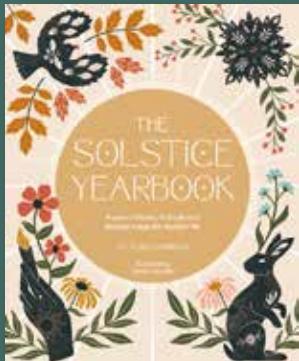


deep books

**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.



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

more  
in this  
series



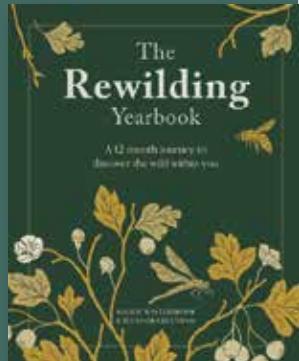
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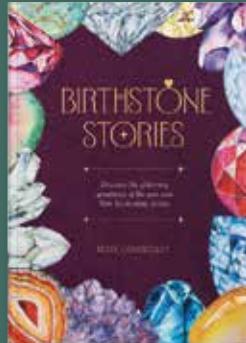
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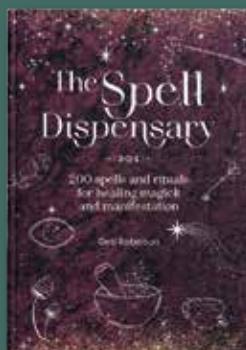
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9781446315712 | RRP £14.99  
144 Pages | Paperback  
Publishing Sept. 2025



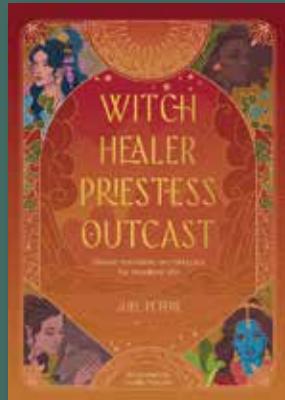
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144 Pages | Hardback  
Publishing October 2025



*The Pocket Book of Plants that Heal*  
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176 Pages | Hardback  
Publishing October 2025



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

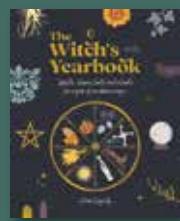


*Witch, Healer, Priestess, Outcast*  
Julie Peters  
9781446316566 | RRP £14.99  
144 Pages | Paperback  
Publishing November 2025

## Backlist Bestsellers



9781446313909  
HB | RRP £14.99



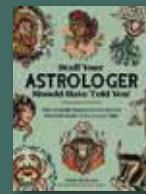
9781446308806  
PB | RRP £14.99



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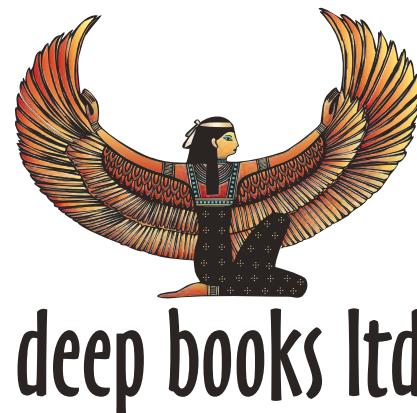


9781446314593  
PB | RRP £14.99



9781446315156  
PB | RRP £14.99

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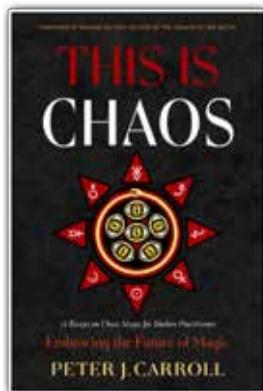
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### FRONT COVER

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!

## A TRAVELER'S GUIDE TO MAKING MAGIC

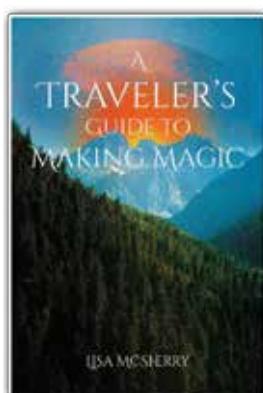
**Lisa McSherry**

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 magickal 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 magickal, 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.



October 2025

9781964537467  
140 x 216 | 220pp | £16.99  
Paperback  
Crossed Crow Books  
Magic

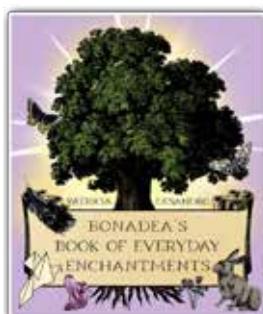
## BONADEA'S BOOK OF EVERYDAY ENCHANTMENTS

**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 Lyonesse 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.



January 2026

9781964537481  
127 x 152 | 100pp | £11.99  
Paperback  
Crossed Crow Books  
Magic

## MAGICK FOR ALL SEASONS

A Grimoire for the Wheel of the Year

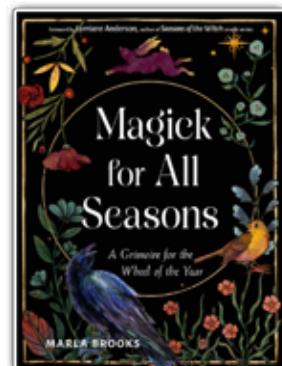
**Marla Brooks, Foreword by Lorraine Anderson**

spot art illustrations

**Spells for All Seasons and All Reasons**

Explore the seasons of the witch by way of magickal 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

## MAGIC FOR THE RESISTANCE

Rituals & Spells for Change (Revised & expanded Edition)

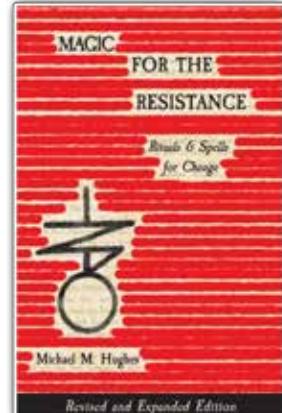
**Michael M. Hughes**

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)

## INTRODUCTION TO WITCHCRAFT

Thirteen Lessons in the Practice of Magic

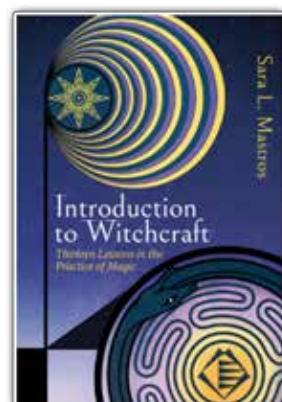
**Patricia deSandro**

B&W illustrations throughout

**A comprehensive, no-fluff approach to beginner witchcraft.**

Sara Mastros 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 Mastros'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

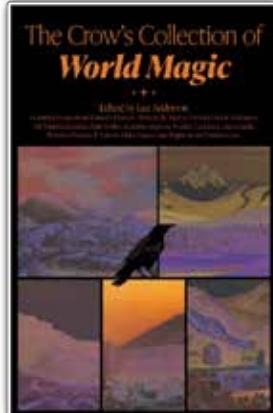
**Lee Anderson**

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)

## 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

## 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.

September 2025

9798888501719  
152 x 229 | 400pp | £23.99  
Paperback  
Inner Traditions  
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

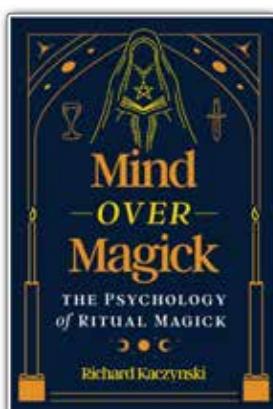
The Psychology of Ritual Magick

**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

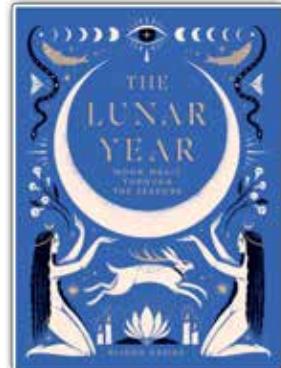
A Life-Changing Guide to Spells, Crystals, Manifestations and Living a Magical Existence

**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.



## October 2023

9781837830909  
143 x 192 | 144pp | £14.00  
Hardback  
Quadrille  
Magic

## 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*.



## 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.

## EMERGENCY SPELLS

Magic for Difficult Times

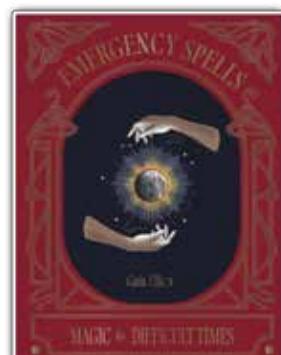
**Gaia Elliot**

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.



## October 2024

9781784889678  
127 x 163 | 112pp | £10.00  
Hardback  
Quadrille  
Magic

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.

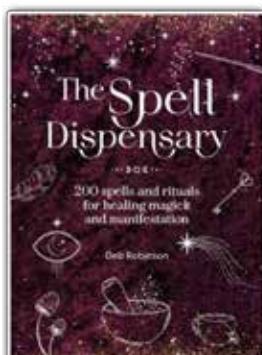
## THE SPELL DISPENSARY

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!



## October 2025

9781446316467  
148 x 210 | 152pp | £14.99  
Hardback  
Verbena  
Magic

## HOUSEHOLD LORE

Folklore, Traditions and Remedies For Every Room in Your Home

**Liza Frank**

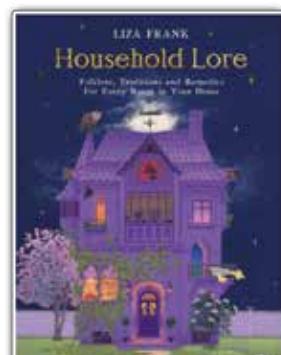
B&W illustrations

**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?

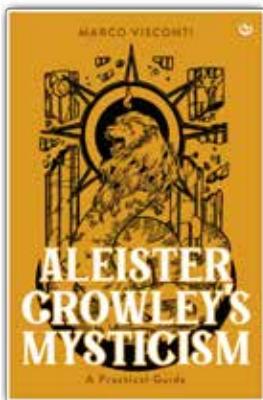
Welcome to household lore, where every room tells a story and every seemingly mundane corner holds a weird and wonderful secret.

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



December 2025

9781786789549  
152 x 233 | 256pp | £20.00  
Hardback  
Watkins Publishing  
Magic

## ALEISTER CROWLEY'S MYSTICISM

A Practical Guide

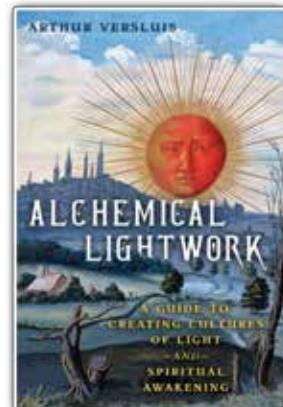
**Marco Visconti**

**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.



October 2025

979888500187  
152 x 229 | 168pp | £14.99  
Paperback  
Destiny Books  
Alchemy

## ALCHEMICAL LIGHTWORK

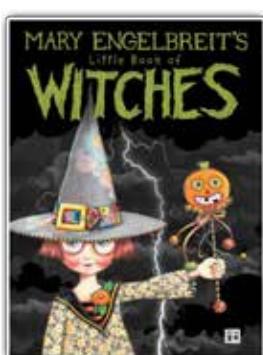
A Guide to Creating Cultures of Light and Spiritual Awakening

**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 wedges 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.



September 2025

9798881602611  
160 x 210 | 128pp | £11.99  
Hardback  
Andrews McMeel  
Wicca

## 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!

## WICCA FOR EVERYDAY LIFE

Celtic spells, chants and rituals for busy witches

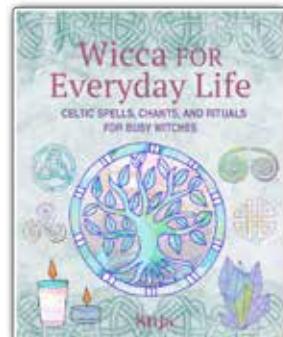
**Silja**

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 233 | 144pp | £14.99  
Paperback  
Cico Books  
Wicca



September 2025

9781800654556  
170 x 210 | 144pp | £14.99  
Hardback  
Cico Books  
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.

## ARADIA Expanded Edition

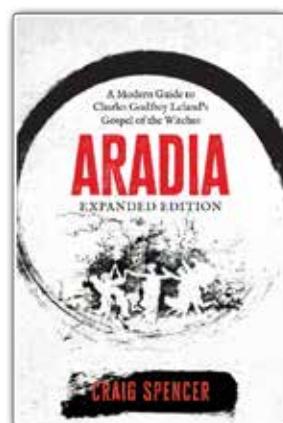
A Modern Guide to Charles Godfrey Leland's Gospel of the Witches

**Craig Spencer**

**A fresh approach to the classic text.**

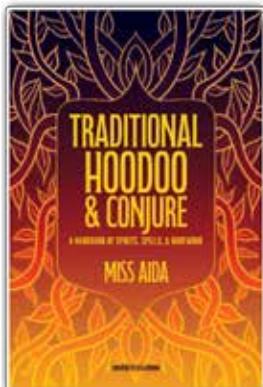
Craig Spencer presents vital cultural context and updated translations of Charles Godfrey Leland's classic book in Aradia: A Modern Guide to Charles Godfrey Leland's Gospel of the Witches (Expanded Edition). Passed to Charles Godfrey Leland through supposedly hereditary witches from Italy in the late 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

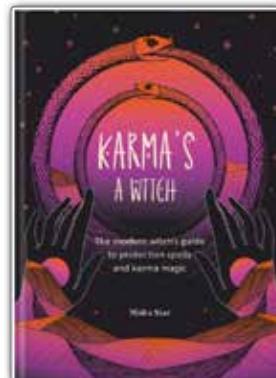
A Handbook of Spirits, Spells, & Rootwork

**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.



## July 2025

9781841816074  
156 x 214 | 176pp | £16.99  
Hardback  
Godsfield Press  
Wicca

## KARMA'S A WITCH

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

**Midia Starr**

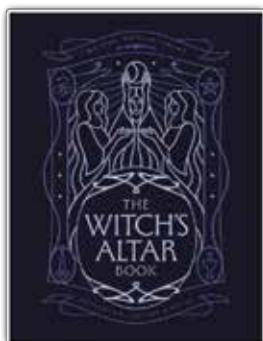
114 colour illustrations

**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.



## October 2025

9781836003885  
189 x 246 | 256pp | £22.00  
Hardback  
Leaping Hare Press  
Wicca

## THE WITCH'S ALTAR BOOK

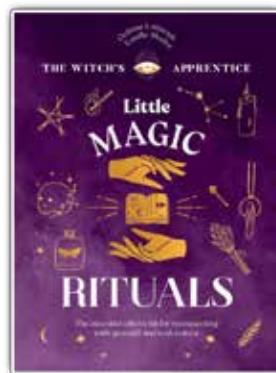
The definitive guide to modern witchcraft

**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.



## September 2022

9781787139305  
128 x 162 | 192pp | £10.00  
Hardback  
Quadrille  
Wicca

## 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.



## February 2024

9781784886950  
168 x 217 | 144pp | £16.99  
Hardback  
Quadrille  
Wicca

## THE KITCHEN WITCH

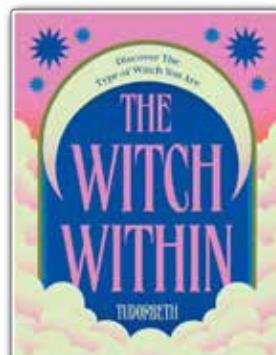
Magical and Seasonal Bakes to Nourish Body and Spirit

**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.



## September 2024

9781784887612  
148 x 185 | 144pp | £14.99  
Hardback  
Quadrille  
Wicca

## THE WITCH WITHIN

Discover The Type of Witch You Are

**TudorBeth**

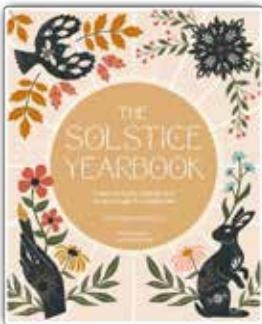
full colour throughout

**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.



## 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  
Verbena  
Wicca

## 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 ethereal 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

## ENSOULING THE EFFIGY

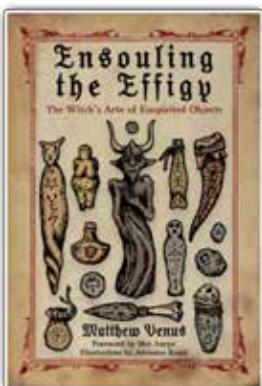
The Witch's Arte of Inspired Objects

**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.



**September 2025**

9781964537382  
152 x 229 | 200pp | £33.00  
Hardback  
Crossed Crow Books  
Wicca

Within these pages, you'll discover techniques for creating puppets, 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.

## 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.



**October 2025**

9781578638802  
152 x 203 | 240pp | £16.99  
Paperback  
Weiser Books  
Wicca

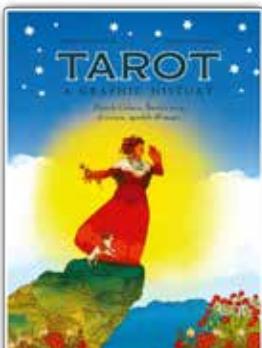
## TAROT : A GRAPHIC HISTORY

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



**August 2025**

9781836002734  
670 x 910 | 128pp | £14.99  
Hardback  
Leaping Hare Press  
Tarot Books

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.

## TAROT SPREADS

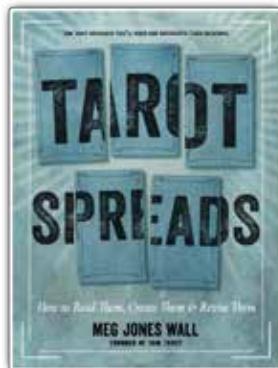
How To Read Them Create Them and Revise Them

**Meg Jones Wall**

55-60 tarot spreads

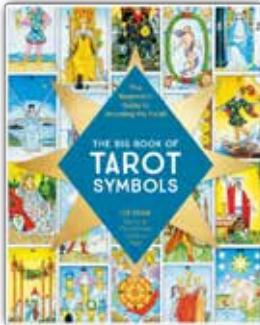
If you find yourself getting lost in your own tarot readings, uncertain of what you're looking for from the cards or struggling to ask clear questions, you might find tarot spreads to be a useful addition to your personal practice.

