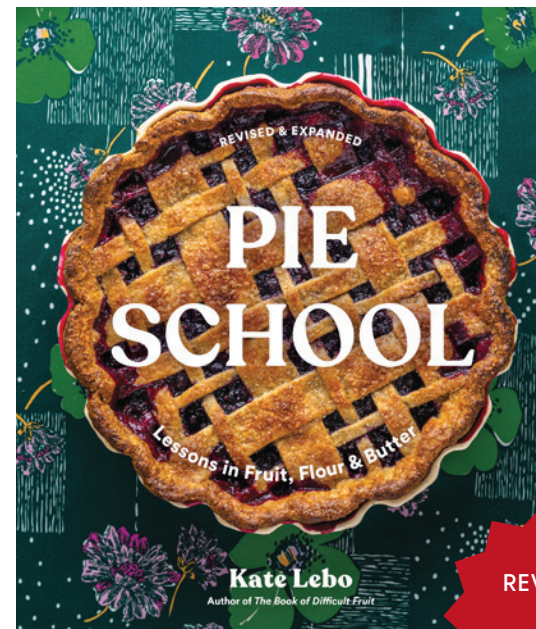
"A wellspring of instructive and tantalizing recipes for ferments, and refreshingly, also for whole meals made with those ferments. You're going to love this food no matter your diet."

—DAVID ZILBER, *New York Times* bestselling coauthor of *The Noma Guide to Fermentation*

ALSO AVAILABLE:



Makini's Vegan Kitchen  
ISBN: 978-1-63217-457-4  
\$27.00



REVISED  
&  
EXPANDED

## PIE SCHOOL

*Lessons in Fruit, Flour & Butter*

Kate Lebo

Discover even *more* pies in this updated, completely revised edition of Kate Lebo's classic cookbook!

Since the first publication of *Pie School* in 2014, Kate Lebo has inspired bakers everywhere with her witty and encouraging lessons on all things flaky and sweet. This new edition includes 20 brand-new pies—including two new chapters, one on savory meat or vegetable pies and one on "difficult" (lesser-known) fruit pies—plus updates to the originals (80 in total). Her proven process to achieve flakiness and structure, along with recipes for delicious, inspired fillings, will give home cooks all the skills they need to make the best pie of their lives. Lebo also invites us to ruminate on the social history, the meaning, and the place of pie in the pantheon of favorite foods.

AUGUST 2023

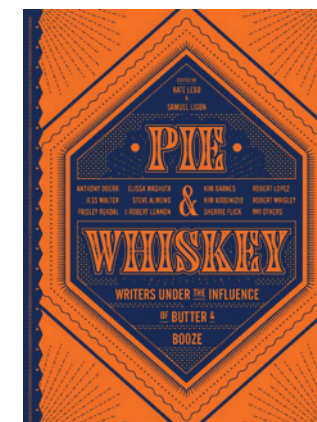
Cooking – Courses & Dishes – Pies

\$29.95 | Paperback | 7 1/4 x 8 1/2 | 288 pgs

ISBN: 978-1-63217-467-3

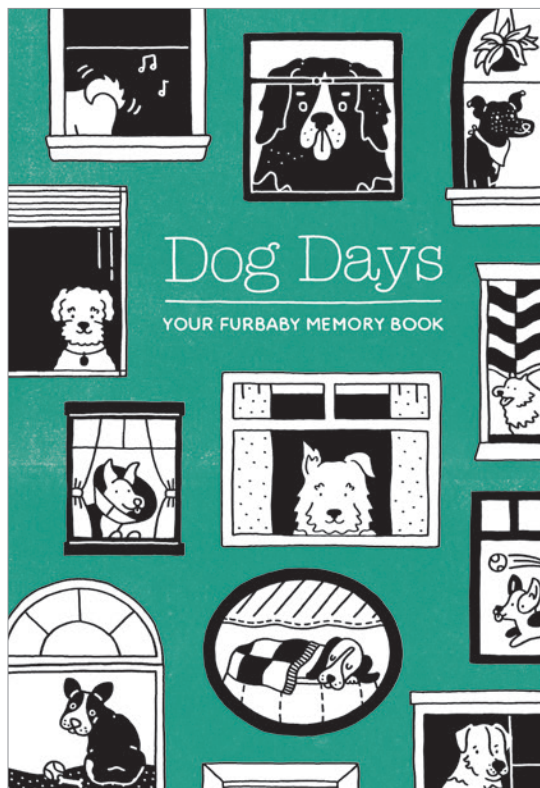
KATE LEBO is the author of the essay collection *The Book of Difficult Fruit*, which won the Washington State Book Award and received praise from media like the *New York Times*. She is also co-editor with Samuel Ligon of *Pie & Whiskey: Writers Under the Influence of Butter and Booze*. She lives in Spokane, Washington.

ALSO AVAILABLE:



Pie & Whiskey  
ISBN: 978-1-63217-112-2  
\$19.95





## DOG DAYS

*Your Furbaby Memory Book*

Susanna Ryan

In this whimsical and useful memory book, pet parents can record everyday adventures and best moments with their dog; the charming illustrations will delight as the pages are filled out and returned to again and again.

Use the beginning section to record background information about your pooch: name, origin story, tricks they know, favorite toys—and the rest of the journal as you're inspired, adding to it over time and recording memories as they happen, like good days together, memorable walks, and road trips. Author and illustrator Susanna Ryan infuses each page with her signature humor and charm, making this a memory book you'll adore filling out almost as much as you adore your pooch.

