

# VIVA

EDITIONS

Fall/Winter 2018

Dear Readers,

It has been yet another inspirational year for Viva Editions thanks to our wonderful authors, who are truly a never-ending font of motivation, inspiration, and growth. Whether seeking the wisdom of new viewpoints, the advice of experts, or a greater understanding of body and mind, readers can come to Viva for books that inform, enlighten, and entertain.

One of last year's bestsellers is FOX News host Eboni K. Williams's *Pretty Powerful: Appearance, Substance, and Success* (Sept 2017), which explores the relationship between powerful women and their appearance. Allen Klein takes readers back to a simpler, more joyful mentality in his charming new book *Secrets Kids Know... That Adults Oughta Learn: Enriching Your Life by Viewing It Through the Eyes of a Child* (Sept 2017). And the ever-uplifting Maggie Oman Shannon has done it again with *Crafting Gratitude: Creating and Celebrating Our Blessings with Hands and Heart* (Oct 2017), called "One of the best spirituality books of 2017" by *Spirituality & Practice Magazine*.

Our 2018 list continues to promote positivity and joyful living. Mothers should grab a copy of *The Mommy Mojo Makeover: 28 Tools to Reclaim Yourself & Reignite Your Relationship* (April 2018) by the award-winning founder of Booty Parlor, Dana B. Myers. Teens can get questions answered in *Making Sense of "It": A Guide to Sex for Teens (And Their Parents, Too!)* (Sept 2018), an inclusive, judgment-free guide by sexuality expert Alison Macklin. And anyone would be touched by the heartbreaking tale of Kwan Kew Lai's time volunteering during the 2014 Ebola crisis, chronicled in *Lest We Forget: A Doctor's Experience with Life and Death During the Ebola Outbreak* (Oct 2018). And to round things out, Maggie Oman Shannon returns with another mindful book meant to help honor and promote the greatest feeling of all in *Crafting Love: Sharing Our Hearts through the Work of Our Hands* (Dec 2018).

Viva Editions is proud to publish books that empower the mind, body, and spirit, but we couldn't do it without our friends. From all of us at Viva Editions, thank you for a fantastic year!

Happy reading!

The Editors at Viva Editions

**VIVA**  
EDITIONS



**Viva Editions**

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## Making Sense of “It”: A Guide to Sex for Teens (and Their Parents, Too!)

**Alison Macklin**

*A truly indispensable  
resource for parents,  
teens, sex educators,  
and counselors.*

Maybe you learned about sex in school—anatomy, STIs, and pregnancy, right? You might think you’ve learned all there is to know, but there’s so much more to sex than just doing “it.” What about masturbation, is that OK? Are you dirty for having sexual fantasies? What about kissing, giving a blowjob, or taking the pill, is it safe? What if you touch someone’s penis, can you get pregnant? If you douche after sex, you won’t get pregnant... right?

*Making Sense of “It”* goes beyond the basics of the birds and the bees to give teens a realistic, no-holds barred, nonjudgmental guide on everything having to do with sex and sexuality. With this book, teens can learn about “it” all from the best contraception methods to what to expect at a clinic, even to the signs of an unhealthy relationship. Alison Macklin draws on her years of experience at Planned Parenthood to address everything teens’ want to and should know in a straightforward, open-minded, and sex-positive manner. Even better, “Conversation Starters” in each chapter give teens and parents a chance to test their knowledge and useful tips to help talk about sex in a way that works for them.

In a world where teens are bombarded with bad information on social media, are meant to feel ashamed of something so natural, *Making Sense of “It”* counters that with trustworthy, gender-neutral advice on how to be safe, informed, and honest about “it.”

**ALISON MACKLIN** has been with the Responsible Sex Education Institute at the Planned Parenthood of the Rocky Mountains (PPRM) for over 14 years and is now Vice President of Education and Innovation. Macklin is an award-winning, nationally recognized leader in sex education and holds a Master’s in Social Work from the University of Denver. She is a mother of two who lives in Colorado.

September 2018 • Family & Relationships/Sexual Instruction/Teen Advice/Education • \$16.95 • 240 pages • 5 x 8  
Trade paper • 20 b&w figures and illustrations • 36/case • ISBN: 9781632280640 • eISBN: 9781632280657 • Rights: World



## Crafting Love: Sharing Our Hearts through the Work of Our Hands

**Maggie Oman Shannon**

*"It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done."*

—VINCENT VAN GOGH



As the future unfolds before us, it seems people are getting busier, more distracted, and less connected to the physical and spiritual world. This can be especially problematic for our relationships, as love is something that just does not magically exist on its own. Love must be cultured, tended, and cared for as if it were a special garden unlike any other.

