

The background is a dark, textured surface. In the center is a white ceramic cup filled with a vibrant green liquid, likely matcha. Wisps of white steam rise from the cup. Surrounding the cup are various botanical illustrations: green leaves and stems in the top left, several white daisies with yellow centers in the top right, a sprig of purple lavender on the left, cinnamon sticks in the bottom left, and small red flowers in the bottom right. The title 'Microcosm Publishing' is written in a large, orange, cursive font across the upper half of the image.

Microcosm Publishing

*Tools to Empower Your
Life and Change the
World Since 1996*

Spring 2023



Microcosm Publishing
9781648412868
1648412866
Pub Date: 2/14/2023
\$5.95/\$7.99 Can.

0 Pages

50 Ways to Protect Bookstores

Danny Caine

Key Selling Points

Readers, publishers, politicians, workers, union organizers, and landlords can all find tailor-made calls to action in these pages.

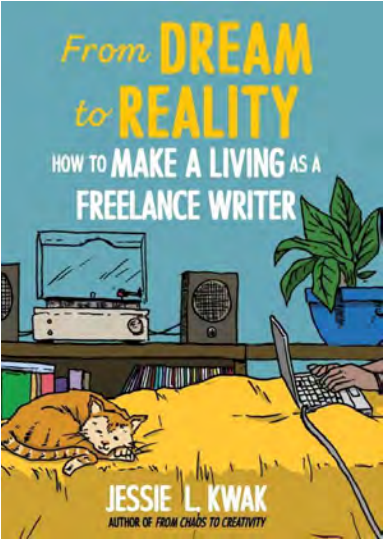
Summary

Bookstores are important. So are booksellers. And they-and the ideas and communities they serve-need protection. Danny Caine, the best-selling author of *How to Resist Amazon and Why* and co-owner of the Raven Book Store in Lawrence, Kansas, writes a stirring call to action.

Bookstores are not charities, he writes, and they shouldn't get a pass on exploitative labor practices, but they play a vital role in our society that is worth upholding. Caine offers 50 ideas for protecting this idiosyncratic business niche and, by extension, the neighborhoods that bookstores anchor.

Some of the ideas are straightforward: buy books at bookstores, talk them up on social media, and write glowing online reviews. Others ask you to think bigger: support your local bookstore's neighboring businesses, support your local library, and lobby your elected officials to pass legislation that ensures livable wages and makes it easier to run small businesses. Still others are just excellent advice: go on dates at bookstores and buy and read weird books that you've never heard of before.

Readers, publishers, politicians, workers, union organizers, and landlords can all find tailor-made calls to action in these pages. Especially now, with freedom of speech under attack from the right, it's time for us to protect books and those who sell them.



Microcosm Publishing
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1648412335
Pub Date: 5/23/2023
\$14.95/\$19.99 Can.
Trade Paperback

208 Pages
Carton Qty: 52
Self-Help / Creativity
SEL009000
7 in H | 5 in W | 0.5 in T

From Dream to Reality

How to Make a Living as a Freelance Writer

Jessie L. Kwak

Key Selling Points

- Jessie L. Kwak (she/her) lives in **Portland, OR**. She is the author of *From Big Idea to Book* and *From Chaos to Creativity*
- Based on her own experiences, Kwak walks you through everything you need to know about choosing your copywriting niche, setting up your business, building a portfolio and website, finding work, setting your rates, billing, firing clients, and growing your freelance career intentionally in a rapidly changing market

Summary

Want to make a living as a freelance writer? Here are the resources, answers, and real talk you need about what it takes to make a living as a writer for hire.

Drawing on her own varied and successful years of freelance copywriting experience, Jessie Kwak (author of *From Chaos to Creativity* and *From Big Idea to Book*) offers valuable insights on how to figure out if this fast-paced, ever-evolving career is for you-and how to make it work if you decide to go for it.

Starting with the most important factor for a successful freelancer--mindset--Kwak walks you through everything you need to know about choosing your niche, setting up your business, building a portfolio and website, finding work, setting your rates, billing, firing clients, and growing your freelance career intentionally in a rapidly changing market.

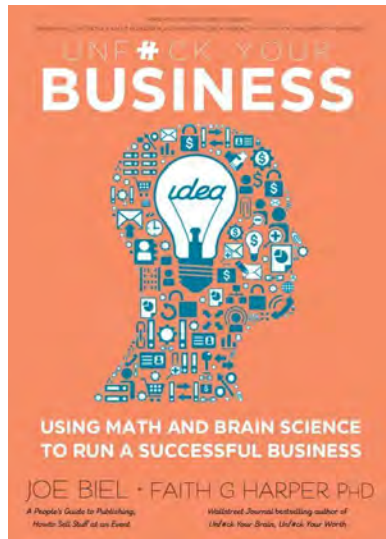
Freelancing isn't for everyone, but if you're the sort of mercenary chaotic good soul who would find your happy place in freelancing, you'll find all the encouragement and tools you could need in this book.

Contributor Bio

Jessie Kwak is an author, ghostwriter, and freelance marketing copywriter living in Portland, Oregon. As a writer, she sends readers on their own journeys to immersive worlds filled with fascinating characters, gunfights, and dinner parties. When she's not raving about her latest favorite sci-fi series to her friends, she can be found sewing, mountain biking, or out exploring new worlds both at home and abroad. She is the author of supernatural thriller *From Earth and Bone*, the *Bulari Saga* series of gangster sci-fi novels, and productivity guide *From Chaos to Creativity*. You can learn more about her at www.jessiekwak.com, or follow her on Twitter (@jkwak).

Illustrations





Microcosm Publishing
9781648411588
1648411584
Pub Date: 5/23/2023
\$14.95/\$19.99 Can.
Trade Paperback

160 Pages
Carton Qty: 60
Business & Economics
/ Entrepreneurship
BUS025000
Series: Five-Minute Therapy
7 in H | 5 in W | 0.4 in T

Unfuck Your Business

Using Math and Brain Science to Run a Successful Business

Joe Biel, Dr. Faith G. Harper

Key Selling Points

- Learn how to start and run a successful business despite the odds
- Biel is the founder and CEO of Microcosm Publishing, started in 1996. He is also the author of *A People's Guide to Publishing*
- Biel draws on 26+ years of business ownership and management experience to walk you through how to think like a business owner, plan, strategize, manage budgets, scale up, and keep your focus on what's most important
- Harper provides vital skills that aren't often lauded in business books such as overcoming imposter syndrome and other fears, communicating boundaries, building mutually beneficial relationships, and preventing emotional baggage from becoming your biggest business pitfall

Summary

How do you start and run a successful business despite the odds?

This unique business guide teaches you practical math and management skills alongside the emotional intelligence, self-awareness, and coping skills that you need in order to overcome internal barriers to success no matter what type of business you are in. Joe Biel, author of *A People's Guide to Publishing*, draws on 26 years of business ownership and management experience to walk you through how to think like a business owner, plan, strategize, manage budgets, scale up, and keep your focus on what's most important.

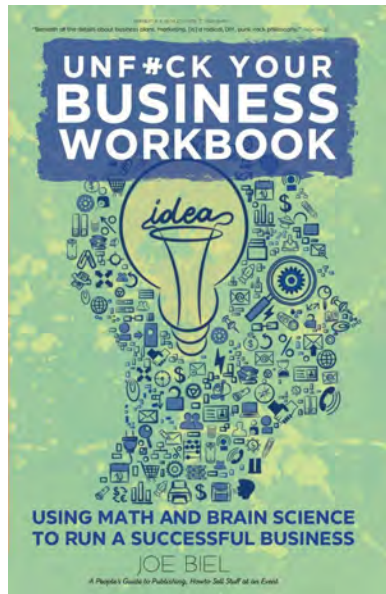
Dr. Faith Harper, author of the bestselling *Unfuck Your Brain*, provides vital skills that aren't often lauded in business books, such as overcoming imposter syndrome and other fears, communicating your boundaries, building mutually beneficial relationships, and preventing your emotional baggage from becoming your biggest business pitfall.

