



SASQUATCH  
BOOKS

FALL 2020



## NEW TITLES

### Sasquatch Books

- 2 Five Marys Ranch Raised Cookbook
- 4 52 Lists for Bravery
- 7 I Heart Soul Food
- 9 How to They/Them
- 10 CBD & Chill
- 13 Dumplings = Love
- 14 Easy Beans
- 16 Mastering Mindful Eating
- 19 Cannelle et Vanille Notes (Journal)

### Little Bigfoot

- 22 Curious EnCOUNTERs
- 24 Claude
- 27 When Winter Comes
- 29 You Are Home with Me
- 30 Journey

### Spruce Books

- 34 Words of Change: Anti-Racism
- 37 Write It!
- 38 Best Worst Grateful

## BESTSELLING BACKLIST

- 40 Sasquatch Books
- 41 Little Bigfoot

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



### SASQUATCH BOOKS

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



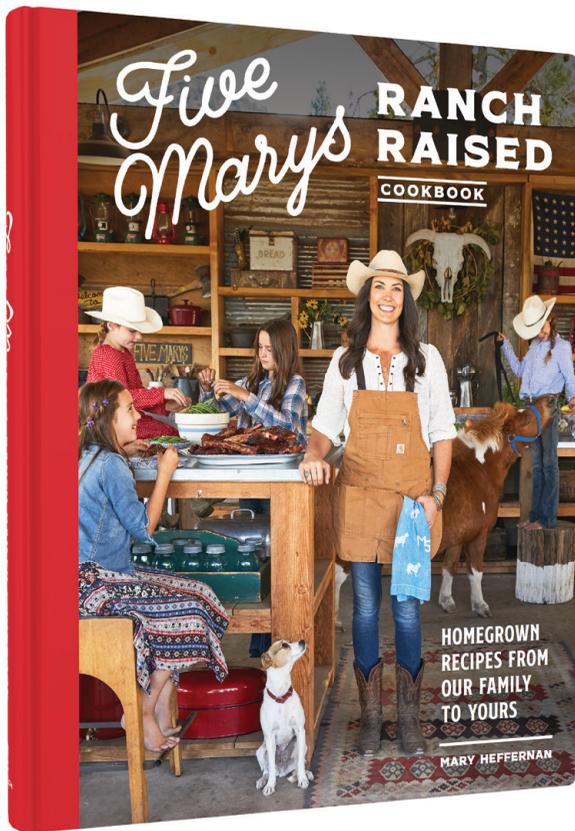
### LITTLE BIGFOOT

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



### SPRUCE BOOKS

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



SEPTEMBER 8, 2020  
 \$29.95 | Cooking  
 Hardcover | 8 x 10½ | 288 pgs  
 ISBN: 978-1-63217-307-2

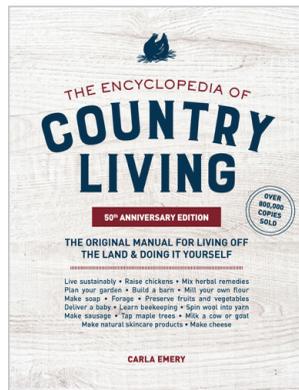


Kathryn Gamble

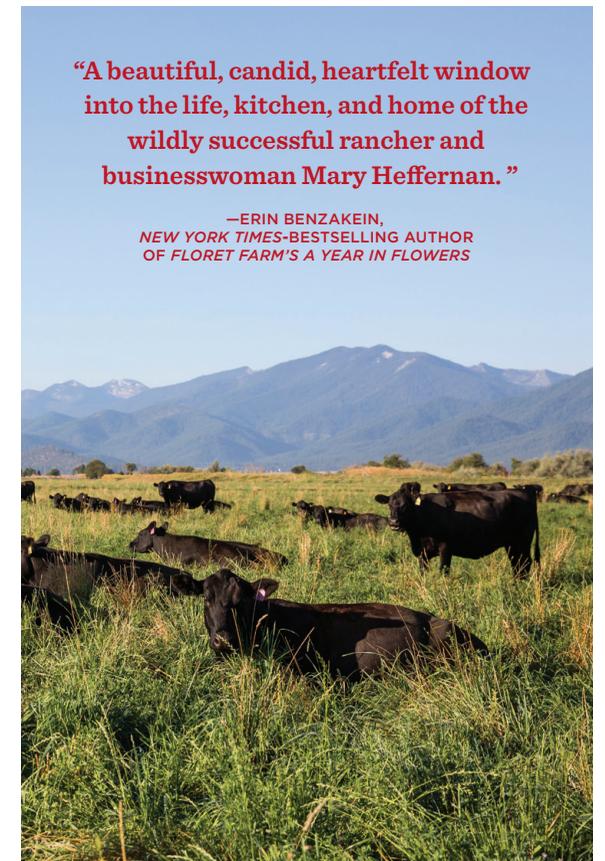
**MARY HEFFERNAN** and her husband, Brian, own and operate Five Marys Farms, an 1,800-acre ranch in the mountains of Northern California where they live with their four daughters and raise all-natural beef, pork, and lamb. Five Marys was awarded Best Farm in America by *Paleo* magazine and has been featured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

**ONLINE:**   
 FiveMarysFarms.com  
 f fivemarysfarm  
 @fivemarysfarms

**ALSO AVAILABLE:**

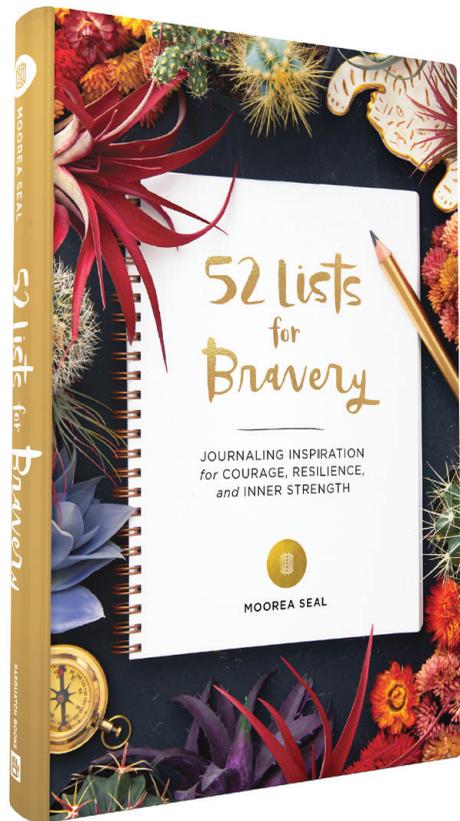


The Encyclopedia of Country Living  
 50th Anniversary Edition  
 ISBN: 978-1-63217-289-1  
 \$29.95



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

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



SEPTEMBER 15, 2020

\$16.95 | Self-help—journaling

Hardcover | 5½ x 8½ | 160 pgs

ISBN: 978-1-63217-331-7



Marissa Alves

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

ONLINE: ↗

[MooreaSeal.com](http://MooreaSeal.com)

Instagram: @mooreaseal

Twitter: @mooreaseal

Pinterest: @mooreaseal

## 52 LISTS FOR BRAVERY

*Journaling Inspiration for Courage, Resilience, and Inner Strength*

Moorea Seal

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

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



# 52 Lists

JOURNALS AND STATIONERY FROM MOOREA SEAL

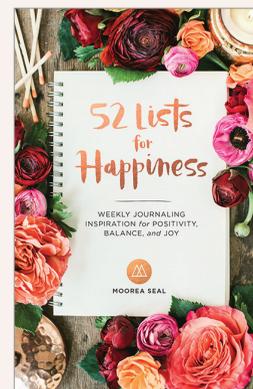
OVER 1.25 MILLION UNITS SOLD



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



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



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



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

Coming Fall 2020!



**52 Lists Planner (Black Floral)**  
Moorea Seal  
\$30.00 • HC • 9781632173485  
6 x 8½ • 320 pages  
On sale November 10, 2020



**52 Lists Planner (Coral Crystal)**  
Moorea Seal  
\$30.00 • HC • 9781632172341  
6 x 8½ • 328 pages



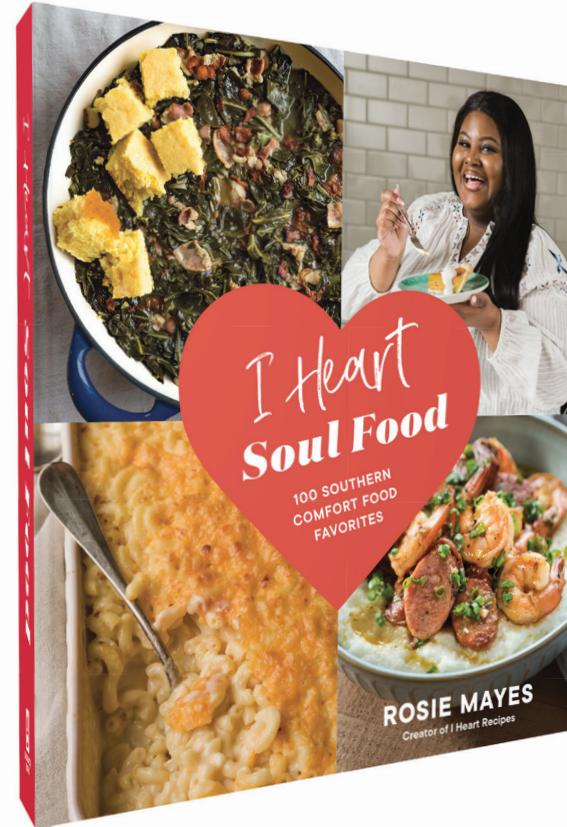
“This book is almost like having her over to cook for you and the entire family.”

