

# 2025 CATALOGUE



# ABOUT STRONG GIRL PUBLISHING

Strong Girl Publishing makes athletically-oriented books + content for middle grade and young adult girls, written by young women athletes.

We're here to help girls see themselves in sport and outdoor adventure, inspiring them to try new activities by creating engaging stories around girls in sport, through books. We've also carved out a space for young women athletes who are looking for a platform to share their voices.

At Strong Girl Publishing, our athlete authors aren't just great at their sports: We celebrate girls and women as multifaceted individuals who don't fit into any one box. We don't believe that girls or women should ever have to choose being an athlete at the cost of any other part of their being.

Our readers and our authors are strong women and girls, and not just physically. We know our readers and authors can be anything: She can be into punk rock and want to PR her 5K. She can love fashion while figuring out how to get grass stains out of her soccer uniform. She can read books on the team bus instead of being part of the singalong, or she can be the one who starts up the Sweet Caroline moment. She can wear mascara on the start line—for herself, not for anyone else.

We believe that every girl and woman contains multitudes, and every girl and woman can tap into her inner athlete, on and off the playing field.

# OUR AUTHORS - 2024/2025







#### MOLLY HURFORD

Founder, Author, Ultra-runner

Molly is the founder of Strong Girl Publishing and a longtime endurance athlete currently focused on ultra-running when she's not editing or writing books about girls in sport. She's the author of a lot of books, including the *Shred Girls* Series and most recently, the YA novel *Running as Fast as We Can*.

#### MACKENZIE MYATT

Author, Off-Road Cyclist

Mackenzie is an off-road cyclist who's raced at the World Cup level on the mountain bike and is currently pursuing MTB, gravel and cyclocross. She's the author of *In Defense of Big Dreams*.

#### MICHA POWELL

Author, Olympian, 400m sprinter

Micha is a world-class Canadian Olympic sprinter specializing in the 400m, currently running for New Balance. She is also a 2022 Commonwealth Games gold medalist. Born in Montreal to threetime Olympian Rosey Edeh and Long Jump World Record Holder Mike Powell, athletics is a part of her DNA. SHe's the author of Sprinting Through Setbacks.



#### RACHEL PAGEAU

Downhiller, Journal Designer

Our pro downhiller who helps you reach your goals!



#### STEVIE LYN SMITH

Author, registered dietitian

Sports dietitian and endurance athlete Stevie Lyn Smith, RD, is the author of the upcoming book "Power Up: A Young Woman's Guide to Winning with Sports Nutrition," which aims to address the unique nutritional needs and challenges faced by young women athletes in high school and college.



#### VANESSA COULBECK

Author, researcher, social entrepreneur

Body image researcher Vanessa Coulbeck's middle grade fiction series, The Mirror Diaries, is coming soon! The series explores self-compassion, body image, and how sport and movement can change lives.



# BULK ORDER INFORMATION

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# FREQUENTLY ASKED QUESTIONS

#### Which purchasing option best supports the authors directly?

As a mission-driven company, Strong Girl Publishing is unique in that for every book sale, our authors receive a direct cut of profits. We do this in order to support our author athletes to the best of our abilities. To best support our authors, please order via Strong Girl Publishing. (Some stores will even opt to not use the wholesale pricing and purchase books at full retail cost or a lower bulk buy discount to help fuel our authors' missions in sport.)

#### Do Strong Girl Publishing authors offer signed copies, book talks or book clubs?

Absolutely! Email info@stronggirlpublishing.com and let us know what you're looking for.

# **NEW FOR 2025**

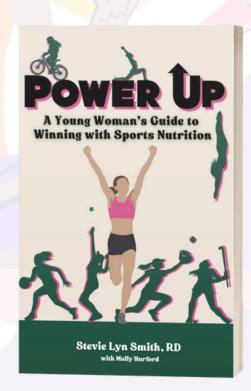
5/27/2025

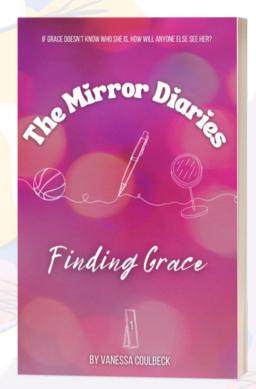


**Shred Girls: Lindsay and the Curse of Gemini Lakes** by Molly Hurford Middle grade fiction

The Mirror Diaries: Finding Grace by Vanessa Coulbeck Middle grade fiction 9/25/2025