OCTOBER 2023

Pets – Dogs

\$18.99 | Hardcover | 5½ x 8 | 144 pgs

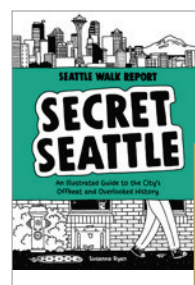
ISBN: 978-1-63217-495-6

SUSANNA RYAN, the creator behind the popular *Seattle Walk Report* Instagram platform, is a self-taught cartoonist, illustrator, and designer. She is the author of *Seattle Walk Report* and *Secret Seattle*.

ONLINE: 

 @seattlewalkreport

ALSO AVAILABLE:

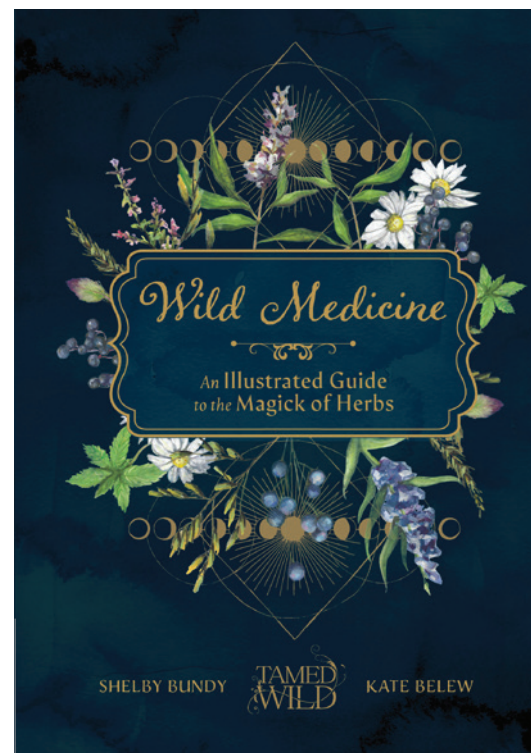


Secret Seattle  
ISBN: 978-1-63217-374-4  
\$19.95



Seattle Walk Report  
978-1-63217-261-7  
\$19.95

PNBA  
BESTSELLERS



## WILD MEDICINE

*Tamed Wild's Illustrated Guide to the  
Magick of Herbs*

Shelby Bundy and Kate Belew

A gorgeously illustrated herbal handbook from the witchy experts at Tamed Wild, it highlights the most common and powerful healing herbs and the wisdom gained over centuries of use. Ideal for green witches and budding herbalists!

Inspired by Tamed Wild's bestselling herb decks, *Wild Medicine* covers more than 60 magickal herbs. A lovely hand-painted watercolor introduces each one, offering an artist's look at the identifying characteristics of each herb. The accompanying text gives the key information every herbalist needs to know:

- A visual and botanical description of every plant
- An explanation of the plant's historical medicinal uses
- A look at the lore associated with the herb
- A potion, ritual, or recipe idea for each herb
- Practical tips for how to harness every herb's wild, earth-given medicine

OCTOBER 2023

Body, Mind, & Spirit – Magick Studies

\$21.00 | Hardcover | 5 x 7 | 272 pgs


ISBN: 978-1-63217-497-0

SHELBY BUNDY is the creator and owner of Tamed Wild, which sells natural apothecary products from herbs to teas, plus a successful subscription box series. Their popular blog, podcasts, readings, and retreats make it a leader in the Wiccan and earth-based magick marketplace. Shelby lives in North Carolina.

KATE BELEW writes the Tamed Wild blog *Magick & Alchemy* and is the cohost of the podcast of the same name. She lives in Brooklyn, New York, where she is a student of the magick and medicine of herbs.

ONLINE:

TamedWild.com

 @tamedwild

 @tamedwild

ALSO AVAILABLE:



Lavender  
ISBN: 978-1-63217-349-2  
\$22.95



## THE RESET WORKBOOK

*A Guide to Finding Your Inner Magic*

Justin Shiels

Bursting with author Justin Shiels' upbeat energy, this joyful journal will help you refresh and recharge in any areas of life where you may be feeling stuck—and design a life you love!

Is it time for a life reset? Try this fun guided journal designed to help you build emotional intelligence, develop the tools to establish new habits and rituals, and set inspired (yet practical) goals to fulfill your dreams. Colorful illustrations and inspiring quotes throughout make working through this journal a rewarding experience.

DECEMBER 2023
Self-Help – Journaling
\$16.99   Hardcover   5½ x 8½   192 pgs
ISBN: 978-1-63217-476-5

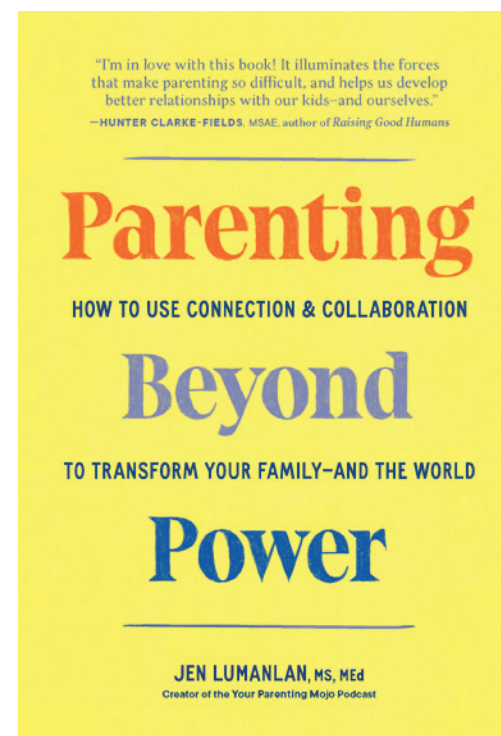
JUSTIN SHIELS is a creative director, coach, public speaker, influencer, and founder of the creative community SoCurious. He creates hand-drawn illustrations that provide hope in a complicated world. Leveraging his experience as a Black gay artist, his self-care and wellness content encourages vulnerability, connection, and personal growth. He lives in Austin, Texas.