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



October 2025

9780760397077  
254 x 203 | 240pp | £18.99  
Paperback  
Fair Winds Press  
Tarot Books

## THE BIG BOOK OF TAROT SYMBOLS

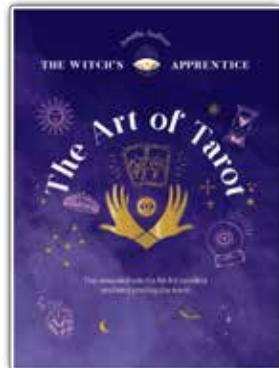
The Beginner's Guide to Decoding the Cards

**Liz Dean**

Full colour throughout

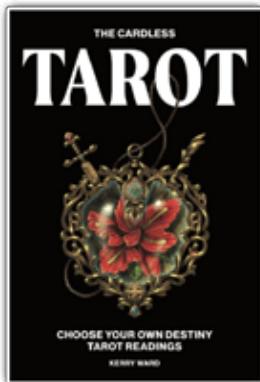
**The Big Book of Tarot Symbols** is a beginner's guide to the most fun and mysterious aspect of tarot written by bestselling tarot author, Liz Dean.

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.



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**

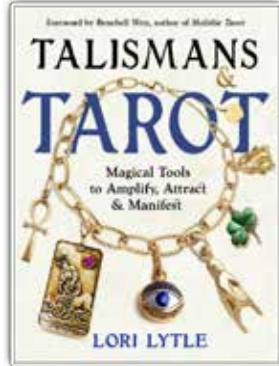
full colour throughout

**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.

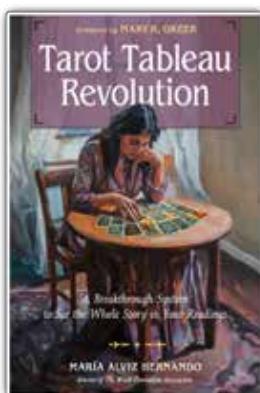
Kerry has selected nine key life questions to ask, each of which align with nine ‘guides’ from the tarot deck’s Major Arcana. Follow the instructions from your guide and you will be taken on a journey to find out your destiny. Are you looking to find your next love? Or perhaps you’re keen to find out 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.



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

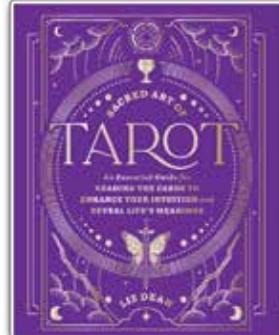
A Breakthrough System to See the Whole Story in Your Readings

**María Alviz Hernando, Foreword by Mary K. Greer**

37 card layouts & diagrams

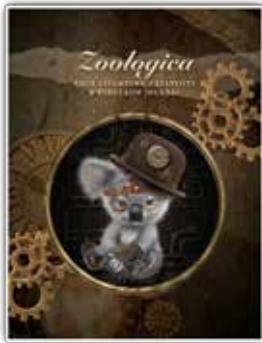
**A modern twist on a classic method of reading tarot that enables readers to consistently interpret the cards with accuracy and confidence.**

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.”



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

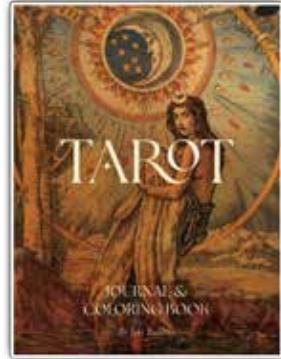
**Jake Baddeley**

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

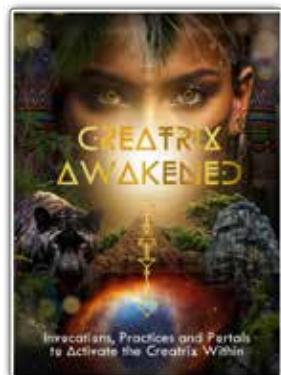
## CREATRIX AWAKENED

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**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**



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## 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.

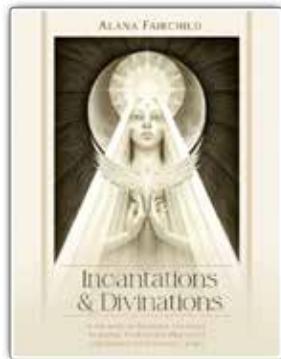
## INCANTATIONS & DIVINATIONS

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.

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Spirituality and Inspirational



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146 x 210 | 162pp | £21.99  
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# Myths & Legends

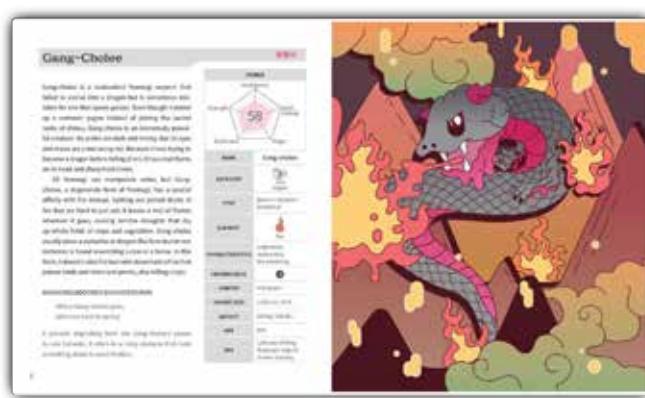


November 2025

9798881602925 | 152 x 178 | £15.99  
Andrews McMeel | 176pp  
Colour illustrations

## LEGENDS OF MEOSHIN'KE

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



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.



January 2026

9781964537528 | 159 x 235 | £24.00  
Crossed Crow Books | 350

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

## THE RAG & BONE MAN

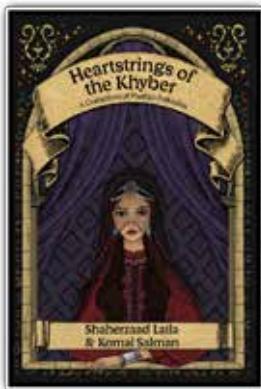
### Lee Morgan

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.



October 2025  
 9781964537474  
 152 x 229 | 240pp | £19.99  
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 Myths & Legends

## 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.

## GODDESSES: A GRAPHIC HISTORY

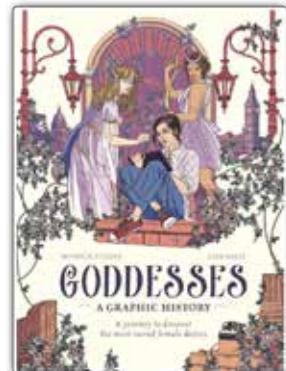
A journey to discover the most sacred female deities

**Monica Foggia, Illustrated by Lisa Salsi**

Colour illustrations

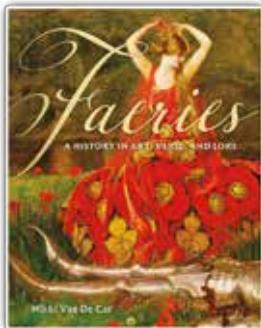
Step into the world of goddesses, witches, rebels and queens in this fierce and fascinating graphic history. It is a bold celebration of divine power, femininity and transformation.

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  
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 Myths & Legends



October 2025  
 9780762489510  
 228 x 177 | 288pp | £25.00  
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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 menehune of Hawai'i, and the domovoi of Russia.

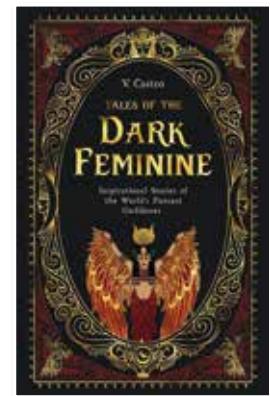
## TALES OF THE DARK FEMININE

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



October 2025

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October 2025  
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 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.

## CELTIC MYTHOLOGY

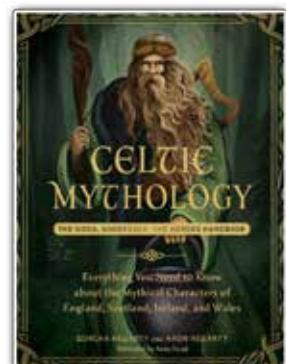
The Gods, Goddesses and Heroes Handbook

**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

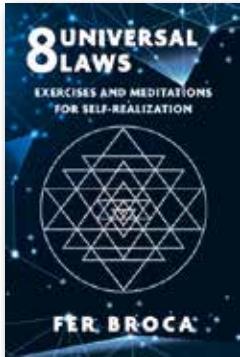
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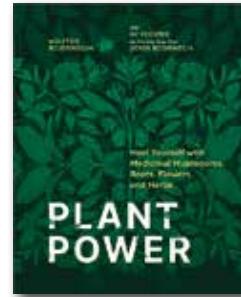
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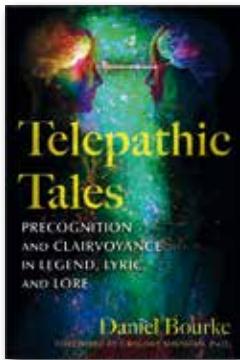
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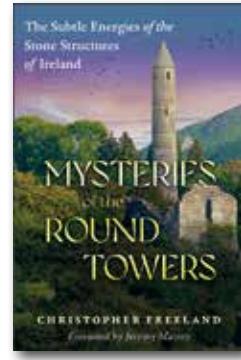
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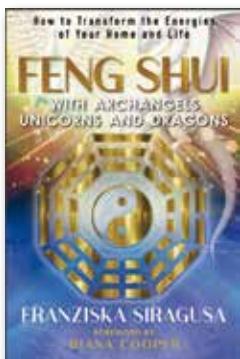
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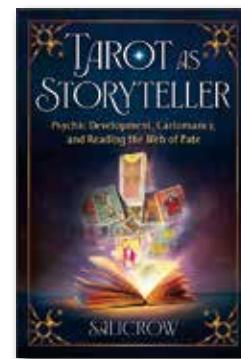
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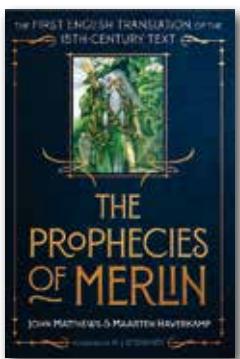
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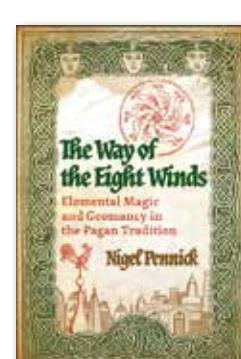
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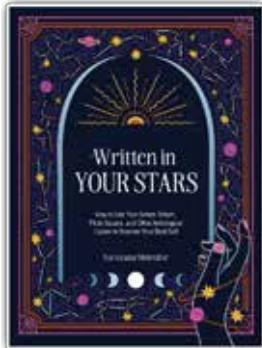
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Astrology

## 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.

## ASTROLOGICAL GOETIA

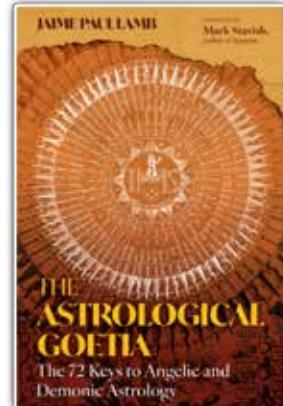
The 72 Keys to Angelic and Demonic Astrology

**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



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## ASTRO POWER

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**Vanessa Montgomery**

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**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.

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## ASTROCRYSTALS

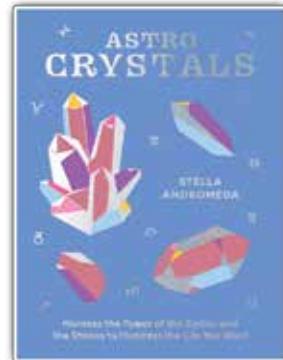
Harness the Power of the Zodiac and the Stones to Manifest the Life You Want

**Stella Andromeda**

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**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

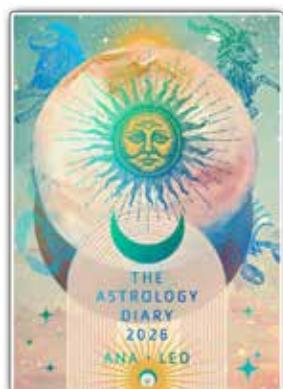
## THE ASTROLOGY DIARY 2026

**Ana Leo**

Illustrated

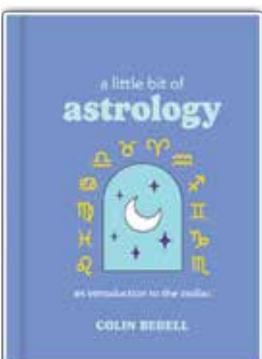
**This beautifully illustrated diary** is back with new astrological guidance and cosmic insight to help you make the most of opportunities this year. Draw on the wisdom of the sky to make the most of every day.

This beautifully illustrated astrological diary, which a features 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  
Paperback  
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May 2025

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## A LITTLE BIT OF ASTROLOGY

An Introduction to the Zodiac

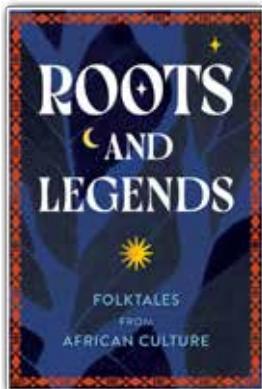
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2-colour illustrations

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# African, Divination, Palmistry & Paranormal



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African

## ROOTS AND LEGENDS

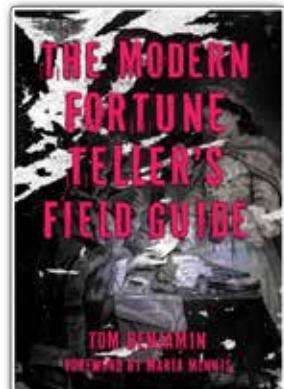
Folk Tales from African Culture

Editors of Wellfleet, Introduction by Kristen G. Congdon

colour illustrations

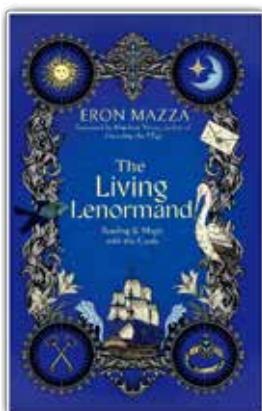
**Roots and Legends** celebrates the richness of African culture with over 50 timeless folktales.

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.



November 2025

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178 x 254 | 306pp | £25.00  
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Divination



January 2026

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## 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 resurgent 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.

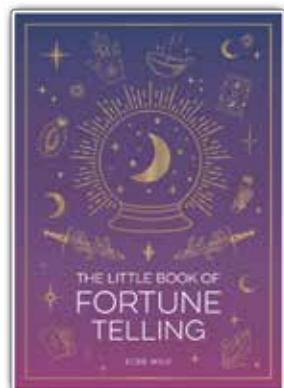
## THE MODERN FORTUNE-TELLER'S FIELD GUIDE

Tom Benjamin, Foreword by Maria Minnis

A groundbreaking approach to the practice of divination.

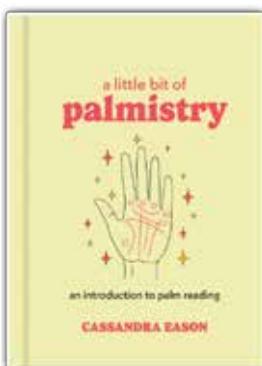
Historically, fortune-tellers have always stood on the margins of society and been villainized by the Christo-colonial powers that view divination as competition. The Modern Fortune-Teller's Field Guide takes a contemporary and engaged approach to divination, with a strong focus on social responsibility. 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.



September 2025

9781837996759  
105 x 146 | 128pp | £7.99  
Paperback  
Summersdale Publishers Ltd  
Divination



June 2025

9781454963080  
133 x 185 | 128pp | £8.99  
Hardback  
Sterling Ethos  
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.

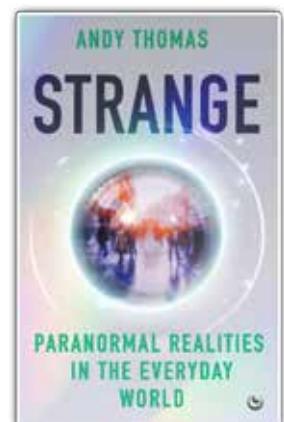
## STRANGE

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.

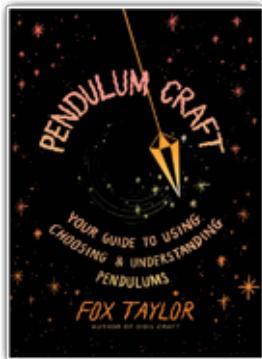
Every day, very ordinary people are having extraordinarily strange experiences. In one of the most insightful investigations ever published, using the most up to date evidence and refreshingly open-minded approaches, Strange reveals previously unrecorded true-life tales like these...MEETINGS WITH GHOSTS: 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

978186789372  
135 x 216 | 288pp | £16.99  
Paperback  
Watkins Books Ltd  
Paranormal

# Pendulums, Runes & Psychic Awareness



## PENDULUM CRAFT

Your Guide to Using, Choosing and Understanding Pendulums

**Fox Taylor**

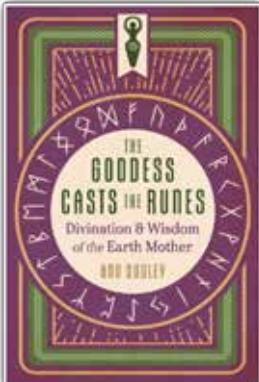
56 b&W illustrations

**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  
Hardback  
Sterling Publishing  
Pendulums



## 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

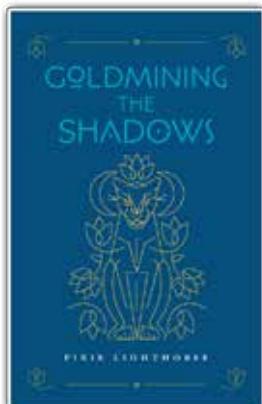
9781644117262  
152 x 229 | 128pp | £12.99  
Paperback  
Destiny Books  
Runes

## GOLDMINING THE SHADOWS

**Pixie Lighthorse**

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."



