

Changing Lives Press 2015 Catalog

Leading publishers of self help titles



Dear all,

I wanted to introduce myself to you and my exciting imprint, CHANGING LIVES PRESS. My name is Francesca Minerva and I am the Publisher and CEO of CHANGING LIVES PRESS. CHANGING LIVES PRESS was born from recognizing the fact that life happens, with its upsides and downsides, and sometimes, it helps to share those moments with others through these stories.

CHANGING LIVES PRESS offers a broad spectrum of publishing whose purpose is to inspire, help, entertain and provide information on a multitude of subjects that will enrich your life. Our titles are focused on books that impact lives. The authors we choose are those who have influenced or changed the way we think, act, or process ideas and information.

I invite you to explore my 2015 catalog which includes titles of encouragement, self-help, inspiration, motherhood, hope, cooking and recipes and more. You will also find a variety of true stories that promise to intrigue you such as an expose of how a top U.S. airline ceased to fly and was declared insolvent in record time, the story of a Las Vegas show girl told by her daughter; the true story of an abused mom told by her two children at the hands of her husband, their father, a NYPD Detective and the story of a bullied teen determined to make a difference against bullying.

A broad spectrum indeed for you to explore and enjoy!

Sincerely,

Francesca Minerva

CHANGING LIVES PRESS-Publisher & CEO

THE FIGHTING SPIRIT

THE ART OF WINNING YOUR FIGHT

BY MARY MCALARY
AND GEORGE FOREMAN III
WITH ALICE SULLIVAN

To anyone and everyone who wanted to give up but didn't, who hit rock bottom and came back swinging—or anyone who ever wanted to—this book is for you. George (Monk) Foreman III teams up with Mary McAlary, a mom and grandmother fighting MS, to co-author the ultimate motivational playbook—THE FIGHTING SPIRIT: The Art of Winning Your Fight.

Want to “Fight a Good Fight”? George III reveals 12 Fighting Laws with “Everyday Fighter” Mary McAlary alternatively sharing her life-changing journey and personal hard-won lessons (Fighting Facts). Diagnosed with MS 10 years ago, she was told to “get ready to spend the rest of [her] life in a wheelchair.” “Diagnosis be damned,” said Mary. “The fight was on.”



Special Note from George III:

No one walks through this world alone. Even professional athletes have a group of individuals to work with them, encourage them, and challenge them to be the best at what they do. Likewise, if you want to overcome illness, perform better, reach higher and more challenging goals, and make the most of each day for you and your family, it's much easier to do it when you have a team cheering you on. That's why I am building a community of real fighters, made up of everyday people.

Check out EverybodyFights (#everybodyfights #thefightingspirit). And please tell us #WhyYouFight. Success is not defined by wins or losses, but by the journey. That's not some cute, feel-good quote to stick on your refrigerator. It's the truth both for my life, and for yours. Let's be on it together.

THE FIGHTING SPIRIT also includes, Mary's

Knowledge Feeds: Fast health tips and links to more info.

25 Tips for Sustainable Wellness

20 Ways to be Healthy

5 favorite easy, delicious & healthy recipes (because who doesn't like a few good recipes?)

The Fighting Spirit

By: George Foreman III and Mary McAlary

Self Help / Motivational

January 2015

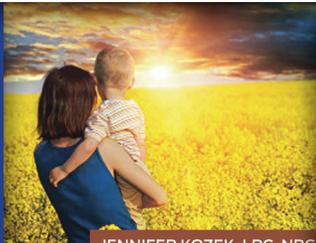
English / 112 Pages / Hardcover

ISBN-13: 978-0-9904396-2-2

Price: \$21.99 / E-Book Available

[CHANGING LIVES PRESS](#)





JENNIFER KOZEK, LPC, NBC

HEALING WITHOUT HURTING

Treating ADHD, Apraxia, and Autism Spectrum Disorders Naturally and Effectively Without Harmful Medication

Jennifer Kozek is a therapist who practices in Connecticut, and is also the mother of a son with Autism Spectrum disorders. After treating Evan bio-medically, along with other healing practices, Jennifer witnessed the kind of improvements that every parent of a similarly diagnosed child dreams of: Evan no longer grunts and screams, throws toys, hits others, or has mood swings. He no longer throws himself into fits of uncontrollable rage, listens to his teachers & responds appropriately. He copes better with changes in routine & makes eye contact more often. He no longer enters into a trance-like state ...and the list goes on.

