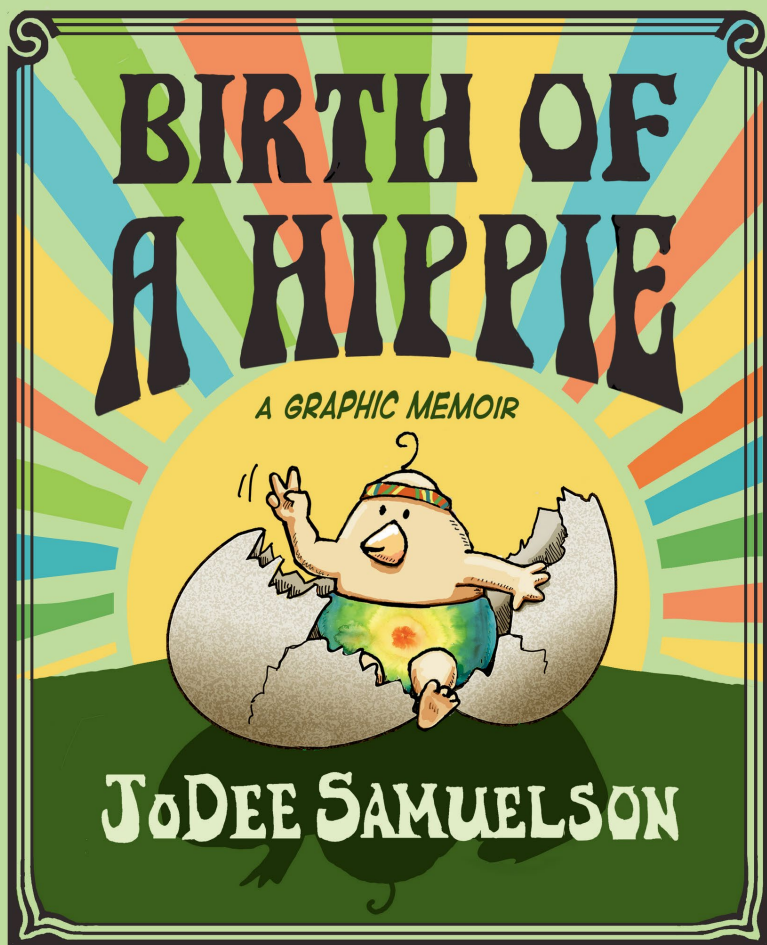


  
pownal street press



2025 Catalogue



**Now Available!**

*Are You Listening?*

*Weaving a Tapestry From Pain into Beauty*

ISBN: 9-781-998129-26-3

\$22.95 CAD / \$18.95 USD | Paperback

Trim: 5 X 7.75 | 96 pages

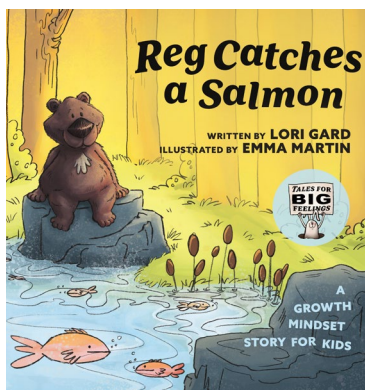
**Blending poetry and memoir, *Are You Listening?* explores intergenerational displacement, and speaks the truths of a woman who loses her innocence at a young age due to cultural inequity.** Through the painful knocks of colonization, Zaynab Mohammed finds her freedom by leaning on the art of listening to herself, to others, and to the earth. *Are You Listening?* 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 British Columbia, 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 into love and empowerment. Her latest production, *Are You Listening?* is a one-woman show which has been touring since 2023. [zaynabmohammed.com](https://zaynabmohammed.com)



## 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 Self-Regulation Story for Kids*

ISBN: 9-781-998129-04-1

\$24.95 CAD / \$21.95 USD | Hardback

Trim: 10 X 10 | 32 pages

April 2025

Reg wakes up one fine summer morning with his head full of possibilities: swimming, berry picking, fishing for minnows. Then his big sister Co-co tells him that today she's going to teach him to catch a salmon. Reg's heart beats louder, his muscles clench up, everything aches. He doesn't know how to catch a salmon. What if he just CAN'T? Co-co reminds him to breathe and relax his body.

