

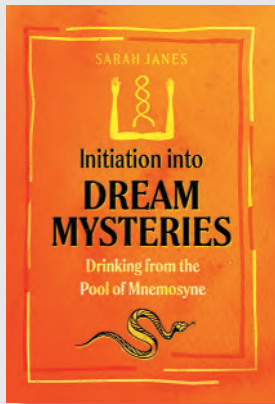
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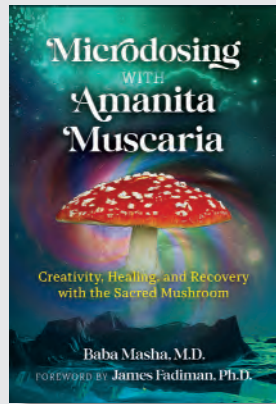
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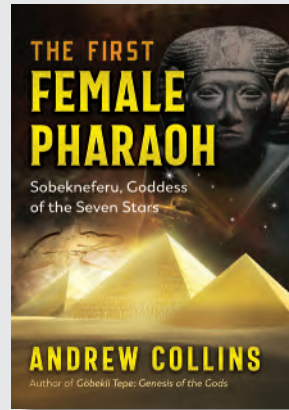
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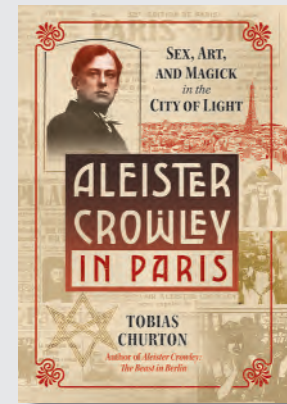
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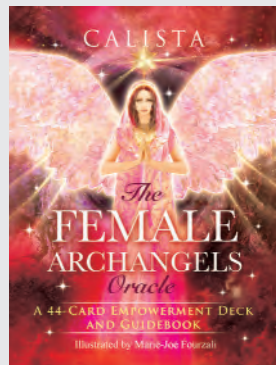
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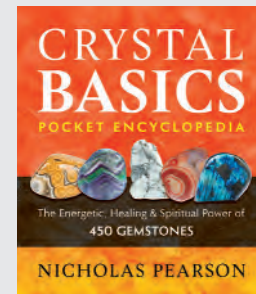
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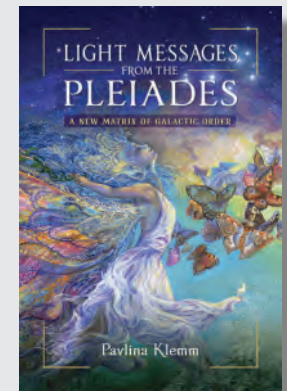
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Cover image from the book:
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9781590035405
published by: Red Wheel Weiser
(see page 29)

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APRIL 2024

9781507221877
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THE MODERN WITCHCRAFT BOOK OF MOON MAGICK

Your Complete Guide to Enhancing Your Magick with the Power of the Moon

Julia Halina Hadas

B&W illustrations

Imbue celestial power into your magickal practice so you can amplify your spells and rituals with lunar magick.

This comprehensive guide to the power of the moon is tailored specifically for witches who want to imbue celestial power into their magickal practice.

Bask in the power of the moon! The Modern Witchcraft Book of Moon Magick is written to help witches of every level harness the power of the moon. This book is packed with information to help you understand how every moon phase can affect your magick and spellcraft and provides tips on how you can use that understanding to strengthen your magick by becoming in tune with the power of the moon.

YOUR BOOK OF SHADOWS

Make your own magical habit tracker

Cerridwen Greenleaf

65 colour illustrations

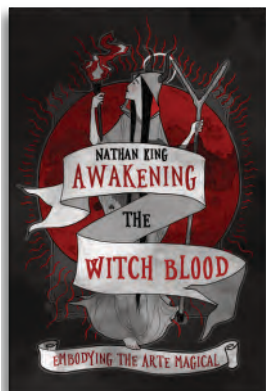
The definitive guide to creating and using your own enchanted Book of Shadows, an essential tool for any witch looking to hone their magickal workings and take their ritual work to the next level.

From choosing, decorating and personalising the book of your dreams, to chronicling your spells, rites and charms, and observing the dates of the seasonal, astrological and lunar calendar, this field guide contains everything you need to take your ritual work to the next level. When you track the magical correspondences that work best for you, you can power up your potions and evolve your enchantments. Most importantly, your Book of Shadows is a space for creativity - for the spells, musings, sketches and journaling that have special significance to you. Join best-selling author Cerridwen Greenleaf to create your own Book of Shadows and make every ritual an opportunity to refine your personal magic and increase the success of your spells.



APRIL 2024

9781800652965
191 x 235 | 144pp | £14.99
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Cico Books
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JULY 2024

9781959883227
152 x 229 | 200pp | £19.99
Paperback
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AWAKENING THE WITCH BLOOD

Embodying the Arte Magical

Nathan King

The witchblood awakens

Drawing on the myriad of beliefs from European witch traditions, Nathan King has created an impressive guidebook, combining mythology and folklore with operative rituals designed to enliven and quicken the metaphorical Witch Blood that courses through our veins.

Witches are not just users of magick; we are a physical embodiment, reflection, and power of the source. Coursing through our veins is a potent, magickal elixir called the Witchblood, our personal source of power that creates the spark igniting our spells and rituals. In his first book, Awakening the Witch Blood, folkloric witch and high priest Nathan King takes the reader on a truly magickal journey through witch-lore, ultimately leading you on a journey of self discovery.

SACRAMENTAL THEURGY FOR WITCHES

Advanced Liturgy Revealed

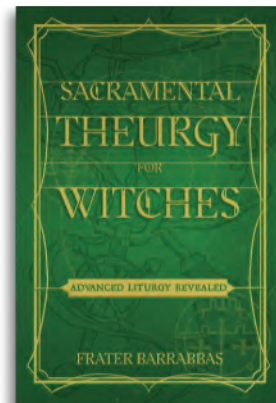
Frater Barrabbas

line drawings throughout

Expand your spirituality and open your practice to new and exciting kinds of witchcraft

Witchcraft Theurgy are the religious rites and the magical practices of Witchcraft blended together to formulate a magical system where coven deities become the emissaries of a sacramental magic. Anything blessed by the deities is an empowered sacrament, and these tools of godhead-empowered magic are available to all witches.

In Frater Barrabbas' latest work you will learn how to go further with your gods and, in the process, learn to be a Theurgist. Learn techniques to directly converse with ancient beings, use their help in magic spells, and learn how to assume the identity of a trusted god. Part of Barrabbas' For Witches series, SACRAMENTAL THEURGY FOR WITCHES will expand your spirituality and open your practice to new and exciting kinds of witchcraft.



MARCH 2024

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AUGUST 2024

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127 x 203 | 150pp | £17.99
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MASTERING THE ART OF WITCHCRAFT

Building A Practical Foundation

Frater Barrabbas

line drawing throughout

Enhance your power like never before

Mastering the Art of Witchcraft contains everything that a beginner would need to build an independent practice of Witchcraft. Witchcraft is a religion and a system of magic, and this book provides a succinct but comprehensive exploration of both roles, allowing for the creation of a complete practice.

Mastering the Art of Witchcraft is a beginner's guide to building both a liturgical and magical practice completely autonomous and independent from any tradition or current practice in modern Witchcraft. Unlike many other beginner's books, this book succinctly defines what is required to bridge both the religious and the magical aspects of modern Witchcraft to build a personal independent Witchcraft practice. Everything that you need to know, all of the liturgical and magical rites, and the basic background information is included in this work.

WITCHCRAFT ON A SHOESTRING

Deborah Blake

Over fifty ways to practice Witchcraft for less, including recipes, spells, tarot, tools, and more!

WITCHCRAFT ON A SHOESTRING by Deborah Blake will take the reader through a fun and engaging journey of magical practices without breaking the bank. You'll have a magical time creating spells, divinations, and even recipes that cost little to no money, all to remind you that you don't need fancy tools to practice the craft; all you need is a little imagination! Witchcraft should be accessible to anyone brave enough to answer the call, and fortunately, Deborah Blake has created a wonderful resource for tapping into the powers of the craft without the need for excessive investing, making the craft once again attainable. Contained herein are instructions for making oils, runes, candles, charms, and more using easy-to-obtain materials while showcasing over fifty methods of working magic that cost little to money.



MARCH 2024

9781959883197
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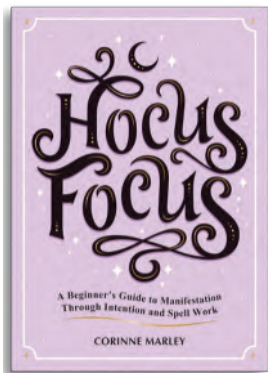


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HOCUS FOCUS

A Beginner's Guide to Manifestation Through Intention and Spell Work

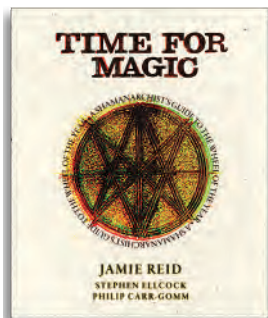
Corinne Marley

Conjure the magic within you with this modern guide to the ancient art of spell-work and manifestation - all you need is a little hocus focus

Including a variety of spells for every place and occasion - and tips and tricks on how to cast them - this enchanting book is the perfect introduction to invoking the universal energies at your disposal. Complete with fill-in sections to chronicle your experiences, these pages will teach you how to:

Enrich your life with the power of intention
Use spells for healing, reflection, self-care and self-discovery
Harness the energy of the new moon to call in your deepest desires
Connect with the wisdom of the natural world, familiars and spirit guides

This collection of rituals will guide you to a path of infinite possibilities, help you develop your unique gifts and abilities, and set you well on your way to creating the life you have always wanted.



MAY 2024

9781786788481
178 x 210 | 192pp | £25.00
Hardback
Watkins Publishing
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TIME FOR MAGIC

A Shamanarchist's Guide to the Wheel of the Year

Jamie Reid, Stephen Elcock & Philip Carr-Gomm

full colour throughout

Punk meets Druidry

A cool and timely exploration of the pagan Wheel of the Year, and the first trade edition of Jamie Reid's art in years. The art is selected and introduced by Stephen Elcock, and Philip Carr-Gomm writes about the seasonal celebrations and how we can live better through observing them.

Time for Magic is a stunningly beautiful guide to the eight seasonal festivals of the Wheel of the Year: the four solar festivals - the equinoxes and solstices - combined with the Celtic crossquarter festivals Imbolc, Beltane, Lughnasadh and Samhain. These festivals are observed by practising pagans, including Druids and Wiccans, witches of all sorts, and by very many people who, while not being pagans or witches, have an interest in connecting with nature and old ways of being. This is a completely new and super classy take on the topic, including incredible art by cultural icon, iconoclast, environmentalist and honorary Druid Jamie Reid.



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THE MODERN WITCHCRAFT NATURAL MAGICK BOXED SET

The Modern Witchcraft Guide to Magickal Herbs, The Modern Witchcraft Book of Natural Magick, The Modern Witchcraft Book of Crystal Magick

Judy Ann Nock

B&W & colour illustrations

Empower your spells and rituals with natural elements from the magick of herbalism to the power of crystals with THE MODERN WITCHCRAFT MAGICK BOXED SET.

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THE MODERN GUIDE TO MAGICKAL HERBS

THE MODERN WITCHCRAFT BOOK OF NATURAL MAGICK

THE MODERN WITCHCRAFT BOOK OF CRYSTAL MAGICK

THE WITCH'S WORKSHOP

A Guide to Crafting Your Own Magical Tools

Melissa Madara

full colour throughout

Empower yourself as a self-sufficient witch, and become a master of the natural arts!

From the author of The Witch's Feast, this is the first fully illustrated, comprehensive introduction to the handicrafts of witchcraft. Through over 60 craft projects, learn all the techniques you need to create your personalized magical toolkit.

This in-depth guide, accompanied by step-by-step images, will show you all the craft and design skills you need to make your own, personalized and fully adaptable magical toolkit.

Approachable for beginners and stimulating for established practitioners, the crafts are clearly explained through luscious photographs, detailed research, useful charts, and easy-to-follow instructions. Chapters include incense, including kyphi temple incense, which once billowed from the temples of ancient Egypt, to house blessing incense, inks, including dragon's blood ink and botanical drawing charcoals.



MAY 2024

9781786788092
184 x 246 | 240pp | £25.00
Hardback
Watkins Publishing
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ALIVE WITH SPIRITS

The Path and Practice of Animistic Witchcraft

Althaea Sebastiani

A richly rewarding guide into a world filled with spirits, communion with the land, and a greater sense of belonging in the world.

At the root of most spiritual traditions is the aspiration to realize one's birthright: the intimate connection with the land and the spiritual energies that inhabit it. This connection with the land and its spirits is perhaps nowhere more powerfully felt than in the various traditions of paganism and witchcraft. But the conditions of modern society strain that relationship, leaving us feeling disconnected to our craft and unable to feel that deep and vital connection.

In ALIVE WITH SPIRITS, which is based on Althaea Sebastiani's popular online course, you'll discover a path to fully embrace a world filled with spirits, communion with the land, and a greater sense of belonging in the world—a worldview known as animism. You'll explore animism in a hands-on way that teaches through firsthand direct experiences.



MAY 2024

9781578638253
152 x 203 | 240pp | £15.99
Paperback
Weiser Books
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THE WITCHING YEAR

A Memoir of Earnest Fumbling Through Modern Witchcraft

Diana Helmuth

A sceptic's year-long quest to find spiritual fulfilment through modern Witchcraft

Diana Helmuth, thirty-three, is sceptical of organized religion. She is also sceptical of disorganized religion. But, more than anything, she is tired of God being dead. So, she decides to try on the fastest growing, self-directed faith in America: Witchcraft.

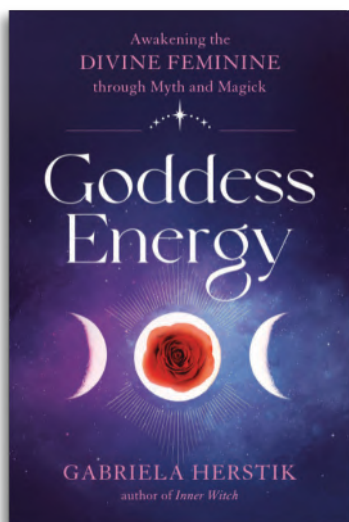
The result is 366 days of observation, trial, error, wit, and back spasms. Witches today are often presented as confident and finished, proud and powerful. Diana is eager to join them. She wants to follow all the rules, memorize all the incantations, and read all the liturgy. But there's one glaring problem: no Witch can agree on what the right rules, liturgy, and incantations are.

As with life, Diana will have to define the craft for herself, looking past the fashionable and figuring out how to define the real. Along the way, she travels to Salem and Edinburgh (two very Crafty hubs) and attends a week-long (clothing optional) Witch camp in Northern California.



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GODDESS ENERGY

Awakening the Divine Feminine through Myth and Magick

Gabriela Herstik

Awaken the Goddess within through spells, rituals, meditations, embodiment practices, and journal prompts

In this introduction to the Goddess across time and cultures, and Her many expressions of myth and magick, Gabriela Herstik guides us toward connecting to the Goddess in ourselves and establishing a relationship with Her that is personal, empowering, and transformative. GODDESS ENERGY covers topics including:

- the history of the Goddess, Her role in modern society, and why it's imperative that we begin to work with and honour Her
- how Goddess energy is for everyone, of any gender expression or sexual orientation
- connecting to the elemental power of the Goddess of the Earth
- calling on the Goddess of Protection and Healing in moments of need
- transforming your life into a ritual for the Goddess of Love
- the potent mysteries of the Dark Goddess and how to embrace the shadow self
- honouring the Goddess through glamour, astrology, and sex magick
- working with ritual, tarot, journal questions, and affirmations to align to Goddess Energy and much more

The Goddess path is one of alignment with the heart, with the universe, with nature – and with ourselves. To honour the Goddess, we don't have to go through anyone else but only remember the divine within. This is your power. This is Goddess energy.

MARCH 2024

9780593330883

133 x 203 | 352pp | Paperback

£15.99 Tarcher/Perigee

Magic



MAGICAL KNITS FROM THE NORTH

19 enchanting knitting patterns inspired by magic and mysticism

Katinka Sarjanove and Meri Mort

colour illustrations

This collection of poems, spells and 19 knitting patterns for clothes and accessories is designed to connect the reader with their deeper selves so they can impart some of that magic into the finished makes.

The 19 knitting patterns in this book are accompanied by poems – in the form of charms or spells – intended to call forth the power that resides in the reader and knitter and pass it on to the wearer of the finished garment. These poems are inspired by Finnish folk music – in the past the seers and healers were often referred to as singers – these traditional rhymes and spells can be used to focus the mind and enhance a state of mindfulness.

The authors are Meri Mort, a yoga teacher and writer, and Katinka Sarjanova, a knitwear designer, and together they have created a unique collection of knitting patterns based on the themes and imagery of mysticism and folklore.

JUNE 2024

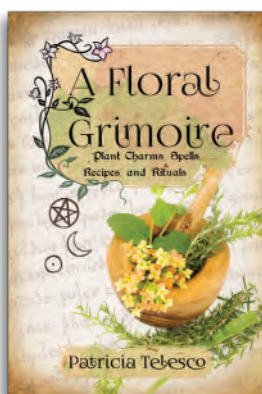
9781446313183

210 x 254 | 144pp | £16.99

Paperback

David & Charles

Magic



A FLORAL GRIMOIRE

Plant Charms, Spells, Recipes, and Rituals

Patricia Telesco

Enter the Witch's Garden

A FLORAL GRIMOIRE sets out to combine Wise Woman know-how with the Victorians' floral fascination, blending folklore, history, and magic to create an enchanting, engaging book. This updated and revised collection of spells, prayers, and correspondences will make a welcome addition to any green witch's herbal book collection.

This charming book makes an excellent companion for those lovely, peaceful walks through the garden. Patricia Telesco has created a delightful grimoire that shows the reader how to create magical charms and spells using the abundance of floral life found to delicately grow in the witch's garden or in the wild forests and woodlands. If you've been drawn to a style of magic and witchcraft that is much more animistic in nature, then A FLORAL GRIMOIRE will make an excellent addition to your magical library.

APRIL 2024

9781959883326

127 x 203 | 180pp | £17.99

Paperback

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Magic

VOUDON GNOSTICISM

An Introduction to the Rites and Practices

Frater Vameri

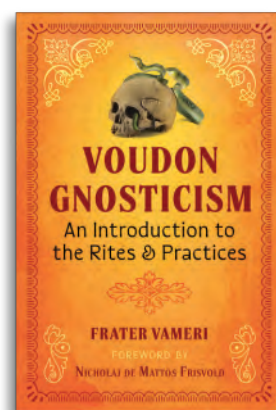
Foreword by Nicholaj de Mattos Fisvold

8pp colour insert and 18 B&W illustrations

A comprehensive introduction to the Vodoun Gnostic system of magic

Providing a comprehensive introduction to this complex magical tradition, Frater Vameri explores its history and practices, initiating novices and more advanced readers into his own Vodounist world and the tradition's conceptions of life and death.

Vameri begins by exploring the founding and evolution of the system from its origins in Haiti to its séances in Chicago, including significant teachers such as Martinez de Pasqually, Lucien François Jean-Maine, Papus, and Michael Paul Bertiaux. He looks at Vodoun Gnosticism's early connections with Caribbean Martinist colonies, the Black Templars, Paschal Beverly Randolph, the Ordo Templi Orientis Antiqua, and the Hermetic Brotherhood of Luxor.



AUGUST 2024

9781644119273

152 x 229 | 152pp | £14.99

Paperback

Destiny Books

Magic

SEIÐR MAGIC

The Norse Tradition of Divination and Trance

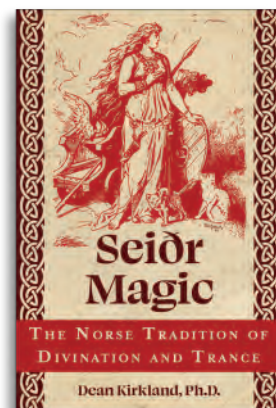
Dean Kirkland

3 b&w illustrations

A practical guide to the Norse shamanic techniques of seiðr.

While Norse rune work is well known, there is another major ancient Norse magical practice: seiðr (pronounced "sayther"), a form of trance spirit work and divination. Although seiðr is often considered an ancient form of witchcraft, recent archaeological evidence suggests it is more closely related to shamanism.

In this practical guide to seiðr, Dean Kirkland, Ph.D., reconstructs the magical and shamanic techniques of the seiðr priest or priestess using the sagas and other literature from the Viking age, tools found in the archaeological record, and surviving indigenous shamanic traditions. He addresses the misconception that seiðr was a practice reserved only for women and shows how anyone called to this work would have been accepted in ancient



MAY 2024

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Paperback

Destiny Books

Magic



AUGUST 2024

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Paperback
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Magic

ANCESTRAL SLAVIC MAGIC

Transcend Family Patterns and Empower Ancestral Connections

Natasha Helvin

26 B&W illustrations

Examines both the physical and the spiritual sides of the UFO debate

Raised in the Soviet Union, where she grew up steeped in ancient Slavic magical traditions, occultist and hereditary witch Natasha Helvin reveals not only how you are continually and powerfully influenced by your ancestors, but also how you can open the door to your ancestral connections in order to know who you truly are and change the course of your destiny.

Helvin examines ancestor worship in southeastern Europe and western Russia and the way it shaped their indigenous magical and spiritual practices. She explains how energy flows in a familial context and how strengths and dysfunctions are passed from one generation to the next for centuries, becoming embedded in your body and mind as specific patterns that affect your life.

SECRETS OF GREEK MYSTICISM

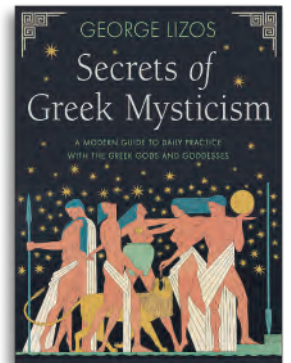
A Modern Guide to Daily Practice with the Greek Gods and Goddesses

George Lizos

line art

A clear introduction to the spirituality, beliefs, rituals, and gods and goddesses of the Greek Pantheon from a modern practitioner.

The first spiritual book about the Greek gods and goddesses written by a native, practicing priest of Hellenic Polytheism. It goes beyond the simplistic and archetypal representation of the Greek pantheon and reintroduces the gods and goddesses from a theological, rather than a mythological, perspective. Rather than presenting the gods and goddesses as symbolic, lifeless figures one can use to embellish spiritual practice, SECRETS OF GREEK MYSTICISM teaches readers how to find each god or goddess within them. This is achieved through grounded insights on the gods' virtues as they relate to modern life (i.e., practicing bravery with Ares, cultivating endurance with Demeter, and embodying love with Aphrodite).



MAY 2024

9781642970524
152 x 203 | 256pp | £16.99
Paperback
Hampton Roads Publishing
Magic



APRIL 2024

9781837991297
111 x 154 | 160pp | £9.99
Hardback
Summersdale Publishers Ltd
Magic

HERBAL MAGIC

A Beginner's Guide to the Magical Power of Plants

Lydia Levine

Step into the enchanting world of herbal recipes, remedies and rituals with this spellbinding guide to the magical power of plants

Including a variety of crafts, spells and rituals, this treasury of herb profiles is the perfect introduction to harnessing the infinite natural energies at your disposal.

Complete with spells for every day and occasion - from cleansing and healing to divination and prosperity - within these pages you will also discover the ancient relationship between herbalism and witchcraft, the benefits of inviting herbal magic into your life, including reflection, self-care and self-discovery, how to incorporate herbs into your practice to enhance your spell experience and how to forage or grow herbs like the apothecaries and herbalists of the past

Conjure your inner power and enrich your life with a little herbal magic.

LIVING CONJURE

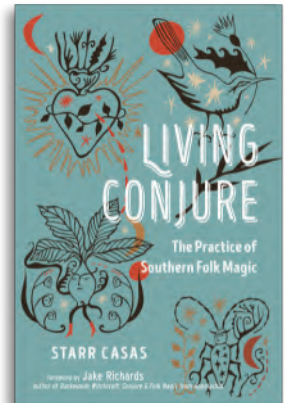
The Practice of Southern Folk Magic

Starr Casas

A beginner-friendly guide to Conjure as it has been practiced in the Deep South and passed down through the generations.

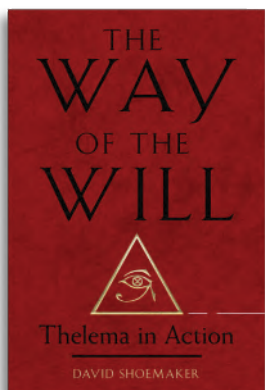
Living Conjure is a beginner's guide to Conjure written by an authentic Conjure woman with over four decades of working experience. Starr Casas learned Conjure the old-fashioned way: at home, from her relatives and ancestors. She would like to share that knowledge with a new generation of practitioners.

In this foundational book, Starr leads readers step by step toward establishing their own practice, from setting up altars to finding the right tools and creating baths, washes, and powders. Because of Starr's great experience, long-term practitioners will find topics of interest, too. Included in the book are generations to the ancestors who passed down this knowledge and introductions to the culture and customs that brought these workings to light.



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THE WAY OF THE WILL

Thelema in Action

David Shoemaker

10 charts

A practical and in-depth manual on integrating Thelemic spiritual principles into daily life by a prominent writer and teacher of the occult and the work of Aleister Crowley.

David Shoemaker explores how the spiritual discipline of Thelema, founded by Aleister Crowley (1875-1947), can be utilized to enhance your psychological and spiritual growth. It is a compendium of useful tools and perspectives designed to serve as one of many useful guides in the magician's library. Part one of the book, "Thelema and the Life Within," reflects on the ways your inner experience can be enhanced by tools such as the Qabalistic Tree of Life, Qabalistic psychology, and the symbolic world of astrology.

In part two, "Thelemic Practice in Detail," several important (but rarely discussed) libers in the Thelemic corpus are reviewed, with an eye toward strengthening the use of these powerful practices with no-nonsense advice.

TAROT MAGIC

A Handbook of Intuitive Readings, Rituals, and Spells

Fortuna Noir

100+ colour illustrations

TAROT MAGIC is the essential introduction to this ancient practice, featuring the history of the craft alongside practical magic and tarot interpretations that reveal the meanings of past, present, and future.

Learn how to read tarot cards and use them as a tool for personal growth with this easy-to-follow and enchantingly illustrated guide.

Tarot reading is an ancient and powerful divination method that can also be harnessed to explore and deepen your emotional and spiritual life.

