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2010 CATALOG

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The Aerial Circus Training and Safety Manual

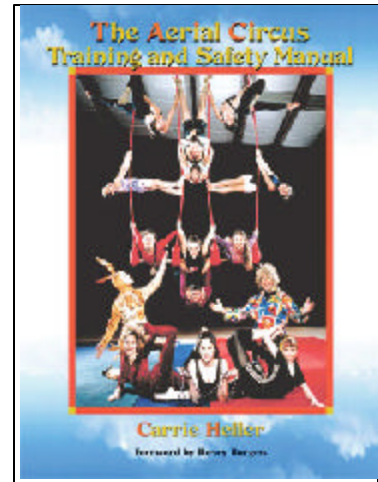
Carrie Heller

“We have used Carrie Heller’s book as a manual for our Trapeze Teacher workshops. The photos have been especially useful and students and teachers alike greatly appreciate the support this book gives to their work.”

--Elsie and Serenity Smith
Nimble Arts/Gemini Trapeze, Vermont

“Carrie Heller has worked tirelessly and selfishly to give the entire circus community a gift of practical aerial artistry. I refer to her book all the time to stay safe, and review tricks before practice sessions. I highly recommend it to anyone who wants to teach or learn static trapeze.”

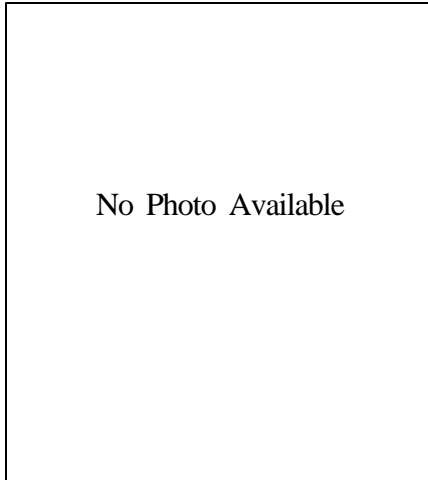
--Kevin O’Keefe
Founder of Circus Minimus and the American Youth Circus Organization



Pub Date: July 2010
U.S. \$49.95
Paper, Spiral Bind
8 1/2” x 11”, 344 pp.
ISBN 0-88100-136-8
978-0-88100-136-5
Category: How-to, Reference
Rights: World

Carrie Heller’s Aerial Circus Training and Safety Manual gives the reader complete information on teaching and learning trapeze, rings, tissue, and web work. The step-by-step information is accompanied by over 1,000 how-to photos, as well as safety information and procedures. Heller has assembled information for circus performers and those who have always wondered exactly how “they do that.” Few books outline the information available in the Aerial Circus Training and Safety Manual.

Carrie Heller, M.S.W. is a Licensed Clinical Social Worker as well as an aerial dancer with over 20 years of experience as an instructor, performer, and choreographer. After having studied 6 years with the students of the FSU Flying High Circus, Carrie began teaching circus arts at the age of 14. Carrie spent 15 years practicing and teaching Circus Arts in Atlanta, Georgia where, in 1993, she founded Circus Camp which serves over 1000 children each summer. She has served as aerial supervisor, play therapist, and consultant to the internationally renowned Camp Winnarainbow in California. Combining a love of the circus with her therapeutic background, Carrie does workshops and trainings in Circus Arts Therapy throughout the country, including but not limited to Cirque Du Monde: A Cirque Du Soleil Outreach Program that uses circus arts as an alternative educational approach to help youth in difficulty around the world. Carrie has trained hundreds of students in the aerial arts as well as countless individuals who have become teachers using her Aerial Circus Training & Safety Manual.



Roses On My Table

Michael Patrick Shiels

Pub Date: October 2010

U.S. Price \$24.99

Hardcover

5 1/2" x 8 1/2", 200 pp

ISBN 0-88100-150-3

978-0-88100-150-1

Category: Biography

Rights: World

Have you ever wanted to move with the movers and shakers? Michael Patrick Shiels has lived that life. Whether he's mixing it up with top American radio personalities, playing eighteen holes with recognizable faces in golf, or traveling to different corners of the world in search of a good time or some peace and quiet, Shiels has collected stories that are stranger than fiction. Because he "invited himself to the party."

