

Spring 2019 Catalog



Microcosm Publishing

BOOKS THAT PUT YOUR POWER IN YOUR HANDS SINCE 1996

A Farm to Table Press



ABOUT MICROCOSM

Microcosm has lived in milk crates, in closets, in a mud room, in a windowless basement, in a converted church, and under a desk at a major credit card company. We've brought our brightly colored books to infoshops, zine fests, media summits, bicycle conferences, parks, street corners, house shows, dirty bars, all-night coffeeshops, art museums, and every corner of the mainstream where we can clear away a little space to set up shop. We set out to save ourselves from not caring, but out there in the margins we've found communities worth always doing it better for. Now we have contracts instead of handshakes, a warehouse instead of a fanny pack full of zines. We have a staff, we have relationships in the industry that send our books to places we wouldn't have dreamed we could walk into ourselves. We're not as drunk or dirty as we used to be. But still, at heart, we've got this milk crate strapped to the back of a bike and we're riding wildly across town to hand you the book that might just be the one that saves your life.

Cover Illustration by Trista Vercher | Design by Joe Biel

MICROCOSM.PUB





A LETTER FROM THE PUBLISHER:

Starting January 1, 2019, we will be managing our own distribution just like we did for over ten years. Further, we will no longer be selling to Amazon! Why, you ask? Well, my grandparents were German immigrants who came to the U.S. in the 1800s for labor unions and achieved the 40-hour work week. In turn, Microcosm has always tried to work with independent companies, since they feel most comfortably aligned with our mission, values, and goals...but we've watched over the past dozen years as each independent distributor gets gobbled up and responds to the demands of the increasingly demanding monopolies.

When Microcosm was just getting off the ground in 1997, I interviewed Ian Mackaye of Dischord Records. He explained that a publisher is only as independent as their distribution is. His point sticks today. We've watched as our peer publishers either throw in the towel or sell to one of the monopolies, neither of which we are willing to do. We feel that independents need to be independent and the best way to do that is to build an outpost of our own, a shining star where we can continue to thrive instead of relying upon the whims of any global corporation..

So we are returning to our roots to create the world that we want to see. Not only will we no longer need to move thousands of books back and forth between warehouses, our staff and authors will get paid more for each book sold!

We will be parting ways with PGW/Perseus/Ingram in January and have built new warehouses and software to make this possible. This isn't as staggering a change as it sounds. Reviewing the numbers, we have come to realize that we know better how to distribute our books than anyone else that we've tried to partner with. We've handled roughly 75% of our distribution even across these past seven years. The simple fact is that the underground is much bigger than the mainstream.

We hear from people almost every week that our books are saving their lives, and we feel that we have an obligation to extend that as far and wide as possible. Few events in the history of Microcosm have improved our morale and brought our staff together like this has. You can check who your new sales rep is in the back of this catalog.

—Joe Biel | Publisher

UNF*CK YOUR INTIMACY

RELATIONSHIPS, SEX, AND DATING

Faith G. Harper, PhD

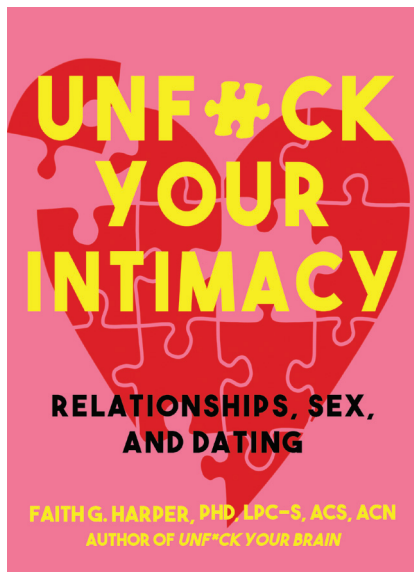
Have More Fulfilling Relationships and Sex

Explore your sexuality, on your own and in relationships, with this new book by Dr. Faith, author of bestselling *Unfuck Your Brain*. Written particularly for people who are in intimate relationships, but also incredibly useful if you're single or dating and trying to unpack your past or plan for your future. With science and humor, Dr. Faith demystifies topics such as kink, consent, shame, and trauma recovery. Read this book to learn vital life skills like listening to your body and your gut, setting boundaries, and communicating your needs. If you're looking to heal from past wounds, make better choices, or improve an existing relationship, this book is for you!