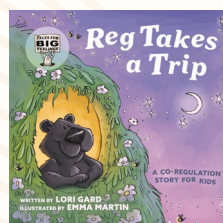
**Lori Gard**, M.Sc, M.Ed, is a writer, Canadian Certified Counsellor, and nationally certified Solution Focused Brief Therapist with CCPC Global. She currently works as a K–6 school counselor. [lorigard.com](http://lorigard.com)

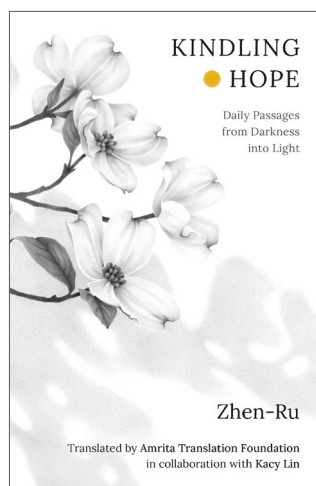
**Emma Martin** is a fine artist and the illustrator of the *Tales for Big Feelings* series. Having a propensity for all things whimsical, Emma has worked on multiple children's books and hopes to continue to bring people happiness through her art. She currently lives in Michigan, USA. [emmaloillustrations.com](http://emmaloillustrations.com)



### *Reg Goes Swimming* ISBN: 9-781-1738818-23-5

### *Reg Takes a Trip* ISBN: 9-781-998129-02-7





*Kindling Hope*  
*Daily Passages from Darkness into Light*

ISBN: 9-781-998129-29-4

\$29.95 CAD / \$29.95 USD | Hardback

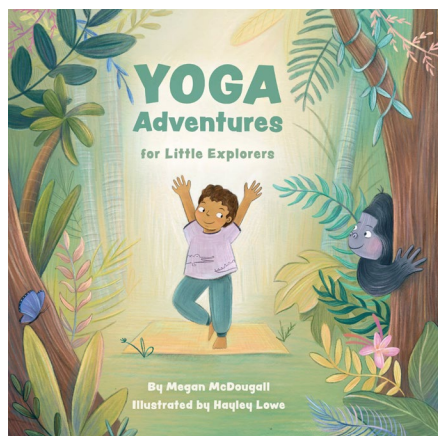
Trim: 5.5 X 8.5 | 288 pages

April 2025

**As humans we have the exceptional abilities to learn and to choose.** *Kindling Hope* is filled with insight and encouragement: to be kind, to be ethical, to be forgiving, to be loving. A slight shift in perspective takes us from despair to hope; a slight alteration in outlook, and the world changes. This gentle book provides the peace, solace, and support for living joyfully in our current world. A collection from renowned Buddhist teacher, Zhen-Ru, these short passages and musings invoke the stillness needed for everyday contemplation. Available for the first time in English, each of these passages is offered with the goal of helping the reader access the compassion, understanding, and gratitude that is needed to hold space for each other, and for the earth.

**Zhen-Ru** was born into a family of educators. As a child, she began thinking deeply about existential questions. After extensive reading and research, she was determined to raise her consciousness by instilling the Buddha's teaching into her own life. Despite being top of the class in her youth, she left the traditional education system and traveled extensively throughout Asia, studying and learning from great Buddhist teachers.

Based on Prince Edward Island, **Amrita Translation Foundation** is a group committed to creating a happier, more peaceful world. By preserving and translating Zhen-Ru's work, Amrita aims to make this collection of Buddhist teachings more accessible to a wider audience. They are educated and trained in the Five Great Treatises curriculum, a rigorous Buddhist curriculum with roots tracing to the Tibetan and ancient Indian Nalanda traditions.



## *Yoga Adventures for Little Explorers*

ISBN: 9-781-998129-23-2

\$24.95 CAD / \$21.95 USD | Hardback

Trim: 10 X 10 | 32 pages

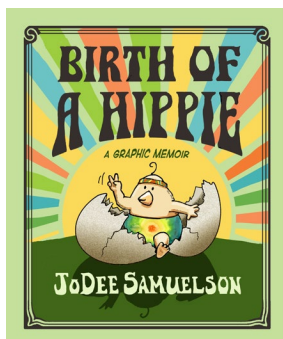
May 2025



**Whether you are standing tall like a tree, jumping around like a gorilla, or stretching up like a cobra, this little book will bring you on a journey with meditation, breathwork, and flow.** Written and illustrated by two children's yoga teachers, *Yoga Adventures* sets parents and their little yogis up for a fun, family practice that will leave you in the present moment and ready for whatever comes your way.

