

**Leslie Ackerman**

# **Buckley the Highland Cow and Ralphy the Goat**

A Story About Kindness, Friendship, and Being Yourself

Follow this charming children’s story of Buckley, an orphaned cow, and his best friend Ralphy, along their journey to overcome barnyard bullying and loneliness and discover the power of resilience, diverse friendships, and loving who you are!

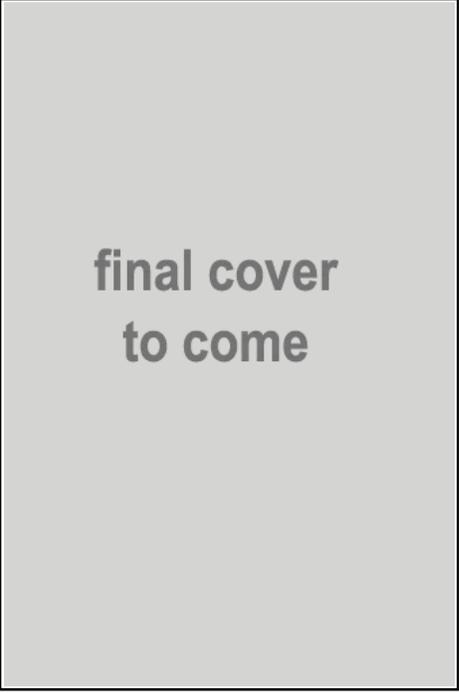
When a baby highland cow named Buckley suddenly finds himself all alone at a brand-new farm with no other cows, surrounded by unfamiliar, unfriendly faces, he isn’t sure what to do.

However, friends come from unlikely places! Ralphy, a rambunctious goat, decides to take Buckley under his hoof. Ralphy and Buckley are different in every way, but despite this they become fast friends. Buckley soon learns that a loving, supportive farmyard family can come in all shapes and sizes.

With adorable photographs of Insta-famous Buckley (@buckleythehighlandcow) and beautiful illustrations, this unforgettable real-life story of childhood resilience will inspire kids of all ages to overcome tough social situations and thrive.

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Leslie Ackerman is the (human) mom of Buckley the Highland Cow and Ralphy the Mini Nubian Goat, Buckley’s best friend. All three live on a farm in Shingle Springs, California.



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## **PAPER OVER BOARD**

**On Sale: 05/19/20**  
**Ulysses Press Children's**  
**9781646040285**  
Juvenile Nonfiction  
First Print: 8,000  
\$12.95 (US) / \$16.95 (CAN)

Ages , Grades  
6 x 6, 32 pages  
Carton quantity: 76

**Stephanie Hallett**

## **Healing with Red Light Therapy**

How Red and Near-Infrared Light to Manage Pain, Combat Aging, and Transform Your Health

**Discover the revolutionary power of low-light laser therapy (aka photobiomodulation) for the pain-free treatment of arthritis, psoriasis, hair loss, acne, cold sores, joint pain, scarring, and more.**

Red light therapy is dramatically changing the world of health care. Studies show using red and near-infrared light can have incredible effects, from managing chronic pain to even slowing the signs of aging. This natural, drug-free, red light therapy treatment can be found at your doctor's office, spa, and even in the comfort of your own home.

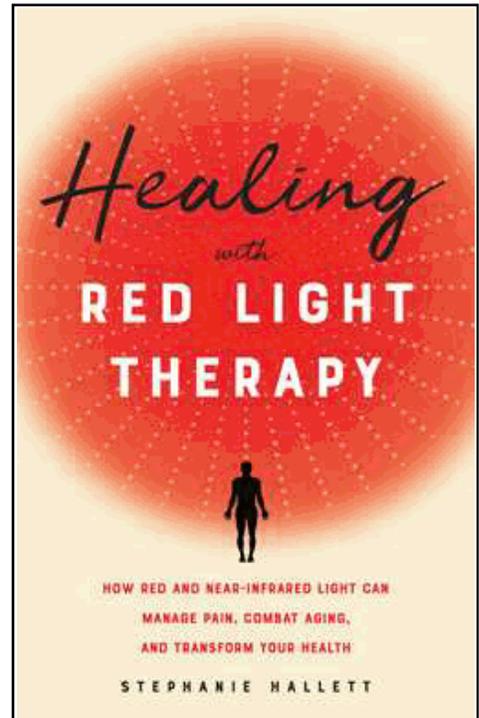
These at-home lights are increasing in popularity as they become more affordable and accessible online, but using them safely and effectively is crucial. With so many different devices, online advisories, and treatment options, this book is your go-to guide to understanding the ins and outs of this revolutionary therapy. Inside you'll find information about:

- How light therapy works
- Easy-to-understand breakdown of recent studies
- Different light source devices and types
- The importance of correct dosage
  - Treatment of chronic pain, skin aging and other conditions, joint pain, and more

With patient testimonials and interviews with leading health professionals, *Healing with Red Light Therapy* will give you all the tools you need to harness the healing power of light therapy

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Stephanie Hallett is a Toronto-born journalist. A graduate of the University of British Columbia's Master of Journalism program, she has worked as a reporter and editor at *Ms.* magazine, HuffPost, and HelloGiggles, and has had her work published by *Pacific Standard*, BuzzFeed, *Modern Luxury Brides California*, *DAME* magazine, and more. Her first cover story, on the FBI's problematic definition of "forcible rape," was published by *Ms.* in 2011 and kick-started a campaign to get the FBI to change its definition—the campaign was ultimately successful. Stephanie lives with her partner and senior dog in Los Angeles.



**PAPERBACK**

**On Sale: 06/23/20**  
**Ulysses Press**  
**9781646040292**  
Health & Fitness  
First Print: 6,000  
5 x 8, 192 pages  
Carton quantity: 54  
\$15.95 (US) / \$20.95 (CAN)

**Alyssa Sybertz**

## **The OMAD Diet**

Intermittent Fasting with One Meal a Day to Burn Fat and Lose Weight

**Make every meal count with this quick-start guide to the OMAD lifestyle, including more than 100 delicious, satisfying recipes designed to meet daily nutritional needs and with options for keto, paleo, plant-based, and gluten-free diets.**

The One Meal a Day approach to fasting is an efficient way to burn fat and lose weight. But eating only one meal a day, when done improperly, can deprive your body of the nutrients and energy it needs to thrive. The OMAD diet will show you how to take this approach in the healthiest and most mindful way possible.

This comprehensive guide book will show you exactly what you need to fuel your body to stay healthy, full, and burning fat. Then, once you have the technique down, it provides over 100 recipes to make your one-meal planning a breeze. Each delicious recipe comes with step-by-step instructions, as well as complete nutritional information, so you can be absolutely sure you're getting the macronutrients, micronutrients, and vitamins you need.

You'll savor your daily meal with delicious recipes like:

- Fiery Mexican Burrito Bowls
- Teriyaki Salmon with Basmati Rice and Broccoli Rabe
- Roasted Vegetable Salad with Grilled Chicken and Goat Cheese

Eating one meal a day may be extreme, but it doesn't have to be miserable with these tasty and easy recipes that conform to keto, paleo, plant-based, gluten-free lifestyles and more.

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Alyssa Sybertz is a freelance journalist and copywriter with an expertise in health, nutrition, fitness, and food. She is a frequent contributor to *Woman's World* and *FIRST for Women*, the top two best-selling retail magazines in the US, and is the food editor at *Closer Weekly*. She is the director of content for the residential fitness company *Power for Life Fitness*. She has also written for *WholeFoods Magazine* and authored comprehensive guides on topics like menopause and Medicare.

Alyssa is a certified Zumba instructor and enjoys hiking, snowboarding, and trying new recipes. She lives outside of Washington, DC, with her husband and her dog. You can find her at [AlyssaSybertz.com](http://AlyssaSybertz.com). This is her first book.

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**PAPERBACK**

**On Sale: 07/21/20**  
**Ulysses Press**  
**9781646040308**  
Health & Fitness  
First Print: 7,000  
5.5 x 8.5, 192 pages  
Carton quantity: 54  
\$15.95 (US) / \$20.95 (CAN)

## Pearl Chance Todreeme

# To Pee or Not to Pee

The Hilariously Snarky Pregnancy Activity Book

Give your pregnancy brain a break with this ultimate collection of funny activities, entertaining games, and surprising trivia all about the joys of growing a human just above your bladder -- a perfect baby shower gift for moms-to-be!

