



STORIES TO SHARE



**HATING YOU, INTERRUPTED** by Lexi Alexander

DEBUT

**December 9, 2025** | Fiction - Romance - Romantic  
Comedy

**For checklist- and ABBA-obsessed Evie, focusing on her career has ensured she never falls back on hard times, but as she nears thirty, she's determined to finally slow down and start enjoying the benefits of her hard work. With a major promotion—and its financial security—on the horizon, she might have her chance. But when she wakes up as a spirit in her rival coworker Rafael's apartment and learns her physical body is stuck in a coma, her plans are DOA.**

As if being a spirit isn't dire enough, Evie discovers that Rafael, the long-time bane of her existence and sole opponent for the promotion, is the only person who can help her. And while in the past Evie swore she'd rather die than work with him, she didn't mean it quite so literally, and in no position to negotiate, she reluctantly offers him a deal: the promotion in exchange for his help getting Evie's spirit back into her body.

As they seek advice from a cat-loving psychic, consult with Rafael's abuela, and check items off her longtime ignored bucket list, Evie discovers there's more to Rafael than his bedroom eyes and hey-there dimple. With only a week until Evie's body is moved from the hospital to a care facility and out of Rafael's reach, Evie must choose between trusting the man who betrayed her years ago and figuring things out the way she's always done it: alone.

Combining the heated banter and charged workplace dynamics in Sally Thorne's New York Times bestselling *The Hating Game* with the paranormal edge of Ashley Poston's New York Times bestselling *The Dead Romantics*, *Hating You, Interrupted* explores the importance of meaningful connections and the power of second chances

**Materials Available to Read:** Available

**Rights Available:** Foreign English, Translation



A corporate communications manager by day and a romance writer by night, **Lexi Alexander** has found plenty of ways to put her English degree to use. Born in the country where Dracula hangs his cape and raised in the Motor City by a family of engineers, she loves to write characters who dream big, hustle hard and conquer the odds. And when she's not dreaming up love stories, she's cheering from the sidelines of her two sons' little league soccer games or perfecting her margarita recipe, which her husband will always willingly try!

Cover  
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**NOT ANOTHER CHRISTMAS MOVIE** by Ashley Cowan

**October 6, 2026** | Fiction - Romance - Romantic Comedy

***Isn't It Romantic* meets *Trainwreck* in NOT ANOTHER CHRISTMAS MOVIE by Ashley Cowan. Laugh-out-loud funny, occasionally naughty, and swooningly romantic, this rom-com does for made-for-TV Christmas movies what *Not Another Teen Movie* and *Scary Movie* did for teen movies and horror.**

Thirty-something Annie Meyers has officially sworn off love – and Christmas.

Her situationship with the noncommittal Chris fizzled out like flat champagne and the holidays just aren't the same without her late grandpa. Her best friend's impending engagement is enough to inspire her to spend the holiday season alone slugging boxed Rosé and creeping Chris on social media. That is until she falls asleep on the first night and wakes up in her worst nightmare: a

made-for-TV Christmas movie version of her quaint hometown where Chris is now the town's hunky widower who owns a Christmas tree farm. The only saving grace is that Annie is not trapped in this nightmare alone: her dorky childhood neighbour Nick is here too, and he's not quite as dorky as he used to be. Together, they realize their escape hinges on playing into made-for-tv Christmas movie tropes: she'll woo Chris, the now "perfect boyfriend," and Nick will woo his childhood sweetheart, Bailey. But as they participate in Christmas hoedowns, ice-skating dates, and cookie-baking montages, Annie starts to realise that her heart has other plans.

At the Annual Christmas Ball on Christmas Eve, she has one last chance to make it out of this Christmas movie madness. Will she win over made-for-tv movie Chris? Or will she finally realize the real magic of Christmas – and love – is much closer to home.

**Materials Available to Read:** June 30, 2025

**Rights Available:** Foreign English, Translation



**Ashley Cowan** currently resides in Simsbury, Connecticut with her sitcom-esque circus family, which includes a husband, three daughters, two rescue cats, and one rescue dog. After graduating from Roger Williams University, Ashley moved to New York City to become a starving artist before moving to San Francisco as a moderately hungry artist where she acted, wrote, and enjoyed many burritos. She is a published playwright in *The Applause Acting Series*, *25 10-Minute Plays for Teens*, and has had plays produced in places ranging from the stages of San Francisco (and bars doubling as stages!), middle schools in Texas, and community centers across the tri-state area.