January 2026

979899164280  
127 x 203 | 160pp | £13.99  
Paperback  
Row House Publishing  
Self-Help

## A GUIDE TO READING THE RUNES

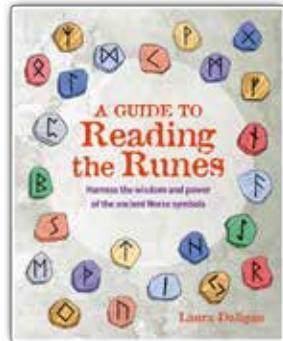
Harness the wisdom and power of the ancient Norse symbols

**Laura Daligan**

100 colour artworks

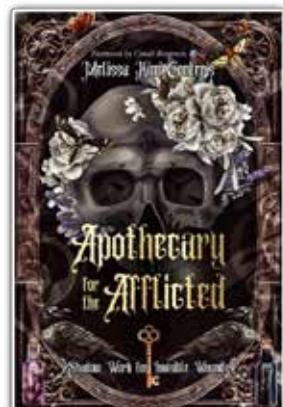
**Learn how to divine the future and build your personal power using runes, the powerful Norse symbols. An easy, accessible guide for beginners which also offers a variety of ways to take your knowledge to the next level**

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



## APOTHECARY FOR THE AFFLICTED

Shadow Work for Invisible Wounds

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

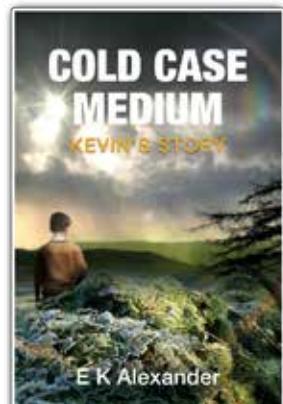
B&W illustrations throughout and bookmark

**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



## 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

# Psychic Awareness



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**

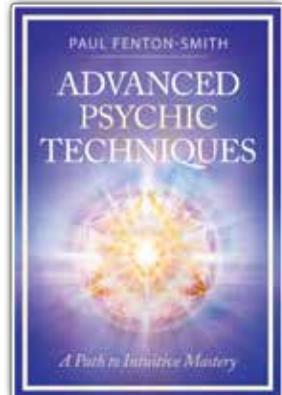
Deluxe paperback with ivory paper and cover flaps.

**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.

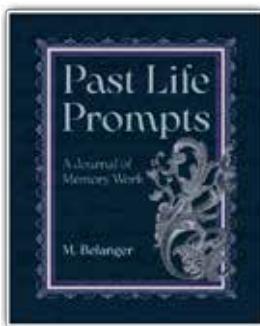
Advanced Psychic Techniques includes effective ways to access personal intuition and remain centred when making important life choices. This book provides powerful methods to shape your life more positively. Don't leave your destiny to chance.

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

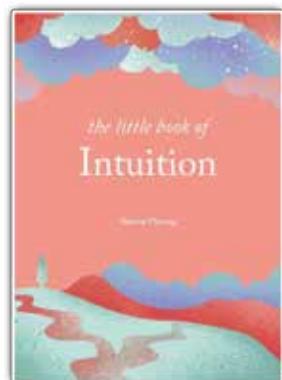
Simple practices for working with your sixth sense

**Theresa Cheung**

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

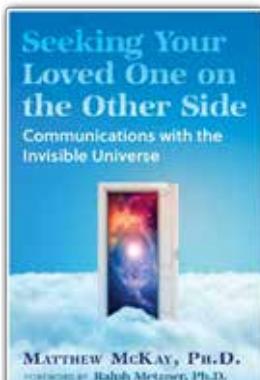
The key to developing your sixth sense is your imagination. Unlock the power of imagination and you open yourself to a world of new possibilities.

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

9789888502334  
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

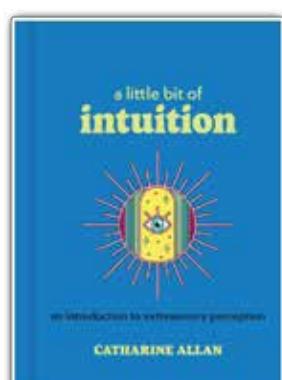
An Introduction to Extrasensory Perception

**Catherine Allan**

2-colour illustrations

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

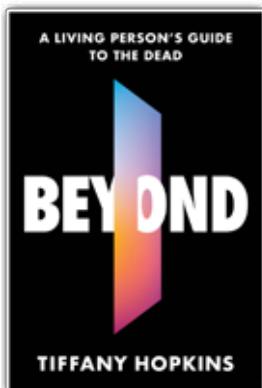
Intuition is something we're all born with and use every day. But generally, it's not consciously explored and strengthened like a muscle. But with the right work, we all can increase our intuitive ability. This fascinating introduction guides you, with the help of real-life examples from over two decades 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.



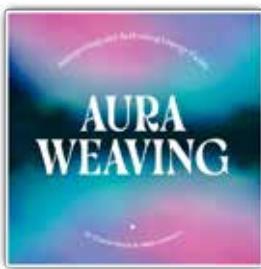
May 2025

9781454961444  
135 x 185 | 128pp | £8.99  
Hardback  
Sterling Ethos  
Psychic Awareness

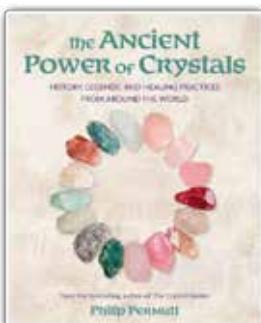
# Psychic Awareness, Crystals & Gemstones



June 2025  
9781454958390  
152 x 229 | 256pp | £12.99  
Paperback  
Sterling Ethos  
Psychic Awareness



August 2025  
9781454956334  
203 x 203 | 224pp | £17.99  
Hardback  
Sterling Ethos  
Psychic Awareness



October 2025  
9781800654624  
190 x 235 | 144pp | £14.99  
Paperback  
Cico Books  
Crystals & Gemstones

## 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

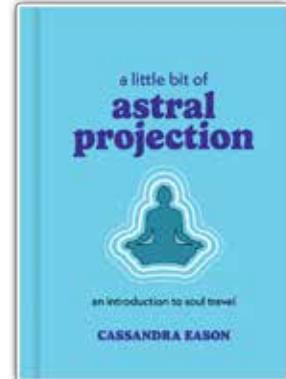
**Cassandra Eason**

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

## 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

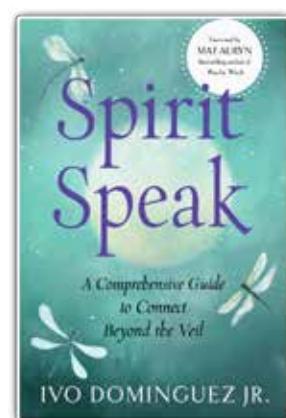
A Comprehensive Guide to Connect Beyond the Veil

**Ivo Dominguez Jr., Foreword by Mat Auryn**

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

## THE ANCIENT POWER OF CRYSTALS

History, legends and healing practices from around the world

**Philip Permutt**

150 colour photographs and artworks

**The new guide from Philip Permutt, "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

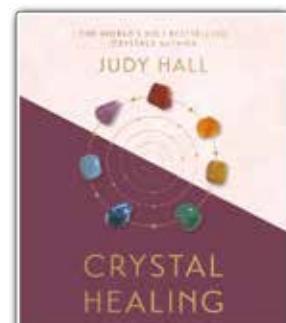
**Judy Hall**

colour illustrations

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

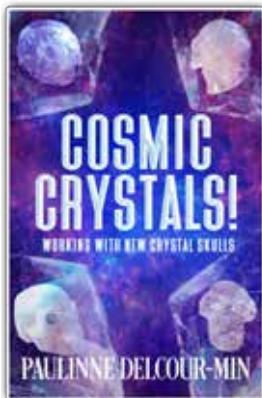
With more than 45 years of experience in crystal healing, expert author Judy Hall is a leading authority on the use of crystals for personal and spiritual development.

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**

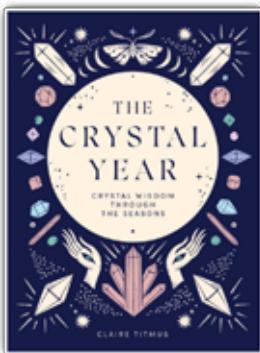
16 full-color photos and line drawings

**Explores thei 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

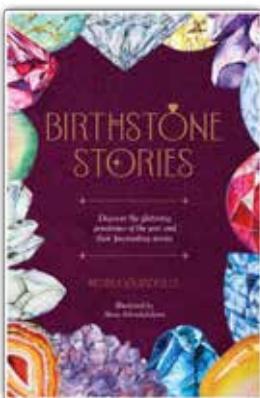
Crystal Wisdom Through the Seasons

**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

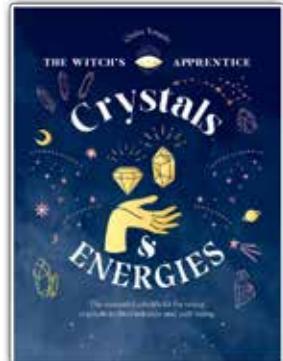
The Essential Witch's Kit for Using Crystals to Find Balance and Well Being

**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

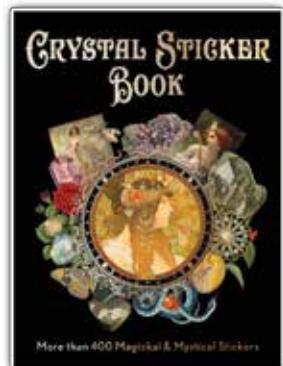
## CRYSTAL STICKER BOOK

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.**



July 2025

9781454958284  
160 x 208 | 192pp | £19.99  
Paperback  
Sterling Ethos  
Crystals & Gemstones

## SONGS OF THE STONES

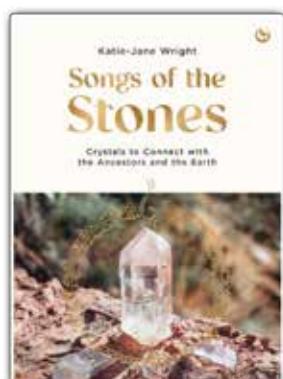
Crystals to Connect with the Ancestors and the Earth

**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.**

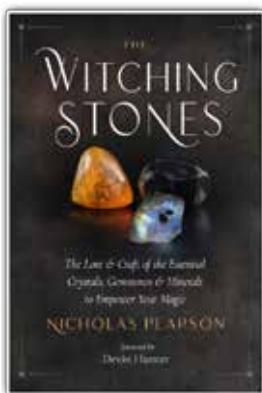
Discover the healing properties and inner energies of these stones through ancient legends. Connect to the stones and our shared ancestors with your heart centre for healing and spiritual growth.



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

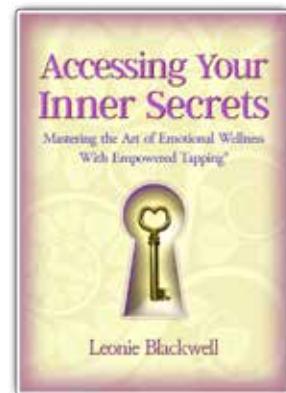
Mastering the Art of Emotional Wellness With Empowered Tapping

**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

## 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.**

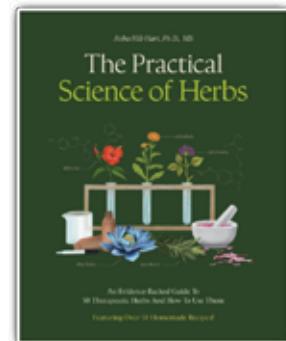
Discover how simple facial exercises—face yoga and facial reflexology—can not only improve your skin tone but make your whole body feel better, with no chemical products or invasive procedures! Glenda Taylor has been looking after her clients' skin for years and now wants to share her secrets for a naturally 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.**



December 2025

9780760398784  
191 x 235 | 208pp | £20.00  
Paperback  
Fair Winds Press  
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.

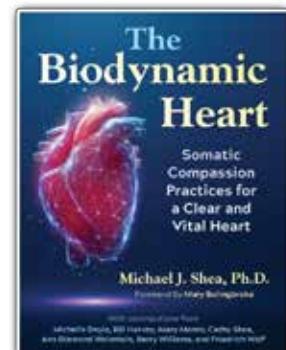
## THE BIODYNAMIC HEART

Somatic Compassion Practices for a Clear and Vital Heart

**Michael J. Shea**

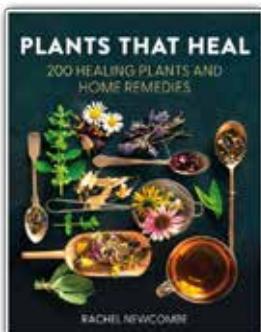
Includes 24-page color insert and 444 b&w  
**A guide to biodynamic manual therapy practices for spiritual and heart health | Explores the author's contemplative model and techniques of Biodynamic Cardiovascular Therapy as a means to optimize heart function and heal spiritual wounds**

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

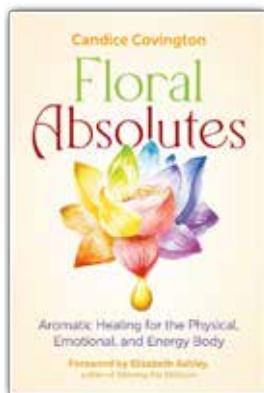
979888500620  
216 x 279 | 600pp | £46.99  
Paperback  
Healing Arts Press  
Alternative Therapies



March 2025

9780008737207  
196 x 251 | 256pp | £19.99  
Hardback  
HarperCollins  
Alternative Therapies

# Alternative Therapies & Chakras



October 2025  
9781644117385  
152 x 229 | 384pp | £23.99  
Paperback  
Healing Arts Press  
Alternative Therapies

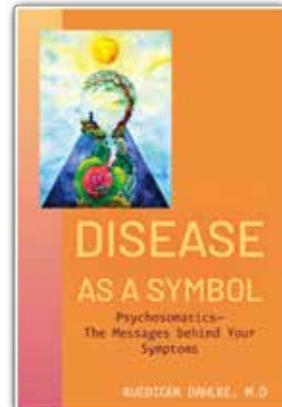
## FLORAL ABSOLUTES

Aromatic Healing for the Physical, Emotional and Energy Body

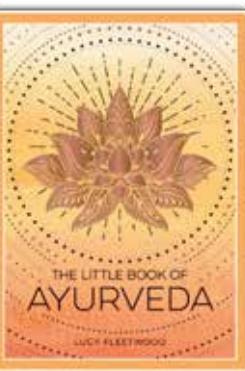
**Candice Covington**

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. 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 mythos—stories, poems, and experiences that convey the subtle qualities of each absolute directly to the subconscious.



September 2025  
9781591813408  
152 x 229 | 546pp | £29.00  
Paperback  
Sentient Publications  
Alternative Therapies



October 2025  
9781800079359  
102 x 152 | 128pp | £7.99  
Paperback  
Summersdale Publishers Ltd  
Alternative Therapies

## THE LITTLE BOOK OF AYURVEDA

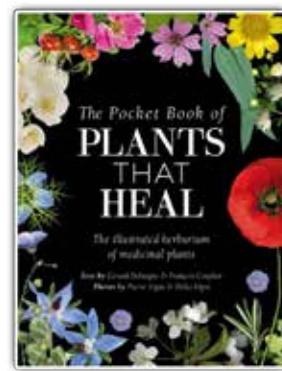
A Beginner's Guide to the Art of Balancing Mind, Body and Spirit

**Lucy Fleetwood**

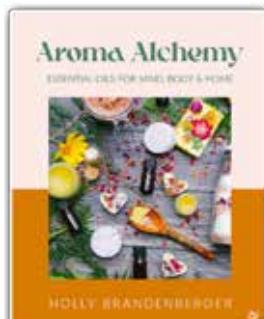
Make your wellbeing a priority and embrace your connection to the world around you

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  
9781446316689  
106 x 140 | 176pp | £9.99  
Hardback  
Verbena  
Alternative Therapies



October 2025  
9781786789969  
183 x 216 | 272pp | £19.99  
Hardback  
Watkins Publishing  
Alternative Therapies

## AROMA ALCHEMY

Essential Oils for Mind, Body and Home

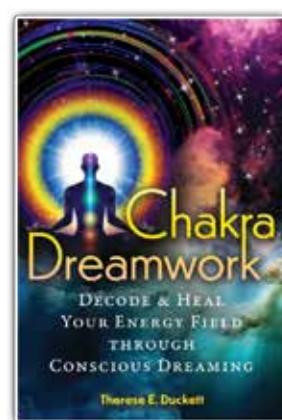
**Holly Brandenberger**

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.

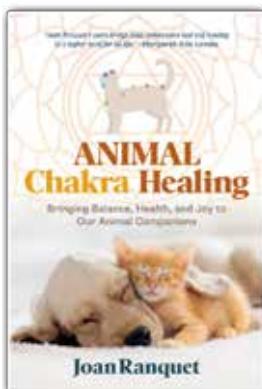
Discover the science behind scents, with more than 100 fragrant recipes for mind, body and home in this beautiful lifestyle book written by a certified aromatherapist.

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.