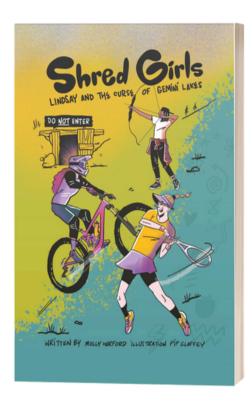
A companion workbook, Beyond the Mirror, will also be available





Power Up: A Young Woman's Guide to Winning with Sports Nutrition by Stevie Lyn Smith, RD Nonfiction 11/3/2025

#### SHRED GIRLS: LINDSAY AND THE CURSE OF GEMINI LAKES

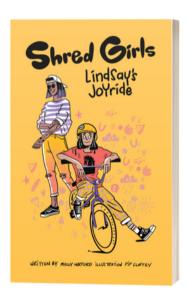


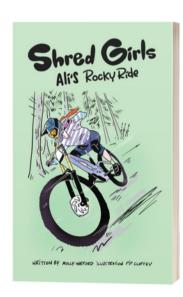
by Molly Hurford Middle grade fiction 5/27/2025

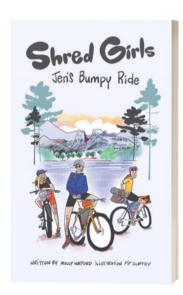
The fourth Shred Girls book is here and it's time for summer camp! In Shred Girls: Lindsay and The Curse of Gemini Lakes, Lindsay, Ali and Jen are heading to a multi-sport camp in the mountains where they'll ride bikes, swim, canoe and try out all new sports. But something strange is going on at Gemini Lake. It's almost like the camp is... cursed!

As tensions rise and weird incidents multiply, the Shred Girls face their biggest challenge yet: Can they put aside their growing conflicts and work together to uncover the truth? With friendship tested and camp chaos mounting, they'll need all their skills, courage, and teamwork to break the curse before Gemini Lakes is destroyed forever.

One summer. Three friends. An impossible challenge. Will the Shred Girls save their camp, or will this be the worst summer of their lives?



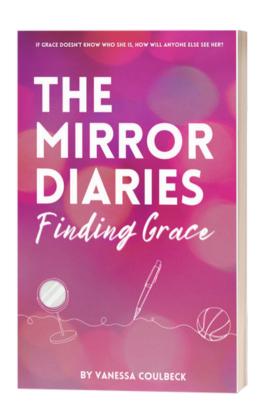




Praise for Lindsay's Joyride: "This feel-good sports book all about girl power emphasizes strong friendship, not making assumptions, and putting yourself out there. Lindsay's journey in finding her own style and doing things that scare her will inspire any young reader." –Kristina Pino, Booklist

Praise for Ali's Rocky Ride: "Hurford offers readers a fun and informative story about girls in sports. The characters are multilayered and the relationships are authentic...This is a fun and action-packed story about being true to oneself, sports, family, and the importance of friendship. A recommended purchase for middle grade collections." -School Library Journal

# THE MIRROR DIARIES: FINDING GRACE



The Mirror Diaries: Finding Grace (book 1 of the series) by Vanessa Coulbeck

Middle grade fiction 9/25/2025

Grace isn't sure who she is—or how to feel good in her own skin and embrace the girl she sees in the mirror. Is she the sporty girl who loves competition, like her friend Emma? The smart one with all the answers, like Lilly? Or maybe the effortlessly funny one, like her new friend Anna? And when it comes to showing up with confidence for anything, from tryouts to her new volunteering gig, the questions only get louder. Everyone around her seems to know exactly who they are, but Grace just feels... invisible.

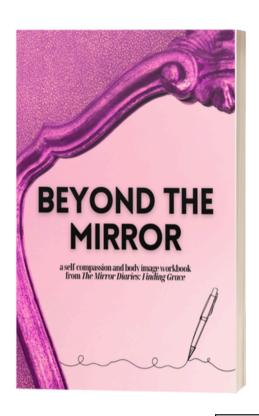
That is, until she finds a mysterious mirror hidden in her attic (yes, really!) and gets a surprise journaling assignment from her teacher that sends her on the ultimate quest. Suddenly, Grace is on a journey she didn't expect: to not only figure out who she is but to learn how to be kinder to the girl she sees in the mirror.

With friendship ups and downs, navigating the pressures of being a young girl, tryouts that test her courage, and some major self-discovery moments (plus a few laugh-out-loud fails), Grace begins to realize that being herself is her true superpower.

