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The Intuition Bible

How and Why to Tap Into Your Inner Wisdom

Happy Ali

TikTok personality and spiritual teacher Happy Ali's latest book is a life-changing and inspiring guide to the power of intuition – what it is and how to use it for a better, more fulfilling life

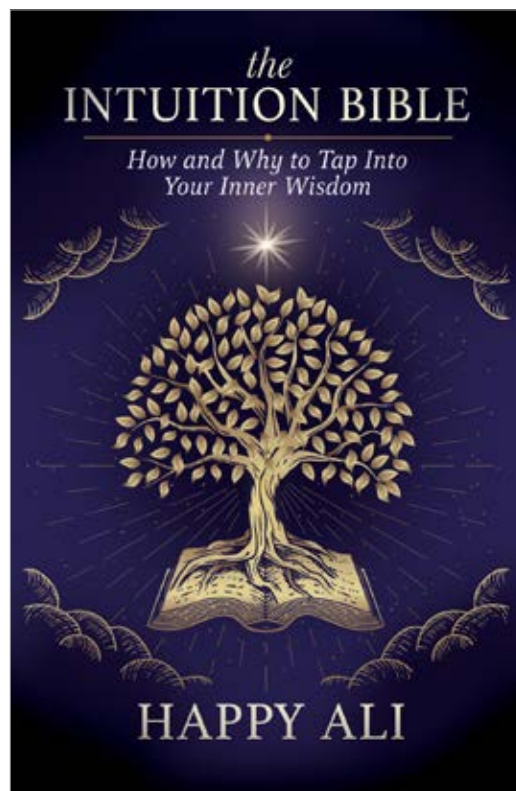
- The author has 67,000 followers on TikTok and Instagram combined, plus thousands of downloads of his *Happy Insights*, the new go-to podcast for New Age listeners
- Ali is a charismatic teacher, generational intuitive, certified master hypnotherapist, and sought-after life and spiritual coach who has been awarded the Master Certified Coach designation
- Like spiritual classics *Creative Visualization* and *The Secret*, *The Intuition Bible* revitalizes and illuminates ancient wisdom for a new generation of seekers
- Provides techniques and practices that anyone, from beginner to experienced seeker, can use to cultivate and strengthen transformative intuition skills

For many of us, life often feels as though we are wandering through a dark room with only a match to light the way, seldom certain of our destination. What if there is a way to get clear directions from outside this darkness? What if there is a way to tap into a well of knowledge to guide every turn of our journey toward a life of hope? The answers lie in our innate power of intuition. As author and popular social media spiritual influencer Happy Ali points out, most are never trained to master the art of tapping into this inner voice, wisdom, and birthright. His goal is to reacquaint his audience with their own infinite wisdom.

Through his TikToks, Instagram posts, website, and podcasts, Ali has helped tens of thousands of seekers learn to listen to and use their inner wisdom. This guidance helped him anticipate his own successes – and tragedies – equipping him for the joy and challenges that awaited him. In *The Intuition Bible*, he presents his techniques for harnessing this trustworthy source of information. Readers will learn:

- techniques for tuning in to and understanding inner wisdom and personal truth, including simple-yet-powerful yes/no exercises to assist in everyday decision-making
- reasons and remedies for blockages and misinterpretations
- how to understand dreams, vibrations, chakras, and energy
- practices for taming an overanalytical mind
- advanced exercises to build and refine personal intuition

Throughout, Ali shares inspiring true stories of his own and others' experiences. Comprehensive and essential, this is truly the bible to guide anyone through every day of their life.



AVAILABLE IN SEPTEMBER

Metaphysics / New Age • \$19.95

Trade paperback • 256 pp. • 5½ x 8½

978-1-60868-924-8 • Rights: world



Spiritual teacher and author **HAPPY ALI** has a degree in psychology from UCLA. He is a certified master NLP practitioner, master subconscious manifestation coach, generational intuitive, and certified master clinical hypnotherapist. After a near-death experience in 1995, Ali woke up to his inner guidance and reinforced his path to intuition mastery. He now teaches these techniques to help others master the two most powerful managers of life: the subconscious mind and universal laws. He lives in Los Angeles.

HappyInsights.net

Sit Down to Rise Up

How Radical Self-Care Can Change the World

First Trade Paperback Edition

Shelly Tygielski

Foreword by Chelsea Handler

Afterword by Sharon Salzberg

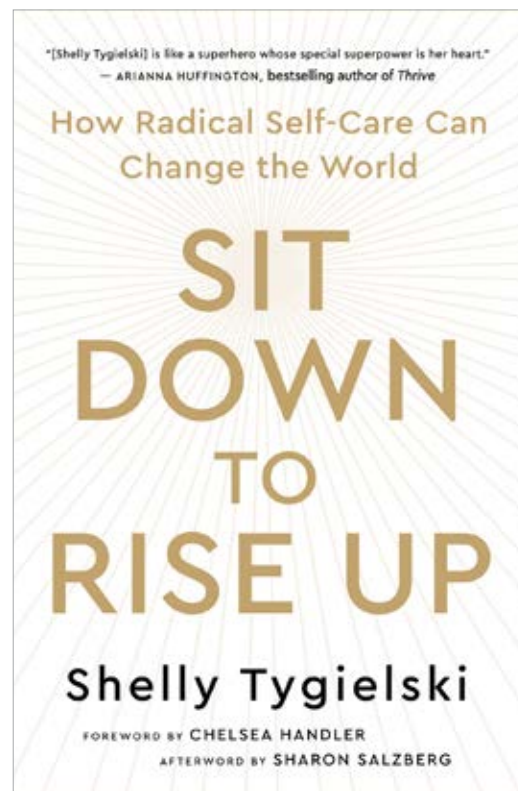
An empowering book on propelling profound social change by going inward, from a mindfulness teacher and activist who has turned personal practice into movements

- The author was featured on 2020 CNN Heroes for founding Pandemic of Love, which during the Covid-19 pandemic connected more than 4.5 million families in need with people who could help, transacting over \$100 million in aid
- Demonstrates the power of taking meditation off the cushion and into the real world, helping us take care of ourselves, engage with our communities, and create systemic change
- With 580,000 Instagram followers, the author is a trauma-informed Mindfulness-Based Stress Reduction (MBSR) instructor, a Search Inside Yourself Leadership Institute (SIYLI) teacher, and the creator of a series of workshops produced by Recorded Books and guided meditations on the Thrive ZP and Insight Timer platforms

“This work of heart will change your life as it provides us all with a practical guide to transforming our selves from the inside out to create more collaboration and well-being in our shared world.”

— **DANIEL J. SIEGEL, MD**, *New York Times* bestselling author of *Mind, Aware, and IntraConnected*

The practice of self-care is most often touted for its profound mind, body, and spirit benefits. Shelly Tygielski shows that self-care can also be a powerful tool for spurring transformative collective action. In a winning combination of memoir, manifesto, and how-to, Tygielski shares her evolution from a Jerusalem-born child of traditional Sephardic Jewish parents to a middle-class American suburban youth who questioned her faith to a young executive in corporate America. As she used radical self-care practices to manage a serious chronic health issue, she had an epiphany: finding true health and peace is not a solo endeavor but one that lives in connection with others. Tygielski considers herself an unlikely meditator, activist, and teacher. But as such, she is uniquely qualified to speak to all today who wonder, “What can I do?” or, “Will my actions even make a difference?” Tygielski’s work began as “me” work and transformed into “we” work. In *Sit Down to Rise Up*, she shows that this is possible for all of us.



AVAILABLE IN SEPTEMBER

Mindfulness • \$19.95 • Trade paperback

256 pp. • 5½ x 8¼ • 978-1-60868-951-4

Rights: world English



SHELLY TYGIELSKI is a trauma-informed mindfulness teacher, self-care activist, and the founder of the global grassroots mutual aid organization Pandemic of Love. Her work has been featured by over one hundred media outlets, including *CNN Heroes*, the *Kelly Clarkson Show*, *CBS This Morning*, the *New York Times*, and the *Washington Post*. A Garrison Institute Fellow, she has been called one of the “12 Powerful Women of the Mindfulness Movement” by Mindful.org and teaches self-care and resilience at organizations and to audiences around the world. Beloved comedian, bestselling author, TV personality, and activist **CHELSEA HANDLER** lives in Los Angeles. Buddhist meditation teacher **SHARON SALZBERG** is the bestselling author of *Lovingkindness* and *Real Life*.

ShellyTygielski.com

Walking Well

A New Approach for Comfort, Vitality, and Inspiration in Every Step

Michael J. Gelb and Bruce Fertman

Two polymath movement experts draw from their 100 years of collective training to help others learn how to walk effortlessly, breathe easily, think creatively, and feel deeply alive

- More than 115 million Americans consider walking to be their primary mode of exercise
- Secrets, advice, and guidance on walking with pleasure, power, poise, and peace, especially for those interested in mindfulness, breathing, meditation, wellness, creative thinking, or the Alexander Technique
- Proven health benefits from walking well include cardiovascular health, dementia prevention, stress reduction, and more
- The authors are renowned and recognized experts who have appeared on many of the world's most popular podcasts, including *Ten Percent Happier*, *Mindvalley*, *The Embodiment Podcast*, and *Untangle*, and have a combined email list of more than 21,000 loyal fans

“Gelb and Fertman unlock the profound mental and physical benefits of mindful walking, merging ancient wisdom with modern science. This book isn't just about improving your stride; it's about enhancing every aspect of your life by tapping into the natural rhythm of your body.”

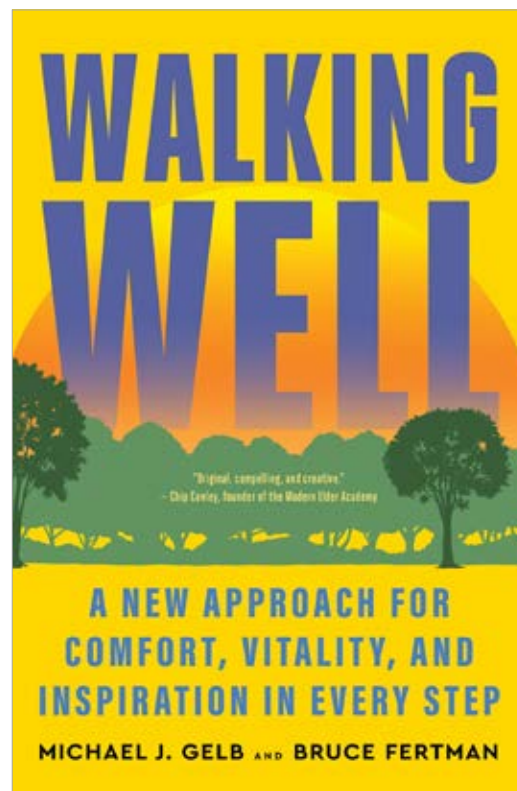
— **DR. MARSHALL GOLDSMITH**, *New York Times* bestselling author of *The Earned Life*, *Triggers*, and *What Got You Here Won't Get You There*

Walking is good for you. It can regulate weight, improve sleep, elevate mood, transform stress, and boost creativity and productivity. Most people want to walk more. But what if the key isn't just to walk more, but to walk *better*? To connect with your physical body and unlock more energy, more vitality, and more fuel for imagination and creativity?

Walking Well is designed to help readers do just that by presenting a three-part journey to improved movement:

- Part 1: how to become aware of and release the tension that interferes with natural walking
- Part 2: practical methods that teach the reader how to *receive energy* the moment it's expended, discover the harmony of walking and breathing, and awaken an archetypal animal verve so that every step becomes more poised and powerful
- Part 3: meditations on walking in solitude, walking with others, walking for inspiration, and walking for transformation

Filled with simple, practical guidance from authors with, collectively, over a hundred years of teaching people how to move well, this book not only improves how we walk but reveals how much is possible for us once we know how to walk well.



AVAILABLE IN SEPTEMBER

Health & Fitness • \$18.95

Trade paperback • 232 pp. • 5½ x 8½

978-1-60868-912-5 • Rights: world



MICHAEL J. GELB is a pioneer in the fields of creative thinking, executive coaching, and innovative leadership. He is a fifth-degree black belt in aikido and a teacher of tai chi and the Alexander Technique. The author of seventeen books, including the international bestseller *How to Think Like Leonardo da Vinci*, he lives in Rhinebeck, New York. **BRUCE FERTMAN** brings sixty years of study as a movement artist and educator to his work, having trained in gymnastics, modern dance, ballet, contact improvisation, the Alexander Technique, tai chi, aikido, Japanese tea ceremony, Argentine tango, and Zen archery. He lives in Coyote, New Mexico.

MichaelGelb.com
GraceOfSense.com

Written in the Stars

The Astrology of Soulmate, Karmic, and Twin Flame Relationships

Kate Rose

In this astrological guide to relationships designed to free readers from unfulfilling patterns and repeated heartbreak, bestselling author Kate Rose reveals the secrets to recognizing genuine and lasting partnerships and understanding the true journey of love

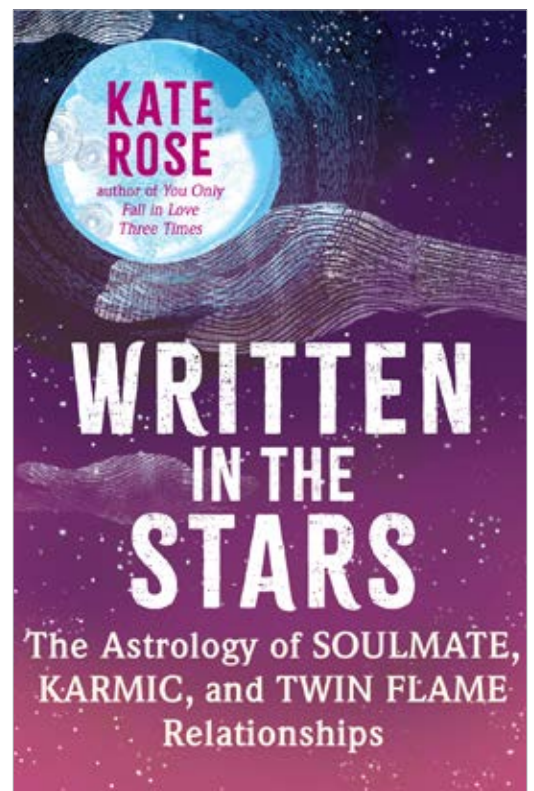
- The author has a devoted following of more than 200,000 regular readers across all her social media outlets and more than 100,000 hits per month on her personal website
- Rose's 2016 article "We Only Fall in Love with 3 People in Our Lifetime" was read by more than 69 million people and shared by more than 1.1 million
- *Written in the Stars* is the follow-up to her first book, *You Only Fall in Love Three Times*, which sold more than 50,000 copies and was published in eleven foreign editions
- Astrology is experiencing a resurgence among younger readers, with more than 37% of adults under 30 considering themselves devotees, according to data from Census.gov
- With her regular columns on *YourTango* and *Elephant Journal* and status as go-to astrologer for clients such as Noella Bergener of *The Real Housewives of Orange County*, Rose is a strong new astrological voice

Wouldn't everyone like a cheat sheet that told them whether a relationship was meant to last? In her second book, Kate Rose gives readers the insight needed to differentiate between soulmate, twin flame, and karmic relationships. Using an astrological birth chart — a cosmic fingerprint — readers can see not just personality traits, but also the wounds and lessons, specifically in love, they will encounter and learn from in this lifetime. By tapping into this divine knowledge, they can determine whether a relationship is truly meant to last forever or is just a waypoint on the path to the one that will.

Organized around astrological placements representing the distinct types of relationships, *Written in the Stars* includes:

- birth chart patterns that offer the opportunity to heal childhood wounds like abandonment and feelings of unworthiness
- red flags to look for in each type of relationship
- specific practices that help cut the energetic cords of unhelpful habits and bonds
- moon rituals and practices for calling in a forever love and deepening self-love
- how lesser-known but significant astrological factors, such as Venus placement and North Node placement, can affect relationships and the quest for forever love

This practical, hands-on guide gives readers the clarity they desire for navigating the complexity of love and finding the relationship that is destined to last.



AVAILABLE IN SEPTEMBER

Astrology / Relationships • \$18.95

Trade paperback • 240 pp. • 5½ x 7½

978-1-60868-915-6 • Rights: world



KATE ROSE is a writer, spiritual astrologer, life coach, relationship expert, retreat leader, and author of *You Only Fall in Love Three Times: The Secret Search for Our Twin Flame*. She enjoys writing and interacting with readers through her blog posts, Instagram, Facebook, regular columns for *YourTango* and *Elephant Journal*, and her newsletter, *Unedited*. Rose earned an MS in clinical art therapy from Springfield College while volunteering in the AmeriCorps program as a leader of inner-city youth programming. She lives in the Hidden Hills of Massachusetts with her daughters and her twin flame.

WordsOfKateRose.com

Feel, Heal & Let That Sh*t Go

Your Guide to Emotional Resilience and Lasting Self-Love

Rachel Kaplan

A psychotherapist and hit podcaster brings empathy and humor to her first book, a radical reimagining of the self-help genre that teaches readers how to “process their emotional sh*t,” let it go, and enjoy the life they’re living

- First-time author Rachel Kaplan is a social media star whose videos on Instagram and TikTok have gone viral, with 1.8 million views and 90,000 likes, and her Feelings Movement is 155,000 followers strong (Instagram, TikTok, and Threads)
- Her podcast, *Healing Feeling Sh*t Show*, earned an iTunes “New & Noteworthy” honor in three categories for all eight weeks it was eligible, streams to dozens of countries, and has racked up more than 200,000 downloads
- Like Carolyn Elliott’s *Existential Kink*, offers actionable techniques informed by a multidisciplinary approach and an irreverent, humorous style

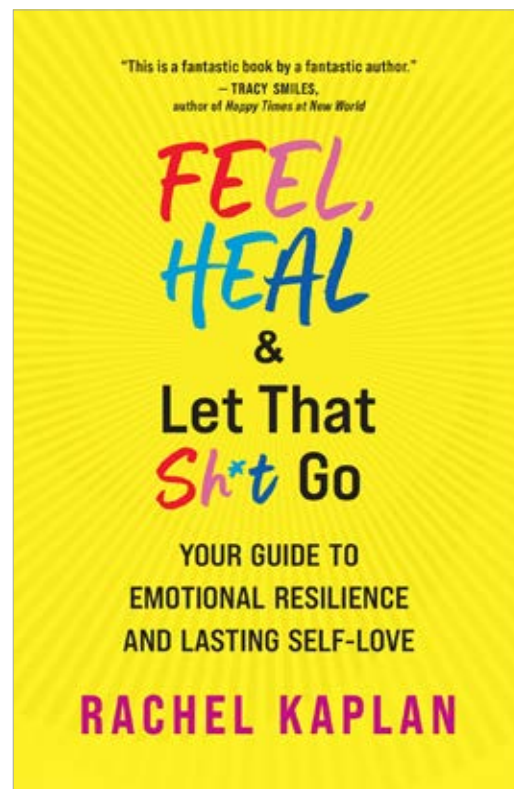
After suffering through her own cycle of tragedy, suppressed emotion, professional study, therapy, and eventual breakthrough, Rachel Kaplan knows from experience that many of us avoid actually *feeling* our feelings. Instead, we store them in a kind of emotional constipation, chasing distraction, addiction, consumption, and other forms of suppression. The only way to heal from traumatic experiences and difficult feelings, to live healthier and happier lives, is to move the emotions through our bodies — to let that sh*t go.

*Feel, Heal & Let That Sh*t Go* is a revolutionary and irreverent approach to personal transformation and self-care that teaches readers precisely how to (and why they should) feel emotions to move them through the body as nature intended. Kaplan calls this modality “emotional potty training,” and the revolutionary community she’s nurturing, “the Feelings Movement.” Her approach helps readers heal themselves deep down, eliminate doubt about their own self-worth and value, and importantly, enjoy the journey.

To accomplish this, Kaplan guides readers to:

- reconnect with and reintegrate their younger selves who suppressed emotion because they needed connection and approval from parents in order to survive
- access the inner pain resulting from the experience of feeling unlovable and other traumas that were not emotionally processed at the time
- engage in self-care practices and step-by-step physical and mental exercises to work through and release these pent-up feelings

Restoring the ability to process emotion is the only effective means for reducing our backlog of emotional pain, establishing a baseline of well-being and self-trust, and overcoming the debilitating effects of core wounds, chronic stress, depression, and misery. By letting that sh*t go, readers can enjoy the life they’re living and know their worth, no matter what.



AVAILABLE IN OCTOBER

Personal Growth • \$19.95 • Trade paperback

304 pp. • 5½ x 8½ • 978-1-60868-932-3

Rights: world English



RACHEL KAPLAN, MA, MFT, is a licensed psychotherapist with a thriving practice in the San Francisco Bay Area. Creator and host of the acclaimed podcast *Healing Feeling Sh*t Show*, she is active on a variety of multimedia channels and has published multiple features in *Common Ground*. Kaplan has studied yoga, meditation, and hands-on healing practices in India and Nepal, earned a master’s degree in counseling psychology from the California Institute of Integral Studies, and trained in cutting-edge trauma modalities such as EMDR. She divides her time between Oakland and Joshua Tree, California.