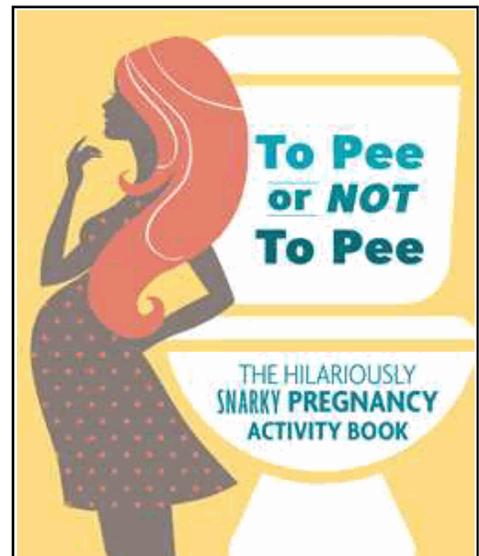
Being pregnant is a miracle and a gift, but let's be real, sometimes it just plain sucks. Take a seat and give yourself (and your swollen feet) a break with the coloring pages, crosswords, word tumbles, mazes, journal prompts, and much more inside the charming, hilarious, and utterly irreverent activity book written specifically for expectant mothers. Inside, you'll find activities like:

- Constipation word challenges
- “Can I touch your belly?” retort generator
- BYO terrible pregnancy advice
- Birth plan Mad Libs
- Coloring fun at the OB/GYN
- And more. . .

Whether you're looking for yourself or for the perfect baby shower gift, there's something for every preggo mom-to-be in this snarky, sassy, and (surprisingly) informative adult activity book.

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Pearl Chance Todreeme got her bachelor's degree in English literature. In her spare time she enjoys soliloquizing, pondering life's questions, and above all, making people laugh. She lives in Denmark, South Carolina.



**PAPERBACK**

**On Sale: 08/11/20**

**Ulysses Press**

**9781646040315**

Games & Activities

First Print: 4,000

7.5 x 9.25, 128 pages

Carton quantity: 46

\$12.95 (US) / \$16.95 (CAN)

**Ashten Evans; Ulysses Press**

## **And Off You Go to Change the World**

A Preschool and Kindergarten Graduation Gift Book

**Give preschool and kindergarten grads the gift of inspiration with this perfect graduation day gift: a book full of positive messages paired with adorable, colorful illustrations that promises to uplift and encourage children on their big day.**

The perfect gift for the littlest graduates of preschool or kindergarten as they accomplish their first experiences with school and pave the way to a lifetime of learning, this book is a great way to celebrate the special child in your life. With charming illustrations and text to uplift and motivate, *And Off You Go to Change the World* is a wonderful read for parents and children alike. Congrats, grads!

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Ashten is an editor and writer living in New York City. She enjoys spending time with her loving husband, Drew, and their super chill cat, Chelsea. This is her first book.



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### **PAPER OVER BOARD**

**On Sale: 05/05/20**

**Ulysses Press Children's**

**9781646040322**

Juvenile Fiction

First Print: 5,000

\$12.95 (US) / \$16.95 (CAN)

Ages , Grades

6 x 6, 64 pages

Carton quantity: 64

**Lisa Sweet**

## **365 Sex Positions**

A New Way Every Day for a Steamy, Erotic Year

Spice up your sex life with this ultimate guide to exciting, erotic and even acrobatic sex positions, including a sizzling position for every day of the year that is paired with titilating color photographs.

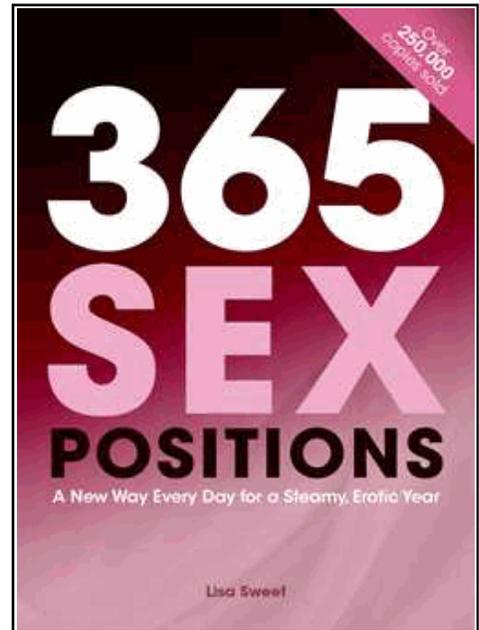
Transform your sex life and maximize your full sexual potential with 365 Sex Positions. Whether you're looking to break out of the same routines or spice it up in the bedroom, this guide shows hundreds of positions from beginner to pro levels to help you experiment. Open to any page and you'll discover a thrilling new position:

- Feel the sensual beat all over with "Tribal Rhythm"
- Bounce her to an awesome orgasm doing the "Pogo"
- Flip him over for an amazing 69 in the "Chair Tryst"
- Balance her on a ball to hit the "G-Spot Striker"
- Blast off to higher pleasure in the "Lusty Launch"

Easy-to-follow techniques accompany full-color photographs of each position so that you and your partner can discover new pleasures and explore how to reach orgasmic states in order to experience sexual bliss

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Lisa Sweet is the author of numerous sexual instruction books, including the top-selling 365 Sex Positions, and her writing has been published in newspapers and magazines in the United States, the United Kingdom, France, and Australia.