Whether you desire to foster, encourage remembrance, or express gratitude for the love you feel toward the known and unknown in your life, it can be done through the practice of mindfulness and crafting. *Crafting Love* is filled with thematic chapters meant to inspire your own journey in your expression of love, whether you build an "I Love You..." notebook for your partner, Anytime Valentines for your friends and mentors, a Conversation Starter Table Cloth for your family, Portable Place Shrines for natural places and animals, an "I Am" Affirmation Mandala for yourself, or a Rhythm Painting for the Divine.

With the help of a few uplifting friends along the way, Maggie Oman Shannon will help launch your exploration for your love of materials, love of the process, and love of everything and everyone around you through creating transcendent, one-of-a-kind projects with your own hands and heart.

**REV. MAGGIE OMAN SHANNON**, is the senior minister of Unity Spiritual Center of San Francisco where she has served as its spiritual leader since 2010, a workshop/retreat facilitator, the host of "Creative Spirit" on Unity.fm radio, and the author of seven previous books: *Prayers for Healing; The Way We Pray; A String and a Prayer; One God, Shared Hope; Prayers for Hope and Comfort; Crafting Calm*, and *Crafting Gratitude*.

December 2018 • Mindfulness & Meditation/Motivation & Inspiration/Crafts & Hobbies/Self-Help • \$18.95 • 240 pages  
7.25 x 7.25 • Trade paper • 23 b&w illustrations • 24/case • ISBN: 9781632280411 • eISBN: 9781632280503 • Rights: World

Also by  
Rev. Maggie  
Oman Shannon



## Crafting Gratitude: Creating and Celebrating Our Blessings with Hands and Heart

*Named one of the Best Spiritual Books of 2017 by Spirituality & Practice!*

October 2017 • Mindfulness & Meditation/Motivation & Inspiration/Crafts & Hobbies/Self-Help  
\$18.95 • 288 pages • 7.25 x 7.25 • Trade paper • 23 b&w illustrations  
20/case • ISBN: 9781632280343 • eISBN: 9781632280398 • Rights: World



## Crafting Calm: Projects and Practices for Creativity and Contemplation

April 2013 • Mindfulness & Meditation/Motivation & Inspiration/Crafts & Hobbies/Self-Help  
\$16.95 • 272 pages • 7.25 x 7.25 • Trade paper • 24 b&w illustrations  
18/case • ISBN: 9781936740406 • eISBN: 9781936740468 • Rights: World

## Lest We Forget: A Doctor's Experience with Life and Death During the Ebola Outbreak

**Kwan Kew Lai**

*A tear-jerking account of a doctor's journey amidst the chaos and destruction of an Ebola outbreak.*

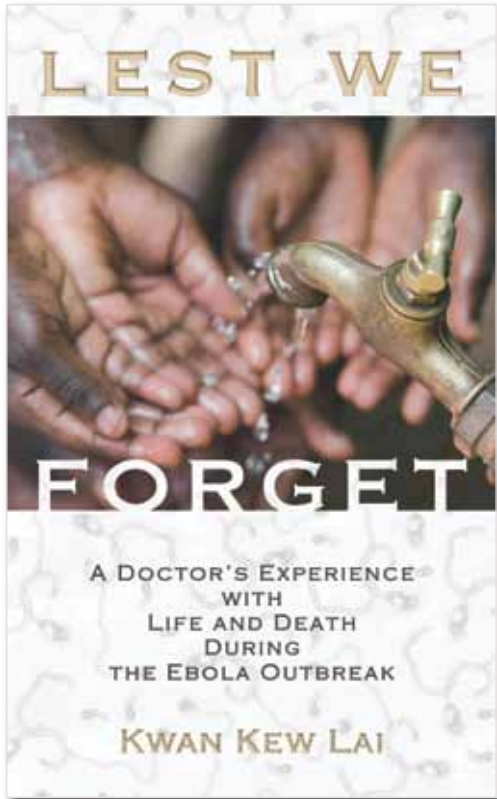
In 2014 after fighting through yards of bureaucratic red tape, leaving her family, and putting her own health at risk in order to help suffering strangers, Kwan Kew Lai finally arrived in Africa to volunteer as an infectious disease specialist in the heart of the largest Ebola outbreak in history. What she found was not only blistering heat, inhospitable working conditions, and deadly, unrelenting illness, but hope, resilience, and incredible courage.

*Lest We Forget* chronicles the harrowing and inspiring time spent serving on the front lines of the ongoing Ebola outbreak—the complicated Personal Protective Equipment, the chlorine-scented air, the tropical heat, and the heartbreaking difficulties of treating patients she could not touch. Dr. Lai interweaves original diary entries to create a gripping narrative about life, death, and human relationships that will leave no reader unmoved.