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**ISIS: GODDESS OF THRONES** by Malayna Evans

**April 7, 2026** | Fiction - Fairy Tales, Folk Tales, Legends & Mythology

**One determined goddess. Two beloved gods. Three coveted thrones.**

**Ancient Egypt's most formidable goddess will stop at nothing to save her true love from the wrath of a vengeful god in this romantic retelling written by the author of *Neferura*, perfect for readers who loved *Lilith*.**

Isis, goddess of thrones and magic, steals the crown of Egypt and hands power to her husband, Osiris. Together, Isis and Osiris live an idyllic life, ruling justly over gods and mortals, until the god of chaos, set on revenge for a crime Isis knows nothing about, traps Osiris in a box—a box that quickly vanishes.

Driven by rage and desperation, Isis spends decades disguised as a human woman, isolated from home and family as she searches for her lost love. When she finally uncovers the box, what she finds will change her life—and the fate of gods and mortals—forever. Unless Isis can right the wrongs of a betrayal she didn't commit and deliver Egypt into the hands of a worthy leader, Egypt will fall to chaos.

*Isis: Goddess of Thrones* is a feminist retelling about the woman behind one of the ancient world's most widespread and enduring cults, a goddess whose message of empathy and resilience resonates still today.

### **Praise for Malayna Evans**

"An insightful and timely tale of female power...Evans' deft and illuminating book shows us little has changed in three and a half thousand years. She shows us true power is not found in dominating others but in the simple freedom to live and love as you choose."

— Nikki Marmery, author *Lilith*

"*Neferura* by Malayna Evans explores the tense political landscape of Ancient Egypt through the eyes of *Neferura*, princess and high priestess of Kemet. *Neferura's* story is excellently researched."

— Rosie Hewlett, author of *Medusa* and *The Witch of Colchis*

**Material Available to Read:** Available

**Rights Available:** Translation, Foreign English



**Malayna Evans** was raised in Utah and spent her childhood climbing mountains and reading Sci-Fi. She moved to Chicago in her early twenties where she earned M.A.s in the ancient history of the Mediterranean and the Near East and a Ph.D. in ancient Egyptian history. She enjoys sharing her passion for the ancient world with readers, adores travel, and plays a mean game of cards. A single mom, Malayna lives in Oak Park, IL, with her two children and two very spoiled Frenchies.

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**ABOUT YOU** by Wallis Kinney

**September 8, 2026** | Fiction - Romance - Paranormal - Witches

**An enchanting romantic fantasy featuring a dark curse that rests upon a witch's family and the secrets that they keep, perfect for fans of Hazel Beck and Heather Fawcett.**

Everyone in the Burns family has been cursed since they came to the old Colorado mining town centuries ago. No one in Sophie's family has lived past the age of 28, and with her final birthday just a few weeks ahead of her, Sophie decides to spend one last Yule season in the town where it all started.

Sophie's uncle, Tiberius Winchester, invites Sophie to stay with him in his charming (and slightly sentient) Victorian home. Knowing every day could be her last, Sophie was hoping to have one last cozy holiday season. That plan is thrown into disarray when Sophie meets Ash, the enigmatic and flirtatious owner of the local bookstore. Though her uncle has warned her to stay away from him and his rakish charms, Sophie teams up with the adventurous Ash to cross off every item of her recently uncovered childhood bucket list.

Sophie and Ash's chemistry becomes undeniable as they grow closer. And when an opportunity to end her curse for good arises, Sophie is faced with a perilous question: how can she face the possibility of living when she has only ever been prepared to die? But as Sophie grows closer to Ash, she learns that he might not be as innocent as she first thought - he and his family have a dark secret that he'll do anything to keep under wraps.

This love letter to Yule and the coldest months of the year will inspire readers to wrap themselves up in a blanket and sit by the hearth as they indulge in the seasonal recipes in the back of the book.