ONLINE:  
Justinshiels.com  
@justinmadethat

ALSO AVAILABLE:



Finding Self-Compassion  
ISBN: 978-1-63217-417-8  
\$16.95



## PARENTING BEYOND POWER

*How to Use Connection & Collaboration to Transform Your Family—and the World*

Jen Lumanlan

Replace conventional parent-child power dynamics with connection and collaboration to create a more peaceful home. With this groundbreaking book, parenting will be easier—and you'll raise liberated children who will grow up to change the world.

Our children don't learn about White supremacy, patriarchy, and capitalism from what we tell them, but from how we interact with them every day. Parenting educator Jen Lumanlan offers a simple yet revolutionary framework for rethinking our relationships with children. Even conventional discipline methods like time-outs, countdowns, and "consequences" teach children that more powerful people can control others. Instead, Lumanlan teaches empathetic listening, understanding feelings and underlying needs, and problem-solving with our children to find solutions. In the long term, it helps us to raise children who confidently advocate for themselves and treat others with respect.

SEPTEMBER 2023
Family & Relationships – Parenting
\$21.95   Paperback   5½ x 8   272 pgs
ISBN: 978-1-63217-448-2

JEN LUMANLAN, MS, MED, is the host of the *Your Parenting Mojo* podcast, which was named Best Research-Based Parenting Podcast by Lifehacker. After attending Berkeley and Yale and following a traditional career path in sustainability consulting, Jen found that parenting was her toughest challenge yet. She went back to school for a master's in psychology focused on child development and another in education, and trained as a Co-Active coach to share what she learned with other parents.

"Lumanlan challenges us to face our privilege and adopt a powerful new way of parenting that's both effective and empathetic. Highly recommended for anyone involved in raising the next generation."

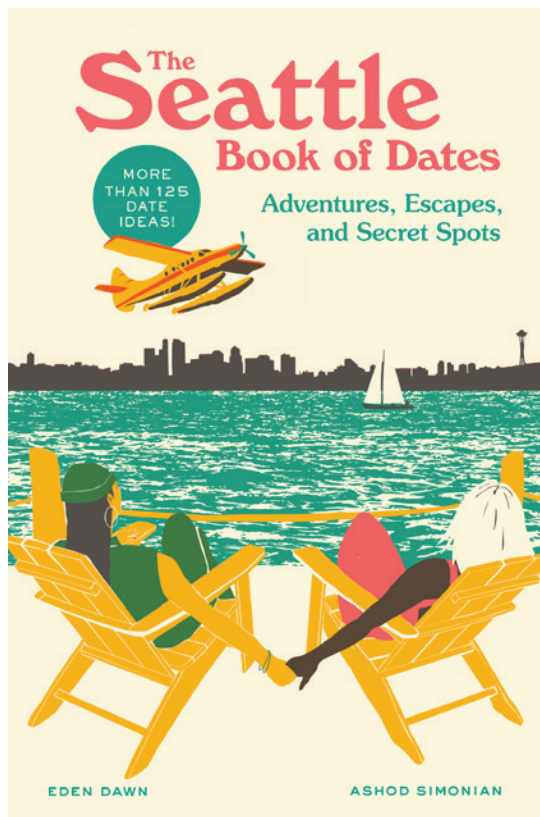
—CARLA NAUMBURG, PHD,  
author of *How to Stop Losing Your Sh\*t with Your Kids*

ALSO AVAILABLE:



How to Raise a Feminist Son  
ISBN: 978-1-63217-410-9  
\$19.95





## THE SEATTLE BOOK OF DATES

*Adventures, Escapes, and Secret Spots*

Eden Dawn and Ashod Simonian

From the authors of the bestselling *Portland Book of Dates* comes this illustrated insider's guide to the coolest spots in Seattle and Washington state.

A visual delight, the book marries style and substance, and the result is a curated and creative collection of more than 125 often-inexpensive outings in and around Seattle to inspire romance and adventure. Secret spots, beloved locales, and unexpected destinations offer endless options for date night or a weekend getaway.

NOVEMBER 2023
Travel – United States - West – Pacific (AK, CA, HI, OR, WA)
\$21.95   Paperback   5½ x 8½   176 pgs
ISBN: 978-1-63217-431-4

EDEN AND ASHOD run the activism-based nail polish company Claws Out. *The Seattle Book of Dates*—just like their previous best seller, *The Portland Book of Dates*—is a natural extension of their adventurous, overextended lifestyle.



The Portland Book of Dates  
ISBN: 978-1-63217-325-6  
\$19.95



## GOLDEN GATE GARDENING, 30TH ANNIVERSARY EDITION

*The Complete Guide to Year-Round Food Gardening in the San Francisco Bay Area & Coastal California*

Pam Peirce

This fully revised bestselling gardening bible for central and Northern Californians includes updates on climate changes, crop availability and sources, and pest management strategies. It also includes expanded help for inland, hot summer gardeners.

