

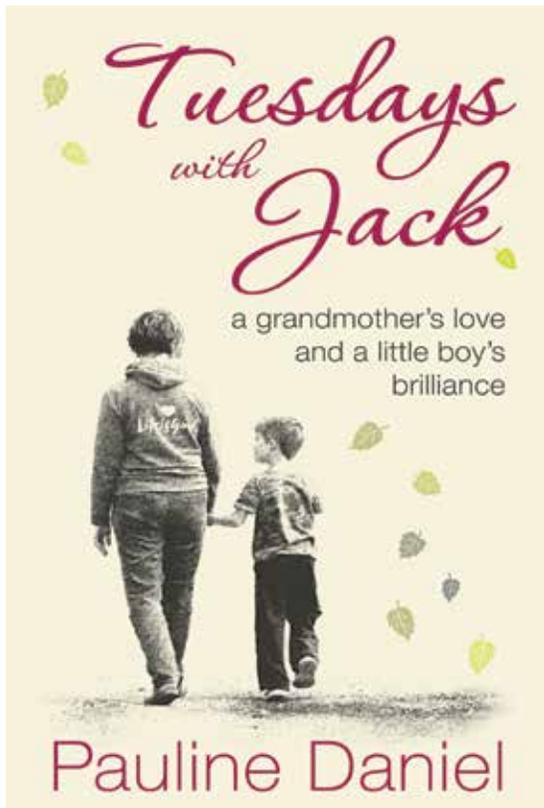


GRANVILLE ISLAND
PUBLISHING

Books That Make a Difference

2018 SUMMER CATALOGUE





Tuesdays with Jack

A grandmother's love and a little boy's brilliance
Pauline Daniel

“Come on Jack. It's time to clean up . . .”
“I hear you. I'm not listening.”

Jack, age 4

Tuesdays with Jack is a heartwarming memoir of introspection and observation, a humorous look into a family with the kind of enchanting moments and unflinching devotion, blended with mess and exhaustion, that we can all relate to.

Jack's batteries are running out in his head. But only for songs. Through the inventive eyes of this little boy and his grandmother, we are given insight into their world together, with the fun and wonderment of two lives that are full of beautiful instants, floppy bits, and intimate scenes that make your heart stop.

This is the story of Buba and Jack making whipped cream and making magic, a captivating chronicle permeated by intense love that can only be given by a grandmother.



In addition to being a first-time author, **Pauline Daniel** is the owner of Coaching Connections, a life-coaching practice serving women. She calls herself the How to Follow Your Heart Coach, which is the way she lives her life.

Pauline and her husband Jim live in a small mountain town in southeast British Columbia. Jack and his family live nearby.

Memoir
Rights Held Worldwide

Softcover
ISBN: 978-1-926991-82-5
5.5 x 8.5 in. — 144 pages
\$18.95 CDN/USD

E-book
ISBN: 978-1-926991-90-0
\$9.99 CDN/USD

Publication date
May 1, 2018

Pauline discovered she was spending “quality time” with Jack in a way that she hadn't done with her son. Freed from the anxiety of constant parenting, she felt as if her appreciation of precious moments was heightened . . . a nice little book, modest but true.

— Alan Twigg
BC BookWorld

I suspect you are not the only one who adores Jack. It seems that we all do. He is quite remarkable.

— Deidre Wallace
Relationship therapist
and teacher in the UK

A Cozy Life with Hygge

Pia Edberg

With several hygge books available on the market, this is the revised version of *The Cozy Life* that started it all.

In today's world, we're constantly rushing from one thing to the next and struggling with information overload. We're more disconnected from ourselves and our loved ones than ever before.

Rediscover the joy of the simple things by learning about the cultural phenomenon of hygge and the secret as to why Denmark is consistently rated the happiest country in the world. Embrace the little things and take simplicity and minimalism up a notch.

This charming little book, filled with hand-drawn illustrations, will inspire you to slow down and enjoy life's cozy moments.

Pia Edberg is an author and artist. With a passion for human nature, she has spent over fifteen years studying personal development and has worked in human resources in the film and animation industries for the past ten years. Pia wants to dedicate her time to sharing what she's learned while inspiring others through her works. Pia was born in Denmark and currently lives in beautiful Vancouver, BC, Canada.

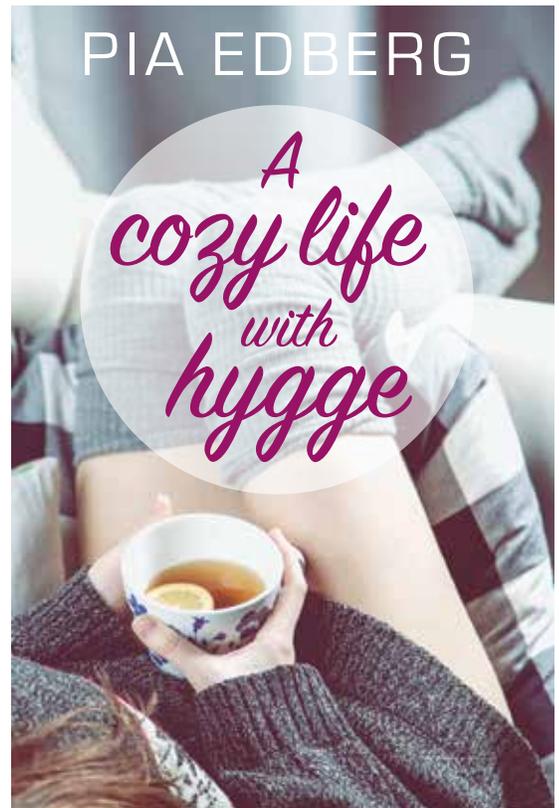
To learn more, visit www.piaedberg.com

Among the many books on Hygge published during the past several years, this book is highly popular for its practical content based on the author's personal experiences. It is full of ideas that are worth trying right now, especially for Japanese readers who are not good at "taking a break."

— Sunmark Publishing, Inc.
The Japanese Publisher of the *Cozy Life*

Pia Edberg takes us by the hand and takes us into the magical world of hygge where happiness is in the air and coziness is poured into the cups. Hygge is cacao, soft blankets, flavour of cinnamon, dances with your lover, self-made candles and even visiting your friends. Everything can become hygge if only you wish for it. With the advice from this book, you will learn how to enjoy the present moment and to feel joy in the little things.

— Bombora Publishers (Eksmo Non-Fiction)
The Russian Publisher of the *Cozy Life*



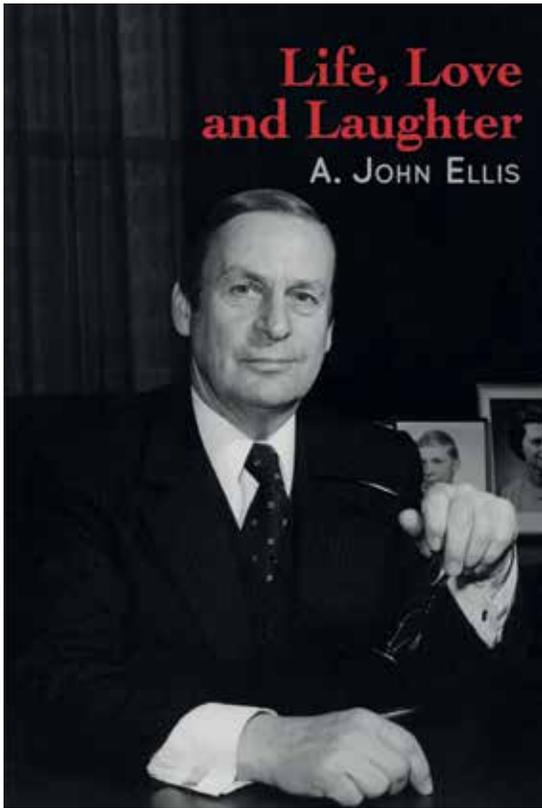
Self-Help
Rights Held Worldwide

Softcover
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\$18.95 CDN/USD

First published by CreateSpace as
The Cozy Life: Rediscover the Joy of the Simple Things through the Danish Concept of Hygge

Available in six languages from publishers
French — Dunod
Portuguese — Verso de Kapa
German — Herder
Russian — Tuttle Mori
Japanese — Youbookagency
Chinese — Eksmo

Publication date
June 1, 2018



Life, Love, and Laughter

A. John Ellis

Luck played a major role in the life of John Ellis, allowing him to survive WWII. Back home with his war bride Joan, he worked his way up to being put in charge of Western Canada for the Bank of Montreal. He went on to become head of the Canadian Chamber of Commerce and first head of the Canada Development Corporation. In these roles, John and his wife travelled over a million miles promoting Canadian business and culture.

During retirement, and taking advantage of Google, he penned his observations and thoughts about matters and substances that interested him, many of which are included in this book.

A. John Ellis was General Manager of the British Columbia and Yukon Division of Bank of Montreal for several years. In 1972, he was elected president of the Canadian Chamber of Commerce. It brought him into contact with political and business leaders from around the world. For John, this represented the pinnacle of his career, and he speaks fondly of the opportunity it gave him to positively influence Canadian society.

In 1973, the Canada Development Corporation was created to “build a better future by developing strong Canadian-controlled and Canadian-managed companies that are important in world markets as well as at home.” John became the first chairman of the CDC, which had an initial investment of \$350 million.

The list of directorships that he has held adds up to over 35, including many corporate entities, universities and not-for-profit organizations. He received the Order of Canada in 1983.

He’s now 102 years old, healthy as ever, and he lives at Crofton Manor in Vancouver, BC, where he’s a very influential person and beloved guest.

What he has written is much more than a collection of personal memories. It is a remarkably interesting and delightful memoir of Canada from 1915 to the present time.

He has put together a series of his activities and observations which are a delight to know and a happy introduction to our future. A perfect reading from time to time, for those of us of senior years, and especially for the coming generation of young Canadians.

— The Honourable John A. Fraser
Former Member of Parliament and Cabinet Minister



Essays / Memoir
Rights Held Worldwide

Softcover
ISBN: 978-1-926991-68-9
5.5 x 8.5 in. – 234 pages
\$19.95 CDN/USD

Too Scared to Tell till Now

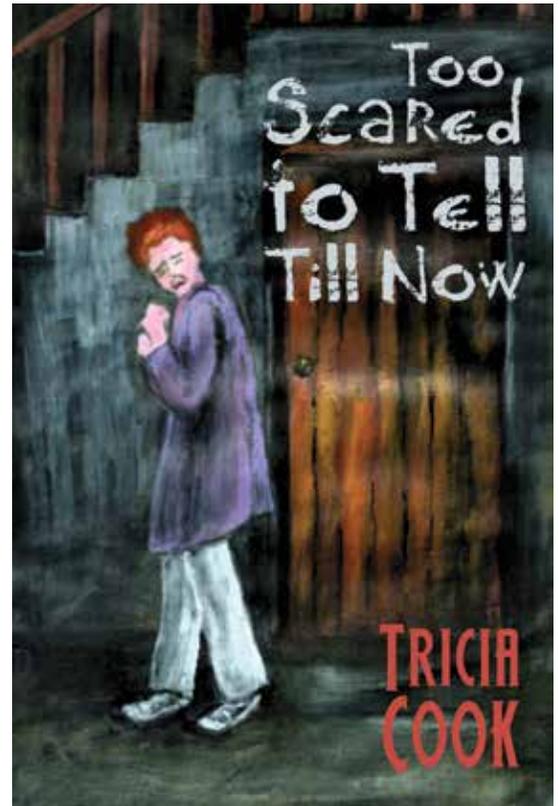
Tricia Cook

Her sexually abusive father and controlling mother hampered but did not prevent Trish Cook from accomplishing a lot in life. A stressful childhood in Yorkshire, with WWII bombing, rationing, and often being shut up in a cupboard, is followed by nursing school, marriage, and children. Then came emigration — surviving the cold of northern Canada — before moving to Vancouver and the Island, where she worked in extended health care. When her back gave out, she tells how it feels to be a disabled worker. After group psychology and finding out that her younger sister had also been abused, she knew she had to warn others to speak up.

