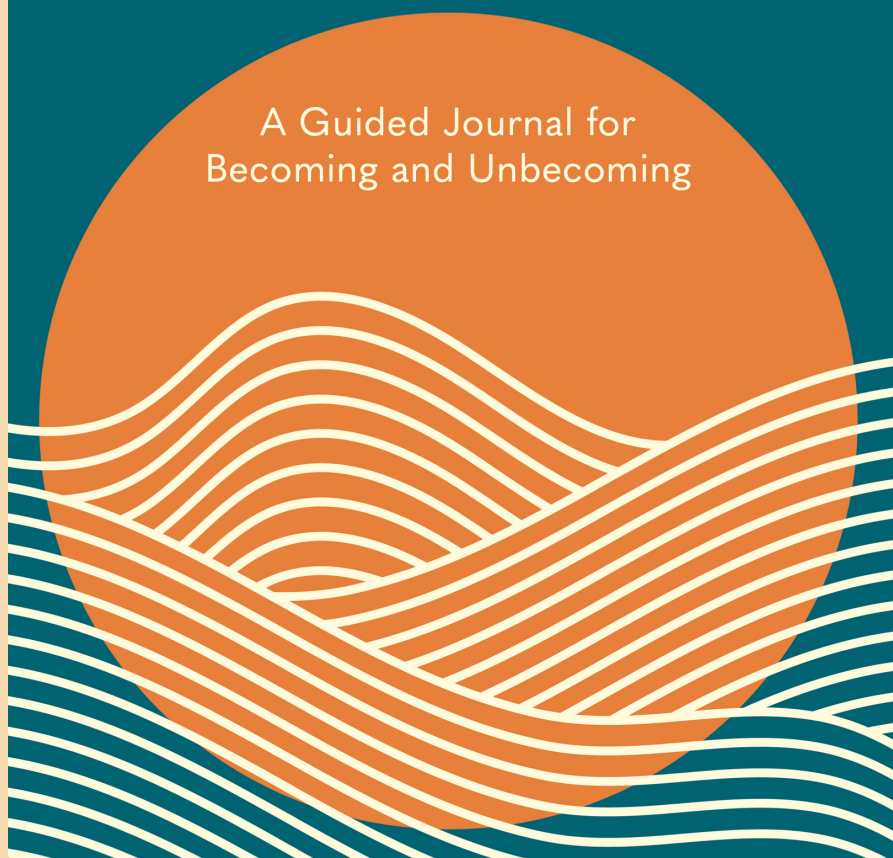




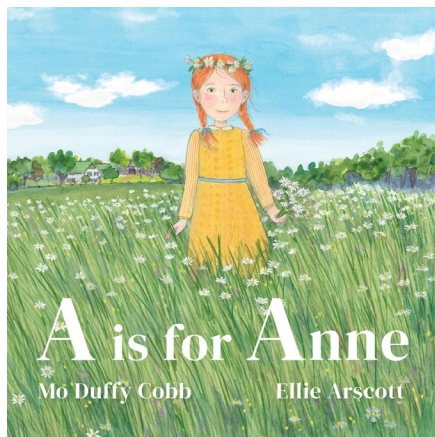
Katherine Stetson

# JOURNEY

A Guided Journal for  
Becoming and Unbecoming



2024 Catalogue



*A is for Anne*

ISBN: 9-781-778124-54-9

\$16.95 | Board Book

Trim: 8.5 X 8.5 | 24 pages

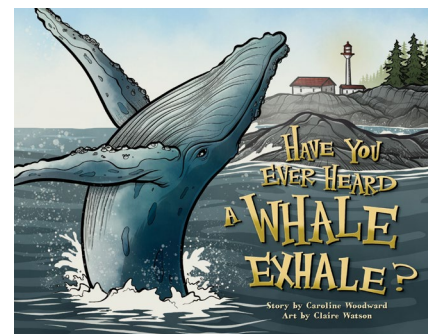
Available



**Celebrate the world of Anne of Green Gables with this alphabet board book that explores Anne's life in Avonlea with her friends and family.**

Written by Prince Edward Island author **Mo Duffy Cobb** and illustrated by Canadian visual artist **Ellie Arscott**, the art and poetics behind *A is for Anne* will leave the readers' hair flying in the wind. A story of identity, imagination and poise, *A is for Anne* will be enjoyed by all — from the very young to the eloquent Montgomery scholar.