If you've ever dreamed of starting a small business, or if you currently run a business and want to strengthen it for long term success, this practical guide cuts through the jargon and teaches you the skills you need to enjoy facing the challenges and surprises every day in business brings.

Contributor Bio

Joe Biel is a self-made autistic publisher and filmmaker who draws origins, inspiration, and methods from punk rock. Biel is the founder and CEO of Microcosm Publishing and co-founder of the Portland Zine Symposium. Biel has been featured in Time Magazine, Publisher's Weekly, Art of Autism, Utne Reader, Oregonian, Broken Pencil, Punk Planet, Bulletproof Radio, Spectator (Japan), G33K (Korea), and Maximum Rocknroll. Biel is the author of *People's Guide to Publishing: Building a Successful, Sustainable, Meaningful Book Business*, *Good Trouble: Building a Successful Life & Business on the Spectrum*, *Manspressions: Decoding Men's Behavior*, *Make a Zine*, *The CIA Makes Science Fiction Unexciting*, *Proud to be Retarded*, *Bicycle Culture Rising*, and more. Biel is the director of five feature films and hundreds of short films, including *Aftermass: Bicycling in a Post-Critical Mass Portland*, *\$100 & A T-Shirt*, and the *Groundswell* film series. The *Journal of Adolescent & Adult Literacy* described Biel as "not trained in pedagogy." Biel lives in Portland, Ore. Find out more at joebiel.net

Dr. Faith G. Harper, LPC-S, ACS, ACN is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and is proud to be a woman of color and uppity intersectional feminist. She is the Wall Street Journal bestselling author of the book *Unf*ck Your Brain* and many other popular zines and books on subjects such as anxiety, depression, boundaries and grief. She has been known to



Unfuck Your Business Workbook

A Guide to Launching Your Startup

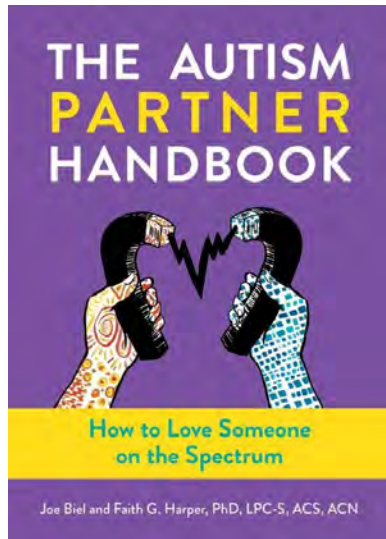
Joe Biel

Contributor Bio

Joe Biel is a self-made autistic publisher and filmmaker who draws origins, inspiration, and methods from punk rock. He is the founder and CEO of Microcosm Publishing and co-founder of the Portland Zine Symposium. He has been featured in Time Magazine, Publisher's Weekly, Art of Autism, Utne Reader, Oregonian, Broken Pencil, Punk Planet, Bulletproof Radio, Spectator (Japan), G33K (Korea), and Maximum Rocknroll. He is the author of People's Guide to Publishing: Building a Successful, Sustainable, Meaningful Book Business, Good Trouble: Building a Successful Life & Business on the Spectrum, Manspressions: Decoding Men's Behavior, Make a Zine, The CIA Makes Science Fiction Unexciting, Proud to be Retarded, Bicycle Culture Rising, and more. He is the director of five feature films and hundreds of short films, including Aftermass: Bicycling in a Post-Critical Mass Portland, \$100 & A T-Shirt, and the Groundswell film series. The Journal of Adolescent & Adult Literacy described Biel as "not trained in pedagogy." He lives in Portland, Ore and his work can be found at joebiel.net

Microcosm Publishing
9781621064695
1621064697
Pub Date: 3/28/2023
\$4.95/\$6.99 Can.

0 Pages
Business & Economics
/ Entrepreneurship
BUS025000
Series: Good Life



Microcosm Publishing
9781648411724
164841172X
Pub Date: 4/11/2023
\$13.95/\$18.99 Can.
Trade Paperback

192 Pages
Carton Qty: 60
Family & Relationships / Autism
Spectrum Disorders
FAM048000
Series: 5-Minute Therapy
7 in H | 5 in W | 0.5 in T

Autism Partner Handbook

How to Love Someone on the Spectrum

Joe Biel, Dr. Faith G. Harper, Elly Blue

Key Selling Points

- Joe Biel (he/him) lives in **Portland, OR**. Dr. Faith G. Harper (she/her) lives in **San Antonio, TX**
- Learn key communication skills for succeeding in a neurologically mixed relationship, gain a better understanding of your partner's mental processes, troubleshoot your sex life, and level up your appreciation for their relationship strengths

Summary

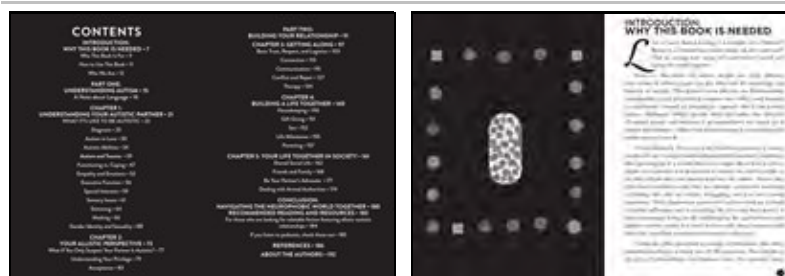
So, your partner is autistic. Or you suspect they might be. And you're wondering, "What does this mean for my relationship?" This guide is for you. Learn key communication skills for succeeding in a neurologically mixed relationship, gain a better understanding of your partner's mental processes, troubleshoot your sex life, and level up your appreciation for their relationship strengths. Autistic-allistic relationships, as well as relationships between two neurodiverse people, can work out splendidly, but there are a few consistent and predictable areas where they can get in trouble, which you can work through together once you know how to spot them.

Contributor Bio

Joe Biel is a self-made autistic publisher and filmmaker who draws origins, inspiration, and methods from punk rock. Biel is the founder and CEO of Microcosm Publishing and co-founder of the Portland Zine Symposium. Biel has been featured in *Time Magazine*, *Publishers Weekly*, *Art of Autism*, *Utne Reader*, *Oregonian*, *Broken Pencil*, *Punk Planet*, *Bulletproof Radio*, *Spectator* (Japan), *G33K* (Korea), and *Maximum Rocknroll*. Biel is the author of *People's Guide to Publishing: Building a Successful, Sustainable, Meaningful Book Business*, *Good Trouble: Building a Successful Life & Business on the Spectrum*, *Manspressions: Decoding Men's Behavior*, *Make a Zine*, *The CIA Makes Science Fiction Unexciting*, *Proud to be Retarded*, *Bicycle Culture Rising*, and more. Biel is the director of five feature films and hundreds of short films, including *Aftermass: Bicycling in a Post-Critical Mass Portland*, *\$100 & A T-Shirt*, and the *Groundswell* film series. The *Journal of Adolescent & Adult Literacy* described Biel as "not trained in pedagogy." Biel lives in Portland, Oregon. Find out more at joebiel.net

Dr. Faith G. Harper, LPC-S, ACS, ACN is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and is proud to be a woman of color and uppity intersectional feminist. She is the *Wall Street Journal* bestselling author of the book *Unf*ck Your Brain* and many other popular zines and books on subjects such as anxiety, depression, boundaries and grief. She has been known to publish in academic spaces as well, most recently with a chapter in the book *Understanding Indigenous Perspectives*. She is available as a public speaker and for corporate and clinical trainings.