**Materials Available to Read:** July 1, 2025

**Rights Available:** Foreign English, Translation

**Author's past sales:** Italy (Il Castoro); Germany (KiWi); Poland (Niezwykle); Russia (Mann, Ivanov, and Ferber); Ukraine (Ranok)



*USA Today* bestselling author **Wallis Kinney's** biggest sources of joy in life are science and fairytales. She tries to imbue elements of both into every story she writes. She studied planetary science and molecular biology at the University of Colorado and has a master's degree in economics from Purdue University. Wallis lives in Dallas, Texas, with her family. In her free time she enjoys playing *Dungeons & Dragons* and making videos on YouTube that document her writing process.



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***WE COULD BE (ANTI)HEROES*** by Sarah Glenn Marsh

**May 5, 2026** | Fiction - Romance - Fantasy

**In the tradition of *Legends and Lattes* and Freya Marske, comes an enemies to lovers male/male romantic fantasy.**

Griff has always followed the straight and narrow path, following in his father's footsteps. His latest endeavor is trying to join The Wardens, the local policing force. His ex-best friend, Mal, has had the opposite influence on his life, which resulted in their falling out several years ago. Now in their 20s, Griff and Mal have only exchanged scathing looks and carefully barbed jabs. Alys, the third companion to their childhood trio, has been playing the middleman between Mal and Griff, balancing her friendships with them individually. Until Mal discovers a map that shows the path that their pseudo-father figure, Ruhn, took several years

ago, before he went missing.

With an additional push from Alys, Griff and Mal attempt to put aside their differences to try to find the treasure that Ruhn had been hunting for, and to see if they can discover what happened to him once and for all. But as the trek becomes more dangerous, Griff and Mal have to learn to trust each other again, and resolve the feelings that they have for each other.

**Materials Available to Read:** Available

**Rights Available:** Foreign English, Translation



**Sarah Glenn Marsh** lives in Richmond, Virginia with her husband, daughter, and their tiny zoo of four rescued sighthounds, two birds, and many fish. She is the author of several young adult books including the *Reign of the Fallen* series, and several books for younger readers including *Ninita's Big World* (an Amazon Best Book of 2019) and the Junior Library Guild-selected *Dragon Bones: The Fantastic Fossil Discoveries of Mary Anning*.



**A WILD LITTLE THING** by Tori Anne Martin

**February 24, 2026** | Fiction - Fairy Tales, Folk Tales, Legends & Mythology

**A sapphic romantasy rooted in the fairytale of Hansel and Gretel from *USA Today* bestselling author Tori Anne Martin**

Fifteen years ago, her father bartered her away to the old witch in the woods for some magic.

Two years ago, she rescued a young woman who was lost in those woods, and she fell in love.

Just now, she learned that woman was engaged--against her will--to a man who once was complicit in trading his little sister, who'd used the magic her life had bought to give her former family wealth and power beyond measure, and then

forgot all about her.

Soon, the young witch will leave the woods. Stop the wedding. Save the woman. Get revenge.

But beyond the woods, nothing is ever that simple.

**Materials Available to Read:** Available

**Rights Available:** Foreign English, Translation

**Author's past sales:** UK (Penguin)



**Tori Anne Martin** is the *USA Today* bestselling author of *This Spells Disaster*, as well as romance and fantasy under other (not-so-secret) names. She lives in New England where she collects pen names, tattoos, and hoodies in shades of gray and black. Previously, she collected degrees, including a doctorate in psychology where she studied interpersonal power, consent, and sexual assault. She much prefers writing romance. If you can't find her online, it's because she's lost in the woods.



**WITCHES OF HONEYSUCKLE HOUSE** by Liz Parker

**October 21, 2025** | Fiction - Romance - Paranormal - Witches

**Haunted by a curse that kills someone close to their family every 13 years, two sisters must come together to break the spell and save that which they hold most dear.**

**This enchanting novel explores the fraught lines between family and the secrets they keep, perfect for fans of Ava Morgyn and Heather Webber.**

Florence and Evie Caldwell have long disagreed on how to break their family's curse, and tension has been high since their mother's death thirteen years ago. Honeysuckle House, the family estate where every Caldwell has lived, now only houses one of the sisters. Evie has crafted it into an enchanted bed and breakfast, while Florence runs a magical bookstore in town, refusing to even set foot inside Honeysuckle House.