"L.M. Montgomery" is a trademark of Heirs of L.M. Montgomery Inc. "Anne of Green Gables" and other indicia of "Anne" are trademarks and Canadian official marks of the Anne of Green Gables Licensing Authority Inc.



*Have You Ever Heard a Whale Exhale?*

Written by Caroline Woodward

Illustrated by Claire Victoria Watson

ISBN: 9-781-998129-07-2

\$24.95 CAD / \$22.95 USD | Hardback

Trim: 10.0 X 8.0 | 32 pages

Publication date: June 18, 2024 (Can);  
September 17, 2024 (USA)



**This coastal adventure for all ages brings the senses to life!** In this splash of a tale, author Caroline Woodward and illustrator Claire Victoria Watson take the reader on an exploratory journey through the senses! From sun-warmed rocks to crackling campfires, this is one book that leaps with the dolphins and barks with the sea lions.

**Caroline Woodward** is a writer of fiction for adults, poetry and children's books which have been nominated for eleven different awards. She now lives full-time in the village of New Denver, B.C. after working as a lighthouse keeper for thirteen years, based on the Lennard Island Lightstation near Tofino, BC. [carolinewoodward.ca](http://carolinewoodward.ca)

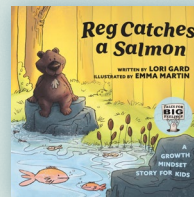
**Claire Victoria Watson** was raised on the coast of Vancouver Island, and spent most of her time outdoors on the ocean or in the forests. She is known for her stylized fine line work, organic colour palette, and capturing the unique personality of the west coast in wildlife, ocean and landscapes. [clairevictoria.art](http://clairevictoria.art)



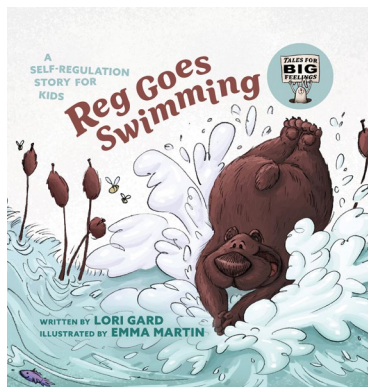


## Tales for Big Feelings Series

*Tales for Big Feelings* is a series about Reg, a black bear cub who likes to climb trees, eat snacks, and sleep. Readers follow Reg — short for Regulate and pronounced with a hard /g/ — as he goes on a series of adventures and supports parents and children in learning to regulate their emotions.



## Reg Catches a Salmon: A Growth Mindset Story for Kids Coming in 2025!



### Reg Goes Swimming A Self-Regulation Story for Kids

Story by Lori Gard, art by Emma Martin

ISBN: 9-781-738818-23-5

\$24.95 CAD / \$19.99 USD | Hardback

Trim: 10.0 X 10.0 | 32 pages

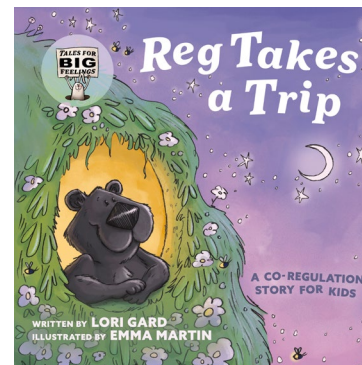
Available

**Reg Goes Swimming** is a book with a message that supports parents and children in learning how to self-regulate their emotions.

Throughout his day, Reg moves from being emotionally dysregulated by negative stressors to thoughtful self-regulation, where he returns to a state of calm. Reg uses three useful self-regulation techniques to regulate his emotions: positive self-talk, belly breathing, and reframing.

