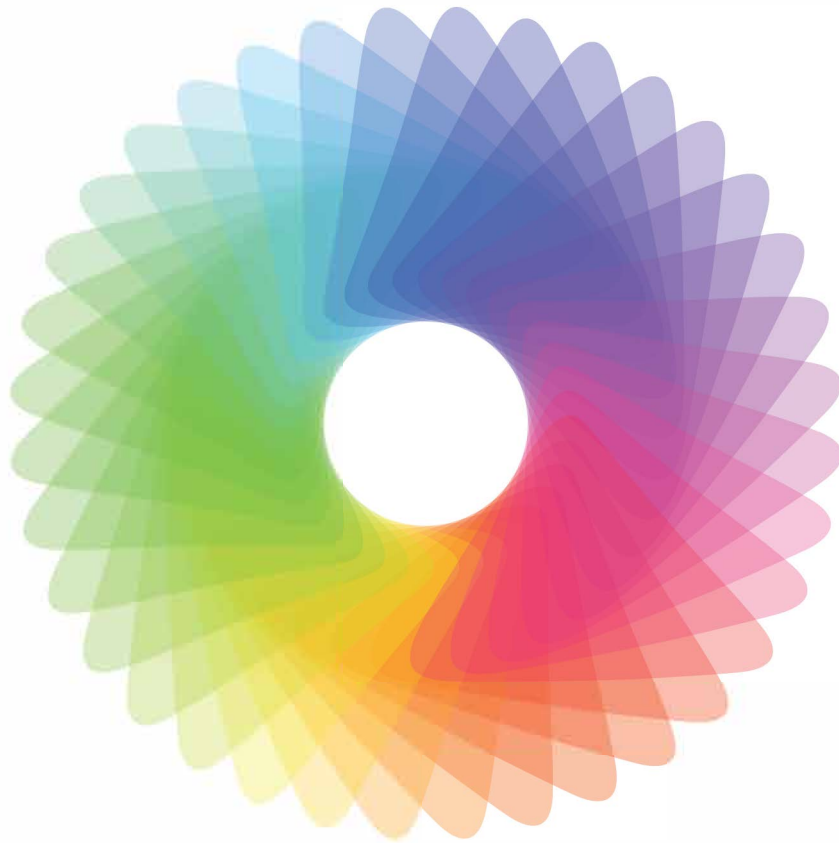


# BenBella Books

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12 YEARS OF INNOVATIVE PUBLISHING



SPRING 2015





## Love Fed

**Purely Decadent, Simply Raw, Plant-Based Desserts**

Christina Ross

### Summary

**Nourish your body as you indulge in *Love Fed* desserts—heaven in every bite.**

An artist in the kitchen, Christina Ross relies on intuition and creativity to conjure up her beautiful Parisian-inspired confections. Christina found her calling when she transitioned to a raw, vegan diet and discovered one thing was missing—decadent sweets! She set out to remedy the situation and, to her surprise and delight, found that the heavenly, nutritious treats she created didn't just satisfy her sweet tooth—they were better than traditional sweets in every way!

In *Love Fed: Purely Decadent, Simply Raw, Plant-Based Desserts*, Christina, founder of the vegan dessert line PatisseRaw and the popular blog [love-fed.com](http://love-fed.com), serves up raw, vegan treats full of nourishing ingredients and intense flavor, without a touch of gluten, dairy, or refined sweeteners. *Love Fed* takes the plant-based, no-cook method of preparing desserts to new heights with more than 80 delicious, easy recipes.

Christina gives you everything from **Pistachio Saffron Rose Water Ice Cream** and **Chocolate Almond Hazelnut Caramel Apple Torte** to **Trail-Blazing Truffles**, **Blueberry Coconut Dreamsicles**, and **Splendid Day Red Velvet Cupcakes**, satisfying to even the most discerning sweet tooth. Along the way, she introduces new ingredients, shares her solutions for potential hiccups, tells stories from her life, and includes mouthwatering full-color photos.

Featuring a recipe by Jason Mraz, *Love Fed* caters to both novices and experienced foodies alike. Chocolate lovers, caramel aficionados, ice cream devotees, cake enthusiasts, cheesecake fans—*Love Fed* has it all for you.

### Contributor Bio

**Christina Ross** is an Ambassador of Healthy Living, a dynamic conscious recipe and product creator, educator of vitality through the art of eating and living vibrantly, a freelance writer and blogger. She is the founder of PatisseRaw, a transitional raw and vegan dessert line sold online and locally in Southern California. PatisseRaw has attracted a health-conscious celebrity following and has also been featured on NBC's *Today* show.

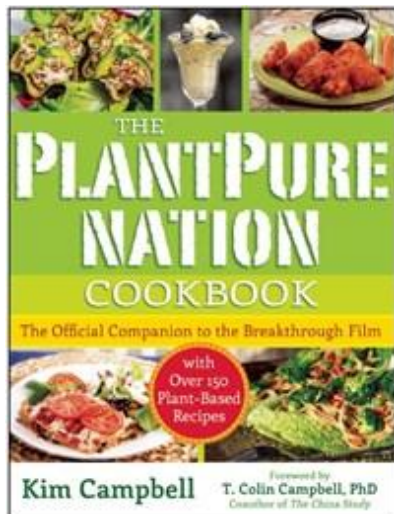
Christina's recipes and healthful lifestyle tips have been published in *Natural Child World Magazine* through her column "Love-Fed." Christina also contributes recipes and articles to popular sites and works such as [RawfoodRecipes.com](http://RawfoodRecipes.com), [Clean Food Living](http://CleanFoodLiving.com), [Vegan Food Share](http://VeganFoodShare.com), [Organic Soul](http://OrganicSoul.com), [Sheknows.com](http://Sheknows.com), [Just Eat Real Food](http://JustEatRealFood.com), [RawGuru.com](http://RawGuru.com), and [Kris Carr's MyCrazySexyLife.com](http://KrisCarr.com).

Christina keeps her many fans full of nutrient rich content through her blog [Love-Fed.com](http://Love-Fed.com) and through television appearances, which have taken her to Chicago's *Good Day Chicago*, as well as *San Diego Living*.

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Audio rights: Available



## The PlantPure Nation Cookbook

The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes

Kim Campbell, Foreword by T. Colin Campbell

### Summary

**A revolution has begun...**

From a creative team that includes the producer and writer of *Forks Over Knives*, the documentary film *PlantPure Nation* captures the inspiring story of plant-based nutrition's impact on a small town in the rural South and the effort to bring about historic political change. As the film's official companion cookbook, *The PlantPure Nation Cookbook* brings this powerful, science-based approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the revolution, promoting the health benefits of a whole food, plant-based diet.