But when the house starts behaving dangerously and catches fire, Florence and Evie must set aside their differences and dig into past generations of their family and the town's history before the curse claims someone they love.

*Witches of Honeysuckle House* is an exploration of sisterhood, family, and the places we call home perfect for readers of *The Crescent Moon Tearoom*.

**Materials Available to Read:** Available

**Rights Available:** Foreign English, Translation



**Liz Parker** is the author of *Witches of Honeysuckle House*, *In the Shadow Garden* and *The Other March Sisters*. An herbalist and a witch, Liz loves gardening, a good cup of tea and the kind of story that sinks its hooks into you and refuses to let go.



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**THE CURSE OF THE COLE WOMEN** by Marielle Thompson

January 26, 2026 | Fiction - Romance - Paranormal - Witches

**Three generations of women struggle with a curse unfairly placed on their ancestor in this gothic story of magic, queer love, and mother-daughter relationships, perfect for fans of *Spells for Forgetting* and *Practical Magic*.**

The Cole women are cursed. Each generation will birth a daughter, lose their love, and, as surely as the tide beats against the rocky shore, take her own life by giving herself to the sea. For generations, the Cole women have lived as outcasts, maintaining a lighthouse on a small island off the coast of New Hampshire. Ever since their ancestor was accused of witchcraft and cast into the sea hundreds of years prior, the islanders have ostracized the Coles, distrusting their rumored magic and their control of the lighthouse.

Despite their mistreatment, the Cole women are compelled to remain on the island because they know that if a Cole woman does not light the beacon on Juniper Island, anyone who is out at sea will be drowned. Out of guilt and obligation, the Cole women live out their solitary lives on the island, knowing some day their recompense for protecting the people from the sea will be to die in the sea themselves.

Told in three interwoven timelines, *The Curse of the Cole Women* unravels the lives of three women who struggle with their relationships with each other as they contend with the reality of their fates – is it truly a curse, or is it generational madness that drives Cole women to the sea?

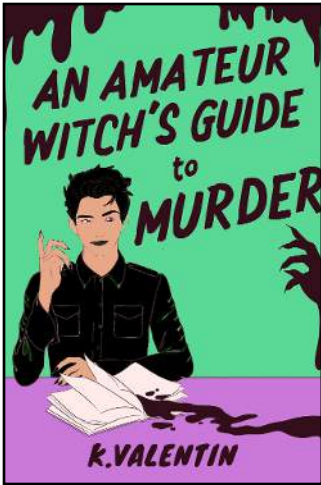
Readers will be swept into this evocative and moving story about challenging misogyny, finding community, and struggling with fate.

**Materials Available to Read:** Available

**Rights Available:** Foreign English



**Marielle Thompson** is a writer and lover of all things gothic, haunting, and romantic. Her writing is inspired largely by her experiences with mental health and her studies in literary history. She holds two masters degrees in Romantic and Victorian Literature & Society, as well as Creative Writing, both from the University of Edinburgh.



COVER IN PROGRESS

**AN AMATEUR WITCH'S GUIDE TO MURDER** by K. Valentin

DEBUT

October 14, 2025 | Fiction - Fantasy - Paranormal

**A wannabe witch tries to break a curse on a clueless client in this laugh-out-loud debut for fans of queer romantic fantasy by TJ Klune and Tamsyn Muir.**

Mateo Borrero has 99 problems—and all of them hinge on his missing bruja mother and the demon she trapped inside his body.

Mateo's mother forbade him from ever using magic, but now that she's gone, magic's his only marketable skill, and he'd really like an exorcism—which costs money he doesn't have. What's the harm in making a quick buck by calling himself an Occult Specialist and chanting a few half-remembered spells in his crappy Spanish?