Tricia Cook was born in Hull, Yorkshire, before WWII, studied nursing, married and had two children before the family immigrated to Canada. Writing poetry helped her laugh and survive the rigours of life in small towns in northern British Columbia before moving to Metro Vancouver, where she worked, got further training, divorced, and eventually remarried. After moving to Vancouver Island she worked in extended care and helped people who were dying, before being forced by disability to retire. Then she started typing this brutally honest memoir.

Too Scared to Tell till Now is a brutally honest page-turner. It must have been very difficult to write. I finished it with great admiration for Tricia Cook, the author, who faced many serious setbacks in her life but always seemed to find a way to go on to new challenges and to make significant contributions to her community.

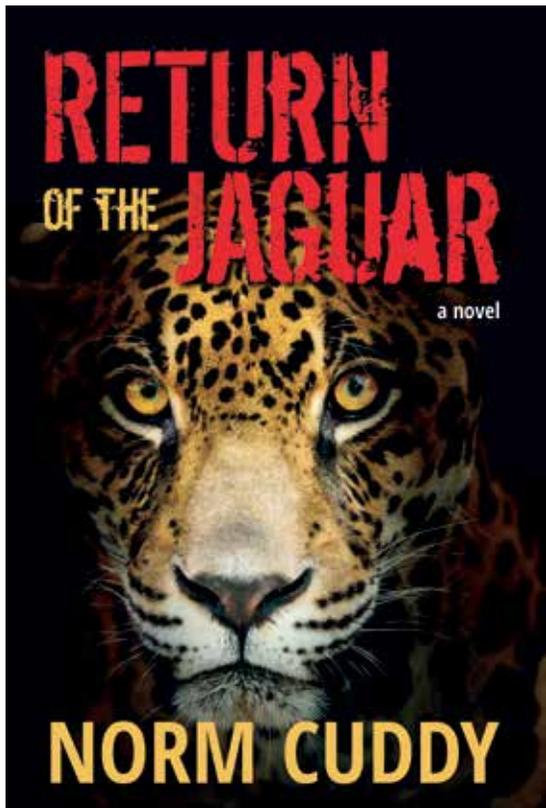
— Elspeth Richmond
Bookmark



Memoir
Rights Held Worldwide

Softcover
ISBN: 978-1-926991-80-1
6 x 9 in. — 194 pages
\$19.95 CDN/USD

Publication date
June 1, 2018



Return of the Jaguar

Norm Cuddy

In December 1997, in the tiny village of Acteal, Chiapas, Mexico, 45 unarmed people, mostly women and children, were massacred in a church. The paramilitary group Mascara Roja (Red Mask), took responsibility, claiming the villagers were supporters of the Zapatista Army of National Liberation, led by the charismatic Subcomandante Marcos.

Some years later, Ted Somerville, a Canadian lawyer on hiatus in Mexico, meets Bailey, a mysterious American woman who had been working in Acteal at the time of the massacre and somehow managed to escape. Bailey has returned to Mexico with one purpose in mind: to seek revenge against the leader. As Ted's feelings for Bailey deepen, the two become dangerously entangled in the culture and violence of the opposing factions.

Coincidentally, the release of *Return of the Jaguar* comes just before the 2018 Mexican election where, for the first time, a Zapatista candidate, an Indigenous woman, is running for office.



Norm Cuddy was born in Manitoba and graduated from University of Manitoba with a law degree. In 2007, he and his wife Rose moved to Halfmoon Bay, on the Sunshine Coast in BC, and Norm continued to practise law in both Winnipeg and Vancouver until 2015. Norm passed away suddenly in 2016. Six months later, Rose came across the completed manuscript for *Return of the Jaguar* on a flash drive in his desk and took the book to publication.

Fiction
Rights Held Worldwide

Softcover
ISBN: 978-0-905868-90-8
6 x 9 in. – 288 pages
\$21.00 CDN \$17.00 USD

E-book
ISBN: 978-0-905868-91-5
\$9.99 CDN/USD

Return of the Jaguar is one of those books you just can't put down. The late Norm Cuddy must certainly have had a close affinity with Mexico, as one can feel the soul of the country captured in his writing. It's a great read and I thoroughly recommend it.

— David Tarrant
San Miguel de Allende, Mexico

In a deftly written novel that will rivet the readers total attention from first page to last, *Return of the Jaguar* showcases author Norm Cuddy's genuine flair as a novelist for narrative storytelling featuring memorable characters and unexpected plot twists and turns. Very highly recommended, for community library Contemporary General Fiction collections.

— Midwest Book Review

Mean Streets | Killer Art

The Life and Times of Ken Foster

Art by Ken Foster

Story by Sean Nosek

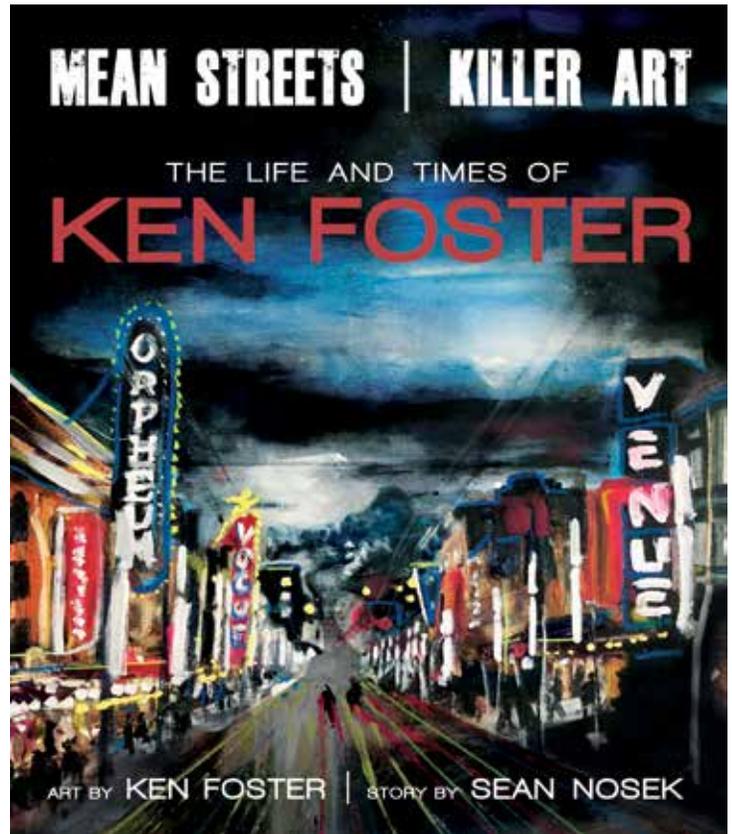
Mean Streets | Killer Art: The Life and Times of Ken Foster is a collaboration project like no other. Set on the edge of the infamous Downtown Eastside of Vancouver, the story takes the reader deep into the heart of a world battered by poverty, addiction and homelessness to discover perhaps the most prolific and exciting artist the country has known. Ken Foster's life is as remarkable as it is heart-wrenching, and author Sean Nosek gives the reader inside access to it all. The crown jewel, of course, is the collection of Foster's art, showing his evolution as an artist and many never-before-seen pieces.

Ken Foster is a Vancouver artist who has spent more than two decades hocking his art on the street to survive. Best known for producing work on found material, Foster is something of a local legend. He is the star of the documentary film, *Ken Foster*, by John Laner. He once called an alleyway home; today, his alleyway paintings are considered "iconic" by his followers. Formally trained, Ken's work can be seen in a Rolling Stones' music video, a Jackie Chan movie, and in shops and condos around the city and the world. His work retains an edgy, anti-establishment aesthetic, while simultaneously capturing the beauty of his surroundings.

Sean Nosek has spent decades mastering the art of wandering. He has a particular affinity for back alleys, book stores, and vintage shops. A former literature teacher, he is currently assistant superintendent of a Metro Vancouver area school district. Sean is inspired by great works and great ideas, and believes wholeheartedly in "the creative life." His blog, *Zen for a Crazy World*, has received international acclaim. Happily married and proud father of two daughters, he makes his home in Vancouver, Canada.

With his innate sense of composition, Ken Foster edits a subject to its bare bones. When that is combined with his uncanny understanding of "light", the result is masterful. Ken has worked in the shadows of the art world for years and I am pleased that he is receiving the recognition he deserves.

— from the foreword by John R. Taylor
Curator of public art galleries for 18 years in ON and BC



Art / Biography
Rights Held Worldwide

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ISBN: 978-1-926991-91-7
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Full colour
\$59.95 CDN/USD

Publication date
Jul 1, 2018

This book is the result of a successful Kickstarter campaign by Sean Nosek. We thank all the supporters.

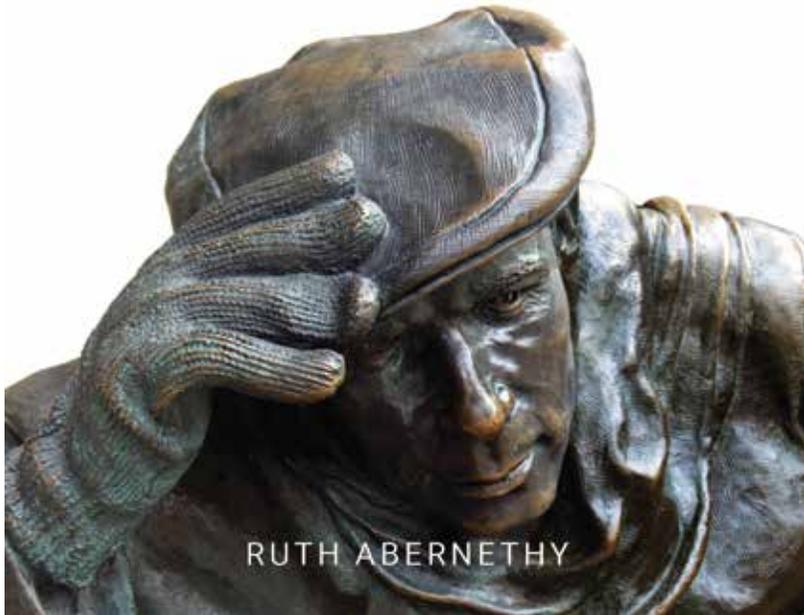
Life and Bronze

A Sculptor's Journal

Life and Bronze

A Sculptor's Journal

Ruth Abernethy



Part memoir, part secrets of the sculptor's craft and part celebration of Canadian culture and talent, *Life and Bronze* is the story of Ruth Abernethy's bold and varied artistic career. Her portrait commissions include Glenn Gould at CBC Toronto, Oscar Peterson and Mario Bernardi at the National Arts Centre Ottawa, Abe Lincoln in Illinois and Sir John A. Macdonald in Picton and Baden, Ontario, plus many others. *Life and Bronze* is a lavishly illustrated record of many bronze characters sculpted in the privacy of Ruth's studio and let loose to live on streetscapes across Canada.



Art / Sculpture / Biography
Rights Held Worldwide

Hardcover
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10.5 x 10.5 in. — 180 pages
Full colour
\$60.00 CDN/USD

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ISBN: 978-1-926991-74-0
\$9.99 CDN/USD

Ruth Abernethy started as a professional theatre technician at age 17. She went on to

work in, or manage, props departments across Canada. These 20 years of experience, including many seasons at the Stratford Festival, inform her approach to sculpture. Ruth's first bronze commission in 1996 launched a solo art practice, prompted an invitation to portray Glenn Gould and ignited an ongoing series of distinctive commissions including Prime Ministers Mackenzie King and John A. Macdonald, PGA superstar Arnold Palmer and military physician and poet John McCrae.