Author Kim Campbell is the wife of *PlantPure Nation* Executive Producer and Director Nelson Campbell and daughter-in-law of Dr. T. Colin Campbell, coauthor of *The China Study* and father of the modern plant-based nutrition movement. She is also a culinary contributor, recipe developer, and cooking instructor at Campbell Wellness, a health and wellness business. In *PlantPure Nation Cookbook*, she shares more than 150 extensively tested, 100% plant-based recipes that she has created and cultivated over 25 years of vegan cooking, such as:

- Buffalo Beans and Greens
- No-Bake Chocolate Pumpkin Pie
- Spinach Lasagna
- Green Pepper Tofu Scramble
- Reuben Casserole

With a foreword by Dr. Campbell, *The PlantPure Nation Cookbook* is also filled with tips, tricks, and grocery lists for people interested in a whole food, plant-based diet. And with intimate background and behind-the-scenes details from *PlantPure Nation* film, this companion cookbook is a must-have for stimulating healthful eating in your home.

**Join the revolution to jumpstart your health!**

### Contributor Bio

**Kim Campbell** is the daughter-in-law of Dr. T. Colin Campbell, considered by many as the "science father" of the rapidly growing plant-based nutrition movement. She works with her husband, Nelson, in a health and wellness business promoting a whole-food, plant-based diet. This experience has allowed her to hone her culinary skills, especially in understanding how to create flavors, textures, and presentations that appeal to mainstream consumers experiencing a plant-based diet for the first time. Kim holds a bachelor's degree from Cornell University in Human Service Studies, with a minor in Nutrition and Child Development.

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# EVANGELPRENEUR

HOW BIBLICAL FREE ENTERPRISE  
CAN EMPOWER YOUR  
FAITH, FAMILY, AND FREEDOM



JOSH TOLLEY

## Evangelpreneur

How Biblical Free Enterprise Can Empower Your Faith, Family, and Freedom

Josh Tolley

### Summary

**The truth shall set you free. Ignoring it will cost you a fortune.**

It has become clear that we are living a lie, and it has brought devastating results: Bankruptcy among churchgoers is equally as high as those who don't attend. Financial misconduct is destroying marriages, families, individuals, and churches. A record number of churches are in foreclosure.

The church teaches us it's normal to have student loans, car payments, mortgages, and credit cards. It calls poverty a curse but isn't doing much to correct the problem, and it focuses on tithing and the elimination of personal debt—but debt elimination is not enough.

Wouldn't you rather thrive in your finances and live the life God has called you to?

*Evangelpreneur* will teach you:

- How to get your financial life to line up with your faith life
- How to save your family and your church from financial ruin
- How to recognize if God is calling you to entrepreneurship
- How to use entrepreneurship to do God's work on Earth

For too long, the faithful have been held hostage by false teaching, bad teaching, and the poor practice of good teaching. It's time to break free from the bondage tied to financial issues and become an *Evangelpreneur*.

### Contributor Bio

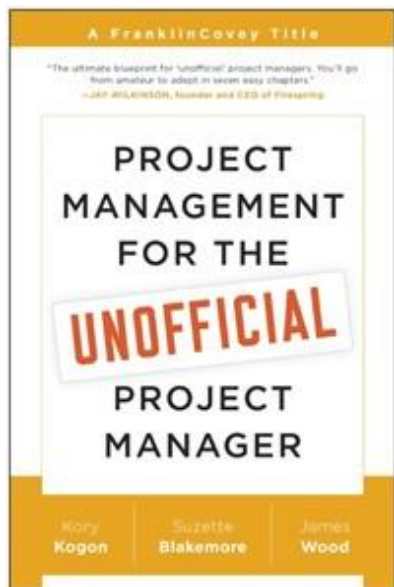
**Josh Tolley** is a nationally syndicated talk-show host with listeners in all 50 states, as well as 160 nations. He is listed as one of the Top 100 business trainers in the world and is regularly on national and international television bringing his expertise to topics which include business, religion, relationships, and politics. He is a Liberty Award nominee, featured in the short film *Elektable* and even served as a television anchor for a presidential debate.

His business and strategy training has been heard by hundreds of thousands of people around the world and the change it has brought not only to businesses but to lives is palpable. His bold stance on faith and his use of logic, reason, and strategy have led people to truth and has even saved lives by giving hope back to the hopeless.

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## Project Management for the Unofficial Project Manager

A FranklinCovey Title

Kory Kogon, Suzette Blakemore, and James Wood

### Summary

**No project management training? No problem!**

In today's workplace, employees are routinely expected to coordinate and manage projects. Yet, chances are, you aren't formally trained in managing projects—you're an unofficial project manager.

FranklinCovey experts Kory Kogon, Suzette Blakemore, and James Wood understand the importance of leadership in project completion and explain that people are crucial in the formula for success.

*Project Management for the Unofficial Project Manager* offers practical, real-world insights for effective project management and guides you through the essentials of the people and project management process:

- Initiate
- Plan
- Execute
- Monitor/Control
- Close

Unofficial project managers in any arena will benefit from the accessible, engaging real-life anecdotes, memorable "Project Management Proverbs," and quick reviews at the end of each chapter.

If you're struggling to keep your projects organized, this book is for you. If you manage projects without the benefit of a team, this book is also for you. Change the way you think about project management—"project manager" may not be your official title or necessarily your dream job, but with the right strategies, you can excel.

### Contributor Bio

**Kory Kogon** is the Global Practice Leader for Productivity, focusing her research and content development around time and project management, and communication skills.

Before joining FranklinCovey, Kory spent more than six years as the Executive Vice President of Worldwide Operations for AlphaGraphics, Inc. She was responsible for the teams helping franchisees start up their business, develop staff, and reach profitability in a highly competitive, commodity-driven industry. She also led the implementation of ISO 9000, supervised the move of the corporate headquarters from Tucson to Salt Lake City, and managed the installation of the first company-wide global learning system. In 2005, Utah Magazine honored Kory as one of the "Top 30 Business Women to Watch" in Utah.

**James Wood** holds a Doctorate of business Administration and is certified as a Project Management Professional (PMP) through the Project Management Institute. He is a leadership consultant and coach based in both Denver, Colorado, and Honolulu, Hawaii. He has more than 25 years of diverse leadership experience with project management, software development, engineering, operations, and training organizations. He is deeply passionate about utilizing brain-based, results-focused techniques to consult with and coach individuals and organizations to realize greatness. To that end, he is ardently driven toward teaching, inspiring, and guiding others in discovering methods that lead to fulfilling and enriched personal and professional lives.

