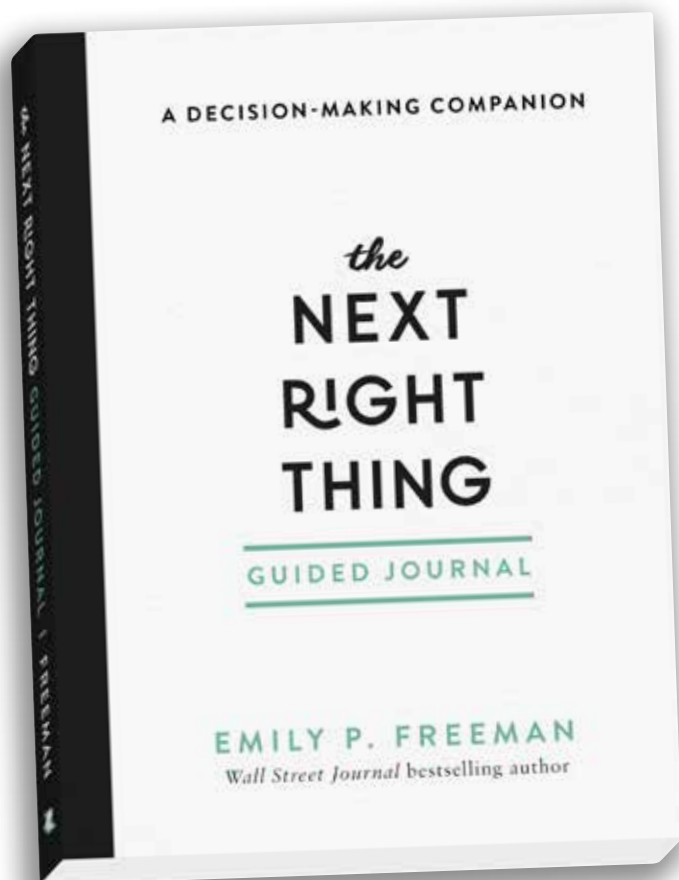




A Companion Journal for Wise Decision Making



- *The Next Right Thing* has sold over 65,000 copies and was a *Publishers Weekly* bestseller
- Freeman's *Next Right Thing* weekly podcast has surpassed 7 million downloads
- Provides readers practical lists, templates, and prompting questions to guide their decision-making process over the course of a year

When we have a decision to make, what we want more than anything is peace, clarity, and a nudge in the right direction. If you have trouble making decisions because of either chronic hesitation or decision fatigue, Emily P. Freeman offers a fresh way of practicing familiar but often forgotten advice: do the next right thing.

Emily explained this simple, soulful practice in her bestselling book *The Next Right Thing*. Now she offers you a resource designed to help you personalize her sound advice. *The Next Right Thing Guided Journal* includes both seasonal and monthly pages of insightful questions, personal lists, guided decision-making techniques, and plenty of room to write so you can:

- clear the decision-making chaos
- quiet your fear of choosing wrong
- find the courage to finally decide without regret or second-guessing

Whether you're in the midst of a major life transition or are weary of the low-grade anxiety that daily life can bring, this guided journal helps create space for your soul to breathe so you can live life with God at a gentle pace and discern your next right thing in love.

The Next Right Thing Guided Journal

Emily P. Freeman



VITAL INFORMATION

Available: January 5
\$19.99
978-0-8007-3977-5

lay-flat
6 x 8
196 pages
Case Quantity: 32

Category: RELIGION / Christian Living / Personal Growth
RELIGION / Christian Living / Women's Interests
RELIGION / Christian Living / Devotional Journal
Rights: Worldwide

ABOUT THE AUTHOR

Emily P. Freeman is the *Wall Street Journal* bestselling author of *The Next Right Thing*, *Simply Tuesday*, *A Million Little Ways*, and *Grace for the Good Girl*. As host of *The Next Right Thing* podcast, she helps people make decisions by creating space for the soul to breathe and offering fresh perspective our inner life with God. Emily and her husband live in North Carolina with their three children. Connect with her online at www.emilypfreeman.com and on Instagram @emilypfreeman.



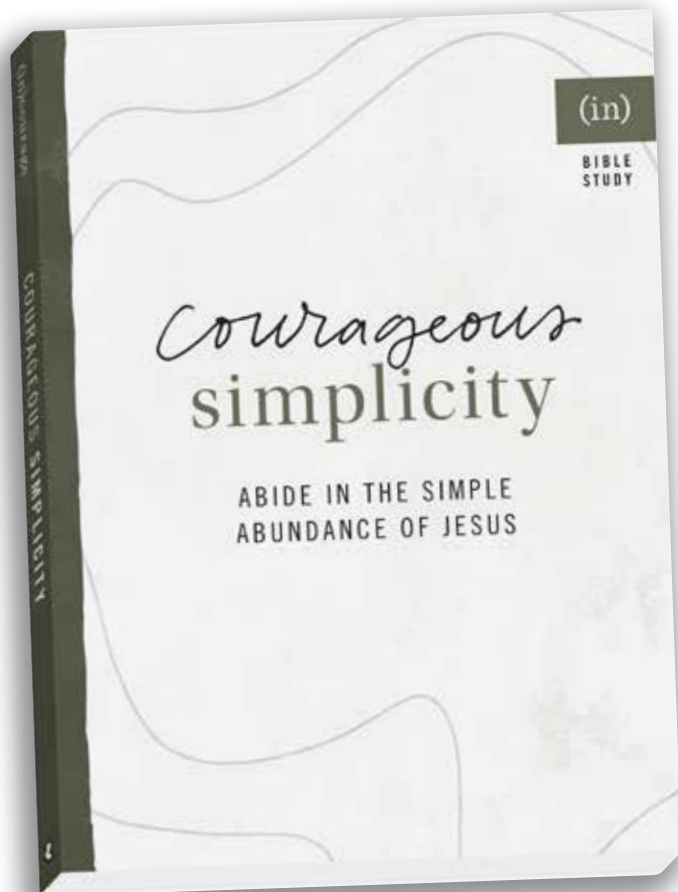
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ALSO AVAILABLE

The Next Right Thing
978-0-8007-3652-1
Grace for the Good Girl
978-0-8007-3824-2
Simply Tuesday
978-0-8007-2245-6
A Million Little Ways
978-0-8007-2244-9



Discover How to Live Simply and Abundantly in Jesus



- (in)courage has a social media reach of over 1.5 million, and DaySpring has over 3.4 million
- Combined 700,000 email list between (in)courage and DaySpring
- Six-session Bible study for individual and small group use

"I'm just so *busy* and *tired*." These words fall from your lips as easy and often as your next breath. You're weary of your packed schedule and frenetic pace and responsibilities at every turn. Even good things no longer feel life-giving. You long for a simpler life. You want to be able to face daily burdens and the chaos of this world and say with confidence, "It is well with my soul." But how?

(in)courage is ready to come alongside you through *Courageous Simplicity*, a six-session Bible study on living in the simple abundance of Jesus. This study will help you release control of what frays your soul and will lead you to true refreshment. As you train in the spiritual practice of simplicity, you will discover the God who loves you lavishly and wants to show you how to live with a heart open and surrendered to his presence.

You can live in the peace and freedom of having and being enough. Let your friends at (in)courage show you how.

Courageous Simplicity

(in)courage; Ginger Kolbaba, ed.