**Megan McDougall** has completed her master's in human kinetics, in consultation and intervention, and a master's certificate in leadership. She is a Mental Performance Consultant who leverages her education and experience in sports to help athletes overcome mental barriers. [meganmcdougall.ca](https://meganmcdougall.ca)

**Hayley Lowe** is a British-Canadian illustrator and storyteller. In a previous chapter of her life, Hayley worked as a contemporary dancer and children's yoga instructor, using storytelling as a tool to teach and ignite imaginations. She lives with her family in Vancouver, B.C. [hayleylowe.com](https://hayleylowe.com)



## Birth of a Hippie

ISBN: 9-781-998129-49-2

\$21.95 CAD / \$21.95 USD | Paperback

Trim: 7.5 X 8.5 | 112 pages

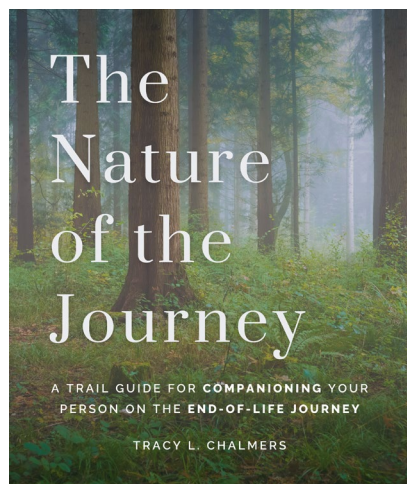
September 2025



***Birth of a Hippie* is a heartfelt graphic memoir that begins in the Prairies, as JoDee Samuelson, the youngest daughter of a Baptist minister—starts wondering about the world around her.** Through her enchanting illustrations and witty storytelling, JoDee chronicles her childhood amidst sloughs, foothills, and frosty winters, painting a vivid picture of mid-20th century prairie life. *Birth of a Hippie* recounts JoDee's coming of age story from Prairie girl to be an independent spirit, back-to-the-lander, and health-food pioneer in a small Island on the East Coast. This graphic novel explores themes of family, identity, and self-discovery—offering an intimate glimpse into the life of a woman finding her place in an ever-changing world. Perfect for fans of LGBTQ2+ narratives and those interested in the history of the back-to-the-land movement, *Birth of a Hippie* is both a personal story and a universal exploration of roots, resilience, and belonging.

*Birth of a Hippie* is written and illustrated by **JoDee Samuelson**, a filmmaker and artist who has lived on Prince Edward Island for the past 30 years. Her animated films have been shown at festivals around the world, winning numerous awards. JoDee is the author of *The Cove: Life on the Island's South Shore* (Nimbus) and *Birth of a Hippie* is her second book.





*The Nature of the Journey*  
*A Trail Guide for Companioning Your*  
*Person on the End-of-Life Journey*

ISBN: 9-781-998129-44-7

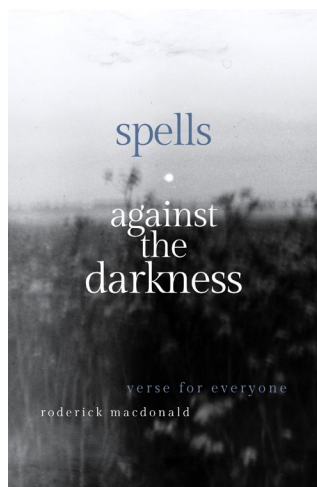
\$34.95 CAD / \$34.95 USD | Paperback

Trim: 7.5 X 9 | 368 pages

September 2025

Imagine guiding your person through their final journey with acceptance, empathy, connection, and presence. *The Nature of the Journey* is your heartfelt guide for this deeply personal experience. Crafted with the care of a trusted trail guide, Chalmers offers a holistic approach to cultivate the end-of-life journey. This book explores the grief we carry both before and after, the importance of worldview on how we face death, and how personal experiences shape this profound time. At its heart, *The Nature of the Journey* underscores the importance of community. It reveals that dying is a deeply social event, highlighting the vital role of leaning on others and the comfort found in shared support.