- Improve your existing and future relationships
- Become more confident in sex and intimacy
- Learn to relate wisely and lovingly



Faith Harper, PhD is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting/training business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist. *TheIntimacyDr.com*



- National and local press campaigns
- Kickstarter campaign
- Author is a licensed professional counselor and certified sexologist
- Author has over 100,000 books in print

Publicity: Cyn Marts | 503-799-2698 |
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978-1-62106-762-7

Trade Paperback

5 x 7"

192 pages

June 11, 2019

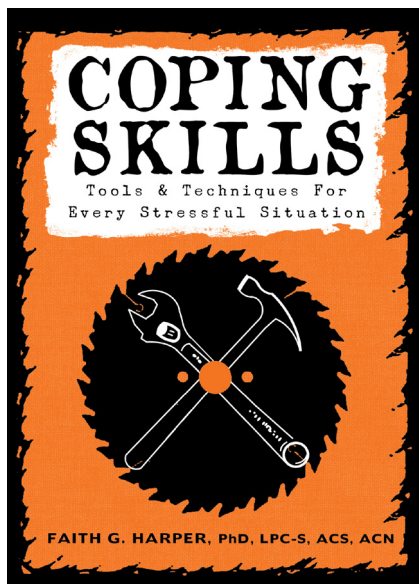
SELF-HELP

\$14.95 U.S. / \$20.50 CAN

COPING SKILLS

TOOLS & TECHNIQUES FOR EVERY STRESSFUL SITUATION

Faith G. Harper, PhD



- National and local press campaigns
- Kickstarter campaign
- Author is a licensed professional counselor
- Author has over 100,000 books in print

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978-1-62106-139-7

Trade Paperback

5 x 7"

128 pages

June 11, 2019

SELF-HELP

\$9.95 U.S. / \$14.00 CAN

Emergency skills for stressful situations

You know those days when you just can't even? When everything is haywire and everyone, including yourself, seems to be against you, not to mention against reason? Your to-do list is a mile long, your kid is sick, traffic sucks, and you just spilled coffee all over yourself as you were about to walk out the door? How do you cope? Most of us don't have great coping skills, and turn instead to addictions, zoning out, or freaking out. Dr. Faith, author of the bestselling *Unfuck Your Brain*, offers a range of healthier strategies for getting through tough moments, gaining perspective, and shifting your attitude.

► **The first book to break down coping skills by type of situation**

► **Includes skills from CBT, DBT, ACT, Positive Psychology, Mindfulness-Based Stress Reduction, Somatic Experiencing, Jungian therapy, and more**

► **Resources for regular people and mental health professionals**

Faith Harper, PhD is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting/training business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist. TheIntimacyDr.com



PORTLAND STAIR WALKS (2ND ED)

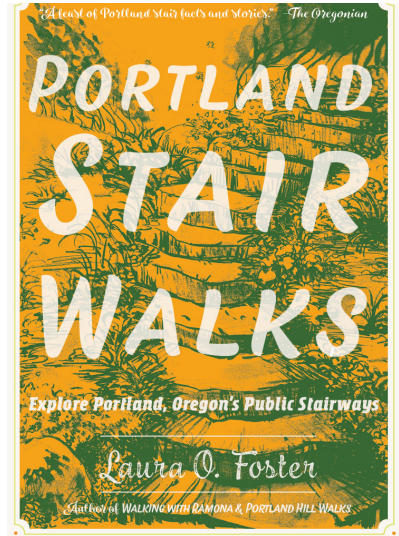
EXPLORE PORTLAND, OREGON'S PUBLIC STAIRWAYS

Laura O. Foster

Get to Know Portland, OR's Hidden Urban Paths

With Portland Stair Walks in hand, you've got 18 walking and biking adventures from 2 to 17 miles. Routes explore public stairs, paths hidden from Google Earth, pedestrian/bike bridges, mountain peaks, floating walkways, river beaches, and even a tunnel or two in one of America's most topographically gifted cities. Maps, easy-to-use directions, stories, opinions, newest trails and stairs—your guide has been honing her forensic pedestrian ways for 30 years in Portland, and this book packs it all up. And of course, every route passes by places to eat and drink, because, after all, this is Portland! Go with a friend, a new lover, an old spouse, or a child or parent of any age. On a Portland stair walk there's always much to laugh over, wonder about, and appreciate.