Healing without Hurting includes a full menu of natural treatment options, including: A real world success story and simple recipes/healthy alternatives.

Readers will learn how to:

- Identify common labels of behaviors
- Recognize the early warning signs that an autoimmune disorder is brewing
- Identify the different medications; potential benefits and side-effects
- Find the right doctors and practitioners
- Identify food sensitivities and other autoimmune assaults
- and much more.....



Jennifer Kozek has a Master's Degree in Community Counseling, and a Bachelor's Degree in English/Criminal Justice from Western Connecticut State University. She is an accomplished licensed psychotherapist in private practice. She has over 15 years of clinical experience treating clients with an array of health disorders including Asperger's, depression, anxiety, OCD and ADHD.

Healing Without Hurting

By: Jennifer Kozek

Self Help: Motivational & Inspirational, Parenting & Special Needs

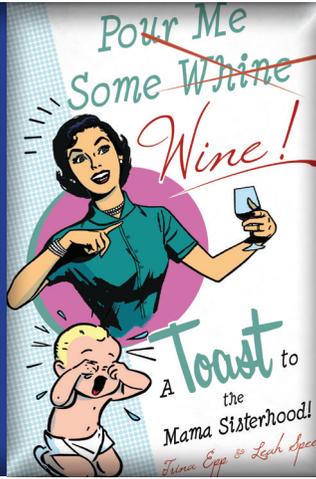
November 2014

English / 403 Pages / 6 X 9 / Hardcover

ISBN-13: 978-0-9894529-8-4

Price: \$24.99 / E-Book Available





Pour me some Whine will be the first wine pairing book for moms. Each of the 80 stories has a “reason” for moms to pour that glass tonight. The stories are arranged by 6 emotions in motherhood, and each story also has a witty wine pairing that contains a metaphor or something quirky to tie into the story itself. It is an uplifting book that cheerleads and supports moms.



Leah Speer is a parenting blogger at BabyCenter®, the #1 pregnancy and parenting web destination worldwide, which reaches 14 million moms in the United States every month. She is the mother of two sons, ages four and five. She has always had a passion for writing, inspired by her mom, a RITA Award nominated author who has found success in the publishing world as well. Leah has been published in various publications on families and parenting including an op-ed piece in the New York Post on the Sandy Hook tragedy and an article about families and Christmas time in The Baltimore Sun. Along with Katrina, she is a co-blogger at www.must-have-wine.com. Leah resides in Myrtle Beach, South Carolina, with her sons, husband, and faithful dog.



Katrina (Trina) Epp, raised in Ellensburg, Washington, began her career in sales working with a large international hay export company. This led to Trina starting her own company marketing and selling hay internationally to Japan, Taiwan, and Korea. Eager for a new challenge, Trina moved to Oklahoma where she began a new career as a commercial lines insurance agent. Four years later, she moved to Western Colorado, acquiring a position at a large commercial insurance agency. For the last nine years, she has juggled a full-time career and being mommy to her seven-year-old daughter and four-year-old son. She has been published in various publications about parenting and family life, including Central Penn Parent magazine on the Penn State rape scandal, and

Divine Caroline magazine for her article, “The Seven-Year Itch,” as well as in the YummyMummyClub for her article on the “Uh-Oh Box.” Katrina also blogs about healthy eating, parenting, and family life at www.must-have-wine.com.