November 2025  
979888502419  
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

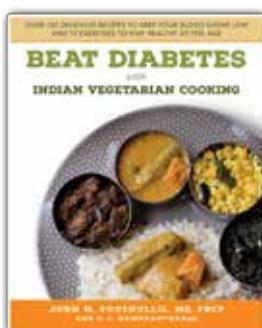
Bringing Balance, Health and Joy to our Animal Companions

**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.



**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**

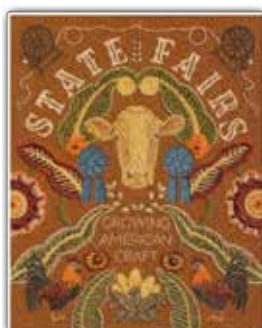
20 colour photographs

**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.



**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 jeans 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 LITTLE BOOK OF BREATHING

Simple practises for connecting with your breath

**Una L. Tudor**

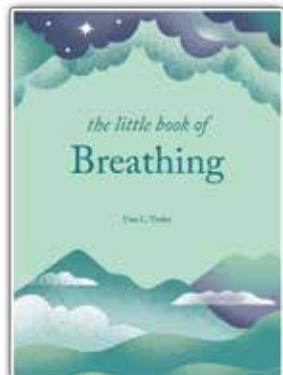
**This beautifully illustrated book features simple exercises and prompts to help you breathe your way to a more considered, thoughtful and happier life.**

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

## HEART-ACHES

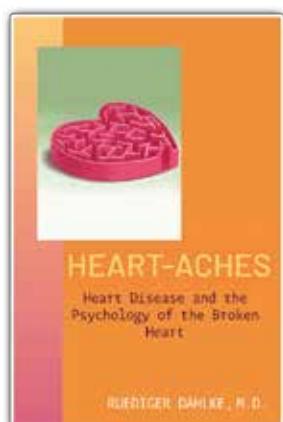
Heart Disease and Psychology of the Broken Heart

**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

## THE ASCENT OF RAUSCHENBERG

Reinventing the Art of Flight

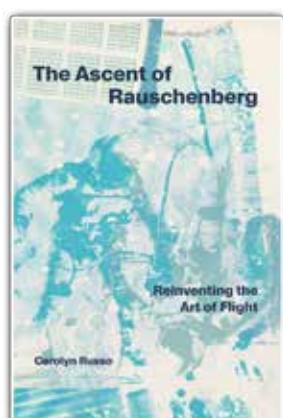
**Carolyn Russo, Foreword by Alexander Nemero**

170 colour images

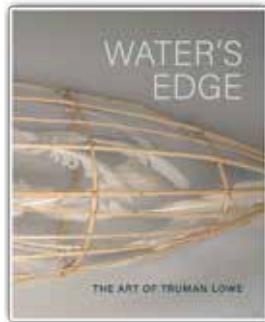
**Take flight with postmodern artist Robert Rauschenberg in this tribute to his space and aviation art, featuring art history and 150+ fascinating images**

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 Ascension 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



October 2025

9781588347190  
279 x 229 | 176pp | £38.00  
Hardback  
Smithsonian Books  
Art

## WATER'S EDGE

The Art of Truman Lowe

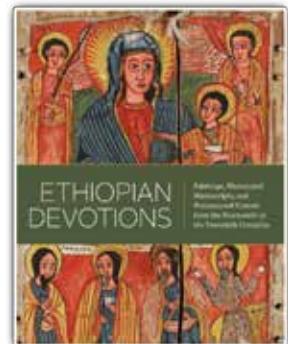
**Rebecca Head Trautmann**

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.



November 2025

9781588348074  
203 x 254 | 176pp | £38.00  
Hardback  
Smithsonian Books  
Art

## ETHIOPIAN DEVOTIONS

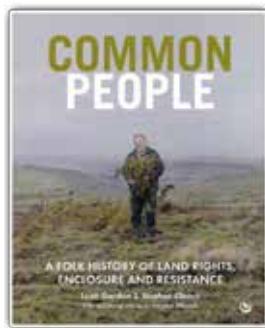
Paintings, Illuminated Manuscripts, and Processional Crosses from the Fourteenth to the Twentieth Centuries

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

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.



October 2025

9781786789990  
174 x 210 | 176pp | £26.99  
Hardback  
Watkins Publishing  
Art

## COMMON PEOPLE

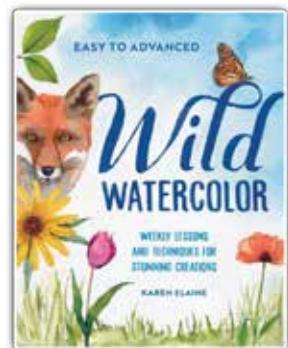
A Folk History of Land Rights, Enclosure and Resistance

**Leah Gordon & Stephen Ellcock, 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 Ellcock, 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.



September 2025

9780593885864  
203 x 254 | 144pp | £18.99  
Paperback  
Zeitgeist  
Art

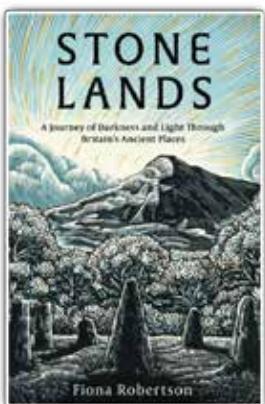
## WILD WATERCOLOR

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



June 2025

9781472149183  
158 x 236 | 400pp | £25.00  
Hardback  
Watkins Publishing  
Folklore

## 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.

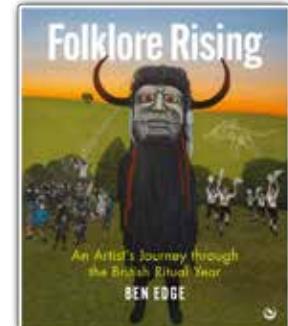
'Superb' Telegraph

'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.



October 2024

9781786788740  
174 x 210 | 256pp | £25.00  
Hardback  
Watkins Publishing  
Art  
Staff choice from 2024



September 2025

9781922574381  
215 x 275 | 112pp | £17.99  
Paperback  
Blue Angel Publishing  
Colouring Books

## WONDROUS FOLK COLORING BOOK

Christine Karron

54 colouring pages

Connect with your inner wonder

Frolic 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

## 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



January 2026

9781922574411  
215 x 275 | 112pp | £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.

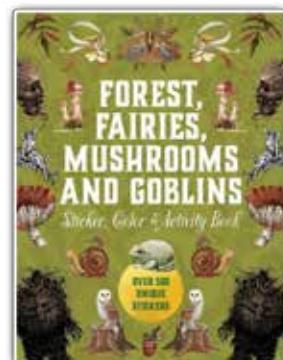
## FOREST, FAIRIES, MUSHROOMS AND GOBLINS STICKER, COLOUR AND ACTIVITY BOOK

Over 500 Unique Stickers

Editors of Chartwell

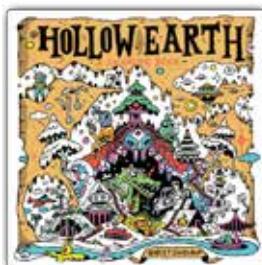
500 stickers

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



November 2025

9780785846888  
204 x 152 | 192pp | £14.99  
Hardback  
Chartwell Books  
Colouring Books



September 2025

9780593855225  
249 x 249 | 112pp | £16.99  
Paperback  
TarcherPerigee  
Colouring Books

## HOLLOW EARTH

A Coloring Book

HOSTSHRIMP

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.

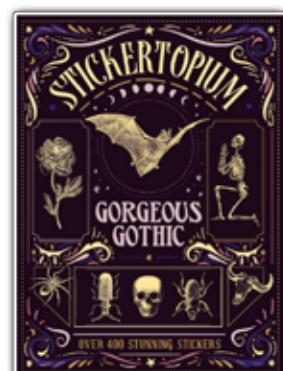
## STICKERTOPIUM: GORGEOUS GOTHIC

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.

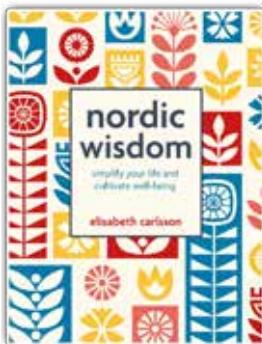
Celebrate the gorgeousness of all things Gothic, with over 400 vintage art stickers, perfect for decorating, scrapbooking, crafting, and collecting. Explore the gloriously spooky world of vintage Gothic art, the inspiration behind characters from Dracula to Wednesday Addams. Over 400 high-quality art 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



## 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 outdoor 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.

September 2025

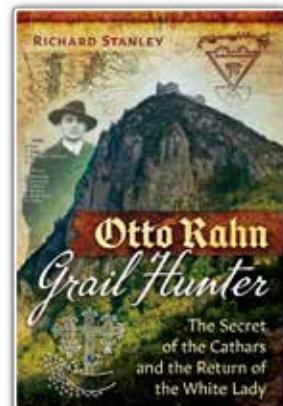
9781800654549

152 x 115 | 144pp | £9.99

Hardback

Cico Books

Gift



September 2025

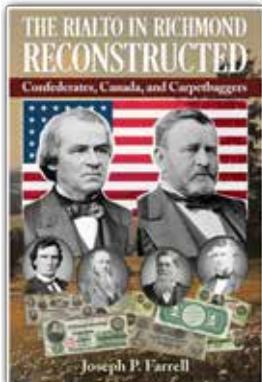
9798888501559

152 x 229 | 448pp | £23.99

Paperback

Inner Traditions

Grail Legend



## 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,

November 2025

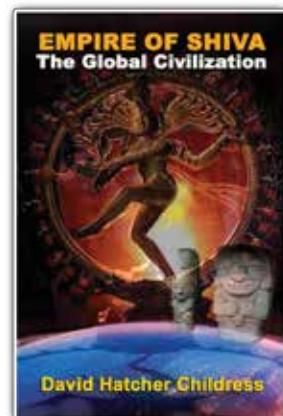
9781948803786

152 x 229 | 324pp | £22.00

Paperback

Adventures Unlimited Press

Alternative History



## 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 Shaites 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

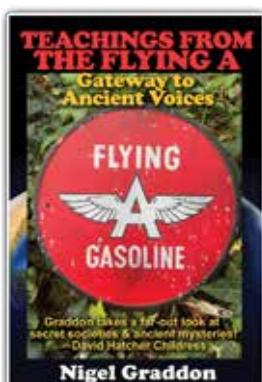
9781948803762

152 x 229 | 384pp | £24.00

Paperback

Adventures Unlimited Press

Alternative History



## 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, Pythagorus 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.

January 2026

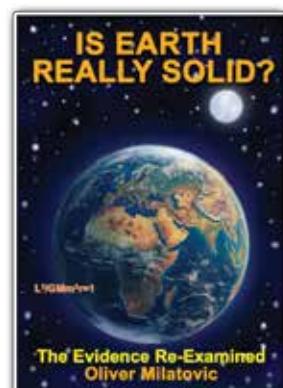
9781948803793

152 x 229 | 340pp | £22.00

Paperback

Adventures Unlimited Press

Alternative History



## 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

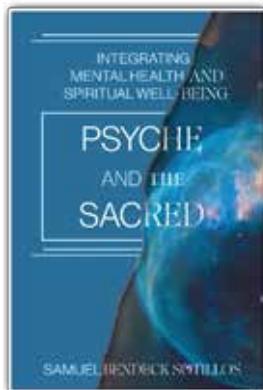
9781948803779

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.

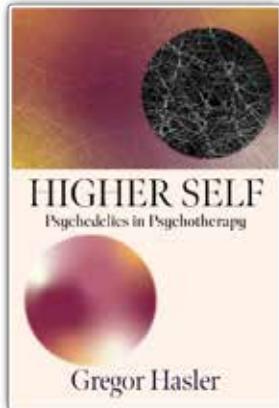
## HIGHER SELF

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

## ON A MISSION

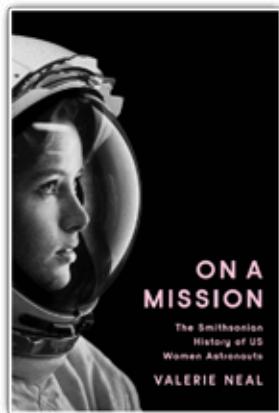
The Smithsonian History of US Women Astronauts

**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.



October 2025

9781588347763  
152 x 229 | 360pp | £29.00  
Hardback  
Smithsonian Books  
Popular Science

## THE SIMULATION HYPOTHESIS

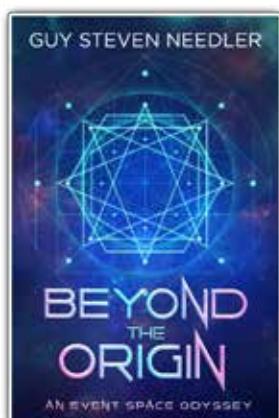
An Event Space Odyssey

**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.

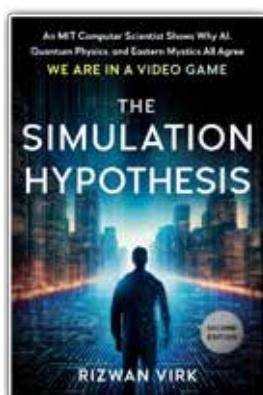


November 2025

9781962853897  
140 x 216 | 340pp | £19.99  
Paperback  
Ozark Mountain Publishing  
Spirituality and Inspirational

February 2026

9781591813675  
152 x 229 | 275pp | £18.99  
Paperback  
Sentient Publications  
Drugs



July 2025

9780593853382  
162 x 238 | 400pp | £30.00  
Hardback  
TarcherPerigee  
Popular Science

## BEYOND THE ORIGIN

An Event Space Odyssey

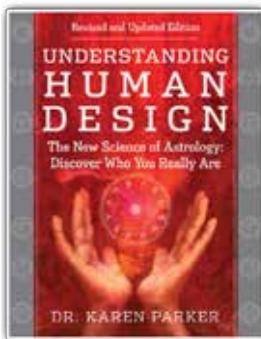
**Guy Steven Needler**

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# Psychology, UFOs & The Natural World



## UNDERSTANDING HUMAN DESIGN

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

**Karen Parker**

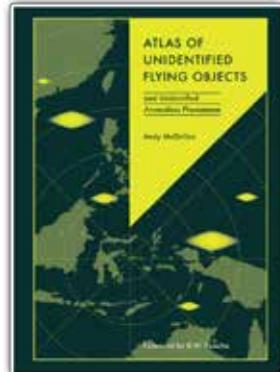
b&w diagrams throughout

**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.

**August 2025**

9781950253616  
178 x 229 | 312pp | £21.99  
Paperback  
Hierophant Publishing  
Psychology



## ATLAS OF UNIDENTIFIED FLYING OBJECTS

and Unidentified Anomalous Phenomena

**Andy McGrillen**

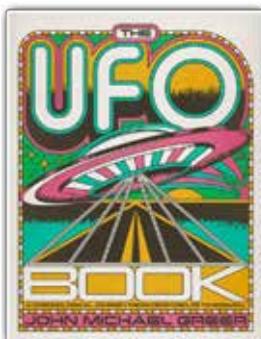
colour throughout

**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



## THE UFO BOOK

A Chronological Journey from Crop Circles to Roswell

**John Michael Greer**

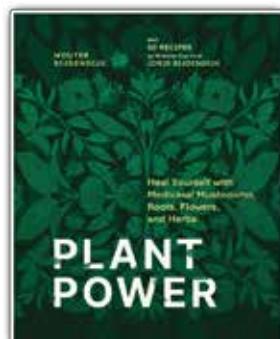
100 colour photos

**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-color 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?

**May 2025**

9781454956853  
180 x 230 | 224pp | £20.00  
Hardback  
Union Square & Co  
UFOs



## PLANT POWER

Heal Yourself with Medicinal Mushrooms, Roots Flowers and Herbs

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

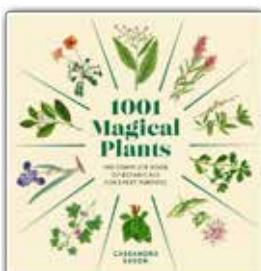
full colour throughout

**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



## 1001 MAGICAL PLANTS

The Complete Book of Botanicals for Every Purpose

**Cassandra Eason**

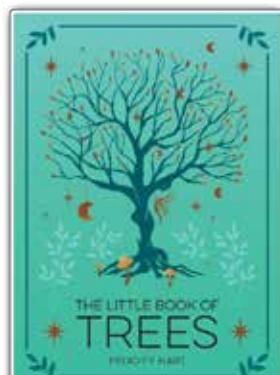
2-colour throughout

**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.

**July 2025**

9781454952091  
212 x 212 | 544pp | £20.00  
Hardback  
Sterling Ethos  
Natural 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



July 2025  
 9781837996353  
 105 x 148 | 128pp | £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

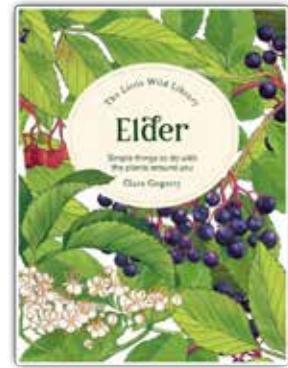
## LITTLE WILD LIBRARY: ELDER

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



September 2025  
 9781446313749  
 106 x 140 | 128pp | £8.99  
 Hardback  
 Verbena  
 Natural World

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.

## LITTLE WILD LIBRARY: WILD ROSE

Simple things to do with the plants around you

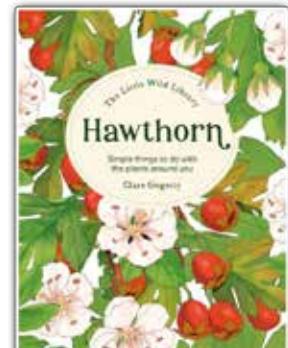
**Clare Gogerty**



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  
 9781446313763  
 106 x 140 | 128pp | £8.99  
 Hardback  
 Verbena  
 Natural World

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.