**PAPERBACK**

**On Sale: 07/07/20**

**Amorata Press**

**9781646040339**

Self-Help

First Print: 15,000

5 x 7, 376 pages

Carton quantity: 24

\$17.95 (US) / \$22.95 (CAN)

**Cheyna Roth**

## **Cold Cases: A True Crime Collection**

Unidentified Serial Killers, Unsolved Kidnappings, and Mysterious Murders (Including the Zodiac Killer, Natalee Holloway's Disappearance, the Golden State Killer and More)

**Discover the fascinating true crime stories of JonBenet Ramsey, the Black Dahlia, the Isabella Stewart Gardner Museum theft, the Amber Alert case, the Cleveland Torso Murders, and more --- the perfect gift for murderinos, armchair detectives, and online sleuths of all kinds!**

From mystifying heists to shocking murders, Cold Cases: A True Crime Collection features case file facts, fascinating details, and chilling testimonies of the world's most famous cold cases. Written for true crime junkies who love to speculate on the facts and theories surrounding their favorite cases, this book reads like you're having a conversation with a friend or listening to your favorite crime podcast. Each chapter delves deep into the facts, while also illuminating the many theories surrounding these mysteriously fascinating cases:

- The Zodiac Killer
- The disappearance of Natalee Holloway
- The murder of JonBenét Ramsey
- The Isabella Stewart Gardner Museum heist
- The Kingsbury Run murders, aka the Cleveland Torso murders
- The Black Dahlia murder
- The deaths of Barbara and Patricia Grimes
- D. B. Cooper's airplane heist
- The Amber Alert case (the death of Amber Hagerman)
- The Golden State Killer

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Raised on an early diet of Nancy Drew novels, Cheyna Roth has always had a deep fascination with crime and a good mystery. A prosecuting attorney at the age of twenty-four, Cheyna started out wanting to put the dregs of society in jail. But she soon learned that the criminal justice system is far from black and white. Cheyna became a journalist in 2016. Now she's a political reporter for the Michigan Public Radio Network and has been a guest on popular shows such as *1A*, *Here and Now*, and *All Things Considered*. Her work has also been featured in *Broadly*, *Bustle*, and on NPR. Cheyna is also an adjunct professor of journalism and law at Aquinas College.

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**PAPERBACK**

**On Sale: 07/14/20**

**Ulysses Press**

**9781646040346**

True Crime

First Print: 5,000

5.5 x 8.5, 280 pages

Carton quantity: 52

\$15.95 (US) / \$20.95 (CAN)

**Jennifer Hobbs**

## **Cooking with CBD**

50 Delicious Cannabidiol- and Hemp-Infused Recipes for Whole Body Healing without the High

**Harness the power of cannabis and hemp in your breakfasts, lunches, and dinners to help soothe anxiety, depression, inflammation, and transform your overall health!**

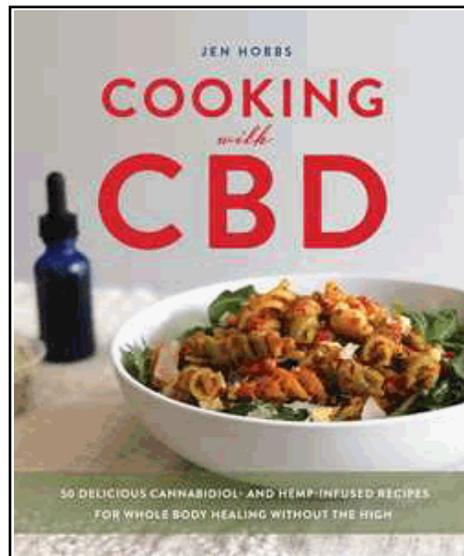
Whether to settle your nerves or treat specific health issues, cannabis- and hemp-infused foods and drinks are the trendiest items in the market. Now, with *Cooking with CBD*, you can learn how to bring the amazing health benefits of cannabidiol (CBD) into your daily meals at home.