In 2010, HM Queen Elizabeth unveiled Ruth's bronze installation of Oscar Peterson at the National Arts Centre in Ottawa. Currently Ruth has a commission to sculpt Queen Elizabeth II, seated in the Throne of Canada. Ruth is the first woman to create a bronze for Queens Park, Toronto, in honour of Her Majesty's 65 years on the throne and Canada's 150 years of nationhood.

Ruth divides her time between her home/studio near Wellesley, Ontario, and Vancouver, British Columbia.

For any Canadian, Ruth Abernethy is a singular chronicler of our nation's history, embodied in its most notable citizens and heroes. Her work palpably expresses our feelings for the great Canadians who shaped our history, our sense of ourselves as a people and our national psyche.

— Brian Levine

The Glenn Gould Foundation

Light within the Shadows

A Painter's Memoir

Pnina Granirer

During Pnina Granirer's seventh year, picture making became a consuming passion while creating fairytale illustrations for her schoolmates. This passion grew even as fascism and anti-Semitism increasingly shadowed her world in Romania of the WWII era.

Light within the Shadows chronicles Granirer's journey to becoming an internationally respected artist whose profound work is an enduring expression of the search for beauty and spirituality that only humans employ.

This lively and moving memoir is the truly amazing story of Granirer's life as an artist and a person. Like a play in three acts set in three countries — Romania, Israel, and Canada — it tells how the artist navigated wars and upheavals, tense political and social climates, and huge life changes. With incredible determination and resilience, amidst the joys and restrictions of family life, Granirer created a large body of art, ignoring trends and searching for renewal and new ideas.

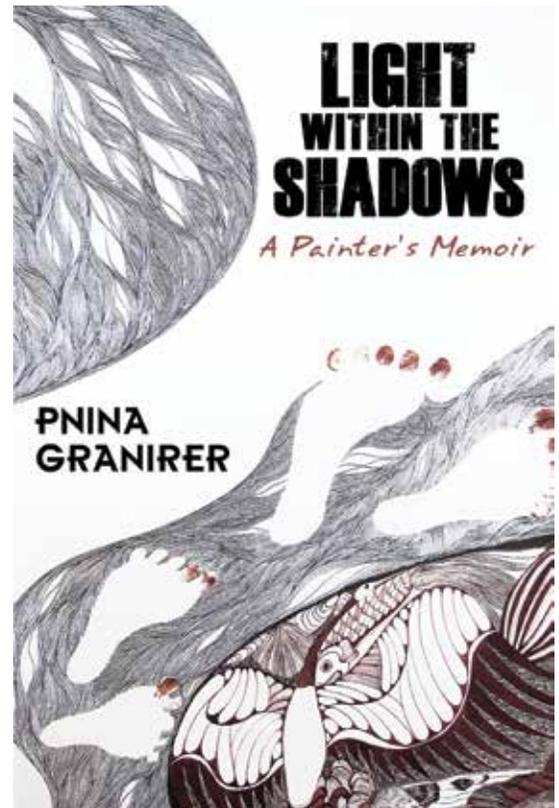
Pnina Granirer has exhibited widely during the 52 years of her life in Vancouver. Her works are found in numerous private and public national and international collections, such as the Glenbow Museum (Calgary, Alberta), the Yad Vashem Museum (Jerusalem, Israel), the Art Gallery of Greater Victoria, BC, the Two Rivers Gallery (Prince George, BC), the Richmond Art Gallery, the Art Gallery of Hamilton (Ontario), Museo Eugenio Granell (Spain), the Museo Nacional de Bellas Artes (Chile) and more.

In 2014 Pnina was included in the extensive encyclopedia of international surrealism by Arturo Schwarz, *Il Surrealismo: Ierie Oggi* (Italy), and in Jose Miguel Pérez Corrales's anthology, *Surrealismo: El Oro del Tiempo* (Spain), in a 5-page chapter.

This is a lively and touching act of memory and affirmation, as vivid, theatrical and perceptive as Granirer's paintings themselves. It shows both an artist's eye for the telling detail and a historian's awareness of social and political context. Despite life's vicissitudes, she retains a freshness and sense of wonder as we travel from her origins in a tumultuous Europe through army service in Israel to her eventual place of safety and fulfilment among like-minded friends in Canada.

— Max Wyman

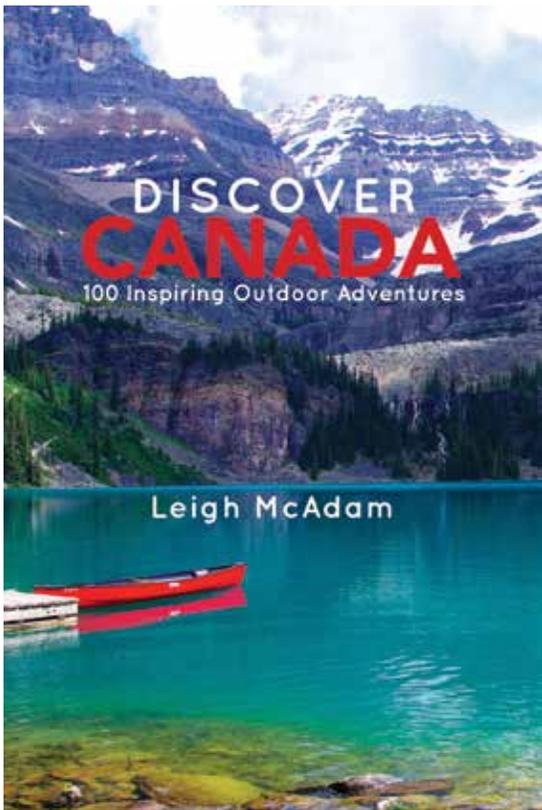
Critic and cultural commentator



Memoir / Art / Judaic
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Outdoors / Travel / Canada
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Discover Canada

100 Inspiring Outdoor Adventures

Leigh McAdam

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

Writing as she travels — with good humour, wisdom, and verve — McAdam guides readers to spectacular wilderness locations as well as sites of historical interest.

One hundred adventures in ten provinces and three territories are rated for difficulty and come with information on getting there, the length of the trip, and estimated time to accomplish it. Valuable preparedness tips, adventure highlights, and interesting facts round out this essential guide for the wilderness adventurer. Selected to highlight areas of outstanding natural beauty in warm weather or winter ice and snow, these adventures are designed to be experienced while hiking, climbing, paddling, rafting, biking, skating, or cross-country skiing.

What better way to experience the Canadian landscape than by travelling through spectacular mountain and coastal scenery under your own steam? This book shows Canadians and wilderness enthusiasts all over the world what treasures can be found in Canada's great outdoors.

Leigh McAdam is an outdoor adventurer who is constantly out in the Canadian wilderness, home long enough to do the laundry, and then off on another exciting adventure. She has lived in Toronto, Boulder, and Vancouver. She currently lives in Calgary.

Several years of travelling around the world have taught us how good we have it in our own beautiful backyard of Canada. Leigh's book is an amazing showcase of that, and her dedication in compiling these top adventures is extremely admirable. She is an absolute authority in all things outdoors, and we have already added several of these amazing adventures to our own to-do list!

— Dalene and Pete Heck
2014 National Geographic Travelers of the Year
HecticTravels.com

Longshoring on the Fraser

Stories and History of ILWU Local 502

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

The importance of strong autonomous local unions on the waterfront is central to the International Longshore and Warehouse Union movement. ILWU Local 502, part of the Canadian area, has served the interests of member longshore workers on the Fraser River for over sixty years.

The growth of New Westminster as a principal river port of national and international significance created employment and opportunities for a diverse range of union activity. The gains in wages, collective bargaining, union dispatch, and benefits are recounted, as well as the setbacks and victories out of major strikes.

Chartered in July 1944, ILWU Local 502 adapted to changes in work and technology as the previous gang system transformed into new classifications and occupations.

Stories and oral histories bring to life the men and women who worked on the Fraser River back to 1859. Workplaces and the dispatch hall may have moved from New Westminster to other parts of the river, but solidarity, fraternity, and pride in the work remains. Local 502 considers knowing the past and having an informed membership the best tools to confront challenges now and in future.

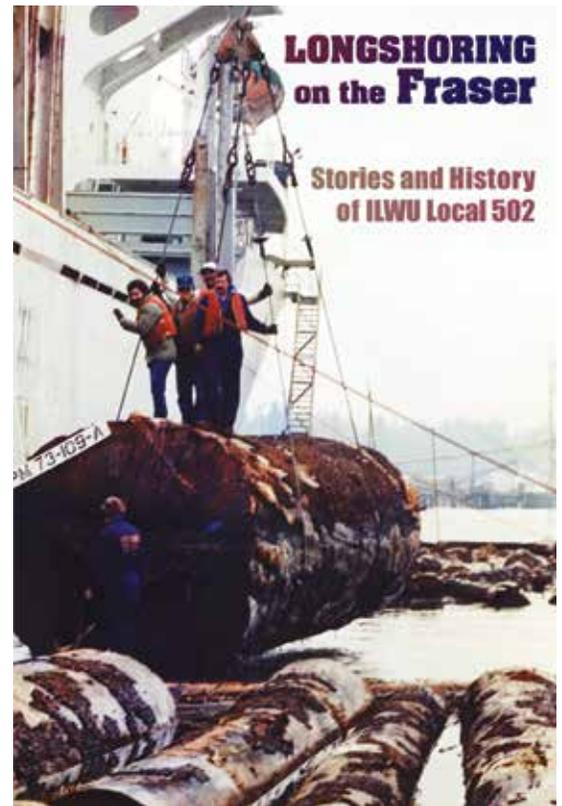
A dedicated group of pensioners, the ILWU Local 502 leadership, in partnership with the City of New Westminster and academic collaborators, worked to compile this tribute to longshore work on the Fraser River in its many dimensions.

Local 502 is a small industrial waterfront union that, unlike many others in the developed world, survived closure and relocation. Through smart decision-making, strong solidarity, embracing new technologies and work processes, and lots of luck, it still thrives in the age of containerization.

Longshoring on the Fraser brings to life one of the most neglected aspects of British Columbia's history. What a breath of fresh air to read an insider account of real people doing real work in sometimes tough conditions through changing times to the best of their abilities. Thus British Columbia was — and continues to be — made.

— Jean Barman

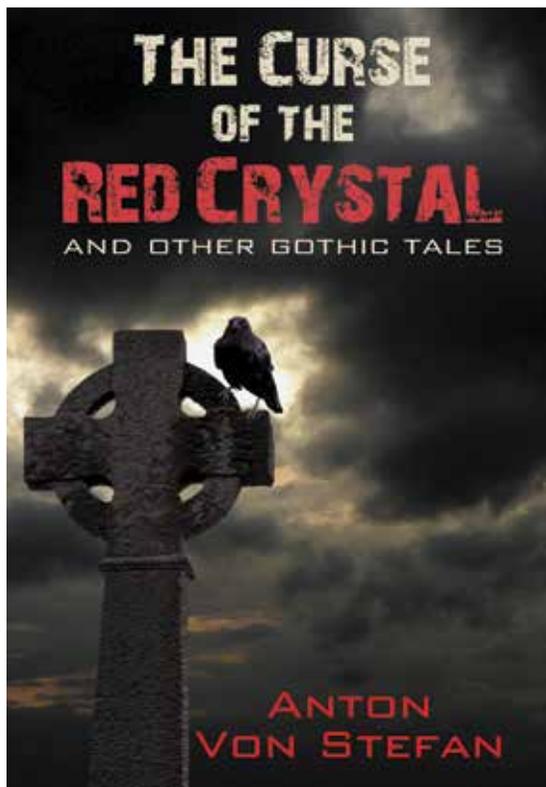
BC historian and author of 22 books, including
The West Beyond the West: A History of BC



History
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The Curse of the Red Crystal

And Other Gothic Tales

Anton Von Stefan

The Curse of the Red Crystal and Other Gothic Tales celebrates gothic horror. These eleven tales of terror span the distance from Victorian times to the present day, from Egyptian tombs to modern streets, from creaking ships to stately mansions, and from good intentions to damnation. Mysterious locales, mystical artifacts, eerie omens, and macabre machinations converge to delight and horrify even the most complacent among us in these atmospheric accounts of guilt, revenge and obsession. Be it mad science performed on human bodies or madness infecting the soul, Anton von Stefan examines what lies beneath the veneer of familiarity to see what hides from us in the shadows.