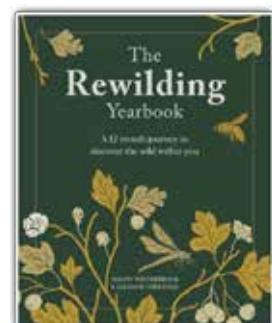
## REWILDERING YEARBOOK

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

## VEGAN MADE EASY

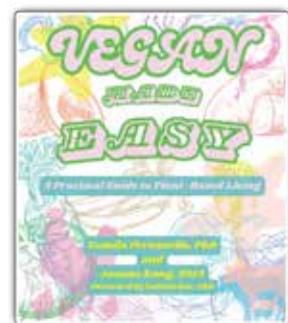
A Practical Guide to Plant-Based Living

**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



January 2026

9781590567531  
127 x 203 | 190pp | £16.99  
Paperback  
Lantern Books  
Animal Rights

## MUZZLING A MOVEMENT

- Revised and Updated Edition

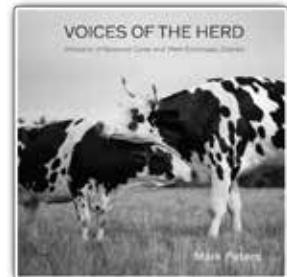
The Effects of Counterterrorism Law, Money, and Politics on Animal Activism

**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.

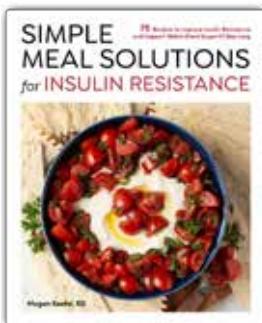
Muzzling a Movement is an honest analysis of and reflections on the evolution of the animal rights movement over the past half decade. Featuring wisdom from activists spanning multiple generations, we learn what a newer generation of changemakers have implemented, leaving us to conclude that change doesn't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

9781590567517  
216 x 216 | 154pp | £38.00  
Hardback  
Lantern Books  
Animal Rights



September 2025

9780760396797  
236 x 190 | 160pp | £16.99  
Paperback  
Fair Winds Press  
Cookery

## SIMPLE MEAL SOLUTIONS FOR INSULIN

75 Recipes to Improve Insulin Resistance and Support Stable Blood Sugar

**Megan Koehn**

35 colour photos

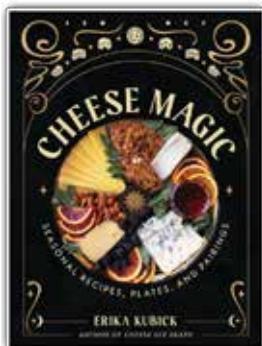
Simple Meal Solutions for Insulin Resistance offers 75 quick and easy recipes designed to help balance blood sugar levels and improve the symptoms of insulin resistance.

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

9781035429653  
188 x 243 | 208pp | £20.00  
Hardback  
OH Editions  
Cookery



September 2025

9780762489633  
178 x 228 | 280pp | £25.00  
Hardback  
Running Press Adult  
Cookery

## CHEESE MAGIC

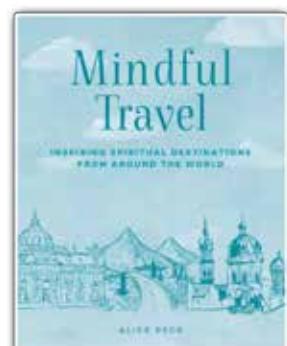
Seasonal Recipes, Plates and Pairings

**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 Frost, cheese becomes an edible manifestation of seasonal celebration. Divided into eight sections, this gorgeous compendium begins with the winter solstice and a brûléed 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.



August 2025

9781800654327  
116 x 152 | 160pp | £9.99  
Hardback  
Cico Books  
Spirituality and Inspirational

## 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.

## 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.

## MINDFUL TRAVEL

Inspiring spiritual destinations from around the world

100 colour photographs

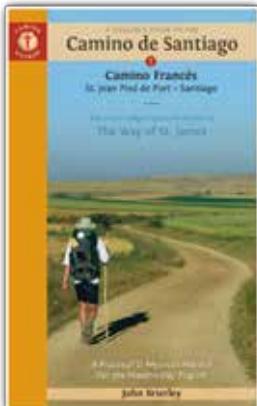
Discover some of the world's most AWE-INSPIRING and HOLY places, from Stonehenge to Uluru, and Easter Island to Angkor Wat.

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.

# Travel, Christianity, Buddhism, Paganism & Religion



November 2025

9781912216390  
117 x 190 | 288pp | £21.99  
Paperback  
Camino Guides  
Travel

## PILGRIM'S GUIDE TO THE CAMINO DE SANTIAGO 21<sup>st</sup> 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.

## PILGRIM'S GUIDE TO THE CAMINO PORTUGUÉS 15<sup>th</sup> Edition

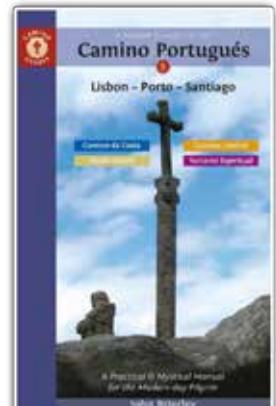
Lisbon - Porto - Santiago / Camino Central, Camino da Costa, Variante Espiritual & Senda Litoral

**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 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.

## SPIRAL DRAGON DHARMA GATE

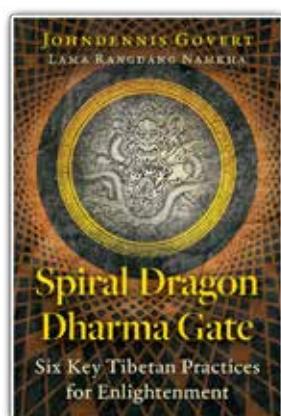
Six Key Tibetan Practices for Enlightenment

**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 terser 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

979888501573  
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 doula and an updated list of what is available to the Pagan Prisoner.

## COMPANIONS OF THE SUN

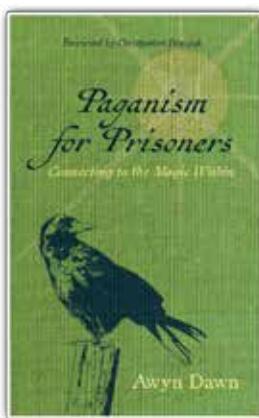
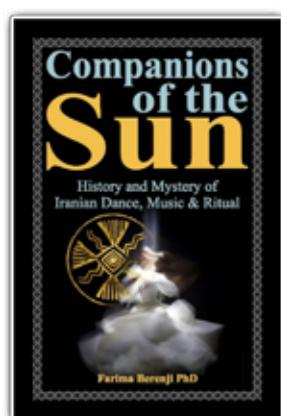
History and Mystery of Iranian Dance, Music & Ritual

**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.



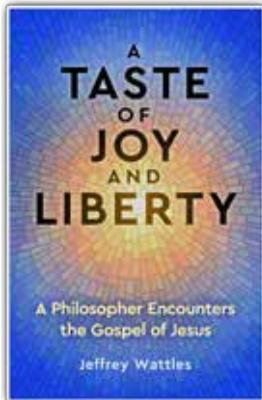
January 2026

9781964537535  
127 x 203 | 230pp | £18.99  
Paperback  
Crossed Crow Books  
Paganism

January 2026

9781963433081  
152 x 229 | 420pp | £33.00  
Paperback  
Hohm Press  
Religion

# Religion, Sufism & Eastern Philosophy



## A TASTE OF JOY AND LIBERTY

A Philosopher encounters the Gospel of Jesus

**Jeffrey Wattles**

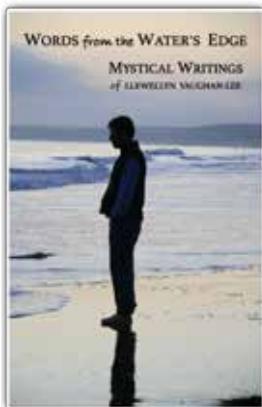
**Understand the gospel that Jesus lived and taught.**

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.

**October 2025**

9781579830649  
140 x 216 | 260pp | £14.99  
Paperback  
Origin Press  
Religion



## 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.

**November 2025**

9781941394533  
135 x 211 | 136pp | £14.99  
Paperback  
Golden Sufi Centre  
Sufism

## THE ART OF WAR

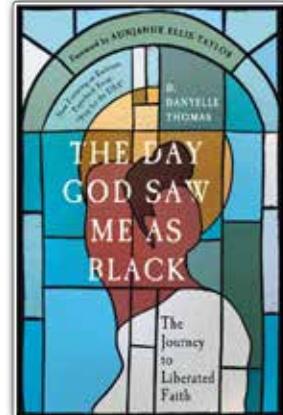
**Sun Tzu**

**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.

**September 2025**

9781454961987  
127 x 197 | 288pp | £18.00  
Hardback  
Union Square & Co  
Eastern Philosophy



## THE DAY GOD SAW ME AS BLACK

The Journey to Liberated Faith

**D. Danyelle Thomas, Foreword by Aunjanue Ellis**

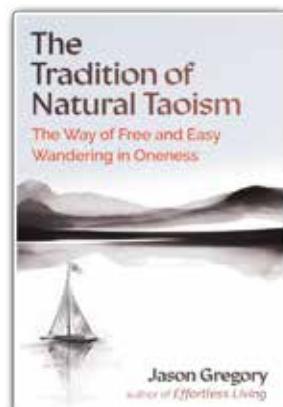
**Centring Black faith and spirituality, The Day God Saw Me as Black is a genre-defying cultural critique of white supremacy within the Black Pentecostal religious experience.**

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 defining ourselves - and each other - the fullness of liberation.

**November 2025**

9781967182015  
140 x 210 | 248pp | £17.99  
Paperback  
Row House Publishing  
Religion



## THE TRADITION OF NATURAL TAOISM

The Way of Free and Easy Wandering in Oneness

**Jason Gregory**

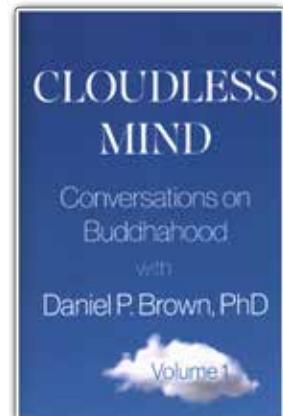
3 b&w illustrations

**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



## 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**

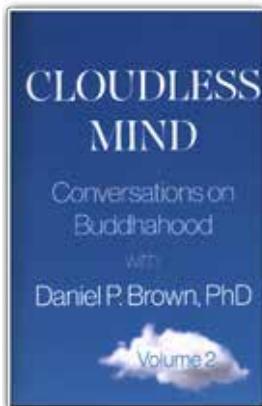
Cloudless Mind invites you into Dan Brown's Wednesday night class, where he tackles life's toughest questions with a unique blend of Western psychology and Eastern wisdom. Drawing on decades of experience in trauma treatment and meditation instruction with esteemed Lamas, he offers profound, transformative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

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.

## CLOUDLESS MIND - Volume 3

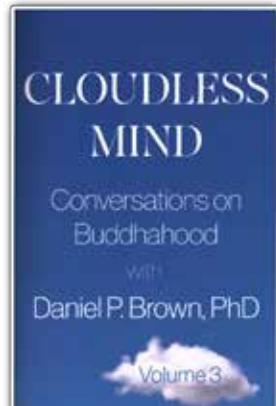
Conversations on Buddhahood with Daniel P. Brown

**Daniel P. Brown**

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

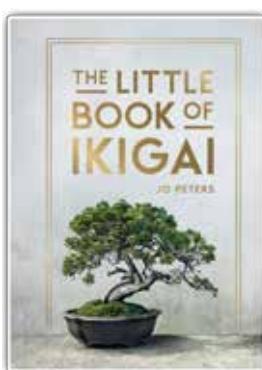
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January 2026

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.

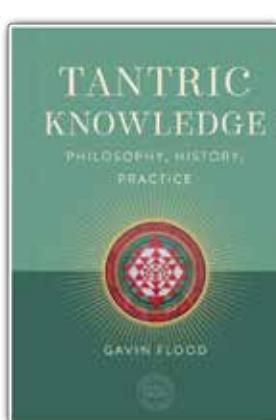
## TANTRIC KNOWLEDGE

Philosophy, History, Practice

**Gavin Flood**

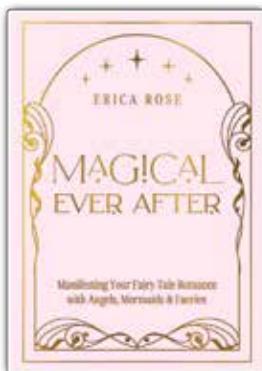
**In this book, distinguished scholar of Hinduism and Comparative Religion Gavin Flood provides a general introduction to the subject of Tantra: what it is, where it fits into the history of South Asia and beyond, what its links are to Hinduism and Buddhism**

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

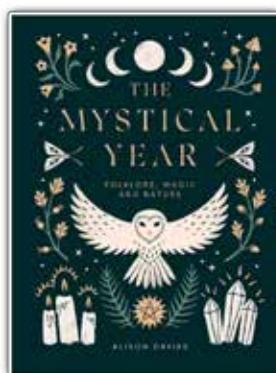
Folklore, Magic and Nature

**Alison Davies**

Full-colour illustrations

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

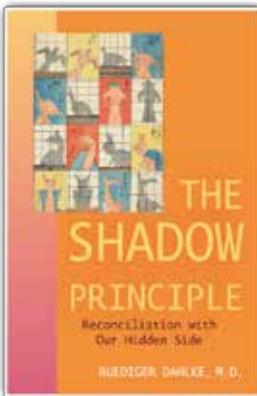
Connect with nature and harness the power of the seasons all year round. Celebrate spring and summer as a time of renewal with Flora the Roman Goddess of flowers and learn about balance in Litha. As the nights get longer, create beautiful garlands of herbs to ward off evil spirits. Explore the magic 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

# Spirituality & Inspiration



## SHADOW PRINCIPLE

Reconciliation with Our Hidden Side

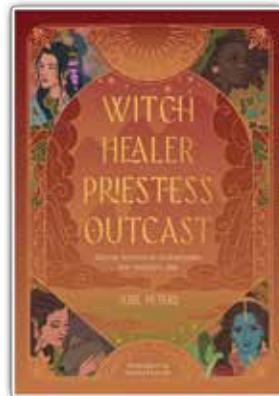
**Ruediger Dahlke**

**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



## WITCH, HEALER, PRIESTESS, OUTCAST

Divine feminine archetypes for modern life

**Julie Peters, Illustrated by Nadia Murash**

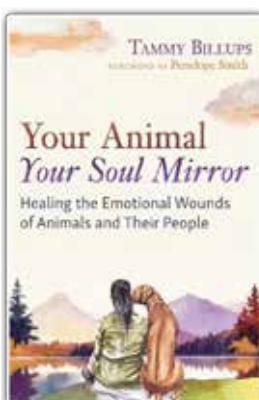
colour illustrations

**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 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  
Verbena  
Spirituality and Inspirational



## YOUR ANIMAL - YOUR SOUL MIRROR

Healing the Emotional Wounds of Animals and Their People

**Tammy Billups**

19 b&w illustrations

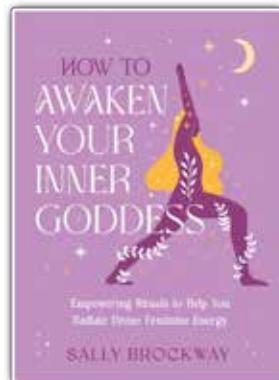
**A how-to guide on fostering emotional wellness for animals and their people**

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



## HOW TO AWAKEN YOUR INNER GODDESS

Empowering Rituals and Affirmations to Help You Radiate Divine Feminine Energy

**Sally Brockway**

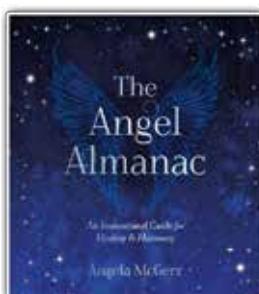
**Step into your divine power and become the magnetic woman you were always meant to be**

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



## 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 angels**

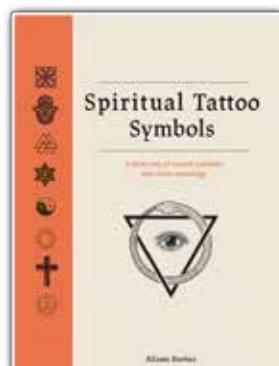
Discover the wisdom of angels for yourself with this inspirational guide by angelologist Angela McGerr. Bringing together all aspects of angelology, this beautiful book is brimming with advice on working with angels and practical information based around the angelic year, and will help you to find balance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



## SPIRITUAL TATTOO SYMBOLS

A Directory of Sacred Symbols and their Meanings

**Alison Davies**

500 illustrations

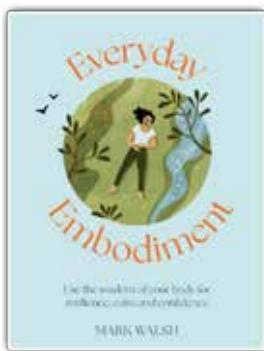
**A gorgeous reference tome for spiritual symbols used in tattoo designs**

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



September 2025

9781836006954  
152 x 200 | 144pp | £15.00  
Hardback  
Leaping Hare Press  
Spirituality and Inspirational

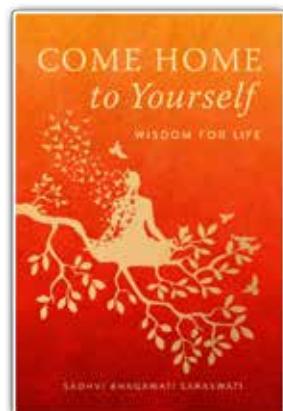
## EVERDAY EMBODIMENT

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.



April 2025

9781647223694  
152 x 229 | 256pp | £24.99  
Hardback  
Mandala Publishing  
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.

## SOLVING THE MYSTERY OF LIFE

Collected Talks & Essays on Realizing God in Daily Life

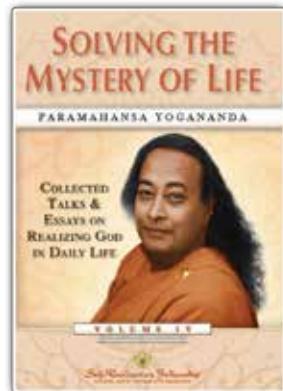
**Paramahansa Yogananda**

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

September 2025

9781685682262  
152 x 229 | 424pp | £27.00  
Paperback  
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.

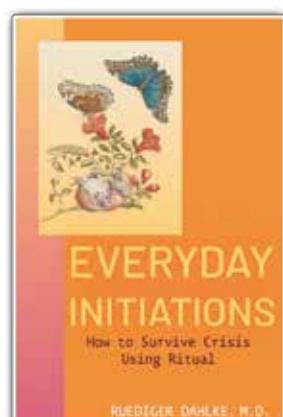
*Lessons from the Mountaintop* is an inspiring account of the experiences of modern-day spiritual explorers who have dedicated their lives to the mystic quest to find their own Truth. It is aimed at readers looking for answers in our complex and challenging world. Few of us will ever retreat to a mountaintop 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.