Illustrations





Microcosm Publishing
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1648412025
Pub Date: 3/28/2023
\$12.95/\$17.50 Can.
Trade Paperback

128 Pages
Carton Qty: 68
Cooking / Beverages
CKB019000

7 in H | 5 in W | 0.5 in T

Everyday Herbal Teamaking

A Pocket Guide for Health, Fun, and Self-Care

Glenna A. McLean

Key Selling Points

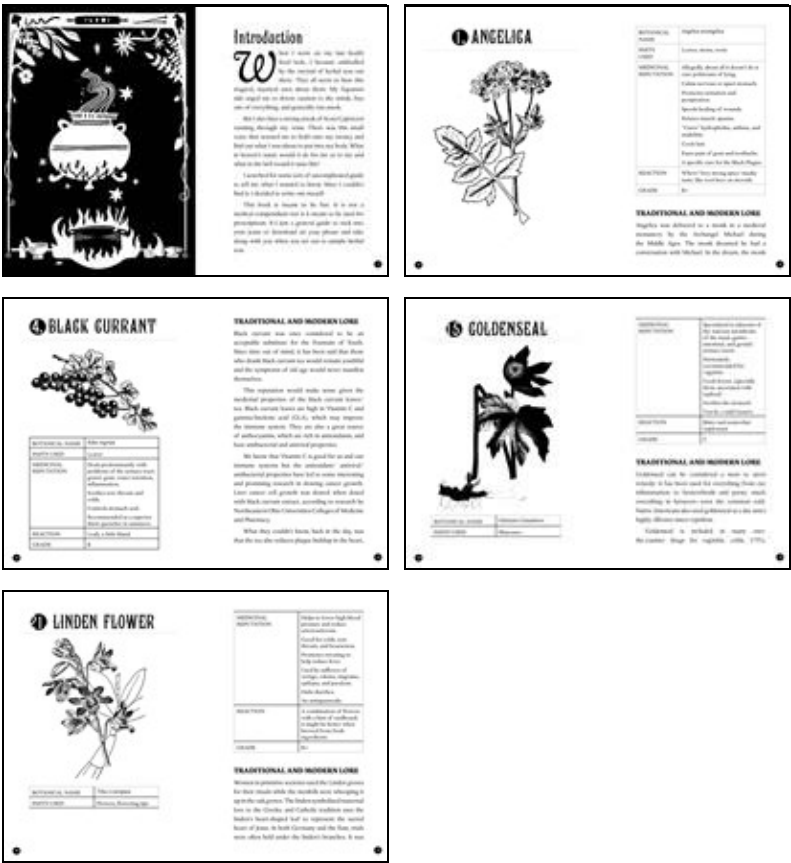
- Glenna A. McLean (she/her) lives in **Wellsboro, PA**
- Includes historical practices, medical benefits including warnings and contradictions, good-humoredly honest tasting notes, and 70 illustrations for 36 herbs
- Fun, informative, quick and easy

Summary

This unfussy, spirited guide to 36 readily accessible herbs offers botanical names, medical reputations from various modern and historical sources, good-humoredly honest tasting notes, and illustrations to help identify what you've just foraged, grown, or bought at the herb shop or health food store.

With teacher and tea aficionado Glenna McLean as your guide, travel back in time by enjoying a blend of herbs that King Tut savored, a tea that was thought to ward off the Plague in the 14th Century, and the herbs imbibed by druids at Stonehenge and Puritan church services. Quaff brews purported to bring you courage, quench (or ignite) lust, ward off scurvy, and soothe stress and pain. Includes warnings and contraindications so you can pursue your herbal tea habit safely and happily for years to come.

Illustrations





Microcosm Publishing
9781648412196
164841219X
Pub Date: 6/27/2023
\$16.95/\$22.99 Can.
Trade Paperback

192 Pages
Carton Qty: 52
Body, Mind & Spirit / Witchcraft
OCC026000

8 in H | 5 in W | 0.5 in T

Year of the Witch

A Planner and Spellbook for the Novice Witch

Francesca Eales

Key Selling Points

- Francesca Eales (she/her) lives in **Glen Carbon, IL**
- This perpetual calendar is an introductory guidebook, planner, and a space to take notes and creatively expand your knowledge and build a witchcraft practice
- Each month offers insight, spells, and techniques about a different topic in witchcraft, such as visualization, manifesting, divination, crystal magic, home magic, celebration, protection, and more; there are monthly themes and weekly lessons that build in complexity
- Surveys and recent articles (*New York Times*, *Newsweek*, *New York Post* among them) indicate that a growing number of millennials consider themselves to be spiritual but not religious; organized religion participation declines while interest in paganism grows

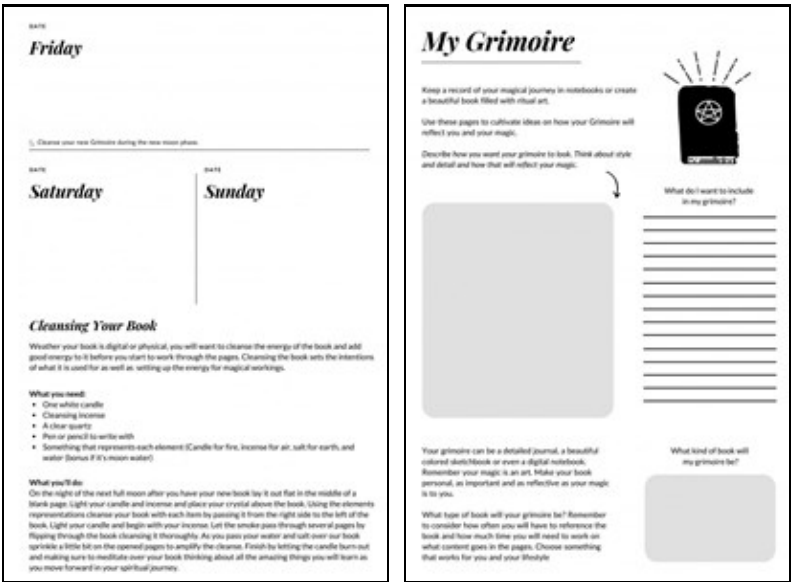
Summary

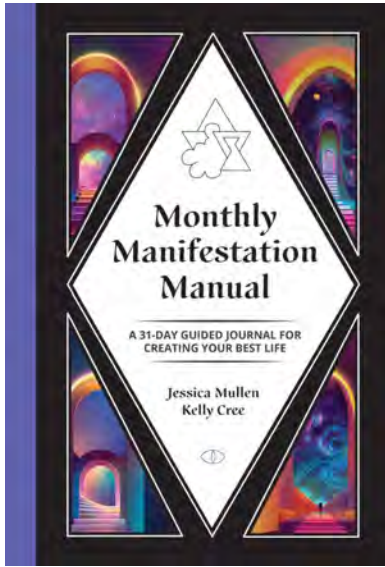
Magic is the ever-present energy around us--it's in the sky, our companion animals, what we eat, where we live, and ourselves--and it can be used to create and manifest the things we want in our lives.

By living with our intentions and the moon's guiding energy, we can align ourselves with this energy and live our best lives, creating our narratives and movement along the way. And with each step we take, we are closer to our authentic selves. If you're new to witchcraft, this guide will walk you through your first year.

Year of the Witch serves as an introductory guidebook, a planner, and a space to take notes and creatively expand your knowledge and build a practice. You're encouraged to customize this book to your needs. Write in your own dates each week, mark the moon phases, and begin your journey at any time during the year. Each month offers insight, spells, and techniques about a different topic in witchcraft, such as visualization, manifesting, divination, crystal magic, home magic, celebration, protection, and more.