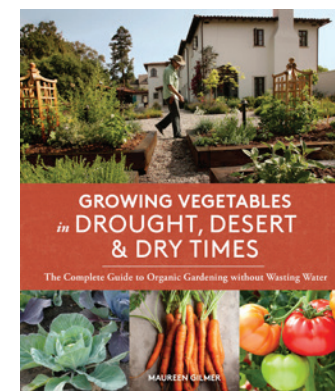
Expert gardener Pam Peirce shows how to use the unique local conditions of climate, soil, and rainfall to grow both common and unusual vegetables, herbs, edible flowers, cut flowers, and fruit from trees and shrubs including berries, citrus and avocados for your kitchen garden. It includes delicious, seasonal garden-to-table recipes, as well as charts, illustrations, maps, resource lists, and cross references to make it easy for readers to find the information they need.

AUGUST 2023
Gardening – Regional – West (AK, CA, CO, HI, ID, MT, NV, UT, WY)
\$35.00   Paperback   8½ x 11   448 pgs
ISBN: 978-1-63217-484-0

PAM PEIRCE has gardened in San Francisco for more than 40 years and helped found the San Francisco League of Urban Gardeners (SLUG), and has served on its board. She also taught horticulture at City College of San Francisco for 30 years. She has a monthly column in the *San Francisco Chronicle* and is the author of *Wildly Successful Plants: Northern California*.

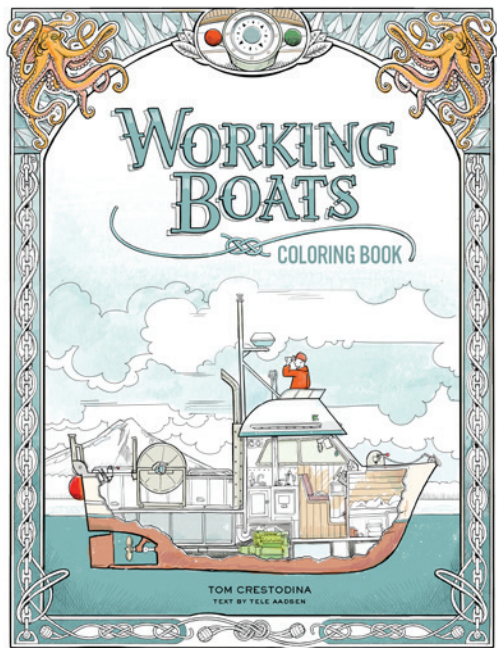
"For vegetable gardening in the Bay Area, *Golden Gate Gardening* is indispensable—if you buy one gardening book, this is the one."  
—MICHAEL POLLAN

ALSO AVAILABLE:



Growing Vegetables in Drought, Desert & Dry Times  
ISBN: 978-1-63217-023-1  
\$22.95





## Working Boats Coloring Book

Tom Crestodina

This richly illustrated coloring book, inspired by Tom Crestodina's bestselling picture book, is perfect for colorists of all ages curious about boats and the maritime world.

Step into the fascinating world of working boats with this fun and gorgeous coloring book filled with illustrations of intriguing boats and lively maritime scenes. Children and adults alike will love bringing this world to life in full color.

OCTOBER 2023

Juvenile Nonfiction – Art – Drawing

\$14.99 | Paperback | 8½ x 11 | 64 pgs

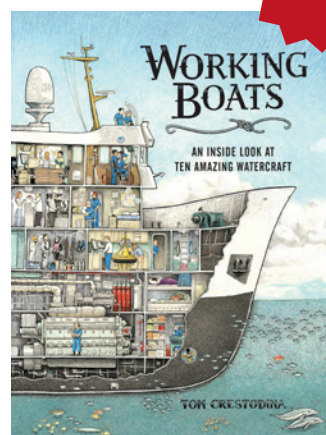
ISBN: 978-1-63217-506-9

Born in the Midwest, artist **TOM CRESTODINA** has been working as a fisherman in Alaska for over 20 years and studied marine engineering at the Seattle Maritime Academy. After the birth of his first child, he began making cutaway drawings of the vessels he was working on as a way to communicate with his child while he was at sea. After other seafarers began to ask for drawings of their own vessels, he went on to document the maritime trades in his whimsical style. His work appears in shops and galleries all over the Pacific coast of North America.

"Cross sections and exploded views abound in the detailed illustrations."

—KIRKUS REVIEWS  
review of *Working Boats*

ALSO AVAILABLE:



PNBA  
BESTSELLER

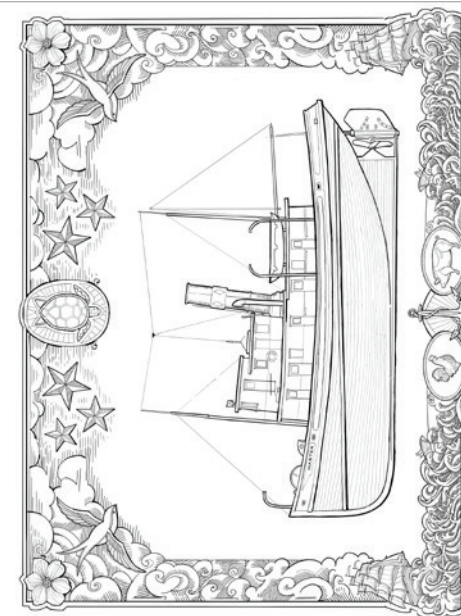
*Working Boats*  
ISBN: 978-1-63217-259-4  
\$19.99



### STEAM TUG MASTER

The Steam Tug Master is the last steam-powered tugboat in the world, over 100 years old and still receiving visitors through British Columbia's SS Master Society. She is a living symbol of maritime tradition.

