



## Unfuck Your Shame

Using Science to Accept Our Feelings, Resolve Guilt, and Connect with Ourselves

Dr. Faith G. Harper

### Summary

Shame and guilt are perhaps the most difficult emotions humans experience. They tell us we are fundamentally broken, wrong, and unsalvageable—and then we operate in the world from that self-concept.

Dr. Faith G. Harper, bestselling author of *Unfuck Your Brain* and *Unfuck Your Stress*, writes that these emotions often result from our sense of "not-enough-ness" and the overwhelming feeling that we need to hide parts of ourselves in order to be loved and accepted. But we don't need to keep going through life feeling guilty, ashamed, and disconnected from ourselves.

With compassion, humor, brain science, and swearing, she guides us through the difficult shadow work of finding and reconnecting with these hidden parts and learning to accept our whole selves to regain our sense of vitality and completeness. Because we each deserve the experience of being a fully alive human.

### 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 is available as a public speaker and for corporate and clinical trainings.

Subscribe to the [Unfuck Your Brain newsletter](#) to get a discount on her books and zines.

Microcosm Publishing

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192 Pages

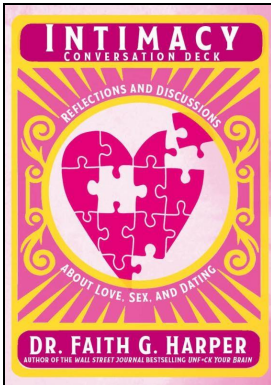
Carton Qty: 80

Self-Help / Personal Growth

Series: 5-Minute Therapy

17.8 cm H | 12.7 cm W | 1.3

cm T



## Intimacy Conversation Deck

Reflections and Discussions about Love, Sex, and Dating

Faith G. Harper

### Summary

"Do you feel content in your current relationship?" "What would you most like your partner to understand about you?" "What turns you on?" Explore these questions and many more in this 52-card deck from Dr. Faith G. Harper, bestselling author of *Unfuck Your Intimacy* and *Boundaries Conversation Deck*.

Intimacy isn't always easy to talk about, which is why this deck offers approachable, bite-size prompts that you can use to jump-start conversations, gain new insights, and improve your romantic and sexual relationships. Use the cards with one or more partners, among friends, in therapy, or for your own personal journaling and reflection.

### 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 is available as a public speaker and for corporate and clinical trainings.

Subscribe to the [Unfuck Your Brain newsletter](#) to get a discount on her books and zines.

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\$19.99 CAD

Cards

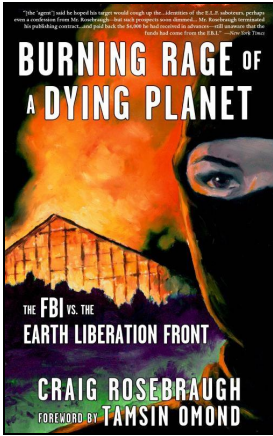
1 Pages

Carton Qty: 50

Non-Classifiable

Territory: World

10.1 cm H | 7.6 cm W



## Burning Rage of a Dying Planet

The FBI vs. the Earth Liberation Front

Craig Rosebraugh, Tamsin Omond

### Summary

A harrowing, captivating firsthand history of the rise of the radical environmental movement the Earth Liberation Front (ELF). Since 1997, the ELF has inflicted over \$100 million in damages on entities they believe to be causing environmental destruction, mostly through brazen arson attacks on timber companies, ski resorts, and car dealerships.

Former ELF spokesperson Craig Rosebraugh charts the history and ideology of the ELF and explores its tactics, successes, and limitations. Rosebraugh examines the question of whether or not violence is justifiable, along with the short- and long-term political benefits and drawbacks of using violence. He also offers a primer on the tactics of state repression and strategies the US government uses to destroy activist movements.

Whatever your view of direct action or violence, *Burning Rage of a Dying Planet* is an illuminating read for anyone seeking to understand radical environmental movements and the government's response to them.

This revised and updated edition has a foreword by Extinction Rebellion co-founder Tamsin Omond.