Illustrations





School of Life Design
9781648412257
1648412254
Pub Date: 6/1/2023
\$14.95/\$19.99 Can.
Trade Paperback

144 Pages
Carton Qty: 52
Body, Mind & Spirit / Inspiration &
Personal Growth
OCC019000
Series: School of Life Design
8.5 in H | 5.5 in W

Monthly Manifestation Manual^(2nd Edition)

A 31-Day Guided Journal to Create Your Best Life

Kelly Cree, Jessica Mullen, School of Life Design

Key Selling Points

- Kelly Cree (she/her) and Jessica Mullen (she/her) live in **Cleveland, OH** where they run School of Life Design
- This planner and workbook gives you 31 days' worth of exercises for rewiring your brain to create new patterns of thoughts and actualizing your intentions and dreams
- Learn to manifest specific goals through daily exercises and weekly check-ins
- Surveys and recent articles (*New York Times*, *Newsweek*, *New York Post* among them) indicate that a growing number of millennials consider themselves to be spiritual but not religious. Organized religion participation declines while interest in paganism grows

Summary

"Your attention is your most valuable resource. What you focus on expands. This powerful book of spells will help you place your focus on what you want, and what you want more of, and has the ability to bring you anything you want. The only limit is your imagination."

Spend a month manifesting your greatest desires and potential. This planner and workbook gives you 31 days' worth of exercises for rewiring your brain to create new patterns of thoughts and actualizing your intentions and dreams. Perfect for when you're stuck at work or in love, out of touch with your emotions, angry, anxious, afraid, or depressed, or feel like you're hurtling down the wrong path in life too fast. Each day, fill out a check-in form and embark on a special exercises designed to hone your focus, channel your intent, dream bigger, and love yourself harder.

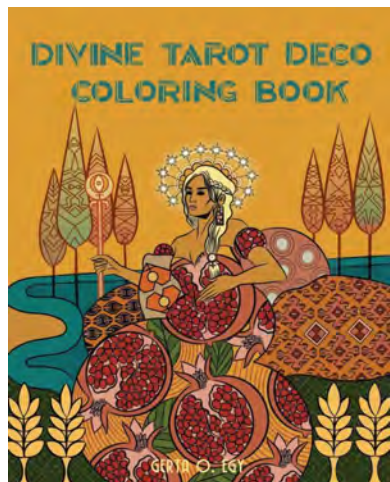
Jessica Mullen and Kelly Cree's dreamy designs and potent exercises are tested and true methods for getting yourself back on the path to living the life you want.

Contributor Bio

School of Life Design (SoLD) was founded by Kelly Cree and Jessica Mullen in 2010. Jessica attended graduate school with the intention of becoming credentialed to teach design at the college level. However, objecting to institutional bureaucracy and freshly indoctrinated to the concept of "law of attraction," she and partner Kelly Cree wanted to take a stab at creating their own school and curriculum.

School of Life Design began as a series of posts on Jessica's blog, teaching participants to design their ideal life via the medium of personal website. Over time, the techniques and writing moved to physical notepads and worksheets. An enthusiastic friend enjoyed the materials but wanted more structure as to when to complete the exercises. The Monthly Manifestation Manual was born out of that request.

School of Life Design is stocked in shops and boutiques across the US and Canada. They have conducted several workshops, tabled at dozens of zine fairs, witch markets and pop-up markets, and sold thousands of journals, zines and notebooks. SoLD's mission is to provide clear models for practicing the art of creating reality with thought, ultimately revealing to the reader that they are god in human form.



Divine Tarot Deco Coloring Book

Gerta O. Egy

Key Selling Points

- **Gerta O. Egy** (she/her) lives in Springfield, Oregon and is from Tirana, Albania
- Each page brings to life an archetype of the classic 78-card tarot major and minor arcana
- Inspired by the lushness of the early 20th Century Art Deco movement and the Balkan folk art of Egy's native Albania

Summary

Glamorous, exuberant, luxurious decorative details suffuse these pages, each bringing to life an archetype of the classic 78-card tarot major and minor arcana.

Microcosm Publishing
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1648411479
Pub Date: 7/25/2023
\$14.95/\$19.50 Can.
Trade Paperback

128 Pages
Carton Qty: 52
Games & Activities / Coloring
Books
GAM019000
9 in H | 7 in W | 0.5 in T

Inspired by the lushness of the early 20th Century Art Deco movement and the Balkan folk art of her native Albania, Gerta Egy's images draw you into a fantasy world, beautiful and rich with meaning and feeling. Sprite-like human figures dance, writhe, and play with swords, wands, cups, and pentacles against modernist patterned backgrounds in these ornate pages that await your coloring pleasure.

Contributor Bio

Gerta O. Egy is an Albanian artist residing in Springfield, Oregon. She studied Set and Costume Design in the Academy of Fine Arts in Tirana, Albania. She worked as a costume designer in film and theater, storyboard artist, and illustrator. From her work in film, she developed an interest in writing and drawing her own stories. She is the author and illustrator of several comics and illustrated stories.

Illustrations





Microcosm Publishing
9781648411250
1648411258
Pub Date: 5/9/2023
\$14.95/\$19.99 Can.
Trade Paperback

128 Pages
Carton Qty: 44
Ages 18 And Up
Games & Activities / Coloring
Books
GAM019000
10 in H | 8 in W | 0.4 in T

If Animals Could Talk

An Adult Coloring Book for Adults

Carla Butwin, Josh Cassidy

Key Selling Points

- Companion coloring book to ***If Animals Could Talk*** (9781621066118)
- Perfect gift item for adult friends and family who love animals and have a wicked sense of humor
- The first edition of ***If Animals Could Talk*** went internationally viral after a grandmother accidentally purchased it for her granddaughter
- Laughter has been medically proven to lower cortisol levels and reduce stress

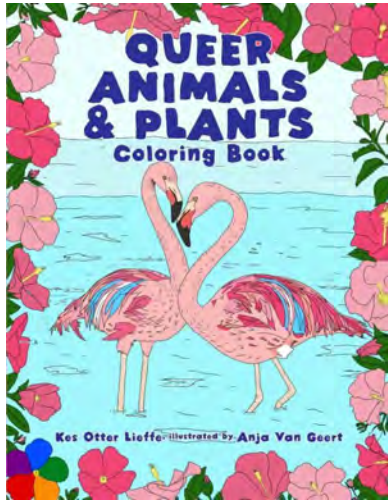
Summary

Born from the book that went viral, *If Animals Could Talk*, Carla Butwin and Josh Cassidy created a special edition coloring book to help make quarantine suck a little less. Combining dark humor and intentionally child-like illustrations, they dive deep into the unfiltered minds of your favorite animals during this time. In the immortal words of the llama, "Everything's f*cked."

Contributor Bio

Carla Butwin is an illustrator and Creative Director from Detroit, Michigan. By day, she creates award-winning advertising campaigns for brands like Busch beer, Tylenol, and Oreo. By night, she sleeps. Her work has been featured on *The Huffington Post*, *Mashable*, and *BuzzFeed*. Carla's other passions include contemporary art, fresh pastries, and ogling dogs on the street.

Josh Cassidy is a writer and Creative Director from Detroit, Michigan. He's created award-winning advertising campaigns for brands including Taco Bell, Dr Pepper, and Hyundai. Josh's work has been featured in places such as *Fast Company*, *The New Yorker*, *Mashable*, and has been viewed everywhere from the front page of Reddit to the Super Bowl. A member of Film Independent and Los Angeles County Museum of Art, Josh is also passionate about film, art, music, and pretty much everything creative. His other hobbies include shooting hoops, eating breakfast, and cheering for his underachieving Detroit sports teams.