**Suzette Blakemore** joined FranklinCovey in 2012 as a Regional Productivity Practice leader where she brings concrete understanding and the productivity

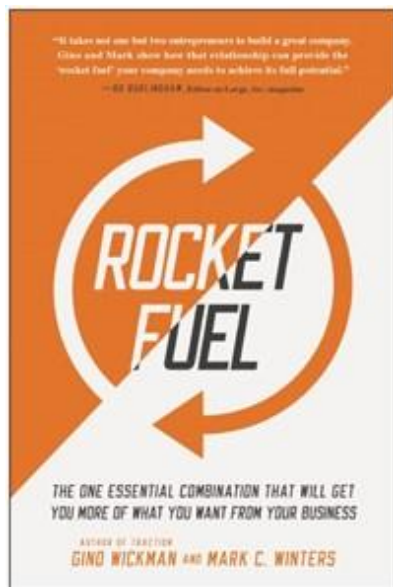
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jmr@dupreemiller.com  
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challenges facing workforces today. Prior to joining Franklin Covey, Suzette spent over 20 years in the corporate world, moving from a top producing sales person to Executive team member. Suzette has led both Learning Development and Business Development divisions working with thousands of businesses from Fortune 500 companies and small business in the U.S., Mexico, Saudi Arabia, Australia, Brazil, Russia, Japan and the UK.

She has led many projects having created over 40 training and development offerings focused on creating successful Sales, Team, Marketing, Operations and Profit strategies while at the same time helping organizations achieve double digit revenue growth despite the economic down-turn. Suzette is a Certified Franchise Executive and holds additional certifications from the Direct Marketing Association, and ASTD. She currently serves as a board member for the EcSell Institute.



## Rocket Fuel

### The One Essential Combination That Will Get You More of What You Want from Your Business

Gino Wickman and Mark C. Winters

#### Summary

**Discover the vital relationship that will take your company from "What's next?" to "We have liftoff!"**

Visionaries have groundbreaking ideas. Integrators make those ideas a reality. This explosive combination is the key to getting everything you want out of your business. It worked for Disney. It worked for McDonald's. It worked for Ford. It can work for you.

From the author of the bestselling *Traction*, *Rocket Fuel* details the integral roles of the Visionary and Integrator and explains how an effective relationship between the two can help your business thrive. Offering advice to help Visionary-minded and Integrator-minded individuals find one another, *Rocket Fuel* also features assessments so you're able to determine whether you're a Visionary or an Integrator.

Without an Integrator, a Visionary is far less likely to succeed long-term, and realize the company's ultimate goals—likewise, with no Visionary, an Integrator can't rise to his or her full potential. When these two people come together to share their natural talents and innate skill sets, it's like rocket fuel—they have the power to reach new heights for virtually any company or organization.

#### Contributor Bio

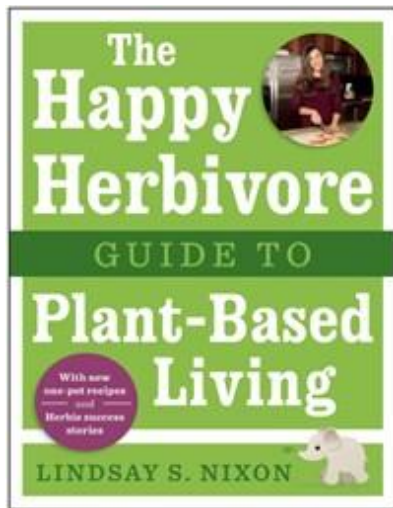
**Gino Wickman's** passion is helping people get what they want from their businesses. To fulfill that passion, Wickman created the Entrepreneurial Operating System® (EOS), a holistic system that, when implemented in an organization, helps leaders run better businesses, get better control, have better life balance, and gain more traction—with the entire organization advancing together as a healthy, functional, and cohesive team. Wickman spends most of his time as an EOS Implementer, working hands-on with the leadership teams of entrepreneurial companies to help them fully implement EOS in their organizations. He is the founder of EOS Worldwide, a growing organization of successful entrepreneurs from a variety of business backgrounds collaborating as certified EOS Implementers to help people throughout the world to experience all the organizational and personal benefits of implementing EOS. He also delivers workshops and keynote addresses.

**Mark C. Winters** is a seasoned professional with over 25 years of entrepreneurial leadership experience. His companies have ranged from raw startups originally drawn up on a napkin, to multi-billion dollar global enterprises such as Procter & Gamble and British Petroleum. This diverse background enables him to identify and apply patterns of success for virtually any business scenario. Mark's passion is helping entrepreneurs get what they want from their business. As a Certified EOS Implementer, he's actively engaged in helping other entrepreneurs implement EOS in their own companies. His ability to connect and guide CEOs to achieve their desired results is highly respected. Mark is known for pursuing business opportunities related to technology and systems that enable the optimization of human/athletic performance, with a special interest in pattern recognition and scoring methodologies.

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Audio rights: None

## The Happy Herbivore Guide to Plant-Based Living

Lindsay S. Nixon

### Summary

**In her latest Happy Herbivore book, Lindsay S. Nixon provides what her readers have been clamoring for—a practical, in-depth guide to living the plant-based lifestyle.**

A plant-based diet is not about saying “no” to a variety of foods. It’s about saying “yes” to you and your health. It’s about saying “yes” to whole, good-for-you foods that make you feel (and look!) great.

Embracing any new lifestyle means changes, questions, and skeptics at your door. You don’t have to face that alone. Nixon has been successfully living the Happy Herbivore lifestyle for years and during that time, she’s helped thousands of clients make the transition. In *Happy Herbivore Life*, she expertly walks you through how to thrive as a happy herbivore, from making the transition to living plant-proud every day to overcoming objections from your family and friends.

Nixon provides insight on key ingredients to include in your diet and exposes the myths concerning soy, carbs, fat, and protein. She offers tips on what to say to critical carnivores, how to live plant-based with a busy lifestyle, and ways to make easy substitutions in recipes that won’t change the texture and taste of your favorite dishes.

Beautiful pictures and a sampling of new plant-based recipes accompany her savvy advice, plus testimonials from fans who have embraced the happy herbivore way and are *loving* the results.

*Happy Herbivore Life* is the essential and ultimate guide you’ve been waiting for to help you transform your life through plant-based eating.