### Contributor Bio

**Craig Rosebraugh** has been a recognized political activist for over two decades, advocating for environmental preservation, human rights, and animal welfare. He has led numerous local and national campaigns; was a North American spokesperson for the Earth Liberation Front; has been arrested a dozen times for civil disobedience; was hauled in front of eight federal grand juries as a non-cooperating witness and target; was forced to appear and testify in front of the U.S. Congress; has received beatings, chemical spray, and a broken arm at the hands of police; and survived two FBI and ATF raids on his homes and offices, as well as over a decade of federal government surveillance, harassment, and intimidation. He recently prevailed in an out-of-court settlement against the Department of Justice...

Microcosm Publishing  
9781648412073  
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\$25.99 CAD  
Trade Paperback

256 Pages  
Carton Qty: 40  
Social Science / Activism &  
Social Justice  
20.3 cm H | 12.7 cm W | 1.3  
cm T

## Tarot Through the Witch's Year

33 Spreads for Spiritual Connection

Karen Krebsler

### Summary

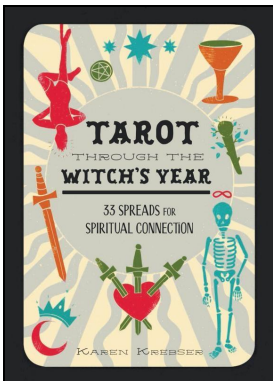
Explore the spiritual patterns of the Tarot with this collection of spreads based on the pagan Wheel of the Year.

Reflecting earth-honoring spiritualities, *Tarot Through the Witch's Year* presents divination in a welcoming, inclusive, non-judgmental, and informative way. Readers, novice and proficient alike, are invited to dive headfirst into the spirituality involved in the witch's year and to approach divine energy as it moves us and the Great Wheel around.

The thirty-three spreads include layouts, images, diagrams, and sample readings for the four equinoxes and solstices, the four cross-quarter days, thirteen full moons, and twelve dark moons. Readers in both the Northern and Southern Hemispheres will find valuable insight and tools as they navigate their year, beginning at any point on the calendar. See your year through new eyes, finding deeper meanings and a greater sense of connectedness.

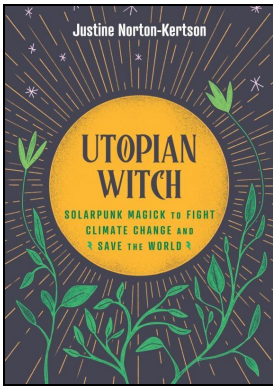
### Contributor Bio

**Karen Krebsler** has been a tarot reader since the mid-1990s, during which time she's read both privately and professionally and taught workshops and classes at Pantheon, SF BATS, and elsewhere. She has a master's degree in literature and writing from San Jose State University, and loves sharing her understanding of divination online for the fun of it and to continue developing her understanding of the cards and how they reveal and reflect all different aspects of modern life.



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Hardcover Paper over boards

256 Pages  
Carton Qty: 40  
Body, Mind & Spirit /  
Divination  
17.8 cm H | 12.7 cm W | 2.5  
cm T



## Utopian Witch

### Solarpunk Magick to Fight Climate Change and Save the World

Justine Norton-Kertson

#### Summary

This solarpunk book of shadows will guide you in surviving and resisting climate crisis and dystopian political systems so you can take radical action towards a positive future.

Longtime activist and practicing witch Justine Norton-Kertson introduces a fresh approach to witchcraft at a time when it's desperately needed. Drawing on the natural connections between modern paganism and the literary, artistic, and activist movement known as solarpunk, Norton-Kertson provides meditations and correspondences for developing a spiritual practice rooted in nature, the Sun, and a powerful belief in our ability to build a better world.

Readers will also find a host of spells to use in the fight against climate change, fascism, and inequality. These politically conscious magickal practices forge a new spiritual praxis to guide us as we work together to envision and create the future we want to see.

#### Contributor Bio

Once upon a time, **Justine Norton-Kertson** corrupted young minds by teaching high school history, civics, and economics from a leftist perspective. Without tenure, finding jobs was tough, so they shifted and spent almost a decade as a union organizer. Nowadays, Justine continues working to corrupt the youth, primarily as a publisher, author, screenwriter, and podcaster. She started Android Press and *Solarpunk Magazine* in 2022 and is editor-in-chief for both. Her short stories and poems have been published by *Utopia Science Fiction Magazine*, *Reckoning*, *Solarpunk Magazine*, and World Weaver Press, among others. Justine is also the creator and host of the Star Trek fandom podcast *Unimatrix Zero* and the fantasy fiction podcast *Imagitopia* and is an associate producer for the podcast *The 7th Rule*. ...