Another such tradition is seen in the tattoos that mariners use to decorate their bodies and mark their achievements. One swallow stands for the 5,000 nautical miles of voyages, two for 10,000 nautical miles, and a turtle signifies a voyage crossing the equator. Other nautical tattoos are worn to bring good fortune. Pigs and chickens were often the survivors of lost ships, found floating in wooden crates. Mariners inked their images onto their feet in hope of mastering their own fates at sea.

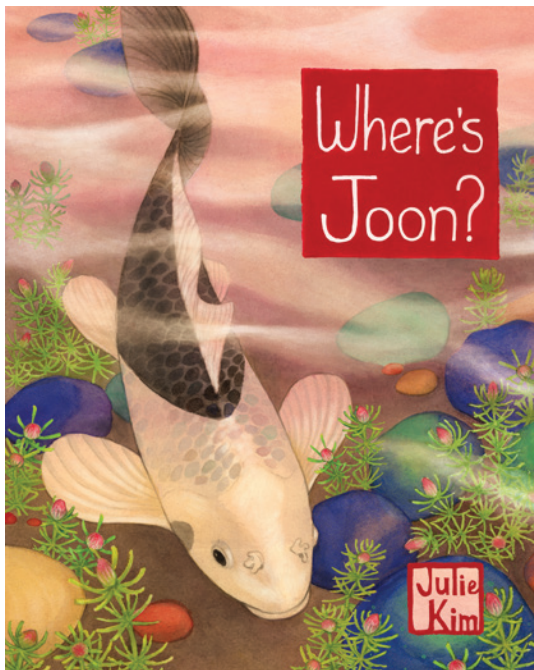


### THE JOURNEY OF THE SALMON

The Pacific Ocean is home to six types of salmon: Chinook, coho, sockeye, chum, pink, and in the Western Pacific, off the coast of Japan, masu. They all hatch from eggs laid in freshwater. Salmon spend their lives feeding in the ocean, swimming hundreds of miles before returning to their birth rivers and lakes to lay their own eggs. Because they depend on both fresh and saltwater habitats, salmon need healthy ocean and coastal ecosystems to flourish, including coastal kelp beds that hide them from predators.







## Where's Joon?

Julie Kim

Inspired by Korean folklore, Julie Kim once again pulls readers in a colorful, fantastical world with her beautiful illustrations. *Where's Joon?*—the graphic novel picture book follow up to Julie Kim's award-winning *Where's Halmoni?*—features new and familiar characters. It's Halmoni's birthday, and everyone is helping in the garden before the celebration, but where is Joon? Jin sees a mess in the kitchen but no signs of Joon anywhere. Where could he have gone? This is a story about the children's courage to face their fears and their efforts to do the right thing, and how love makes it all possible.

OCTOBER 2023

Juvenile Fiction – Legends, Myths, Fables – Asian

\$22.00 | Hardcover | 8 x 10 | 120 pgs

ISBN: 978-1-63217-415-4

JULIE KIM is an author and illustrator living in Seattle, Washington. She is a graduate of the Rhode Island School of Design, and has done illustration work for various trade, educational, and nonprofit book publishers as well as for children's magazines. *Where's Halmoni?* was her debut book as author/illustrator and *Where's Joon?* is the sequel.

"Kim's bright, expressive illustrations are a delight. . . an accessible, diverse title for a broad readership."

—KIRKUS REVIEWS,  
starred review of *Where's Halmoni?*

ALSO AVAILABLE:



*Where's Halmoni?*  
ISBN: 978-1-63217-077-4  
\$19.99



## WHEN FALL COMES

*Connecting with Nature as the Days Grow Shorter*

Aimée M. Bissonette; Illustrated by Erin Hourigan

This poetic children's book celebrates nature and wildlife in the fall season.

*When Fall Comes* celebrates seasonal change as animals and families begin to prepare for the winter months ahead.

*When fall comes,  
and great gaggles of Canada geese honk and flap overhead,  
and the aspen leaves change from green to gold,  
chilly air and shorter days remind us,  
it's time to get busy.*

*Change is coming and there is so much to do.  
Not just for us, but for the animals too.*

This next book in the *When Seasons Come* series captures the joy of being outdoors during the fall months.

SEPTEMBER 2023

Juvenile Fiction – Concepts – Seasons

\$17.99 | Hardcover | 10 x 8 | 32 pgs

ISBN: 978-1-63217-452-9

AIMÉE M. BISSONETTE is the author of three award-winning picture books for children. She loves the outdoors and finds inspiration in the north woods, on the shores of Lake Superior, hiking in the mountains, and walking long stretches of the sandy beach. She lives in Minnesota with her rambunctious Irish Terrier named Guinness.

ERIN HOURIGAN is an illustrator and author in Portland, Oregon. She grew up in Southern California and studied illustration at Cal State Fullerton before moving to Oregon, where she traded the waves for pine trees and rivers. She draws much of her inspiration from the world around her and loves spending time outdoors, hiking or playing with her dog, Scout.