### Contributor Bio

**Lindsay S. Nixon** is the bestselling author of the Happy Herbivore cookbook series: *The Happy Herbivore Cookbook*, *Everyday Happy Herbivore*, and *Happy Herbivore Abroad*. As of September 2012, Nixon has sold more than 150,000 cookbooks. Nixon has been featured on *Dr. Oz* and *TheFoodNetwork.com*, and she has spoken at Google. Her recipes have also been featured in *The New York Times*, *VegNews*, *Vegetarian Times*, *Women’s Health*, *Oprah.com*, *Bethenny.com*, *Fitness.com*, *Bust.com*, *WebMD.com*, *Shape.com*, among many others. A rising star in the culinary world, Nixon is praised for her ability to use everyday ingredients to create healthy, low-fat recipes that taste just as delicious as they are nutritious. Learn more about Nixon and try some of her recipes on her award-winning site [HappyHerbivore.com](http://HappyHerbivore.com).





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Audio rights: Available

## Plant-Powered Families

Over 100 Kid-Tested, Whole-Foods Vegan Recipes

Dreena Burton

### Summary

Get your whole family excited about eating healthy!

Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In *Plant-Powered Families*, Burton shares over 100 whole-food, vegan recipes—tested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including:

- Pumpkin Pie Smoothie
- Vanilla Bean Chocolate Chip Cookies
- Cinnamon French Toast
- No-Bake Granola Bars
- Creamy Fettuccine
- Sneaky Chickpea Burgers
- Apple Pie Chia Pudding
- Plus* salad dressings, sauces, and sprinkles that will dress up any dish!

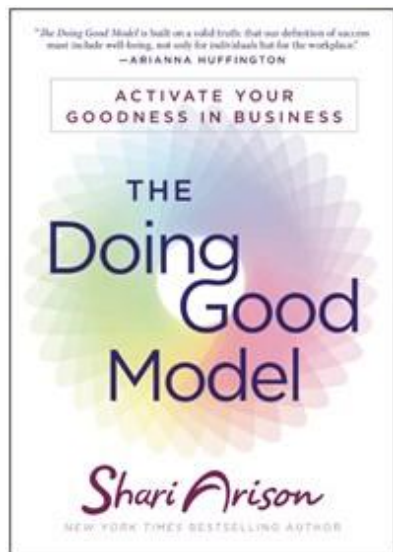
With tips for handling challenges that come with every age and stage—from toddler to teen years—*Plant-Powered Families* is a perfect reference for parents raising “weegans” or families looking to transition to a vegan diet.

Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. *Plant-Powered Families* also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

### Contributor Bio

**Dreena Burton** has been vegan for almost 20 years, in that time writing four bestselling cookbooks charting her journey as a plant-powered cook and at-home mother of three. Always passionate about creating nutritious recipes, she is an advocate of using the “vegan basics” to create healthy, delicious food for the whole family. Affectionately dubbed “Queen Bean” and “Vegan Cookie Queen” by her readers, Dreena is one of the pioneering vegan cookbook authors. Her cookbooks have garnered a loyal following, and Dreena has earned the respect and repute for reliable, wholesome recipes.

After working in marketing management for several years with an international satellite communications company, Dreena followed her true passion of writing recipes and cookbooks. Dreena has appeared on television and radio and is a recipe contributor for well-known sites, including Forks Over Knives, KrisCarr.com, and PCRM. She has written for *Yoga Journal*, *VegNews*, *ALIVE magazine*, and has been featured in other publications including *First for Women* magazine. Dreena has won several blog awards including VegNews, VegBloggy, and Vancouver’s Ultimate Mom Blog.



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## The Doing Good Model

### Activate Your Goodness in Business

Shari Arison

#### Summary

**There is now proof that business and philanthropy form a powerful platform for positive change.**

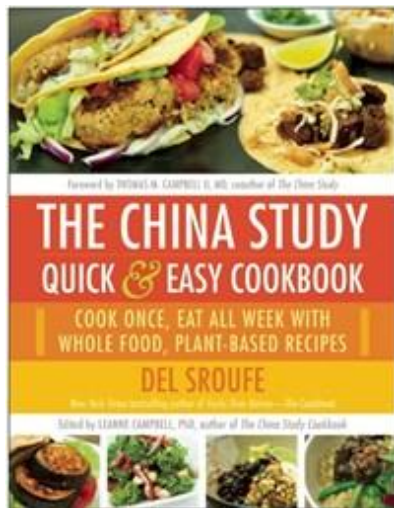
Shari Arison has shown this through her leadership in over three decades of philanthropy and 15 years of running her own global business, the Arison Group. In her previous *New York Times* bestseller, *Activate Your Goodness*, Shari revealed the ways doing good enriches the lives of individuals and those around them. Now, in *The Doing Good Model*, Shari's vision and insights have been applied to the corporate world to illustrate how everyone benefits when companies value people and the planet alongside profit. Learning about the 13 values within *The Doing Good Model* will enable business owners to rethink their impact on every level, from the individual, all the way through to our collective well-being.

*The Doing Good Model* is a guide that will enable you to infuse your business with the power of doing good. And more than that, it's a call to action for business owners, leaders, and employees in all industries across the world to become agents for change. Companies of any size can benefit from Shari's vision. Her sustainable values-based business model can easily be introduced and implemented in any organization.

It's time to revitalize modern business for the good of humanity. Let *The Doing Good Model* open your eyes and become a catalyst for corporate transformation.

#### Contributor Bio

**Shari Arison** is an American-Israeli businesswoman and philanthropist, owner of the Arison Group that operates in more than 40 countries across five continents to realize the vision of Doing Good. Its business arm, Arison Investments, operates in the fields of finance (Bank Hapoalim), infrastructure, real estate, and renewable energy (Shikun & Binui), salt (Salt of the Earth), and water (Miya). Its philanthropic arm, The Ted Arison Family Foundation, houses the organizations Essence of Life, Goodnet, All One, and Ruach Tova that operates Shari's global initiative Good Deeds Day. She also initiated Matan – Investing in the Community, based on United Way. Arison created a unique values-based model for values-driven leadership in business, organizations, and communities. She is repeatedly ranked by Forbes as one of the most powerful women in the world, and as one of the world's greenest billionaires. In 2013, Arison was named Honorary Doctor of Humane Letters by George Mason University.



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and Russian  
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## **The China Study Quick & Easy Cookbook**

**Cook Once, Eat All Week with Whole Food, Plant-Based Recipes**  
Del Sroufe, Edited by LeAnne Campbell

### **Summary**

**Following the plant-based nutrition regimen presented in *The China Study* is now easier than ever before.**

When it comes to meal planning, do you find yourself deciding between healthy foods and quick options? Do you stare at the contents of your fridge, wondering what you can easily throw together?