TheFeelingsMovement.com

A Return to Radiance

The POWER Method to Ignite Your Soul and Unleash Your Potential

Becca Powers

Becca Powers, bestselling author of *Harness Your Inner CEO*, is back with a spiritually charged, practical, and inspirational method for working professionals longing to see their dreams and talents manifest deeper fulfillment and impact

- The author presents keynotes and workshops for corporate clients to rave reviews, and her self-published book has sold more than 6,000 copies via her speaking and promotional events
- Powers's proven five-step process will guide dream chasers of all stripes away from burnout and toward more fulfillment, joy, and impact by challenging the status quo
- Written for professionals who are successful in business and life yet also seek greater satisfaction and influence
- A study by Oracle has found that the majority of workers feel lonely, burned out, and disconnected following the pandemic, and now feel different about what defines their success; 75% feel "stuck" personally and professionally

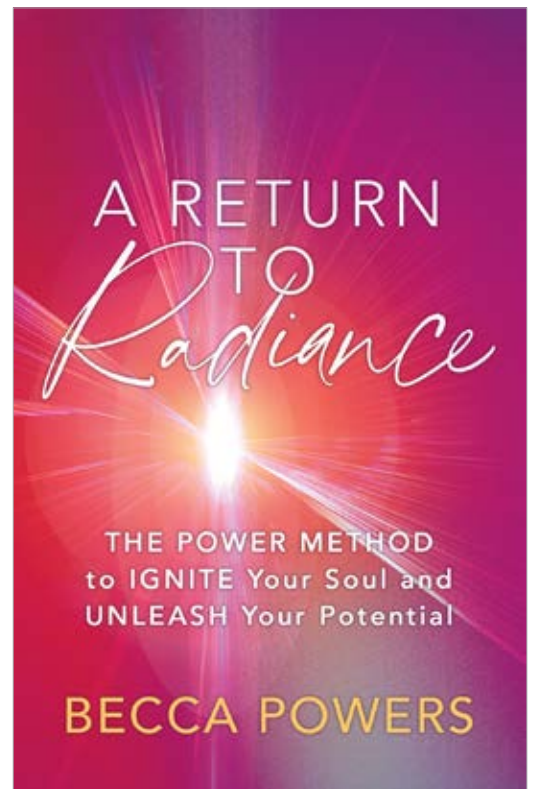
"This potent and practical gem of a book is a compass guiding you on the most sacred journey you'll ever take — the journey to truly owning your worth."

— **NANCY LEVIN**, author of *Worthy*

Designed to help readers unlock the power within them and unleash their fullest potential, Becca Powers's groundbreaking *A Return to Radiance* gives today's working men and women the tools to reclaim brilliance, overcome obstacles, grow resilience, banish impostor syndrome, and craft a life that leaves a legacy of empowerment, impact, and fulfillment. Even those who love their jobs, enjoy parenting, and have good relationships also feel overwhelmed, burned-out, and pulled in many directions, as though the light of their dreams has dimmed. Powers knows this acutely — she was in the same boat just a few years ago. Like Powers, readers can discover how to live a more satisfying, fulfilling life by using her five-step POWER Method:

- Protect Your Potential
- Own Your Opportunities
- Waken Your Worthiness
- Elevate Your Energy
- Rock Your Radiance

Packed with powerful insights and inspiring stories, *A Return to Radiance* is written in the sassy-yet-spiritual, visionary-yet-practical voice Powers has perfected in her work with corporations. It will help high performers, leaders of all levels, entrepreneurs, stay-at-home parents, or side hustlers discover and achieve their goals, dreams, and desires.



AVAILABLE IN OCTOBER

Business / Personal Growth · \$19.95

Trade paperback · 304 pp. · 5½ x 8½

978-1-60868-934-7 · Rights: world



BECCA POWERS is a Fortune 500 high-tech sales executive, keynote speaker, founder and CEO of Powers Peak Potential, and author of *Harness Your Inner CEO*. She has worked with industry giants Cisco, Dell, Royal Caribbean International, and Office Depot. With an impressive record of leading large teams and hitting \$500 million in annual revenue, Powers has earned the coveted President's Club award seven times. She is a go-to interview subject for *Newsweek*, *Thrive Global*, *Daily Mail*, and *Authority Magazine*, as well as dozens of podcasts. A certified kundalini yoga teacher and Reiki master, she lives in Florida.

BeccaPowers.com

Seven Secrets to the Perfect Personal Essay

Crafting the Story Only You Could Write

Nancy Slonim Aronie

A beloved writing teacher and essayist lays out the rules for crafting a remarkable personal essay, the kind that tells a story, moves readers, and reveals insights into the human condition – the kind that AI can't write

- Aronie is a world-renowned writing instructor, bestselling author, frequent contributor to NPR, and founder of the Chilmark Writing Workshop on Martha's Vineyard
- With the rise of admissions scrutiny and test-optional college applications, standout personal essays have increasing importance for college-bound high school students, as well as grant applicants and scholarship candidates
- Even as technology advances, creating a memorable personal essay based on personal experiences is one of the few writing tasks that will remain resistant to AI disruption
- Using Aronie's seven practical secrets for the personal essay, the book combines wisdom, direction, prompts, and powerful examples from other writers, both acclaimed and lesser-known, to inspire readers to tell their own personal stories in short-form writing

Praise for the author's *Memoir as Medicine*

"The unqualified success of *Memoir as Medicine* lies in the authenticity of the author's voice. It's the best writing advice since Anne Lamott's *Bird by Bird*. Throughout the book, it's a pleasure to be in Nancy Aronie's wise company."

— **WALLY LAMB**, author of six *New York Times* bestsellers

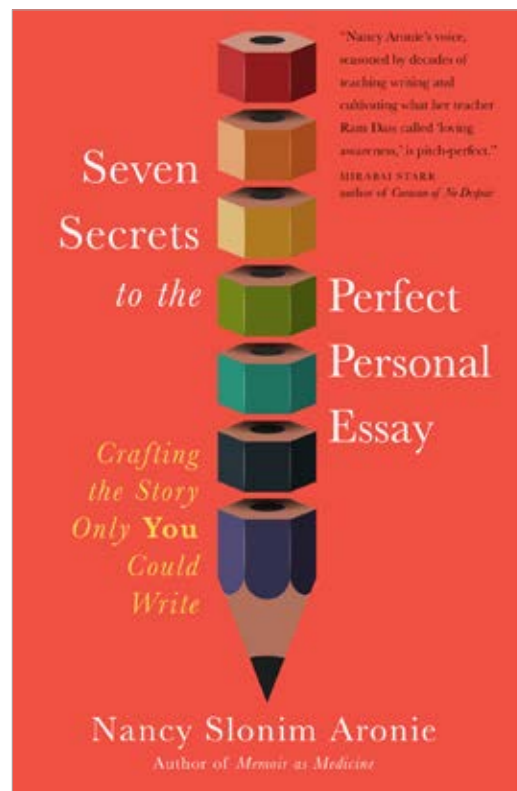
Everyone has a story, and for Nancy Slonim Aronie, helping people tell their story has been a life mission. In *Seven Secrets to the Perfect Personal Essay*, she reveals the secrets every aspiring writer needs to tell their own story as a personal narrative that moves, connects, and resonates with readers.

Building on the insights and guidance from her acclaimed *Memoir as Medicine*, this new guide tackles the short personal essay, providing prompts, direction, and wisdom as well as remarkable examples of her own and others' writing to inspire and spur potential essayists to get their story down. With warmth, humor, and brutal honesty, she gives readers the inspiration and wisdom they need to write a story that readers won't forget.

Writers will learn how to:

- begin with a compelling hook ("kill 'em with the first line")
- build structure into a personal narrative
- use the words and insights of other writers to illustrate their own story
- show honesty and vulnerability in their storytelling

In a culture inundated with auto-generated junk text, a well-crafted personal narrative is more important than ever, a declaration of humanity, meaning, and personal connection.



AVAILABLE IN OCTOBER

Writing • \$18.95 • Trade paperback

224 pp. • 5½ x 8½ • 978-1-60868-930-9

Rights: world



NANCY SLONIM ARONIE is the founder of the Chilmark Writing Workshop on Martha's Vineyard and the author of *Memoir as Medicine* and *Writing from the Heart*. A regular commentator for NPR's *All Things Considered*, Aronie has taught at Harvard University and conducted writing workshops and lectures at Kripalu, Omega, Esalen, Rowe Conference Center, Wainwright House, and the Open Center in New York City. She was a visiting writer at Trinity College in Hartford, Connecticut, and a recipient of the Eye of the Beholder Artist in Residence Award from the Isabella Stewart Gardner Museum in Boston. She lives with her husband on Martha's Vineyard, Massachusetts.

ChilmarkWritingWorkshop.com

Wise Women

Myths and Stories for Midlife and Beyond

Sharon Blackie and Angharad Wynne

A beautifully written collection of stories from European myth and folklore that celebrate women in the second half of life, retold by the award-winning author of *Hagitude*

- Sharon Blackie is a popular speaker and teacher at Pacifica Graduate Institute, Esalen, California Institute of Integral Studies, and Jungian organizations
- Blackie's newsletter and online subscribers in the US exceed 15,000, and her Substack is in the top ten literature Substacks
- Retells stories from European traditions about older women, reclaiming the second half of their lives as productive and full of adventure

Praise for Sharon Blackie's *If Women Rose Rooted*

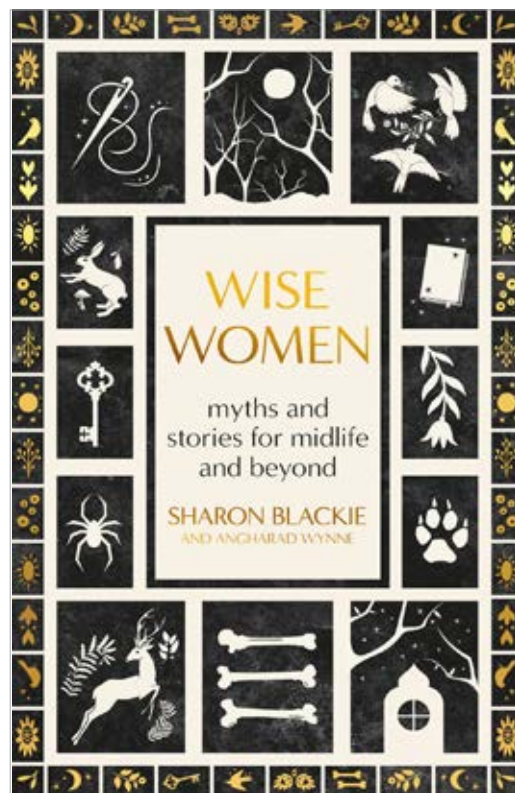
"Mind-blowing in the most profound and exhilarating sense. This is an anthem for all we could be, an essential book for this, the most critical of recent times."

— **MANDA SCOTT**, author of *Boudica* and *A Treachery of Spies*

From early childhood, we learn about the world and its possibilities through myths and fairy tales. The heroines, though, tend to be young princesses or fair maidens, and the evildoers older women: wicked witches or unforgiving matriarchs. Yet a wealth of lesser-known stories feature mature women with personality and power. Sharon Blackie has reclaimed these tales, presenting them in evocative prose that will resonate with women of all ages. Each story is accompanied by commentary that offers background to the characters and setting, highlights important themes, and reveals its insights into how we might live well, meaningfully, and authentically in the second half of life.

Women today seek to redefine their relationship with aging, and this dazzling array of not-to-be-messed-with older characters provides compelling role models. These fabulous women outwit monsters, test and mentor younger heroines, embody the cycles and seasons of the Earth, weave the world into being — and almost always have the last laugh.

Many years of research have yielded this fresh gathering of ungainly giantesses, sequin-strewn fairy godmothers, misunderstood witches, fierce grandmothers, hairy-chinned hags, and craggy crones. These wise women manifest their wisdom in different ways, offering us inspiration for how we too can walk boldly and live authentically through the second half of life.



AVAILABLE IN OCTOBER

Mythology / Women's Interest · \$19.95

Trade paperback · 336 pp. · 5½ x 8½

Black-and-white illustrations · 978-1-60868-966-8

Rights: North America



SHARON BLACKIE, PHD, is an award-winning author and psychologist. Her highly acclaimed books, lectures, and teaching programs are focused on reimagining women's stories and on the relevance of myths, fairy tales, and folk traditions to the personal, cultural, and environmental problems we face today. She has written five books of fiction and nonfiction, including the bestselling *If Women Rose Rooted* and *Hagitude*. A Fellow of the Royal Society of Arts and online faculty for Pacifica Graduate Institute, Blackie has taught and lectured around the world. She lives in Cumbria, in the north of England. **ANGHARAD WYNNIE** is an acclaimed storyteller, speaker, and expedition leader who lives in Wales.

SharonBlackie.net

Creative Mythology

The Masks of God, Volume 4

Joseph Campbell

An updated edition of a beloved classic, *Creative Mythology* tells the inner story of humanity's entire philosophical, spiritual, and artistic history since the Dark Ages, ultimately positioning each of us as the creator of our own mythology

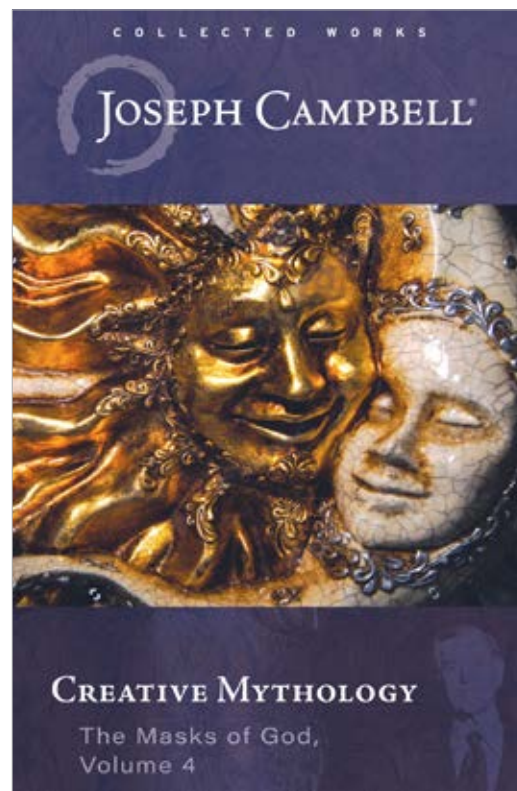
- Widely considered a masterpiece, this final volume in Campbell's monumental series *The Masks of God* was originally published in 1968 by Viking and is now revised with updated science
- Campbell is widely recognized as the most eloquent, engaging, and accessible scholar of comparative mythology, and his *Masks of God* titles have sold millions of copies since their original publication in the 1960s
- This new edition replaces the Penguin paperback edition, which has sold more than 195,000 copies since 1991
- Features new and improved illustrations

“[Campbell] says things here that have not been so explicitly said anywhere else — though every good artist has implied them — and he says them with urgency, breadth and some of the most impressive scholarship of our time.”

— GERALD SYKES, *New York Times*

In this fourth and final volume in *The Masks of God* series — Joseph Campbell's major work of comparative mythology — the preeminent mythologist looks at the birth of the modern, individualistic mythology as it developed in Europe beginning in the twelfth century. Tracing the disintegration of orthodox tradition up through the radical art and philosophies of the late twentieth century, Campbell arrives at an astonishing insight: modern humans are the first to witness the *creation* of myth and position themselves as the center of their own mythology.

Presaging our current era of personal brands, curated feeds, and celebrity influence, he wrote upon completion of this final volume, “[The unity of humanity] has everywhere unfolded in the manner of a single symphony, with its themes announced, developed, amplified and turned about, distorted, reasserted, and today, in a grand fortissimo of all sections sounding together, irresistibly advancing to some kind of mighty climax, out of which the next great movement will emerge.” This new edition of *Creative Mythology* remains as vital, revelatory, and urgent as the original did upon publication more than half a century ago.



AVAILABLE IN NOVEMBER

Mythology • \$34.95 • Paperback • 752 pp.

5½ x 8½ • Black-and-white illustrations

978-1-60868-917-0 • Rights: world English



JOSEPH CAMPBELL (1904–1987) is widely credited with bringing mythology to a mass audience. His works, including *The Hero with a Thousand Faces*, the four-volume *The Masks of God*, and *The Power of Myth* (with Bill Moyers), rank among the classics in mythology and literature.

JCF.org

COLLECTOR'S HARDCOVER EDITION
ALSO AVAILABLE

The Way of the Satisfied Woman

Reclaiming Feminine Power

Alanna Kaivalya, PhD

Mythology expert, author, musician, and scholar Alanna Kaivalya presents a new paradigm that defines the feminine journey for the modern age and empowers women to transcend masculine conditions for success and flourish on their own terms

- The author's network includes 30,000 students, nearly a million YouTube views, and 45,000 followers combined on social media
- Her previous books, including *Sacred Sound* and *Myths of the Asanas*, have sold more than 60,000 copies
- This new book grew from Kaivalya's Sacred Feminine workshops and talks that received strong online engagement, encouraging her to continue the conversation around embracing the power, potency, and purpose of the feminine
- Includes practical ways to embody feminine traits and strengths in relationships, on the job, and in the community

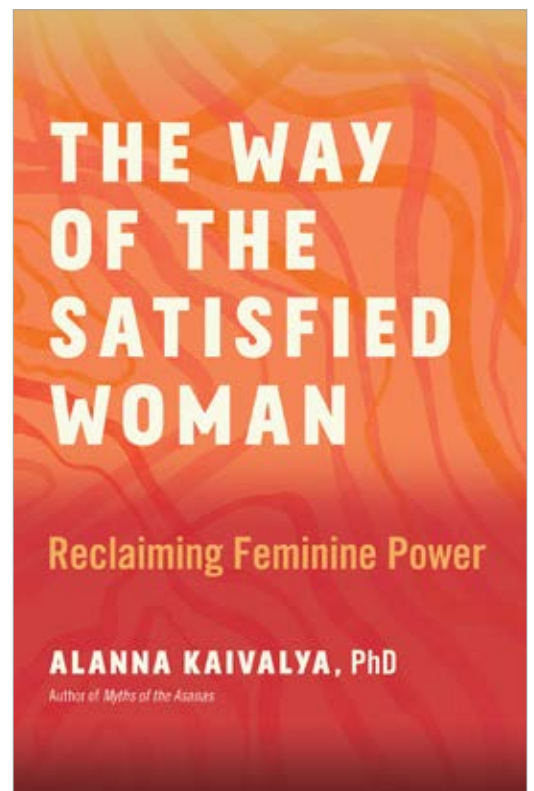
For centuries, women have fought for greater opportunity to make their own choices, build independent lives, craft powerful careers, and exercise their own agency. But has this been the wrong approach? Too often, women have forged paths by following the trajectory laid out by men and emulating what men identify as desirable. Could this be why many women remain unsatisfied and overwhelmed?

The Way of the Satisfied Woman offers an alternative path for women, and for anyone who cares to focus more on the feminine than the masculine. The path of the feminine is *simply different* – exquisite, unique, and integral. Through her extensive knowledge of world mythology, Alanna Kaivalya shows how embodying feminine energy sets us free, relaxes us, and allows us to more completely manifest the things that are most important to us, including connection, communion, and compassion.

Kaivalya covers:

- definitions of masculine and feminine energies in terms that embrace gender differences and affirm the experience of the modern woman
- prominent qualities of the feminine as represented by mythological archetypes and modern psychology
- the feminine journey toward satisfaction and how it is both unique and complementary to the well-defined masculine journey
- the relationship between masculine and feminine and its manifestations in intimate partnerships
- tools for redefining the feminine in modern language, ideas, and arenas, including career, family, success, community, and legacy

A necessary antidote to a culture that defines *equality* as “equal to what men have,” *The Way of the Satisfied Woman* is a call for reclaiming the extraordinary balance of the feminine way, in both the life of the individual and the wider world.



AVAILABLE IN NOVEMBER

Women's Interest / Personal Growth • \$19.95

Trade paperback • 288 pp. • 5½ x 8½

978-1-60868-938-5 • Rights: world



ALANNA KAIVALYA, PHD, is a bestselling author, spiritual leader, and expert on mythology, spirituality, and psychology. Her global network has more than 30,000 members, and she is host of the *Spiritual Leadership Podcast*, originally launched in 2005. She earned a doctorate in mythological studies with an emphasis in depth psychology from Pacifica Graduate Institute and is a former board member of the Carl Jung Foundation. She lives in Southern California.

AlannaK.com

The Beginner's Guide to Karma

How to Live with Less Negativity & More Peace

Lama Lhanang Rinpoche & Mordy Levine

Two practitioners of Tibetan Buddhism unravel the complexities of karma, an idea widely known but little understood in the modern West

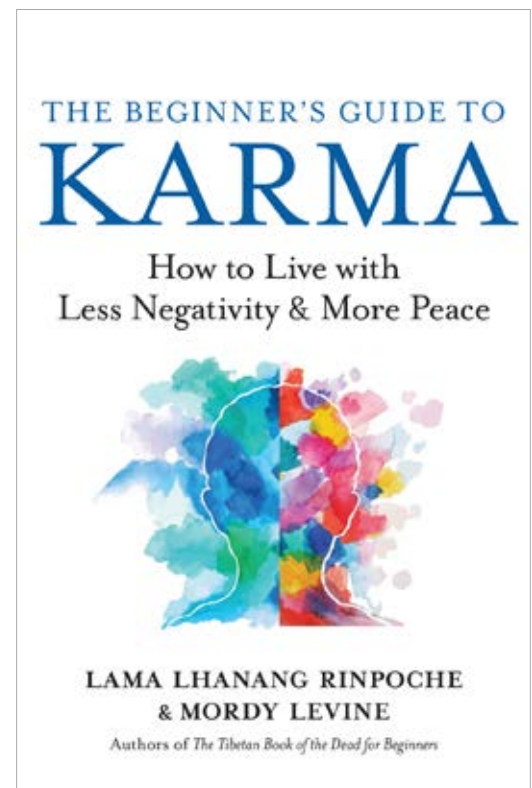
- Karma is a fundamental principle in several Asian religions, including Buddhism, Hinduism, Jainism, Shintoism, and Taoism
- Many Westerners have an inaccurate view of karma influenced more by pop culture than by authentic spiritual tradition
- Coauthor Lama Lhanang is a Tibetan lama (guru/teacher) who teaches around the world
- Coauthor Mordy Levine is the creator of a popular meditation program used by nearly a million people

Western science has discovered that the physical world operates according to universal laws of nature, such as the law of gravity and the laws of motion. Twenty-six centuries ago, the Buddha fleshed out the universal law of the spiritual realm: karma. The law of karma holds that our actions, our words, and even our thoughts inevitably produce effects that return to us in some form — in this lifetime or a future one. Today, most Westerners have a passing familiarity with the concept of karma, which amounts to “what goes around comes around.” This is true as far as it goes, but it merely scratches the surface of a complex and fascinating topic.

