

Rutledge Hill Press™





# Busy People's™ Down-Home Cooking Without the Down-Home Fat

*Dawn Hall*

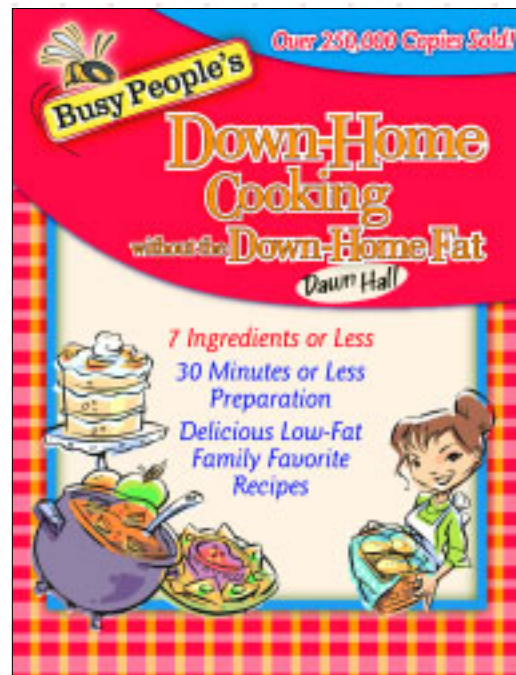
1-4016-0104-9  
\$16.99  
Available February 4, 2004  
Sales Cycle 3  
Wire-Bound Hardcover  
6 x 9  
256 pages  
24 per carton  
Cookbooks

## SALES TIPS

- \* All the recipes have seven ingredients or less and can be prepared and cooked in 30 minutes or less!
- \* Dawn Hall is a self-publishing dynamo with more than 650,000 copies of her books sold through her own personal network of people
- \* She was featured on the cover of *Today's Christian Woman* and made television appearances on ABC, NBC, CBS, PBS, CBN, Fox, and the Food Channel
- \* Named "Best Cookbook of the Year" by the North American Book Dealers Exchange

You want to give your family nutritious, home-cooked meals, but who has time to cook? You do, if you cook the Busy People's™ way. What is a Busy People's™ recipe? It's one with seven ingredients or less that can be cooked in 30 minutes or less. A dream-come-true for busy cooks everywhere.

Each recipe in *Busy People's™ Down-Home Cooking Without the Down-Home Fat* includes nutritional information, preparation time, and cooking time, as well as menu ideas. This cookbook also contains instructions on how to maintain an ideal body weight and tips on saving time and money in the kitchen.



Praise for *Busy People's™ Down-Home Cooking Without the Down-Home Fat*:

"Great for the working family and those on the go." —Lori L. Scovel, *Manchester Press*

"I love the cookbook because it's so user-friendly." —Betsy Bethel, Wheeling, WV



*Dawn Hall* published her first cookbook when she needed to raise money to pay for her late husband's cancer treatment. She has sold more than 650,000 copies of her three books. Her previous books with Rutledge Hill Press are *Busy People's™ Low-Fat Cookbook* (isbn: 1-4016-0105-7) and *Busy People's™ Slow Cooker Cookbook* (isbn: 1-4016-0107-3). Dawn lives near Toledo, Ohio, with her two daughters.



# Smart Medicine

*Peter Weaver*

*Forward by Richard Penna*

## How to Buy the Prescription Drugs You Need at a Price You Can Afford

America is the only country in the world that does not regulate medication prices. The result is that prescription drug prices are rising at an astronomical rate. Pharmaceutical companies make an enormous amount of money by continuously coming out with the “latest” medication for common ailments.

*Smart Medicine* is a practical book that helps readers take control of the cost and safety of the prescription medicines they take. The first chapter is a no-holds-barred examination of how we got to where we are with unregulated drug prices. Subsequent chapters explain specific strategies for saving significant money such as:

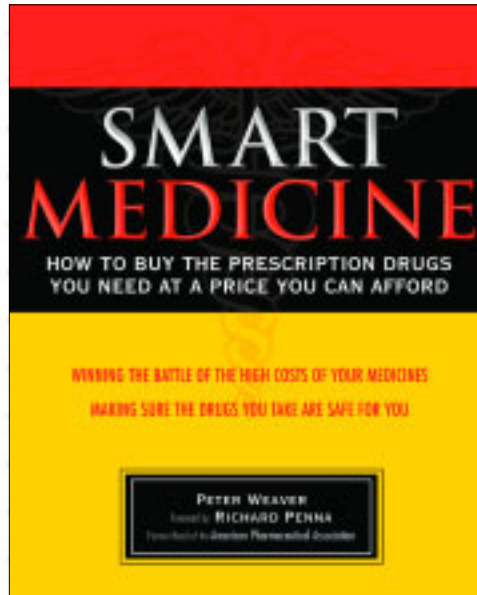
- \* Shopping on-line
- \* Buying generic equivalents
- \* Buying in foreign countries such as Canada or Mexico
- \* Acquiring discount cards

The appendix—“Setting Up Your Personal Medical Information Center”—contains resource names, Web sites, 800 numbers, and publications to help readers take charge of their medications. It is worth the price of the book by itself.