Microcosm Publishing
9781648411939
1648411932
Pub Date: 3/23/2023
\$14.95/\$19.99 Can.
Trade Paperback

128 Pages
Carton Qty: 52
Games & Activities / Coloring
Books
GAM019000
9 in H | 7 in W | 0.3 in T

Queer Animals and Plants Coloring Book

Kes Otter Liefte, Anja Van Geert

Key Selling Points

- Kes Otter Liefte (she/her) lives in **Berlin, Germany**. Anja Van Geert (they/them) lives in **Brighton, England**. Both are ecologists
- Flips the idea that queerness is unnatural on its head and the coloring book format makes this information accessible to a wider audience
- "Researchers from the Yale School of Forestry & Environmental Studies suggest instead of examining the issue as a conundrum in need of a solution, the question ought to be reframed from "why do animals engage in same sex behaviour" to "why not?" (Julia Monk and Max Lambert, *Nature Ecology & Evolution* via The Independent)

Summary

Lesbian gulls, intersex grizzly bears, gay orgies of manatees, trans clownfish, binary-smashing lichens, sex-changing willow trees, and asexual naked mole rats!

So many of us grew up with wildlife programs and school biology classes that showed only monogamous, heterosexual pairings with the goal of making little baby animals. This coloring book celebrates the diversity of animals, plants, and fungi, and the way our beautiful queer communities exist far beyond the realms of human culture.

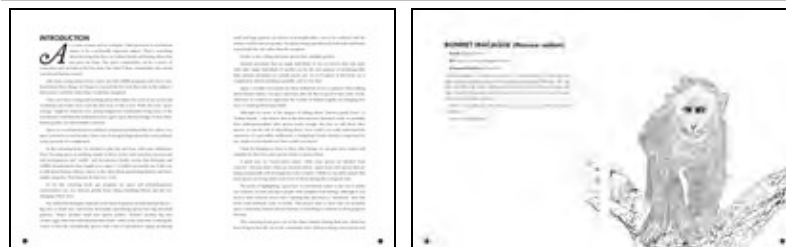
Bring your brightest colors to learn about and befriend some of the most colorful characters in nature and challenge society's cis-het norms. This entertaining and educational resource, created by trans woman and ecologist Kes Otter Liefte, and richly illustrated by Anja Van Geert, builds on the success of their popular *Queer Animals Coloring Zine* to liberate our understanding of ourselves and the natural world we belong to.

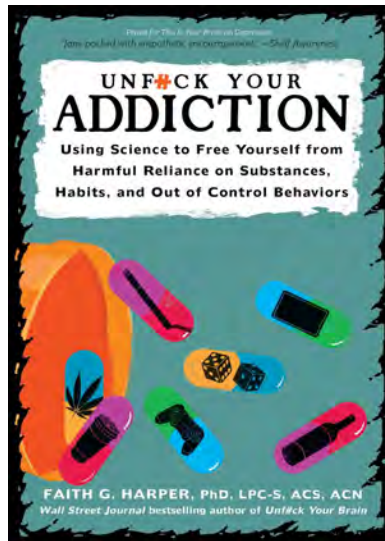
Contributor Bio

Kes Otter Liefte is a working class, chronically ill, femme, trans woman. She is an author, facilitator and community organizer currently based in Berlin. Kes is the author of a trilogy of trans speculative fiction novels and she writes articles about class, gender, and queerness. A grassroots community organizer for over two decades, her work focuses particularly on the intersection of gender, queerness, and environmental struggles and creating radical alternatives to the trash-fire of capitalism.

After completing a PhD in Plant Ecology, **Anja Van Geert** has been part of many ecological projects and adventures including growing herbs at an urban farm in their home town of Brussels. They currently live in Brighton, UK organizing queer tea ceremonies and herb meditations. Anja is a breathwork facilitator by trade and is starting out on a new artistic journey. Anja drew the images for *Queer Animals and Plants* while curled up with their cat Moisey, with *Buffy the Vampire Slayer* in the background. Read more at pinprimrose.co.uk.

Illustrations





Microcosm Publishing
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162106283X
Pub Date: 7/18/2023
\$14.95/\$19.99 Can.
Paperback

192 Pages
Carton Qty: 60
Self-Help / Substance Abuse &
Addictions
SEL026000
Series: 5-Minute Therapy
7 in H | 5 in W | 0.5 in T

Unfuck Your Addiction

Using Science to Free Yourself from Harmful Reliance on Substances, Habits, and Out of Control Behaviors

Dr. Faith G. Harper

Key Selling Points

- Dr. Faith is a licensed professional counselor, therapist, and bestselling author, with over 150,000 books in print
- Learn how to tell if your behavior is a problem or about to become one
- Dr. Faith partners with addiction counselor Joseph Green for a realistic and refreshing look about the brain science behind addiction
- Dr. Faith G. Harper lives in San Antonio, TX. Joseph Green lives in San Francisco, CA.

Summary

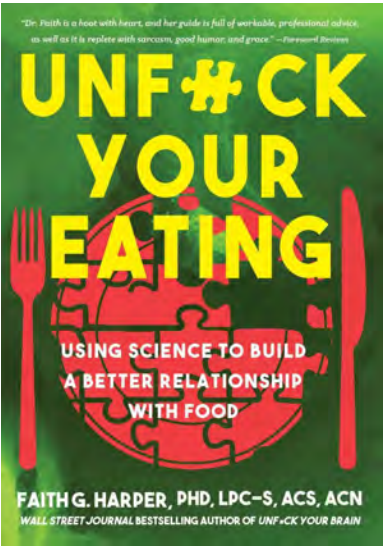
We have almost all been addicted to something at some point, or had a habit spiral out of control. But what does that mean? What exactly are addictions and out of control behaviors, why do we get caught up in them, and how do we get our lives back?

Bestselling author Dr. Faith Harper and addictions counselor Joe Green join forces to help those of us struggling (or supporting others) with problematic use of alcohol, drugs, gambling, work, food, sex, shopping, screens, gaming, self-harm, or anything else where we've crossed a line.

Their perspective is down to earth, realistic, and refreshing. You'll learn about the brain science behind addiction, how to tell if something is a problem or about to become one, how to find your way out of unhealthy behaviors, and how to avoid passing them down to the next generation. No matter what paths you've taken in life, you can absolutely learn to fulfill your needs in ways that are healthy for yourself and the people around you.

Contributor Bio

Faith G. Harper, PhD, LPC-S, ACS, ACN is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist. She is the author of the book *Unfuck Your Brain* and many other popular zines and books on subjects such as anxiety, depression, and grief. She is available as a public speaker and for corporate and clinical trainings.



Unfuck Your Eating

Using Science to Build a Better Relationship with Food, Health, and Body Image

Dr. Faith G. Harper

Key Selling Points

- Real talk helps readers worth through food, health, and body image issues
- Covers not just eating disorders but disordered eating-frequent dieting, food anxiety and rituals, and preoccupation with weight, food, and body image
- Dr. Faith G. Harper lives in San Antonio, TX.

Summary

Food is complicated. And our relationships with food and eating are all kinds of fucked up. It doesn't help that cultural messages about health, diet, body image, and weight are fatphobic and often medically dangerous.

Dr. Faith Harper, author of the bestselling *Unfuck Your Brain* and *Unfuck Your Body*, brings her trademark combination of science, humor, and real talk to help us work through our food, health, and body image issues and develop a healthier relationship with food so that it can fuel us and bring us pleasure.

She delves into the difference between eating disorders and disordered eating and the causes and consequences of both, breaks down the difference between various behaviors, tackles trauma and other co-occurring conditions, and provides compassionate and practical steps to improve your eating habits and repair your relationship with yourself.