Even on a busy schedule, your meals can be simple, healthy, and delicious!

You shouldn't have to sacrifice health or taste for efficiency in the kitchen. Nobody knows this better than Chef Del Sroufe, author of the *New York Times* bestseller *Forks Over Knives—The Cookbook* and *Better Than Vegan*. In *The China Study Quick & Easy Cookbook*, Sroufe provides menu plans, pantry lists, and more than 100 delicious plant-based recipes that are quick, easy, and multipurpose.

Edited by LeAnne Campbell, author of *The China Study Cookbook*, this book guides you to spend a couple of hours one day a week preparing meals ahead of time. Every dish follows the nutrition standards set forth by *The China Study*, ensuring optimal healthful and quality eating with whole food recipes such as:

Fruit and Vegetable Curry • Mushrooms Barbacoa • Cauliflower Parmesan • Sweet Potato Pie Muffins • Banana-Coconut Macaroons

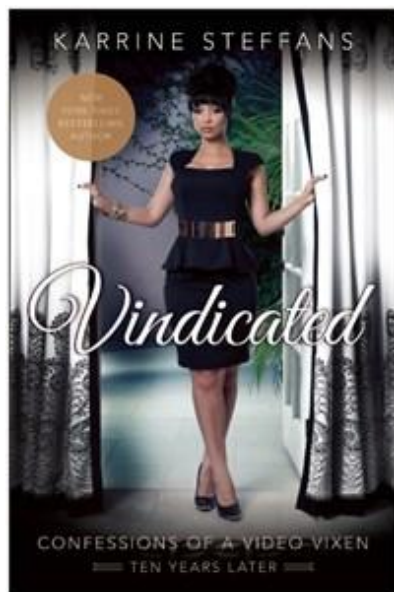
With a foreword by *The China Study* coauthor Thomas Campbell, *The China Study Quick & Easy Cookbook* is the next step in transforming your kitchen, your time, and your life.

### **Contributor Bio**

**Del Sroufe's** passion for cooking began at eight years old and never faded. In 1989 he went to work for one of Columbus' premier vegetarian restaurants, the King Avenue Coffeehouse, where he honed his craft as a baker and chef. Sroufe opened Del's Bread, a vegan bakery, before beginning vegan meal delivery service in 2001, serving eclectic plant-based cuisine to Columbus residents. During this time, he developed what became a very popular cooking class series, sharing many of the delicious recipes he had created over the years.

In 2006, Sroufe joined Wellness Forum Foods as co-owner and chef, where he continued the tradition of delivering great tasting, plant-based meals to clients in Columbus as well as throughout the continental U.S. Sroufe also joined The Wellness Forum as a member where, after a lifetime of yo-yo dieting, he has lost over 200 pounds on a low fat, plant-based diet. He continues to teach cooking classes at local venues like Whole Foods, Community Recreation Centers, and The Wellness Forum. Sroufe is the author of *Forks Over Knives—The Cookbook*, a vegan cookbook companion to the acclaimed documentary *Forks Over Knives*.

**LeAnne Campbell, PhD**, lives in Durham, North Carolina. She has been preparing meals based on a whole-food, plant-based diet for almost 20 years. Campbell has raised two sons—Steven and Nelson, now 18 and 17—on this diet. As a working mother, she has found ways to prepare quick and easy meals without using animal products or adding fat.



## Vindicated

### Confessions of a Video Vixen, Ten Years Later

Karrine Steffans

#### Summary

For a decade, *Confessions of a Video Vixen* author Karrine Steffans and the details of her private life have been the subject of debate and scrutiny. But, as gossipmongers and critics speculated, assumed, and manufactured tall tales about the *New York Times* bestselling author, Karrine hid herself and her truth from the world, imprisoned by an abusive marriage and the judgments of society.

In *Vindicated: Confessions of a Video Vixen, Ten Years Later*, Karrine takes readers into the belly of the beast as she harrowingly chronicles the systematic breakdown of her mind, body, and spirit and the events that propelled her back to prosperity after losing everything. She candidly shares her struggle to be what others demand, her obsession with the American dream, her desperation to appear normal, and the price she paid for it all.

With a foreword from *Respect* magazine Editor-in-Chief Datwon Thomas, this dark, long journey into the life of an abused and tormented woman, wife, and mother uncovers a long-guarded set of painful personal truths, reveals the inspiring details of her life-saving triumph, and will change everything you thought you knew about Karrine Steffans.

#### Contributor Bio

**Karrine Steffans** is the *New York Times* bestselling author of six titles: *Confessions of a Video Vixen*, *The Vixen Diaries*, *The Vixen Manual*, *Satisfaction*, *How to Make Love to a Martian*, and *Decor and the Single Girl*.

Karrine and her books have been featured on shows hosted by Paula Zahn, Donny Deutsch, Tyra Banks, Bill O'Reilly, Geraldo Rivera, Kathy Lee Gifford and Hoda Kotb, and the queen of daytime herself, Oprah Winfrey. Quite accidentally, the author also contributed a satirical editorial to HBO's *Real Time with Bill Maher*.

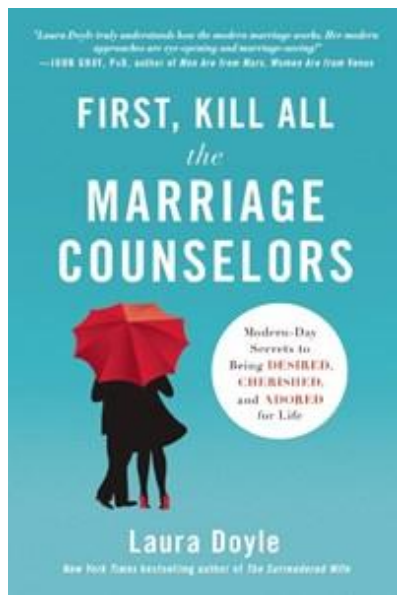
Karrine continues to lecture at universities nationwide and volunteers her time serving causes supported by the United Nations, the International Labour Organization, and others with special interest in women's rights, modern-day slavery, and trafficking.

Brooklyn native **Datwon Thomas** is a renowned journalist/writer/editor. The founder of *King* magazine has helmed top spots at *XXL* and *Vibe* magazines. Currently Editor-in-Chief of *Respect* magazine, Thomas is in love with life and his family.