*Peter Weaver* is an award-winning investigative reporter who has worked for such publications as *Business Week*, *Forbes*, *AARP Bulletin*, and *Retired Officer Magazine* (armed forces). He has appeared on television as a personal finance reporter.

*Richard Penna* is former CEO of the American Association of Colleges of Pharmacy and was vice president of the American Pharmacists Association.



1-4016-0139-1

\$16.99

Available April 14, 2004

Sales Cycle 4

Trade Paper

7% x 9%

256 pages

36 per carton

Categories

### SALES TIPS

- \* This is one of only a handful of books that tell how to save money on prescription drugs
- \* The rising cost of drugs is a huge problem among seniors, some of whom have to choose between eating and buying their medications
- \* Public awareness of rising drug costs is increasing daily

### MARKETING PLANS

- \* National television
- \* Radio interviews
- \* National print
- \* Focus on senior publications and radio programs
- \* Review copies

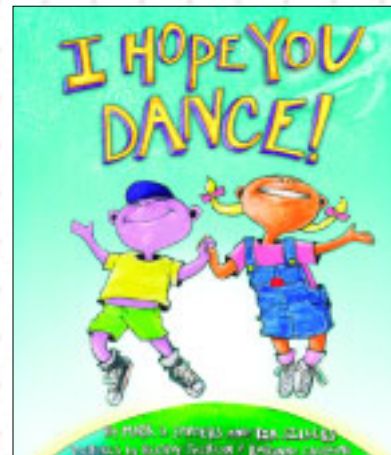




# I Hope You Dance!

Mark D. Sanders and Tia Sillers

The *New York Times* best-seller *I Hope You Dance* is a book of hope, encouragement, and aspiration. Now, the authors of the book and the song offer this wonderful and whimsical take on the “grown up” message of the book. *I Hope You Dance!* for children is witty and fun, warm and fuzzy, wild and fanciful. The message of the book is complemented by remarkable, delightful illustration and design by the award winning team of Buddy Jackson and Karinne Caulkins, which created the graphics for the adult version of *I Hope You Dance*.



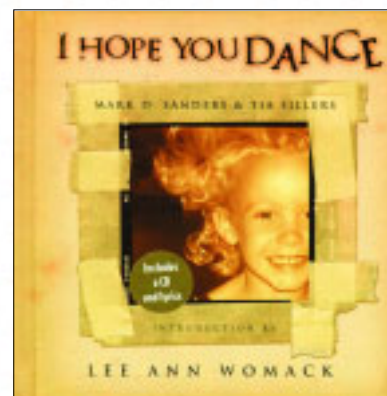
1-4016-0127-8  
\$14.99  
Available September 17, 2003  
Hardcover  
7 x 9  
32 pages  
24 per carton  
Children

# I Hope You Dance

Mark D. Sanders and Tia Sillers

*I Hope You Dance* is a challenge to make the most out of life: “And when you get the choice to sit it out or dance, I hope you dance.”

This beautiful gift book includes a CD with an acoustic version of the Grammy-winning song recorded especially for this book by Lee Ann Womack, which has been certified Platinum by the RIAA after reaching book sales of over 1 million copies!

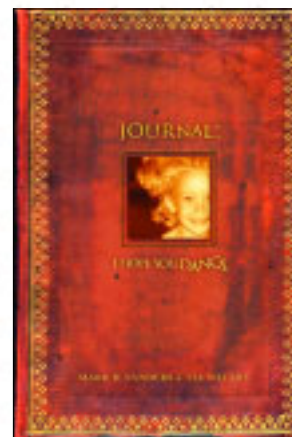


1-5585-3844-5  
\$14.99  
Available Now  
Hardcover with CD  
6 x 6  
64 pages  
24 per carton  
Entertainment, Gift Books

# I Hope You Dance Journal

Mark D. Sanders and Tia Sillers

Fans of *I Hope You Dance* can record their own journey of getting everything out of life that it has to offer in this attractive journal. Featuring new text written by Sanders and Sillers, the *I Hope You Dance Journal* will be a wonderful gift for anyone who has enjoyed either the book or the song.