VITAL INFORMATION

Available: January 5
\$14.99
978-0-8007-3808-2

trade paper
7 x 9½
224 pages
Case Quantity: 32

Category: RELIGION / Biblical Studies / Bible Study Guides
RELIGION / Christian Living / Women's Interests
RELIGION / Christian Living / Spiritual Growth
Rights: Worldwide

ABOUT THE AUTHOR

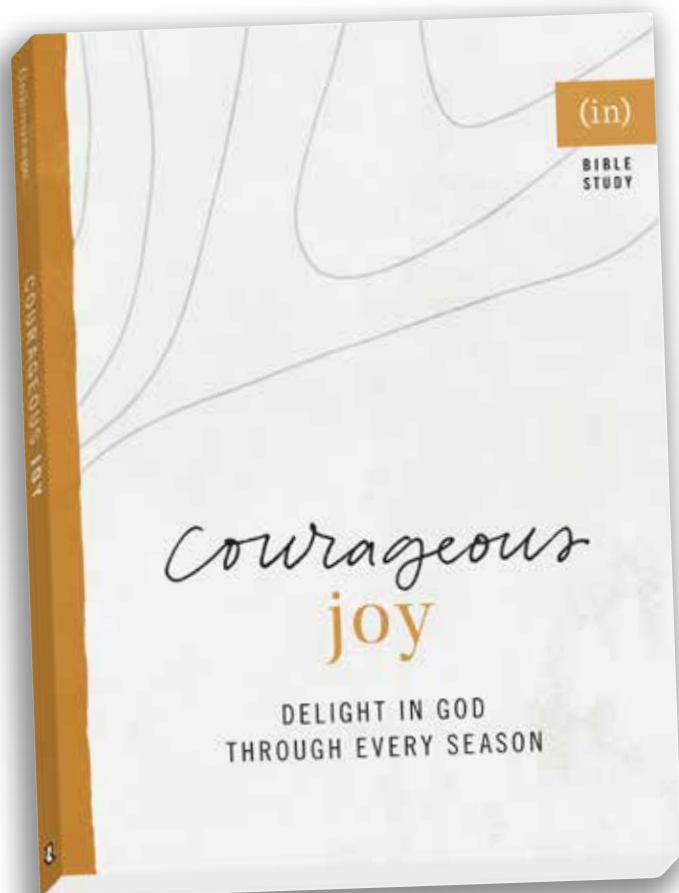
(in)courage welcomes you to a place where authentic, brave women connect deeply with God and others. Founded in 2009 by DaySpring, the Christian products subsidiary of Hallmark Cards, Inc., (in)courage is a vibrant online community that reaches thousands of women every day. Through the power of shared stories and meaningful resources, (in)courage champions women and celebrates the strength Jesus gives to live out our calling as God's daughters. In the middle of your unfine moments and ordinary days, you are invited to become a woman of courage.

ALSO AVAILABLE

Take Heart
978-0-8007-3807-5



Your Guide to Understanding Patterns of Joy to Fully Experience God



- (in)courage has a social media reach of over 1.5 million, and DaySpring has over 3.4 million
- Combined 700,000 email list between (in)courage and DaySpring
- Six-session study for individual and small group use

There's an unspoken tension between happiness and discontentment. You love your family and friends, but complicated relationships drain and discourage you. You're grateful for work but sometimes feel overlooked. You want to follow Jesus yet feel pulled in a dozen different directions. You know God loves you, yet insecurities bully you. The voices of this world are so loud, how can someone possibly hear God's still small voice? The injustice and wounds of this world are so great, how can someone possibly experience lasting joy?

Your friends at (in)courage know how you feel and have grappled with these questions too. Find the answers you're looking for in *Courageous Joy*, a six-week Bible study that celebrates God's goodness and shows you how to experience true joy right where you are.

If you want to be able to "rejoice in the Lord always" not just in theory but in everyday practice, if you long for a profound sense of calm and confidence in every season and situation of life, this study will light the way.

Courageous Joy

(in)courage; Mary Carver, ed.



VITAL INFORMATION

Available: March 30
\$14.99
978-0-8007-3809-9

trade paper
 7 x 9½
 160 pages
 Case Quantity: 32

Category: RELIGION / Biblical Studies / Bible Study Guides
 RELIGION / Christian Living / Women's Interests
 RELIGION / Christian Living / Spiritual Growth
 Rights: Worldwide

ABOUT THE AUTHOR

(in)courage welcomes you to a place where authentic, brave women connect deeply with God and others. Founded in 2009 by DaySpring, the Christian products subsidiary of Hallmark Cards, Inc., (in)courage is a vibrant online community that reaches thousands of women every day. Through the power of shared stories and meaningful resources, (in)courage champions women and celebrates the strength Jesus gives to live out our calling as God's daughters. In the middle of your unfine moments and ordinary days, you are invited to become a woman of courage.

ALSO AVAILABLE

Take Heart
 978-0-8007-3807-5



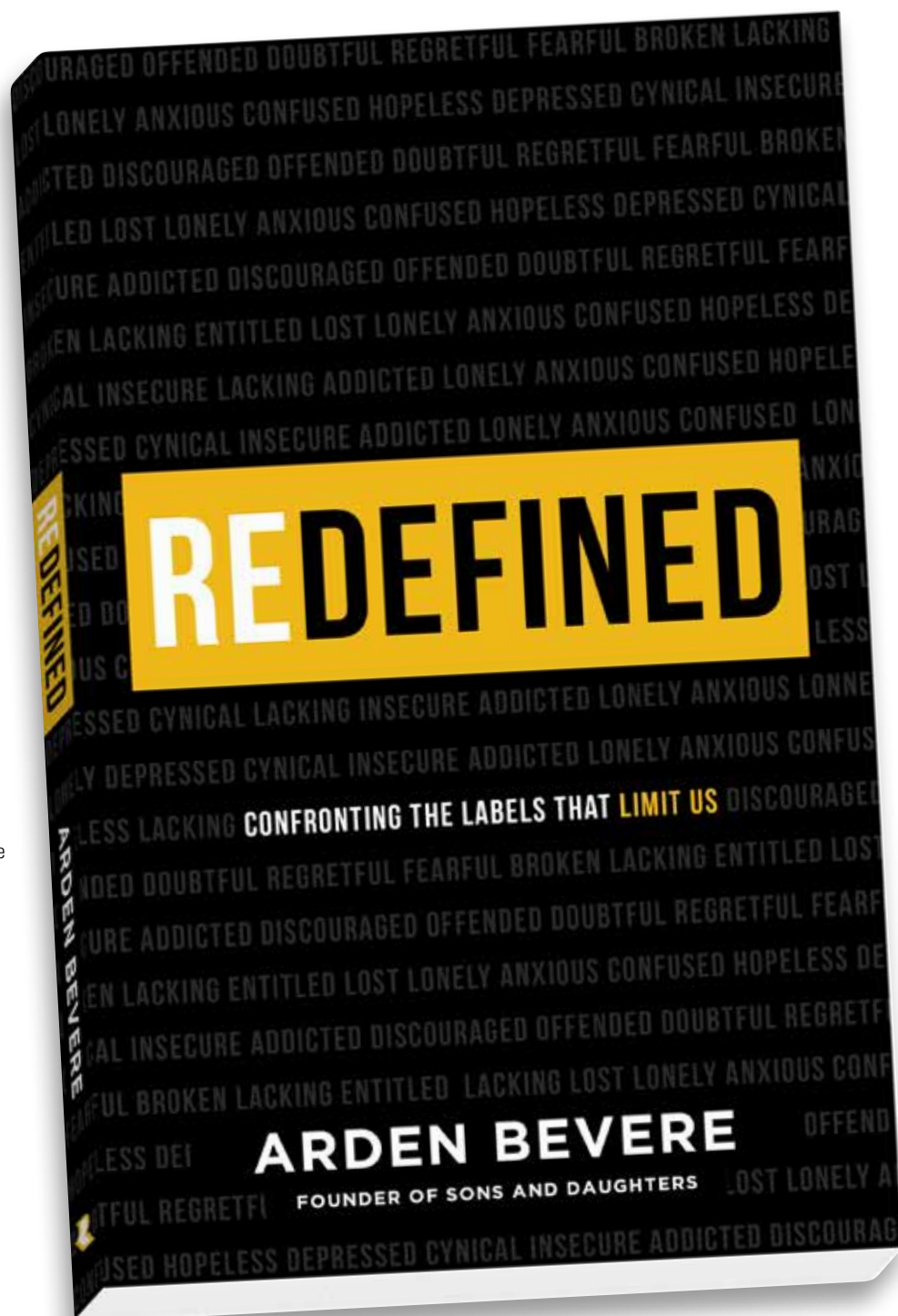
EXCERPT

This generation is called to change the world. I truly believe that. But in order to step into our true identity and potential, we must first redefine the way we see ourselves. We must listen to the right voices and believe the right words if we are going to step fully into our calling. We must confront and reject the labels that limit us and restore the calling of God that defines us.