Be prepared — your hair will bristle and your jaw will drop. Covering your eyes won't make the words on the page go away, only plant the images deeper into your mind.

Read in daylight.



Born in Vienna and resident of Vancouver since childhood, **Anton Von Stefan** has worked for newspapers like the *Herald and Times* and the *City Drive News*. For ten years, he organized murder mystery parties at Mayne Island's Springwater Lodge.

A graduate of Vancouver College, Von Stefan spent 42 years working on the waterfront for Canada's largest grain company. He has written over 36 gothic tales, planned for release in four or five volumes. Retired since 2012, the author now lives in Delta, BC.

Horror / Short Stories
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The Curse of the Red Crystal is a superbly concocted compilation of short stories anchored in the horror genre. His tales demonstrate that the author has found the right balance of mystery and spine-tingling psycho madness. Great reading for any gothic horror/mystery aficionado! I am looking forward to more of Anton von Stefan's book releases.

— George N. Oberlander
Victoria Country Cottage Resort, ON

Cedar, Salmon and Weed

Louis Druehl

In the vein of Steinbeck's *Cannery Row*, this novel takes the reader on a wild ride to a community turned upside-down by the social changes of the 1970s. Seen through the eyes of a young man newly fled from his straight-laced Dutch upbringing, the fishing village of Bamfield on Vancouver Island's pristine west coast is the unlikely meeting place of an uneasy mix of fishermen, the Nuu-chah-nulth whaling clan, hippies, drug peddlers and the scientists and students of the Bamfield Marine Station.

Gaz, a marine biologist, begins to live the laid-back life of Lotusland in the 70s, becoming a beachcomber and small-time marijuana grower with his two friends, rich kid Blay and Weeping Salmon People aristocrat Ben. Not long after, he falls in love with Heidi, a student at the Marine Station.

But things go terribly wrong: greedy Blay brings big-city interests into their casual pot business, Ben is murdered, Heidi's affections begin to wane and the local police are on to them.

Of Bamfield, Simon Winchester wrote in the *New York Times*, "[It is] a town so tight-knit . . . [so] full of hidden intrigues and eccentrics . . . [that] with its extraordinary history, [it] seems the perfect subject for a novel." Louis recognized this potential and felt compelled to explore Bamfield's cauldron of characters in *Cedar, Salmon and Weed*.

Louis Druehl is a splitter of firewood and whacker of brush. He is also the editor of the *New Bamfielder* newspaper and author of *Pacific Seaweeds* (Harbour Publishing). As a marine botanist, Dr. Druehl was involved in establishing the Bamfield Marine Station, where he also taught and conducted research.

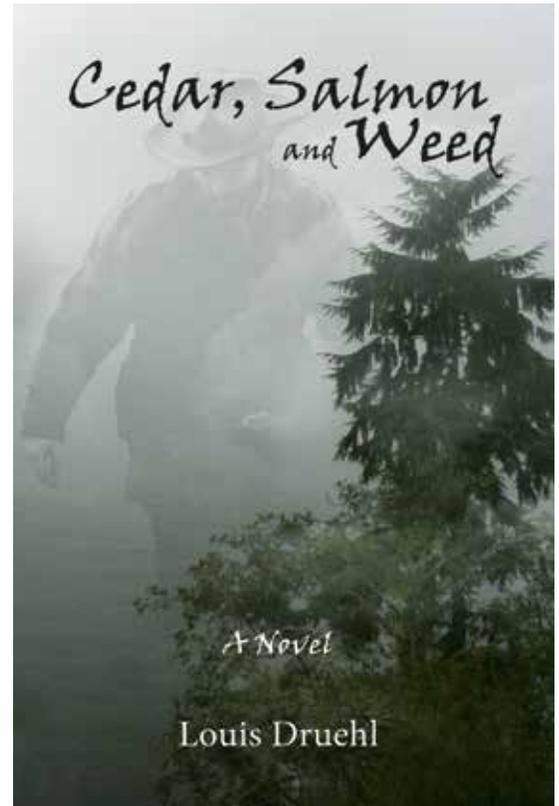
He created *Cedar, Salmon and Weed* in his office, located in a small shed on the waterfront, looking up each morning to see a young First Nation worker boat by. They would wave to each other and slowly the young man became the novel's character Ben.

Bamfield is a coast village in the old style, where denizens still get about by boardwalk or boat, and nobody knows its secrets like Louis Druehl. This novel would be worth reading just for the coastal ambience, even if the story weren't such an energetic romp.

— Howard White

Editor of *Raincoast Chronicles*

Publisher, Harbour Publishing / Douglas and McIntyre



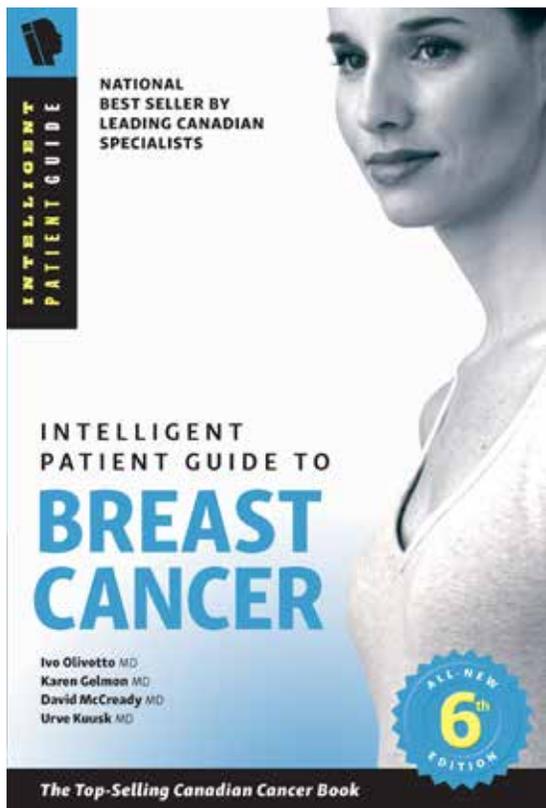
CHOSEN TO BE ON ALAN TWIGG'S
LITERARY MAP OF BC



Fiction / Literary
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\$9.99 CDN/USD



FRENCH EDITION WILL BE RELEASED
IN SPRING 2018



Intelligent Patient Guide to Breast Cancer

Ivo Olivotto MD, Karen Gelmon MD,
David McCready MD, and Urve Kuusk MD

The 6th edition of the *Intelligent Patient Guide to Breast Cancer* has been fully revised and updated. It reflects the significant advances in breast cancer diagnosis and management that have occurred in the past few years, including advances in screening and assessing risk, diagnostic tools, surgery and reconstructive surgery, endocrine therapy, chemotherapy, radiation therapy, rehabilitation, complementary and alternative treatments, and research discoveries including inherited breast cancer and genetic testing. It also offers important practical advice for patients, including strategies for navigating the health care system, helpful hints for case managers, nutrition and lifestyle issues, how to cope, and a personal account of the evolution of awareness and advocacy for breast cancer that has occurred over the last 25 years. This all-new edition includes instructions for breast self-examination, a glossary of medical terms and an up-to-date list of additional reading resources.

Dr. Ivo Olivotto is a Professor and the Head of the Division of Radiation Oncology at the Tom Baker Cancer Centre and Department of Oncology, University of Calgary.

Dr. Karen Gelmon is a Professor and works in the Division of Medical Oncology at the BC Cancer Agency and at the Department of Medicine at UBC.

Dr. David McCready is a Professor of Surgery and Gattuso Chair in Breast Surgical Oncology at the Department of Surgical Oncology at the University of Toronto.

Dr. Urve Kuusk is a Clinical Associate Professor in the Division of General Surgery at UBC.

Health & Fitness / Cancer
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Softcover
Sixth Edition
ISBN: 978-0-981159-93-5
6 x 9 in. — 336 pages
\$34.95 CDN

I have given my patients past editions of *Intelligent Patient Guide to Breast Cancer*, and the 6th edition is a welcome update. I will continue to give it to all my breast cancer patients without reservation. It bridges the knowledge gap between the patient's family physician and the breast cancer surgeon. It has nicely managed to synthesize a complex topic into one portable resource.

— Dr. Alexander Poole
General Surgeon, Yukon Surgical Clinic
Whitehorse, Yukon

The Intelligent Patient Guide to Prostate Cancer

S. Larry Goldenberg MD,
Tom Pickles MD, and Kim N. Chi MD

All you need to know to take an active part in your treatment. Written by physicians for patients and their families affected by prostate cancer, this book covers all aspects of the disease, from diagnosis to treatment and beyond, in an easy-to-understand and informative way. You will be amazed by how much more in-control you will feel with this book at your side. Topics include the symptoms you should watch for, all about the prostate gland, reducing the risk of prostate cancer, the PSA test, what happens when you have surgery or radiation, urinary control and sexual function, the side effects of all treatments, and a full glossary of important medical terms.

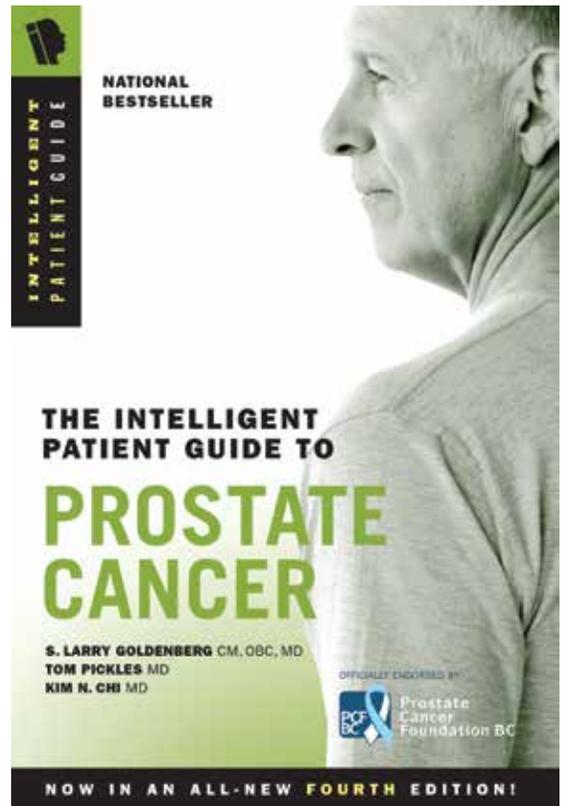
Dr. Goldenberg is a co-director of the Vancouver Prostate Centre, Chairman of the UBC Department of Urologic Sciences, Director of the Men's Health Initiative of BC, and staff urologist at Vancouver General Hospital. He was invested in the Order of British Columbia in 2006 and in the Order of Canada in 2009.

Dr. Tom Pickles is a Professor in the Department of Radiotherapy and Developmental Radiotherapeutics at UBC and a staff radiation oncologist at the BC Cancer Agency, Vancouver Clinic. He is credentialed in brachytherapy as well as the use for external radiation for prostate cancer treatment.