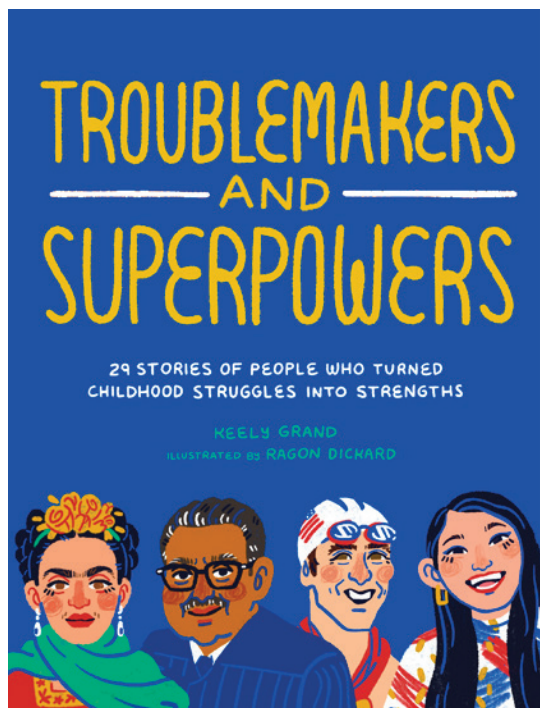
ALSO AVAILABLE:



*When Winter Comes*  
ISBN: 978-1-63217-273-0 (HC) | \$17.99  
ISBN: 978-1-63217-405-5 (BB) | \$10.99



*When Summer Comes*  
ISBN: 978-1-63217-435-2  
\$17.99



## TROUBLEMAKERS AND SUPERPOWERS

*29 Stories of People Who Turned Childhood Struggles into Strengths*

Keely Grand; Illustrated by Ragon Dickard;  
Foreword and Afterword by Marisela Van Sickel, LCSW

A unique and hopeful biography collection that explores the lives of 29 individuals from diverse backgrounds who turned their childhood struggles—their personal “troublemakers”—into strengths that enabled them to live their lives to the fullest.

*Troublemakers and Superpowers* is filled with stories of 29 remarkable people who have had to navigate a “troublemaker” in their childhood, such as trauma, depression, ADHD, OCD, anxiety, or dyslexia. Each of these individuals had a turning point in their life that enabled them to understand not only their struggles but also their strengths and how to use them to pursue their dreams.

Each profile includes a full-page illustrated portrait and an inspiring story that is interwoven with vibrant, playful art that highlights significant moments in each person's life.

OCTOBER 2023

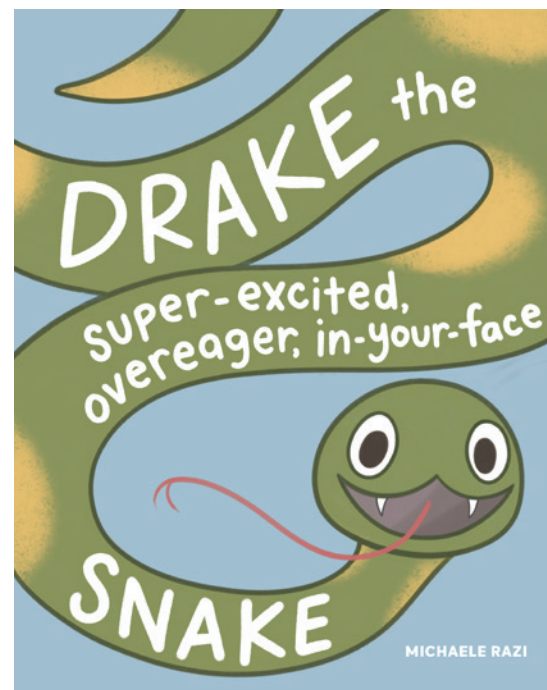
Juvenile Nonfiction – Biography & Autobiography

\$19.99 | Paperback | 7 1/4 x 9 1/4 | 128 pgs

ISBN: 978-1-63217-300-3

KEELY GRAND is a mom, author, personal trainer, and wellness specialist. Her interest in people, specifically their health, gifts, and challenges, was sparked by years of trying to find ways to connect with her younger cousin who lived with severe cerebral palsy. She earned a master's degree in health communication from Emerson College and has worked as a community health educator, a cross country and track coach, and free-lance writer. Diagnosed in adulthood with anxiety and ADHD, she manages her own troublemakers through exercise, speaking with a therapist, and practicing yoga.

RAGON DICKARD is a Seattle-based illustrator who loves to make art with monsters, animals, people, and fruits and vegetables. She's inspired by folk art, printmaking, animation, and kitschy things she finds at Goodwill. You can find out more about her on her website: RagonDickard.com.



## DRAKE THE SUPER-EXCITED, OVEREAGER, IN-YOUR-FACE SNAKE

*A Book about Consent*

Michaela Razi

A funny and clever picture book that addresses the importance of consent with memorable characters in a fun, silly, kid-friendly way.

Drake is a very friendly snake. He likes to play with his friends, and most especially, he likes to give big hugs. But not everyone likes his hugs.

When his buddies don't want to play with him, he decides to change his approach. He finds ways to make his pals comfortable when he approaches them, and new, fun ways to play and show affection.