In this book, I will unpack ten negative words that are often spoken about our generation—both by others and by us—and I will compare and contrast them to what God's Word says about us. For each negative term, there is a corresponding positive term that focuses on God's identity and calling.

These are not the expected, obvious opposites, though. They are more like companion words: concepts that reveal the positive truths hidden by negative labels. The more I studied the flippant labels people use, the more I realized that they actually point to deeper issues of self-worth, character, and value. So the positive terms I have chosen for us to focus on are specifically designed to counteract these underlying issues.

That's why the title of this book is *Redefined*. It's about a change of perspective, a change of definition, a change of value. We can't and we shouldn't try to change the essence of our generation. We are who we are. We are valued and loved by God. We are called for such a time as this. But we can and must allow God to show us how he sees us. And we must let his perspective redefine ours.



A Millennial's Call to His Generation's True Potential

- Messenger International will promote the book, and they have an email list of over 500,000 and a social media reach of over 3 million
- Author is the cofounder of Sons & Daughters and the youngest son of John and Lisa Bevere
- The Sons & Daughters ministry enjoys a unique position of support by Messenger International even as it gains its own base

Millennials might endure negative labels from older generations—lazy, broken, entitled, lost—but the most damaging labels are the ones we use on ourselves. Words are powerful. Even when they aren't true, they can begin to shape our perceptions of ourselves and the decisions we make. Yet the only labels that really matter to this, the largest and most diverse generation yet, are the ones with which God originally designated us. What does he call our generation? *Sons and daughters*.

We are called to change the world and make a huge impact for the kingdom, but we can't do that if we allow ourselves to believe the limiting labels we hear every day. Instead, Arden Bevere calls you to

- know what it means to be a son or daughter of God
- see how God uses the seemingly negative things in our lives for good
- take control of our thoughts and words and replace them with God's thoughts and words
- find freedom from addiction, fear, doubts, regrets, and more

Your life is not an accident, a disappointment, or an inconvenience to God. It's time to re-define, embrace, and walk in your true identity as his beloved child who will do great things in his name. Let Arden Bevere, a positive voice in this generation, show you the way.

Redefined

Arden Bevere



VITAL INFORMATION

Available: January 19

\$17.99

978-0-8007-3757-3

trade paper

5½ x 8½

224 pages

Case Quantity: 32

Category: RELIGION / Christian Living / Personal Growth

RELIGION / Christian Living / Spiritual Growth

YOUNG ADULT NONFICTION / Religion / Christian /

Inspirational

Rights: Worldwide

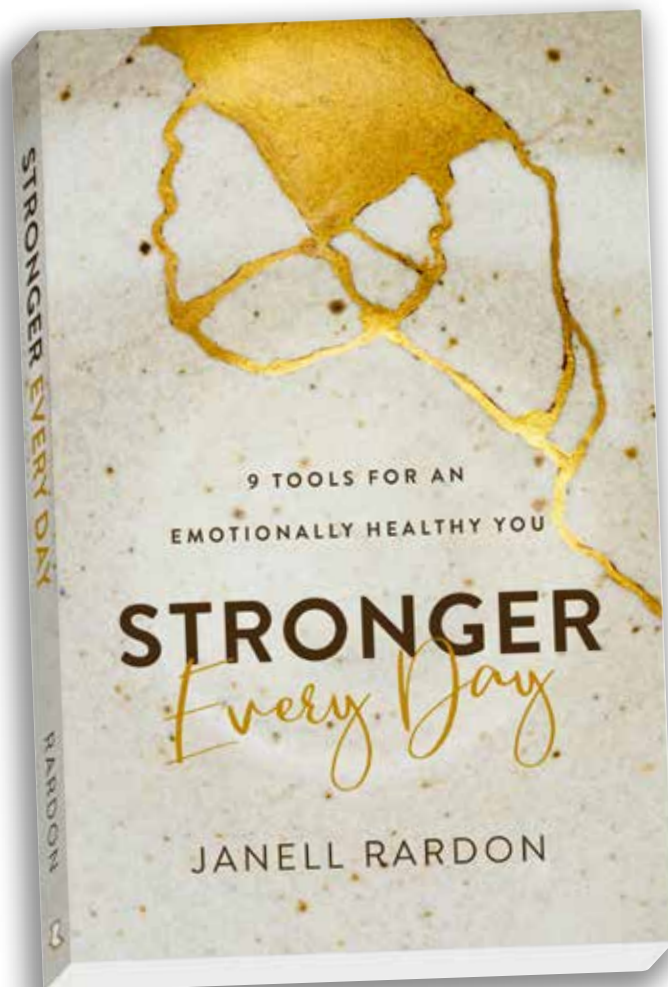
ABOUT THE AUTHOR

Arden Bevere is the youngest son of John and Lisa Bevere and the cofounder of Sons & Daughters, a movement committed to raise up a generation of uncompromising followers of Christ who will transform our world. Despite being just 25 years old, Arden has traveled the world, doing ministry and speaking at conferences. He has a passion to see his generation go further than any that came before it, fully alive in this God-adventure. Learn more at SonsAndDaughters.tv and follow Arden on Instagram or Twitter (@beverearden) or on Facebook.



©Nathaniel Lehrer

Fortify Your Emotional Health



- Author is a Board Certified Advanced Christian Life Coach (through AACC) specializing in family systems
- Includes guided interactive exercises to transform your mind and heart
- Equips women with nine proven tools for emotional health and spiritual authenticity

As a trauma-informed professional life coach, Janell Rardon spends a good deal of her day-to-day work with brokenness—broken families, broken relationships, broken hearts and souls. In response to the pleas of her clients, she developed a set of emotional health tools that help them repair the broken parts of their lives. In *Stronger Every Day*, she shares those powerful tools with you.

In this heartlifting book, she helps you to

- transform pain into meaning
- experience secure attachment with God
- shape healthy thoughts
- shift from shame to self-compassion
- practice healthy assertiveness
- set mental and emotional boundaries
- understand triggers and defense mechanisms
- regulate emotional highs and lows
- cultivate healthy human connection

With inspiring Scriptures, quotes, prayers, personal stories, and case studies, Rardon sets you on the path of emotional health so that you can be stronger than ever—every day.