In *The Beginner's Guide to Karma*, Lama Lhanang Rinpoche and Mordy Levine encourage readers to forget what they've heard about karma and look at the subject afresh. Delving into Buddhist scripture and tradition, the authors give a comprehensive outline of karma that incorporates psychology, ethics, and metaphysics. Using everyday language and real-life examples, they clear away myths, illustrate how karma works in daily life, and offer daily practices to build positive karma. In the process, they resolve intriguing philosophical questions, such as:

- Is karma compatible with free will?
- Where is karma stored, and where does it go when we die?
- Can negative karma ever be fully extinguished?
- Is there such a thing as collective karma that affects entire groups of people?
- Is the idea of karma still meaningful if we don't believe in reincarnation?

In providing the answers, *The Beginner's Guide to Karma* neatly sums up the Buddhist worldview and makes a compelling case for Buddhism as a way of life that nurtures compassion, joy, and inner peace in an uncertain world.



AVAILABLE IN NOVEMBER

Buddhism / Spirituality · \$17.95

Trade paperback · 128 pp. · 5 x 7 1/2

978-1-60868-872-2 · Rights: world



Born in the Amdo region of historic Tibet, **LAMA LHANANG RINPOCHE** received a traditional monastic education and later studied under several respected Tibetan lamas. Today, he teaches Vajrayana Buddhism at the Jigme Lingpa Center in San Diego, California, where he lives with his wife and child. **MORDY LEVINE** is an entrepreneur, a meditation teacher, and the president of the Jigme Lingpa Center. He also created the Meditation Pro Series, a meditation program designed to alleviate chronic health issues. He lives in Rancho Santa Fe, California, with his wife, Elizabeth.

BuddhistSanDiego.com
MordyLevine.com

What Is Stoicism?

A Brief and Accessible Overview

Tanner Campbell and Kai Whiting

An easy, jargon-free introduction to Stoicism that covers the full range of Stoic thought in a single compact volume

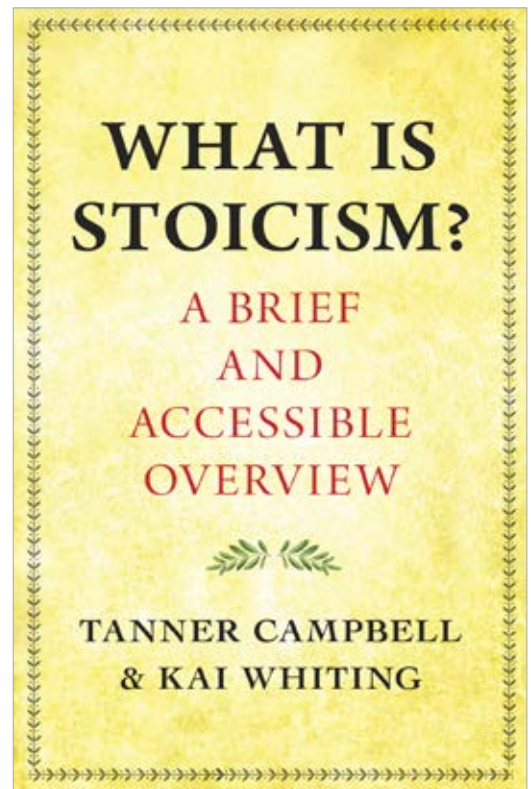
- The steady decline of church attendance in Western countries has left millennials and Generation Z searching for new sources of meaning and community
- Campbell is host of the *Practical Stoicism* podcast, the highest-rated Stoic podcast on Spotify, garnering an average of 300,000 downloads per month
- Whiting contributes to the two biggest Stoicism groups on Facebook, which together have more than 164,000 followers

The word *stoic* has undergone an odd transformation over time. Today, we use it to mean someone who is indifferent to pleasure or pain. In ancient times, however, a *Stoic* was a member of a philosophical school whose original members gathered in Athens at a painted colonnade — or *stoa* in Greek. The modern meaning of the word gives some people the impression that Stoicism is cold and inhumane. In reality, Stoicism is a humanistic philosophy designed to help its practitioners find an inner peace that cannot be shaken by outer events. Some modern thinkers have noticed parallels between Stoic principles and the techniques of modern cognitive behavioral therapy.

In *What Is Stoicism?*, Tanner Campbell and Kai Whiting introduce Stoicism to a new generation. Divided into short chapters that can be read in brief sittings, the book compresses several hundred years of Stoic thought into simple conversational prose. With present-day examples and quotes from famous Stoics, this whistle-stop tour of Stoicism covers topics such as:

- the three pillars of Stoic philosophy: logic, physics, and ethics
- the ultimate goal of Stoicism: *sagehood*
- the Stoic concept of *circles of concern*: our individual obligations to our family, community, and world
- the Stoic ideal of living in accordance with nature
- the question of whether belief in God is necessary for practicing Stoicism

During the journey, readers will meet some of the larger-than-life characters who have embodied Stoic ideals: Epictetus, a disabled former slave who became a respected teacher of Stoicism; the Roman statesman Seneca the Younger, the mentor of the infamous Roman emperor Nero; and the philosopher emperor Marcus Aurelius, whose austere *Meditations* have inspired thinkers for nearly two millennia. In the end, readers will come to appreciate the vitality of Stoicism and realize how the wisdom of the past can meet the challenges of the future.



AVAILABLE IN NOVEMBER

Philosophy • \$14.95 • Trade paperback

128 pp. • 5 x 8 • 978-1-60868-944-6

Rights: world



TANNER CAMPBELL is an American philosopher of Stoicism living in Newcastle upon Tyne in the United Kingdom. He is the producer and host of the *Practical Stoicism* podcast and was named one of the 22 Top Influencers in Podcasting by *Podcast* magazine. **KAI WHITING** is a lecturer and researcher and the coauthor of *Being Better: Stoicism for a World Worth Living In*. He has discussed Stoicism in publications such as the *Financial Times*, *UnHerd*, and *Vice*. He lives in Newcastle upon Tyne, UK.

TannerCampbell.net
StoicKai.com

Unblock Your Purpose

Breathwork, Intuition, and Flow State

Francesca Sipma

From the motivational rock-star creator of HypnoBreathwork[®], a debut guide that illustrates how a revolutionary methodology combining the powers of conscious breathing and hypnosis can remove obstacles, reveal personal purpose, and allow everyone to tap into states of intuition, creativity, and self-love

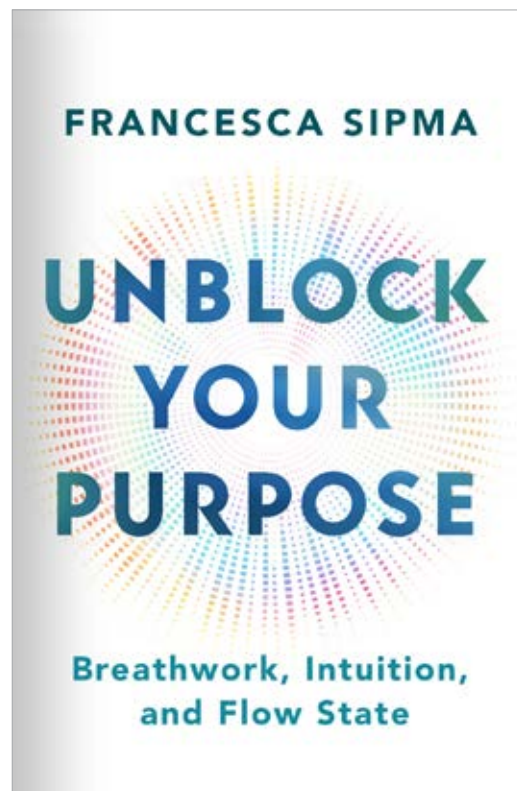
- The author has honed her techniques with high-level corporate clients, professional athletes, and celebrities, leading numerous wellness experiences in Bali, Europe, and across the US and training over 100 HypnoBreathwork coaches
- Sipma's social media audience includes more than 52,000 on Instagram, 1,500 on Facebook, and 8,000 newsletter subscribers
- Breathwork is the new meditation, appealing to millennial and Gen Z readers looking to learn healing, empowerment, and manifestation
- Meditation, breathwork, and mindfulness are part of a \$4 trillion industry projected to grow to \$7 trillion by 2025
- Will appeal to readers and followers of Tony Robbins, Jay Shetty, Gabrielle Bernstein, Dr. Joe Dispenza, and James Clear

After immersing herself in the fast-paced world of advertising and marketing in the heart of New York City for a decade, Francesca Sipma embarked on a global quest to find her higher purpose. This universal though often-ignored inner need to fulfill one's destiny took her around the world to India, Peru, and Bali, where she experienced a revelation that would change her life forever: the profound power of conscious breathwork.

Conscious breathing creates theta waves in the brain, which promote deep relaxation and creativity. Utilizing its effects, Sipma developed HypnoBreathwork, which deploys the power of hypnotic suggestion and visualization to rewire the mind. *Unblock Your Purpose* presents a tangible and accessible process to identify old habits, clear blocks, and achieve ultimate fulfillment. Built on the wisdom Sipma has gleaned from her mentors and research as well as the thousands of students she's led through breakthroughs, this guide explores how to:

- recognize and overcome emotional blockages created by childhood conditioning, societal expectations, and repressed emotions
- rewire limiting beliefs around self-doubt, fear, perfectionism, and procrastination
- tap into a flow state anytime, unlocking creativity and enhancing performance, problem-solving, and energy

Blending spirituality with the modern business world, science with emotion, logic with intuition, and surrender with discipline, Sipma's debut book is a radical and accessible guide to using breathwork to achieve flow and discover one's purpose for wealth and success.



AVAILABLE IN NOVEMBER

Health & Well-Being / Personal Growth • \$19.95

Trade paperback • 272 pp. • 5½ x 8½

978-1-60868-926-2 • Rights: world English



FRANCESCA SIPMA is the founder and CEO of Mastry, the creator of HypnoBreathwork[®], and an international speaker. Born to a Vietnamese mother and a Dutch father, she worked in advertising and marketing for top global brands before seeking spiritual modalities on a multicontinent self-exploration journey. In 2020 she developed HypnoBreathwork and began offering courses and training programs for C-suite executives, world-renowned producers, celebrities, artists, and athletes. She has led sessions for Deloitte, Snap, Upwork, Athletic Brewing, and more. Her work has been featured by *Bloomberg*, *Forbes*, *Authority Magazine*, NBC, and ABC. She lives in San Diego.

FrancescaSipma.com

The Adventure

A Practical Guide to Spiritual Awakening

Steve Taylor

Foreword by Eckhart Tolle

Step-by-step practices for cultivating spiritual awakening, from a renowned psychologist who has studied the phenomenon in hundreds of people

- The author has appeared repeatedly in *Mind Body Spirit* magazine's list of the world's "100 Most Spiritually Influential Living People"
- The ninth title in New World Library's popular Eckhart Tolle Editions imprint
- Presents a nonsectarian approach to spirituality aimed at the growing "spiritual but not religious" demographic
- Based on Taylor's popular workshops

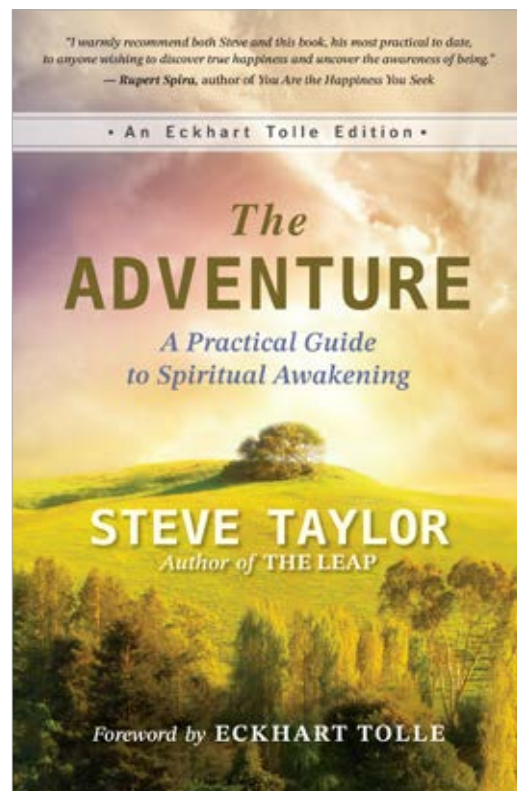
For many, the word *enlightenment* conjures visions of a meditating monk or a solitary guru perched on a remote mountain peak, but those popular images don't always reflect reality. Psychologist Steve Taylor has devoted his career to investigating the process of enlightenment — or *awakening*, which more accurately captures the original meaning — as both a scientist and a spiritual seeker. In his research, he has found that spiritual awakening is more common than generally believed and that it sometimes occurs spontaneously, outside the context of religion or even traditional spirituality.

In his trailblazing books *The Leap* (2017) and *Extraordinary Awakenings* (2021), Taylor discussed case histories of dozens of people who have experienced mystical shifts in consciousness. His follow-up, *The Adventure*, is a practical and experiential book based on his research. It poses a crucial question: Can humans awaken through their own individual efforts? The answer is a resounding yes. *The Adventure* offers specific practices for catalyzing spiritual transformation, along with guided meditations, contemplative exercises, lyric poems, and inspirational stories.

The Adventure outlines how to:

- recognize and cultivate the eight defining characteristics of wakefulness, including presence, acceptance, gratitude, and disidentification from the ego
- use everyday life — the challenges of home, workplace, and relationships — as spiritual practice and doorways to enlightenment
- maintain gratitude, compassion, and equanimity in the face of challenges
- transcend "thought chatter" and the restless mind to move toward increasing heights and depths of spiritual awakening

Taylor leaves readers with an intriguing possibility: that each individual awakening is a forerunner of our collective awakening as a species, foretelling a momentous change in human consciousness. The adventure is just beginning.



AVAILABLE NOW

Spirituality • \$19.95 • Trade paperback

232 pp. • 5½ x 8½ • 978-1-60868-885-2

Rights: world • An Eckhart Tolle Edition



STEVE TAYLOR, PHD, is a senior lecturer in psychology at Leeds Beckett University and the author of *The Calm Center*, *The Leap*, and *Extraordinary Awakenings*. He also blogs for *Psychology Today*. Eckhart Tolle describes his work as "an important contribution to the shift in consciousness which is happening on our planet at present." He lives in Manchester, England. **ECKHART TOLLE** is a spiritual teacher and the bestselling author of *The Power of Now* and other books.

StevenMTaylor.com

Love Hacks

Simple Solutions to Your Most Common Relationship Issues

Kelli Miller, LCSW, MSW

An experienced therapist, radio personality, and bestselling author offers 21st-century solutions to the most frequent relationship pitfalls that continue to plague couples

- The author is a popular radio guest and featured expert in *O, The Oprah Magazine* and on CBS news, with a social media audience of more than 100,000 followers
- Miller's previous book, *Thriving with ADHD Workbook*, has sold more than 140,000 copies
- Tackles the 15 most common relationship issues with advice and techniques geared to an "on-demand" world
- Especially relevant to younger couples accustomed to quick fixes and lifestyle hacks

"Expert Kelli Miller offers quick, bite-size nuggets of wisdom to regain connection and love. A must-have for keeping the peace."

— **ARIELLE FORD**, author of *The Soulmate Secret*

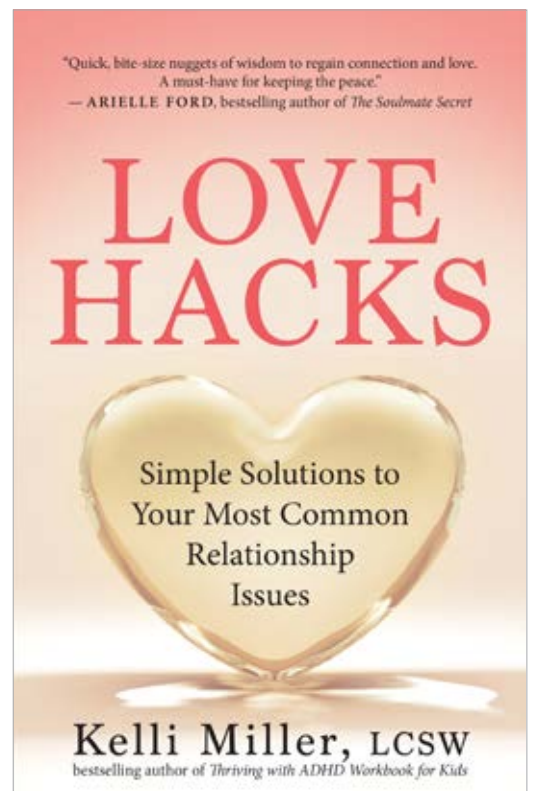
Therapist Kelli Miller knows that there is no replacement for traditional couples counseling. But therapy takes time, and in an increasingly "on-demand" culture, many couples find that they can't — or won't — invest the time, money, or motivation. They want solutions quickly, especially during a crisis. This inspired Miller to write *Love Hacks*, a simple, usable guide to addressing the most common relationship problems for the anywhere, anytime, quick-fix era.

After years of offering relationship advice, Miller has perfected succinct, memorable methods that solve relationship issues, and she brings this experience to *Love Hacks*. In concise, easy-to-digest chapters, it breaks down the fifteen most common issues in relationships and provides three innovative solutions for each. Designed to help couples, or even a single partner, zero in on the issue(s) they need to address, *Love Hacks* can be an active-participation manual for right now or a reference for later use.

For couples in need, this essential and entertaining book covers:

- strategies for communication, such as the "fast-food strategy" of repeating what someone says to ensure it's been understood
- techniques for dealing with sexual issues, from lack of interest to infidelity
- what to do when children enter the family
- advice for coping with addiction, anger, and past trauma

Miller's advice is concise, effective, and timeless. For couples dealing with age-old issues in modern relationships, *Love Hacks* is an indispensable resource.



AVAILABLE NOW

Relationships • \$18.95 • Trade paperback

200 pp. • 5½ x 8½ • 978-1-60868-908-8

Rights: world English



KELLI MILLER, LCSW, MSW, is an in-demand psychotherapist for individuals, couples, and families. She specializes in relationships, was an advice columnist, and has served on the editorial board of the California Association of Marriage and Family Therapists (CAMFT) magazine *The Therapist*. She was a cohost on LA Talk Radio; is a relationship expert on SiriusXM, wikiHow.com, and Balance by Nature TV; and has contributed to various national and regional publications. Currently the host of *All Things Relationships*, Miller is a frequent podcast guest and speaker to groups of all types and sizes. She lives in Studio City, California.

KelliMillerTherapy.com

Writing by Heart

A Poetry Path to Healing and Self-Discovery

Meredith Heller

Foreword by John Fox

Poet, writer, and educator Meredith Heller provides inspiration and invitations anyone can use to explore, express, heal, and find belonging through the power of their own words

- Built on the lessons and techniques the author created while teaching writing to at-risk teens, women during the isolation of the pandemic, and incarcerated women
- Heller is a California Poet in the Schools who has taught at the Kennedy Center for the Arts, the Institute for Poetic Medicine, public and private schools, wellness retreats, creativity summits, and online
- With a focused and engaged social media and newsletter audience, the author is known as a voice for healing and empowerment through poetry writing
- Heller's previous book *Write a Poem, Save Your Life* was hailed by Kirkus Reviews as "practical and inspirational"
- Poetry and poetry books have surged in popularity recently, and readership among adults has grown more than 75 percent over the past decade

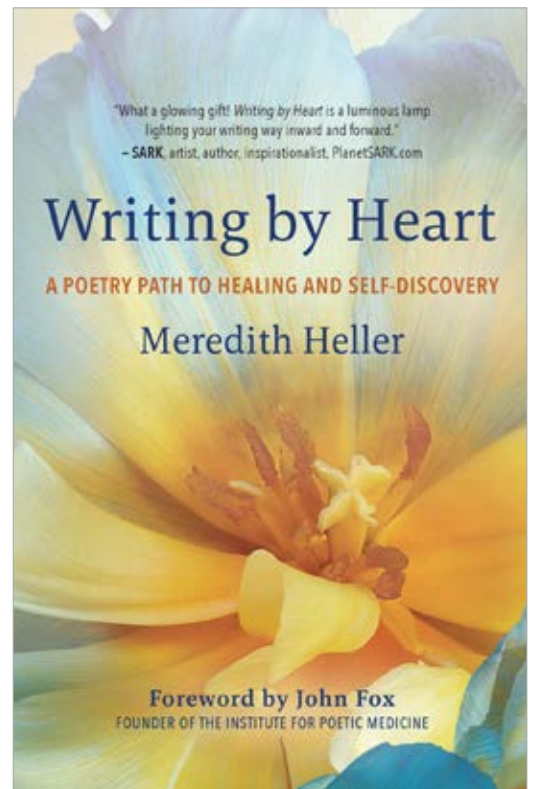
It's in tough times that we need belonging the most. Author, educator, and poet Meredith Heller feels that writing can meet this need — as a steadfast, lifelong refuge and friendship with yourself. Used to explore, heal, and move through life's many changes, writing can provide the ultimate emotional support and connect you to yourself and the world around you.