**Lori Gard** is a K–6 school counsellor with the Public Schools Branch of Prince Edward Island and a registered counselling therapist at Your Life Design. Lori is a Canadian Certified Counsellor and a nationally certified Solution Focused Brief Therapist with CCPC Global. She is currently pursuing her Advanced Certificate in Couple and Family Therapy at the University of Guelph and has a Master of Education. [lorigard.com](http://lorigard.com)

**Emma Martin** is an illustrator, fine artist, and appreciator of all things whimsical. When she's not making art, you can find her working as a barista at a local coffee shop, finessing her latte art skills. [emmalouillustrations.com](http://emmalouillustrations.com)



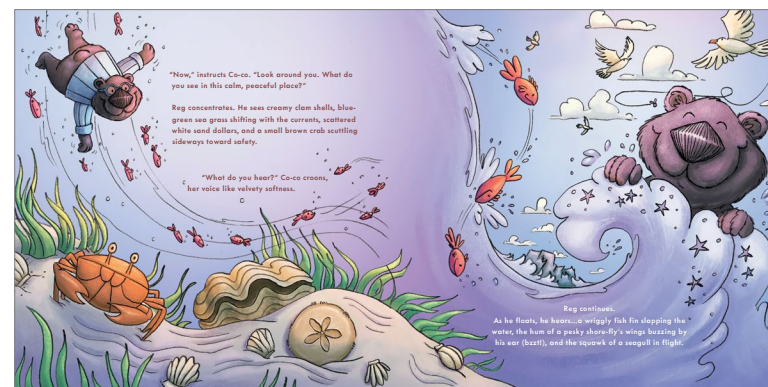
### Reg Takes a Trip A Co-Regulation Story for Kids

ISBN: 9-781-998129-02-7

\$24.95 CAD / \$21.95 USD | Hardback

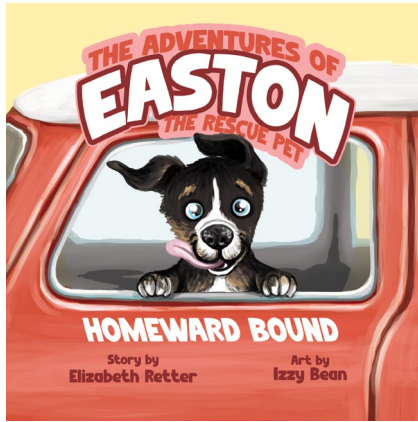
Trim: 10.0 X 10.0 | 32 pages

Publication date: September 3, 2024



**Reg Takes a Trip** is a book with a message that supports parents and children in learning how to co-regulate their emotions with others.

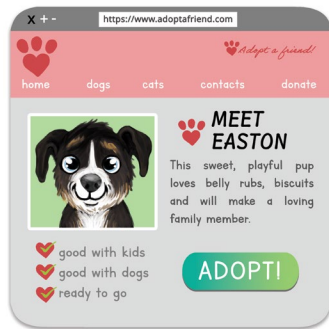
Reg doesn't like to go to sleep. Reg's caregiver Co-co is his big sister, who helps him co-regulate. Co-co facilitates this endeavour by using guided imagery to help Reg prepare for bed.



*The Adventures of Easton the Rescue Pet:  
Homeward Bound*

Written by Elizabeth Retter  
Illustrated by Izzy Bean  
ISBN: 9-781-998129-18-8  
\$21.95 CAD / \$18.95 USD | Hardback  
Trim: 8.00 X 8.00 | 32 pages

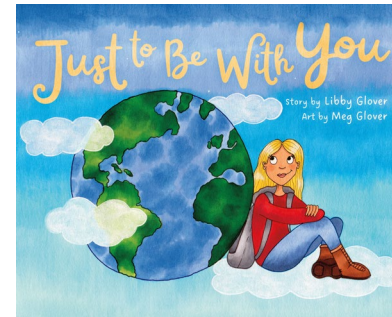
Publication date: October 1, 2024



**This heartwarming tale isn't just fiction, it's based on the author's personal experience.** A rescue dog born in Pennsylvania, Easton was adopted by the author and her family in Toronto, Canada. This new story follows Easton on his adventures as he travels to meet his new family and settles into his new home. The book stresses the importance of adopting rescue pets, and will be a fabulous read aloud for dog lovers — and their companion children — to enjoy.