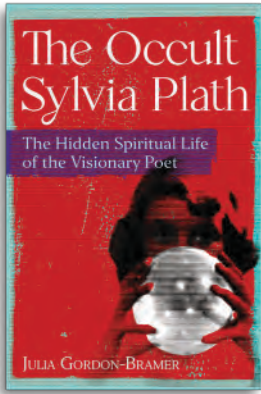
Discover the origins of tarot, the Major and Minor Arcana, and how to interpret each card. This guide is filled with beautiful illustrations to guide you on your journey to learning tarot in a fun, accessible way.



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The Occult, Divination & Tarot Books



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THE OCCULT SYLVIA PLATH

The Hidden Spiritual Life of the Visionary Poet

Julia Gordon-Bramer
1 b&w illustration

Explores Sylvia Plath's enduring interest and active practice in mysticism and the occult from childhood until her tragic death in 1963.

Sharing her more than 15 years of compelling research—including analysis of Sylvia Plath's unpublished calendars, notebooks, scrapbooks, book annotations, and underlinings, as well as published memoirs, biographies, letters, journals, and interviews with Plath and her husband, friends, and family—Plath scholar Julia Gordon-Bramer reveals Sylvia Plath's enduring interest and active practice in mysticism and the occult from childhood. Examining Plath's tumultuous marriage with poet Ted Hughes, she looks at their explorations in the supernatural and Hughes's mentoring of Plath in meditation, crystal-gazing, astrology, Qabalah, Tarot, automatic writing, magical workings, and use of the Ouija board. She also reveals how, at the end of her marriage, Plath used her husband's hair and fingernails in rituals.

OCCULT GERMANY

Old Gods, Mystics, and Magicians

Christopher McIntosh

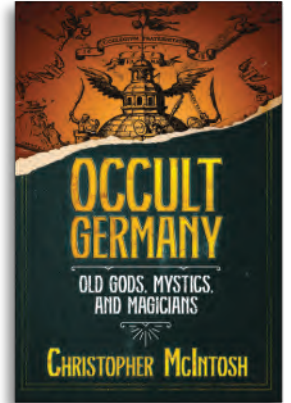
Includes 8-page color insert and 29 b&w illustrations

An exploration of German esoteric history from prehistory to the present.

No country is richer in occult and esoteric traditions than Germany. In this magical journey through the inner history of Deutschland, Christopher McIntosh explores many of these traditions from prehistory to the 21st century.

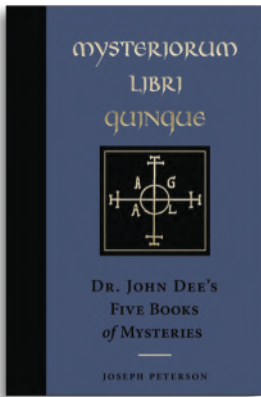
Recounting the longstanding magical tradition of Germany, McIntosh investigates the numerous prehistoric sacred sites that point to a nearly-forgotten ancient shamanic civilization. He examines the survival and revival of the old pre-Christian gods in folklore, customs, and practices as well as witchcraft. He looks at Germany's rich and many-faceted spiritual heritage and explores Christian mysticism and theosophy as exemplified by Meister Eckhart, Hildegard of Bingen, and Jakob Boehme.

Examining Rosicrucianism, which originated in Germany, the author also looks at other secret societies that flourished in Germany such as speculative Freemasonry, the Fraternitas Saturni, and the Golden and Rosy Cross.



MAY 2024

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Inner Traditions
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AUGUST 2024

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MYSTERIORUM LIBRI QUINQUE

Dr. John Dee's Five Books of Mysteries

John Dee

158 illustrations

A central text of occult literature, now for the first time in a deluxe hardcover edition with new ancillary material by one of the most renowned scholars of occult literature.

Discovered in a hidden compartment of an old chest long after his death, the secret writings of John Dee, one of the leading scientists and occultists of Elizabethan England, records in minute detail his research into the occult. Dee concealed his treatises on the nature of humankind's contact with angelic realms and languages throughout his life, and they were nearly lost forever. In his brief biography of John Dee, Joseph Peterson calls him a "true Renaissance man", detailing his work in astronomy, mathematics, navigation, the arts, astrology, and the occult sciences.

All this was preparation for Dee's main achievement: five books, revealed and transcribed between March 1582 and May 1583, bringing to light mysteries and truths that scholars and adepts have been struggling to understand and use ever since.

TEA LEAF READING

Your Guide to More Than 500 Symbols

Jacqueline Towers

illustrated throughout

A fun beginners guide to reading the symbols found in the leaves. Stir the leaves to find out your destiny!

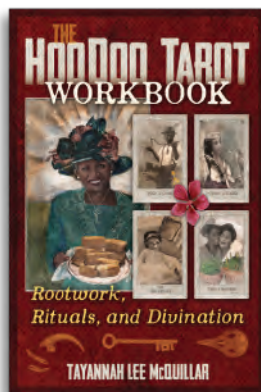
The ancient practice of tasseomancy, or tea leaf reading, originated in ancient China and later became associated with gypsies who spread the practice around the world. It is one of the easiest forms of divination to learn—all it takes is tea leaves, some hot water, and a creative mind! Tea leaf reading is a form of fortune-telling that uses the symbols and images left in a cup by the tea leaves after the liquid is gone. Those images—much like the shapes we see in cloud formations—can be interpreted by the tea leaf reader.

Discover the meaning(s) of almost any shape you find at the bottom of a tea cup with help from the A-to-Z guide of more than 500 symbols.



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THE HOODOO TAROT WORKBOOK

Rootwork, Rituals, and Divination

Tayannah Lee McQuillar

Full-color throughout

A guide to advanced practices with the bestselling The Hoodoo Tarot.

In this Hoodoo and divination workbook, Tayannah Lee McQuillar presents a deeper understanding of the concepts, themes, and symbology featured in her bestselling Hoodoo Tarot card deck alongside rituals, botanical knowledge, and advanced practices for working with the cards.

Exploring the philosophy behind Hoodoo as well as its historical and spiritual roots, the author looks at this tradition as a nature-based spiritual system, emphasizing the unique environmental features of the Deep South that have shaped what Hoodoo and rootwork are today. She explores in depth the plants, herbs, and flowers of the Hoodoo tradition featured on the cards, as well as the animals that play a totemic role in rootworking.

GUIDED TAROT

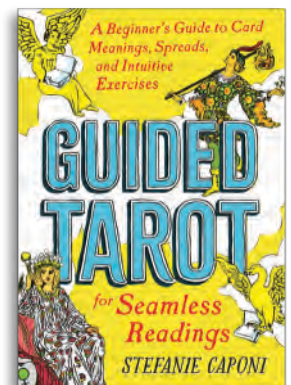
A Beginner's Guide to Card Meanings, Spreads, and Intuitive Exercises for Seamless Readings

Stefanie Caponi

Full colour ills throughout

Your essential guide to reading tarot cards seamlessly with confidence and ease

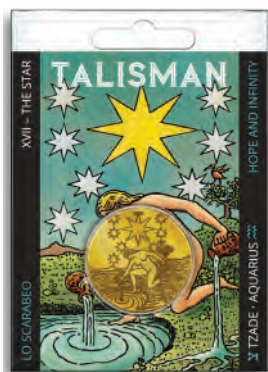
Each of us holds gifts deep within and, with tarot, we have the power to unlock those gifts and make transformative discoveries. For beginner tarot readers, learning the cards—all 78 of them—and understanding how to use spreads may seem daunting. Tarot expert Stefanie Caponi explains that interpreting the cards is a blend of knowing the card meanings, listening to your heart, and trusting your intuition. In her book, GUIDED TAROT, she offers easy exercises to nurture and grow your intuition, not only to understand the cards' universal meanings, but to channel your own meanings. This comprehensive guide also shows you how to attune your energy to the deck for more accurate readings.



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Nordic Gold Coin

A new precious line by Lo Scarabeo: Tarot Talisman coins to be collected and treasured.

Each coin is 31 mm in diameter, with a thickness of 2.25 mm and a weight of 12 grams. The material is called Nordic Gold and it's totally not allergenic, with no nickel inside it, and perfectly conform to all European and US safety standards.

This coin of this special "deck" is the Star, which embodies hope and infinity.

You can collect the coins, empowering yourself through the talismans and ultimately have a very special and unique Tarot "deck".

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CARD OF THE DAY TAROT

Quick and Easy One-Card Tarot readings For Love, Work, and Everyday Life

Kerry Ward

colour illustrations

Discover the power of one-card tarot readings and say goodbye to complicated, confusing, time-consuming spreads forever.

In CARD OF THE DAY TAROT, long-time tarot reader and the resident tarot columnist for Cosmopolitan magazine, Kerry Ward, offers 12 everyday one-card tarot rituals for a variety of questions and situations, along with simplified interpretations of all 78 cards, to help you hone your intuition, reconnect with the cards, and breathe new life into your tarot practice.

Incorporating other popular spiritual practices such as meditation, aromatherapy, crystal work, breathwork, and more, CARD OF THE DAY TAROT includes a range of one-card draws, readings, and rituals that demonstrate the adaptability and flexibility of the one-card draw.

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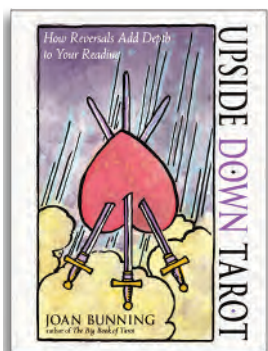
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Tarot Books



UPSIDE DOWN TAROT

How Reversals Add Depth to Your Reading

Joan Bunning

B&W illustrations

A much-needed guide to working with and interpreting "reversals" (those cards that are upside down during a tarot reading) from the author of The Big Book of Tarot.

Some people think a reversed tarot card means bad news. Some people think the reversed meaning must be the polar opposite of the upright meaning. And some people ignore them completely, just flipping upright any card that has shown up reversed in a spread.

Joan Bunning's approach to reversed cards is based on an appreciation of energies and their cycles. In our world, change is the one constant. A reading shows us forces that are not fixed, but fluid and dynamic. The cards need to reflect this animated spirit if they are to mirror experience faithfully. In Upside Down Tarot, Bunning describes how card orientation is the key to enhancing the energetic quality of a reading.

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TAROT TALISMAN XVIII - THE MOON

Mystery and Illusion
Ooph : Pisces

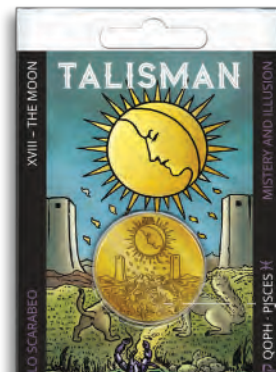
Nordic Gold Coin

A new precious line by Lo Scarabeo: Tarot Talisman coins to be collected and treasured.

Each coin is 31 mm in diameter, with a thickness of 2.25 mm and a weight of 12 grams. The material is called Nordic Gold and it's totally not allergenic, with no nickel inside it, and perfectly conform to all European and US safety standards.

This coin of this special "deck" is the Moon, which embodies mystery and illusion

You can collect the coins, empowering yourself through the talismans and ultimately have a very special and unique Tarot "deck".



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Tarot Accessories

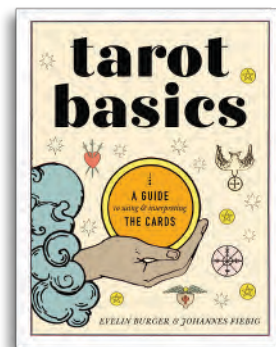
TAROT BASICS

A Guide to Using & Interpreting the Cards

Evelin Burger & Johannes Fiebig
colour illustrations

For newcomers to the world of tarot, learning how to learn about their lives and the past, present, and future of those around them using the cards may seem intimidating. This is the perfect introduction.

This helpful book by experts Johannes Fiebig and Evelin Burger details everything an introductory tarot learner will need to know (and even a few things experts might find useful). Full-page explanations of each card are accompanied by illustrations from three foundational decks, the Rider-Waite-Smith, the Marseille, and Aleister Crowley's Thoth Tarot. In addition, the book includes fifteen useful card layouts and intriguing advice on how to use your own intuition for spot-on readings. For everything from a single three-card reading to answer a question or start your day to special advanced spreads for fulfilling your ultimate desire, this is an easy-to-use pathway to new levels of understanding.



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WHAT'S MY AURA?

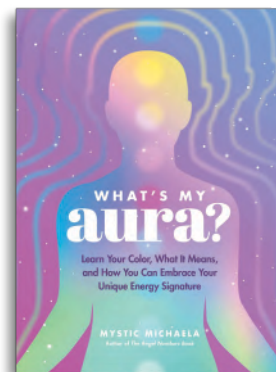
Learn Your Color, What It Means, and How You Can Embrace Your Unique

Mystic Michaela

colour illustrations

Identify your aura and use that unique energy signature to unlock who you truly are with this informative guide from new age influencer and author Mystic Michaela.

Aura expert and psychic to the stars Mystic Michaela teaches you everything you need to know to "see" and identify your aura colours and to learn what each colour means and how they represent different personality traits. She provides insight about how these aura colours show up in all aspects of your life, from how you interact with the spiritual world to how you communicate with the people around you - and even in your personal style. With activities and exercises to explore your aura identity, this book goes beyond the aura photos and filters to help you understand what your aura is, and how understanding it can help you better understand yourself.



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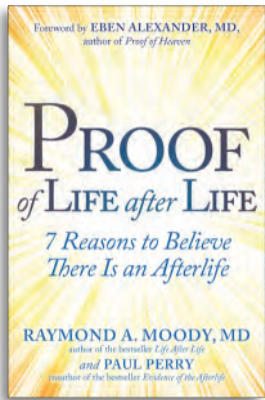
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PROOF OF LIFE AFTER LIFE

7 Reasons to Believe There Is an Afterlife

Raymond Moody and Paul Berry

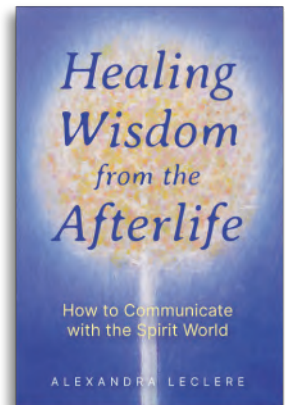
Combining nearly fifty years of afterlife and near-death experience (NDE) research, this pivotal book provides case studies and scientific proof of the existence of a soul and that consciousness does indeed survive bodily death

After spending nearly five decades studying near-death experiences, Dr. Raymond Moody finally has the answer to humanity's most pressing question: What happens when we die?

In PROOF OF LIFE AFTER LIFE, Moody and coauthor Paul Perry reveal that consciousness survives after the death of the body. Featuring in-depth case studies, the latest research, and eye-opening interviews with experts, Proof explores everything from common paranormal signs to shared-death experiences, and much more.

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HEALING WISDOM FROM THE AFTERLIFE

How to Communicate with the Spirit World

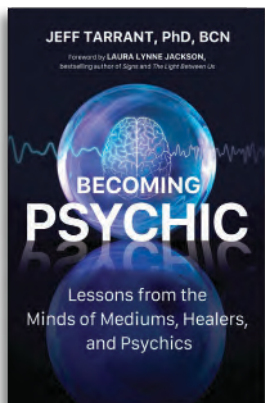
Alexandra Leclere

A practical guide to working with the spirit world for Soul development.

Sharing insights from her more than two decades of experience as a practicing medium and energy healer, Alexandra Leclere presents wisdom from the spirit world on the cycles of death, life after death, and rebirth and reveals how communicating with spirits can help you navigate daily life and support your Soul's purpose. She explains how the Soul undergoes an Incarnation Planning Time before incarnating in a physical body, agreeing to the karmic responsibility of certain major events and key moments. Once incarnated, the Soul's communication with the physical body is often clouded by current life events, pain from past-life experiences, and the Chatter Mind, which introduces anxiety and negative thoughts of past failures—all of which make it difficult to follow the Soul's divine plan for this incarnation.

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BECOMING PSYCHIC

Lessons from the Minds of Mediums, Healers, and Psychics

Jeff Tarrant

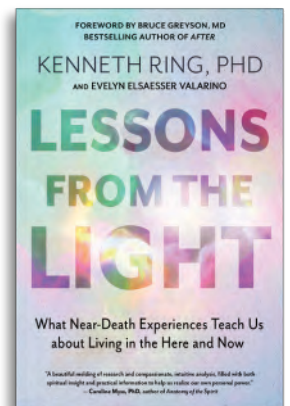
b&W illustrations

A scientific, brain-based approach that provides an understanding of psychic abilities, spirit communication, and energy healing.

Jeff Tarrant was fascinated by the paranormal as a child but then his training as a neuropsychologist turned him into a hardcore sceptic. If something could not be reliably and consistently demonstrated in the laboratory, then it wasn't real. These rigid ideas were gradually worn away as he repeatedly witnessed and experienced things that simply should not be possible—telekinesis, clairvoyance, telepathy, mediumship, energy healing, and more.... This book follows his journey of studying, interviewing, and testing a wide variety of mediums, psychics, and healers as he tries to determine what is going on in their brains when they engage in these supernatural abilities.

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LESSONS FROM THE LIGHT

What Near-Death Experiences Teach Us about Living in the Here and Now

Kenneth Ring and Evelyn Elsaesser Valarino

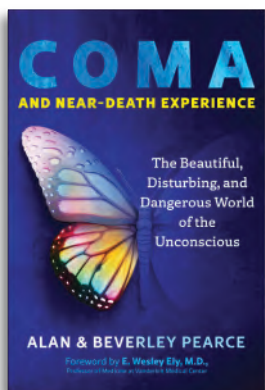
Gain knowledge, wisdom and insight from what many people have come to believe is the ultimate spiritual experience of our time - near death experience

Unlike many other books on the subject of NDEs, which are about or by persons who have had these life-changing encounters, Lessons from the Light is intended mainly for those who have never had an NDE themselves but who wish to learn from those who have.

In clear language, the practical lessons for living and dying are to be found from the study of NDEs. Written by one of the foremost authorities on NDEs, Dr. Kenneth Ring, Lessons from the Light is a book for those who looking to gain knowledge and wisdom to enhance their own lives by incorporating the insights stemming from what many people have come to believe is the ultimate spiritual experience of our time.

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COMA AND NEAR-DEATH EXPERIENCE

The Beautiful, Disturbing, and Dangerous World of the Unconscious

Alan Pearce and Beverley Pearce
Foreword by E. Wesley Ely

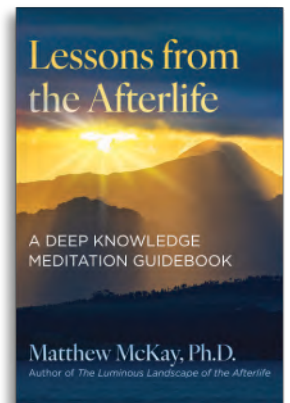
Explores the extraordinary states of expanded consciousness that arise during comas, both positive and negative

Every day around the world, thousands of people are placed in medically-induced comas. For some coma survivors, the experience is an utter blank. Others lay paralyzed, aware of everything around them but unable to move, speak, or even blink. Many experience alternate lives spanning decades, lives they grieve once awakened. Some encounter ultra-vivid nightmares, while others undergo a deep, spiritual oneness with the Universe or say they have glimpsed the Afterlife.

Examining the beautiful and disturbing experiences of those who have survived comas, Alan and Beverley Pearce explore the mysterious levels of consciousness this near-death experience unlocks.

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LESSONS FROM THE AFTERLIFE

A Deep Knowledge Meditation Guidebook

Matthew McKay

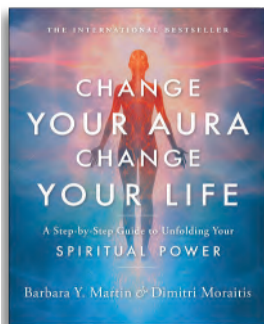
A guided journey to discover your soul's answers to life's great questions.

In this guided workbook, McKay offers a step-by-step process to unleash the unconscious and intuitive wisdom found in the awareness of your soul. He explains how to use "deep knowledge meditation" to access all of your soul's accumulated knowledge, everything you have learned across all of your incarnations. Channelling his late son, Jordan, a discarnate soul who has lived hundreds of lives, McKay shares Jordan's lessons on the mysteries of human existence, including what the divine or god is, the nature of a soul, the nature of matter and energy, the role of love in our lives, and the origin of the universe. Accompanying these channelled teachings are journal prompts from Jordan, to be used with deep knowledge meditation, to help you listen to your heart and shine a light on your own deepest wisdom and soul knowledge. Guiding you on a journey of self-discovery, this book offers the opportunity to find your soul's truth about your life's purpose and the nature of physical reality.

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CHANGE YOUR AURA, CHANGE YOUR LIFE

A Step-by-Step Guide to Unfolding Your Spiritual Power

Barbara Y. Martin and Dimitri

12 colour and 8 B&W illustrations

70,000 copies sold of this classic guide to metaphysical auras

In this 25th anniversary edition, discover your source of unlimited spiritual energy. Everything you think, feel, and do radiates a spiritual energy that comes through in various colours and hues. This is your aura, your spiritual blueprint. By changing the quality of your aura, you can change the quality of your life. Renowned clairvoyant Barbara Y. Martin—known as the Mozart of Metaphysics—leads you through her technique of meditating with Divine Light to improve and strengthen the aura, which has been taught to thousands of students over decades.

Nautilus Book Award Winner

HOW TO READ THE UNIVERSE

The Beginner's Guide to Understanding Signs, Synchronicity and Other Cosmic Clues

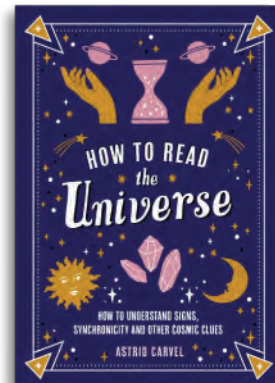
Astrid Carvel

Discover the ancient language of the universe, decipher its messages and unravel its mysteries - all you need is this book and your own intuitive powers

Has a song ever popped into your head only for you to hear it on the radio a minute later? Does the same sequence of numbers follow you wherever you go? This could be more than a coincidence. The universe is always pointing you in the right direction - all you have to do is heed its whispers.

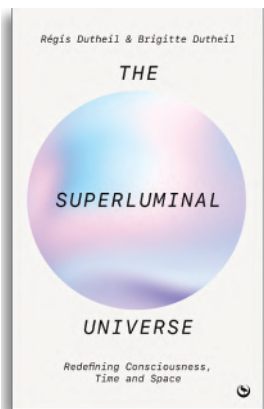
Filled with advice and inspiration, this book will be your essential guide to reading the universe.

It's time to discover your true path and find magic and meaning in the everyday. The cosmos is ready and waiting to guide you in your endeavours.



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THE SUPERLUMINAL UNIVERSE

Redefining Consciousness, Time and Space

Régis Duthéil and Brigitte Duthéil

First English translation of the French cult classic L'Homme Superlumineux which offers a mind-blowing account of human consciousness and the nature of reality that will change the way readers see the world.

Professor Duthéil's work has shown that the theory of relativity is not incompatible with that of tachyons, provided that we allow for the possibility of a double reality: that alongside our sub-luminous universe, which follows the law of time, is a superluminal universe. This second reality is another Universe, complementary to and symmetrical with ours, governed by superluminal space-time in which light moves 300,000 km/s to infinity.

In the superluminal universe, everything is instantaneous. It is possible to conceive of a superluminal being capable of moving from one end of space to the other. This parallel universe consists only of information and consciousness: all information (past, present, future) and the consciousness of all humanity.

NUMEROLOGY

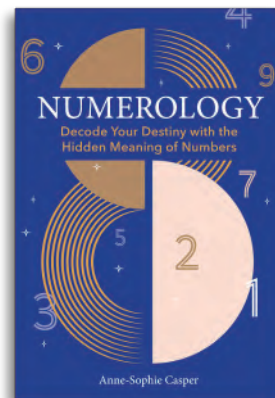
A Guide to Decoding Your Destiny with the Hidden meaning of Numbers

Anne-Sophie Casper

colour illustrations

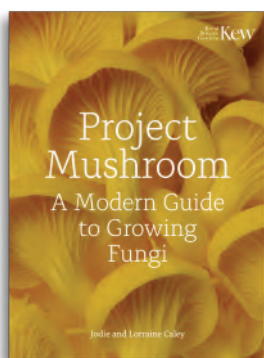
Using only a name and date of birth, Anne-Sophie Casper's Numerology teaches how to use the art of numerology for self-understanding.

Using an original approach that takes the two sides of the brain into consideration, Numerology incorporates methods of both logic and intuition, and then mixes theory and practice through calculations and tests. What are hereditary, expression, and spiritual numbers? How can one find their simple and master numbers and then use them to determine their key elemental energies? This introductory guide breaks down basic information and background on numerology, but then shares the tools necessary to understand different personalities, worlds, and people in greater detail.



APRIL 2024

9781454950837
165 x 242 | 160pp | £15.00
Hardback
Sterling Ethos
Numerology



MAY 2024

9780711289079
170 x 230 | 192pp | £20.00
Hardback
Frances Lincoln
Natural World

PROJECT MUSHROOM

A modern guide to growing, creating and experimenting with mushrooms

Jodie & Lorraine Caley

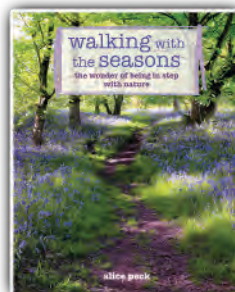
150 colour photographs

Project Mushroom makes mushroom cultivation simple and fun. It takes out the technical jargon and answers all your burning questions.

From the boom in growing edible mushrooms in kitchens to the fascinating impact fungi have on our environment, mushrooms are truly having a moment!

But while cultivating mushrooms ourselves is appealing, it's also quite a daunting prospect. How much equipment do you need? (Not much!) Might they damage the furniture? (Not at all!) Will they take over the garden? (Absolutely not!)

In this book, mushroom experts Lorraine Caley and Jodie Bryan (aka the Caley Bros.) provide around 30 projects so you can get stuck in. From learning the basics (growing grey oysters using coffee grounds) and making a mushroom bed in your allotment, to growing your own sustainable mushroom packaging,



Now Available

9781800652958
191 x 235 | 128pp | £14.99
Paperback
Cico Books
Natural World

WALKING WITH THE SEASONS

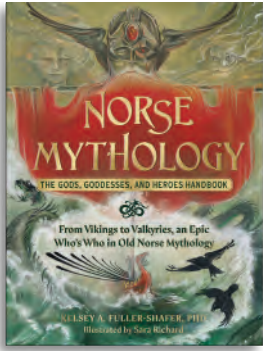
The wonder of being in step with nature

Alice Peck

150 colour photographs

Practical wisdom from poets, philosophers and scientists - alongside advice, inspiration, activities, meditations, and much more - to connect you with nature and the seasons on your daily walk.

