

deep books

NEW BOOK TITLES CATALOGUE

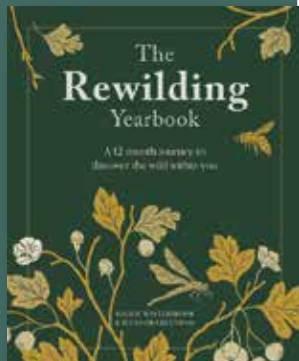
September 2025 – February 2026

David & Charles Publishing are delighted to introduce our Autumn 2025 titles, which now publish under our new wellbeing, nature and lifestyle imprint - Verbena.

VERBENA



The Solstice Yearbook
Victoria Harrison & Lauren Spooner
9781446316382 | RRP £14.99
144 Pages | Paperback
Publishing October 2025



The Rewilding Yearbook
Maddy Winterbrook
& Eleanor Cheetham
9781446315712 | RRP £14.99
144 Pages | Paperback
Publishing Sept. 2025



Birthstone Stories
Melise Ozkardesler
9781446315644 | RRP £14.99
144 Pages | Hardback
Publishing October 2025



The Pocket Book of Plants that Heal
François Couplan, Gérard Debuigne, Pierre and Délia Vignes
9781446316689 | RRP £9.99
176 Pages | Hardback
Publishing October 2025

more
in this
series



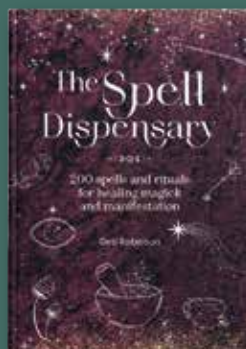
The Little Wild Library: Elder
Clare Gogerty
9781446313749
RRP £8.99
112 Pages | Hardback
Publishing Sept. 2025



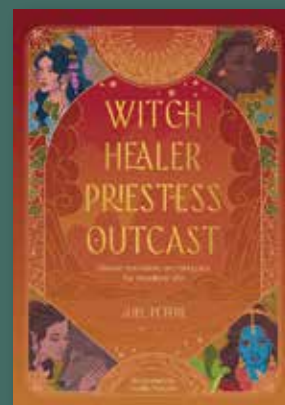
The Little Wild Library: Hawthorn
Clare Gogerty
9781446313763
RRP £8.99
112 Pages | Hardback
Publishing Sept. 2025



The Little Wild Library: Wild Rose
Clare Gogerty
9781446313756
RRP £8.99
112 Pages | Hardback
Publishing Sept. 2025



The Spell Dispensary
Deb Robinson
9781446316467 | RRP £14.99
152 Pages | Hardback
Publishing October 2025



Witch, Healer, Priestess, Outcast
Julie Peters
9781446316566 | RRP £14.99
144 Pages | Paperback
Publishing November 2025

Backlist Bestsellers



9781446313909
HB | RRP £14.99



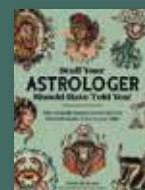
9781446308806
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HB | RRP £19.99



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HB | RRP £16.99



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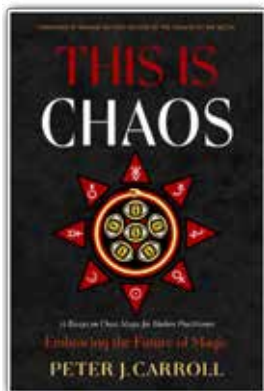
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FRONT COVER

Cover artwork ©2025 Jake Baddeley.
From Tarot Journal & Coloring Book,
released by Blue Angel Publishing
(see page 9)



July 2025

9781578638734

152 x 229 | 288pp | £19.99

Paperback

Weiser Books

Magic

THIS IS CHAOS

Embracing The Future of Magick

Peter J. Carroll, Foreword by Ronald

7 photos, 2 diagrams, 37 b&w line drawings

This Is Chaos showcases where chaos magic has come from, where it is now, and most importantly, where it is going.

This Is Chaos showcases where chaos magic has come from, where it is now, and most importantly, where it is going. Helmed by one of the originators of chaos magic, Peter J. Carroll, this book is filled with essays by some of the most respected chaos magic workers who are redefining magic for the modern practitioner. Chaos magic has always been about pushing new boundaries, with a focus on belief and utilizing aspects of magic such as sigils and magical servants (thoughtforms) to help accomplish one's aims. This Is Chaos is a collection unlike any before, showcasing the many ways chaos magic is finding its way into other modes of magic workings, divination, and disciplines yet to come: Chaos magic meets witchcraft, Egregores, Virtual reality and cyber magic, Animist sorcery, the power of personal mythology and quantum chaos, tarot in chaos magic, chaos magic and neuro-hacking and many more!

MAGICK FOR ALL SEASONS

A Grimoire for the Wheel of the Year

Marla Brooks, Foreword by Lorraine Anderson

spot art illustrations

Spells for All Seasons and All Reasons

Explore the seasons of the witch by way of magical spells and practices for each turn of the Wheel of the Year. Offering a fresh approach to a lifestyle that focuses on mind, body, and spirit in the nature-based way that our ancestors practiced throughout the ages, Magick for All Seasons features over one hundred magic spells and incantations.

Brooks has divided this book into two parts. The first being the seasons, exploring the eight Wiccan and Pagan sabbats that comprise the traditional Wheel of the Year, beginning with Samhain. Each sabbat is detailed with information on the symbolism, activities, tools, incense, and gemstones used, along with specific workings.



October 2025

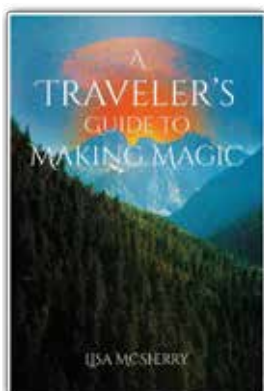
9781578638505

152 x 203 | 256pp | £16.99

Paperback

Weiser Books

Magic



October 2025

9781964537467

140 x 216 | 220pp | £16.99

Paperback

Crossed Crow Books

Magic

A TRAVELER'S GUIDE TO MAKING MAGIC

Lisa McSherry

B&W photos, line drawings & tarot spread

Keep your practice sharp wherever you go.

Travel puts us all in liminal spaces. But despite many practitioners' affinity for spaces betwixt and between, these areas have many practical and magical dilemmas. A Traveler's Guide to Making Magic provides templates and examples for practicing in a broad range of locations and circumstances. Pagans and witches alike will find utility in this book, making it a worthy addition to their suitcase.

A Traveler's Guide to Making Magic explores the practical, the magical, and the ethical aspects of responsible and sustainable travel. Through travel-specific charms and spells, as well as divination for the path ahead, Lisa McSherry provides an experienced and insightful guide for modern practitioners seeking to incorporate a little bit of magick into their own journeys.

MAGIC FOR THE RESISTANCE

Rituals & Spells for Change (Revised & expanded Edition)

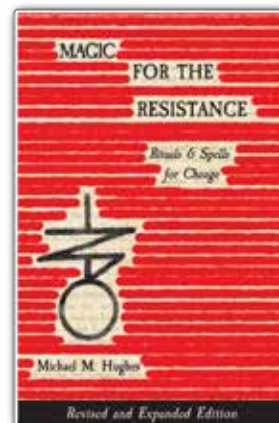
Michael M. Hughes

B&W illustrations

A guide for agents of magical change.

From the creator of the "Spell to Bind Donald Trump and All Those Who Abet Him," Magic for the Resistance has been helping magical practitioners create a more just and equitable world since 2018. Author Michael M. Hughes, upon reflecting on recent events, has revised and updated this essential title for the current political climate. From theory and reflections on a tense world to practical advice, this crash-course guide to magic is an on-ramp to the occult for the politically frustrated.

Calling upon revolutionary feminists and radical magic practitioners across time, including Allen Ginsberg and those who hexed Hitler in the 1940s, Hughes has built a concise, powerful magical tool kit for modern practitioners.



November 2025

9781964537627

140 x 216 | 290pp | £17.99

Paperback

Crossed Crow Books

Magic

Also available as an exclusive Hardback (see pages 48 - 49)



January 2026

9781964537481

127 x 152 | 100pp | £11.99

Paperback

Crossed Crow Books

Magic

BONADEA'S BOOK OF EVERYDAY ENCHANTMENTS

Patricia deSandro

Simple but powerful magic at your fingertips.

BonaDea's Book of Everyday Enchantments is a practitioner's guide to using words, gestures, everyday objects, and, most importantly, alliances to effect change magically in your life. Revisit old pastimes, such as connect-the-dots and crossword puzzles, to centre your energy, manifest opportunities, and protect what is most precious to you. Determining when to create a spell or intone a chant to shift the energies is simpler than you might think.

BonaDea Lyonessse gives examples of her own spells and charms, assembled through years of practice, to build a foundation for the reader. BonaDea's Book of Everyday Enchantments covers topics from protection to ancestor work, showcasing the interconnected nature of witchcraft and manifestation. Listen for what resonates and allow BonaDea's work to inspire you and give you confidence to create your own magical world.

INTRODUCTION TO WITCHCRAFT

Thirteen Lessons in the Practice of Magic

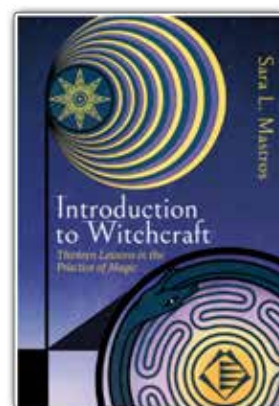
Patricia deSandro

B&W illustrations throughout

A comprehensive, no-fluff approach to beginner witchcraft.

Sara Mastro's has turned thousands of novices into practitioners of the Craft. For the first time, Introduction to Witchcraft: Thirteen Lessons in the Practice of Magic presents her decades of experience and material in an accessible form. Step into her classroom with a notebook and feather-tipped pen ready: it's time to advance your practice.

Inside Introduction to Witchcraft, you'll find practical exercises, simple but never condescending explanations of major ideas, and examples from Mastro's experience in the field. She covers a range of topics, from defining "magic" to curse-breaking and protection, and divides the material into clear and distinct sections akin to the lessons from her classes.



January 2026

9781964537573

178 x 254 | 320pp | £24.00

Paperback

Crossed Crow Books

Magic

Also available as an exclusive Hardback (see pages 48 - 49)



February 2026

9781964537542

152 x 229 | 280pp | £19.99

Paperback

Crossed Crow Books

Magic

Also available as an exclusive
Hardback (see pages 48 - 49)

POLISH FOLK MAGIC

Ancestral Lore & Traditions of the West

Joanna Tarnawska

A practical approach to traditional Polish folk practice.

Polish Folk Magic is an introductory guide into the folk beliefs, seasonal practices, living ancestral traditions, and authentic folk magic of the West Slavic peoples. With the Polish and Slavic diasporas in mind, Joanna Tarnawska fills in the gaps where sources have been previously scarce or inaccessible to those not embedded in the region.

Tarnawska guides the reader through everything from the Slavic folkloric calendar to charms, protection magic, and healing. Polish Folk Magic includes a grimoire specific to Polish folk magic, the perfect companion for native and diasporic practitioners alike. Through an exploration led by a native Polish practitioner and made accessible by providing both Polish and English versions of each charm and spoken formula, the reader is invited to personalize their craft through this rich world of folk magic.

THE CROW'S COLLECTION OF WORLD MAGIC

Lee Anderson

25 B&W illustrations

A voyage through the world's magical practices with twelve authors.

Crossed Crow Books' first-ever anthology, The Crow's Collection of World Magic, features twelve essays by writers and practitioners around the world about their magical practices, histories, and communities.

Landscapes influence our cultural practices as much as the people who create them, and magic is no stranger to this effect. Magic is omnipresent in our world, but many people who practice don't call it "magic." As a result of colonialism, most conversations about magic fell to a whisper for centuries. Pagan, Norse, and Celtic practices, as well as new paths, have returned to the conversation, but many traditions and cultural practices are still absent from mainstream ideas of what magic is—and can be. Crossed Crow Books' first-ever anthology, The Crow's Collection of World Magic, collects twelve essays by writers and practitioners around the world about their magical practices, histories, and communities.



February 2026

9781964537566

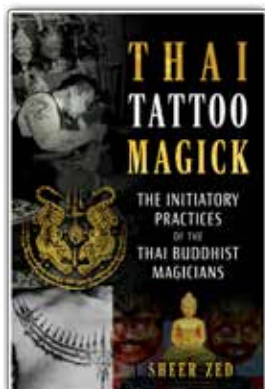
140 x 216 | 250pp | £18.99

Paperback

Crossed Crow Books

Magic

Also available as an exclusive
Hardback (see pages 48 - 49)



September 2025

9798888501719

152 x 229 | 400pp | £23.99

Paperback

Inner Traditions

Magic

THAI TATTOO MAGICK

The Initiatory Practices of Thai Buddhist Magicians

Sheer Zed

includes 16 page colour insert and 29 b & W

Shares how his initiatory experiences with Thai Buddhist magicians helped him destroy his destructive former selves and discover profound healing for his mind and soul

Sharing his profound encounters with Thai magick during four separate pilgrimages to Thailand, writer and musician Sheer Zed details the intense personal initiations and rituals he experienced with the sect of Thai Buddhist magicians known as Ajarns. Traveling all over Thailand to meet with holy monks in sacred places, the author undergoes powerful Thai magickal rituals. Among these are the Gold Face Blessing, where gold leaf was hammered onto his face to form a mask, and a Satuang ritual, traditionally performed for returning soldiers, that crescendos with the release of 21 unruly catfish into the Ping River during a Wolf Moon.

PRACTICAL MOON MAGIC

Your Empowering Guide to Living By The Moon

Kate Huang, Illustrated Amirah Sheikh

colour illustrations

The essential beginner's guide to lunar magic, giving you practical ways to harness the moon's energy in your everyday life.

The moon is a monthly reminder of the cyclical nature of the universe. As it waxes and wanes, the tides rise and fall, and we, too, can tune in to the currents of energy that it creates and reflects. PRACTICAL MOON MAGIC is a wise and knowledgeable guide to help you navigate those currents. In it, you can learn the deeper meaning behind each lunar phase, you can discover how the moon influences our emotions, and you can begin to harness the power of the lunar cycle for intention-setting and manifestation. Equipped with these insights and actionable steps, look forward to journeying with the moon each month and discovering that as you tap into the practical magic behind every lunar phase, you also unlock your own potential.



September 2025

9780711296886

151 x 201 | 160pp | £15.00

Hardback

Leaping Hare Press

Magic



November 2025

9781398718814

138 x 222 | 256pp | £16.99

Hardback

Orion Spring

Magic

ANCESTRAL MAGIC

A Modern Witch's Guide to Folk Traditions & Reconnection

Frankie Castanea

Connect with the power of the past and embark on a timeless journey of self-discovery and community.

Everything modern witches need to know to connect with their ancestral path and enrich their practice.

Modern witch Frankie Castanea, the author of Spells for Change, shows you how to explore your ancestral practices and traditions in an authentic, socially conscious way. Through exploring reconnection with communities and cultures, uncovering oral traditions and working with plant and spirit allies, Frankie demonstrates how your own practice can be enhanced by understanding and respecting the history it comes from.

In this inclusive guide, Frankie helps you to discover the abundant energy that flows from tapping into the magic of folklore and tradition, and to build a deeper relationship with your own craft, ultimately becoming a better ancestor to future generations.

MIND OVER MAGICK

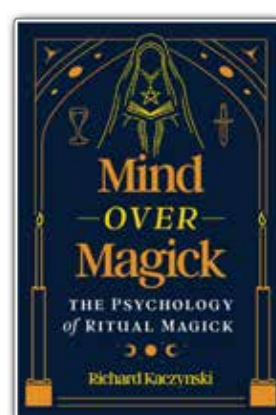
The Psychology of Ritual Magick

Richard Kaczynski

72 b&w illustrations

A scientific examination of magical practice.

By looking through the lens of psychology, cognitive neuroscience, and real-time brain imaging, Mind over Magick shows how and why ritual magical practice can produce profound experiences with tangible benefits. The author draws on a wealth of peer-reviewed research to shed new light on magic. He uses the infamous Stanford Prison Experiment, in which subjects role-played as prisoners and guards, to reveal the power of magical vestments and personas and the effects they have on ritual practitioners. The author shows how being "in the zone," as described by athletes and performers, is consistent with the ritualist's state of mind when working magic. He also reveals what neurological processes are involved when one encounters and works with spirits. Rituals are suggested to strengthen one's practice of magic, witchcraft, meditation, and yoga with empirically proven tools for optimal results.



November 2025

9781644119648

152 x 229 | 352pp | £20.00

Paperback

Park Street Press

Magic



APRIL 2020

9781784882747

168 x 218 | 224pp | £15.00

Hardback

Quadrille

Magic

MAMA MOON'S BOOK OF MAGIC

A Life-Changing Guide to Spells, Crystals, Manifestations and Living a Magical Existence

Semra Haksever

Two-colour illustrations

The ultimate guide to modern magic and how to use it.

Mama Moon, a.k.a. eclectic witch and bohemian entrepreneur Semra Haksever, is back with her third book of magic for the modern world. Inside her most comprehensive magical handbook yet, find spells to enhance every part of daily life – from work to health, friendship to romantic love – together with seasonal spells to help you navigate full moons, equinoxes and solstices. Plus all the info on how to troubleshoot spells, perform daily rituals, bless candles, and activate your crystals. Alongside spells, Mama Moon also includes information on how to manifest magical intentions, create vision boards, read tarot from a deck of playing cards, and learn the basics of palmistry.



August 2024

9781784887643

149 x 186 | 176pp | £12.99

Hardback

Quadrille

Magic

EVERYDAY MAGIC

Rituals, Spells and Potions to Live Your Best Life

Semra Haksever

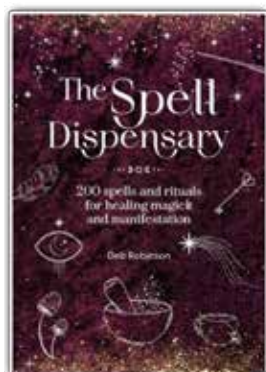
full colour illustrations

In *Everyday Magic*, Semra Haksever introduces readers to simple magic and rituals for every day, which can be used as powerful tools to encourage self-love and a fulfilled life.

No longer the stuff of broomsticks, black cats and cauldrons, witchcraft is all about self-care in a modern and often confusing world. For all women looking to channel their inner power, make positive changes in their lives, cleanse, heal and embrace a little more spirituality.

Semra teaches readers how to weave bespoke spells, construct an altar, create manifestations, moon rituals, gratitude meditations and more.

Featuring information on crystals, colour healing, herbs, oils and much more, this is a book on cosmic assistance that is accessible for everyone. When you are happy and positive on the inside, it makes you glow on the outside.



October 2025

9781446316467

148 x 210 | 152pp | £14.99

Hardback

Verbena

Magic

THE SPELL DISPENSARY

200 spells and rituals for healing magick and manifestation

Deb Robinson

The *Spell Dispensary* is a magickal book filled with 200 spells and rituals for every situation

The *Spell Dispensary* is a magickal book filled with 200 spells and rituals for every situation. Organised by their purpose – with chapters such as Healing, Self-Love, Abundance, Learning, Spiritual Growth, Anti-Anxiety – find the perfect prescription to tackle the everyday problems of life with whatever works best for you! From the author of the best-selling book *The Witch-ionary* comes a new collection of spells and rituals for every occasion! The *Spell Dispensary* is a thoroughly magickal book filled with 200 spells and rituals for every situation. Organised by their purpose – with chapters such as Healing, Self-Love, Abundance, Learning, Spiritual Growth, Anti-Anxiety – easily find the perfect prescription of spells or rituals to tackle the everyday problems of life with whatever works best for you!

THE LUNAR YEAR

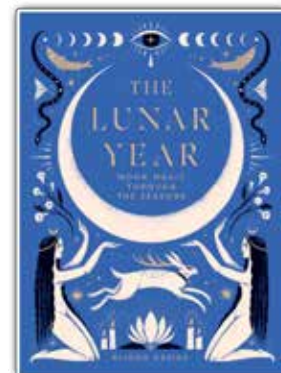
Moon Magic Through the Seasons

Alison Davies

full colour illustrations

Discover the transformative power of the lunar cycle with this year-long companion to the magic of the moon.

Discover the transformative power of the lunar cycle in *The Lunar Year*, your year-long companion to the magic of the moon. With a chapter for every month of the year, *The Lunar Year* reveals how to tune into Mother Nature and celebrate the power of the moon. In this beautifully illustrated guide, you will explore the phases of the moon and learn to tap into lunar wisdom. Discover how to harness the power of your emotions by getting in touch with your moon sign and find inspiration in the wisdom lunar gods and goddesses of traditions past. Filled with ancient traditions, grounding rituals and spells for a sprinkle of magic for every season, this is the essential companion to the lunar cycle. Celebrate the magic of the moon in every season with *The Lunar Year*.



October 2023

9781837830909

143 x 192 | 144pp | £14.00

Hardback

Quadrille

Magic

EMERGENCY SPELLS

Magic for Difficult Times

Gaia Elliot

full colour throughout

Quick spells for emergency situations, from confidence boosters to quick money, love spells and more.

Sometimes life just throws a curveball that has the power to derail your day, week or even month. But what if you could regain control by asking the universe for some help?

In *Emergency Spells*, green witch Gaia Elliot shares 35 spells that can be cast with very little notice – perfect for when you're out and about or ill-prepared for one of life's little surprises. Using easy-to-find ingredients, these spells are perfect for time-poor people who need results. And fast! From spells that will help you to stop procrastinating to fast money, quick confidence boosters, job interview spells, love and even sleep spells, there's something for every emergency.

Small enough to pop in your bag for on-the-go spell-casting, and beautiful enough to display on your bedside table, this magical book will enable you to harness the power of the universe and take charge of your destiny.



October 2024

9781784889678

127 x 163 | 112pp | £10.00

Hardback

Quadrille

Magic

HOUSEHOLD LORE

Folklore, Traditions and Remedies For Every Room in Your Home

Liza Frank

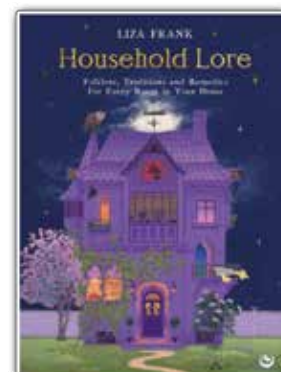
B&W illustrations

Will take you room by room to discover global traditions, remedies, folklore and rituals hiding in your house.

Did you know when you move into a new home, you should sprinkle salt on the threshold, and let the cat go in first? Did you know that decorating a house with sea shells gives evil spirits somewhere to live, or that a houseleek planted on the roof will protect you from lightning strikes?

Welcome to household lore, where every room tells a story and every seemingly mundane corner holds a weird and wonderful secret.

Begin on the roof, where you'll learn how to summon the Japanese Baku to feast on your nightmares and how to ward against witches and lightning.



November 2025

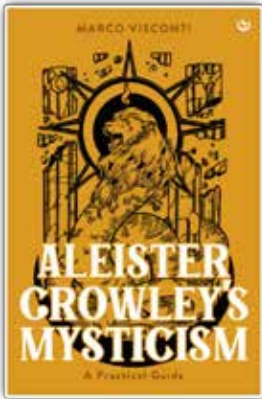
9781786789778

144 x 205 | 256pp | £19.99

Hardback

Watkins Publishing

Magic



ALEISTER CROWLEY'S MYSTICISM

A Practical Guide

Marco Visconti

This is a highly practical, no-nonsense guide to unpicking Aleister Crowley's mysticism and using it in the modern world by focusing on the Holy Guardian Angel experience.

Marco Visconti skilfully continues his exploration of Thelema, advancing beyond his acclaimed first book. This sequel serves as a practical handbook, guiding you through the intricacies of advanced Thelemic practices.

With a focus on the Holy Guardian Angel experience, Visconti dispels myths and provides clarity, offering a comprehensive survey of associated rituals such as the Headless Rite, the Abramelin Operation, and Liber Samekh - as well as some more, often overlooked in contemporary works.

The book takes a hands-on approach, empowering you with real life, daily practices to delve into the mysterious realms of Thelema.

December 2025

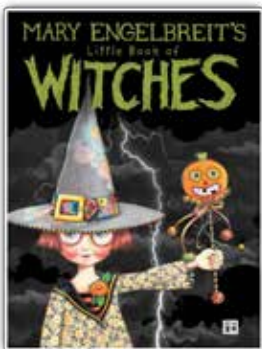
9781786789549

152 x 233 | 256pp | £20.00

Hardback

Watkins Publishing

Magic



LITTLE BOOK OF WITCHES

Mary Engelbreit

Full colour throughout

A cozy new keepsake celebrating Mary Engelbreit's timeless art, Little Book of Witches shines a festive light on everyone's favourite icons of fall, including witches, pumpkins, ghosts, ghouls, and so much more!

A cozy new keepsake celebrating Mary Engelbreit's timeless art, Little Book of Witches shines a festive light on everyone's favourite icons of fall, including witches, pumpkins, ghosts, ghouls, and so much more! Illustrated by one of America's favourite artists, Little Book of Witches is an endearing art collection of charmingly spooky fall favourites, including mischievous black cats, friendly ghosts, wild old owls, and curious little witches. This adorable and festive collection of Halloween-themed illustrations, done in Mary Engelbreit's timeless and enduring style, is sure to become a fall decor staple and delight friends and family for many years to come!

September 2025

9798881602611

160 x 210 | 128pp | £11.99

Hardback

Andrews McMeel

Wicca



SEASONS OF THE WITCH

Discover the magic of Wiccan feasts, celebrations and rituals

Silja

100 colour artworks

From Halloween to handfastings, celebrate everything the Wiccan way with this beautiful guide from Celtic wiccan high priestess Silja.

The Wiccan calendar is marked by several significant festivals, called sabbats—the most well-known being Halloween (Samhain) and the Summer and Winter Solstices. Wiccans celebrate these sabbats with rituals, crafts, and food and drink, and in this book, Silja reveals how you can bring some of that magic into your life, even if you practice as a solitary witch. Also included are life rituals to celebrate personal rites of passage the witchy way, such as welcoming a new baby into the community with a naming ceremony, or committing yourself to your significant other through a handfasting, known as a Wiccan wedding. Finally, Silja explains how to write your own daily, weekly, or monthly rituals to bring you peace and happiness every day.

September 2025

9781800654556

170 x 210 | 144pp | £14.99

Hardback

Cico Books

Wicca

ALCHEMICAL LIGHTWORK

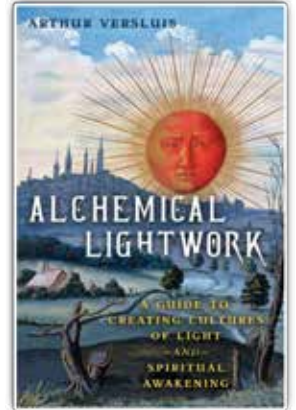
A Guide to Creating Cultures of Light and Spiritual Awakening

Arthur Versluis

Includes 8-page colour insert and 1 b&w illustration

How to manifest light for spiritual regeneration in our dark age of technological materialism.

This book weds lightwork and alchemy to offer a path to spiritual evolution. It examines the contradictions of modern times through the concept of the "end of an age," revealing how to transcend materialism and create new cultures of light rooted in perennial wisdom. In it, Arthur considers the ramifications of the materialism that separates us from nature. Modern technology may seem to point toward endless progress but, without a spiritual orientation, this progress is an illusion. Some may fall into pessimism, but Arthur shows that seeds of light are present in the darkness.



October 2025

9798888500187

152 x 229 | 168pp | £14.99

Paperback

Destiny Books

Alchemy

WICCA FOR EVERYDAY LIFE

Celtic spells, chants and rituals for busy witches

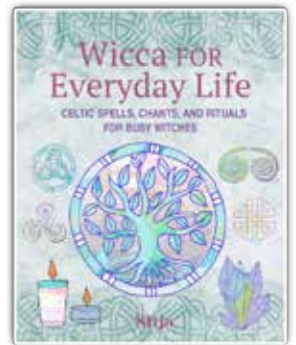
Silja

150 colour artworks

Celtic Wiccan High Priestess SILJA reveals how to make witchcraft work for you with QUICK and EASY ways to make life more MAGICAL, every day.

Bring the power of Celtic Wicca into your daily life, from magical ways to cook and arrange your home to calming chants that combat stress while travelling or at work.

Including spells to help you find your dream job and grow your business, enhance your connections with friends and family and nurture your own self-love, these simple, speedy ideas can be practised at any time to fit in with the natural rhythms and routines of your day. There are also ways to super-boost your spells by weaving your magic on specific days of the week or by aligning with the seasons to live in tune with nature and the world around you.



August 2025

9781800654310

191 x 235 | 144pp | £14.99

Paperback

Cico Books

Wicca

ARADIA Expanded Edition

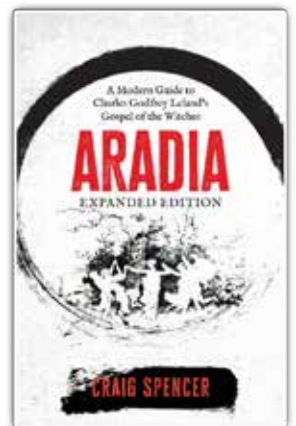
A Modern Guide to Charles Godfrey Leland's Gospel of the Witches

Craig Spencer

A fresh approach to the classic text.

Craig Spencer presents vital cultural context and updated translations of Charles Godfrey Leland's classic book in Aradia: A Modern Guide to Charles Godfrey Leland's Gospel of the Witches (Expanded Edition). Passed to Charles Godfrey Leland through supposedly hereditary witches from Italy in the late 1890s, Aradia was one of the building blocks for British Witchcraft as we know it today. Through Spencer's in-depth commentary and analysis of the original work, contemporary value and rich historical narratives are revealed to anyone with a penchant for British Witchcraft's most formative texts.

Spencer presents Leland's original English manuscript with new interpretations, translations, and the restoration of forty lines of text that were left out of the original publication.



January 2026

9781964537511

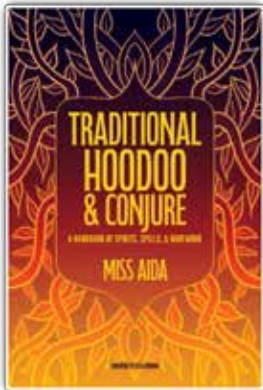
140 x 216 | 200pp | £17.99

Paperback

Crossed Crow Books

Wicca

Also available as an exclusive Hardback (see pages 48 - 49)



January 2026

9781964537603

152 x 229 | 240pp | £16.99

Paperback

Crossed Crow Books

Wicca

TRADITIONAL HOODOO & CONJURE

A Handbook of Spirits, Spells, & Rootwork

Miss Aida, Foreword by Leila Marino

Reclaims this rich spiritual craft from misrepresentation, offering readers a genuine understanding of Hoodoo's true essence.

In this illuminating guide, Miss Aida corrects widespread misconceptions about Hoodoo - a powerful African diaspora tradition rooted in African traditional religions. She reveals authentic practices, contrasts Hoodoo with related traditions like Santeria and Haitian Vodou, and reclaims this rich spiritual craft from misrepresentation, offering readers a genuine understanding of Hoodoo's true essence.

Hoodoo and conjure may be household words, but the popular magical craft practiced by tens of thousands of individuals has been grossly misrepresented in many modern practices. Traditional Hoodoo & Conjure seeks to reverse these misconceptions and provide practitioners with the history, mechanics, and tools to understand not only how but why each magical action serves a greater purpose.

KARMA'S A WITCH

The modern witch's guide to protection spells and karma magic

Midia Starr

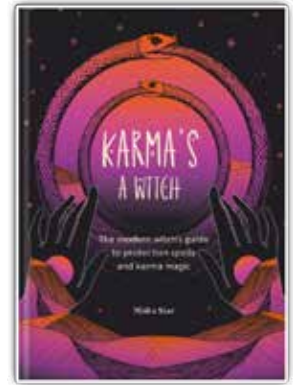
114 colour illustrations

The modern witch's guide to protection spells and karma magic

Whatever energy you put out into the universe, will eventually return to you.

Karma is an incredibly strong force, and it is vital you learn how to protect yourself from such negative energies. In this essential guidebook, you will discover the transformative power of karma magic and, more importantly, how to craft your own spells to shield yourself from the people who are trying to harm you in some way.

Covering all modern situations, Karma's a Witch contains over 60 easy banishing and protection spells you can refer to again and again. You will also find tools and advice for the contemporary witch, including how to harness Goddesses energy to enhance your spellwork and what plants to grow in your witchy garden.



July 2025

9781841816074

156 x 214 | 176pp | £16.99

Hardback

Godsfield Press

Wicca



October 2025

9781836003885

189 x 246 | 256pp | £22.00

Hardback

Leaping Hare Press

Wicca

THE WITCH'S ALTAR BOOK

The definitive guide to modern witchcraft

Lindsay Squire, Nicole Weiss & Rachel Patterson

colour throughout

Three witches - gens X, Y and Z - the maiden, the mother, the crone - work together to produce the definitive guide to modern witchcraft.

Whether you're hedge witch, an eclectic witch, a sea witch or a kitchen witch, you need an altar to perform your spells and rituals, and this is a book designed for that sacred space. Beautifully illustrated throughout, this will be a book to return to again and again.

LITTLE MAGIC RITUALS

The Essentials Witch's Kit for Reconnecting with Yourself and with Nature

Océane Laïssouk and Estelle Modot

Line drawings and full-colour photography

This little guide celebrates ancient magic rituals: rites and ceremonies which can be practised throughout the year, helping you to reconnect with yourself and with the power of the elements.

This little guide celebrates ancient magic rituals: rites and ceremonies which can be practised throughout the year, helping you to reconnect with yourself and with the power of the elements. Celebrate ancient magic rituals with this pocket spell book, which looks at ceremonies and rites to practise throughout the year, helping you to reconnect with yourself and with the elements. If you'd like to live more in harmony with nature, and you're curious about exploring traditions that have been practised for centuries, Little Magic Rituals guides you through the eight sabbats in the witch's calendar, from Imbolc in February to Yuletide in December.



September 2022

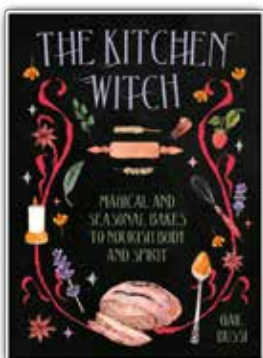
9781787139305

128 x 162 | 192pp | £10.00

Hardback

Quadrille

Wicca



February 2024

9781784886950

168 x 217 | 144pp | £16.99

Hardback

Quadrille

Wicca

THE KITCHEN WITCH

Magical and Seasonal Bakes to Nourish Body and Spirit

Gail Bussi

full colour illustrations throughout

An enchanted book featuring recipes and rituals for the body and soul, giving the reader the tools to discover and create their own magical baking experiences.

Every witch knows that the kitchen is an essential part of their magical practice, and, in The Kitchen Witch, self-professed kitchen witch Gail Bussi teaches us how to honour the process of baking, to appreciate each ingredient and to transform our favourite recipes into magical spells to benefit our minds, bodies and souls. Learn to bake with intention and with the elements - Earth, Fire, Water and Air - to create magical dishes including Lemon and Lavender Cake, Snowy Night Pudding and Sage and Camembert Fritters. And, woven in-between the recipes throughout, there will be other everyday magic rituals, ideas and inspiration, as well as encouragement to journal (in the book), creating your very own grimoire.

THE WITCH WITHIN

Discover The Type of Witch You Are

TudorBeth

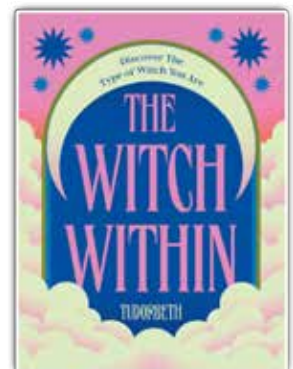
full colour throughout

Get started on a magical journey of self-discovery and uncover what type of witch you are.

Do you have an affinity for working with plants and herbs? You may be a Green Witch. Do you love to find and harness the power of ancient stones and crystals? You may be a Crystal Witch. Are you able to tap into the sensory and healing properties of food for spell work? You may be a Kitchen Witch.

This book is for those who are seeking the path of the witch. It introduces you to 25 different types of witches, and helps you to find your way through all the different types of witches so you can identify the witch you are.

Divided into groups of witches - colours, nature, worlds, traditional and beauty - each section of witches starts with a set of multiple choice questions to help you to decide which witch resonates with you.



September 2024

9781784887612

148 x 185 | 144pp | £14.99

Hardback

Quadrille

Wicca



THE SOLSTICE YEARBOOK

A year of rituals, festivals and ancient magic for modern life

Victoria Harrison

280 illustrations

Celebrate the power and majesty of the sun with The Solstice Yearbook.

The sun powers all life on earth and as we travel through a year its strength grows and diminishes, creating our seasons and impacting our moods and energies. The Solstice Yearbook shows us how to understand and follow the cycles of the sun in order to align our own bodies and minds with nature's rhythm. Drawing on ancient traditions, folklore, and rituals this seasonal guidebook is packed with ideas for celebrating the Solar year, from midnight Solstice rituals to Midwinter fires and Equinox rebalancing tips. Embrace the power and mystery of the Winter Solstice. Mark the awakening of the Spring Equinox, as warmth returns and nature blossoms. Celebrate the joy and magical energy of the Summer Solstice.

September 2025

9781446316382

191 x 235 | 144pp | £14.99

Paperback

Verbenia

Wicca



ENSOULING THE EFFIGY

The Witch's Arte of Inspired Objects

Matthew Venus, Illustrated by Adrienne Rozzi

B&W line illustrations throughout

Discover the Art of Spirit Conjunction and Poppet Magic

Unlock the mysteries of poppet magic and fetish crafting with Ensouling the Effigy, a compelling guide that offers readers an in-depth exploration into the realm of spirit conjunction, spirit vessels, and otherworldly communication. This book is not just a manual; it's an invitation to journey into the heart of animism, where the witch and spirits are inseparable.

Within these pages, you'll discover techniques for creating poppets, effigies, and spirit houses that serve as vessels for spiritual energies and magical intentions. Learn to craft your own ritual oils, incenses, washes, and smokes with a comprehensive formulary that provides the key ingredients and instructions to infuse your magical practices with authenticity and power.

September 2025

9781964537382

152 x 229 | 200pp | £33.00

Hardback

Crossed Crow Books

Wicca



TAROT : A GRAPHIC HISTORY

Pamela Coleman Smith's story of arcana, Symbols and magic

Valentina Grande

237 colour images

Pamela Colman Smith: artist, occultist, true bohemian. Her illustrations defined the iconography of the classic tarot deck, but she is all too often forgotten

Little-known artist Pamela Colman Smith was the overlooked partner in the world-famous Rider-Waite Tarot deck. This magical graphic novel reclaims her story and shows how her destiny was intertwined with the arcana she illustrated. Pamela Colman Smith: artist, occultist, true bohemian. Her illustrations defined the iconography of the classic tarot deck, but she is all too often forgotten. Born in London in 1878, Pamela moved to Jamaica with her parents at the age of eleven and then to New York to study art. She dropped out of college following her mother's death in 1896, and after her father died in 1899 she found herself back in London, joining the infamous Hermetic Order of the Golden Dawn, a secret society dedicated to the study of occultism.