With easy-to-follow, step-by-step instructions and helpful tips and advice, you'll discover how to add a CBD-spin into an existing recipe, determine what flavors pair best, and calculate the correct dosage. Transform your breakfasts, lunches, dinners, drinks, desserts, and snacks with delicious CBD recipes, including:

- Vegan Lemon Poppy Seed Pancakes
- Grilled Flank Steak Pinwheels
- Balsamic-Glazed Grilled Pork Chops
- Hemp Smoothies
- Lobster Rolls
- and many more!

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Jennifer Hobbs is a graduate of Fairleigh Dickinson University's Creative Writing MFA program. She has been a publicity consultant for the greater part of her career, representing Oscar- and Emmy Award-winning clients as well as politicians and authors. In 2016, she coauthored Jesse Ventura's *Marijuana Manifesto*, which inspired her new book, *American Hemp*. After visiting and living in several states and countries, Hobbs now resides in O'Fallon, Missouri, with her husband, Andrew, and daughter, McKayla.



**PAPERBACK**

**On Sale: 06/16/20**

**Ulysses Press**

**9781646040353**

Cooking

First Print: 16,000

7.5 x 9.25, 128 pages

Carton quantity: 54

\$17.95 (US) / \$22.95 (CAN)

**Aileen Ablog**

## **Keto BBQ Sauces, Rubs, and Marinades**

101 Low-Carb, Flavor-Packed Recipes for Next-Level Grilling and Smoking

**Spice up your next backyard barbecue with this ultimate book of keto-friendly and no-sugar bbq sauces, relishes, aiolis, dressings, and other tasty condiments.**

The key to the best barbecue is in the sauce—the delicious, sweet, smoky flavor that gets basted in and charred. But most store-bought sauces are packed full of sugar and preservatives, which is sure to knock your body out of ketosis. Keto BBQ Sauces, Rubs, and Marinades will show you how to have it both ways—delicious keto-friendly barbecue with all the flavor and none of the sugar.

No matter what you want to grill, smoke, griddle, or roast, this book has the recipe you need to make your meat juicy, flavorful, and, of course, keto-friendly. From mayos and aiolis to ketchup, mustards, and marinades, these easy recipes will add the perfect touch to your meal.

You'll learn how to make keto-friendly alternatives for your favorite sauces, like:

- North Carolina Vinegar Sauce
- Korean BBQ Sauce
- Teriyaki
- African Peri Peri Sauce

Keto BBQ Sauces, Rubs, and Marinades will show you that you can enjoy mouthwatering, flavor-packed barbecue and still keep to a keto lifestyle.

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Aileen discovered the ketogenic diet when she was faced with a future of health ailments, such as heart disease and diabetes, after having fought endometrial cancer. She needed to lose weight and change her eating habits. Within a few months of weight loss and increased energy, she realized this was more than a diet, but a lifestyle. Four years later, Aileen is still a strong advocate for the ketogenic diet. She has written the Ketogenic Pressure Cooker, organized several ketogenic Meetup events, worked with local businesses, and coached many friends and family members. A science geek at heart, Aileen created the blog Thriving on Low Carb initially to document her journey, but it's also become a recipe resource for her brothers along with a resource for restaurant dining tips and product reviews. By day she works at the University of the Fraser Valley as a chemistry lab technician. She lives in Chilliwack, BC, with her husband, Jeffrey. She enjoys cooking, baking, watching movies, and weightlifting.

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**PAPERBACK**

**On Sale: 06/02/20**  
**Ulysses Press**  
**9781646040360**  
Cooking  
First Print: 6,000  
7.5 x 9.25, 128 pages  
Carton quantity: 22  
\$17.95 (US) / \$22.95 (CAN)

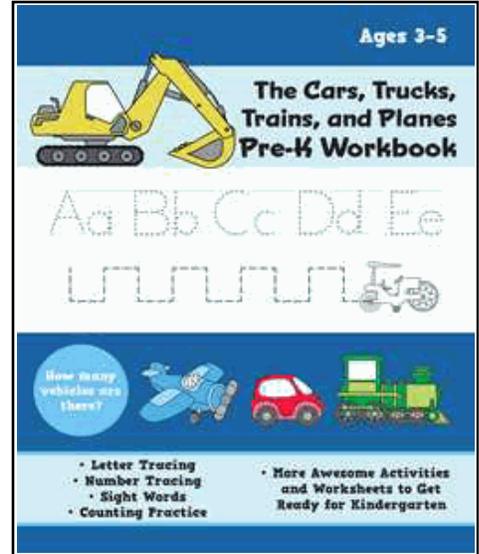
**Editors of Ulysses Press**

# **The Cars, Trucks, Trains, and Planes Pre-K Workbook**

Letter and Number Tracing, Sight Words, Counting Practice, and More Awesome Activities and Worksheets to Get Ready for Kindergarten (For Kids Ages 3-5)

Get ready for preschool and kindergarten with the fun and informative activities and worksheets in this things-that-go-themed workbook for letter and number tracing, shape recognition, counting, sight word practice, and much, much more!