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



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

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



## I HEART SOUL FOOD

*100 Southern Comfort Food Favorites*

Rosie Mayes

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

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

OCTOBER 27, 2020  
 \$24.95 | Cooking  
 Paperback | 8 x 9 | 256 pgs  
 ISBN: 978-1-63217-309-6



Michael Kartes

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

**ONLINE:** ↗

- IHeartRecipes.com
- ▶ @iheartrecipes
- f iheartrecipes
- 📷 @iheartrecipes

### ALSO AVAILABLE:



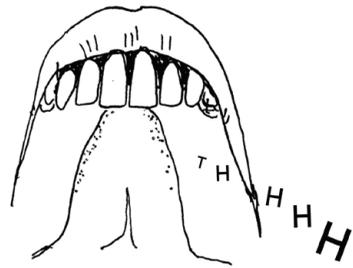
**Big Food Big Love**  
 ISBN: 978-1-63217-061-3  
 \$24.95

### They it Good:

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

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

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



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

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



8

9

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



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

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



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

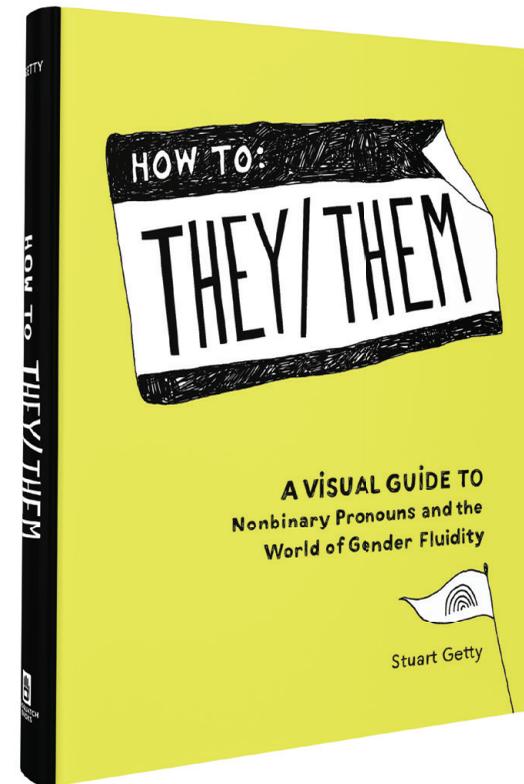
80

Gender Identity (+)

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

Fact:

## Cisgender and transgender people exist in this world.



### HOW TO THEY/THEM

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

Stuart Getty

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

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

SEPTEMBER 29, 2020

\$16.95 | Social science

Hardcover | 5½ x 7 | 240 pgs

ISBN: 978-1-63217-313-3



Brooke Thyng

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

ONLINE: ↗

TheGettyBrothers.com

@thegettybrothers



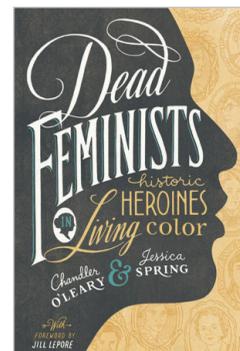
Brooke Thyng

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

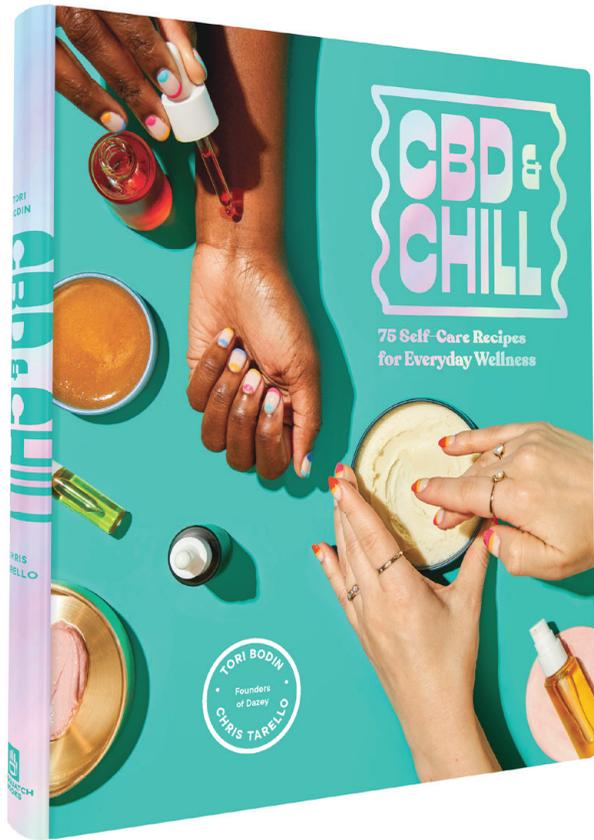
ONLINE: ↗

@imeanwhatever

ALSO AVAILABLE:



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



AUGUST 25, 2020

\$22.95 | Health & fitness

Hardcover | 6 1/4 x 8 | 192 pgs

ISBN: 978-1-63217-319-5



Lauren Segal

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

**ONLINE:**

ShopDazey.com

shopdazey

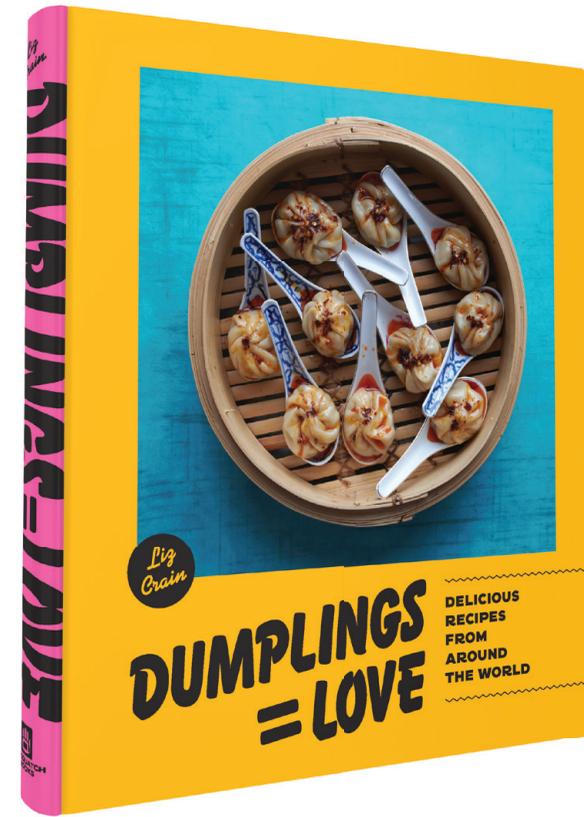
@dazeycbd

**ALSO AVAILABLE:**



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





## DUMPLINGS = LOVE

*Delicious Recipes from Around the World*

Liz Crain

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

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

OCTOBER 13, 2020

\$22.95 | Cooking

Hardcover | 6 1/2 x 8 | 192 pgs

ISBN: 978-1-63217-296-9



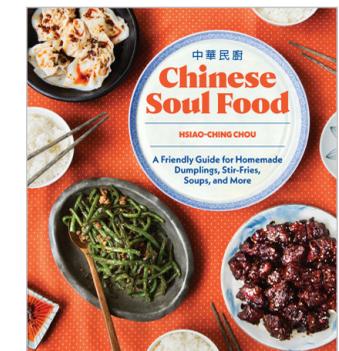
Malte Jager

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

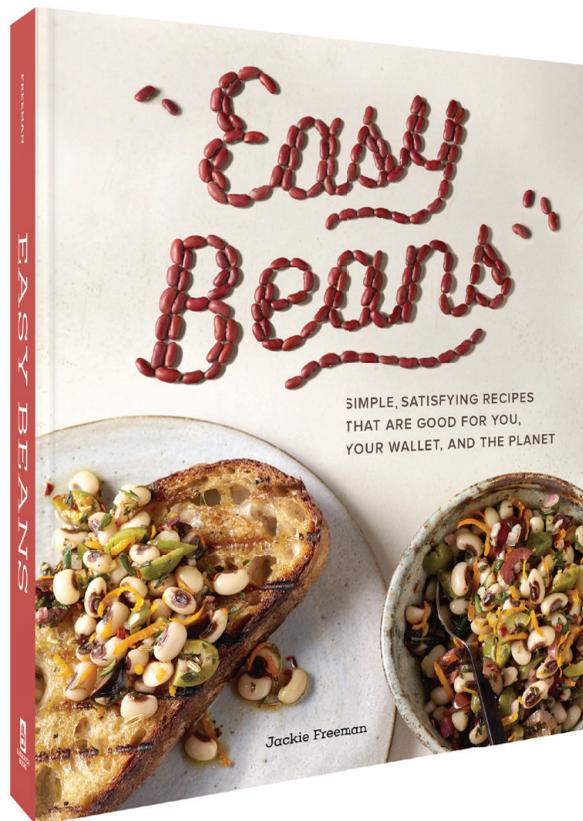
**ONLINE:** ↗

📷 @lizcrainpdx

### ALSO AVAILABLE:



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



NOVEMBER 3, 2020

\$19.95 | Cooking

Paperback | 6 1/2 x 8 | 176 pgs

ISBN: 978-1-63217-292-1



Bell Lee

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



## EASY BEANS

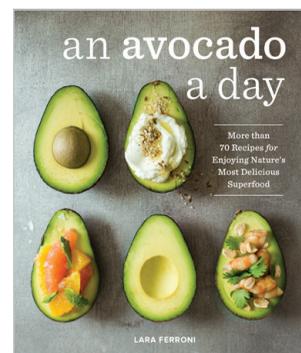
*Simple, Satisfying Recipes That Are Good for You, Your Wallet, and the Planet*

Jackie Freeman

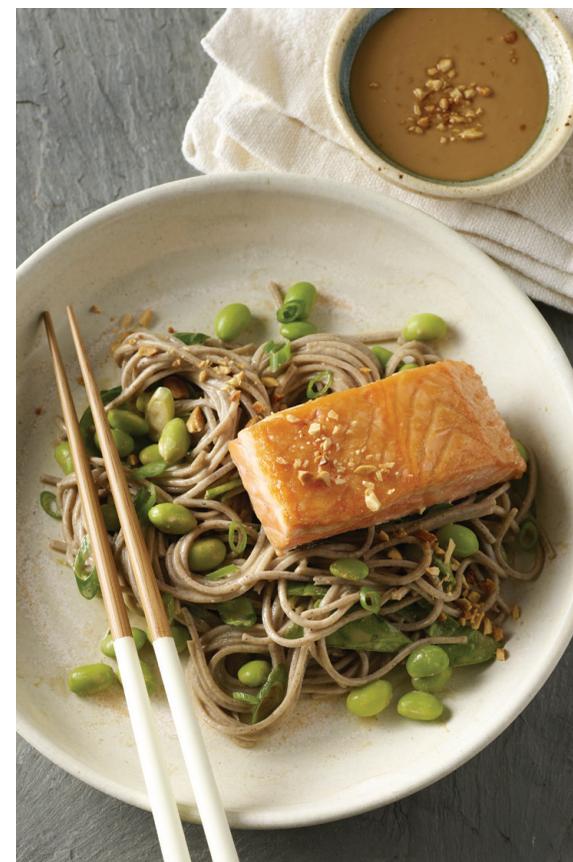
A fresh, updated approach to cooking with the world's most adaptable protein. In this cookbook with 40 inspired recipes for breakfast, lunch, snacks, and dinner, discover the delights of inexpensive, nutritional, and delicious beans.