Pour Me Some Whine Wine

By: Leah Speer and Katrina (Trina) Epp

Parenting & Family

April 2015

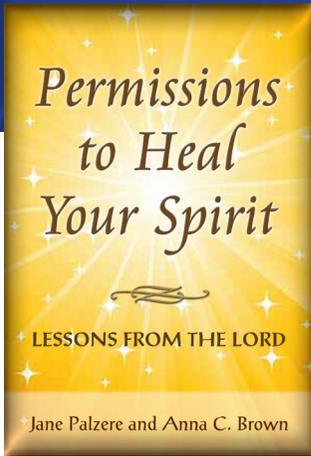
English / 172 Pages / Hardcover / 6 x 9

ISBN-13: 978-09904396-3-9

Price: \$21.99 / E-Book Available

CHANGING LIVES PRESS





Permission To Heal Your Spirit is written in the form of letters from Jesus explaining that healing can come from within, what causes pain and illness, how to have an attitude of well-being and how the responsibility for good health is within us, that illness is not a punishment from God but a lesson in how to live and survive and be whole in spirit.

Permission To Heal Your Spirit

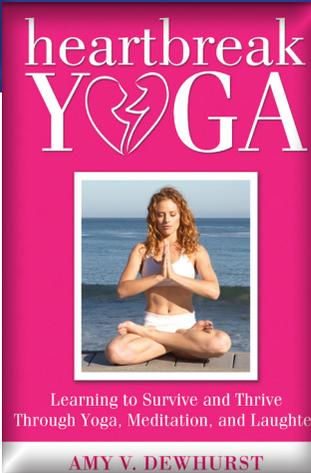
By: Jane Palzere & Anna C. Brown

March 2015

English / 112 Pages / Hardcover / Self Help & Inspirational

ISBN-13: 978-0-9904396-2-2

Price: \$16.99 / E- book Available



The Sex and The City of modern day spirituality, *Heartbreak Yoga* is a humorous, thought-provoking, soul searching exploration of the heart organ, the heart chakra, romantic heartbreak, loss, grief, grace, yoga, meditation, mantra, kirtan, and self-care. Part memoir, part yoga how-to and part self-help this offering is guaranteed to have you laughing, crying, and contemplating this thing called love.

Revised New Edition Coming February 2015

heartbreak YOGA

By: Amy V. Dewhurst

February 2013

English / 240 Pages / Paperback / Self Help & Inspirational

ISBN-13: 978-09882476-8-0

Price: \$17.99 / E- Book Available



CHANGING LIVES PRESS

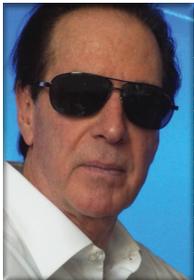
FINAL DESTINATION: DISASTER

WHAT REALLY
HAPPENED TO
EASTERN
AIRLINES



GEORGE JEHN

Final Destination: Disaster. What Really Happened to Eastern Airlines, will reveal for the very first time, the interconnection between top executives of this large corporation and the highest U.S. government officials, exposing the dire consequences of the foregoing. It points the finger at the Reagan Administration's desire to leave a serious, potentially politically-damaging airliner crash that intertwines with the Iran-Contra affair, uninvestigated and out of the public limelight, in turn betraying the trust of anyone who has ever boarded a United States commercial airline flight. This reading voyage will bring to light how the crash of Eastern Airlines Flight 980 led to the downward spiral, sale and final demise of "The Wings of Man," once the second largest airline in the free world; the true reasons for which needed to be kept top-secret. All of this and many more facts that could only have been written from an insider's perspective, with information never before revealed, are contained in this extraordinary read.



George Jehn, flew the Boeing 727, Douglas DC-9 and Airbus A-300 jets for Eastern Airlines for approximately eighteen years, from 1970 until 1988. He left Eastern to work for another large airline in 1988. During his time at Eastern, he spent six years as an elected pilot Representative from Eastern's New York pilot base. George is a member of the Board of Directors of the Air Line Pilots Association (ALPA).