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## First, Kill All the Marriage Counselors

**Modern-Day Secrets to Being Desired, Cherished, and Adored for Life**

Laura Doyle

### Summary

**If you want to repair your marriage or build an enduring, fulfilling relationship, step away from the therapist, put down the magazine, and pick up this book.**

Laura Doyle's marriage was in trouble. After five years, her husband had become distant and seemed checked out of their relationship, preferring watching TV to making love. There were frequent fights that ended with tense silences. Marriage counseling made their problems worse—each session seemed to reinforce the feeling that she and her husband were just too far apart.

Desperate to avoid divorcing the man she loved, Laura tried something different: she started talking to happily married women, some for more than 15 years. What she discovered shocked her.

Everything she had heard in marriage counseling was wrong. Laura realized there are basic truths that can help women maintain loving, intimate marriages, such as:

The happiness of your relationship is up to you!

What men want most of all is to be treated with respect. Treat your man with respect (even if you aren't feeling it), and he will treat you with love and care. Your man wants to know he has your trust. Give it to him, and he'll realize you are special . . . because you will be!

After seeing her own marriage transform, Laura set out to help other women do the same. In *First, Kill All the Marriage Counselors*, you'll learn Laura's "Six Intimacy Skills," which have been used by over 150,000 women who have turned their unhappy marriages into blissful unions.

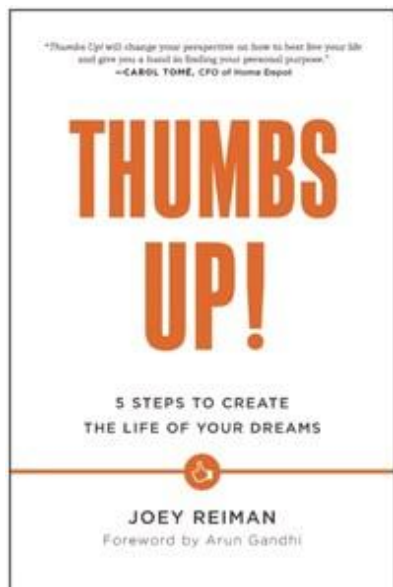
*First, Kill All the Marriage Counselors* will put you on the path to having the sweet, satisfying marriage you want with the man you love!

### Contributor Bio

**Laura Doyle** is a *New York Times* bestselling author whose books have been translated into 16 languages and published in 27 countries. Over 50,000 women credit her with not only saving their relationships, but also showing them how to become desired, cherished, and adored for life.

She is the founder of Laura Doyle Connect, a multi-national company that provides relationship coaching and programs for single women, girlfriends, and wives all over the world. She has appeared on *CBS Evening News*, *Dateline NBC*, *The Today Show* and *The View*. Articles about Laura have appeared in *The Wall Street Journal*, *The New York Times*, *The Los Angeles Times*, *The Washington Post*, *The London Telegraph* and *The New Yorker*. She is a regular contributor to *The Huffington Post*.

Laura lives in Newport Beach, California, with her hilarious husband John Doyle, who has been dressing himself since before she was born.



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## Thumbs Up! Five Steps to Create the Life of Your Dreams

Joey Reiman, Foreword by Arun Gandhi

### Summary

**Purpose defines you. What you do with that purpose redefines the world.**

Joey Reiman was told he might never move his hand again after a horrible, paralyzing accident in 1975. Refusing to accept this prognosis and give in to negative thoughts, all he wanted to do was move his thumb. "If I could just raise my thumb," Reiman thought, "the rest will follow." With this seed of what he now calls optimalism—believing that optimism creates optimal outcomes—Reiman did it. He gave himself a thumbs up.

Now Reiman, the world's leading purpose branding expert and motivational speaker, will share his belief system with you. In *Thumbs Up!*, Reiman shows how five simple pointers will ultimately help you activate your dreams into actions. The secret to success is right at your fingertips. Your digits will guide you to:

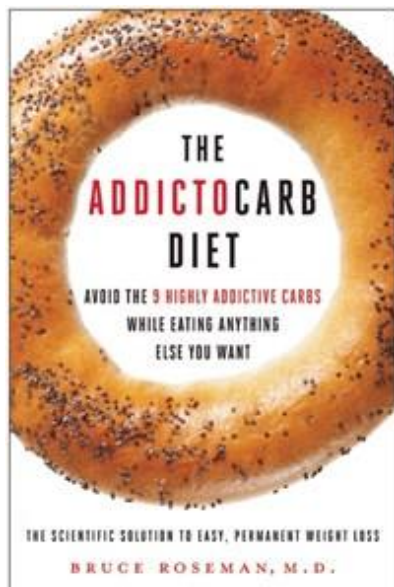
- Give the world a thumbs up
- Point to your purpose in life
- Give your middle finger to fear
- March forth to take action
- Remember the little things that matter

*Thumbs Up!* is a how-to that focuses on looking up and rising up to all you imagined you could be and determining that a life of purpose begins in the palm of your hand. Start your journey of life to deeper love, more meaningful work, better health, greater wealth, and richer faith.

### Contributor Bio

**Joey Reiman** is founder and CEO of the International Center for Applied Purpose & global consultancy, BrightHouse, a company whose mission is to bring purpose to the world of business. Reiman has emerged as the leading expert in the areas of purpose-inspired leadership, marketing, and innovation. His breakthrough purpose methodology and frameworks have been adopted by top firms, including Procter & Gamble, The Coca-Cola Company, McDonald's, Nestle, MetLife, Michelin and many other Fortune 500 companies.

*Fast Company* named him one of the 100 people who will change the way the world thinks. As a frequent marketing and branding guest expert on CNN, and monthly columnist for BE Magazine, created by Mahatma Gandhi's grandson, Arun Gandhi, world-renowned Professor Philip Kotler calls Reiman, "The Moses of Marketing." Reiman is married to women's activist Cynthia Good. They have two sons, Alden and Julien, and reside in Atlanta, Georgia.



## The Addictocarb Diet

**Avoid the 9 Highly Addictive Carbs While Eating Anything Else You Want**

Bruce Roseman

### Summary

There's a reason diets don't work. Science has shown that a class of carbohydrates, called "Addictocarbs," light up the brain's pleasure and addiction centers and make it almost impossible to eat them in moderation. If you've experienced overwhelming, irresistible cravings for things like bread, cookies, soda, or potatoes, then you've encountered these Addictocarbs firsthand.

If you're struggling to lose weight, counting calories and shrinking portions are not the answers. The answer lies in how your brain reacts when you eat these Addictocarbs—and how you can use this knowledge to help you break the addictive cycle.

It's called the Addictocarb Diet, and it's a cure—not a fad.