Stronger Every Day

Janell Rardon



VITAL INFORMATION

Available: January 19

\$16.99

978-0-8007-3758-0

trade paper

5½ x 8½

240 pages

Case Quantity: 32

Category: RELIGION / Christian Living / Personal Growth

RELIGION / Christian Living / Spiritual Growth

RELIGION / Christian Living / General

Rights: Worldwide

ABOUT THE AUTHOR

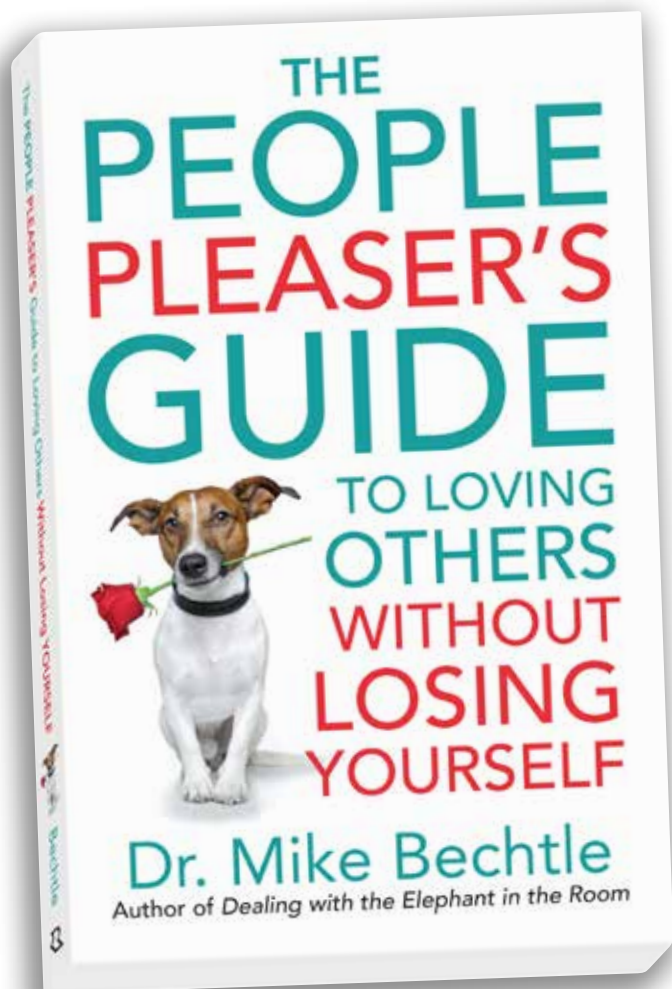
Janell Rardon, MA, is a Board Certified Life Coach (AACC), adjunct professor, and an award-winning author who loves nothing more than helping family systems become emotionally healthy, happy, and whole. In her private practice, The Heartlift Practice, she specializes in trauma-informed, attachment-based, faith-infused modalities.

She and her husband of more than 35 years have three grown children and live in Virginia.



© Sarah Murphy, Beansprout Photography

Transform People Pleasing into a Positive Strength



- Author's books have sold over 400,000 copies
- Includes assessments and practical steps for transformation
- Offers a positive spin on being a people pleaser

We all want other people to like us and think well of us. But when we depend on the praise, admiration, or appreciation of others for our sense of self-worth, we become trapped in an exhausting and debilitating cycle of people-pleasing relationships where we always give and rarely receive. The most common advice we hear—*Start putting your own needs first!*—doesn't work, because we do love helping other people!

Thankfully, the solution to the people pleaser's "problem" isn't to fundamentally change who you are—it's to fundamentally change where you find your worth. In this freeing book, Dr. Mike Bechtle shows you stop letting your fears of rejection, criticism, invisibility, or inadequacy drive your actions and start rebuilding your sense of self-worth from the inside out. When you do, you'll discover that what you once thought of as a struggle is actually a strength.

The People Pleaser's Guide to Loving Others without Losing Yourself

Dr. Mike Bechtle



9 780800 737870

VITAL INFORMATION

Available: January 19
\$14.99
978-0-8007-3787-0

trade paper
5½ x 8½
224 pages
Case Quantity: 32

Category: SELF-HELP / Personal Growth / Self-Esteem
SELF-HELP / Personal Growth / General
RELIGION / Christian Living / Personal Growth
Rights: Worldwide

ABOUT THE AUTHOR

Dr. Mike Bechtle (EdD, Arizona State University) is the author of several books, including *People Can't Drive You Crazy If You Don't Give Them the Keys* and *How to Communicate with Confidence*. His articles have appeared in publications such as *Writer's Digest*, *Pastors.com*, and *Entrepreneur*. A frequent speaker, Bechtle lives in California. Learn more at www.mikebechtle.com.



ALSO AVAILABLE

What Was He Thinking?
978-0-8007-3953-9
Dealing with the Elephant in the Room
978-0-8007-3911-9
How to Communicate with Confidence
978-0-8007-8834-6
People Can't Drive You Crazy If You Don't Give Them the Keys
978-0-8007-2111-4



EXCERPT

I feel like I'm a good person to tell you about fun and why you absolutely need fun in your life. For those who don't know, I am the host of a podcast called *That Sounds Fun*. In every episode, I get to interview a friend or someone I wish I was friends with. Sometimes they are authors or musicians, and other times it is a chef or an athlete or an actress or a doctor or anyone who says something I think the listener friends will love.

Because you do need fun. You have to find it. Whether your life looks exactly the way you thought it would, financially, spiritually, emotionally, relationally, or if one or more of those categories feels out of sync with what you thought today should look like, fun is an integral part of what God has for you.

And the pursuit of fun will bring you some of the answers you hope exist, answers to some of the deep questions rooting around in you.

It's hilarious, really, how much we want to talk about fun. I usually have to interrupt people and ask for their name because they are so quick to tell me their story they forget to tell me what their parents put on a birth certificate the day they entered the world. So I stop the friend, ask their name, then tell them to continue. And once we've finished the conversation, the next question is, "Can I tell you what I do for fun?"

And my answer is always yes.



Discover and Celebrate God's Design for Fun in Your Life

- Bestselling author of *Remember God* and *100 Days to Brave*
- Author's podcast has more than 25 million downloads and her website has 50,000 unique visitors per month
- She has a social media following of 270,000 and an email list of more than 18,000
- Author speaks about 50 times per year to an audience average of 1,000 people

We know there are certain things we must have to survive—food, shelter, and safety to name a few. But there are also aspects of life that truly allow us to be joyful and fulfilled. For popular podcaster and bestselling author Annie F. Downs, fun is close to the top of that list. Few would argue that having fun doesn't enrich our lives, but so much gets in the way of prioritizing it. Tough days, busyness, and feelings that are hard to talk about keep us from the fun that's out there waiting to be found.

With *That Sounds Fun*, Annie offers an irresistible invitation to understand the meaning of fun, to embrace it and chase it, and to figure out what, exactly, sounds fun to you—then do it! Exploring some research and sharing some thoughts behind why fun matters, she shows you how to find, experience, and multiply your fun. With her signature storytelling style and whimsical vulnerability, Annie is the friend we all need to guide us back to staying true to ourselves and finding the fun we need.

That Sounds Fun

Annie F. Downs



9 780800 738747

VITAL INFORMATION

Available: February 2

\$24.99

978-0-8007-3874-7

hardcover

5½ x 8½

208 pages

Case Quantity: 20

Category: RELIGION / Christian Living / Personal Growth

SELF-HELP / Personal Growth / Happiness

RELIGION / Christian Living / Inspirational

Rights: Worldwide

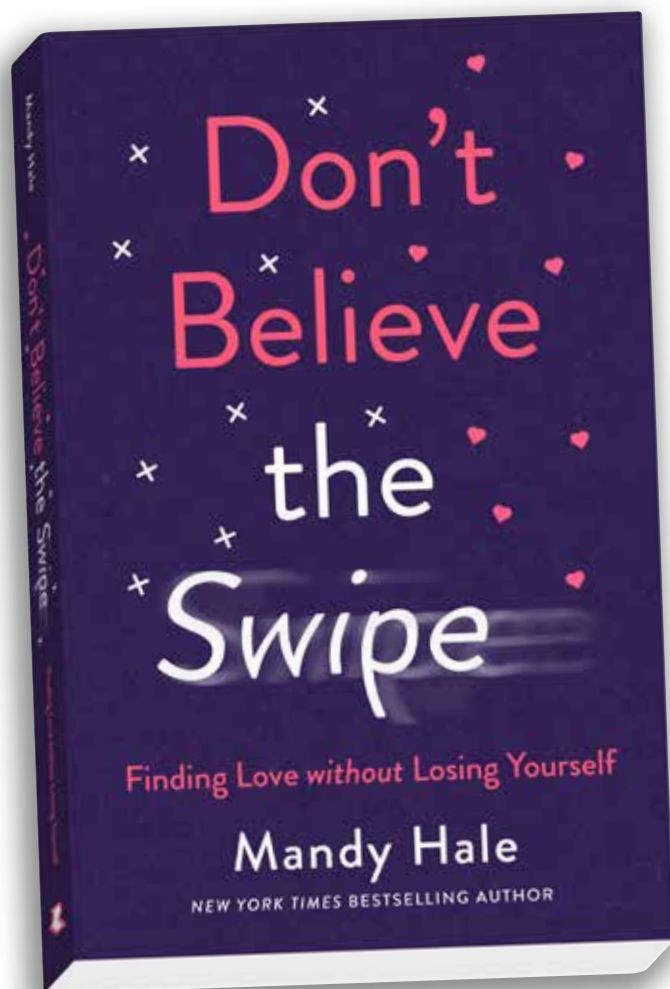
ABOUT THE AUTHOR

Annie F. Downs is a bestselling author, nationally known speaker, and podcast host based in Nashville, Tennessee. Flawed but funny, she uses her words to highlight the everyday goodness of a real and present God. An author of multiple bestselling books—including *Remember God*, *100*

Days to Brave, and *Looking For Lovely*—Annie loves traveling around the country speaking at conferences, churches, and events. She also hosts the popular *That Sounds Fun Podcast*. Annie is a huge fan of bands with banjos, confetti, her community of friends, boiled peanuts, and soccer. Read more at anniefdowns.com and follow her @anniefdowns.



