

## Ish

Draw. Frame. Share! With pages of possibilities, the creator of *The Dot* inspires us to make our mark and see where it takes us. Do you have a crayon or marker ready? Children's book creator Peter H. Reynolds has motivated kids of all ages, in homes and classrooms, to escape their inner critics and let the artist inside of them out to play. Now, with *Make Your Mark Gallery*, the celebrated author-illustrator offers more inspiration with a coloring book-ish featuring frames of all kinds just waiting to be filled with original art. Readers can follow ish-full suggestions or let inspiration guide their artistic vision, then tear out their creations along a perforated edge to proudly display their work or give it to someone special.

Easy, do-able, down to earth ideas and suggestions for everyone to help save the planet. If you want to save the planet, but your to-do list is already pretty long and remembering your re-usable coffee cup feels like a Herculean task, then this is the book for you. Covering every aspect of our lives from the stuff we buy and the food we eat, to how we travel, work, and celebrate. This book provides stacks of practical, down to earth ideas to slot into your daily life, alongside a gentle kick up the butt to put your newfound knowledge into action. Practical tips include unsubscribing from all the tempting emails that drop into your inbox with details of the newest clothing range or the latest sale, and keeping a mug next to your kettle to work out how much water you actually need to boil each time, as over filling kettles costs British households £ 68 million on energy bills each year. Find out how to fit "sustainable living" into your life, in a way that works for you.

Change your impact without radically changing your life and figure out the small steps you can make that will add up to make a big difference (halo not included). Fifteen powerful women and writers you know and love—from the pages of *The New Yorker*, *The New York Times*, *Vogue*, *Glamour*, and *The Atlantic*—offer captivating, intimate, and candid explorations about what it's really like turning forty—and that the best is yet to come. The big 4-0. Like eighteen and twenty-one, this is a major and meaningful milestone our lives—especially for women. Turning forty is a poignant doorway between youth and...what comes after; a crossroads to reflect on the roads taken and not, and the paths yet before you. The decade that follows is ripe for nostalgia, inspiration, wisdom, and personal growth. In this dazzling collection, fifteen writers explore this rich phase in essays that are profound, moving, and above all, brimming with joie de vivre. With a diverse array of voices—including Veronica Chambers, Meghan Daum, Kate Bolick, Taffy Brodesser-Akner, Sloane Crosley, KJ Dell'Antonia, Julie Klam, Jessica Lahey, Catherine Newman, Sujean Rim, Jena Schwartz, Sophronia Scott, Allison Winn Scotch, Lee Woodruff, and Jill Kargman—*On Being 40(ish)* offers a range of universal themes—friendship, independence, sex, beauty, aging, wisdom, and the passage of time. *On Being 40(ish)* reflects the hopes, fears, challenges, and opportunities of a generation. Beautifully designed, this is

“a must read for anyone 40ish or beyond...Like a pep talk from your big sister, favorite cousin, and wise best friend” (Joanna Goddard, Cup of Jo).

A young food writer's witty and irresistible celebration of her mom's "Indian-ish" cooking--with accessible and innovative Indian-American recipes

A Second Helping of Del'ishcious 'Ish

My Life at the Edge of Stardom

FAME-ISH

Out of Place Adventures of Ish

Brit(ish)

How Successful People Get Ish Done

On Race, Identity and Belonging

*ISHues* is the follow up book to the author's smash conversation igniter, "Ish." Inspired by pithy, memorable phrases she saw stenciled on the wall of a department store and her own life happenings, Griffin began writing the collection of provoking sayings. Both books are filled with a pinch of dry wit, a dash of sarcasm and bundles of humor that will prove to be an enjoyable reading experience for all ages. The book's title begs the question, "what is 'Ish?" The author defines 'Ish as a random, eclectic statement intended to provoke action or emotion - whether amusement, frustration, happiness or angst. 'Ish can also be any wanton expression or point of view that creates a gust of thought. From arguably, usable advice to satirical comments, humorous one-liners and simple nuggets of wisdom, "ISHues – A Second Helping of Del'ishcious 'Ish" has plenty of banter to dish. The book picks up at 'Ish #161, sharing 145 more juicy statements like, 'Ish #176, "Parting your lips softly during a job interview is not enough to camouflage your sterling silver tongue ring." 'Ish #263 cautions, "Liking (not loving) your spouse is the key to great love making." Another that is sure to influence decision making is 'Ish #285, "If your therapist is a chain smoker and has involuntary face twitches, switch seats." Readers will ROTFLAO, STH (shake their heads) and scream OMG as they gobble up this heaping, second helping of "ISHues."