August 2025

9781836002734

670 x 910 | 128pp | £14.99

Hardback

Leaping Hare Press

Tarot Books

ENTERING HEKATE'S CAULDRON

Spells, Spirits, Rites, and Rituals

Cyndi Brannen

33 b&w line drawings

A comprehensive overview of modern Hekatean witchcraft, Entering Hekate's Cauldron is about doing witchcraft, specifically witchery centered on the beloved

A comprehensive overview of modern Hekatean witchcraft, Entering Hekate's Cauldron is about doing witchcraft, specifically witchery centered on the beloved goddess Hekate, with her etheric cauldron as the source. This book is for anyone interested in deepening their spiritual journey as a witch. Entering Hekate's Cauldron completes Cyndi Brannen's trilogy, including Entering Hekate's Garden and Entering Hekate's Cave, which may be read in any order. Written in the style of a traditional Book of Shadows, the contents cover many of the common practices of modern witchcraft, ranging from personal development to spells, rites, and rituals. Beginning with foundational practices, such as setting up an altar and connecting to a spirit guide, the book then offers instructions for understanding and honouring Hekate.



August 2025

9781578638819

178 x 229 | 256pp | £21.99

Paperback

Weiser Books

Wicca

MAGIC FROM THE HILLTOP AND HOLLERS

Folk Witchery, Superstitions and Healing Practices from Appalachia

Leah Middleton, Foreword by Rebecca Beyer

b&w line drawings throughout

Offers readers exquisite insight into the enduring lore and magic of the region.

In an ode to her Appalachian roots and ancestors, known and unknown, of blood and kin, Leah Middleton, The Redheaded Witch, tells the stories of the grandfathers who had dirt under their fingernails from farming, the grandmothers who bled while sewing their garments, the relatives who decided to take a leap of faith and pave a new path, the ones who passed away too young, and the fellow practitioners and healers who showed her the way. It is a work of veneration to keep their spirits alive. If you share similar roots or find yourself creating new ones, this magical book is a hand to welcome you home.



October 2025

9781578638802

152 x 203 | 240pp | £16.99

Paperback

Weiser Books

Wicca

TAROT SPREADS

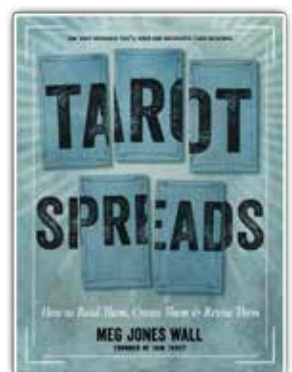
How To Read Them Create Them and Revise Them

Meg Jones Wall

55-60 tarot spreads

If you find yourself getting lost in your own tarot readings, uncertain of what you're looking for from the cards or struggling to ask clear questions, you might find tarot spreads to be a useful addition to your personal practice.

For many who read tarot—and those new to tarot—spreads can offer a lot of power, clarity, and purpose to readings. Tarot spreads, intentional arrangements for tarot cards that include a particular meaning or prompt for each card, help us to ask focused, direct questions of our cards. Rather than focusing on premade cookie-cutter layouts, Meg Jones Wall takes you to the very foundation of tarot spreads so that you can understand how and why a spread is created and how it works. This book will walk you through reading spreads as well as writing and revising original spreads, giving you everything you need to understand, develop, tweak, and test tarot spreads of your very own. Learn to adapt and revise card spreads to deepen your exploration.



August 2025

9781578638550

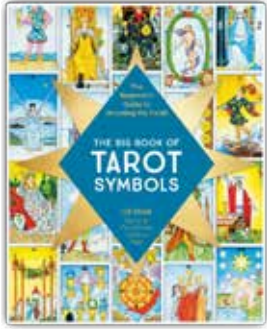
152 x 203 | 240pp | £18.99

Paperback

Weiser Books

Tarot Books

Tarot Books



October 2025

9780760397077

254 x 203 | 240pp | £18.99

Paperback

Fair Winds Press

Tarot Books

THE BIG BOOK OF TAROT SYMBOLS

The Beginner's Guide to Decoding the Cards

Liz Dean

Full colour throughout

The Big Book of Tarot Symbols is a beginner's guide to the most fun and mysterious aspect of tarot written by bestselling tarot author, Liz Dean.

Discover the magic of tarot symbols with bestselling author Liz Dean. Ever noticed a symbol on your tarot card—like the cat with the Queen of Wands, the moon with the High Priestess, or even the number X on the Wheel of Fortune? You're not alone! These symbols speak directly to our intuition, making them key to unlocking deeper meanings in your readings. Symbols are the "language" of tarot, and each one—whether it's a pattern, a plant, an animal, or a color—holds its own unique significance. In *The Big Book of Tarot Symbols*, bestselling author Liz Dean guides you through over 200 tarot symbols, showing you how to interpret them for powerful insights and personal guidance.

THE ART OF TAROT

Reading and Interpretations

Amelie Auffret

full colour photography and illustrations

The Art of Tarot is an illustrated guide to the symbolic, and practical, aspects of the tarot. Discover the art of tarot reading, and let yourself be carried away by the power of these mystical cards...

The Art of Tarot is an illustrated guide to the symbolic, and practical, aspects of the tarot. Discover the art of tarot reading, and let yourself be carried away by the power of these mystical cards...The Art of Tarot is an illustrated guide to the symbolic, and practical, aspects of the tarot. A fantastic divination tool and a great way of learning about yourself, the tarot acts as a guide, teaching you how to increase your confidence and understand your personality. Author Amélie Auffret shares her expertise, teaching you how to draw the cards, interpret your reading and use your deck on a daily basis. The author also explains the meaning of the 22 Major Arcana and the Minor Arcana, the art of sacred numerology and the significance of the colours in the deck.



February 2024

9781837831319

162 x 128 | 192pp | £10.00

Hardback

Quadrille

Tarot Books



September 2024

9781784889562

163 x 223 | 144pp | £14.99

Hardback

Quadrille

Tarot Books

THE CARDLESS TAROT

Choose Your Own Destiny Tarot Readings

Keery Ward

full colour throughout

An introduction to the wisdom of the tarot, without having to learn the cards

In this cutting-edge book, tarot expert Kerry Ward presents you with 45 of the most insightful destiny readings without having to learn the meanings of 78 tarot cards.

Kerry has selected nine key life questions to ask, each of which align with nine 'guides' from the tarot deck's Major Arcana. Follow the instructions from your guide and you will be taken on a journey to find out your destiny. Are you looking to find your next love? Or perhaps you're keen to find out what changes lie ahead? The pages hold the answers to your most pressing questions.

The book is an excellent tool for personal guidance and self-development, and is the perfect introduction to tarot for anyone who is curious to learn more.

TALISMANS & TAROT

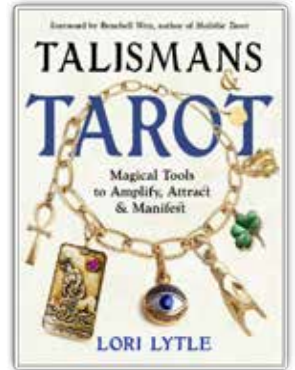
Magical Tools to Amplify, Attract and Manifest

Lori Lytle, Foreword by Benebell Wen

78 tarot card illustrations and sample layout

Talismans and Tarot offers tarot lovers a new way to add power to their practice! By combining magic, rituals, and the use of talismans alongside the cards, readers will find support in manifesting their goals, dreams, and desires.

As our ancestors did before us, we put our faith in lucky charms and talismans. Maybe you have a protective charm like a guardian angel pendant or an evil eye. Perhaps it is a family heirloom, a crystal, a small figurine, a foreign coin, or another fascinating object that brings you comfort and luck. We adorn ourselves with symbolic images and carry talismans because we hope in some way to improve our lives and reach our goals. We also turn to these touchstones when we are fearful or in need of comfort. Or when we're inspired or ambitious and want to believe that anything is possible. Lovers of tarot know that the cards inspire with those same intentions. Incorporating talismans with tarot reading offers a powerful and lasting impact.



October 2025

9781578638758

152 x 203 | 248pp | £17.99

Paperback

Weiser Books

Tarot Books



November 2025

9781578638840

152 x 229 | 224pp | £16.99

Paperback

Weiser Books

Tarot Books

TAROT TABLEAU REVOLUTION

A Breakthrough System to See the Whole Story in Your Readings

Maria Alviz Hernandez, Foreword by Mary K. Greer

37 card layouts & diagrams

A modern twist on a classic method of reading tarot that enables readers to consistently interpret the cards with accuracy and confidence.

The first documented evidence of tarot cards as we know them today derives from early fifteenth century Italy, where they were used in a card game known as Tarocco. Transported to France, the name of the game became Tarot. By the late eighteenth century, there is documented evidence from France that the cards were being used for divination. In the twenty-first century, various spreads, such as the three-card spread or the Celtic Cross, are familiar to most readers. However, among the very earliest methods of divining with tarot cards involved the tableau. Some of the earliest paintings depicting tarot readers show them seated at a table with the cards arranged in a tableau. The French word tableau literally means a "picture" or an "arrangement."

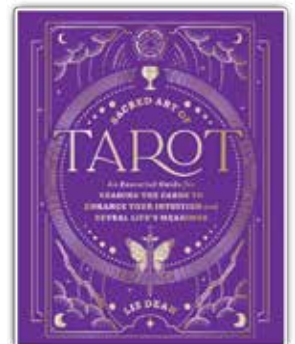
SACRED ART OF TAROT

An Essential Guide for Reading the Cards to Enhance Your Intuition and Reveal Life's Meaning

Liz Dean

Sacred Art of Tarot is a beautiful, deluxe edition by a bestselling author for reading all the important elements, symbols, and meanings of every tarot card.

Learn and master the intuitive art of tarot reading with this lushly designed and comprehensive, yet thoroughly approachable, reference. Featuring vibrant, full-color illustrations, a gorgeous foil-detailed cover, and an elegant ribbon marker, *Sacred Art of Tarot* provides all the history and knowledge you need to read the cards with confidence in one stunning volume. Whether you're new to tarot or an experienced reader looking to deepen your interpretation skills, author and tarot expert Liz Dean provides the clear, concise guidance you seek. Adapted from her bestselling *The Ultimate Guide to Tarot* and *The Ultimate Guide to Tarot Spreads*, you'll find: A wide-ranging introduction to tarot—its history, the benefits of reading tarot, and an overview of the cards.



September 2025

9780760399026

254 x 203 | 336pp | £27.00

Hardback

Fair Winds Press

Tarot Books



August 2025

9781922574336
180 x 235 | 220pp | £16.99
Paperback
Blue Angel Publishing
Journals and Notebooks

ZOOLOGICA

Your Steampunk Creativity & Pendulum Journal

Leela J. Williams, Artwork by Maxine Gadd

220-page deluxe journal. Matte softcover with flaps

Your journey of conscious alchemy begins within.

In the imaginative realm of Maxine Gadd's Zoologica, contemplation becomes creation, and every spark is an opportunity to engineer possibility. Within these pages, you are invited to engage with peculiar companions and mechanisms for profound insight and self-discovery...

With a mix of lined and unlined spaces, this Steampunk Creativity & Pendulum Journal encourages free expression, and honours your words, sketches, and musings as instruments of self-engineering and transformation.

Imbibe the alchemical wisdom of Zoologica's peculiar beings as you explore your inner mysteries and affirm your ability to actualise all you are, and seek to be.

TAROT JOURNAL & COLORING BOOK

Jake Baddeley

220-page deluxe journal, features 78 Tarot Card line works and over 100 lined journal pages. Matte softcover with flaps

A beautifully designed keepsake for tarot lovers, blending self-expression, study, and artistic inspiration

Featuring artwork from Jake Baddeley's acclaimed The Baddeley Tarot deck, this journal provides space for you to colour the intricate illustrations and reflect on their meanings. Drawing from centuries-old tarot traditions and Renaissance influences, each image invites you to connect with timeless occult symbolism and mythologies.

This journal is both a creative tool and a personal record, where you can capture your insights, interpretations, and reflections as you develop your understanding of the tarot. Perfect for beginners and experienced practitioners, it provides a straightforward and engaging way to deepen your connection to the cards.



October 2025

9781922574282
180 x 235 | 220pp | £16.99
Paperback
Blue Angel Publishing
Journals and Notebooks



September 2025

9798886634952
133 x 210 | 192pp | £13.99
Paperback
Insight Editions
Journals and Notebooks

UNIVERSAL MONSTERS TAROT JOURNAL

Insight Editions

Record your mystical tarot practice with this one-of-a-kind tarot journal featuring artwork inspired by the legendary Universal Pictures monster films

Record your mystical tarot practice with this one-of-a-kind tarot journal featuring artwork inspired by the legendary Universal Pictures monster films. Each page is designed for one tarot reading and provides space to record your query, the cards selected, interpretations, as well as space to draw your spread.

5.25 x 8.25 inch size: The comfortable size of this journal makes it easy to store in a desk or pack into a bag or backpack to take with you for on-the-go tarot readings.

192 pages: The journal provides ample space for countless readings with 192 pages of archival paper. Included for each tarot reading is a guided spread for the details of your reading and a lined spread for further reflection and notes.

CREATRIX AWAKENED

Invocations, Practices and Portals to Activate the Creatrix Within

Shannon Van Den Berg, Illustrated by Stephanie Wicker-Campbell

Full-color interior pages with images and bookmark

A powerful tool to nurture inner growth, embrace self-sovereignty, and manifest a reality aligned with one's highest purpose

The Creatrix Awakened Journal is an empowering, multidimensional journey designed to accompany the Creatrix Awakened Oracle Deck. This unique journal, created by Shannon Van Den Berg and featuring contributions from sixteen transformative voices, provides readers with a curated collection of prompts, activations, prayers, and practices. Each entry invites readers to connect with their inner wisdom, deepen their leadership, and fully embody their feminine sovereignty. Drawing from the themes of the Creatrix Awakened Oracle Deck, this journal acts as a sacred space where readers can explore the potent wisdom of fierce feminine leaders.



October 2025

9781763586963
146 x 210 | 220pp | £21.99
Paperback
Muse Oracle Press
Journals and Notebooks



October 2025

9798990956032
146 x 210 | 162pp | £21.99
Hardback
Sacred Scribe Publishing
Journals and Notebooks

SHADOWS OF TAROT

A Tarot Spread Journal

Emma Howard

Full-colour pages, burgundy gilding, burgundy foil on cover

Shadows of Tarot is an illuminating tarot spread journal for delving into your subconscious and confronting hidden truths. Featuring sixty-six spreads designed to illuminate shadow aspects, this journal encourages deep inner work

This tarot spread journal is your mystical gateway to unlocking the veiled depths of your subconscious. This enchanting tarot spread journal invites you to confront hidden truths and explore the shadowy realms of your psyche. With sixty-six spellbinding spreads and four intriguing challenges, you'll embark on a transformative journey like no other. Venturing into the golden shadows reveals your latent potential, while the taboo shadows dare you to confront societal and personal boundaries. The enlightenment spreads illuminate these shadow aspects, integrating them into your conscious awareness.

INCANTATIONS & DIVINATIONS

A Grimoire of Goodness and Grace to Inspire Your Sacred Prophecies and Express Your Esoteric Voice

Alana Fairchild, Artwork by Isabel Bryna, Jimmy Manton, A. Andrew Gonzalez, Laila Savolainen, Sophie Wilkins, Autumn Skye, Rassouli, Jane Marin, Shiloh Sophia McCloud, Mario Duguay & Hillary Wilson

Features over 130 artworks by 11 different artists. Printed on 128gsm matt art paper. Includes ribbon page marker.

Enrich your innate magic and magnetise divine energy through this deluxe grimoire of poetic prayers and inspirational spells, as you weave invocations, affirmations, mantras and blessings into sacred vocalisations.



August 2025

9781922574206
210 x 275 | 320pp | £28.00
Hardback
Blue Angel Publishing
Spirituality and Inspirational

Myths & Legends



LEGENDS OF MEOSHIN'KE

An Illustrated Guide to Korean Monsters and Mythology
HwaHwa Studio, Translated by Sung Ryu

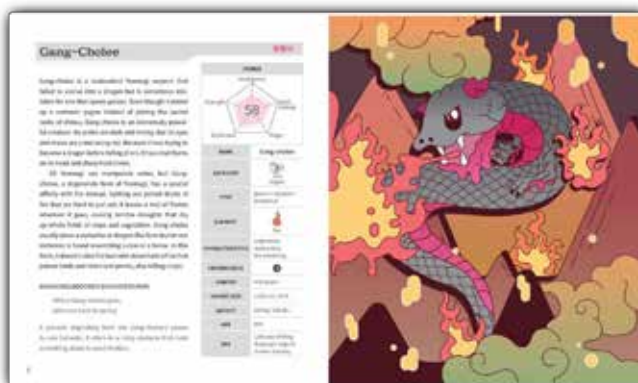


November 2025

9798881602925 | 152 x 178 | £15.99

Andrews McMeel | 176pp

Colour illustrations



Immerse yourself in the mysterious world of MeoShin'Ke, a stunningly illustrated handbook that unveils the ancient, awe-inspiring myths and creatures and monsters from Korean folklore. Each page introduces readers to over 50 mythological beings, all vividly brought to life with full-page artwork, fascinating lore, fun facts, and more. Whether you're a mythology enthusiast, a storyteller, a game master looking to enrich your campaigns, or a fan of East Asian culture and K-pop, The Legends of MeoShin'Ke stands as the most extensive compendium of Korean monsters and myths. This beautifully illustrated encyclopedic handbook is not just a guide; it's a cross-generational bridge that brings the untold legends of Korea to life.

About the Author

Seungmin Lee, AKA "Dr. Monster," majored in Classical Korean Literature (Oral Literature, Folklore, and Legends) at Konkuk University in Seoul, South Korea. In 2019 and 2020, he wrote two books in a crowdfunding project called "The Encyclopedia of Korean Monsters." The book is one of the most successful projects on the Korean crowdfunding platform tumblbug. In 2020, he joined HwaHwa studio as a writer and a supervisor of Korean traditional content. HwaHwa Studio is an innovative creative studio that serves as a captivating gateway to Korean (East Asian) culture, employing a distinctively chic approach to storytelling through an array of animations, books, and merchandise. Established in 2017, HwaHwa has achieved notable acclaim, receiving numerous grants from the South Korean government and successfully crowdfunding nine compelling projects. HwaHwa ardently embraces its role as a cultural bridge, forging connections between the East and the West, and promoting a vibrant exchange of cultural treasures.



THE RAG & BONE MAN

Lee Morgan

The rag and bone man comes meandering along your street in the dawn hours. He's looking for old things that still have a bit of fat left in them, including off-cuts of outsiders' dreams. If you decide to stop and talk to him, he will tell you the old tales of how to tease out the teeming world of spirits that bulges behind our reality. The Rag & Bone Man's uncanny narrative, bookended by historical context and a grimoire inspired by the novel, bridges the gap between old ideas and new paradigms with a watchful eye on historical biases

In this luminous novel, Lee Morgan covers sensationalism and fraud in nineteenth-century spiritualism and the ways in which we manipulated folklore and magic to cover and recontextualize our wrongdoings. Some of The Rag & Bone Man's extra content focuses on the importance of sensory pleasure and alignment with the fetch, while crossing ectoplasmic lines to help you conduct a séance. The rag and bone man is a fixture in the novel's real-life setting and is included in a performance art installation you can experience through a QR code in the book. Enter the rag and bone man's world if you dare - but be warned, the stories he's picked up will break your heart.

About the Author

Lee Morgan is a dual citizen of Britain and Australia and oscillates between the two based on fluctuating political embarrassments. A lifetime interest in the occult and poetry led to seven years at university studying wildly vocational topics such as literature. Fully assured of a likely career in the fast-food industry, Lee began to pursue publication of his first book. Lee continued to pursue publication of a book for well over a decade. A twenty-year involvement in traditional witchcraft and a lot of pushing from friends led to a first publication in nonfiction of A Deed Without a Name: Unearthing the Legacy of Traditional Witchcraft, which Lee describes as the book he would have liked to have found when first setting out upon the crooked path and is designed for the discerning beginner. A more "advanced" nonfiction title, Sounds of Infinity: Traditional Witchcraft and the Faerie Faith, was published in 2019

January 2026

9781964537528 | 159 x 235 | £24.00

Crossed Crow Books | 350

Also available as an exclusive
Hardback (see pages 48 - 49)



HEARTSTRINGS OF THE KHYBER

A Collection of Pashto Folktales

Shaherzaad Laila & Komal Salman

B&W illustrations

Nineteen stories from the Pashto tradition.

A stunning collection of Pashto folktales, Heartstrings of the Khyber offers a comprehensive exploration of South and Central Asian cultural and literary heritage. Knowledgeable readers and novices alike can learn about the history and traditions of Pashto culture through medieval tales never before shared with the English-speaking literary world. By translating, transcribing, and compiling stories from the oral tradition, Shaherzaad Laila and Komal Salman have curated a critical resource for preserving Pashto customs and narratives.

Heartstrings of the Khyber features epics, fairy tales, and folk romances portraying Pashto culture through previously untranslated stories.

October 2025

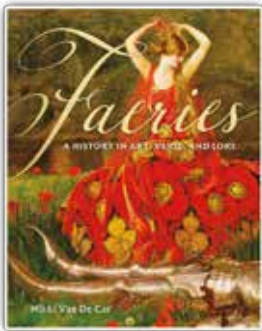
9781964537474

152 x 229 | 240pp | £19.99

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Myths & Legends



FAERIES

A History in Art, Verse and Lore

Nikki Van De Car

100 full-color and B&W reproductions

Discover the history and mythology of faeries-across time and cultures-as well as their significance in art, poetry, and more, in this lushly illustrated volume, featuring more than 100 reproductions of artistic masterpieces

Discover the history and mythology of faeries—across time and cultures—as well as their significance in art, poetry, and more, in this lushly illustrated volume, featuring more than 100 reproductions of artistic masterpieces. Faeries have captured the collective imagination throughout time and across cultures. Unexplained occurrences, natural phenomena, and so much more have been attributed to these beautiful, mysterious, and often mischievous creatures. Sometimes these faeries can be helpful and kindly, like the brownies of Britain, the menhune of Hawai'i, and the domovoi of Russia.

October 2025

9780762489510

228 x 177 | 288pp | £25.00

Hardback

Running Press Adult

Myths & Legends



DRAGONS

A Handbook of History & Lore from Basilisks to Wyverns

Agnes Hollyhock

colour illustrations

Dragons is your beautifully illustrated guide to these mythical creatures and their lore across cultures and centuries.

Discover the ancient lore and cultural myths behind dragons—the world's most mysterious and ubiquitous creatures—in this stunningly illustrated handbook. For millennia, dragons have been considered real, appearing in legends and myths across cultures and societies, including Central America, Europe, Asia, and Africa. Why are these creatures so popular, and what do they reveal about human nature? Dragons offers a deep dive into the imaginative world of dragons and explores their vivid lore and myths across a wide variety of cultures. Through detailed descriptions and original artwork, learn all about these mysterious and powerful creatures. Featuring beautiful illustrations and a comprehensive appendix of notable dragon sites around the world.

October 2025

9781577155409

140 x 210 | 176pp | £14.99

Hardback

Wellfleet Press

Myths & Legends

GODDESSES: A GRAPHIC HISTORY

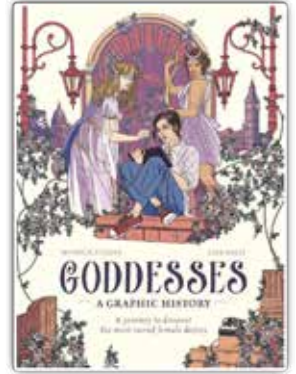
A journey to discover the most sacred female deities

Monica Foggia, Illustrated by Lisa Salsi

Colour illustrations

Step into the world of goddesses, witches, rebels and queens in this fierce and fascinating graphic history. It is a bold celebration of divine power, femininity and transformation.

Goddesses: A Graphic History is a bold and immersive graphic novel that reimagines ancient goddess traditions through the eyes of a modern-day seeker. Guided by the character of Lilith, readers are taken on a magical journey through Celtic England, Norse and Greco-Roman mythology, Turkey and ancient Egypt, uncovering mystical traditions, powerful deities and long-lost wisdom. Each leg of Lilith's journey connects to a season, blending myth, ritual and storytelling with themes that feel strikingly current — love, matriarchy and female power. As Lilith learns from each goddess, she also finds connection, friendship and transformation along the way.



November 2025

9781836002710

170 x 230 | 128pp | £14.99

Hardback

Leaping Hare Press

Myths & Legends

TALES OF THE DARK FEMININE

Inspirational Stories of the World's Fiercest Goddesses

V. Castro

B&W illustrations

Dive into a dark, empowering world where folktales, horror and feminist magic collide

Dive into a dark, empowering world where folktales, horror and feminist magic collide. This collection features 26 modern retellings of legends and folktales about fierce female deities and spirits from around the world. Perfect for women who own their power. Dark goddess energy is powerful and transformative, embodying the sensual, the hunter, the warrior, the mother, and even the grotesque and horrific. These 26 tales of powerful female goddesses and spirits will entrance those daring enough to explore the shadows of the human psyche, offering lessons from our ancient origins and help us understand ourselves in today's world. Embrace your own inner darkness alongside



October 2025

9781786789983

152 x 233 | 272pp | £19.99

Hardback

Watkins Publishing

Myths & Legends

CELTIC MYTHOLOGY

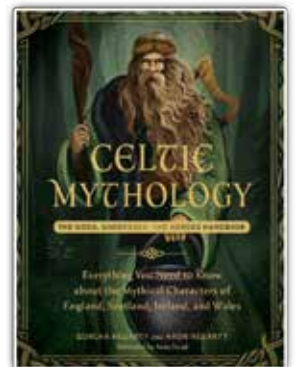
The Gods, Goddesses and Heroes Handbook

Sorcha Hegarty and Aron Hegarty, Illustrated by Anna Stead

4-colour with illustrations

Discover the gods, goddesses, heroes, and monsters from Celtic mythology with this beautiful book that captures the ancient stories and tales that captivated the Celts.

Discover the gods, goddesses, heroes, and monsters from Celtic mythology with this beautiful book that captures the ancient stories and tales that captivated the Celts. Prepare to be entertained as you learn about the many myths and legends of the Celtic people. From the storytelling duo behind the Candlelit Tales, this collection weaves together the stories of those heroes, deities, and monsters that make up the mythology. Drawing together the mythology and tales of England, Scotland, Ireland, and Wales, this book is a comprehensive collection of the fascinating gods, goddesses, heroes, and monsters that make up the compendium of Celtic myths and legends.



September 2025

9781507223888

152 x 203 | 256pp | £12.99

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Adams Media

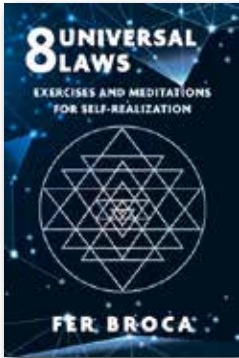
Celtic



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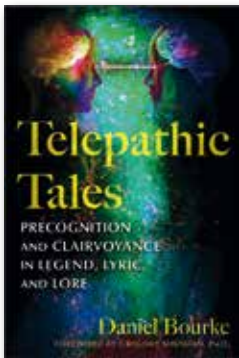
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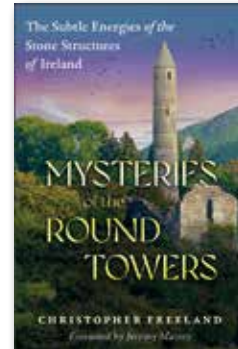
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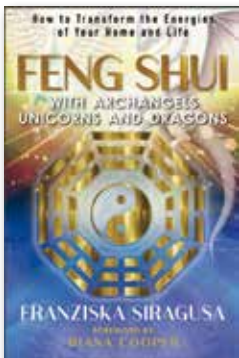
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Christopher Freeland

Foreword by **Jeremy Massey**

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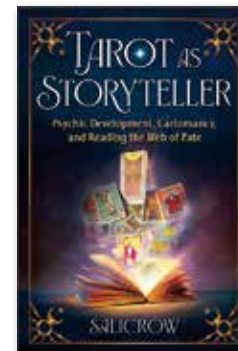
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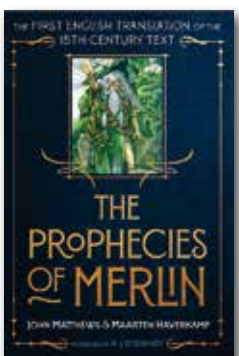
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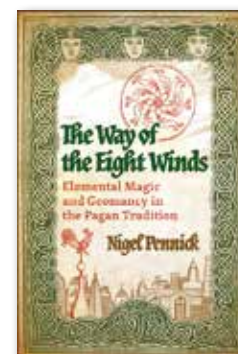
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WRITTEN IN YOUR STARS

Use Your Saturn Return, Pluto Square and Other Astrological Cycles to Become Your Best Self

Narayana Montufar

colour illustrations

Written in Your Stars is the definitive guide to navigating your planetary cycles based on your age.

Written in Your Stars is the definitive guide to navigating your planetary cycles based on your age. Using your age as a reference, learn and grow from the lessons and opportunities of your past, current, and upcoming planetary cycles. What does every 27-year-old have in common? At first glance, not much! But when you look at their specific age through an astrological lens, they are all at a critical moment along their life journey. Each of them is experiencing a Saturn Return, an important transition from adolescence to maturity where one sets the template for their major life goals. Written by one of Vogue's "13 Astrologers to Follow" Narayana Montufar, Written in Your Stars is the ultimate accessible guidebook for navigating planetary cycles.

July 2025

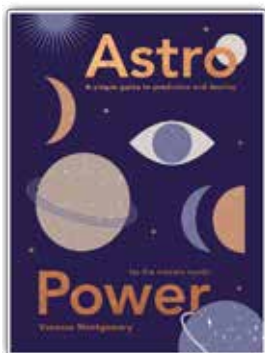
9780760395493

203 x 154 | 208pp | £14.99

Hardback

Fair Winds Press

Astrology



ASTRO POWER

A Simple Guide to Prediction and Destiny for the Modern Mystic

Vanessa Montgomery

colour illustrations throughout

Astro Power is a simple, practical and revealing handbook that reloads the wisdom of classic astrological signs for the modern mystic

Astro Power is a simple, practical and revealing handbook that reloads the wisdom of classic astrological signs for the modern mystic. It will show you how to use the planets and stars to forecast what, when and where in your life to expect the unexpected, utilize challenges and plan for changes.

Through easy-to-follow chapters, this book breaks down all you need to know to understand your cosmic calendar. You'll be able to tap into the cosmic universe to see what life has in store for you, and how you can adapt and change within various transits, time periods or moon phases to get the most out of life and avoid missing out.

November 2022

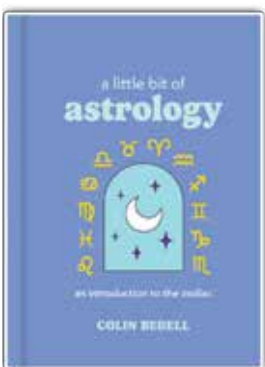
9781787138896

142 x 192 | 192pp | £14.99

Hardback

Quadrille

Astrology



A LITTLE BIT OF ASTROLOGY

An Introduction to the Zodiac

Colin Bedell

2-colour illustrations

In the popular "Little Bit of" series: a fresh, accessible introduction to the practice of astrology.

Curious about astrology? Take a deeper look at the zodiac and find out what it can reveal in this concise, accessible introduction. Explore the zodiac, and see how it affects your life! Astrology is an ancient art in which the movements of the stars and planets can divine the future. Find out more about the practice, its history, and each of the 12 sun signs—and then follow the detailed information on how to create a natal chart and use it to craft personalized horoscopes.

May 2025

9781454963073

133 x 184 | 128pp | £8.99

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Sterling Ethos

Astrology

ASTROLOGICAL GOETIA

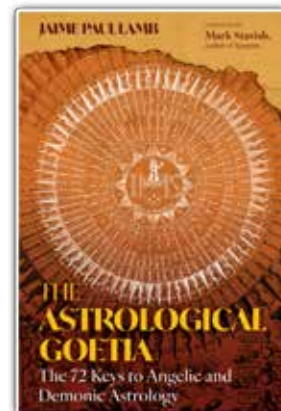
The 72 Keys to Angelic and Demonic Astrology

Jaime Paul Lamb

150 b&w illustrations

Blending zodiacal divination with Qabalistic magic and Solomonic demons, Jaime Paul Lamb details a system of occult astrology based on ancient texts.

Blending zodiacal divination with Qabalistic magic and Solomonic demons, Jaime Paul Lamb details a system of occult astrology based on ancient texts. He discusses the angels of the Shem HaMephorash and the qabalistic lore surrounding them, the demons of the Ars Goetia and their origin in the Solomonic grimoire tradition, and how each demon is paired with a specific angel. He details the astrological meanings, significations, attributes, sigils, and seals of the 72 angels and their demon counterparts. The author shows how the 72 Shem HaMephorash angels from the medieval Sefer Raziel HaMalakh and their corresponding 72



September 2025

9798888501337

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Inner Traditions

Astrology

ASTROCRYSTALS

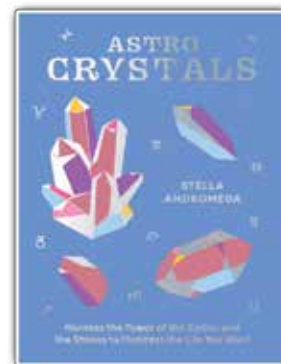
Harness the Power of the Zodiac and the Stones to Manifest the Life You Want

Stella Andromeda

full colour illustrations

With AstroCrystals learn how to harness the power of crystals to manifest your greatest potential and desires.

Stella Andromeda's latest book, AstroCrystals, joins the dots between astrology and crystal energy, and while each zodiac sign is affiliated to a specific gemstone that enhances their focus and power, everyone can benefit from the unique properties of crystals. Each beautiful crystal featured in this book has its own vibrational energy, helping to balance, stimulate or clarify our own, enabling us to focus and manifest positive change in our lives. Whether we want to affect change in our personal circumstances, improve our health, job prospects, finances or attract a soulmate, when we know how to use them the crystals have the power to help manifest our greatest potential and desires.



August 2023

9781784886370

148 x 184 | 144pp | £12.99

Hardback

Quadrille

Astrology

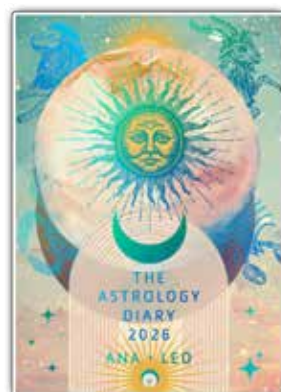
THE ASTROLOGY DIARY 2026

Ana Leo

Illustrated

This beautifully illustrated diary is back with new astrological guidance and cosmic insight to help you make the most of opportunities this year. Draw on the wisdom of the sky to make the most of every day.

This beautifully illustrated astrological diary, which features a foil cover and ribbon, will bring lunar wisdom into your everyday, with life-coaching tools and tips for each week. Organised around the zodiac, it shows you how to use the signs to inform your decisions and align your life with the energy of the Universe. For example, Pisces is the dreamer, so when the sun enters Pisces, it's time to implement steps to move closer to your dream life. It also explains the mysterious effects of planetary conjunctions, like how Mercury entering retrograde affects your decision making and fortunes. This year's diary has more interactive features than ever situated at the crossover of astrology and natural magic, with spells and rituals for you to try at home, like the sacred altar ritual, as well as information on crystals and chakras, and customizable astral charts.



July 2025

9781786789624

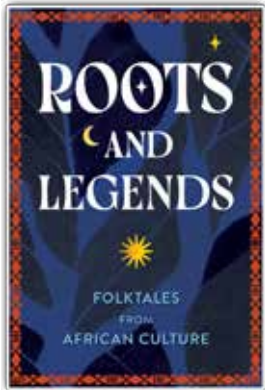
148 x 210 | 296pp | £14.99

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Astrology

African, Divination, Palmistry & Paranormal



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Wellfleet Press

African

ROOTS AND LEGENDS

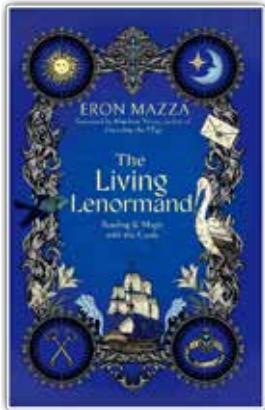
Folk Tales from African Culture

Editors of Wellfleet, Introduction by Kristen G. Congdon

colour illustrations

Roots and Legends celebrates the richness of African culture with over 50 timeless folktales.

Pass down the powerful teachings of African oral tradition by adding this luxe illustrated volume of over 50 cultural folktales to your home library. In this captivating collection of folklore from African culture, discover the stories that have been passed down through generations and continue to teach valuable lessons today through their vibrant, illustrative language. With over 50 folktales, Roots and Legends celebrates the richness of African customs and life, and champions the importance of oral tradition, a practice that rose up through the dark times of slavery and oppression. Divided into four sections (Why Things Are the Way They Are; Morals Taught through Animals Tales; Bearing Witness; and People with Unusual Powers) covering the spiritual nature of animals, people, the land and its sometimes spooky inhabitants.



January 2026

9781964537498

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Paperback

Crossed Crow Books

Divination

THE LIVING LENORMAND

Reading & Magic with the Cards

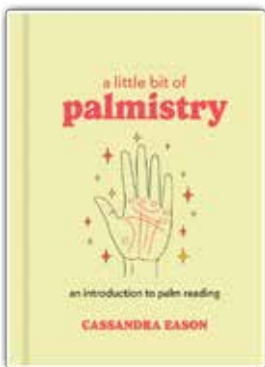
Eron Mazza, Foreword by Matthew Venus

45 B&W card illustrations, spreads and

A simple explanation of the thirty-six straightforward cards.

The Living Lenormand is a brilliant introduction to a resurging system of divination, seeking to help you sharpen your intuition and tell the difference between the "voice of the cards" and the cacophony of other voices that flood our minds on a daily basis. Eron Mazza takes the reader through the history of the Lenormand deck and Marie Anne Lenormand, the reader whose famous divinatory practices inspired the name. Mazza shares anecdotes from more than fifteen years of reading experience, highlighting the understated elegance of Lenormand.

The Living Lenormand presents Lenormand as an equal to more mainstream divination systems, such as runes and the tarot, with greater potential for widespread and discreet use.



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Palmistry

A LITTLE BIT OF PALMISTRY

An Introduction to Palm Reading

Cassandra Eason

2-colour illustrations

In the popular "Little Bit of" series: a fresh, accessible introduction to reading palms... and learning more

By studying the hand's shape and lines of the palm, you can divine your own—or someone else's—past, present, and future. Cassandra Eason lays out the basics of this ancient practice by discussing the importance of "life lines," "heart lines," and other truths written in our palms. It's a fascinating way to discover more about our own lives and the lives of others.

THE MODERN FORTUNE-TELLER'S FIELD GUIDE

Tom Benjamin, Foreword by Maria Minnis

A groundbreaking approach to the practice of divination.

Historically, fortune-tellers have always stood on the margins of society and been villainized by the Christo-colonial powers that view divination as competition. The Modern Fortune-Teller's Field Guide takes a contemporary and engaged approach to divination, with a strong focus on social responsibility. Because fortune-tellers can see the world as it is, they serve as a threat to structures that benefit from secrecy.

The Modern Fortune-Teller's Field Guide is an essential guide to anyone seeking theory and history alongside divinatory knowledge. Though anyone today can pick up a pack of tarot cards or begin casting bones, fortune-tellers have a responsibility in taking up that work to not only consider the forebears who suffered for that art but also to understand the systems of oppression that impact our clients.



November 2025

9781964537450

178 x 254 | 306pp | £25.00

Paperback

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Divination

THE LITTLE BOOK OF FORTUNE TELLING

An Introduction to the Art of Divination

Elsie Wild

approx 80 black or purple illustrations

Delve into the world of divination with this beginner's guide to fortune telling, which includes astrological practices, palmistry and tarot.

Would you like to be able to interpret the signs the universe is sending you? Do you want to know what's in store for you and your loved ones? Are you interested in the deeper meaning behind everyday events? Discover the methods for divining your future with this beginner's guide to fortune telling. Exploring the fascinating history behind divination techniques, and providing practical advice for trying them yourself, this book will teach you how to decipher the signs in the world around you.