Contributor Bio

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Illustrations





Microcosm Publishing
9781621063797
1621063798
Pub Date: 6/27/2023
\$14.95/\$19.99 Can.
Trade Paperback

192 Pages
Carton Qty: 68
Self-Help / Sexual Instruction
SEL034000
Series: Good Life
7 in H | 5 in W | 0.5 in T

Unfuck Your Sex Toys

Make Your Own DIY Tools & MacGyver Your Sexytimes

Dr. Faith G. Harper, River Katz

Key Selling Points

- Dr. Faith G. Harper (she/her) lives in **San Antonio, TX**. River Katz lives and works in **Portland, OR**
- Includes information on accessibility aids, adaptability, and budget-minded suggestions. Also includes information on kinkier toys including restraints and floggers
- 19 projects with illustrated instructions
- River Katz has illustrated many Microcosm books, zines, and sidelines including *True Trans Bike Rebel*, and several of Dr. Faith's books, such as *Unfuck Your Adulting*, *Unfuck Your Anger*, *Coping Skills*, *This Is Your Brain on Depression*, and more

Summary

Sex toys, sex tools, sexual aids-whatever you call them, they have the potential to revolutionize your sex life. Whether you use them solo, partnered, or in group play, sex tools can bring you to new heights of pleasure, teach you about your body, affirm your identity, and liberate you from physical or emotional constraints. But damn, they can be expensive if you buy them new. Sexologist and therapist Dr. Faith is all about making sure you know how to get off safely and on a budget, and provides instructions for making a variety of do-it-yourself toys without breaking the bank or taking an embarrassing trip to the ER. She discusses the different types of sexual aids out there, how to figure out what you like, and construction and use of various devices, focusing throughout on safety and hygiene. These 19 projects can be done at home with materials you probably already have. River Katz's illustrations provide clarity, inspiration, and step-by-step instructions.

Contributor Bio

Dr. Faith G. Harper, LPC-S, ACS, ACN is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and is proud to be a woman of color and uppity intersectional feminist. She is the Wall Street Journal bestselling author of the book *Unfuck Your Brain* and many other popular zines and books on subjects such as anxiety, depression, boundaries and grief. She has been known to publish in academic spaces as well, most recently with a chapter in the book *Understanding Indigenous Perspectives*. She is available as a public speaker and for corporate and clinical trainings.

River Katz is a nonbinary trans* artist. They use the gender neutral pronouns they/them. Their work explores gender, mental health, cannabis, sex, and identity.



Microcosm Publishing
9781648412912
1648412912
Pub Date: 7/24/2023
\$9.95/\$13.50 Can.
Trade Paperback

128 Pages
Carton Qty: 68
Fiction / Erotica
FIC005090
Series: Queering Consent
7 in H | 5 in W | 0.4 in T

Tight Squeeze, A

Smutty Trans and Queer Stories (Queering Consent)

laura q

Key Selling Points

- Explores the complex and sometimes painful realities of transfem identity, desire, relationships, and erotic experiences
- The romance/erotica genre is a billion-dollar moneymaker
- The LGBT niche has been trending upward

Summary

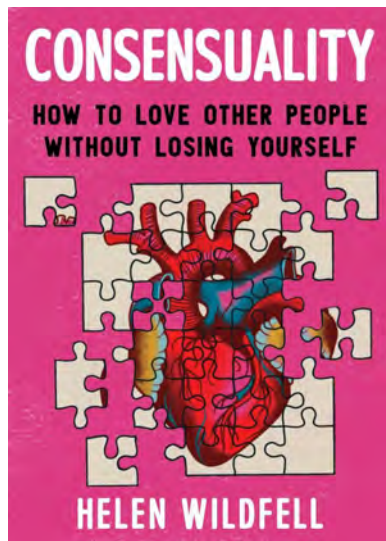
A *Tight Squeeze* showcases the hot sex magick of queer t4t connection. Balancing the weird, fun, and exciting with the vulnerable and bewildering, laura q explores the complex and sometimes painful realities of transfem identity, desire, and erotic experiences. Share in the intimacy of two genderqueer lovers' tender first time together, witness the ultimate spell cast by a fiery mathemagician, and journey with the first trans astronaut toward a whole new kind of first contact. From after-hours surprises that lurk within the closets of a Swedish furniture store to the hustle of navigating life and love in post-condopocalypse Toronto, the queer women, enbies, and bois featured in these twelve tantalizing tales serve up a tender erotic banquet-sometimes with a side of consensual violence, and always finished with a sweet course of connection and community.

Contributor Bio

laura q (she/they) is a queer, transfeminine pervert with a vivid imagination and an insatiable appetite for debauchery. Her work explores the nebulae of trans identity, desire, and erotic experience by centering the magic of queer trans4trans connections. They contributed to the Lambda Literary Award-nominated collection *Smut Peddlers: Glad Day 50*, appeared as a featured author at Toronto's Naked Heart festival, and have had their work published in a number of limited print-run zines. You can't find her on social media.

Illustrations





Microcosm Publishing
9781648411205
1648411207
Pub Date: 3/31/2023
\$14.95/\$19.99 Can.
Trade Paperback

160 Pages
Carton Qty: 68
Family & Relationships / Dating
FAM051000
7 in H | 5 in W | 0.4 in T

Consensuality (2nd Edition)

How to Love Other People Without Losing Yourself

Helen Wildfell

Key Selling Points

- Helen Wildfell lives in San Diego, CA.
- Learn how to find and create a healthy, successful relationship avoiding common pitfalls including gender identity and inequalities, sexual boundaries, power struggles, and emotional dysfunction
- Includes tips for enacting consent and respect in daily interaction with lovers, friends, and family
- Includes a new introduction. Additional new information includes:
 - Reflection questions at the end of each chapter
 - Expanded chapters on "Defining Consent" and "Establishing Boundaries"
 - New chapter, "Beyond the Personal," about applying empathy and care beyond interpersonal relationships
 - Additional articles from Co-Adventurers that tackle a variety of topics related to consent

Summary

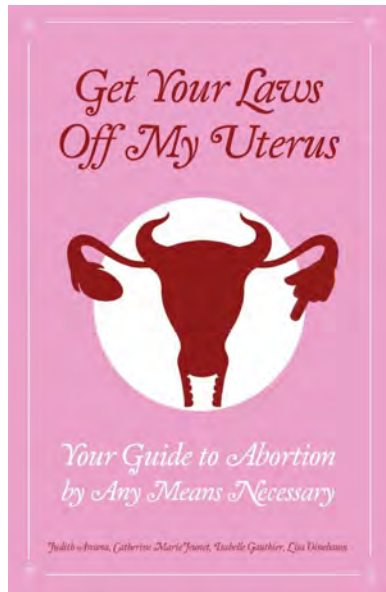
There are infinite possibilities in human relationships, but the fairytale ideal of companionship does not exist for most people. In *Consensuality*, Helen Wildfell and her co-adventurers detail the process for creating or finding a healthy, successful relationship as well as common pitfalls and how to avoid them. Tackling topics like gender identity, sexual boundaries, power struggles, emotional dysfunction, and overcoming regret and resentment, the authors describe a journey towards a respectful social environment. Their experiences lead to lessons of self-empowerment and communication tips for building healthy partnerships. In a consent-based relationship, partners recognize one another's preferences and boundaries and discuss how those fit with our own. Filled with personal descriptions of the complex layers in human interaction, mental health, trauma, and desire, the book combines gender studies with memoir to truly make the personal political.

Contributor Bio

Helen Wildfell is a writer and high school librarian with a passion for education on gender, sexuality, and consent. She currently lives in San Diego with her husband and their pets--a goofy basset mix and a very demanding cat.

Illustrations





Microcosm Publishing
9781648412363
164841236X
Pub Date: 11/16/2022
\$24.95/\$32.99 Can.