As a writer and musician, Heller used writing to restore her own life. As an educator, she's worked with vulnerable groups and individuals on using the power of writing to heal and grow. In this book, she shares the techniques she developed instructing others and helping them explore their emotions, find their voice, and better navigate the challenging experiences we confront in our lives.

Readers will learn:

- how to approach writing as a practice rather than something that needs to be perfect
- techniques that unlock various modes of self-expression, instill trust in creative instincts, and build confidence
- the tools of poetry, such as metaphor and simile, point of view, editing techniques, and more
- practical exercises and invitations to get started and keep writing

With special attention to women writers, *Writing by Heart* is a must-read for anyone, from seasoned writer to novice, who wants to use the transformative power of writing to heal, grow, and create belonging.



AVAILABLE NOW

Writing / Personal Growth • \$21.95

Trade paperback • 336 pp. • 5¼ x 8

978-1-60868-910-1 • Rights: world



MEREDITH HELLER is a poet, avid nature lover, singer-songwriter, and educator with degrees in writing and education. A California Poet in the Schools, she leads workshops at schools, juvenile detention centers, women's prisons, the Institute for Poetic Medicine, the Kennedy Center for the Arts, creativity summits, wellness retreats, and online. She is the author of *Write a Poem, Save Your Life* and three poetry collections: *Songlines*, *Yuba Witch*, and *River Spells*. She lives in Marin County, California. **JOHN FOX** is the founder of the Institute for Poetic Medicine and author of *Finding What You Didn't Lose: Expressing Your Truth and Creativity through Poem-Making*.

MeredithHeller.com

The College Student's Guide to Mental Health

Essential Wellness Strategies for Flourishing in College

Mia Nosanow, MA, LP

The first – and only – comprehensive guide to mental and emotional health for college students

- Mental health issues in the college demographic have grown exponentially in recent years
- The author is an expert in the field, with more than 20 years of firsthand college counseling experience
- Step-by-step strategies for coping with the most common and problematic issues, formatted in short chapters so readers can focus on what applies to them
- Special focus on growing friendships and community – and why this is so essential to mental and emotional health

“The perfect companion for any student heading off to or already in college.”

– **DAN BUETTNER**, #1 *New York Times* bestselling author, National Geographic Fellow, and founder of Blue Zones

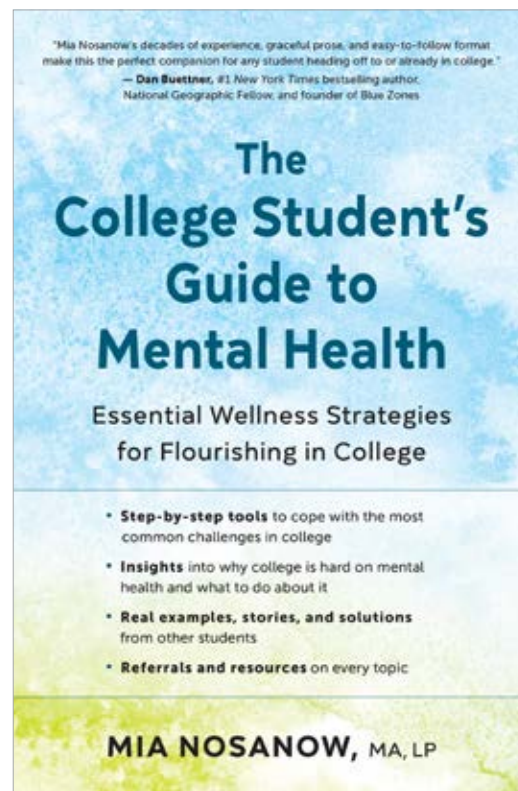
“Mia Nosanow provides a road map for the often-missed hidden curriculum of the college experience – teaching students how to take care of themselves. I'd recommend it to all students and families at my university!”

– **DR. LISA LANDREMAN**, vice president of student affairs at Willamette University

Every year tens of millions of young adults are enrolled in college. While this can be an exciting time, it is also often a period of uncertainty, anxiety, isolation, and depression for both new and current students. For those living with these mental health issues already, and especially for a generation coping with the disruption to schooling brought on by the pandemic, these conditions can worsen during the college years. And the problem appears to be growing. According to the Center for Collegiate Health, the number of students seeking mental health services has increased at five times the rate of enrollment.

To address this growing need, psychologist and therapist Mia Nosanow has created *The College Student's Guide to Mental Health*, a complete resource for students, parents, and loved ones – and even professionals who work with students. Drawing on her more than twenty years of direct experience counseling a diverse student body at Macalester College, Nosanow has written the first comprehensive mental and emotional health manual designed specifically for those in college. Presented in clear, practical language and organized in short chapters, this book breaks down common problems and provides actionable strategies for help.

The College Student's Guide to Mental Health will help the millions of students struggling with mental health to transform college into a healthy, enjoyable, and fulfilling experience.



AVAILABLE NOW

College / Self-Help • \$21.95 • Trade paperback
368 pp. • 6 x 9 • Black-and-white illustrations
978-1-60868-901-9 • Rights: world



MIA NOSANOW, MA, LP, is a licensed psychologist and longtime therapist who specializes in college mental health. For twenty years, Nosanow worked at Macalester College in St. Paul, Minnesota, seeing thousands of students for individual and group counseling. Macalester is one of the most culturally diverse undergraduate colleges in the United States, with students from every state and ninety-nine countries, including many first-generation college students. Nosanow lives in St. Paul, Minnesota.

MiaNosanow.com

Untapped Magic

Manifestation Methods for Living a Limitless Life

Chloe Pantà

Ancient and ageless advice for a new generation on harnessing the law of attraction to achieve success, abundance, and happiness

- A rich combination of story and inspiration from first-time author, life coach, and entrepreneur Chloe Pantà
- Weaves together personal anecdotes and ancient wisdom to provide real-life examples and techniques
- *The Secret* meets Gabrielle Bernstein in a vibrant, easy-to-read book filled with proven mantras and exercises designed for diverse readers
- The author is a frequent speaker at wellness retreats, summits, and group wellness workshops, with a social media outreach that surpasses 50,000 connections
- Manifestation is of huge interest to millennials and Gen Z, with Google searches of the topic growing more than 600 percent during the pandemic and #manifestation returning more than 5 billion views on TikTok

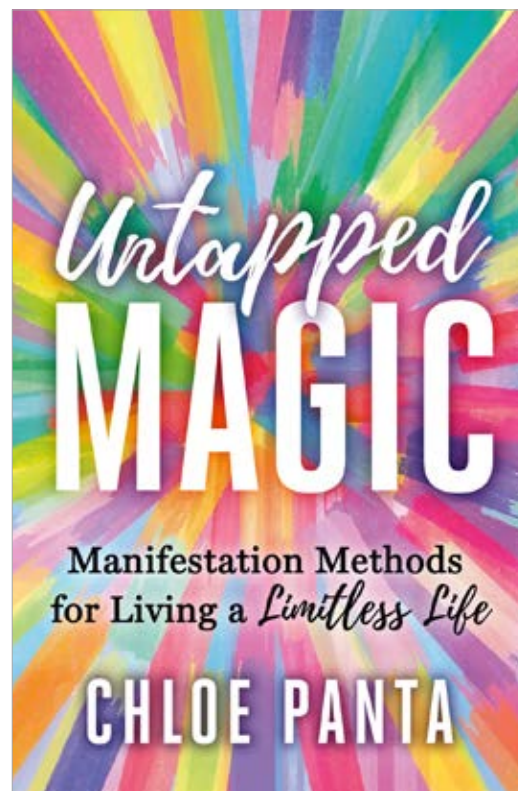
In *Untapped Magic*, life coach and successful entrepreneur Chloe Pantà shares her personal journey from growing up in poverty in Detroit to creating a successful career and life. She offers readers practical advice on how to tap into their own inner magic and create the life they desire.

Drawing deeply from ancient wisdom and foundational principles, the book is full of powerful stories, exercises, and mantras that will help readers overcome limiting beliefs, demolish anxiety, and replace a scarcity mindset with an outlook of abundance. *Untapped Magic* is an inspiring and empowering read for anyone who wants to create a more positive, effortless, and joyous life.

Key features include:

- chapters on growth, self-awareness, opportunities, relationships, forgiveness, and getting past your past
- exercises and mantras perfect for everyone, from the boy in the 'hood to the corporate Black woman
- real-world stories from the author, her friends, and her clients
- an engaging and motivating writing style that combines the spiritual insight of Gabrielle Bernstein with the magical energy of Elizabeth Gilbert

Going beyond self-growth and empowerment, Pantà demonstrates that by helping make the world better, readers will discover that there is enough for everyone and that we can all thrive. *Untapped Magic* is a must-read for a generation eager to unlock the power of manifestation and create a more positive, effortless, and joyous life.



AVAILABLE NOW

Personal Growth / Prosperity • \$18.95

Trade paperback • 232 pp. • 5½ x 8½

978-1-60868-890-6 • Rights: world



CHLOE PANTA is a highly sought-after mindset expert and transformational coach dedicated to helping people achieve their ultimate life goals. With a passion for holistic coaching, she left her corporate job to pursue her dream of helping others. After working with her own techniques for several years, she established a successful coaching practice in 2017. She has been featured in numerous media outlets, including the *Los Angeles Times*, where she was praised for her insightful approach to helping clients create their ideal lives. Pantà lives in sunny Los Angeles.

ChloePanta.co

Welcoming Your Puppy from Planet Dog

How to Go Beyond Training and Raise Your Best Friend

Kathy Callahan, CPDT-KA

An innovative, engaging puppy guide that teaches you how to get great results by working with – rather than against – your puppy’s innate tendencies

- The author is an experienced professional dog trainer who has fostered more than 200 puppies
- Her training approach is rooted in empathy, with a unique emphasis on the owner’s mindset
- The book’s guiding principle is this: to end up with the behavior you’re looking for, start by understanding that your puppy is a transplant from a vastly different culture
- Throughout her encouraging how-to chapters, Callahan uses an easy-to-grasp Planet Dog / Planet Human concept to light the path to a less stressful, more rewarding journey from brand-new puppy to well-adjusted adult dog

“I absolutely cannot wait for this book.... There’s nothing like it out there, and this fresh voice is just what today’s puppy owners need. Kathy Callahan’s everyday work with current owners shows on every page. She knows exactly what they’re going through and exactly what they need to hear.”

– **NANCY KERNS**, editor of *Whole Dog Journal*

A decade of working with people who’ve just added a puppy to the household has taught certified professional dog trainer Kathy Callahan (CPDT-KA) a fundamental truth: at some point after the initial honeymoon, *every single one of them* feels overwhelmed. When they seek out expertise, they’re flooded with impossibly detailed advice, conflicting opinions, and a surprising number of techniques that seem unkind.

In contrast, Callahan reassures owners that success flows not from nailing an intimidating list of disciplinary details, but instead from shifting their approach from that of “master” to one of “cultural ambassador.” The key to great training is recognizing that we have essentially kidnapped these puppies from their own vastly different culture. Using that grounding Planet Dog principle, Callahan covers the puppy essentials and more, including:

- how to prepare your house (and yourself) for puppyhood
- the best ways to handle potty training, chewing, jumping, and other challenges
- why it might seem your puppy “just doesn’t listen”
- how to help puppies and young kids, other dogs, and/or cats live safely and happily together

With fun-to-read chapters in a wise, friendly tone, *Welcoming Your Puppy from Planet Dog* paves the way for a rewarding friendship between a relaxed, well-prepared human and a canine family member who’s happily at ease in our world.



AVAILABLE NOW

Dog Training • \$18.95 • Trade paperback
232 pp. • 5½ x 8½ • Black-and-white illustrations
978-1-60868-921-7 • Rights: world



KATHY CALLAHAN, CPDT-KA, FDM, is an experienced certified professional dog trainer. Her family has fostered more than 200 at-risk puppies, and her first book with New World Library, *101 Rescue Puppies*, features those heartwarming stories. Callahan writes monthly on training and behavior for *Whole Dog Journal*, cohosts the training podcast *Pick of the Litter*, and occasionally writes on dogs for her local newspaper, the *Zebra*. She runs PupStart, a puppyhood coaching, socialization, and training business in Alexandria, Virginia.

PuppyPicks.com

The Emotional Lives of Animals

A Leading Scientist Explores Animal Joy, Sorrow, and Empathy — and Why They Matter

Revised Edition

Marc Bekoff

Foreword by Jane Goodall

In this updated and expanded edition of a seminal and award-winning exploration of animal emotion, sentience, and cognition, a prominent animal researcher discusses and incorporates the surge of new science in a fascinating and vital field of study

- The original (2007) edition of this book presaged the dramatic growth in research on animal minds, going on to sell more than 55,000 copies
- This revised edition packs in more than 15 years of new science that bolsters Bekoff's original claims about animal emotions
- Bekoff is recognized as a preeminent voice in the media for animal sentience and dog behavior, with high-profile appearances in *Time*, *Life*, the *New York Times*, *New Scientist*, and *BBC Wildlife* and on *Good Morning America*, *60 Minutes*, and *20/20*, among others
- Includes an updated foreword by renowned primatologist Jane Goodall

“I firmly believe that the more we care for the happiness of others, the greater our own sense of well-being becomes. Therefore, I welcome Marc Bekoff's book *The Emotional Lives of Animals*.”

— His Holiness the **DALAI LAMA**

“Combining careful scientific methodology with intuition and common sense, this book will be a great tool for those who are struggling to improve the lives of animals.”

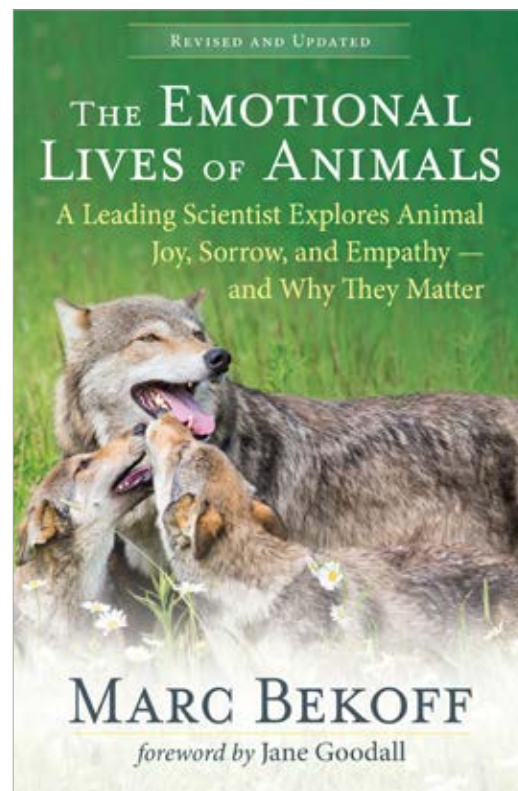
— **JANE GOODALL**, from the foreword

“Demonstrating the far-reaching implications for readers' relationships with any number of living beings, Bekoff's book is profound, thought-provoking and even touching.”

— **PUBLISHERS WEEKLY** (starred review)

When award-winning scientist Marc Bekoff penned the first edition of *The Emotional Lives of Animals* in 2007, he predicted that in twenty years' time our understanding of animal cognition and emotion would be “richer, more accurate, and possibly different.” This turned out to be an understatement. Not only has the field seen an explosion of new and startling research, but the popular appetite for this research has grown as well, spawning podcasts, countless articles, and bestselling books from Frans de Waal, Peter Godfrey-Smith, and Ed Yong, among others.

Based on Bekoff's years of studying social communication in a wide range of species, this book was one of the first to establish the rich emotional lives of animals. Bekoff skillfully blends extraordinary stories of animal joy, empathy, grief, embarrassment, anger, and love with the latest scientific research confirming the existence of emotions that common sense and experience have long implied. Filled with light humor and touching stories, *The Emotional Lives of Animals* is a clarion call for reassessing both how we view and how we treat animals.



AVAILABLE NOW

Animals / Science • \$19.95 • Trade paperback

272 pp. • 6 x 9 • 978-1-60868-919-4

Rights: world



MARC BEKOFF, professor emeritus of ecology and evolutionary biology at the University of Colorado, Boulder, has published more than thirty books and writes the “Animal Emotions” blog for *Psychology Today*. He has won many awards for his research on animal behavior, animal emotions (cognitive ethology), compassionate conservation, and animal protection; has worked closely with Jane Goodall; and is a former Guggenheim Fellow. He also works with inmates at the Boulder County Jail. In June 2022 Bekoff was recognized as a Hero by the Academy of Dog Trainers. He lives in Boulder, Colorado. **JANE GOODALL** is a world-renowned conservationist and animal advocate.

MarcBekoff.com

The Illumination Code

7 Keys to Unlock Your Quantum Intelligence

Kim Chestney

A groundbreaking theory of human consciousness that reconciles mysticism and science

- As the founder of IntuitionLab, Kim Chestney teaches individuals and leading-edge, high-profile companies to harness the power of intuition for extraordinary success
- The author's work has been supported by world-class artists, filmmakers, entrepreneurs, universities, and technology companies including SXSW, Uber, Comcast, Google, and Hewlett-Packard
- Chestney's social network reaches 40,000 users, and her previous books have sold more than 30,000 copies

Praise for the author's *Radical Intuition*

“Disrupting traditional conceptions about the way we think, create, and evolve, this book takes us deep into the mysteries of consciousness itself — where we discover what it really means to be human.”

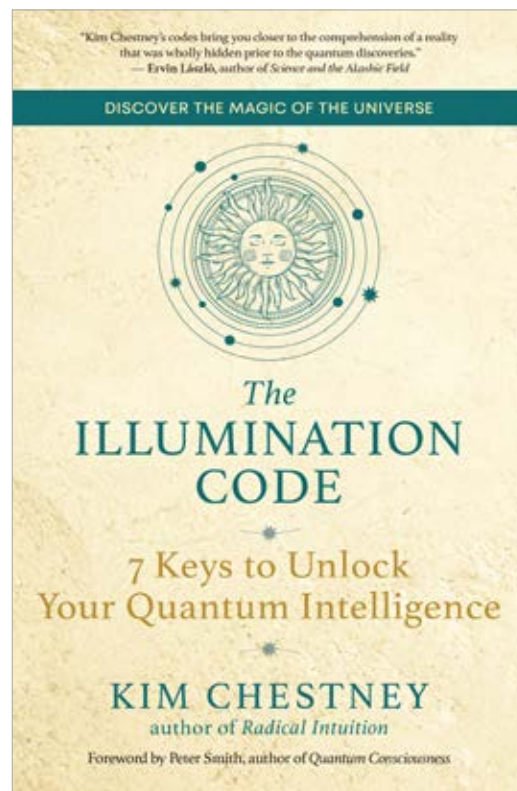
— **CHIP WALTER**, author of *Immortality, Inc.*

“Any sufficiently advanced technology is indistinguishable from magic” goes a famous saying. We live in an age of great technological progress, but the human mind remains the most magical technology of all. Our minds have an untapped capacity for *quantum thinking* — the ability to transcend linear thought and decode the hidden signals of the cosmos. Author Kim Chestney describes this faculty as the “universal law of insight,” the principle that every person can intuitively access all the knowledge of the universe if they simply look within.

Drawing on the latest findings in quantum physics, *The Illumination Code* presents a multidimensional model of consciousness that accounts for the whole spectrum of intuitive experience — from everyday occurrences such as hunches and gut feelings to “impossible” phenomena such as telepathy, remote viewing, and precognition. Through a series of exercises and case studies, Chestney shows readers how they can activate their latent power for greater awareness, creativity, and problem-solving. Readers will learn how to:

- access the universal archive of information containing the psychic imprint of all past and future events, also known as the Akashic Records
- use their quantum intelligence to gain meaningful personal insight and guidance
- enter into the deep dimension to explore past lives, parallel realities, and alternate universes
- personally experience quantum phenomena like nonlocality, foresight, entanglement, and synchronicity

Chestney takes readers on an excursion to the frontiers of knowledge, touching on an array of topics ranging from superstring theory to Jungian psychology. *The Illumination Code* clears a path toward a brighter, more expansive future for humanity, a time when the age of information gives way to the *age of illumination*.



AVAILABLE NOW

Personal Growth • \$21.95 • Trade paperback

344 pp. • 5½ x 8½ • 978-1-60868-862-3

Rights: world



KIM CHESTNEY is a globally recognized author, innovation leader, and intuition expert. As the founder of IntuitionLab and the CREATE! Festival, she has raised awareness of the importance of insight in the evolution of individual and world consciousness. Working for nearly twenty years in the tech sector, Chestney has led initiatives with some of the top thought leaders, technology companies, and universities in the world. Her previous books, including *Radical Intuition*, have been translated into multiple languages and published in numerous countries. She lives in Pittsburgh, Pennsylvania.

KimChestney.com

Food and Freedom

Discover Your Personal Recipe to Eat, Think, and Live Well

Sue Van Raes

In this much-needed counterpoint to the current diet culture, Sue Van Raes presents new science and psychology for food freedom and body compassion that have helped thousands of women improve their health and their lives

- Van Raes has served as a health writer for the Chopra Center (2 million readers) and has been featured as an expert in *People*, *Elephant Journal*, *LIVESTRONG*, *Reader's Digest*, and *Organic Spa Magazine*
- According to ANAD (National Association of Anorexia Nervosa and Associated Disorders), disordered eating affects 9 percent of the US population, more than 28 million people, and this group is overwhelmingly female
- In the tradition of Geneen Roth, *Food and Freedom* guides women toward new levels of joy and freedom in relationship to food, their bodies, and life
- Includes science- and psychology-based strategies, practices, yoga sequences, and sample recipes alongside success stories and inspirational tips

“For any woman who wants to feel freedom around food, at home in her body, and at peace with pleasure.”