Don't Let the Swipe Rule Your Life



- Author has a social media reach of over 3 million and over 50,000 email subscribers
- Author has been named a "Twitter Powerhouse" by the *Huffington Post*, a "Woman of Influence" by the *Nashville Business Journal*, and a "Single in the City" by *Nashville Lifestyles*
- In 2019, *Good Morning America* named Mandy's Instagram one of the "Top Ten Accounts to Follow for Major Inspiration"

Modern dating is not for the faint of heart. Texting, online dating, dating apps, ghosting, social media, and cancel culture have made what was already an emotionally fraught endeavor even more complicated. It can take a toll on your self-esteem and self-worth.

But the good news is, you *can* learn to date with dignity, to refuse to let the "swipe" rule your life, and to stand confident and not settle for less than what you deserve. In this funny, in-your-face, and self-affirming book, Mandy Hale gets honest about common frustrations, fears, foibles, and anxieties about modern dating. She offers life-tested advice about how to flip the script on dating, showing you how learning to love yourself first makes all the difference.

Dating isn't just about finding someone you can be happy with in the future, it's about discovering the amazing, dynamic, whole person you are right now, *today*. So don't believe the swipe. Let Mandy help you find love without losing yourself.

Don't Believe the Swipe

Mandy Hale



VITAL INFORMATION

Available: February 2
\$16.99
978-0-8007-3883-9

trade paper
5½ x 8½
224 pages
Case Quantity: 32

Category: RELIGION / Christian Living / Relationships
FAMILY & RELATIONSHIPS / Dating
Rights: Worldwide

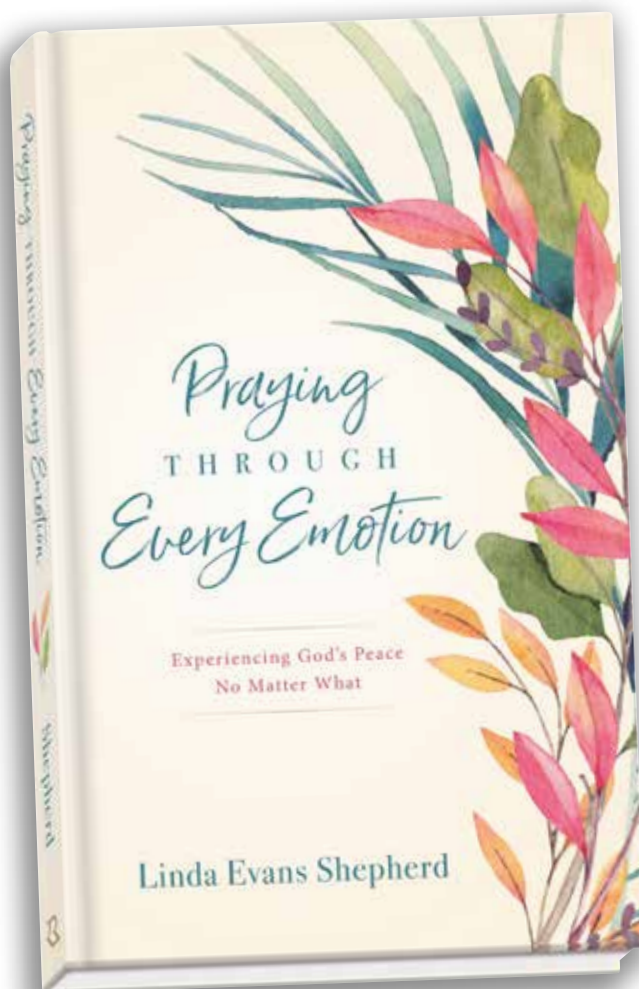
ABOUT THE AUTHOR

Mandy Hale is a blogger turned *New York Times* bestselling author and speaker. Creator of the social media movement "The Single Woman," Mandy cuts to the heart of single life with her inspirational, straight-talking, witty takes on life and love. Named a "Twitter Powerhouse" by the *Huffington Post*, a "Woman of Influence" by the *Nashville Business Journal*, and a "Single in the City" by *Nashville Lifestyles* magazine, she has also been featured in *Forbes* magazine, on *Glamour.com*, and many other media outlets. She is the author of *The Single Woman*, *I've Never Been to Vegas but My Luggage Has*, *Beautiful Uncertainty*, and *You Are Enough*. She lives in Murfreesboro, Tennessee.



©Tim Hiber

Powerful Prayers for All of Life's Emotions



- Author's books have sold over 500,000 copies
- Author is a noted speaker and author on prayer and reaches 120,000 people daily via her Let's Pray social media campaign
- Includes Scriptures and short prayers on topics such as worry, anger, loneliness, grief, and more

Human beings are emotional creatures. We feel deeply, and at times our emotional responses to our situations may be overwhelming. Whether it's disappointment at an opportunity missed, grief when a loved one dies, anxiety when we go through a big life change (even a positive one!), or uncertainty when faced with a situation outside of our control, we can take those feelings to God—immediately—in prayer, and he will give us peace, comfort, and clarity.

Topically arranged so you can go directly to your particular need, *Praying Through Every Emotion* offers transforming Scripture and prayer to help you change your perspective, heal your emotional wounds, and find yourself unburdened from cares and concerns. The power-packed prayers cover nearly 70 different emotions, from feeling angry, broken, or exhausted to feeling confident, hopeful, and joyful—and everything in between. You'll even find prayers for the really hard things, such as when you feel depressed, shamed, or suicidal.

Your emotions are a gift from God, and he uses them to help you grow, both closer to him and more fully into the person he created you to be. Let Linda Evans Shepherd help you manage those emotions through prayer and see your attitude and mind-set transformed.

Praying Through Every Emotion

Linda Evans Shepherd



VITAL INFORMATION

Available: February 2
\$14.99
978-0-8007-3840-2

casebound
 5 x 8
 176 pages
 Case Quantity: 40

Category: RELIGION / Christian Living / Prayer
 RELIGION / Christian Living / Spiritual Growth
 Rights: Worldwide

ABOUT THE AUTHOR

Linda Evans Shepherd is an award-winning author, a successful speaker, and a media personality. The president of Right to the Heart Ministries, she has written more than 30 books, including *When You Don't Know What to Pray* and *Praying God's Promises*. She lives in Colorado.