- ▶ **New edition with all-new material**
- ▶ **An off-the-beaten-path way to get to know one of America's quirkiest cities**
- ▶ **Stair walking is a popular fitness activity**



- **National and local press campaigns**
- **Kickstarter campaign**
- **Author has over 100k books in print**

"The book is a feast of Portland stair facts and stories...with Foster's keen eye for quirky detail." –The Oregonian

"Foster is known for her firm grasp on Portland's long forgotten history, much of which we literally step over each day." –Portland Monthly

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Laura O. Foster writes about the Pacific Northwest. Her Portland-based books explore the city's geology, architecture, neighborhoods, and human and natural history. She lives in Portland, OR with her family and was featured in the Emmy-winning documentary *Discovering Beverly Cleary*.

978-1-62106-345-2

Trade Paperback

5x7"

224 pages

March 12, 2019

REGIONAL GUIDEBOOK

\$16.95 U.S. / \$23.00 CAN

WALKING WITH RAMONA (2ND ED)

EXPLORING BEVERLY CLEARY'S PORTLAND

Laura O. Foster

Trace the steps of Beverly and Ramona

Explores the streets, schools, characters, and neighborhoods of author Beverly Cleary's Portland. With this newest and most unusual Portland guidebook, readers can walk the very sidewalks Beverly walked and climb the very school steps that Beverly climbed. You'll see the grocery parking lot where Ramona got stuck in the mud, the park lawn where Henry Huggins hunted nightcrawlers, and the real Portland street that became Klickitat Street, their fictional home. Beverly Cleary's Portland was much different than the Portlandia of today. Characters like Ramona and Beezus, Henry and Ribs, and Ellen and Austine come to life on this hour-long walking route.

- The only guide to Portland that focuses on Beverly Cleary and her beloved characters
- A walking tour that multiple generations of one family can enjoy together
- A deeply loved local guidebook hero with a devout following of all ages
- Brings to life what that 1920s and 1930s Portland was like for the "girl from Yamhill."



- National and local press campaigns
- Social media outreach campaign
- Updated and revised new edition

"A quick but fascinating read loaded with details...its charm is as heart-warming as Cleary's creations." —Library Journal

"The journey celebrates what was, what is and what only exists within the pages of Cleary's fictional world...An indispensable tribute" —Register Guard

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978-1-62106-808-2

Trade Paperback

5 x 7"

128 pages

March 12, 2019

REGIONAL GUIDEBOOK

\$9.95 U.S. / \$14.00 CAN

Laura O. Foster writes about the Pacific Northwest. Her Portland-based books explore the city's geology, architecture, neighborhoods, and human and natural history. She lives in Portland, OR with her family and was featured in the Emmy-winning documentary *Discovering Beverly Cleary*.



THE CHAINBREAKER BIKE BOOK (3RD ED)

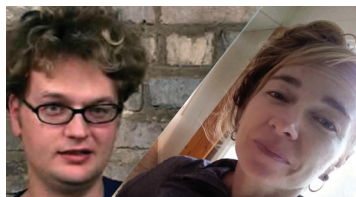
AN ILLUSTRATED MANUAL OF RADICAL BICYCLE MAINTENANCE, CULTURE, AND HISTORY

Shelley Lynn Jackson & Ethan Clark

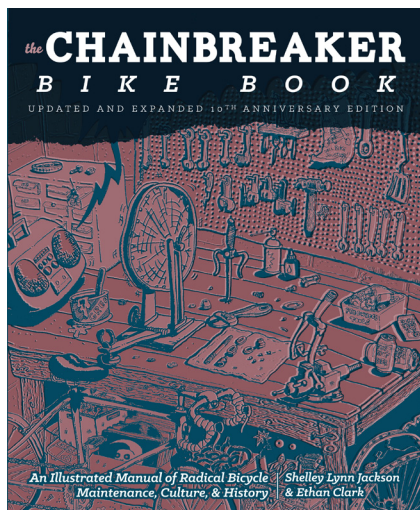
Fix and maintain your bicycle yourself!

An updated edition of our hand-illustrated and accessible introduction to the world of bike repair! Through working at both Plan B Bike Project and French Quarter Bicycles in New Orleans, our co-authors have gathered a wealth of experience to share with would-be bicycle mechanics. The first half of this book is a complete repair manual and bicycling guide. The second half reprints all four issues of *Chainbreaker* zine, whose originals were destroyed in Hurricane Katrina. Many of us here at Microcosm use this guide to fix our own bikes. The illustrated instructions help you suss out how to fix a wide variety of issues, whether your bike is a beater or a vintage classic.