September 2025

9781837996759

105 x 146 | 128pp | £7.99

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Summersdale Publishers Ltd

Divination

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Paranormal Realities in the Everyday World

Andy Thomas

Every day, very ordinary people are having extraordinarily strange experiences. In one of the most insightful investigations ever published, using the most up to date evidence and refreshingly open-minded approaches.

Every day, very ordinary people are having extraordinarily strange experiences. In one of the most insightful investigations ever published, using the most up to date evidence and refreshingly open-minded approaches, Strange reveals previously unrecorded true-life tales like these ... MEETINGS WITH GHOSTS: A new husband haunted by his predecessor ... a woman receiving a visit from her friend, not knowing the friend is now dead ... a child's face peering out from a sofa. ENCOUNTERS WITH UFOS: Police pursuing balls of light in a car chase across country roads ... Nuclear power station workers watching craft arise from beneath the sea ... A couple "called" into their garden to witness an uncanny display. PSYCHIC EXPERIENCES: A soldier whose out-of-body experience enables him to be retrieved alive from battlefield carnage.



July 2025

9781786789372

135 x 216 | 288pp | £16.99

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Watkins Books Ltd

Paranormal

Pendulums, Runes & Psychic Awareness



PENDULUM CRAFT

Your Guide to Using, Choosing and Understanding Pendulums

Fox Taylor

56 b&W illustrations

Your Guide to Using, Choosing and Understanding Pendulums

Pendulums are a fixture in the metaphysical world. They are tools for decision making, but they can be so much more. Pendulum Craft is an expansive, useful guide to using pendulums not just for divination, but for introspection, experimentation, and channeling messages from the beyond. In addition to a deep dive into the history and usage of pendulums, they also cover how to make a pendulum, connect with and calibrate it, and finally how to work with a pendulum board for accurate readings. This book also includes a selection of pendulum boards for different kinds of questions, which can be pulled out of the book.

May 2025

9781454955702

159 x 210 | 224pp | £15.99

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Sterling Publishing

Pendulums

A GUIDE TO READING THE RUNES

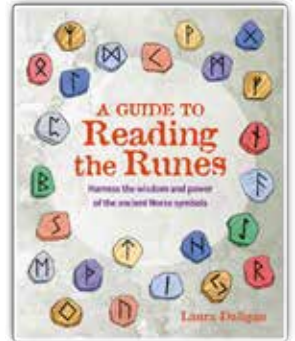
Harness the wisdom and power of the ancient Norse symbols

Laura Daligan

100 colour artworks

Learn how to divine the future and build your personal power using runes, the powerful Norse symbols. An easy, accessible guide for beginners which also offers a variety of ways to take your knowledge to the next level

Learn how to divine the future and build your personal power using runes, the powerful Norse symbols. An easy, accessible guide for beginners which also offers a variety of ways to take your knowledge to the next level. Runes were the writing alphabet of the Norse people, but they are not just static letters: they are dynamic energies which can help you make sense of your past, present, and future. In A Guide to Reading the Runes, Laura Daligan reveals how to work with these symbols to uncover a world of ancient knowledge. Learn about the runes' connection to Norse mythology and what runes meant to the Norse people.



September 2025

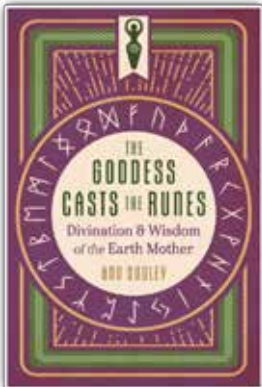
9781800654532

190 x 235 | 144pp | £14.99

Paperback

Cico Books

Runes



THE GODDESS CASTS THE RUNES

Divination and Wisdom of the Earth Mother

Anu Dudley

35 b&w illustrations

A transformative perspective on the sacred feminine origins of the runic alphabet.

This book shows that the roots of the runes lie in Mother Goddess lore rather than the Odin-centric mythology that has long dominated interpretations. Anu examines each rune from a feminist and Goddess-oriented viewpoint, offering a more comprehensive understanding of their significance. She delves into the primordial foundations of the Elder Futhark, intertwining themes of eco-feminism and Earth-based spirituality to provide a compelling alternative to the male-oriented ideologies that shape runic interpretation. This book looks at the origins and history of runes, examining their symbolic significance in relation to feminine energy and the Divine Triad of Maiden, Mother, and Crone. It also addresses Odin's appropriation of the runes and their treatment in the Hávamál poem.

November 2025

9781644117262

152 x 229 | 128pp | £12.99

Paperback

Destiny Books

Runes

APOTHECARY FOR THE AFFLICTED

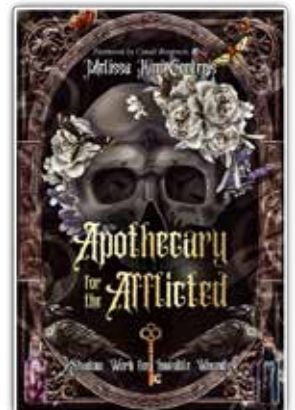
Shadow Work for Invisible Wounds

Melissa Kim Corter, Illustrated by Stephanie Wicker-Campbell, Foreword by Cyndi Brannen

B&W illustrations throughout and bookmark

A book you will return to time and time again to confront darkness, heal invisible wounds, and reclaim lost parts of the soul.

Apothecary for the Afflicted is a unique and transformative tool disguised as a book. The pages are filled with rich and potent shadow-work practices to uncover the authentic self while healing invisible wounds. Throughout the book, the reader encounters hauntingly beautiful imagery blended with the symbolism of fairy tales. The shadow speaks symbolically because it is beneath our conscious awareness. Therefore, we all have psychological blind spots. The Apothecary for the Afflicted is designed to creatively reveal these blind spots through shadow work practices rooted in the Jungian tradition.



October 2025

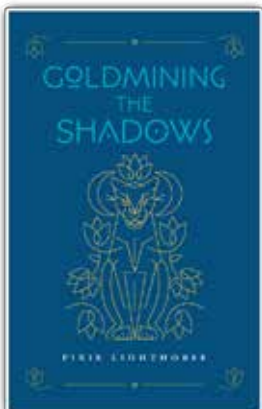
9781763586956

152 x 229 | 200pp | £21.99

Paperback

Muse Oracle Press

Self-Help



GOLDMINING THE SHADOWS

Pixie Lighthouse

The world often encourages us to suppress pain; GOLDMINING THE SHADOWS asks you to embrace it as a path to acceptance.

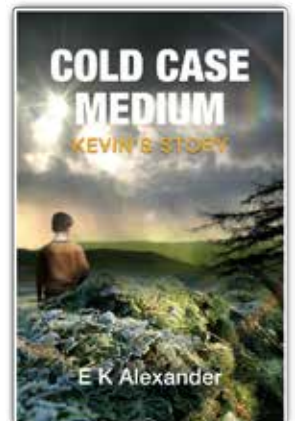
Through short and accessible chapters, you will learn to prioritize your healing by honouring the medicine of the wound, "to take responsibility for the parts of yourself you are most driven to deny—to be accountable for what might lie outside of your awareness."

COLD CASE MEDIUM - Kevin's Story

E. K. Alexander

In 1964 Kevin Hughes was murdered. He was only 14 years old. For over 50 years his family and friends have searched for him, but he has never been found. He lies abandoned and forgotten by almost everyone except his family ... and by someone else. When Serena Jackson, a psychic medium, begins to receive messages from the beyond, she goes on a perilous search for what happened to Kevin, reviving the mystery of his disappearance in the hope he may be found.

This book is the second book from the Cold Case Medium series.



January 2026

9780645883664

128 x 198 | 160pp | £13.99

Paperback

Animal Dreaming Publishing

Psychic Awareness

January 2026

9798991642880

127 x 203 | 160pp | £13.99

Paperback

Row House Publishing

Self-Help



September 2025

9781950639441

140 x 216 | 262pp | £15.99

Paperback

Big Sandy Press

Psychic Awareness

BIRTHMARK SCAR, BOOK 2

A Warrior's Path

P. E. Berg and Amanda Hemmingsen

The Birthmark Scar, Book 2 - A Warrior's Path continues with the process of a group of characters coping with concepts regarding psychics, past lives, religious dogma, and the synchronicity of gods and goddesses.

This continued narrative of events begins with three ancient angels and their interference in the role of angels and gods with humans interdimensional. Paul continues to move forward with his spiritual awakening and goes deeper in his psychological and sacred inner temple. Lilith (the first woman) and Merc (Hermes) continue to guide Paul in his new path while adding new characters from the past, present, and future to bring multiple facets of magick, angelic powers, and mythological characters into the story. Through this narrative, the characters have difficulty in denying the evidence of what is the true meaning of the metaphysical and the physical.

ADVANCED PSYCHIC TECHNIQUES

A Path to Intuitive Mastery

Paul Fenton-Smith

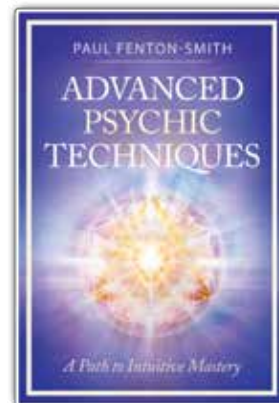
Deluxe paperback with ivory paper and cover flaps.

Don't leave your destiny to chance

Have you ever agonised over choosing the right job, relationship or creative opportunity? Making the best choice can save years of wasted effort or highlight opportunities that will have life-changing potential. This is where intuition makes all the difference.

Advanced Psychic Techniques includes effective ways to access personal intuition and remain centred when making important life choices. This book provides powerful methods to shape your life more positively. Don't leave your destiny to chance.

Written in a clear, simple way, this book helps you identify particular unique intuitive strengths.



August 2025

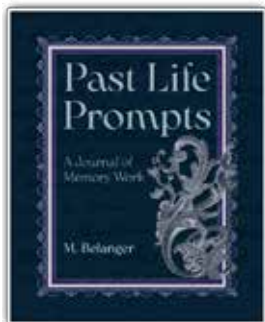
9781922574367

150 x 220 | 256pp | £15.99

Paperback

Blue Angel Publishing

Psychic Awareness



January 2026

9781964537610

165 x 203 | 220pp | £18.99

Paperback

Crossed Crow Books

Psychic Awareness

PAST LIFE PROMPTS

A Journal of Memory Work

M. Belanger

B&W illustrations throughout

Unlock the mysteries of your past lives.

A collection of over 250 open-ended prompts to inspire your past-life journey, Past Life Prompts by M. Belanger is your personal journal for self-directed memory work. Explore deep sensory and emotional triggers on your own schedule, taking time to reflect on and record everything that comes to mind. Bookending the prompts are instructions for how to approach memory work, why it's important, and how to avoid common pitfalls such as cryptomnesia and wish fulfillment.

THE LITTLE BOOK OF INTUITION

Simple practices for working with your sixth sense

Theresa Cheung

This beautifully illustrated book features simple exercises and prompts to help develop your sixth sense for self-healing and personal success.

The key to developing your sixth sense is your imagination. Unlock the power of imagination and you open yourself to a world of new possibilities.

When most people think of a sixth sense, they tend to think of an intuitive power. After consideration, it becomes apparent that what we call 'intuition' is not only a mental facility but also a super-sense, the cumulative power of all the senses: sight, hearing, taste, touch and smell. As we all possess intuition, we are therefore all able to unify our senses, giving us the power to find meaning in our lives, realize our potential and achieve personal fulfilment.



July 2025

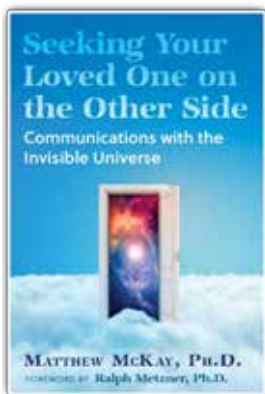
9781841816395

108 x 154 | 96pp | £8.99

Hardback

Godsfield Press

Psychic Awareness



October 2025

9798888502334

152 x 229 | 160pp | £12.99

Paperback

Park Street Press

Psychic Awareness

SEEKING YOUR LOVED ONE ON THE OTHER SIDE

Communications with the invisible Universe

Matthew McKay, Foreword by Ralph

How to connect with those who have passed and learning to love in the face of pain.

If you've lost a loved one or had a brush with mortality, you undoubtedly have wondered about life after death—or if it's possible to connect with souls on the other side. After the tragic death of his son, Jordan, the author embarked on a journey for ways to communicate with his son across the veil. He discovered not only successful methods to connect with lost loved ones but also profound truths about the afterlife, the illusion of loss, and how pain is integral to our life purpose. McKay recounts techniques he tried in order to connect with his son, including collecting unusual experiences from family and friends, consulting mediums such as Austyn Wells, undergoing past-life and between-life regressions, engaging in a technique called Induced After-Death

A LITTLE BIT OF INTUITION

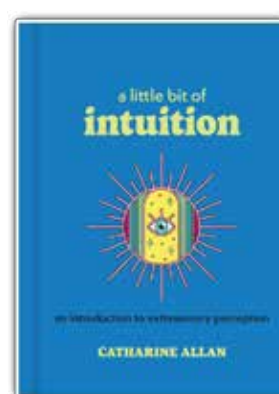
An Introduction to Extrasensory Perception

Catherine Allan

2-colour illustrations

This entry in the popular Little Bit Of series helps you understand, and develop, your powers of intuition.

Intuition is something we're all born with and use every day. But generally, it's not consciously explored and strengthened like a muscle. But with the right work, we all can increase our intuitive ability. This fascinating introduction guides you, with the help of real-life examples from over two decades as a spiritual life coach, how to listen to your intuition, act upon it, and discover the resulting flow and magic that comes from living life intuitively.



May 2025

9781454961444

135 x 185 | 128pp | £8.99

Hardback

Sterling Ethos

Psychic Awareness

Psychic Awareness, Crystals & Gemstones



June 2025

9781454958390

152 x 229 | 256pp | £12.99

Paperback

Sterling Ethos

Psychic Awareness

BEYOND

A Living Person's Guide to the Dead

Tiffany Hopkins

Beyond encourages readers to increase their powers of empathy, intuition, and imagination to inspire creativity, heal body and mind, and even create community and find their way to like-minded souls

A twist of fate changed the life of author Tiffany Hopkins forever: in the midst of her fast-paced career in the big city, she unexpectedly inherited a cottage in America's oldest intentional Spiritualist community. The little town of Lily Dale in upstate New York is wholly comprised of people who believe in talking to the dead, drawing an average of 20,000 tourists every year. These seekers come to experience the practice of spirit communication: booking séances, meeting one-on-one with mediums, and fully immersing themselves in the otherworldly atmosphere of this rare and wonderful town. After learning how to be a medium, Hopkins began focusing on normalizing talking to the dead, getting the word out about the practice of embodied mediumship.

A LITTLE BIT OF ASTRAL PROJECTION

An Introduction to Soul Travel

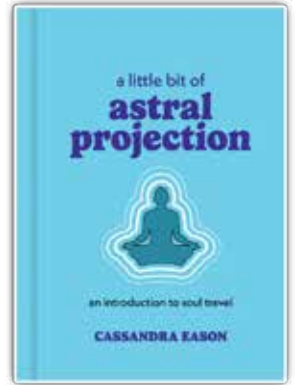
Cassandra Eason

2-colour illustrations

A Little Bit of Astral Projection teaches readers all about the history of this belief, how humans have studied and practiced astral travel since the dawn of recorded history, and the first steps to trying it at home.

The idea that we can travel across the world—and even through space and time—without leaving the comfort of our home has fascinated humans for thousands of years. A Little Bit of Astral Projection teaches readers all about the history of this belief, how humans have studied and practiced astral travel since the dawn of recorded history, and the first steps to trying it at home.

Tying in wisdom from a variety of disciplines, including trance and dream states, Cassandra Eason (A Little Bit of Auras, A Little Bit of Palmistry) presents an anyone-can-do-it handbook that approaches the astral plane as an obvious reality, not an esoteric discipline.



August 2025

9781454959700

135 x 185 | 128pp | £8.99

Hardback

Sterling Ethos

Psychic Awareness



August 2025

9781454956334

203 x 203 | 224pp | £17.99

Hardback

Sterling Ethos

Psychic Awareness

AURA WEAVING

Interpreting and Activating Energy Fields

Charlie Watts & Judah Andrews

Color illustrations throughout

Aura Weaving is a guidebook to the language of the energy fields that surround our bodies, translated into words and art by award-winning aura photographers Charlie Watts and Judah Andrews

Under the aegis of their company, Aura Weaver, they have crisscrossed America and captured the mysterious beauty of over 10,000 different auras. Some of those portraits are showcased in the book, along with an explanation on how to read and photograph auras, how cultivating a healthy aura creates an authentic life, and a fascinating history of aura photography from the Victorian age to the present—and beyond. Luminescent, shifting, and radiant; familiar and yet strange: the colors of the aura are a language that can communicate the emotional and spiritual state of the physical world.

SPIRIT SPEAK

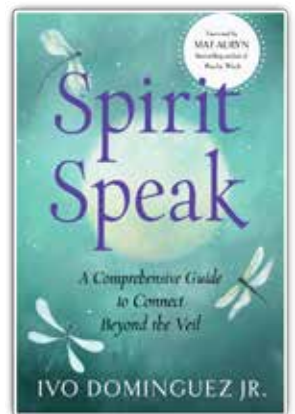
A Comprehensive Guide to Connect Beyond the Veil

Ivo Dominguez Jr., Foreword by Mat Aury

29 halftone and line art illustrations,

This newly revised spiritual classic gives you the keys to master the art of spirit communication

This newly revised spiritual classic gives you the keys to master the art of spirit communication. If you do magic, pray, or venerate your ancestors, you are working with spirits. If you seek information or guidance through channeling, through mediumship, or through the words and visions of mystics, you are also working with the beings of the subtle realms. Spirit Speak presents a unified system for understanding the broad range of nonphysical beings that we call spirits. Ivo Dominguez Jr. is able to make complex ideas accessible, through analogy and example, without oversimplifying. This comprehensive book can be understood and appreciated by readers from all different faiths, backgrounds, and levels of experience.



October 2025

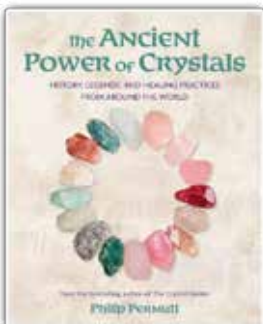
9781578638888

152 x 229 | 304pp | £21.99

Paperback

Weiser Books

Psychic Awareness



October 2025

9781800654624

190 x 235 | 144pp | £14.99

Paperback

Cico Books

Crystals & Gemstones

THE ANCIENT POWER OF CRYSTALS

History, legends and healing practices from around the world

Philip Permott

150 colour photographs and artworks

The new guide from Philip Permott, "Britain's leading crystal expert"

Discover how crystals have helped people throughout history and learn ways to harness this age-old wisdom for today. From American First Nations' tales of the healing power of crystals to weapons used by cavemen and in sacrificial ceremonies by the Aztecs, The Ancient Power of Crystals offers an exciting journey through time through the eyes and energy of the mineral world, showing how crystals have helped to create the world we live in today. Learn about lost civilizations such as Lemuria and Atlantis and their applications of crystals for both healing and power, and find out how methods that were used to work with crystals in the past can be adapted for the present day.

CRYSTAL HEALING

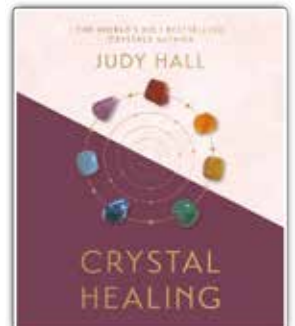
Judy Hall

colour illustrations

A comprehensive guide on everything you need to know about crystals to heal yourself and open your higher awareness.

With more than 45 years of experience in crystal healing, expert author Judy Hall is a leading authority on the use of crystals for personal and spiritual development.

Crystals provide a gentle, non-invasive form of healing that co-operates with your body's inner healer, a repair mechanism that brings mind and body back into balance. Working through the transmission of energy and the adjustment of subtle vibrations, crystals absorb, focus, transmute and transmit electromagnetic energy so that it can be absorbed by the body and used for positive wellbeing.



July 2025

9781841816371

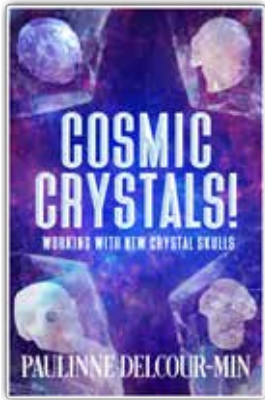
146 x 170 | 128pp | £9.99

Hardback

Godsfield Press

Crystals & Gemstones

Crystals & Gemstones



September 2025

9781962858403

140 x 216 | 280pp | £17.99

Paperback

Ozark Mountain Publishing

Crystals & Gemstones

COSMIC CRYSTALS!

Working with New Crystal Skulls

Paulinne Delcour-Min

16 full-color photos and line drawings

Explores their continued relevance of crystal skulls for us today.

There's no denying that crystal skulls are mysterious artifacts that have inspired legends throughout the ages. Tales of their paranormal abilities abound. But what if their modern counterparts were to have equal powers?

And what if you could have your very own crystal skull?

Well you can! Because thousands upon thousands of inexpensive crystal skulls are pouring from the world's crystal workshops today—and even if you don't live anywhere near a crystal shop, they are available to all through the internet. Can these replicas also act as bridges to unseen worlds? Defy space and time? Act as portals to other dimensions? And even be mirrors to your soul, capable of showing you your own past lives and so much more?



February 2023

9781787139145

167 x 217 | 192pp | £15.00

Hardback

Quadrille

Crystals & Gemstones

THE CRYSTAL YEAR

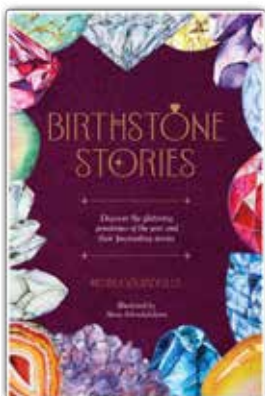
Crystal Wisdom Through the Seasons

Claire Titmus

full colour photography

In The Crystal Year, Claire Titmus, Advanced Crystal healer and owner of The Crystal Bar, shares crystal wisdom to support you through the seasons.

Split into the 12 months, The Crystal Year teaches you how to harness the properties of all the crystals lurking in your collection by aligning them with key dates and seasons. In January, learn how carnelian can support your New Year goals; in February, find out if rose quartz will help you find your Valentine. As the evenings get darker, discover just why emerald is the perfect crystal to help you survive Scorpio season.



October 2025

9781446315644

148 x 210 | 144pp | £14.99

Hardback

Verbena

Crystals & Gemstones

BIRTHSTONE STORIES

Discover the glittering gemstones of the year and their fascinating stories

Melise Ozkardesler

colour throughout

Birthstone Stories explores the magic, meaning and history of the birthstones, covering every month in detail and revealing some of the most beautiful and significant pieces of jewelry and birthstone specimens ever found

Birthstone Stories explores the magic, meaning and history of the birthstones, covering every month in detail and revealing some of the most beautiful and significant pieces of jewelry and birthstone specimens ever found. Beautifully illustrated, it elevates the birthstones and is the perfect book for anyone curious about crystals and history. Discover the majesty of the birthstones and dive deep into the history of birthstone jewelry! In Birthstone Stories, explore the meanings and the mineral make up of the gemstones associated with each calendar month.

CRYSTALS AND ENERGIES

The Essential Witch's Kit for Using Crystals to Find Balance and Well Being

Claire Taupin

Line drawings and full-colour photography

Crystals and Energies is a pocket guide to selecting and working with crystals

Discover the power of crystals in this pocket spell book, which explores how crystals can help you to find balance and well-being by responding to your psychic and physical energies. Whether you are looking for help with anxiety or stress, or to protect yourself from negative energy, Crystals and Energies provides everything you need to know. Learn how to cleanse your crystals, how to choose crystals according to your needs and how to build your own personal 'crystal first aid kit' from scratch. Packed with advice on using crystals as part of your daily life, as well as taking care of your collection and how to recharge your crystals, Crystals and Energies is the perfect guide to beginning your own journey with these precious stones.



September 2022

9781787139299

128 x 161 | 144pp | £10.00

Hardback

Quadrille

Crystals & Gemstones

CRYSTAL STICKER BOOK

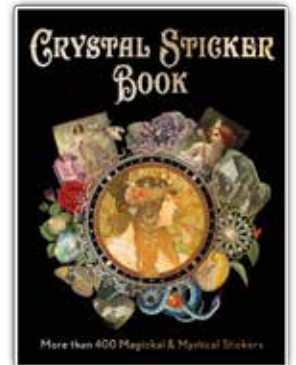
More than 400 Magickal and Mystical Stickers

Union Square & Co

400+ full colour stickers

This beautiful sticker book features more than 400 colorful crystal-themed artworks—both vintage and vintage inspired.

This beautiful sticker book features more than 400 colorful crystal-themed artworks—both vintage and vintage inspired. There are six categories of stickers corresponding to inherent aspects of the crystals—holistic healing & meditation, serenity & sleep; love, romance & fertility; family & friends, pets & home; divination, psychic intuition & spiritual growth; success, abundance & luck; protection & strength, courage & confidence—each introduced by a thematic poem. The stickers are perfect for decorating everything from stationery to scrapbooks; use them to embellish notebooks, planners, gift boxes, and laptops, or to create artistic collages.



July 2025

9781454958284

160 x 208 | 192pp | £19.99

Paperback

Sterling Ethos

Crystals & Gemstones

SONGS OF THE STONES

Crystals to Connect with the Ancestors and the Earth

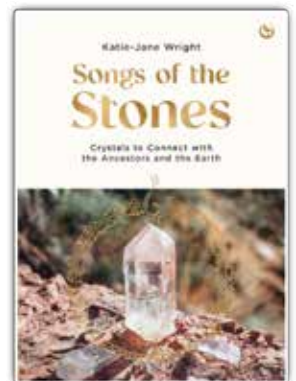
Katie-Jane Wright

colour photos

Connect with the healing energies and ancestral stories of 20 ancient stones, following Katie-Jane Wright's travels to sacred sites.

Discover the healing properties and inner energies of these stones through ancient legends. Connect to the stones and our shared ancestors with your heart centre for healing and spiritual growth.

After travelling to many sacred sites, exploring her own heritage and gathering legends of venerable stones, Katie-Jane Wright has curated a selection of grounding mineral stones with healing properties we can all access. Discover not just local, familiar gemstones such as Apaches tears obsidian, sea coal and carnelian, but standing stones such as Sedona red rock from the US and structures of flint and limestone in Mexico.



December 2025

9781786789488

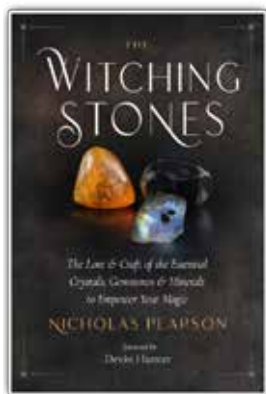
144 x 200 | 280pp | £14.99

Paperback

Watkins Publishing

Crystals & Gemstones

Crystals & Gemstones, Alternative Therapies



November 2025

9781578638338

152 x 229 | 288pp | £19.99

Paperback

Weiser Books

Crystals & Gemstones

THE WITCHING STONES

The Lore and Craft of the Essential Crystals, Gemstones, and Minerals to Empower Your Magic

Nicholas Pearson, Foreword by Devin Hunter

14 colour images

Examines crystals, gems, and humble stones with the most ancient and powerful connections to magic.

Crystals are displayed prominently at virtually every witchcraft and metaphysical store; however, a comprehensive guide to their use in magic has been a missing element. Nicholas Pearson helps to remedy this with The Witching Stones, examining crystals, gems, and humble stones with the most ancient and powerful connections to magic. These magical stones number fourteen in all: flint, hagstone, ammonite, fossil urchin, salt, lodestone, lead, toadstone, amber, jet, cross-stone, quartz, moonstone, and emerald.

ACCESSING YOUR INNER SECRETS

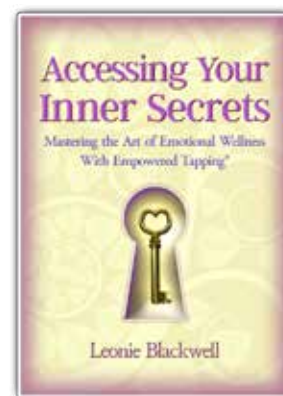
Mastering the Art of Emotional Wellness With Empowered Tapping

Leonie Blackwell

Unlock the transformative power within you with Accessing Your Inner Secrets, a groundbreaking guide that combines the ancient wisdom of Traditional Chinese Meridian Therapy with cutting-edge neuroplasticity science.

In this revolutionary approach to emotional wellness, Empowered Tapping® helps you break free from repetitive, unproductive patterns triggered by trauma responses and realign yourself with your true self.

Discover how to harness this innovative technique to rewire your brain, dissolve deeply ingrained blocks, and cultivate a sense of profound inner peace. Whether you're seeking to overcome persistent emotional hurdles or simply wish to deepen your self-awareness, this book offers practical tools and insights to guide you on a journey towards lasting emotional harmony.



January 2026

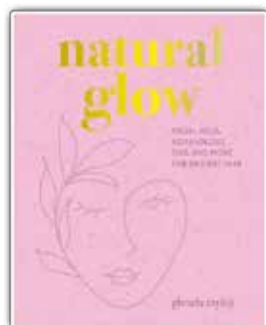
9781763744806

148 x 210 | 200pp | £14.99

Paperback

Animal Dreaming Publishing

Alternative Therapies



November 2025

9781800654686

170 x 210 | 128pp | £14.99

Hardback

Cico Books

Alternative Therapies

NATURAL GLOW

Facial yoga, reflexology, oils and more for radiant skin

Glenda Taylor

100 colour artworks and photographs

Look fresher, younger, and healthier in a matter of minutes with easy facial massage and other techniques.

Discover how simple facial exercises—face yoga and facial reflexology—can not only improve your skin tone but make your whole body feel better, with no chemical products or invasive procedures! Glenda Taylor has been looking after her clients' skin for years and now wants to share her secrets for a naturally beautiful complexion. Each facial exercise sequence is explained and illustrated step by step. Learn how to do gua sha, using rollers and other tools to really work on the muscles in your face. Glenda also reveals how to find the right plant oil for your skin. Recipes are included for bespoke facial oils and hydrosols (water-based toners) made with essential oils to draw on the benefits of aromatherapy.

THE PRACTICAL SCIENCE OF HERBS

An Evidence Backed Guide to 50 Therapeutic Herbs and How to Use Them

Aisha Hill-Hart

Real science meets traditional wisdom in The Practical Science of Herbs, an evidence-backed guide-complete with recipes!-to the therapeutic properties of 50 herbs that support everyday wellness.

Explore and harness the real science behind 50 healing herbs with in-depth profiles, DIY recipes, and simple practices for natural wellness.

Have you ever wondered why ginger is good for digestion? Or why raspberry leaf helps with menstrual cramps? Have you considered trying ashwagandha to reduce stress, but are skeptical that the effects are "real?" Good news—they are. And this book will tell you why. Blending traditional herbal wisdom with modern research, The Practical Science of Herbs is a meticulously researched and scientifically grounded guide to therapeutic herbalism.



December 2025

9780760398784

191 x 235 | 208pp | £20.00

Paperback

Fair Winds Press

Alternative Therapies



March 2025

9780008737207

196 x 251 | 256pp | £19.99

Hardback

HarperCollins

Alternative Therapies

PLANTS THAT HEAL

200 Healing Plants and Home Remedies

Rachel Newcombe

full colour throughout

From garden herbs and flowers to foraged fruits and berries, plants have the power to nourish and heal. Used in home remedies and by professional herbalists for thousands of years, nature's medicine chest offers incredible healing benefits

Grown in pots outside 19th-century apothecaries, the apothecary rose has been used to treat skin conditions and indigestion

Some Native American peoples used Evening Primrose to treat wounds, and today it is used in acne treatments and pain suppression

Plants That Heal brings together over 200 therapeutic plants and their home remedies in one beautifully illustrated book, featuring detailed photography to aid identification of plants and clear instructions for easy-to-follow recipes.

THE BIODYNAMIC HEART

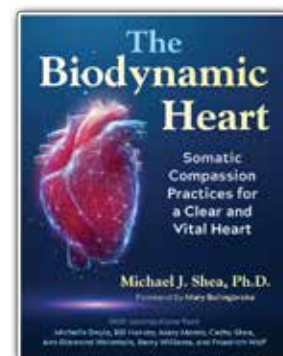
Somatic Compassion Practices for a Clear and Vital Heart

Michael J. Shea

Includes 24-page color insert and 444 b&w

A guide to biodynamic manual therapy practices for spiritual and heart health o Explores the author's contemplative model and techniques of Biodynamic Cardiovascular Therapy as a means to optimize heart function and heal spiritual wounds

Exploring the nature of trauma and spirituality as it relates to the cardiovascular system, somatic psychologist Michael J. Shea examines the pervasive epidemic of heart disease as a physical manifestation of a worldwide degeneration of empathy and compassion. He presents therapeutic practices to bring our hearts back into greater balance. Sharing his own experience as a young Army officer who survived a terrorist bombing attack and the profound awakening of compassion that followed, the author looks at the interconnection between traumatic experience and metabolic functioning.



September 2025

979888500620

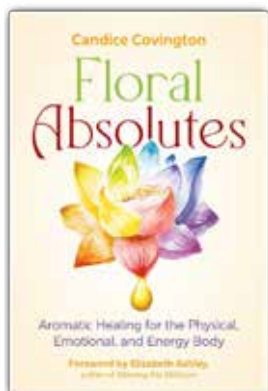
216 x 279 | 600pp | £46.99

Paperback

Healing Arts Press

Alternative Therapies

Alternative Therapies & Chakras



October 2025

9781644117385

152 x 229 | 384pp | £23.99

Paperback

Healing Arts Press

Alternative Therapies

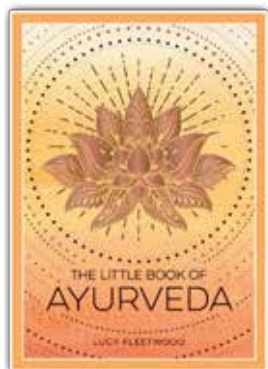
FLORAL ABSOLUTES

Aromatic Healing for the Physical
Emotional and Energy Body

Candice Covington

A guide to working with and experiencing plant absolutes.

One of the most concentrated forms of fragrance, cherished in natural perfumery and aromatherapy, floral absolutes are created through a gentle heatless extraction process that coaxes the aromatic signature from delicate plant materials such as flowers. Absolutes contain the essential oil of the plant and a higher density of colouring, waxes, and other constituents, giving them healing effects often different from the plant's essential oil. How As aromatherapist Candice Covington explains, absolutes convey the synergistic story of the plant through its scent. They offer healing effects for the body, yet their greatest strength lies in their effects on the emotions and spirit. Covington provides profiles for dozens of absolutes, exploring their physical and emotional healing properties and their myths—stories, poems, and experiences that convey the subtle qualities of each absolute directly to the subconscious.



October 2025

9781800079359

102 x 152 | 128pp | £7.99

Paperback

Summersdale Publishers Ltd

Alternative Therapies

THE LITTLE BOOK OF AYURVEDA

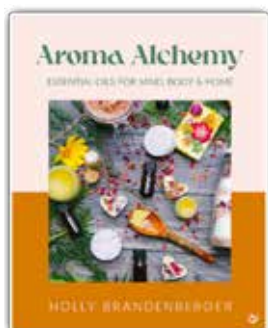
A Beginner's Guide to the Art of Balancing
Mind, Body and Spirit

Lucy Fleetwood

Make your wellbeing a priority and embrace your connection to the world around you

Within these pages you will find everything you need to know about this ancient healing practice, including its history, the basic principles and how you can benefit from it. It's time to unlock the powers of Ayurveda and begin your journey towards a healthier you.

Originating in India, the holistic therapy of Ayurveda is one of the oldest healing practices in the world. Based on the principle that illness and disease are caused by an imbalance between mind, body and spirit, Ayurveda offers a comprehensive approach to finding balance with an emphasis on a healthy diet combined with regular exercise, meditation and yoga.



October 2025

9781786789969

183 x 216 | 272pp | £19.99

Hardback

Watkins Publishing

Alternative Therapies

AROMA ALCHEMY

Essential Oils for Mind, Body and Home

Holly Brandenberger

The most comprehensive book for those exploring essential oils for the first time, packed with fragrant recipes and science-based advice from an aromatherapist with a following of over 1 million.

Discover the science behind scents, with more than 100 fragrant recipes for mind, body and home in this beautiful lifestyle book written by a certified aromatherapist.

Smell is the most powerful of our senses – we can recognize almost 1 trillion different smells. Certified aromatherapist, registered nurse and Instagram sensation Holly Brandenberger gives us the knowledge and tools to harness the power of scent, showing how every-day aromatherapy can be used for holistic health and wellbeing.

This book is packed full of Holly's thorough research on how and why aromatherapy works, advice for inhalation and topical application, safety notes and 100+ recipes.

DISEASE AS A SYMBOL

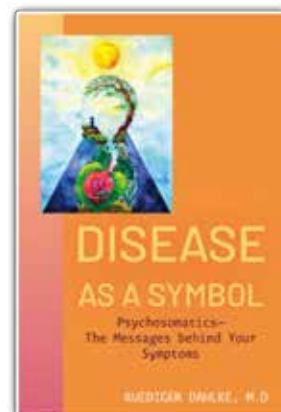
Psychosomatics - The Messages behind
Your Symptoms

Ruediger Dahlke

What if we viewed illness not as an enemy to be battled, but meaningful clue to our subconscious?

What if we viewed illness as a meaningful clue to our subconscious? Disease as a Symbol by Ruediger Dahlke explores this idea, offering a comprehensive guide to understanding the symbolic meanings of diseases and symptoms. This manual empowers readers to decode their illnesses, supporting a holistic healing approach that addresses both symptoms and their root psychological causes. Now available in a revised and expanded English edition.

In Disease as a Symbol, readers are invited to embark on a transformative journey through the intricate relationship between the human body and mind. This compelling work by a seasoned expert in holistic medicine delves into the profound idea that disease and symptoms can be seen as opportunities for personal growth and self-discovery.



September 2025

9781591813408

152 x 229 | 546pp | £29.00

Paperback

Sentient Publications

Alternative Therapies

THE POCKET BOOK OF PLANTS THAT HEAL

The illustrated herbarium of medicinal
plants

Gérard Debuigne & François Couplan,

colour photos throughout

Unlock the secrets of nature's medicine cabinet

Unlock the secrets of nature's medicine cabinet. Discover 75 common medicinal plants, their fascinating histories, therapeutic properties, and learn techniques to prepare herbal remedies such as infusions, tinctures, oils, and lotions. Recognize plants through exceptional photographic plates and discover a wealth of information. Unleash the power of nature's pharmacy for healing and self-care with this pocket-sized guide to medicinal plants. Immerse yourself in a world of wonder as you explore 75 Plants That Heal, which will leave you wanting to unlock the secrets of nature's medicine cabinet. Discover the common medicinal plants, their fascinating history, and therapeutic properties, while learning techniques to prepare safe herbal remedies such as infusions, tinctures, oils, and lotions.