*Lest We Forget* exposes the raw brutality of Ebola, as well as the chaotic nature of the undersupplied and understaffed health infrastructure in the developing world. At once a memoir of triumphs and failures and a memorial, this book will ensure that the victims of Ebola and the fighters who sought to heal them will not be forgotten.

**KWAN KEW LAI** is an infectious disease specialist. More than a decade ago, after first volunteering in the aftermath of the South Asian tsunami, she left her position as a full-time professor of medicine and now divides her time between practicing clinical medicine and aiding with disaster relief in various parts of the world. Seeing the horrific effects of the Ebola outbreak on the people of West Africa, she felt a moral obligation to be both a participant and a witness of the efforts to stamp out this epidemic.

October 2018 • Memoir/Science & Medicine • \$15.95 • 240 pages • 5 x 8 • Trade paper • 44/case • ISBN: 9781632280626  
eISBN: 9781632280633 • Rights: World





## The Mommy Mojo Makeover: 28 Tools to Reclaim Yourself & Reignite Your Relationship

**Dana B. Myers**

Struggling with bedroom boredom? Not loving your post-baby body? Wish you had more time to thrive as a confident, powerful woman? Feeling stuck in the “Mom Zone?” What’s a mama to do?

*The Mommy Mojo Makeover* is an uplifting guide designed to inspire mothers to rediscover their sensual self-confidence, reconnect with their bodies, and reignite the spark in their relationships. Sex and relationship expert Dana B. Myers delivers 28 inspiring and practical tools, interactive exercises, and real-life anecdotes that’ll leave women feeling like a happier,

sexier mama—one who is more deeply satisfied within herself and her relationship.

This encouraging guide will help both new and seasoned mamas learn to take action—to define and create exactly what she wants in life, motherhood, and romantic partnership. Expect to say goodbye to the Mom Zone, exhaustion, and resentment and say hello to increased energy, libido, self-confidence, and a new, vivacious you!



**DANA B. MYERS**, award-winning founder of Booty Parlor, author, and mother of two, inspires thousands of women to awaken their self-confidence and create sexier, more satisfying experiences in, and out, of the bedroom. Dana has appeared as a sex expert on *Access Hollywood*, *Good Morning America*, and *The Wendy Williams Show*, among others, and her products have been featured in *Cosmopolitan*, *Women’s Health*, *Marie Claire*, and many more.

April 2018 • Women’s Interest/Family & Relationships/Sexual Instruction/Personal Growth/Self-Help • \$17.95 • 364 pages  
5.5 x 8 • Trade paper • 24/case • ISBN: 9781627782821 • eISBN: 9781627782838 • Rights Available:



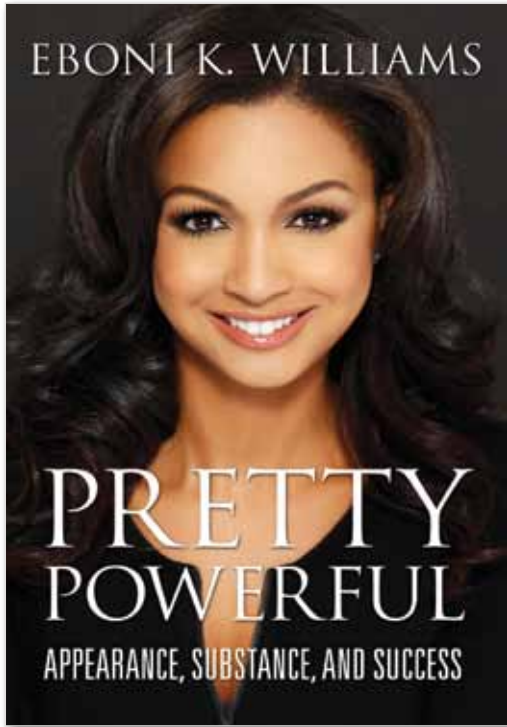
## Pretty Powerful: Appearance, Substance, and Success

**Eboni K. Williams**

*FOX News co-host and radio personality Eboni K. Williams believes that women shouldn't hide their beauty. Instead, they should embrace it as a positive and powerful asset.*

Williams describes how her own career has been positively influenced by making strategic and intentional decisions about her appearance, what works best and when, all while staying true to her own personal style and values. Regardless of the decade, whether they were entering the workforce, seeking a leadership role, or looking to ascend to the C-suite, women (and even men) have always felt the professional need to embody a certain aesthetic appeal and individual personal power. Women, especially, have been sold the lie that being “pretty” comes at the expense of being taken seriously and that being “pretty” and being capable are mutually exclusive. In *Pretty Powerful: Appearance, Substance, and Success*, Eboni K. Williams encourages readers to reject the knee-jerk reaction to be shamed by this potential advantage and to stop leaving this incredibly powerful asset unused.