- ▶ A delightfully unconventional guide to bicycle repair and bicycling culture
- ▶ Detailed, hand-drawn illustrations of bike parts, repairs, and schematics
- ▶ The best book for fixing older bikes
- ▶ Revised and updated with a new introduction



Buddhist retreat center in rural Arkansas, studying to be a spiritual ninja, building cabins and growing vegetables. Ethan Clark currently resides in a Toyota Tacoma somewhere in North America.



- National and local press campaigns
- Outreach to bike shops

"I love the seat-of-your-pants, low-budget guidance offered in *Chainbreaker* that keeps things simple, straightforward, and, most importantly, real." –UTNE READER

"[This book] aims at empowering and teaching readers to do their own repairs...the emphasis is on ordinary bikes and not high-end road bikes." –MOMENTUM MAGAZINE

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978-1-62106-126-7
Trade Paperback
7x8.5"

224 pages

September 10, 2019

BICYCLE MAINTENANCE

\$17.95 U.S. / \$25.00 CAN

CITIZEN JOURNALIST

UNDERSTAND & REPORT THE NEWS IN YOUR COMMUNITY

Lisa Loving

CITIZEN JOURNALIST

UNDERSTAND &
REPORT THE NEWS
IN YOUR COMMUNITY



LISA LOVING

Responsible journalism begins with you

A corrupt politician. A local business in trouble. A neighbor with a heroic story. An opportunity to work together for positive change. Whatever stories in your community most need to be told, the best person to tell them is you. Whether you're writing for your local newspaper, producing a podcast or video series, or simply sharing what you see and learn every day on social media, the power of journalism is in your hands, as is the responsibility to use it ethically and wisely. Longtime journalist Lisa Loving opens up the world of journalism, sharing her hard-won skills and knowledge so that you can report on what matters most, hold powerful people accountable, and strengthen your community.

- National and local press campaigns
- Social media outreach campaign
- Author's website (www.howtobeacitizenjournalist.com) serves as publicity vehicle and supplemental resource

- A call to arms against the “fake news” epidemic
- Learn to be a journalist without having to go to school
- Use social media and blogs responsibly and ethically to make an impact

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978-1-62106-107-6

Trade Paperback

5x7"

192 pages

May 10, 2019

JOURNALISM / How To

\$14.95 U.S. / \$20.50 CAN

Lisa Loving is an award-winning journalist and media activist. As a staff member at KBOO Community Radio, she has trained hundreds of everyday people in the tools of independent journalism. She has reported for *WIRED* and *The Oregonian*; she was the stringer on the ground for the *The New York Times*. But Lisa has spent her journalism career in community media, including a decade as news editor of *The Skanner*, an African American family-owned newspaper serving Portland and Seattle.



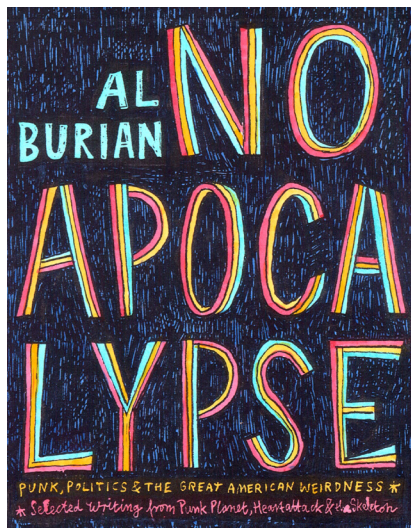
NO APOCALYPSE

PUNK, POLITICS, AND THE GREAT AMERICAN WEIRDNESS

Al Burian

*Selected writing from
Punk Planet, Heartattack,
and the Skeleton*

War seems to have frazzled the punks. That's an unusual turn of events for a subculture that gave us "let's have a war," "let's start a war," "war on 45," "my war," "wargasm," "war all the time," and so on. "Rock n' roll is war," said the band Frodus; but you know, it really isn't. "Rock n' roll is just rock n' roll," assessed AC/DC, somewhat more accurately, and, while not necessarily noise pollution, it is, in the estimation of the Archers of Loaf, "too bad that the music doesn't matter." Rock remains rock, war remains war, and, despite everything being subjective and meaning something else entirely from what it appears to under the tenets of post-modernity and end-of-historicism, the fact remains that a lot of dead people is a terrible, terrible thing, and a lot of people voluntarily self-inducing hearing loss is a less terrible thing. Yes? We are all in agreement here?