October 2025

9781446316689

106 x 140 | 176pp | £9.99

Hardback

Verbena

Alternative Therapies

CHAKRA DREAMWORK

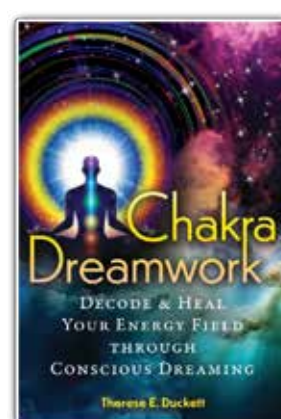
Decode and Heal Your Energy Field
through Conscious Dreaming

Therese E. Duckett

full colour throughout

A guide to using your dreams to access chakras for activating self-transformation.

We are energetic beings operating at different vibrational frequencies that flow through our chakra system. In this book, Therese E. Duckett scientifically explains how our chakras communicate with our subconscious and how they can be attuned for greater knowledge, self-awareness, and healing. When a chakra is blocked or imbalanced, we may experience physical, emotional, mental, or even spiritual symptoms. The solution to heal these issues and improve health and well-being can be found in our dreams. Duckett demonstrates how each chakra transmits specific symbols and dream signatures indicating the state of its energy flow. If a dream indicates that a particular chakra is blocked, we can take action.



November 2025

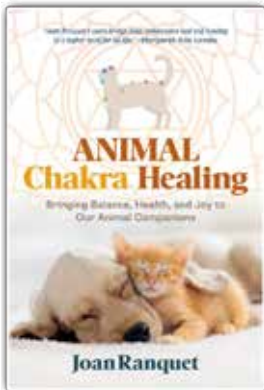
9798888502419

152 x 229 | 192pp | £14.99

Paperback

Destiny Books

Chakras



November 2025

9798888502617

152 x 229 | 240pp | £14.99

Paperback

Findhorn Press

Chakras

ANIMAL CHAKRA HEALING

Bringing Balance, Health and Joy to our Animal Companions

Joan Ranquet

4 colour and 1 b&w illustrations

Improving our animal's mental, physical, and emotional life through their chakras

Cats, dogs, and horses all have chakras and, while we share our lives with these beloved companions, little is known about their chakra systems. Yet, the chakras can reveal what is at the core of our animal companion's desires, the root of their challenges, and the best ways to address these challenges. This book will help you understand why your animal behaves the way they do, how they process negative or traumatic experiences, and where they hold negativity in their body. For each of the seven main chakras, Joan discusses their key characteristics, common imbalances, and how to harmonize them to keep our animals healthy. She also explores the eighth chakra, relating to the animal's aura and connective ecosystem, including their household and the collective and cosmic fields.

THE LITTLE BOOK OF BREATHING

Simple practises for connecting with your breath

Una L. Tudor

This beautifully illustrated book features simple exercises and prompts to help you breathe your way to a more considered, thoughtful and happier life.

What if changing the way we breathe can change the way we live?

Breathing is perhaps the biological process to which we pay the least attention - but it's the most fundamental. Noticing and controlling our breathing sits in the overlapping section of a Venn diagram between mindfulness and yoga, between science and the spiritual, and chiefly between high-minded theory and practical solutions.

Breathing - unlike many forms of complementary therapy - requires no special equipment or space. All you need is the willingness to turn your attention inward for a moment or two.

Featuring beautiful illustrations and simple exercises.



July 2025

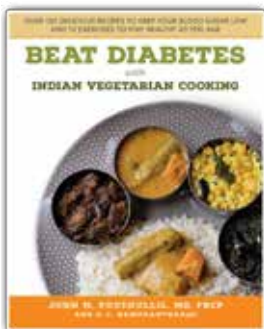
9781841816388

112 x 154 | 96pp | £8.99

Hardback

Godsfield Press

Health



November 2025

9780997107753

203 x 254 | 152pp | £27.00

Paperback

Over and Above Creative

Health

BEAT DIABETES WITH INDIAN VEGETARIAN COOKING

Over 100 Delicious Recipes to Keep Your Blood Sugar Low and 12 Exercises to Stay Healthy as You Age

John Poothullil and D. C. Hanumantharao

20 colour photographs

Delicious vegetarian Indian cuisine recipes to lower blood sugar and beat diabetes

Don't Let Type 2 Diabetes or Pre-Diabetes Control Your Life!

Start a Delicious New Journey to a Healthier, Happier You

Discover how you can live a diabetes-free life with this groundbreaking cookbook and exercise guide. With these 112 delicious vegetarian recipes based on traditional Indian cuisine, you will never miss the high-carbohydrate, high-sugar foods of your past. Every recipe nourishes your body, builds your immune system, and keeps your blood sugar in check so you can completely enjoy these tasty breakfasts, lunches, dinners, snacks, and sweets.

HEART-ACHES

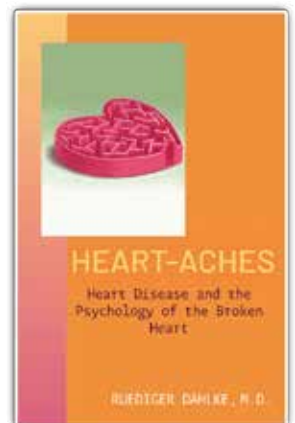
Heart Disease and Psychology of the Broken Heart

Ruediger Dahlke, Translated by Petra Michel

A must-read for those interested in holistic health, psychology, and the emotional dimensions of medicine

Heart-Aches explores the deep connections between heart health and emotional well-being. Dr. Ruediger Dahlke blends cultural history, medical insights, and psychological perspectives to reveal how symptoms often reflect deeper emotional realities. This holistic guide combines modern medicine with traditional wisdom, offering a comprehensive understanding of heart-related issues and the importance of a balanced approach to treatment. Perfect for those interested in holistic health and the emotional dimensions of medicine.

Discover the hidden connections between your heart's health and emotional well-being in Heart-Aches, a fascinating exploration of the mind-body connection.



September 2025

9781591813422

140 x 216 | 320pp | £21.00

Paperback

Sentient Publications

Health



September 2025

9781588348005

203 x 254 | 160pp | £38.00

Hardback

Smithsonian Books

Art

STATE FAIRS

Growing American Craft

Edited by Mary Savig

100 colour images

Your ticket to the best state fair crafts-from Choctaw basketry to sculpted butter cows-with more than 100 amazing images of American craft art!

A Dolly Parton crop art portrait. Size-96 cowboy boots. A quilt incorporating the jean outfits of a farmer and his son. This book features more than 100 photos of extraordinary and unconventional crafts from state and tribal fairs, including needlework, basketry, ceramics, crop art, butter sculpture, Nordic Rosemaling, and Spanish Colonial embroidery. In essays that explore the history of crafting at state fairs from the 1840s to present day, contributors reflect on:

The way fairgrounds connect people through craft, how the fair provided a public platform for women's achievements and the significance of Indigenous fairs

THE ASCENT OF RAUSCHENBERG

Reinventing the Art of Flight

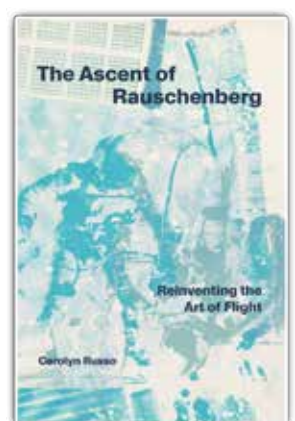
Carolyn Russo, Foreword by Alexander Nemerov

170 colour images

Take flight with postmodern artist Robert Rauschenberg in this tribute to his space and aviation art, featuring art history and 150+ fascinating images

Most famous for his groundbreaking "Combines" - painting and sculpture hybrids that often incorporated everyday objects - American artist Robert Rauschenberg (1925-2008) created within a range of mediums, including collage, performance, photography, and printmaking. But a connective tissue through it all was his fascination with flight. The Ascent of Rauschenberg explores the flight motif across his work, spanning birds, insects, aviation, spaceflight, sensory experiences, and metaphors for his own life.

More than 150 images reveal the vibrant scope of his work, from lithographs inspired by the Apollo 11 launch that NASA invited him to witness and document.



October 2025

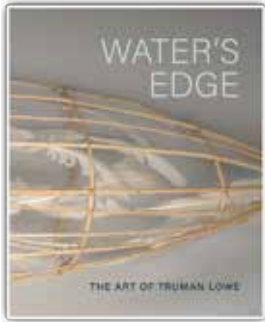
9781588347992

241 x 305 | 192pp | £48.00

Hardback

Smithsonian Books

Art



WATER'S EDGE

The Art of Truman Lowe

Rebecca Head Trautmann

136 colour images

Celebrate Native American artist Truman Lowe in this career retrospective featuring 100+ images and intimate insights on his one-of-a-kind sculptures.

Nationally acclaimed artist Truman Lowe (Ho-Chunk, 1944-2019) was best known for his sculptures that transform wood into water. Working with organic materials such as willow branches and feathers, his artworks evoke the rivers, streams, and waterfalls in Black River Falls, Wisconsin where he was raised, as well as the history and lived experiences of his family and Ho-Chunk community. Water's Edge is a stunning retrospective, featuring nearly five decades of Lowe's sculptures, drawings, and paintings.

The introduction explores the overlapping themes of moving water, woodland structures, memory and knowledge, and landscape and place that permeate Lowe's work.

October 2025

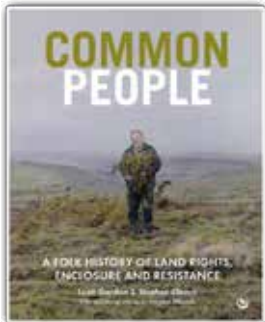
9781588347190

279 x 229 | 176pp | £38.00

Hardback

Smithsonian Books

Art



COMMON PEOPLE

A Folk History of Land Rights, Enclosure and Resistance

Leah Gordon & Stephen Elcock, With

100 colour photos

Offers a re-imagining of English history from below, informing readers about the silenced history of the

A stunning book by photographer Leah Gordon and bestselling art author Stephen Elcock, illustrated with 100 incredible colour images from a diverse range of artists of different eras, exploring the enclosure of common land in England and the struggle over the centuries to regain access. This book is an ambitious project to trace through diverse artworks the history of the enclosure of common land in England and the stories of those who over the centuries have attempted to resist this. Richly illustrated with Leah Gordon's photography, it brings together wonderful array of artworks, from renowned fine art imagery to historical satirical work to photography of folk customs past and present.

October 2025

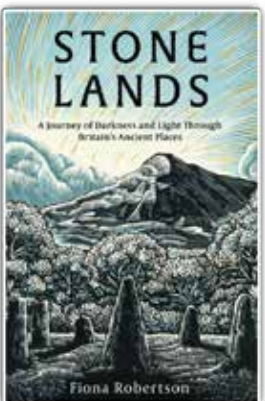
9781786789990

174 x 210 | 176pp | £26.99

Hardback

Watkins Publishing

Art



STONE LANDS

A Journey of Darkness and Light Through Britain's Ancient Places

Fiona Robertson

25 B&W illustrations and maps

A comprehensive guide on everything you need to know about crystals to heal yourself and open your higher awareness.

'Superb' Telegraph

'There's a real sense of peace and magic in this beautiful book' Daisy Buchanan

'Utterly endearing' Dr James Canton

'A fantastic book for weird walkers and megalith-obsessives alike' Weird Walk

Journeying across Britain, from West Penwith and Avebury to the Lake District and Orkney, Stone Lands uncovers the magic and rich history of our incredible prehistoric standing stones. It conveys the delight that lies in tracking them down, as well as the solace these ancient places offer in times of darkness.

June 2025

9781472149183

158 x 236 | 400pp | £25.00

Hardback

Watkins Publishing

Folklore

ETHIOPIAN DEVOTIONS

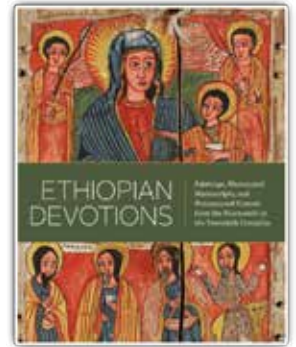
Paintings, Illuminated Manuscripts, and Processional Crosses from the Fourteenth to the Twentieth Centuries

Marilyn E. Heldman, Foreword by Heran Sereke-Brhan, Contributions from Getatchew Haile, Kay Kaufman Shelemay and Denis Nossnitsin

100 colour images

Admire stunning Christian imagery of Ethiopian Orthodox Church art in this lavishly illustrated volume with informative essays and more than 100 images

Ethiopian Devotions celebrates an incredible collection of work, from a free-standing basilica carved from living rock, to the tradition of Ethiopic hagiography describing the lives of saints, to diptych and triptych icons of veneration — miniature paintings distinctive for their vibrant colours and soulful eyes.



November 2025

9781588348074

203 x 254 | 176pp | £38.00

Hardback

Smithsonian Books

Art

WILD WATERCOLOR

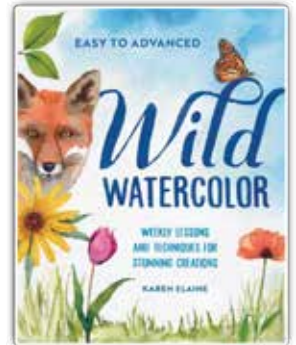
Weekly Lessons and Techniques for Stunning Creations

Karen Elaine

full colour throughout

Grow in creative confidence with weekly watercolour projects that showcase the magic of nature

Enjoy the meditative art of watercolour and unlock your creativity with Wild Watercolor: Weekly Lessons and Techniques for Stunning Creations. With renowned watercolour artist Karen Elaine as your guide, you'll confidently build your watercolour skills through tutorials that teach key techniques and projects that feature the wonders of nature in the author's vibrant signature style. This workbook's week-by-week format will help you establish a regular watercolour practice, incorporating art and relaxation into your life. From delicate butterflies and tulips to foxes, twilight skies, landscapes, and more, get ready to enter the wild world of watercolour!



September 2025

9780593885864

203 x 254 | 144pp | £18.99

Paperback

Zeitgeist

Art

FOLKLORE RISING

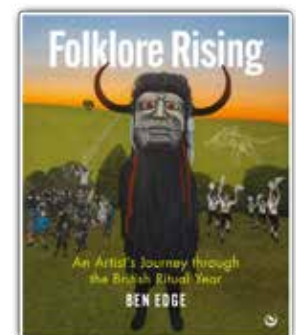
An Artists Journey Through the British Ritual Year

Ben Edge

over 200 artworks

Ben Edge is a rising star of both the art world and the current folk renaissance. This first trade book of Edge's art, featuring over 200 artworks

Ben Edge has travelled the length and breadth of Britain recording the weird and wonderful folk customs alive in communities all over the country. In this book, the first trade edition of his art, he shares over 200 paintings and photographs, along with real-life stories, anecdotes and legends. He talks about how connecting with our incredible living folklore helped him recover from depression, and also introduces his idea of folklore activism, suggesting that suggesting that the current massive resurgence of interest in contemporary folk culture represents ordinary people's desire to find new ways of envisioning community and caring for and connecting to nature.



October 2024

9781786788740

174 x 210 | 256pp | £25.00

Hardback

Watkins Publishing

Art

Staff choice from 2024



WONDROUS FOLK COLORING BOOK

Christine Karron

54 colouring pages

Connect with your inner wonder

Frollic through fields of your imagination with Wondrous Folk, where mythical characters and fantasy creatures await your artistic touch. From whimsical fairies to enchanted witches, each page offers a chance to bring these otherworldly figures to life. Enjoy hours of peaceful relaxation as you colour 50 beloved illustrations by Christine Karron, plus four exclusive new designs created just for this book: Christmas Joy, Marigold, Wind of Change and Witches Magic.

Printed on high-quality ivory paper, each single-sided page provides the perfect canvas for pencils, markers or watercolours. The carefully crafted line drawings strike a harmonious balance between open spaces

September 2025

9781922574381

215 x 275 | 112pp | £17.99

Paperback

Blue Angel Publishing

Colouring Books

DRAGONLING COLORING BOOK

Jasmine Becket-Griffith

58 colouring pages, 150 gsm ivory paper

Jasmine Becket-Griffith is back - this time, with DRAGONS!

Jasmine has returned with 58 of her favourite dragonlings to delight and enchant adults and children alike. From the Emerald Guardian to the Valentine Dragon, the Halloween Dragon to the Dice Dragonlings, these drawings of Jasmine's beloved characters are perfect for those who want to lose themselves in the meditative details of her intricate yet simple style.

Each page encourages you to unleash your imagination and bring to life the magical potential of the dragons and fairies within. Grab your favourite colouring tools, settle in your happy place, and let your artistic spirit soar in the company of dragons!



November 2025

9781922574435

215 x 275 | 128pp | £17.99

Paperback

Blue Angel Publishing

Colouring Books



LITTLE FOLK COLORING BOOK

Christine Karron

54 colouring pages

With delicate details and charming characters, each page offers a delightful escape into a rich world of

The colouring adventure continues with Little Folk, featuring 50 of Christine Karron's most beloved whimsical illustrations, plus four exclusive new designs. This enchanting book invites you into a magical world filled with wee folk — friendly elves, fairies and other fantastical creatures that dwell in the hidden corners of fairytale forests, meadows and lakes. With delicate details and charming characters, each page offers a delightful escape into a rich world of imagination and creativity.

Printed on high-quality ivory paper, each single-sided page is perfect for a variety of mediums, from pencils and markers to watercolours. Whether you're a seasoned artist or just beginning, Little Folk will provide hours of colouring cheer, bringing these quirky personalities to life with every stroke.

January 2026

9781922574411

215 x 275 | 112pp | £17.99

Paperback

Blue Angel Publishing

Colouring Books

FOREST, FAIRIES, MUSHROOMS AND GOBLINS STICKER, COLOUR AND ACTIVITY BOOK

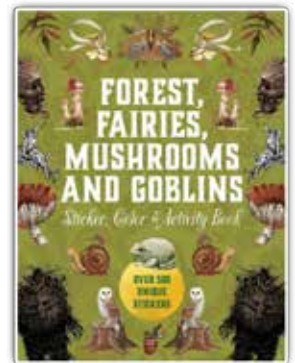
Over 500 Unique Stickers

Editors of Chartwell

500 stickers

Step into a magical world with Forest, Fairies, Mushrooms and Goblins Sticker, Color & Activity Book including more than 500 enchanting stickers, 50+ pages of coloring and puzzles, and delightful lore and quizzes

Be whisked away to an enchanted woods through 500+ stickers, 50+ activity and coloring pages, and fun quizzes that celebrate all things forestcore and fairy. Forest, Fairies, Mushrooms and Goblins Sticker, Color & Activity Book transports you to a scenic wonderland, where dappled light softly illuminates the ferns, mushrooms, and tiny creatures on the forest floor.



November 2025

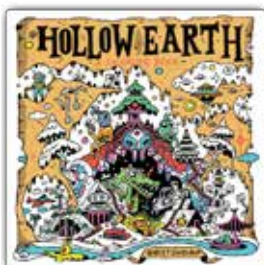
9780785846888

204 x 152 | 192pp | £14.99

Hardback

Chartwell Books

Colouring Books



HOLLOW EARTH

A Coloring Book

GHOSTSHRIMP

B&W art throughout

From the artist behind the world of Cartoon Network's Adventure Time, a detail-packed colouring adventure into the deep, dark, and hidden places within our planet

Expand your mind and your creativity with this wildly imaginative adult colouring book.

Explore the maze of caverns, ancient insectoid temples, spooky reptilian swamps, juicy alien jungles, and forgotten cryptid cities that exist beneath our feet. You will bring these alien worlds to life as you colour them in, with the pages progressing deeper underground as you go. If you're not careful, you may not find your way out again.

September 2025

9780593855225

249 x 249 | 112pp | £16.99

Paperback

TarcherPerigee

Colouring Books

STICKERTOPIUM: GORGEOUS GOTHIC

Design Eye

400 images

A luxurious sticker art book, Stickertopium: Gorgeous Gothic is packed with over 400 stickers of vintage Gothic art, perfect for Halloween.

Celebrate the gorgeousness of all things Gothic, with over 400 vintage art stickers, perfect for decorating, scrapbooking, crafting, and collecting. Explore the gloriously spooky world of vintage Gothic art, the inspiration behind characters from Dracula to Wednesday Addams. Over 400 high-quality art stickers cover popular Gothic themes, from fashion to architecture, animals and plants, as well as skeletons and mystic symbols. Use the stickers to personalize bags, laptops, and accessories, to bring your own spooky style everywhere you go. Add them to scrapbooks or journals. Or simply leave them in the book to enjoy as a treasured keepsake. Packed to the belfry with stunning vintage art, Stickertopium: Gorgeous Gothic is perfect for a horror-themed art project, a Halloween gift, or a treat for that special spooky someone.



September 2025

9781836001478

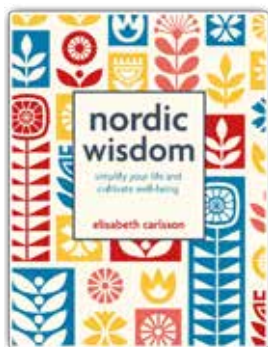
145 x 196 | 96pp | £12.99

Hardback

Chartwell Books

Gift

Gift, Grail Legends, Alternative History & Alternative Science



September 2025

9781800654549

152 x 115 | 144pp | £9.99

Hardback

Cico Books

Gift

NORDIC WISDOM

Simplify your life and cultivate well-being

Elisabeth Carlsson

Take inspiration from the happiest countries in the world and live a more balanced, healthy, and peaceful life.

The Nordic approach to life has captured our imaginations and it's easy to see why—from the Danish embrace of cozy living (hygge) to the Swedish emphasis on balance and simplicity (lagom). In this beautifully illustrated guide, Elisabeth Carlsson, a Swede who has lived in the UK for many years, shares the key elements and philosophies of the Nordic lifestyle. Explore the core values that shape Nordic well-being, from creating harmony between work and home life to staying strong in the face of adversity. Delve into traditional outdoorsy activities, like wild swimming, hiking, and foraging, and find inspiration in Nordic cuisine, focusing on simple, seasonal ingredients. Embracing nature is another vital aspect of the Nordic way of life: learn how connecting with your surroundings can bring peace and balance, even during long, dark winters.

OTTO RAHN, GRAIL HUNTER

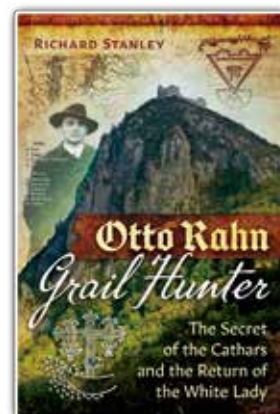
The Secret of the Cathars and the Return of the White Lady

Richard Stanley

full colour throughout

An investigation into the Holy Grail and the Cathar legacy

Traces the journey of Otto Rahn, the occultist and one-time SS member who sought the Holy Grail and travelled widely throughout Europe as a researcher until his mysterious death in 1939. Explores the modern legacy of the officially heretical Christian sect known as the Cathars. Follows the author's own investigations into the location of the Grail and Rahn's legacy, taking readers on a journey through occult Europe. Meticulously following controversial 20th-century occultist, historian, and partially Jewish SS member Otto Rahn's investigations into the Holy Grail and Catharism, author and filmmaker Richard Stanley enters into the occult world of Europe. On his quest, the author encounters esoteric traditions that have survived since the Crusades and the Inquisition, ultimately finding a new spiritual path in his own life.



September 2025

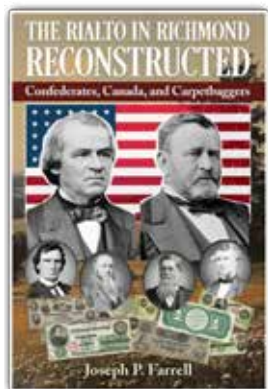
9798888501559

152 x 229 | 448pp | £23.99

Paperback

Inner Traditions

Grail Legend



November 2025

9781948803786

152 x 229 | 324pp | £22.00

Paperback

Adventures Unlimited Press

Alternative History

RIALTO IN RICHMOND RECONSTRUCTED

Confederates, Canada and Carpetbaggers

Joseph P. Farrell

100+ B&W illustrations

Join revisionist author Joseph P. Farrell as he looks at the money war between the Union government and the Confederacy.

A rialto is a market or place of exchange, and in The Rialto in Richmond Reconstructed, Farrell examines the Confederate and Union monetary systems, the aftermath of the war and more. Was Andrew Johnson being impeached for betraying the legacy of Abraham Lincoln and his desire for a moderate reconstruction policy for the South, or was he impeached because he followed the desires of the radical Republicans for a harsh reconstruction? And why is Edwin Stanton, Lincoln's Secretary of War, front and centre in the debate? Why were Ulysses S. Grant's two administrations some of the most corrupt in history, and what may have been Grant's motivations for a tour through Europe after he left office? What is the real truth about the Dahlgren raid on Richmond,

EMPIRE OF SHIVA

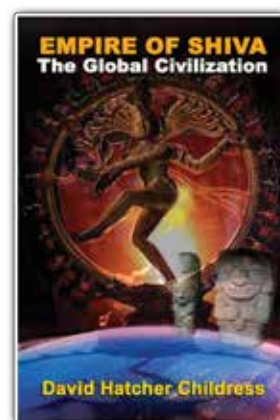
The Global Civilization

David Hatcher Childress

100+ B&W illustrations & Colour insert

UFO expert and star of ancient aliens on the history channel, David Hatcher Childress' books have sold over a million copies to date

In Empire of Shiva, David Childress, popular author and star of the History Channel's show Ancient Aliens, brings us the evidence for a global civilization that worshipped the Hindu god Shiva - a civilization that is over 20,000 years old. Childress shows us how Shiva, also known as Shankar, was the main deity of a collection of Hindu Shivites who ranged across continents and oceans. They sought after gold and other metals, jade, obsidian, granite, diamonds and other gems. They also brought numerous plants and animals with them and utilized the many plants in new worlds including magic mushrooms, chocolate, vanilla, maize, potatoes, yams, coconuts and more.



January 2026

9781948803762

152 x 229 | 384pp | £24.00

Paperback

Adventures Unlimited Press

Alternative History



January 2026

9781948803793

152 x 229 | 340pp | £22.00

Paperback

Adventures Unlimited Press

Alternative History

TEACHINGS FROM THE FLYING A

Gateway to Ancient Voices

Nigel Graddon

60 B&W illustrations

A complete guide to ancient mysteries from author Nigel Graddon

In the past Graddon has written on SS officer Otto Rahn, Jack the Ripper, Pythagoras of Samos and the mythical land of Magonia. Now Graddon gives an esoteric journey across the ancient world in the guise of "Teachings from the Flying A." He begins with a number of chapters on ancient mysteries and secret societies: The Druids; The Rites of Mithras; The Gnostics; The Mysteries of Serapis; Odin; The Eleusinian Mysteries; Orpheus; Bacchus/Dionysus; Tammuz and Ishtar/Dimuzid and Inanna; Hermes Trismegistus; The Pyramid Mysteries; Isis; The Rose Cross; Morrigan; Goddess of Fallen Warriors. He gives us a number of chapters on sacred measure and divine number: Ancient Metrology; Ancient Measures; Ancient Geodesy; Gematria; The Numbers of Stonehenge; Pythagorean Number.

IS EARTH REALLY SOLID?

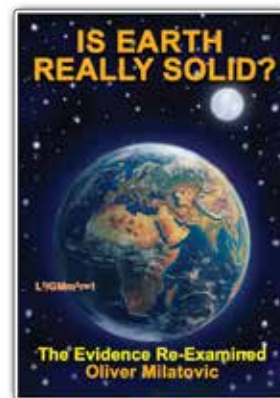
The Evidence Re-Examined

Oliver Milatovic

100+ B&W illustrations

A geologist examines the evidence for Hollow Earth theory

Geologist Oliver Milatovic takes a critical look at whether our Earth is actually a solid as claimed by most geologists, or is in fact partially hollow. He examines the creation of the Earth, other planets and our Moon. This far-reaching book takes on such topics as: The scientific method; Scientific laws, principles and effects; Common mistakes in applying the scientific method; Science as intellectual or logical endeavour; Science as a language; An outdated and obsolete paradigm is actually being used in modern science; Questioning the validity of the current model of Earth's interior; Seismological studies of Earth's interior; Earthquakes and seismic waves; Errors and misinterpretations of seismological data.



November 2025

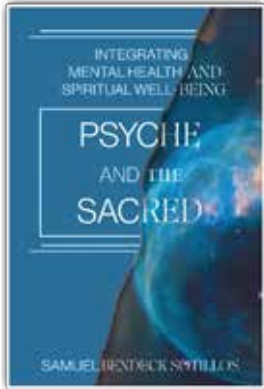
9781948803779

152 x 229 | 438pp | £24.00

Paperback

Adventures Unlimited Press

Alternative Science



February 2026

9781591813507

152 x 229 | 220pp | £21.00

Paperback

Sentient Publications

Drugs

PSYCHE AND THE SACRED

Integrating Mental Health and Spiritual Well-Being

Samuel Bendeck Sotillos

Explores the indispensable link between mental health and spirituality

Authentic cross-cultural approaches to mental health treatment are urgently needed to restore it to its rightful place as an effective healing modality. The reclaiming of epistemological pluralism that is grounded in the sacred provides a remedy for the modern impoverishment of psychology so that, in recognizing the fullness of what it means to be human, it can secure our true well-being.

Modern Western psychology asserts a monopoly by silencing traditional "sciences of the soul" and imposing itself on a diverse humanity, with its "one size fits all" approach. This is a hegemony that must be opposed, but the call to "decolonize" therapy is ineffective without a thorough diagnosis of what has gone wrong with psychology today.

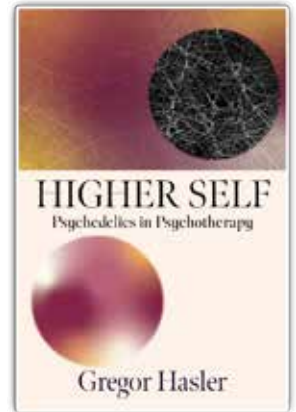
HIGHER SELF

Psychedelics in Psychotherapy

Gregor Hasler

Introduces the reader to psychedelics in therapy, combining neuroscience, clinical psychology, and spirituality, while addressing neuroplasticity, mystical experiences, and practical therapeutic insights for laypeople, professionals, and spiritual seekers

Psychedelic therapy will be increasingly available in the years to come, be it through the approval of psychedelics such as MDMA and psilocybin or by legalization of psychedelics for medical purposes. This has already started to occur in Oregon and Colorado. As a result, there is a need for an accessible book to serve as a clear and heartfelt introduction to the use of psychedelics in therapy. As a trained psychotherapist with many years of experience with psychedelics in therapy, a background in neuroscience and psychopharmacology, and experience with writing popular books, I feel I am the right person to write that book. The goal of the book is to give an introduction into the use of psychedelics in psychotherapy to laypeople, healthcare professionals, and spiritual seekers.



February 2026

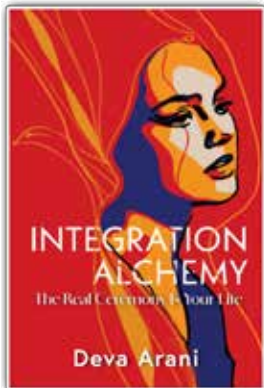
9781591813521

152 x 229 | 273pp | £21.00

Paperback

Sentient Publications

Drugs



February 2026

9781591813675

152 x 229 | 275pp | £18.99

Paperback

Sentient Publications

Drugs

INTEGRATION ALCHEMY

The Real Ceremony Is Your Life

Deva Arani

The plants spoke - are you listening? In Integration Alchemy, Deva Arani weaves practical guidance,

How do we return to our daily lives after massive transformation? How can we integrate an awakening experience without chasing high after high? Deva Arani grapples with these questions and more in Integration Alchemy, weaving practical guidance, intimate storytelling, and ancient wisdom into a net of support.

Integration Alchemy is a book designed to help seekers who have experienced sacred plant medicines integrate their journeys so that the healing and understandings received can take root in their day to day lives. Many seekers can find themselves adrift after these healing experiences, wondering how they can reconnect to a sense of Oneness, or even feeling unmoored from their normal lives.

ON A MISSION

The Smithsonian History of US Women Astronauts

Valerie Neal

30 B&W photos

The definitive history of all 61 American women astronauts that's perfect for fans of The Six eager for more

Sally Ride became a household name as the first American woman in space, but scores of equally impressive women have also left their mark in space. On a Mission: The Smithsonian History of US Women Astronauts spans 45 years and 61 astronauts to share the epic journeys of women who made space for themselves in a male-dominated field.

Valerie Neal, emerita curator in the Department of Space History at the Smithsonian's National Air and Space Museum, offers a culturally insightful history of the experiences of women astronauts, the challenges they've faced, and their distinctive stories. Collectively, they've completed more than 100 space shuttle missions and more than 20 long-duration stays on the International Space Station and Russian Space Station Mir.



October 2025

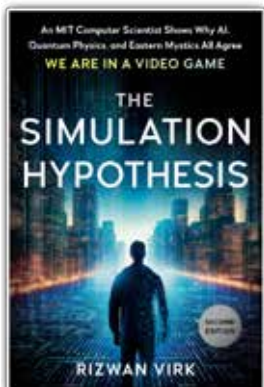
9781588347763

152 x 229 | 360pp | £29.00

Hardback

Smithsonian Books

Popular Science



July 2025

9780593853382

162 x 238 | 400pp | £30.00

Hardback

TarcherPerigee

Popular Science

THE SIMULATION HYPOTHESIS

An MIT Computer Scientist Shows Why AI, Quantum Physics, and Eastern Mystics All Agree We Are in a Video Game

Rizwan Virk

The definitive exploration of one of the most daring and consequential theories of our time, completely revised and updated to reflect the rapid advances in artificial intelligence and virtual reality

Are we living in a simulation? MIT computer scientist Rizwan Virk draws from research and concepts from computer science, artificial intelligence, video games, quantum physics, and ancient mystics to explain why we may be living inside a simulated reality like the Matrix.

Simulation theory explains some of the biggest mysteries of quantum and relativistic physics, such as quantum indeterminacy, parallel universes, and the integral nature of the speed of light, using information and computation.

BEYOND THE ORIGIN

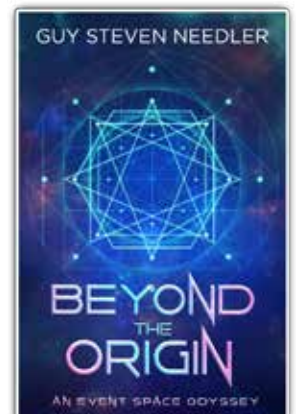
An Event Space Odyssey

Guy Steven Needler

Just when you think that we are starting to understand the Greater Reality, Needler throws another monkey wrench in the works.

Beyond The Origin is a channelled dialogue between the author, the ultimate creator, and the multiple versions itself as he (the author) moves through Event Space, allowing him to understand, to some extent, the future of The Origin and the birthplace of structured space as if it were distant history.

The Origin Speaks opened up the world to the history of The Origin, how it evolved, the structure of space within which its sentience exists, why it created the twelve Source Entities, and the role that Event Space had in it becoming the dominant volume of sentience. This book takes the reader much, much further. The reader is not only updated on the current work of The Origin while being exposed to new concepts but is also taken, as a function of Event Space, to what humans recognize as the future version of The Origin.



November 2025

9781962858397

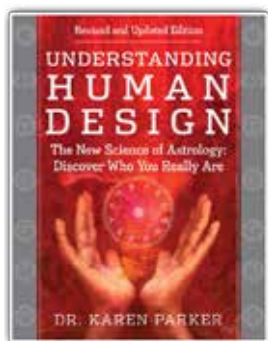
140 x 216 | 340pp | £19.99

Paperback

Ozark Mountain Publishing

Spirituality and Inspirational

Psychology, UFOs & The Natural World



August 2025

9781950253616

178 x 229 | 312pp | £21.99

Paperback

Hierophant Publishing

Psychology

UNDERSTANDING HUMAN DESIGN

The new Science of Astrology: Discover Who you Really Are (Revised and Updated)

Karen Parker

b&w diagrams throughout

The Owner's Manual for Your Life. Developed in the twentieth century by the late spiritual teacher Ra Uru Hu, the Human Design system marries science and spirituality to create a road map for the evolution of humanity.

Developed in the twentieth century by the late spiritual teacher Ra Uru Hu, the Human Design system marries science and spirituality to create a road map for the evolution of humanity. Your Human Design chart reveals a wealth of information about who you are, how you learn, and what you're here on earth to do. Understanding the way you're wired and living your Human Design strategy is critical to reaching your highest potential in this lifetime. Human Design is more than astrology; it's a comprehensive, holistic picture of who you are as a person and how you interact with the world.

ATLAS OF UNIDENTIFIED FLYING OBJECTS

and Unidentified Anomalous Phenomena

Andy Mcgrillen

colour throughout

Whether you're a believer or a skeptic, this book is an essential read for anyone looking to understand the full scope of UFO and UAP sightings worldwide

This book uncovers the fascinating world of Unidentified Flying Objects (UFO) and Unidentified Aerial Phenomena (UAP), exploring both famous incidents and lesser-known cases. Arranged in 5 chapters: Crash Retrieval, Abduction, Military, Civilian and Close Encounter and with specially commissioned maps, detailed case studies, photographs and direct witness testimonies, it reveals the global scope of UAP sightings and encounters. While iconic events like Roswell, the Phoenix Lights, and the Hills abduction have their place in UFO history, this book dives deeper, shedding light on lesser-known but equally significant cases.



September 2025

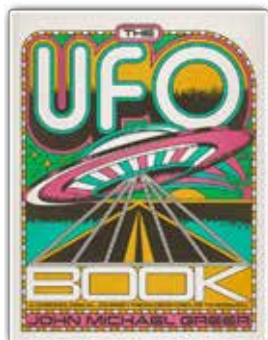
9781836006022

185 x 258 | 224pp | £20.00

Hardback

Ivy Press

UFOS



May 2025

9781454956853

180 x 230 | 224pp | £20.00

Hardback

Union Square & Co

UFOS

THE UFO BOOK

A Chronological Journey from Crop Circles to Roswell

John Michael Greer

100 colour photos

In The UFO Book, John Michael Greer, long-time researcher of the unexplained, chronicles 100 of the most fascinating brushes Earth's residents have had with visitors from the cosmos.

In The UFO Book, John Michael Greer, long-time researcher of the unexplained, chronicles 100 of the most fascinating brushes Earth's residents have had with visitors from the cosmos. Babylonian engravings, phantom airships of the 1890s, the "foo fighters" of the Second World War, the Flatwoods Monster and Mothman: Greer weaves these together into a chronological survey of an evolving understanding of alien life, illustrated with full-colour photos and illustrations. The UFO Book is a fascinating portal into a question that predates modern history and will continue into the future: is the truth out there, and when will it finally be uncovered?

PLANT POWER

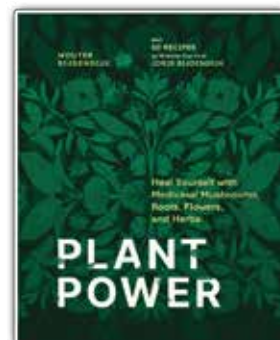
Heal Yourself with Medicinal Mushrooms, Roots Flowers and Herbs

Wouter Bijdendijk, with 60 Recipes by Michelin Star Chef Joris Bijdendijk

full colour throughout

A full-colour reference guide to beneficial plants and mushrooms.

A full-colour reference guide to beneficial plants and mushrooms. Explores the ethnobotany and practical applications of 30 plants, fruits, nuts, bulbs, roots, flowers, and mushrooms that support the immune system, digestion, endurance, vitality, and the brain. Examines ritual and mind-expanding plants such as fly agaric, blue lotus, cannabis, and peyote cactus. WHILE KNOWING that spending time in nature and eating healthy is important, we often dismiss the fact that plants have been used as healing medicine for thousands of years. In this guide, Wouter Bijdendijk highlights thirty mushrooms, herbs, flowers, fruits, nuts, bulbs, and roots that support the immune system, digestion, endurance, vitality, and the brain.