After losing his father at an early age to obesity-related illness and a lifetime of struggling with his own weight and diabetes as a result, Bruce Roseman, M.D., transformed his life and the lives of close to a thousand of his patients with this simple and effective diet based on the latest findings in addiction neuroscience.

*The Addictocarb Diet: Avoid the 9 Highly Addictive Carbs While Eating Anything Else You Want* explains that weight gain stems from our addiction to these nine carbs, proven by new brain imaging techniques from the emerging field of addiction neuroscience.

Unlike fad diets, the Addictocarb Diet not only helps you easily lose weight and keep it off, but also improves your overall health and can be beneficial for almost anyone, including those struggling with gluten or lactose sensitivities, prostate problems, diabetes, and other ailments.

This book equips you with tools for success, including tips for handling dietary lapses and navigating fast-food challenges. It also supplies recipes, sample meal plans, and answers to frequently asked questions from hundreds of Dr. Roseman's patients. Stop fighting cravings and take control with *The Addictocarb Diet*.

Your struggle with weight loss ends here. Reclaim control of your health and well-being with *The Addictocarb Diet*.

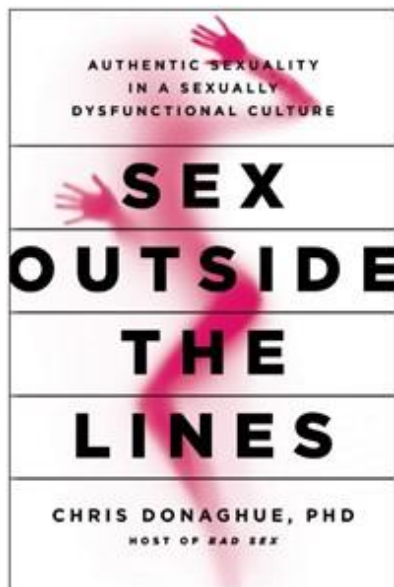
### Contributor Bio

**Dr. Bruce Roseman** has been a Family Doctor in private practice in Manhattan for 30 years and is affiliated with Mount Sinai Hospital where he holds joint appointments in the departments of Family Medicine and Ob/Gyn. He has served as medical editor for several food/health-related books and magazines including *The Olive Oil Cookbook*, *The Low Cholesterol Oat Cure*, Whittle's *The Health Report*, *Big Bird Goes to the Doctor (Sesame Street)* and as a medical columnist for *Woman's World*. He has appeared on numerous television and radio programs as a medical expert, including *Live Wire (PBS)*, *The Human Condition (NPR)*, *Good Day New York*, *The Queen Latifah Show*, and *The Joan Lunden Show*, and has been featured in magazines such as *Guideposts* and *Parent*. He is the author of *A Kid Just Like Me*, which details a popular method he invented to teach children with learning disabilities to read, while working with his son. He lives in New York City with his wife of over a quarter century, Ellen, and is proud to be the father of two fine young men, Joshua and Aaron.

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## Sex Outside the Lines

### Authentic Sexuality in a Sexually Dysfunctional Culture

Chris Donaghue

#### Summary

**It's socially acceptable to spend a day watching sports or sitcoms, but it's shameful and embarrassing to admit to the same about erotic media. Why is it that sex is so often deemed "inappropriate" and considered something we must keep private or even ignore?**

Our culture is afraid of sex. We feel the need to label what is normal and what isn't, and as a result, we live in a relational and sexually unhealthy culture. In reality, far more harm is caused by labeling sexual expression as "obscene" than by celebrating it.

In *Sex Outside the Lines: Authentic Sexuality in a Sexually Dysfunctional Culture*, Chris Donaghue, PhD, explores and challenges the negative ideals that have warped society's view of sex. *Sex Outside the Lines* is not a dogmatic rule book, but a valuable guide to help you on your journey to sexual self-discovery and, most important, self-acceptance. Donaghue encourages you to not only explore your capacity for pleasure, but to be proud of it and to take a look at how you could be living.

In his years of training in sex and couples therapy, Donaghue has developed highly successful methods for freeing clients from sexual hang-ups, enabling them to let go of shame and embarrassment. The goal isn't to be "normal"—there is no such thing. Donaghue pulls apart cultural phobias with a sex-positive therapy practice, as well as a kind of sexual deprogramming that helps people see and accept that the desires they have—even if they don't align with society's expectations—are actually natural, healthy, and part of having a great sex life.

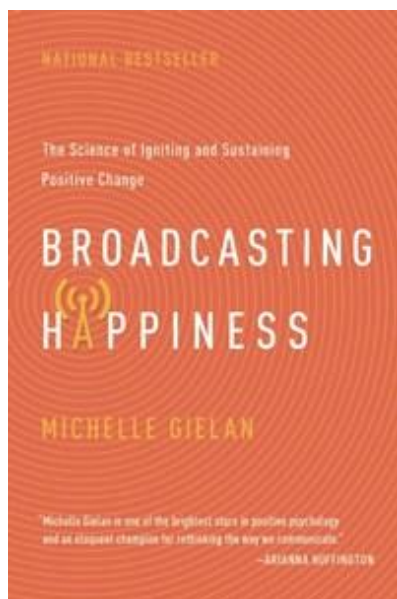
*Sex Outside the Lines* addresses our diversity, challenges conventional psychiatric wisdom as classifying perfectly normal behavior as disorders, and disregards conventional advice from leading experts. It isn't advocating a "liberal" approach to modern concepts—it is seeking to redefine them altogether.

#### Contributor Bio

**Chris Donaghue**, PhD, LCSW, CST, is a doctor of clinical sexology and human sexuality, trained doctorally in clinical psychology, licensed clinical therapist, nationally certified sex therapist. Dr. Donaghue specializes in the sexuality spectrum and sexually-related compulsive behaviors such as sexual compulsivity/sex addiction, as well as marital and relational disorders. Dr. Donaghue runs his own private practice specializing in individual and couples sex therapy in Beverly Hills California.

Dr. Donaghue is nationally recognized as a sex and relationship expert, lecturing at Universities, and appearing on Logo TV's *Bad Sex*, and having been featured in *Newsweek*, and seen on CNN, OWN, Dr. Drew's *Lifetchangers*, and *National Geographic*.





## Broadcasting Happiness

The Science of Igniting and Sustaining Positive Change

Michelle Gielan

### Summary

***Broadcasting Happiness* will "inspire you and change your life."  
—Parade Magazine**

**We are all broadcasters. And the messages we choose to broadcast predict our success.**

All of us constantly broadcast information to others, even when we don't say a word. Sales professionals broadcast to potential clients in a way that wins new business. Managers broadcast to their teams about projects. Colleagues broadcast to one another about available resources. As professionals, parents, and friends, the messages we choose to broadcast shape others' belief in the potential for success and their ability to create positive change.