- National and local press campaigns
- Outreach to music media

- ▶ Cultural commentary that reminds us of our place in history
- ▶ Perfectly captures life in a touring band
- ▶ A widely known musician performing in Milemarker, Challenger, and Hellbender (with fellow author Wells Tower).



Al Burian is the author of the zine *Burn Collector*. From 2000 to 2007 he was a columnist for various music magazines and DIY publications, including *Punk Planet*, *Heartattack*, and *the Skeleton*. *NO APOCALYPSE* presents the best of these writings, collected in book form for the first time. He also runs a blog featuring his comics, zines, and music.

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978-1-62106-521-0

Trade Paperback

5x7"

192 pages

May 10, 2019

MUSIC HISTORY / Social
Science

\$14.95 U.S. / \$20.00 CAN

JUGGALO COUNTRY

INSIDE THE WORLDS OF INSANE CLOWN POSSE AND AMERICA'S WEIRDEST MAINSTRE MUSIC SCENE

Craven Rock



A Gonzo ethnography of the world's most misunderstood clowns

WHOO! WHOO! Ever wonder what it's like to be a diehard fan of one of the world's most eccentric musical groups? No? Then you're in luck! Craven Rock journeys deep into Juggalo country to get a better understanding of what the staying power and appeal of the horrorcore hip hop duo, Insane Clown Posse (ICP). These bizarre rappers cum quasi-religious prophets have amassed legions of fans clad in clown makeup who come together every year to attend a family-reunion-like event known as The Gathering. Ridiculous, disturbing, and downright weird, Juggalos seem more caricature than real. But look past their makeup, go beyond first impressions, and you'll find something surprisingly relatable and human.

- National and local press campaigns
- Outreach at Juggalo events

- An ethnographic look at an unconventional group of music fans
- A window into a tight-knit community
- A book for music-history lovers

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978-1-62106-318-6

Trade Paperback

5x8"

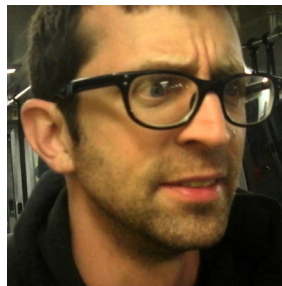
192 pages

September 13, 2019

MUSIC CULTURE

\$14.95 U.S. / \$20.50 CAN

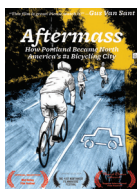
Craven Rock has reported on underground debauchery for over a decade and has been published in *Razorcake* and *Best Music Writing* 2008. After a long obsession with Juggalos and the Rainbow Gathering, he set out to report on events like these, Gonzo-style, to find out what they're really all about.



[BICYCLE: CULTURE & TRANSPORTATION]

Aftermass: How Portland Become North America's Cycling Mecca \$19.95

Details the culture clash since 1971 between advocates, activists, and political leaders. 9781621068990



Bicycle Race: Transportation, Culture, & Resistance \$14.95

The dangers of putting infrastructures before culture, and a coming-of-age story about power and identity. 9781621067641



Bikenomics: How Bicycling Can Save The Economy \$14.95

The costs to maintain our current transportation system, and how we'd all benefit from a switch to two-wheels. 9781621062400



Bikequity: Money, Class, & Bicycling \$9.95

For many, a bicycle is the greater equalizer and these stories show the intersections among these many social issues. 9781621060901



Biketopia: Feminist Bicycle Science Fiction Stories in Extreme Futures \$9.95

An imaginative collection of sci-fi stories focusing on themes that include feminism, intersectionality, bicycles, and dystopias and utopias. 9781621062066

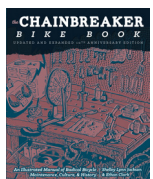


Bikes Not Rockets: Intersectional Feminist Bicycle Science Fiction Stories \$11.95

Twelve stories all involving bicycles and the breaking of gender stereotypes. 9781621065432



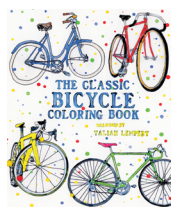
Chainbreaker: An Illustrated Manual of Radical Bicycle Maintenance, Culture, & History \$16.95 Half bicycle repair manual and half how to repair your town's bicycle culture. 9780977055739