SEPTEMBER 2023

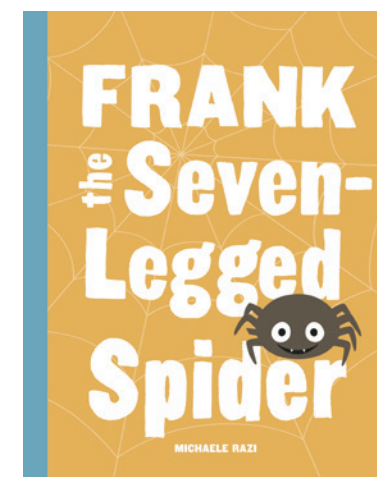
Juvenile Fiction – Social Themes – Emotions & Feelings

\$17.99 | Hardcover | 8 x 10 | 40 pgs

ISBN: 978-1-63217-353-9

MICHAELA RAZI is a children's book writer and illustrator. She loves children's books of all kinds. She enjoys all genres, but she especially likes to read (and write) characters who are silly, funny, and a little bit naughty. She lives outside of Seattle with her family and her two rascally cats.

ALSO AVAILABLE:



Frank the Seven-Legged Spider  
ISBN: 978-1-63217-128-3  
\$16.99



## PACIFIC NORTHWEST TITLES for ADULTS



**The Portland Book of Dates**  
978-1-63217-325-6 | \$19.95



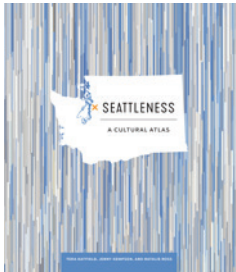
**The Best Coast**  
978-1-63217-174-0 | \$27.95  
**Greetings from the Best Coast**  
978-1-63217-283-9 | \$14.99



**On Island Time**  
978-1-63217-3-386 | \$24.95



**The Salmon Sisters**  
978-1-63217-225-9 | \$24.95



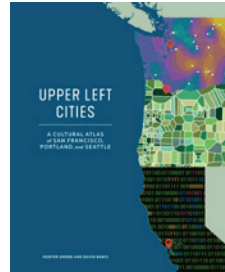
**Seattleness**  
978-1-63217-477-2 | \$24.95



**Seattle Walk Report**  
978-1-63217-261-7 | \$19.95

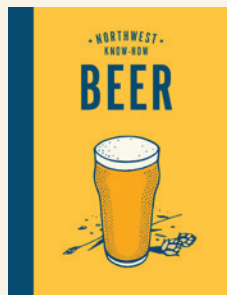


**Secret Seattle**  
978-1-63217-374-4 | \$19.95

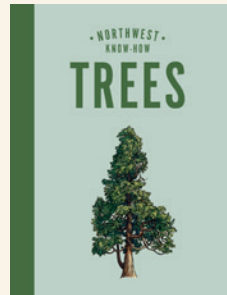


**Upper Left Cities**  
978-1-63217-182-5 | \$30.00

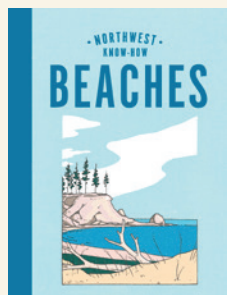
## . NORTHWEST. KNOW-HOW Discover the **Best** of the **Pacific** **Northwest**



**Northwest Know-How: Beer**  
978-1-63217-351-5 | \$16.95



**Northwest Know-How: Trees**  
978-1-63217-352-2 | \$16.95

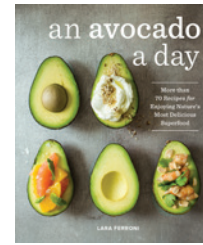


**Northwest Know-How: Beaches**  
978-1-63217-408-6 | \$16.95



**Northwest Know-How: Haunts**  
978-1-63217-409-3 | \$16.95

## BESTSELLING COOKBOOKS



**An Avocado a Day**  
978-1-63217-081-1 | \$21.95



**Cannelle et Vanille**  
978-1-63217-200-6 | \$40.00  
**Cannelle et Vanille Bakes Simple**  
978-1-63217-370-6 | \$40.00



**The Cast Iron Skillet Cookbook**  
978-1-57061-905-2 | \$22.95



**Chinese Soul Food**  
978-1-63217-455-0 | \$24.95  
**Vegetarian Chinese Soul Food**  
978-1-63217-454-3 | \$24.95



**Five Marys Ranch Raised Cookbook**  
978-1-63217-307-2 | \$29.95  
**Five Marys Family Style**  
978-1-63217-402-4 | \$40.00



**Fire + Wine**  
978-1-63217-451-2 | \$24.95

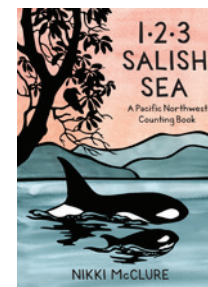


**Pasta for All Seasons**  
978-1-63217-427-7 | \$22.95



**Plant Power Bowls**  
978-1-63217-468-0 | \$22.95

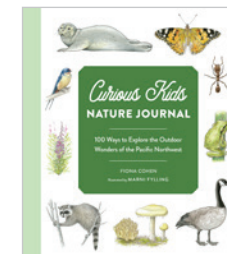
## PACIFIC NORTHWEST TITLES for KIDS



**1, 2, 3 Salish Sea**  
978-1-63217-336-2 | \$16.99



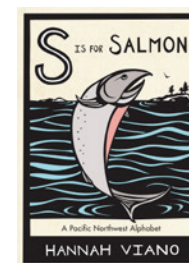
**Curious Kids Nature Guide**  
978-1-63217-083-5 | \$19.99