Being outdoors is a balm to the soul, and what better way to experience the wonders of nature in all their seasonal glory than with a daily walk? This thoughtful guide explores what happens to our minds, bodies and spirits when we spend time outdoors and suggests a wide range of beneficial walking activities, meditations, reflections, advice and inspiration to help you connect with nature and get the most out of each season. You can enjoy the benefits of a positive mindset, happier social interactions, resilience - and much more! - that's the beauty and power that walking in nature can bring.



NORSE MYTHOLOGY

The Gods, Goddesses, and Heroes Handbook - From Vikings to Valkyries, an Epic Who's Who in Old Norse Mythology

Kelsey A. Fuller-Shafer
Illustrated by Sara Richard

colour illustrations

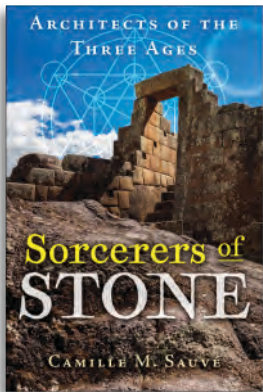
Discover the gods, goddesses, and heroes from Norse mythology with this beautiful handbook that captures the ancient stories that captivated the Vikings.

Learn more about your favourite Norse gods, goddesses, and heroes with this collection of profiles that share the real stories behind the characters.

With characters from Norse myths coming to life on the big and small screens, and in the pages of new and exciting fiction, this guide can give you all the details you need to understand your favourite heroes, villains, and powerful deities. With comprehensive entries that outline each character's names, roles, related symbols, and foundational myths, you can get to know the roots of these personas, and better understand the new stories we tell about them today.

Now Available

9781507220528
152 x 203 | 240pp | £12.99
Hardback
Adams Media
Myths & Legends



SORCERERS OF STONE

Architects of the Three Ages

Camille M. Sauvé

16 page colour insert and 134 B&W illustration

Proof of a long-forgotten ancient worldwide civilisation.

All around the world are mysterious ancient monoliths with strange features—perfectly carved terraces, massive steps, basins, and abstract forms with underground grottos and cave systems. Most archaeologists have a hard time explaining them and attribute their construction to the earliest known cultures in the area. However, these vestiges are found throughout Asia, Asia Minor, Indonesia, Europe, and especially in South America, so they transcend regional boundaries and cultures and point toward a long-forgotten ancient worldwide civilisation. Examining sacred sites in Peru and their counterparts around the world, researcher and journalist Camille M. Sauvé shows how they share specific architectural characteristics and reveal evidence of a very ancient culture that once existed worldwide.

JUNE 2024

9781591435082
152 x 229 | 304pp | £17.99
Paperback
Bear & Company
Myths & Legends



THE LITTLE BOOK OF FOLKLORE

Kitty Greenbrown

Step into the enchanting world of British and Irish folklore with this captivating introduction to the myth and magic of old

Folklore brings to life mythical creatures, fantastical knights and formidable spirits, and passes these stories down through the generations. From the famous Arthurian legends to monsters, sprites and faeries, The Little Book of Folklore explores the magical and mystical tales that have shaped the British Isles. Filled with stories of iconic characters like Robin Hood and Merlin, as well as lesser-known tales of the Green Man, giants and witches, this book is a beginner's guide to this world of intrigue and wonder. As well as the stories themselves, this beautiful little book also explores: Modern customs and traditions grounded in folklore, such as May Day and Halloween The deep connection between folklore and nature

The historical context surrounding folklore and the insight it gives us into the beliefs of British and Irish people in times gone by.

MAY 2024

9781837993215
105 x 148 | 128pp | £7.99
Paperback
Summersdale Publishers Ltd
Myths & Legends

THE BOOK OF JAPANESE FOLKLORE

An Encyclopedia of the Spirits, Monsters, and Yokai of Japanese Myth

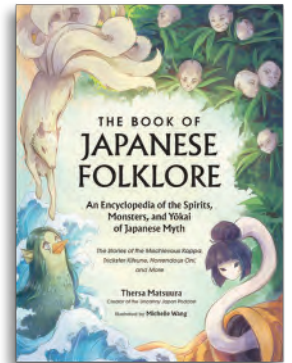
Thersa Matsuura
Illustrated by Michelle Wang

4-colour with illustrations and stained edges

Welcome to The Book of Japanese Folklore: a fascinating journey through Japan's folklore through profiles of the legendary creatures and beings who continue to live on in pop culture today.

Discover everything you've ever wondered about the legendary spirits, creatures, and figures of Japanese folklore including how they have found their way into every corner of our pop culture from the creator of the podcast Uncanny Japan.

From the trickster kitsune to the demon oni, this guide profiles the spirits, creatures, and legendary figures of Japanese folklore. The creator of the podcast Uncanny Japan guides readers through these stories, complete with art evoking today's popular yokai-inspired properties, and teaches readers how yokai have found their way into every corner of our pop culture—including our favourite video games, anime, and horror movies!



MAY 2024

9781507221914
152 x 203 | 240pp | £18.99
Hardback
Adams Media
Myths & Legends

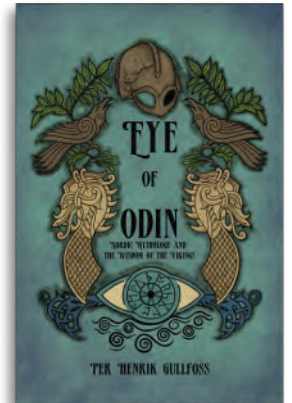
EYE OF ODIN

Nordic Mythology and the Wisdom of the Vikings

Per Henrik Gullfoss

Norse myth meets astrology

The Eye of Odin seeks to combine classic astrology with Norse mythology, blending both in order to get a deeper understanding of human consciousness itself. Per Henrik Gullfoss presents a book that will be of interest to everyone, from Norse Pagans to occultists to astrologers. Norse Myth meets Astrology Per Henrik Gullfoss is widely known throughout Norway as one of the leading experts in the field of Norse myth and astrology, and within these pages he brilliantly brings together both of these topics to show the reader how these old stories led to the development of human consciousness and mystical thought. This important work will be of interest to occultists, astrologers, and other magical practitioners who align with the Norse current of beliefs.



JUNE 2024

9781959883258
127 x 203 | 140pp | £15.95
Paperback
Crossed Crow Books
Myths & Legends

NORSE MYSTICISM

An Exploration of Viking Traditions and Magical Practices

Disa Forvitin

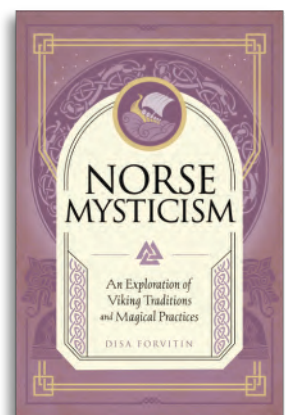
100+ colour illustrations

Immerse yourself in the rich history and mysticism of Nordic legends and engage with them first hand with this elegantly designed guide.

The gods and goddesses of the Norse pantheon are larger-than-life beings who practice and wield magic like no other. Norse Mysticism introduces you to these deities and the customs and traditions that surround them, including:

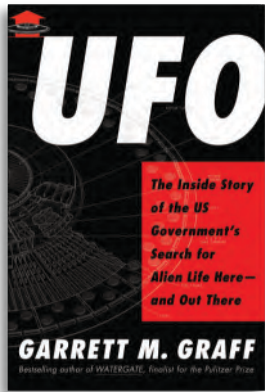
- An exploration of Oral Traditions and mythic gods and goddesses
- Guides to runes and vocal magic
- Techniques for spellcasting and divination
- Histories behind Nordic teachings and customs
- Records of ancient prose works and poems

With this guidebook for both newcomers and experts alike, experience the magical and beautiful spirituality of the Vikings and foster a deeper connection to yourself and the world as a whole.



MAY 2024

9781577154266
140 x 214 | 144pp | £14.99
Hardback
Wellfleet Press
Myths & Legends



Now Available

9781982196776
152 x 235 | 544pp | £19.99
Hardback
Avid Reader Press
UFOS

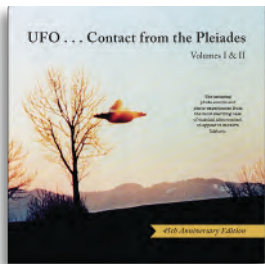
UFO

The Inside Story of the US Government's Search for Alien Life Here - and Out There
Garrett M. Graff

8pp B&W insert, 8pp colour insert, B&W endpapers

A fascinating and eye-opening narrative history that uncovers the secrets of our government's decades-long quest to solve one of our most greatest mysteries: whether we are, in fact, alone in the universe

Now, for the first time, the full story of our national obsession with UFOs - and the covert, decades-long search by scientists, the United States military, and the CIA for proof of alien life - is told by bestselling author and Pulitzer Prize finalist Garrett M. Graff in a deeply reported and researched history. It begins in 1947, when two headline-making sightings of strange flying objects—the first near Mount Rainier, Washington, involving a pilot named Kenneth Arnold, and the second a ranch on the outskirts of a New Mexico town called Roswell—prompt the US Air Force's newly formed Department of Defense to create a series of secret programs to determine how unidentified phenomena may pose a threat to national security.



JUNE 2024

9781582709116
254 x 254 | 200pp | £29.00
Hardback
Beyond Words Publishing
UFOS

UFO...CONTACT FROM THE PLEIADES

The amazing photo-events and photo-experiences from the most startling case of ongoing alien contact to appear in modern history. Vol I & II.

Brit Elders and Lee Elders

Photographs throughout

The inside story of one of the most remarkable and convincing extraterrestrial encounters ever reported.

In this forty-fifth anniversary edition, a humble, one-armed Swiss farmer named Billy Meier documents his date with destiny with hundreds of photos, videos, and written conversations with extraterrestrial visitors from the Pleiades star cluster. For the first time—forty-five years after their original publication—the two photo-journal volumes of UFO...CONTACT FROM THE PLEIADES are combined in one book for a modern audience, with a new foreword written by Shirley MacLaine, a prologue written by Mexican UFologist Jamie Maussan, and a new introduction and preface written by Brit Elders.



JUNE 2024

9781591435068
152 x 229 | 192pp | £16.99
Paperback
Bear & Company
Shamanism

SHAMANIC TEACHINGS OF THE CONDOR

Encounters with the Mystical Traditions of the Andes

Martha Winona Travers

1 b&w illustrations

Experience the heart-opening wisdom of Andean shamanism.

In this deep dive into South American shamanism, Martha Winona Travers shares the teachings and practices she learned during her 22 years as an apprentice to revered Ecuadorian Kichwa elder, Taita Alberto Taxo.

Presenting Taita Alberto's teachings as vivid, experiential journeys, Travers allows you to immerse yourself in his direct, heart-centred wisdom as if you, too, were one of his shamanic apprentices. You will learn the ancient mystical traditions of the Andes, traditions saved by the elders specifically for these times. These traditions of healing invite human beings to return to intimacy with Nature and the natural world, through initiating conversations with the elements.

THE UFO PARADOX

The Celestial and Symbolic World of Unidentified Aerial Phenomena

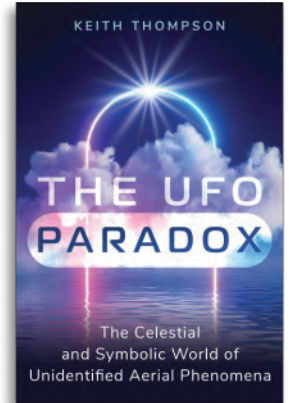
Keith Thompson

11 B&W illustrations

Examines both the physical and the spiritual sides of the UFO debate

In case after case related to UFO encounters and other unknown aerial phenomena (UAP), the same impasse is reached: testimony from witnesses on one side, dismissive responses from the authorities on the other. In the fertile void of this deadlock, however, lie extraordinary possibilities—about the nature of mind and matter, spirit and soul, their plans for us—transforming the UFO into a celestial, metaphysical event.

Focusing on the possibilities found by exploring both sides of the UFO debate, veteran UFO observer and reporter Keith Thompson shares profound insights and experiences from his several decades of research, revealing that the UFO phenomenon is decidedly real, yet perhaps not what either side of the debate expects.



AUGUST 2024

9781591434887
152 x 229 | 272pp | £16.99
Paperback
Bear & Company
UFOS

BEYOND OUR WORLD, BOOK 1 - STELLAR SOUL

David Rousseau

"I am a stellar soul from the Great Central Sun experiencing earth through this human avatar. I quickly remembered that I was not from this world. From the age of six to forty-six, very few knew of my experience (except for those close to me).

It all began one evening in the summer of 1981, when I was playing outside. I saw a bluish-white light come down from the sky and position itself right above me. It just stood there, motionless. The moment seemed to last forever. When the object had gone back to the vertical and at an incredible speed, I found myself in front of a being, which was obviously not terrestrial: humanoid in shape, bluish skin with slight silver highlights, large green eyes and long, deep black hair...

It was Ezahyel, my brother from the Pleiades. He would come back to see me so that I would not forget who I was and where I came from.



MARCH 2024

9781956945720
140 x 216 | 208pp | £13.99
Paperback
Ozark Mountain Publishing
UFOS

FROM ELDER TO ANCESTOR

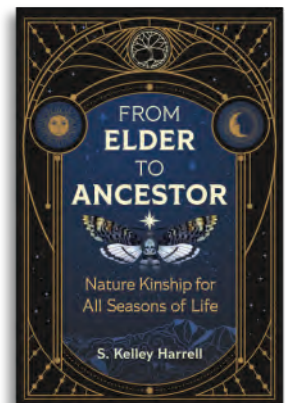
Nature Kinship for All Seasons of Life

S. Kelley Harrell

A practical guide to becoming a good Ancestor

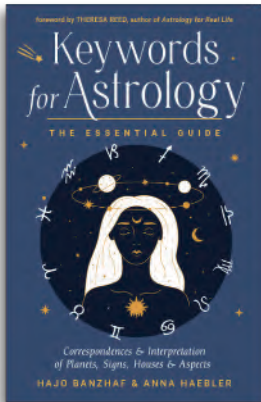
For millennia people connected with the Ancestors as part of their regular spiritual practice, seeking wisdom and inspired vitality from those who came before. Each member of a community grew up guided by sage elders, naturally walking the path into fit elderhood themselves and, upon their good deaths, becoming wise, capable Ancestors to whom their descendants could turn.

Revealing how to restore the path from fit elder to wise ancestor, S. Kelley Harrell explores the spiritual, cultural, and ancestral aspects of ageing well and presents practical exercises and rituals to help you intentionally craft yourself as a fit elder on the path to Ancestorhood. She explains the importance of creating a direct personal connection with Nature and of respecting the spirits who surround us, including asking their permission before engaging them in ritual or healing work.



JULY 2024

9781644116623
152 x 229 | 192pp | £14.99
Paperback
Destiny Books
Shamanism



KEYWORDS FOR ASTROLOGY

The Essential Guide to Correspondences and Interpretation of Planets, Signs, Houses, and Aspects

Hajo Banzhaf and Anna Haebler

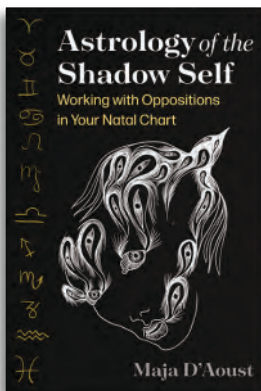
B&W astrology symbols throughout

A handy reference and indispensable guide to traditional astrological terms and interpretation.

Keywords for Astrology explains all the essential configurations in a horoscope by showing both aspects of its expression—the light and the dark—with vivid keywords and concise descriptions. It offers a remarkably straightforward method for using keywords to interpret the correspondences of the planets, zodiac signs, cardinal axes, houses, and aspects. It weaves together the relationships between each of these elements and then expands on this by highlighting harmonious and discordant qualities, and the results readily apply to natal placement or a transiting influence. This approach allows new perspectives and insights to emerge in your interpretations.

JUNE 2024

9781578638390
140 x 216 | 304pp | £22.00
Paperback
Weiser Books
Astrology



ASTROLOGY OF THE SHADOW SELF

Working with Oppositions in Your Natal Chart

Maja D'Aoust

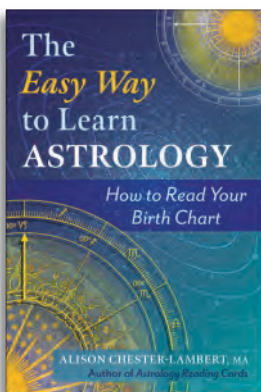
24 b&w illustrations

A guide to discovering the shadow wisdom hidden in your birth chart.

Recently rediscovered by modern psychology, the shadow self was recognized in ancient teachings as an inseparable part of the human being, a vital portion of who we are. The ancient Egyptians regarded working with the shadow as a necessary part of spiritual growth, and shadow work practices are alluded to in the oldest writings. In this practical guide to shadow astrology, Maja D'Aoust explains how to determine the shadow polarities of your natal chart and explore the hidden wisdom and challenges of the oppositional identity within. She shows how finding your shadow planets is easy—they are the opposite sign of the planets in your birth chart. For example, someone with the sun in Libra will have their shadow sun in Aries.

MAY 2024

9781644119174
152 x 229 | 352pp | £18.99
Paperback
Destiny Books
Astrology



THE EASY WAY TO LEARN ASTROLOGY

How to Read Your Birth Chart

Alison Chester-Lambert

4 B&W illustrations

A guide for learning to read your horoscope

Learning to read a birth chart—to see and understand the patterns and interactions of the planets at the moment we were born—can be daunting, especially when following traditional systems for learning astrology. Presenting a simple way to learn astrology, professional astrologer and astropsychologist Alison Chester-Lambert breaks down the complexities of a birth chart into easy-to-understand, bite-sized pieces, revealing how to quickly decode a person's strengths, weaknesses, challenges, and opportunities with psychological astrology.

Starting with the Zodiac Signs, Alison explains how each Sign is either Masculine or Feminine and how simply looking at the Masculine-Feminine balance of Signs in a chart can reveal a lot about a person.

JULY 2024

9798888500392
152 x 229 | 192pp | £12.99
Paperback
Findhorn Press
Astrology

ASTROSEX

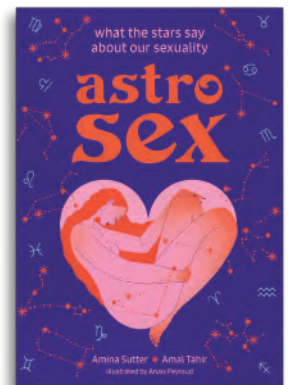
What the Stars Say About Our Sexuality

Amina Sutter and Amal Tahir

colour illustrations

An exciting, warm, and personal book that presents the sexual journey as a positive, empowering, and creative endeavour.

Astrology is a powerful tool for self-development, and it's indelibly associated with love and relationships. But divining insights from a natal chart is just as fascinating when applied to sexuality: not just compatibility but taking a holistic approach to exploring sexual identity. Author Amina Sutter is an astrologer, and Amal Tahir is a sexual and relationship coach: with their combined expertise, they offer the essential tools to help anyone blossom into a fully realized, passionate person. What ignites interest inside the bedroom and outside of it? How can the major features of a natal chart be used to fuel sexual curiosity? What toys will work best? What erotic energies will create opportunities to flourish? This is an exciting, warm, and personal book that presents the sexual journey as a positive, empowering, and creative endeavour.



APRIL 2024

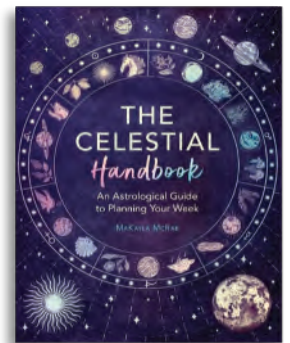
9781454950813
152 x 216 | 176pp | £15.00
Hardback
Sterling Ethos
Astrology

THE CELESTIAL HANDBOOK

An Astrological Guide to Planning Your Week

MaKayla McRae

The ancient Babylonians created the seven-day week based on their observations of seven celestial bodies — the sun, the moon, Mercury, Venus, Mars, Jupiter, and Saturn. The daily cadence of the week has a profound and significant impact on our routines and overall experiences. This extraordinary book takes you on a cosmic journey through the heavens, unlocking ancient wisdom as it shows you how to work with the archetypal energy of the planet associated with each day in order to plan your week and enhance your life. A remarkable guide for today's modern world with thoughtful exercises, affirmations, self-care tips, and planetary remedies, The Celestial Handbook will nourish your soul and renew your sense of purpose. Tap into its power for more peace, love, success, and abundance with the intuitive guidance of an experienced astrologer who has helped individuals find alignment within their lives.



JULY 2024

9780486853000
146 x 190 | 128pp | £12.49
Paperback
Dover Publications
Astrology

BRADY'S BOOK OF FIXED STARS New Ed.

The Invisible Force and Influence of Constellations in the Natal Chart

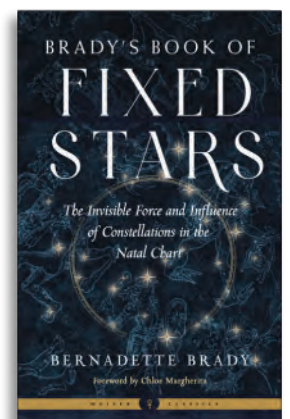
Bernadette Brady

160 B&W star charts, graphs and illustrations

A richly detailed in-depth look at "fixed stars" and their role in affecting astrological predictions.

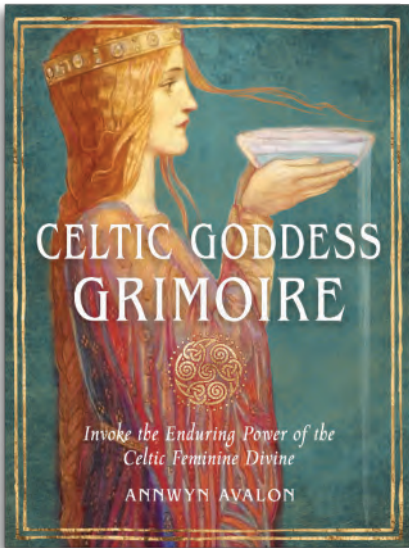
Here, celebrated astrologer Bernadette Brady melds modern techniques with Egyptian and early Greek procedures and mythology so astrologers can apply these techniques to modern chart interpretation. Her methods open a window on the fixed stars, revealing how a major star in a person's chart indicates the stage of life in which it is active, and how it reveals the person's life journey through the mythology that the star represents, versus their commonly-considered positions.

Originally published by Weiser Books in 1999, this new Weiser Classics edition is newly typeset and redesigned. It includes a new foreword by Chloe Margherita, a practicing astrologer with an in-depth appreciation of the fixed stars.



AUGUST 2024

9781578638383
153 x 229 | 512pp | £29.00
Paperback
Weiser Books
Astrology



CELTIC GODDESS GRIMOIRE

Invoke the Enduring Power of the Celtic Feminine Divine

Annwyn Avalon

The history, symbolism, and enduring power of the Celtic goddess—with rituals and exercises to celebrate, honour, invoke, and serve these sacred beings.

CELTIC GODDESS GRIMOIRE celebrates feminine divinities from across Celtic Europe, a wide territory that historically once included what is now Ireland, Scotland, Wales, England, and Brittany. Within these pages, you will meet great goddesses such as Brigid, the Morrigan, Sulis, Rosmerta, Elen of the Ways, and Rhiannon, as well as faery women like Melusine and Morgan Le Fae. The book explores the identity of King Arthur's Lady of the Lake, as well as other Lake Ladies. The book shines a spotlight on the most prominent Celtic female divinities but also includes a section devoted to lesser-known goddesses of the Celtic world, such as the mysterious Nehalennia, who was nearly lost before her shrine was recovered from the depths of the North Sea. A practical guide to working with these sacred beings, the book includes exercises for celebrating, honouring, invoking, and serving them. Author Annwyn Avalon provides chants, rituals, spells, and meditations. The reader will learn how to build altars, craft charms, and actively invoke these Celtic goddesses so that they become a living, vital presence in one's own spiritual life. In addition, Annwyn Avalon provides readers with information about the meanings of their names, associated sacred symbols and creatures, as well as their personal powers, realms of strongest influence, and historical context.

About the Author

Annwyn Avalon is a water witch, a water priestess, and the founder of Triskele Rose Witchcraft, an Avalonian witchcraft tradition. She has devoted her life to the study of art, witchcraft, and magic. Annwyn is also a Reiki master teacher with a BFA in sculpture, and a BA in anthropology with emphasis on plant and human interactions. She has earned an apprentice certificate in herbalism. The author of two books, *Water Witchcraft* and *The Way of the Water Priestess*, Annwyn writes for the *Magical Times Magazine* in the UK and *Patheos Pagan* in the US. She has contributed to other published works such as *The New Aradia* and *Brigid's Light*. She lives in Glastonbury, UK

MARCH 2024

9781578638024

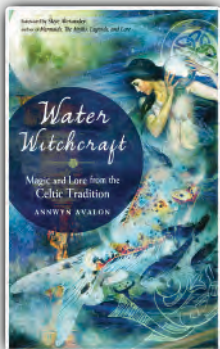
152 x 203 | 224pp | Paperback

£15.99 Weiser Books

Celtic

10 B&W photos, 2 maps

Also by Annwyn Avalon



WATER WITCHCRAFT

9781578636464

133 x 216 £15.99 288pp

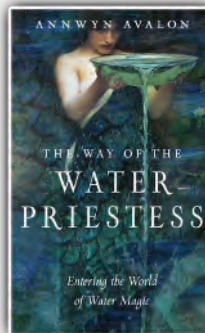
Paperback

Weiser Books

Wicca

An accessible in-depth guide to Celtic water lore, including spells, rituals, water spirits and merfolk

Let Annwyn Avalon, a practising water witch herself, take you into the world of water magic.



THE WAY OF THE WATER PRIESTESS

9781578637249

133 x 216 £13.99 256pp

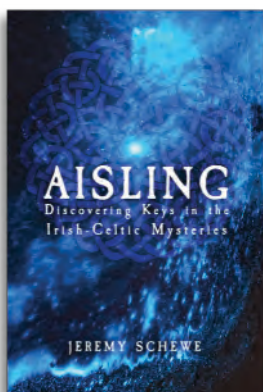
Paperback

Weiser Books

Wicca

A hands-on guide for witches, pagans, and others who are drawn to the magic of water for healing and protection.

THE WAY OF THE WATER PRIESTESS is a practical guide to the magical power of water and its resident spirits and how to use that magic for both self-empowerment and in the service of protector of water in all its forms.



AISLING

Discovering Keys in the Irish-Celtic Mysteries

Jeremy Schewe

An engaging look at the Irish-Celtic mysteries. Gives the reader an intimate look at Irish customs and traditions and is an excellent book for Irish-Celtic pagans looking to deepen their practice.