Kids from ages 3 to 5 will learn letter and number tracing, shape recognition, counting, sight word practice, and much, much more while having a blast doodling and coloring excavators, dump trucks, tractor trailers, race cars, jet planes, and bullet trains. Plus, by filling out these activity pages and worksheets, your child will practice motor function skills on top of learning the alphabet, counting to 20, and more. After completing the exercises in this activity book, your child will be that much more prepared for the next grade level, having practiced the most important kindergarten readiness skills.



**PAPERBACK**

**On Sale: 06/09/20**

**Ulysses Press Children's**

**9781646040384**

Juvenile Nonfiction

First Print: 4,000

\$12.95 (US) / \$16.95 (CAN)

Ages , Grades

7.5 x 9.25, 160 pages

Carton quantity: 46

# Jesus and Buddha

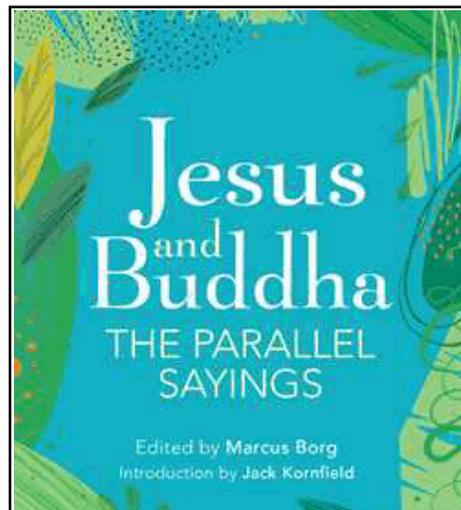
## The Parallel Sayings

**Discover the teachings of Jesus and Buddha with over 100 examples presented side by side to reveal striking similarities, a perfect book for anyone interested in Christianity, Buddhism, mindfulness, meditation, and all ways of seeking enlightenment.**

This stunning collection is perfect for those curious about the influential teachers, Jesus and Buddha, and their lessons of peace, love, patience, and kindness. Witness as two of the most holy beings meet in a thought-provoking encounter of the spirit.

Compare the Bible verse: “Jesus knew all people and needed no one to testify about anyone; for he himself knew what was in everyone” (John 2.24-25) to the Buddhist scripture: “He was expert in knowing the thoughts and actions of living beings” (Vimalakirtinirdesha Sutra 2).

Jesus and Buddha is a timeless testament to what makes us similar rather than different. This enlightening book also makes a great gift.



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Author of the best-selling Meeting Jesus Again for the First Time, the celebrated scholar of Christianity, Marcus Borg, lived in Portland, Oregon. He died in 2015.

Jack Kornfield is the author of the best-selling Buddha's Little Instruction Book. He lives in Woodacre, California.

### PAPER OVER BOARD

**On Sale: 08/04/20**

**Ulysses Press**

**9781646040391**

Religion

First Print: 10,000

5.75 x 6.5, 160 pages

Carton quantity: 54

\$19.95 (US) / \$25.95 (CAN)

**Jenny Dorsey**

## **The Infrared Grill Master**

Recipes and Techniques for Perfectly Seared, Deliciously Smokey BBQ Every Time

**Level up your outdoor grilling game with this chef-approved cookbook and guide to the red-hot infrared grilling tech that guarantees consistent and juicy steaks, ribs, burgers, seafood, and more.**

Infrared grilling is the best way to make perfectly cooked, flavor-packed versions of your favorite barbecue standards without the pillowing smoke, dangerous flare-ups, or piles of coal needed for traditional outdoor grills. Whether you're an avid griller or experimenting for the first time, The Infrared Grill Master will help you master grilling with delicious recipes including:

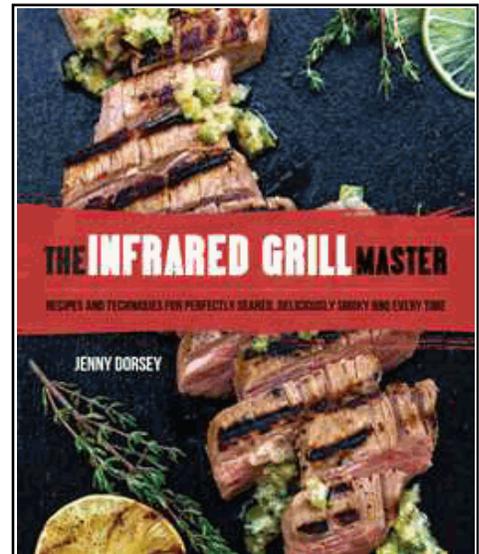
- "Faux" dry-aged steak
- Lamb chops with chimichurri
- Classic baby back ribs
- Grilled Avocado Toast
- Corn "Off the Cob"
- Lobster with charred lemon

...and even grilled banana ice cream

Grilling with infrared is a short learning curve, but is different from the classic method: once you're comfortable setting up your outdoor grill, this book will walk through the best types of items to grill to best capture infrared technology, certain limitations to keep in mind and clever ways to infuse the subtleties of smoking with little additional work.

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Jenny Dorsey is a professional chef, author and artist specializing in interdisciplinary storytelling fusing food with social good. She is the founder of Studio ATAO, an experimental culinary production studio, and runs her own culinary consulting business. She is the author of several books, including Mastering the Instant Pot, Healthy Cocktails and Air Frying for Everyone, and her bylines have been published in outlets such as Eater, Michelin Guide, VICE and Narratively. Her full biography, food portfolio and written work can be seen at [www.jennydorsey.co](http://www.jennydorsey.co).



### **PAPER OVER BOARD**

**On Sale: 05/12/20**

**Ulysses Press**

**9781646040407**

Cooking

First Print: 10,000

7.5 x 9.25, 144 pages

Carton quantity: 32

\$24.95 (US) / \$32.5 (CAN)

**Rachel Zohn**

## **Break Free from Eczema**

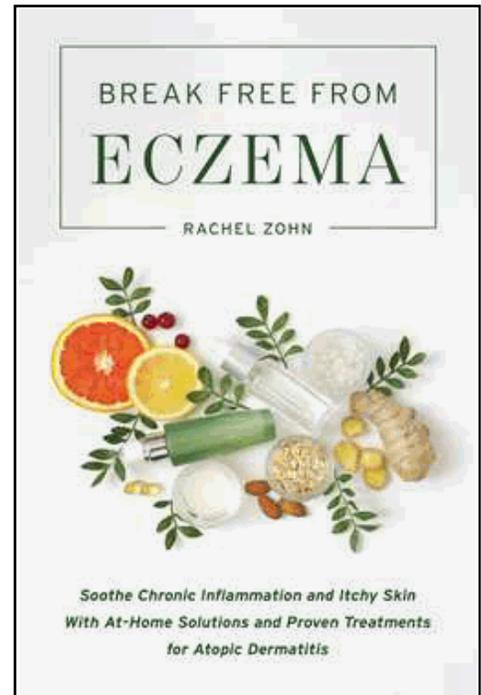
Soothe Chronic Inflammation and Itchy Skin with At-Home Solutions and Proven Treatments for Atopic Dermatitis

**Find relief from itchy, red skin with this complete guide to healing eczema, including alternative treatments, DIY remedies, dietary suggestions, patient testimonials, and so much more.**

Eczema is an intensely itchy, blistering, and inflamed skin condition that affects millions of people every day, yet many struggle to find treatments that actually work for them. The truth is, there is no cure or one-size-fits-all solution for eczema, but you can arm yourself with the information you need to determine what will work best for you. That's where Break Free from Eczema comes in! This book is your guide to understanding how your genes, the environment you live in, your daily routines, and more can affect your skin, and how to use that information to determine the best course of action --specifically for you.

This book provides practical tips and ideas on ways to manage eczema, including:

- Alternative and complementary treatments you can try out at home
  - Clear explanations into the most current medical research on eczema, including topical steroid withdrawal
  - Questions you need to ask yourself and your medical professionals
  - Real-life stories of those who have dealt with this condition
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**PAPERBACK**

**On Sale: 07/28/20**

**Ulysses Press**

**9781646040414**

Health & Fitness

First Print: 5,000

5.5 x 8.5, 192 pages

Carton quantity: 60

\$15.95 (US) / \$20.95 (CAN)

## Bridget Thoreson

# XOXO, A Cocktail Book

An Unofficial Gossip Girl Fan Book

Shake up a classy cocktail and have a party worthy of the New York City elite with 50 tempting recipes and enticing photos—a perfect gift for Gossip Girl fans and TV lovers.

Spotted: A cocktail book worthy of Queen Bee status.