In each chapter, Williams is joined by other powerful women like Meghan McCain, Marcia Clark, and Desiree Rogers and explores how many others have learned to balance their “prettiness” with substance—to both look the part and express their intelligence in a way that is authentic and respected. While opinions may have differed through time, one fact remains: a personal “pretty” brand is perhaps the most immediate and obvious tool in a woman’s professional arsenal.



**EBONI K. WILLIAMS** is an attorney and a former co-host of “The FOX News Specialists” and “The Curtis & Eboni Show.” Prior to joining Fox News Channel and WABC, Williams served as a CBS News correspondent, HLN contributor, and talk radio host for KFI AM640 in Los Angeles. She began her professional career as a trial attorney specializing in criminal defense and family law. She loves serving her community and mentoring students on topics of college readiness and leadership development.

September 2017 • Personal Growth-Success/Business/Essays/Motivation & Inspiration • \$21.99 • 216 pages  
5 x 8 • Hardcover • 44/case • ISBN: 9781635966626 • eISBN: 9781635966657 • Rights: World

## Making Friends with Death: A Field Guide for Your Impending Last Breath (To be Read, Ideally, before It's Imminent!)

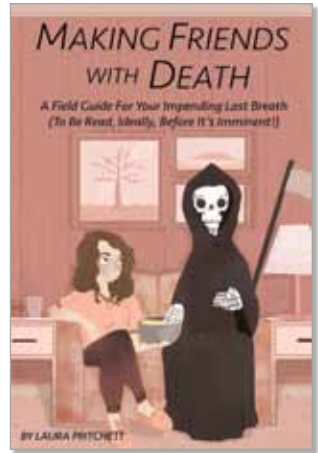
**Laura Pritchett**

*"Pritchett's stories and exercises were very enjoyable to read, often funny, always open and sincere, and written to put the reader at ease."*

—DR. SANDERS BURSTEIN,  
PROXIMITY MAGAZINE

*"Written in an accessible style fused with warmth, humor, and wisdom, it should be on everyone's go-to-read list and part of every clinician's library."*

—RUSSELL GRIEGER, PH.D., AUTHOR  
OF *THE COUPLES THERAPY COMPANION* AND *UNRELENTING DRIVE*



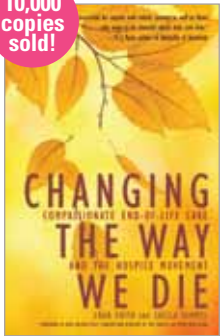
In this light-hearted, irreverent exploration of the one thing that is certain in all lives, *Making Friends with Death* offers a look at all the uncertainty that precedes this final act. A compelling mix of practical how-to advice and personal narrative, this book encapsulates our greatest quest—to make peace with death. Pritchett offers up wisdoms she has gleaned from all sorts of places, including a decade of traditional research and a lifetime of other related, but less formal, pursuits (digging up a dead body, watching her dog be necropsied on the lawn, hosting Death Cafés, and confronting the grim reaper himself).

*Making Friends with Death* broaches the sacred and the scary with warmth, research, and humor. Interspersed with a variety of workbook-like exercises, this book will prove to be the go-to companion for anyone who would rather be able to greet death as an old friend, rather than a spooky stranger.

**LAURA PRITCHETT** is the author of five novels and the recipient of the PEN USA Award, the Milkweed National Fiction Prize, the High Plains Book Award, the Willa Award, and others. Her work has appeared in *The New York Times*, *O Magazine*, *Salon*, *High Country News*, *The Millions*, *Publisher's Weekly*, *The Sun*, and many others.

September 2017 • Self-Management/Death, Grief, Bereavement • \$16.95 • 216 pages • 7 x 9 • Trade paper  
28/case • ISBN: 9781632280596 • eISBN: 9781632280602 • Rights: World

10,000  
copies  
sold!



## Changing the Way We Die: Compassionate End of Life Care and the Hospice Movement

**Fran Smith and Shelia Himmel**

November 2013 • Death, Grief, Bereavement/Health & Wellness/Family & Relationships  
\$16.95 • 288 pages • 5.5 x 8 • Trade paper • 40/case • ISBN: 9781936740512  
eISBN: 9781936740604 • Rights: World ex Large Print English (US, CA, Philippines), World  
English Audio