## 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*.



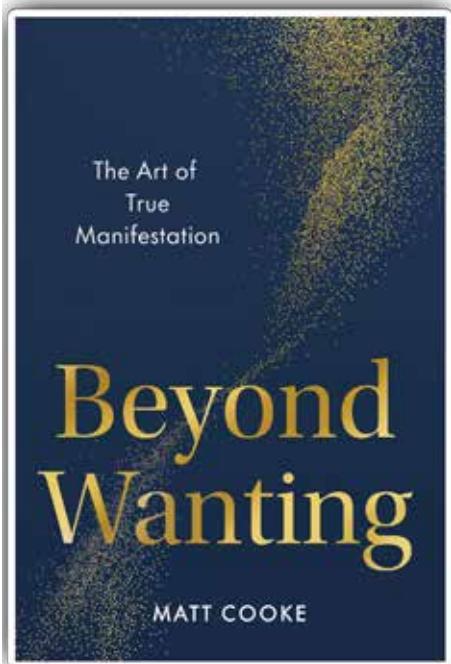
October 2025

9781591813323  
140 x 216 | 216pp | £18.99  
Paperback  
Sentient Publications  
Spirituality and Inspirational

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 fulfillment, 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

## 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

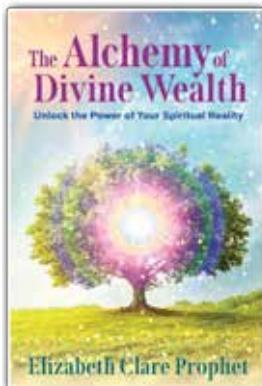
Carissa Potter is an artist and the founder of People I've Loved, a social media presence and stationery line that bridges the gaps between people by helping them have authentic and sometimes difficult conversations. In 2021, Potter was named one of the 50 People and Companies Inspiring the Working Not 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.

June 2025

9780593719053  
127 x 177 | 192pp | Paperback  
£16.99 TarcherPerigee  
Meditation & Breathwork  
B&W art throughout

# 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.

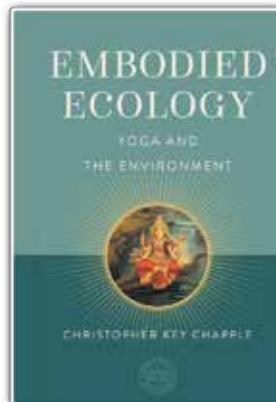
## EMBODIED ECOLOGY

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 Upaniṣads, 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

## A LITTLE BIT OF MANTRAS

An Introduction to Sacred Sounds

**Lily Cushman**

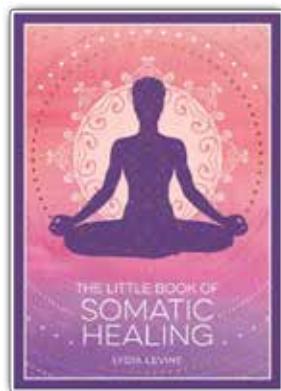
2-colour throughout

**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.

**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

## 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 Brookes**

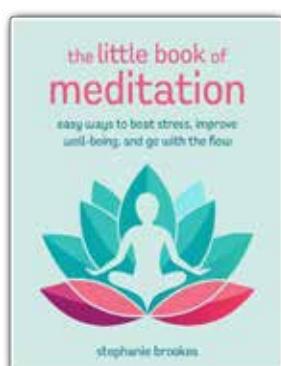
100 colour artworks

**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.**

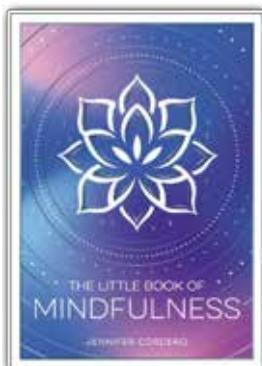
Meditation keeps you grounded in the present, helping you to cultivate a better understanding of who you are in the here and now.

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.

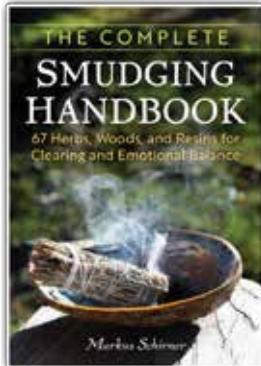
Including meditations for a wide range of situations, from self-healing to meditating with a partner and meditations on the go, this little guide has all the tools you need find a greater appreciation of your inner self and life in general.



May 2025  
9781800654280  
116 x 152 | 192pp | £9.99  
Hardback  
Cico Books  
Yoga and Meditation



July 2025  
9781837996247  
105 x 147 | 128pp | £7.99  
Paperback  
Summersdale Publishers Ltd  
Spirituality and Inspirational



October 2025

9798888502839  
165 x 235 | 176pp | £17.99  
Paperback  
Earth Dancer  
Self-Help

## THE COMPLETE SMUDGING HANDBOOK

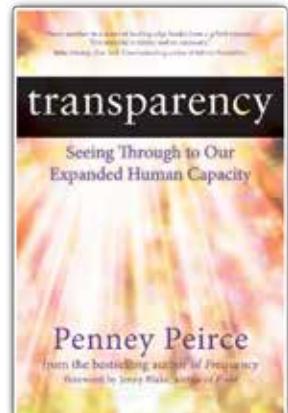
67 Herbs, Woods and Resins for Clearing and Emotional Balance

**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.



January 2026

9781582706436  
140 x 213 | 368pp | £18.99  
Paperback  
Atria Books  
Self-Help

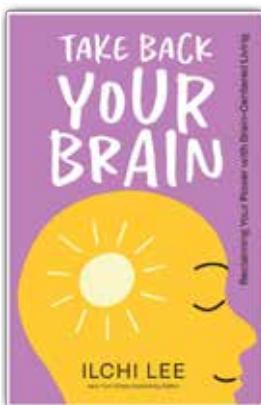
## TRANSPARENCY

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).



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

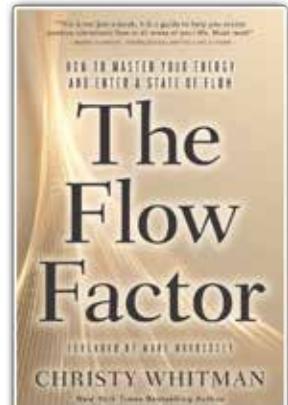
**Ilchi Lee**

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

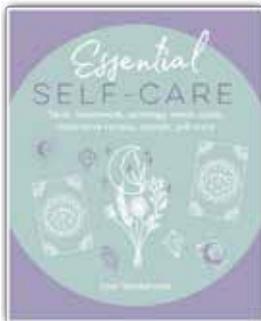
**Christy Whitman**

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

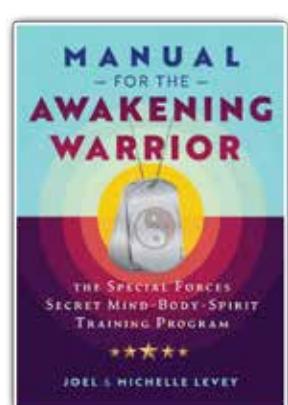
**Leah Vanderveldt**

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**

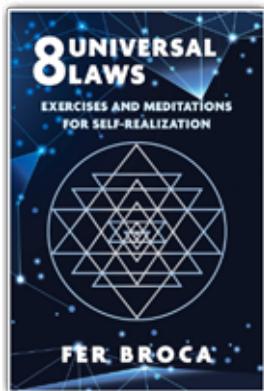
3 b&w illustrations

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  
979888502273  
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 fulfilment.**

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

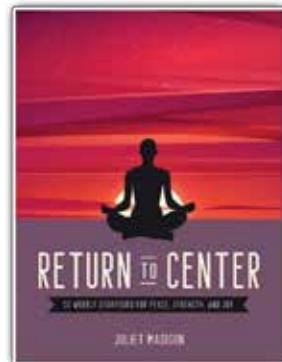
52 Weekly Strategies for Peace, Strength, and Joy

**Juliet Madison**

**Cultivate positivity, resilience, and fulfilment, 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

## 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

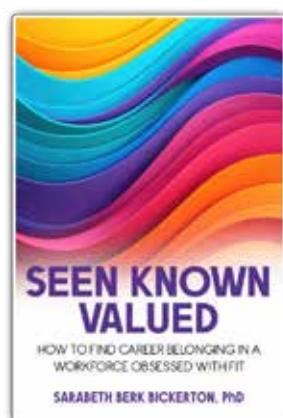
How to Find Career Belonging in a Workforce Obsessed with Fit

**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 multitalented 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

## 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**

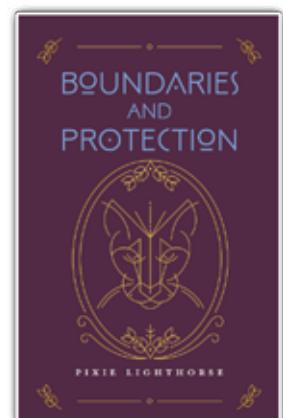
Nan Rae invites us on a heartfelt journey through love, seen through the eyes of her dearest friends. Each unique perspective is beautifully complemented by her exquisite artwork and thoughtful reflections, creating a rich tapestry of emotion and insight. Through delicate brushstrokes and carefully chosen 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.

## BOUNDRARIES AND PROTECTION

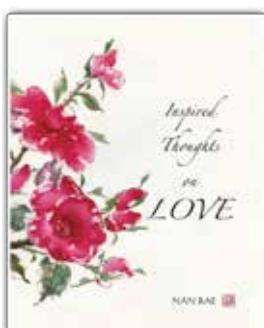
**Pixie Lighthorse**

**BOUNDRARIES 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.**

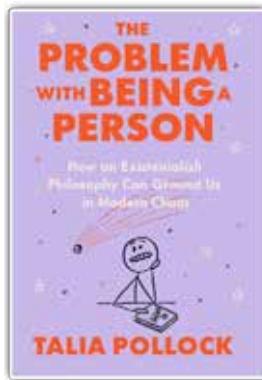
More than just a set of tools, however, BOUNDARIES AND PROTECTION is a catalyst for change and healing, a path towards embracing who you're meant to be. Prepare to be transformed by this book.



June 2025  
9798991642873  
127 x 203 | 176pp | £13.99  
Paperback  
Row House Publishing  
Self-Help



September 2025  
9781514990254  
191 x 248 | 96pp | £27.00  
Hardback  
Laughing Elephant  
Self-Help



June 2025

9780593420904  
145 x 216 | 224pp | £28.00  
Hardback  
TarcherPerigee  
Self-Help

## THE PROBLEM WITH BEING A PERSON

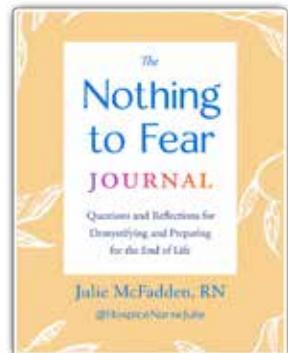
How an Existentialist Philosophy Can Ground Us in Modern Chaos

**Talia Pollock**

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

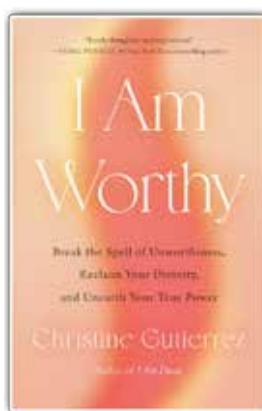
You've heard this story: outwardly, woman was living the dream. Inwardly, woman was drowning in despair. It's what happened next that sets this tale apart.

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.



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

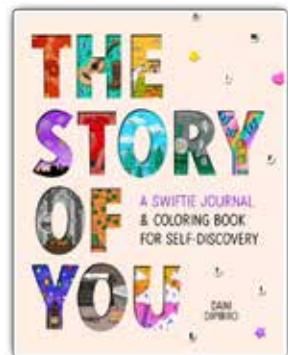
Break the Spell of Unworthiness, Reclaim Your Divinity, and Unearth Your True Power

**Christine Gutierrez**

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

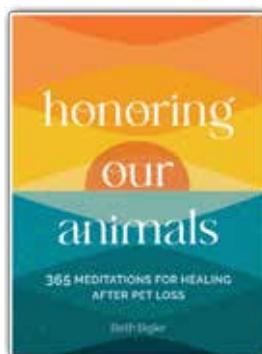
You are loved and worthy simply because you exist. You need not do anything to earn it - you were simply born worthy. Pause and breathe that in. If the dominant culture has you people-pleasing, playing it small, and repressing the wild woman within, it's time to stop hiding your light and start to shine. 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.



September 2025

9788217045778  
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

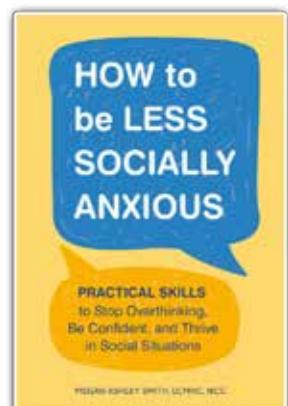
365 Meditations for Healing After Pet Loss

**Beth Bigler**

colour illustrations

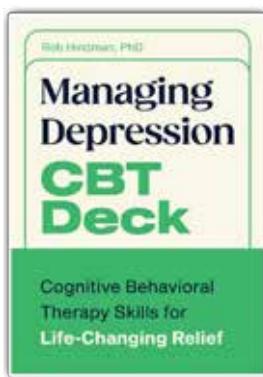
**Honoring Our Animals is your steadfast guide on the bereavement journey of losing a beloved companion, offering 365 days of consistent guidance and support**

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.



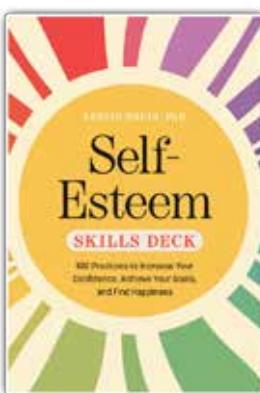
March 2025

9780593886243  
152 x 229 | 160pp | £16.99  
Paperback  
Zeitgeist  
Self-Help



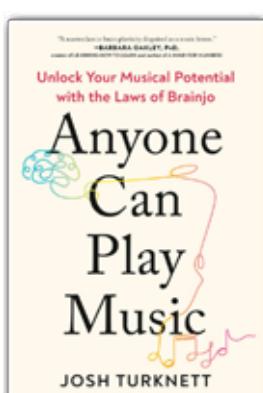
September 2025

9780593886021  
102 x 152 | 100pp | £23.99  
Cards  
Zeitgeist  
Self-Help



November 2025

9780593885949  
102 x 152 | 100pp | £24.99  
Cards  
Zeitgeist  
Self-Help



March 2025

9780593850978  
151 x 229 | 256pp | £16.99  
Paperback  
TarcherPerigee  
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,

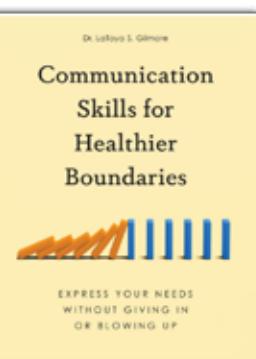
## COMMUNICATION SKILLS FOR HEALTHIER BOUNDARIES

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!



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.

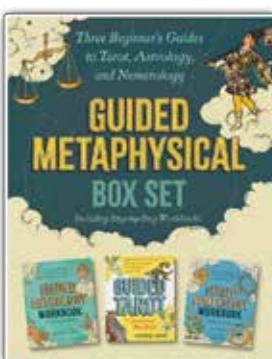
When self-doubt shows up, it can hold you back from living the life you truly want. The Self-Esteem Skills Deck is your supportive, therapist-informed companion - offering engaging, evidence-based tools to help you build confidence and recognize your worth. Unlike traditional workbooks, this card deck 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



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 fulfilment. And learning to play music isn't just fun, it's also the ideal brain fitness activity.

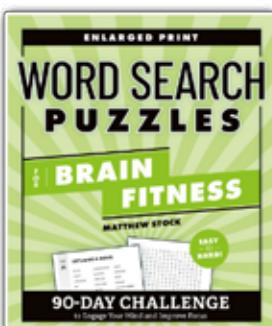
Dr. Turknett, a neurologist, self-taught multi-instrumentalist, and the founder of Brainjo and the Brainjo Method of instruction, which has been used successfully by thousands of people, distils the principles of learning to play music down into a set of universal "laws" that can be applied to any instrument.

## WORD SEARCH PUZZLES FOR BRAIN FITNESS

90-Challenge to Engage Your Mind and Improve Focus

**Matthew Stock**

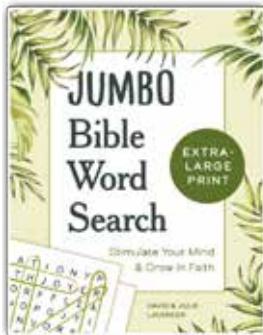
Stimulate your mind - and have fun! - with 90 days of word search puzzles, ranging from easy to hard.