Whether or not you're an Upper East Sider, swanky hotel owner, prep school heiress, or just a gal who loves to stream hours of TV, you have one thing in common: love for an exquisite cocktail. This luxe cocktail book is essential for living—and drinking—like New York City's high society.

Inside you'll find delicious drinks inspired by your favorite scandalous TV characters. Recipes include:

- Page Six Gin Fizz
- Queen B's Gin Martini
- Summer in the Hamptons Sangria
- Lonely Boy's Beergarita

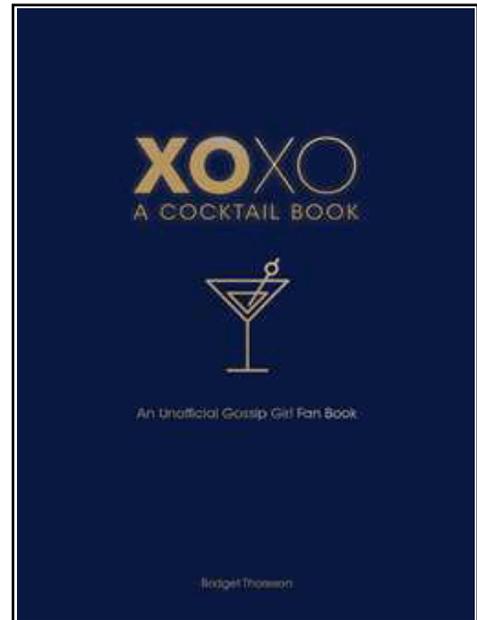
With over 100 cocktails and fabulous photographs, this book is your one and only source for the most lavish libations. How can you resist?

You know you love me.

XOXO

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Bridget Thoreson lives in Brooklyn (don't worry, she's had her tetanus shot). If she were one character from Gossip Girl, she would want to be Lily but would probably actually be Nate. Her favorite cocktail at the moment is a Kir Royale and while her friends do call her B, they never call her their queen.



### PAPER OVER BOARD

**On Sale: 05/26/20**

**Ulysses Press**

**9781646040421**

Cooking

First Print: 50,000

5 x 7, 192 pages

Carton quantity: 26

\$19.95 (US) / \$25.95 (CAN)

## Editors of Ulysses Press

# The Best Teacher Lesson Planner

Your Customizable, All-in-One Classroom Organizer with Seating Charts, Activity Plans, Note Pages, Full-Year Calendar, and Record Book

**Keep your classroom in perfect order with this monthly-weekly planner designed specifically for busy teachers who need a go-to place to store important classroom information, record grades, and have the best, most organized year ever.**

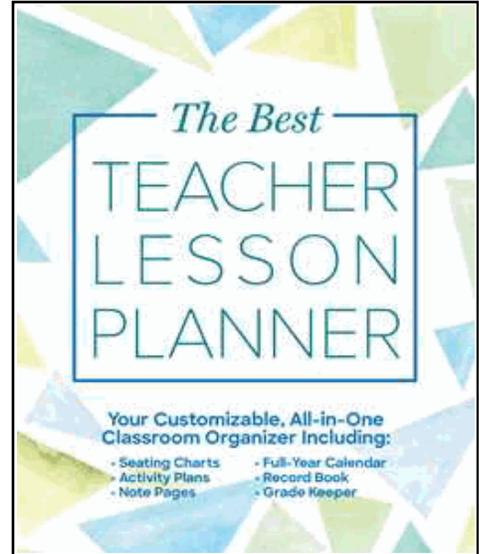
Banish the back-to-school scaries with the perfect resource for classroom organization: The Best Teacher Lesson Planner. Finally, the one and only planner you'll ever need to make activities and scheduling easy, stay on top of organization, and manage all types of classrooms. This book includes:

- Customizable full-year calendar
- Monthly and weekly planner pages
- Attendance and grade records for each student
- High-quality interior paper and lay-flat binding
- Space for seating charts
- Extra note pages for to-do lists and important ideas
- Inspirational quotes and fun holidays

Perfect for teachers of all grade levels and homeschoolers alike, this book will quickly become your go-to teaching assistant. Keep calm and teach on!

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Ulysses Press is a publishing company located in Brooklyn, New York, and Berkeley, California, that specializes in education publishing and creating classroom-changing books for teachers by teachers.



### PAPERBACK

**On Sale: 06/09/20**

**Ulysses Press**

**9781646040469**

Education

First Print: 5,000

7.5 x 9.25, 144 pages

Carton quantity: 54

\$9.95 (US) / \$12.95 (CAN)