Enter Topher, a naive nepo baby with a curse that keeps killing people around him. Most importantly, he's rich, and too clueless to clock that Mateo—and his (absolutely-not-the-assistant) astral-projecting best friend Ophelia—have never actually had a client before. Lifting Topher's bad luck curse should be simple, but as luck would have it, nothing is simple, and Topher—who Mateo sort of, kind of likes—might be at the center of a deadly magical conspiracy.

To make matters worse, the more magic Mateo does, the stronger the demon inside him grows and the more he wants to eat people. But would caving to the urges of an ancient evil really be that bad if it helps him get a payday?

*Legends and Lattes* meets *A Grim Reaper's Guide to Catching a Killer* in this hilarious and charming queer romantic fantasy readers won't want to miss.

**Materials Available to Read:** Available

**Rights Available:** Foreign English, Translation



**K. Valentin** hails from England and Las Vegas and presently calls rainy Washington her home. This far-ranging combination of formative locations makes her very proper, occasionally scandalous, and extremely emo. When she's not writing about demons, she's writing about hackers or elves. She has been published in the *Bag of Bones Horror Anthology*, *Cosmos: An Anthology of Dark Microfiction* and the *Latino Book Review Magazine*.



**THIRTY LOVE** by Tom Vellner

DEBUT

**March 24, 2026** | Fiction - Romance - LGBTQ+

**In this rivals-to-lovers gay tennis rom com, 29 year old Leo Chambers is determined to win the US Open by age 30, all while battling a frustratingly handsome (and newly out) challenger threatens his chances.**

Leo Chambers is a year away from his 30th birthday, and he can feel every moment of the pressure. The last American man to win the US Open was Andy Roddick in 2003--who retired when he turned 30. Leo is convinced that this is his last shot, and he won't let any distractions, or any particularly charming opponents, get in his way.

But Gabe Montoya—his longtime crush and current stumbling block on the tour—seems to be the one thing coming between him and a distraction free season. Not to mention Leo's father (who is also his strict head coach) is navigating health issues with MS. Leo wants to tune out the noise and keep focused on tennis.

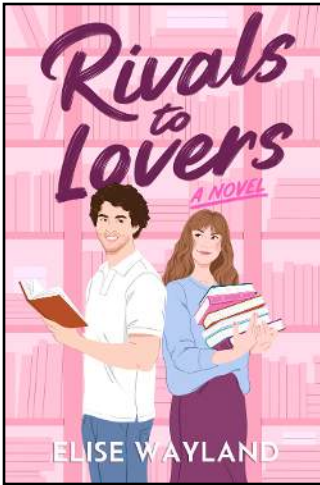
As the electrifying season advances and Leo starts to pick up momentum, he has to decide between sticking with the standard moves that have been working for him, or thinking outside the court. With his birthday looming closer, Leo hopes it's not too late — for his career, for his dad, for love. Ready? Play

**Materials Available to Read:** Available

**Rights Available:** Foreign English, Translation



**Tom Vellner** is an editorial manager at the ACLU and former staff writer at *BuzzFeed*. His writing has appeared in *VICE*, *Thrillist* and the *Toast*. **THIRTY LOVE** is his debut novel



**RIVALRY TO LOVERS** by Elise Wayland

**August 12, 2025** | Fiction - Romance - Contemporary

**One classic novel. Two adaptations. A competition that shakes up everything.**

**Perfect for fans of Emily Henry and Ali Hazelwood, this steamy rivals-to-lovers romance set in Manhattan features two writers fighting to write the adaptation of their favorite classic novel.**

Mo Denton has been obsessed with the classic feminist novel *The Proud and the Lost* for as long as she can remember. Mo put everything she had into writing a new adaptation of her all-time favorite book. Her agent Yuri loves it—but there's a catch. The author's estate has to approve any adaptation.

The agent who represents the estate—Wes Spencer—also wrote an adaptation and has been sitting on it. Promoting Mo's project would go against Wes's own interests, and he's reluctant to bring it to Estelle Morgan, the estate owner and elderly daughter of the original novelist. But when Yuri contacts Estelle herself, Wes has to get serious about ensuring that Mo's book doesn't get a chance to see the market.

Estelle invites Mo and Wes to her home for a weekend where they will pitch each book to her to let her decide. Estelle's children, Talia and Flor, are also part of the judging process, and it's clear who they favor: Wes, whose famous mother and relatable (to them) lifestyle makes him an easy choice.