End-of-Life Doula **Tracy Chalmers** is a facilitator at Endwell and Douglas College, co-founder and grief educator and tender at The Grief Well, Certified Forest Therapy Guide, and Hospice Volunteer. She is grateful and humbled to be living on Coast Salish land known as the North Shore of Vancouver, in British Columbia. A friend to grief and death and servant to many, Tracy also considers herself a perpetual student. She is of Norwegian, Swedish, Scottish, and English ancestry, and values her roles as mother, daughter, wife, sister, friend, listener, and lover of the natural world and all of life. The work that Tracy does honors and is supported by countless ancestors.



*Spells Against the Darkness*

ISBN: 9-781-998129-57-7

\$22.95 CAD / \$22.95 USD | Paperback

Trim: 5 X 7.75 | 104 pages

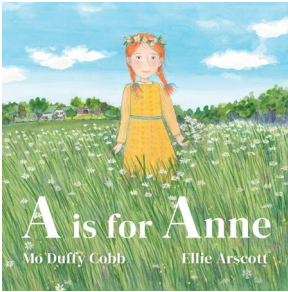
October 2025

***Spells Against the Darkness* is a compelling and enjoyable exploration of the intimate and universal.** From the peace of a Prince Edward Island country lane, to the clamour of New York City, classic poet Rod MacDonald draws on a variety of lyrical styles to weave his stories into verse.

Born in Melton Mowbray, England, **Roderick MacDonald** is a 40-year resident of Prince Edward Island. He has volunteered with several community and sport organizations. *Spells Against the Darkness* is his second poetry collection. MacDonald is happiest on the shore or in the countryside near the Village of Morell, where he and his wife live.



## Gift Books



### *A is for Anne*

ISBN: 9-781-778124-54-9

\$16.95 CAD / \$16.95 USD | Boardbook

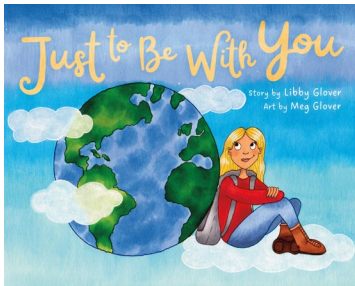
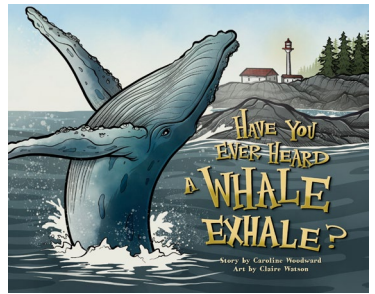
Trim: 8.5 X 8.5 | 24 pages

### *Have You Ever Heard a Whale Exhale?*

ISBN: 9-781-998129-07-2

\$24.95 CAD / \$22.95 USD | Hardback

Trim: 10 X 8 | 32 pages



### *Just to Be With You*

ISBN: 9-781-998129-24-9

\$24.95 CAD / \$21.95 USD | Hardback

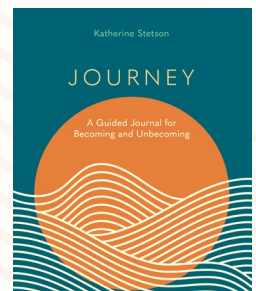
Trim: 10 X 8 | 32 pages

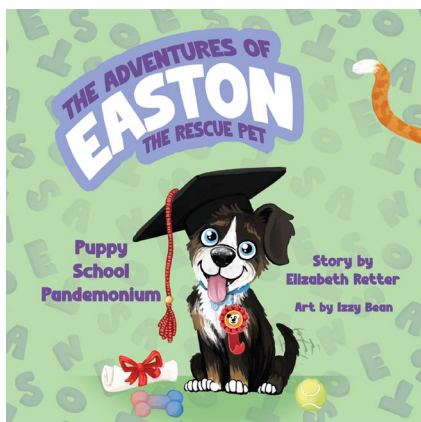
### *Journey: A Guided Journal for Becoming and Unbecoming*