**Curious Kids Nature Journal**  
978-1-63217-384-3 | \$19.99



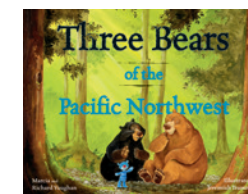
**Look at That Bird!**  
978-1-63217-317-1 | \$19.99



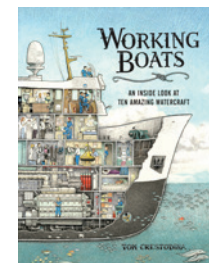
**S is for Salmon**  
978-1-57061-873-4 | \$16.99



**The Spirit of Springer**  
978-1-63217-212-9 | \$18.99



**Three Bears of the PNW**  
(HC) 978-1-57061-684-6 | \$17.99  
(BB) 978-1-63217-076-7 | \$10.99



**Working Boats**  
978-1-63217-259-4 | \$19.99



## INSPIRING GUIDED JOURNALS and WORKBOOKS



**Best Worst Grateful**  
978-1-63217-346-1 | \$16.95

**Best Worst Grateful**  
**Herringbone**  
978-1-63217-482-6 | \$16.99

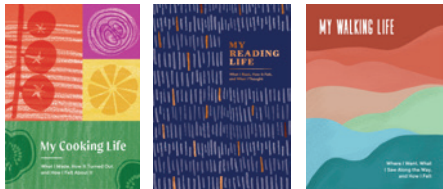
**Best Worst Grateful**  
**Color Block**  
978-1-63217-481-9 | \$16.99



**This Life of Mine**  
978-1-63217-208-2 | \$19.95

**This Family of Ours**  
978-1-63217-379-9 | \$19.95

**My Baby's Book**  
978-1-63217-453-6 | \$22.95



**My Cooking Life**  
978-1-63217-460-4 | \$16.99

**My Reading Life**  
978-1-63217-422-2 | \$16.99

**My Walking Life**  
978-1-63217-483-3 | \$16.99



**Finding Self-Compassion**  
978-1-63217-417-8 | \$16.95

**Goodbye Anxiety**  
978-1-63217-390-4 | \$16.95

**The Just Girl Project**  
**Self-Love Journal**  
978-1-63217-438-3 | \$16.95

OVER  
1.25 MILLION  
SOLD



**The 52 Lists Project**  
978-1-63217-034-7 | \$16.95



**The 52 Lists Project**  
**Botanical Pattern**  
978-1-63217-474-1 | \$18.99



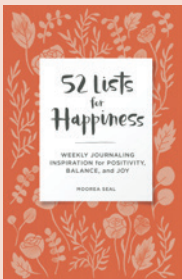
**52 Lists for Bravery**  
978-1-63217-331-7 | \$16.95



**52 Lists for Calm**  
978-1-63217-285-3 | \$18.99



**52 Lists for Happiness**  
978-1-63217-096-5 | \$16.95



**52 Lists for Happiness**  
**Floral Pattern**  
978-1-63217-475-8 | \$18.99



**52 Lists for Togetherness**  
978-1-63217-219-8 | \$16.95



**My 52 Lists Project**  
978-1-63217-394-2 | \$16.95



1325 FOURTH AVE, SUITE 1025  
SEATTLE, WA 98101

### PENGUIN RANDOM HOUSE DISTRIBUTION

To place an order, please contact your  
Penguin Random House rep, or contact  
the order department.

Penguin Random House, Inc.  
1745 Broadway, 3rd floor  
New York, NY 10019

### ORDER DEPARTMENT

Penguin Random House, Inc.  
Attn: Order Entry  
400 Hahn Road  
Westminster, MD 21157  
TEL: 800.733.3000  
FAX: 800.659.2436  
customerservice  
@penguinrandomhouse.com

### CUSTOMER SERVICE AND CREDIT DEPARTMENTS

TEL: 800.733.3000  
customerservice  
@penguinrandomhouse.com

### SPECIAL MARKETS

specialmarkets  
@penguinrandomhouse.com

### CANADIAN ORDERS AND INQUIRIES

Random House of Canada, Inc.  
Diversified Sales  
2775 Matheson Blvd., East  
Mississauga, ON L4W 4P4  
TEL: 800.668.4247  
FAX: 905.624.6217  
canadaspecialmarkets  
@penguinrandomhouse.com

### PENGUIN RANDOM HOUSE INTERNATIONAL SALES

Penguin Random House, Inc.  
International Division  
TEL: 212.572.6083  
FAX: 212.572.6045  
international  
@penguinrandomhouse.com

### SASQUATCH BOOKS SALES AND MARKETING

#### SALES

Jenny Abrami, Vice President,  
Sales and Strategy  
jabrami@sasquatchbooks.com

#### MARKETING AND PUBLICITY

Nicole Sprinkle, Director of Marketing  
nsprinkle@sasquatchbooks.com

Whitney Berger, Associate Manager,  
Marketing & Publicity, Little Bigfoot  
wberger@sasquatchbooks.com

Sasquatch books are distributed in  
the US, Canada, and internationally by  
Penguin Random House Publisher  
Services, a division of Random House, Inc.

COVER PHOTOGRAPHY BY DAWN HEUMANN  
FROM SALMON SISTERS HARVEST AND HERITAGE





SASQUATCH  
BOOKS