*REAL-ish* is a novel based on true-ish events. Our heroine, Jolene Bransford, a young woman living in the American South, finds herself experiencing the onset of severe schizophrenia. At first, the story follows a well trodden path of a breakdown leading to a hometown return; however, the narrative begins to twist and tangle into the bizarre when the world is hit by the Covid-19 pandemic. As Jolene's hallucinations become more persistent and the world becomes more surreal, she begins to lose touch with the boundaries between reality and delusion. In the age of alternative facts and big lies, *REAL-ish* repeatedly begs the question: what is real?

'Ish is filled with a pinch of dry wit, a dash of sarcasm and bundles of humor that will prove to be an enjoyable reading experience for all ages. What is 'Ish? The author defines 'Ish as a random, eclectic statement intended to provoke emotion - whether amusement,

frustration, happiness or angst. 'Ish could also be any wanton expression or point of view that creates a gust of thought. In this book, Griffin shares 160 provoking statements, like 'Ish #19, "If your diet soda has zero calories, zero sugar and zero fat, what the hell are you drinking?" 'Ish #22 warns, "It's not a bagel. It's a fat yeast roll with a big hole in the middle." One that is likely to make readers think hard is 'Ish #118, "If you charged it, you probably couldn't afford it." Readers will laugh, frown and mentally retreat as they dish the 'Ish, browsing the pages of this easy read. From arguably, usable advice to sarcastic comments, humorous one-liners and simple nuggets of wisdom, there is plenty to stew about in 'Ish - Getting the 'Ish Out in the Open.

The unique writing of Ivy + Bean meets the pep of Clementine and the authentic humor of Dory Fantasmagory in this chapter book series about two girls with the same name and absolutely, definitely, NOTHING else in common. Over the course of a week in school, this bighearted, true-to-life chapter book will resonate with any young reader who's ever felt overlooked, second-best, or defined according to someone else. The first in a series, Best Friends-Ish provides a fresh take on the joys and traumas of elementary school drama. More than anything, second-grader Audrey wants to be the best at something. It always feels like she's not-quite-enough—not smart enough, not fast enough, not funny enough. When her beloved Miss Fincastle announces that a new girl, another AUDREY, is joining the class, Audrey suddenly becomes Audrey L., which makes her feel worse than ever. But is the new Audrey all bad? Might the two Audreys have more in common than just their name? And if the girls become friends, how will Audrey ever figure out how to be her best self—if she can't even be the best Audrey? Visually dynamic and narratively unique, this chapter book series is perfect for fans of the Ivy + Bean, Deckawoo Drive, and The Penderwicks series. TONS OF ILLUSTRATIONS: The book has many black and white illustrations throughout, providing newer readers with the perfect on-ramp from early readers into novels. There's something visual on every page. EMPATHY READ FOR BEGINNING READERS: This book is about embracing people's differences, understanding their similarities, and making new friends. COMING-OF-AGE IN ELEMENTARY SCHOOL: This book encourages young readers to consider and celebrate the things that make them unique, while recognizing that sharing some of those traits with someone else isn't a bad thing. A DILEMMA EVERY KID FACES: Having to share a name with a classmate is one of the biggest nightmares for a kid. That extra last name initial becomes a part of who you are for years to come. It's an annoying, funny subject that kids everywhere will relate to. UNFORGETTABLE, FUNNY WRITING: Carter Higgins's writing is special. This storytelling is friendly, funny, and genuinely good, with an unforgettable voice that doesn't sound like any other chapter books. Perfect for: Beginning readers, Parents, Educators, Librarians, Grandparents, Anyone looking for a new series, Readers who love books set at school  
Science(Ish)

*Terror Propaganda*

*Adult-ish*

*Getting the 'Ish Out in the Open*

*Carnivore-ish*

*Friend-ish*

*REAL-ish*

How's adulting going? Here's a book to track your progress. Your first real job. The first plant you kept alive. The first relationship you kept alive (until further notice). This hand-lettered and illustrated guided journal is a charming and cheeky celebration of what it means to finally be a grown-up (sort of). From the first time you visited home without bringing dirty laundry to the first time you truly felt comfortable in your own skin, the small victories and meaningful milestones in this quirky and insightful journal make it a great gift and a fun experience for anyone winning at adulthood – the good, the bad and the OMG.