ISBN: 9-781-738818-29-7

\$24.95 CAD / \$18.99 USD | Paperback

Trim: 7.5 X 9 | 128 pages





## *The Adventures of Easton the Rescue Pet: Puppy School Pandemonium*

ISBN: 9-781-998129-28-7

\$21.95 CAD / \$18.95 USD | Paperback

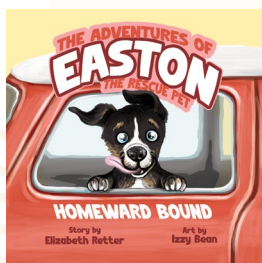
Trim: 8 X 8 | 32 pages

June 2025



**Ready for a tail-wagging adventure?** Easton, the lovable rescue pup, is about to tackle his biggest challenge yet—puppy school! From learning new tricks to meeting furry friends, Easton's excitement might just get the best of him. Cheer Easton on while he discovers the importance of patience, perseverance, and second chances. Will Easton stay on track long enough to graduate?

*Puppy School Pandemonium* is the third book in *The Adventures of Easton the Rescue Pet* series—following *The Dog in the Deli* and *Homeward Bound*—with more Easton adventures coming soon. Grab your leash and join the fun!



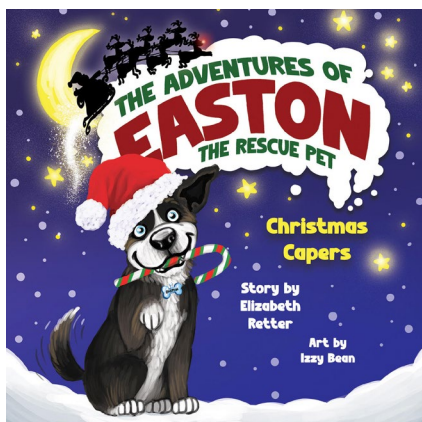
## *Homeward Bound*

ISBN: 9-781-998129-18-8

## *Dog in the Deli*

ISBN: 9-781-998129-27-0





*The Adventures of Easton the Rescue Pet:  
Christmas Capers*

ISBN: 9-781-998129-48-5

\$21.95 CAD / \$18.95 USD | Paperback

Trim: 8 X 8 | 32 pages

***Scratch and Sniff!***

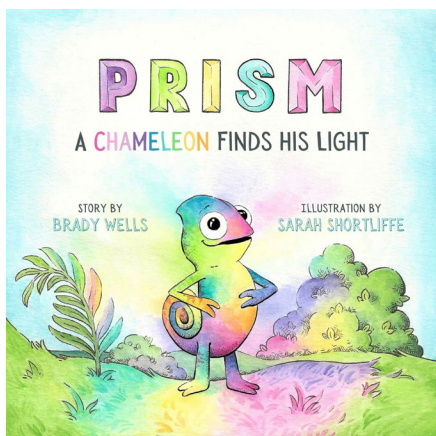
November 2024

**Easton, the lovable rescue dog, is back and this time it's for a festive adventure!** It's Christmas time in Thornbury, and the town is hosting its annual Olde Thornbury Christmas Market—complete with Santa and his reindeer. Easton can't wait to join the festivities, even though he's not thrilled about his itchy Christmas sweater. Still, he's determined to spread some holiday cheer and prove that he's been a good dog all year. Get ready for fun, laughter, and heartwarming moments with Easton in this festive tale!

---

An elementary teacher for 25 years, **Elizabeth Retter** has developed a love for children's books of all styles. Her background in theater and voice add to the songful tone and rhythm of her stories. Through interactive read-alouds, sing-alongs and school visits, she turns reading into a captivating experience. Elizabeth, author of *The Adventures of Easton the Rescue Pet* series, is also a certified dog handler at the Toronto Humane Society. Through Easton's story, 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, colorful, and full of life and emotion. [izzybean.co.uk](http://izzybean.co.uk)