The Celtic mysteries are alive and well, and Jeremy Schewe is here to show us how to tap into these mysteries for inspiration and spiritual fulfillment. Weaving together personal experiences alongside Celtic myth and lore, we are shown how to form a relationship with the living Irish landscape and how Irish culture, heritage, and language can sustain our spiritual pursuits. You will learn about the sovereign goddesses of Ireland, the Irish origin of the Holy Grail, the mystical lore of forests and woods, the magic of the Irish holy wells, the virtues of certain aspects of the Irish landscape, and much more. Anyone who's inspired by the idea of incorporating the Irish-Celtic mythos into their magical and spiritual traditions will find this book offering a wealth of information.

MARCH 2024

9781959883173

152 x 229 | 310pp | £22.00

Paperback

Crossed Crow Books

Celtic

CELTIC DRUIDRY

Rituals, Techniques, and Magical Practices

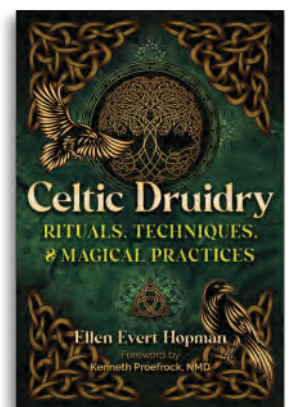
Ellen Evert Hopman

80 b&w illustrations

A handbook for becoming a modern Druid.

In this authentic handbook for the Celtic Druid path, Ellen Evert Hopman shares lessons, rituals, and magical techniques drawn from the ancient wisdom teachings of the Celts as well as a modern Druid Order created by the leading minds of 20th-century Celtic Reconstructionism.

Hopman begins by exploring what we know about the original ancient Druids, citing Druid-contemporary sources such as Caesar and Diodorus Siculus as well as transcriptions of Druid oral teachings. She explains the basic tools and clothing of a Celtic Druid, including instructions for making the essential tools of the craft, such as a Crane Bag, the Serpent Staff, and the Apple Branch, the tool used to open a Druid rite. She explores meditation techniques based on ancient texts and discusses the Gods and Goddesses of the Celtic pantheon, Druidic cosmology, and the Druidic festivals that occur throughout the turning of the year.



JUNE 2024

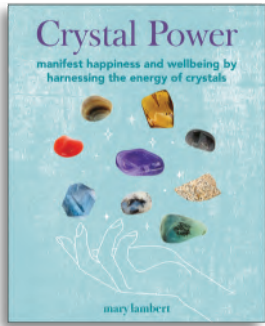
9781644118603

152 x 229 | 256pp | £16.99

Paperback

Destiny Books

Celtic



CRYSTAL POWER

Manifest happiness and wellbeing by harnessing the energy of crystals

Mary Lambert

150 colour photographs & artworks

Do you want to find love? Are you looking for greater career success? Discover 150 easy tips for harnessing the healing and energizing power of crystals in positive ways.

In this practical guide, best-selling author Mary Lambert reveals everything you need to know about choosing and using more than 100 crystals which are all commonly available.

Place crystals in your home to harmonise your space, pacify neighbours and attract passion; display crystals at work to boost personal empowerment, connect with your intuition or inspire creativity; use healing crystals to alleviate emotional pain or ease the discomfort of travel sickness; or discover your birthstone with crystal astrology, reveal the crystals you need to enhance your potential and balance the personality traits associated with your sign.

MARCH 2024

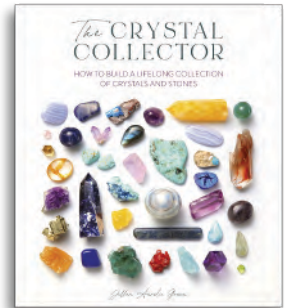
9781800653207

191 x 235 | 160pp | £14.99

Paperback

Cico Books

Crystals & Gemstones



THE CRYSTAL COLLECTOR

How to build a lifelong collection of precious stones

Jillian Aurelia Green

full colour throughout

A beginner's guide to curating a crystal collection that is ethically sourced, practical, and supports a journey into the healing power of crystals.

This is the first crystal book that combines the sought-after metaphysics of the crystal world with the practicality of how to select, source, care for, and curate the reader's growing crystal collection.

Crystal collecting – and caring for those collections – continues to be a core practice of the mind, body, spirit space. In this unique book, author Jillian Aurelia Green guides readers down the path to creating a crystal collection that speaks to the soul. With mindful practice at its centre, The Crystal Collector explores every facet of the crystal collecting world, while providing inspiring and creative ways to enjoy crystals.

JULY 2024

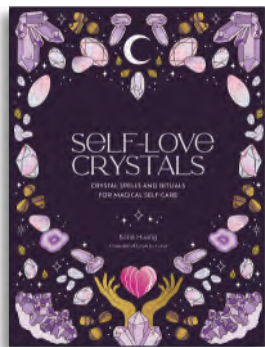
9781446313374

203 x 229 | 144pp | £15.99

Paperback

David & Charles

Crystals & Gemstones



SELF-LOVE CRYSTALS

Crystal spells and rituals for magical self-care

Katie Huang

Illustrated by Marie-Noel Dumont

full colour illustrations

From rose quartz for self-love and citrine for self-confidence, to tiger's eye for self-assurance and amethyst for self-belief, you'll find the perfect crystal for all your magical and self-care needs

Written by crystal expert and modern mystic, Katie Huang (Love By Luna), and filled with rituals and recipes to help you boost your everyday wellbeing, learn how to harness the mystical powers of 30 crystals, and incorporate them into your daily self-care practice.

Embrace the art of cleansing, charging, and connecting with your crystals, and unearth their heart-warming energies

With tips and tricks to help you on your self-care and crystal healing journey, this sparkling guide to crystal magic is truly a must-have for every modern mystic.

CRYSTAL ORACLE DECK

78 crystal cards for holistic wellbeing

Kathy Banegas

Illustrations by Viki Lester

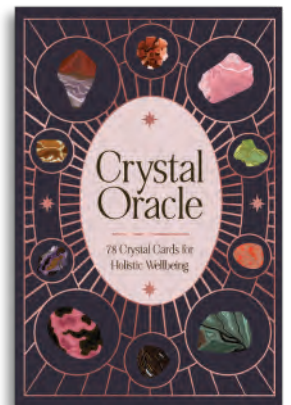
78 cards & 64pp guidebook

Tap into the power of Crystals and improve your wellbeing with this glowing deck of Crystal oracle cards for healing and nurturing.

The Crystal Oracle Deck is a powerful, healing-focused deck of cards that profiles 78 different Crystals and their wellbeing benefits.

A collection of 78 high-quality Crystal cards, illustrated by Viki Lester is included along with a booklet written by Crystal expert Kathy Banegas (@thehealinggem), shining light on the wellbeing properties of each Crystal and how to use the deck and a beautiful box with a ribbon to store your oracle cards.

Use the booklet to learn more about the holistic properties of each Crystal, and receive their intuitive messages.



APRIL 2024

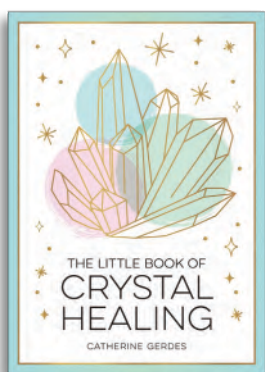
9780711291959

75 x 120 | 64pp | £14.99

Cards

Leaping Hare Press

Crystals & Gemstones



THE LITTLE BOOK OF CRYSTAL HEALING

Catherine Gerdes

Invite balance, calm and positivity into your life by embracing the healing power of crystals

For thousands of years, human beings have been drawn to the beauty of crystals. With their long history, glorious colours and unique healing properties, it's little wonder our fascination with these mystical stones remains as powerful as ever.

Discover how crystals can bring harmony to your life with this pocket-sized guide, perfect for beginner and established crystal lovers alike. Whether you're looking to harness the nurturing qualities of jasper or the creative influence of citrine, there's really no end to what these natural treasures can do for you.

Take the first step on your healing journey with the energies of amethyst, agate, jade, moonstone and many more. May these beautiful gems guide you to a more joyful, harmonious future.

Now Available

9781837991327

105 x 148 | 128pp | £7.99

Paperback

Summersdale Publishers Ltd

Crystals & Gemstones

SENSORY CRYSTAL HEALING

Gem Sorcery to Improve Your wellbeing and Mindset

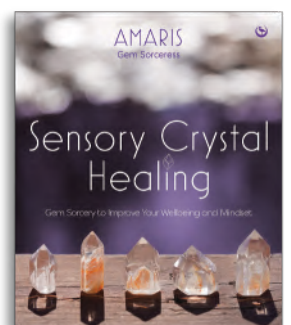
Amaris

colour photos throughout

This stunningly photographed book introduces Gem Sorcery, a brand-new approach to crystal healing that works by activating all the five senses and the chakras.

Would you like to experience crystals in a completely new way, using sight, hearing, touch, smell and taste to tap into the healing energies of the Universe? Welcome to Gem Sorcery, a sensory approach to crystal work that connects you with the Universal Consciousness, bringing you into an empowered state where you can make lasting changes in your life.

At the heart of the book are seven chakra chapters, each one dedicated to one of the major chakras (energy centres) of the body. Each of these chakra chapters profiles the crystals that work best to activate that specific chakra, and suggests sensory activities to deepen your connection with the chakra and the Universal Consciousness.



APRIL 2024

9781786785244

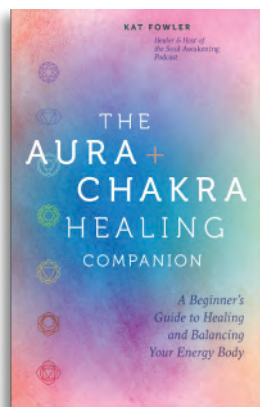
178 x 216 | 224pp | £18.99

Paperback

Watkins Publishing

Crystals & Gemstones

Alternative Therapies



THE AURA & CHAKRA HEALING COMPANION

A Beginner's Guide to Healing and Balancing Your Energy Body

Kat Fowler

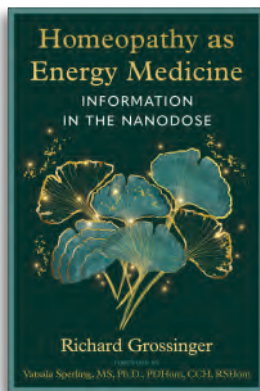
30 Colour photos

A beginner's guide for everything auras and chakras, what they are, how to read and interpret their energy, and how to balance and heal them.

Start working with auras and chakras right away with this fun and accessible guide. Auras are the storybook of your soul. They reflect your personal vibration, intentions, and manifestations as well as hold energy from other people and the environment. Most teachings portray auras as a complicated subject filled with lots of esoteric information. The Aura & Chakra Healing Companion offers practical and easy-to-implement techniques for aura healing and balancing.

JUNE 2024

9780760391334
127 x 203 | 176pp | £14.99
Hardback
Fair Winds Press
Alternative Therapies



HOMEOPATHY AS ENERGY MEDICINE

Information in the Nanodose

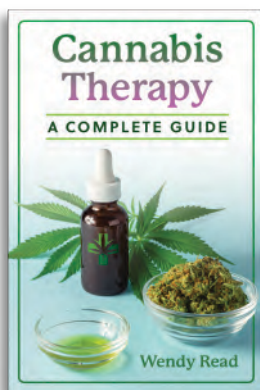
Richard Grossinger

A detailed overview of the alternative healing modality and its modern advances

Helping first-time patients as well as longtime devotees gain a deeper understanding of just what homeopathy is, Richard Grossinger presents a comprehensive overview of the healing art, explaining its essential philosophy and methodology and showing how it relates to the broader concepts of energy medicine and nanodose treatments. He introduces homeopathy's basic framework and explores its three central principles: the Law of Similars, microdose transmission of energetic information, and potentization. Addressing the many critiques of homeopathy, he looks at the power of the placebo effect and offers a case history and comparison of homeopathy to other alternative and mainstream healing modalities.

AUGUST 2024

9781644119662
152 x 229 | 320pp | £18.99
Paperback
Healing Arts Press
Alternative Therapies



CANNABIS THERAPY

A Complete Guide

Wendy Read

A step-by-step guide to healing mind, body, and spirit with cannabis.

In this in-depth guide to cannabis therapy, written for both health practitioners and those looking for self-care methods, herbalist and holistic healer Wendy Read provides a complete look at why marijuana medicine works, its medical and spiritual uses throughout history, and how to develop a personalized healing plan. She explores the endocannabinoid system (ECS) of the body and how phytocannabinoids interact with it. She addresses the myths and confusion around cannabis, which stem from its history of persecution and propaganda, and looks at how our ancestors around the world used this plant ally to help heal their spirits. She explains why "getting high" can be good for your physical and mental health and also cautions about the potential side effects of cannabis therapy and how to mitigate them. Looking at cannabis as whole plant medicine, the author examines the many healing components throughout the plant, from flowers to roots, from cannabinoid acids to alkaloids.

JUNE 2024

9781644118504
152 x 229 | 304pp | £17.99
Paperback
Park Street Press
Alternative Therapies

HEALING THROUGH SOUND

Awakening Your Audible Body

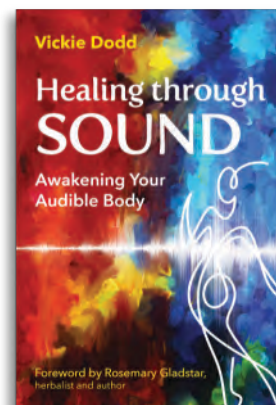
Vickie Dodd

Foreword by Rosemary Gladstar

Heal and align the body layer by layer through sound healing.

You are made of sound. By listening deeply, you can hear the rhythms and stories of the audible body. With the power of the voice, you can heal the body layer by layer, awakening your cells while releasing long-held tensions, stress, and emotional trauma.

In this guide to sound as bodywork, sound healer Vickie Dodd shares her system for addressing trauma locked in the physical body with the healing power of sound. Touching on the function of the nervous system and the parasympathetic breath, she reveals how sound travels the inner pathways of the body, eliciting responses from the body memory of tissues and muscles while bypassing the mind. Sharing examples from sessions with her clients across five decades, she explains how sound can change the body's tissues, rearrange posture, and release undigested emotional experiences.



APRIL 2024

979888500316
152 x 229 | 176pp | £14.99
Paperback
Findhorn Press
Alternative Therapies

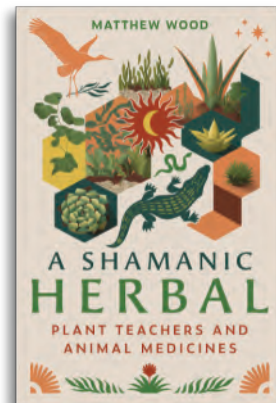
A SHAMANIC HERBAL

Plant Teachers and Animal Medicines

Matthew Wood

An experiential journey into shamanism as a spiritual path and the teachings of plants, animals, and Nature

Sharing profound experiences from his long career as well as his first years growing up on a remote Seminole reservation in the Everglades, renowned herbalist Matthew Wood interweaves practical herbalism and the spiritual potency of Nature to explore the plant teachers, animal medicines, and foundational principles of shamanism. Wood explains how his life's journey required him to learn a new language in which the patterns and relationships inherent in Nature are emphasized, rather than the linear human perspective. Thanking the precious indigenous culture in which his first thoughts were formed, he draws an experiential map to the "Green Tongue," the "Language of the Shamans." Based on direct and sometimes supernatural experiences as well as case studies from his practice, he examines the alphabet of Nature personified in animals and the spiritual lessons of animal medicines—animals personified in plants



JULY 2024

979888500200
152 x 229 | 416pp | £25.00
Paperback
Healing Arts Press
Alternative Therapies

WHAT WE'VE FORGOTTEN

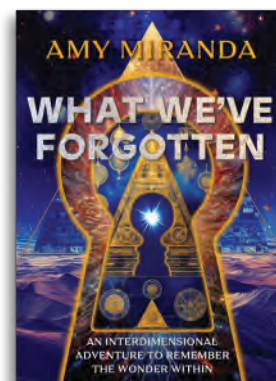
An Interdimensional Adventure to Remember the Wonder Within

Amy Miranda

64 colour illustrations

Meeting at the intersection of social justice, technology, and witchery, WHAT WE'VE FORGOTTEN is an ancient text for modern times that promises to undermine systems of oppression through the power of wonder and magic available to us all.

Shining new light on the old ways, it is like playing Legend of Zelda in a book. Each chapter is its own temple, its own room. Amy Miranda leads readers through an active meditation, bringing them through portals in the universe that most of us don't even realize we have access to. The book reminds us of the adventure, rites, and ritual of journey work. Wonder witch and oracle Amy Miranda invites us all into a temple of remembering, taking us through the cosmos of consciousness to reconnect us all into the deep magic of life. Unlike most books on magic, Recreates the mystery and adventure of deep journey work, leading readers to their deepest memories and hidden truths.



APRIL 2024

9781959524014
178 x 229 | 384pp | £31.00
Hardback
Rise Books
Alternative Therapies



THE HEALING TREE

Botanicals, Remedies, and Rituals from African Folk Traditions

Stephanie Rose Bird

spot art

A practical guide to traditional African approaches to healing with remedies and cultural history from one of the most respected authorities on the subject.

Author Stephanie Rose Bird shares how trees have provided her with personal healing, then allows us to share in that process for our own benefit and, by extension, provide healing for Earth's beleaguered forests. Reclaiming traditional botanical and herbal practices has never been more important than it is today. So much of our future depends on our ability to use ancient Earth knowledge. Although many botanicals and herbals have been published, they tend to focus on Europe and the Americas. In this crucially important book, author Stephanie Rose Bird recounts the story of the sacred wood: how to live in it, learn from it, derive spiritual enrichment from it, and how to preserve and protect it.

MARCH 2024

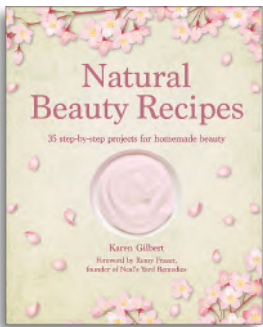
9781578637829

152 x 229 | 320pp | £22.00

Paperback

Weiser Books

Alternative Therapies



NATURAL BEAUTY RECIPES

35 step-by-step projects for homemade beauty

Karen Gilbert

200 colour photographs

Natural skincare and fragrance expert Karen Gilbert shows you how to make your own lotions and potions that are kind to your skin and the environment.

Most of us use a huge variety of beauty products on our skin and hair every day, but the majority of these contain a variety of chemicals and toxins that can be harmful to you and to the environment. Now, you can create your own beauty essentials with these 35 facial, body and hair recipes. From a neroli hydrating spritz to a macadamia and jojoba moisturiser, a mango and lime body butter to a lemon and tea tree foot balm, and a bergamot and grapefruit wake-up wash to a cocoa butter lip balm, the hardest part is choosing which of the pampering projects to try first. Each recipe has clear step-by-step photographs to guide you, comprehensive lists of equipment and ingredients and easy-to-follow instructions.

Now Available

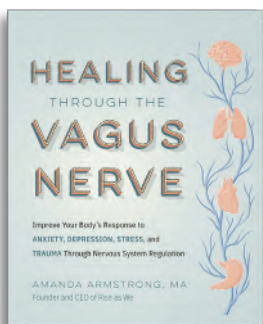
9781800653085

172 x 210 | 144pp | £14.99

Hardback

Cico Books

Alternative Therapies



HEALING THROUGH THE VAGUS NERVE

Improve Your Body's Response to Anxiety, Depression, Stress, and Trauma Through Nervous System Regulation

Amanda Armstrong

Colour illustrations

Unlock your body's natural ability to heal and process trauma with a simple, customizable approach to toning your vagus nerve.

A somatic approach to treating trauma, anxiety, and depression has never been more popular. Perhaps that's because recent studies show that 80% of mind-body communication originates in the body—the Vagus nerve is the superhighway that facilitates this communication. Healing Through the Vagus Nerve walks you through how the nervous system and the Vagus nerve function, with approachable, non-academic language and helpful illustrations. Amanda Armstrong (founder of Rise as We) teaches all about vagal tone and the impact it has on your mental health and everyday life.

MAY 2024

9780760385067

190 x 244 | 160pp | £17.99

Paperback

Fair Winds Press

Alternative Therapies

HELD BY THE LAND DECK

50 Ways to Use Indigenous Plants for Healings & Nourishment - Guidebook + Cards

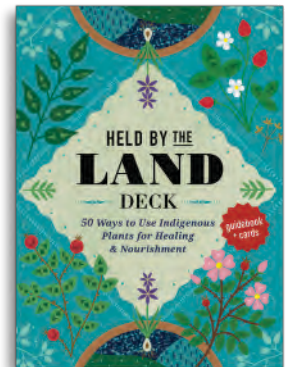
Leigh Joseph

45 cards

Have Indigenous plant knowledge at your fingertips with this gorgeously illustrated card deck from Leigh Joseph, an ethnobotanist and a member of the Squamish Nation.

Plants can be a great source of healing as well as nourishment, and the practice of growing and harvesting from trees, flowering herbs, and other plants is a powerful way to become more connected to the land. The Indigenous Peoples of North America have long traditions of using native plants as medicine as well as for food.

Held by the Land Deck includes 45 cards of indigenous plants and their properties and a 48-page booklet to guide you along the way.



MARCH 2024

9781577154440

114 x 150 | 48pp | £14.99

Cards

Wellfleet Press

Alternative Therapies

CHI KUNG FOR RADIANT SKIN

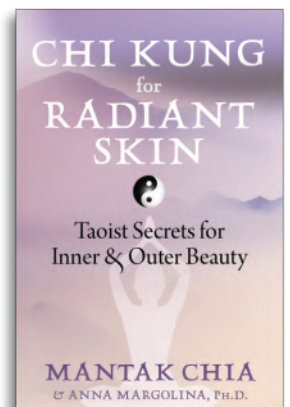
Taoist Secrets for Inner and Outer Beauty

Mantak Chia & Anna Margolina

full colour throughout

Techniques and practices for skin renewal and ageless vitality.

Presenting a holistic approach to skin health, Taoist Master Mantak Chia and skin care expert Anna Margolina, Ph.D., share ancient Taoist wisdom and chi kung practices for a radiant complexion and ageless beauty. The authors explain how Beauty Chi Kung exercises holistically restore the skin's ability to renew itself by regenerating your skin's chi, or vital energy. They offer Taoist energy-cultivation practices that work with the body's major systems to promote optimum circulation, relax muscular tensions, reduce inflammation, restore immune system balance, and recharge your batteries to ensure the vitality of your body's outermost layer. Looking at common challenges to skin health, the authors reveal the key role of the skin in detoxification and what needs to be done to ensure the toxins your body is expelling do not stagnate at the skin level.



JUNE 2024

9781644117576

152 x 229 | 352pp | £18.99

Paperback

Destiny Books

Alternative Therapies

CRANIOSACRAL THERAPY FOR GRIEF AND LOSS

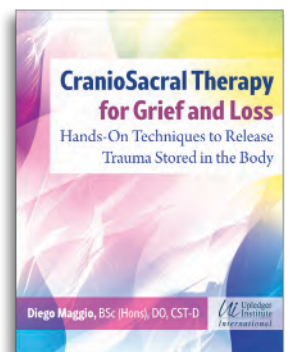
Hands-on Techniques to Release Trauma Stored in the Body

Diego Maggio

300 B&W illustrations

Practical support for the trauma of losses, from large to small

Sharing Dr. Upledger's techniques and his own innovative applications of CST and SER across 20 years of practice, Maggio presents tools and exercises to facilitate your inner self-healing mechanisms and support yourself and others through the stages of grief and bereavement following a loss—whether the loss is large or one of the “small deaths,” such as losing a job or ending a relationship. The author explores all of the biological and energetic evolutionary stages of the life cycle through the lens of CST and shares manual therapy techniques and self-help exercises to process emotions and experiences, assess the energetic framework of the body and the chakras, and recognize and transform destructive energies into constructive processes.



AUGUST 2024

9781644118191

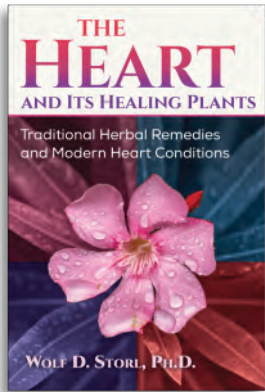
216 x 279 | 560pp | £50.00

Paperback

Healing Arts Press

Alternative Therapies

Alternative Therapies



THE HEART AND ITS HEALING PLANTS

Traditional Herbal Remedies and Modern Heart Conditions

Wolf-Dieter Storl

Full-colour throughout

An ethnobotanical look at ancient heart beliefs, heart-strengthening herbs, and folk remedies for cardiovascular diseases.

Renowned ethnobotanist Wolf D. Storl, Ph.D., examines traditional understandings of the heart from early European cultures and indigenous peoples of the Americas, Asia, and Africa as well as a wealth of plants used in both ancient and contemporary times to treat heart conditions and ailments. He explores the heart as an organ of perception as well as its ability to remember, citing studies about the phenomenon of complete personality changes following a transplant. He examines what makes the heart sick, including different healing paradigms used to address the causes. He also looks at how time is perceived by the heart and how the modern epidemic of heart disease can be linked to our culture's pervasive disconnection from nature's rhythms.

MARCH 2024

9781644118382

152 x 229 | 320pp | £25.00

Paperback

Healing Arts Press

Alternative Therapies

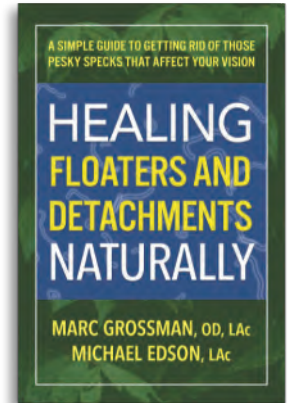
HEALING FLOATERS & DETACHMENTS NATURALLY

A Simple Guide to Getting Rid of Those Pesky Specks That Affect Your Vision

Marc Grossman and Michael Edson

Helps you to put these distractions out of sight-and out of mind.

As we age, we all become increasingly susceptible to seeing a recurring parade of spots or streaks appear before our eyes. If your vision is affected by this problem, chances are you've been told that you will just need to learn to live with it—but it doesn't have to be this way. In *Healing Floaters and Detachments Naturally*, authors Dr. Marc Grossman and Michael Edson tell you what you can do to regain a clearer view of the world around you—one free of those annoying little objects that drift in and out of your field of vision.



JUNE 2024

9780757005305

152 x 229 | 98pp | £14.99

Paperback

Square One Publishing

Alternative Therapies



THE HEALING POWER OF SCENT

A beginner's guide to the power of essential oils

Ellen Rowland

colour illustrations

Aromatherapist and author Ellen Rowland dives deep into the most mysterious and ephemeral of the five senses - scent - and explores how we can use our own unique responses to the smells we find in the world around us for spiritual and emotional healing.

9781446310595

152 x 210 | 144pp | £14.99

Paperback

David & Charles

Alternative Therapies

THE HEALING POWER OF SOUND

A Beginner's Guide to Sound Therapy

Janie Everett

Discover the magnificent power of sound in this beginner's guide to sound healing.