Mo and Wes realize that they have more in common than just their love of the original book. As they grow closer back in New York City, and wait for the estate's decision, will the secrets Wes is keeping ruin the bond between them, or can they find their way to a happy ending?

**Materials Available to Read:** Available

**Rights Available:** Foreign English, Translation



**Elise Wayland** is a Midwestern writer and humorist, recently published in *The New York Times*, *Electric Literature*, *The Rumpus*, *Scary Mommy*, *McSweeney's*, and other outlets.



# **Nonfiction**

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**SMALL HABITS, LASTING CHANGE: TRANSFORM YOUR LIFE ONE MINUTE AT A TIME**

by Tal Ben-Shahar | **January 6, 2026** | Self-Help - Personal Growth - Happiness

**Cultivate lasting change with simple habits, from *New York Times* bestselling author Tal Ben-Shahar**

Do you struggle to make real change because you're starting too big without building a foundation first – get a new job, lose twenty pounds, learn a new language? Maybe the tools at your disposal seem inadequate, the prospect of change overwhelms you, and you feel stuck.

In *Small Habits, Lasting Change*, happiness expert Tal Ben-Shahar provides accessible and easy-to-implement tools, and an easy-to-follow three step process, that can help you realize your goals, aspirations, and dreams.

He starts with simple intervention techniques to reset your mood in as little time as possible—what he calls Happiness Boosters in the form of MVIs—Minimum Viable

Interventions, which include:

- Taking three deep breaths
- Writing down five things for which you are grateful
- Reading a quote slowly and deliberately
- Vigorously climbing stairs for 45 seconds

From there, discover how to improve wellbeing—spiritual, physical, intellectual, relational, and emotional—and build a stronger base within yourself for committing to change, increasing your willpower, and finding joy in the journey.

The final step in Ben-Shahar's guide will help you learn how to create the daily rituals that will help you turn goals into habits, and intentions into reality, using the 3 Rs of change:

- Reminders
- Repetitions
- Rituals

With concrete examples, practical, direct advice, and an easy-to-follow action plan, Ben-Shahar shows you that while cultivating lasting change takes motivation, it does not have to be a frustrating experience that is doomed to failure: you're just starting without the foundation you need for real change.

**Materials Available to Read:** Available

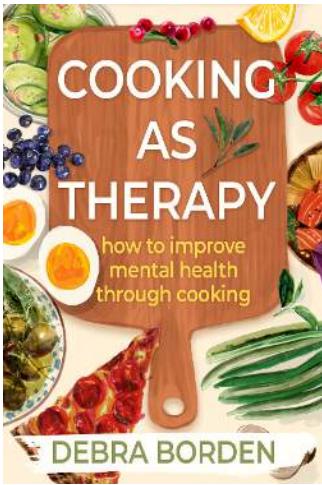
**Rights Available:** Foreign English, Translation

**Author's past sales:** Albania (Albanian Institute for International Studies); Chinese Complex (Commonwealth Publishing); Chinese Simplified (CITIC Press Corporation); Czech (Albatros); Denmark (Psykologisk Forlag); The Netherlands (Scriptum Books; Uitgeverij de Arbeiderspers); Finland (Rasalas Oy); France (Editions Belfond; Editions Robert Laffont; UniversPoche); Germany (Random House GMBH); Greece (Livannis Publishing Organization; Klidarithnsos Publications); Israel (Matar Publishing House); Iceland (A4; Under og Stormerki Ehf); Italy (Baldini Castoldi Dalai; Giunti Psychometrics); Japan (Daiwa Shobo; Otobank; Irh Press); Korea (Mirae; Wisdom; Positive Thinking; Chunggrim; Siodymedia); Norway (Cappeien Damm As); Poland (Zwierciadio; Dom Wydawniczy Rebis); Brazil (Planeta; Editora Globo); Portugal (Edicoes Asa li; Lua De Papel); Romania (Curtea Veche Publishing); Russia (Mann, Ivanov, and Ferber); Slovenia (Zalozba Karantanija); Spanish World (Centro De Libros; Planeta; Plataforma; RBA Libros); Sweden (Bokforlaget Natur & Kultur); Thailand (Pran; WeLearn); Ukraine (Family Leisure Club); Turkey (Elma Yayinlari; Stabil Publishing)



