Author Catalog

Harbor & Stone Press

HEALTHY MOMMY, HAPPY FAMILY

Sheridan De La Cruz

An uplifting, interactive guide that helps moms build healthier habits while creating meaningful connections with their children. Through simple wellness practices, easy recipes, mindfulness exercises, and fun family activities, Sheridan De La Cruz encourages families to make healthy living a natural part of everyday life. Blending practical advice with an encouraging, approachable message, this book reminds mothers that caring for themselves is an important part of caring for their families. With ideas designed to be realistic for busy households, this book offers a refreshing reminder that small, intentional changes can nurture happier, healthier, and more connected families.

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ISBN: 979-8-9999273-5-4

Order Link (Amazon):
https://www.amazon.com/dp/B0FXNJ6GR1?lv=shuf&channelId=500&plpRedirect=mhFallback

HEALTHY DADDY, HAPPY FAMILY

Sheridan De La Cruz

Fatherhood is full of unforgettable moments, everyday challenges, and opportunities to make a lasting difference in a child's life. This guide is designed to help dads approach parenting with confidence, intention, and a focus on overall family well-being. Through practical strategies for managing stress, building healthy routines, encouraging active lifestyles, and creating meaningful traditions, Sheridan De La Cruz explores how fathers can become more present and engaged in their family's lives. Whether it's finding time for self-care, navigating the demands of parenthood, or making room for more laughter and connection, this book will encourage dads to lead by example and create a home

where the whole family can thrive.

In Production

HEALTHY MIND, RICH LIFE
Sheridan De La Cruz & A.M. Walker

A health coach and entrepreneur join forces to explore the powerful connection between personal wellness, professional growth, and financial success. Blending insights on mindful living, healthy habits, goal setting, and entrepreneurial thinking, this visually engaging coffee table book invites readers to rethink what it truly means to live well. Through inspiration, practical wisdom, and a holistic approach to success, the authors illustrate how investing in your physical health, mental clarity, and daily routines can help create the foundation for greater productivity, meaningful opportunities, and a more fulfilling lifestyle… because true wealth is about more than what you earn. It is about the life you build, the habits you cultivate, and the freedom to enjoy the rewards of your hard work.

In Production

Harbor & Skull Publishing Company (Thrillers)

ROOTED IN SILENCE: SOME ROOTS GROW DEEPER IN THE DARK (Root & Vein Trilogy I)
A.M. Walker

Emily Byrd has everything she ever wanted: a beautiful home, a devoted fiancé, and the wedding of her dreams. But beneath her picture-perfect life lies a darkness she can no longer contain. As her wedding day approaches, Emily is quietly planning something unthinkable, and the people closest to her may be in far more danger than they realize. With a mysterious neighbor watching from the shadows and secrets threatening to unravel her carefully constructed world, Emily must maintain the illusion of perfection before the truth comes to light. Rooted in Silence is a slow-burn psychological thriller exploring obsession, manipulation, and the dangerous roots of a seemingly perfect life.

ISBN (eBook): 9798999927323

ISBN (Paperback): 9798999927347

ISBN (Hardcover): 9798999927330

BOUND IN BOTANY: SOME ROOTS TANGLE IN THE SHADOWS (Root & Vein Trilogy II)
A.M. Walker

Grief makes people accept stories that are easier than the truth, but Monica refuses to look the other way. Convinced there is more to her brother's death than anyone is willing to admit, she sets out to uncover the truth and expose the woman she suspects is responsible: Emily Black, a seemingly flawless widow hiding secrets of her own. As Monica becomes entangled with Emily and the enigmatic Miss Volkova, she is drawn into a dangerous game of psychological manipulation, poisonous plants, and growing obsession. The deeper she digs, the more she begins to question the line between justice and revenge. Bound in Botany is a dark psychological thriller about grief, control, and the dangerous consequences of becoming consumed by the truth.

ISBN (eBook): 9798996611225

ISBN (Paperback): 9798999927361

ISBN (Hardcover): 9798996611218

TRY TO KEEP UP
Shay Knudsen

Twenty-two-year-old Kody Thomas takes a nanny job hoping for the clean slate she desperately needs. Instead, she walks into a house where nothing, and no one, is what they seem. Fifteen-year-old Piper wakes up as different versions of herself. Some days she's shy and soft-spoken. Other days she's bold, impulsive, or chillingly strategic. Her handwriting changes. Her memories don't align. Her moods snap like a switch flipping in the dark. And the girl Kody is meant to protect may be hiding truths even from herself. When the boy next door goes missing, a diary of disturbing drawings suggests Piper knows more than she's saying. Trapped in a tightening maze of fractured memories, shifting identities, and buried secrets, Kody must uncover the truth before it's too late. Because the danger might be living behind Piper's eyes, or lurking much closer.