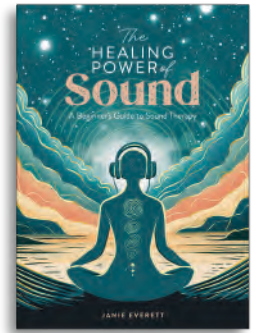
9781446310601

152 x 210 | 144pp | £14.99

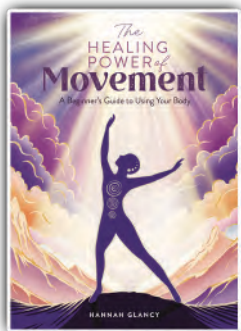
Paperback

David & Charles

Alternative Therapies



MAY 2024



THE HEALING POWER OF MOVEMENT

A beginner's guide to using your body

Hannah Glancy

full colour throughout

The mental, emotional, and spiritual benefits of becoming more physically active are explored. Featuring exercises to help unblock the mind, train the breath and find the joy in getting out into nature.

9781446313176

152 x 203 | 144pp | £14.99

Paperback

David & Charles

Alternative Therapies

THE MYSTERY OF LIFE ENERGY

Biofield Healing, Phantom Limbs, Group Energetics, and Gaia Consciousness

Eric Leskowitz

Foreword by David Feinstein

79 b&w illustrations

Explores the wealth of evidence for the reality of the biofield.

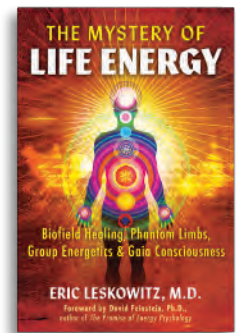
9781591434863

152 x 229 | 320pp | £17.99

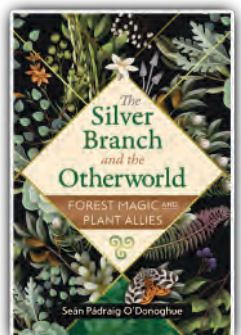
Paperback

Bear & Company

Alternative Therapies



MAY 2024



THE SILVER BRANCH AND THE OTHERWORLD

Forest Magic with Plant and Fungi Allies

Seán Pádraig O'Donoghue

Find healing and connection by engaging with wild plants

9781591434726

152 x 229 | 288pp | £16.99

Paperback

Bear & Company

Alternative Therapies

WOMB MEDICINE

Revised and Updated

The Art of Yoni Steaming for Women's Health

Sali McIntyre

Foreword by Dr Rosita Arvigo

74 colour illustrations

An ancient therapy for keeping women healthy both physically and mentally

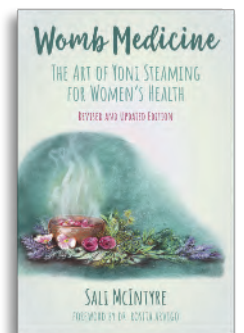
9780645673982

140 x 210 | 168pp | £14.99

Paperback

Animal Dreaming Publishing

Alternative Therapies



MAY 2024



THE DIABETES-FREE COOKBOOK & EXERCISE GUIDE

80 Utterly Delicious Recipes & 12 Easy Exercises to Keep Your Blood Sugar Low

John M. Poothullil with Chef Colleen Cackowski

50 colour photographs

Over 40 unique grain-free recipes and 12 exercise routines to lower blood sugar naturally

Uncover the secret to controlling your blood sugar levels and even reversing Type 2 diabetes with over 80 mouthwatering recipes for breakfasts, lunches, dinners, and snacks. Say goodbye to grains and grain flours, the true culprits behind high blood sugar, and embrace a new way of eating that will leave you feeling energized and satisfied. Featuring tantalizing creations crafted by a professional chef and macronutrient expert, Colleen Cackowski, each recipe is carefully designed to support your health and well-being. No more bland, repetitive meals; these innovative recipes will ignite your taste buds and leave you craving more. Includes photos of 40 prepared dishes, you'll be inspired to recreate these masterpieces.

MARCH 2024

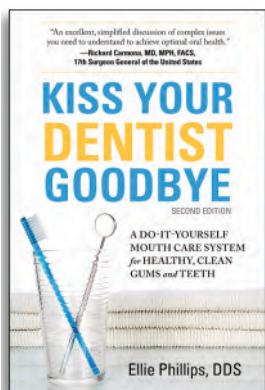
9798986016344

203 x 254 | 200pp | £27.00

Hardback

New Insights Press

Health



KISS YOUR DENTIST GOODBYE

A Do-It-Yourself Mouth Care System for Healthy, Clean Gums and Teeth

Ellie Phillips

Isn't it time to bid farewell to cavities, gum disease, and the general health dangers from poor oral health?

You can brush, floss, be mindful of your diet and follow all the traditional oral hygiene advice, yet still find yourself needing fillings and ongoing dental cleanings. Dr. Ellie Phillips challenges this conventional dental instruction to "brush and floss," arguing it can be both ineffective and potentially harmful. In her groundbreaking book, *Kiss Your Dentist Goodbye*, she unveils the secrets to achieving and maintaining a truly healthy mouth. In this book, Dr. Phillips explains the importance of bacterial balance for oral health, highlighting how it will never be attained through excessive flossing, aggressive cleanings, or the indiscriminate killing of mouth bacteria. She also exposes the detrimental effects of certain dental procedures and products, including tooth whitening, bleaching, dental sealants, and certain fluorides.

JULY 2024

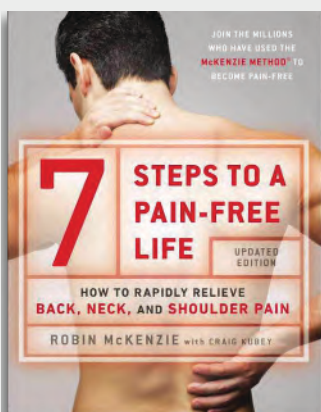
9780757005312

152 x 229 | 248pp | £16.99

Paperback

Square One Publishing

Health



7 STEPS TO A PAIN-FREE LIFE

How to Rapidly Relieve Back, Neck and Shoulder Pain

Robin McKenzie with Craig Kubey

Join the millions who have used the McKenzie Method to become pain-free

Since the McKenzie Method was first developed in the 1960s, millions of people around the world have successfully used it to end chronic back and neck pain. Now, Robin McKenzie combines and enhances his bestselling books into one volume with a new chapter on relieving shoulder pain.

7 STEPS TO A PAIN-FREE LIFE explains:

- Common causes of lower back, shoulder and neck pain
- The vital role discs play in back and neck health
- Easy exercises that alleviate pain immediately

7 STEPS TO A PAIN-FREE LIFE is now fully illustrated, revised and updated, is one of the bestselling books on relieving chronic pain and, also, includes a new chapter on shoulder pain.

BESTSELLER

9780142180693

184 x 235 | 256pp | Paperback

£15.99 | Plume

Health

b & wills throughout

DIABETES The Real Cause and the Right Cure

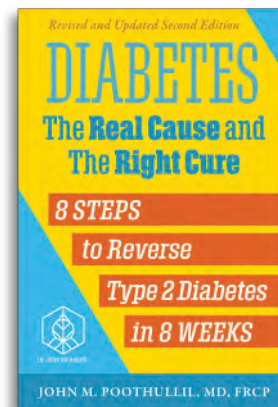
8 Steps to Reverse Type-2 Diabetes in 8 Weeks

John M. Poothullil

The most insightful information to control and even reverse Type 2 diabetes

Whether you were recently diagnosed or have had Type 2 diabetes for years, this book will open your eyes to new thinking about the real cause and an actual cure based on scientific thinking. If you think that diabetes is your destiny because it is in your family, this book will show you that this thinking is not true. The fact is, you can reverse high blood sugar and diabetes in as little as 8 weeks using the 8 steps in this book.

"Health professionals are misleading patients about the true cause of diabetes," says Dr. John Poothullil. "The problem has become so severe that diabetes is now a national and international epidemic."



JUNE 2024

9798986016382

152 x 229 | 240pp | £15.99

Paperback

New Insights Press

Health

RACE FOR LIFE

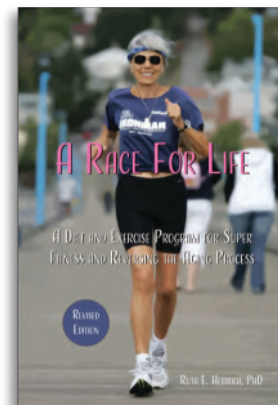
A Diet and Exercise Program for Super Fitness and Reversing the Ageing Process
Revised Edition

Ruth E. Heidrich

10 images

The remarkable story of how one woman beat stage four breast cancer and went on to complete six Ironman Triathlons, advocating for veganism and advocating for humanities' fight against cancer.

There are detailed descriptions of the "how" and "why" a whole food/plant-based vegan diet works to dramatically lower the risk of breast cancer, and if too late, will give your body its best chance to reverse and prevent a recurrence of the cancer and many other diseases as well. This book also describes the importance of exercise in supporting a good diet to give you abundant good health and energy with recent research showing how certain exercises can suppress cancer cell growth. There is also an important discussion on what you need to know about "reconstruction" after breast surgery.



JUNE 2024

9781590567104

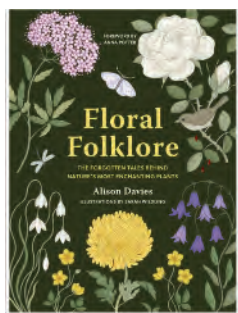
152 x 229 | 190pp | £18.99

Paperback

Lantern Books

Health

Health, Relationships, Addiction, Autism, Psychedelics & Paganism



FLORAL FOLKLORE

The forgotten tales behind nature's most enchanting plants

Alison Davies
Illustrations by Sarah Wilding

Approx. 45 illustrations

Discover the fascinating folklore behind more than 40 of nature's most intriguing plants and learn how you can benefit from their timeless wisdom in everyday life.

9780711290259
170 x 230 | 192pp | £18.99
Hardback
Leaping Hare Press
Health

MARCH 2024

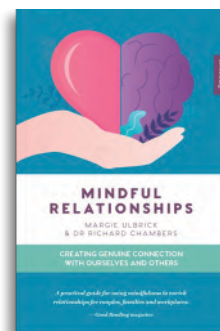
MINDFUL RELATIONSHIPS

Creating genuine connection with ourselves and others

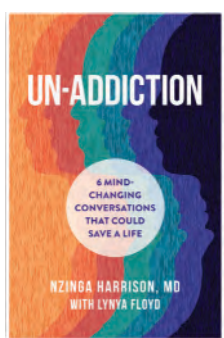
Margie Ulbrick & Dr. Richard Chambers

A practical guide for using mindfulness to enrich relationships within couples, families and workplaces.

97819222539786
127 x 198 | 240pp | £10.99
Paperback
Exisle Publishing
Relationships



MARCH 2024



UN-ADDICTION

6 Mind-Changing Conversations That Could Save a Life

Nzinga Harrison with Lynya Floyd

Guides readers to unlearn what they think they know about substance use, undo stigma surrounding addiction, and uncover critical conversations that could end the epidemic

9781454955559
127 x 203 | 288pp | £10.99
Paperback
Sterling Ethos
Addiction and Recovery

Now Available

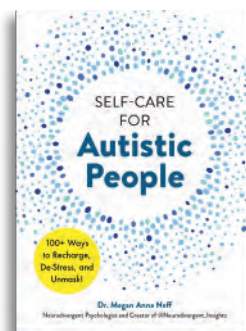
SELF-CARE FOR AUTISTIC PEOPLE

100+ Ways to Recharge, De-Stress, and Unmask!

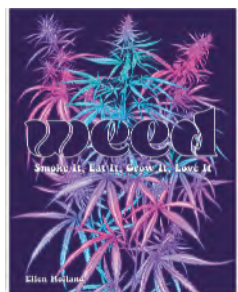
Dr. Megan Anna Neff

Ditch the stigma, stop masking, and put yourself first with these 100+ exercises that reinforce the idea that neurodiversity is a strength and teaches you how to relax, destress, find your community, practice self-love, and more.

9781507221938
140 x 191 | 192pp | £10.99
Hardback
Adams Media
Autism & Gifted Children



APRIL 2024



WEED

Smoke It, Eat It, Grow It, Love It

Ellen Holland

100+ colour photos

In this loving homage to the beautiful bud, author Ellen Holland takes you on a journey into the heart of how cannabis is farmed, consumed, and appreciated today.

9780760388389
165 x 210 | 144pp | £10.99
Paperback
Epic Ink
Drugs

Now Available

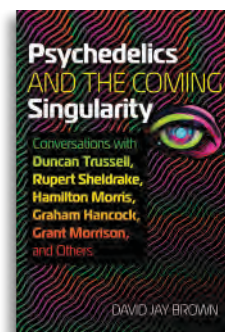
PSYCHEDELICS AND THE COMING SINGULARITY

Conversations with Duncan Trussell, Rupert Sheldrake, Hamilton Morris, Graham Hancock, Grant Morrison, and Others

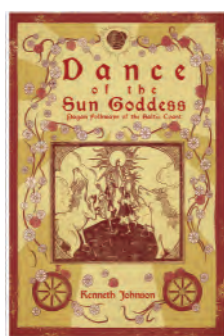
David Jay Brown

62 B&W illustrations
Leading minds discuss psychedelics, shamanism, human evolution, and the ecological crisis

9781644117989
152 x 229 | 400pp | £25.00
Paperback
Inner Traditions
Drugs



JULY 2024



DANCE OF THE SUN GODDESS

Pagan Folkways of the Baltic Coast

Kenneth Johnson

B&W line drawings

Discover the Magic of the Baltics

9781959883241
152 x 229 | 220pp | £19.99
Paperback
Crossed Crow Books
Paganism

APRIL 2024

THE WHEEL OF THE YEAR COMPANION

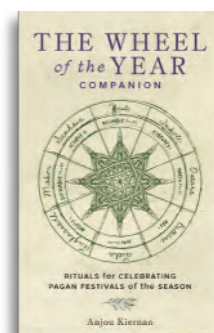
Rituals for Celebrating Pagan Festivals of the Season

Anjou Kiernan

30 Colour photos

Bring magic into your daily life by celebrating the sacred cycles of Nature with this beautiful and portable guide to the eight Wiccan sabbats.

9780760391310
127 x 203 | 176pp | £14.99
Hardback
Fair Winds Press
Paganism



MAY 2024

Art, Journals & Colouring Books



WIZARD OF OZ

L. Frank Baum
Illustrated by Paolo Barbieri

full colour throughout

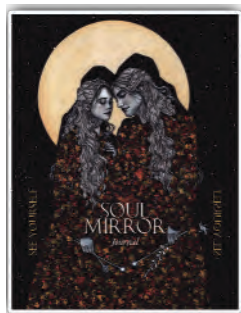
A sumptuously, illustrated fantasy art book by the internationally acclaimed, Italian illustrator, Paul Barbieri

The greatest classic of American literature for children brought to life by the sensational illustrations of Paolo Barbieri.

This illustrated book, accompanied by extracts from the original text, invites experts and novices of the magical world of Oz to experience the epic adventure alongside Dorothy, the Scarecrow, the Tin Woodman and the Cowardly Lion.

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Lo Scarabeo
Art



SOUL MIRROR JOURNAL

See Yourself
Sunshine Connelly
Artwork by Ana Novaes

44 full colour illustrations with lined and unlined journaling pages, matte softcover with flaps and gold foil embellishments

Healing Through Divine Reflection.

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Journals and Notebooks

MARCH 2024

MEDICINE HEART JOURNAL

Alana Fairchild
Artwork by Sophie Wilkins

44 full colour illustrations with lined and unlined journaling pages, matte softcover with flaps

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Paperback
Blue Angel Publishing
Journals and Notebooks



MARCH 2024



THE MESSENGER'S SCRIBE

Writing & Creativity Journal

Ravynne Phelan

44 full colour illustrations, 11 B&W line drawings with lined and unlined journaling pages, matte softcover with flaps

Commune with the Messengers and know your heart.

9781922573926
180 x 235 | 220pp | £16.99
Paperback
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Journals and Notebooks

MARCH 2024

WHITE LIGHT JOURNAL

Soul Journal with Sacred Voice Practices

Alana Fairchild
Artwork by A. Andrew Gonzalez

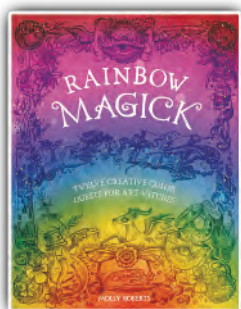
44 full col ills

The stunning artwork of A. Andrew Gonzalez and Alana Fairchild's uniquely channelled spiritual exercises will inspire your spiritual journey whilst holding space for you to connect more deeply with yourself.

9781922573131
180 x 235 | 220pp | £16.99
Paperback
Blue Angel Publishing
Journals and Notebooks



BESTSELLER



RAINBOW MAGICK

Twelve creative color quests for art witches

Molly Roberts

full colour throughout

This illustrated guide investigates the scientific, historical, psychological and esoteric meaning of colours and their practical applications for curious creatives and magickally inclined artists.

9781446312902
210 x 272 | 128pp | £15.99
Paperback
David & Charles
Art

APRIL 2024

THE CREEPY CUTE GOTH COLORING BOOK

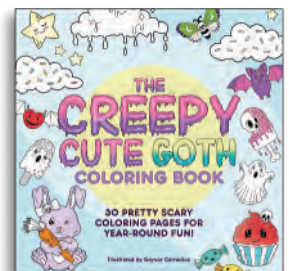
30 Pretty Scary Coloring Pages for Year-Round Fun!

Gaynor Carradice

B&W illustrations

It's Halloween all year round with these thirty creepy (but cute!) seasonal colouring pages in THE CREEPY CUTE GOTH COLORING BOOK.

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254 x 254 | 64pp | £6.99
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Adams Media
Colouring Books



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Colouring Books, Planners & Green Issues



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Alessandra Fusi

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ART OF MUSHROOMS COLORING BOOK

Hannah Konetzki

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Colouring Books

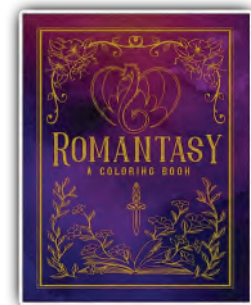
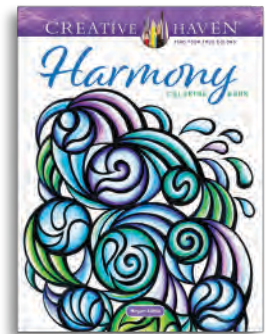
JUNE 2024

HARMONY COLORING BOOK

Miryam Adatto

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210 x 276 | 64pp | £6.49
Paperback
Dover Publications
Colouring Books

JULY 2024



ROMANTASY COLORING BOOK

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Dover Publications
Colouring Books

APRIL 2024

WITCHCRAFT COLOURING BOOK

Conjure creativity and magick with the colourful world of witchcraft

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Summersdale Publishers Ltd
Colouring Books

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HEALTHY LIVING 2025 WEEKLY PLANNER

July 2024-December 2025

Editors of Rock Point

100 color illustrations

Improve your health as you journey through the year with this weekly planner equipped with healthy food and exercise tips and tricks.

9781577154198
155 x 210 | 240pp | £16.99
Hardback
Rock Point Gift & Stationery
Planners

May 2024

CAT MAGICK 2025 WEEKLY PLANNER

Undated Weekly and Monthly Planner
July 2024-December 2025

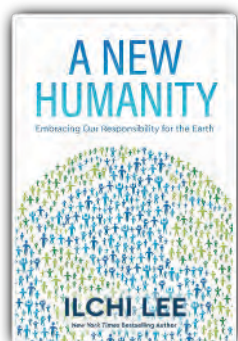
Editors of Rock Point

100 colour illustrations

Take a magic-infused journey through your year with this undated weekly and monthly planner inspired by the otherworldly power of cats.

9781577154174
152 x 210 | 240pp | £16.99
Hardback
Rock Point Gift & Stationery
Planners

May 2024



A NEW HUMANITY

Embracing Our Responsibility for the Earth

Ilchi Lee

A heartfelt call to action for those who deeply care about the earth's well-being

9781947502277
127 x 191 | 168pp | £15.99
Paperback
Best Life Media
Green Issues

MARCH 2024

UNDERSTANDING IMPERILED EARTH

How Archaeology and Human History Inform a Sustainable Future

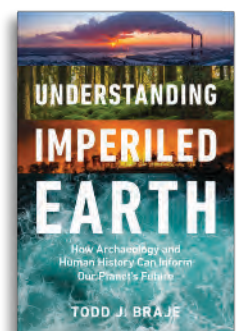
Todd J. Braje

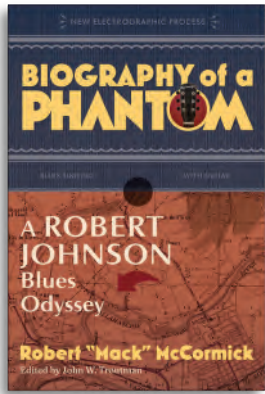
20 B&W images

A unique introduction to how understanding archaeology can support modern-day sustainability efforts, from restoring forested land to developing fire management strategies

9781588347596
152 x 229 | 208pp | £29.00
Hardback
Smithsonian Books
Green Issues

MARCH 2024





BIOGRAPHY OF A PHANTOM

A Robert Johnson Blues Odyssey
Robert 'Mack' McCormick
 Edited by John W. Troutman

38 B&W images

The long-lost manuscript from musicologist Robert "Mack" McCormick, whose research on blues icon Robert Johnson's mysterious life and death became as much of a myth as the musician himself

When blues master Robert Johnson's little-known recordings were rereleased to great fanfare in the 1960s, little was known about his life, giving rise to legends that he gained success by selling his soul to the devil. BIOGRAPHY OF A PHANTOM is musicologist Mack McCormick's all-consuming search, from the late 1960s until McCormick's death in 2015, to uncover Johnson's life story. McCormick spent decades reconstructing Johnson's mysterious life and developing theories about his untimely death at the age of 27, but never made public his discoveries. BIOGRAPHY OF A PHANTOM publishes his compelling work for the first time, including 40 unseen black-and-white photographs documenting his search.

Now Available

9781588347817
 152 x 229 | 264pp | £21.00
 Paperback
 Smithsonian Books
[Biography](#)

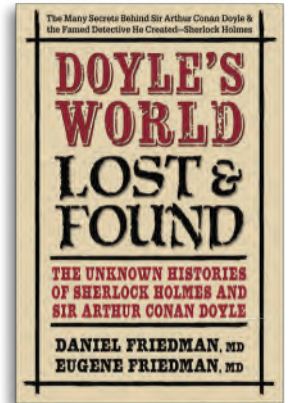
DOYLE'S WORLD - LOST & FOUND

The Unknown Histories of Sherlock Holmes and Sir Arthur Conan Doyle

Daniel Friedman and Eugene Friedman

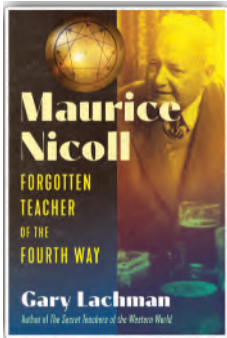
A work of rich detail and in-depth scholarship that should win over both established fans of Doyle and devoted "Sherlockians" everywhere

This is no ordinary biography about one of the world's most influential writers. It is instead a work that deciphers in particular the cryptic origins and actual scientific methods used by fiction's most famous consulting detective Sherlock Holmes - and a work that provides a detailed look into the psyche and working life of Holmes' creator, Sir Arthur Conan Doyle. The book follows Doyle's entire illustrious literary career, with emphasis on the Sherlock Holmes mysteries as they evolved from the late 1880s to the early 1900s. Revealed here for the first time - by son-father writing team Daniel Friedman, MD, and Eugene Friedman, MD - are the many inspirations behind the physical, emotional, and intellectual characteristics that Doyle wove together so deftly to bring his legendary sleuth to life.



MARCH 2024

9780757004483
 152 x 229 | 464pp | £29.00
 Hardback
 Square One Publishing
[Biography](#)



MAURICE NICOLL

Forgotten Teacher of the Fourth Way

Gary Lachman

A biography of the influential teacher of the Fourth Way

9781644119914
 152 x 229 | 464pp | £25.00
 Hardback
 Inner Traditions
[Biography](#)

JULY 2024

AN AUTOBIOGRAPHY OF TRAUMA

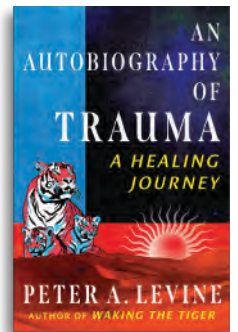
A Healing Journey

Peter A. Levine

8pp b&w insert

An intimate memoir from Peter Levine, renowned developer of Somatic Experiencing and bestselling author of *Waking the Tiger*.

9798888500767
 152 x 229 | 200pp | £14.99
 Paperback
 Park Street Press
[Biography](#)



MAY 2024

Politics



THE RED PLANET

Gendered Landscapes and Violent Inequalities

Bill Hatcher
 Foreword by Jennifer Fluri

28 colour images

THE RED PLANET explores why humans went from being peaceful and egalitarian with a preference for plant food to a hyper-masculine paradigm with consequences ranging from misogyny, racism, and environmental abuse to animal cruelty, classism, and warfare.

9781590567265
 152 x 229 | 200pp | £18.99
 Paperback
 Lantern Books
[Politics](#)

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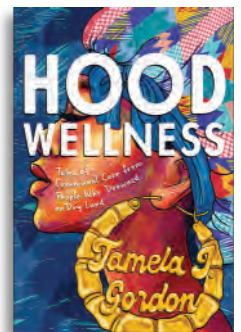
HOOD WELLNESS

Tales of Communal Care from People Who Drowned on Dry Land

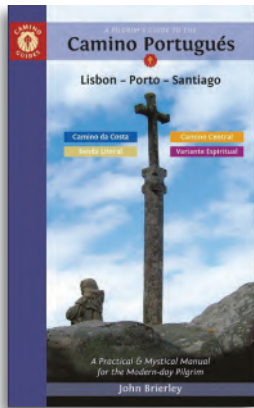
Tamela J. Gordon

A transformative journey toward a new paradigm of wellness.

9781955905343
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 Paperback
 Row House Publishing
[Politics](#)



JULY 2024



PILGRIM'S GUIDE TO THE CAMINO PORTUGUÉS 14th Ed.

Lisbon - Porto - Santiago / Camino Central, Camino da Costa, Variante Espiritual & Senda Litoral

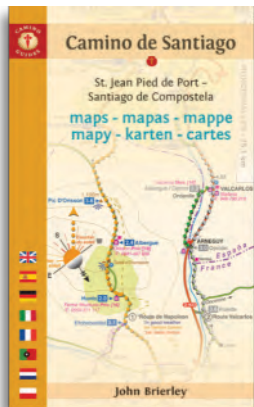
John Brierley

100 full col photos, 35 maps & 23 diagrams
A revised handbook to the Portuguese route of the Camino de Santiago. For travellers who wish to walk the coast of Portugal, this volume now includes a coastal option as well as a spiritual option and the littoral path.