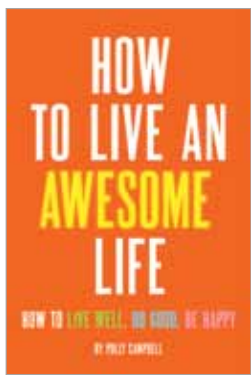




**The F\*ck It List:**  
All the Things You Can Skip  
Before You Die

**Kevin Pryslak**

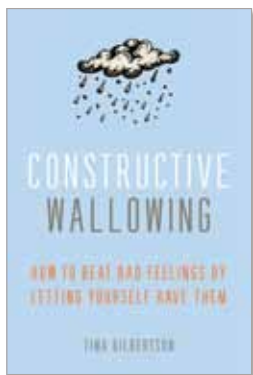
November 2016 • Humor/Parodies/  
Death, Grief, Bereavement • \$14.95  
264 pages • 5.5 x 6.5 • Trade paper  
72/case • ISBN: 9781632280404  
eISBN: 9781632280558  
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**How to Live an  
Awesome Life:**  
How to Live Well,  
Do Good, Be Happy

**Polly Campbell**

October 2015 • Personal Growth/  
Happiness • \$15.95 • 224 pages  
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**Constructive Wallowing:**  
How to Beat Bad Feelings by  
Letting Yourself Have Them

**Tina Gilbertson**

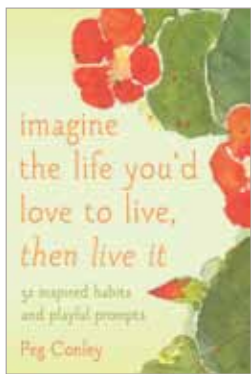
May 2014 • Motivation & Inspiration/  
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Macao), English (ex US, CA & the  
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**Happiness A to Z:**  
The Gleeeful Guide to  
Finding and Following Your  
Bliss

**Louise B. Harmon**

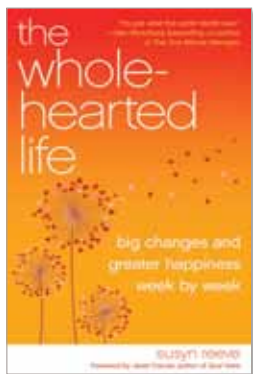
February 2015 • Motivation & Inspi-  
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Anecdotes & Quotations/Happiness  
\$14.95 • 256 pages • 5 x 7  
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**Imagine the Life You'd  
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52 Inspired Habits and  
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**Peg Conley**

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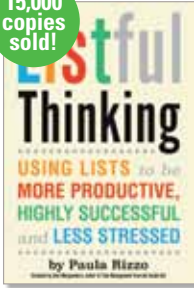


**The Wholehearted Life:**  
Big Changes and Greater  
Happiness Week by Week

**Susynn Reeve**

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**Listful Thinking: Using Lists to Be More Productive, Successful and Less Stressed**

**Paula Rizzo**

*“Paula Rizzo has written a fun and useful manifesto for off-loading the job of remembering and reminding, to free up your head’s bandwidth to be focused on more meaningful stuff.”*

—DAVID ALLEN, INTERNATIONAL BEST-SELLING AUTHOR, *GETTING THINGS DONE: THE ART OF STRESS-FREE PRODUCTIVITY*

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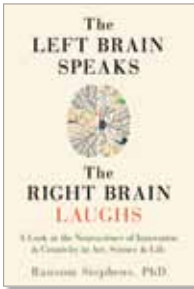
**The Available Parent: Expert Advice for Raising Successful and Resilient Teens and Tweens, 2nd edition**

**Dr. John Duffy**

*“I will revisit this book again and again over the coming years—whenever I need a reminder to be present and available to my kids. It has refreshed my sense of gratitude and appreciation for the remarkable young people in my life.”*

—KATE HOPPER, AUTHOR OF *USE YOUR WORDS: A WRITING GUIDE FOR MOTHERS AND READY FOR AIR*

June 2014 • Parenting/Family & Relationships/Teen Advice  
Print Price: • 216 pages • 5.5 x 8.25 • Trade paper • 44/case  
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**The Left Brain Speaks, The Right Brain Laughs: A Look at the Neuroscience of Innovation & Creativity in**

**Art, Science & Life**

**Ransom Stephens PhD**

*“Exceptionally well written, organized and presented.”*

—THE MIDWEST BOOK REVIEW

*“...[A]ll about hard science . . . a weight of content with undeniable passion and zest. “*

—THE LANCET NEUROLOGY

September 2016 • Personal Growth/Science & Medicine/  
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paper • 24/case • ISBN: 9781632280466  
eISBN: 9781632280473 • Rights: World

**You Can't Ruin My Day: 52 Wake-Up Calls to Turn Any Situation Around**

**Allen Klein**

*“I recommend you read it and then re-read it and then share it with everyone you know. You, and everyone you know, will have better days!”*