From Afua Hirsch - co-presenter of Samuel L. Jackson's major BBC TV series *Enslaved* - the Sunday Times bestseller that reveals the uncomfortable truth about race and identity in Britain today. You're British. Your parents are British. Your partner, your children and most of your friends are British. So why do people keep asking where you're from? We are a nation in denial about our imperial past and the racism that plagues our present. *Brit(ish)* is Afua Hirsch's personal and provocative exploration of how this came to be - and an urgent call for change. 'The book for our divided and dangerous times' David Olusoga

A hilarious look at one's star awkward, endearing missteps on the road to becoming fame-ish *Becoming fame-ish* ain't easy. Judd Apatow must love you, but never put you in one of his movies. Remember to go drunk to your *Legally Blonde 2* audition and make sure Paul Thomas Anderson has your cell phone number. Don't forget to accidentally kiss Rush Limbaugh in front of paparazzi. It's all part of the gig. Self-deprecating and sharp, Mary Lynn's debut collection of essays will have you laughing, cringing, and reevaluating your idea of fame. Smart, satirical, and relatable, this book gives new meaning to the word "icon" as Mary Lynn navigates showbiz against the backdrop of her own idiosyncrasies. She gives the people what they want: a raucous look at what it's like to kind of somehow sometimes have a name in Hollywood. Like when she made out with Tom Cruise for forty-five minutes on a couch (with and without tongues!), only to have the scene left on the cutting room floor. Mary Lynn's *Fame-ish* is an honest intimate look at sex, relationships, and career. You won't want to put it down.

How did Kobe become one of the best athletes in the world? What made Beyonce, Beyonce? Where's the thin line between success and failure... and for that matter why are New Year resolutions so damn

hard to accomplish? Science, brain mapping, pattern recognition, and age-old philosophies are put to a test as we delve deep into the art of triumph and the habit of success. It's all a matter of reimagining and relaunching who you are. Your biology, your chemistry, and your very DNA for a better you; to be the top performer in your field and station in life. In this book, we will digest and analyze the tales and fables of the greats; the good, the bad, the ugly... and, overall the downright exaggerated. We will chart the habits, rituals, and sketches that promote success, happiness, and victory.- Learn about the monomyth and why we are inherently drawn to supplanting our mentors.- Gain inside knowledge on who you are. Study your default state, pick apart your hiccups, and accentuate your positive traits. - Enroll in an in-depth account of the secrets of mastering a skill.- Grasp the inside scoop on why your biology is working against you.- Study why residual traits from those long-forgotten days of our Flintstone lifestyle are now pressuring you into running circles around your work.- Determine why "ownership models" are riding your psyche and how market masters are suing these biases against you. All those topics plus a hundred more - not to mention un-endorsed celebrity cameos - are just a click away.

Laugh-Out-Loud Tales From a Dad Trying Not to Ruin His Kids' Lives  
A Heartfelt Dramedy in the Age of Insanity

Ish-Ish Ishbochernay

Ish

Ben Ish Chai Haggadah

The Halachoth of the Ben Ish Hai: Second year: Bereshith-shemoth-Vayiqra

The Problem with Our Pursuit for Perfection and the Life-Changing Practice of Good Enough