Updated to include newer maps and photos, the latest edition in these comprehensive guidebooks to the Camino de Santiago (Portuguese Way) and its offshoots contains all the information needed by modern-day pilgrims wishing to walk the sacred Way of Saint James. Overview route planners plus all 24 daily stage maps and detailed town plans help sojourners with as much advance preparation as they need. The completely redone maps feature contour guides to help distinguish the terrain that will be crossed each day, while full information on all pilgrim hostels.

Now Available

9781912216321
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 Camino Guides
 Travel



CAMINO DE SANTIAGO MAPS 14th Ed.

St. Jean Pied de Port - Santiago de Compostela

John Brierley

53 colour photos, 36 diagrams & 52 maps

A pocket-sized, 8-languages guide for the pilgrimage from St Jean Pied de Port to Santiago de Compostela.

A complete set of maps and town plans in English, Spanish, French, German, Portuguese, Italian, Dutch and Polish make up this indispensable guidebook for spiritual seekers and travellers wishing to walk the way of Saint James. Covering the sacred route from St. Jean Pied de Port to Santiago, this portable book of maps makes the perfect companion for adventurers attempting to heed the spiritual calling. Revised and updated to offer the most recent information, this exploration is light enough to carry while walking long distances each day. The maps show the location of all pilgrim hostels en route, the distances between villages, and points of interest, as well as counter guides, alternative routes, and accommodations.

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 Camino Guides
 Travel

PILGRIM'S GUIDE TO THE CAMINO DE SANTIAGO 20th Ed.

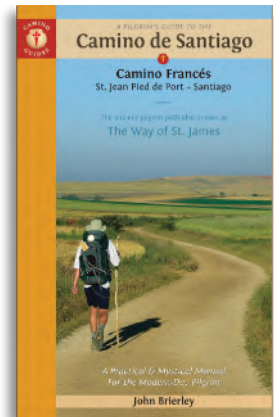
Camino Frances
 St. Jean Pied de Port - Santiago

John Brierley

288 col photos, 14 town plans, 33 contour guides & 33 maps

Now updated to include newer maps and photos, this comprehensive guidebook to the Camino de Santiago and its offshoots contains all the information needed by modern-day pilgrims wishing to walk the sacred Way of St. James.

Now updated to include newer maps and photos, this comprehensive guidebook to the Camino de Santiago and its offshoots contains all the information needed by modern-day pilgrims wishing to walk the sacred Way of St. James. Overview route planners plus daily stage maps and detailed town plans help sojourners with all the advance preparation they need. The maps feature contour guides to help distinguish the terrain that will be crossed each day, while full information on all pilgrim hostels, as well as details for alternative accommodation, allow travellers to plot adequate nightly stopping points.



Now Available

9781912216338
 117 x 190 | 288pp | £19.99
 Paperback
 Camino Guides
 Travel

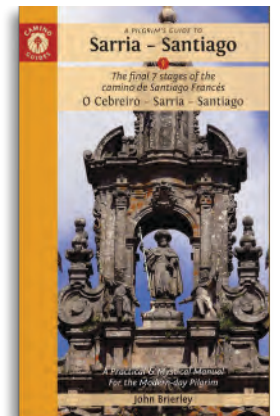
PILGRIM'S GUIDE TO SARRIA - SANTIAGO 3rd Ed.

The Final 7 Stages of the Camino de Santiago Frances

John Brierley

100 colour illustrations

A quarter of all pilgrims arriving at Santiago start in Sarria: it provides the minimum distance required for a pilgrim to apply for a Compostela. This guidebook features all the information needed to complete the 7 stages from O Cebreiro to Santiago via Sarria, including maps and contour guides (stage by stage), town plans, alternate routes, accommodation, history, mythology and so much more... This guidebook also seeks to find a balance between the outer and inner journey, between the physical and spiritual, which is why it is subtitled A Practical & Mystical Manual - that we might find a place to eat and sleep at the end of a hard day's walk but also, and crucially, that we might find the courage to dive into the mystery of our own soul awakening.



Now Available

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 Camino Guides
 Travel

Reference & Poetry



A HAPPY MOVE

Everything You Need to Know Before and After the Boxes Are Packed

Devra Jacobs and Brit Elders

This interactive how-to book can help relieve the anxiety and stress of relocation while giving people who are moving great tips on how to organize, control, and enjoy the experience.

9781582709048
 140 x 216 | 240pp | £14.99
 Paperback
 Beyond Words Publishing
 Reference

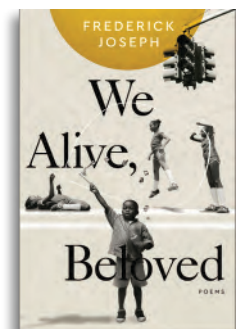
WE ALIVE, BELOVED

Poems

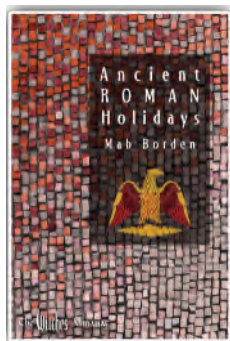
Frederick Joseph

Step into the world of We Alive, Beloved, where its words will resonate within the deepest corners of your soul, leaving a mark on your heart and a renewed appreciation for the beauty of being alive.

9781955905640
 152 x 229 | 128pp | £15.99
 Paperback
 Row House Publishing
 Poetry



AUGUST 2024



APRIL 2024

ANCIENT ROMAN HOLIDAYS

Mab Borden
B&W drawings & photographs

Ancient Roman Holidays offers profound insights into the significance of ancient Roman holidays, unravelling the sacred days, months, and seasons with meticulous detail.

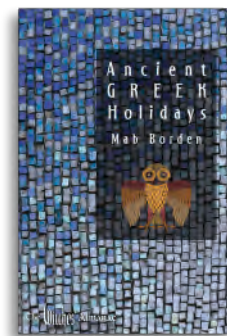
9781938918964
152 x 229 | 248pp | £16.99
Paperback
Witches Almanac
History

ANCIENT GREEK HOLIDAYS

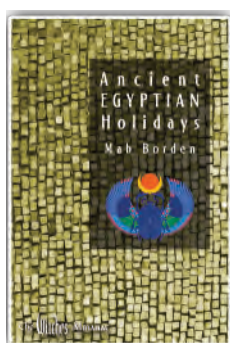
Mab Borden
B&W drawings & photographs

Ancient Greek Holidays offers profound insights into the significance of ancient Greek holidays, unravelling the sacred days, months, and seasons with meticulous detail.

9781938918971
152 x 229 | 208pp | £15.99
Paperback
Witches Almanac
History



APRIL 2024



APRIL 2024

ANCIENT EGYPTIAN HOLIDAYS

Mab Borden
B&W drawings & photographs

Ancient Egyptian Holidays provides an in-depth exploration of the ancient growing season, religious observances, and agricultural practices of the Egyptians

9781938918988
152 x 229 | 144pp | £13.99
Paperback
Witches Almanac
History

THEY WERE HERE BEFORE US

Stories from Our First million Years

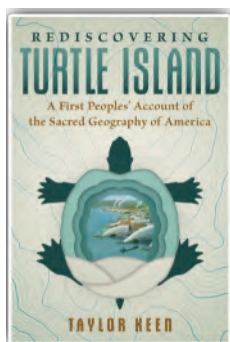
Ran Barkai and Eyal Halfon

An epic and highly readable investigation into our very earliest ancestors, focusing on the land corridor through which humans passed from Africa to Europe and the evidence left behind of their lives and deaths, struggles and beliefs.

9781786788313
152 x 235 | 208pp | £16.99
Paperback
Watkins Publishing
History



MARCH 2024



JULY 2024

REDISCOVERING TURTLE ISLAND

A First People's Account of the Sacred Geography of America

Taylor Keen
70 B&W illustrations

An exploration of Indigenous cosmology and history in North America

9781591435204
152 x 229 | 208pp | £16.99
Paperback
Bear & Company
Indigenous Cultures

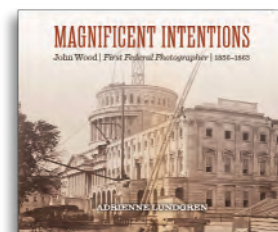
MAGNIFICENT INTENTIONS

John Wood, First Federal Photographer (1856 - 1863)

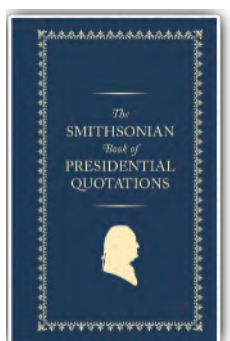
Adrienne Lundgren
160 photographs

Offering a unique glimpse into American history, this is the first book to celebrate the compelling work of the

9781588347619
254 x 305 | 216pp | £53.00
Hardback
Smithsonian Books
History



APRIL 2024



APRIL 2024

THE SMITHSONIAN BOOK OF PRESIDENTIAL QUOTATIONS

US Presidents
5 B&W images

A handsome collection of wise words from every US president, from George Washington to Joe Biden. Great for research, reading, or inspiration

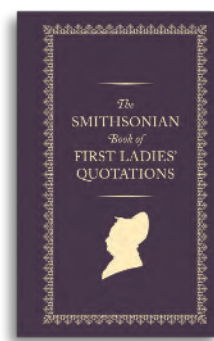
9781588347725
102 x 165 | 64pp | £11.99
Hardback
Smithsonian Books
History

THE SMITHSONIAN BOOK OF FIRST LADIES' QUOTATIONS

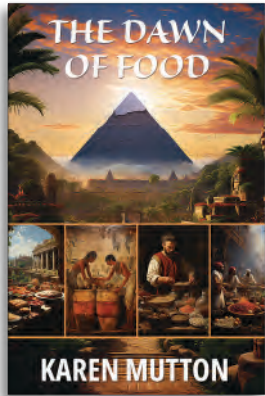
US First Ladies

An inspiring collection of wisdom from the women of the White House, from Martha Washington to Jill Biden. Great for research, reading, or inspiration

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APRIL 2024



THE DAWN OF FOOD

Karen Mutton

60 B&W images

A fascinating global journey to discover the origins of the food we eat

Australian researcher Karen Mutton brings us her latest research on the origins of various popular foods, discussing the mysterious origins of food from around the world in chapters dedicated to the various cultures. Mutton examines Neolithic bronze and iron age agriculture in China and discusses the wonders of fermentation, presenting the world's oldest brewery, found in Egypt. She discusses ancient irrigation in Mesopotamia, Persia and Peru, and reveals her findings on Roman food technologies. Mutton examines food being used as medicine in China, Greece and Rome, and discusses bread as the staff of life. Mutton shares the oldest recipes in the world from Mesopotamia, and tips from ancient cookbooks from Rome and Arabia. The ancient spice trade comes to life, as do the ancient agricultural gods and goddesses. Chapters include: The Neolithic Revolution; Natufian Culture; Vinca Culture; Crops, Animals and Food Production; Fermentation; Pottery; Mesopotamia; Sumerians & Akkadians; Babylonians; Assyrians; Neo-Babylonians; Persian Empire; Hittites; Phoenicians; Israel/Palestine; Arab Islamic Empire; Egypt; West/Southern Africa; Ethiopia; Central & Sub-Saharan Africa; Ancient Britons & The Celts; Scandinavia; Ancient Greece; Crete; Mycenaean; Classical Greeks; Pottery; Greek Agricultural Mythology; Hellenistic; Empires and so much more!

MAY 2024

9781948803656

152 x 229 | 296pp | £22.00

Paperback

Adventures Unlimited Press

[History](#)

VRIL

Secrets of the Black Sun

David Hatcher Childress

150 B&W images and 8-page colour insert

The connection between aliens and the Third Reich

David Childress, popular author and star of the History Channel show Ancient Aliens, unveils the amazing story of the German flying disks, designed and built during WWII. It was not until 1989 that a German researcher named Ralf Ettl, living in London, received an anonymous packet of photographs and documents concerning the planning and development of at least three types of unusual craft—including the Vril, Haunebu and Andromeda. Ettl went on to make several television documentaries based on the material in the packet and released most of the documents and photos to researchers in Austria and other parts of Europe. What the Ralf Ettl document dump shows us is what many have suspected for a long time: that WWII did not end in the manner in which we have been told, and a remnant of the Nazi military—particularly the SS—continued to operate aircraft and submarines around the world in the decades after the end of the war. This volume closes with how the SS operates today in the Ukraine and how the Wagner second in command, Dmitry Utkin, killed in the fiery crash of Yevgeny Prigozhin's private jet between Moscow and St. Petersburg in August of 2023, had SS tattoos on his shoulders and often signed his name with the SS runes.



JUNE 2024

9781948803663

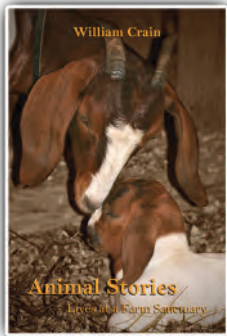
152 x 229 | 386pp | £24.00

Paperback

Adventures Unlimited Press

[History](#)

Animal Rights, Martial Arts & Indigenous Cultures



ANIMAL STORIES

Lives at a Farm Sanctuary

William Crain

30 colour photos

This book is a collection of short, easy-to-read, and moving stories about rescued farmed animals who have found a loving, lifelong home at Safe Haven Farm Sanctuary.

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Lantern Books

[Animal Rights](#)

MARCH 2024

SUB-HUMAN

A 21st-Century Ethic; on Animals, Collective Liberation, and Us All

Emma Hakansson

SUB-HUMAN delves into what it means to be an animal, how our view of other animals impacts our view of other people, oppressions, and the planet, how we got here, as well as how we can move forward together.

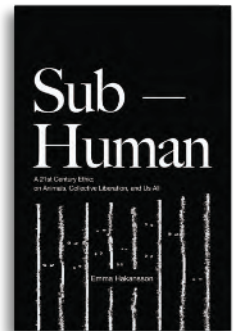
9781590567241

152 x 229 | 250pp | £18.99

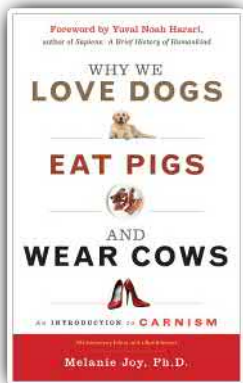
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[Animal Rights](#)



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WHY WE LOVE DOGS, EAT PIGS AND WEAR COWS - New Edition

An Introduction to Carnism

Melanie Joy

Foreword by Yuval Noah Harari, author of the NYT's bestseller *Sapiens*

A classic of the burgeoning vegan movement, with a new afterword by the author and a new foreword from NYT's bestselling author Yuval Noah Harari

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133 x 216 | 224pp | £15.99

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Red Wheel

[Animal Rights](#)

BESTSELLER

THE HIDDEN POWER OF AIKIDO

Transcending Conflict and Cultivating

Susan Perry

23 b&w illustrations

Real-life applications of Aikido for self-transformation, conflict resolution, and joy.

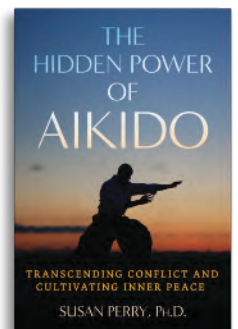
9781644118979

152 x 229 | 288pp | £16.99

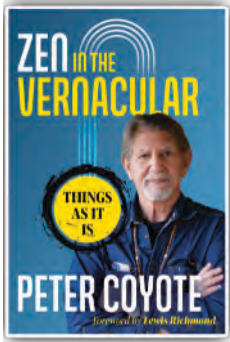
Paperback

Park Street Press

[Martial Arts](#)



MAY 2024



APRIL 2024

ZEN IN THE VERNACULAR

Things As It Is

Peter Coyote

Buddha's core teachings explained in accessible, everyday language.

9781644119754
152 x 229 | 352pp | £17.99
Paperback
Inner Traditions
Buddhism

LIFE OF PEI

The Battle for Compassion

Pei Feng Su

over 50 colour images

The story of the learning journey of Pei Feng Su regarding the relationship between humans, animals, and the environment that took her from a breakaway outpost of Mao's China to achieving her aim of facilitating a humane education movement in China

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152 x 229 | 240pp | £22.00
Paperback
Lantern Books
Buddhism



JUNE 2024



JULY 2024

PSALMS FOR THE SOUL

The Book of Psalms for Daily Reflection
As one of the most accessible and beloved parts of the Bible that brings comfort and inspiration to those who read and contemplate them, this edition will include all 150 psalms (KJB) along with a brief devotional/or question for contemplation on how to incorporate the message of the psalm into the reader's life. 4 color hardcover with peaceful, beautiful photographs throughout.

9780486853277
133 x 190 | 240pp | £14.49
Paperback
Dover Publications
Christianity

FLIGHT OF THE BON MONKS

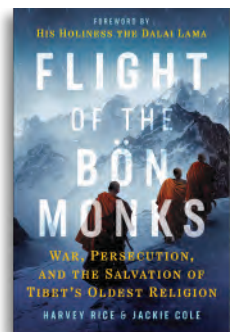
War, Persecution, and the Salvation of Tibet's Oldest Religion

Harvey Rice and Jackie Cole

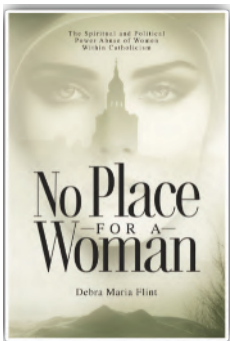
Includes a 2-page colour tip-in and 16 b&w illustrations

An inside account of the Chinese invasion of Tibet told through the voices of three persecuted monks.

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152 x 229 | 290pp | £25.00
Paperback
Destiny Books
Religion



MARCH 2024



APRIL 2024

NO PLACE FOR A WOMAN

The Spiritual and Political Power Abuse of Women within Catholicism

Debra Maria Flint

No Place for a Woman effectively describes the historical process through which the Catholic hierarchy removed women from influence and left them without any place in Catholic Church governance.

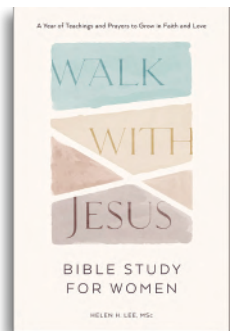
9781590567227
152 x 229 | 230pp | £18.99
Paperback
Lantern Books
Religion

WALK WITH JESUS - BIBLE STUDY FOR WOMEN

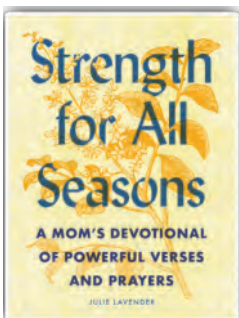
A Year of Teachings and Prayers to Grow
Helen H. Lee

A weekly Bible study for women devoted to Jesus's life and teachings, featuring daily reading plans, prompts, reflections, and prayers to grow in faith and love with Jesus in every moment and season.

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Paperback
Zeitgeist
Religion



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A Mom's Devotional of Powerful Verses and Prayers

Julie Lavender

A mum's devotional of strength-bearing prayers and verses for overcoming the stress and difficulties of life and motherhood

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Zeitgeist
Religion

THE LITTLE BOOK FOR WILD SWIMMERS

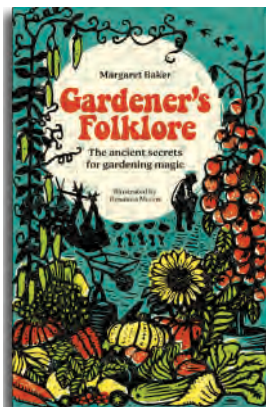
Laura Silverman

Escape the frantic pace of the everyday, reconnect with your wild side and discover the healing power of swimming outdoors

9781837992072
111 x 154 | 160pp | £8.99
Hardback
Summersdale Publishers Ltd
Sport



Available now



GARDENER'S FOLKLORE

The ancient secrets for gardening magic
Margaret Baker
 Illustrated by **Rosanna Morris**
 colour throughout

The ancient secrets of a happy healthy garden are shared for a new generation of green-fingered plant-lovers.

MARCH 2024

9781446312599
 135 x 213 | 196pp | £14.99

Hardback
 David & Charles
 Gardening

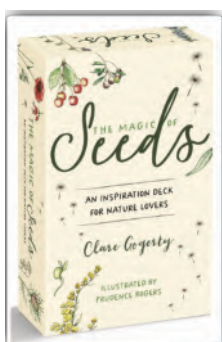
Ever wondered if there's any truth behind planting by the moon? Or why wassailing is still a common folk practice in some parts of the world? In *Gardener's Folklore*, the record of these practices is unveiled, with plenty of tips and tricks to try in your own 21st century garden for blooming bushes and plentiful potatoes.

First published in 1976, *Gardener's Folklore* collects the little bits of magic and myth to be found in the gardens of Britain and North America.

Compiled from letters sent by gardeners to the author Margaret Baker, it unravels and documents the mysterious sayings and scraps of knowledge that are passed down through generations, while exploring the science of the time that backed up - or in some cases, didn't - the claims that were made.

This delightfully written book shows just what people have believed and still believe will help their plants to grow. The observance of lunar and astrological conditions when planting, ways of encouraging fruit-bearing and discouraging pests, beliefs about the effects of climate and calendar, spells, the influence for good and bad of certain plants, the links between owners and trees - these are only a few of the aspects of gardening lore that are discussed.

Gleaned from the people who grew up with them, they have much to say about our rural origins as well as having, here and there, implications for our future. Capturing the knowledge that old-time gardeners used to have remarkable successes, the ancient secrets of a happy healthy garden are shared for a new generation of green-fingered plant-lovers.



THE MAGIC OF SEEDS CARD DECK

An inspiration deck for nature lovers
Clare Gogerty
 52 cards & 16pp guidebook

Cards for 52 common garden plants, including wildflowers, cut flowers and herbs - that all have additional value to the grower, from medicinal uses to positive superstitions such as bringing good luck, or warding off evil

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 94 x 147 | 16pp | £14.99

Cards
 David & Charles
 Gardening

APRIL 2024

PLANT NAMES EXPLAINED

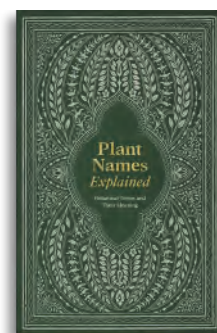
Botanical Terms and Their Meaning

Editors of David & Charles
 illustrated

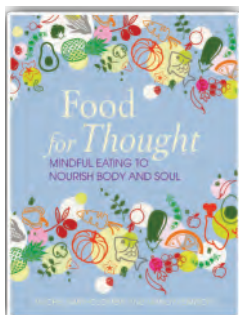
If you, like many gardeners, have a fascination for plant names and their derivations, but stop short of wanting to study botanical nomenclature in great depth, this book is for you!

9781446313510
 140 x 221 | 224pp | £14.99

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 David & Charles
 Gardening



MARCH 2024



FOOD FOR THOUGHT

Mindful eating to nourish body and soul

Rachel Bartholomew and Mandy Pearson

100 colour illustrations

Mindful meditations and delicious recipes that will encourage you to take control of your eating habits and really enjoy your food.

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Hardback
 Cico Books
 Cookery

APRIL 2024

DRINK WHAT YOU WANT - THE DECK

50 Recipe Cards for Objectively Delicious Cocktails

John deBary

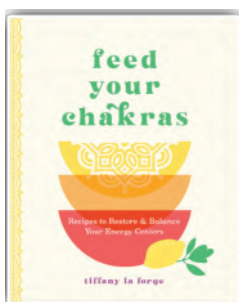
50 full colour cards & 48pp booklet

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Cards
 Union Square & Co
 Cookery



MARCH 2024



FEED YOUR CHAKRAS

Recipes to Restore and Balance Your Energy Centers

Tiffany La Forge

40+ colour photos & illustrations

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 Wellfleet Press
 Cookery

MAY 2024

KID SMOOTHIES - A HEALTHY KIDS' COOKBOOK

Smoothie Recipes Kids Will Love to Make

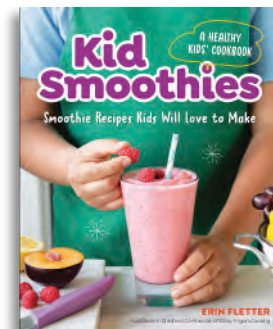
Erin Fletter

full colour photos throughout

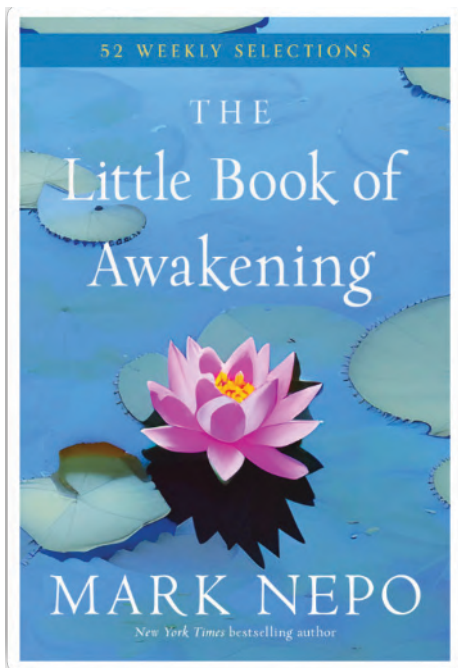
A healthy kids' cookbook of fun, easy smoothie recipes that teaches kids basic kitchen skills without using a stove or tons of equipment!

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Paperback
 Z Kids
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THE LITTLE BOOK OF AWAKENING

52 Weekly Selections

Mark Nepo

Weekly wisdom from the New York Times bestseller, *The Book of Awakening* by Mark Nepo.

The *Book of Awakening* has become a modern classic, a spiritual guide for living in hard times and good times that speaks to the hearts of hundreds of thousands of readers. Now, this spiritual favourite, chosen as one of Oprah Winfrey's favourite things, is available in a special pocket-sized paperback edition. *THE LITTLE BOOK OF AWAKENING* takes some of the very best wisdom from *The Book of Awakening* and distils it into a set of weekly readings. Each week explores a theme, such as abundance, awareness, blessing, interdependence, presence, opportunity, being heard, being real, and facing our suffering. Award-winning author Mark Nepo writes about spirit and friendship, urging readers to stay vital and in love with life, no matter the hardships. Encompassing many traditions and voices, his words offer insight on pain, wonder, and love. *THE LITTLE BOOK OF AWAKENING* is the ideal inspirational gift for any occasion.