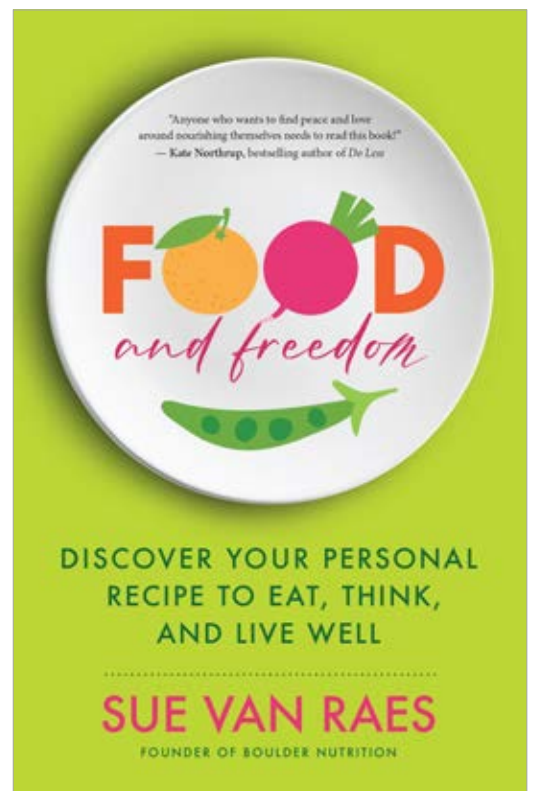
— **NANCY LEVIN**, bestselling author of *Setting Boundaries Will Set You Free*

After working with hundreds of clients over two decades, functional nutritionist and food psychology specialist Sue Van Raes has realized that what we eat is not just about food. More than ever, it's about our *relationship* with food, and that relationship has become increasingly stressed. *Food and Freedom* is a journey to reclaiming our wholeness so that we can experience more integration, mindfulness, and personal fulfillment around food and in life.

Food and Freedom is a road map for readers to make long-lasting peace with their plates. Detailing how they can begin an inner journey of healing their relationship with food, Van Raes presents:

- the eight-step customized protocol used in her workshops and private practice
- techniques for aligning with one's own biochemistry and natural bodily cycles to attain satiation and metabolic health
- practices for developing self-compassion and amending a self-critical mindset
- bite-size “self-studies” that give readers immediate insight into their eating and lifestyle habits
- revelations from her own struggles with food and eating

Food and Freedom is designed to give readers the strength and independence to show up in life as who they really are, to trust themselves through the innate intelligence of their bodies, to remedy emotional eating, and to prosper with embodied self-care.



AVAILABLE NOW

Health & Well-Being / Personal Growth • \$21.95

Trade paperback • 344 pp. • 5½ x 8½

Black-and-white illustrations

978-1-60868-874-6 • Rights: world



SUE VAN RAES is a functional nutritionist, food psychology specialist, wellness expert, yoga instructor, and founder of Boulder Nutrition. She has extensive experience as a featured health writer for the Chopra Center, and her work has been featured in *People*, *The Sacred Science*, *Natural Solutions Magazine*, *Origin Magazine*, and *Elephant Journal*. Van Raes hosts the podcast *Satiate* and leads wellness and yoga retreats in Colorado, Costa Rica, Bali, and virtually. She lives in Boulder, Colorado.

BoulderNutrition.com

Confidence

Holding Your Seat through Life's Eight Worldly Winds

Ethan Nichtern

A funny, wise, and relatable exploration of how to stand firm amid the ups and downs of existence, from a renowned teacher and writer hailed as “the future of Buddhism”

- New book from the widely praised author of *The Road Home: A Contemporary Exploration of the Buddhist Path*, a *Library Journal* Best Book of 2015
- Based in New York City, Nichtern has a strong social media presence; teaches worldwide, both in person and online; and hosts the podcast *The Road Home*
- Explores a rarely addressed topic in the literature of Buddhism: what truly defines confidence and how we can cultivate it in the face of life's ups and downs
- Includes a detailed exploration of the Buddha's concept of the Eight Worldly Winds, the polarities of praise and blame, pleasure and pain, fame and insignificance, success and failure

Praise for the author's work

“Ethan is the future of Buddhism.”

— **SHARON SALZBERG**, author of *Real Happiness*

“In an age of increasing fragmentation and restlessness, Nichtern offers accessible antidotes to everyday feelings of disorientation, distraction, and dissatisfaction.”

— **VICE**

“Grounded in compassion, Nichtern's teaching offers a profound, lucid, and complex education in self-awareness, interdependence, and enlightenment.”

— **PUBLISHERS WEEKLY**

In today's culture of intense polarization and constant change, how do we find the confidence to navigate life's challenges? Is now really the time for meditation, for looking inward? What do we do with mindfulness? Ethan Nichtern, described by *Vogue.com* as “a supercool, deeply kind brainiac,” and one of the leading meditation teachers of our time, tackles these questions head-on in *Confidence*. This provocative book takes contemporary considerations of power, identity, ethics, and confidence to new heights, offering readers an essential guide to self-discovery.

Nichtern examines the Buddhist concept of the Eight Worldly Winds, the four paired opposites of praise and blame, pleasure and pain, fame and insignificance, and success and failure. By delving into these dichotomies, readers gain invaluable insights into their relationships with others (including teachers, friends, leaders, the disgraced, and the adored) and themselves. With four transformative meditation exercises, this book empowers readers to cultivate and access their innate confidence and wisdom.



AVAILABLE NOW

Buddhism / Psychology • \$19.95

Trade paperback • 240 pp. • 5½ x 8

978-1-60868-854-8 • Rights: world



ETHAN NICHTERN is a renowned contemporary Buddhist teacher and the author of *The Dharma of the Princess Bride*, *One City: A Declaration of Interdependence*, and the widely acclaimed *The Road Home: A Contemporary Exploration of the Buddhist Path*. Since 2002, Nichtern has taught meditation and Buddhist psychology classes and workshops in New York City and around North America and lectured at meditation/ yoga centers, conferences, and universities including Brown, Yale, and NYU. He has been featured by CNN, NPR, the *New York Times*, *Vogue*, and *Business Insider* and has written for the *Huffington Post*, *Beliefnet*, *Lion's Roar*, *Tricycle*, *Buddhadharma*, and more. He lives in Brooklyn.

EthanNichtern.com

Cow Hug Therapy

How the Animals at the Gentle Barn Taught Me about Life, Death, and Everything in Between

Ellie Laks

The inspirational story of the compassionate and wise animals of the Gentle Barn and how they became a therapeutic salve for countless guests — and mentors for all of us in how to live and die

- The powerful story of the cows of the Gentle Barn, who were rescued and healed — and in turn have healed visitors dealing with adversity and trauma
- The author's Gentle Barn facilities have a massive social media following that soared during the pandemic: 1.6 million TikTok followers, 1 million Facebook followers, 700,000 Instagram followers, and 50,000 X (formerly Twitter) fans
- The follow-up to the author's acclaimed *My Gentle Barn*, which detailed the creation of her rescue organization

Praise for the author's *My Gentle Barn*

"A wonderful book. You'll love Ellie Laks and the animals she rescued — and who rescued her back."

— **SY MONTGOMERY**, author of *The Good Good Pig*

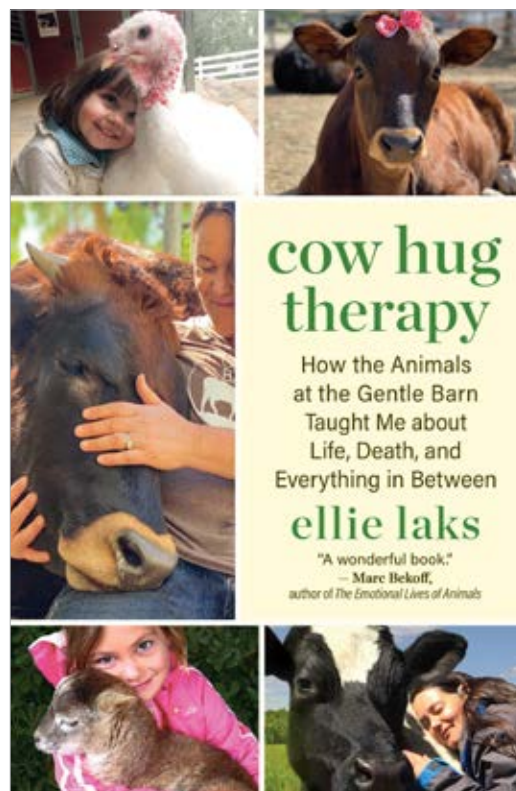
"The saga of Laks and her animal sanctuary is enormously compelling.... This is a book to talk about and return to; it's a life changer, plain and simple."

— **BOOKLIST** (starred review)

In *Cow Hug Therapy*, Ellie Laks, founder of the Gentle Barn Foundation, shares the extraordinary journey that started with her first teacher, Buddha — not the religious figure, but a rescued miniature Hereford cow. One evening Buddha wrapped her neck around an exhausted and upset Laks and transferred a singular form of healing and comfort with an incredible impact. Understanding that this was something to be shared with others, Laks developed Cow Hug Therapy, a groundbreaking approach to emotional healing that has proved effective for trauma, illness, disabilities, addiction, grief, and stress.

Cow Hug Therapy is a colorful and compelling narrative of the healing mavens of the barnyard through the years and their individual stories of being rescued from trauma and treated with love and respect. These animals have transformed lives and ignited breakthroughs, newfound purpose, and freedom, including for a young mother who lost her baby, a suicidal teenager, a wounded serviceman, an open-heart surgery patient, and many more.

Media outlets including ABC's *Good Morning America*, NBC's *TODAY* show, and *The Atlantic* magazine have featured numerous stories of the hopeless beginning to thrive at the Gentle Barn. A testament to empathy and the mission to heal animals, people, and the planet, *Cow Hug Therapy* captures a remarkable journey of transformation and serves as a beacon of hope for all seeking healing and connection.



AVAILABLE NOW

Animals • \$19.95 • Trade paperback

264 pp. • 5¼ x 8 • 978-1-60868-868-5

Rights: world



In 1999, **ELLIE LAKS** founded the Gentle Barn Foundation with goats and sheep rescued from a neglectful petting zoo. With the help of her husband and cofounder, Jay Weiner, that sanctuary in Santa Clarita, California, rapidly grew to include a variety of animals and two more locations. Laks has two decades of experience as a public speaker, with appearances including a TEDx talk, and has given interviews to numerous magazines and newspapers. She has appeared on *Good Morning America*, *TODAY*, *Ellen*, *Yahoo News*, *Verywell Health*, and local CBS, NBC, and cable news/culture shows. Laks and Weiner call California home.

GentleBarn.org

The 15-Minute Method

The Surprisingly Simple Art of Getting It Done

Sam Bennett

A friendly, judgment-free guide to taming procrastination, ending overwhelm, finishing projects, and accomplishing goals

- Draws upon evolutionary psychology, Stoic philosophy, and methods tested by thousands of participants in the author's LinkedIn Learning courses
- Bennett's two previous books have collectively sold more than 42,000 copies
- Presents techniques that can be adapted to any field, including parenting, job hunting, work projects, and artistic pursuits
- Trained as an actor at the famous Second City, Bennett is a charismatic speaker and teacher

Praise for the author's *Get It Done*

"An instant classic, essential reading for anyone who wants to make a ruckus."

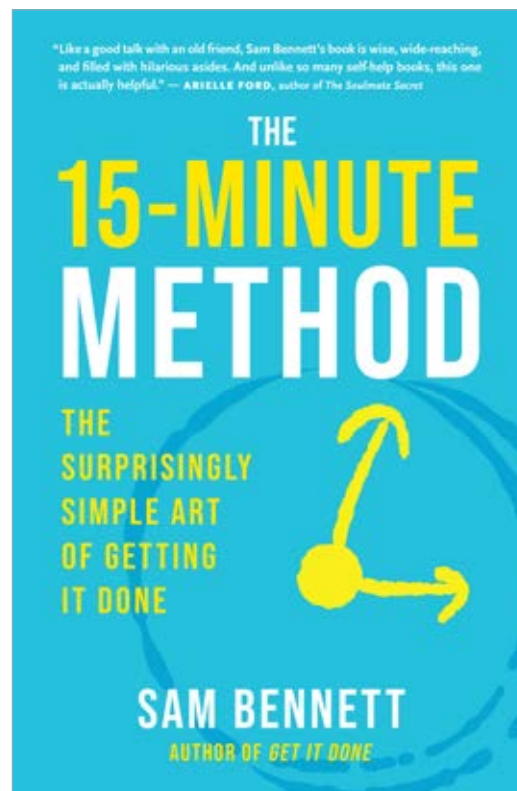
— **SETH GODIN**, author of *Linchpin*

Modern life often seems like an endless list of things that need our attention: the garage that needs cleaning, those photos that need organizing, the email that needs answering. The result is that feeling of anxiety and frustration called *overwhelm*. Some people cope by procrastinating and letting the work pile up, while others relentlessly push themselves to do more in a frantic (and futile) effort to get everything done. With that in mind, Sam Bennett presents an idea that's counterintuitive — and maybe even a bit subversive: overwhelm is not caused by the outside world; it's something that happens in our own minds. Overwhelm arises from wrong assumptions about productivity, and it can be conquered by a simple change in mindset. That process begins with Bennett's astonishingly simple time-management system.

The 15-Minute Method throws a lifeline to the overworked professional, the creative with too many unfinished projects, and the parent who rarely has a free moment. Bennett helps readers tackle the biggest causes of overwhelm by showing them how to:

- tactfully say no to extra work when people put them on the spot
- get rid of mental and physical clutter
- let go of perfectionism, self-doubt, impostor syndrome, and other unhealthy attitudes
- break intimidating tasks into a series of manageable chunks
- create new routines and schedules that support a balanced life

Based on hard-won experience, *The 15-Minute Method* isn't just about productivity hacks or working more efficiently. Instead, it asks us to adjust our outlook and realize an important truth: we don't achieve more simply by doing more — we achieve more by doing *more of the things that matter*.



AVAILABLE NOW

Personal Growth • \$19.95 • Trade paperback

216 pp. • 5½ x 8½ • 978-1-60868-906-4

Rights: world



SAM BENNETT is a writer, speaker, actor, and creativity/productivity specialist. Bennett is the founder of TheRealSamBennett.com, a company committed to helping overwhelmed creatives and frustrated overachievers get unstuck. The bestselling author of *Get It Done* and *Start Right Where You Are*, she is also a popular course instructor on LinkedIn Learning with over a million class participants worldwide. She lives in Lyme, Connecticut.

TheRealSamBennett.com

Stories Sell

Storyworthy Strategies to Grow Your Business and Brand

Matthew Dicks

Foreword by Masha Cresalia

A guide to using the power of storytelling for success in business of all types and sizes, whether you're an online marketer, advertising professional, salesperson in any field, small business owner, independent contractor, or Fortune 500 executive

- Shows people in business how to get their message across without relying on cookie-cutter presentations or stodgy case studies
- The author is the all-time record holder for most victories in the Moth StorySLAM competition, and his previous book on storytelling (*Storyworthy*) has sold more than 52,000 copies to date
- Matthew Dicks has spent ten years consulting with individual clients and organizations ranging from start-ups to Fortune 500 companies
- An internationally bestselling novelist, Dicks has also published work in *Reader's Digest*, *Slate*, *Parents* magazine, the *Huffington Post*, and the *Christian Science Monitor*

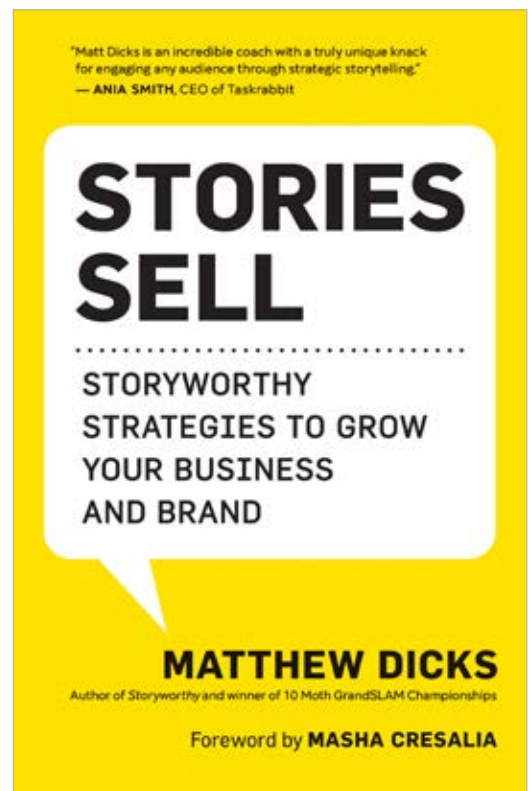
The corporate world is flooded with data: spreadsheets, charts, graphs, and yawn-inducing PowerPoint presentations. But human brains are wired for stories. Stories help us make sense of the world. Stories move us in ways that data can't, and a well-told story trumps a mountain of facts and figures.

Matthew Dicks has learned the value of storytelling in his career as a novelist, marketing consultant, and award-winning slam storyteller. He's found that the basic principles of effective storytelling are universal and teachable. In *Stories Sell*, he applies those principles to business communication, guiding readers to craft stories that connect with audiences — whether a single person or a crowded auditorium.

Jam-packed with examples, *Stories Sell* reveals the ingredients of a compelling story and then demonstrates how they can be incorporated into persuasive marketing copy, productive face-to-face conversations, and presentations that people actually *want* to hear (no PowerPoint slides required!). Topics include:

- the three elements of a winning story: stakes, suspense, and surprise
- finding the right narrative structure (and why beginning at the beginning isn't always the best method)
- the power of being vulnerable: how admitting your mistakes can build rapport with audiences
- when and how to use humor
- zigging while others zag: making yourself stand out from competitors

Above all, *Stories Sell* gives readers permission to be themselves, take risks, and make a splash in a sea of corporate *blah*. Everyday life is filled with meaningful stories if we only approach it with open eyes and open minds. *Stories Sell* teaches readers to find their voice and share those stories with the world.



AVAILABLE NOW

Personal Growth / Business • \$19.95

Trade paperback • 336 pp. • 6 x 9

978-1-60868-904-0 • Rights: world English



MATTHEW DICKS is a bestselling author and award-winning slam storyteller with a record-breaking fifty-eight victories at the Moth StorySLAM competition and nine victories at the GrandSLAM. In addition to cofounding Speak Up, a Hartford-based storytelling organization, he has written two previous nonfiction books and several novels, which have been translated into more than twenty-five languages. The humor columnist for *Seasons* magazine, he also teaches storytelling and public speaking to individuals, corporations, nonprofits, universities, and schools around the world. He lives in Newington, Connecticut. **MASHA CRESALIA** is a former director of corporate marketing at Slack who lives in San Francisco.

MatthewDicks.com

The Tao of Equus

A Woman's Journey of Healing and Transformation through the Way of the Horse

Revised Edition

Linda Kohanov

After more than 20 years in print, an updated edition of the evocative and transformational classic about the powerful bond between women and horses

- The first edition was a New World Library bestseller, with more than 100,000 copies sold
- *The Tao of Equus* was Kohanov's first book, and it launched a career in equine-facilitated therapy and experiential learning that led to four additional books, hundreds of workshops, and online courses
- Equestrian pursuits are an American passion and a \$112 billion industry, with 7 million people involved in the care of horses in the US
- This new edition is updated with the latest in equine and behavioral science and scholarship
- Released with a new companion audiobook read by the author, available for the first time

“This work represents an extraordinarily moving account of a gifted thinker, writer, teacher, and horsewoman who dares to venture deep within to explore the truth of the connection that merges horse, human, mind, emotion, and spirit.”

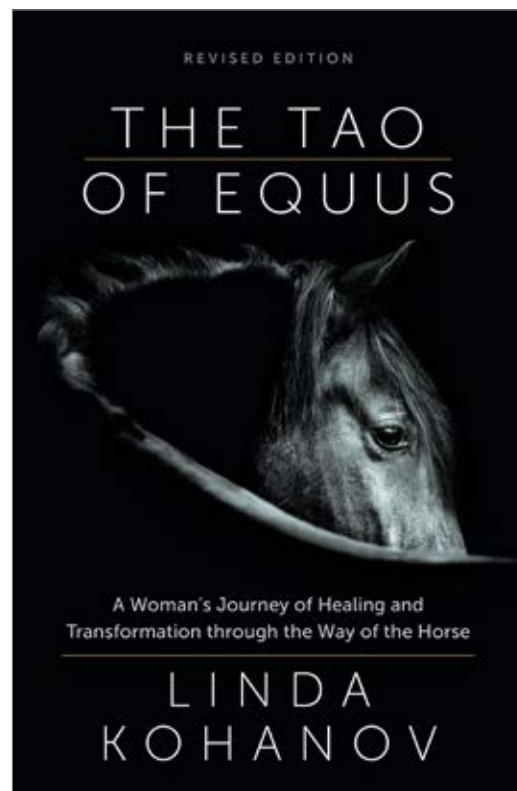
— RIDING

“This articulate, well-researched story brings together many disciplines of learning and weaves a magic carpet for discovery with our horses. *The Tao of Equus* will allow your imagination to take flight, and give you insight into yourself and your equine partner.”