July 2025

9798217151509  
178 x 229 | 256pp | £11.99  
Paperback  
Zeitgeist  
Self-Help

# Self Help, Personal Growth & Biography



September 2025

9798217151530  
216 x 276 | 192pp | £9.99  
Paperback  
Zeitgeist  
Self-Help

## 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.

## THE 6D ASCENSION JOURNEY

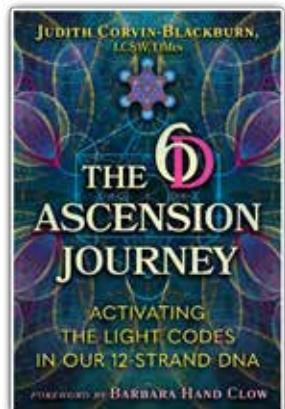
Activating the Light Codes in Our 12 Strand DNA

**Judith Corvin-Blackburn**

12 b&w illustrations

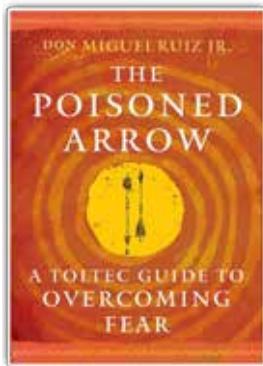
**Awaken the gifts and power of the 6th dimension hidden in your star ancestor DNA**

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



September 2025

9781950253593  
127 x 177 | 224pp | £17.99  
Paperback  
Hierophant Publishing  
Personal Growth

## 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.

## PASSAGE TO POROS

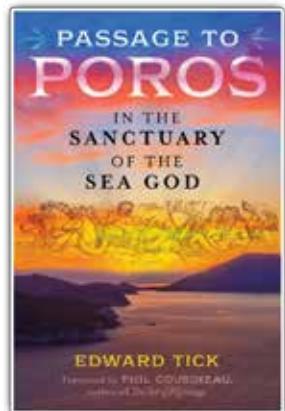
In the Sanctuary of the Sea God

**Edward Tick, Foreword by Phil Cousineau**

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

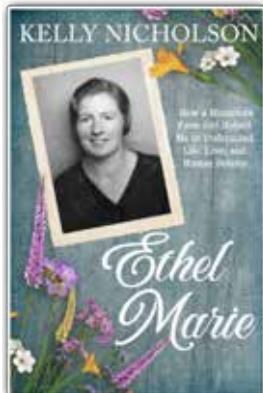
**Passage to Poros offers wisdom for anyone seeking healing, sanctuary, spiritual presence, and reconnection with ancient and eternal forces.**

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 asylia, 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



September 2025

9781962858380  
140 x 216 | 333pp | £18.99  
Paperback  
Ozark Mountain Publishing  
Biography

## 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.

## WIFE MOTHER DRUNK

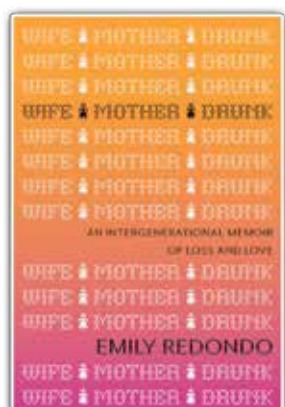
An Intergenerational Memoir of Loss and Love

**Emily Redondo**

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

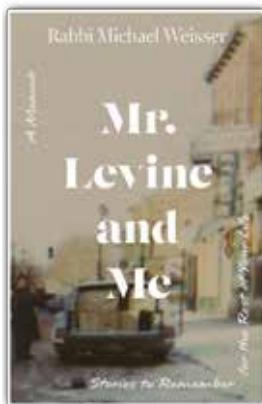
After having her fourth and last baby, Emily Redondo found herself in rehab with a breast pump and a five-week-old at home. On the surface, she looked like every other suburban mom, replete with dance bags and mini van, but inside, she was in a harrowing dance with alcoholism, drinking from morning until 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!**

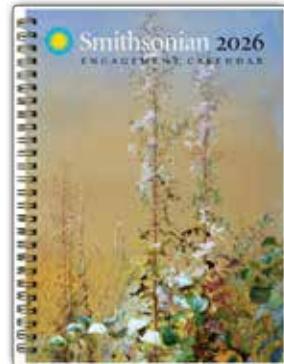
The Smithsonian Engagement Calendar 2026 features 55 full-colour illustrations of spectacular objects from the Smithsonian's twenty-one museums, the National Zoological Park, and Smithsonian research centres. Features include:

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

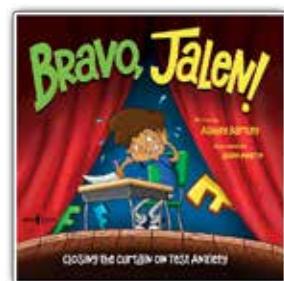
## BRAVO JALEN!

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!**



## June 2025

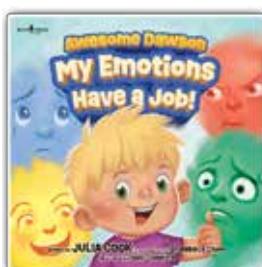
9798889070252  
229 x 229 | 31pp | £12.99  
Paperback  
Boys Town Press  
Childrens

## 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**



## September 2025

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

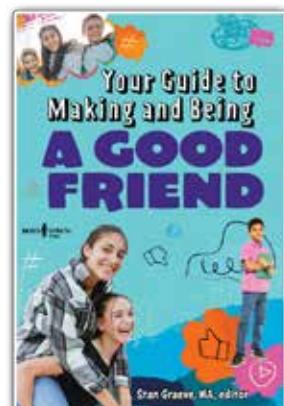
## YOUR GUIDE TO MAKING AND BEING A GOOD FRIEND

**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

## COOLING 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!**

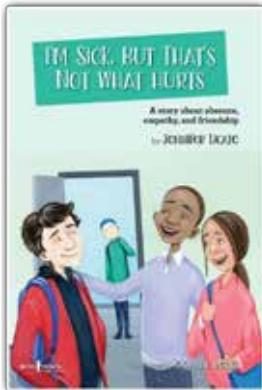
His name means calm, but Jalen feels anything but mellow when it's time to take a test. He struggles to live up to his name because tests make his insides mushy and his thoughts fuzzy.

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!

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!

More than 100 expedition photographs printed with stunning reproduction quality

Excerpts from Roosevelt's firsthand account in African Game Trails



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

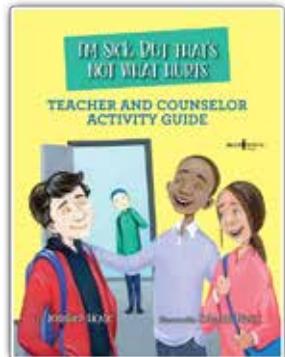
**Jennifer Licate**

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.

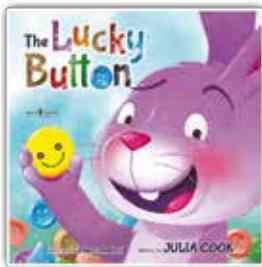
The guide pairs text from the story with probing questions and group activities to more deeply engage young readers with the content and facilitate thoughtful discussions about how to reconnect with friends, reestablish relationships, and regain a sense of belonging when you feel isolated or forgotten.

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.

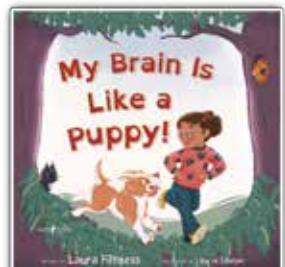
## MY BRAIN IS LIKE A PUPPY

**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.

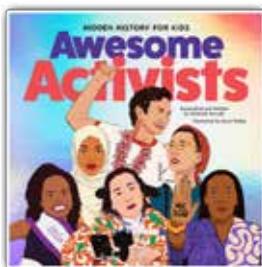
After much asking, pleading, and begging, Brooklyn is finally getting a puppy!



January 2026

9798889070368  
229 x 229 | 31pp | £12.99  
Paperback /  
Boys Town Press  
Childrens

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



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**

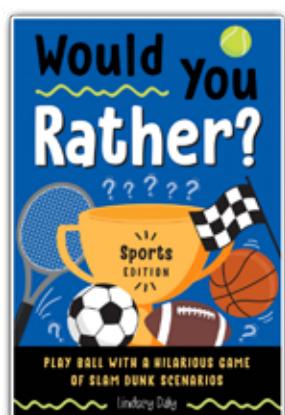
Get in the game and score lots of laughs with the latest from the author of the bestselling *Would You Rather?* series for kids ages 8-12!

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:

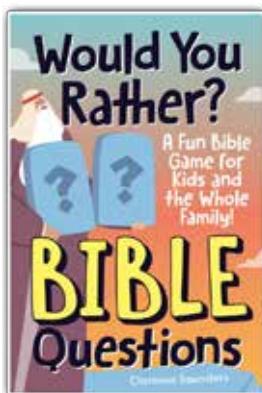
160+ *Would You Rather?* questions about football, baseball, basketball, soccer, hockey, gymnastics, rock climbing, volleyball, skateboarding - even curling! - and so much more.

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.

## SOCCKER STARS

Stories and Skills from the World's Best Players

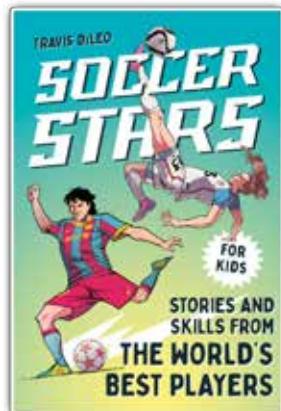
Travis DiLeo, Illustrated by Anderson

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

## 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.

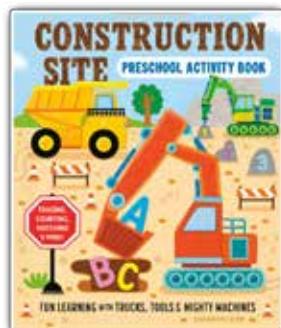
## CONSTRUCTION SITE PRESCHOOL ACTIVITY BOOK

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!



June 2025

9780593885857  
204 x 254 | 112pp | £11.99  
Paperback  
Z Kids  
Childrens

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.

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

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

Zeitgeist

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 -

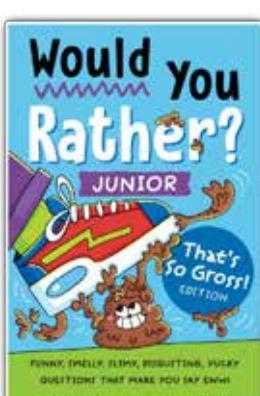
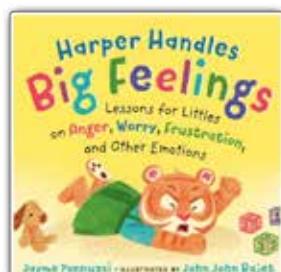
Lessons for Little Ones on Anger, Worry, Frustration, and Other Emotions

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

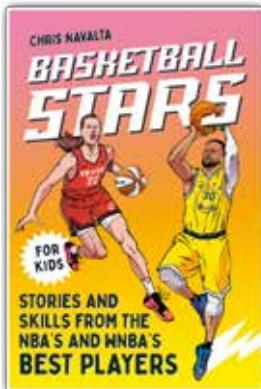


June 2025

9780593885925  
138 x 209 | 128pp | £7.99  
Paperback  
Z Kids  
Childrens

July 2025

9780593886144  
203 x 203 | 28pp | £11.99  
Board Book  
Z Kids  
Childrens



August 2025  
9798217151578  
152 x 229 | 128pp | £12.99  
Paperback / softback  
Z Kids  
Childrens

## BASKETBALL STARS

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

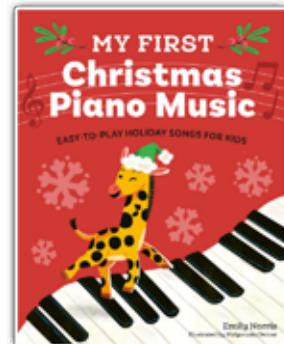
**Chris Navalta, Illustrated by Anderson Carman**

full colour throughout

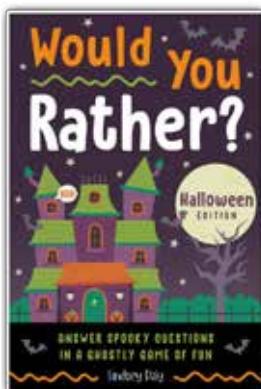
**A collection of stories about great basketball players to inspire young fans, with famous skills they'll want to try out on the court**

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.



August 2025  
9780593886045  
203 x 254 | 56pp | £9.99  
Paperback /  
Z Kids  
Childrens



August 2025  
9798217151523  
139 x 209 | 128pp | £7.99  
Paperback  
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.



October 2025  
9780593886441  
203 x 203 | 128pp | £15.99  
Paperback /  
Z Kids  
Childrens



November 2025  
9798217151493  
159 x 203 | 224pp | £18.99  
Hardback  
Z Kids  
Childrens

## CHILDREN'S ADVENT STORIES FOR BEDTIME

Celebrate the True Meaning of Christmas

**Julie & David Lavender, Illustrated by Shahar Kober**

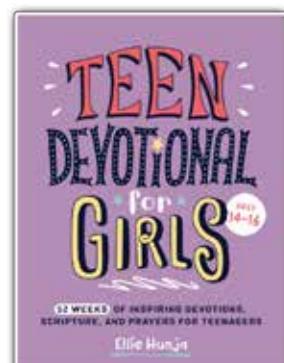
full colour throughout

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

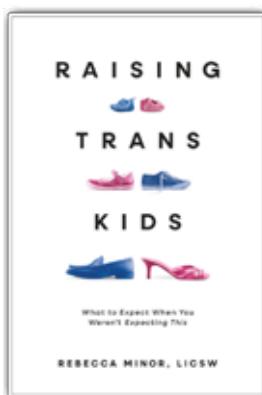
Most young kids love talking about burps, farts, rotten eggs, and used tissues, and parents are taken Children's Advent Stories for Bedtime: Celebrate the True Meaning of Christmas is a delightful collection of age-appropriate tales designed for parents and kids ages 4-8 to read together. This book helps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



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

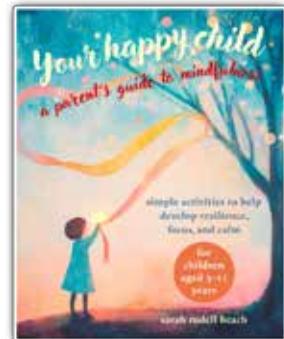
Simple activities to help develop resilience, focus and calm - for children aged 3-11 years

**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

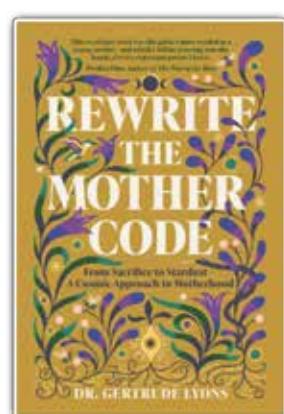
## REWRITE THE MOTHER CODE

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

## 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

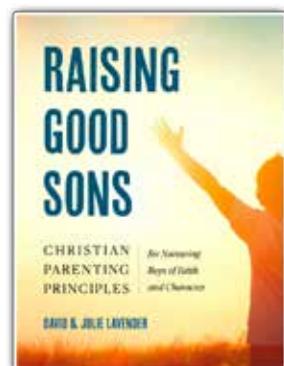
Christian Parenting Principles for Nurturing Boys of Faith and Character

**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.



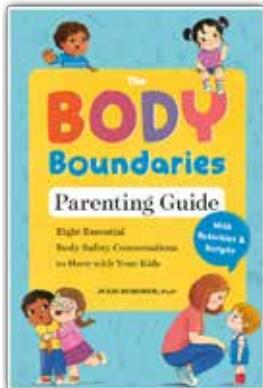
## June 2025

9780593719121  
152 x 202 | 224pp | £18.99  
Paperback  
TarcherPerigee  
Parenting

## 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.**

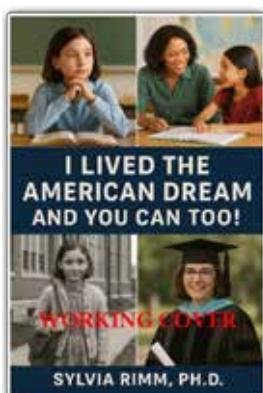
Introducing The Body Boundaries Parenting Guide: Eight Essential Body Safety Conversations to Have with Your Kids - the essential guide for parents to navigate the crucial conversations about body boundaries and safety with their young children. This interactive book is designed to keep children engaged 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,



October 2025

9781591813446  
152 x 229 | 225pp | £15.99  
Paperback  
Sentient Publications  
Psychology



November 2025

9781953360458  
152 x 229 | 124pp | £32.00  
Paperback  
Gifted Unlimited  
Autism & Gifted Children

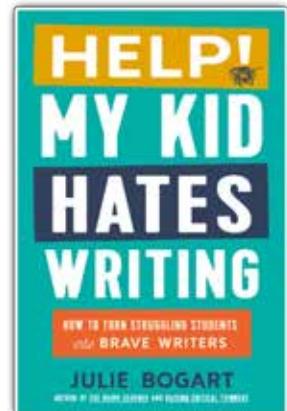
## I LIVED THE AMERICAN DREAM AND YOU CAN TOO!

Sylvia Rimm

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

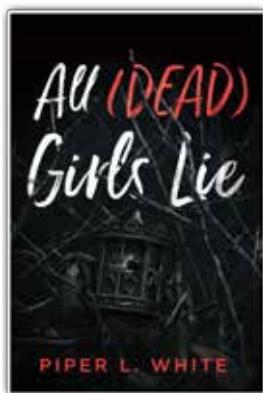
A powerful and deeply personal narrative, this book invites readers into the inspiring life story of Dr. Sylvia Rimm - child psychologist, prolific author, and daughter of immigrants - while illuminating the essential role educators play in shaping the lives of immigrant children.

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

9780593713167  
161 x 235 | 304pp | £29.00  
Hardback  
TarcherPerigee  
Reference



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.

## 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 homeschoolers 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.

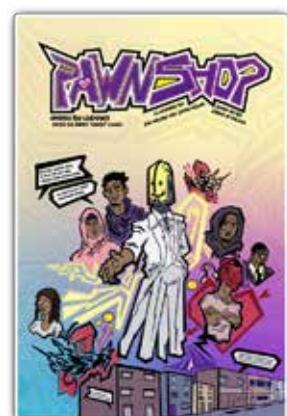
## PAWNSHOP

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.



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**Artur Tadevosyan**

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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.

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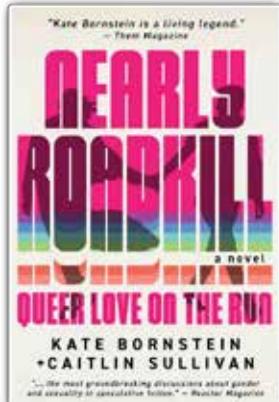
## NEARLY ROADKILL - A Novel

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.