Dr. Kim N. Chi is a medical oncologist at the BC Cancer Agency, Vancouver Clinic, and the Vancouver Prostate Centre, and an Associate Professor of Medicine with UBC. Over the last 10 years he has specialized in the treatment of prostate cancer, and his research is focused on developing new therapies of advanced prostate cancer.

As a long-term survivor and quite involved with the prostate support group community, I recommend this updated edition of *The Intelligent Patient Guide to Prostate Cancer*, as it provides a wealth of "lay-friendly" medical-based information for both newly diagnosed prostate cancer patients and those continuing to live with prostate cancer. This valuable book should serve as a core reference user guide for the many thousands of men and their families affected by prostate cancer.

— T. Butterfield
Past chair, Prostate Cancer Foundation BC

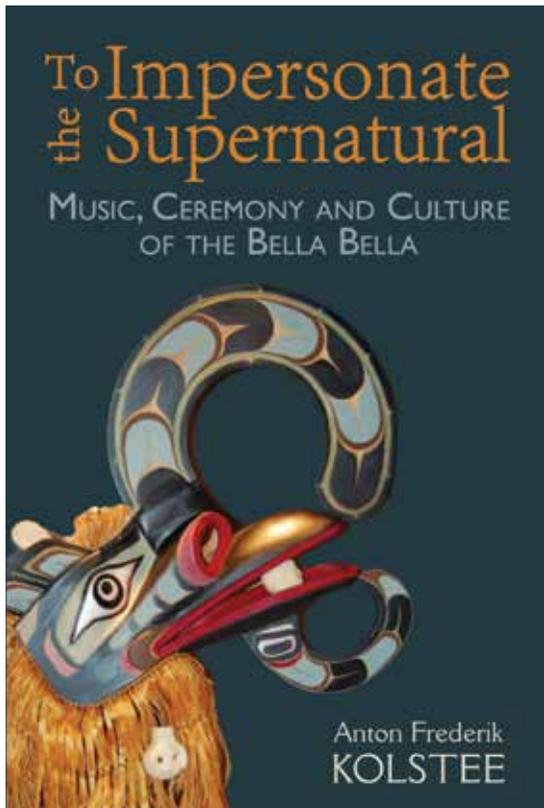


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Health & Fitness / Cancer
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Fourth Edition
ISBN: 978-0-981159-92-8
6 x 9 in. — 297 pages
\$29.95 CDN



To Impersonate the Supernatural Music, Ceremony and Culture of the Bella Bella Anton Frederik Kolstee

Assembling evidence from various ethnographies, *To Impersonate the Supernatural: Music, Ceremony and Culture of the Bella Bella* shows that the Heiltsuk may properly be considered to have been the most significant musical and ceremonial group on the Northwest Coast during the 19th century.

Destructive changes to coastal lifeways in the first half of the 19th century sparked the widespread adoption of the hámacá dance complex from its origins in the Bella Bella–Rivers Inlet area. Kolstee’s exploration of the winter dancing societies of Northwest Coast tribes offers a rare look at the poorly understood history of the tribes of the area.

Chapters devoted to music analysis examine the characteristics that musically encode song types of the region, as well as the separations between ceremonial and nonceremonial songs. They also reveal that the ceremonial song repertoire of the Bella Bella Heiltsuk is essentially made up of four distinct musical styles and that four-part organization is ubiquitous in musical patterning.



Anton Kolstee was born in 1949. He earned his Masters in Ethnomusicology in 1974 from the University of British Columbia studying the music of the Bella Coola and was awarded the Prize for Musicology. A songbook of the Bella Coola was published using much of his transcriptions.

In 1977, he was granted a Canada Council Doctoral Fellowship and obtained his PhD from the University of Illinois with his study of the music and ceremony of the Bella Bella/Heiltsuk Nation. During this period, he taught music at the Bella Bella Community School in 1978 and 1979. Kolstee taught Native Studies at Carson Graham Secondary School in North Vancouver and was a sessional lecturer in Ethnomusicology at UBC.

He has published numerous articles, including “A New Strategy for Native Indian Music Pedagogy” and “Teaching Along Shamanic Lines.” He also provided a music entry for the Encyclopedia of Music in Canada.

First Nations / Music
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Softcover
ISBN: 978-1-926991-14-6
6 x 9 in. – 304 pages
\$24.95 CDN/USD

Publication date
Sep 15, 2018

Snapshots

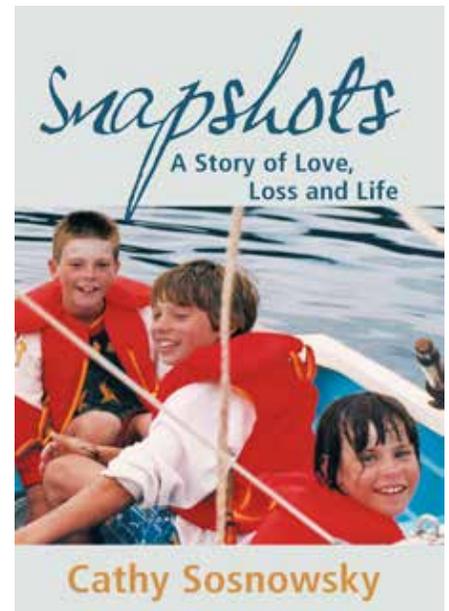
A Story of Love, Loss, and Life

Cathy Sosnowsky

This touching and exquisitely written autobiography follows a mother's journey, framed by snapshots, through the loss of her 17-year-old son Alex in a freak accident, and her two late-adopted children to drugs, jail, and the streets. From this darkness, Sosnowsky learns to transform her grief into hope and, eventually, through her involvement with The Compassionate Friends — an international self-help organization of bereaved parents — to help other bereaved parents heal through her poignant poetry and compassionate listening.

Also by Cathy Sosnowsky

Holding On
Poems for Alex
ISBN: 978-1-894694-04-9
5.5 x 8.5 in. | 62 pages
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Handcuffed by History

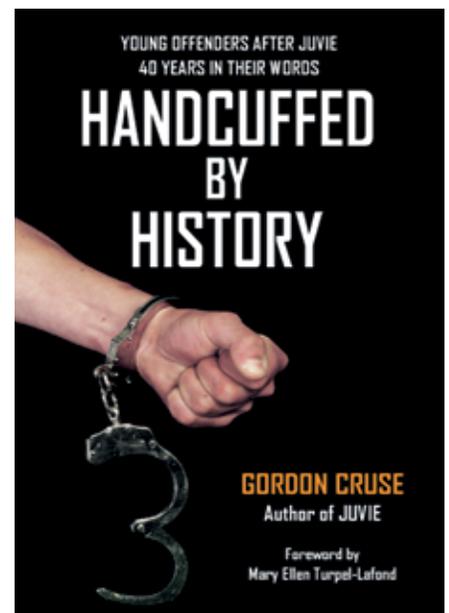
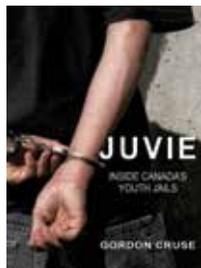
Young Offenders after Juvie — 40 Years in Their Words

Gordon Cruse

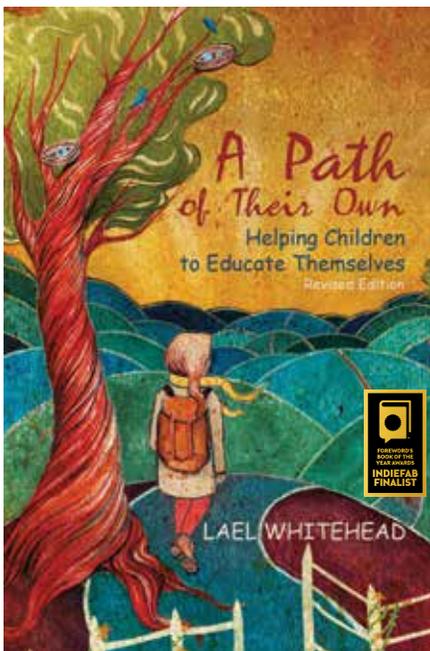
Handcuffed by History: Young Offenders after Juvie — 40 Years in Their Words by Gordon Cruse examines the life-long impact of youth custody through the stories of former young offenders. Spanning four decades since their early days in youth custody, these men in their own words express the struggles and successes that allowed them to create new lives. Cruse, a former Youth Supervisor at the Victoria Youth Custody Centre for 26 years, describes his own experience supporting young offenders and following their progress after release from custody.

Also by Gordon Cruse

Juvie
Inside Canada's Youth Jails
ISBN: 978-1-894694-43-8
5.5 x 8.5 in. | 192 pages
\$19.95 CDN \$17.95 USD



Criminology / Social Work | Rights Held Worldwide | Softcover ISBN: 978-0-995041-30-1 | 5.5 x 8.5 in. | 116 pages
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INDIEFAB FINALIST FOR EDUCATION

A Path of Their Own

Helping Children to Educate Themselves

Lael Whitehead

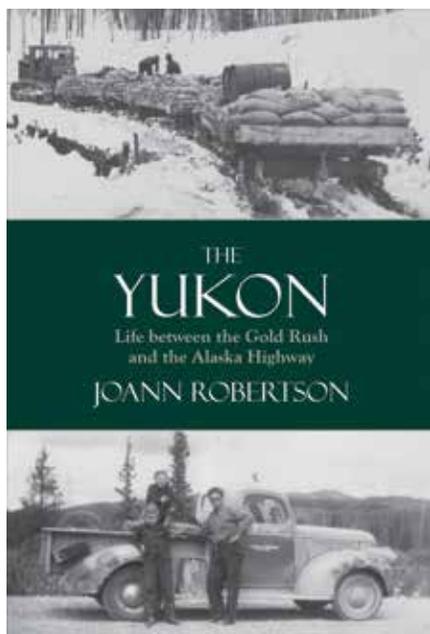
Lael Whitehead tells how she took her children out of school and allowed them to learn in a natural, self-directed way, without curriculum, grades, discipline, or rewards. She describes how her daughters designed their own unique educations. Her concept of “radical respect” is the cornerstone of compassionate parenting. Sharing stories, she shows that when children are deeply respected, they flourish, both emotionally and intellectually. Respectful parenting allows children to trust their own instincts and pursue their individual passions. They grow up creative, resilient, and inner-directed adults who stay open and engaged with the world throughout their lives.

This book challenged my ideas of education: how children learn and how to trust their interests. It got me looking at my kids from outside the “school” box and questioning how I can encourage them to build upon their passions.

— Lisa Marie Fletcher

Author of *The Canadian Homeschooler*

Education / Home Schooling | Rights Held Worldwide | Softcover ISBN: 978-1-926991-65-8 | Revised Edition | 6 x 9 in.
228 pages | \$19.95 CDN/USD | E-book ISBN: 978-1-926991-56-6 | \$9.99 CDN/USD



The Yukon

Life between the Gold Rush and the Alaska Highway

Joann Robertson

From memories of her Yukon youth, family letters, photographs, unpublished works, and news clippings, Robertson brings to life the experiences of her family and others during this little-known period of Yukon history. The family life and the work they did — telegraphy, dog-team mail delivery, teaching and working in the gold-mining industry — were typical of the Yukon during this era.

Though hundreds of books have been written about the Klondike gold rush, little has been written about life in the years that followed. Through newspaper accounts, letters and personal reminiscences, you will learn about the challenges of living and making a living in the North where communication was tenuous and transportation difficult.

— Michael Gates

Yukon historian, author of *Dalton's Gold Rush Trail*

My Electrician Drives a Porsche?