October 2025

9798888502693

203 x 254 | 228pp | £27.99

Hardback

Findhorn Press

Natural World



July 2025

9781454952091

212 x 212 | 544pp | £20.00

Hardback

Sterling Ethos

Natural World

1001 MAGICAL PLANTS

The Complete Book of Botanicals for Every Purpose

Cassandra Eason

2-colour throughout

In this new entry into the popular 1001 series of magical reference, expert author Cassandra Eason weaves ancient lore and contemporary research into a usable,

Plant medicine is as old as human civilization itself and has served to heal, enlighten, and protect for millennia. In this new entry into the popular 1001 series of magical reference, expert author Cassandra Eason weaves ancient lore and contemporary research into a usable, fascinating guide to herbal healing. Each of these 1001 entries lists a plant, its physical properties, and its mythological associations, then offers a practical way to use it: as a tea, an essential oil, an amulet or talisman, or in a ritual bath. Gorgeous illustrations illuminate the many ways nature manifests its magic in the physical world.

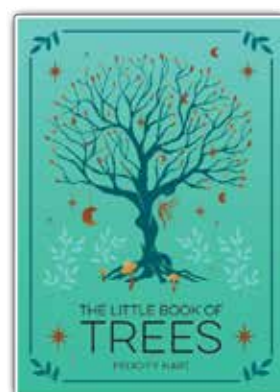
THE LITTLE BOOK OF TREES

An Introduction to the Folklore, Magick & Mysticism of Trees

Felicity Hart

Connect with nature's sacred roots with this enchanting exploration of the magick and mysticism of trees

Their stories are written in folklore, they are revered across cultures, and they stand as powerful sources of ancient magick; trees have always been a source of fascination to humans. Uncover the secrets of the forest with this bewitching guide to tree legends, symbols and spells. Delve into mystical beliefs, discover tree mythologies and read about tree spirits as you move through this captivating little book. Every turn of the page will enrich your bond with the natural world. The Little Book of Trees is a comprehensive guide to help you deepen your connection with arboreal deities, honour ancient traditions, understand the role of trees.



July 2025

9781837996339

105 x 148 | 144pp | £7.99

Paperback

Summersdale Publishers Ltd

Natural World



THE LITTLE BOOK OF THE OCTOPUS

An Introduction to the Mysterious and Fascinating World of One of Earth's Most Complex Creatures

Ashley Hart

Unravel the secrets of this astonishing animal and explore its mystifying world with *The Little Book of the Octopus*.

Did you know an octopus can fit through a gap as small as a dime, but some can grow longer than a school bus? Or that some species pack enough poison to kill humans within minutes? Or that they can problem-solve, navigate mazes and open locks, and that they can even have a favourite toy? With their remarkable behaviours and unique anatomy, it's hardly surprising that octopuses have captivated our imagination for centuries. But there is so much more to this misunderstood and spellbinding creature. Unravel the secrets of this astonishing animal and explore its mystifying world with

July 2025

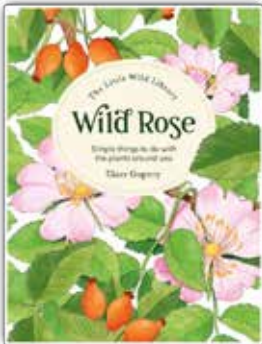
9781837996353

105 x 148 | 128pp | £7.99

Paperback

Summersdale Publishers Ltd

Natural World



LITTLE WILD LIBRARY: WILD ROSE

Simple things to do with the plant around you.

Clare Gogerty

colour illustrations & photos

In *The Little Wild Library: Wild Rose*, discover how to make the most of this beautiful plant, with recipes and makes to try throughout the year.

In *The Little Wild Library: Wild Rose*, discover how to make the most of this beautiful plant, with recipes and makes to try throughout the year. Once you've found your favourite wild rose, come back as the seasons change and find new things to do with your foraged treasure – from edible treats to useful tinctures. Peeking out of hedgerows and spilling a beautiful scent, the wild rose is one of the most charming wild plants to find. A favourite of bees when the flowers are in bloom, its vibrant red rosehips are a much needed burst of colour as fall turns to winter and the landscape darkens. In *The Little Wild Library: Wild Rose*, discover how to make the most of this beautiful plant, with recipes and makes to try throughout the year.

September 2025

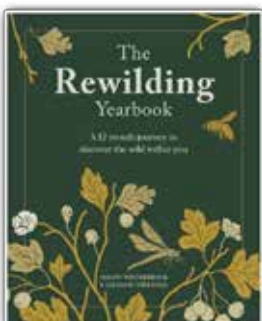
9781446313756

106 x 140 | 112pp | £8.99

Hardback

Verbena

Natural World



REWILDING YEARBOOK

A 12-month journey to discover the wild within you

Maddy Winterbrook & Eleanor Cheetham

The *Rewilding Yearbook* takes readers on a journey into unearthing the wild within and forming a deep fulfilling connection with nature.

The *Rewilding Yearbook* is a year-long personal development journey into connecting with your place in the natural world – and how to bring nature back into the heart of our lives and work! The *Rewilding Yearbook* takes readers on a journey into unearthing the wild within and forming a deep fulfilling connection with nature. Discover how to re-wild your spirit and explore new ways of thinking, moving, and being in the world. The *Rewilding Yearbook* is a year-long journey into connecting with your place as a part of the natural world. Based on a fierce but tender conviction that the world makes a lot more sense when we bring nature back into the heart of our lives and work, *The Rewilding Yearbook* takes readers on a journey into unearthing the wild within.

October 2025

9781446315712

191 x 235 | 144pp | £14.99

Paperback

Verbena

Natural World

LITTLE WILD LIBRARY: ELDER

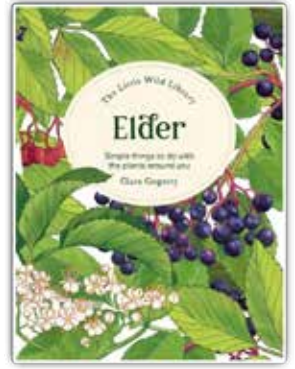
Simple things to do with the plants around you

Clare Gogerty

colour illustrations and photos

The perfect beginner's guide to foraging, in a handy pocket-sized format, *The Little Wild Library: Elder* will reveal the secrets of the hedgerow and inspire those new to foraging to experiment and explore the beautiful plants around them

A favourite of foragers, the Elder tree is the very essence of summer, with frothy blooms emerging in the late spring and filling the hedges and pathways with a glorious fragrance. As the seasons turn, the elderberry comes into its own, a delicious food for humans and animals alike, bursting with vitality and an excellent source of vitamin C. In *The Little Wild Library: Elder*, discover how to make the most of this beautiful tree, with recipes and makes to try throughout the year. Once you've found your favourite elder, come back as the seasons change and find new things to do with your foraged treasure.



September 2025

9781446313749

106 x 140 | 128pp | £8.99

Hardback

Verbena

Natural World

LITTLE WILD LIBRARY: HAWTHORN

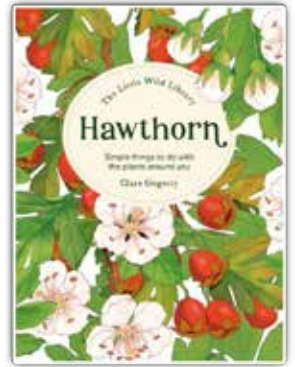
Simple things to do with the plants around you

Clare Gogerty

colour illustrations & photos

Introducing *The Little Wild Library: Hawthorn* - a captivating pocket-sized guide to the magical and practical hawthorn tree

Throughout the year, the hawthorn tree gives shelter to birds, and then feeds them into the fall with its vibrant red berries. Steeped in myth, the hawthorn is a magical tree. In *The Little Wild Library: Hawthorn*, discover how to make the most of this ancient and useful tree, with recipes and makes to try throughout the year. Introducing *The Little Wild Library: Hawthorn* - a captivating pocket-sized guide to the magical and practical hawthorn tree. Known for its frothy white blossoms in spring and vibrant red berries in autumn, the hawthorn is a beloved tree that provides shelter, food, and enchantment throughout the year. From the moment its blossoms appear in May, to the fall when its berries brighten the hedgerow, this book reveals how to forage, craft, and cook with this ancient tree.



September 2025

9781446313763

106 x 140 | 112pp | £8.99

Hardback

Verbena

Natural World

VEGAN MADE EASY

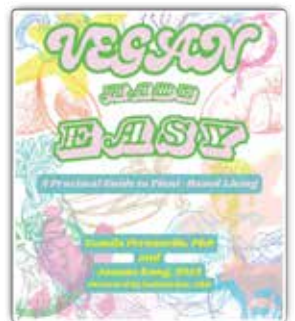
A Practical Guide to Plant-Based Living

Camila Perussello and Joanne Kong,

A must-have resource on the "how" and "why" to go vegan

Vegan Made Easy is an essential guide for transitioning to plant-based living. It highlights the benefits for personal health, the environment, and our fellow sentient beings while addressing social challenges. This book offers practical strategies to help readers navigate obstacles, making the journey to veganism easier and more enjoyable.

Vegan Made Easy: A Practical Guide to Plant-Based Living is a must-have resource on the "how" and "why" to go vegan. Drawing upon their extensive knowledge and passion as animal and vegan advocates, the authors have created this book to empower readers with the practical know-how to embrace plant-based living as a transformative path to a more compassionate and sustainable life.



November 2025

9781590567494

178 x 216 | 200pp | £29.00

Paperback

Lantern Books

Vegan



MUZZLING A MOVEMENT

- Revised and Updated Edition

The Effects of Counterterrorism Law, Money, and Politics on Animal Activism

Dara Lovitz, Foreword by Peter Young

This comprehensive examination of the past, present, and future of animal rights activism seeks to bring us all closer to a cruelty-free world.

Muzzling a Movement is an honest analysis of and reflections on the evolution of the animal rights movement over the past half decade. Featuring wisdom from activists spanning multiple generations, we learn what a newer generation of changemakers have implemented, leaving us to conclude that change doesn't always mean progress.

Corporate greed and politics drive lawmakers to suppress the constitutional rights of animal-rights activists. Dara Lovitz offers in-depth analysis of the pertinent legislative history as well as legal cases against these activists, including the heavily publicized SHAC-7 case.

January 2026

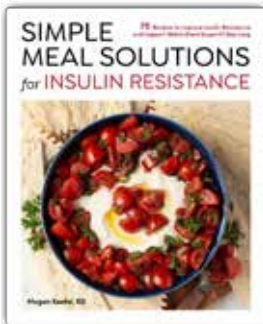
9781590567531

127 x 203 | 190pp | £16.99

Paperback

Lantern Books

Animal Rights



SIMPLE MEAL SOLUTIONS FOR INSULIN

75 Recipes to Improve Insulin Resistance and Support Stable Blood Sugar

Megan Koehn

35 colour photos

Simple Meal Solutions for Insulin Resistance offers 75 quick and easy recipes designed to help balance blood sugar levels and improve the symptoms of insulin resistance.

Transform your health with simple, nutritious recipes to help manage your insulin resistance. More than 40% of Americans suffer from insulin resistance, a serious metabolic condition linked to diabetes, cardiovascular disease, PCOS, and more. Yet it is possible to manage or even improve insulin resistance—and it doesn't need to be complicated or time-consuming. If you want to balance your blood sugar and improve your metabolic health while maintaining your busy lifestyle, finding quick, easy, and satisfying recipes tailored to your needs is crucial.

September 2025

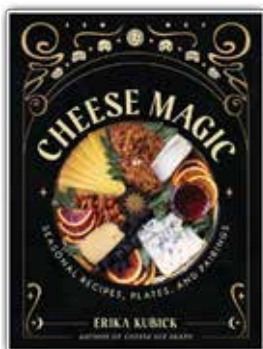
9780760396797

236 x 190 | 160pp | £16.99

Paperback

Fair Winds Press

Cookery



CHEESE MAGIC

Seasonal Recipes, Plates and Pairings

Erika Kubick, Illustrated by Devon Frost

120 photographs and illustrations

100 seasonal and mouthwatering recipes, plates, and pairings alongside gorgeous photography—all inspired by the festivals of the pagan Wheel of the Year

Discover delectable enchantment and delicious flavors with the latest exceptional cheese book from visionary cheesemonger Erika Kubick, with more than 100 seasonal cheese recipes, plates, and pairings inspired by the pagan calendar. Captured in rich, eye-popping photography and accompanied by wickedly beautiful illustrations by Devin Forst, cheese becomes an edible manifestation of seasonal celebration. Divided into eight sections, this gorgeous compendium begins with the winter solstice and a bruléed feta fruit salad. It then carries you to the spring equinox with goat cheese scones. Welcome summer with the full moon plate and spicy honey. And finish the journey on Samhain, the Witches' New Year, with a mushroom and brie tart.

September 2025

9780762489633

178 x 228 | 280pp | £25.00

Hardback

Running Press Adult

Cookery

VOICES OF THE HERD

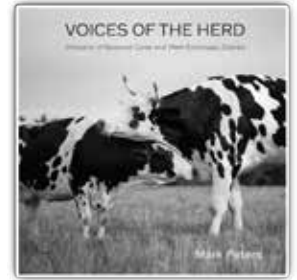
Portraits of Rescued Cows and Their Sanctuary Stories

Mark Peters

70+ B&W images

This stunning coffee-table book features breathtaking photography and moving rescue stories that reveal the hidden lives of cows, as told by the people who know them best

Did you know that cows have best friends? That after giving birth, cows and their calves form powerful, lasting bonds? Voices of the Herd takes you inside animal sanctuaries, where cows are cherished as unique beings with deep emotions. This stunning coffee-table book features breathtaking photography and moving rescue stories that reveal the hidden lives of cows, as told by the people who know them best. Explore the world of these remarkable animals through intimate portraits and touching narratives. Voices of the Herd not only showcases the beauty and individuality of cows but also challenges how we view them—not as livestock, but as sentient beings with rich inner lives.



January 2026

9781590567517

216 x 216 | 154pp | £38.00

Hardback

Lantern Books

Animal Rights

KITCHEN MAGIC

Over 65 Enchanting Recipes and Rituals for a Cozy, Witchy Kitchen

Laura May

A magical cookbook full of folkloric wisdom and 65 cozy, witchy recipes and rituals from social media personality and kitchen witch Laura May

Invite the magic into your life with these deliciously witchy recipes and rituals. In Kitchen Magic, you'll learn how to infuse your everyday cooking with purpose, meaning and a sprinkle of magic. With 65 enchanting recipes, this cozy full-colour cookbook invites you to cultivate a deeper connection to the seasons, your ingredients and yourself. Each of the six sections - Botanical Bakes, Broomstick Brews, Folk Medicine, Menstrual Magic, Ceremonial Recipes and Practical Magic - contribute to kitchen witch Laura May's unique philosophy: it is ritual, not habit, that brings mindfulness and magic into our kitchens. In the book, you'll explore everything from the magical properties of ingredients to ritual-infused culinary spells.



September 2025

9781035429653

188 x 243 | 208pp | £20.00

Hardback

OH Editions

Cookery

MINDFUL TRAVEL

Inspiring spiritual destinations from around the world

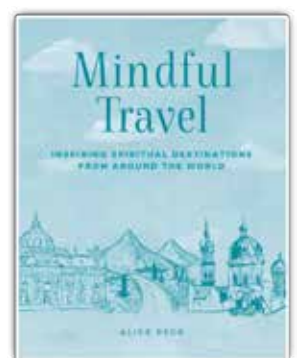
100 colour photographs

Discover some of the world's most AWE-INSPIRING and HOLY places, from Stonehenge to Uluru, and Easter Island to Angkor Wat.

Take yourself on a journey through the world's most awe-inspiring and holy locations. Learn about places traditionally visited by spiritual seekers, such as Stonehenge, UK, or the Blue Mosque in Turkey.

Discover lesser-known destinations such as the Sacred Forests of Suriname, or the Kamppi Chapel of Silence in Finland.

Explore areas of outstanding natural beauty, including Lake Louise, Canada, and Thingvellir National Park, Iceland, and ancient places which still hold mystery, such as the Caves of Tassili n'Ajjer, Algeria.



August 2025

9781800654327

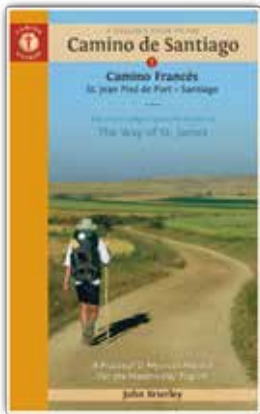
116 x 152 | 160pp | £9.99

Hardback

Cico Books

Spirituality and Inspirational

Travel, Christianity, Buddhism, Paganism & Religion



PILGRIM'S GUIDE TO THE CAMINO DE SANTIAGO 21st Edition

Camino Frances

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.

November 2025

9781912216390

117 x 190 | 288pp | £21.99

Paperback

Camino Guides

Travel

PILGRIM'S GUIDE TO THE CAMINO PORTUGUÉS 15th Edition

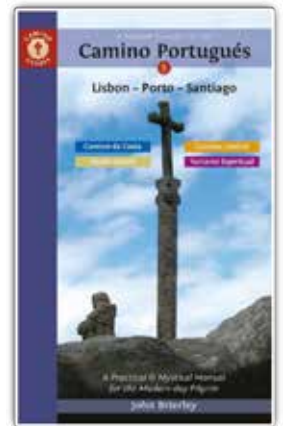
Lisbon - Porto - Santiago / Camino Central, Camino da Costa, Variante Espiritual & Senda Litoral

John Brierley

100 full col photos 35 maps & 23

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.



November 2025

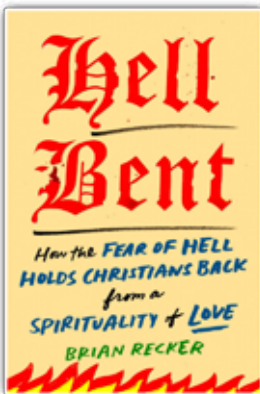
9781912216383

117 x 190 | 272pp | £19.99

Paperback

Camino Guides

Travel



HELL BENT

How the Fear of Hell Holds Christians Back from a Spirituality of Love

Brian Recker

A former evangelical pastor explains why we can stop worrying about hell and start focusing on love

There is a black hole at the centre of Christian spirituality: the doctrine of hell. No matter how hard we try to believe in a loving God, the fear of eternal torment always lurks at the back of our minds, warping our sense of what love means. Worse still, many churches act as if the point of Christianity is not to follow Jesus but to secure a get-out-of-hell-free card—and to “save” everyone you know by converting them to your religion. For many of us, the whole story of Christianity has been punishment at the very centre. But does the Bible really say we're going to hell if we don't do or believe the “right” things?

In this taboo-shattering book, former evangelical pastor Brian Recker takes an honest look at scripture and reveals what has been true all along: Hell isn't real, and God's universal love is radically inclusive, in this life and the next.

September 2025

9780593853191

152 x 229 | 272pp | £29.00

Hardback

TarcherPerigee

Christianity

SPIRAL DRAGON DHARMA GATE

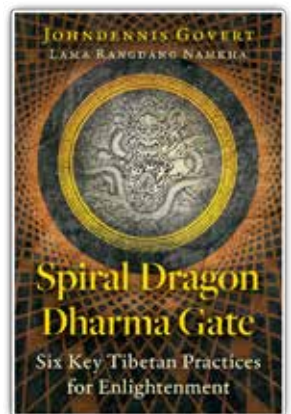
Six Key Tibetan Practices for Enlightenment

Johndennis Govert

51 b&w illustrations

A potent practice for healing, spiritual realization, and manifesting life's purpose

Explores the Tibetan Buddhist Spiral Dragon practices and how they can accelerate spiritual development as well as clarify one's life purpose. Explains energy exercises, mantras, and mudras to help resolve acute and chronic physical ailments and optimize emotional health. Shows how Spiral Dragon practices can transform how one absorbs and channels vital energy through the body, meridians, and consciousness. Emerging as a tersar treasure teaching, these newly revealed practices are attuned to resolve great spiritual challenges confronting us now. The author, a third-generation Spiral Dragon yogi, shares insights from the Tibetan Nyingma Buddhist lineage following Senton Dorje's and Master Quan's way to awaken and enhance the flow of vital energy in your



October 2025

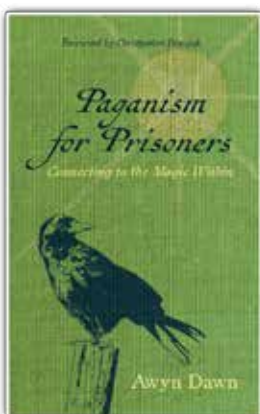
9798888501573

152 x 229 | 176pp | £14.99

Paperback

Destiny Books

Buddhism



PAGANISM FOR PRISONERS

Connecting to the Magic Within

Awyn Dawn, Foreword by Christopher

B&W images throughout

A revolutionary approach to making magic accessible for everyone.

Paganism for Prisoners is a year-and-day-style course for Pagans who are incarcerated or in other situations that prevent them from having full access to tools and resources. Designed to have one chapter per month discussed in a group or one-on-one setting, this book provides thirteen magical lessons that can introduce readers to Paganism while allowing them to apply these lessons to other areas of their life. Awyn Dawn's revolutionary volume serves as a vital companion for those on a resource-scarce journey through Paganism.

This 2025 edition has been revised and expanded to contain some additional topics, such as death doulas and an updated list of what is available to the Pagan Prisoner.

January 2026

9781964537535

127 x 203 | 230pp | £18.99

Paperback

Crossed Crow Books

Paganism

COMPANIONS OF THE SUN

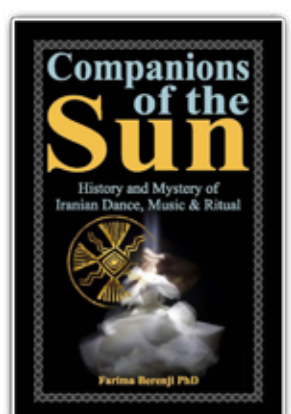
History and Mystery of Iranian Dance, Music & Ritual

Farima Berenji

125 colour and B&W photographs

A definitive guide to the mystical dance traditions of Persian culture

Companions of the Sun is a comprehensive overview of the mystical traditions that arose throughout the ages in the religion currently centred on Iran, with an emphasis on sacred dance. The book is a lively exploration of the archaeological, anthropological, and ethnological roots of the practices, folk-ways, and art forms that this region has contributed to human spiritual culture.



January 2026

9781963433081

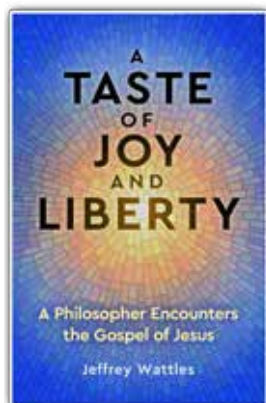
152 x 229 | 420pp | £33.00

Paperback

Hohm Press

Religion

Religion, Sufism & Eastern Philosophy



October 2025

9781579830649

140 x 216 | 260pp | £14.99

Paperback

Origin Press

Religion

A TASTE OF JOY AND LIBERTY

A Philosopher encounters the Gospel of Jesus

Jeffrey Wattles

Understand the gospel that Jesus lived and taught.

Discover anew the living Jesus, our world's greatest teacher. Learn why Jesus was the supreme example of his own teaching: the gospel of love in the kingdom of God and the thrill of serving in God's universal family. Authored by a lifelong university professor and gospel evangelist, this unique analysis shows us how to live like Jesus - fresh, alive, original, spontaneous, and as a wellspring of kindness, mercy, and service to all.

Why is Jesus so attractive to truth seekers? In a word, because we experience joy and liberty when we choose to love God and our neighbour as ourselves. Once we learn to know Jesus and decide to live according to this gospel, we develop a character like his—strong, balanced, and centred in truth. In this book, you'll also discover a Jesus who was a scientist, philosopher, healer, friend, and humourist and a divine son.

THE DAY GOD SAW ME AS BLACK

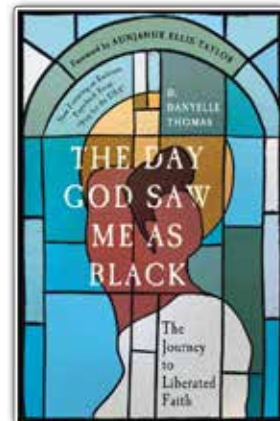
The Journey to Liberated Faith

D. Danyelle Thomas, Foreword by Aunjanue Ellis

Centring Black faith and spirituality, *The Day God Saw Me as Black* is a genre-defying cultural critique of white supremacy within the Black Pentecostal religious experience.

In this groundbreaking work by public theologian and sought-after cultural strategist D. Danyelle Thomas, you will journey with the author as she examines The Church through the lenses of race, gender, sexual expression, and class - blending sharp cultural analysis with personal narrative. It is both a critique and a meditation, a study in decolonization and a call for reconciliation.

The Day God Saw Me as Black dares to imagine what could be possible if we stopped denying ourselves - and each other - the fullness of liberation.



November 2025

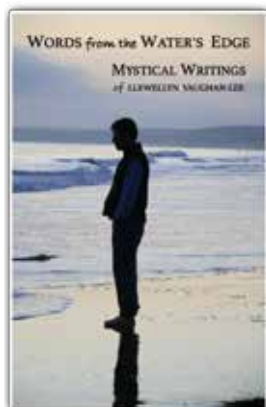
9781967182015

140 x 210 | 248pp | £17.99

Paperback

Row House Publishing

Religion



November 2025

9781941394533

135 x 211 | 136pp | £14.99

Paperback

Golden Sufi Centre

Sufism

WORDS FROM THE WATER'S EDGE

The Mystical Writings of Llewellyn Vaughan-Lee

Llewellyn Vaughan-Lee

A comprehensive anthology of a Sufi teacher's writings, talks, and previously unpublished pieces

Words from the Water's Edge: The Mystical Writings of Llewellyn Vaughan-Lee is a vast and comprehensive anthology of a lifetime's work as well as a deeply personal telling of the author's own spiritual journey. Spanning more than three decades of teachings, this book of hand-picked sayings from selected writings, interviews, and some never before published works, shares wisdom from Vaughan-Lee's three distinct and interrelated focus areas: Sufism, oneness and the interdependence of life, and Spiritual Ecology—a call to know and relate to the Earth as a sacred being. Throughout, Vaughan-Lee seamlessly weaves in the story of one soul's journey, including the sorrows, ecstasy, and ultimately the love at the foundation of his life and path.

THE TRADITION OF NATURAL TAOISM

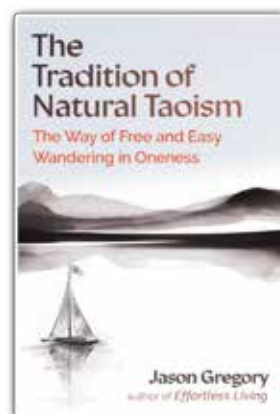
The Way of Free and Easy Wandering in Oneness

Jason Gregory

3 b&w illustrations

A comprehensive exploration and restoration of Taoism's original teaching

By returning to the source texts of the Tao Te Ching and the Chuang-tzu, Jason shows how to gain skills effortlessly through alignment with the Tao and overcome the limitations of reason. Since Lao-tzu and Chuang-tzu, Taoists have navigated a world detached from the Tao. This detachment continues to expand due to external forces and materialism. Taoism is a means to break free from imposed socialization, liberating us from the suffering inherent in a society built upon ideologies and materialism. In contrast to Confucianism, which offers social morality, Taoism is a spiritual technology for deprogramming ourselves from socialization and reactions of the ego.



November 2025

9798888502358

152 x 229 | 224pp | £14.99

Paperback

Inner Traditions

Eastern Philosophy



September 2025

9781454961987

127 x 197 | 288pp | £18.00

Hardback

Union Square & Co

Eastern Philosophy

THE ART OF WAR

Sun Tzu

The Art of War, by the Chinese general and philosopher Sun Tzu, is one of the most influential books of military strategy ever written, now freshly repackaged for the Union Square & Co. Signature Clothbound Editions line

The Art of War, by the Chinese general and philosopher Sun Tzu, is one of the most influential books of military strategy ever written, now freshly repackaged for the Union Square & Co. Signature Clothbound Editions line. More than 2,000 years old, this classic of Chinese philosophy lays out a systematic, rational approach to tactics and strategy that leaders worldwide have applied not only to the military, but also to business, law, martial arts, and sports. This elegant hardcover gift edition uses Lionel Giles's classic translation and stands apart for its gorgeous design, fine Chinese illustrations, and affordable price. Giles's extensive annotations and commentary on Sun Tzu's aphorisms and proverbs are also included.

CLOUDLESS MIND - Volume 1

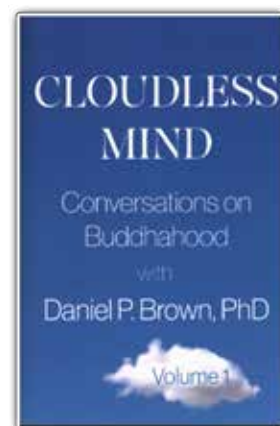
Conversations on Buddhahood with Daniel P. Brown

Daniel P. Brown

Tackles life's toughest questions with a unique blend of Western psychology and Eastern wisdom

Cloudless Mind invites you into Dan Brown's Wednesday night class, where he tackles life's toughest questions with a unique blend of Western psychology and Eastern wisdom. Drawing on decades of experience in trauma treatment and meditation instruction with esteemed Lamas, he offers profound, transformative insights on the mind, life, and spirituality.

Every Wednesday Night, for over six years, Dan Brown answered questions by students and colleagues about positive and negative experiences in life and mind, integrating the perspectives of both Western psychology and Eastern traditions of spiritual practice – most notably Vajrayana Buddhism, Dzogchen, and then the Bon tradition.



January 2026

9781591813545

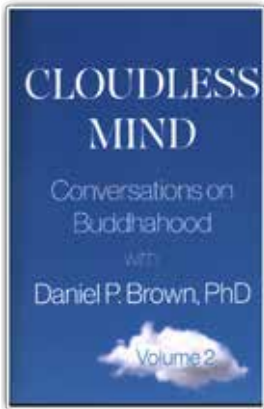
152 x 229 | 357pp | £24.00

Paperback

Sentient Publications

Eastern Philosophy

Eastern Philosophy, Spirituality & Inspiration



January 2026

9781591813569

152 x 229 | 357pp | £24.00

Paperback

Sentient Publications

Eastern Philosophy

CLOUDLESS MIND - Volume 2

Conversations on Buddhahood with Daniel P. Brown

Daniel P. Brown

Tackles life's toughest questions with a unique blend of Western psychology and Eastern wisdom

Cloudless Mind invites you into Dan Brown's Wednesday night class, where he tackles life's toughest questions with a unique blend of Western psychology and Eastern wisdom. Drawing on decades of experience in trauma treatment and meditation instruction with esteemed Lamas, he offers profound, transformative insights on the mind, life, and spirituality.

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CLOUDLESS MIND - Volume 3

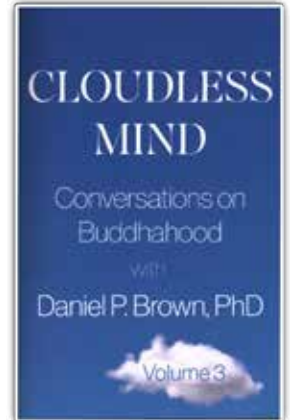
Conversations on Buddhahood with Daniel P. Brown

Daniel P. Brown

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January 2026

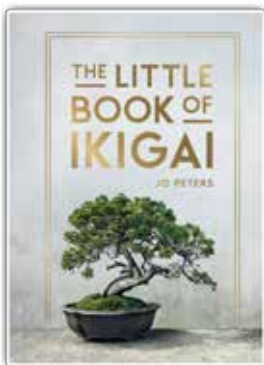
9781591813583

152 x 229 | 357pp | £24.00

Paperback

Sentient Publications

Eastern Philosophy



August 2025

9781837997176

114 x 152 | 144pp | £9.99

Hardback

Summersdale Publishers Ltd

Eastern Philosophy

THE LITTLE BOOK OF IKIGAI

An Introduction to the Japanese Philosophy of Leading A Happy and Meaningful Life

Jo Peters

50 colour photos and scattered vectors

Change your life by embracing the Japanese wisdom of ikigai.

We all seek a reason for being - something that focuses our minds, gives us purpose and invites joy into every day. In Japan, this concept is called "ikigai", and it refers to a place where a person's dreams and desires are met. Everyone has the power to discover their ikigai, or their reason for living, and this book is the key to understanding yours. Covering the origins of ikigai, the four pillars of the philosophy, and simple rituals you can practise to incorporate ikigai into your day, this book will help bring meaning and value to your life. By adopting the Japanese way of being, you can find your purpose in the world, enjoy success with every venture and make your dreams come true.

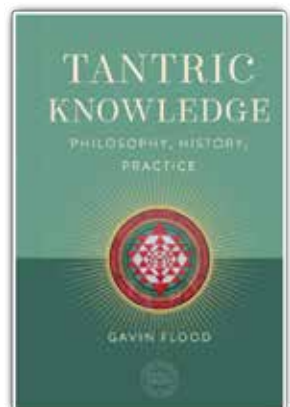
TANTRIC KNOWLEDGE

Philosophy, History, Practice

Gavin Flood

In this book, distinguished scholar of Hinduism and Comparative Religion Gavin Flood provides a general introduction to the subject of Tantra: what it is, where it fits into the history of South Asia and beyond, what its links are to Hinduism and Buddhism

In this book, distinguished scholar of Hinduism and Comparative Religion Gavin Flood provides a general introduction to the subject of Tantra: what it is, where it fits into the history of South Asia and beyond, what its links are to Hinduism and Buddhism, and how contemporary Tantra transforms the older tradition. Tantra has become a topic of wide interest, associated in the popular imagination with improving one's love life or with sensational magic and nefarious goings on. Both have a tenuous link with the historical reality of Tantra, its long history and traditions of practice and belief. In Tantric Knowledge, Gavin Flood sets out to correct these common misrepresentations, offering a balanced and engaging thematic introduction.



May 2025

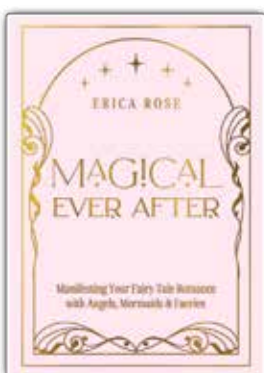
9798887621135

229 x 152 | 296pp | £22.99

Hardback

Mandala Publishing

Eastern Philosophy



November 2025

9781763586949

152 x 229 | 200pp | £21.99

Hardback

Muse Oracle Press

Spirituality and Inspirational

MAGICAL EVER AFTER

Manifesting Your Fairy-Tale Romance with Angels, Mermaids & Faeries

Erica Rose

Illustrated with bookmark

Romanticize your life!

A "Happily Ever After" in love isn't just something you wish for—it's something you create. You are the main character and the author of your own love story, and the fairy-tale romance of your dreams is possible. It's time to remember your magic, reclaim your ability to manifest, and shape your story. Like any fairy-tale hero, you'll need a bit of help from magical guides. Angels, mermaids, and faeries are here to be those divine guides, assisting you in all matters of the heart.

In Magical Ever After: Manifesting Your Fairy-Tale Romance with Angels, Mermaids & Faeries, you'll learn how to work with these magical allies and establish beautiful, lifelong relationships with each.

THE MYSTICAL YEAR

Folklore, Magic and Nature

Alison Davies

Full-colour illustrations

Connect with nature and harness the power of the seasons all year round

Connect with nature and harness the power of the seasons all year round Celebrate spring and summer as a time of renewal with Flora the Roman Goddess of flowers and learn about balance in Litha. As the nights get longer, create beautiful garlands of herbs to ward off evil spirits. Explore the magic of each month, with mystical tips and practical projects, and delve into the annual cycle of a modern mystical year. With superstitions and sayings, crystals, birds and beasts, this is a book for the modern mystic that is accessible for everyone. Based on spirituality in nature, The Mystical Year reveals how to wind down, and celebrate the seasons with folklore, festivals and simple and creative projects for each month of the year.



October 2020

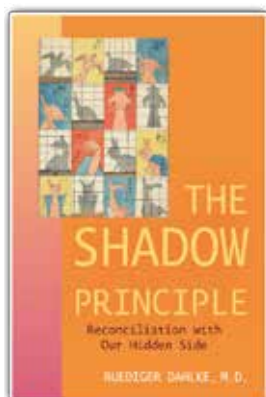
9781787136083

142 x 191 | 144pp | £12.99

Hardback

Quadrille

Spirituality and Inspirational



SHADOW PRINCIPLE

Reconciliation with Our Hidden Side

Ruediger Dahlke

Embrace Your Shadow and Discover a Path to Wholeness and Self-Love. The Shadow Principle serves as a guide to practical shadow work, blending spiritual wisdom with psychological insight to help you live with intention and authenticity.

In a world that often encourages us to suppress our darker aspects, renowned holistic medicine expert Ruediger Dahlke, M.D., offers a profound guide to embracing the shadow self as a pathway to wholeness and self-love. The Shadow Principle blends spiritual wisdom with psychological insight, guiding readers through the intricacies of shadow work to empower them on their journey toward authentic living. Those who engage in the shadow work presented here will become more open, compassionate and tolerant - towards themselves and others. The Jungian concept of the shadow - the unconscious part of ourselves that we repress but must integrate to achieve wholeness, both repels and fascinates us. The Shadow Principle draws on Eastern, Western, and Indigenous philosophical traditions, referencing sacred texts like the Bible and the Tao Te Ching.

October 2025

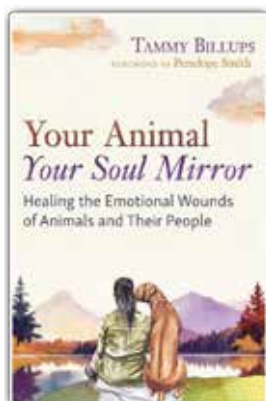
9781591813460

140 x 216 | 320pp | £22.00

Paperback

Sentient Publications

Spirituality and Inspirational



YOUR ANIMAL - YOUR SOUL MIRROR

Healing the Emotional Wounds of Animals and Their People

Tammy Billups

19 b&w illustrations

A how-to guide on fostering emotional wellness for animals and their people

This emotional wellness guidebook offers resources for animal lovers to symbiotically heal their wounds alongside their animal kin through soul mirroring—a collaborative heart and soul healing process. Healing our wounds and traumas, and the gifts garnered by learning through reflection, are one of the many reasons we choose to partner with animals.

Tammy Billups describes five emotional wound patterns—the Scared One, Needy One, Sensitive One, Protector, and Perfect One—and how to transcend them. With real-life examples, charts, and healing guidance tailored to each pattern, Billups explains how to self-nurture, discharge negative emotions, transform dysfunctional beliefs and release resistance to change.

December 2025

9781591435358

137 x 210 | 272pp | £15.99

Paperback

Bear & Company

Spirituality and Inspirational



THE ANGEL ALMANAC

An Inspirational Guide for Healing and Harmony

Angela McGerr

Colour illustrations

This comprehensive book by angelologist Angela McGerr features everything you've ever wanted to know about

Discover the wisdom of angels for yourself with this inspirational guide by angelologist Angela McGerr. Bringing together all aspects of angelology, this beautiful book is brimming with advice on working with angels and practical information based around the angelic year, and will help you to find balance and inner peace.

Discover the wisdom of angels for yourself with this inspirational guide. Bringing together all aspects of angelology, this volume is brimming with practical information based around the angelic year.

Part one is a guide to the changing energy of the solar and lunar cycles, and details the appropriate angels to call on and work with at different times.