About the Author

With over a million copies sold, Mark Nepo has moved and inspired readers and seekers all over the world with his #1 New York Times bestseller *The Book of Awakening*. Beloved as a poet, teacher, and storyteller, Mark has been called "one of the finest spiritual guides of our time," "a consummate storyteller," and "an eloquent spiritual teacher." His work is widely accessible, and his books have been translated into more than twenty languages. A bestselling author, he has published twenty-three books and recorded fifteen audio projects. In 2015, he was given a Life-Achievement Award by AgeNation. In 2016, he was named by Watkins: Mind Body Spirit as one of the 100 Most Spiritually Influential Living People, and was also chosen as one of OWN's SuperSoul 100, a group of inspired leaders using their gifts and voices to elevate humanity.

MARCH 2024

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102 x 152 | 208pp | Paperback

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Self-Help

FINDING INNER COURAGE

Also by Mark Nepo

9781590035054

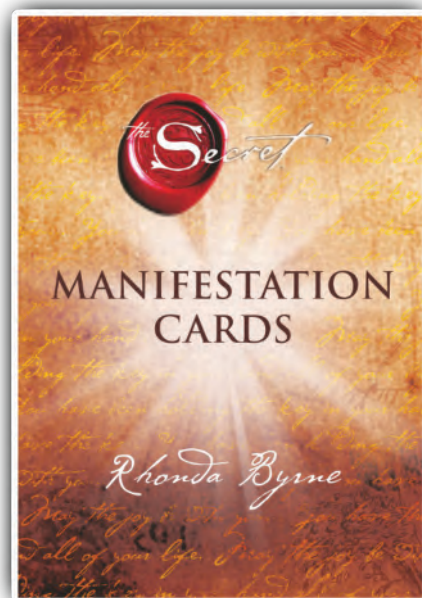
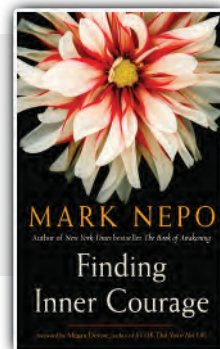
133 x 216 £15.99 288pp

Paperback

Red Wheel Weiser

Self-Help

Stories of ordinary people, political activists, artists, writers, and spiritual teachers from a variety of traditions showing how we too can stand by the courage of our convictions in challenging times.



THE SECRET - MANIFESTATION CARDS

Rhonda Byrne

"There are no limits to what you can create for yourself, because your ability to think is unlimited."
Rhonda Byrne

Every human being on this earth was born with a creative power within them - a power that enables us to create anything we want, no matter how big it is. Through this power, you can be, do, or have anything you want. We call this power *The Secret*.

THE SECRET MANIFESTATION CARDS are designed to keep you inspired, uplifted, and on track as you apply this life-changing knowledge to your own life. The sixty-five cards in the deck are full of *The Secret's* most important teachings on manifestation, as well as simple, powerful practices to ensure you create whatever you want - happiness, health, wealth, or anything you can dream of.

About the Author

Rhonda Byrne is the creator behind *The Secret*, a documentary film that swept the world in 2006, changing millions of lives and igniting a global movement. The following year Rhonda's book of *The Secret* was released, which was translated into over fifty languages and remains one of the longest-running bestsellers of this century. Rhonda has written three more bestselling books since, which together form *The Secret Books Series*: *The Power* in 2009, *The Magic* in 2010, and *Hero* in 2013.

BESTSELLER

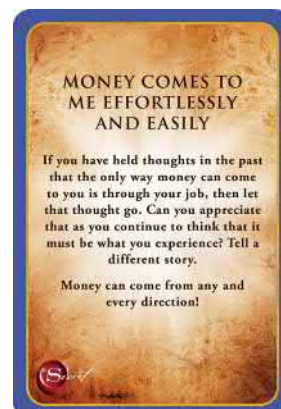
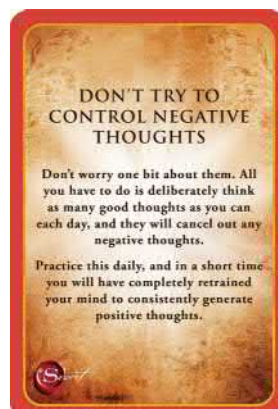
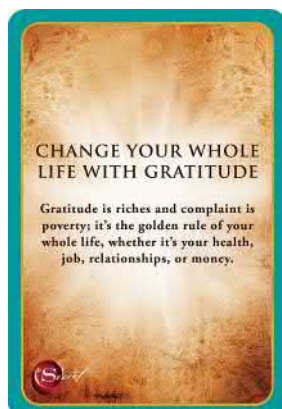
9781582709277

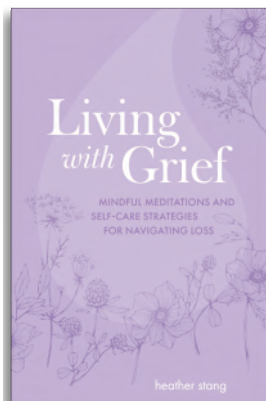
108 x 152 | 16pp | Mixed media

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Oracle Card Decks

65 cards & 16pp booklet





LIVING WITH GRIEF

Mindful Meditations and self-care strategies for navigating loss

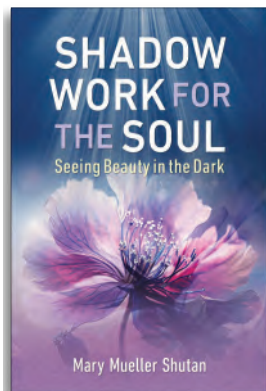
Heather Stang

Meditation and mindful practice to restore mind, body and spirit as you deal with the pain of loss.

Loss is an inevitable part of life and the experience of grief can affect everyone. While nobody can predict the path of someone else's grief, this book will guide you through the process with simple mindfulness-based exercises to restore mind, body and spirit. In LIVING WITH GRIEF, an updated edition of Mindfulness and Grief, each chapter focuses on a different aspect of grief, and aims to enable you to honour your loved one's legacy while continuing your own life's path. You will find out ways to cope with the pain of loss and embark on a healing journey, through breath and body exercises for feeling overwhelmed or unsteady by grief to relaxation techniques that will help you to release tension and steady your mind.

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Self-Help



SHADOW WORK FOR THE SOUL

Seeing Beauty in the Dark

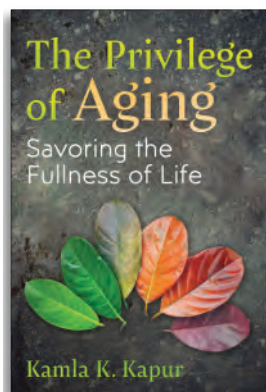
Mary Mueller Shutan

A comprehensive guide to identifying and reclaiming your shadow.

Throughout our lives, we repress and deny the parts of our authentic selves that our families, peers, and the world told us were wrong, unlovable, or "too much," and from this repression our shadow is born. By the time we reach adulthood, much of our authentic self is shadow. The connection we once had to who we truly are has been severed, and we no longer feel vibrant and enthusiastic about life. In this practical and trauma-informed guide to deep shadow work, Mary Mueller Shutan explains how to find compassion for your dark side, reconnect with the repressed and abandoned parts of yourself, and reclaim the resiliency and joy of your authentic, whole self. She reflects on the positive, protective role of the shadow and describes how it is composed not only of the trauma and darkness we have experienced, but also the light we have yet to absorb.

APRIL 2024

9798888500149
152 x 229 | 288pp | £16.99
Paperback
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Self-Help



THE PRIVILEGE OF AGING

Savoring the Fullness of Life

Kamla K. Kapur

An inspiring guide to embracing your mortality and living a fulfilled life

Presenting a clarion call to the aging to awaken before they die, Kamla K. Kapur explores how we can become warriors on the spiritual path in order to embrace and prepare for the truth of our mortality and the ultimate triumph of conscious living and dying. Set in both California and India, Kapur shares her inner adventure to navigate the hazardous battlefield of aging with the aid of spiritual guides that pilot her to safety and offer hard-won wisdom on the art of resting, happiness, and letting go. Revealing the arc of her own self-discovery, she examines her own shadows, fears, anxieties, and regrets, decluttering her mind of disempowering thoughts and reframing and co-creating her reality with the powerful tool of unconditional self-love.

AUGUST 2024

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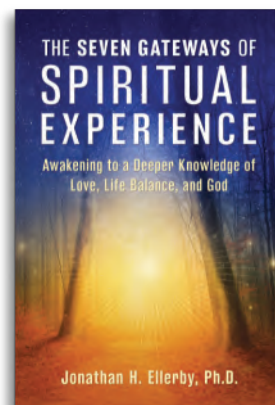
THE SEVEN GATEWAYS OF SPIRITUAL EXPERIENCE

Awakening to a Deeper Knowledge of Love, Life Balance, and God

Jonathan H. Ellerby

A journey through the seven most common and important spiritual experiences.

In this guide, Jonathan Ellerby helps you recognise the common ways people encounter the Sacred—God, the Divine, non-ordinary consciousness, and the spiritual world—so you can identify when you are having a spiritual experience and embrace it as an opportunity for spiritual growth, healing, and resilience. The author identifies the seven most common ways we are touched by the spiritual world and shares intimate, firsthand examples of his own profound encounters with the Sacred, inspiring recollections of people he has met, and accounts of mystics through the ages.



MARCH 2024

9781644118863
152 x 229 | 176pp | £14.99
Paperback
Findhorn Press
Self-Help

NOTHING CAN STOP YOU

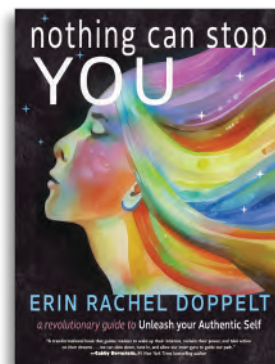
A Revolutionary Guide to Unleash Your Authentic Self

Erin Rachel Doppelt

spot art images

A passionate, true-to-life tale and hands-on guide for self-reflection-journey to discover your authentic self

What is your deepest desire and dream? Answering that question means showing up for yourself, and that means committing to your own heroine's journey. This is an invitation—and a permission slip—for all people to take up space in this world, become an active participant in their own life, and show up for their most authentic Self. Consciously written, honest, and heartfelt, NOTHING CAN STOP YOU shares spiritual psychology and meditation teacher Erin Rachel Doppelt's search for meaning and self-connection, offering readers a plan for waking up to the many possibilities life presents and the steps to choose their highest possible timeline.



MAY 2024

9781642970500
152 x 203 | 256pp | £16.99
Paperback
Hampton Roads Publishing
Self-Help

3 THINGS

A Practical Path to Collective Recovery

Maggie Boxey

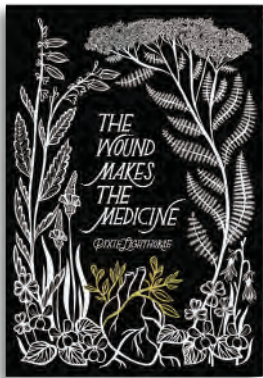
Through Maggie's drunken youth, she was reminded by her preacher father of The 3 Things: you are part of a family, be true to yourself, and glorify God in all that you do. Those old truths take on new meaning in modern life, recovery, and motherhood.

Sometimes, simplicity can untangle the most complicated messes. Even in the darkest pit with the cold hard slab of rock bottom pressed against our face, there is a lifeline of truth, a rope of wisdom we can grab to pull ourselves out. As Maggie Boxey curled into a tight ball of overwhelming shame, addiction, and isolation, she could hear her preacher father's voice, echoing in her ears. "You are part of a family. Be true to yourself. Glorify God in all that you do." These were the three things Maggie's Daddy would insist she repeat as a teenager before running out the door for "sleepovers" that were really trips to the darkest corners of town to binge drink with strangers.



JULY 2024

9781959524021
127 x 191 | 240pp | £19.99
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THE WOUND MAKES THE MEDICINE

Elemental Remediations for Transforming Heartache

Pixie Lighthouse

A healing journey broken down into bite-sized pieces that readers will return to repeatedly finding new treasures each time.

In Pixie Lighthouse's most personal work yet, we are invited to embark on a journey of self-acceptance. This intricate tapestry of prose illuminates the paths we often avoid—the hidden corridors of suffering—and beckons us to walk them courageously, armed with a gentle understanding that we can withstand and learn from our pain. Each page reveals a profound prescription for the soul, a remedy curated from the unique synthesis of Lighthouse's wisdom as an enrolled member of the Choctaw Nation and the transformative insights gained from a life courageously lived. This isn't a call for immediate transformation but a guide to embracing our wounds as teachers that reveal our strength, resilience, and capacity to heal.

MARCH 2024

9781955905435
127 x 203 | 208pp | £17.99
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Row House Publishing
Self-Help

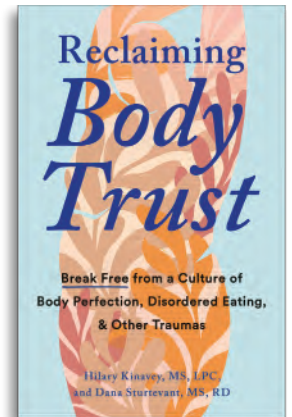
RECLAIMING BODY TRUST

Break Free from a Culture of Body Perfection, Disordered Eating, & Other Traumas

Hilary Kinavey and Dana Sturtevant

Now in paperback. A holistic and powerful framework for accepting and liberating our bodies, and ourselves.

Have you ever felt uncomfortable or not "at home" in your body? In this book, the founders of Body Trust, therapist Hilary Kinavey and dietitian Dana Sturtevant, invite readers to break free from the status quo and reject a culture that has taken advantage and profited from trauma, stigma, and disembodiment, and reclaim and embrace their bodies. Informed by the personal body stories of the hundreds of people they have worked with, this book delineates an intersectional, social justice-orientated path to healing in three phases: The Rupture, The Reckoning, and The Reclamation. Throughout, readers will be anchored by the authors' revolutionary Body Trust framework to discover a pathway out of a rigid, mechanistic way of thinking about the body.



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ONCE UPON A TIME I WAS...

A Journal for Telling Your Life Story

Lavinia Bakker

A playful journal for writing your story, one life chapter at a time

We all have a story to tell. The questions in this fun and engaging journal will help you capture yours. Along the way, you'll remember, reflect on, and make sense of the key experiences you've had so far—to keep, share, and pass along to the people you care about most. Inspired by the author's wish to know her grandfather and how he lived his life, these questions tease out the everyday and the extraordinary—what we cherish most, the challenges we've overcome, and the ways we want to be seen. From your favourite recipe to your biggest setback to the best place you've ever called home, the pages in this book will be written by you, sparking reflection, conversation, and thoughtful sharing for future generations.

MAY 2024

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178 x 229 | 160pp | £15.99
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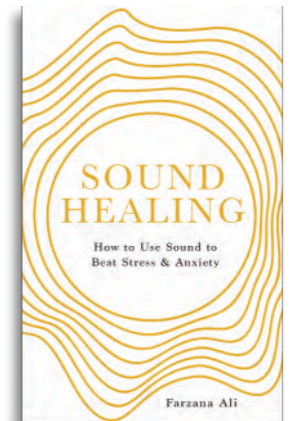
SOUND HEALING

How to Use Sound to Beat Stress and Anxiety

Farzana Ali

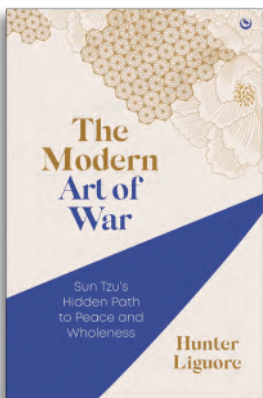
An accessible guide to the next big thing in self-care: sound healing. Taking a science-based approach, it provides lessons and exercises to beat stress and anxiety.

We already use sound as a form of self-care, from self-soothing with music to immersing ourselves with the noises of nature to promote calm. This book is the natural next step for those looking to delve more deeply into the power of sound. Cutting through the noise, Farzana Ali digs deep into the science to explain its full therapeutic and restful potential. Alongside a link to a free digital sound recording that the reader can use as a basis for their own practices at home, the book offers discussions on the different types of therapeutic sound, from vibroacoustic massage to soundscapes and creativity-fuelling sound baths, the role of sound on the brain and why, for example, Himalayan bowls work and the benefits of sound healing, from better sleep to pain management and reducing anxiety.



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THE MODERN ART OF WAR

Sun Tzu's Hidden Path to Peace and Wholeness

Hunter Liguore

This timely and fresh take on that perennial bestseller the Art of War challenges us to see the text not as a tool for warfare but as a guide to inner harmony and personal fulfilment.

Sun Tzu's Art of War has been read mostly as a book of war strategies that teaches us how to beat our opponents on the battlefield. The Modern Art of War presents a new interpretation: it isn't about conquering your enemies, devising strategies to overtake armies, or getting ahead against your competitors. Instead, the real art of war is the fight to control your mind and the thoughts that rule it. What if Sun Tzu wasn't a general at all, but a spiritual advisor, and that the Art of War was written not for a king, but for the people? Each chapter begins with the original text from the Art of War followed by an overview, applied practice, thought-provoking prompts, and a chance for your own reflection.

APRIL 2024

9781786788450
152 x 229 | 240pp | £14.99
Paperback
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Self-Help

NATURE'S REMEDIES FOR STRESS AND FATIGUE

Recovering From Burnout

Jo Dunbar

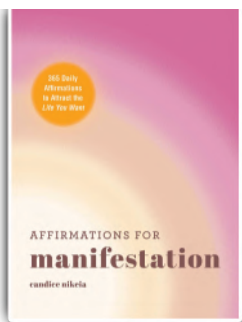
An up-to-date look at stress, how it makes us feel diminished and exhausted and simple holistic remedies that we can all use to feel better

Things have changed in the last few years and countless people are crippled by stress and anxiety. The effects of stress on our health can lead to devastating long-term illnesses such as adrenal fatigue and chronic fatigue syndrome. More recently, there has also been the complex condition known as long Covid, which we are steadily learning more about. Many people feel completely burnt out but do not understand how this affects their body or what they can do about it. Unfortunately, mainstream medicine has almost nothing to offer the person who wakes up feeling exhausted and unable to cope with the smallest stress. Having helped people for more than 20 years to recover from these illnesses, Jo Dunbar passes on her knowledge and experience in this accessible book. Her healing approach involves nutrition, herbs, exercises, meditation and lifestyle changes.



JULY 2024

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AFFIRMATIONS FOR MANIFESTATION

365 Daily Affirmations to Attract the Life You Want

Candice Nikeia

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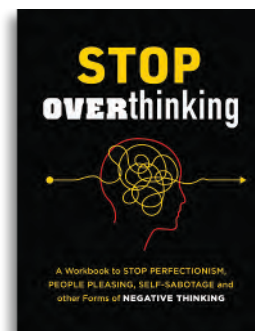
STOP OVERTHINKING

A Workbook to Stop Perfectionism,

Tina B. Tessina

STOP OVERTHINKING offers more than 100 focused writing prompts and self-exploration exercises to help overcome the 10 types of overthinking-in just 10 steps each.

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FINDING YOUR AUTHENTIC SELF

More than 200 Unique, Focused Writing Prompts and Self-Exploration Exercises

Susan Reynolds

A guided workbook that will help you connect with your true self to help you lead a better, more fulfilling life.

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OVERCOME YOUR ANXIETY

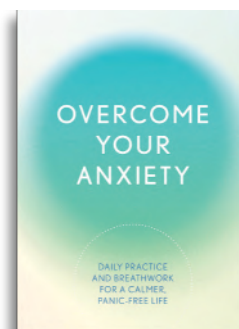
Daily Practice and Breathwork for a Calmer, Panic-Free Life

Susan Reynolds

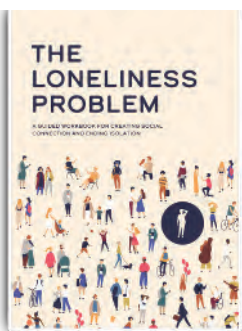
colour photos

With this practical workbook filled with more than 100 writing prompts and exercises, recognize your anxiety as it develops, then move beyond it toward a calmer, more peaceful you.

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THE LONELINESS PROBLEM

A Guided Workbook for Creating Social Connection and Ending Isolation

Susan Reynolds

Colour illustrations

Improve your social relationships and overall well-being with The Loneliness Problem guided workbook.

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UNPLUG AND UNWIND

Mindful ways to rest, relax, and feel renewed

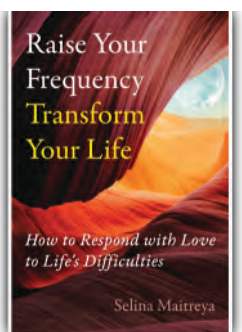
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Selina Maitreya

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THE WRITER WHO INHABITS YOUR BODY

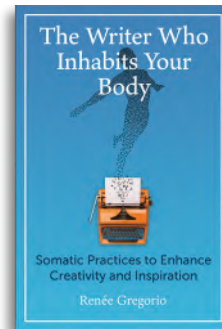
Somatic Practices to Enhance Creativity and Inspiration

Renée Gregorio

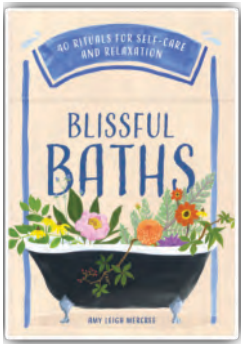
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Amy Leigh Mercree

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MAKE GOOD TROUBLE

A Practical Guide to the Energetics of Disruption

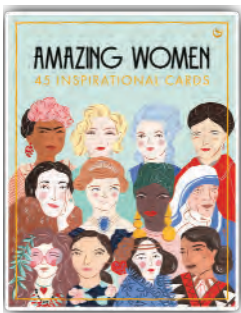
Briana Pegado

This is a galvanizing guide to disruption; make your life and community better with a life-changing new outlook on how change happens through energy.

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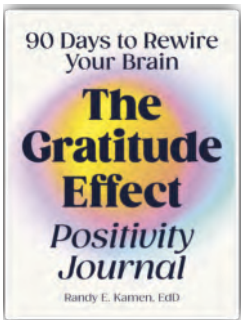
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MEDITATIONS FOR A POWERFUL YOU

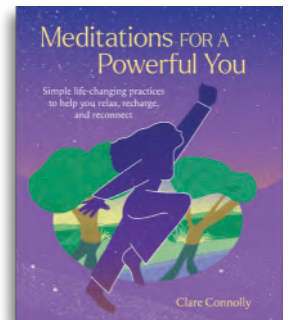
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Clare Connolly

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SIMPLE MEDITATION PRACTICE FOR BEGINNERS

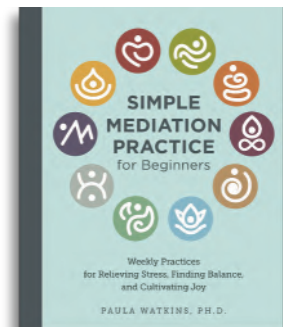
Weekly Practices for Relieving Stress, Finding Balance, and Cultivating Joy

Paula Watson

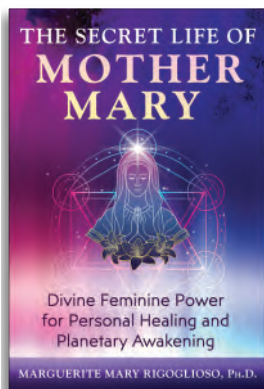
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THE SECRET LIFE OF MOTHER MARY

Divine Feminine Power for Personal Healing and Planetary Awakening

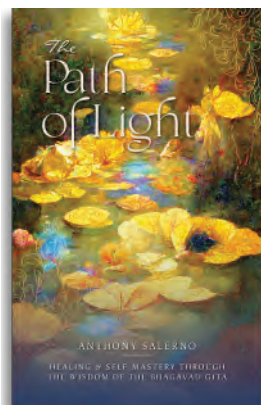
Marguerite Mary Rigoglioso

A bold new vision of Mother Mary as a holy priestess and spiritual master

Many women have trouble with the image of the Virgin Mary, a young woman whose most esteemed quality has been celibacy. Yet, as Marguerite Mary Rigoglioso, Ph.D., reveals in inspiring depth, Mary was not just a docile maiden chosen by God to be the mother of Jesus. She was a great spiritual master in her own right: a sought-after healer and holy priestess who continued her public work long after Jesus's resurrection. Examining apocryphal texts as well as revelations from respected contemporary seers, Rigoglioso presents a revolutionary new understanding of Mother Mary and shows how her wisdom can help those on the spiritual path. The author explores largely ignored periods of Mary's life, including her time as leader of the early Christian community and the supreme teacher to other spiritual teachers, including Jesus and his beloved companion, Mary Magdalene.

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152 x 229 | 192pp | £14.00
Paperback
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Spirituality and Inspirational



THE PATH OF LIGHT

Healing & Self Mastery Through The Wisdom of The Bhagavad Gita

Anthony Salerno

full colour throughout

Embark on Divine Adventure: Journey Within

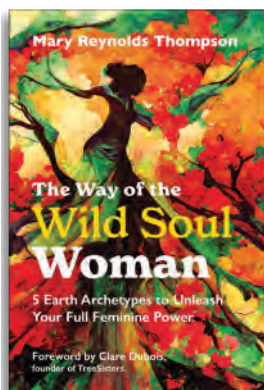
Open these pages and be nourished within a sacred embrace of love, beauty, and wisdom. This fusion of carefully translated verses, insightful commentary, and illuminating imagery will answer the whispered longings of your soul – calling from you from illusion into the vibrance of unity. Transcendental and ageless, the teachings of the Bhagavad Gita will soothe, challenge, heal and ignite the flames of inner transformation. Follow the path from separation to wholeness. Its light is an elixir of purpose, fulfillment, harmony, and meaning. Be free of dissolution and journey home to blissful liberation.

“The Gita depicts the inner struggle between our lower and higher nature. Its lessons guide us out of suffering and orient us towards our true, unchanging Self.

Be guided through love, service and dharma and find yourself in a space of peace, connected to all.”

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THE WAY OF THE WILD SOUL WOMAN

5 Earth Archetypes to Unleash Your Full Feminine Power

Mary Reynolds Thompson

5 b&w illustrations

An initiatory and Nature-based guide to rewinding your soul.

Taking you on a Nature-based journey of transformation and rebirth, Mary Reynolds Thompson reveals how to unleash your full feminine power and discover authenticity, wholeness, creativity, and healing through initiation with ancient Earth Archetypes. Providing a guided map for rewinding your soul, the author introduces the five archetypes of the Wild Soul Woman's psyche—the untamed, unshamed, and unstoppable aspects of inner feminine power that many women have forgotten or disconnected from. You will undergo five powerful initiations, each centred on ancient Earth wisdom. You will learn from Desert Woman and her Barren Worlds how to let go of what no longer serves you, from Forest Woman and her Dark Womb how to seed new dreams and nurture them in your depths, and from Ocean and River Woman how to ride the flow of your deepest longings.