For anyone who's ever struggled with body confidence, doubted their worth, or felt the pressure to be "enough," Grace's journey will feel real and relatable. As girls grow and navigate changes in their bodies, emotions, and identity, this journey offers practical, evidence-based tools and activities focused on self-compassion, empowerment and body image through movement—helping readers build kindness and confidence that go beyond just school and sport. With empowering worksheets on self-compassion and body image designed by leading researcher Vanessa Coulbeck, readers can explore right alongside Grace. No matter your age, join Grace on this empowering adventure, and discover that being kind to yourself matters just as much as being yourself—and that your greatest superpower is showing up as you, because no one else can.

Perfect for fans of *Diary of a Wimpy Kid* and *Smile*, this heartfelt adventure helps readers discover the power of being themselves—flaws, feels, and all. Parents and educators also benefit from the exercises in the book and the real glimpse into the mind and heart of a young girl navigating puberty.

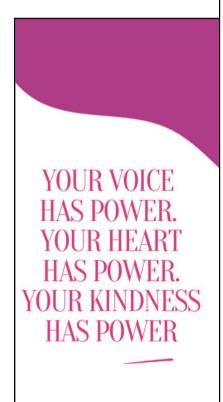
# **BEYOND THE MIRROR: JOURNAL**



#### **Beyond the Mirror Journal**

by Vanessa Coulbeck 7' x 10', 56 pages 9/25/2025

The companion workbook, *Beyond the Mirror*, contains all of the research-backed exercises and prompts from Finding Grace, laid out in a style that tweens and teens will love. It allows readers to take the journey alongside of Grace.



#### **Beyond The Mirror** Exercise

The Beyond the Mirror Exercise helps us build a positive relationship with our reflection. It reminds us to be kind to ourselves, which helps grow self-compassion and encourages us to see ourselves in a more positive light.

Stand in Front of the Mirror: Find a mirror and stand in front of it. Take a moment to look at yourself. Think of your reflection as a friend, instead of seeing a mirror as something that makes you feel judgmental and be critical, see it as a space where you can say kind things to yourself. Take a moment to think about who you are beyond how you look.

#### Complete these two statements:

Iam... Ican

#### Examples:

I am thoughtful and always try to help others. I am strong, and I don't give up when things get hard.

I can do hard things, even when I feel nervous.

I can be confident in who I am and not compare myself to others.

#### Try it here!

I am\_ I can

Lam \_\_

I can \_\_\_

I am \_\_\_

Lean

#### See the Power in Yourself

Take a deep breath and look at yourself-recognizing your strength and uniqueness.

Test out the affirmations you just wrote out loud while looking at yourself.

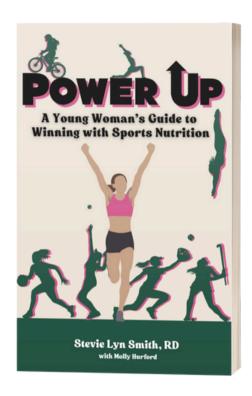
You can also try out a few of these to find one to three affirmations that feel right for you"

- Tam worthy of love and kindness."
- · 'I can face challenges and keep going.'
- Tam strong, inside and out.
- "I can be proud of myself for trying new things."

#### Future Me letter

en years!—and include what you're excited	
nt to be by the time you're reading this letter	
g vou're nervous about now. Bonus points if	
ou're done and schedule it as an email that w	ill send to Future You!
	a laid
	- 57By 32-60
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# POWER UP: A YOUNG WOMAN'S GUIDE TO WINNING WITH SPORTS NUTRITION



**Power Up: A Young Woman's Guide to Winning with Sports Nutrition** by Stevie Lyn Smith, RD Nonfiction 11/13/2025

Whether you're chasing a personal best or a championship title, *Power Up* is your go-to guide for fueling performance and feeling your best. Designed for young women playing any sport—on the field, the court, the track, or in the pool—this book breaks down the essentials of sports nutrition in a clear, relatable way.

From what to eat before practice to how to recover like a pro, you'll get real-life tips and science-backed advice served in easy-to-understand bite-sized pieces (yes, the pun is intentional). Learn how to build meals that support your training, navigate dining hall decisions, and figure out what to do in your apartment kitchen—even if you're still Googling how to boil water.

*Power Up* gives you the tools to fuel your body, boost your confidence, and thrive as an athlete, no matter where your sport takes you.

ABOUT THE AUTHOR: Stevie Lyn Smith is a registered dietitian and a board certified specialist in sports nutrition. Her mission is to help educate and coach athletes and active humans on how to fuel their goals while not sacrificing their health and happiness. Drawing from her experiences growing up as a team-sport athlete to completing ten full ironman distance triathlons and countless other endurance and ultra distance races, she knows firsthand how important nutrition is to be a healthy athlete.