*Features an audio read-along! With a simple, witty story and free-spirited illustrations, Peter H. Reynolds entices even the stubbornly uncreative among us to make a mark -- and follow where it takes us. Her teacher smiled. "Just make a mark and see where it takes you." Art class is over, but Vashti is sitting glued to her chair in front of a blank piece of paper. The words of her teacher are a gentle invitation to express herself. But Vashti can't draw - she's no artist. To prove her point, Vashti jabs at a blank sheet of paper to make an unremarkable and angry mark. "There!" she says. That one little dot marks the beginning of Vashti's journey of surprise and self-discovery. That special moment is the core of Peter H. Reynolds's delicate fable about the creative spirit in all of us.*

*Witchy-poo faces and the words 'Ish-ish Ishbochernay' led to this story An old lady known as Ish-ish Ishbochernay, lives*

alone in her ordinary house with her white cat. She paints the apples on her apple tree with sticky-bat glue to catch children. Lucretia Crumb, a girl of unusual nature, knows a thing or two and believes Ish-ish is a witch. Ish-ish loves finger and fingernail stew. Lucretia wants to keep all her fingers... This study attempts to analyze a major facet of the international struggle against Da'ish: its media war, which the organization wages alongside its efforts to expand and to fight surrounding regional and international powers. The study observes Da'ish's media phenomena in the context of the integral role of the media in modern international conflicts, with attention to the development of media tools in Jihadist organizations since the seventies. This investigation reveals the remarkable evolution of the terrorist group in its bid to entrench itself as a caliphate state. The study focuses on Da'ish's media administration structure and its strategy in deploying its various high-grade audiovisual products to attract youth around the globe. The organization has been able to amass numerous volunteers and extensive equipment to serve its media strategy by constructing an organizational structure that combines hierarchal and non-centralized networks.

Our desire to make things look, feel or seem perfect is dangerously on the rise and has dire consequences for how we feel about ourselves and how we live and work with others. Being more 'ish' - meaning somewhat, more or less, to some extent - is a more flexible and happier way to think and work. Care less about more, and care more about less.

*Soulful Living in a Spiritual-But-Not-Religious World*

*Vegan-ish*

*Ish-noo-ju-lut-sche*

*Father-ish*

*Jew-Ish: a Cookbook*

*Da'ish's Media and Operating Strategies*

*100 updated classic and all-new Jewish-style recipes from a bright new star in the food community*  
**SPECIAL PREVIEW!** *A rich and moving story about how one girl's celestial-sized dreams for a future on Mars go heartbreakingly awry when an unexpected diagnosis threatens her future. Things Mischa "Ish" Love will miss when she goes to Mars: lying on the living room floor watching TV, ice cream, her parrot Buzz Aldrin. Things Ish Love will not miss when she goes to Mars: mosquitoes, heat waves, missing her former best friend Tig. Ish is convinced that she'll be one of the first settlers on Mars. She's applied to—and been rejected from—the Mars Now project forty-seven times, but the mission won't leave for ten years and Ish hasn't given up hope. She also hasn't given up hope that Tig will be her best friend again (not that she'd ever admit that to anyone, least of all herself). When Ish collapses on the first day of seventh grade, she gets a diagnosis that threatens all her future plans. As Ish fights cancer, she dreams in vivid detail about the Martian adventures she's always known she'd have—and makes unexpected discoveries about love, fate, and her place in the*

vast universe. In this story perfect for fans of *Fish in a Tree* and *The Thing About Jellyfish*, Karen Rivers has once again created an unforgettable narrator who will pull readers into her orbit and keep them riveted until the very last page. Praise for *The Girl in the Well Is Me*: “Darkly humorous . . . Honest and forthcoming . . . It’s in the quiet moments when Kammie is alone with her thoughts--which become surreal hallucinations—that the book comes alive.” —*The New York Times* “A brilliantly revealed, sometimes even funny, exploration of courage, the will to live, and the importance of being true to oneself. The catastrophe draws readers in, and the universality of spunky Kammie’s life-affirming journey will engage a wide audience. Moving, suspenseful, and impossible to put down.” —*Kirkus Reviews*, starred review “Funny, surreal, occasionally heartbreaking . . . A compulsively readable story.” —*School Library Journal* “I dare you to pick up this riveting novel without reading straight through to its heart-stopping conclusion. Karen Rivers has penned a dazzling voice, at once hilarious, heartbreaking, and searingly honest. *The Girl in the Well Is Me* is a triumph.” —Katherine Applegate, Newbery Medal–winning author of *The One and Only Ivan* “A gripping story that doesn’t shy away from dark places but explores them with heart, humor, and light.” —Kate Messner, author of *All the Answers*