— THE EQUESTRIAN NEWS

When writer and equine-facilitated therapy and experiential learning practitioner Linda Kohanov wrote the first edition of *The Tao of Equus* over twenty years ago, she posed questions that few were asking: Do horses make choices? How do they seem to know what people are thinking and feeling? Are horses spiritual beings? What do they have to teach people? Why are women so attracted to horses? The answers, detailed in an extraordinary chronicle that synthesized science, behavioral research, firsthand anecdotes, and personal insight, transformed how we think about one of humanity's oldest companions and established Kohanov at the vanguard of the emerging field of animal-assisted learning/therapy.

Two decades later, she returns to this classic text to deliver an updated edition, weaving new developments in neurological science and scholarship into her original exploration of spiritual awakening, cultural history, and mythology. *The Tao of Equus* delves into the mental and spiritual processes behind the magical connections that people often experience with horses. It remains a powerful exploration of the feminine wisdom horses model, subtleties that women riders have intuited for centuries.



AVAILABLE NOW

Horses / Spirituality • \$21.95 • Trade paperback
400 pp. • 6 x 9 • 978-1-60868-898-2
Rights: world English

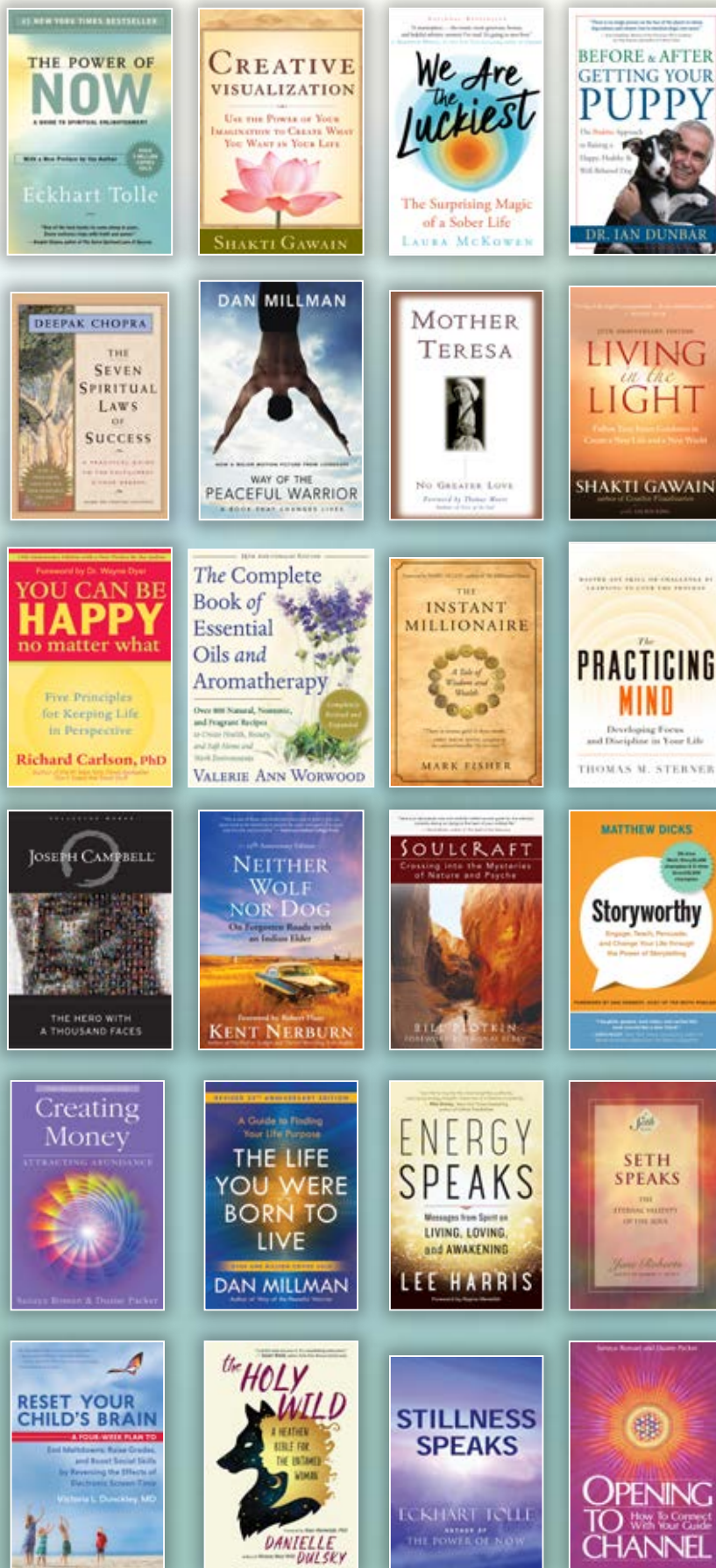


LINDA KOHANOV is the internationally recognized author of five books on the healing and transformational potential of the horse-human bond, including *Riding Between the Worlds*, *Way of the Horse*, and *The Power of the Herd*. In 1997, she founded Eponaquest Worldwide, a collective of equestrians, educators, coaches, and counselors now serving clients on six continents, with over 300 instructors trained in her methods. One of the founders of equine-facilitated learning, a modality teaching leadership, relationship, creativity, and emotional/social intelligence skills through nonriding horse activities, she also collaborates with psychologists in the field of equine-facilitated psychotherapy. She lives in Arizona.

Eponaquest.com

BESTSELLERS FROM NEW WORLD LIBRARY

- Before & After Getting Your Puppy
- The Complete Book of Essential Oils and Aromatherapy
- Creating Affluence
- Creating Money
- Creative Visualization
- Energy Speaks
- Good Night God
- Guardians of Being
- The Hero's Journey
- The Hero with a Thousand Faces
- The Holy Wild
- The Instant Millionaire
- The Laws of Spirit
- Legends
- The Life You Were Born to Live
- Living in the Light
- Living with Joy
- The Nature of Personal Reality
- Neither Wolf nor Dog
- No Greater Love
- Opening to Channel
- Personal Power through Awareness
- El poder del ahora (The Power of Now)
- The Power of Now
- The Practicing Mind
- Practicing the Power of Now
- Reset Your Child's Brain
- Sacred Journey of the Peaceful Warrior
- Seth Speaks
- The Seven Spiritual Laws of Success
- Las siete leyes espirituales del éxito (The Seven Spiritual Laws of Success)
- Simple Truths
- Soulcraft
- Soul Love
- Spiritual Growth
- Stillness Speaks
- Storyworthy
- Way of the Peaceful Warrior
- We Are the Luckiest
- The Wisdom of the Native Americans
- You Can Be Happy No Matter What



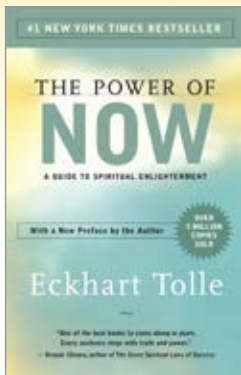


ECKHART TOLLE

Author of the #1 New York Times bestseller *The Power of Now*

“Realize deeply that the present moment is all you ever have. Make the Now the primary focus of your life.”

— ECKHART TOLLE in *The Power of Now*



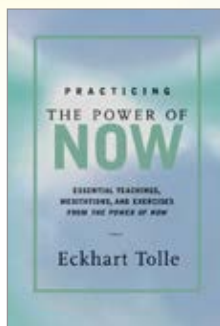
◀ BESTSELLER

Also available in hardcover
978-1-57731-152-2
\$26.95

The Power of Now
A Guide to Spiritual Enlightenment

Eckhart Tolle

Paperback · \$17.00 · 256 pp. · 5½ x 8½
978-1-57731-480-6 · Rights: world exc. Canada
A Namaste Title
See also Audio, page 84



◀ BESTSELLER

Practicing the Power of Now
Essential Teachings, Meditations, and Exercises from The Power of Now

Eckhart Tolle

Hardcover · \$17.00 · 144 pp.
5 x 7¼ · 978-1-57731-195-9
Rights: world · A Namaste Title



The Power of Now Journal
Eckhart Tolle

Paperback · \$20.00 · 144 pp.
6 x 7½ · Full color · 978-1-60868-637-7
Rights: world · A Namaste Title

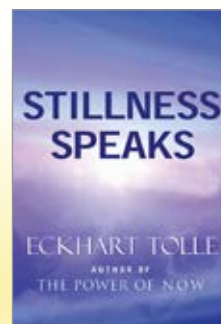


◀ BESTSELLER

Guardians of Being
Spiritual Teachings from Our Dogs and Cats

Eckhart Tolle · Art by Patrick McDonnell

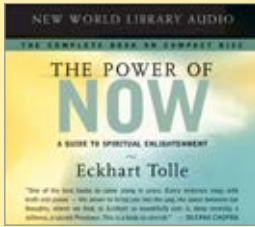
Paperback · \$17.95 · 128 pp. · 8¾ x 6¾
Full color · 978-1-60868-119-8 · Rights: USCO



◀ BESTSELLER

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Eckhart Tolle

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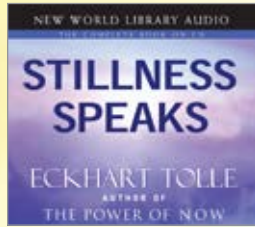
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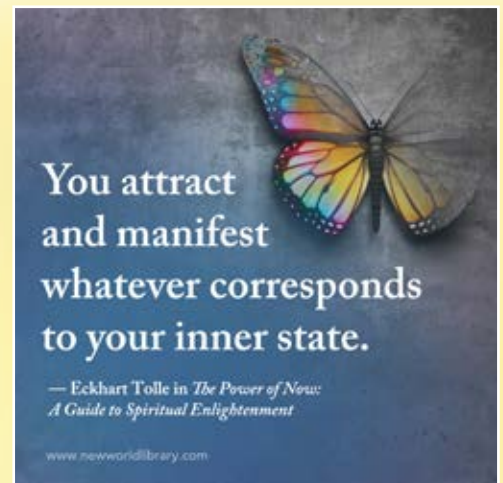
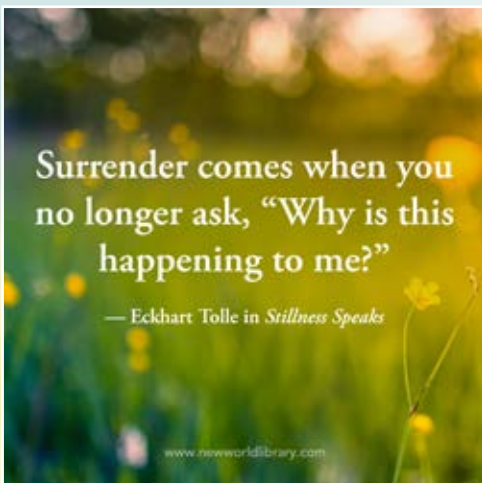
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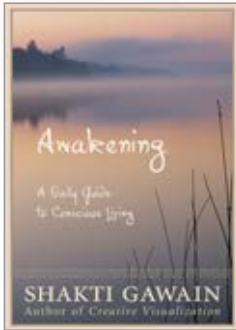




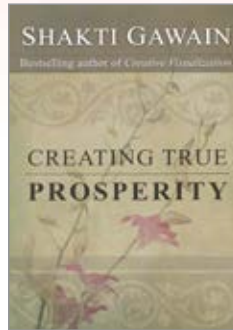
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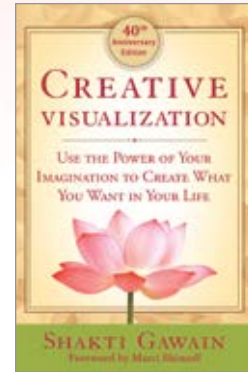
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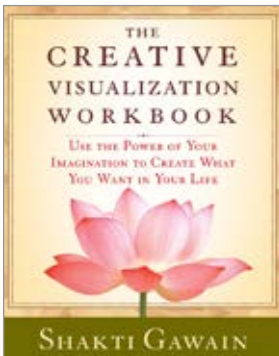


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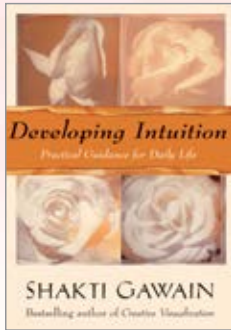


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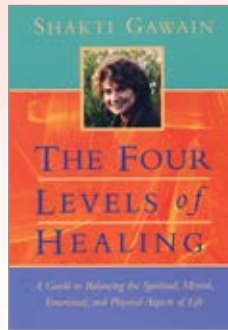
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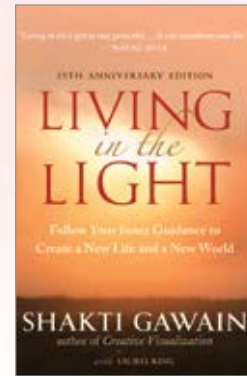
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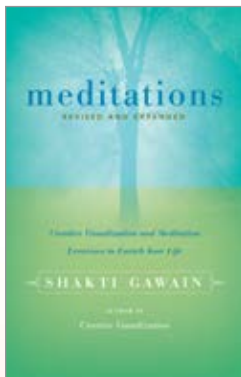


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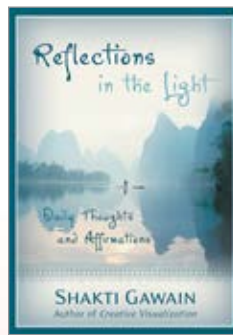


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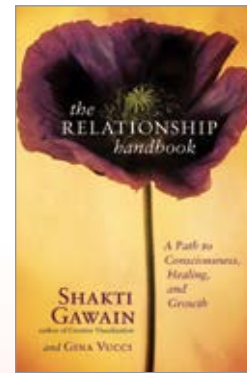
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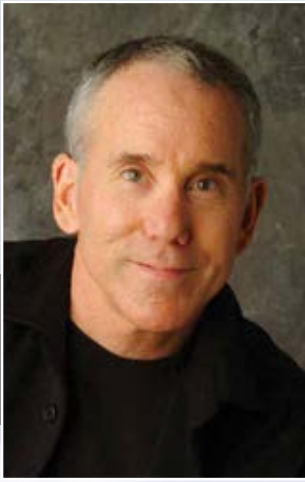
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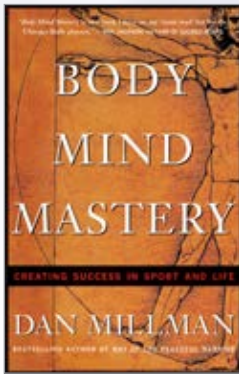
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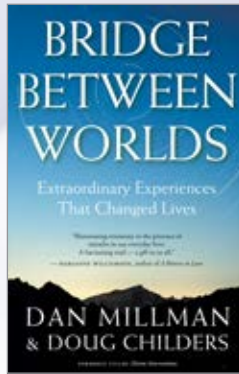
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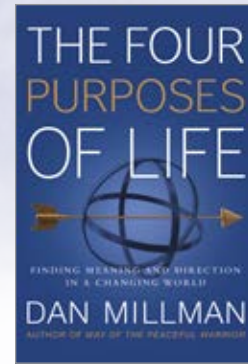
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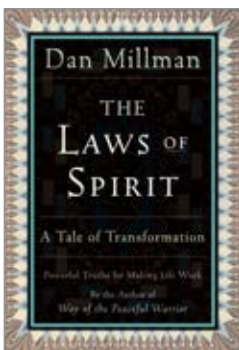
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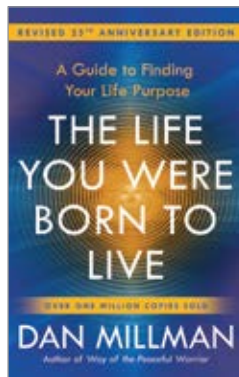
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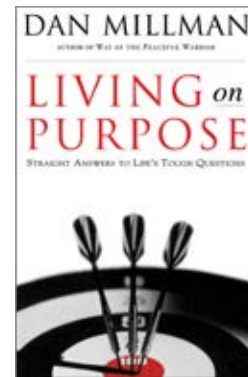
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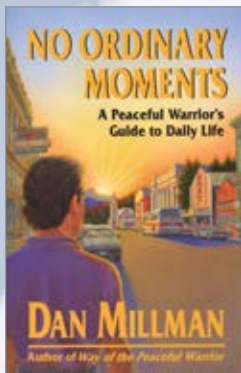
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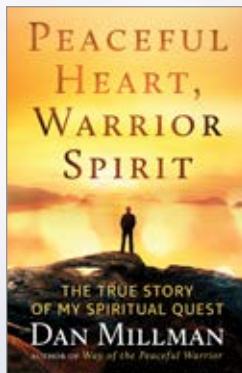


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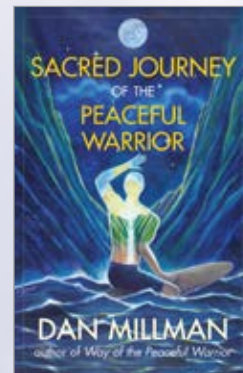
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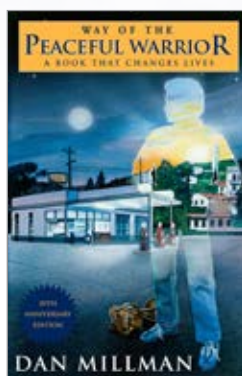
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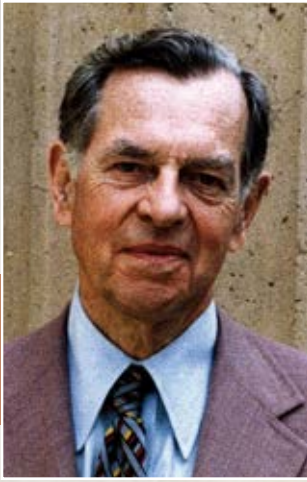
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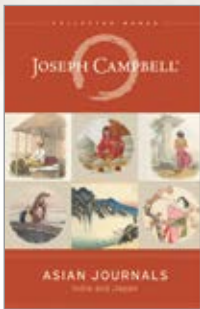
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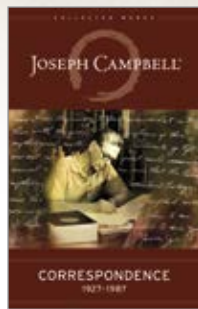
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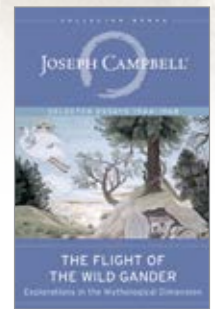
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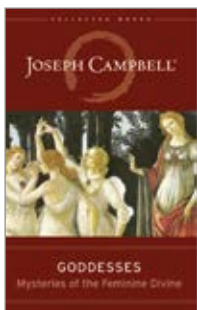
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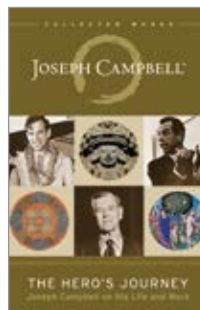
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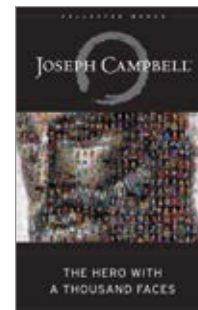
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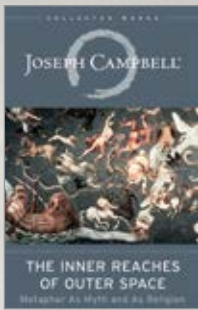
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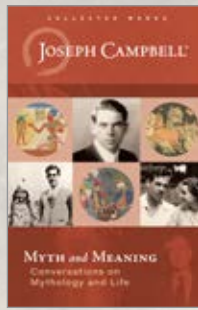
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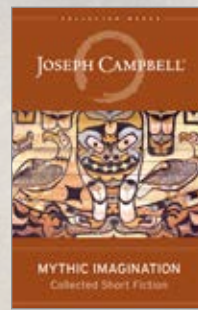
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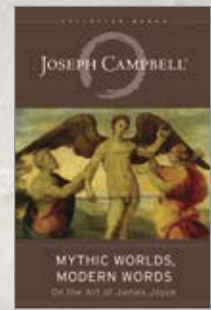
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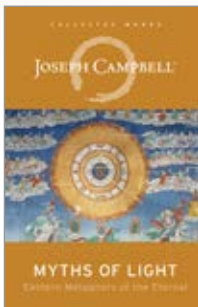
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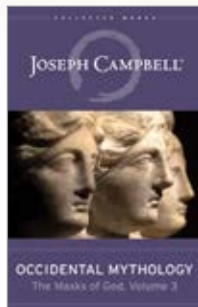
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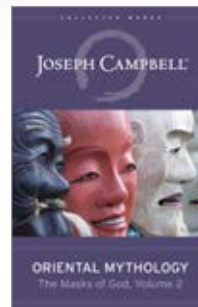
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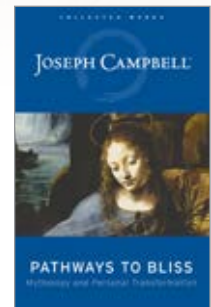
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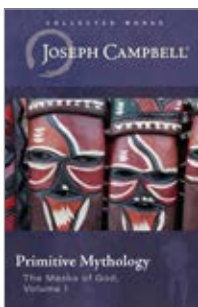
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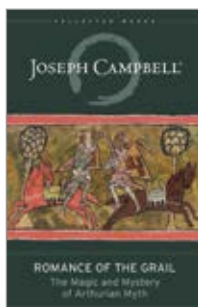
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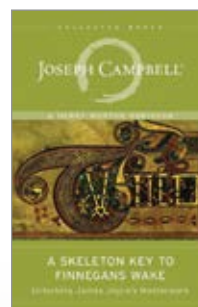
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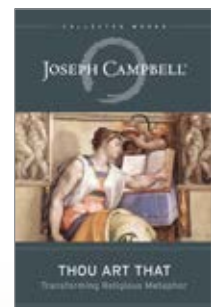
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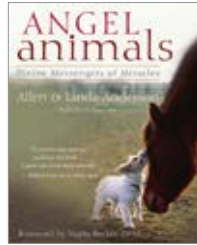
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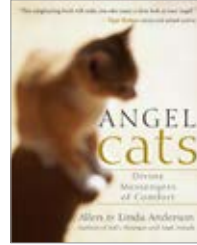
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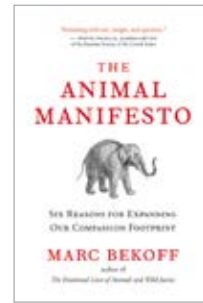
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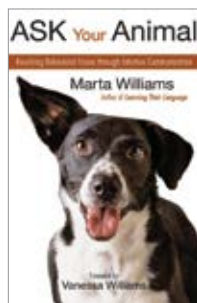
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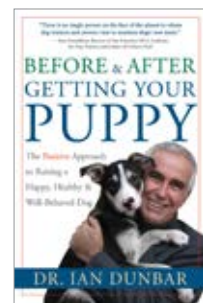
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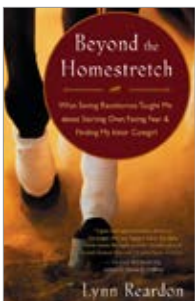