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9781648412523  
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\$26.99 CAD  
Hardcover Paper over boards

192 Pages  
Carton Qty: 80  
Body, Mind & Spirit /  
Occultism  
17.8 cm H | 12.7 cm W | 1.9  
cm T

## Beyond Manifestation

### A 31-Day Guided Journal to Transform Your Life Through Emotional Awareness

Jessica Mullen, Kelly Cree, School of Life Design

#### Summary

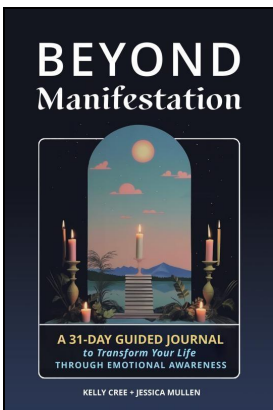
Discover profound freedom from stress and anxiety by embracing the power of the present moment with *Beyond Manifestation*. This transformative journal takes you on a journey to shed the burdens of lack and worry, guiding you towards feeling complete and content in the here and now.

This 31-day interactive workbook and planner challenges the status quo of constantly chasing manifestations, emphasizing that true peace, love, and happiness reside within the present. By focusing on the moment, you unearth your innate joy and enthusiasm, eliminating the need for external changes.

*Beyond Manifestation* reveals that presence is the key to attracting what you desire. It highlights the pitfalls of attachment to outcomes and offers a path to remain detached, blissful, and fulfilled, regardless of circumstances. This guide to self-awareness empowers you to embrace the infinite Now and see that life already is the way you want it to be. When you feel life is already perfect, it has no choice but to show you evidence of that truth.

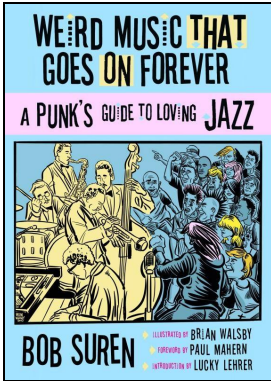
#### Contributor Bio

School of Life Design (SoLD) is a spiritual education system for practicing presence, mindfulness, emotional awareness and more. Founded by graphic designers **Kelly Cree** and **Jessica Mullen**, SoLD leverages fundamentals of design such as emphasis, rhythm, balance, and contrast to shape life experience. By harnessing the creative power of thought and emotion, SoLD empowers seekers to notice the silver linings, unlock mystical solutions and manifest desired realities. Learn more at [schooloflifedesign.com](http://schooloflifedesign.com).



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Trade Paperback

160 Pages  
Carton Qty: 68  
Self-Help / Emotions  
Series: School of Life Design  
22.9 cm H | 15.2 cm W | 1.1  
cm T



## Weird Music That Goes On Forever

A Punk's Guide to Loving Jazz

Bob Suren, Brian Walsby

### Summary

Once you've collected every 7" from your favorite label, broken your back in the mosh pit, and become so well-versed in the interpersonal dynamics of every hardcore band that there's nothing more to learn, what's a punk to do? Try jazz, recommends Bob Suren.

No, really. Suren, who wrote *Crate Digger* about his life and work in punk, turns his obsessive gaze onto another form of rebellious, improvisational outsider music, but this time with more sax.

What does Dixieland have in common with D.R.I.? Did Charles Mingus write the first punk song? And who was the Butthole Surfer of jazz? Suren answers these questions and many more. Reading his irreverent guide to jazz, filled with punk references and colorful language, is more fun than getting arrested for vandalism. Learn about the surprising history and scandalous etymology of jazz, explore its connections to punk, and take in biographical sketches of over 25 notable artists--with plenty of recommendations thrown in for your listening pleasure.

### Contributor Bio

**Bob Suren** spent decades as a professional punk rocker, playing in bands, releasing records, running a store and a distribution company, writing for zines, shooting photos, and booking shows. Now he's kind of into jazz. He lives in Austin, TX.