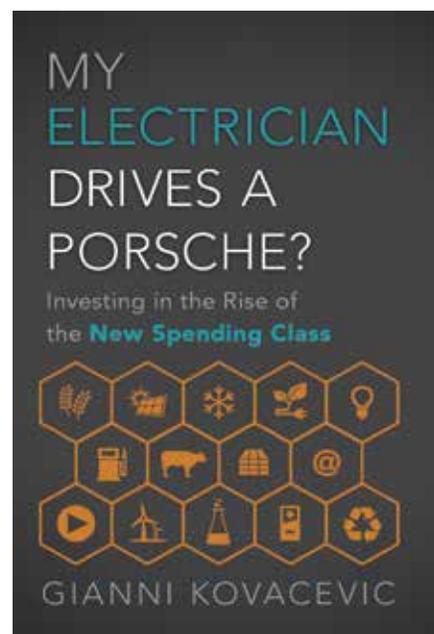
Investing in the Rise of the New Spending Class

Gianni Kovacevic

A weekend service call changes the life of Doc Anderson forever. Johnny, the surprisingly wealthy energy whiz kid, introduces Doc to a compelling new investment theme — following the rise of a new spending class. As they set course on a fact-filled adventure, Doc's eyes are opened to the impact that billions of new consumers will have on our environment and how their entrance to our fast-changing world will figure into the economy of the future. Through this journey, he too becomes a hyper-aware participant in the boundless opportunities for responsible wealth creation with his newfound knowledge base in what makes realistic environmentalism possible.

Gianni Kovacevic has spent over a decade honing his passion for investing in the new spending class. A proponent of realistic environmentalism, he is fascinated by how growth in emerging markets impacts the global economy, environment, and our daily lives. He has brought audiences around the world a deeper understanding of this army of new consumers and the science that makes their unstoppable ascent possible.

Business / Economics | Rights Held Worldwide | Hardcover ISBN: 978-1-926991-67-2 | 5.5 x 8.5 in. | 192 pages | \$23.95 CDN
E-book ISBN: 978-1-626342-71-2 | \$9.99 CDN/USD | US and Int. ISBN: 978-1-626342-51-4 | Germany (SC) ISBN: 978-3-898799-21-8



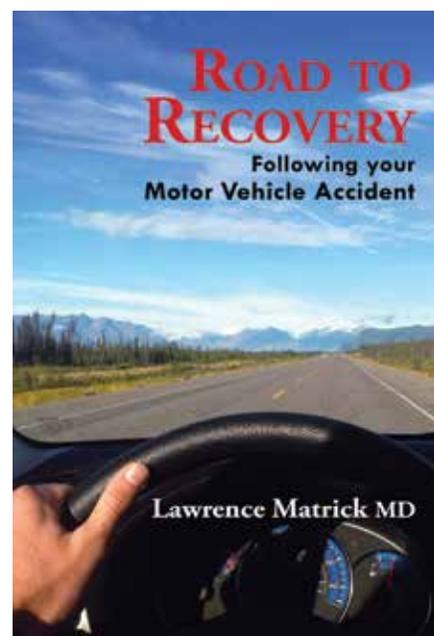
Road to Recovery

Following Your Motor Vehicle Accident

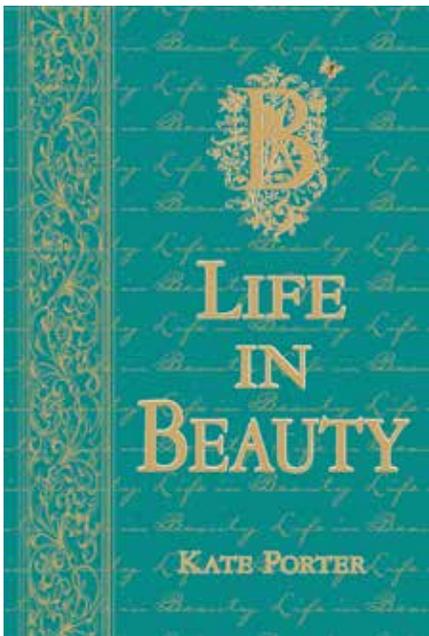
Lawrence Matrick

A motor vehicle accident can cause your life to change in a flash, and dealing with the aftermath can take years. Written by psychiatrist Larry Matrick, the book serves as a guide to help accident victims cope with the stress of the medical and legal processes ahead. It can be used as a reference to help navigate the difficult web of overwhelming forms, treatments, appointments with consultants and insurance adjusters, and meetings with doctors, lawyers, and therapists. Ultimately, this book aims to provide the reader with hope, peace of mind, and optimism, leading them down the road to a better future.

Dr. Lawrence E. Matrick grew up in Winnipeg and later received his degree in Medicine from Manitoba Medical College. After moving to Vancouver with his wife, he worked at the Provincial Mental Hospital at Riverview for one year as a resident in psychiatry. He continued his studies in psychiatry in London, England, and received his British degree in Psychiatry, and later his Fellowship in the Royal College of Physicians and Surgeons of Canada.



Self Help | Rights Held Worldwide | Softcover ISBN: 978-1-926991-42-9 | 5.5 x 8.5 in. | 154 pages | \$16.95 CDN/USD
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A BOOK IN A BEAUTY BOX

Life in Beauty

Revised Edition

Kate Porter

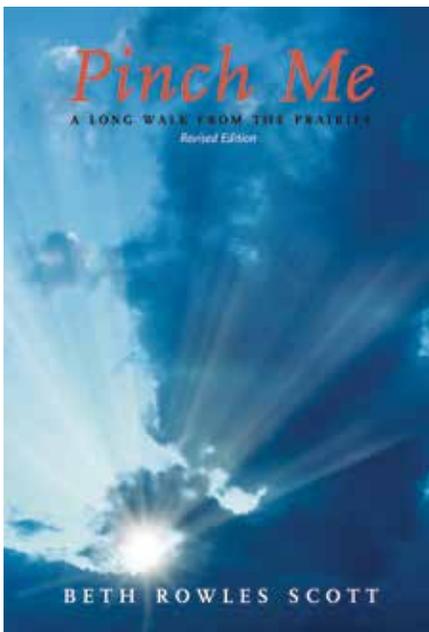
In the midst of the hectic pace of contemporary life, Kate Porter encourages us to reclaim and recognize the importance of beauty in our world. Pausing to reflect upon a moment of beauty, performing a conscious act of beauty, or simply offering gratitude for a small memento of beauty, enriches our lives and contributes to a sense of inner peace and harmony.

One chapter, for example, has 25 suggestions for conscious acts of beauty. *Life in Beauty* is a book that offers a rare and lovely glimpse into the priceless meaning of the “little things” in life.

Kate Porter is a former professor of English. After her retirement from Centennial College in 1994, she opened a visual gallery in Vancouver, BC, that specialized in Cree and Ojibway art.

In 2001, Kate created and launched her own distinctive line of jewelry. Recognized for her creativity and elegant designs, her work has drawn international critical acclaim. She currently lives in White Rock, BC.

Self Help | Rights Held Worldwide | Softcover ISBN: 978-1-926991-81-8 | 4.1875 x 6.375 in. | 224 pages | \$15.95 CDN/USD
Publication date: June 1, 2018 | Previously available as book with a box ISBN: 978-1-8946946-6-7 | \$24.95 CDN/USD



Pinch Me

A Long Walk from the Prairies

Beth Rowles Scott

Beth invites you to walk with her as she tells about her prairie childhood, her challenging career, and her fulfilling senior years. At 63, she married the love of her life, George Scott, a retired teacher and school administrator. In 1993, they both founded the African Canadian Continuing Education Society (ACCES), a non-profit organization and model NGO that has helped provide thousands of Kenyans with access to education.

Beth Rowles Scott grew up in rural Saskatchewan. After moving to BC, she earned a BA and a BEd at the University of British Columbia, followed by a Master's degree and a PhD in educational administration. In 2006, the Scotts were recognized as Outstanding Canadians by the City of White Rock, BC, and Beth was named Woman of the Year by Soroptomist International of White Rock, an organization devoted to improving the lives of women and girls in the community and the world.

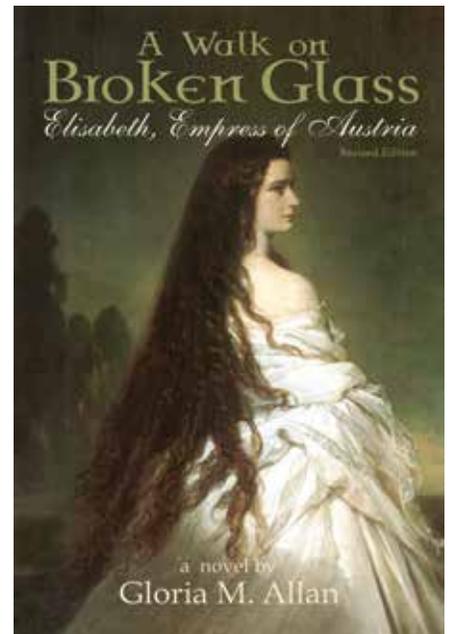
A Walk on Broken Glass

Elisabeth, Empress of Austria

Gloria M. Allan

Elisabeth, Empress of Austria and Hungary, was the acknowledged beauty of her society. At 17, she married the Emperor Franz Joseph. He adored her. Her subjects loved her and she was deeply loved by several men. But this was only the surface of her life. Elisabeth was actually a troubled woman. She was a free spirit trapped in a repressive society, a woman ahead of and out of step with her time. Through all her troubles, Elisabeth remained true to herself, to her husband, and to what she believed would be her place in history. Her love of Hungarians and mastery of their language helped to influence the formation of the Austro-Hungarian Empire.

Gloria Allan began writing as a cub reporter in Toronto. While browsing in an antiquarian bookstore in London, England, she discovered a small book about Sisi, the beautiful and tragic Empress Elisabeth of Austria and Hungary. She immersed herself in Sisi's story, researching and gathering material for her second novel, *A Walk on Broken Glass*. She lived in Montreal and now resides in West Vancouver.



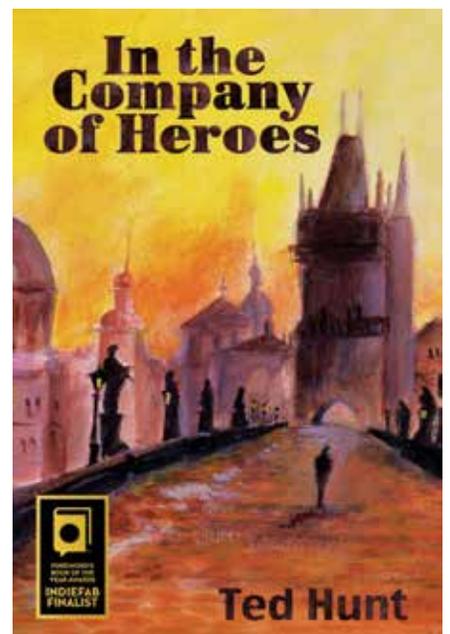
Fiction / Historical | Rights Held Worldwide | Softcover ISBN: 978-1-926991-79-5 | 6 x 9 in. | 322 pages | \$19.95 CDN/USD
E-book ISBN: 978-1-926991-80-1 | \$9.99 CDN/USD

In the Company of Heroes

Ted Hunt

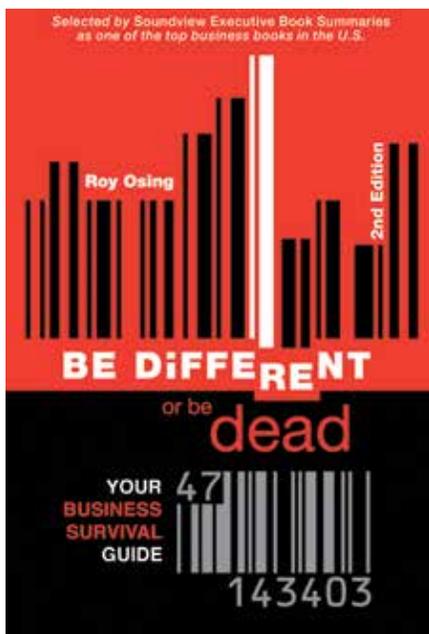
We get fully immersed into three fascinating, romantic, and exciting stories during the turbulent period of 1914-1920 in Russia. This factual story of love and escape is complex, and at times challenging to popular views, but every situation is accurately framed within well-researched historiography. The only fiction in this novel lies within two of the main characters, who are composites. All others are presented accurately.