As an elementary teacher of 25 years, **Elizabeth Retter** has developed a love for children's books of all styles. Her background in theatre and voice add to the imagination and melodic tone found in her stories, which pairs well with her love of animals. By creating *The Adventures of Easton the Rescue Pet* series she hopes to shine a light on the need for all rescue animals to find their forever homes. [elizabethretter.com](http://elizabethretter.com)

**Izzy Bean** is a children's picture book illustrator from the UK who specializes in paintings that are vibrant, colourful and full of life and emotion. [izzybean.co.uk](http://izzybean.co.uk)



*Just to Be With You*

Written by Libby Glover  
Illustrated by Meg Glover  
ISBN: 9-781-998129-24-9  
\$24.95 CAD / \$21.95 USD | Hardback  
Trim: 10.00 X 8.00 | 32 pages  
Publication date: October 29, 2024



**An engaging book full of surprises and every page is a new adventure of how far we will go for love.**

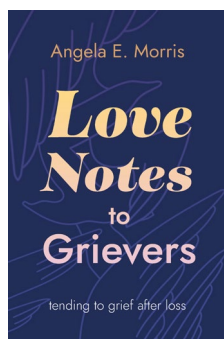
Our narrator goes on an expedition around the world, trekking through shark-infested waters and treacherous mountain winds, and doing the scariest thing of all: singing solo on a stage in a room packed with people! Written as a love letter to family and friends, *Just to Be With You* is a testament to all of the daring things we do for love.

**Libby Glover** is a teacher, mother, and nutritionist. Libby wrote this book years ago when she was an elementary school teacher, and it wasn't until Covid hit that she began to collaborate with her daughter, Megan Glover. Together they have worked to bring her vision to reality! Libby lives with her husband in Toronto, CA.

**Meg Glover** is a Toronto-based illustrator who goes by Meggidoodles, a nickname her parents gave her when she was younger that stuck in a big way! Getting to work side-by-side with her mum, Libby, to bring this book to life has been an amazing adventure, and she already can't wait for their next mother-daughter project! [meggidoodles.com](http://meggidoodles.com)



## Bestsellers



### *Love Notes to Grievors: Tending to Grief After Loss*

Written by Angela E. Morris

ISBN: 9-781-778124-58-7

\$24.95 | Paperback

Trim: 5.5 X 7.8 | 120 pages

"This book is not meant to erase loss. It is a map. All of us are slowly changing shape as we approach the inevitable. When we know how to walk with that transformation in joy, through all the deaths large and small, from the wilting flower to the loved human leaving, we will have prepared ourselves for the moment that can be beautiful."—Linda Rogers, *The British Columbia Review*

### *Going Steady*

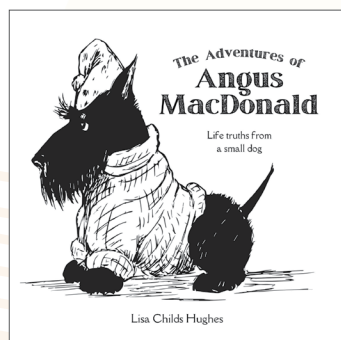
#### *A Toolkit for Building Your Future Together*