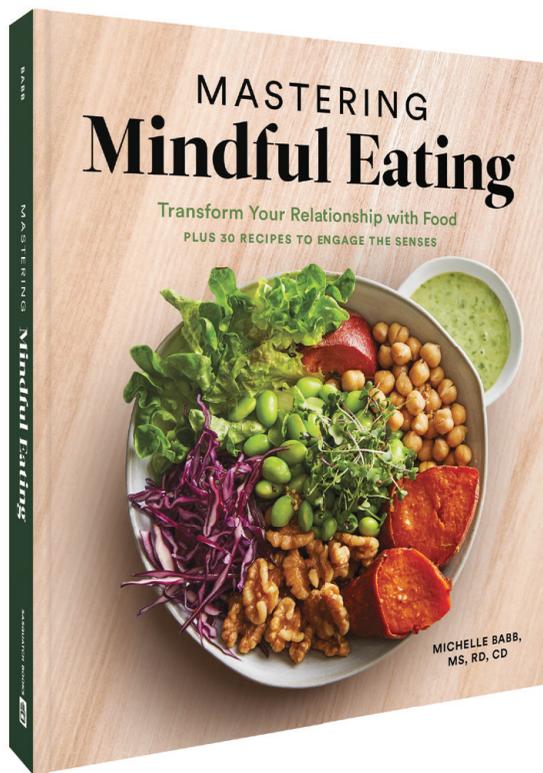
Beans are an excellent everyday meal option; they're easy to make the main focus of a meal or to sneak into something for an extra nutritional boost. At a time when more people are eating less (or no) meat, beans are also an excellent source of protein. In *Easy Beans*, you'll learn the difference between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

### ALSO AVAILABLE:



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





## MASTERING MINDFUL EATING

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

Michelle Babb, MS, RD, CD

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

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

DECEMBER 1, 2020

\$22.95 | Cooking, Health & Eating

Paperback | 6 1/2 x 8 | 208 pgs

ISBN: 978-1-63217-294-5



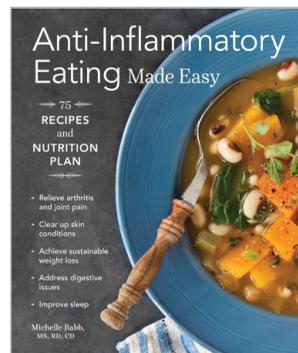
Nicole Ryan

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

**ONLINE:** 

[EatPlayBe.com](http://EatPlayBe.com)

**ALSO AVAILABLE:**

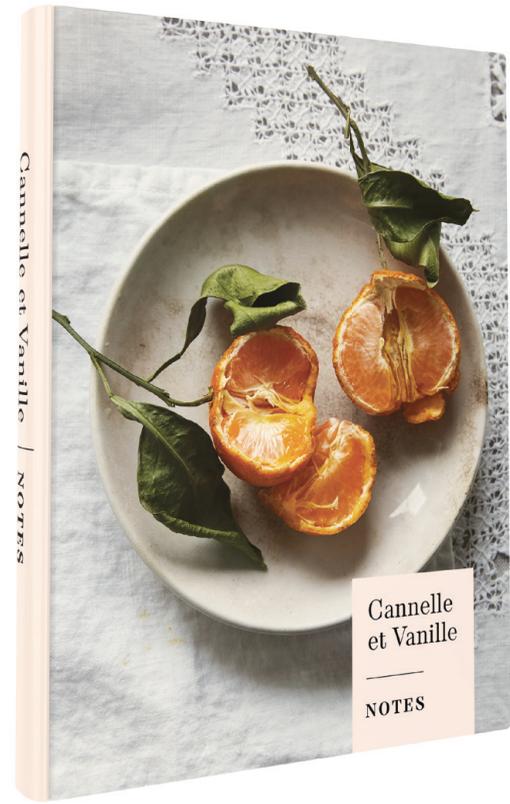
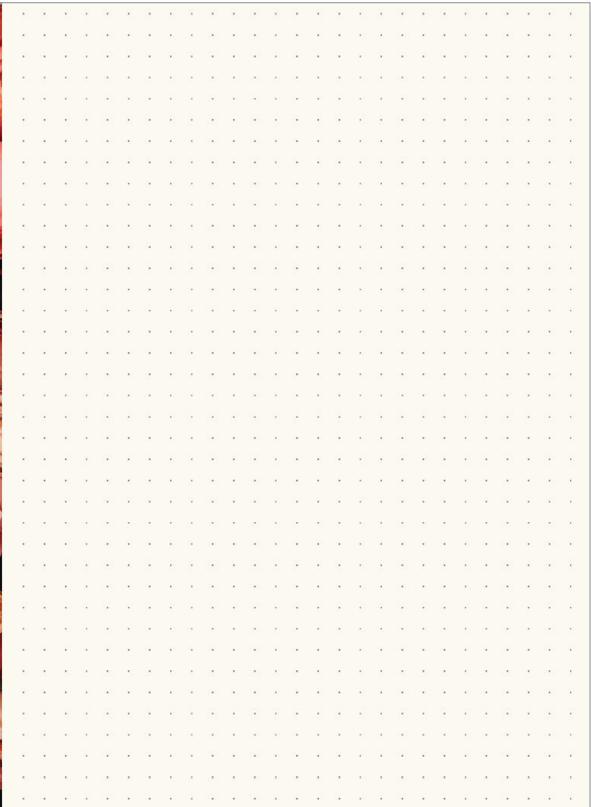


**Anti-Inflammatory Eating Made Easy**  
ISBN: 978-1-57061-933-5  
\$22.95





Toss pitted cherries and sliced apples, pears, rhubarb, or peaches (any favorite fruit that will withstand baking) with maple syrup or orange juice, vanilla, and cinnamon. Place on a baking sheet, dot with butter, and roast at 400 degrees F until softened. Serve with crunchy granola and creamy yogurt.



## CANNELLE ET VANILLE NOTES (JOURNAL)

Aran Goyoaga

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

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

OCTOBER 6, 2020  
 \$16.95 | Self-help—journaling  
 Hardcover | 5½ x 7½ | 160 pgs  
 ISBN: 978-1-63217-341-6



Bela Thee

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

**ONLINE:**   
 AranGoyoaga.com  
 CannelleVanille.com  
 @cannellevanille

**“Excellent recipes.”**  
 —NEW YORK TIMES

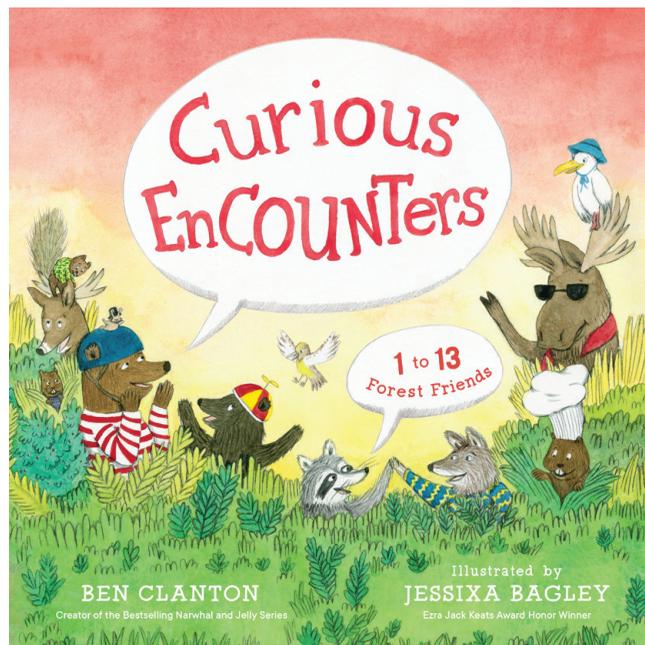
**ALSO AVAILABLE:**



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

# little bigfoot





## CURIOS ENCOUNTERS

*1 to 13 Forest Friends*

Ben Clanton  
Illustrated by Jessixa Bagley

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

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

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

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



Kelsey Clanton

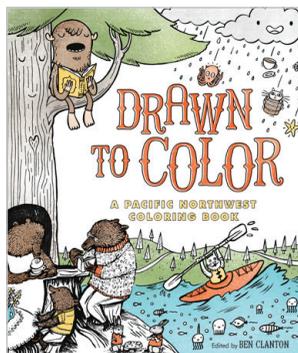
**BEN CLANTON** is an award-winning children's book author/illustrator best known for the Narwhal and Jelly books. He has spent most of his time on this planet reading, drawing, playing basketball, gardening, and eating waffles. He lives in Seattle, Washington, with his family.



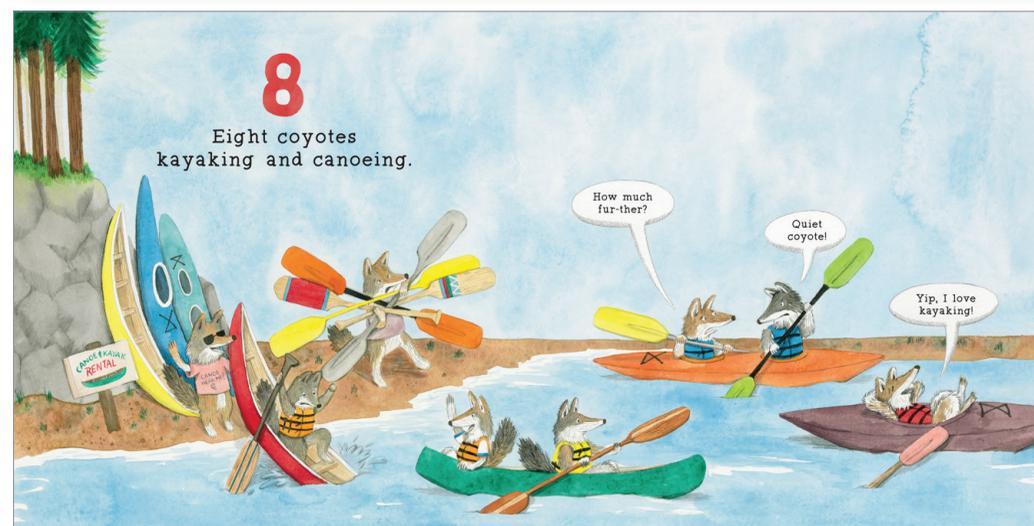
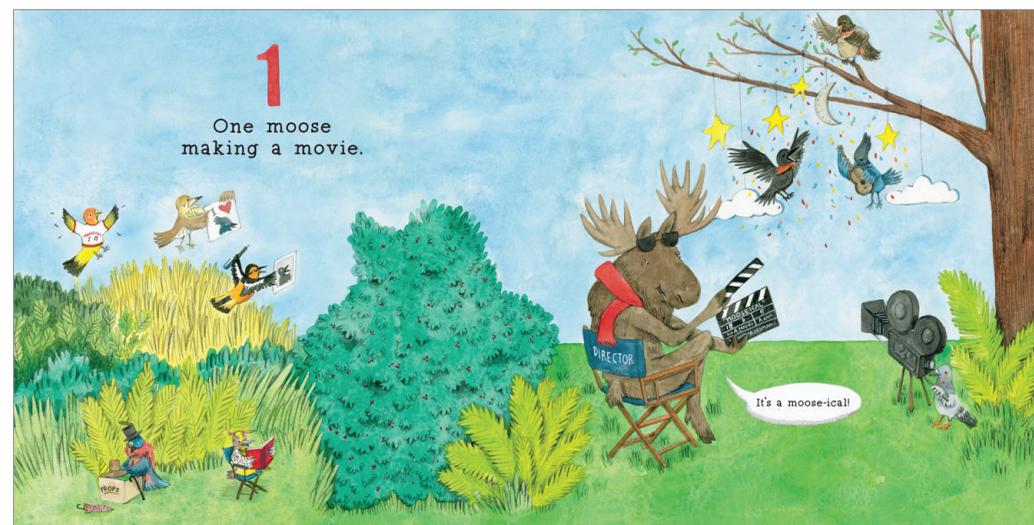
Jessica Jimenez