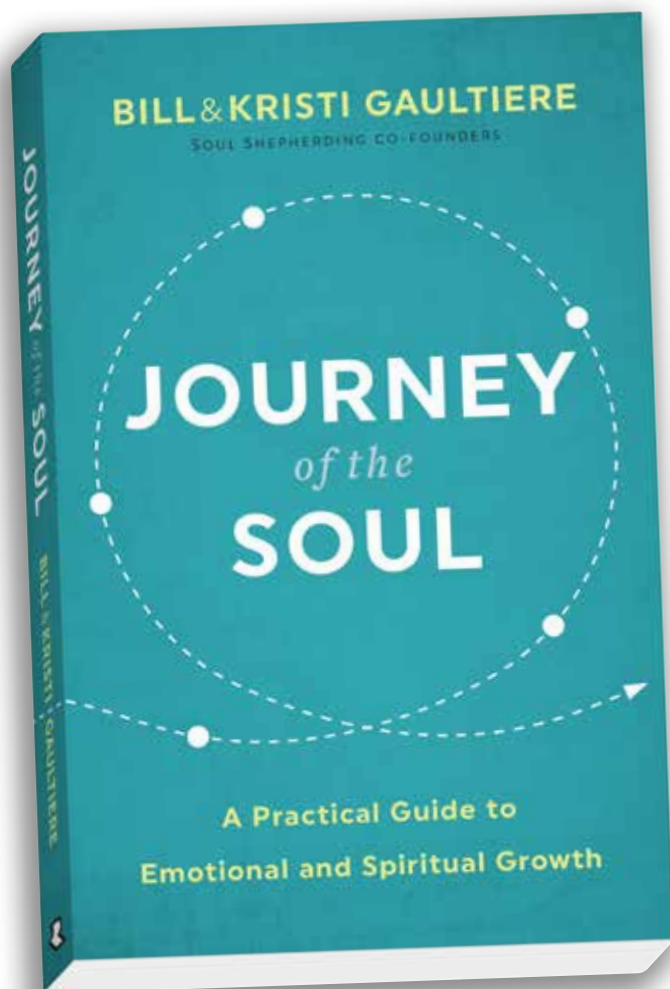


ALSO AVAILABLE

Empowered for Purpose
 978-0-8007-3831-0
When You Need to Move a Mountain
 978-0-8007-2390-3
Praying God's Promises
 978-0-8007-2389-7
When You Don't Know What to Pray
 978-0-8007-2336-1



Your Next Steps to Greater Intimacy with God



- Authors' website, soulshepherding.org, gets over 1 million page views per year
- Authors have an email list of over 50,000
- Bill and Kristi are counselors with over 30 years of experience and speak frequently

The healthy Christian life is one of continuing spiritual, emotional, and relational growth. But so many of us feel stuck or stagnated at one stage of the journey. It's not always clear to us where or why we are stuck, making it difficult to take the next step on our journey of the soul.

That's where Bill and Kristi Gaultiere come in. After decades in private practice as counselors and therapists, they have developed a unique model for growing in grace. In *Journey of the Soul*, they draw on more than 70,000 hours of providing therapy and spiritual direction to show you how to identify your current stage of faith and the next steps to take based on your unique needs and struggles. With Scripture, self-assessments, and soul care practices to support your progress along the way, this insightful and inspiring book will be a treasured companion on your journey no matter where you are or how long you've been following Jesus.

Journey of the Soul

Bill and Kristi Gaultiere



VITAL INFORMATION

Available: February 16

\$16.99

978-0-8007-3902-7

trade paper

5½ x 8½

240 pages

Case Quantity: 32

Category: RELIGION / Christian Living / Spiritual Growth

RELIGION / Christian Ministry / Discipleship

RELIGION / Christian Living / Personal Growth

Rights: Worldwide

ABOUT THE AUTHORS

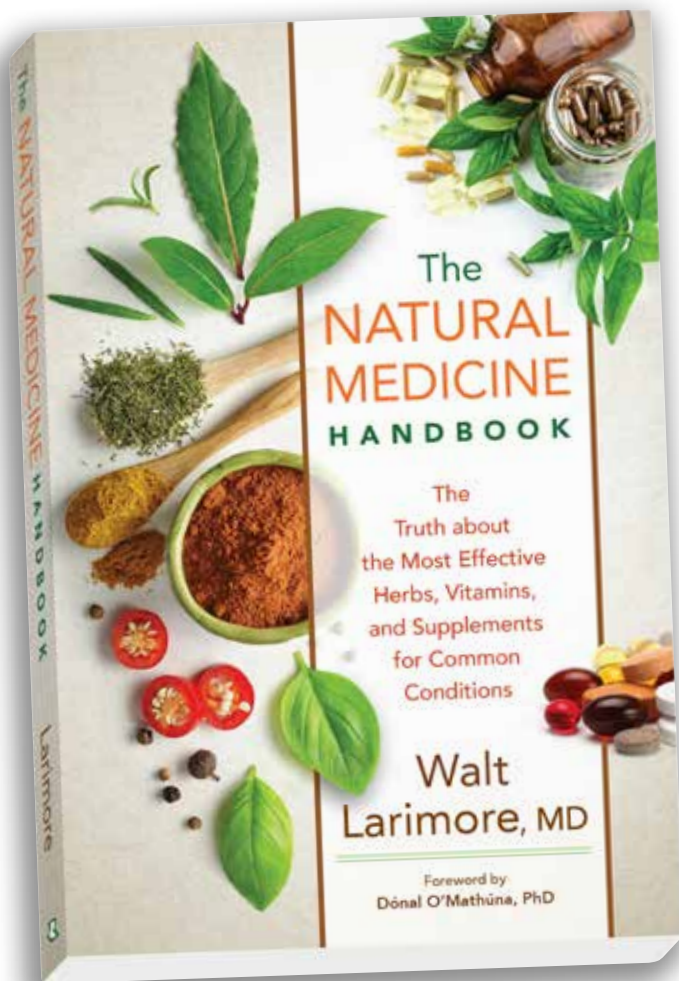
Bill and Kristi Gaultiere

have been counseling and ministering to people for 30 years. Bill is a psychologist who has served in private practice, co-led a New Life psychiatric day hospital, and pastored churches. Kristi is a marriage and family therapist who has also served in private practice and church ministry. Together they are the founders of Soul Shepherding, a nonprofit ministry to help believers discover their next steps for growing in intimacy with Jesus, emotional health, and loving relationships. Bill and Kristi live in Irvine, California.



©Briana Gaultiere

A Trustworthy Guide to Natural Medications and Supplements



- Author's previous books have sold over 750,000 copies
- Walt Larimore, MD, has been listed as one of the "Best Doctors in America" and is the former host of the *Focus on Your Family's Health* radio and TV programs
- Offers evidence-based, medically reliable information about herbs, vitamins, and dietary supplements

When it comes to natural medicines, such as herbs, vitamins, and dietary supplements, you want to make sure you're getting the truth about what works, what is safe, and what is a waste of money. You need evidence-based, trustworthy, unbiased sources and studies so that you can make wise decisions for yourself and your family.

In consultation with the experts at ConsumerLab.com and *Natural Medicines™*, Dr. Walt Larimore has combed the available research from around the globe to evaluate about 1300 natural medicines or interventions for more than 500 conditions or indications summarized in helpful charts and tables. This highly readable and reliable guide will tell you what natural medicines have proven to be both safe and effective while suggesting the best-value "Top Picks" for health issues such as

- brain and heart health
- digestive and immune health
- energy and fatigue
- losing weight
- keeping hair, skin, and nails young
- increasing the quality and length of your life
- and many more

Arranged topically so you can go directly to the information you need, this comprehensive, trustworthy guide is a resource you'll return to again and again.

The Natural Medicine Handbook

Walt Larimore, MD



VITAL INFORMATION

Available: April 6
\$19.99
978-0-8007-3821-1

trade paper
6 x 9
224 pages
Case Quantity: 32

Category: HEALTH & FITNESS / Herbal Medications
HEALTH & FITNESS / Diet & Nutrition / Vitamins
HEALTH & FITNESS / Alternative Therapies
Rights: Worldwide

ABOUT THE AUTHOR

Walt Larimore, MD, has been a family physician for nearly 40 years. The bestselling author of the Bryson City books and *The Best Medicine*, as well as dozens of other books and hundreds of articles, he has been called "one of America's best-known family physicians" and was the recipient of a lifetime achievement award from *Marquis Who's Who* in 2019. He writes a bimonthly health column, "Ask Dr. Walt," for *Today's Christian Living* magazine and formerly hosted the *Ask the Family Doctor* show on Fox's Health Network. He has been a frequent guest, talking about family health topics, on a wide variety of television and radio shows, including *The Today*



©Don Jones

Show, CBS's *Morning Show*, CNN's *Anderson Cooper 360*, and several Fox News programs. Dr. Larimore currently lives in Colorado Springs, Colorado.