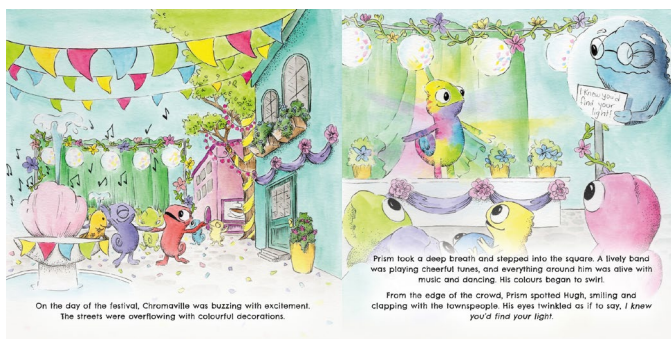
*Prism: A Chameleon Finds his Light*

ISBN: 9-781-998129-46-1

\$21.95 CAD / \$21.95 USD | Hardback

Trim: 8 X 8 | 32 pages

November 2025



**In a world bursting with vibrant colors, one little chameleon embarks on a magical journey of self-discovery.** This heartwarming tale celebrates the beauty of being different and the joy of finding your own special light. With a gentle nod to the rainbow and gender-diverse communities, the story reminds children and families that every hue is a vital part of life's beautiful rainbow. *Prism: A Chameleon Finds His Light* is a delightful celebration of purpose, acceptance, and the courage to be exactly who you are.

**Brady Wells** is a writer based in Prince Edward Island, Canada, who works in accounting and finance. Drawing from personal experiences of feeling “different” while growing up, Brady explores themes of identity and self-acceptance in his work.

**Sarah Shortliffe** is an artist, military spouse, and mother in Greenwood, Nova Scotia. She holds a bachelor's in fine art from Mount Allison and a master's in artifact conservation from Queen's University. Sarah has also illustrated *A Very Silly Alphabet* by Jeannie Hillman and *The Wind and Amanda's Cello* by Alison Lohans.



## *Ringette Girl*

ISBN: 9-781-998129-47-8

\$24.95 CAD / \$24.95 USD | Hardback

Trim: 8 X 9.25 | 32 pages

November 2025

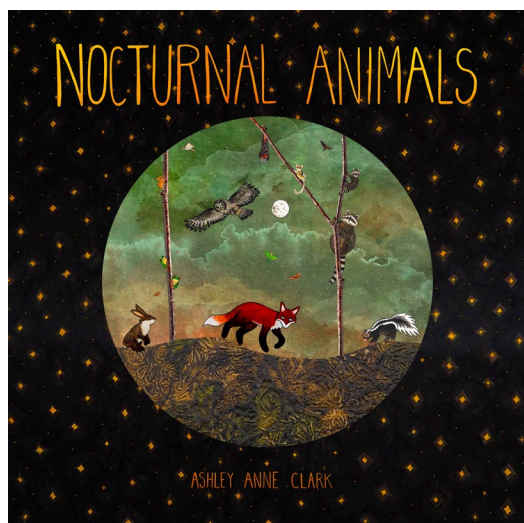


**This lively story captures the excitement of game day through the eyes of a young ringette player.** The story follows the action of a ringette match, highlighting teamwork, perseverance, and skill. As she skates, passes, and shoots, readers experience the thrill of the game, complete with close calls, strategic plays, and the countdown of the shot clock. Will she score in time?

**Sara Visser** is a teacher in a rural K–9 school with a Master of Education degree in inclusive education. This is Sara's first children's book, which was inspired by the joy of watching her kids on the ice. She resides in Orwell, Prince Edward Island, with her husband and three children.

**Alyse Mercey** is a Canadian illustrator and graphic designer who loves working with exciting color palettes. She's contributed to various independent zines and art exhibitions in Ontario and Prince Edward Island. No stranger to the rink, Alyse grew up drawing in the stands while her brother played hockey on the ice. She lives in Ottawa with her husband.