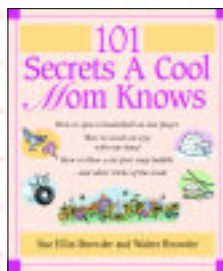


*Living might mean taking chances,  
But they're worth taking...*

1-4016-0030-1  
\$14.99  
Available Now  
Journal  
5 7/8 x 8 1/4  
128 pages  
24 per carton  
Inspiration



# Backlist

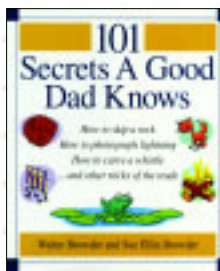


## 101 Secrets A Cool Mom Knows

Walter and Sue Ellin Browder

1-4016-0034-4 | Hardcover  
\$14.99 | 24 per carton

A “cool mom secret” is a bit of knowledge or special way of doing a job that not everyone knows. When a cool mom teaches her son or daughter how to whistle with an acorn, she’s building a special bond with them and her children are learning some important character skills such as persistence, patience, and a positive attitude toward solving problems.

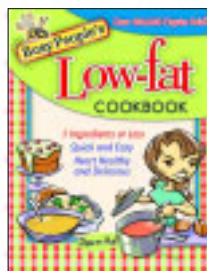


## 101 Secrets A Good Dad Knows

Walter and Sue Ellin Browder

1-55853-719-8 | Hardcover  
\$14.99 | 24 per carton

Dads have a special way of relating to children. It is usually a father who teaches a child how to shoot a free throw, catch a frog, or fix a broken bicycle chain. Each of the 101 secrets in this wonderful gift book is explained and accompanied by a drawing. Knowing these secrets will enable any dad to look like a hero.



## Busy People’s™ Low-Fat Cookbook

Dawn Hall

1-4016-0105-7 | Hardcover  
\$16.99 | 24 per carton

What’s a Busy People’s recipe? It’s one that has seven ingredients or fewer and can be cooked in 30 minutes or less. Most take only 15 to 20 minutes. Here’s a cookbook with more than 240 fast and easy, homestyle, heart-healthy recipes.



## Busy People’s™ Slow Cooker Cookbook

Dawn Hall

1-4016-0107-3 | Hardcover  
\$16.99 | 24 per carton

Slow cookers are convenient and save time. And *Busy People’s Slow Cooker Cookbook* makes even the preparation quick and easy. Each of the more than 200 recipes in this book is made with seven or fewer easy-to-find, grocery store ingredients. Most can be prepared in less than ten minutes. The preparation can even be done the night before and the entire slow cooker placed in the refrigerator until morning.

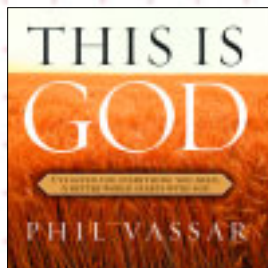


## Finding the Good

Lucas L. Johnson, II

1-4016-0037-9 | Hardcover  
\$19.99 | 24 per carton

Like *Tuesdays with Morrie*, in which Mitch Albom gleams wisdom from his mentor, *Finding the Good* is the story of Fred Montgomery and his influence on Lucas Johnson, a young reporter who learns of the transforming power of faith and love. Here is a powerful story of a 20th century slave who rose to the rank of mayor and the young man whose life he touched.



## This is God

Phil Vassar

1-4016-0120-0 | Hardcover w/CD  
\$14.99 | 24 per carton

Phil Vassar, a leading Nashville songwriter and performer, started writing down what God might say to us. “I’m disappointed in what I’m seeing... I’ve seen you hurt yourselves enough... I’ve been waiting for a change in you... All I’m asking for is love.”

The book *This Is God* is a gentle reminder, in bold graphics, of some of the things God wants people to do and be and remember. It is a great gift for parents to give their children at graduation or any time of the year.



## Jay Yelas: A Champion’s Journey of Faith, Family, and Fishing

Jay Yelas

1-5918-6036-9 | Paperback  
\$12.99 | 20 per carton

*Jay Yelas: A Champion’s Journey of Faith, Family, and Fishing*, is an autobiography of one of the greatest bass fishing champions of all time. With fishing tales, humor, and enthusiasm, Jay recounts the good and bad experiences that steered him toward success in fishing and in life.



## Life’s Little Instructions from the Bible

H. Jackson Brown, Jr., and  
Rosemary Brown

1-5585-3831-3 | Paperback  
\$6.99 | 120 per carton

H. Jackson Brown and his wife, Rosemary, became convinced that one of the reasons for the enduring popularity of the three volumes of *Life’s Little Instruction Book* was that many of its observations and reminders repeated the wisdom of the Bible. They searched the Scriptures and found biblical passages that corresponded to or complemented 300 entries from the three volumes of *Life’s Little Instruction Book*.