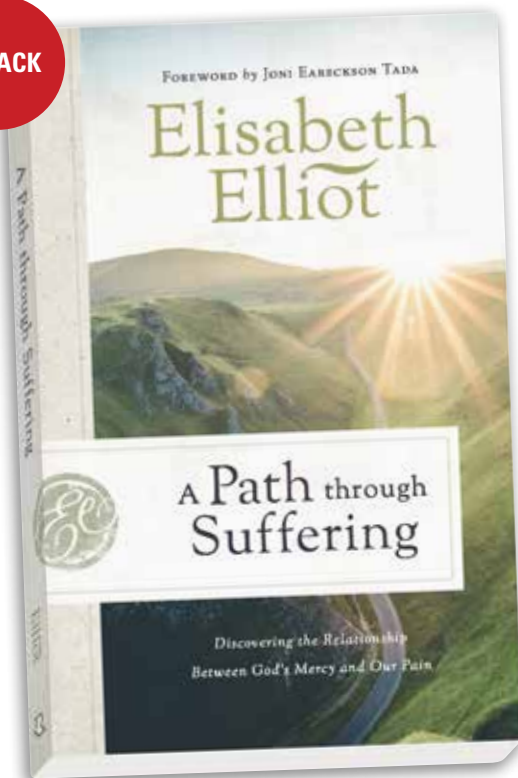
ALSO AVAILABLE

The Best Medicine
978-0-8007-3822-8



For Anyone Searching for Faith and Comfort During Times of Tragedy

REPACK



Elisabeth Elliot plots the treacherous passage through pain, grief, and loss, a journey most of us will make many times in our life. Through it all, she says, there is only one reliable path, and if you walk it, you will see the transformation of all your losses, heartbreaks, and tragedies into something strong and purposeful. In this powerful book, Elisabeth Elliot does not hesitate to ask hard questions, to examine tenderly the hurts we suffer, and to explore boldly the nature of God whose sovereign care for us is so intimate and perfect that he confounds our finite understanding. *A Path through Suffering* is a book for anyone searching for faith, comfort, and assurance. Includes a new foreword by Joni Eareckson Tada.

A Path through Suffering

Elisabeth Elliot



VITAL INFORMATION

Available: January 19
\$14.99
978-0-8007-2950-9

trade paper
5½ x 8½
208 pages
Case Quantity: 36

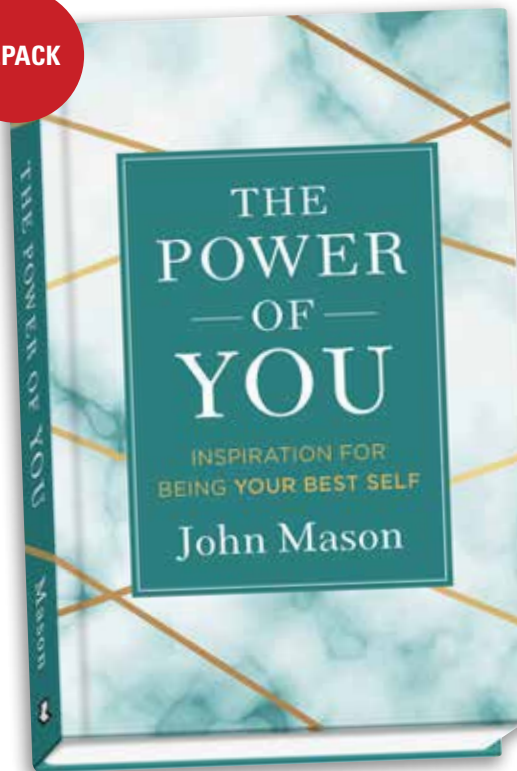
Category: RELIGION / Christian Living / General
RELIGION / Christian Living / Spiritual Growth
RELIGION / Christian Living / Death, Grief, Bereavement
Rights: Not to the Commonwealth (author)

ABOUT THE AUTHOR

Elisabeth Elliot (1926–2015) was one of the most perceptive and popular Christian writers of the last century. The author of more than twenty books, including *Passion and Purity*, *The Journals of Jim Elliot*, and *These Strange Ashes*, Elliot offered guidance and encouragement to millions of readers worldwide.

Become the Best Version of Yourself

REPACK



In need of some positivity in these troubled times? Look no further than this inspiring collection of short motivational and aspirational readings that will have you ready to take on the world by being the best version of yourself. Accessible and encouraging, the nuggets of wisdom in this giftable book are perfect for the recent graduate, the aspiring entrepreneur, the seasoned business leader, and anyone who needs a pick-me-up in the midst of a challenging time of life.

The Power of You

John Mason



VITAL INFORMATION

Available: April 6
\$14.99
978-0-8007-3957-7

casebound
4 x 6
240 pages
Case Quantity: 40

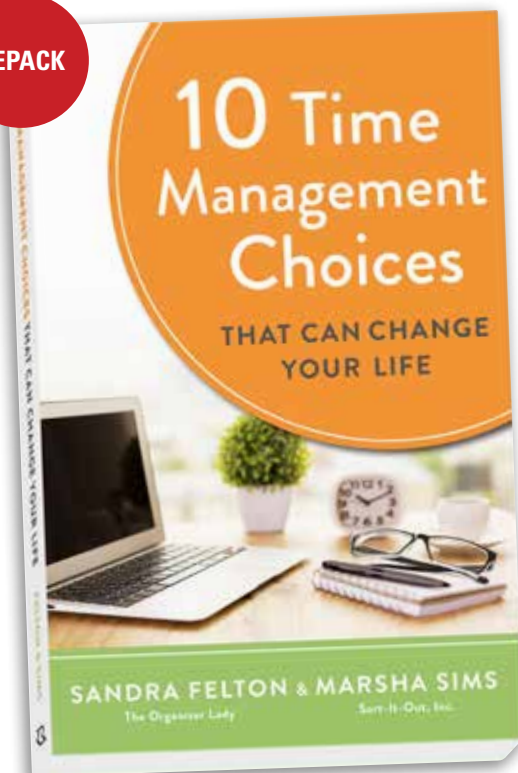
Category: RELIGION / Christian Living / Personal Growth
RELIGION / Christian Living / General
RELIGION / Inspirational
Rights: Worldwide

ABOUT THE AUTHOR

John Mason is a national bestselling author, noted speaker, and executive author coach. He is the founder and president of Insight International, an organization dedicated to helping people reach their God-given dreams and fulfill their destinies. He's authored nearly 30 books, including *Believe You Can*, *An Enemy Called Average*, *You're Born an Original—Don't Die a Copy*, and *Know Your Limits—Then Ignore Them*. His books have sold over 2 million copies and are translated into nearly 40 languages throughout the world.