November 2025

9781837997114

176 x 196 | 224pp | £18.99

Paperback

Summersdale Publishers Ltd

Spirituality and Inspirational

WITCH, HEALER, PRIESTESS, OUTCAST

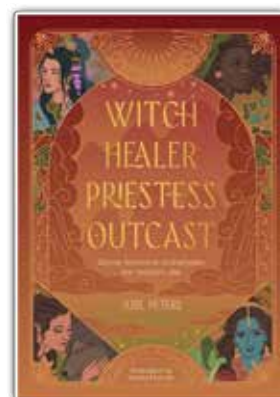
Divine feminine archetypes for modern life

Julie Peters, Illustrated by Nadia Murash

colour illustrations

A journey through the divine feminine archetypes of goddesses and mythic figures

In Witch, Healer, Priestess, Outcast, explore original retellings of mythic figures and goddesses from around the world, discovering how to embrace both the dark and light aspects of life. Learn how embodying these archetypes can help you navigate your deepest emotions, reclaim your place in a the world, and bring new meaning to your experiences. A Journey Through the Divine Feminine Archetypes of Goddesses and Mythic Figures. In Witch, Healer, Priestess, Outcast, explore original retellings of mythic figures and goddesses from around the world, discovering how to embrace both the dark and light aspects of life.



November 2025

9781446316566

170 x 244 | 144pp | £14.99

Paperback

Verbera

Spirituality and Inspirational

HOW TO AWAKEN YOUR INNER GODDESS

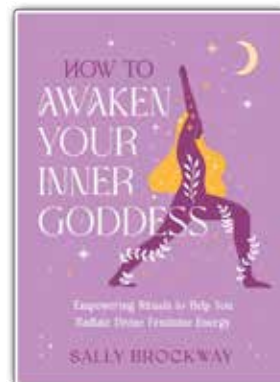
Empowering Rituals and Affirmations to Help You Radiate Divine Feminine Energy

Sally Brockway

Step into your divine power and become the magnetic woman you were always meant to be

Within you is a sacred energy that holds the key to irresistible confidence, deep self-knowledge and enriched well-being. Whether your goal is to heighten your intuition, supercharge your self-esteem, or develop high vibrational habits to attract anything you desire, this book will help you become the magnetic woman you were always meant to be.

You are a goddess. Within you is a sacred energy that holds the key to irresistible confidence, deep self-knowledge and enriched well-being. From the sensual creativity of the dark feminine to the empathetic grace of the light feminine, the divine feminine is a rich and varied identity through which any woman can find meaning, empowerment and healing.



November 2025

9781837997091

114 x 152 | 128pp | £8.99

Hardback

Summersdale Publishers Ltd

Spirituality and Inspirational

SPIRITUAL TATTOO SYMBOLS

A Directory of Sacred Symbols and their Meanings

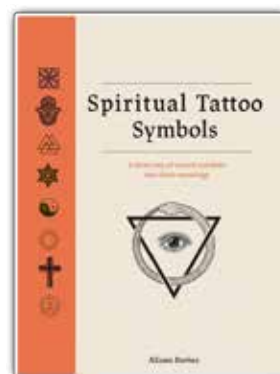
Alison Davies

500 illustrations

A gorgeous reference tome for spiritual symbols used in tattoo designs

This book is a compendium of symbols with sacred meanings, perfect for anyone looking to find a meaningful tattoo design, professional tattoo artists or anyone interested in folklore and religion.

It gathers some of the most popular and lesser known signs from around the world in a comprehensive and accessible guide. Looking at each symbol's history and origins, it unveils the cultural and spiritual significance, alongside any folklore to give each image context, and a gorgeous reference tome for spiritual symbols used in tattoo designs



August 2025

9781529442564

179 x 240 | 224pp | £22.00

Hardback

Godsfield Press

Spirituality and Inspirational



EVERYDAY EMBODIMENT

How to use the wisdom of your body for resilience, calm and confidence

Mark Walsh

Tune in to the wisdom of your body with Everyday Embodiment

Most of us don't get to spend our lives on meditation retreats in the Himalayas or massage tables on exotic beaches. We have REAL LIFE to deal with. But what if you could feel as good as you do in a yoga class for the whole day? What if you could get that meditation buzz even when you're dealing with the busyness of your day-to-day life? What if you could get that feeling of freedom from dancing, but while you're at your computer, or in the kitchen, or managing your kids? In *Everyday Embodiment*, world-renowned embodiment expert Mark Walsh will show you how to reconnect with the wisdom of your body so that you can overcome stress, key into your intuition and improve your most important relationships. You can use it on your commute, with your nightmare boss, or even just to stay centred at the supermarket.

September 2025

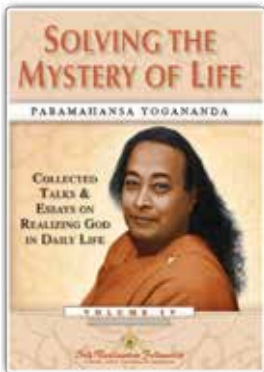
9781836006954

152 x 200 | 144pp | £15.00

Hardback

Leaping Hare Press

Spirituality and Inspirational



SOLVING THE MYSTERY OF LIFE

Collected Talks & Essays on Realizing God in Daily Life

Paramahansa Yogananda

15 b&w photos

Solving the Mystery of Life is the fourth volume in the bestselling *Collected Talks and Essays on Realizing God in Daily Life* series featuring Paramahansa Yogananda's talks, lectures, and informal classes.

This anthology of nearly 40 talks, given over a period of three decades, offers answers to those seemingly unanswerable questions such as "Why are we here? What is our destiny, and how can we control it? What is God and why did He make this earth? And if God is good, why is there evil in this world? How can we experience greater joy and security?"

Readers looking for answers to the myriad outer and inner challenges of life will find these talks alive with the unique blend of all-embracing wisdom, encouragement, and love for humanity that have made Paramahansa Yogananda one of our era's most trusted guides to the spiritual life.

September 2025

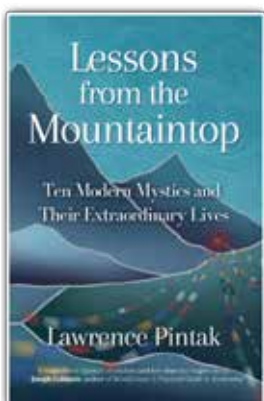
9781685682255

152 x 229 | 424pp | £38.00

Hardback

Self-Realization Fellowship

Spirituality and Inspirational



LESSONS FROM THE MOUNTAINTOP

Ten Modern Mystics and Their Extraordinary Lives

Lawrence Pintak

An inspiring account of the experiences of modern-day mystics who have dedicated their lives to the quest to find their own Truth.

Lessons from the Mountaintop is an inspiring account of the experiences of modern-day spiritual explorers who have dedicated their lives to the mystic quest to find their own Truth. It is aimed at readers looking for answers in our complex and challenging world. Few of us will ever retreat to a mountaintop or spend decades in monastic silence. Some of the individuals profiled in *Lessons from the Mountaintop* have done exactly that. Others have spent their lives studying with spiritual masters of multiple traditions. A New York record company art director, a medical doctor from Australia, a formerly unhoused non-binary BIPOC Californian, and other once "ordinary" folk who have carved out their own unique spiritual paths.

October 2025

9781591813323

140 x 216 | 216pp | £18.99

Paperback

Sentient Publications

Spirituality and Inspirational

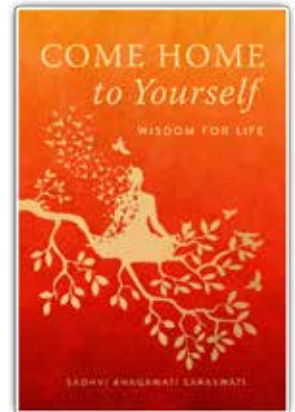
COME HOME TO YOURSELF

Simple Answers to Life's Essential Questions

Sadhvi Bhagawati Saraswati

Internationally renowned spiritual leader Sadhvi Bhagawati Saraswati inspires and guides readers toward managing complex emotions, fostering healthy relationships, and finding inner peace.

Come Home to Yourself is for anyone and everyone seeking to better understand themselves and their life's path. Drawing on her own unique story and the lessons learned along the way, internationally renowned spiritual leader Sadhvi Bhagawati Saraswati provides spiritual guidance and practical advice for the reader on their own life journey. After traveling to India as a PhD student, American-born Saraswati underwent a spiritual transformation that changed her life, ultimately becoming a guru dedicated to aiding others in their spiritual enlightenment. Her work has been commended internationally and praised by Deepak Chopra and Jane Goodall, among others.



April 2025

9781647223694

152 x 229 | 256pp | £24.99

Hardback

Mandala Publishing

Spirituality and Inspirational

SOLVING THE MYSTERY OF LIFE

Collected Talks & Essays on Realizing God in Daily Life

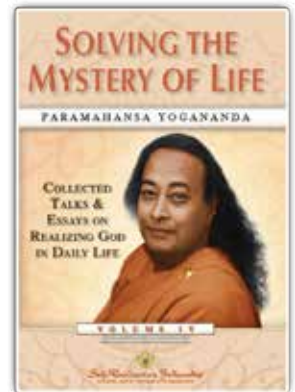
Paramahansa Yogananda

15 b&w photos

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September 2025

9781685682262

152 x 229 | 424pp | £27.00

Paperback

Self-Realization Fellowship

Spirituality and Inspirational

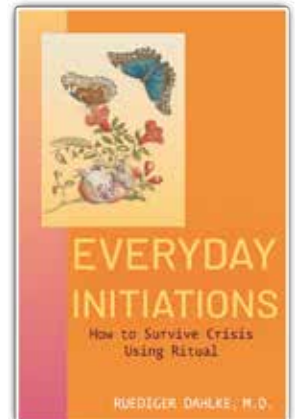
EVERYDAY INITIATIONS

How to Survive Crises Using Rituals

Ruediger Dahlke

Navigate life's transitions - birth, puberty, career shifts, menopause, and more - with time-tested rituals for growth and healing. Embrace change consciously and discover a path to wholeness in Everyday Initiations.

Heart-Aches explores the deep connections between heart health and emotional well-being. Dr. Ruediger Dahlke Discover the Power of Ritual to Navigate Life's Transitions In a world where change is constant and crises seem inevitable, pioneering holistic medicine expert, doctor, and psychotherapist Ruediger Dahlke, M.D., offers a transformative guide to help readers navigate life's crucial stages with intention and grace. Blending spiritual wisdom with medical insight, *Everyday Initiations* addresses the essential transitions in life, from birth to death and everything in between, providing practical rituals to turn life's most challenging moments into opportunities for growth and healing.



October 2025

9781591813484

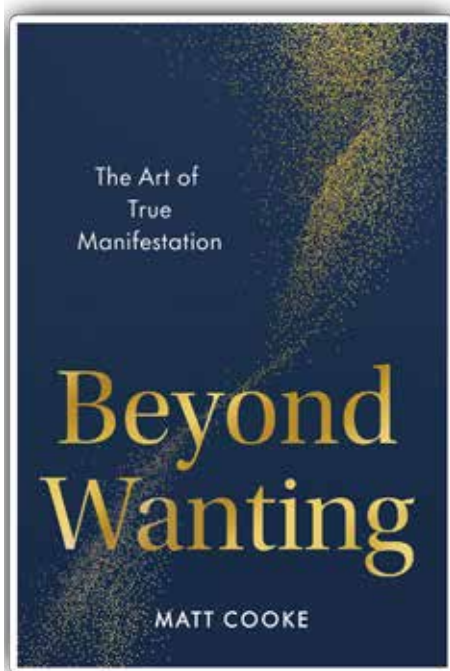
140 x 216 | 384pp | £22.00

Paperback

Sentient Publications

Spirituality and Inspirational

Spirituality & Inspiration, Meditation & Breathwork



November 2025

9780593853306

140 x 210 | 304pp | Hardback

£19.99 TarcherPerigee

Meditation & Spirituality

B&W art throughout

BEYOND WANTING

The Art of True Manifestation

Matt Cooke

The ultimate guide to manifesting your best life and transforming your mindset, from a leading manifestation coach

No matter what we have, we always want more. It might be a promotion at work, buying a home, or starting a family - success looks different for everyone, but the path to achieving it begins within.

Beyond Wanting bridges the gap between what you have and what you desire through the science and art of conscious manifestation. This book inspires you to embody the version of yourself who already has what you seek, aligning your mindset, actions, and energy to create lasting success.

This practical, no-nonsense guide challenges you to take control of your future through transformative techniques such as metacognition and meditation. Real-world advice, rooted in ancient spiritual wisdom, reveals how to:

Reprogram your mindset and harness the power of your thoughts

Tap into your intuition and move with purpose

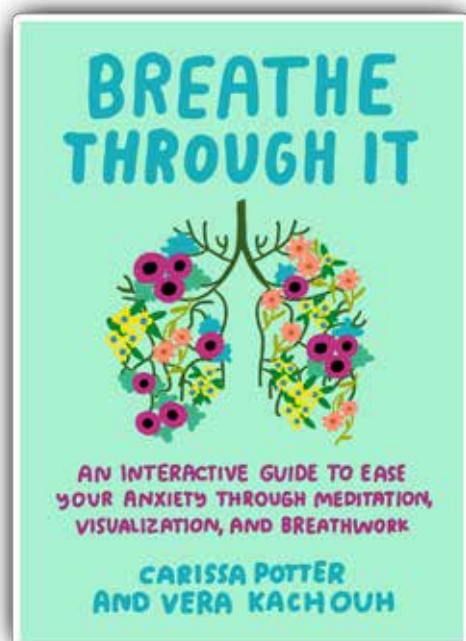
Let go of fear and unhelpful habits that block your path

Manifest your best life

Whether you're working toward a specific goal or are seeking general happiness and fulfilment, you have the power to succeed. With personal anecdotes, scientific theory, and practical toolkits, this book allows you to uncover your authentic power to unlock everything you've desired.

About the Author

Matt Cooke is a renowned manifestation coach and thought leader, inspiring a global audience with his modern approach to spirituality. After nearly a decade in real estate, he took a transformative leap to launch a successful digital marketing business before fully dedicating himself to the art and science of manifestation. Committed to helping people create their best lives and achieve their dreams, Matt shares accessible, practical advice on social media and provides guided meditations, online courses, and coaching. He lives with his wife, Corisande, and their son, Humphrey, in Cornwall, United Kingdom



June 2025

9780593719053

127 x 177 | 192pp | Paperback

£16.99 TarcherPerigee

Meditation & Breathwork

B&W art throughout

BREATHE THROUGH IT

An Interactive Guide to Ease Your Anxiety Through Meditation, Visualization, and Breathwork

Carissa Potter and Vera Kachouh

A collection of meditations, somatic therapy exercises, and more to help you customize your own practice and reduce anxiety

When you're in the midst of an overwhelming feeling, it can be hard to find a way out of it. Even if the feeling isn't particularly overwhelming—such as minor anxiety, unwelcome rumination, or an inability to slow your thoughts or get to sleep—sometimes you need a tool kit to help you get out of your head and back into your body.

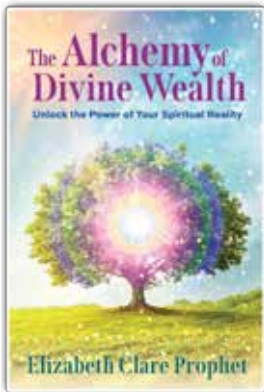
Breathe Through It is a collection of meditation and somatic therapy exercises with room to make notes on how each exercise worked (or didn't work) for you. Organized in sections based on the amount of time each exercise will take, from one minute to one hour, this book is the calm-down hack everyone needs to sort out their own customized meditation practice. No matter how big your feelings are in the moment, this clever little book will help you Breathe Through It.

About the Author

Carissa Potter is an artist and the founder of People I've Loved, a social media presence and stationery line that bridges the gaps between people by helping them have authentic and sometimes difficult conversations. In 2021, Potter was named one of the 50 People and Companies Inspiring the Working Not Working Community Right Now and one of Cosmopolitan's 24 People (Genuinely) Making the World a Better Place.

Vera Kachouh is a writer and the co-author of How to Heal from Heartbreak (or at Least Feel Less Broken). Her essays have been published in the literary journals Memoir Land and Electric Literature

Spirituality & Inspiration, Yoga & Meditation



November 2025

9781609885106
152 x 229 | 252pp | £21.00
Paperback
Summit University Press
Spirituality and Inspirational

THE ALCHEMY OF DIVINE WEALTH

Unlock the Power of Your Spiritual Reality

Elizabeth Clare Prophet

Expand your abundance consciousness and achieve your wildest dreams

The secrets of the abundant life are being revealed in our time. The great masters of wisdom are teaching the science and art of a new alchemy, a new way of living. As we know from the mystical truths of the world's religions, we are emanations of the Divine Source - who is infinite power, wisdom, and love.

We are souls created to transcend our current life and discover our true innate potential. We are born to the abundant life.

This collection of ascended master teachings is a treasure chest guiding you to a deeper connection to the universal Source. The door to abundance opens before you.

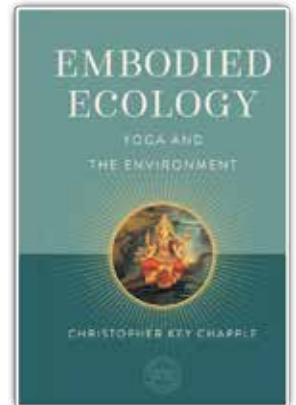
EMBODIED ECOLOGY

Yoga and the Environment

Christopher Key Chapple

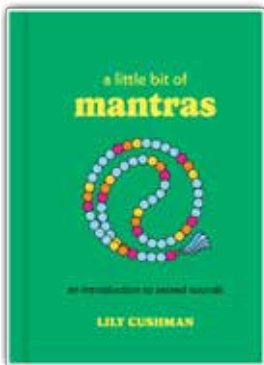
An in-depth analysis of the traditional texts and ideas that relate to modern concerns and conversations in the environmental movement

What do Hinduism and Yoga Philosophy have to say about ecology and the environment? Christopher Key Chapple provides an in-depth analysis of the traditional texts and ideas that relate to modern concerns and conversations in the environmental movement. Chapple explains what ancient Indian texts, including the Vedas and Upanishads, tell us about the centrality of earth-awareness in early India. Chapple then also examines how contemporary eco-activists, such as Vandana Shiva, M.C. Mehta, and Sunderlal Bahuguna, are applying traditional teachings and methods to current environmental crises.



June 2025

9798887621159
152 x 229 | 320pp | £22.99
Hardback
Mandala Publishing
Yoga and Meditation



June 2025

9781454960720
133 x 184 | 128pp | £8.99
Hardback
Sterling Ethos
Spirituality and Inspirational

A LITTLE BIT OF MANTRAS

An Introduction to Sacred Sounds

Lily Cushman

2-colour throughout

In the popular "Little Bit of" series: a fresh, accessible introduction to the practice of chanting mantras.

Chanting a mantra repeatedly can actually affect your state of mind, elevating your consciousness, altering your emotions, and bringing you peace. A Little Bit of Mantras presents an introduction to these sacred, spiritually empowering words, phrases, and sounds. It explores the history of mantras and how they work, and gives you chants that you can use with your yoga, meditation, or other daily practice.

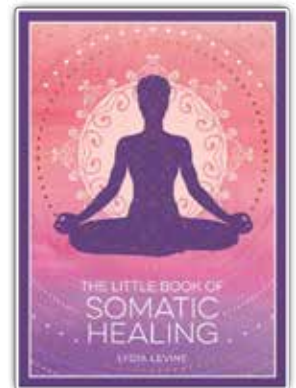
THE LITTLE BOOK OF SOMATIC HEALING

A Beginner's Guide to the Art of Body Psychology

Lydia Levine

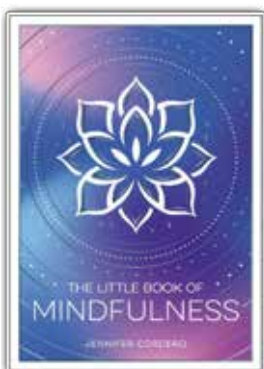
Discover the benefits of somatic therapy with this beginner's guide.

Within these pages, you will find everything you need to know about this healing practice, including the history, what the mind-body connection is, how to understand your body and its needs, and tools and exercises that will help you relieve stress and tension. Discover the benefits of somatic therapy with this beginner's guide, which will teach you what it is and how you can introduce the technique into your daily routine for a healthier, happier life. Somatic therapy, also known as body psychotherapy, is a form of healing. This powerful technique is based on the idea that understanding and harnessing the connection between the mind and body is crucial if we are to relieve tension, manage negative feelings and heal our trauma.



July 2025

9781837995516
102 x 152 | 128pp | £7.99
Paperback
Summersdale Publishers Ltd
Spirituality and Inspirational



July 2025

9781837996247
105 x 147 | 128pp | £7.99
Paperback
Summersdale Publishers Ltd
Spirituality and Inspirational

THE LITTLE BOOK OF MINDFULNESS

An Introduction to the Art of Being Present

Jennifer Cordero

The modern world can be stressful, but rest assured, this therapeutic guide to the practice of mindfulness will help you find stillness, calm and gratitude in every day.

By learning about the methods, origins and evolution of this beautiful practice, you can start to live a happier, more mindful life. The modern world can be stressful, but rest assured - this therapeutic guide to the practice of mindfulness will help you find stillness, calm and gratitude in every day. Rooted in Buddhist and Hindu traditions, the concept of mindfulness is centred around being present in the moment and fully aware of your thoughts. Whether nurtured through meditation and body scans, or by simply paying greater attention to what enters your mind as you walk, eat or wash-up, mindfulness is a practice that everyone can benefit from.

THE LITTLE BOOK OF MEDITATION

Easy ways to beat stress, improve well-being, and go with the flow

Stephanie Brooks

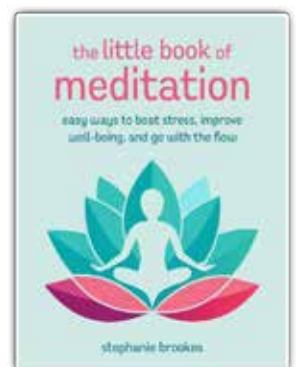
100 colour artworks

An easy approach to meditation that will help you get started right here, right now, with small, bite-sized sessions that realistically fit into your daily schedule.

Meditation keeps you grounded in the present, helping you to cultivate a better understanding of who you are in the here and now.

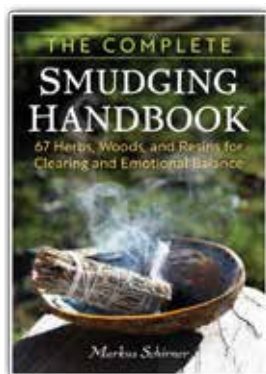
Stephanie Brookes shows you how to incorporate simple techniques into your busy, non-stop life to increase self-awareness, bring objectivity and clarity to your thoughts and actions, improve your relationships, and alleviate stress and anxiety.

Including meditations for a wide range of situations, from self-healing to meditating with a partner and meditations on the go, this little guide has all the tools you need find a greater appreciation of your inner self and life in general.



May 2025

9781800654280
116 x 152 | 192pp | £9.99
Hardback
Cico Books
Yoga and Meditation



October 2025

9798888502839

165 x 235 | 176pp | £17.99

Paperback

Earth Dancer

Self-Help

THE COMPLETE SMUDGING HANDBOOK

67 Herbs, Woods and Resins for Clearing and Emotional Balance

Markus Schirner

full colour throughout

A comprehensive guide to smudging with full-colour illustrations. Describes 34 spiritual and physical smudging protocols for divination, grounding, improving health, confidence, and dreaming.

A comprehensive guide to smudging with full-colour illustrations. Describes 34 spiritual and physical smudging protocols for divination, grounding, improving health, confidence, and dreaming. Offers smudging methods for ritual practice and explains how to properly collect, store, and prepare smudging ingredients. Includes an A-Z catalogue of 67 herbs, resins, and woods for smudging, exploring their history and traditional as well as contemporary uses. Explore smudging with this comprehensive illustrated guide that offers new and traditional ways to approach this ancient practice.

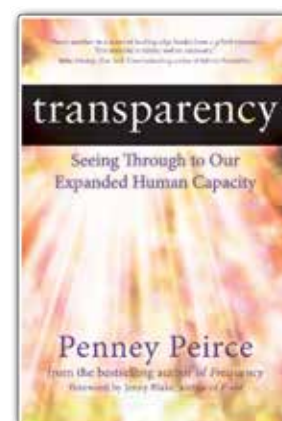
TRANSPARENCY

Seeing Through to Our Expanded Human Capacity

Penney Peirce

From transformation and perception expert Penney Peirce, a "timely and so necessary" (Mike Dooley, New York Times bestselling author) guide to everyday enlightenment by focusing on the courage to be vulnerable, authentic, and your absolute best self.

There is great power in being seen for all of who you are—and for being able to see through the superficial, often-messy top layer of reality to find core truth, beautiful souls, and our expanded capacity as human beings. The fourth book in Penney Peirce's award-winning Transformation series, with a poignant foreword by Jenny Blake, Transparency is a "well-organized, thoughtful, and carefully developed system that can help anyone who wants to walk this path toward enlightenment" (Nancy du Tertre, author of Psychic Intuition).



January 2026

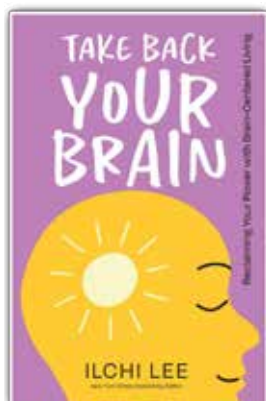
9781582706436

140 x 213 | 368pp | £18.99

Paperback

Atria Books

Self-Help



September 2025

9781947502338

140 x 216 | 228pp | £22.00

Paperback

Best Life Media

Self-Help

TAKE BACK YOUR BRAIN

Reclaiming Your Power with Brain-Centered Living

Ilchi Lee

7 B&W photos

Reclaim your creativity and attention to unlock your limitless potential

In a world overwhelmed by constant distractions and digital overload, we risk losing touch with our most valuable asset - our brain. In Take Back Your Brain, Ilchi Lee, a renowned meditation expert, offers a compelling guide to regaining control of your mind and living with clarity, purpose, and authenticity.

Through the concept of the BrainPhone, Lee introduces a powerful way to unlock your brain's potential. This innate capacity connects you to your wisdom, creativity, and intuition - resources far beyond anything technology can provide.

THE FLOW FACTOR

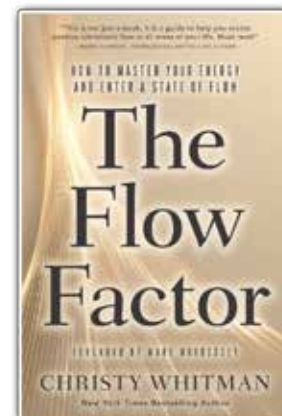
How to Master Your Energy and Enter a State of Flow

Christy Whitman

Offers readers the key to mastering the flow state - the energetic signature of success.

Learn how to overcome your fight-or-flight response and create a state of flow. The Flow Factor from New York Times bestselling author Christy Whitman equips you with the tools to effortlessly enter a flow state in any situation, especially during the challenging triggers of everyday life, empowering you to navigate obstacles with ease.

Whether in sports, business, creativity, or everyday life, the flow state is where happiness, fulfillment, and effortless achievement reside. Most of us experience flow accidentally, but few can summon it at will, especially during high-pressure or triggering moments.



January 2026

9781582709383

140 x 213 | 176pp | £15.99

Paperback

Beyond Words Publishing

Self-Help



December 2025

9781800654716

170 x 210 | 144pp | £14.99

Hardback

Cico Books

Self-Help

ESSENTIAL SELF-CARE

Tarot, breathwork, astrology, moon cycles, restorative recipes, crystals, and more

Leah Vanderveldt

150 colour photographs & artworks

Discover the wellness tools and practices that work for you in this feel-good guide, which explores the different ways you can honour your body, mind and spirit to cultivate a kinder relationship with yourself.

Build self-care into your everyday life with wellness practices that integrate centuries-old traditions and concepts into everyday modern living. With calming and mood-boosting herbal infusions, Tarot cards to tune into intuition, moon rituals for setting aligned intentions and breathwork for releasing stuck energy, Leah weaves together spirituality, high-vibe meals, astrology, meditation, manifestation and more.

Beautiful and inspiring photographs accompany Leah's selection of simple actions, rituals and recipes you can do on your own. Setting up supportive routines is key for feeling good every day.

MANUAL FOR THE AWAKENING WARRIOR

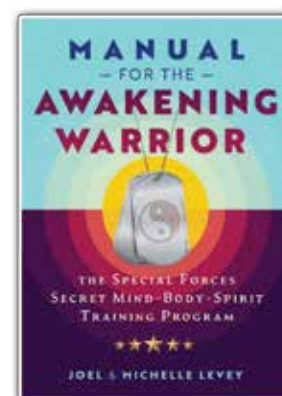
The Special Forces Secret Mind-Body-Spirit Training Program

Joel Levey & Michelle Levey

3 b&w illustrations

Imagine training twenty-five elite soldiers whose actions could start or stop the next world war. What would you teach them? The authors once faced this profound question in creating the U.S. Army's Jedi Warrior Training Program.

This book details this secret program, described by West Point leaders as "the most exquisite orchestration of human technology we have ever seen." The comprehensive Jedi training encompassed intensive meditation, mindfulness, neurofeedback and cyberphysiology, energy healing, Aikido, and mission simulations. Emerging at the pinnacle of the psychic-ops era of research into extraordinary human abilities, the program was founded on the Army's vision of Evolutionary Tactics: A Manual for the First Earth Battalion.



October 2025

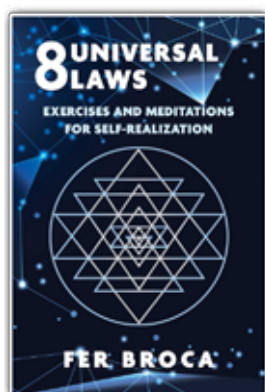
9781644116067

168 x 241 | 448pp | £23.99

Paperback

Destiny Books

Self-Help



October 2025

9798888502273

152 x 229 | 208pp | £14.99

Paperback

Destiny Books

Self-Help

8 UNIVERSAL LAWS

Exercises and Meditations for Self Realization

Fer Broca

Follow traditional principles to increase conscious awareness, abundance, and fulfillment.

From a young age, Fer Broca has searched for answers to his deep spiritual concerns. He has immersed himself in several traditions including Christianity, Judaism, Hinduism, Shintoism, and Nahuatl and other Indigenous Mesoamerican traditions. Throughout his seeking to achieve fulfillment and self-realization, Fer has distilled his knowledge down to eight universal laws. With his friendly and direct style, Fer details the principles of oneness, generation, resonance, karma, dharma (responsibility), wu wei (effortless action), olin (aligning with the world's rhythm to achieve perfect timing), and peace. These universal laws govern the flow, energy, and vibration of everything. Fer unpacks these laws so that you can apply them to daily life and deepen your spiritual practice.

RETURN TO CENTER

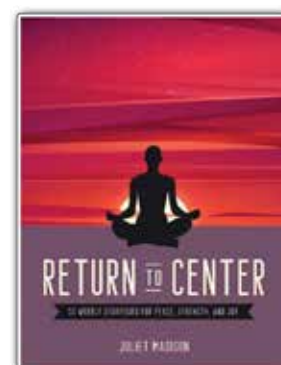
52 Weekly Strategies for Peace, Strength, and Joy

Juliet Madison

Cultivate positivity, resilience, and fulfillment, and find the calm you crave by discovering the strength and power that already exist inside you.

Journey through the ages with a collection of memorable quotes featuring poets, playwrights, politicians, and This insightful guide offers 52 weeks of "centring" techniques and practical strategies to connect to your inner core and feel more empowered, helping you manifest your true potential.

Imagine feeling more balanced, grounded, peaceful, and happy in your daily life, no matter what challenges are going on around you. Ask yourself, What would it take to be living a life I love?



April 2025

9780486852652

159 x 210 | 160pp | £13.49

Paperback

Dover Publications

Self-Help



August 2025

9780760391273

230 x 170 | 208pp | £17.99

Paperback

Fair Winds Press

Self-Help

THE ADHD RESET

Shift Your Mindset. Find Your Clarity. Unlock Your Magic.

Claire Michalski

colour photos

What if what you need to succeed and manifest your goals is what you have been trying to overcome—your ADHD? The ADHD Reset is a new and hopeful perspective that transforms ADHD from an obstacle to a source of power.

What if what you need to succeed and manifest your goals is what you have been trying to overcome—your ADHD? The ADHD Reset is a new and hopeful perspective that transforms ADHD from an obstacle to a source of power. Without the right tools, ADHD can rule your life in a challenging way. But you can thrive with ADHD. In fact, an ADHD brain has some pretty magical qualities! Creator of the popular handle @ModernHippieMindset, ADHD coach Claire Michalski shows you how to reset your mindset and approach to living with ADHD.

SEE KNOWN VALUED

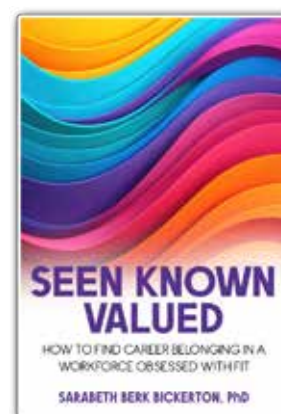
How to Find Career Belonging in a Workforce Obsessed with Fit

Sarah Berk Bickerton

A transformative guide to finding where you truly belong in your work

The myth of finding "career fit" is leaving millions of professionals - especially multitasking individuals and polymaths - feeling unseen, stuck, and unfulfilled. We've been taught to mould ourselves into job descriptions, chase roles that match our skills and aptitudes, and settle for work that reflects only a sliver of who we are - often because employers don't know what to do with a jack-of-all-trades.

Seen Known Valued introduces a bold new paradigm: career belonging. It's a powerful reminder that your career belongs to you. It's not about becoming who others expect you to be - it's about uncovering who you are (and who you aspire to be) in your work, and building a career that reflects your authentic self. Only then can you be seen, known, and valued - by yourself, by others, and by something greater than you—on your own terms.



November 2025

9781953360441

152 x 229 | 228pp | £36.00

Paperback

Gifted Unlimited

Self-Help



September 2025

9781514990254

191 x 248 | 96pp | £27.00

Hardback

Laughing Elephant

Self-Help

INSPIRED THOUGHTS ON LOVE

Nan Rae

40 colour illustrations

Popular artist Nan Rae invites us on a journey to love with stunning watercolours and inspirational poetry

Nan Rae invites us on a heartfelt journey through love, seen through the eyes of her dearest friends. Each unique perspective is beautifully complemented by her exquisite artwork and thoughtful reflections, creating a rich tapestry of emotion and insight. Through delicate brushstrokes and carefully chosen words, she captures the essence of love in its many forms - romantic, platonic, and unconditional. This collection offers a glimpse into the varied ways love shapes our lives, inspiring warmth, connection, and deep appreciation. Nan Rae's artistry and wisdom come together to celebrate the beauty and depth of human relationships, making this a truly enchanting exploration of love.

BOUNDARIES AND PROTECTION

Pixie Lighthorse

BOUNDARIES AND PROTECTION moves beyond love and light, connecting the reader to the wisdom of the graceful and fiercely protective spirit of the Mountain Lion and offering powerful tools for those looking to explore and establish boundaries in their lives.

More than just a set of tools, however, BOUNDARIES AND PROTECTION is a catalyst for change and healing, a path towards embracing who you're meant to be. Prepare to be transformed by this book.



June 2025

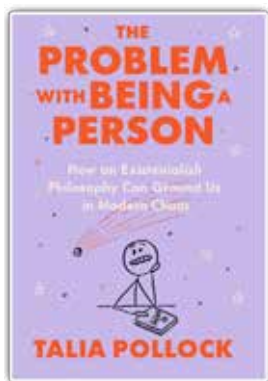
9798991642873

127 x 203 | 176pp | £13.99

Paperback

Row House Publishing

Self-Help



June 2025

9780593420904

145 x 216 | 224pp | £28.00

Hardback

TarcherPerigee

Self-Help

THE PROBLEM WITH BEING A PERSON

How an Existentialist Philosophy Can Ground Us in Modern Chaos

Talia Pollock

Escape the race to happiness, build a life of value, and resist the pull of self-help

You've heard this story: outwardly, woman was living the dream. Inwardly, woman was drowning in despair. It's what happened next that sets this tale apart.

Many of us go through life believing that something about us is not normal enough. So, we devote ourselves to the endless pursuit of self-improvement. That's what Talia Pollock decided to do. In her quest to feel better, Talia Pollock got seduced by self-help trends that offered fleeting solace but failed to soothe the depths of her inner turmoil. Conventional remedies, like medication and therapy, provided a semblance of relief but didn't ease the angst she felt inside.

THE NOTHING TO FEAR JOURNAL

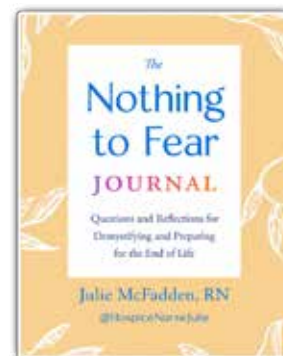
Questions and Reflections for Demystifying and Preparing for the End of Life

Julie McFadden

From bestselling author and compassionate expert @hospicenursejulie, a comforting and practical companion for making peace with the end of life

Millions of fans look to hospice nurse Julie McFadden for insights on the end of life—what to expect, how to help a loved one who is approaching death, and how to manage our emotions to replace fear and denial with hope and acceptance.

On the heels of her bestselling book Nothing to Fear, this guided journal offers readers a tool for exploring these essential topics on a personal level, with thought-provoking questions that prompt reflection, clarification, planning, and more.



June 2025

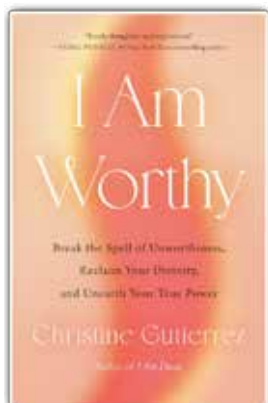
9780593855256

151 x 203 | 160pp | £16.99

Paperback

TarcherPerigee

Self-Help



August 2025

9780593543399

140 x 210 | 320pp | £27.00

Hardback

TarcherPerigee

Self-Help

I AM WORTHY

Break the Spell of Unworthiness, Reclaim Your Divinity, and Unearth Your True Power

Christine Gutierrez

Join the Worthy Revolution with this guide to loving and embodying your truest self

You are loved and worthy simply because you exist. You need not do anything to earn it - you were simply born worthy. Pause and breathe that in. If the dominant culture has you people-pleasing, playing it small, and repressing the wild woman within, it's time to stop hiding your light and start to shine. In I Am Worthy, licensed therapist Christine Gutierrez blends modern psychology with ancient wisdom to help you untangle the web of unworthiness.

As you read, you'll explore pivotal areas of your life like rest, abundance, and community, decolonizing your spirituality and embracing pleasure in revolutionary new ways. You'll also put these concepts into action with the rituals, ceremonies, and reflection prompts in each chapter, which include affirmations, manifestations, and healing meditations.

THE STORY OF YOU

A Swiftie Journal & Coloring Book for Self-Discovery

Dani DiPirro

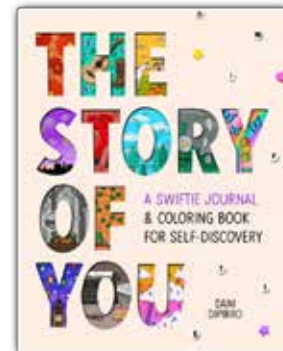
B&W art throughout

Are you ready for it? Seek self-awareness with this insightful journal & colouring book inspired by the work of Taylor Swift.

Perfect for Swifties or anyone interested in self-discovery, The Story of You features writing prompts, colouring pages, inspiring quotes, and lots of Swiftie easter eggs to help you tune into the truth of who you are. There's only one of you, and The Story of You will help you find who you're supposed to be.

In The Story of You, you'll find:

Insightful Journal Prompts focused on themes of change, relationships, strength, healing, and self-awareness that will encourage you to explore your feelings, consider new perspectives, and find your place in this world.