The Classic Bicycle

Coloring Book \$14.95

Features line art of a wide variety of bikes of all types for children and adults to color. 9781621064183



Everyday Bicycling \$9.95

Elly Blue introduces you to street smarts, bike shopping, carrying everything from groceries to children to furniture, and riding in all weather. 9781621069058



Our Bodies, Our Bikes \$14.95

The intersection of gender and bicycling with a wide variety of perspectives. 9781621068952



Pedal Zombies: Thirteen Feminist Bicycle Science Fiction Stories \$9.95

When gasoline is no longer available, humans turn to two-wheeled vehicles to transport goods, seek glory, and defend their communities. 9781621065623



Urban Revolutions: A Woman's Guide to Two-Wheeled Transportation \$14.95

From her experience as an everyday cyclist and a transportation planner, Bahr is friendly, thoughtful, and full of practical tips. 9781621069126



The Velocipede Races \$9.95

In Emily June Street's exciting feminist steampunk novel, an 18 year old is forbidden from bicycle racing. Guess what happens next. 9781621060581

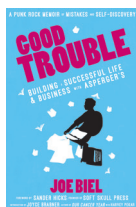


Why We Drive: The Past, Present, & Future of Cars in America \$13.95

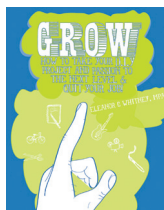
How America became paved with endless miles of asphalt. 9781621064862



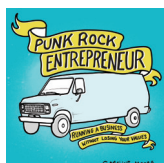
Good Trouble: Building A Successful Life & Business with Autism \$14.95 How a litany of mistakes can teach and Autistic adults can live fulfilling, healthy, independent lives. 9781621060093



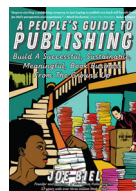
Grow: How to Take Your Do It Yourself Project and Passion to the Next Level and Quit Your Job \$11.95 A field guide for creative people and independent projects to achieve success and sustainability. 9781621060079



Punk Rock Entrepreneur: Running a Business Without Losing Your Values \$9.95 A guide to authentically launching your own business with advice from the least likely of places. 9781621069515



A Peiople's Guide To Publishing: Build A Successful, Sustainable, Meaningful Book Business From The Ground Up \$19.95 A Resource and reality check for anyone considering launching a press of publishing a single book. 9781621069515



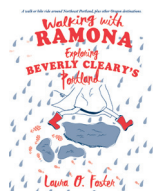
This is Portland \$7.95 A first-hand look at a city that people can't seem to stop talking about. 9781621064015



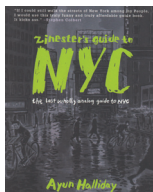
This is Shanghai \$7.95 Alexander Barrett takes you on a tour of the essential facets of existence in Shanghai. 9781621069034



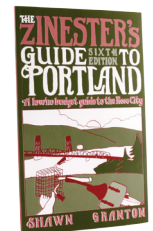
Walking with Ramona: Exploring Beverly Cleary's Portland \$9.95 Retrace the sidewalks of Cleary and the stairs that Beverly climbed, find a unique understanding of these classic stories. 9781621067412



Zinester's Guide to NYC \$9.99 An on-the-cheap, warts-and-all exploration to grab Japanese breakfast, art supplies, volunteer opportunities, or a four-story Korean bathhouse. 9781934620465



Zinester's Guide to Portland \$7.95 A long-time Powell's bestseller and crucial resource guide to things to do in the city of roses. Illustrated throughout! 9780977055722



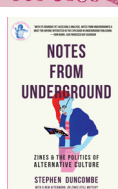
\$100 & A T-Shirt: A Documentary about Zines in the Northwest U.S. \$12.99 These original interviews with 70 zinemakers in Portland, OR brings zine culture to life. 9781621063872



Make a Zine!: Start Your Own Underground Publishing Revolution \$9.95 Featuring copious how-to essays from layouts and comix to selling and promoting. 9781621067337



Notes from Underground: Zines and the Politics of Alternative Culture \$19.95 The first comprehensive study of zine publishing uncovers many surprises. 978162104848



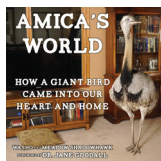
Zine Yearbook #9 \$12 The best writing and art published in zines. 9781934620076