Simplify Your Life and Free Up Your Time

REPACK



Nothing beats the satisfaction of coming to the end of the day and feeling it was a successful one. Well-managed time makes that possible. It reduces stress, helps you accomplish more in less time, and most importantly, gives you greater freedom to enjoy doing what you love. This book shows you

- how to focus your time on your priorities
- secrets to overcoming procrastination
- tips for managing distractions, interruptions, and time wasters
- and more

10 Time Management Choices That Can Change Your Life

Sandra Felton and Marsha Sims



9 780800 739553

VITAL INFORMATION

Available: January 19
\$12.99
978-0-8007-3955-3

trade paper
 5½ x 8½
 272 pages
 Case Quantity: 32

Category: SELF-HELP / Self-Management / Time Management
 Rights: Worldwide
 Previously published as *Organizing Your Day*

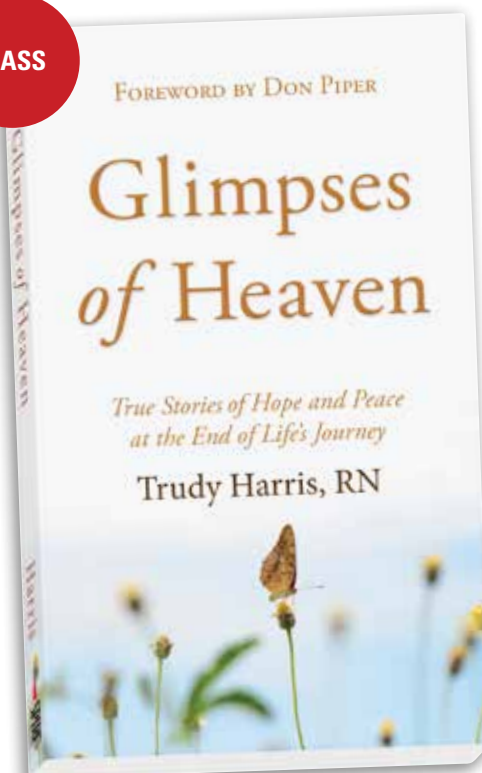
ABOUT THE AUTHORS

Sandra Felton is the founder and president of Messies Anonymous and the bestselling author of many books including *Organizing Magic*. She lives in Miami, Florida.

Marsha Sims is a national speaker, a professional organizer, and the founder and president of Sort-It-Out, Inc. in Miami, Florida.

Powerful Stories from Life's Final Moments

MASS



Tender, heartbreaking, and eye-opening, this *New York Times* bestseller gives you an intimate look at the final thoughts, words, and visions of terminally ill and dying people. Through the eyes of former hospice nurse Trudy Harris, you'll experience more than forty true stories that paint a reassuring picture of life's end. Whether you are facing the death of a loved one or confronting a terminal disease, *Glimpses of Heaven* will touch your heart and reassure you of the great love and peace God longs for you to receive.

Glimpses of Heaven

Trudy Harris, RN



9 780800 739560

VITAL INFORMATION

Available: January 19
\$6.99
978-0-8007-3956-0

mass market
 4¼ x 7
 208 pages
 Case Quantity: 40

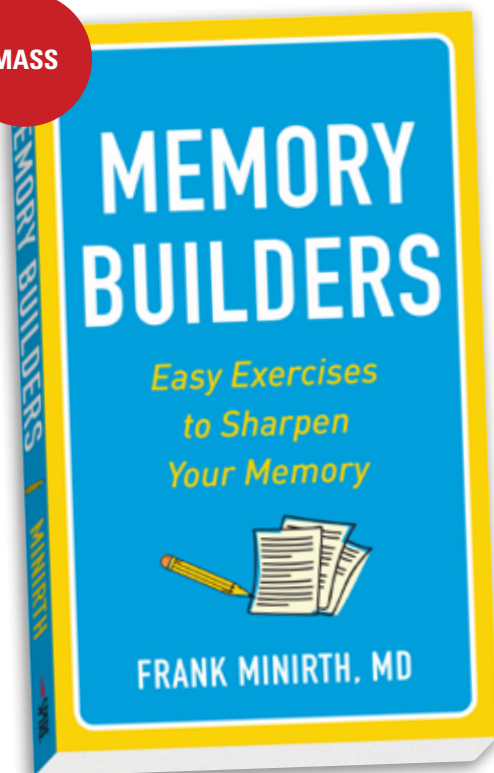
Category: SELF-HELP / Death, Grief, Bereavement
 RELIGION / Christian Living / Death, Grief, Bereavement
 RELIGION / Inspirational
 Rights: Worldwide

ABOUT THE AUTHOR

Trudy Harris, RN, is the *New York Times* bestselling author of *Glimpses of Heaven* and *More Glimpses of Heaven*, a former hospice nurse, and former president of the Hospice Foundation for Caring. Since retirement, Harris remains active in connecting the needs of terminally ill and dying people in her community with the hospice program she knows can best meet their need.

Proven Techniques for Improving and Protecting Your Memory

MASS



As we age, we may look and feel younger than our parents' generation—60 is the new 40, after all—but mental decline can begin as early as age 30, and it will impact *everyone* at some point. The good news is, just as diet and exercise can keep aging bodies healthier, the proper mental regimen can slow—even reverse—the deterioration of our mental capacity. In this practical and hopeful book, Dr. Frank Minirth gives you trustworthy scientific insights, helpful assessments to measure mental sharpness, and proven strategies to preserve focus, memory, and brainpower at any age. Each chapter includes brain boosters, exercises, and challenges, as well as engaging personal stories.

Memory Builders

Frank Minirth, MD



VITAL INFORMATION

Available: February 2
\$6.99
978-0-8007-3958-4

mass market
 4¼ x 7
 272 pages
 Case Quantity: 40

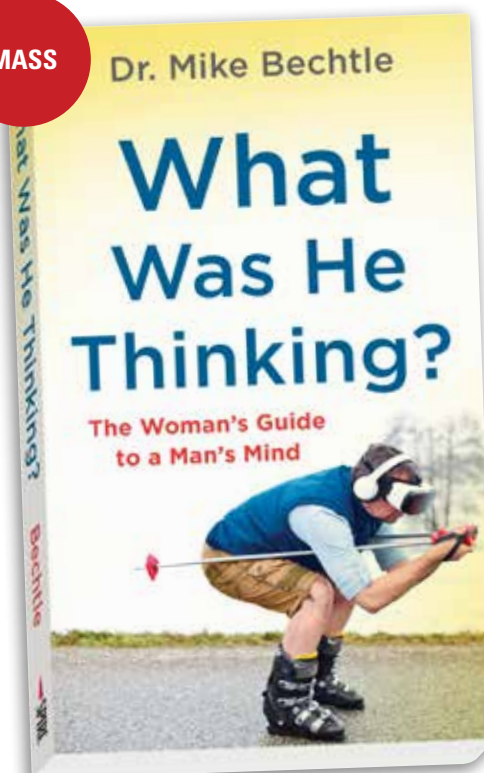
Category: SELF-HELP / Personal Growth / General
 SELF-HELP / Personal Growth / Memory Improvement
 Rights: Worldwide
 Previously published as *Strong Memory, Sharp Mind*

ABOUT THE AUTHOR

Frank Minirth, MD (1946–2015) was president of the Minirth Clinic in Richardson, Texas, and an adjunct professor at Dallas Theological Seminary. He was the author or coauthor of several books, including the bestselling *Happiness Is a Choice*. For more information, visit www.minirthclinic.com.

A Practical Guide to Understanding Your Man

MASS



Relationship and communication expert Mike Bechtle offers women an insider's guide to the puzzling male brain. Simple and practical, this book provides women with a roadmap for better conversations and improved relationships. Bechtle explains how men think, act, communicate, and grow in relationships, and even offers tips for communicating in a toxic relationship. Wives, girlfriends, mothers, daughters, friends, and coworkers will find real help within these pages.

What Was He Thinking?

Dr. Mike Bechtle



VITAL INFORMATION

Available: April 6 mass market
\$6.99 4¼ x 7
978-0-8007-3953-9 256 pages
 Case Quantity: 40

Category: RELIGION / Christian Living / Love & Marriage
 FAMILY & RELATIONSHIPS / Marriage & Long-Term Relationships
 RELIGION / Christian Living / Family & Relationships
 Rights: Worldwide
 Previously published as *I Wish He Had Come with Instructions*

ABOUT THE AUTHOR

Dr. Mike Bechtle (EdD, Arizona State University) is the author of several books, including *People Can't Drive You Crazy If You Don't Give Them the Keys* and *How to Communicate with Confidence*. His articles have appeared in publications such as *Writer's Digest*, *Pastors.com*, and *Entrepreneur*. A frequent speaker, Bechtle lives in California. Learn more at www.mikebechtle.com.