ISBN (Paperback): 979-8-9999273-7-8

ISBN (Hardcover): 979-8-9999273-8-5

ASIN (Audible): B0HDV3Q4GL

Heart & Stone Romance Novels (Romance)

WHAT WE SHOULDN'T HAVE BEEN
Brittany McClure

Cassie thought losing her mother was the hardest thing she would ever have to survive. Then she met Cole, her boyfriend Liam's best friend. After her mother's death leaves her struggling to find her way back to herself, Cassie agrees to a change of scenery…Cole is supposed to help her heal, keep her distracted, and help her rediscover the pieces of herself grief stole away. He never meant to become the person she needed. Cole has spent years keeping his life simple; his music, his dreams, and his friendship with Liam. Falling for Liam's girlfriend was never part of the plan. But somewhere between late-night conversations, guitar strings, paintbrushes, and moments neither of them can explain, the line between friendship and something more begins to disappear. And some feelings are impossible to unfeel. Cassie knows loving Cole could cost her everything. Cole knows wanting her could destroy the friendship he's spent half his life protecting. Liam has no idea that the two people he trusts most are falling for each other right in front of him. Sometimes the person who helps you find yourself is the one person you were never supposed to fall for. Because some love stories aren't supposed to happen. But that doesn't mean they aren't worth fighting for.

In Production

CLOSING THE DISTANCE
Evelyn Raquel

Sometimes, love finds us when we least expect it. She never planned to fall in love, especially not with someone who could turn her carefully ordered world upside down. But when an unexpected connection sparks between two very different hearts, she begins to question everything she thought she knew about love, trust, and the future she imagined for herself. As undeniable chemistry grows into something deeper, old wounds, hidden fears, and difficult choices threaten to pull them apart. They must decide whether love is worth the risk of being vulnerable, facing the past, and opening their hearts to the possibility of forever. Because sometimes, the greatest love stories begin with a chance

encounter, a leap of faith, and two people brave enough to choose each other. A heartfelt romance about second chances, unexpected connections, and the beautiful uncertainty of falling in love.

In Production

Harbor & Stone Kids (Children's)

TOMMY TACKLES TYPE 1

Kayln Hugdahl

From his time in the hospital to returning to school, Tommy learns about blood sugar checks, insulin, and managing his condition with the help of his medical team, family, teacher, and friends. Through an engaging and encouraging story, young readers discover that while a diabetes diagnosis can feel overwhelming, it does not have to stop them from enjoying childhood. This uplifting book promotes understanding, empathy, and courage while reminding children that they are never alone in facing life's challenges.

ISBN (Paperback): 979-8-9999273-9-2

ISBN (Hardcover): 979-8-9966112-0-1

DR. DENNY AND HIS LIFE LESSONS

Sam Vesper

Through the eyes of a caring doctor, young readers are invited to explore the important lessons that help shape who we become. From kindness and honesty to perseverance, responsibility, and the importance of helping others, Dr. Denny shares meaningful insights that children can carry with them as they grow. With an approachable perspective and thoughtful guidance, this heartwarming book encourages children to make good choices, treat others with compassion, and learn from the experiences they encounter along the way. Each lesson offers an opportunity for reflection, conversation, and personal growth, reminding readers that becoming a good person is a lifelong journey built one small choice at a time.

In Production

SOPHIE THE SNOWBUDDY

Veronica Thaanum

Have you ever wondered where snowbuddies go when winter ends? Meet Sophie, a little snowbuddy with a big question and an even bigger adventure ahead. As the days grow warmer and her snowy body begins to melt, Sophie worries about leaving the family who built her and the home she has come to love. With a little reassurance from her oldest friend, Dowzer, Sophie discovers the magical journey that awaits her. From forests and flowing rivers to sparkling oceans and drifting clouds, she learns how every drop of water has a purpose and every journey can lead you home. This heartwarming tale of friendship, change, and the wonders of the water cycle reminds young readers that even when things change, there is always a way back home.

In Production

Sword & Stone Press (Fantasy)

VILLEGENTS AND THE DARK PRINCE

Heather Whipple

In the seven realms of Azanri, a night of celebration turns into a massacre. Prince Mace witnesses the horrifying events and the death of his brother, King Beau, at the hands of a witch. As Mace seeks answers and justice, he uncovers a conspiracy involving ancient crystals, dark magic, and a prophecy that threatens to destroy all realms. With the help of new allies, Mace must navigate treacherous trials and confront his own inner demons to save his brother and prevent the rise of an ancient evil.

In Production