### *Nocturnal Animals*

ISBN: 9-781-998129-65-2

\$24.95 CAD / \$21.95 USD

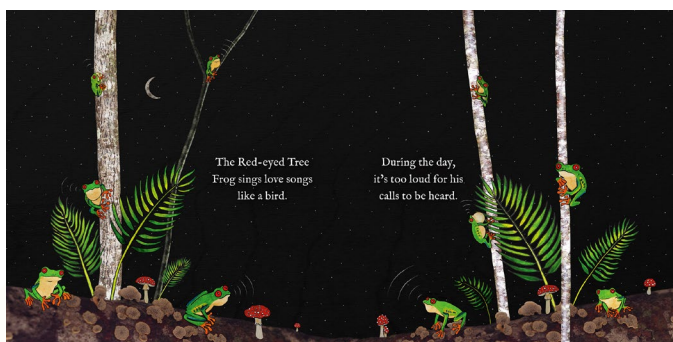
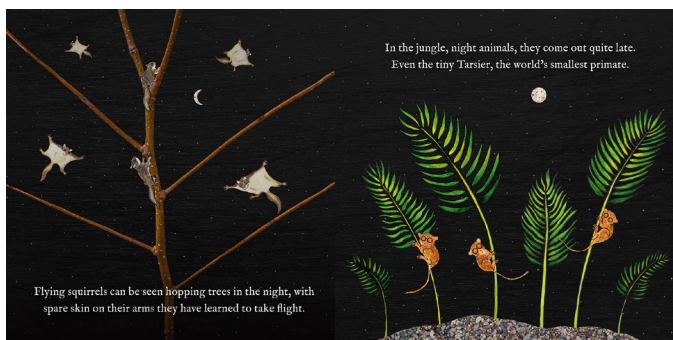
Hardback | 10 X 10 | 32 pages

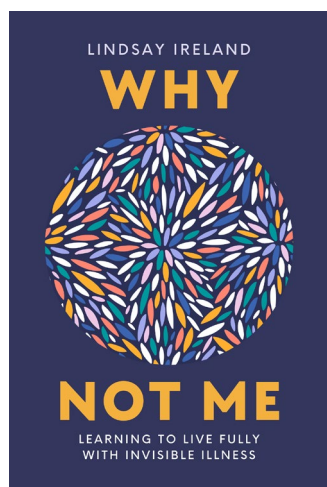
November 2025

**Under the cover of darkness, a hidden world awakens...** Tuck in your little one with *Nocturnal Animals*, a soothing bedtime story that reveals the hidden world of creatures who wake when the day is done. From the silent swoop of an owl to the glowing trails of the luna moth, nocturnal animals live mysterious, mesmerizing lives. *Nocturnal Animals* is a visually stunning journey into the secret world of nature after dark. Featuring dreamy illustrations by celebrated visual artist Ashley Anne Clark, *Nocturnal Animals* marks her much-anticipated children's book debut. This comforting story is the perfect nighttime read to settle little ones into a peaceful sleep.

**Ashley Anne Clark**, a visual artist from Prince Edward Island, Canada, holds a BFA from Concordia University. She creates art that highlights animal intelligence and biodiversity, using branches and seaweed sourced from local forests and shorelines. Her work has appeared in international galleries, on award winning album covers, and as large-scale murals. By providing a closer look into the lives of animals, she fosters empathy and inspires conservation, making complex ideas accessible for all ages.







*Why Not Me*

*Learning to Live Fully With an Invisible Illness*

ISBN: 9-781-998129-67-6

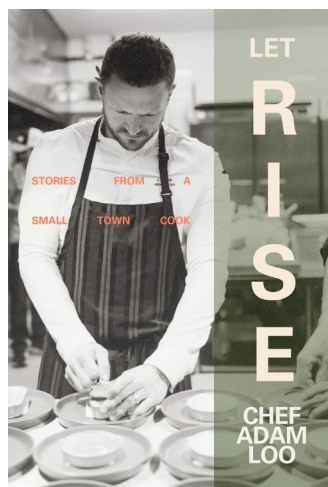
\$24.95 CAD / \$24.95 USD | Paperback

Trim: 5.5 X 8.25 | 272 pages

November 2025

In this candid memoir, Lindsay Ireland evolves from an eleven-year-old girl, grappling with a devastating autoimmune diagnosis, into a young woman struggling to love a body that has continuously failed her. As she navigates adulthood, she confronts the compounding challenges of an invisible illness, ultimately receiving a diagnosis of multiple sclerosis (MS). Despite her health struggles, Lindsay emerges as a mother and wife fighting to reclaim her sense of self and visibility in a world that often overlooks those suffering in silence. This memoir of resilience is a call to recognize the unseen struggles of those battling chronic conditions and to foster compassion and understanding for the intersections of physical and mental health—and where their limits lie.