0 Pages
Health & Fitness / Women's
Health
HEA024000
9 in H | 6 in W | 1 in T

Get Your Laws Off My Uterus

Judith Arcana, Esther Eberhardt, Rachel Blanton, Catherine Marie Jeunet, Isabelle Gauthier, Robert Earl Sutter III, Lisa Vinebaum

Key Selling Points

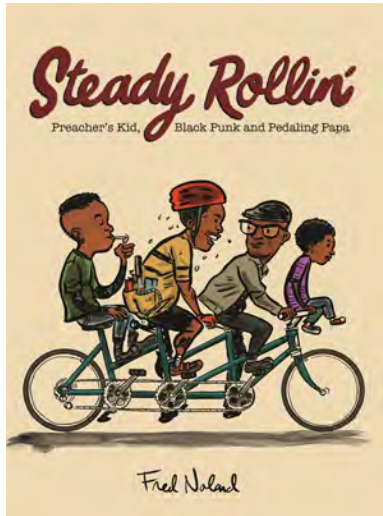
- Highly relevant and useful information for women, now that *Roe v. Wade* has been overturned by the Supreme Court of the United States

Summary

Ever since reproductive choice was legalized in the US in 1973, factions have been trying to strip the right to safe, legal abortions by any means necessary. Lately, they're getting their way. Fuck that noise. We'll keep fighting back, armed with the lessons of history. Read up with these zines and books both about organizing and finding abortion access, and learning the medical procedures so we can make informed choices about what to do with our own bodies. And, of course, taking care of ourselves and each other.

Box set includes two books and five zines:

- [Hot Pants](#)
- [Alive With Vigor](#)
- [Reclaiming Our Ancient Wisdom](#)
- [Free to Choose](#)
- [Jane](#)
- [Wildseed Feminism #1](#)
- How to Get Your Period



Birdcage Bottom
9781957795911
1957795913
Pub Date: 4/11/2023
\$20.00/\$25.95 Can.
Trade Paperback

224 Pages
Comics & Graphic Novels
/ Nonfiction
CGN007010
8 in H | 6 in W | 0.6 in T

Steady Rollin'

Preacher's Kid, Black Punk, and Pedaling Papa

Fred Noland

Summary

Starting as a hardscrabble misfit and minister's son in the Bible Belt, followed by a stint as a suburban So-Cal Black punk, and onward to bicycle-obsessed, graphic novelist and dad in Oakland, *Steady Rollin'* is a portrait of the author in time-lapse. His memoir is composed of vignettes, uncovering his origins as an artist, exploring relationships past and present, ruminating on trauma and loss, and ultimately finding his place in the flow of life. Noland employs styles that capture the essence of the moment and dialogue that reflects the multi-layered complexities and challenges of communication. *Steady Rollin'* is an autobiographical anthology stitched together by years of work across styles that range from the sharp and detailed renderings for his New Yorker pieces to dreamier representations from his childhood. His reflections are at turns absurd, biting funny, and poignant. With its investigation into the cycle of life from the Before Times to The New Normal, *Steady Rollin'* documents a world and a life in transition.

Contributor Bio

Fred Noland's specialty is visual storytelling, whether in animation, comics, or illustration. Noland's comics have appeared in the New Yorker, Popula and the East Bay Express. His illustrations have appeared in LA Weekly, Nickelodeon Jr., Xbox Magazine, Revolver, Canoe & Kayak and more. He was the chief artist on the animated short series "Priced Out" which has been shown world-wide. In the year 2000 he was awarded a Xeric Grant for his one-man anthology *Shpilkes*. He is currently working on his first graphic novel, *Major Taylor*, for Drawn & Quarterly. This biography tells the story of Marshall "Major" Taylor, the first Black World Champion in road cycling, who became one of the first international sports stars.

The youngest of three and the literal son of a preacher man, Fred Noland was raised in a very southern, very religious household. He spent his formative years in the Houston exurbs before returning to his birthplace in Ventura, California, a beach suburb just north of Los Angeles. There were a half dozen other black kids in a graduating class of three hundred. So...yeah...He discovered and embraced Underground Comics and found a sense of belonging in that community. He has produced a steady stream of his own esoteric, punk-flavored, minicomics and haunted the margins of the indie scene for decades.

Fred lives in Oakland, California, where he is an avid but unremarkable cyclist and a proud poppa.



Cola Pop Creemees, The

Opening Act

Desmond Reed

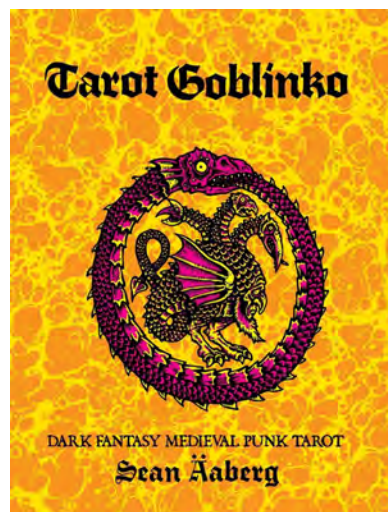
Summary

Dramedy has never looked so... squiggly. The Cola Pop Creemees: Opening Act is the debut graphic novel by Desmond Reed, and features seven stories starring the five members of the eponymous psychedelic rock band, The Cola Pop Creemees. Laugh and cry as you witness Ralph Jonathan, Mona Gertrude, Gil Christopher, Henrietta Susan, and Wallace T.J. tackle depression, anxiety, trauma, family, heartbreak, jobs, parents, memories, addiction, drugs, alcohol, stress, comics, obsession, loss, creativity, music, school, unrequited love, mental health, existential sadness, and more!

Birdcage Bottom
9781957795201
1957795204
Pub Date: 4/11/2023
\$15.00/\$19.50 Can.
Trade Paperback

232 Pages
Comics & Graphic Novels
/ Humorous
CGN014000

9 in H | 6 in W | 0.5 in T



Goblisko
9781648411953
1648411959
Pub Date: 4/11/2023
\$29.95/\$38.99 Can.
Hardcover

80 Pages
Carton Qty: 30
Body, Mind & Spirit / Divination
OCC024000

12.6 in H | 9.5 in W | 0.9 in T

Tarot Goblisko

Dark Fantasy Medieval Punk Tarot

Sean Aaberg

Summary

Originally conceived as a traditional tarot deck, *Tarot Goblisko* is an oversized, full color, hardbound, coffee-table book of the incomplete *Tarot Goblisko*. The original deck was interrupted by artist Sean Aaberg's massive stroke in 2018 and this book represents the completed work. The book envisions Aaberg's unique but familiar style, evoking underground comics, old fantasy art, eye-frying psychedelics, blacklight posters, and punk rock.

Halloween decorations, in the style of the artwork in this book, are available for purchase in April 2023 at Microcosm Publishing's website. Follow these links to check them out:

- <https://microcosmpublishing.com/catalog/other/48352>
- <https://microcosmpublishing.com/catalog/other/48354>
- <https://microcosmpublishing.com/catalog/other/48182>
- <https://microcosmpublishing.com/catalog/other/42103>

Contributor Bio

Sean Aaberg was born and raised in Oakland, California into a bohemian family. In 1988, at age twelve, he discovered zines, the Church of the Subgenius, and Punk at the same time which gave his world of Garbage Pail Kids, Pee-Wee's Playhouse, Dr. Demento, and *MAD* Magazine direction and drive. Sean has viewed his visual art as part of a series of cultural systems and tries to incorporate all levels of culture with his work. In 2000, Sean married fellow East Bay artist Katie Krause (now Aaberg), & they started GOBLINKO after his Punk name "Goblin" as an umbrella for their projects. In 2011 Sean launched *PORK Magazine* to cover Rock&Roll, Weirdo Art, and Bad Ideas, going for an inclusive, big-tent approach. *PORK* influenced generations of lowbrow artists, Rock bands, and entrepreneurs who copied the GOBLINKO business model. As the internet and smart phones changed how people consume media, Aaberg decided that making games would better meet his audience. *DUNGEON DEGENERATES* was released in 2017. In September, 2018 Aaberg suffered a severe stroke and is now recovering and figuring out what to do next. Sean lives in Portland, Oregon with his wife Katie and their three kids.