**Tal Ben-Shahar** is the *New York Times* bestselling author of *Happier* and the co-founder and chief learning officer of The Happiness Studies Academy. In 2022, Tal designed and launched the world's first Master's Degree in Happiness Studies in collaboration with Centenary University. His books have been translated into more than thirty languages, and have appeared on bestseller lists around the world. For more, see <https://talbenshahar.com/>





## **COOKING AS THERAPY: HOW TO IMPROVE MENTAL HEALTH THROUGH COOKING**

by Debra Borden

**November 4, 2025** | Self-Help - Personal Growth - Happiness

**Follow 20 recipes to find calm, improve self-esteem, and form daily habits—in your very own kitchen!—through mindfulness-based cooking therapy.**

In *Cooking As Therapy*, licensed clinical social worker and Sous Therapist Debra Borden provides you with all the tools and techniques to have therapy sessions in the comfort of your own kitchen.

Cooking therapy is an experiential therapy that allows you to conduct a therapy session while you cook a meal. Using cooking processes like chopping, kneading, stirring and more, you'll develop the skills to recognize limiting patterns and behaviors, improve self-esteem, and form healthy daily habits, and you might even have fun incorporating techniques centered around:

- mindfulness—which develops calm
- metaphor—which creates clarity, and
- mastery—which sparks self-esteem.

Luckily, you don't have to be a great cook to try cooking therapy—or even like cooking. You only need an interest in self-exploration. Borden will teach you the processes involved in preparing a recipe or meal that trigger awareness and even “aha” moments. Unlike talk therapy, cooking therapy sessions incorporate tangible acts. It is less about what you prepare and more of a guided journey to self-reflection through how you prepare a dish.

**Materials Available to Read:** Available

**Rights Available:** Foreign English, Translation



**Debra Borden** is a Licensed Clinical Social Worker in NY and NJ and a novelist. Her essays and articles have appeared in *Women's Health Magazine* and the *New York Times*. A pioneer in the field of cooking therapy, Debra is thrilled and grateful to be a part of the creative community of mental health professionals, writers, and foodies.



### COVER IN PROGRESS

## ***BREAK FREE FROM BURNOUT: HOW WOMEN CAN FIND RESILIENCE THROUGH RADICAL SELF-LOVE*** by Risa Ryger

**December 10, 2025** | Self-Help - Personal Growth - Self-Esteem

**A revolutionary playbook that provides solutions to burnout and overwhelm, for women doing it all.**

The modern woman feels pressure to be everything for everyone—juggling the demands of career, relationship, children, and friendships, all while trying to stave off anxiety, stress, burnout, and disconnection. As well as manage debilitating physical symptoms of burnout, like insomnia, digestive problems, chronic headaches or pain, and TMJ.

This perpetual state of anxiety is untenable. The solution? The Disruptive Self Ownership Process.

In *Break Free From Burnout*, Dr. Ryger explains the five reasons why women are pushed to abandon themselves: insecure attachment, trauma, shame, self-limiting beliefs, and gendered expectations. To make lasting positive change, Dr. Ryger teaches women the neuroscience behind cultivating self-confidence, self-love, and self-knowledge. When you develop a secure attachment to self, you will develop a Self-Owned Mindset, the soft place to land within yourself, from which you can meet any challenge.

*Break Free From Burnout* will teach you how to:

- Develop emotional stamina
- Cultivate a base of self-compassion
- Discover and accept all parts of yourself
- Disrupt and update your self-narrative
- Develop resilience in the face of challenges or triggers

With Dr. Ryger's innovative process to developing a Self-owned Mindset, you will reduce the negative effects of burnout and build a lifelong community of love and support.