**Lindsay Ireland** is a long-time survivor of life with a chronic illness. In addition to her role as a Communication Specialist, Lindsay has spent a lot of time writing, researching, and sharing her story on her blog. While navigating the challenges of life with her illnesses, she has celebrated the joys of family, motherhood, and second chances. Lindsay's story is a testament to the power of vulnerability and the strength that comes from embracing life's difficulties with grace. She decided to finally put pen to paper, and the sharing of this story has allowed Lindsay to embrace her personal journey with courage and authenticity. Lindsay lives in Halifax with her husband, Chris, and their rescue dog, Maxx. *Why Not Me* is her first book. [lindsayireland.com](http://lindsayireland.com)



*Let Rise: Stories from a Small Town Cook*

ISBN: 9-781-998129-59-1

\$24.95 CAD / \$19.95 USD | Paperback

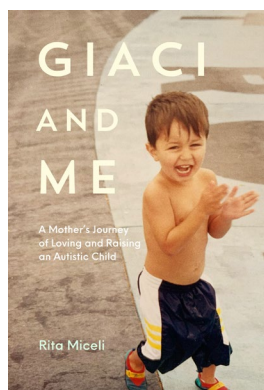
Trim: 6 X 9 | 282 pages

November 2025

**This captivating story is about one man's journey to achieve success in his small town, by putting his family values first and letting the dough rise.** In *Let Rise*, Adam Loo takes readers on an exhilarating journey from growing up on a family farm to establishing his own unique farm-to-table business in the heart of his home province of Prince Edward Island. Setting out on a journey of entrepreneurship not for the faint of heart, Adam shares lessons he learned through culinary school—and his culinary Olympic team journey—all the while navigating the losses of his father, brother, and more. A story of hope, determination, and the never-ending commitment to making a difference, *Let Rise* is more than a memoir, it's an invitation to create your own journey with all of the chaos, trials and tribulations, successes, and surprises that come with it.

**Chef Adam Loo** is a chef and entrepreneur. Born in the heart of Prince Edward Island's farm country, Adam grew up and lived through twenty years in grueling kitchens, before opening his own restaurant, Ada Culinary Studio. He hopes his story inspires others in rural environments to become their own innovators. He lives with his wife and children in Charlottetown. *Let Rise* is his first book.

## Don't Forget These Bestsellers!



### *Giaci and Me*

ISBN: 9-781-998129-00-3

\$24.95 CAD / \$18.99 USD | Paperback

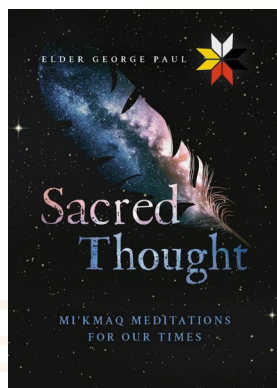
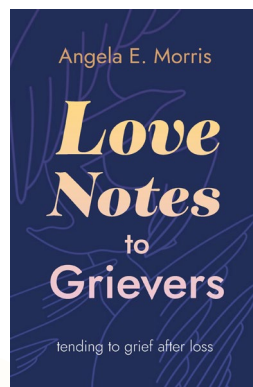
Trim: 6 X 9 | 280 pages

### *Love Notes to Grievors*

ISBN: 9-781-778124-58-7

\$24.95 CAD / \$24.95 USD | Paperback

Trim: 5.5 X 7.75 | 120 pages



### *Sacred Thought*

ISBN: 9-781-998129-25-6

\$24.95 CAD / \$19.95 USD | Paperback

Trim: 5.5 X 7.75 | 120 pages



## *About Pownal Street Press*

Pownal Street Press creates beautiful non fiction and children's books that inspire, educate, and enthrall readers. We exist to give rise to brave stories, and to be a light for community and connection. Our mission is to discover, amplify, and empower storytellers, broadening the publishing landscape with a diverse collection of topics. Our business thrives on the creativity of our authors. We focus on your needs, experiences, and the value of your work, collaborating with writers who push boundaries in their fields.

Pownal Street Press is women-owned and women-led. Friendly, warm, 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 build your book; you build your legacy.*

Do you have a story to tell?

For more information about our publishing mandate, the Press, and its books, please visit: [www.pownalstreetpress.com](http://www.pownalstreetpress.com)

*Maureen & Jen*



*Charlottetown, Prince Edward Island*

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1-800-210-5277 or email [orca@orcabook.com](mailto:orca@orcabook.com). For international orders and  
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*Charlottetown, Prince Edward Island*