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256 Pages

Carton Qty: 80

Music / Genres & Styles

17.8 cm H | 12.7 cm W



## Cat Party!

Cats We've Known in Words and Pictures

Katie Haegele

### Summary

The cats in our lives are always close to our hearts, whether they're napping in a sunbeam, demanding pets and treats, playfully attacking our shoelaces, or haughtily ignoring us. From joy, whimsy, and coziness to nostalgia and loss, these diverse images, comics, and real-life stories span the emotional highs and lows of a life shared with cats and kittens (and, in one case, collectible cat figurines).

The many ways of felines are chronicled here in over 50 multimedia contributions, compiled from the first 10 issues of the *Cat Party* zine along with some new content just for this book. Editor Katie Haegele drew inspiration from the readers of her book, *Cats I've Known*, who wanted to tell the stories of the cats that had touched their own lives. The result is like a series of conversations and encounters with a panoply of some of the most relatable people on the planet: cat people.

These cat people include Quimby's Bookstore founder Steven Svymbersky, cartoonist and performance artist Dame Darcy, punk legend Joe Genaro (Joe Jack Talcum of The Dead Milkmen), Microcosm founder Joe Biel, comics artist Mardou, Defectivepudding, Heidi Moreno (Heidiroo), Justin Duerr, Vanessa Berry, and many more artists, writers, musicians, homebodies, dreamers, and close observers of the world.

### Contributor Bio

**Katie Haegele** is a writer from Philadelphia. She has published essays, articles, and reviews in newspapers and magazines, and has been putting out her own zines for 20 years. She has also published four books with Microcosm, with number five on the way: *Cat Party!*, a rollicking cat-themed anthology of personal stories, comics, and photos by more than 50 writers and artists. Together with her partner, Joseph Carlough, Katie runs a zine library and show space in Philadelphia called the East Falls Zine Reading Room. Visit her online at [www.thelalatheory.com](http://www.thelalatheory.com).

[Read an interview with Katie on the Microcosm blog.](#)

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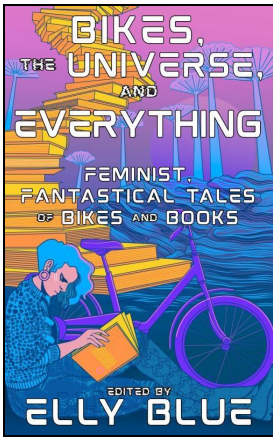
256 Pages

Carton Qty: 56

Pets / Essays & Narratives

21.6 cm H | 14 cm W | 1.3

cm T



## Bikes, the Universe, and Everything

Feminist, Fantastical Tales of Bikes and Books

Elly Blue

### Summary

Ever gotten lost in a book? Or on your bicycle? Or both at once, by falling through a portal on the page? Anything is possible in this collection of fifteen very short stories and one comic.

Ranging from science fiction to fantasy and traveling in time from a reimagined past to the heat death of the universe, these stories combine the personal and popular power of spokes and words. Meet a young graduate who rides off to become a velo-archivist, a bookstore owner who must learn to bike after cars are banned, a daredevil messenger who makes a harrowing textbook delivery run, a talented scribe who creates a braille bicycle guide, and many more adventurous souls in disparate realities, united by their love for spinning wheels and the written word.

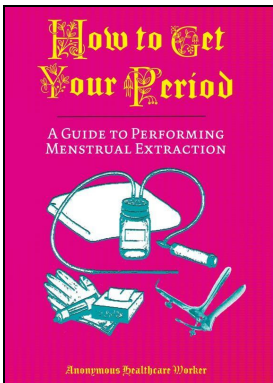
Includes stories by Kathryn Reilly, Kiera Jessica Bain, Julie Brooks, Aaron M. Wilson, Elizabeth Frazier, Annie Carl, Grace Gorski, Gretchin Lair, Cherise Fong, L. Y. Gu, Remy Chartier, Mariah Southworth, Dawn Vogel, Summer Jewel Keown, and Aidan Zingler, and a comic by Allison Bannister.

### Contributor Bio

**Elly Blue** is a co-owner and the vice president of Microcosm Publishing, and the co-host of the *People's Guide to Publishing* podcast. Her books include *Everyday Bicycling* and *Bikenomics*, and she is the editor of the annual *Bikes in Space* anthology of feminist bicycle science fiction. She lives in Portland, Oregon, with her partner, their dog, and a small fleet of cargo bicycles.