Written by Jacinta Gallant and Taylor Smiley

ISBN: 9-781-778124-55-6

\$29.95 | Paperback

Trim: 8.0 X 10.0 | 100 pages



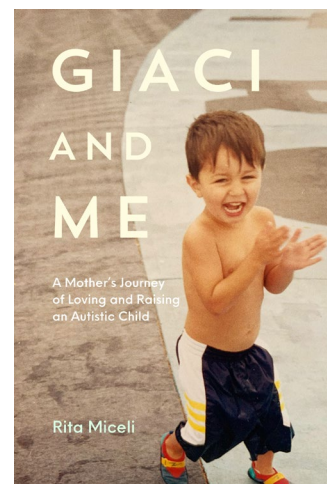
### *The Adventures of Angus MacDonald*

Written by Lisa Childs Hughes

ISBN: 9-781-738818-24-2

\$26.95 | Hardback

Trim: 7.00 X 7.00 | 64 pages



### *Giaci and Me: A Mother's Journey of Loving and Raising an Autistic Child*

Written by Rita Miceli

ISBN: 9-781-998129-00-3

\$24.95 CAD / \$18.99 USD | Paperback

Trim: 6.0 X 9.0 | 280 pages

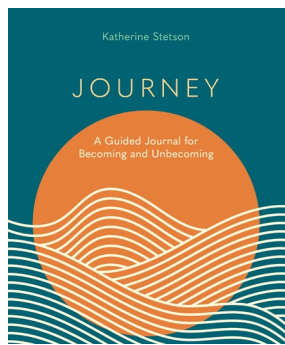
Available

**"A devoted mother who has worked hard to teach her autistic son many skills, Rita Miceli's autistic son now lives a full life with a job he really likes. Through her practice of tolerance and patience, Rita teaches us that autism cannot be cured, but it can be worked with."**—Temple Grandin, *Distinguished Professor and Author of Thinking in Pictures: My Life with Autism*

With more than a half-million global followers on TikTok, Rita Miceli's young adult son Giaci and his sisters are making a big impact. Surrounded by the unconditional love of his family, Giaci invites his fans to be privy to the rich tapestry of the life he leads, sharing everyday activities including housekeeping, finances, and the emotional health of his parents and siblings. In *Giaci and Me*, author and mother Rita Miceli shares her story to help parents of autistic children be inspired, feel better, and continue their journey knowing they are not alone.

A narrative of Rita's innermost thoughts, realizations, and fears, this memoir of perseverance serves as a much-needed resource for caregivers and family members of people with autism.

A long-time advocate for autism awareness, **Rita Miceli** is a contributor in the international bestselling book *Ambitious Women Rise: The Amazing Stories of Women Overcoming Obstacles and Creating the Life of Their Dreams*. As an educator for over three decades, Miceli teaches in the Autism and Behavioural Science Graduate Program at St. Clair College. [giaci.ca](http://giaci.ca)



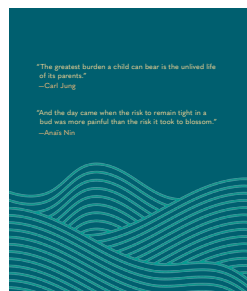
## *Journey: A Guided Journal for Becoming and Unbecoming*

ISBN: 9-781-738818-29-7

\$24.95 CAD / \$18.99 USD | Paperback

Trim: 7.5 X 9.0 | 128 pages

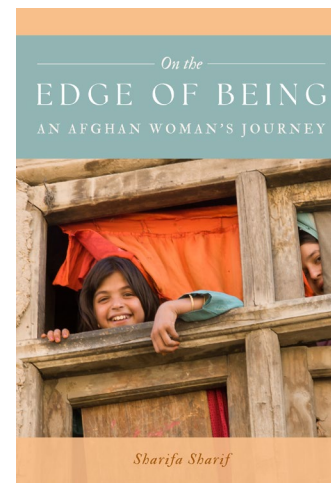
Publication date: April 9, 2024



In *Journey: A Guided Journal for Becoming and Unbecoming*, readers are invited to discover themselves in a new light. Author Katherine Stetson supports readers in their creative processes by offering them a hundred questions to investigate their unique histories and past and present complexities.

From cultivating self-knowledge by inquiring “How would someone fall in love with me?” to tapping into the simplest of joys in “What brings out my inner child?” Stetson uses the principles of psychology and mindfulness to craft the questions designed to spark reflection, insight, and change — and to give our life its greatest meaning. With generous space for thoughts and musings, *Journey* uses the power of self-inquiry to restore readers to their most authentic selves — the selves that are clear, grounded, motivated, grateful, and complete.

A Registered Emergency Nurse, **Katherine Stetson** shifted gears to become a comprehensive mental health nurse. Diving head-first into best practices, Katherine’s studies have covered many topics, including cognitive behavioural therapy, acceptance and commitment therapy, and trauma-informed care. A yoga teacher, Reiki Master, and certified in Meditation and Mindfulness, her passion for making a difference in the lives of her patients has become a loving vocation.