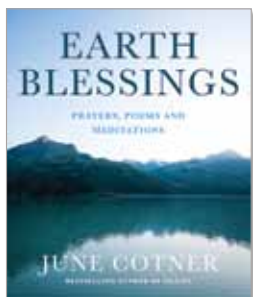
—DR. WILLIE JOLLEY, BEST-SELLING AUTHOR OF *A SETBACK IS A SETUP FOR A COMEBACK*

*“Klein’s 52 “wake-up calls” provide your fortunate readers with pearls of profundity punctuated with levity.”*

—BRAD NIEDER, M.D., THE HEALTHY HUMORIST

May 2015 • Anger Management/Personal Growth • \$16.95  
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**Earth Blessings:**  
Prayers, Poems and Meditations

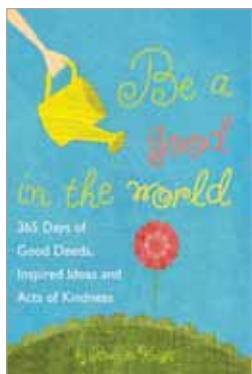
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**What You Need to Know Now: The Lee Ching Messages**  
**Tony Burroughs**

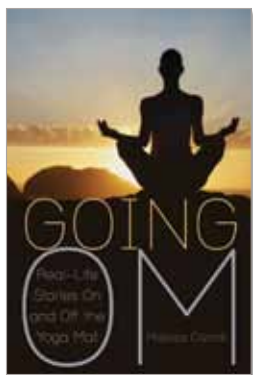
September 2015 • Channelling & Mediumship/Meditation/Motivation & Inspiration • \$19.95 • 288 pages 5.5 x 8.5 • Trade paper • 20/case  
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**Be a Good in the World:**  
365 Days of Good Deeds,  
Inspired Ideas and Acts of Kindness

**Brenda Knight**

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eISBN: 9781632280107  
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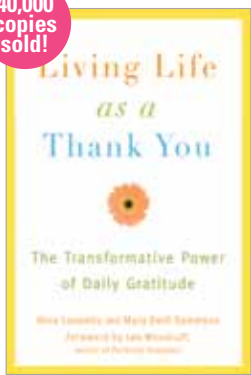


**Going Om :**  
Real-Life Stories On and Off the Yoga Mat

**edited by Melissa Carroll**

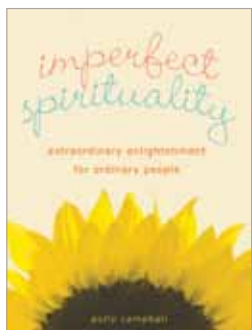
September 2014 • Yoga/Mindfulness & Meditation/Health & Wellness/Motivation & Inspiration/Essays  
\$16.95 • 216 pages • 5.5 x 8  
Trade paper • 30/case  
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**Living Life as a Thank You: The Transformative Power of Daily Gratitude**  
**Nina Lesowitz and Mary Beth Sammons**

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280 pages • 5 x 7 • Trade paper  
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Rights: World ex World English Audio



**Imperfect Spirituality:**  
Extraordinary Enlightenment for Ordinary People

**Polly Campbell**  
October 2013 • Motivation & Inspiration/Personal Growth/Mindfulness & Meditation • \$15.95 • 312 pages 5.5 x 7.25 • Trade paper • 32/case  
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## Secrets Kids Know....That Adults Oughta Learn: Enriching Your Life by Viewing It Through The Eyes of a Child

**Allen Klein**

*“As informative and thought-provoking as it is entertaining, [this book] is an inherently fascinating read from cover to cover, and will prove to be an enduringly popular addition...”*

—MIDWEST BOOK REVIEW

*“As you start to read, be ready to experience pure joy. You will not be able to put this book down.”*

—MARY KAY MORRISON, MSED, AUTHOR, *USING HUMOR TO MAXIMIZE LIVING*

*“Allen Klein created a masterpiece with this book, and I suggest every adult (especially parents) read this book.”*