In *Broadcasting Happiness*, Michelle Gielan, bestselling author and featured professor in Oprah's happiness course, will show you how changing your broadcast changes your power.

Working as a CBS news anchor, Gielan saw how nonstop coverage of the 2009 recession left many viewers feeling paralyzed. She had an idea: a new interview series focused on positive psychology and creating happiness in the face of tragedy. "Happy Week" generated the greatest viewer response of the year.

In *Broadcasting Happiness*, Gielan shows us how our words can move people from fearbased mindsets, where they see obstacles as insurmountable, to positive mindsets, where they see that change is possible and take action. Using scientifically proven communication strategies, we have the ability to increase others' happiness and success at work, as well as our own, instantly making us more effective leaders.

New research from the fields of positive psychology and neuroscience shows that small shifts in the way we communicate can create big ripple effects on business and educational outcomes, including 31 percent higher productivity, 25 percent better performance ratings, 37 percent higher sales, and 23 percent lower levels of stress.

In *Broadcasting Happiness*, learn the seven keys of communicating more effectively to influence others and drive measurable results. Gielan, a happiness researcher and expert on positive communication, will teach you how to:

- Inoculate your brain against stress and negativity by fact-checking challenges
- Drive success by leading a conversation or communication with positivity
- Rewrite debilitating thought patterns and turn them into fuel for resilience and growth
- Deal with negative people in a way that lessens their power
- Share bad news more effectively to increase future social capital
- Create and sustain a positive culture at work by creating contagious optimism

In the midst of challenges such as restructuring, low retention, and some of the lowest levels of engagement in history, creating a positive mindset is only the first step. *Broadcasting Happiness* showcases how real individuals and organizations have used these techniques to achieve results that include tripling revenues to more than a billion dollars, raising the graduation rate by 45 percent, and shifting the work culture from toxic to thriving.

Changing your broadcast can change your life, your success, and the lives of others around you. *Broadcasting Happiness* will show you how!

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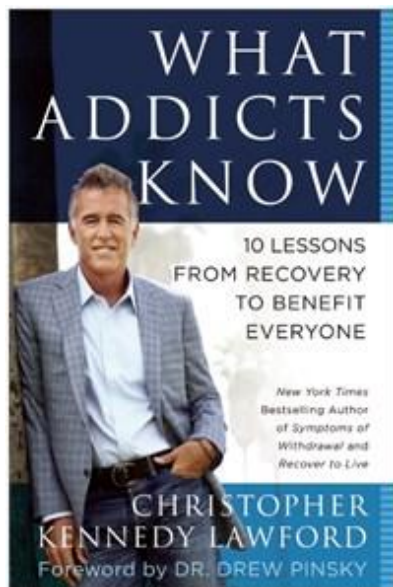
## Contributor Bio

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**Michelle Gielan**, founder of the Institute for Applied Positive Research, is an expert on the science of positive communication and how to use it to fuel success. She works with Fortune 500 companies and schools to raise employee engagement, productivity, and happiness at work. Michelle is a Partner at GoodThink, a positive psychology consulting firm, and she holds a Master of Applied Positive Psychology from the University of Pennsylvania.

Michelle is an executive producer of *The Happiness Advantage with Shawn Achor* on PBS. She formerly served as the anchor of two national newscasts at CBS News, as well as a correspondent for *The Early Show*. In 2009, Michelle produced *Happy Week*, a series focusing on fostering happiness in the midst of the recession. In 2011, she appeared in her own weekly health and wellness segment, "Manic Monday" on FOX News Chicago.

Michelle graduated cum laude in computer engineering. Her research and advice have received attention from *Forbes*, *USA Today*, *CNN*, *FOX*, *Huffington Post*, and *NPR*.



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## What Addicts Know

### 10 Lessons from Recovery to Benefit Everyone

Christopher Kennedy Lawford, Foreword by Drew Pinsky

#### Summary

*New York Times* bestselling author Christopher Kennedy Lawford revisits addiction in his latest book, *What Addicts Know*, this time framing the discussion in an entirely new way—the lessons addiction and recovery offer to those of us who haven't battled addiction.

For too long, society has considered addicts as an unfortunate group that faces incredible and unique challenges. The reality is that the challenges of the addict are faced—to a greater or lesser extent—by all of us.

In a “more is better” society, it's indisputable that we've all experienced cravings and denied the truth about our destructive behaviors—traits shared by addicts who've successfully overcome them. *What Addicts Know* offers the coping and wellness skills necessary to overcome life's obstacles and self-improvement tips for everything from conquering an unhealthy consumption of junk food, to overcoming toxic relationships. These techniques are not just for addicts; they are for all of us.

No one until now has related the lessons and life skills that can be drawn from the collective experience of people in recovery from addiction, particularly the ways those lessons or principles can be used by those in the broader non-recovery community. In *What Addicts Know*, Lawford recounts the inspiring stories and wisdom of recovering addicts, combining them with cutting-edge scientific findings to give hands-on, practical techniques for recognizing unhealthy impulses and managing them.

If you're ready to change for the better your habits, your frame of mind, your relationships, your community, and your life, *What Addicts Know* is the resource that will educate and inspire you along the way.

#### Contributor Bio

**Christopher Kennedy Lawford** spent 20 years in the film and television industries as an actor, lawyer, executive and producer. He is the author of two *New York Times* bestselling books, *Symptoms of Withdrawal* (2005) and *Moments of Clarity* (2009).

In recovery for more than 25 years from drug addiction, Lawford campaigns tirelessly on behalf of the recovery community in both the public and private sectors. He presently works with the United Nations, the Canadian Center on Substance Abuse, the White House Office on Drug Control Policy, and the World Health Organization. He also consults with Fortune 500 companies and numerous non-profit groups, speaking around the world on issues related to addiction, mental health, and Hepatitis C.

In 2009, California Governor Arnold Schwarzenegger appointed Lawford to the California Public Health Advisory Committee. In 2011, Lawford was named Goodwill Ambassador for the United Nations Office on Drugs & Crime to promote activities supporting drug treatment, care and recovery. He also serves as national advocacy consultant for Caron Treatment Centers.

Lawford holds a bachelor of arts from Tufts University, a juris doctor from Boston College Law School, and a masters certification in clinical psychology from Harvard Medical School where he held an academic appointment as a lecturer in psychiatry.

Christopher lives in Santa Monica, CA, United States.