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152 x 229 | 352pp | £17.99
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STAR WOMAN

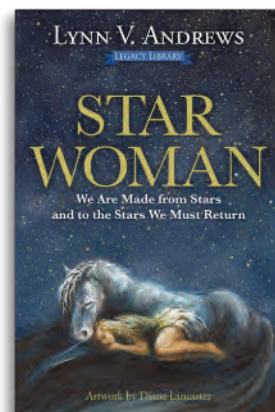
We Are Made from Stars and to the Stars We Must Return

Lynn V. Andrews

19 B&W illustrations

Following Lynn V. Andrews on the continuation of her life's journey to embrace her sacred feminine power. This book will inspire you to face your fears, recognize your shadow self, and embrace the power of the stars inherent within.

A little more than a decade has passed since Lynn Andrews first became initiated into the Sisterhood of the Shields, a secret circle of woman shamans from all over the world, but her journey into the depths of her own power has seemingly just begun. Serving as a bridge between primal ancient knowledge and modern consciousness, Lynn must embrace the dark side of her own spirit and follow the west wind, tapping into the innate, extraordinary powers that exist within us all. Upon visiting a man claiming to have bred a magical horse, Lynn meets the spectacular white stallion, Arion. But, obsessed with power, the horse breeder deceives Lynn, poisoning and kidnapping her for the evil shaman Red Dog, who longs to finally destroy her.



APRIL 2024

9781582709321
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Paperback
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Spirituality and Inspirational

DRAGONS AND SERPENTS

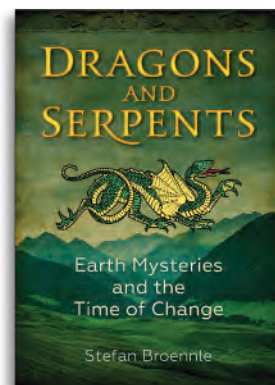
Earth Mysteries and the Time of Change

Stefan Broennle

27 b&w illustrations

Explores the importance of dragon and serpent energies and symbols from prehistory to the present around the world.

Revealing how dragons and serpents are deeply embedded in the story of humankind and the Earth itself, from prehistory to the present, Stefan Broennle takes us on a journey through the myths, legends, symbols, and geomantic powers of dragons in different cultures around the world. He shows how the ancient image of the dragon and the serpent are closely connected with each other. He explains how dragons are archetypes of the elemental force of the Earth, while the serpent, which can change its skin and regenerate, carries the elemental force of rebirth and is also connected to the Earth through its relationship with the feminine.



MARCH 2024

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Earth Dancer
Spirituality and Inspirational

INCANTATIONS EMBODIED

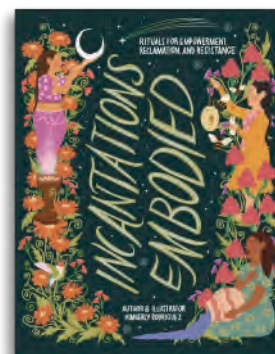
Rituals for Empowerment, Reclamation, and Resistance

Kimberly Rodriguez

illustrated

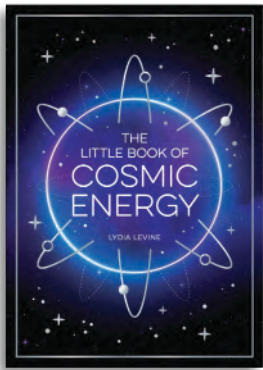
A transformative journey of self-discovery and empowerment

In Incantations Embodied author Kimberly Rodriguez takes readers on a profound and transformative journey towards self-discovery and empowerment. Within its pages lies a poignant exploration of the human experience, interwoven with elements of spirituality, healing, and personal growth. At its core, Incantations Embodied serves as a triumphant homecoming—a return to the essence of one's being. It invites readers to embark on a sacred journey, emboldening them to embrace their true selves with unwavering honesty and compassion. Through Rodriguez's captivating stories, enlightening prose, and enchanting rituals, this book becomes a powerful catalyst for reclaiming our stories, our bodies, our identities, our voices, and ultimately, our power.



AUGUST 2024

9781955905558
152 x 229 | 180pp | £15.99
Paperback
Row House Publishing
Spirituality and Inspirational



APRIL 2024

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Spirituality and Inspirational

THE LITTLE BOOK OF COSMIC ENERGY

Lydia Levine

Raise your vibration and attract positive experiences into your life with this beginner's guide to harnessing the energy of the universe

This pocket-sized book will be your go-to guide to unlocking the positive energy that surrounds us all the time. You will discover how cosmic energy affects your life and the role it plays in maintaining your overall health and happiness, as well as learn how to raise your own vibration. Inside this book you will find:

- An overview of cosmic energy and the vibrations of the universe
- An exploration of the relationship between cosmic energy and chakras
- Advice on how to practise healing techniques, such as reiki, crystals, meditation and aura cleansing
- Tips on how to begin manifesting your best life
- And much more!

THE SACRED FEMININE THROUGH THE AGES

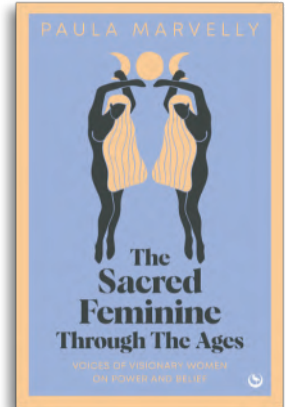
Voices of Visionary Women on Power and Belief

Paula Marvelly

A fascinating history of women's belief, faith and spirituality, as told through the art and writing of over 30 women of wisdom.

Paula Marvelly has selected powerful and evocative words of wisdom from women of widely differing ages and faiths, including but not limited to Jewish, Christian, Sufi, Hindu, Buddhist or Taoist. The author reveals the common and overriding theme between them, which can be expressed as "non-duality" – not two but one. This is the experience of losing one's individuality and of becoming one with the universe.

Whether you are interested in reviving lost and misunderstood women of history, or you are looking to find new ways to understand the many ancient questions that generations before us have been asking, you will discover a wealth of wisdom and inspiration from these women of wisdom



JUNE 2024

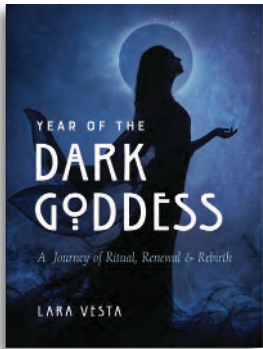
9781786788757

127 x 203 | 368pp | £14.99

Hardback

Watkins Publishing

Spirituality and Inspirational



MAY 2024

9781578638277

152 x 203 | 232pp | £15.99

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Weiser Books

Spirituality and Inspirational

YEAR OF THE DARK GODDESS

A Journey of Ritual, Renewal & Rebirth

Lara Vesta

8 B&W line drawings

A guided journey of empowerment and healing through life's difficult passages, with practical tools, including embodied rituals, writing prompts, seasonal self-care practices, and community creation.

The journey of the Dark Goddess is a natural part of any difficult rite of passage. These transitions are often thought of as negative—death of a loved one, job loss, home loss, chronic illness, divorce—but even so-called "happy" transitions, such as marriage, the birth of a child, or retirement, can come with unexpected instability, grief, and a need for integration. In our culture, we may often feel like we should "move on" or "get back to normal." In studying myth, however, we come to understand that the purpose of challenging life transformations is not positive or negative. YEAR OF THE DARK GODDESS provides an anchor and a roadmap for navigating the disorientation of life transformations and offers resources for embracing changes as initiations that strengthen us and make clear our purpose and power.

INDIAN SPIRITUALITY

An Exploration of Hindu, Jain, Buddhist, and Sikh Traditions

Joshua R. Paszkiewicz

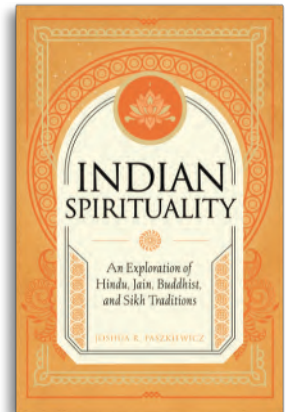
100+ colour illustrations

Nurture your well-being with the eye-opening beliefs of Indian Spirituality.

Explore the culture and spiritual practices of India and learn the origins and beliefs of Hinduism, Jainism, Buddhism, and Sikhism with this elegantly designed guide. The global historical, social, and cultural reach of the Indian subcontinent is rivaled by few. Reincarnation, karma, and yoga are terms and practices that are part of the common parlance and lives of billions of people, even those not connected to the Indian spiritual milieu.

Indian Spirituality dives into why these practices have had such an enduring impact around the world, including lessons on:

- The geopolitical history that shaped Indian spirituality
- The four Dharmic religions and their beliefs
- The spiritual evolution of yoga practices
- Tips for incorporating philosophical tenets into your everyday life
- Accessible instruction on yoga, meditation, and chanting as a path to peace and wellness



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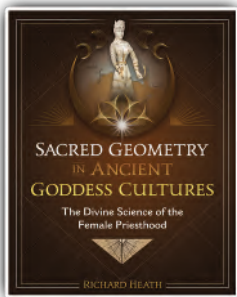
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Wellfleet Press

Spirituality and Inspirational



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SACRED GEOMETRY IN ANCIENT GODDESS CULTURES

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Richard Heath

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Judith Dillon

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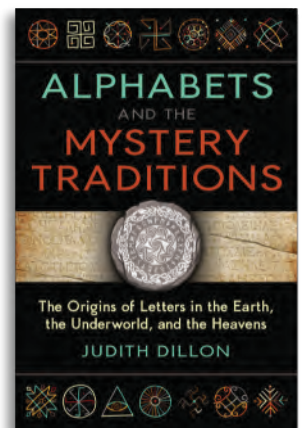
9781644116654

152 x 229 | 320pp | £25.00

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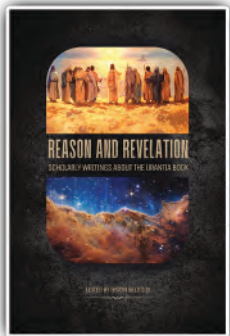
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MARCH 2024

Spirituality & Inspiration and Fiction



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Scholarly Essays about The Urantia Book

Byron Belitsos

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THE ART OF DIVINITY - Volume 1

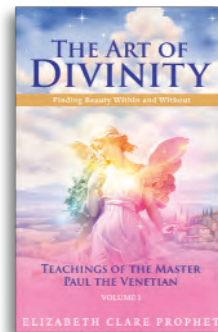
Finding Beauty Within and Without Teachings of the Master Paul the Venetian

Elizabeth Clare Prophet

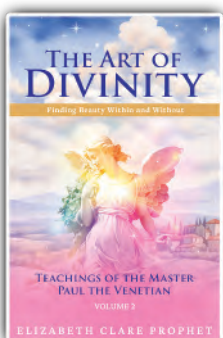
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Paperback
Summit University Press
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JULY 2024



JULY 2024

THE ART OF DIVINITY - Volume 2

Finding Beauty Within and Without Teachings of the Master Paul the Venetian

Elizabeth Clare Prophet

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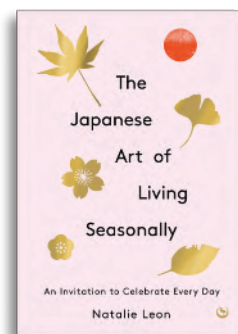
THE JAPANESE ART OF LIVING SEASONALLY

An Invitation to Celebrate every Day

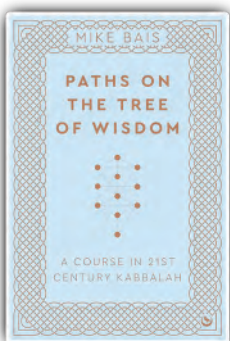
Natalie Leon

Written by Japanologist Natalie Leon, this beautiful guide unlocks the secrets of Japan's seasonal culture to help you relish the seasons wherever you are.

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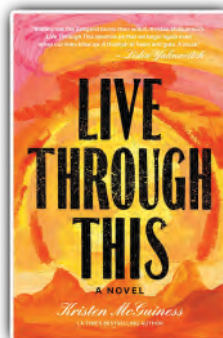
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Mike Bais

illustrated

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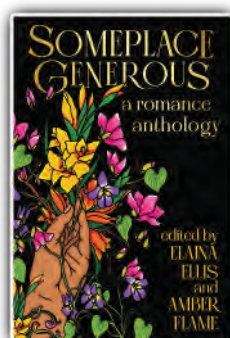
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Kristen McGuiness

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Fiction



AUGUST 2024

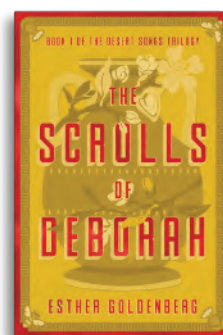
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Fiction



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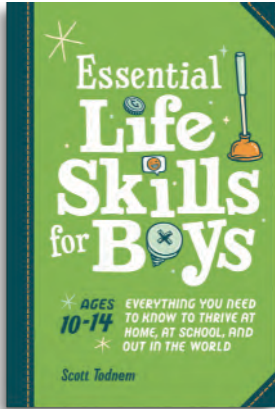
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A profound feminist retelling of the Book of Genesis that immerses readers in a breathtaking exploration of female relationships through the story of Biblical characters Rebekah and Deborah.

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ESSENTIAL LIFE SKILLS FOR BOYS

Everything You Need to Know to Thrive at Home, at School, and Out in the World

Scott Todnem

Confidently tackle tasks and everyday life with this guide to life skills for boys.

Does the preteen boy in your life know how to wash his clothes? Plunge a toilet? Leave a tip? Read a map? Manage a bank account? Do you have the time and energy to teach him? Let ESSENTIAL LIFE SKILLS FOR BOYS lead the way with the tools he needs to succeed. These critical life skills will help him become a responsible, resilient, and confident young man at home, at school, and out in the modern world.

- Designed for boys ages 10-14 who need to learn the ins and outs of personal hygiene, clothing care, communication, school success, and much more.
- Addresses kids living in a digital age; the skills include social media safety, texting with care, online communication, and other ways boys live their tech-savvy lives.
- Easy to read, absorb, and remember, particularly for preteens with short attention spans.
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- Detailed checklists let boys mark off skills they've learned and challenge themselves to learn them all!

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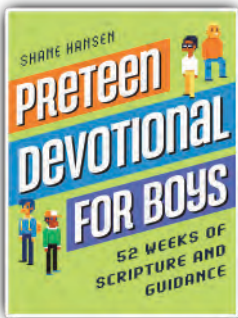
£12.99 | Zeitgeist Young Adults

Teens

illustrated

About the Author

Scott Todnem has been teaching health education since 2001 and was awarded the 2019 National Health Teacher of the Year. He uses his platforms to promote cultural diversity, gender inclusivity, mental health awareness, and suicide prevention.



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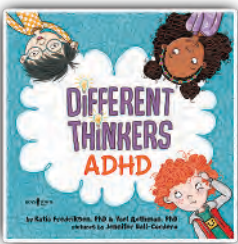
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DIFFERENT THINKERS: ADHD

Katia Fredriksen and Yael Rothman

26 colour illustrations

A child-friendly guide that strips away the stigmas, myths, and misconceptions associated with attention

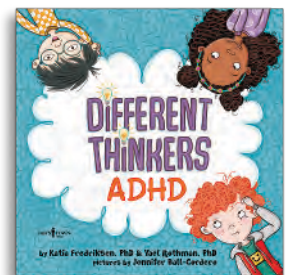
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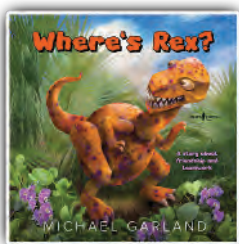
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Michael Garland

17 colour illustrations

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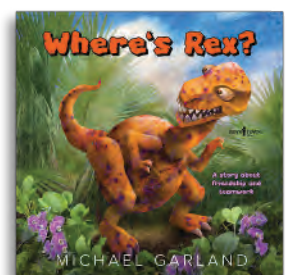
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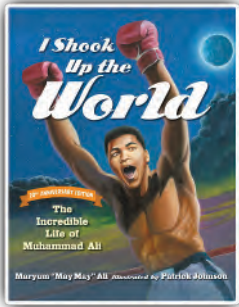
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MARCH 2024

I SHOOK UP THE WORLD

The Incredible Life of Muhammad Ali
Maryum "May May" Ali
Illustrated by Patrick Johnson

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Childrens

AWESOME DAWSON HAS BIG EMOTIONS

Julia Cook in consultation with Dr. Rebeca Chow

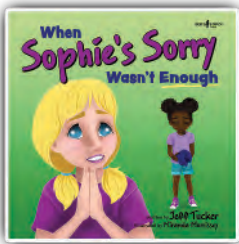
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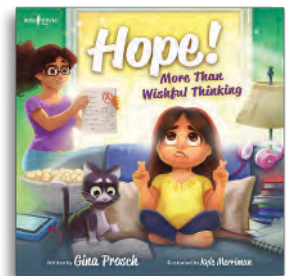
More Than Wishful Thinking

Gina Prosch

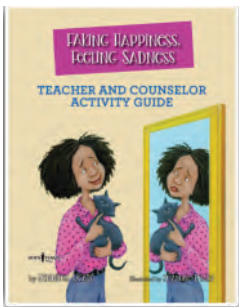
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Holly learns the hard way that crossing her fingers and hoping for the best is no strategy for success.

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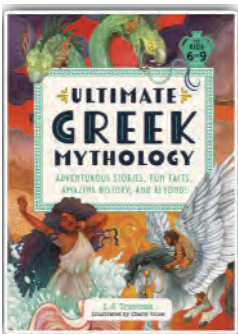
Kristen Bernabe Sunby
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Based on the author's father's tales of his own childhood spiritual experiences in the Philippines

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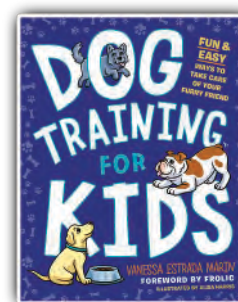
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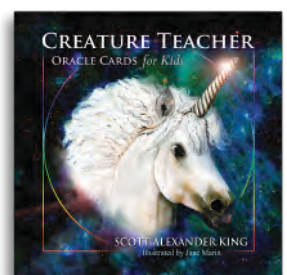
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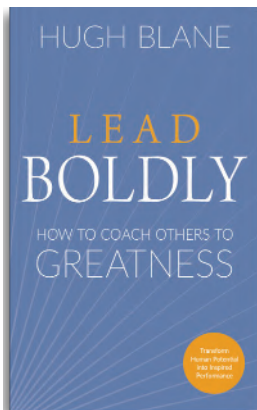
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Business

LEAD BOLDLY

How to Coach Others to Greatness

Hugh Blane

"Hugh is a masterful guide and insightful teacher, a wise confidant and powerful thought leader. He is the catalyst who helped me accelerate my leadership growth and influence." -Dr. Bernice Ledbetter, director of Center for Women in Leadership

Peak performance coach, Hugh Blane, shares his three guiding principles for converting human potential into inspired performance in his latest book *Lead Boldly* by providing a detailed roadmap for transforming a reader's results at work and home in unprecedented ways.

Lead Boldly makes the compelling case that there are vast levels of untapped potential in every corner and cubicle of organizations. Because of unparalleled stress, burnout, disengagement, and continual distraction, employers are sitting on a treasure trove of potential but have, until *Lead Boldly*, lacked the mindset and skillset to unlock this potential.

Every successful leader can identify the one person in their life who coached them to unlock their potential for greatness, a level of greatness they thought impossible. This person challenged long-held assumptions about performance, interrogated what was impossible, and infused deep levels of desire and discipline to pursue greatness. *Lead Boldly* provides readers with a step-by-step process to become the person known for coaching others to greatness.

About the Author

Hugh Blane is a renowned leadership, athletic, and financial coach with over forty years of coaching experience. Hugh, founder and principal of Claris Consulting, has coached successful CEOs to transform their leadership, which transforms their culture and results. He's also coached executive coaches who've struggled to generate revenue and helped them increase their practice revenue by 300% in just 24 months. His clients include Sony Pictures, Starbucks, Costco, Stanford University, Nordstrom, REI Co-op, and Wells Fargo



MAY 2024

9781632652133

152 x 229 | 224pp | Paperback

£16.99 | Career Press

Business

SMALL BUSINESS, BIG SUCCESS

Proven Strategies to Beat the Odds and Grow a Great Business

Cynthia Kay

An invaluable resource—for those starting a new business to veterans looking for a better way.

SMALL BUSINESS, BIG SUCCESS offers unconventional but proven strategies to run a better small business. It also provides a roadmap for owners looking to expand their small businesses by doing more business with Big Business.

Cynthia's down-in-the-trenches stories, along with those from other small-business CEOs and Big Business experts, show you how to connect with highly sought-after customers and win them over! You'll learn how to:

- Create an organization that is operationally efficient, creative, and entrepreneurial
- Raise capital and find partnerships
- Find your company's voice
- Attract and win contracts from much larger companies
- Serve complex, global companies by forging strong relationships

And most importantly how to find and nurture your customers. Critical decisions and points in the life cycle of a business are discussed: from start-up issues to growing the business, human resource concerns to strategic planning—not to mention how to attract business from larger companies.

About the Author

Cynthia Kay is the founder of Cynthia Kay and Company, an award-winning media production and communications consulting firm that serves organizations from the Global Fortune 100 and small business to non-profits. Well-known clients include UL Laboratories, Cisco Technologies, Siemens Industry, Inc., USA Jet, Siemens Energy, Nestle, and others. Cynthia was named Woman Owned Small Business Supplier of the Year by Siemens in 2018



APRIL 2024

9780757005244

152 x 229 | 272pp | Paperback

£18.99 | Square One Publishing

Business

SECRETS OF SUCCESSFUL WOMEN INVENTORS

How They Swam with the "Sharks" and Hundreds of Other Ways to Commercialize Your Own Inventions

Edith G. Tolchin

The real-life stories of twenty successful, modern-day women inventors

Throughout history, books have highlighted male inventors - but why not women inventors? And where are the women inventors of colour? Why have so many of these women not found their rightful places in history? Often, without choice, women have stayed home to take care of their children. Over the last few decades, though - with increased educational opportunities, access to daycare facilities, and continued attempts to shatter the "glass ceiling" - women have begun to achieve equal footing with men in careers and in salaries. With such advancement so readily on the rise, women have made great gains with creative ideas, their worthwhile plans . . . and with these inventions! While many of their inventions to date have been largely related to the improvement of household and child care items - with STEM in schools and in corporations - women's ideas and innovations remain limitless.

Tolchin reveals the real-life stories of twenty successful, modern-day women inventors - stories that describe the hard work, frequent struggles, and indomitable spirit with which they have never given up on their ideas. For many, it will present a revealing look at these women's respective journeys - from their ideas first being sketched on napkins to the creation of multimillion-dollar companies. In addition, Ms. Tolchin includes sound advice and guidance from several accomplished invention service providers to further help future inventors reach their fullest potential, as well as snippets of women inventors in history.

About the Author

Edith G. Tolchin, who holds a prestigious U.S. customs broker license, has worked with inventors for over twenty-five years, first as a sourcing consultant and currently as a well-known writer and editor within the inventions industry. Ms. Tolchin has interviewed over one hundred inventors for her longtime column in *Inventors Digest*. In addition, Ms. Tolchin has written several non-fiction books about inventing, including *Secrets of Successful Inventing*

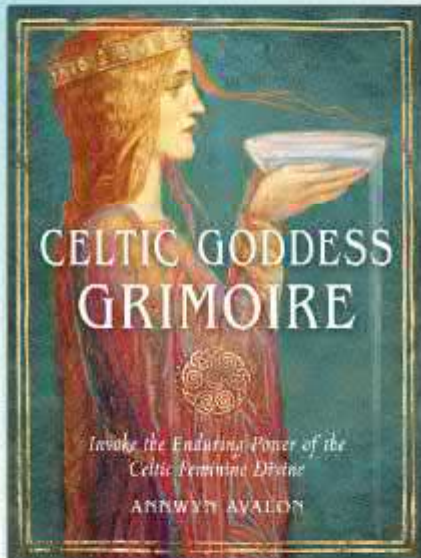
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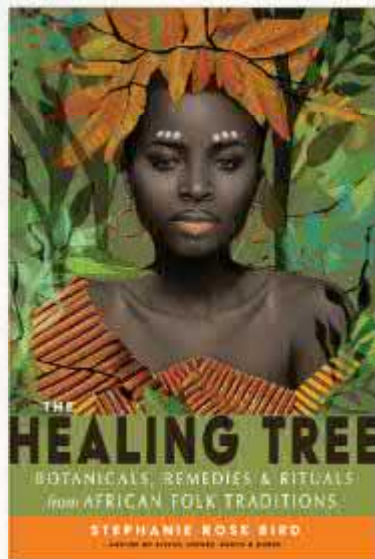
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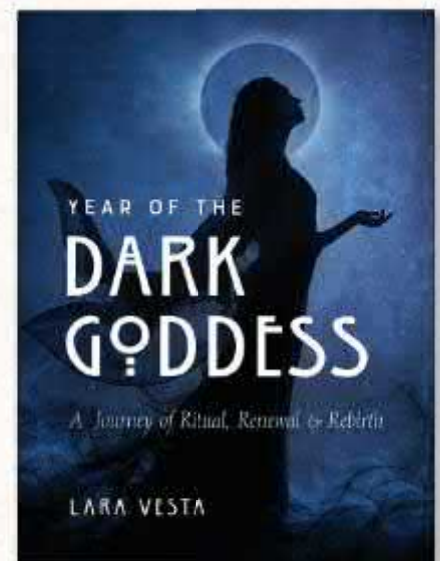
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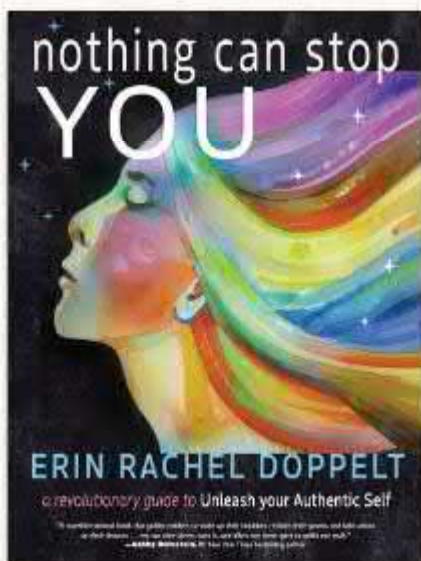
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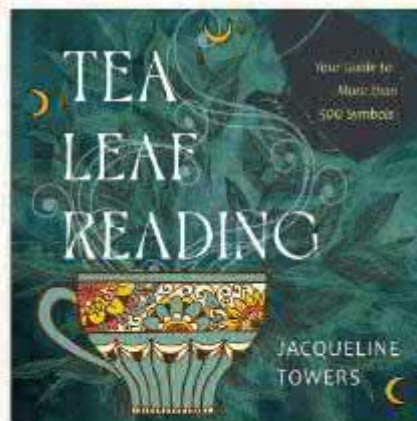
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