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Trade Paperback

160 Pages  
Carton Qty: 72  
Fiction / Science Fiction  
Series: Bikes in Space  
20.3 cm H | 12.7 cm W | 1.3 cm T



## How to Get Your Period

A Guide to Performing Menstrual Extraction

Anonymous Health Care Worker

### Summary

**Take charge of your reproductive rights, learn about your body, and build a supportive community.**

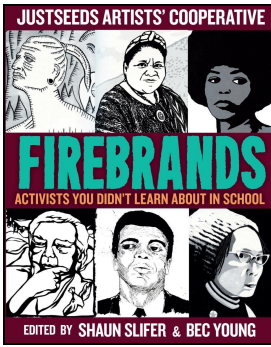
In 1971, as part of their work with their feminist reproductive collective, Lorraine Rothman and Carol Downer invented menstrual extraction (ME), a suction process to pass the entire period all at once, which has the side effect of ending any undetected early pregnancy. An underground network of providers has kept ME alive ever since, and now, in a post-Roe era, the demand is surging.

Written by an anonymous medical professional, this book provides a short history of ME and detailed instructions and diagrams explaining how to safely and effectively perform a manual exam, use a speculum, assemble a Del-Em kit, and complete a menstrual extraction procedure.

You'll also learn when not to perform ME and find an overview of other safe and effective options for bringing about menstruation or ending a pregnancy in the first trimester. In addition to heralding the incredible discovery of these historical heroes and affirming the need for abortion rights, this book offers menstrual extraction as a method to understand and protect our own bodies, choices, and reproductive rights even as they are under attack.

Microcosm Publishing  
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\$16.99 CAD  
Trade Paperback

128 Pages  
Carton Qty: 60  
Health & Fitness / Women's Health  
17.8 cm H | 12.7 cm W



## Firebrands (3rd Edition)

### Activists You Didn't Learn About in School

Justseeds, Shaun Slifer, Bec Young

#### Summary

This illustrated history celebrates American changemakers and revolutionaries that are often left out of public narratives about our shared past. These firebrands hail from Canada, Chile, and everywhere in between, from the 1500s to today.

Instead of focusing on the powerful, rich white folks so often featured in textbooks, these gorgeous portraits with accompanying biographies recognize the work of grassroots organizers, revolutionaries, visionaries, anarchists, workers, and artists. These heroes put their bodies and souls into fighting injustice and making their communities better, and they often gave their lives for the causes they believed in.

Each story is vividly illustrated by a member of Justseeds Artists' Cooperative and offers a radical glimpse into how individuals can work to change the world. A new introduction by editor Shaun Slifer launches the third edition of this beloved collection, which 15 years later remains a powerful resource for anyone of any age seeking the role models they missed out on in school.

Firebrands include Frida Kahlo, Audre Lorde, Sitting Bull, Gloria Anzaldúa, Pablo Neruda, Nina Simone, Emma Goldman, Fred Hampton, Buckminster Fuller, Paulo Freire, W.E.B. Du Bois, Sojourner Truth, Chico Mendes, Tupac Shakur, Grace Lee Boggs, Muhammad Ali, Yuri Kochiyama, and many more.

#### Contributor Bio

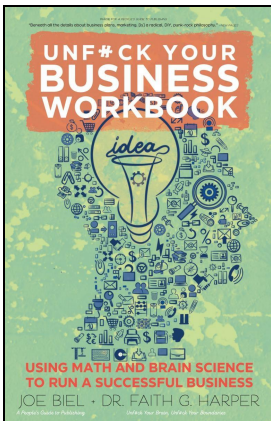
**Justseeds** is an artists' cooperative that focuses on environmental, social, and political engagement. Its thirty artists hail from Canada, Mexico, and the United States, and each of them bring their own unique methods and viewpoints to the table to create unified work and collective action. Just Seeds aids grassroots fights for justice by contributing graphics, produces collective portfolios, builds sculptural installations and wheatpaste, and helps each other out by offering daily support, allyship, and friendship.

**Shaun Slifer** is an artist, a member of the Justseeds Artists' Cooperative, and coauthor of the zine *Digging Up a Tennessee Anarchist*. He lives in Pittsburgh, Pennsylvania.