In the autobiographic *Roses On My Table*, Shiels takes his readers to "the party," showing them the intimate details his wild and memorable experiences. The book outlines how being assertive and standing out from the crowd can get you "invited to the party."

Beneath the wild times is a man who is both deeply spiritual and genuinely curious about his surroundings. Shiels shows himself as a loving father and someone who has allowed his distinct life to change him for the better. The hilarious, boisterous, and moving humanity of Michael Patrick Shiels shines brightly in *Roses On My Table*.

Hey Mom and Dad, Remember Me?

Durlynn Anema

Pub Date: November 2010

U.S. Price \$14.95

Paperback

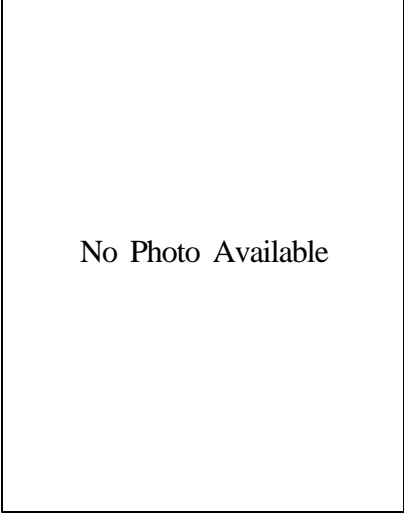
5 1/2" x 8 1/2", 75 pp

ISBN 0-88100-148-1

978-0-88100-148-8

Category: Self-Help, Teen

Rights: World



No Photo Available

Being a young adolescent teen is hard but it can be miserable if divorce looms over the young persons head. When a teen's parents are going through a divorce, it can affect every aspect of life: emotional well-being, attitude toward loved ones, school, and other areas. In *Hey Mom and Dad, Remember Me?*, Durlynn Anema a Ph.D. and family counselor, addresses the issues surrounding divorce in a way targeted to adolescents.

By examining countless emotions and scenarios a young person could experience during a divorce, Dr. Anema provides a compassionate and all-inclusive look at the best ways to handle this tough situation. Whether it's feelings of anger, depression, guilt, or any other difficult problem, *Hey Mom and Dad, Remember Me?* provides examples and commentary that will be a great companion and reference for an adolescent watching their parents divorce.

Divorce is a heavy burden for any person, especially a young one, and should not be carried alone. With *Hey Mom and Dad, Remember Me?* no teen has to anymore. Dr. Anema has provided these young people with a book that will help them make the best of even the most straining parental divorces.

"I was getting a divorce in Georgia and had to take parenting classes as part of the proceedings. This book would be great for those classes. It's important for parents to know what their tweens and teens are feeling about their divorce." - A Social Worker in Stockton, California

"My parents divorced when I was 16. I almost started crying when I read the book because it brought up all the sense of loss when my Dad didn't come to visit "because your Mom would get upset." The book brings up concrete ways to get some of your emotions on the table and practical things like visitation, money problems and how to love and be loved by both parents." - A parent whose own parents divorced when she was a teen.

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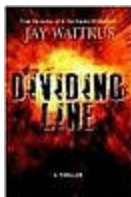
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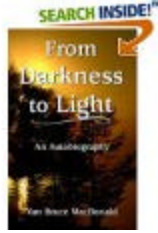
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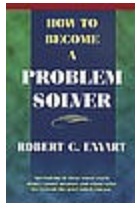
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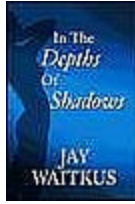
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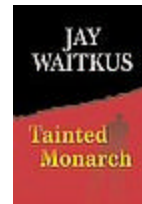
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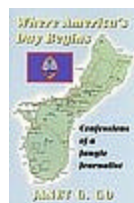
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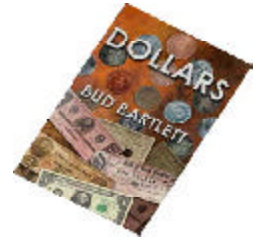
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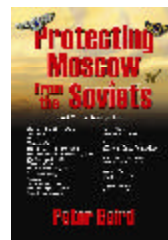
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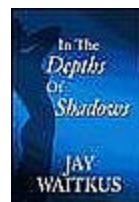
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