Illustrations





Goblinko
9781648412226
164841222X
Pub Date: 3/21/2023
\$99.00/\$129.00 Can.
Game

0 Pages
Games & Activities / Board Games
GAM001000

Dungeon Degenerates

Hand of Doom

Sean Aaberg

Summary

An instant classic and underground favorite from the moment it appeared on tabletops worldwide, *Hand of Doom* puts players into the boots of hardened criminal adventurers, escaping from the dungeons of Brüttelburg into a deranged, demented, dark-fantasy world of swords, sausages & sorcery. Players attempt to make their way through a series of interconnected weird, nasty & mysterious adventures as the world of the Würstreich gets progressively more dangerous & the Hand of Doom descends-distorting the land with evil sorcery. Over the course of multiple sessions, players will make morally questionable decisions that affect the game narrative, all while fighting ghouls, cops, bog monsters, and other unimaginable horrors. Think of it as a role-playing game in a box, dungeon master included.

Profusely illustrated by Sean Aaberg with hundreds of deranged new drawings. *Dungeon Degenerates* can be played solo or with up to 4 players & it can be played cooperatively or competitively. Recommended for ages 10 + , Medium difficulty, Not Suitable for Squares!

Contains:

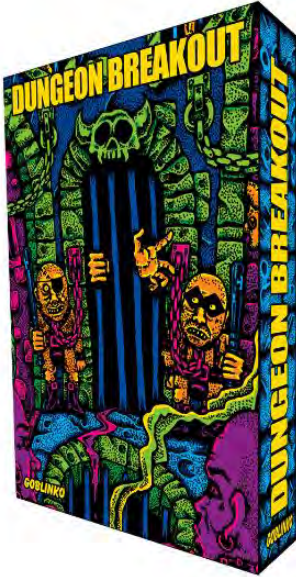
- 24" x 24" full color game board
- 8 playable adventurer character cards which come with their own items & abilities
- standees & stands of each adventurer
- 150 Monster cards divided into five decks by map region
- 60 Encounter cards divided into four decks by map region
- 12 Epic Monster cards
- 84 Loot cards
- 12 Epic Loot cards
- 134 American Standard Mini-Cards -
- 28 Doom cards
- 36 Skill cards
- 36 Danger cards
- 14 Triumph cards
- 24 Weakness cards
- 6 dice
- 300+ counters & the Hand of Doom!
- 36 page the Rules
- 20 page the Missions
- 2 Reference cards

*Halloween decorations, in the style of the artwork in this game, are available for purchase in **April 2023** at Microcosm Publishing's website. Follow these links to check them out:*

- <https://microcosmpublishing.com/catalog/other/48352>
- <https://microcosmpublishing.com/catalog/other/48354>
- <https://microcosmpublishing.com/catalog/other/48182>
- <https://microcosmpublishing.com/catalog/other/42103>

Contributor Bio

Sean Aaberg was born and raised in Oakland, California into a bohemian family. In 1988, at age twelve, he discovered zines, the Church of the Subgenius, and Punk at the same time which gave his world of Garbage Pail Kids, Pee-Wee's Playhouse, Dr.



Goblinko
9781648412783
1648412785
Pub Date: 3/21/2023
\$30.00/\$39.00 Can.
Game

0 Pages
Games & Activities / Board Games
GAM001000

Dungeon Breakout

Sean Äaberg

Summary

DUNGEON BREAKOUT is a game for 2-6 players, ages 8 and up and is a great game for players of any skill level. It's quick to set up and easy to follow. Sometimes a game takes 30 minutes, sometimes it's over in 5, it all depends on the luck of the draw and how you play your cards! The simple rule system also includes optional extra rules which can make your gameplay session longer, more challenging, or both.

The fast paced, easy to learn game of dungeon escape! Return to the Würstreich with the second board game from GOBLINKO! *DUNGEON BREAKOUT* is a heavily flavored, tile placement party game, set in the same world and populated by the same weird characters and creatures as *DUNGEON DEGENERATES: Hand of Doom*. With easy-to-learn rules and fast game play action, *DUNGEON BREAKOUT* will be a hit with any crowd!

You're trapped in the dungeon below Brüttleburg, but there is a chance for escape! Make your way through the maze-like corridors, collecting loot and battling monsters, and find the exit first to win! Watch out though, in addition to lurking monsters, there could be a jailor around the next corner, or one of your opponents trying to stop you! Comes with

- 60 Map tile cards which make up the dungeon deck
- 48 Monster cards
- 48 Loot cards
- 8 Adventurer standees
- 1 die (16mm)
- Rules sheet

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- <https://microcosmpublishing.com/catalog/other/48354>
- <https://microcosmpublishing.com/catalog/other/48182>
- <https://microcosmpublishing.com/catalog/other/42103>

Contributor Bio

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Illustrations



Don Giovanni Records
9781737524526
173752452X
Pub Date: 8/2/2022
\$19.99/\$25.99 Can.
Paperback

66 Pages
Carton Qty: 56
Photography / Subjects & Themes
PHO023120
11 in H | 8.5 in W | 0.6 in T

Self Taught

Tim Kerr, Julie Webb

Key Selling Points

- Tim Kerr is a member of the Texas Music Hall of Fame and was in bands including The Big Boys, Poison 13, Bad Mutha Goose, Lord High Fixers, and Monkeywrench.
- The *Austin Chronicle* calls him "Austin's original funk renegade."
- He wrote the soundtrack for the Bill Daniel's documentary *Who is Bozo Texino?*

Summary

Self Taught is a collection of toy camera photos of Visionary Environments that Tim and his wife have been to in the last 10 years. There are also portraits that Tim has painted of their creators. The work is an expression of the spirit of DIY and creating for creation's sake. Kerr has always rejected the impulse to define art or music by categorizing it into a specific genre and throughout his music and visual art career, has preferred to color outside the lines rather than adhere to any one definition of "art" or, for that matter, punk.

Tim Kerr is a musician and artist known for his lifelong contributions to the DIY and punk scenes, as a member of the Texas Music Hall of Fame, hailing from Austin, and for having played in The Big Boys, Poison 13, Monkeywrench, Bad Mutha Goose, Lord High Fixers, etc... Kerr is a visual artist and photographer, and currently releases music with his, and his friend Jerry Haggins, project Up Around The Sun.

Contributor Bio

Tim Kerr is a Texas based artist and musician, hailing from Austin, Texas, where he attended UT and received a degree in Painting and Photography. After college, he became very involved in the early Texas punk scene. The Big Boys, Poison 13, Bad Mutha Goose, Lord High Fixers, and Monkey Wrench are just some of the bands Tim was a founding member of. Tim was inducted into the Texas Hall of Fame in 1996, and still continues to play old time music and Irish music with friends.

Tim's primary focus is now on his art work and painting and you can find his art on album covers, posters, skateboard graphics, and advertisements and a book devoted to Tim's art has been reissued through Monofonus Press. Tim's artwork has shown from the US to Germany and many places in between, and has also painted murals in Texas, New York, Tennessee, and California. Through all of his life, he has never felt comfortable with labels and their restrictions. He is painting more than ever but also still finds time to play music with friends in Austin and wherever his travels take him. In Tim's own words, "I'm not dead yet. I am still active and as proud as I am of all that has happened before, I hope I have not seen the best thing yet."

Illustrations

Lance Ward

In issue #7: After fulfilling his psychiatric commitment, securing his first apartment, and dealing with memory loss due to mental illness, Lance finds himself in the employ of an ex-rock star and lands a gig as a radio show co-host!

24 Pages
Comics & Graphic Novels
/ Nonfiction
CGN007010
8.5 in H | 5.5 in W | 0.1 in T



Flop Sweat #8

Lance Ward

Summary

In issue #8: Working at a vinyl record store and co-host of a Heavy Metal radio show, Lance struggles with the darker side of the business. Also includes the story of Lance's heart attack, death, and resurrection!

Birdcage Bottom
9781957795010
1957795018
Pub Date: 4/4/2023
\$6.00/\$7.75 Can.
Pamphlet

32 Pages
Comics & Graphic Novels
/ Nonfiction
CGN007010

8.5 in H | 5.5 in W | 0.1 in T