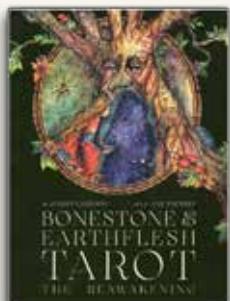
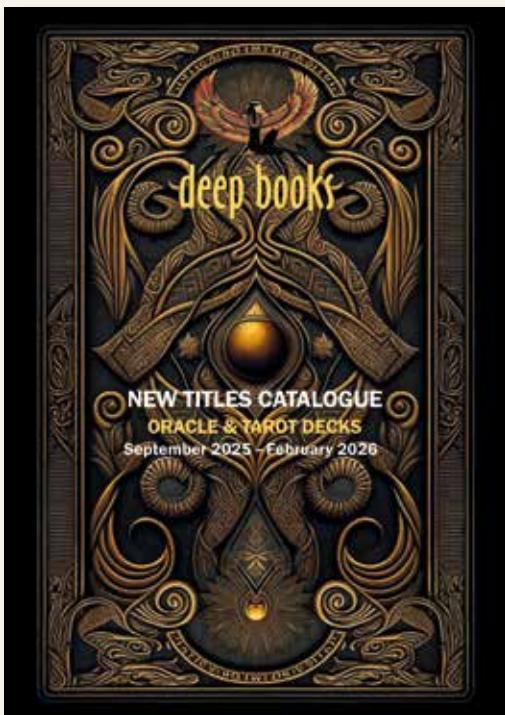


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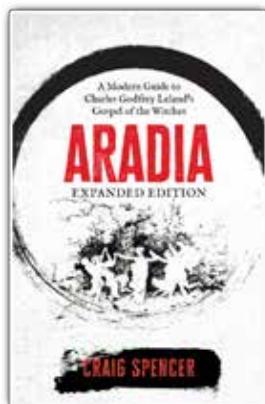


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## ARADIA - Expanded Edition

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

**Craig Spencer**

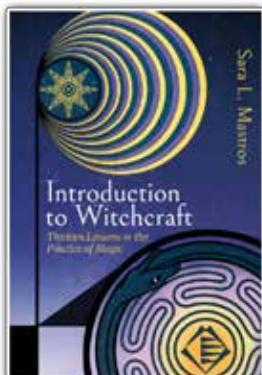
A fresh approach to the classic text.

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.

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## INTRODUCTION TO WITCHCRAFT

Thirteen Lessons in the Practice of Magic

**Patricia deSandro**

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Inside *Introduction to Witchcraft*, you'll find practical exercises, simple but never condescending explanations of major ideas, and examples from Mastros'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.

## CROW'S COLLECTION OF WORLD MAGIC

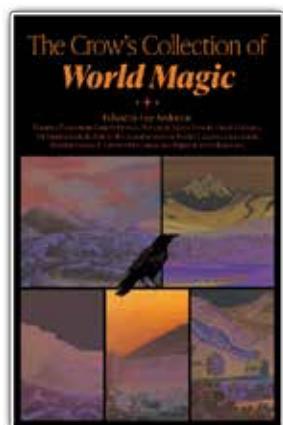
**Lee Anderson**

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

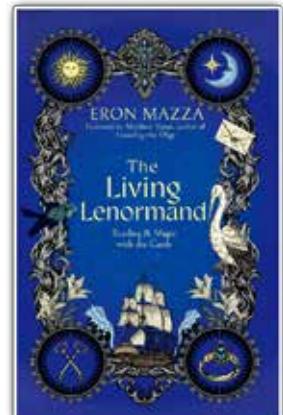
Crossed Crow Books' first-ever anthology, *The Crow's Collection of World Magic*, features twelve essays by writers and practitioners around the world about their magical practices, histories, and communities.

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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## THE LIVING LENORMAND

Reading & Magic with the Cards

**Eron Mazza, Foreword by Matthew Venus**

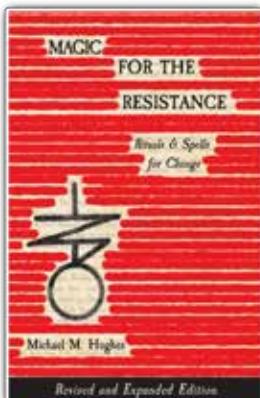
45 B&W card illustrations, spreads and

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.

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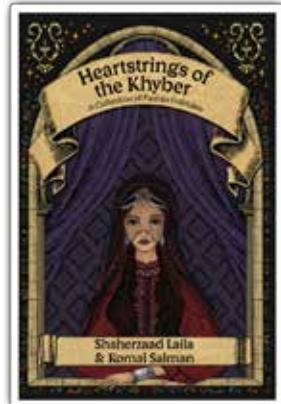
**Michael M. Hughes**

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.



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## 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.

## 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.



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## 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.



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## STRIX CRAFT

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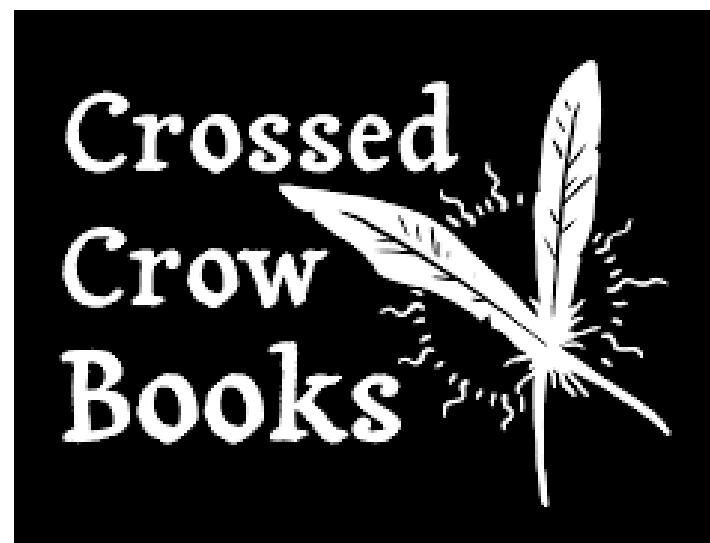
**Oracle Hekataios**

B&W illustrations & sigils throughout

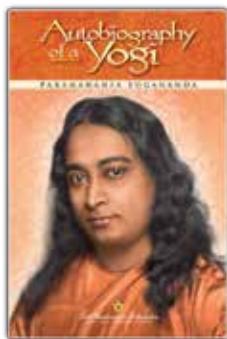
**Ancient Folklore Comes Alive!**

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.

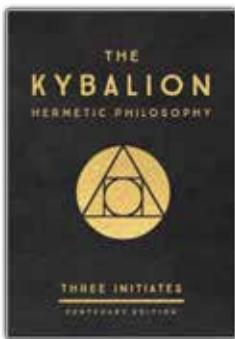
This title was previously published in 2020.



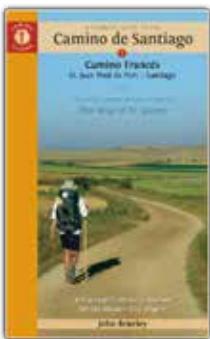
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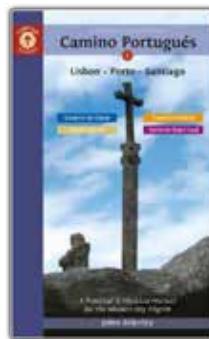
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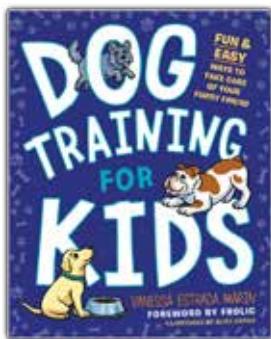
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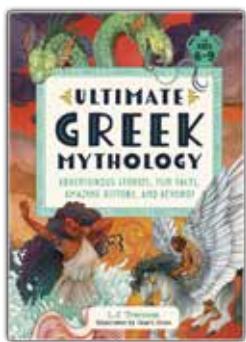
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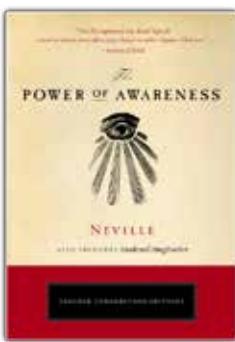
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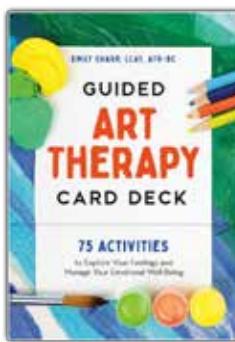
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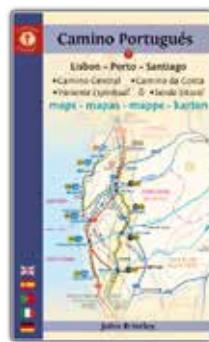
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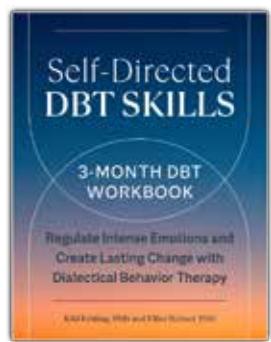
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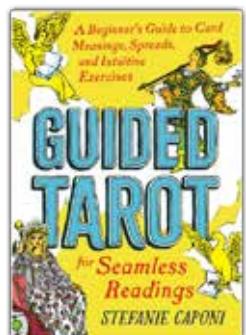
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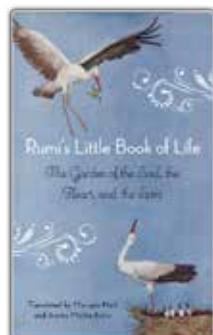
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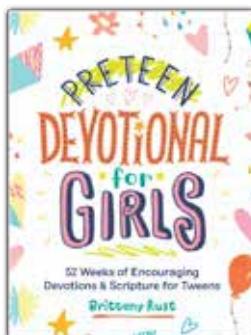
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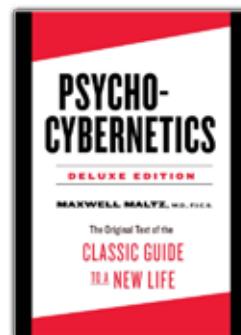
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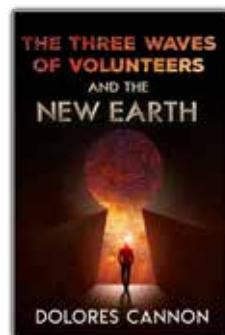
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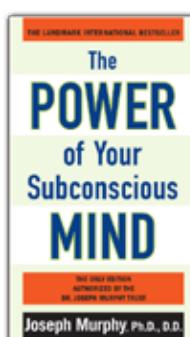
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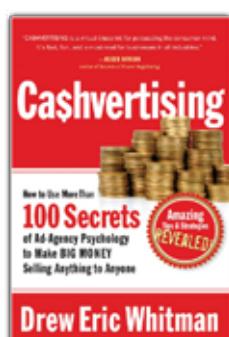
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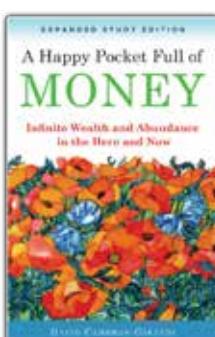
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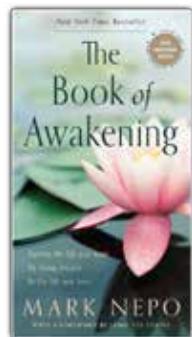


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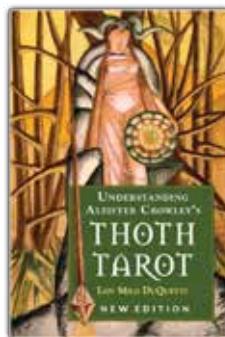
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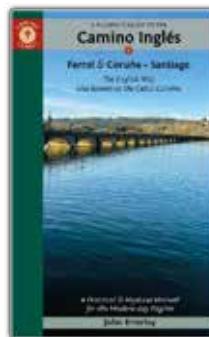
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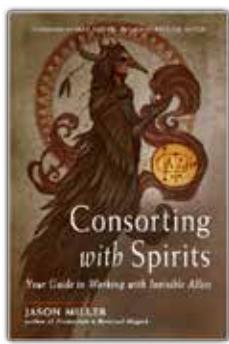
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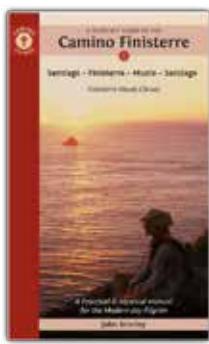
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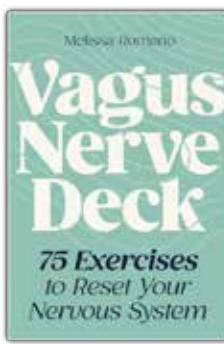
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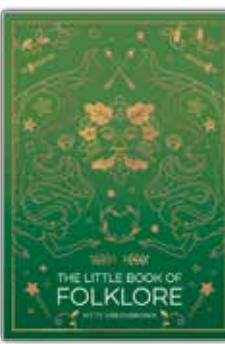
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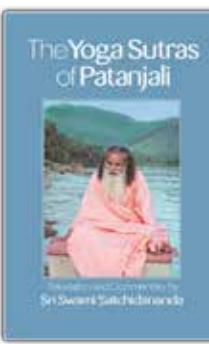
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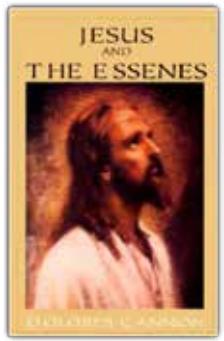
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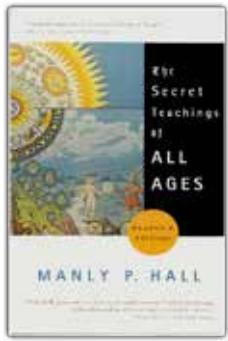
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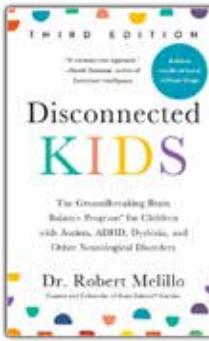
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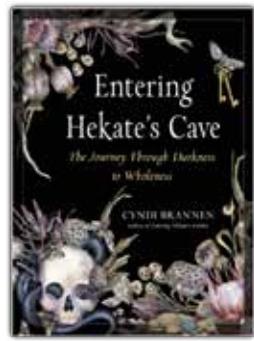
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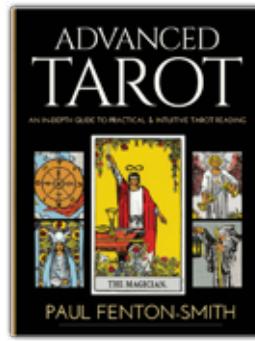
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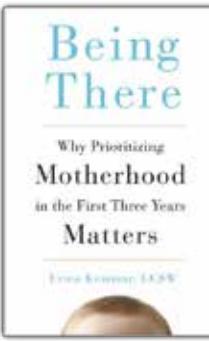
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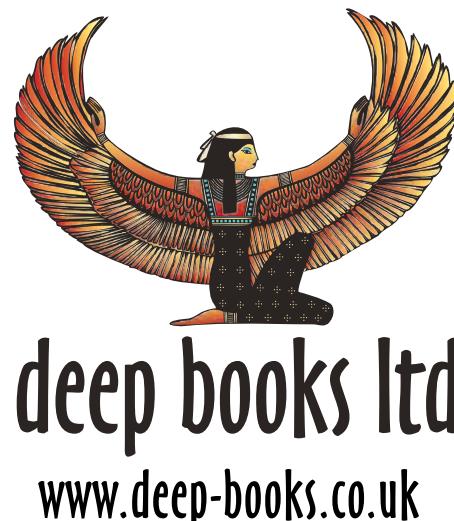
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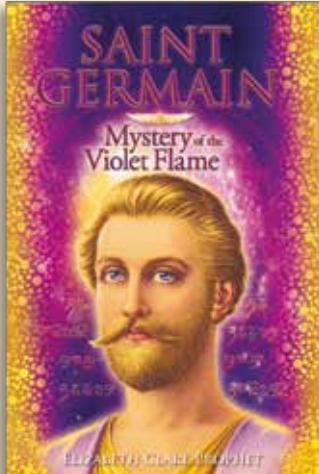
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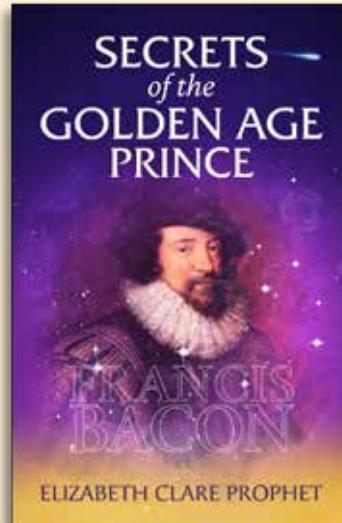


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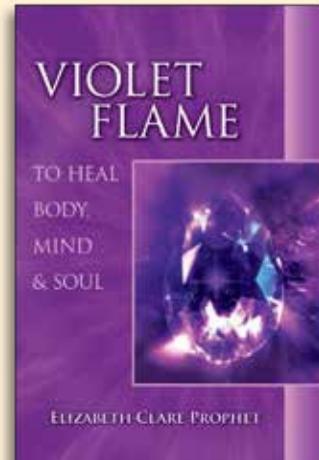


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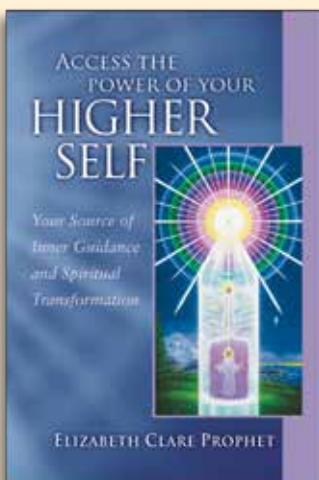


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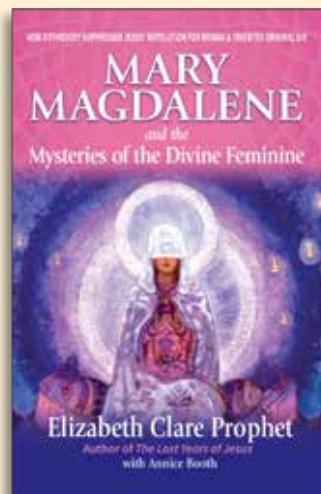


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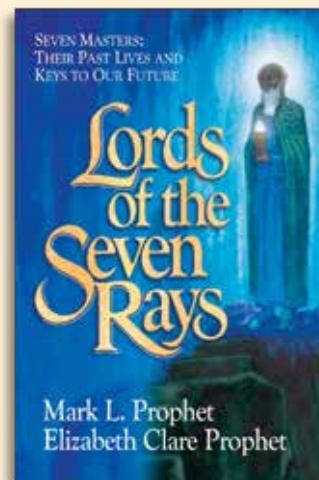


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