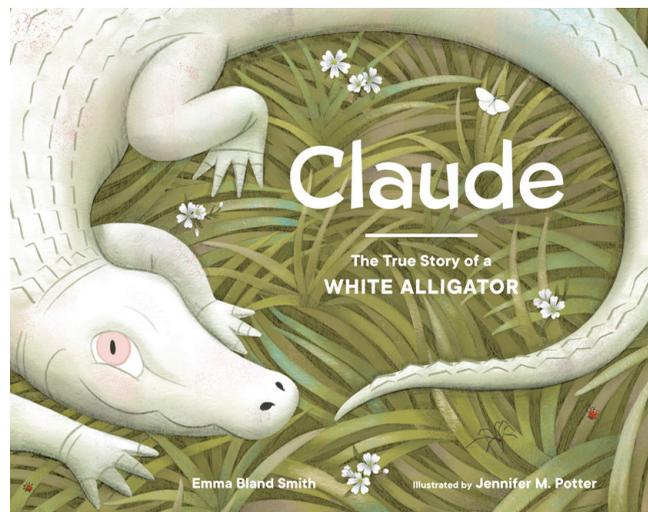
**JESSIXA BAGLEY** grew up in Portland, Oregon. Her debut picture book *Boats for Papa* has earned many accolades and awards, including the 2016 SCBWI Golden Kite Award for Best Picture Book Text. Her picture book *Laundry Day* received a 2018 Ezra Jack Keats Award Honor.

### ALSO AVAILABLE:



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





**AUGUST 4, 2020**

\$18.99 | Juvenile nonfiction

Hardcover | 11 x 8½ | 32 pgs

ISBN: 978-1-63217-269-3

Age range: 4 to 8 years



Ania Jankowska

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



Matt Schaefer

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

## CLAUDE

*The True Story of a White Alligator*

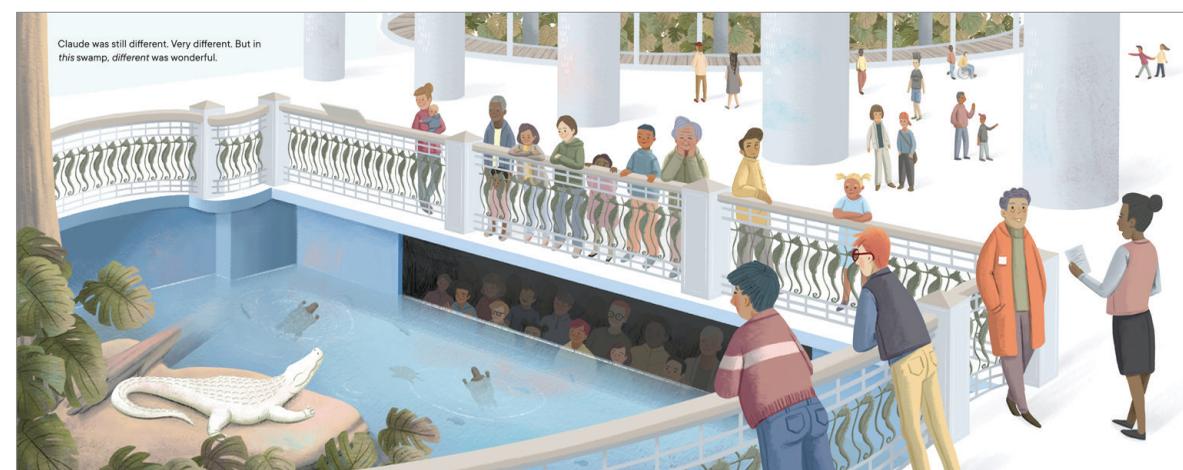
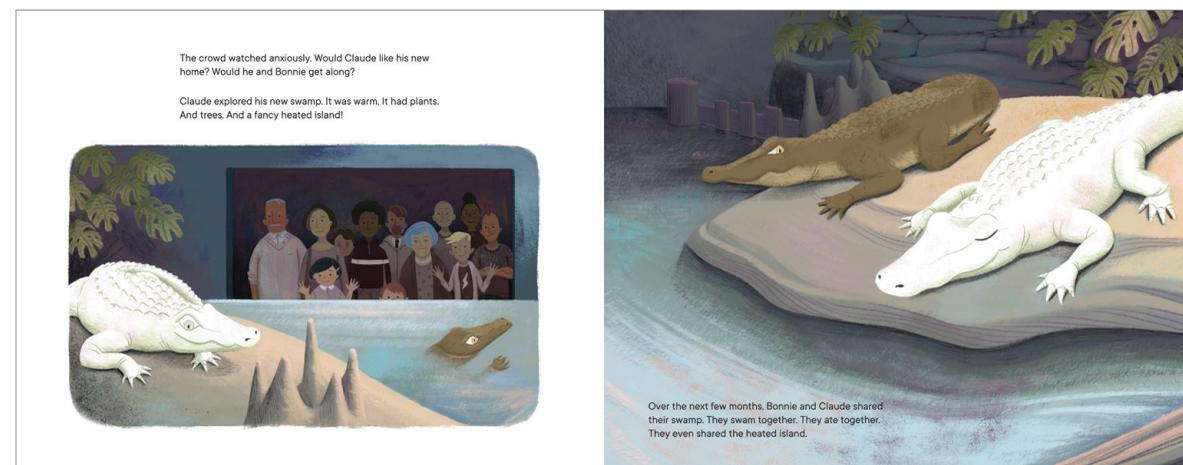
Emma Bland Smith

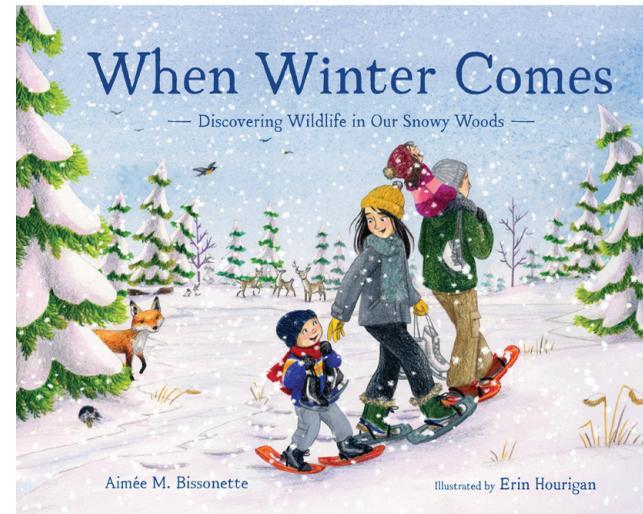
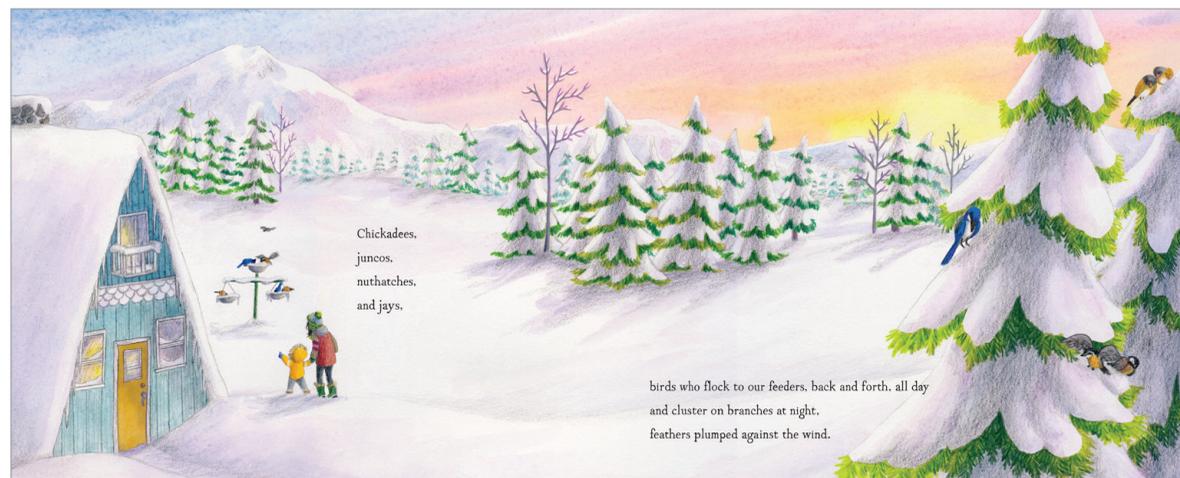
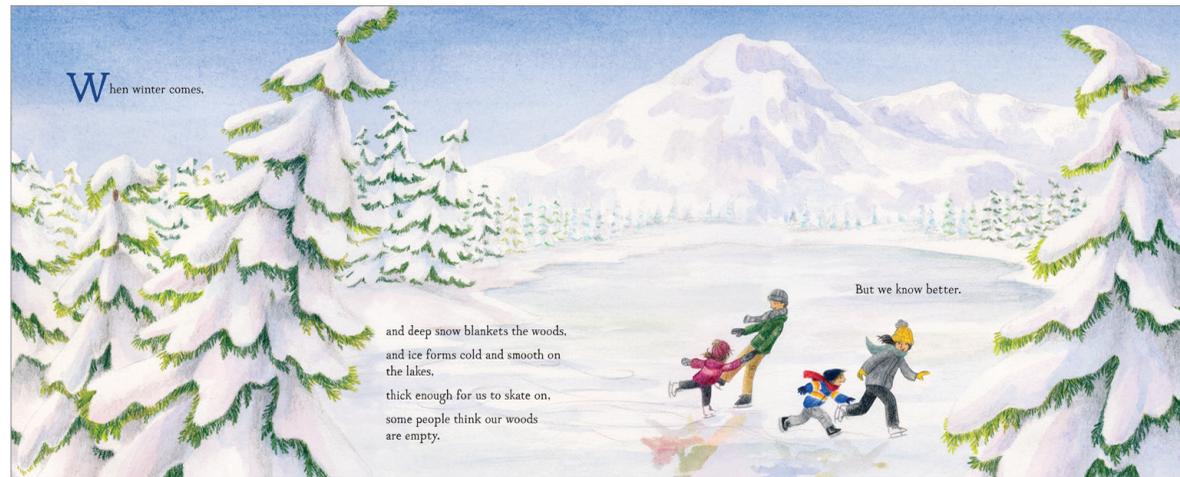
Illustrated by Jennifer M. Potter