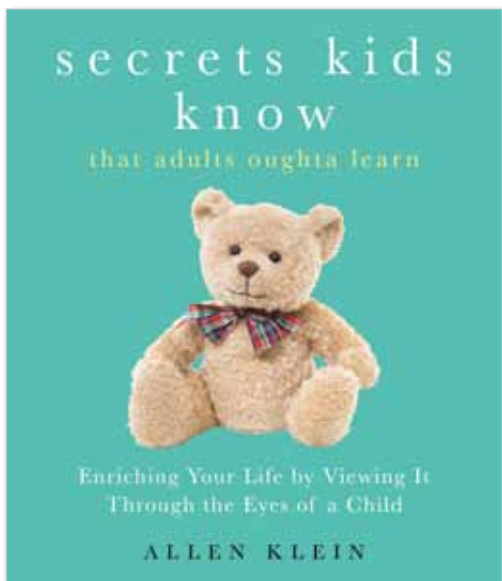
— HIGH HEELS AND HOMEWORK

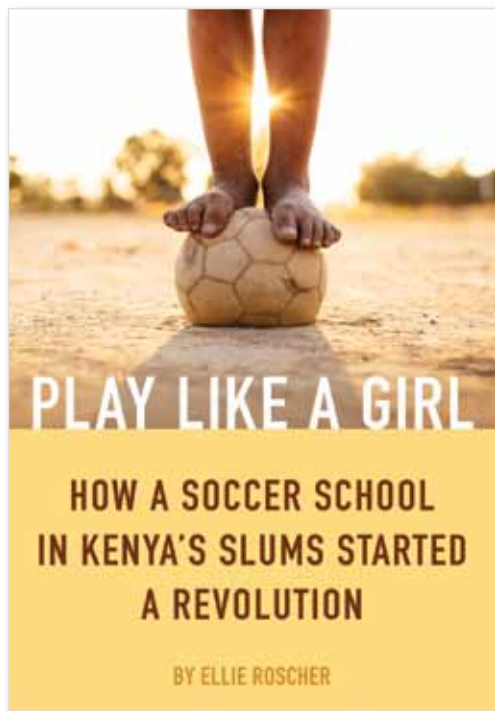
Kids have a fantastic way of looking at the world, and they are kind, curious, and completely honest about the things they experience. We tend to lose those natural traits as we get older, but it doesn't have to be that way. In Allen Klein's new book, parents share stories of the lessons they've learned from their children, from the hilarious anecdotes that make you think to the out-of-nowhere, almost melancholy thoughts on modern issues.

*Secrets Kids Know. . . that Adults Oughta Learn* will help you get back to your unbiased childhood mind, all the while entertaining you with the incredible things that could only come out of the mouth of a child.

The world's only Jollytologist, **ALLEN KLEIN** is an award-winning inspirational speaker and author based in San Francisco. With a large following of people, Klein has inspired and uplifted many of his readers—including the legendary Jerry Lewis. His books include *Mom's the Word*, *Inspiration for a Lifetime*, *Change Your Life!*, *The Art of Living Joyfully*, and have sold over 500,000 copies.

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Growing up and living in Kibera, Kenya, Abdul Kassim was well aware of the disproportionate number of challenges faced by women due to the extreme

gender inequalities that persist in the slums. After being raised by his aunts, mother, and grandmother and having a daughter himself, he felt that he needed to make a difference.

In 2002, Abdul started a soccer team for girls called Girls Soccer in Kibera (GSK), with the hope of fostering a supportive community and providing emotional and mental support for the young women in the town. The soccer program was a success, but the looming dangers of slum life persisted, and the young women continued to fall victim to the worst kinds of human atrocities. Indeed, it was the unyielding injustice of these conditions that led Abdul to the conclusion that soccer alone was not enough to create the necessary systemic change.

In 2006, after much work, the Kibera Girls Soccer Academy (KGSA) was established with their first class of 11 girls and 2 volunteer teachers. Today, KGSA is composed of 20 full-time staff, provides a host of artistic and athletic programs for more than 130 students annually, and continues to expand. By providing academics inside and outside of the classroom along with artistic and athletic opportunities, KGSA inspires the young women of Kibera to become advocates for change within their own communities and for Kenya as a whole.

Author of *How Coffee Saved My Life*, **ELLIE ROSCHER** is also a contributor to several blogs, magazines, and compilation books, and has appeared on the TEDxSLC stage. Roscher is the director of youth and story development at Bethlehem Lutheran Church in Minneapolis and teaches creative writing at the Minnesota Institute for Talented Youth.