**Materials Available to Read:** Available

**Rights Available:** Foreign English, Translation



**Dr. Risa Ryger** is a psychologist and international speaker with over 30 years of clinical and coaching experience. After earning her MS, MPhil, and PhD in Clinical Psychology from Columbia University, she developed the Disruptive Self-Ownership Process™ (DSP), which incorporates cutting edge neuroscience to facilitate meaningful change in her clients' lives. Risa is also the founder of 93% Consulting and works as a mental health and professional development advisor for corporations such as Microsoft, Citibank, and the Advisory Council of Mindfulness Without Borders.



**IMMIGRANT-ISH** by Katya Suvorova

**August 11, 2026**

Katya was only three years old when her Russian mother brought her to the US after an American man bought her from a catalog: she was a mail order bride. For years, Katya thought her mother was a model, misunderstanding the catalog, but when she was 17 she learned the truth, which launched her reckoning with her past.

Finally facing her trauma, including abuse from her stepfathers over the years and meeting her birth father, who claimed that her mother kidnapped her to take her to the US, she also faces her relationship with her mother and what kind of closure (if any) she needs to move on and move forward.

Katya started sharing her story on TikTok and very quickly went from zero to 4.3M likes. Followers have resonated with and been fascinated by her journey, and she's ready to share it all.

*Immigrant-ish* is *I'm Glad My Mom Died* meets *Beautiful Country*, a true account of her life growing up in the United States with her mentally ill mom and an often-inhospitable country told with irreverent dark humor exploring themes of identity, mental health, and what we owe (or don't owe) our parents.

**Material Status:** Proposal available

**Rights Available:** Foreign English, Translation

**\*\*45.6K followers on Instagram (@katasuvorovawrites) 87.3K followers on TikTok (@sincerelysuvorova)\***



**Katya Suvorova** was an undocumented immigrant in Texas. She finally gained her citizenship at seventeen years old. Katya is an alumna of The University of Houston writing program whose work has been published in *Electric Literature*, *JMWW*, *Gold Man Review*, *Memoir Magazine*, and *Atticus Review*. Find her on TikTok @sincerelysuvorova, Instagram or read more at

<https://katasuvorova.com/>

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***A FIELD GUIDE TO MISINFORMATION: HOW TO DEFEND YOURSELF AGAINST SCAMS, CON ARTISTS, AND PSEUDOSCIENCE*** by Melanie Trecek-King

**August 25, 2026**

Misinformation is a global problem, threatening everything from individual pocketbooks to public health to civilization itself. Fake news, con artists, and pseudoscience pervade our information environments, looking for ways to make money or create chaos by exploiting our hopes and vulnerabilities. It's no wonder that so many of us have lost trust in our institutions, and even in each other. But nihilism won't save us. Education can.

While there are many books that address misinformation, *A Field Guide to Misinformation* differs in that it pulls back the curtain to reveal how the wizard does their tricks. Each chapter will explain how misinformation persists, and will lay out step-by-step how con artists and fake news use specific tactics to trick the

public. *A Field Guide to Misinformation* is a must-have for readers of popular science and critical thinking books and will empower everyday folks to resist being fooled by misinformation.

*A Field Guide to Misinformation* equips readers with the necessary foundation. They'll learn why we're vulnerable to con artists, charlatans, and misinformation, how science works, why it can protect us against misinformation, and how to (really!) do their own research and find reliable information. They'll learn important aspects found in all cons, such as how con artists use fallacies and rhetorical techniques to "win" arguments, how conspiracy theories work, and how charismatic leaders convince us to follow them. Throughout, readers will learn how health pseudoscience is sold, how fad diets work, and the techniques of science denial.

Upon reading this book, readers will be able to identify—and not fall for—the sneaky tricks misinformation peddlers employ to fool them.

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**Rights Available:** Foreign English, Translation

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**Melanie Trecek-King** is a science and critical thinking communicator and an Associate Professor of Biology at Massasoit Community College outside Boston, where she developed an award-winning general-education science course designed to "teach skills, not facts," called "Science for Life." She also translates science to normals on her website, ThinkingIsPower.com, her Facebook, which has about 50,000 followers, and her other social media accounts, which has 14,000 combined followers. Trecek-King is also the Education Director of the Mental Immunity Project and CIRCE (Cognitive Immunology Research Collaborative) and a Fellow of the Committee for Skeptical Inquiry.