Final Destination Disaster: What Really Happened to Eastern Airlines

By: George Jehn

True Crime: White Collar Crime

October 2014

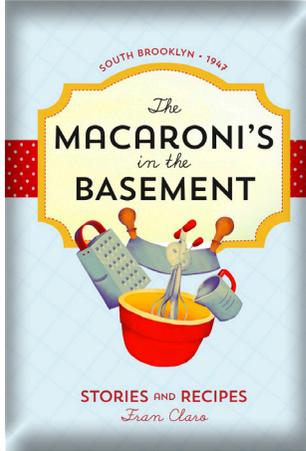
English / 257 Pages / 6 X 9 / Hardcover

ISBN-13: 978-0-9894529-6-0

Price: \$27.95 / E-Book Available



CHANGING LIVES PRESS



The Macaroni's in the Basement: Stories and Recipes is a new cookbook with stories about the nonne, a quartet of feisty, determined grandmas who run the world from their kitchens in South Brooklyn in 1947. They are exhaling a post-War sigh of relief -- dancing at block parties, celebrating births and weddings, and marveling at the Coney Island fireworks on Tuesday nights. They share an attitude of seeming nonchalance while working night and day, and a love for anything related to family, faith, and food. It's their cooking that they are passionate about. Their language is food, their currency is recipes.

The Macaroni's in the Basement Cooking Methods

By: Fran Claro

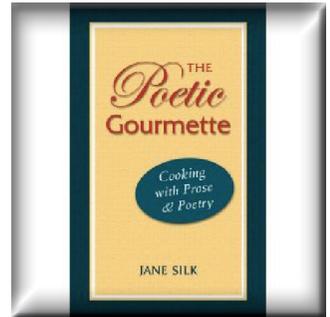
September 2014

English / 216 Pages / 6 X 9 / Hardcover / Cooking Methods

ISBN-13: 978-0-9849400-9-7

Price: \$24.99 / E-book Available

The Poetic Gourmette is a collection of the author's recipes interspersed with her original poetry. Both cooking and writing poetry helped her through some dark times in her life - after pouring her emotions into her writing, "I would move on to cooking and experimenting with various ingredients, which to me were like words. Every time I mixed an ingredient, I was expressing another feeling. When I had completed my recipes I felt that I had dealt with whatever the world had sent my way." But this book is much more than a poetry cook book. It is a wealth of information that includes facts about nutrients, tips about easily and inexpensively punching up our nutrition, marinating ideas, healthy substitutions in recipes, and even a key to the heretofore mystery of what constitutes a "serving size" of those five fruits and vegetables we are supposed to consume daily. Jane Silk's friendly style of writing makes you feel as though she were in your kitchen, helping you become the gourmet chef you thought you could never be.



The Poetic Gourmette

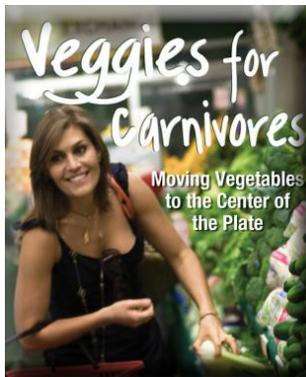
By: Jane Silk

May 2012

English / 98 Pages / 5 X 8 /
Paperback / Self Help & Cooking

ISBN-13: 978-0-9843047-8-3

Price: \$17.99 / E- book Available



One doesn't have to read very far into Lora Krulak's book, *Veggies for Carnivores*, before realizing that the author has an infectious passion for nutritious cooking, unusual foods, and vegetables in particular. If you are one who categorizes vegetables as hot (potatoes, green beans, peas and corn) and cold (carrots, tomatoes, celery and lettuce), you are in for a treat. According to Ms. Krulak, "Vegetables aren't just something your mother made you eat." Not only does she introduce the reader to exotic flavors, colors, and textures, she convinces us that vegetables are beautiful and...well sexy! Her recipes are uncomplicated, easy to follow and laced with stories and humor from her travels around the world. She gives great advice about the best products to use when preparing the food. She guides us into the culinary world step-by-step,

Veggies for Carnivores Cooking Methods

By: Lora Krulak

September 2012

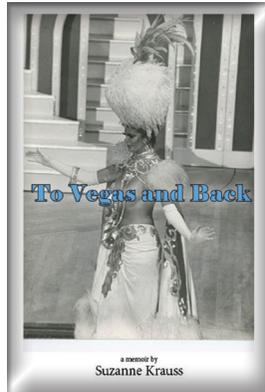
English / 160 Pages / Paperback / Cooking Methods