# FRONTLIST PRICING

TITLE	AUTHOR	ISBN	AGE RANGE / CATEGORY	RETAIL	WHOLESALE
Shred Girls: Lindsay and the Curse of Gemini Lakes	Molly Hurford	978-1-0688302-5-9	Middle grade fiction	\$16.99 CAD / \$14.99 USD	40% discount
The MIrror Diaries: Finding Grace	Vanessa Coulbeck	978-1-0688302-7-3	Middle grade fiction	\$16.99 CAD / \$14.99 USD	40% discount
Beyond the Mirror	Vanessa Coulbeck	N/A	Journal	\$24.99 CAD / \$22.99 USD	40% discount
Power Up: A Young Woman's Guide to Winning with Sports Nutrition	Stevie Lyn Smith	978-1-0688302-9-7	Young Adult Nonfiction	\$22.99 CAD / \$19.99 USD	40% discount

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To request a bulk purchase, email info@stronggirlpublishing.com with the book title/s, number/s of books requested, any extras (stickers, copies must be signed, postcards, etc.), and address and we'll send a quote including shippng information

Best for: Groups and clubs; bike shops and other stores not set up with bookseller accounts

# 2024 BACKIIS1

# SPRINTING THROUGH SETBACKS

by Micha Powell Released 2024 Young Adult Nonfiction + Journal

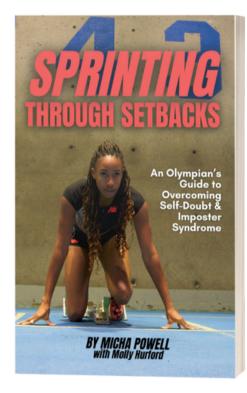
Being the daughter of two Olympians sounds like a dream if you're an athlete. But it comes with plenty of pressures and hurdles! And for Micha Powell, that's just part of life. Micha is a world-class Canadian Olympic sprinter specializing in the 400-meter. She's a 2022 Commonwealth Games gold medalist. Track is in her DNA.

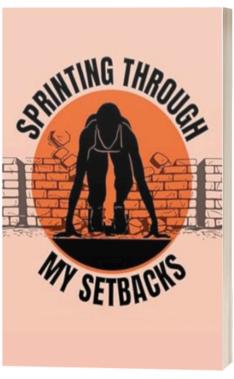
Sprinting Through Setbacks: An Olympian's Guide to Overcoming Self-Doubt and Imposter Syndrome looks back at pivotal races in Micha's career so far and the lessons learned from each. Each chapter also includes a workbook section, so readers can take the journey alongside Micha.

From finding balance, owning your personal style, battling imposter syndrome, stepping into your spotlight, and finding the courage to embrace an Olympic mindset, there's a lot to learn, whether you're a runner, a student, an office worker or anyone chasing a goal.

A companion workbook breaks down the questions at the end of each chapter so readers are able to reflect on their own journeys and plan for their future goals.







# RUNNING AS FAST AS WE CAN

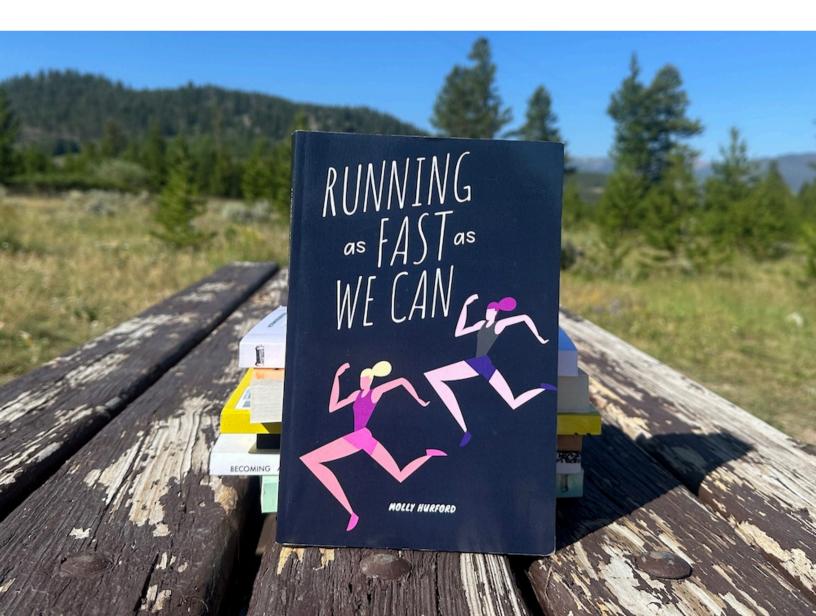
by Molly Hurford Released 2024 Young Adult Fiction

High school is an uphill battle... especially if you run cross-country.