Dr. Ted Hunt is a third-generation Vancouverite. He attended the University of British Columbia, where he completed studies in Kinesiology and English. He played three years for the BC Lions before moving across the border to attend the University of Washington, where he earned advanced degrees in History. He has interviewed Alexander Kerensky, Grand Duchess Marie Pavlovna, Dr. Lister Rogers of Stanford, and Czech President Václav Havel. He now lives in Vancouver.



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Fiction / Historical | Rights Held Worldwide | Softcover ISBN: 978-1-926991-18-4 | 6 x 9 in. | 450 pages | \$24.95 CDN/USD
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Your Business Survival Guide

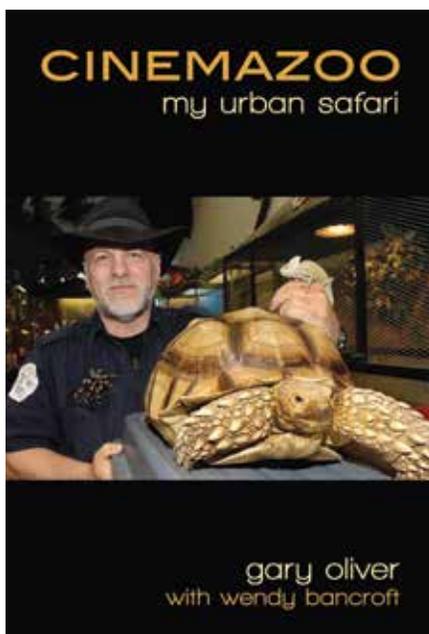
Roy Osing

Drawing on his distinguished career as a business executive, consultant, entrepreneur, and leader in the telecommunications industry, Roy Osing gives you the real deal: performance enhancement and survival ideas based on solid and proven business principles that have been successfully implemented in the real world. He focuses on strategies he has personally developed and executed — things you can do today; strategies that work. This book helped launch Osing's column on best business practices in the *Globe and Mail*.

I had trouble putting this book down . . . *Be Different or Be Dead* is bang on for sales people, marketing executives, entrepreneurs, and owner operators. Learn from Roy . . . I did!

— Dr. Peter Legge
CEO/Chairman, Canada Wide Media Limited

Business / Management / Marketing | Rights Held Worldwide | Hardcover ISBN: 978-1-894694-69-8 | 6 x 9 in. | 382 pages
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Cinemazoo

My Urban Safari

Gary Oliver with Wendy Bancroft

Many of the animals you see in movies like *Bird on a Wire* and *101 Dalmatians* are supplied by Gary Oliver. The animals come from Cinemazoo, Gary's home for exotic pets of all kinds, from 10-inch-long millipedes to snapping turtles, alligators, and hedgehogs. On set, he's their wrangler — he makes them do what they're supposed to do. But Gary is also their protector. Virtually all of his animals have been rescued, and he's taken on a mission to help others, especially children and youth, learn about responsible ownership and species preservation. It's been a long journey to get there, and it's not over yet. This book follows Gary's adventures and misadventures on the road to Cinemazoo.

Gary's relationship with animals began when he was seven, and soon he was connecting with other like-minded souls around the world. It was many years until he finally established Cinemazoo, a refuge for animals located in Surrey, outside Vancouver. In the 30 years since Cinemazoo was established, the number of exotic animals in his care has risen to over 300.

The Bravest Canadian

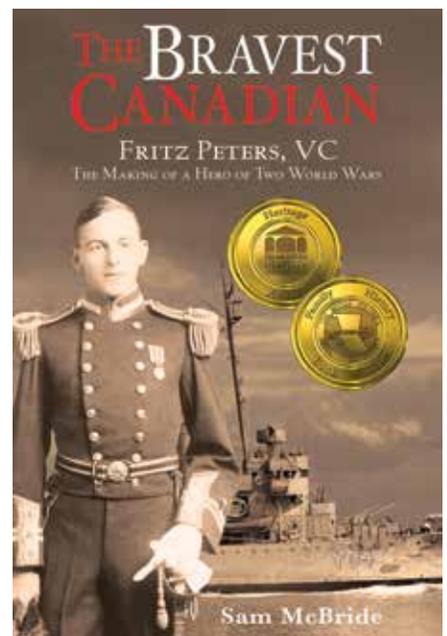
Fritz Peters, VC

The Making of a Hero of Two World Wars

Sam McBride

A treasure trove of letters from and about Fritz Peters, VC — one of Canada's greatest war heroes — gives new insight into his life, his thinking, and what made him tick. Lovable and eccentric, Peters' life criss-crosses the globe, encompassing boyhood on two coasts of Canada, naval service at the romantic China station, tense battles with German U-boats, and a mysterious career in the spy world, culminating with him leading ships to a modern-day Charge of the Light Brigade inside an Algerian port which finds him facing Vichy French guns lined up against him from every direction.

Born in Nelson, BC, Sam McBride's career includes award-winning work as a writer and journalist in the private and public sectors in BC, Alberta, and the Yukon. He has his Bachelor's degree in English and journalism from the University of Oregon and a Master's from the University of Calgary.



WINNER OF THE B.C. GENEALOGICAL SOCIETY FAMILY HISTORY BOOK AWARD
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E-book ISBN: 978-1-926991-27-6 | \$9.99 CDN/USD

The Jade Frog

The Second Mystery in the Chilcotin Trilogy

Bruce Fraser

An artist-shaman, an English teacher, and a judge find their lives transformed by the beauty and spiritual influence of the Cariboo-Chilcotin. Spanning decades and a vast territory, this sequel to *On Potato Mountain* brings together disparate worlds as the law and shamanism vie to find the murderer in their midst.

Also by Bruce Fraser

On Potato Mountain

A Chilcotin Mystery

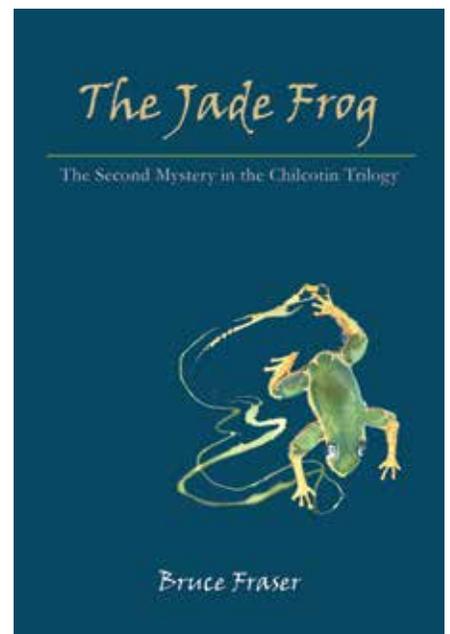
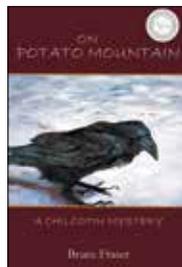
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E-book ISBN: 978-1-894694-87-2

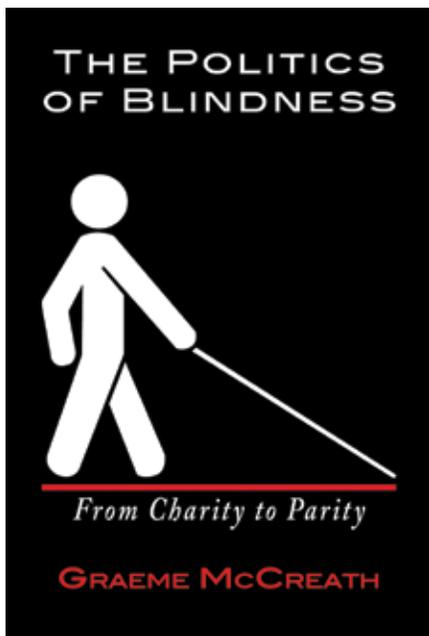
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The Politics of Blindness

From Charity to Parity

Graeme McCreath

From 70 to 80 percent of blind Canadians have never had a job. Graeme McCreath — a blind man himself and a retired physiotherapist — believes now is the time to establish a system that allows the blind to achieve autonomy rather than having to rely on charity. “We can show our capabilities and push the federal government to persuade potential employers to ‘give it a try.’ We should apply for the jobs the same as everyone else and be held to the same standard.”

From charity cases to contributing citizens: this is the critical analysis and, in turn, the social vision of Graeme McCreath’s new book, *The Politics of Blindness*. McCreath offers compelling arguments on both why and how Canada can become a more inclusive country. His book challenges the longstanding prejudicial stereotyping and the charity-based approach to meeting basic needs of blind Canadians.

—Michael J. Prince

Lansdowne Professor of Social Policy, University of Victoria

Social Policy / Politics | Rights Held Worldwide | Softcover ISBN: 978-1-894694-81-0 | 5.5 x 8.5 in. | 190 pages | \$22.95
E-book ISBN: 978-1-894694-86-5 | \$19.99 | Braille ISBN: 978-1-894694-85-8 | \$59.95 | MP3 Apple Alex ISBN: 978-1-894694-84-1
\$19.95 | Digital Talking Book ISBN: 978-1-894694-00-9 | \$25.00 | All prices CDN/USD



Song on My Lips

Jazz Greats Were My Mentors

Stephen T. Botek, MD

Set in the big-band era, this unforgettable coming-of-age story centres upon its author’s musical journey through life. Growing up in the small coal-mining town of Lansford, Pennsylvania, in the shadow of the Dorseys, Stephen Botek decides to follow his musical mentors, Buddy DeFranco and Joe Allard, to a future in jazz. He takes us backstage and into the homes and studios of jazz greats, as well as many of the unique venues of the time.

Stephen grew up in a musical family and trained as a jazz musician from a young age. Following his career as a clarinetist and chorus member in the US Air Force Band, he entered Columbia University to major in psychology and pre-med. He became a medical doctor and eventually a psychiatrist. At home and abroad, he has enjoyed playing both the clarinet and the saxophone, rubbing shoulders and sharing the stage with many extraordinary musicians. He lives in New York City.

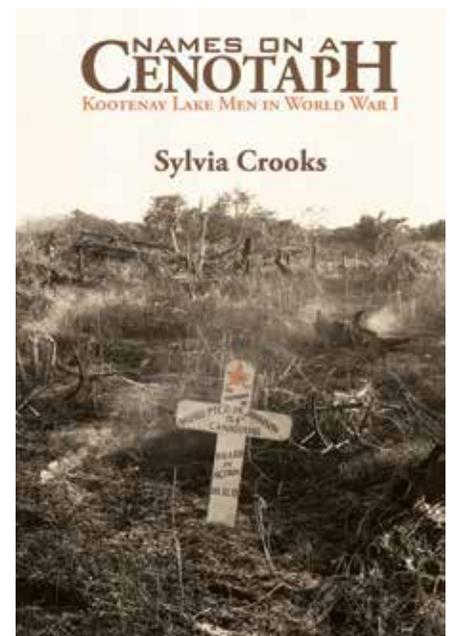
Names on a Cenotaph

Kootenay Lake Men in World War I

Sylvia Crooks

On cenotaphs and memorials along the shores of beautiful Kootenay Lake in the BC Interior are the names of 280 men who died on the blood-soaked battlefields of World War I amid the first deadly gas attack at Ypres, the costly battle for Vimy Ridge, and the horrors of Passchendaele. Many of the men were fruit ranchers, mostly British immigrants who settled on the shores of the lake, along the Kootenay River, and in the Slocan Valley. They were miners, labourers, businessmen, and some, students about to embark on promising careers. They come alive again in this account of who they were and what they endured in that futile and cataclysmic “war to end all wars.” After six years of research, the author tells their stories and vividly makes them more than simply “names on a cenotaph.”