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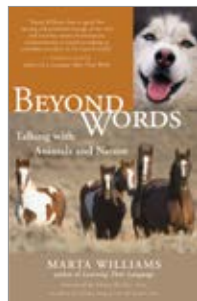


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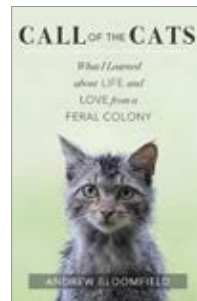
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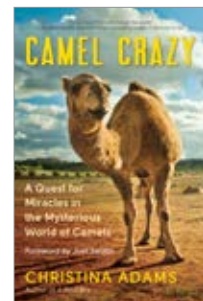
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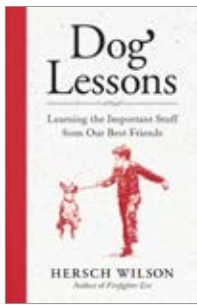
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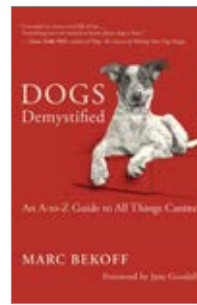
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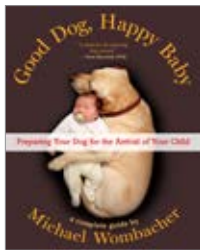
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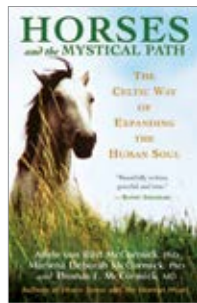
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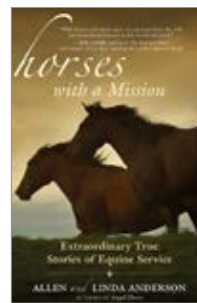
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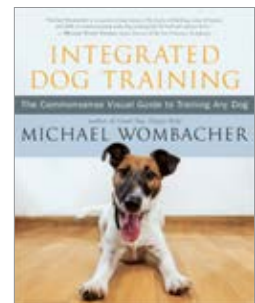
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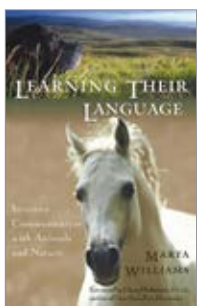
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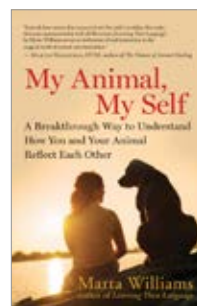
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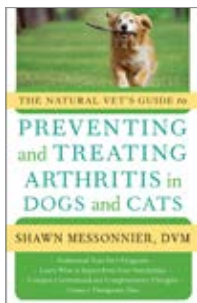
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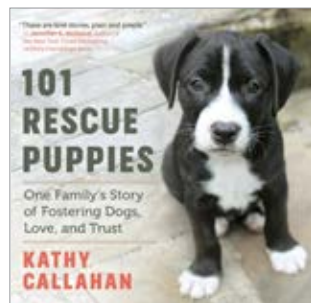


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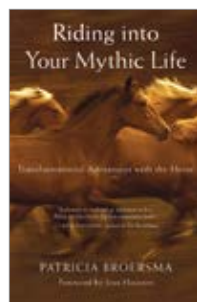
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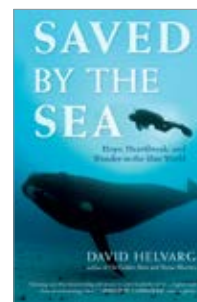
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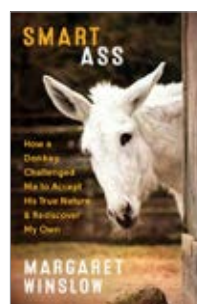
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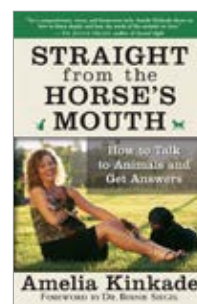
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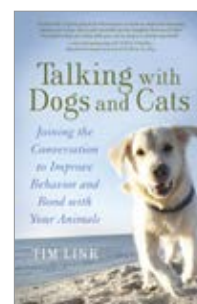
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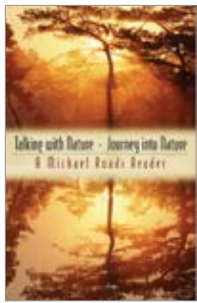
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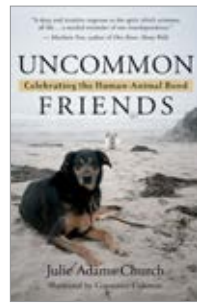
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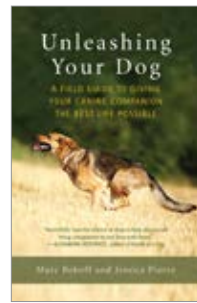
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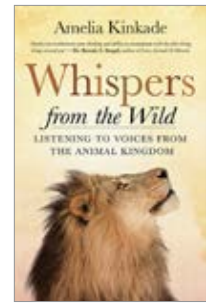
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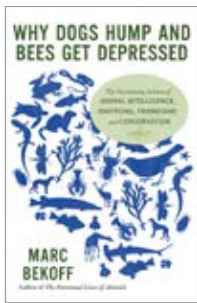
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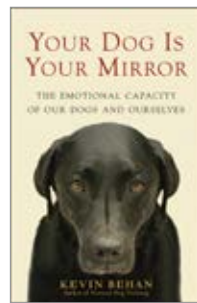
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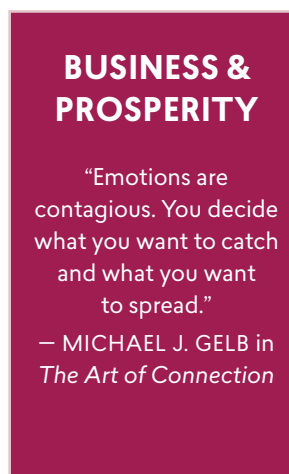
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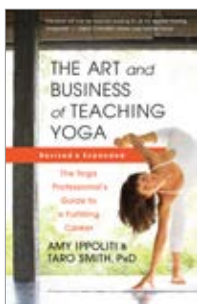
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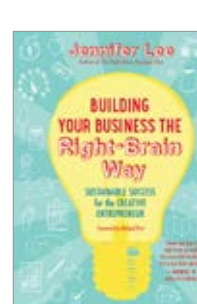
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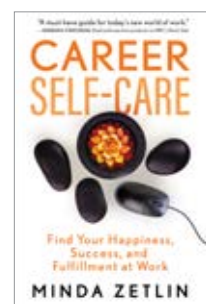
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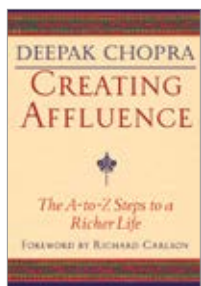
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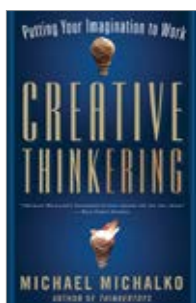
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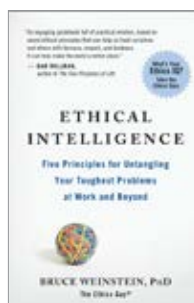


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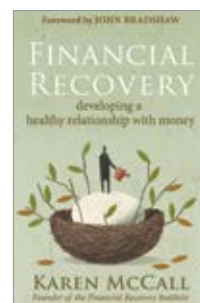
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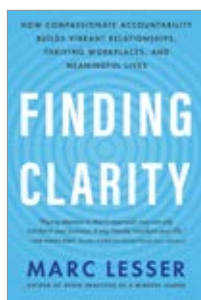
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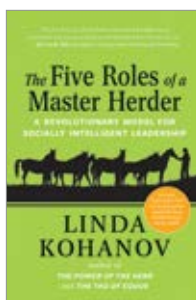
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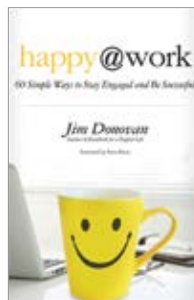
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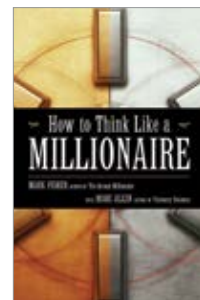
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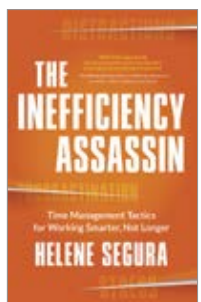
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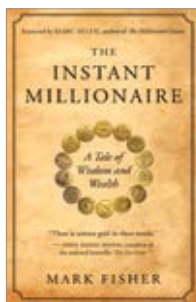
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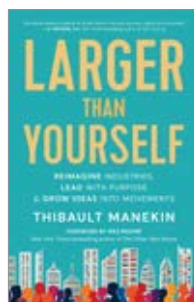


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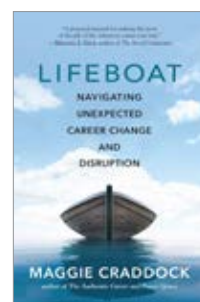


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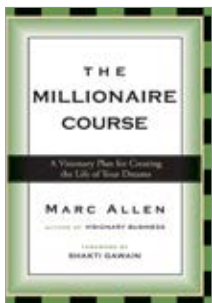
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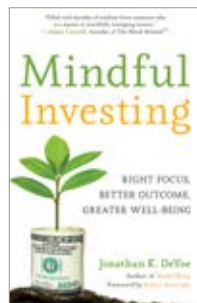


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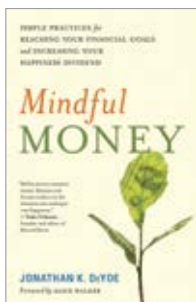


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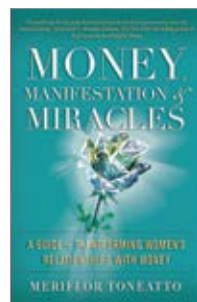
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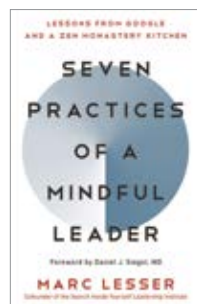
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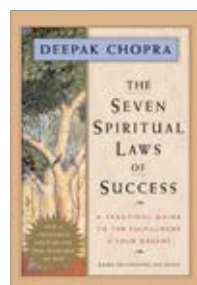
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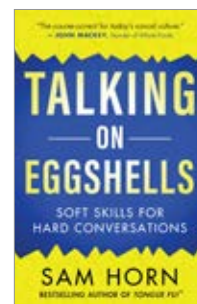
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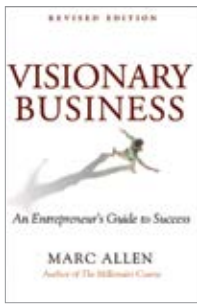
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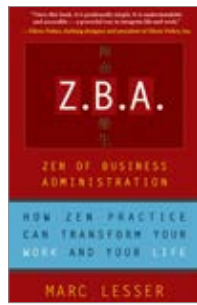
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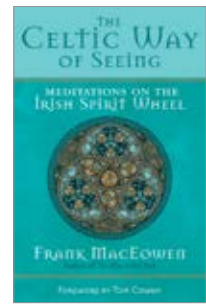
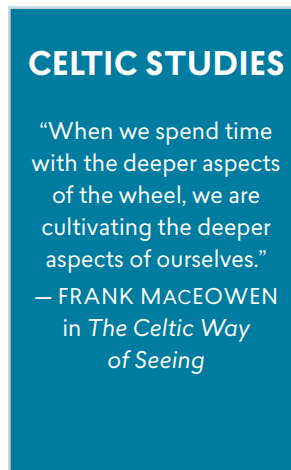
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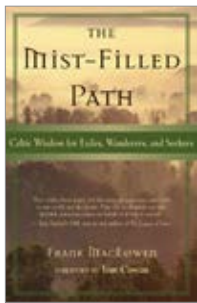
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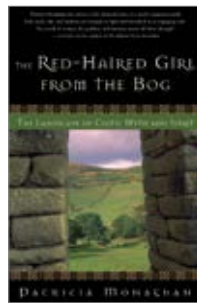
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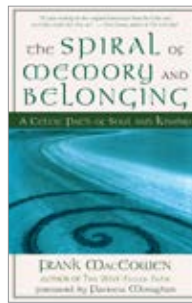
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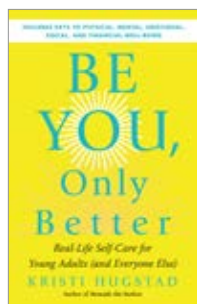
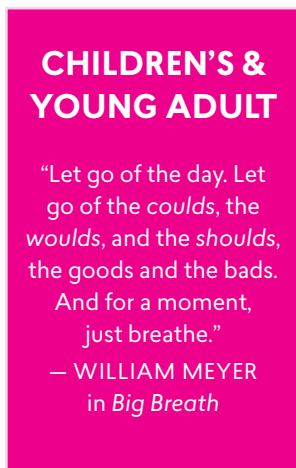
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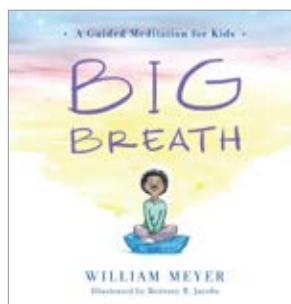
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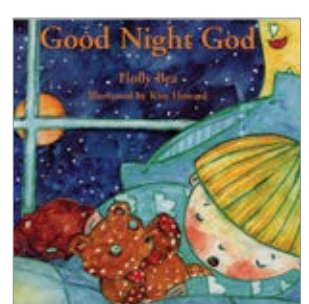
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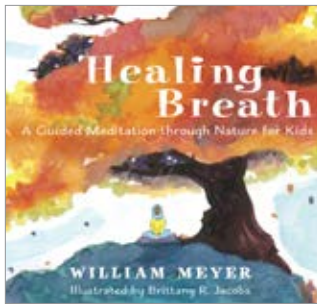
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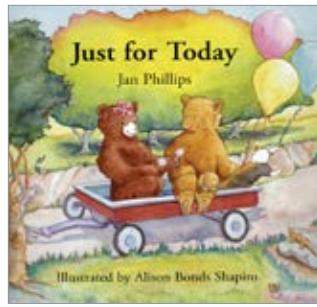


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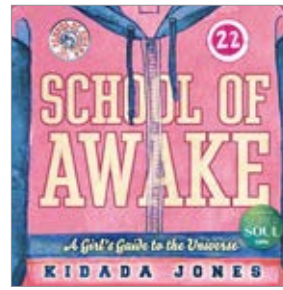
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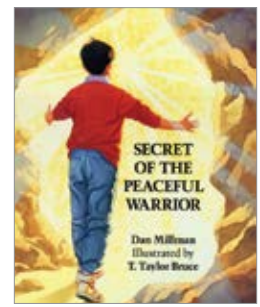
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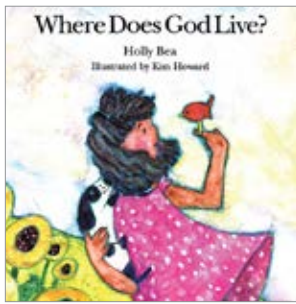
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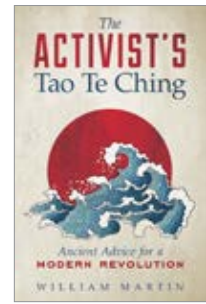
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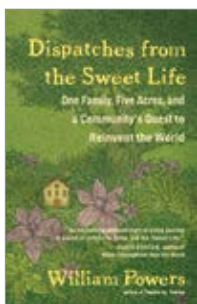
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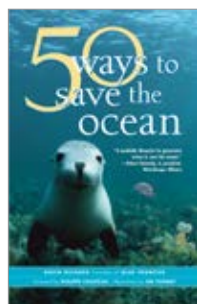
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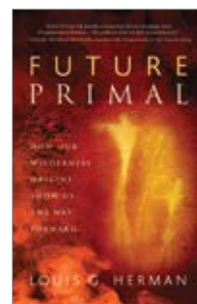
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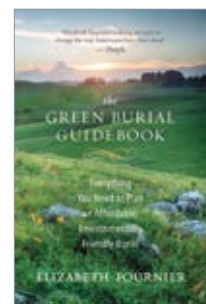
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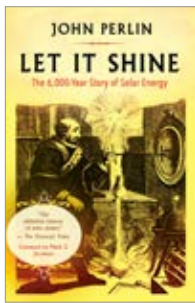
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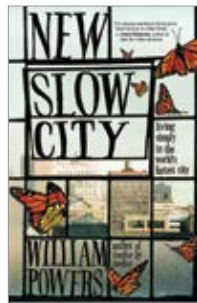
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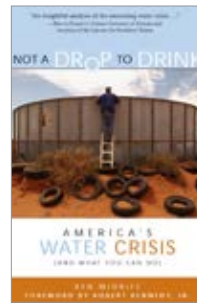
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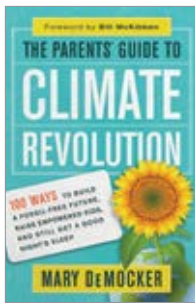
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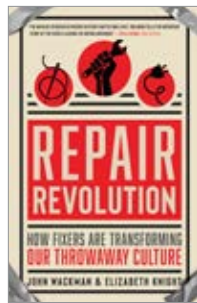
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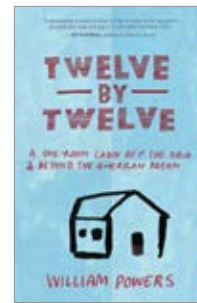
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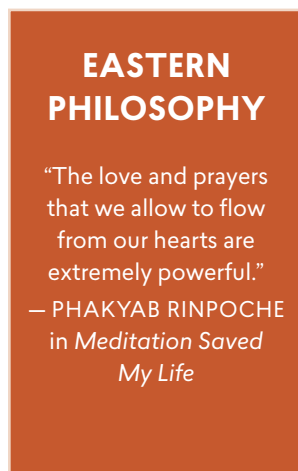
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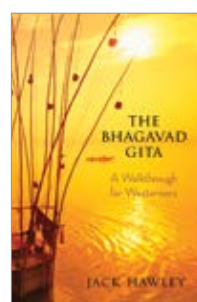
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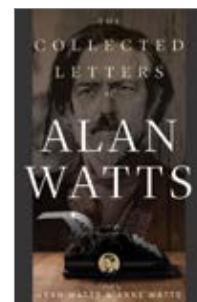
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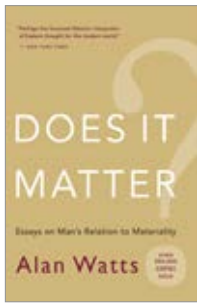
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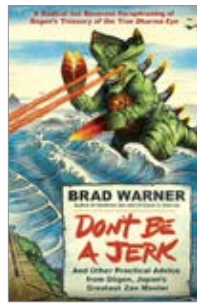
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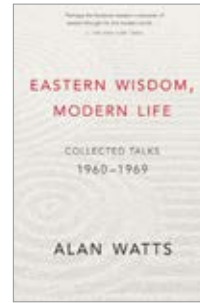
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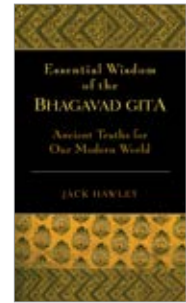
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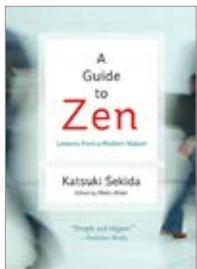
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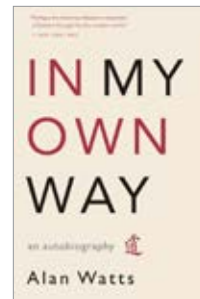
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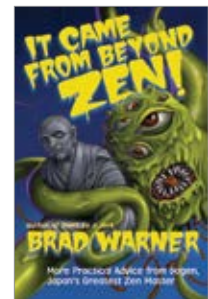
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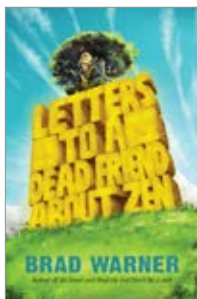
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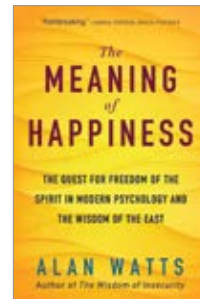
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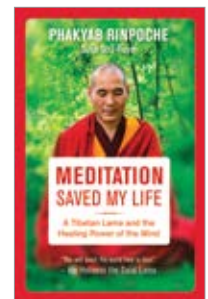
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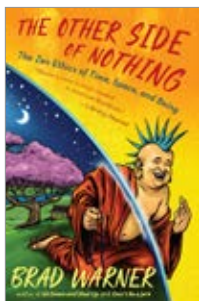
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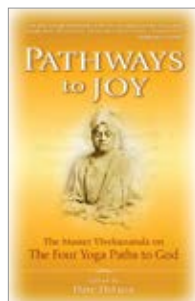
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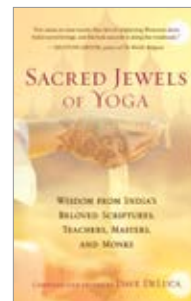
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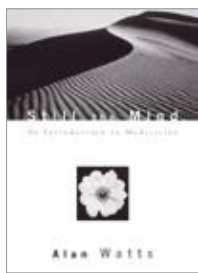
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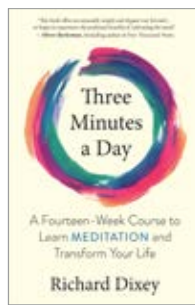
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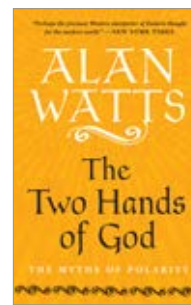
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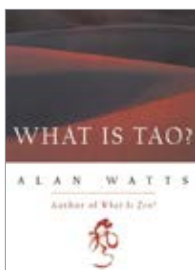