September 2025

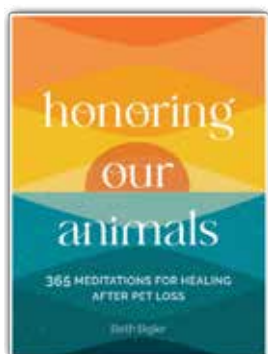
9798217045778

178 x 229 | 176pp | £17.99

Paperback

TarcherPerigee

Self-Help



June 2025

9781577155140

145 x 195 | 228pp | £14.99

Hardback

Wellfleet Press

Self-Help

HONORING OUR ANIMALS

365 Meditations for Healing After Pet Loss

Beth Bigler

colour illustrations

Honoring Our Animals is your steadfast guide on the bereavement journey of losing a beloved companion, offering 365 days of consistent guidance and support

Discover a personalized path to recovery with Honoring Our Animals, your daily source of solace and strength throughout the year. Grieving the loss of your beloved pet can be one of the most devastating and disorienting experiences of your life. When the absence feels unbearable, Honoring Our Animals offers more than solace. It provides a daily space for remembrance, healing, and continued closeness. This book is a refuge—a compassionate companion where heartache is met with understanding, and your bond transcends the physical. Through meditations, affirmations, and intentional practices, this guide offers a structured yet flexible path to move with your emotions, allowing love—not loss—to shape your journey.

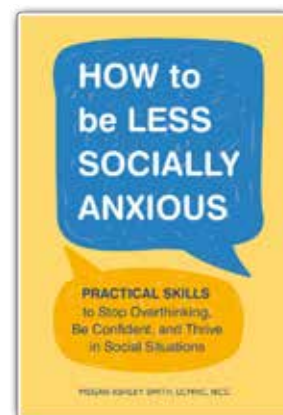
HOW TO BE LESS SOCIALLY ANXIOUS

Practical Skills to Stop Overthinking, Be Confident, and Thrive in Social Situations

Megan Ashley Smith

A practical, less clinical how-to book for people who want to be less socially anxious.

For those who experience social anxiety, attending events and interacting with others can often feel overwhelming. If you frequently find yourself overthinking or struggling with communication in social situations, How to Be Less Socially Anxious offers practical skills to help you navigate these challenges. Written in clear, accessible language, this book provides actionable solutions and tools that you can apply in everyday social situations. Whether you're aiming to build confidence, enhance your communication skills, or simply feel more at ease in social settings, this guide is here to support you every step of the way.



March 2025

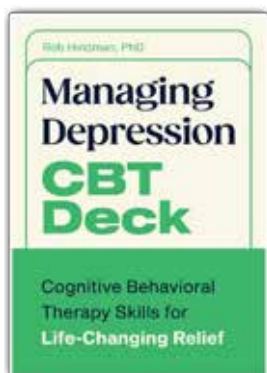
9780593886243

152 x 229 | 160pp | £16.99

Paperback

Zeitgeist

Self-Help



MANAGING DEPRESSION CBT DECK

Cognitive Behavioral Therapy Skills for Life-Changing Relief

Rob Hindman

100 cards

Reduce the frequency, intensity, and length of depressive episodes by retraining your brain with cognitive behavioural therapy (CBT) skill cards for depression.

Offering practical strategies from three key areas of treatment - behaviour, thoughts, and emotion - the Managing Depression CBT Deck can help you lift the fog of depression, even if you're struggling with hopelessness, overwhelm, and low motivation.

Managing Depression CBT Deck includes:

100 sturdy, color-coded cards with cognitive restructuring exercises, behavioural activation techniques, problem-solving skills, and coping strategies from CBT-D

Special "Lifeline" cards designed to provide immediate support with effective and achievable strategies, important reminders,

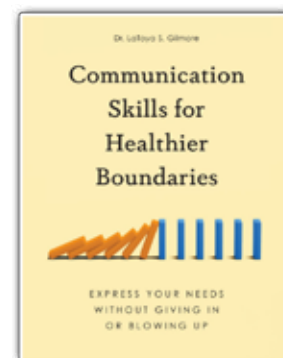
COMMUNICATION SKILLS FOR HEALTHIER BOUNDARIES

Express Your Needs without Giving in or Blowing Up

LaToya S. Gilmore

Establish healthier boundaries with communication skills that everyone needs

In Communication Skills for Healthier Boundaries, Dr. LaToya S. Gilmore empowers you with the communication tools and strategies to build and maintain fulfilling relationships while honouring your own needs. Discover how to effectively express yourself, confidently say yes or no, and create the boundaries that support your well-being. Whether you're looking to strengthen, relax, or establish boundaries, this book provides practical guidance to help you thrive in every aspect of your life. Embrace the journey to healthier, happier connections!



September 2025

9780593886021

102 x 152 | 100pp | £23.99

Cards

Zeitgeist

Self-Help

May 2025

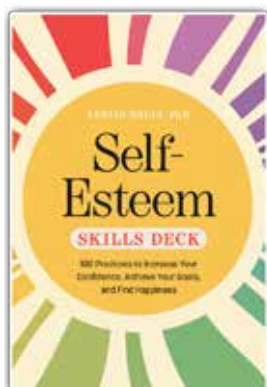
9780593886397

178 x 229 | 160pp | £17.99

Paperback

Zeitgeist

Self-Help



SELF-ESTEEM SKILLS DECK

100 Practices to Increase Your Confidence, Achieve Your Goals, and Find Happiness

Leslie Davis

100 cards

Build confidence. Boost resilience. Feel empowered. 100 therapy-based exercises to help you strengthen your self-esteem.

When self-doubt shows up, it can hold you back from living the life you truly want. The Self-Esteem Skills Deck is your supportive, therapist-informed companion - offering engaging, evidence-based tools to help you build confidence and recognize your worth. Unlike traditional workbooks, this card deck format offers a flexible, user-friendly experience - easy to pick up, revisit, and repeat anytime you need a boost. As the only self-esteem deck for adults grounded in science-based practices, it's designed to help you build the confidence you may have never been taught - with strategies that are approachable, empowering, and made to grow with you.

GUIDED METAPHYSICAL BOX SET

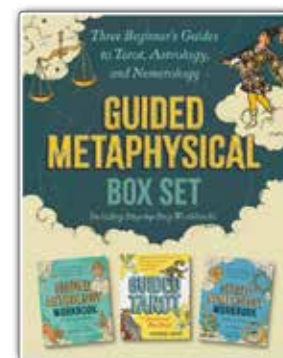
Three Beginner's Guides to Tarot, Astrology, and Numerology

Stefanie Caponi and Kelli Miller, Illustrated by Coni Curi

A transformational trio of spiritual guides for self-discovery and wisdom through tarot, astrology, and numerology

Explore your inner world and unlock powerful insights with this beautifully packaged box set of beginner-friendly guides to tarot, astrology, and numerology. Whether you're just starting your spiritual journey or deepening your practice, this set blends practical tools with timeless wisdom to help you better understand yourself, improve your relationships, and connect with your higher self.

Each guide offers its own powerful path to self-discovery, but together they create a deeper, more complete spiritual toolkit. Thoughtfully designed and packed with value, this set also makes a meaningful gift for anyone seeking clarity, growth, and connection.



November 2025

9780593885949

102 x 152 | 100pp | £24.99

Cards

Zeitgeist

Self-Help

November 2025

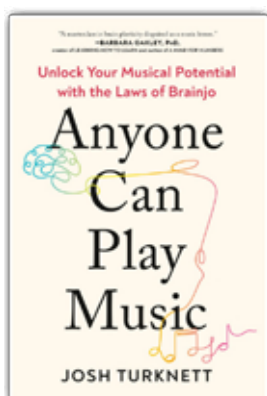
9798217151165

178 x 229 | 656pp | £29.00

Paperback

Zeitgeist

Self-Help



ANYONE CAN PLAY MUSIC

Unlock Your Musical Potential with the Laws of Brainjo

Josh Turknett

charts & figures throughout

A neuroscience-based approach to learning how to play music at any age

You can learn to play music, no matter what you've been told about your musical talent or aptitude. Each and every one of us has been gifted with a fully customizable brain, one we can mould to learn anything, at any age. With the right instruction and methods, learning to play music can be an endless source of joy and fulfillment. And learning to play music isn't just fun, it's also the ideal brain fitness activity.

Dr. Turknett, a neurologist, self-taught multi-instrumentalist, and the founder of Brainjo and the Brainjo Method of instruction, which has been used successfully by thousands of people, distils the principles of learning to play music down into a set of universal "laws" that can be applied to any instrument.

WORD SEARCH PUZZLES FOR BRAIN FITNESS

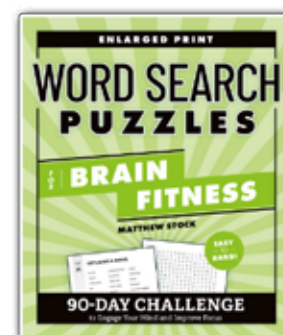
90-Challenge to Engage Your Mind and Improve Focus

Matthew Stock

Stimulate your mind - and have fun! - with 90 days of word search puzzles, ranging from easy to hard.

Ready to boost your brainpower and improve your focus? Get a daily dose of mental exercise with Word Search Puzzles for Brain Fitness, a 90-day challenge of word search puzzles that progress in difficulty. Some words will be easier to spot, while others will be harder to find! With fun themes to keep you engaged and bonus puzzles to keep your good habit going, you'll marvel at the growth in your processing skills, concentration, and vocabulary in just three short months. Don't wait - start your journey to better brain fitness now!

90 days of word searches - and bonus puzzles. Crafted by a puzzle expert to help you build a daily habit of exercising your mind.



March 2025

9780593850978

151 x 229 | 256pp | £16.99

Paperback

TarcherPerigee

Self-Help

July 2025

9798217151509

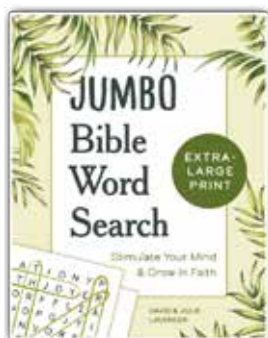
178 x 229 | 256pp | £11.99

Paperback

Zeitgeist

Self-Help

Self Help, Personal Growth & Biography



JUMBO BIBLE WORD SEARCH

Stimulate Your Mind and Grow in Faith - Extra Large Print

David & Julie Lavender

Boost your brain and uncover God's Word in Jumbo Bible Word Search.

With extra-large font size and spacious layouts, Jumbo Bible Word Search is designed for comfortable readability. These engaging word searches invite adults and seniors to discover or revisit familiar illustrations of God's true love. Based on Bible stories, Christian teachings, and scripture verses, these puzzles are a fun and wholesome way to keep minds active! Perfect as a gift or for travel, waiting rooms, or the comfort of home, this book has something for every faithful puzzle enthusiast, new or pro.

Large Clear Text: Our jumbo print is extra-large so adults and seniors can have uninterrupted fun without eye strain.

September 2025

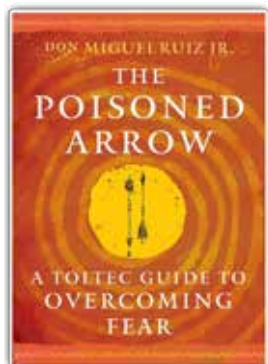
9798217151530

216 x 276 | 192pp | £9.99

Paperback

Zeitgeist

Self-Help



THE POISONED ARROW

A Toltec Guide to Overcoming Fear
don Miguel Ruiz

The poison is fear-this book is the cure.

When the world wounds us with a metaphorical arrow, many of us spend our days chasing unanswerable questions: Why was I hurt? Who is to blame? Will it happen again? Beneath these restless inquiries lies a deeper truth: even though the event is now over, the fear it left behind is like a poison. It courses through our veins—whispering doubts, weaving prisons from old wounds, and painting the world in shades of threat and scarcity. But there is an antidote. In this transformative guide to overcoming fear, beloved Toltec teacher don Miguel Ruiz Jr. invites you to remove both the arrow and its poison. Through Toltec wisdom and timeless parable, you will learn to: Recognize fear's hidden influence in your thoughts, words, and choices. Break free from fear-based agreements that keep you trapped in anxiety and unhappiness. Reclaim your power as the artist of your life, creating a reality rooted in peace and authenticity. With prose as tender as it is incisive, this book is not a map—it is a mirror.

September 2025

9781950253593

127 x 177 | 224pp | £17.99

Paperback

Hierophant Publishing

Personal Growth



ETHEL MARIE

How a Minnesota Farm Girl Helped Me to Understand Life, Love, and Human Destiny

Kelly Nicholson

52 pictures & illustrations

A longtime academician recalls his life and the shaping influence of his mother, a woman of plain origins who gave him insight, by her example, into the timeless wisdom of the world's great spiritual traditions.

This story, in part, is a memoir of Kelly Nicholson's youth and subsequent adventures. Beneath its surface lies the enduring question of how we might acquire a sense, amid a world of competing influences, of what life means and where we are ultimately headed. Its thesis is that we gain insight not merely from analytical scholarship but also from our daily flesh and blood encounters with those around us.

September 2025

9781962858380

140 x 216 | 333pp | £18.99

Paperback

Ozark Mountain Publishing

Biography

THE 6D ASCENSION JOURNEY

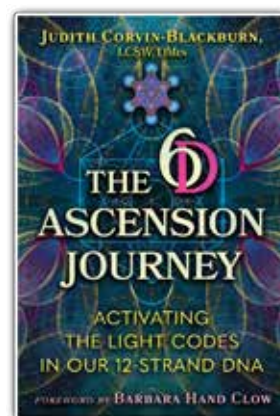
Activating the Light Codes in Our 12 Strand DNA

Judith Corvin-Blackburn

12 b&w illustrations

Awaken the gifts and power of the 6th dimension hidden in your star ancestor DNA

As physical reality shifts from 3D to 5D, humans are evolving from the dense 3D/4D frequencies to the enlightening frequencies of 5D/6D. In this guide to incorporating 6D into our ascension process, Judith shows how to activate its power to manifest our highest potential, personally and collectively. As 3D/4D humans, 10 of our 12 strands of DNA are shut down. This book shows how, as we evolve into 5D/6D Divine humans, we reopen these strands and activate their embedded light codes. With meditations, spiritual tools, and insights to activate these light codes, Judith reveals how to identify old beliefs, wounds, and resistances and consciously process, release, and transform them. She explores the light language of 6D embedded in sacred geometry and sound, and how it connects us to Divine Mind.



October 2025

9781591435464

152 x 229 | 272pp | £14.00

Paperback

Bear & Company

Personal Growth

PASSAGE TO POROS

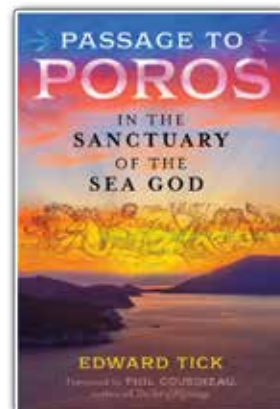
In the Sanctuary of the Sea God

Edward Tick, Foreword by Phil Cousineau

Includes 8-page colour insert and 32 b&w illustrations

Passage to Poros offers wisdom for anyone seeking healing, sanctuary, spiritual presence, and reconnection with ancient and eternal forces.

Explore the reawakening of ancient Greek healing practices by taking this journey of transformation, myth, and divine presence to the sacred island of Poros, a site of pilgrimage and healing for more than 3,000 years. This book examines pilgrimage, sanctuary, and asylum, the duties of Poseidon who was the ruling god of Poros. Edward Tick rediscovers asyilia, the original practice of sanctuary that provides safety and inspiration while facilitating healing and connection to divinity. He explores "crossing the strait" as safe passage between the visible world and the invisible realms of the sacred. Drawing on ancient traditions Tick shows how we know ourselves, our destinies, and our connection to the divine through dreams, visions, oracles, and synchronistic events.



November 2025

9781644113790

152 x 229 | 264pp | £17.99

Paperback

Park Street Press

Personal Growth

WIFE MOTHER DRUNK

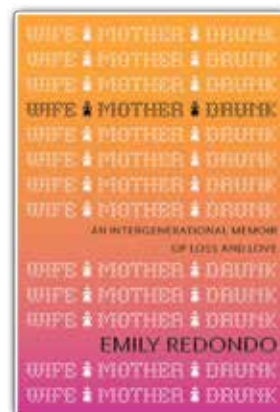
An Intergenerational Memoir of Loss and Love

Emily Redondo

Wife Mother Drunk is a searing, heartbreaking portrait of a woman caught in the grips of addiction but also a mother whose greatest hope is the love for her children.

After having her fourth and last baby, Emily Redondo found herself in rehab with a breast pump and a five-week old at home. On the surface, she looked like every other suburban mom, replete with dance bags and mini van, but inside, she was in a harrowing dance with alcoholism, drinking from morning until night, stealing alcohol from liquor stores, and finding herself arrested for a DUI with a four-year old in the backseat.

Wife Mother Drunk tells the story of Emily's decades-long battle against her disease while also confronting generations of inherited trauma and addiction. As she writes, "I come from pioneers." In this incredible book, Emily investigates those dusty-earth roots to understand how women process trauma, heartbreak, and centuries of putting their children before their own well-being.



January 2026

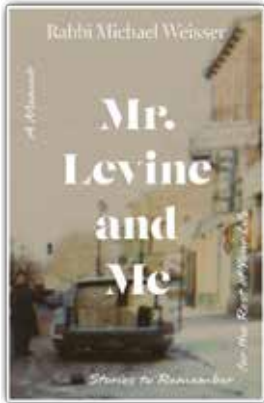
9781959524076

152 x 229 | 304pp | £26.00

Hardback

Rise Books

Biography



October 2025

9781591813262
140 x 216 | 200pp | £15.99
Paperback
Sentient Publications
Biography

MR. LEVINE AND ME

Stories to Remember for the Rest of Your Life

Michael Weisser

A poignant exploration of wisdom, connection, and the lasting imprint of human relationships.

Lessons from the Mountaintop is an inspiring account of the experiences of modern-day spiritual explorers who have. In this heartfelt memoir, Michael Weisser brings to life two deeply personal collections of stories that span decades yet are intertwined by their timeless lessons. The first part of the book revisits Weisser's boyhood days, spent sweeping the floors of Mr. Levine's bakery after school. Amid the comforting scent of freshly baked bread, Mr. Levine shared words of wisdom that, at the time, felt like casual conversations. Only years later did Weisser realize the profound truths embedded in those simple exchanges, lessons that have continued to resonate throughout his life. In the second part, Weisser recounts encounters with the "thirty-minute friends" he met during his adult years - strangers, acquaintances, and brief companions who left lasting impressions.

SMITHSONIAN ENGAGEMENT CALENDAR 2026

Smithsonian Institution

57 colour images

Featuring 55 gorgeous full-colour images of diverse Smithsonian objects, this wire-bound, weekly calendar is like visiting a different museum every week!

The Smithsonian Engagement Calendar 2026 features 55 full-colour illustrations of spectacular objects from the Smithsonian's twenty-one museums, the National Zoological Park, and Smithsonian research centres. Features include:

Spiral binding that makes it easy to write in

Weekly spreads that include full-colour illustrations with brief descriptions and generous space to record appointments, tasks, notes, and other planning

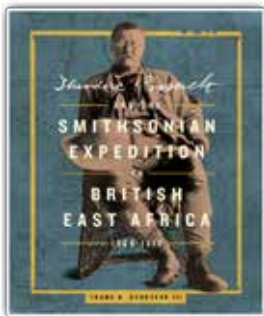
Official major national holidays

6-1/2 x 9 size allows it to fit neatly in purses, tote bags, backpacks, and computer bags



July 2025

9781588347855
165 x 229 | 126pp | £19.99
Spiral bound
Smithsonian Books
History



September 2025

9781588348012
191 x 229 | 264pp | £29.00
Hardback
Smithsonian Books
History

THEODORE ROOSEVELT AND THE SMITHSONIAN EXPEDITION TO BRITISH EAST AFRICA, 1909-1910

Frank H. Goodyear III, Afterword by Dino Martins

120 duotones

Accompany Theodore Roosevelt on his Smithsonian safari to East Africa with new context and perspectives

Immediately after Theodore Roosevelt left the White House, he led an African expedition for the Smithsonian that collected more than 23,000 specimens for its new natural history museum. Alongside his son, Kermit, Smithsonian naturalists, and African porters, they brought back a wide range of plants, fish, reptiles, and big game. This book takes readers along for the journey, and features:

More than 100 expedition photographs printed with stunning reproduction quality

Excerpts from Roosevelt's firsthand account in African Game Trails

BRAVO JALEN!

Closing the Curtain on Test Anxiety

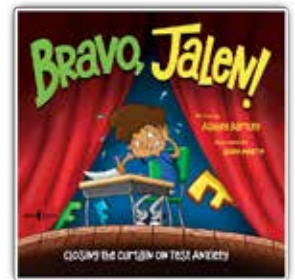
Ashley Bartley, Illustrated by Brian Martin

22 colour illustrations

Offers encouragement and practical strategies to help kids manage their test anxiety, boost their confidence, and approach every test or challenge with a positive mindset!

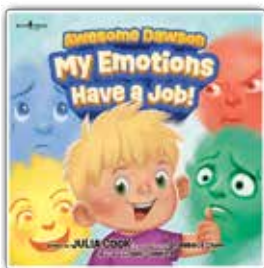
His name means calm, but Jalen feels anything but mellow when it's time to take a test. He struggles to live up to his name because tests make his insides mushy and his thoughts fuzzy.

Whether it's a scheduled exam or a pop quiz, Jalen worries his body will shut down, his mind will go blank, and he'll flop. He calls it the three Fs - freezing, forgetting, and failing!



June 2025

9798889070252
229 x 229 | 31pp | £12.99
Paperback
Boys Town Press
Childrens



September 2025

9798889070269
229 x 229 | 31pp | £12.99
Paperback
Boys Town Press
Childrens

AWESOME DAWSON MY EMOTIONS HAVE A JOB

Julia Cook in consultation with Dr. Rebecca Chow, Illustrated by Dale Crawford

colour illustrations

Colourful and empowering story that reminds young readers they can make their emotions work for them in

Dawson feels lots of emotions and knows each one has an important job, including keeping him safe, resilient, and prepared.

But what happens when his emotions take their jobs too seriously? Will Dawson still be able to manage them, or will they run wild in awkward and reckless ways?

A trip to Dawson's happiest place - the zoo - is the ultimate test. The anticipation of feeding the giraffes, riding the train, and eating snow cones overwhelms his body with excitement. But that feeling quickly gives way to sadness when he isn't allowed to ride the carousel, or what he calls the round and round.

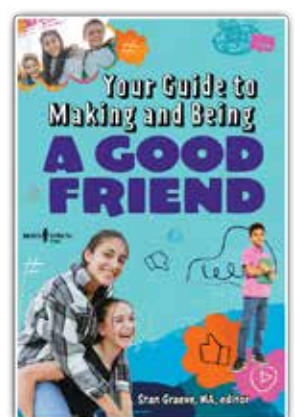
YOUR GUIDE TO MAKING AND BEING A GOOD FRIEND

Stan Graeve

An accessible and transformative pocket guide for preteens and teens who are looking to make more real-life connections and maximize their friend potential!

Your Guide to Making and Being a Good Friend is a fresh, updated version of A Good Friend, the award-winning title that taught a generation of young people how to build, strengthen, and grow friendships through kindness, respect, humour, and confidence.

Written in a tone that is encouraging, not preachy, light, yet empowering, readers can tap into the same wisdom, insights, and strategies that made the original so popular. Each chapter now features special bonus material, including self-reflection questions, to help the reader think more intentionally about what it means to be a friend and find the courage to cultivate new and more rewarding relationships.



October 2025

9798889070276
152 x 229 | 95pp | £10.99
Paperback /
Boys Town Press
Childrens



October 2025

9798889070283

152 x 229 | 42pp | £13.99

Paperback

Boys Town Press

Childrens

I'M SICK, BUT THAT'S NOT WHAT HURTS

A story about absence, empathy, and friendship

Jennifer Licate, Illustrated by Suzanne Beaky

18 colour illustrations

A scary health crisis puts Han on a journey that will test his resiliency, strain his relationships, and reveal who his true and supportive friends really are.

First comes the cancer diagnosis. The treatment requires hospital stays, extended absences from school, and a time out from the basketball team. With his health uncertain, Han can't stop himself from wondering if his life is about to be cut short. When he hears the good news that his cancer is in remission, there's jubilation and relief. But a second challenge now weighs on him.

How will his teammates and classmates treat him when he comes back to school?

I'M SICK, BUT THAT'S NOT WHAT HURTS - Teacher and Counselor Activity Guide

Jennifer Licate

8 B&W illustrations

Use this teacher and counsellor activity guide to supplement the I'm Sick, but That's Not What Hurts chapter book, an emotional and powerful story about a young boy's fears and anxieties about returning to school after an extended absence.

The guide pairs text from the story with probing questions and group activities to more deeply engage young readers with the content and facilitate thoughtful discussions about how to reconnect with friends, reestablish relationships, and regain a sense of belonging when you feel isolated or forgotten.

After reading the story and completing the activities, students of all ages are empowered with skills and strategies to help them be more understanding and more compassionate and more forgiving.



October 2025

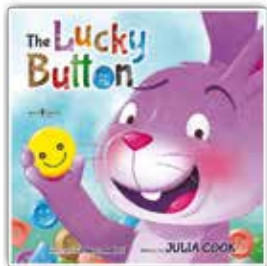
9798889070290

216 x 279 | 48pp | £22.00

Paperback

Boys Town Press

Childrens



October 2025

9798889070344

229 x 229 | 31pp | £12.99

Paperback / softback

Boys Town Press

Childrens

LUCKY BUTTON

Julia Cook, Illustrated by Dale Crawford

30 colour illustrations

Why is ZoZo Bunny crying all alone in the corner? That's what curious and caring Pudgy the Penguin wants to know.

When ZoZo goes to school or any place where she's away from her mom, she feels nervous and scared. She has separation anxiety and doesn't know how to make herself feel safe or more secure.

Fortunately for ZoZo, Pudgy is there to offer comfort, reassurance, and some of his very special Lucky Buttons!

Pudgy's bag is bursting with buttons of every shape, size, and colour: huge ones and tiny ones; square ones and oval ones; silver and gold ones; and green and blue ones. But these are no ordinary buttons. Each one holds a bit of magic and a special meaning.

MY BRAIN IS LIKE A PUPPY

Laura Filtress, Illustrated by Laurie Sawyer

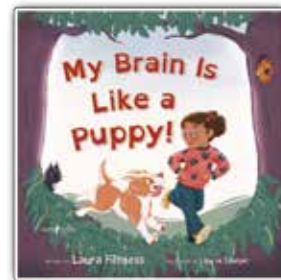
26 colour illustrations

Teaches young readers about their brains, how to navigate challenges, and the power of perseverance, compassion, understanding, and empathy.

After much asking, pleading, and begging, Brooklyn is finally getting a puppy!

She names her four-legged fur friend Boss and immediately falls in love with him. Brooklyn soon discovers, however, that her pup has many mischievous behaviours. He can be shy and sassy as well as stubborn and excitable. If Boss is ever going to live up to his name, he will need better manners, more discipline, and proper social skills! So, it's off to puppy school for Boss and Brooklyn.

The weeks-long training class culminates in a Canine Good Citizen Test that they must pass.



January 2026

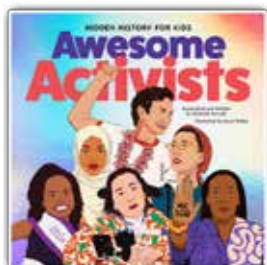
9798889070368

229 x 229 | 31pp | £12.99

Paperback /

Boys Town Press

Childrens



November 2025

9798986827384

229 x 229 | 40pp | £16.99

Hardback

Wheat Penny Press

Childrens

AWESOME ACTIVISTS

Hidden History for Kids

Rebekah Borucki, Illustrated by Anna Rabko

Full colour throughout

Discover the incredible stories of activists who changed the world!

Awesome Activists is the first book in the Hidden Histories series, introducing young readers to inspiring figures - both historical and contemporary - who have fought for people and the planet.

With vibrant illustrations by Anna Rabko, this beautifully crafted book shines a light on activists often left out of traditional textbooks. Featuring changemakers from diverse movements - including LGBTQ+ rights, disability justice, social equity, and environmental activism - this book shows that anyone, at any age, can make a difference.

WOULD YOU RATHER? Sports Edition

Play Ball with a Hilarious Game of Slam Dunk Scenarios

Lindsey Daly

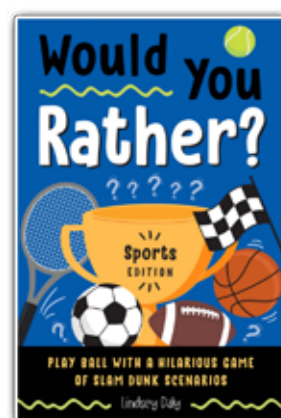
Get in the game and score lots of laughs with the latest from the author of the bestselling Would You Rather? series for kids ages 8-12!

Put on your sports gear, warm up your muscles, and crack open the pages of Would You Rather? Sports Edition for an Olympic-size challenge! These lively questions provide hours of entertainment about all aspects of the thrilling world of sports.

Would You Rather? Sports Edition features:

160+ Would You Rather? questions about football, baseball, basketball, soccer, hockey, gymnastics, rock climbing, volleyball, skateboarding - even curling! - and so much more.

Thought-provoking scenarios that entertain and challenge kids ages 8-12 to think creatively and speak persuasively.



March 2025

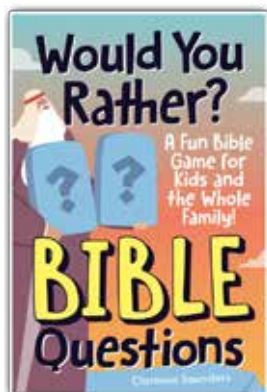
9780593886090

140 x 210 | 128pp | £7.99

Paperback

Z Kids

Childrens



March 2025

9780593886120

140 x 210 | 128pp | £9.99

Paperback

Z Kids

Childrens

WOULD YOU RATHER? Bible Questions

A Fun Bible Game for Kids and the Whole Family

Clareese Saunders

Come together and share laughs in this friendly game of Would You Rather? Bible questions for kids!

Would You Rather? Bible Questions invites kids 8 to 12 to discover or revisit familiar illustrations of God's true love through vibrant examples found in the Bible. They'll encounter miracles, heroes, Jesus' life, parables, and more as they compete to offer the funniest, wisest, or most creative answer to win in this lively Christian book of challenges. Would you rather soar on eagles' wings or walk through the parted Red Sea? Would you rather see a donkey talk or an invisible hand write on the wall? There's a question for every Christian kid to explore their faith with more than 170 fun, humorous, and surprising scenarios from the Bible.

SOCCER STARS

Stories and Skills from the World's Best Players

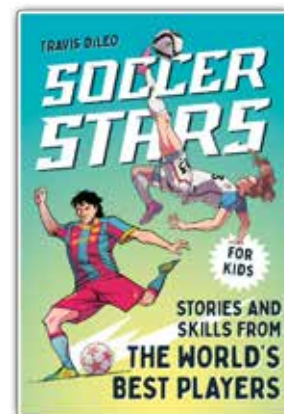
Travis DiLeo, Illustrated by Anderson

2-colour illustrations throughout

A collection of stories about great soccer players to engage and inspire young soccer fans, with winning strategies kids can try out on the field!

Is your child obsessed with soccer? Do they talk nonstop about their favourite players and famous matches? Soccer Stars: Stories and Skills from the World's Best Players is the perfect gift for young players and fans of the sport—a treasure trove of some of the greatest and most inspiring stories in the history of professional soccer, tailored for young readers.

Written by soccer coach and exercise physiologist Travis DiLeo, this book will teach readers about each player's signature moves and how they used them to win. They'll read about Pelé's rise to becoming a global soccer icon and his legendary bicycle kick; get inspired by Alex Morgan's success story and master the art of the volley for stunning goals.



April 2025

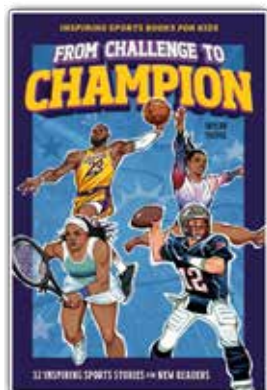
9780593886151

152 x 229 | 112pp | £12.99

Paperback

Z Kids

Childrens



April 2025

9780593886168

152 x 229 | 144pp | £12.99

Paperback

Z Kids

Childrens

FROM CHALLENGE TO CHAMPION

12 Inspiring Sports Stories for New Readers

Skyler Trepel

Awaken your child's inner champion - and love of reading - with these motivational sports stories for kids ages 6-9.

Do you have a sports-obsessed kid eager to learn more about their favourite stars? Thrill them with From Challenge to Champion, a collection of stories about legendary athletes from soccer, basketball, gymnastics, baseball, and more. They'll learn how these athletes overcame incredible challenges—whether injury, doubt, burnout, or difficult beginnings—and emerged victorious. From Simone Biles and Serena Williams to Lionel Messi and LeBron James, each athlete's tale is a testament to hard work and perseverance that is sure to inspire and empower your child. Perfect for bedtime reading, classroom libraries, or as a gift to young readers, this book is sure to become a treasured early chapter book.

CONSTRUCTION SITE PRESCHOOL ACTIVITY BOOK

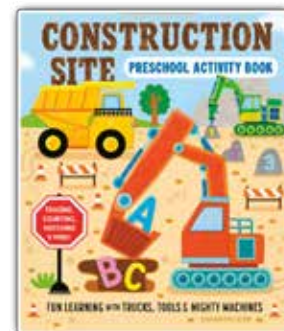
Fun Learning with Trucks, Tools, and Mighty Machines

Brightly, Illustrated by Liv Wan

full colour art throughout

Construction sites come to life in this fun preschool activity book filled with trucks, machines, tools, and more!

Kids ages 3 to 5 can explore the busy, noisy world of excavators and jackhammers with Construction Site Preschool Activity Book. They'll have fun learning about what the crew wears to stay safe, counting how many building floors a wrecking ball truck will demolish, tracing a path for a concrete truck, and identifying tools in a toolbox! Filled with fun facts, tracing numbers and ABC's, matching, pattern recognition, colouring activities, and more, preschoolers will discover the building blocks of learning through their love of construction.



June 2025

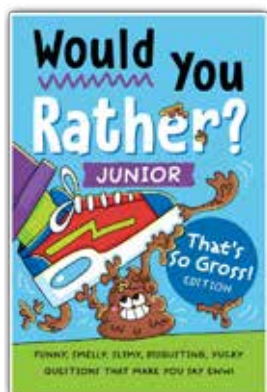
9780593886187

204 x 254 | 112pp | £11.99

Paperback

Z Kids

Childrens



June 2025

9780593885925

138 x 209 | 128pp | £7.99

Paperback

Z Kids

Childrens

WOULD YOU RATHER? Junior That's So Gross! Edition

Funny, Smelly, Slimy, Disgusting, Yucky Questions that Make You Say Eww!

Zeigst

Giggle with your child at 200+ gross "Would You Rather?" questions for ages 5-8.

Most young kids love talking about burps, farts, rotten eggs, and used tissues, and parents are taken along for the (pretty gross) ride. So why not turn their fascination with yucky details into a fun - and funny! - conversation with your little one? These "Would You Rather?" questions are written just for kids ages 5-8 and their parents. Whether you're choosing between playing with toys covered in vomit or pee, or living in a house filled with used Band-Aids or Q-tips (eww!), Would You Rather? That's So Gross! Edition turns the revolting into something to relish with your child.

Digest over 200 entertaining "Would You Rather?" questions that will make your child

HARPER HANDLES BIG FEELINGS -

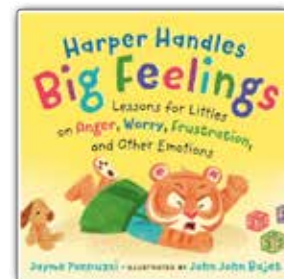
Lessons for Little Ones on Anger, Worry, Frustration, and Other Emotions

Jayne Yannuzzi, Illustrated by John

full colour throughout

A heartwarming storybook that takes toddlers on a journey through a full range of emotions and teaches them a simple calming rhyme to manage their big

Does your toddler have feelings so big it feels like their body could burst? Harper, a young tiger who experiences a whirlwind of emotions on her first show-and-tell day at preschool, can absolutely relate! In Harper Handles Big Feelings, author Jayne Yannuzzi crafts an engaging and empathetic story that helps your child identify a range of core and complex emotions, from anger, sadness, and happiness to frustration, worry, and pride. Coupled with an easy and effective calming rhyme for managing big emotions that repeats throughout the story, Harper Handles Big Feelings will give your little one a strong foundation for emotional intelligence and



July 2025

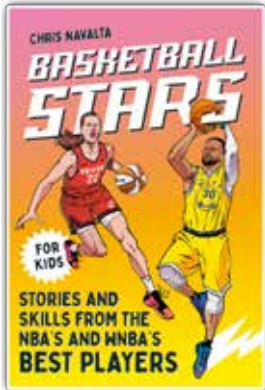
9780593886144

203 x 203 | 28pp | £11.99

Board Book

Z Kids

Childrens



BASKETBALL STARS

Stories and Skills from the NBA's and WNBA's Best Players

Chris Navalta, Illustrated by Anderson Carman

full colour throughout

A collection of stories about great basketball players to inspire young fans, with famous skills they'll want to try out on the court

Is your child obsessed with basketball? Do they talk nonstop about their favourite players and unforgettable games? Basketball Stars: Stories and Skills from the NBA's and WNBA's Best Players is the perfect gift for young players and fans of the sport—a treasure trove of some of the greatest and most inspiring stories in the history of professional basketball, tailored for young readers.

Authored by a sportswriter/basketball superfan, this book will teach readers about each player's signature skills and how they practiced them to win.

MY FIRST CHRISTMAS PIANO MUSIC

Easy-to-Play Holiday Songs for Kids

Emily Norris, Illustrated by Malgorzata Detner

B&W illustrations throughout

Make Christmas extra special - and nurture your child's piano skills - with this book of beginner-friendly holiday songs!

Get into the holiday spirit with My First Christmas Piano Music, a book of popular Christmas songs from the bestselling author of the My First Piano Book series. With beginner-friendly arrangements and guidance like hand positions, note letters, and finger numbers, even the newest pianists can learn these songs with ease and confidence. Playing and singing along to this delightful collection of holiday songs is the perfect way to spark your child's love for the piano - and spend time together as a family during the festive season.



August 2025

9780593886045

203 x 254 | 56pp | £9.99

Paperback /

Z Kids

Childrens

August 2025

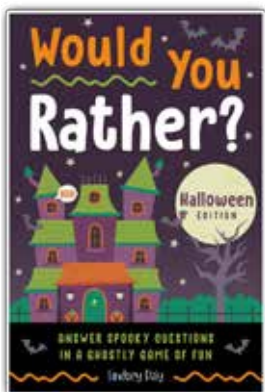
9798217151578

152 x 229 | 128pp | £12.99

Paperback / softback

Z Kids

Childrens



WOULD YOU RATHER? Halloween Edition

Answer Spooky Questions in a Ghostly Game of Fun

Lindsey Daly

Get ready for thrills and chills - and lots of laughs - with this frightfully fun game from the author of the bestselling Would You Rather? series for kids ages 8-12!

lanterns, scary costumes, ghosts and vampires, and all things Halloween. Perfect for kids who like a little fright with their fun, this book will have everyone giggling—and shivering—on a dark, haunting Halloween night.

Would You Rather? Halloween Edition features:

160+ "Would You Rather?" questions about trick-or-treating, skeletons and monsters, undead mummies and zombies, bats and black cats, and so much more.