*Clean(ish)* leads readers to a focus on real foods and a healthier home environment free of obvious toxins, without fixating on perfection. By living clean(ish), our bodies’ natural processes become streamlined and more effective, while we enjoy a vibrant life. In Gin Stephens’s *New York Times* bestseller *Fast. Feast. Repeat.*, she showed you how to fast (completely) clean as part of an intermittent fasting lifestyle. Now, whether you’re an intermittent faster or not, Gin shows you how to become clean(ish) where it counts: you’ll learn how to shift your choices so you’re not burdening your body with a bucket of chemicals, additives, and obesogens it wasn’t designed to handle. Instead of aiming for perfection (which is impossible) or changing everything at once (which is hard, and rarely leads to lasting results), you’ll cut through the confusion, lose the fear, and embrace the freedom that comes from becoming clean(ish). As you learn how to lower your toxic load through small changes, smart swaps, and simple solutions, you’ll evolve simply and naturally toward a clean(ish) lifestyle that works for your body and your life!

Why must we be SELF-ish? Service before Self. This mantra for living life hasn’t stood the test of time very well, and the recent Covid-19 pandemic confirmed that building physical immunity is much easier than strengthening one’s emotional self. Humanity is struggling with this enigma. This book provides new insights on how to use values to shape your SELF, navigate the path of life with your own SPS (SELF-Positioning System), build your emotional immunity and unlock your full potential by being SELF-ish.

*Recipes and Antics from a Modern American Family*

*Why We Must Be SELF-ish to Realize Our Full Potential*

*On Being 40(ish)*

*Reclaiming Real Friendship in a Culture of Confusion*

*Enlightened-Ish*

*Love, Ish*

*Fifteen Writers on the Prime of Their Lives*

My name is Mischa “Ish” Love, and I am twelve years old. I know quite a lot about Mars. Mars is where I belong. Do you know how sometimes you just know a thing? My mom says that falling in love is like that, that the first time she saw Dad, she just knew. That’s how I feel about Mars: I just know. I’m smart and interesting and focused, and I’m working on getting along better with people. I’ll learn some jokes. A sense of humor is going to be important. It always is. That’s what my dad always says. Maybe jokes will be the things that will help us all to survive. Not just me, because there’s no “me” in “team,” right? This is

*about all of us. Together. What makes me a survivor? Mars is going to make me a survivor. You'll see. \* In Karen Rivers's riveting new novel, Ish's dreams for a future on Mars go heartbreakingly awry when an unexpected diagnosis threatens to rewrite her whole future. Whether you are already a committed vegan or just curious about this increasingly popular diet which has so many health and environmental benefits, allow Holly White to take you on a mouth-watering journey through her own slow conversion to a plant-based diet. Vegan-ish includes over 100 of the delicious, everyday recipes she has created, as well as practical advice on when and how to change your diet, food swaps, eating out and shopping economically for plant-based foods. From juices and smoothies to quick and creative lunches, hearty main meals and incredibly tasty desserts Vegan-ish dispels any myths that a plant-based diet is too restrictive or difficult to follow and is packed with inspirational ideas for incorporating more vegetables and pulses into your diet.*

*Father-ish: adjective. When a man is trying his best. Clint Edwards equates fatherhood to the time he did an important live TV interview from home: To the viewers, he looked put-together in a nice button-up shirt . . . but below the camera he wasn't wearing any pants. And it may have looked like he was in a nice office, but he was in fact hidden in his bedroom closet because his whole house was too messy to show. This highly relatable collection gets to the heart of parenting: all those unexpected fails, awkward conversations, and well-intentioned little white lies. Clint chronicles all these things and more with stories like "The Time My Son Realized I Was Santa," "I've Never Been to Hell, but I Have Been to a Little Girl's Birthday Party," and "How to Get the Sex Talk Very, Very Wrong." And with each story you'll see over and over again that there really aren't any rules when it comes to parenting, and all you can do is try your best. Whether you're a first-time parent unaware of what you've gotten yourself into yet, or a father of five, clinging to your last ounce of sanity, you'll find relief in knowing that at end of the day, we're all not wearing any pants.*