ISBN-13: 978-0-9837515-0-2

Price: \$21.99 / E- book Available

CHANGING LIVES PRESS





To Vegas and Back is Casino meets The Burning Bed, peppered with The Glass Castle. The story begins with a twenty-six-year-old woman living the American dream in the 1960s. She was a homemaker and mother of three in the beautiful suburbs of Philadelphia. At thirty-two, she gets a divorce and trades brownies and carpools for pasties and feathers as a Showgirl in Las Vegas. It is about this mother's reckless journey and the impact it had on her children.

The memoir is filled with crooks, sex, drugs, alcohol, gambling, entertainers and how they were all a part of the showgirl life. But the story also captures the inner struggles of a family that lived through these times. In the end, it is about a family's ability to bounce back from adversity and move on to a bright future. The author can tell this story, because this woman is her mother. She is the daughter of a Las Vegas showgirl.

To Vegas and Back

By: Suzanne R. Krauss

January 2014

English / 206 Pages / Hardcover / Memoir

ISBN-13: 978-0-9894529-3-9

Price: \$21.99 / E-Book Available

In Bed with the Badge is this generations Burning Bed. Ms. Joyce and her brother, Raymond, tell the bloodcurdling story of how their father, Ray Sheehan retired NYPD Detective turned wife-beating into an art form by utilizing the very tactics he was taught in the police force. In a terrifying moment of kill or be killed, the authors mother, Barbara Sheehan, shot her husband with his own weapon. The authors recount the details of the years of abuse their mother and they sustained at the hands of their father, and open up a dialogue about the controversial defense, Battered Woman Syndrome.

In Bed With The Badge

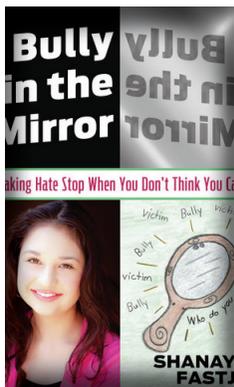
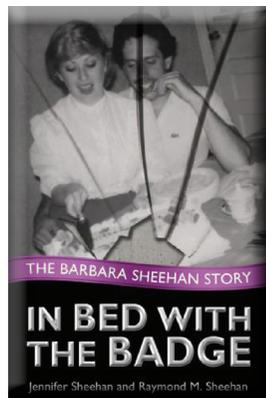
By: Jennifer Sheehan and Raymond Sheehan

February 2013

English / 288 Pages / Hardcover / 6 x 9 / True Crime

ISBN-13: 978-0-9843047-1-4

Price: \$22.99 / E-Book Available



Bullying is everywhere....and so is media coverage of bullying. *The Bully in the Mirror* can be a powerful part to the solution. The book blends facts about the negative effects of bullying with the author's views. Since Shanaya is a 13 year old girl who has been bullied, her experiences and those of her friends create an immediate connection with today's kids. Each chapter provides important facts along with tips and exercises Shanaya created. Readers learn how bullies work and how to stop them in their tracks. On June 28th, 2014, Shanaya won **The International Latino Book Award for The Best Book Written by a Youth.**

