

Dear friends,

We at SEAL PRESS are delighted to present our Spring 2018 list, which includes books on feminism, body positivity, self-help, motherhood, sexuality, social movements, and mental health.

To order advance review copies, please complete the enclosed checklist and mail it back to us. If you have any questions about a specific title, please don't hesitate to contact one of us directly.

Here are some highlights:

- Jacqueline Mroz's ***Girl Talk*** delves into the science and psychology of friendship—how these bonds affect mental and physical health, longevity, and impulse control.
- ***Forget "Having It All"***, by award-winning journalist Amy Westervelt, examines the mistreatment of mothers in America and what must be done to begin anew.
- In ***Faking It***, sex educator and consultant, Lux Alptraum, questions whether women have a common impulse to lie about sex or if this idea stems from male paranoia and self-image.
- Rachel Giese's ***Boys***, assesses how indoctrinated rules of "manliness" within boyhood continues to hinder boys' emotional and social development.
- ***Invisible Girls***, by Dr. Patti Feuereisen, unravels the truth behind sexual abuse and uses personal anecdotes to encourage young women to come forward, find their voices, and work toward healing.
- ***The Feminine Revolution***, by Catherine Connors and Amy Stanton, walks us through the history of womanhood and provides a new perspective on powerful feminine traits and strengths that were once seen as weaknesses.
- ***A New Theory on Teenagers***, written by Dr. Christa Santangelo, Ph.D. provides a parental guide to aid guardians in raising teenagers—giving parents back their power, while allowing teenagers' voices to be heard.
- In Bushra Rehman and Daisy Hernández's anthology, ***Colonize This!***, a group of diverse writers divulge their stories to showcase the racial and gender divide within modern-day feminist movements.
- In ***Body Positive Power***, Instagram star and body-positivity guru Megan Jayne Crabbe, shares her stories on eating disorders and diet culture, all while teaching us how to turn body shame into self-admiration and confidence.