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

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

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





## WHEN WINTER COMES

*Discovering Wildlife in Our Snowy Woods*

Aimée M. Bissonette  
Illustrated by Erin Hourigan

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

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

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

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

OCTOBER 13, 2020

\$17.99 | Juvenile fiction

Hardcover | 10 x 8 | 32 pgs

ISBN: 978-1-63217-273-0

Age range: 4 to 8 years



Sarah Pierce

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



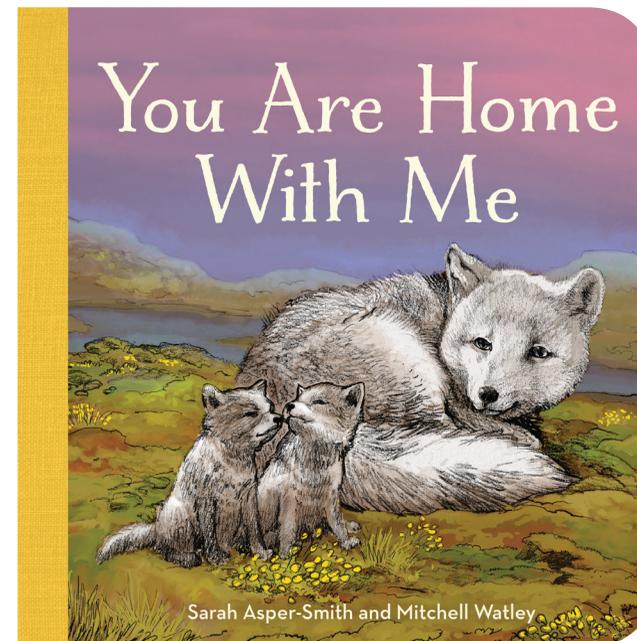
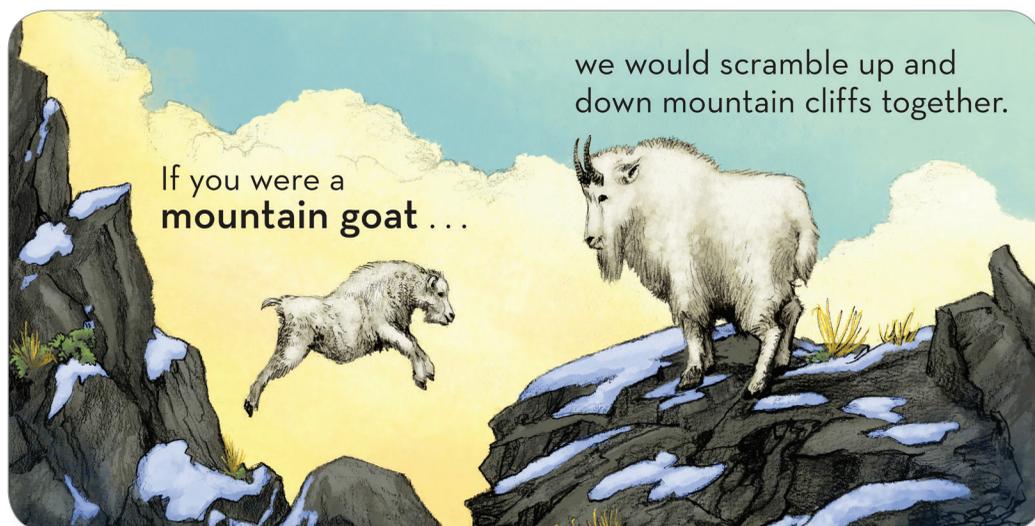
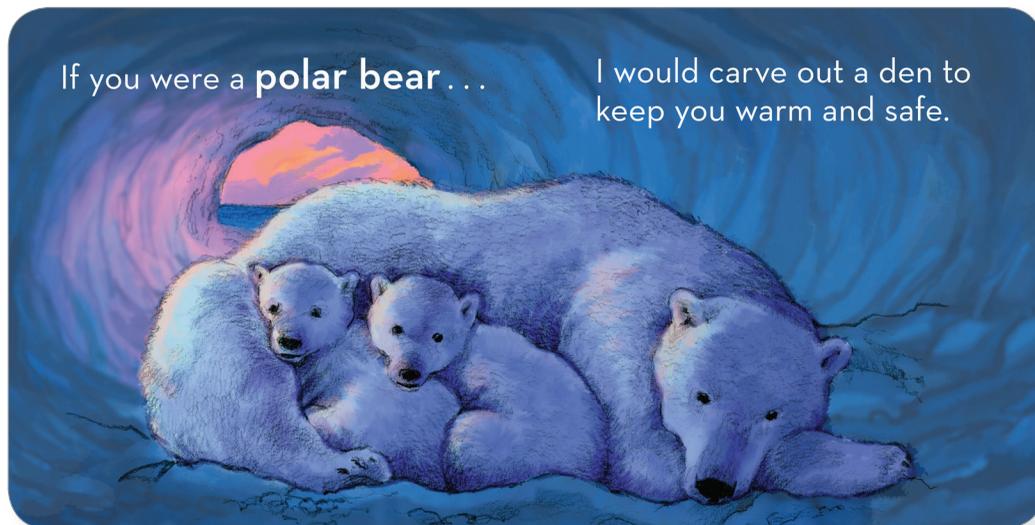
Megan Bowers

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

**ONLINE:** ↗

ErinHourigan.com

Instagram @erinnicholeart



## YOU ARE HOME WITH ME

Sarah Asper-Smith  
Illustrated by Mitchell Watley

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

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

A polar bear carves out a den in a snowbank to keep its cub warm. A tufted puffin digs out a burrow to shelter its young on a cliff near the sea. A lynx makes a shelter under a fallen tree to snuggle with its kitten.

NOVEMBER 10, 2020

\$9.99 | Juvenile fiction

Board book | 6¼ x 6¼ | 22 pgs

ISBN: 978-1-63217-366-9

Age range: 0 to 3 years



Sarah Lutomski

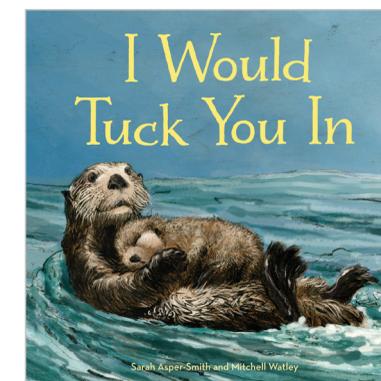
**SARAH ASPER-SMITH** makes her home up 100 stairs in Juneau, Alaska, with her husband, Mitchell Watley. In addition to writing children's books, Sarah works developing and designing museum exhibits. She helps people tell stories about their homes.

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

ONLINE: ↗

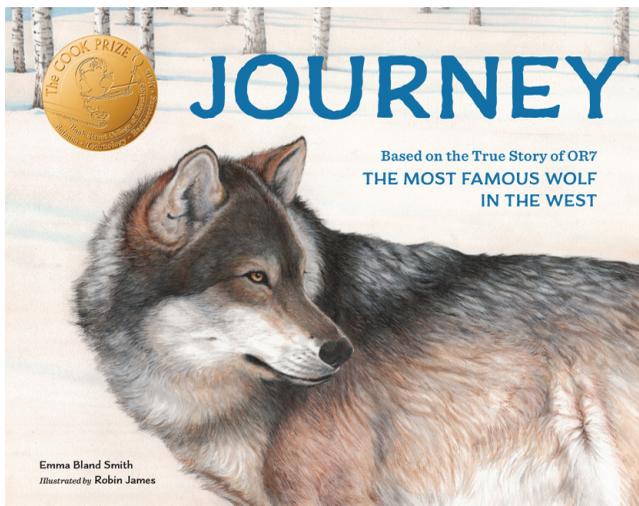
📷 @sarahaspersmith

ALSO AVAILABLE:



*I Would Tuck You In* (Hardcover)  
ISBN: 978-1-57061-844-4  
\$16.99

*I Would Tuck You In* (Board)  
ISBN: 978-1-57061-944-1  
\$9.99



## JOURNEY

Based on the True Story of OR7, the Most Famous Wolf in the West

Emma Bland Smith  
Illustrated by Robin James

Now in paperback, this beautiful picture book follows the journey of a young gray wolf who garnered nationwide attention when he became the first wild wolf in California in almost a century. Using facts recorded by US Fish and Wildlife scientists, author Emma Bland Smith imagines the wolf's experiences in close detail as he makes an epic 2,000-mile trek over three years' time. The wolf's story is interwoven with the perspective of a young girl who follows his trek through the media. As she learns more about wolves and their relationships with humans, she becomes determined to find a way to keep him safe by making him a wolf that is too famous to harm.