## Unfuck Your Business Workbook

### Using Math and Brain Science to Run a Successful Business

Joe Biel, Faith G. Harper



#### Summary

Want to start a business and ready to make a plan? This workbook will walk you through the essential steps with no fluff.

Publisher Joe Biel and bestselling author Dr. Faith G. Harper, co-authors of *Unfuck Your Business*, reunite to help you make your business idea viable, find your niche, and evaluate your growth and success. With the help of worksheets and exercises, you'll make sure the money adds up, plan your strategy for growth, hone your management skills, and work through common pitfalls like imposter syndrome and self-sabotage. Even if you've never run a business before and don't see yourself as a numbers person, you can succeed with the right tools.

Work out your dreams on the page and then watch your hard work, critical thinking, and belief in your meaning and purpose make them come true!

#### Contributor Bio

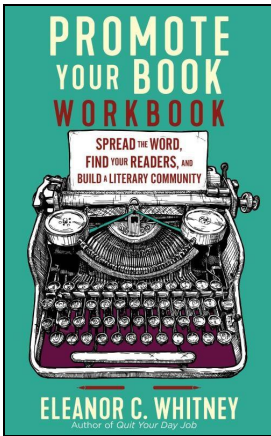
**Joe Biel** is a self-made autistic publisher and [filmmaker](#) who draws origins, inspiration, and methods from punk rock. Biel is the founder and CEO of Microcosm Publishing, *Publishers Weekly's* #1 fastest-growing publisher of 2022. Biel has been featured in *Time Magazine*, *Publishers Weekly*, *Art of Autism*, *Reading Glasses*, *Bulletproof Radio*, *Spectator* (Japan), *G33K* (Korea), and *Maximum Rocknroll*, as well as on NPR and PBS. Biel is the author of [A 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...

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Trade Paperback

192 Pages  
Carton Qty: 80  
Biography & Autobiography  
/ Social Activists  
Series: Real Heroes  
17.8 cm H | 12.7 cm W | 1.3  
cm T

Microcosm Publishing  
9781621064695  
Pub Date: 3/5/24  
\$19.99 CAD  
Trade Paperback

128 Pages  
Carton Qty: 88  
Business & Economics /  
Entrepreneurship  
Series: Good Life  
21.6 cm H | 14 cm W



## Promote Your Book Workbook

Spread the Word, Find Your Readers, and Build a Literary Community

Eleanor C. Whitney

### Summary

When you write a book, your work doesn't end on publication day. In fact, a key part of your job as an author is to get your book into the hands of readers . . . and that means you need to promote it. But how to do that?

In this interactive standalone companion to *Promote Your Book*, you'll find tips, exercises, and templates to get you started. From building your literary network to identifying your audience to planning social media posts and book tours, this workbook empowers you to create an individualized plan centered on authenticity and community.

Regardless of your publishing pathway (traditional, self, or hybrid) and the kind of book you've written, you'll find the tools to make the process of promoting your book approachable, fruitful, and, most importantly, fun.

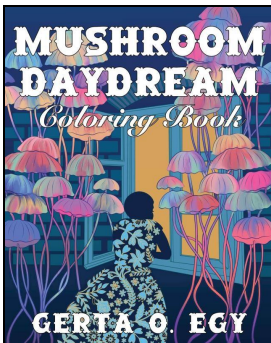
Eleanor C. Whitney, who is also the author of *Quit Your Day Job Workbook*, draws on a wealth of firsthand experience promoting her own books, as well as her expertise in teaching artists to be business savvy.

### Contributor Bio

**Eleanor C. Whitney** is a writer, editor, community builder, and content strategist who divides her time between Brooklyn, New York, and the Mojave Desert. She is the author of *Riot Woman*, a celebratory look at the Riot Grrrl movement, as well as *Quit Your Day Job* and *Quit Your Day Job Workbook*, which are practical field guides for starting a creative business. She has nearly twenty years of experience working in creative and strategic roles for museums, arts organizations, and tech startups. She holds a bachelor's degree in cultural studies from Eugene Lang College, a master's in public administration from Baruch College, and an MFA in creative nonfiction from CUNY Queens College. She strongly believes that when people are able to actualize their creative goals, our culture as a whole becom...