*Enlightened-ish is one of the most approachable, down-to-Earth books for anyone seeking a self-guided spiritual awakening. Gails work is honest, inspiring and undoubtedly a refreshing read in a market of deeply esoteric and trite testimonies about spiritual enlightenment and self-empowerment. Gails story begins with the unexpected death of her father. She dedicates herself to writing Enlightened-ish and the belief that this event will guide her to confront death and loss in a way that few have had the courage to do. She comes forward with experiences from childhood and adulthood with an outrageous audacity and authenticity. She confronts the death of her father, the loss of a spiritual community and the effects of witnessing a violent suicide, a health crisis and a break-up - all events which occurred in an 10-month period! Her ability to use storytelling as a means of identifying the universal truths that she calls the Twelve Freedoms of Enlightened-ish Living keeps the reader engaged in a polite spiritual voyeurism that has not been matched. Without exception, her tenacity about being fully human and fully enlightened-ish will change the trajectory of spiritualists in every religion. Never before has a memoir been written with so much conviction and humility, then packaged so powerfully that readers everywhere will be awakened to the power of storytelling. Enlightened-ish is raw, conversational and unforgettable!*

*Brave(ish)*

*Special Preview - The First 4 Chapters*

*Indian-Ish*

*Book 1*

*The Ism of Ish*

*The Peculiar Science Behind the Movies*

*Record Your Highs and Lows on the Road to the Real World*

***The first children's book released by Kinship***

*Entertainment, LLC* is a science fiction story that is meant to be recited rhythmically, offering the opportunity to introduce children to song while telling a story. The illustrations in the book are colorful and expressive, following young Ish, an alien boy from the planet Nommos on his accidental journey to earth. He makes some friends along the way who try to help him return home.

For so many of us, our friends are like family members--we lean on them through our highest highs and our lowest lows--but sometimes those friendships don't turn out quite as we hoped. Bible teacher Kelly Needham debunks our world's constricted, narrow view of friendship and casts a richer, more life-giving, biblical vision for friendship. In *Friend-ish*, Kelly Needham reminds us that we were called to more than halfhearted friendships and lukewarm connections. We need something more stable, secure, and sacred. We were designed for real friendship--but the difficult truth is that too many of us are settling for less. Kelly deconstructs what Scripture says about the gift of friendship and takes a closer look at the distorted view that most of us have instead. As she shares the lessons she's learned from experience, Kelly paints her own glorious vision of what Christian friendship could look like. With hard-fought wisdom, a clear view of Scripture, and a been-there perspective, *Friend-ish* teaches us how to: Recognize symptoms of idolatry and toxic dependency Boldly ask for what we need from our community of friends Understand and address the problems that arise in friendship--from neediness to discord Recognize when it's time to end an unhealthy friendship Reorient toward the purposeful, loving relationships we all crave that ultimately bring us closer to God Find the friends you need and start to become that friend for others Join Kelly as she challenges you to view your chosen family in a new light, gain a vision of friendship according to Jesus, and finally enjoy friendships as God intended.

USA TODAY BESTSELLING romantic comedy series 'Dating-ish' can be read as a standalone, is a full length 100k word novel, and is book #6 in the Knitting in the City Series. There are three things you need to know about Marie Harris: 1) She's fed up with online dating, 2) She's so fed up, she's willing to forego the annoyance and consider more creative alternatives, and 3) She knows how to knit. After

*the most bizarre and irritating first date in the history of humankind, Marie is looking for an alternative to men. With the help of her friends, she quickly identifies a few possibilities: Need a cuddle? Use a professional cuddler. Need affirmation? Get yourself a life coach. Need an orgasm? Try orgasm meditation! Why does she need the hassle of a romantic partner when she can meet all her needs with paid services? But then her irritating date resurfaces. And he's not at all the person she thought he was. And he suggests a different--and crazier--solution to her dilemma . . . As everyone knows (or will soon come to realize), traditional relations between humans are a thing of the past. Robots are our future. And if robots are our future, then why do we need other people at all?*