AUGUST 4, 2020  
\$10.99 | Juvenile fiction  
Paperback | 11 x 8½ | 32 pgs  
ISBN: 978-1-63217-337-9  
Age range: 5 to 9 years



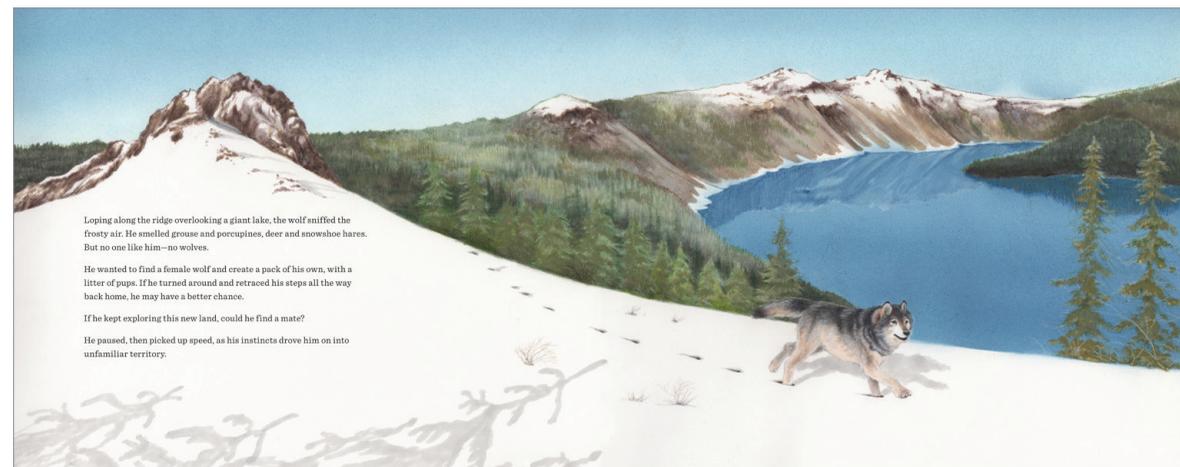
Ania Jankowska

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



Randall Williams

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

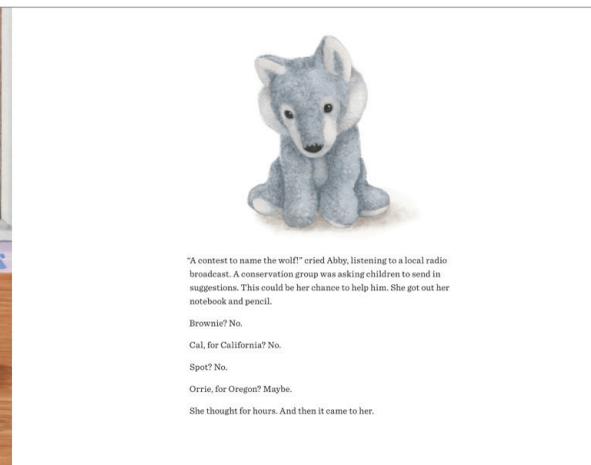


Loping along the ridge overlooking a giant lake, the wolf sniffed the frosty air. He smelled grouse and porcupines, deer and snowshoe hares. But no one like him—no wolves.

He wanted to find a female wolf and create a pack of his own, with a litter of pups. If he turned around and retraced his steps all the way back home, he may have a better chance.

If he kept exploring this new land, could he find a mate?

He paused, then picked up speed, as his instincts drove him on into unfamiliar territory.



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

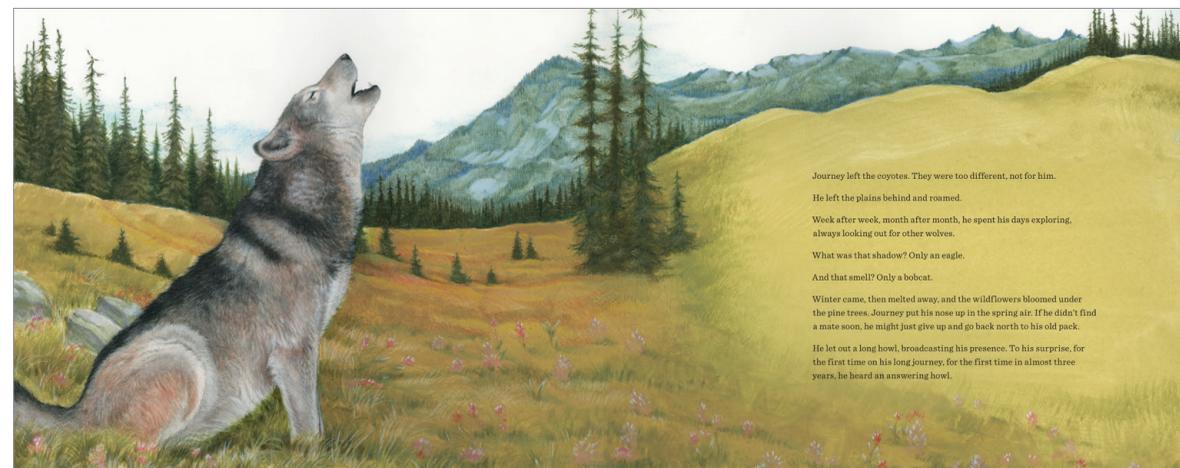
Brownie? No.

Cal, for California? No.

Spot? No.

Orrie, for Oregon? Maybe.

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



Journey left the coyotes. They were too different, not for him.

He left the plains behind and roamed.

Week after week, month after month, he spent his days exploring, always looking out for other wolves.

What was that shadow? Only an eagle.

And that smell? Only a bobcat.

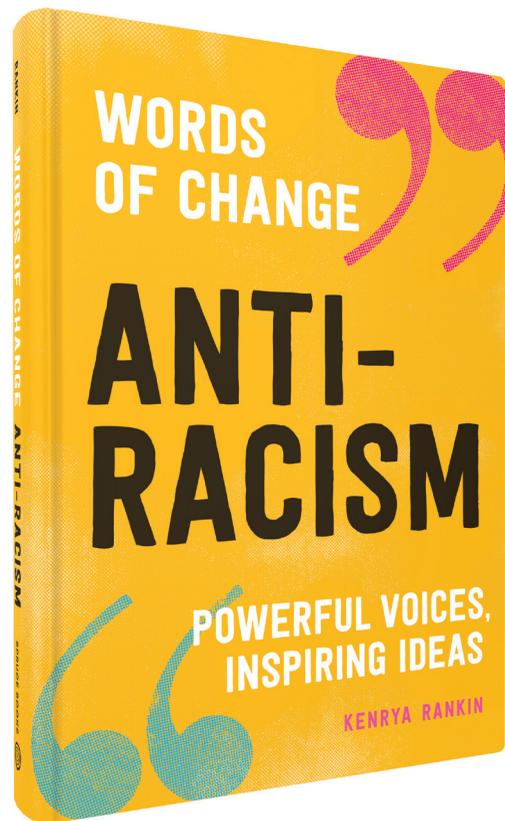
Winter came, then melted away, and the wildflowers bloomed under the pine trees. Journey put his nose up in the spring air. If he didn't find a mate soon, he might just give up and go back north to his old pack.

He let out a long howl, broadcasting his presence. To his surprise, for the first time on his long journey, for the first time in almost three years, he heard an answering howl.



# SPRUCE BOOKS

Welcome to Spruce Books, a new gift book imprint for young people that focuses on self-expression and personal growth. Spruce Books titles are inspiring, practical, meaningful, and giftable—perfect for tweens, teens, and twentysomethings who want to create positive change in themselves and the world around them.



AUGUST 18, 2020  
\$14.95 | Activism  
Hardcover | 5 x 7 | 160 pgs  
ISBN: 978-1-63217-340-9



Kea Dupree-Alfred

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

**ONLINE:** [↗](#)  
Kenrya.com  
[@kenrya](#)  
[@kenrya](#)

## WORDS OF CHANGE: ANTI-RACISM

Kenrya Rankin

Anti-racism is at the forefront of the national conversation today as we work to challenge racial injustice. Activist and author Kenrya Rankin has compiled these thoughtful and incisive passages from leading anti-racist voices past and present in this graphically exciting, must-have collection for everyone who cares about promoting racial equity.

This stirring book showcases passages from the writings or speeches of thinkers and activists in the anti-racist community, centering diverse and new voices. These are words to enlighten, to prompt change, to provide encouragement, and to move readers to action. A brief biographical note for each person quoted gives context to their words through a look at their life and work. The bold and colorful design underlines the energy and movement toward real change.



“

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

You just can't do it.

—ALEXANDRIA OCASIO-CORTEZ

”

“

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

—ARIA CHIODO

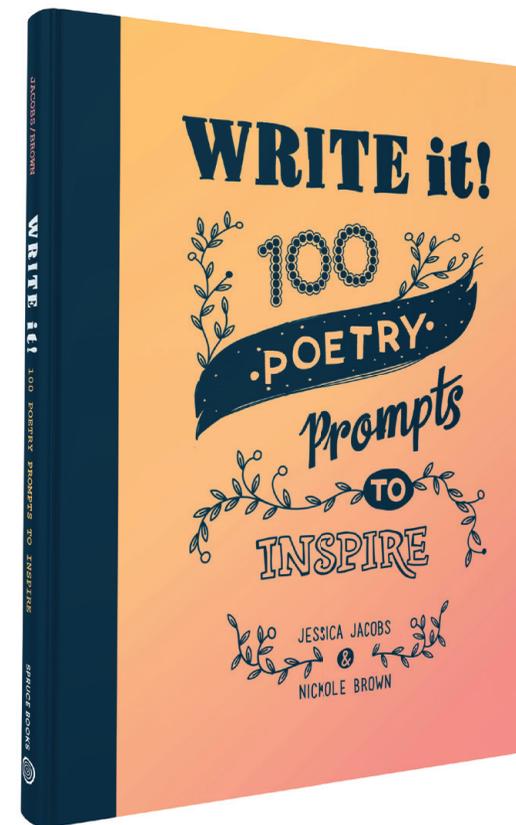
”

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

—ADRIENNE MAREE BROWN

”

OCTOBER 27, 2020  
 \$17.95 | Self-help—journaling  
 Hardcover | 6 x 8 | 144 pgs  
 ISBN: 978-1-63217-347-8