Juniors Krista and Elle might have been best friends once. Not anymore. But they do have one thing in common: A distaste for school sports, and need for an athletic extracurricular on their college resumes. When they both show up to the first cross-country practice of the season, it's a surprise to both of them.

Writer and wannabe punk Krista wants nothing to do with preppy go-getter Elle, at least not anymore. But what caused the rift between the former childhood friends... and what will happen when the reason for their mutual dislike shows up with swagger?

Competitive sparks will fly, but it's going to take the two girls finding common ground if they're going to make it through junior year and fight back against the real enemy.



# IN DEFENSE OF BIG DREAMS

by Mackenzie Myatt Released late 2023 Poetry

Nova Scotia-based elite multi-discipline cyclist Mackenzie Myatt's first book of poetry, In Defense of Big Dreams, is all about life as an athlete and a creative soul. In Defense of Big Dreams contains more than 50 of cyclist Mackenzie Myatt's poems along with gorgeous layouts with photos shot by Artúr Sagát. The design elements were carefully chosen to enhance each poem, and the collection focuses on topics ranging from self-confidence to sport to body image, and everything in between. While the target demographic is young women, people of all ages will appreciate the stories contained in these pages.

"Serendipitously, Mackenzie's book arrived on my birthday. Birthdays are usually bad. Days for me, but In Defense of Big Dreams make me feel lighter and happier and understood. Most unique book on my shelf, and probably the coolest one too!" -Haley Smith, Mental Health Advocate, Professional Cyclist, Olympian

"This hit just right today. Clocking in for my 24/7 job of Chronic Thinking. I love this poem and feeling seen in a book of cycling poetry. Check out her beautiful book for girls everywhere with big dreams finding out what makes them tick and realizing what does not. Thank you for sharing your inspiration and raw emotions. Get yourself a copy so you can laugh and cry with me! - Alison M. Tetrick, Scientist, Storyteller, Professional Cyclist & CEO of Saga Ventures





# **FULL BACKLIST**

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Molly Hurford	9781778205705	Middle grade fiction	\$13.99	40% discount
Molly Hurford	9781778205729	Middle grade fiction	\$14.99	40% discount
Molly Hurford	9781778205743	Middle grade fiction	\$14.99	40% discount
Molly Hurford	9781778205767	Middle grade fiction	\$15.99	40% discount
Molly Hurford	9781068830228	Young adult fiction	\$16.99	40% discount
Mackenzie Myatt	9781778205781	Young adult poetry	\$27.99	40% discount
Micha Powell	9781778205798	Young adult nonfiction/memoir	\$19.99	40% discount
Micha Powell	9781068830211	Young adult journal/workbook	\$19.99	40% discount
Molly Hurford	1688249443	Young adult nonfiction	\$18.99	40% discount
	Molly Hurford  Molly Hurford  Molly Hurford  Molly Hurford  Molly Hurford  Mackenzie Myatt  Micha Powell	Molly Hurford       9781778205705         Molly Hurford       9781778205729         Molly Hurford       9781778205743         Molly Hurford       9781778205767         Molly Hurford       9781068830228         Mackenzie Myatt       9781778205781         Micha Powell       9781068830211         Micha Powell       9781068830211	Molly Hurford 9781778205705 Middle grade fiction  Molly Hurford 9781778205729 Middle grade fiction  Molly Hurford 9781778205743 Middle grade fiction  Molly Hurford 9781778205767 Middle grade fiction  Molly Hurford 9781068830228 Young adult fiction  Mackenzie Myatt 9781778205781 Young adult poetry  Micha Powell 9781068830211 Young adult journal/workbook	Molly Hurford         9781778205705         Middle grade fiction         \$13.99           Molly Hurford         9781778205729         Middle grade fiction         \$14.99           Molly Hurford         9781778205743         Middle grade fiction         \$14.99           Molly Hurford         9781778205767         Middle grade fiction         \$15.99           Molly Hurford         9781068830228         Young adult fiction         \$16.99           Mackenzie Myatt         9781778205781         Young adult poetry         \$27.99           Micha Powell         9781778205798         Young adult nonfiction/memoir         \$19.99           Micha Powell         9781068830211         Young adult journal/workbook         \$19.99

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