Sylvia Crooks has been described as a librarian’s librarian. She taught them how to do research at the University of British Columbia. Born and raised in Nelson, BC, she is now retired and lives in Vancouver, BC.



History / Military / WWI | Rights Held Worldwide | Softcover ISBN: 978-1-926991-47-4 | 6 x 9 in. | 264 pages | \$19.95 CDN/USD
E-book ISBN: 978-1-926991-55-9 | \$9.99 CDN/USD

Homefront & Battlefront

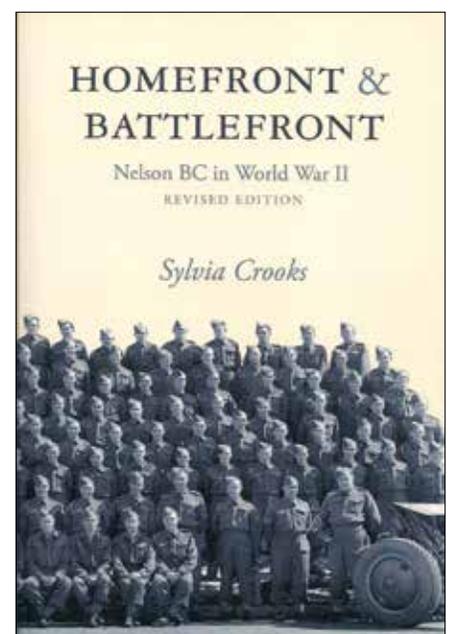
Nelson, BC, in World War II

Sylvia Crooks

Honoured by the BC Historical Federation, *Homefront & Battlefront* vividly recounts the Canadian experience of WWII through the eyes of one community — Nelson. It tells the story of the young men and women who went off to war, seventy of whom did not come home. It is also the remarkable story of how the community raised millions of dollars for the war effort, devoting six years of their civic life to help make victory possible. Their contributions prompted some to call it “the most patriotic town in British Columbia.”

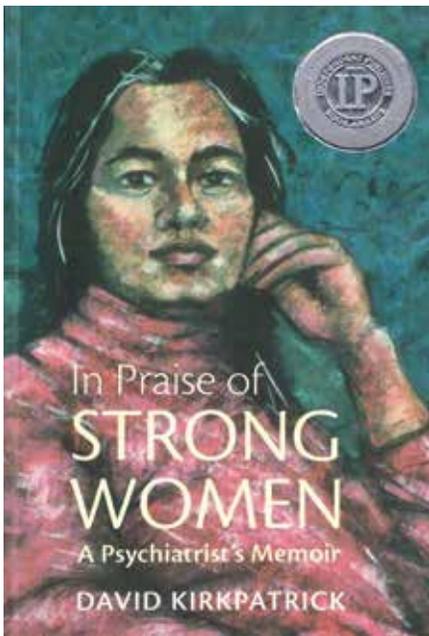
In lucid prose, Crooks evokes the full range of emotions — hope, pride, dread, grief — that embrace a small community in the time of war. Many illustrations, and the words of the combatants themselves, lend immediacy to the story. This is about one town, but it could be Anytown, Canada, and so deserves a wide readership.

— Basil Stuart-Stubbs
UBC Professor and University Librarian Emeritus



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David Kirkpatrick

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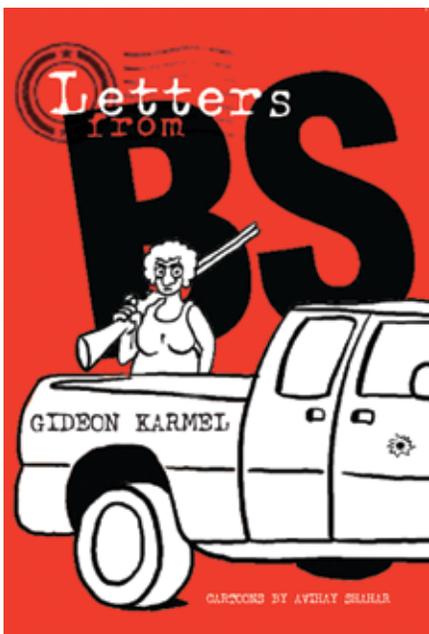
Raised in Ohio and practised psychiatry for over 30 years. He has worked in Ohio, Georgia, Alaska, Oregon, and British Columbia. He uses a family orientation in his work in Vancouver and on BC's Sunshine Coast.

He writes well — with sparking prose, engaging anecdotes and quirky humour . . . I unreservedly recommend [it] to men and women alike.

— Michael F. Mayers, MD

author of *How's Your Marriage? A Book for Men and Women*

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Letters from BS

Gideon Karmel

This is the story of Bernard Simpson, born Dranreb Zarkovlensky in 1939 in the small Baltic village of Aldoria. Through various circumstances in life, Bernard and his family came to live to Vancouver, though later on he lived in Denmark and some countries in Asia. After a few years, Bernard returned to Vancouver to focus on morphology studies at UBC.

These are his adventures and misadventures as told by real letters sent to family and friends throughout his life.

Gideon Karmel has crafted a witty and irreverent look at modern life. In a series of very real and hilarious letters, the author offers up his alter ego, Bernard Simpson, as prey to the bureaucrats, spin doctors and faceless middlemen that stand between us and some long buried notion of truth. With great humour and no short supply of the devil, Karmel offers us a look at the madness of the new Babylon.

— Bill Marchant

Director of *Everyone*, playwright, and actor

Humour | Rights Held Worldwide | Softcover ISBN: 978-1-894694-77-3 | 5.5 x 8.5 in. | 146 pages | \$14.95 CDN/USD
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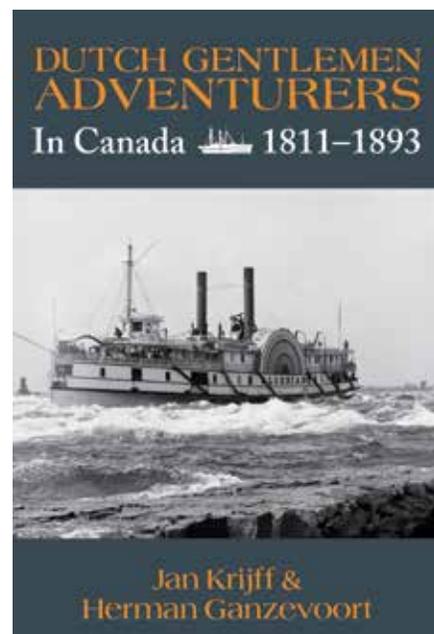
Dutch Gentlemen Adventurers

In Canada — 1811–1893

Jan Krijff and Herman Ganzevoort

This unique perspective of 19th century Canada is seen through the eyes of the Dutch elite, from dukes to financiers of the Canadian Pacific Railway, travelling from the east to the west of Canada. Their journals, articles, manuscripts, letters, and books have been translated and compiled for the first time in this book by Jan Krijff and Herman Ganzevoort. This material adds to the travel stories already known from French and English travellers of the time.

Jan Krijff was born in the Netherlands and immigrated to Canada in 1968. He has a BA in Economics and a Master's degree in History. Jan has previously published *100 Years Ago: Dutch Immigration to Manitoba in 1893*, *Een Aengenaeme Vriendschap (An Amicable Friendship)* and *Greetings from Canada: Postcards from Dutch Immigrants to the Netherlands 1884–1915*. The latter received an honourable mention for history in the IndieFab awards. **Herman Ganzevoort** was Professor Emeritus in history from the University of Calgary. He has published several books and lives in Calgary with his wife.



History / Canada / General | Rights Held Worldwide | Softcover ISBN: 978-1-926991-32-0 | 6 x 9 in. | 226 pages | \$19.95 CDN/USD

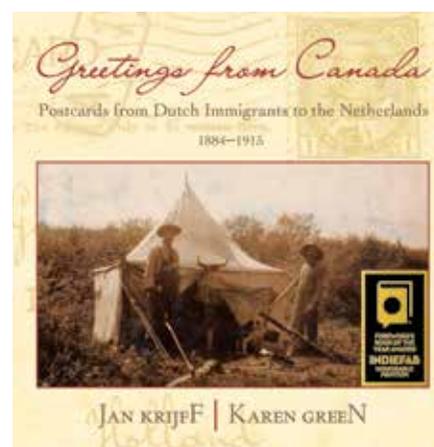
Greetings from Canada

Postcards from Dutch Immigrants to the Netherlands
1884–1915

Jan Krijff and Karen Green

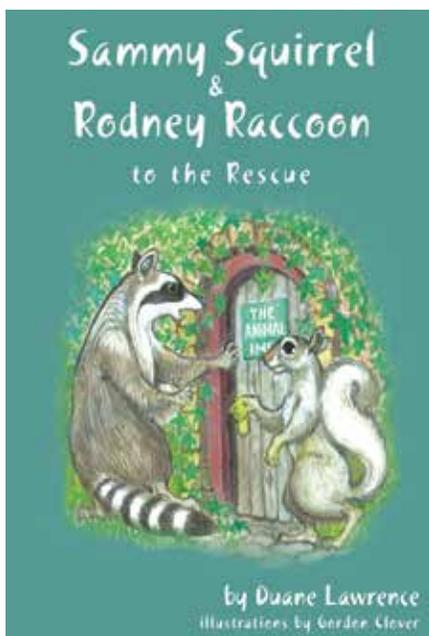
This collection of postcards from Dutch immigrants to their homeland preserves untold stories of people from various walks of life that ventured to Canada from the Netherlands in the late 1800s and early 1900s. These mini-diaries provide historically and socially significant tangible evidence of Dutch immigration seldom found in the official records and statistics. These personal notes reveal the aspects of their everyday experiences in the new country shared with those they left behind: snippets of immigrants' working lives, celebrations of milestones, and poignant longing for a few words from home.

Karen Green is Jan Krijff's wife. She is a lawyer focused on employment and labour relations, and human rights. She has served as a member of the British Columbia Mental Health Review Board, working to ensure fair hearings for mental health patients. She also worked as a manager in learning and development with BC Hydro in Vancouver.



INDIEFAB HONOURABLE
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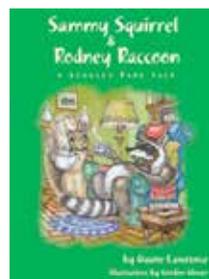
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Duane Lawrence

Illustrations by Gordon Clover

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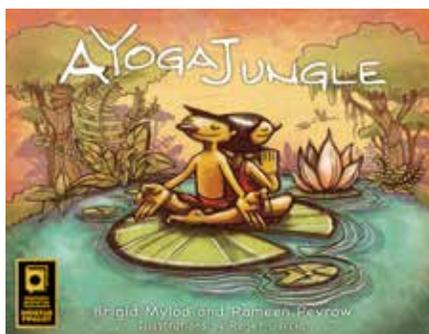
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Rameen Peyrow began his practice of yoga at a very young age with meditation, then Hatha and Ashtanga Yoga. He has dedicated his life to teaching yoga and to helping others “discover their own true nature.”

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