## WRITE IT!

*100 Poetry Prompts to Inspire*

Jessica Jacobs and Nickole Brown

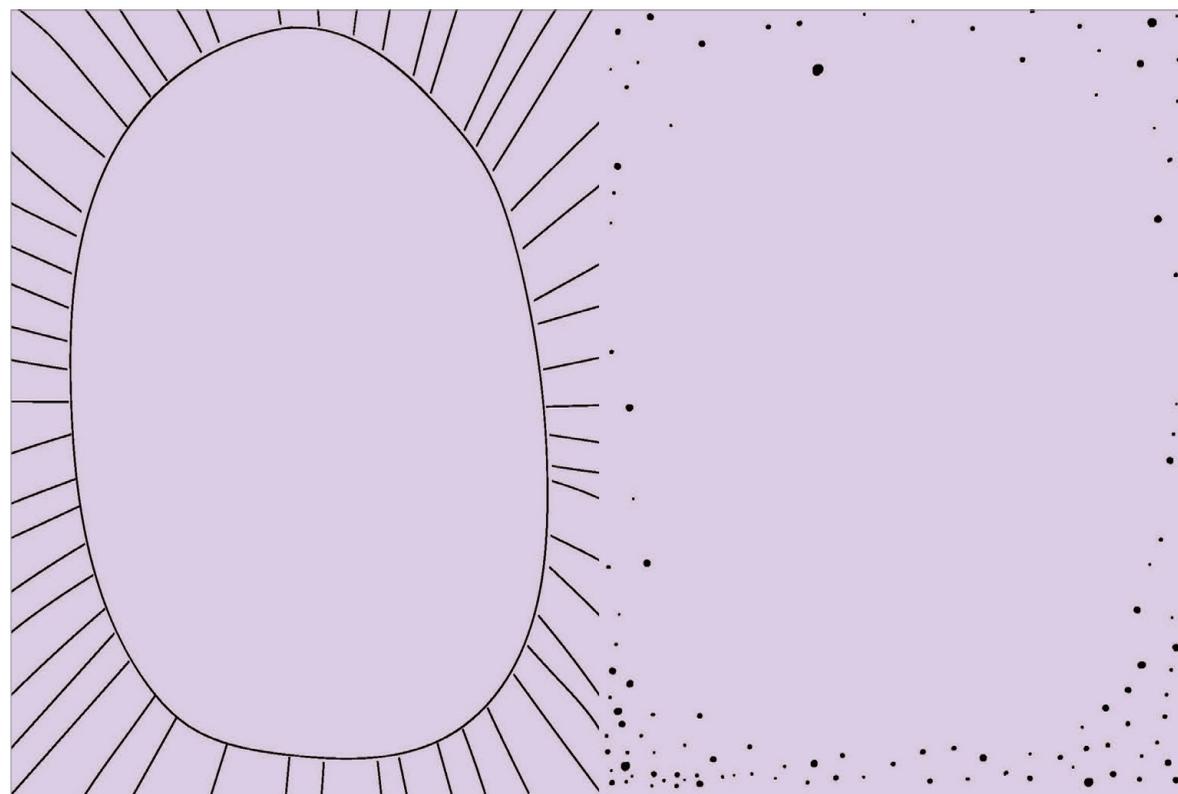
Be inspired and find your voice with this guided journal designed for emerging poets. Compose your work on these beautifully designed pages, each of which offers a thoughtful prompt to help you craft writing that authentically expresses your inner life—and is perfect for sharing with friends in real time or on social media.

Work with award-winning poets and teachers Jessica Jacobs and Nickole Brown to discover yourself as a writer. This easy-to-use guided journal offers 100 thoughtful, stimulating, and fun prompts to help you explore themes, refine your voice, experiment with form and imagery, and hone your emotional and literary tools of expression, while creating a body of work that you can enjoy privately or share easily. This gorgeous guided journal will become a treasured keepsake.



Lily Dairagh

**JESSICA JACOBS** is an award-winning poet and the author of *Pelvis with Distance*; *Take Me with You, Wherever You're Going*; and *In Whatever Light Left to Us*.



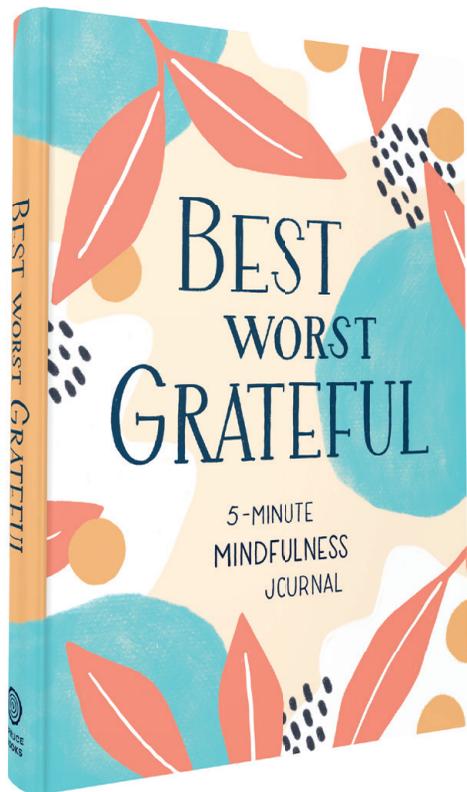
Joli Livaudais

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

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

**ONLINE:**

JessicaLGJacobs.com  
 NickoleBrown.com



SEPTEMBER 8, 2020  
 \$14.95 | Self-help—journaling  
 Hardcover | 5½ x 8 | 192 pgs  
 ISBN: 978-1-63217-346-1

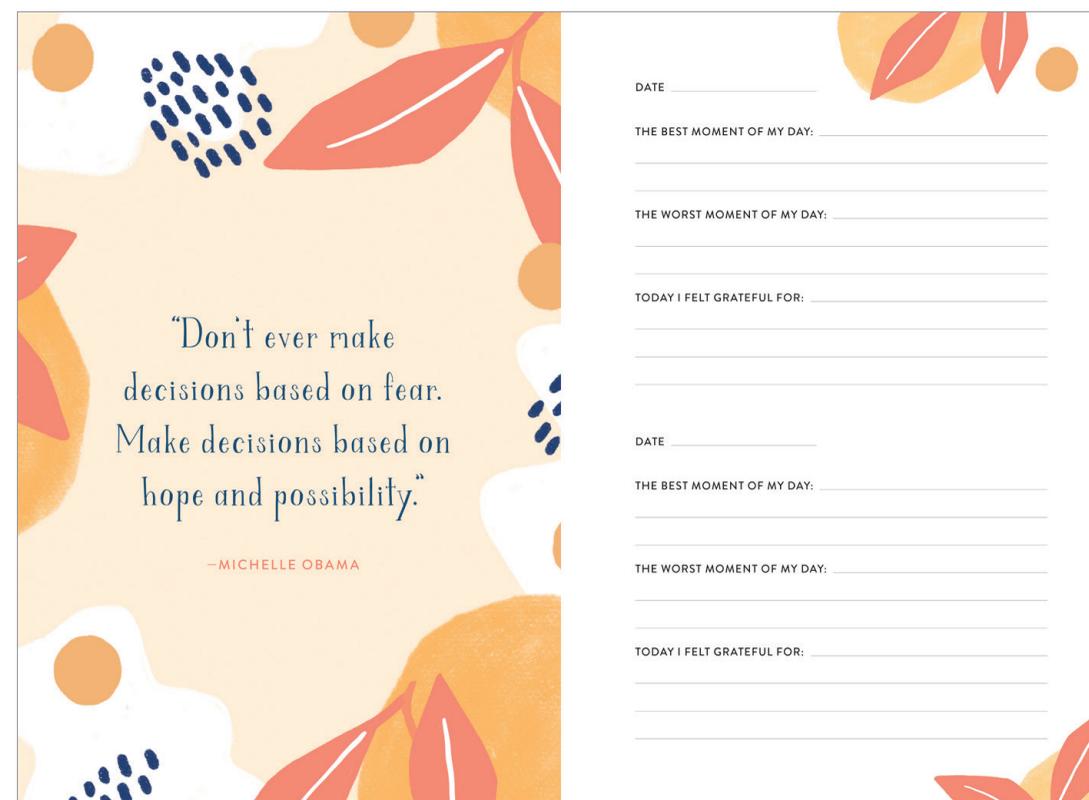
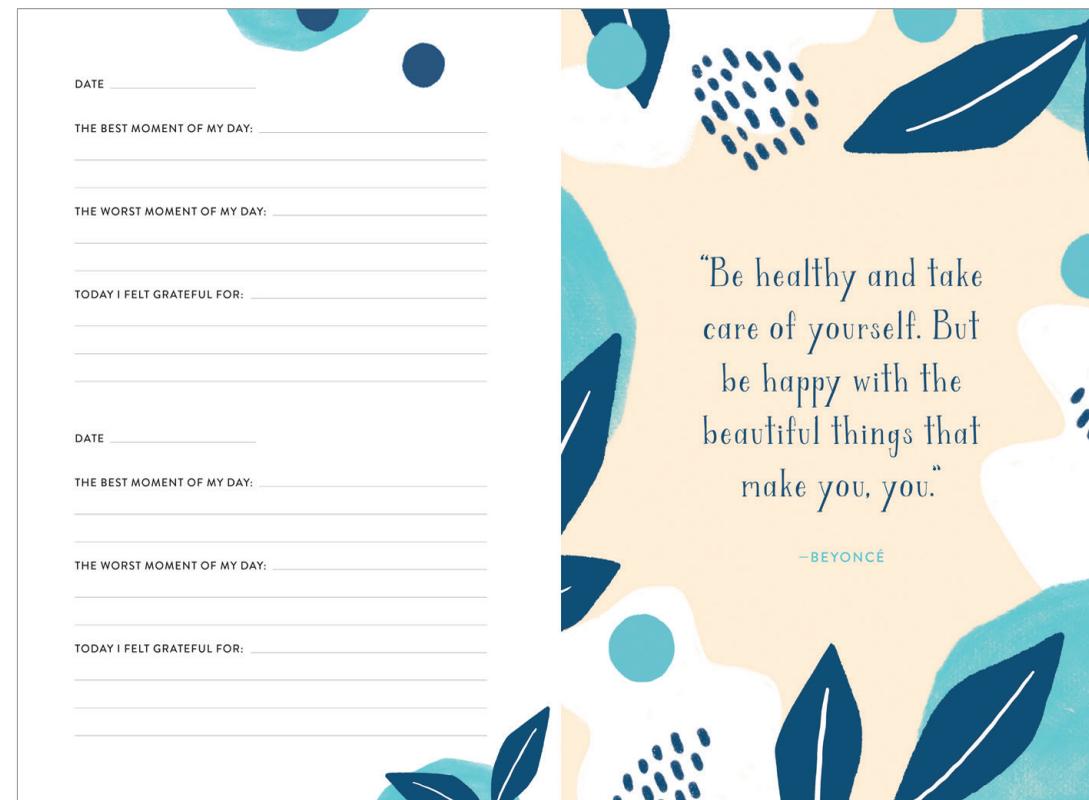
## BEST WORST GRATEFUL

*5-Minute Mindfulness Journal*

Spruce Books

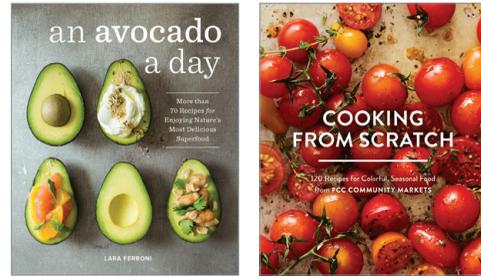
An easy-to-use mindfulness journal for anyone who wants to try the simple yet powerful practice of reviewing the day—noting the high point, the low point, and something for which they feel grateful.

True wellness begins with mindfulness, and this journal offers readers the opportunity to take a moment each day for a thoughtful but quick self-review, with interior pages that provide an attractive space to record the day’s memorable moments and lessons. An introduction explains the how and why of mindfulness and provides 25 exercises for developing one’s capacity for gratitude, while inspiring quotes throughout provide motivation. *Best Worst Grateful* is a simple tool for self-care, a 5-minute-per-day investment in happiness and personal growth.