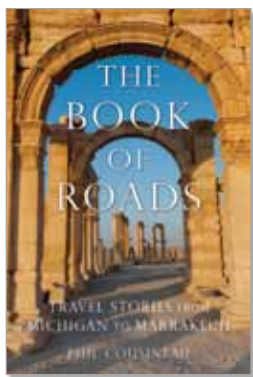
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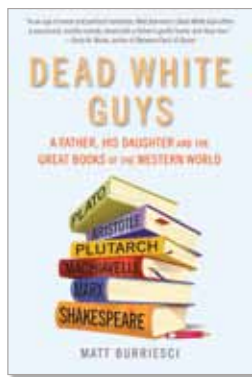
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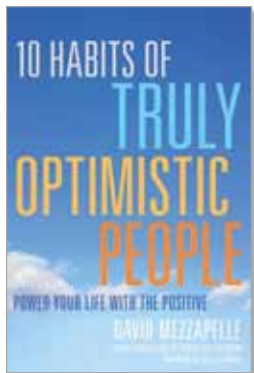
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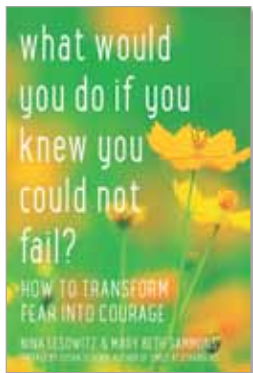
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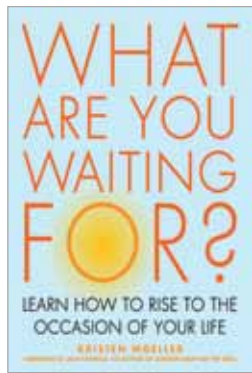
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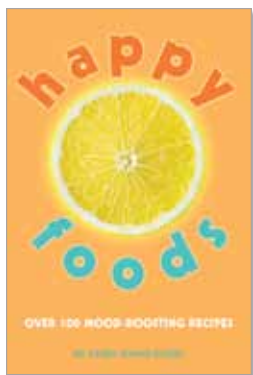
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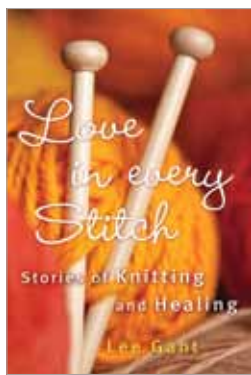
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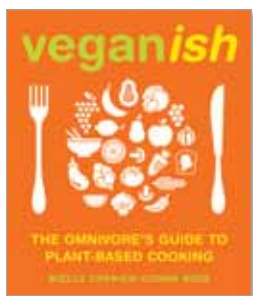
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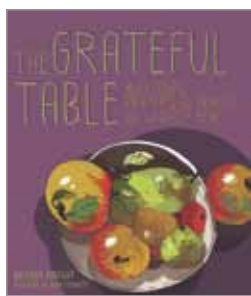
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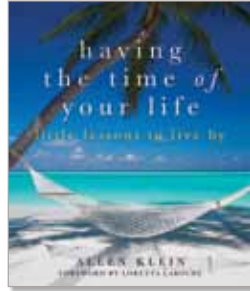




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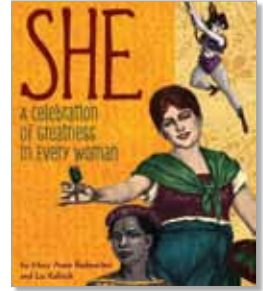
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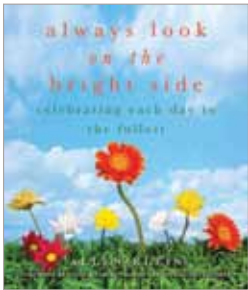
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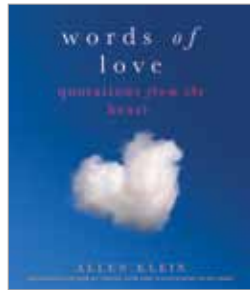
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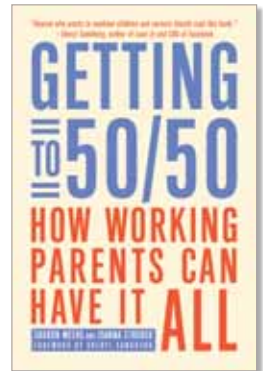
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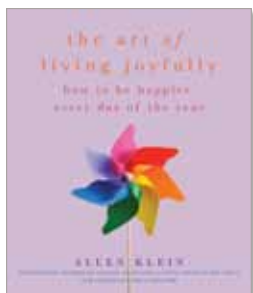


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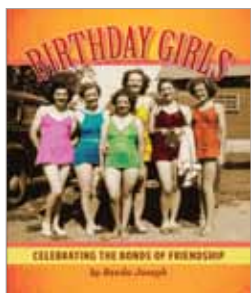




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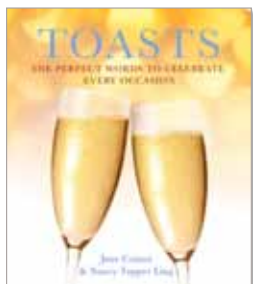
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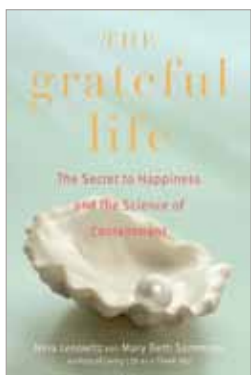
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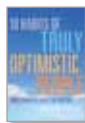
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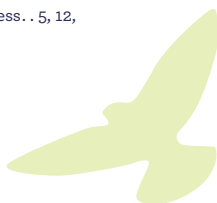
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