**WHEN WAS THE LAST TIME YOU WERE TRULY self-ISH?** We know you're wondering, and it's a good thing to wonder. Because in this day and age, the entire world is talking about helping others. • Have you noticed that most people are helping others at the expense of themselves? • How long can you sustain a life built on a hollow foundation? • Have you ever experienced trying to keep your family together, your workplace sorted and end up putting all of your relationships first - even before the one you have with yourself? • Perfectionism, self-sabotage, people-pleasing, self-sacrifice... Identify with these? Then it's time for you to "Be Your Own Best Friend" and nourish yourself first. Because when you can love yourself unconditionally, it is then that you can nurture those in need, without feeling depleted yourself. And you want that for the long haul, don't you? In this book, Fiona Jeanne dives deep to show you how to balance the most important relationships YOU have with 1. Yourself - Build your inner strength so your inner critic becomes your inner guide 2. Your intimate partner - Deepen your connections and learn the real meaning of intimacy. It's not just 'SEX'! 3. Your home-front - Build a harmonious yet playful environment, to nurture the people (little and big), the things and the ideas that make your house YOUR HOME! 4. Your career / business - Enhance your self-worth to increase your net worth; because you are the mumpreneur of your home, aren't YOU? 5. Your spirituality - Align your passion with your soul's purpose. How's your human experience today? 'Journey to ME - Becoming Functionally self-ISH' shares vulnerable

*insights to the depths of her life; the lessons she has learned and provides you with the tools and techniques that have helped millions of people globally to become their own best friend and to do whatever it takes to maintain this friendship for life. "It has been said by many that for us to truly connect with the magnificence that is inside us, we need to choose to see it. How on earth do we do that? By noticing this in people like Fiona Jeanne. When you allow yourself to be inspired by Fiona Jeanne's courage, vulnerability, and strength. We get to see it within ourselves as well. For we can only see in others what is first contained within us. Once we acknowledge what Fiona Jeanne shows us in this fabulous book, we can't help but choose to acknowledge and notice the same within us."* Joe Pane, *Coach's Coach*, Senior Trainer at The Coaching Institute, Master Trainer in extended DISC an internationally accredited behavioural profiling tool.

**'ISHues**

***Reinvented Recipes from a Modern Mensch***

***Make Your Mark Gallery: a Coloring Book-Ish***

***Clean(ish)***

***A Grief Memoir About Spiritual Awakening***

***The Sustainable(ish) Guide to Green Parenting***

***The Dot***

'The most family friendly way to start doing your bit.' - The Sunday Times  
The must-have friendly green bible of accessible eco-tips for families. As a parent, getting out of the house with everyone wearing shoes (on a good day) can feel like you're winning, so adding 'being green' to the never-ending to-do list might feel like the thing to bring all your spinning plates crashing to the ground. If that's the case, then this is the book for you. No preaching. No judgement. No guilt. Instead you'll find easy, do-able ideas and suggestions for you to pick and choose from, try out and adapt. Plus bucketfuls of encouragement as you explore what works for you and your family.

The text of the Haggadah in both Hebrew and English, with stories, parables, and sayings of Hacham Yosef Hayyim of Baghdad.

Philosophy of the word "ish"

Features an audio read-along! A creative spirit learns that thinking "ish-ly" is far more wonderful than "getting it right" in this gentle new fable from the creator of the award-winning picture book *The Dot*. Ramon loved to draw.

Anytime. Anything. Anywhere. Drawing is what Ramon does. It's what makes him happy. But in one split second, all that changes. A single reckless remark by Ramon's older brother, Leon, turns Ramon's carefree sketches into joyless struggles. Luckily for Ramon, though, his little sister, Marisol, sees the world differently. She opens his eyes to something a lot more valuable than getting

things just "right." Combining the spareness of fable with the potency of parable, Peter Reynolds shines a bright beam of light on the need to kindle and tend our creative flames with care.

Dating-ish

A Memoir of a Recovering Perfectionist

Relig-ish

The Sustainable(ish) Living Guide

Guilt-free eco-ideas for raising your kids

Or, The Eagle of the Mohawks. A Tale of the Seventeenth Century ..