## *On the Edge of Being: An Afghan Woman's Journey*

Written by Sharifa Sharif

ISBN: 9-781-738818-28-0

\$24.95 CAD / \$18.99 USD | Paperback

Trim: 5.5 X 8.13 | 210 pages

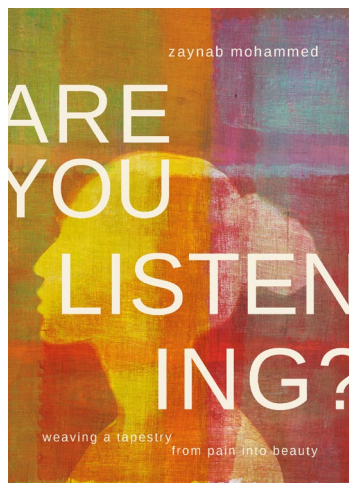
Publication date: April 23, 2024

“Dr. Sharifa Sharif takes us on a journey of pain and resilience, inviting us into the beauty of Afghanistan, the violence that is a daily part of too many lives and the strength of those who have survived in spite of it. Dr. Sharif is to be commended for her courage, and her honesty. This book reminds us that we can — and need — to do better.” —Deborah Ellis, feminist, peace activist, and award-winning author of *The Breadwinner*

Sometimes painful and at other times shocking, the stories in *On the Edge of Being* are still hopeful. The world that Afghan women inhabit in this memoir illuminates the split between body and voice — a split that has wrought a devastating impact on the women of Afghanistan.

The daughter of a progressive Afghan governor, Sharifa Sharif observes from an early age that life for women — both within and beyond the walls of their homes — is neither simple nor fair. As she navigates the rocky terrain of what it means to be a woman in Afghan society, Sharif candidly connects her own troubling experiences with those of girls and women around her: those who appeal to her father for justice, those who work as servants in her friends’ homes, and those of her own mother, whose inability to alter the restrictions in her own life evokes both anger and empathy.

From her childhood travels through the poorest provinces in Afghanistan to life as a schoolteacher and an immigrant student in North America, Sharifa strives to define her identity through her experiences of marginality — and learns to reclaim her body and herself.



*Are You Listening? Weaving a Tapestry From Pain into Beauty*

Written by Zaynab Mohammed

ISBN: 9-781-998129-26-3

\$24.95 CAD / \$18.99 USD | Paperback

Trim: 5.5 X 7.75 | 120 pages

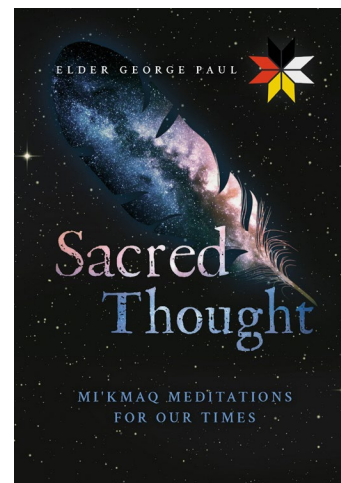
Publication date: September 10, 2024

**“Zaynab Mohammed’s *Are You Listening* is a powerful statement on what it means to be a global citizen in an uncertain world. She gives an unflinching and raw reflection on living through war, racism, and how it feels to be ‘at home’ and still an outsider in two very different cultures. Her prose will draw you in and leave you feeling both heartsore and hopeful.”**

—Stacy Batchelor, Co-Owner & Manager, Fable Book Parlour

*Are You Listening?* is a journey of sound, sight and story. Using poems and stories, this memoir explores intergenerational displacement, speaking the truths of a woman who loses her innocence at a young age due to cultural inequity, and is forced to navigate a terrain foreign to her ancestors. Through the painful knocks of colonization, Zaynab finds her freedom by leaning on the art of listening to herself, to others and to the earth. This book is a carefully woven tapestry of transforming pain into beauty, into magic, and into possibility.

**Zaynab Mohammed** is an award-winning performance poet. She was born on the coast of BC, Canada, to immigrant parents fleeing war-torn countries. She is Iraqi, Lebanese and Palestinian. Inspired by her family’s hardships, Zaynab is a visionary creative who has been healing herself through the written word, by sharing her story and by giving her audience reflections on love and empowerment. Her latest production, *Are You Listening?*, is a one-woman show which has been touring since 2023. Zaynab currently lives and works in Nelson, BC, with her dog, Threshold. She hosts the Nelson Poetry Slam and writes custom poems for passersby. [zaynabmohammed.com](http://zaynabmohammed.com)