Bully in the Mirror

By: Shanaya Fastje

October 2012

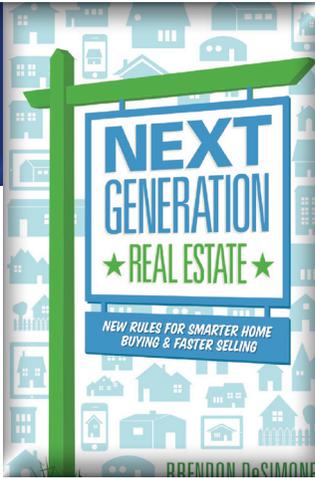
English / 164 Pages / Paperback / Teen

ISBN-13: 978-0-9882476-7-3

Price: \$14.95 / E-Book Available



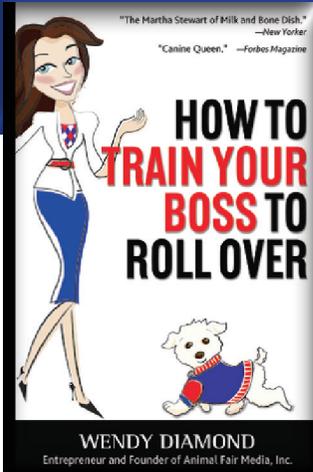
CHANGING LIVES PRESS



Everything you thought you knew about real estate has changed which is why *Brendon DeSimone* has written this book. He wants consumers to be informed on how to navigate this next generation of real estate. Technologically, behaviorally and culturally the world is more dynamic than ever. The result is a new portrait of the American Dream, one that is much more eclectic and complex and in need of new ground rules. No matter who you are or what generation you are from, this book will help you buy smarter or sell faster in today's market.

Brendon DeSimone is a real estate expert featured in a weekly Zillow blog with an estimated 50 million visitors per month. His column is syndicated to 250 daily newspapers and top media sites online such as Forbes, CNBC, Yahoo Homes, Fox Business and AOL Real estate. He has appeared as a national real estate expert on Fox News, CNBC, Good Morning America, Bloomberg and Fox Business. He also has been a featured expert on multiple HGTV shows.

Next Generation Real Estate
By: Brendon DeSimone
Real Estate
April 2014
English / 308 Pages / Paperback
ISBN-13: 978-0-9894529-6-0
Price: \$21.99 / E-Book Available



How to Train Your Boss to Roll Over is an entertaining handbook and useful guidebook written for employees who want to get ahead in the work world (and who doesn't want to get ahead)? Whether you work for a "mom and pop" company, a Fortune 500 corporation or you're an entrepreneur trying to land that big client, *How to Train Your Boss to Roll Over* provides humorous yet helpful and real training tips on how to get the Top Dog in your company, or that hesitant potential client to roll over. This clever employee handbook is the perfect book for employers, employees, friends or family members in the process of landing that new job, promotion or opportunity.

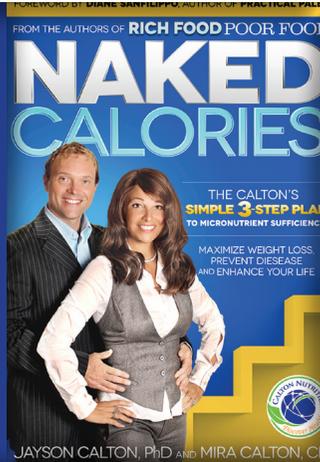


Wendy Diamond, Author, Entrepreneur,
Leading Pet Lifestyle Expert and TV Personality

How To Train Your Boss To Roll Over
By: Wendy Diamond
September 2013
English / 72 Pages / Hardcover / Self Help & Inspirational
ISBN-13: 978-0-9882476-7-3
Price: \$15.99 / E- book Available



CHANGING LIVES PRESS



Naked Calories reveals the naked truth about what you are eating and how your lifestyle habits may unknowingly be sabotaging your health. The secret lies in micronutrients, vitamins and minerals that are being stripped from your diet and depleted by your lifestyle. On the Calton's six-year global research expedition they discovered that modern practices such as global food distribution, factory farming, and food processing are creating foods filled with Naked Calories--calories void of any real nutritional value. The dynamic authors break it down to a simple three-step plan and teach you how to source better foods, eliminate unhealthy habits, and make choosing the best supplement as easy as ABC. Naked Calories, this decade's Fast Food Nation, will help millions of people gain a new depth of understanding about how to maintain health in the 21st century.



Dr. Jayson and Mira Calton are among the world's leading experts on the topics of nutrition and micronutrient deficiency. Their consultancy has been highly sought after by top corporate executives and celebrities. In addition to their over two decades of nutritional research and practice, the Caltons have spent six years traveling to over 100 of the world's remote regions including New Guinea, the Brazilian and Ecuadorian Amazon, Tibet, Tunisia, India, China, and Indonesia to study first hand the effects of micronutrient deficiency diseases. To learn more about The Calton's visit www.caltonnutrition.com.