Everything you need to know to make small changes that make a big difference  
Ramon loses confidence in his ability to draw, but his sister gives him a new perspective on things.

When it comes to religion, "choose one" is no longer your only option. You can be spiritual-but-not-religious or not particularly religious at all-yet still have a robust system of beliefs and values that guides you. Creating your own set of eclectic spiritual practices is not a sign that you are a faith-less person but rather a faith-ful person responding with honesty to an increasingly expanding world. If faithfully attending church isn't helping you live out your values in everyday ways, becoming relig-ish may be the answer! Rachele Mee-Chapman's new book Relig-ish will help you: Create a set of spiritual practices that fit into your daily life and honor the things you value most. Develop right-fit spiritual practices for yourself and your family outside of going to church. Shake off harmful religious messages and embrace truths that won't damage yourself or your soul. Build bridges towards your religious family members by identifying the common values that are the bedrock beneath your beliefs. Discover that your soul is not at risk and you are not lost in your wondering, wandering post-church world.

At forty, Margaret quits her sales job to follow her husband's hotel career to Paris. She's setting sail on this adventure with a glass half full of bravery, a well-traveled passport, a journal in which she plans to write her novel, and the mentally engrained Davis Family Handbook of Rules to Live By. Everyone tells Margaret she's living the dream, but she feels adrift without a professional identity. Desperate to feel productive and valued, she abandons her writing and throws herself into new roles: perfect wife, hostess, guide, and expatriate. When she and her husband move to Cairo, however, the void inside she's been ignoring threatens to engulf her. It's clear that something needs to change, so she does the one thing she was raised never to do: asks for—and accepts—help. Over the next fifteen years abroad, the cultures of Egypt, Thailand, and Singapore confront Margaret with lessons she never would have learned at home. But it's only when they move back to Chicago—with Margaret now stepping into the role of perfect caretaker to her parents—that she has to decide once and for all: will she dare to let go of the old rules and roles she thinks keep her safe in order to step into her own life and creative destiny?

IshCandlewick Press

A Gentle Introduction to a Plant-based Diet

Journey to me becoming functionally self-ISH

Eat (Mostly) Clean, Live (Mainly) Clean, and Unlock Your Body's Natural Ability to Self-Clean  
SELF-ish

Audrey L and Audrey W: Best Friends-ish

***Eating well can seem complicated, but it doesn't have to be. The truth is, one of the keys to having the energy, optimal body composition, and overall wellness we crave is the thing we're so often told is bad for us: animal protein. An ideal diet is one that is nourishing, balanced, and satisfying—but so often, we're told to cut out entire categories of food, and instead of feeling healthy, we end up feeling***

***restricted, hungry, and even sick. Women are frequently targeted with misinformation about the “appropriate” diet to keep us thin, which demonizes animal protein and fat in favor of low-calorie, low-fat foods and leaves us no closer to our goals. Good health is not about deprivation; it’s about finding balance and embracing the most nutrient-dense foods nature has to offer. In their new book, Carnivore-ish: 125 Protein-Rich Recipes to Boost Your Health and Build Muscle, Ashleigh VanHouten and Beth Lipton cut through the clutter and dogma to provide an accessible and informative resource about adding more healthy protein to your meals. This book busts the myths and fear mongering and explains how and why to include these foods, which taste delicious, provide satisfaction, and can help you look and feel the way you want to. In this book, you’ll find:***

- The latest scientific research on the importance of eating animal protein for optimal health***
- A breakdown of why we’ve been taught to fear meat—and what this misinformation is doing to our health***
- Tips to figure out your own “optimal diet” while avoiding unnecessary restrictions and marketing tactics aimed at keeping us confused***
- Carnivore-ish meal plans made easy, with a breakdown of what a “carnivore reset” is and why it’s worth trying***
- 125 tasty high-protein recipes to please all palates***

***Whether you’re a lifelong meat eater looking for new and creative ways to get more animal protein, or you’re finished with fads and seeking a health-boosting diet you can stick to, Carnivore-ish will help you enjoy a satisfying, protein-forward way of eating.***