*Sacred Thought  
Mi'kmaq Meditations for Our Times*

Written by Elder George Paul

ISBN: 9-781-998129-25-6

\$24.95 CAD / \$19.95 USD | Paperback

Trim: 5.5 X 7.75 | 120 pages

Publication date: October 15, 2024

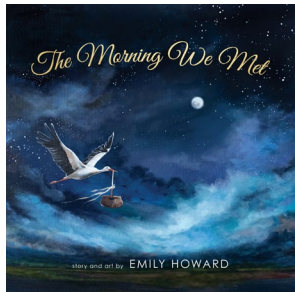
**In this philosophical exploration, Mi'kmaq Elder George Paul shares his traditional knowledge with those on a quest to better understand themselves and the world around them.** Practiced and maintained by North American Indigenous tribes since time immemorial, this search for spirituality is informed by traditional knowledge, oral tradition and the use of symbols relating to our environment and to our universe. From the ceremonial to the sacred, George Paul meditates on the Indigenous legends, stories and designs of his ancient ancestors that offers new prospects to a modern population all across Turtle Island who are hungry to look inward.

With creation stories, buffalo sage and tapping into our spirit guides, *Sacred Thought: Mi'kmaq Meditations for Our Times* is a book for those who are looking for balance and peace of mind in the chaos and confusion that govern the world today.

**Elder Paul** is a singer-songwriter and residential school survivor from Metepenagiag Mi'kmaq Nation in New Brunswick. “Elder George Paul, has dedicated more than four decades of his life to supporting the revitalization of our nation’s culture. In many ways, his tireless efforts have led a resurgence in our culture’s beautiful tapestry of language, spirit, and tradition — a colourful Mi'kmaw tapestry made all the more powerful when celebrated through the performance arts — and in particular, as we come together as a community to join in traditional song and dance.”—Julie Pellissier-Lush, *Atlantic Books*



## Books from Prince Edward Island



### *The Morning We Met*

ISBN: 9-781-778124-51-8

\$24.95 | Hardback

Trim: 10.0 X 10.0 | 32 pages

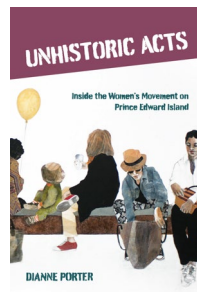
### *Unhistoric Acts: Inside the Women's Movement on Prince Edward Island*

ISBN: 9-781-778124-57-0

\$34.95 | Paperback

**WINNER OF THE 2023 HERITAGE RECOGNITION AWARD**

*Museum and Heritage Prince Edward Island/Musée et patrimoine Île-du-Prince-Édouard*



### *Fiona: Prince Edward Island Accounts of Canada's Biggest Storm*

ISBN: 9-781-778124-59-4

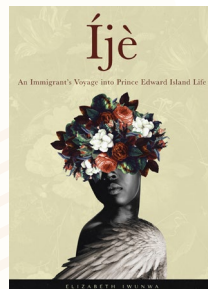
\$55.00 | Hardback

**WINNER OF THE 2023 PUBLICATION OF THE YEAR AWARD** *Museum and Heritage Prince Edward Island/Musée et patrimoine Île-du-Prince-Édouard*

### *Íjè: An Immigrant's Voyage into Prince Edward Island Life*

ISBN: 9-781-778124-56-3

\$26.95 | Paperback



## Welcome to Pownal Street Press

**Pownal Street Press** is women-owned and women-led. Friendly and highly professional, Pownal Street Press feels like family. We bring a warm and approachable perspective to book publishing. Our team has decades of experience with extensive backgrounds across editorial, book design, marketing and sales.

We publish books that inspire and uplift: from stories of refugees making a life in PEI, to books that provide solace and help for those in grief, to powerful memoirs from women advocates who are changing the world. Pownal Street Press publishes ideas that are creating positive change in local communities and beyond.

Based in Eastern Canada, Pownal Street Press is a publisher of nonfiction and picture books. We share beloved and new stories and champion diverse cultures. PSP is rapidly building a reputation for exceptional quality and stories of heart.

*We build your book; you build your legacy.*

Do you have a story to tell?

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*Maureen & Jen*



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