Naked Calories

By: Dr. Jayson and Mira Calton

Health/Nutrition

October 2013

English / 206 Pages / Paperback

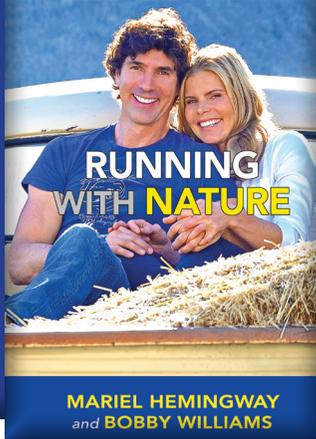
ISBN-13: 978-0-9894529-0-8

Price: \$19.99 / E-Book Available



CHANGING LIVES PRESS

Stepping Into the Life
You Were Meant to Live



When there is a will to experience each moment of life more fully with vibrancy and vitality, there is a way. It's about reconnecting to nature one broad-minded step at a time to discover a more fulfilling life of simplicity, adventure, stillness and laughter. In *Running with Nature*, Mariel Hemingway and Bobby Williams share their dynamic and authentic approach to living mindfully and healthfully, offering concrete action steps that readers can take and even track through a multifaceted point earning system encouraging them to embrace a healthier lifestyle.



Academy Award-nominated actress and successful entrepreneur, [Mariel Hemingway](#) has been pursuing her passion for yoga and health for the past twenty-five years and is now viewed as an authority on holistic and balanced health and well-being. As part of that role, she has led wellness retreats all over America, sharing her insights on movement, silence, nutrition, and home. Hemingway believes that the health of the body, mind, and spirit is the first step toward becoming conscious of the health and well-being of our environment.

[Bobby Williams](#) is a nutrition expert, world-class adventure athlete, stuntman, actor, and practicing intuitive healer with deep ties to the world of alternative medicine and the raw food movement. He has been in the world of health and wellness for twenty-five years.

Running With Nature

By: Mariel Hemingway & Bobby Williams

June 2013

English / 200 Pages / Hardcover / Self Help

ISBN-13: 978-0-9882476-1-1

Price: \$21.99 / E-Book Available



CHANGING LIVES PRESS



Week to Strong

By: Kat Cowley

November 2014

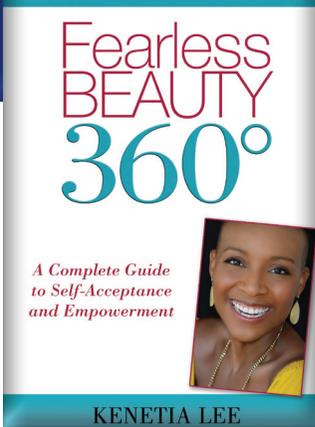
English / 160 Pages / 160 / 6 x 9 / Hardcover / Self Help: Personal Growth / Happiness / Inspirational

ISBN-13: 978-0-9894529-7-7

Price: \$17.99 / E- book Available

Author and Workshop Creator *Kat Cowley* provides a personal touch to Personal Development. She loves introducing people to a different side of themselves. Consider Kat your personal tour guide into new perspective territory. Kate enjoys working with teens and adults in making positivity a tangible part of their day. Many refer to her as their Personal Mentality Coach because she will get your mental gears spinning. Kat draws from her intimate interactions with those in her workshops to help read. This is a weekly thought-shifter: One soul-simmer routine per week. Sit, soak it into your own life and practice defaulting your thinking to a positive place upon first reaction. The goal is to put love-based thinking into REAL, ordinary/everyday scenarios so you have a chance to embody how YOU would feel in each situation and be lifted to a different view via a healthy perspective. The result: You'll gear your thought patterns to default from a positive place. You feel better about your reactions, and others reactions towards you. Layers of life once a burden to you will be released in the name of inner reconciliation.