# BESTSELLING SASQUATCH ADULT BACKLIST

## FOOD



**AN AVOCADO A DAY**  
ISBN: 978-1-63217-081-1 | \$19.95

**COOKING FROM SCRATCH**  
ISBN: 978-1-63217-188-7 | \$24.95

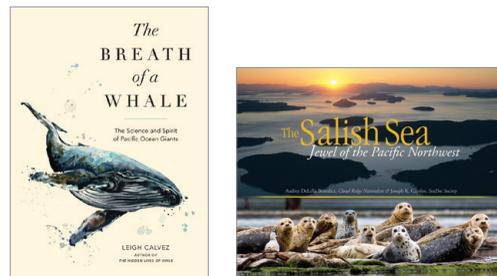
**CANNELLE ET VANILLE**  
ISBN: 978-1-63217-200-6 | \$35.00

**THE DUTCH OVEN COOKBOOK**  
ISBN: 978-1-57061-940-3 | \$19.95

**CHINESE SOUL FOOD**  
ISBN: 978-1-63217-123-8 | \$24.95

**SOURDOUGH ON THE RISE**  
ISBN: 978-1-63217-213-6 | \$19.95

## NATURE



**THE BREATH OF A WHALE**  
ISBN: 978-1-63217-186-3 | \$19.95

**RETURN OF THE SEA OTTER**  
ISBN: 978-1-63217-137-5 | \$19.95

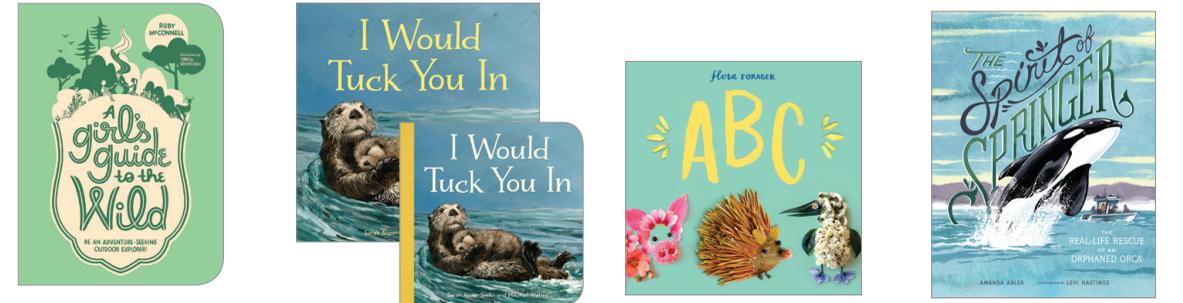
**BIRDNOTE**  
ISBN: 978-1-63217-169-6 | \$22.95

**THE SALISH SEA**  
ISBN: 978-1-57061-985-4 | \$24.95

**THE HIDDEN LIVES OF OWLS**  
ISBN: 978-1-63217-025-5 | \$18.95

**A WOMAN'S GUIDE TO THE WILD**  
ISBN: 978-1-63217-005-7 | \$18.95

# BESTSELLING LITTLE BIGFOOT BACKLIST

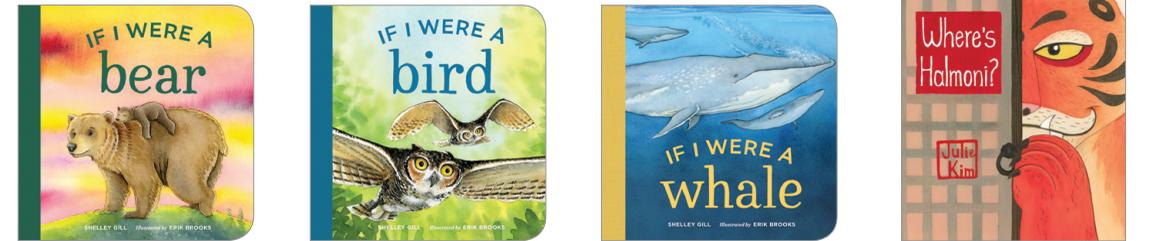


**A GIRL'S GUIDE TO THE WILD**  
ISBN: 978-1-63217-171-9 | \$17.99

**I WOULD TUCK YOU IN HC**  
ISBN: 978-1-57061-844-4 | \$16.99

**FLORA FORAGER ABC**  
ISBN: 978-1-63217-209-9 | \$14.99

**THE SPIRIT OF SPRINGER**  
ISBN: 978-1-63217-212-9 | \$18.99



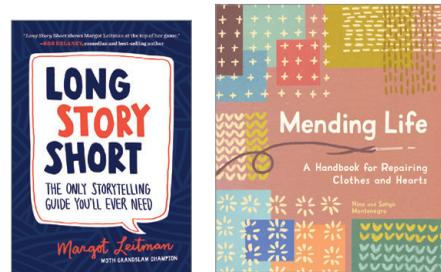
**IF I WERE A BEAR**  
ISBN: 978-1-63217-196-2 | \$9.99

**IF I WERE A BIRD**  
ISBN: 978-1-63217-211-2 | \$9.99

**IF I WERE A WHALE**  
ISBN: 978-1-63217-104-7 | \$9.99

**WHERE'S HALMONI?**  
ISBN: 978-1-63217-077-4 | \$19.99

## LIFESTYLE



**LONG STORY SHORT**  
ISBN: 978-1-63217-027-9 | \$19.95

**THE INSPIRED HOUSEPLANT**  
ISBN: 978-1-63217-177-1 | \$24.95

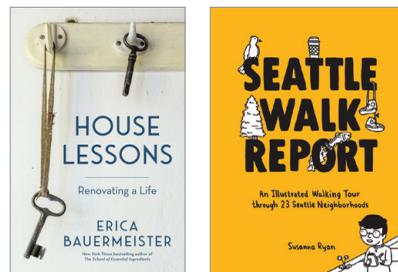
**THE CO-PARENTING HANDBOOK**  
ISBN: 978-1-63217-146-7 | \$19.95

**NEW MINIMALISM**  
ISBN: 978-1-63217-132-0 | \$24.95

**MENDING LIFE**  
ISBN: 978-1-63217-252-5 | \$24.95

**SEWING HAPPINESS**  
ISBN: 978-1-57061-995-3 | \$22.95

## PACIFIC NORTHWEST



**HOUSE LESSONS**  
ISBN: 978-1-63217-244-0 | \$24.95

**SEATTLE WALK REPORT**  
ISBN: 978-1-63217-261-7 | \$19.95

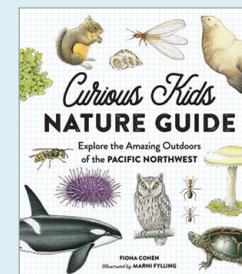
**PORTLANDNESS**  
ISBN: 978-1-63217-000-2 | \$24.95

**THE SALISH SEA**  
ISBN: 978-1-57061-985-4 | \$24.95

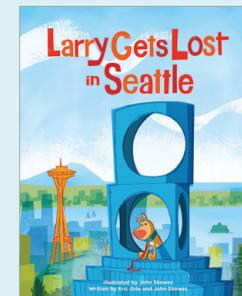
**SEATTLENESS**  
ISBN: 978-1-63217-127-6 | \$24.95



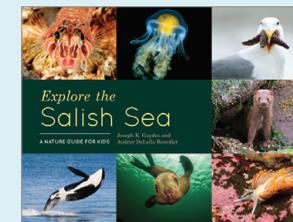
## PACIFIC NORTHWEST TITLES FROM LITTLE BIGFOOT



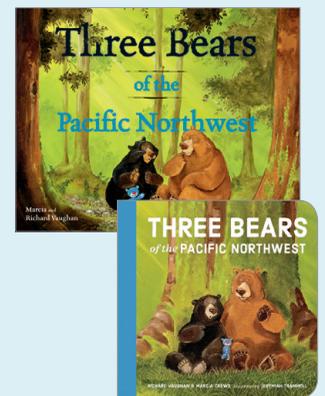
**CURIOUS KIDS NATURE GUIDE**  
ISBN: 978-1-63217-083-5 | \$19.99



**LARRY GETS LOST IN SEATTLE**  
ISBN: 978-1-63217-092-7 | \$17.99



**EXPLORE THE SALISH SEA**  
ISBN: 978-1-63217-095-8 | \$19.99



**THREE BEARS OF THE PNW HC**  
ISBN: 978-1-57061-684-6 | \$17.99

**THREE BEARS OF THE PNW BB**  
ISBN: 978-1-63217-076-7 | \$9.99



## SASQUATCH BOOKS

[sasquatchbooks.com](http://sasquatchbooks.com)

1904 3RD AVE, SUITE 710  
SEATTLE, WA 98101  
206.467.4300

### **PENGUIN RANDOM HOUSE DISTRIBUTION**

---

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

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

### **ORDER DEPARTMENT**

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

### **CUSTOMER SERVICE AND CREDIT DEPARTMENTS**

**TEL: 800.733.3000**  
customerservice  
[@penguinrandomhouse.com](mailto:@penguinrandomhouse.com)

### **SPECIAL MARKETS**

specialmarkets  
[@penguinrandomhouse.com](mailto:@penguinrandomhouse.com)

### **CANADIAN ORDERS AND INQUIRIES**

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

### **PENGUIN RANDOM HOUSE INTERNATIONAL SALES**

Penguin Random House, Inc.  
International Division  
**TEL: 212.572.6083**  
**FAX: 212.572.6045**  
international  
[@penguinrandomhouse.com](mailto:@penguinrandomhouse.com)

### **SASQUATCH BOOKS SALES AND MARKETING**

---

#### **SALES**

Jenny Abrami, Vice President,  
Sales and Strategy  
**TEL: 510.749.9838**  
[jabrami@sasquatchbooks.com](mailto:jabrami@sasquatchbooks.com)

#### **MARKETING AND PUBLICITY**

Nicole Sprinkle, Director of Marketing  
**TEL: 206.826.4318**  
[nsprinkle@sasquatchbooks.com](mailto:nsprinkle@sasquatchbooks.com)

Molly Woolbright, Publicist

**TEL: 206.826.4326**  
[mwoolbright@sasquatchbooks.com](mailto:mwoolbright@sasquatchbooks.com)

Whitney Berger, Associate Manager,  
Marketing & Publicity, Little Bigfoot  
**TEL: 206.826.4321**  
[wberger@sasquatchbooks.com](mailto:wberger@sasquatchbooks.com)

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



**SASQUATCH  
BOOKS**

[sasquatchbooks.com](http://sasquatchbooks.com)

1904 3RD AVE, SUITE 710  
SEATTLE, WA 98101