Thought-provoking scenarios that entertain and challenge kids ages 8-12 to think creatively and speak persuasively.

ULTIMATE ORIGAMI CHALLENGE KIT FOR KIDS 8-12

Fun Projects and Step-by-Step Folding Techniques to Go from Novice to Pro -

Brian Soonho Yoon, Illustrated by Kate Francis

colour photos & diagrams

Discover the magic of origami and learn key techniques to create animals, 3D shapes, or gifts for loved ones from paper!

Packed with 30 unique projects, including an inflatable bunny, flapping crane, throwing star, and pyramid, Ultimate Origami Challenge Kit for Kids 8 - 12 takes budding paper-folding enthusiasts from novice to pro. With fun facts, step-by-step instructions, and all the folding papers you need, kids can launch into creating a paper universe and build the confidence and skills to complete each challenge.

Unfold the joy of Ultimate Origami Challenge Kit for Kids 8 - 12



October 2025

9780593886441

203 x 203 | 128pp | £15.99

Paperback /

Z Kids

Childrens

August 2025

9798217151523

139 x 209 | 128pp | £7.99

Paperback

Z Kids

Childrens



CHILDREN'S ADVENT STORIES FOR BEDTIME

Celebrate the True Meaning of Christmas

Julie & David Lavender, Illustrated by Shahar Kober

full colour throughout

Celebrate the true meaning of Christmas with heartwarming Advent bedtime stories!

Most young kids love talking about burps, farts, rotten eggs, and used tissues, and parents are taken Children's Advent Stories for Bedtime: Celebrate the True Meaning of Christmas is a delightful collection of age-appropriate tales designed for parents and kids ages 4-8 to read together. This book helps families reflect on the promise of Jesus and the true meaning of Christmas.

Children's Advent Stories for Bedtime features:

Engaging Advent stories: Each of the twenty-five stories is crafted to captivate young minds, relating to Jesus' birth and diving into God's Word.

TEEN DEVOTIONAL FOR GIRLS

52 Weeks of Inspiring Devotions, scripture, and Prayers for Teenagers

Ellie Hunja

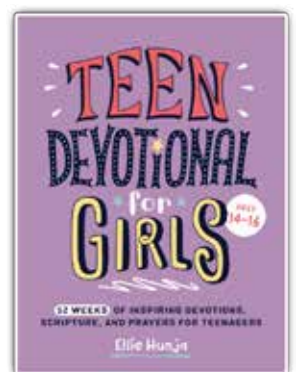
Discover a year of inspiration and faith with Teen Devotional for Girls - your guide to navigating the unique challenges of your teen years with God's wisdom and love.

This 52-week devotional offers relatable and relevant insights to help you grow in your faith and understand God's plan for your life. Each week, you'll find inspiring devotions, scripture, and prayers that address the real issues you face, from identity and self-esteem to relationships and mental health.

Teen Devotional for Girls features:

Weekly devotions: Dive into 52 weeks of thought-provoking devotions that speak directly to your heart and experiences.

Scripture and prayers: Connect with God through carefully selected Bible verses and heartfelt prayers that encourage and uplift.



August 2025

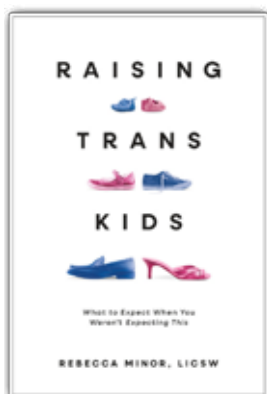
9798217151554

153 x 203 | 144pp | £13.99

Paperback /

Zeitgeist Young Adults

Teens



November 2025

9781955905985

152 x 229 | 304pp | £17.99

Paperback

100 Block Futures

Parenting

RAISING TRANS KIDS

What to Expect When You Weren't Expecting This

Rebecca Minor

Empower, affirm, and support - a lifeline for parents, educators, and advocates

Raising Trans Kids is the essential guide for parents, families, and educators committed to creating a world where transgender and nonbinary youth can thrive. With compassionate insights, evidence-based research, and practical advice, this groundbreaking book provides the clarity and reassurance needed to navigate the complex journey of raising trans and gender-expansive children.

Inside this indispensable resource, you'll find:

Simple, evidence-based answers to the difficult questions that keep caregivers awake at night.

Tools to dismantle limiting beliefs that may hinder full, unconditional support for trans youth.

YOUR HAPPY CHILD: A PARENT'S GUIDE

Simple activities to help develop resilience, focus and calm - for children aged 3-11 years

Sarah Rudell Beach

100 colour art works

Easy and fun activities to do with your child (aged 3-11) to encourage mindfulness

Mindfulness helps children focus, become more resilient, calm their emotions, and experience greater joy. Helping children to be more mindful is a powerful gift: they will learn valuable lifelong skills, such as how to recognize and manage their emotions, how to calm down when they are upset, how to concentrate on important tasks, and how to interact with others with empathy and generosity. These fundamental skills often aren't taught explicitly—frequently we demand that children “pay attention” or “calm down,” without showing them how to do so. Now parents can, with help from mindfulness expert Sarah Rudell Beach. Easy-to-follow activities and games cover several mindful actions—Soothe, Focus, Feel, Pause, Appreciate, and Connect



October 2025

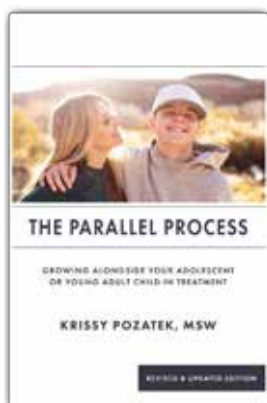
9781800654631

235 x 190 | 128pp | £14.99

Paperback

Cico Books

Parenting



October 2025

9781590567470

140 x 216 | 200pp | £21.00

Paperback

Lantern Books

Parenting

THE PARALLEL PROCESS

Growing Alongside Your Adolescent or Young Adult in Treatment

Krissy Pozatek, Foreword by Mike Giresi

Teaches parents to examine their own patterns and build new skills to help teens and young adults in crisis and treatment to become more self-aware, build new skills and regain confidence

The bestselling The Parallel Process revised and updated new edition contains two new chapters and other valuable insights and information from the author, care providers, and parents integrated throughout the book. It also contains moving and poignant forewords by a care provider and parent. For a parent of a struggling teen or young adult, a mental health treatment program that takes the child out of the home for a period of time offers parents a respite from the daily tumult of negotiations, power-struggles, and unsafe behaviours. However, just as a young person is undergoing self-discovery, skill-development, and learning accountability, parents also need to engage in a similar process.

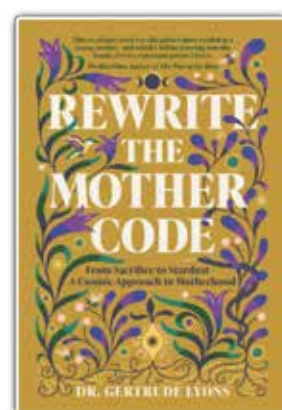
REWRITE THE MOTHER CODE

From Sacrifice to Stardust - A Cosmic Approach to Motherhood

Gertrude Lyons

Challenges the limiting beliefs and expands the concepts around what it is to be a mother. A celebration of motherhood, bringing spirituality and community back into the experience and empowering women to be what they truly are, the ultimate creators.

What it would be like if it was a commonly held tradition for the wise women in our Western culture to support women through the mothering process? What if children were raised by the community and not the isolated responsibility of one or two caregivers? What if all women were united as mothers and gave their full support to each other's mothering choices? Rewrite the Mother Code not only envisions this world of conscious conception, pregnancy, and motherhood, but it also takes the reader into a movement that fulfills the ideals of a matriarchal-led mothering experience.



May 2025

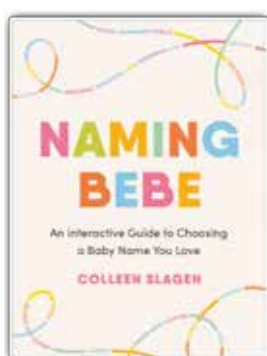
9781959524120

140 x 210 | 288pp | £28.00

Hardback

Rise Books

Parenting



June 2025

9780593719121

152 x 202 | 224pp | £18.99

Paperback

TarcherPerigee

Parenting

NAMING BEBE

An Interactive Guide to Choosing a Baby Name You Love

Colleen Slagen

A next-generation baby name book by a professional name consultant, full of activities, advice, and inspiration

The first decision you make as a parent is what to name your child, and these days, there's more pressure than ever to get it right. How do you choose a name that's on trend but timeless, classic but unique, familiar but not too popular—a name that satisfies everyone in your family, looks great crocheted on a sweater, and sets your child up for success in life? Old-fashioned, dictionary-style baby name books can help with inspiration, but today's parents need something more.

Written by professional baby name consultant and TikTok star Colleen Slagen, Naming Bebe walks you through naming your baby step by step, considering style, popularity, meaning, and more.

RAISING GOOD SONS

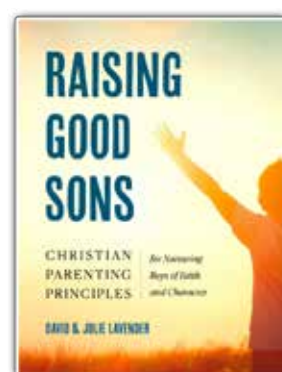
Christian Parenting Principles for Nurturing Boys of Faith and Character

David & Julie Lavender

Lean on God for raising good sons

In a world filled with countless parenting books and ever-changing advice, Christian parents often seek a single, unwavering source of guidance: God's Word. Raising Good Sons is the essential Gospel-led parenting book written to help you nurture and guide your sons to grow strong in both faith and character.

Discover how to lean on God as you embark on this incredible journey of raising boys who are not only resilient and morally grounded but also deeply rooted in their faith. With practical advice, heartfelt encouragement, and scriptural wisdom, this book will become your trusted companion, reminding you that with God and faith, you are never lost or alone.



April 2025

9780593886236

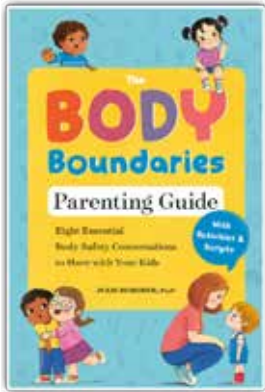
152 x 203 | 172pp | £15.99

Paperback

Zeitgeist

Parenting

Parenting, Psychology, Autism, Reference & Fiction



August 2025

9780593885994

152 x 229 | 128pp | £12.99

Paperback

Zeitgeist

Parenting

BODY BOUNDARIES PARENTING GUIDE

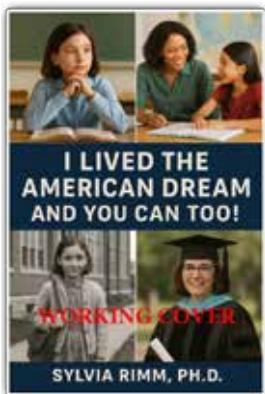
Eight Essential Body Safety Conversations to Have with Your Kids

Julie Bemerer

Empower your child to understand and communicate their body boundaries with confidence through engaging activities and guided conversations - designed specifically for children ages 3-6.

Introducing The Body Boundaries Parenting Guide: Eight Essential Body Safety Conversations to Have with Your Kids - the essential guide for parents to navigate the crucial conversations about body boundaries and safety with their young children. This interactive book is designed to keep children engaged while providing parents with the tools and scripts needed to ensure these important lessons are understood and retained.

Written by a child psychologist, this book offers a comprehensive approach to teaching body safety to children ages 3-6. With a combination of clear, straightforward language and engaging activities, parents can confidently introduce topics such as consent,



November 2025

9781953360458

152 x 229 | 124pp | £32.00

Paperback

Gifted Unlimited

Autism & Gifted Children

I LIVED THE AMERICAN DREAM AND YOU CAN TOO!

Sylvia Rimm

An inspiring true story of one immigrant child's journey to the American dream - and the teachers who made it

A powerful and deeply personal narrative, this book invites readers into the inspiring life story of Dr. Sylvia Rimm - child psychologist, prolific author, and daughter of immigrants - while illuminating the essential role educators play in shaping the lives of immigrant children.

Told through vivid storytelling and compassionate insight, Dr. Rimm's memoir charts her journey from a shy immigrant child in Depression-era New Jersey to becoming a nationally recognized psychologist and speaker. Her story is not only one of resilience and determination but also a testament to the transformative power of teachers, counsellors, and caring adults who saw potential and opened doors she didn't know existed.



May 2025

9781955905961

140 x 210 | 304pp | £16.99

Paperback / softback

100 Block Futures

Fiction

ALL (DEAD) GIRLS LIE

Piper L. White

A new sapphic YA thriller for fans of Heathers and A Good Girl's Guide to Murder.

Sixteen-year-old Quinn is a liar, but she isn't a murderer. When the sleepy town of Boiling Springs, North Carolina is roused by the murder of a local teen, Quinn is thrust into a life of danger, disrupting her normally unnoticeable existence. As Quinn becomes romantically involved with Gilly, the best friend of the dead girl and daughter of the town sheriff, the situation becomes even more complicated.

Despite the lurk of danger, Quinn tries to keep her mind on her new and exciting relationship. When another one of Gilly's friends turns up dead, and more clues start to pile up, Quinn can't help but start her own investigation. With everyone in town lying to each other, the suspect list grows. To make matters even more complicated, Quinn feels the killer could be closer to home than anyone suspects.

TAKE THE L

How Men Understand, Withhold, and Express Their Love

Eyal Cohen

Explores a man's journey of love, vulnerability, and masculinity. Through personal vignettes, Cohen examines intimacy, emotional conditioning, and the complexities of male identity, offering insights on love and self-discovery.

What happens when a man falls in love for the first time? When he must be vulnerable and exposed for his love to flourish? Why does the promise of intimacy trigger inhibition? And how does his conditioning ignite his instinct to withdraw? Eyal Cohen explores these questions through interweaving vignettes that braid a young man's experience of falling in love with the complexities of contemporary masculinity. Set against the backdrop of a millennial's life in New York City, Cohen offers a fresh take on the true risks and rewards of falling in love. Through the lens of his budding romance with the mysterious "L," Cohen delves into intimacy, communication, and toxicity, offering readers an unabashed and nuanced perspective on the young male experience today.



October 2025

9781591813446

152 x 229 | 225pp | £15.99

Paperback

Sentient Publications

Psychology

HELP! MY KID HATES WRITING

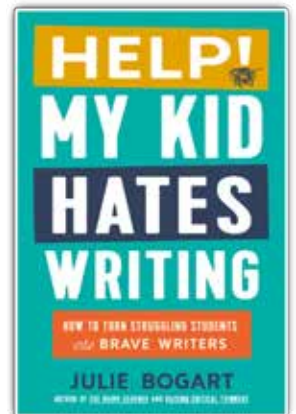
How to Turn Struggling Students into Brave Writers

Julie Bogart

A practical resource to help you turn struggle into success and become the writing coach your kid needs - from the creator of the award-winning Brave Writer curriculum

Writing is often hard—for kids and for adults. How can we help our children get past the difficulties and learn the writing skills that are so necessary for communication, creativity, and critical thinking?

In Help! My Kid Hates Writing, Julie Bogart shares the secrets to breakthroughs in writing that have made her award-winning Brave Writer program a smash hit among home-schoolers and beyond. From unlocking the joys of freewriting to overcoming fear of the red pen, it blends useful advice and hands-on exercises with in-depth explanations of the underlying philosophy—and throws in more than a few pep talks for parents along the way.



May 2025

9780593713167

161 x 235 | 304pp | £29.00

Hardback

TarcherPerigee

Reference

PAWNSHOP

Lindoyes, Edited by James "Enoch" Church, Illustrated by Jaz Malone & Jovan McKoy, Cover Art by James E! Walker

colour illustrations

There is no graphic novel quite like Pawnshop, which blends a variety of genres like Afrofuturism, poetry, sci-fi, and social justice.

PawnShop is an afro-futurist graphic novel that explores Black resistance, identity, and culture while emphasizing the importance of emotional regulation and public safety. Expanding on the worlds created in his poetry, Lindo explores the lives of everyday folk living in a re-imagined Philadelphia where healthcare is universal and emotional equity is regulated by two government entities: Emojis and Cupids. Illustrated by fellow Philadelphia poet and artist, Jovan McKoy, and coloured by Philadelphia based artist, Jaz Malone, PawnShop is a Philly inspired and Philly made love letter to the potential of a better world and the complex relationships we will still have to navigate no matter what utopia we potentially create.



September 2025

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CROTON III

From Heaven to Hell and Back

Artur Tadevosyan

The final, gripping installment of the Croton trilogy...

As the final chapter of this trilogy unfolds, Croton's world crumbles. He is plunged into an abyss of mystery, trapped in the shadowy depths of the unknown. Desperate to rescue him, Henry embarks on a daring journey, guided by a powerful and ancient soul.

What Henry discovers will shatter the fabric of his reality, revealing truths of great magnitude. As revelations unfold and the lines between worlds blur, Henry is forced to confront a heart-wrenching choice: to embrace the unknown path ahead or remain by Rose's side.

In a tale of love, sacrifice, and spiritual awakening, destiny waits at the crossroads. What will Henry do?

November 2025

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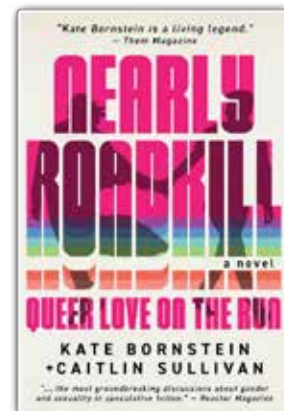
NEARLY ROADKILL - A Novel

Queer Love on the Run

Kate Bornstein & Caitlin Sullivan

This cyber-erotic romantic thriller, written by two queer icons in the 1990s, has been "rebooted" for today's readers.

In this rowdy cyber-romance originally written in the 1990s, two people meet online and fall in love in every guise they can manage. As Scratch and Winc go from anonymous lovers to accidental heroes and gender outlaws, they expose the shadowy Web stretched between technology and capitalist greed, nearly becoming roadkill on the internet superhighway. With a little help from their friends including a brave teenager and a mysterious hacker, these darling rebels fight government intervention and find chosen family in this eerily prescient tale.



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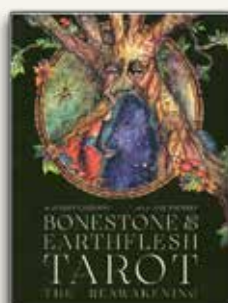
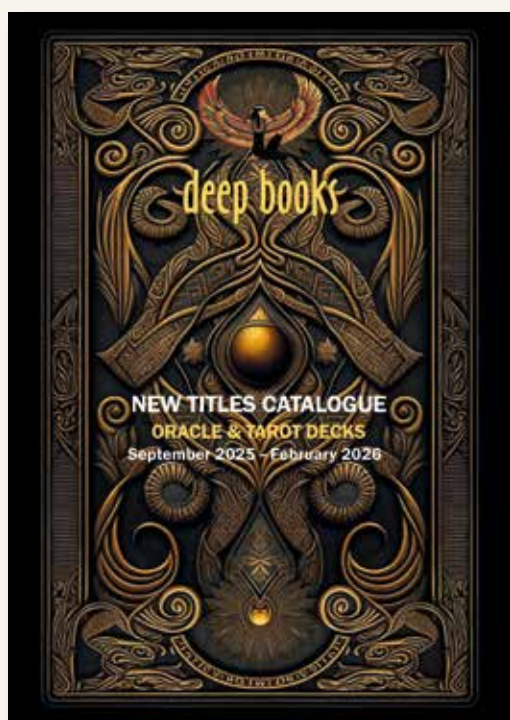
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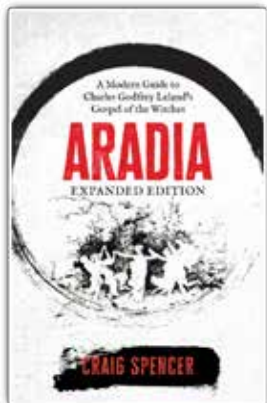


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Crossed Crow Books is quickly becoming a mainstream player in the field of metaphysical publishing. Founded in 2021 by practicing Witches Blake and Wycke Malliway, their company has grown to represent well-known and established voices in the magical community while helping new and emerging writers find a platform for expressing themselves and their magical practices. While striving to produce the highest quality in Witchcraft and occult writing, they firmly believe in creating a collaborative and highly inclusive environment where anyone will feel comfortable and heard throughout the publishing process.



ARADIA - Expanded Edition

A Modern Guide to Charles Godfrey Leland's Gospel of the Witches

Craig Spencer

A fresh approach to the classic text.

Craig Spencer presents vital cultural context and updated translations of Charles Godfrey Leland's classic book in *Aradia: A Modern Guide to Charles Godfrey Leland's Gospel of the Witches (Expanded Edition)*. Passed to Charles Godfrey Leland through supposedly hereditary witches from Italy in the late 1890s, *Aradia* was one of the building blocks for British Witchcraft as we know it today. Through Spencer's in-depth commentary and analysis of the original work, contemporary value and rich historical narratives are revealed to anyone with a penchant for British Witchcraft's most formative texts.

Spencer presents Leland's original English manuscript with new interpretations, translations, and the restoration of forty lines of text that were left out of the original publication.

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Wicca

CROW'S COLLECTION OF WORLD MAGIC

Lee Anderson

25 B&W illustrations

A voyage through the world's magical practices with twelve authors.

Crossed Crow Books' first-ever anthology, *The Crow's Collection of World Magic*, features twelve essays by writers and practitioners around the world about their magical practices, histories, and communities.

Landscapes influence our cultural practices as much as the people who create them, and magic is no stranger to this effect. Magic is omnipresent in our world, but many people who practice don't call it "magic." As a result of colonialism, most conversations about magic fell to a whisper for centuries. Pagan, Norse, and Celtic practices, as well as new paths, have returned to the conversation, but many traditions and cultural practices are still absent from mainstream ideas of what magic is—and can be. *Crossed Crow Books' first-ever anthology, The Crow's Collection of World Magic*, collects twelve essays by writers and practitioners around the world about their magical practices, histories, and communities.



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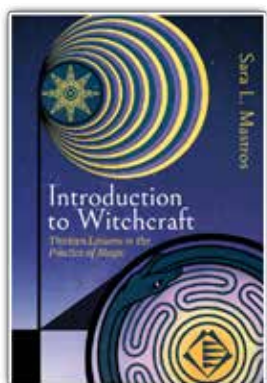
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Magic



INTRODUCTION TO WITCHCRAFT

Thirteen Lessons in the Practice of Magic

Patricia deSandro

B&W illustrations throughout

A comprehensive, no-fluff approach to beginner witchcraft.

Sara Mastro has turned thousands of novices into practitioners of the Craft. For the first time, *Introduction to Witchcraft: Thirteen Lessons in the Practice of Magic* presents her decades of experience and material in an accessible form. Step into her classroom with a notebook and feather-tipped pen ready: it's time to advance your practice.

Inside *Introduction to Witchcraft*, you'll find practical exercises, simple but never condescending explanations of major ideas, and examples from Mastro's experience in the field. She covers a range of topics, from defining "magic" to curse-breaking and protection, and divides the material into clear and distinct sections akin to the lessons from her classes.

January 2026

9781964537702

178 x 254 | 200pp | £37.00

Hardback

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Magic

THE LIVING LENORMAND

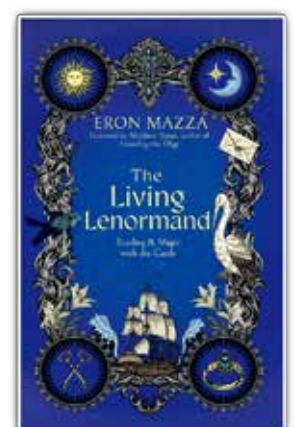
Reading & Magic with the Cards

Eron Mazza, Foreword by Matthew Venus

45 B&W card illustrations, spreads and

A simple explanation of the thirty-six straightforward cards.

The Living Lenormand is a brilliant introduction to a resurging system of divination, seeking to help you sharpen your intuition and tell the difference between the "voice of the cards" and the cacophony of other voices that flood our minds on a daily basis. Eron Mazza takes the reader through the history of the Lenormand deck and Marie Anne Lenormand, the reader whose famous divinatory practices inspired the name. Mazza shares anecdotes from more than fifteen years of reading experience, highlighting the understated elegance of Lenormand.



January 2026

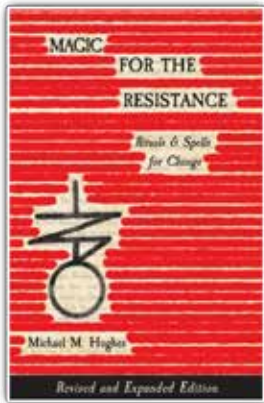
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127 x 203 | 134pp | £25.00

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Divination



November 2025

9781964537641
140 x 216 | 290pp | £29.00
Hardback
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Magic

MAGIC FOR THE RESISTANCE

Rituals & Spells for Change (Revised & expanded Edition)

Michael M. Hughes

B&W illustrations

A guide for agents of magical change.

From the creator of the "Spell to Bind Donald Trump and All Those Who Abet Him," Magic for the Resistance has been helping magical practitioners create a more just and equitable world since 2018. Author Michael M. Hughes, upon reflecting on recent events, has revised and updated this essential title for the current political climate. From theory and reflections on a tense world to practical advice, this crash-course guide to magic is an on-ramp to the occult for the politically frustrated.

Calling upon revolutionary feminists and radical magic practitioners across time, including Allen Ginsberg and those who hexed Hitler in the 1940s, Hughes has built a concise, powerful magical tool kit for modern practitioners.

HEARTSTRINGS OF THE KHYBER

A Collection of Pashto Folktales

Shaherzaad Laila & Komal Salman

B&W illustrations

Nineteen stories from the Pashto tradition.

A stunning collection of Pashto folktales, Heartstrings of the Khyber offers a comprehensive exploration of South and Central Asian cultural and literary heritage. Knowledgeable readers and novices alike can learn about the history and traditions of Pashto culture through medieval tales never before shared with the English-speaking literary world. By translating, transcribing, and compiling stories from the oral tradition, Shaherzaad Laila and Komal Salman have curated a critical resource for preserving Pashto customs and narratives.

Heartstrings of the Khyber features epics, fairy tales, and folk romances portraying Pashto culture through previously untranslated stories.



October 2025

9781964537672
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Myths & Legends



February 2026

9781964537634
152 x 229 | 280pp | £33.00
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Magic

POLISH FOLK MAGIC

Ancestral Lore & Traditions of the West

Joanna Tarnawska

A practical approach to traditional Polish folk practice.

Polish Folk Magic is an introductory guide into the folk beliefs, seasonal practices, living ancestral traditions, and authentic folk magic of the West Slavic peoples. With the Polish and Slavic diasporas in mind, Joanna Tarnawska fills in the gaps where sources have been previously scarce or inaccessible to those not embedded in the region.

Tarnawska guides the reader through everything from the Slavic folkloric calendar to charms, protection magic, and healing. Polish Folk Magic includes a grimoire specific to Polish folk magic, the perfect companion for native and diasporic practitioners alike. Through an exploration led by a native Polish practitioner and made accessible by providing both Polish and English versions of each charm and spoken formula, the reader is invited to personalize their craft through this rich world of folk magic.

THE RAG & BONE MAN

Lee Morgan

"We didn't get to choose the stories we inherit."

The rag and bone man comes meandering along your street in the dawn hours. He's looking for old things that still have a bit of fat left in them, including off-cuts of outsiders' dreams. If you decide to stop and talk to him, he will tell you the old tales of how to tease out the teeming world of spirits that bulges behind our reality. The Rag & Bone Man's uncanny narrative, bookended by historical context and a grimoire inspired by the novel, bridges the gap between old ideas and new paradigms with a watchful eye on historical biases.

In this luminous novel, Lee Morgan covers sensationalism and fraud in nineteenth-century spiritualism and the ways in which we manipulated folklore and magic to cover and recontextualize our wrongdoings. Some of The Rag & Bone Man's extra content focuses on the importance of sensory pleasure and alignment with the fetch, while crossing ectoplasmic lines to help you conduct a séance.



October 2025

9781964537719
159 x 235 | 350pp | £33.00
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September 2025

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Wicca

STRIX CRAFT

Ancient Greek Magic for the Modern Witch

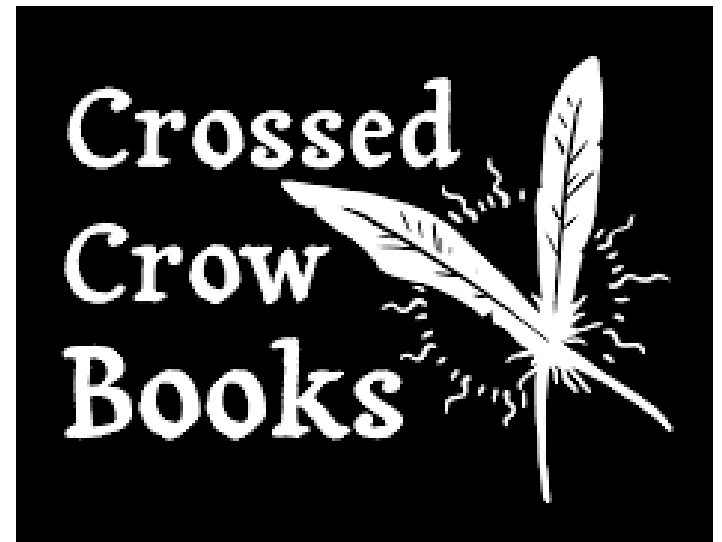
Oracle Hekataios

B&W illustrations & sigils throughout

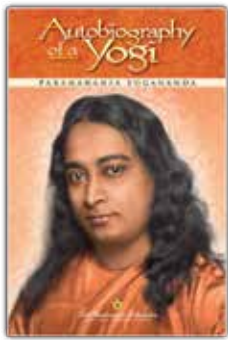
Ancient Folklore Comes Alive!

Let Oracle Hekataios be your guide as he takes you into the magical, mystical world of the Strix. Containing information that was once hard to obtain, Strix Craft combines contemporary ideas with classical concepts. Within this book, you will find instructions for speaking with the dead and communing with spirits, gods, and goddesses. Learn the relationship the Strix has to Greece, its folklore, and its approach to the myriad problems a witch can face. This book takes ancient practices and makes them a part of your everyday life, enchanting every aspect with the power of the Strix.

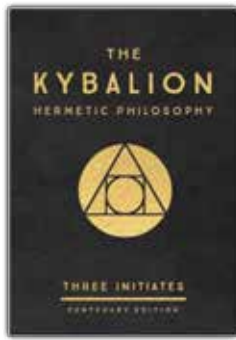
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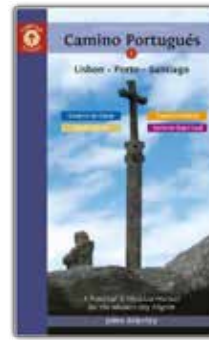
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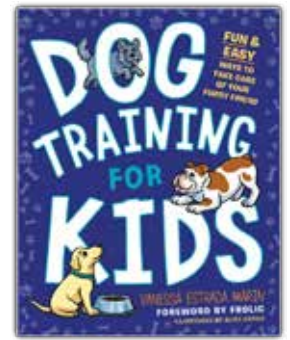
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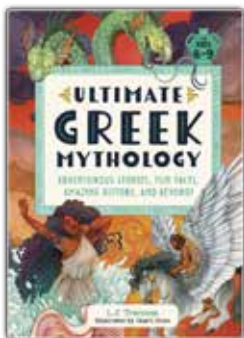
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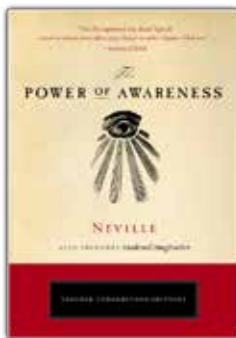
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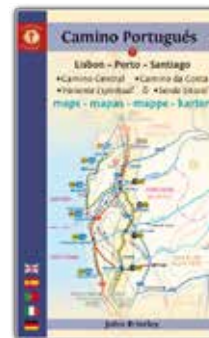
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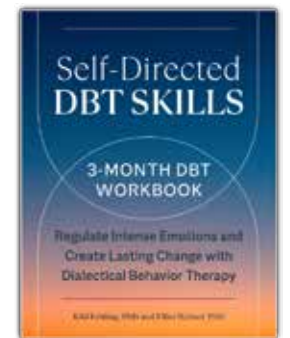
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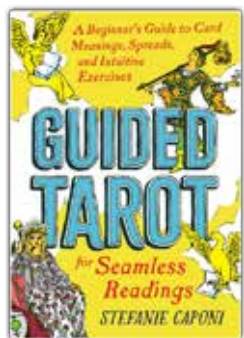
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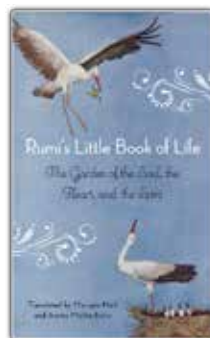
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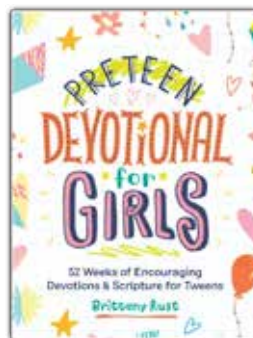
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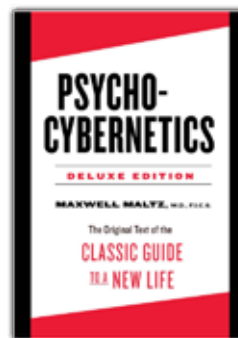
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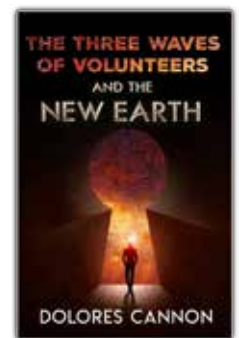
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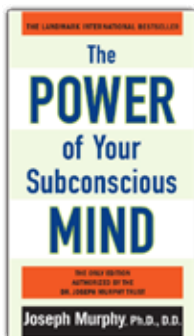
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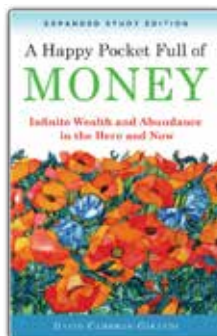
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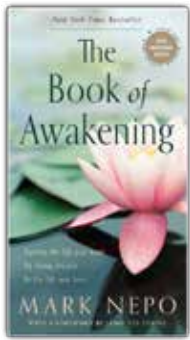


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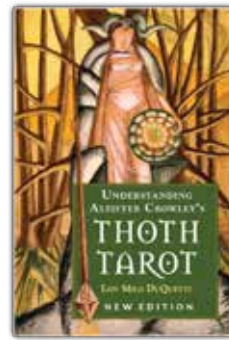
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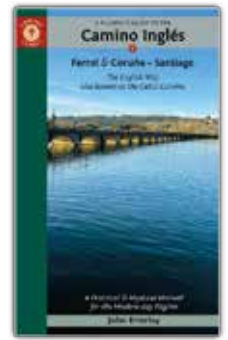
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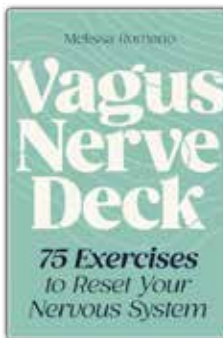
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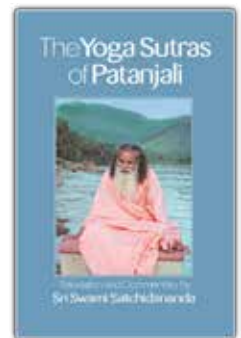
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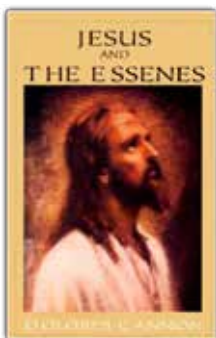
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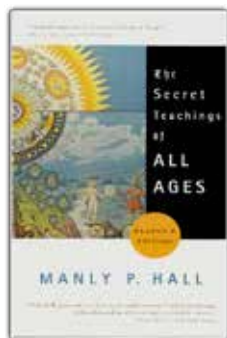
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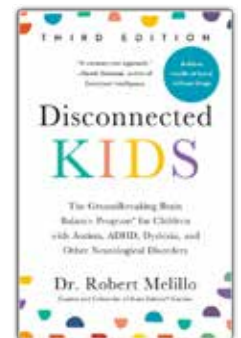
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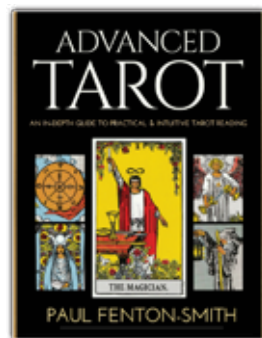
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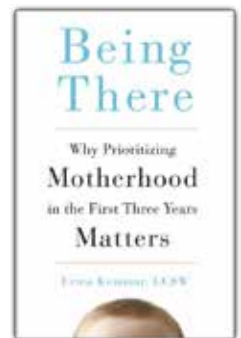
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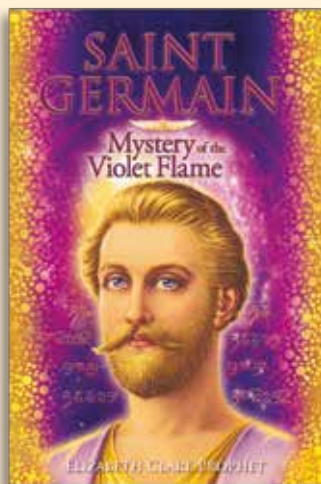
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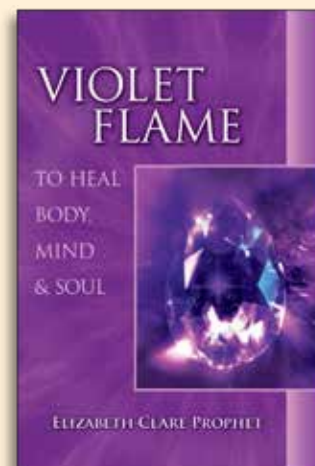
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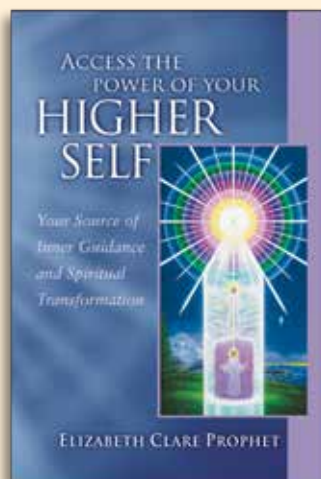


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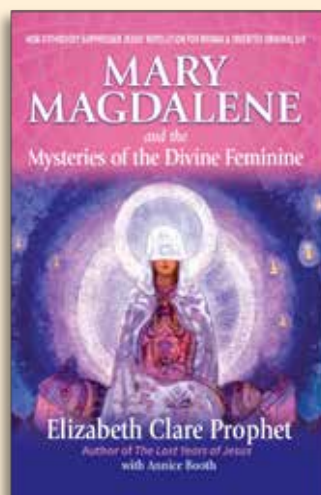
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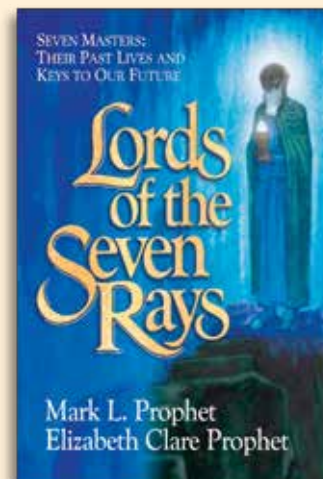
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