Aftermath of Forever \$12.95 Using mix tapes to express herself, the quest for love delves into the hedonistic world of noncommittal beaus, abusive boyfriends, and friends with benefits.
9781621067139



Amica's World: How A Giant Bird Came Into Our Heart and Home \$16.95 The photographic story of a large, flightless bird who is rescued and raised in the suburbs.
9781621062820



Applicant \$4 A collection of found graduate school applications and photos from the '60s and '70s, with comments from professors. Totally funny. 9780977055760



Beard Coloring Book \$12.95 A luscious, facial-hair-filled collection of illustrations, infographics, and games. Each beard is a zen maze of activities that will draw you into a pure state of bliss.
9781621069959



Cats I've Known: On Love, Loss, And Being Graciously Ignored \$14.95 A sentimental, humorous treatise in 44 illustrated chapters cats in streets, alleys, houses, apartments, and bookstores.
9781621064817



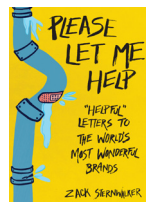
Manspressions: Decoding Men's Behavior \$9.95 Words created for behaviors we all experience every day.
9781621068983



Mostly True \$9.95 Bill Daniel crafted *Who Is Bozo Texino?* (\$20), and this companion book chronicles his look at boxcar graffiti writing and quest to find Bozo Texino.
9780978866525



Please Let Me Help: Very Serious Letters To The World's Most Wonderful Brands \$5 Rebuilding one's life by sending absurd letters.
9781621064008



Post-Structuralist Vulva Coloring Book \$14.95 Demystifies gender with a mesmerizing bricolage of patterns, folds, and whorls.
9781621061380



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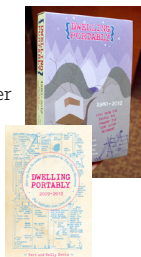
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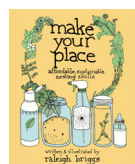
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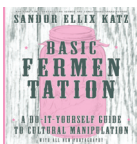
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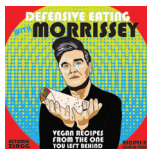
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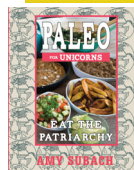
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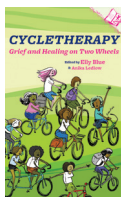
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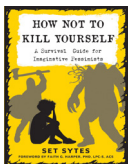
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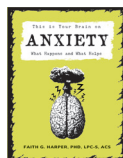
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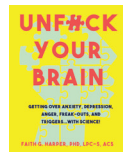
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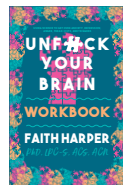
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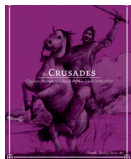
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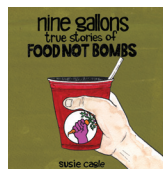
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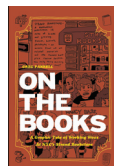
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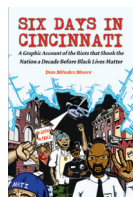
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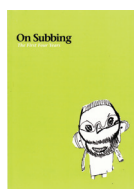
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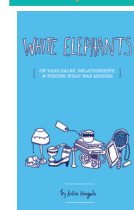
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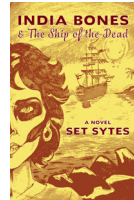
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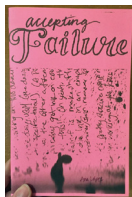
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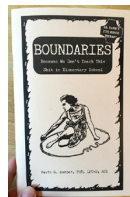
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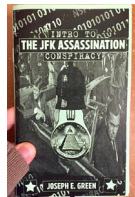
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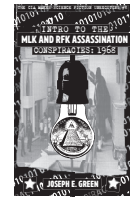
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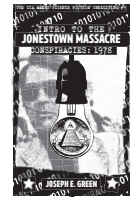
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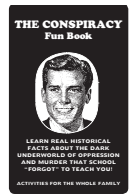
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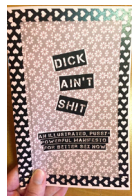
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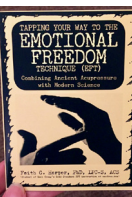
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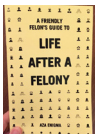
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