"Every Herstory leaves impressions that nestle in your mind and influence your thoughts by distorting your self-image."
—KENETIA LEE



Fearless Beauty 360°

By: Kenetia Lee

January 2014

English / 160 Pages / Hardcover / Self Help & Inspirational / Beauty & Grooming

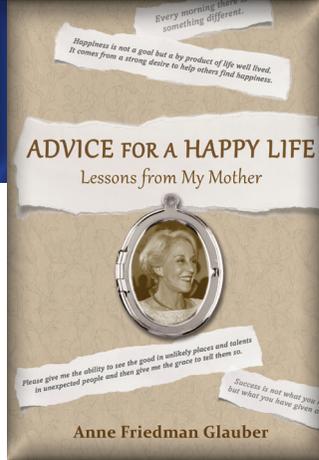
ISBN-13: 978-09894529-1-5

Price: \$18.99 / E-Book Available

In today's world, many women find themselves either frantically chasing, or perhaps completely avoiding their true beauty. Now, one of the country's foremost beauty experts draws from countless intimate interactions with women who have been seated in her own makeup chair to share a rare, uplifting beauty regimen that forges a deeper, more rewarding path to personal beauty. *Fearless Beauty: Embracing Yourself, Overcoming Obstacles and Pushing Your Boundaries* is Kenetia Lee's heartfelt, stirring journey towards her own self-acceptance. With candor, humor and rich insight, her powerful guide illustrates how anyone can cultivate a similarly strong connection with their true self, awaken their inner spirit, and there by enable an outer radiance to shine through. Shimmering with wisdom, and glowing with truth, this gorgeous guide to personal beauty is certain to liberate the beauty in any woman.



CHANGING LIVES PRESS



In Advice for a Happy Life: Lessons from My Mother the author seeks to understand the core elements of her mother's happiness as a loving tribute to her mother and as a life's guide for herself. But in the process of writing about her mother's wisdom for positive living, she also has written a beautiful book that can provide a pathway to happiness for anyone.

Advice For a Happy Life: Lessons From My Mother

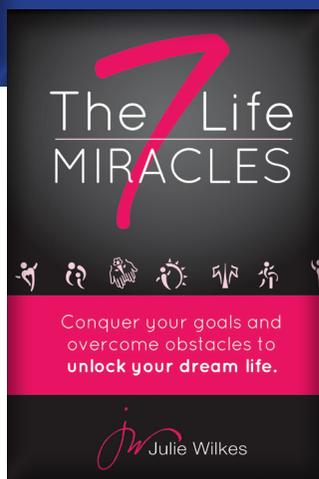
By: Anne Friedman Glauber

April 2014

English / 123 Pages / Hardcover / Self Help & Inspirational

ISBN-13: 978-09849400-7-3

Price: \$12.99 / E- book Available



After overcoming a terminal heart condition that originally gave her a life expectancy of 12 years, Julie believes that she was given the gift of a second chance at life. But, a gift is only as good as what someone does with it, and so Julie's inspiration comes from hoping to live in gratitude for that second chance at life and share the joy, lessons and adventures that she has learned along her journey.

7 Life Miracles

By: Julie Wilkes

February 2014

English / 160 Pages / Hardcover / Self Help & Inspirational

ISBN-13: 978-09849400-7-3

Price: \$19.99 / E- book Available

[CHANGING LIVES PRESS](http://www.ChangingLivesPress.com)





For any questions or inquiries regarding our titles please contact:

Francesca Minerva

Office. 718.835.8546

Cell. 347.527.0168

E. minerva_francesca@yahoo.com

www.changinglivespress.com

www.falenterprises.com



For Special Sales Services

Francesca Minerva. Literary Agent

FAL Enterprises, LLC.

Office. 718.835.8546

Cell. 347.527.0168

E. fminerva@falenterprises.com

www.changinglivespress.com

www.falenterprises.com

Changing Lives Press is pleased to announce the roll out of *Heroes Press*, our fiction imprint. Heroes Press' first title will be announced shortly, please visit www.changinglivespress.com for more information.



[CHANGING LIVES PRESS](http://www.changinglivespress.com)