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160 Pages  
Carton Qty: 80  
Language Arts & Disciplines  
/ Publishers & Publishing  
Industry  
20.3 cm H | 12.7 cm W | 0.8  
cm T



## Mushroom Daydream Coloring Book

Gerta Oparaku Egy

### Summary

Frolic in a fungal forest, repose upon a toadstool, honor the amanita, whisper to the chanterelle, power up your foraging game, and bask in buttery morel righteousness. Tease your tastebuds and expand your consciousness as you color these lush landscapes and mindscapes in search of delight, inspiration, and that distinctive red-and-white fly agaric, the Waldo of the mushroom world.

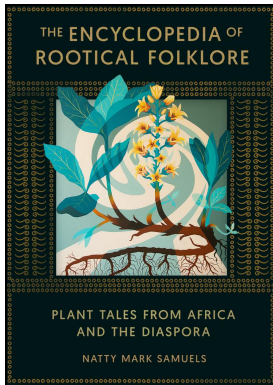
Gerta O. Egy's illustrations are enchantingly detailed, proliferating across pages and pages. Single-sided art means you can color as intensely as you need to, and perforations enable you to easily tear out each page to share or display.

### Contributor Bio

**Gerta Oparaku 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.

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128 Pages  
Carton Qty: 42  
Games & Activities /  
Coloring Books  
20.3 cm H | 17.8 cm W



## The Encyclopedia of Rootical Folklore

### Plant Tales from Africa and the Diaspora

Natty Mark Samuels

#### Summary

This A-to-Z treasury of stories and poems features plants of Africa and the wider Caribbean region. With each entry, plants become much more than material for humans to use. They serve as links to the orisha deities of African diasporic religions. They speak for themselves, forming alliances with people and animals. They serve as points of connection between the many generations of people who share their stories.

In *The Encyclopedia of Rootical Folklore*, botanical folklorist Natty Mark Samuels keeps the oral tradition of plant lore thriving in the present day. The stories sometimes involve characters of his invention (as well as age-old folklore staples like Anansi) and invoke contemporary situations, from bad bosses to mental health struggles. A baobab tree misses his old friend Birago Diop, a poet of the Négritude movement. Basil comes to the rescue for a woman who's had a rough day. On moonlit evenings in a square in Kingston, kids gather round a Rasta elder to hear tales of dates, guava, and the orishas linked to each plant.

The 88 entries, each accompanied by botanical information, blend age-old lore and modern sensibility to bring the plants of Africa and the Caribbean to life. Includes a glossary, illustrations, multilingual species index, and references.

#### Contributor Bio

**Natty Mark Samuels**, dubbed "Oxford's botanical folklorist" by *OX Magazine*, travels to botanical gardens, youth centers, and carnivals throughout the U.K. telling the stories and singing the songs of African and Caribbean flora. In 2009, seeing that none of Oxford's universities offered undergraduate tuition in African Studies, Samuels founded the African School, where he teaches classes on African folklore, art, and culture for the general public.

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## Merriment

Joe Steinhardt, Marissa Paternoster

#### Summary

As many of us do, Mack is having a hard time coping with life in New Jersey. Watching her friends figure their lives out while she is stuck living at home, Mack is looking for any kind of lifeline out of her Mom's house and into the City where she is convinced she will be happy. Then again, it's hard for anyone to be happy these days, a fact her mother will not let her forget. And what's worse: she thinks she might have committed a murder. And that maybe, just maybe, the FBI is spying on her?

*Merriment* follows Mack on her quest for happiness and/or sanity, through the horrors of life, as she navigates existential dread, real life dread, and all the dread in between.

#### Contributor Bio

**Joe Steinhardt** owns and operates Don Giovanni Records, a label which remains committed to furthering alternative culture and independent values, providing resources for artists who prefer to work outside of the mainstream music industry. He is a published author and an Assistant Professor at Drexel University in their Music Industry Program.

**Marissa Paternoster** is a visual artist, the lead singer and guitarist for Screaming Females, and was named the 77th best guitar player of all time by *SPIN* magazine and the 150th best of all time by *Rolling Stone*. Through her work with Screaming Females and her solo career, Marissa has released 11 studio albums and has been featured on MTV, Late Night TV, and NPR. She has toured extensively, supporting bands like Garbage, Dinosaur Jr. The Dead Weather, A...



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