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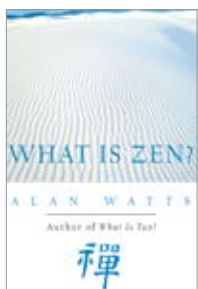
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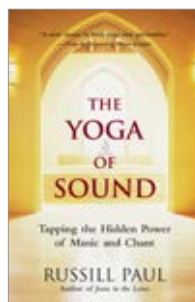
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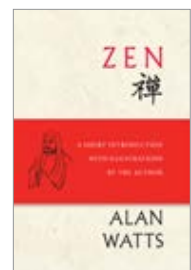


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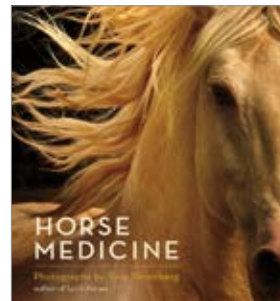
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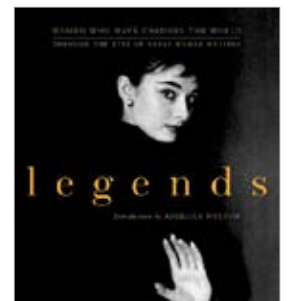


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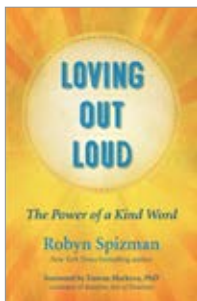


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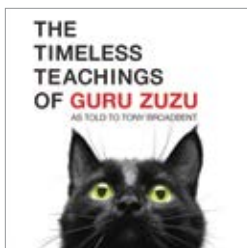
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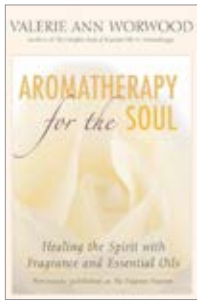
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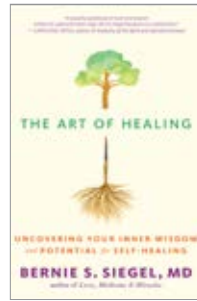
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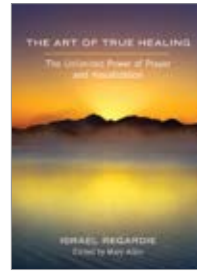
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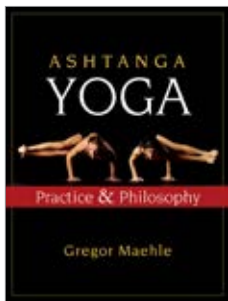
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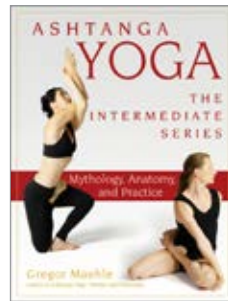
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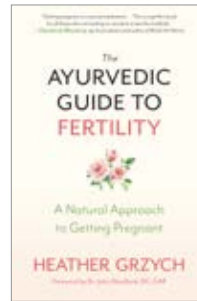
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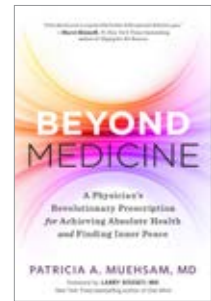
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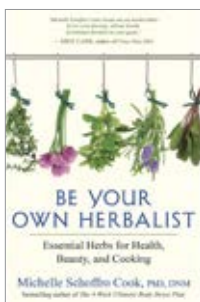
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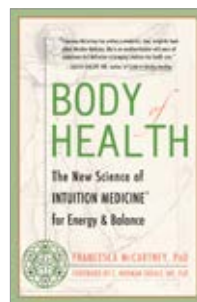
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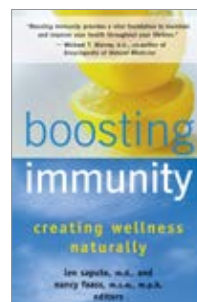
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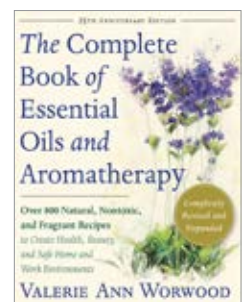
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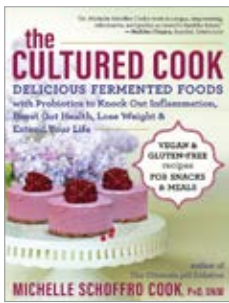


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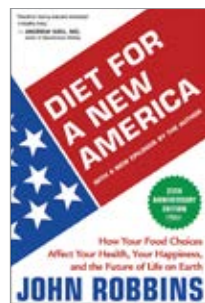


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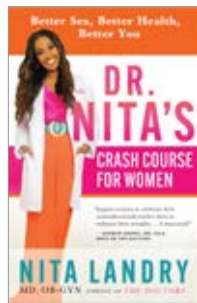
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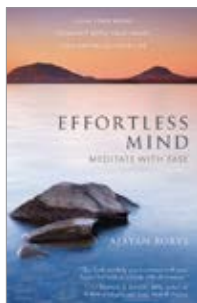
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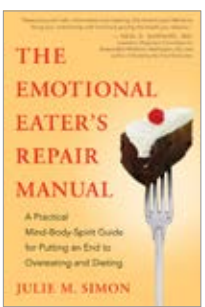
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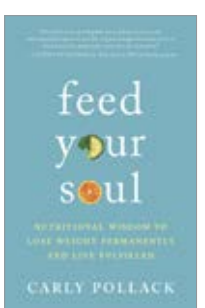
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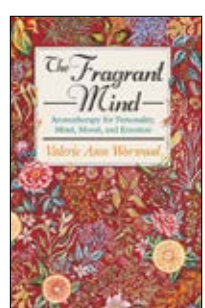
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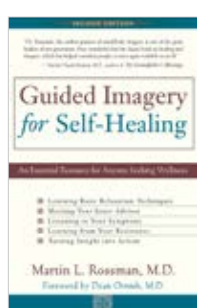
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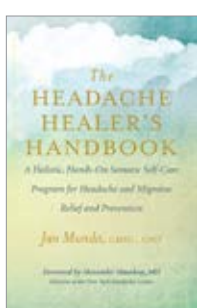
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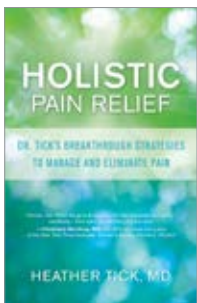
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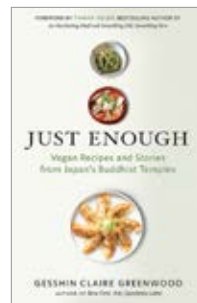
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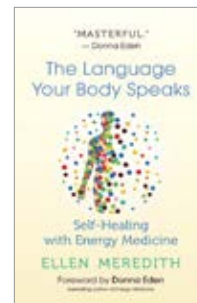
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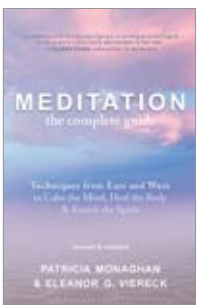
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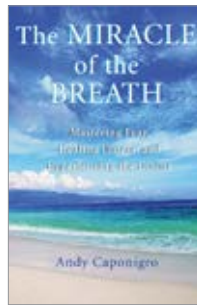
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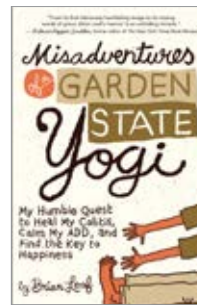
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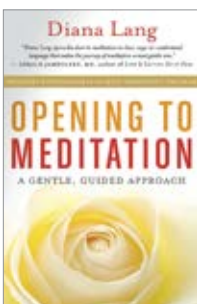
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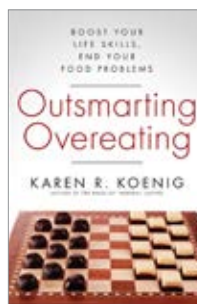
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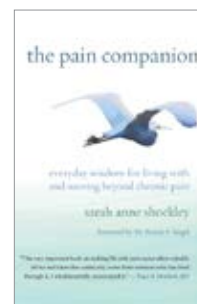
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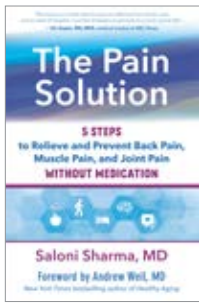
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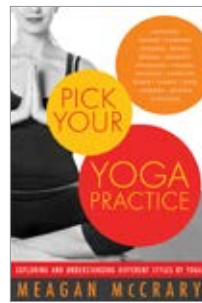
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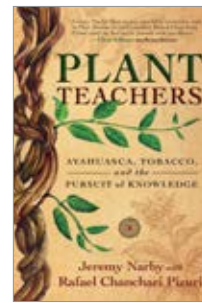
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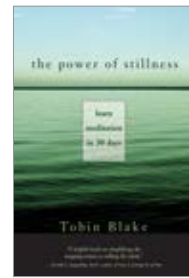
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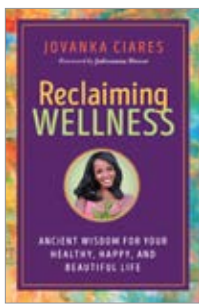
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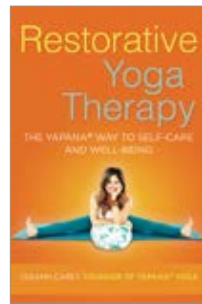
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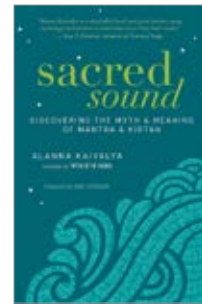
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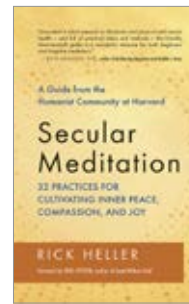
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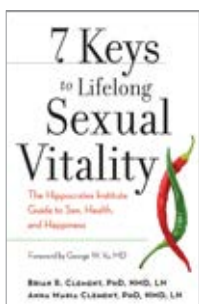
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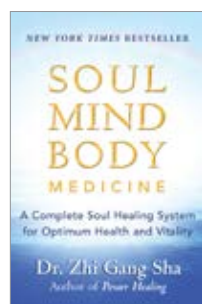
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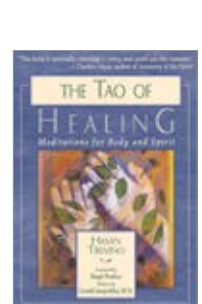
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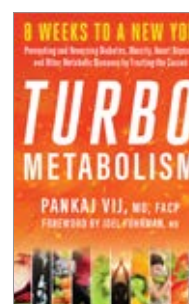
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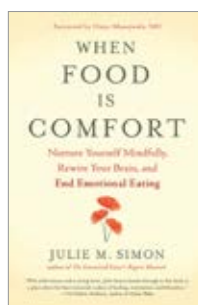
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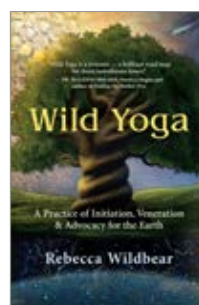
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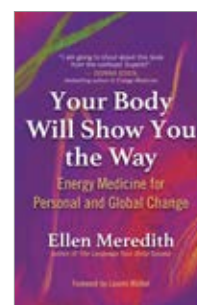
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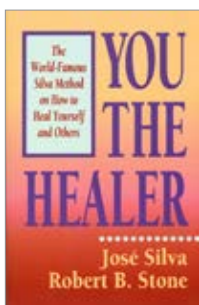
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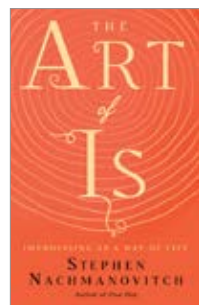
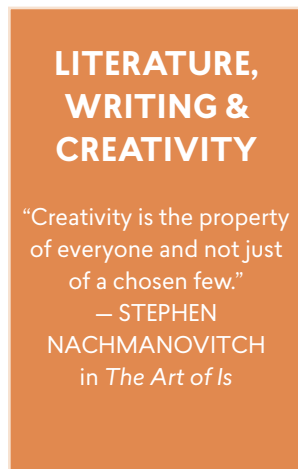
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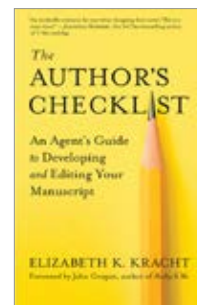
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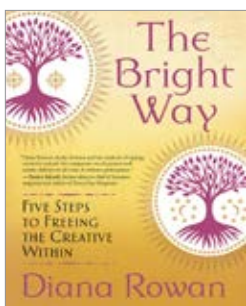
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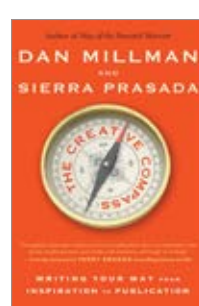
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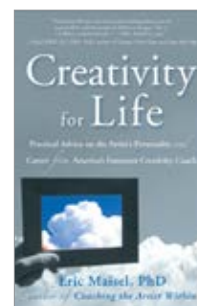
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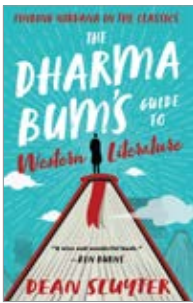
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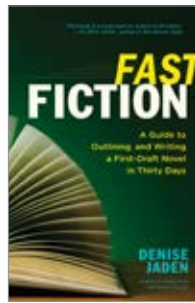


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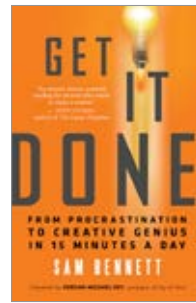


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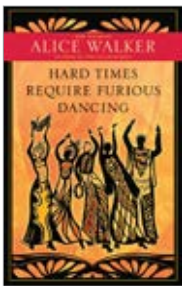
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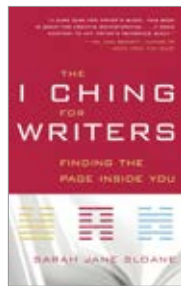


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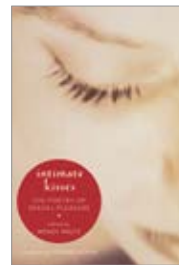


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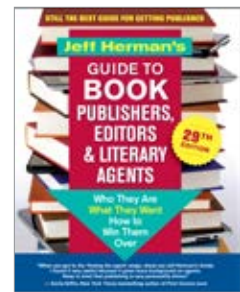


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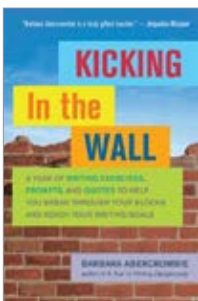


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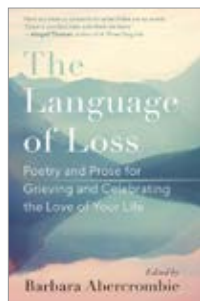


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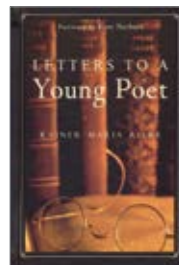


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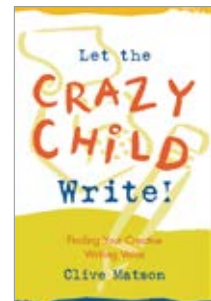


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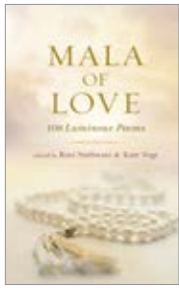


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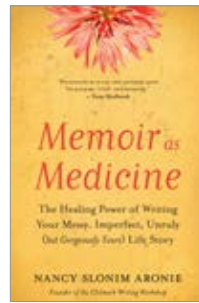
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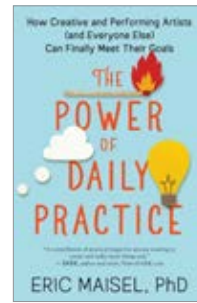
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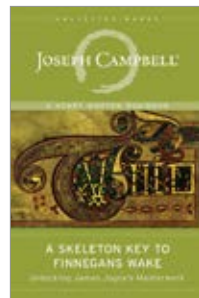
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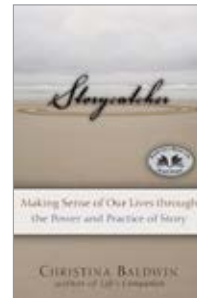
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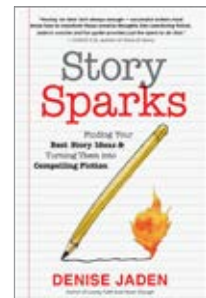
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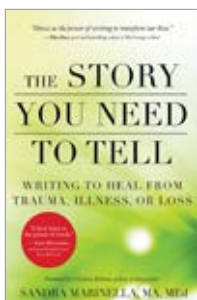
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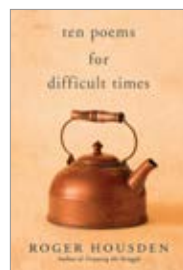
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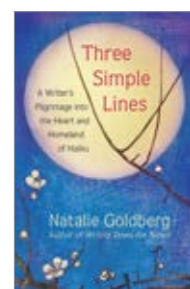
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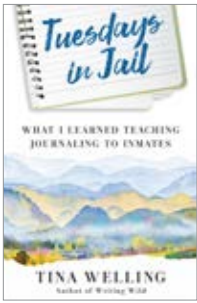
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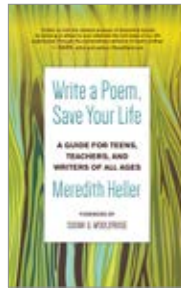
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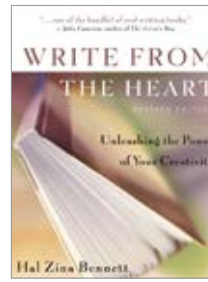
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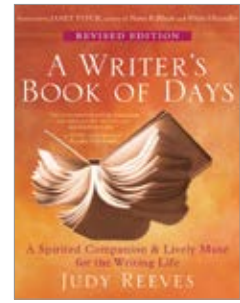
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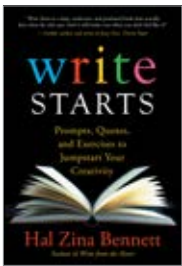
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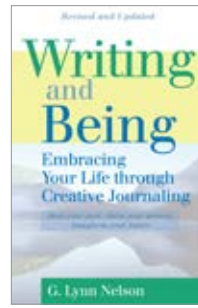
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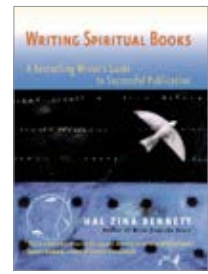
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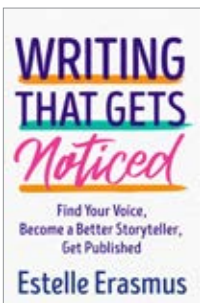
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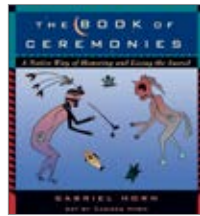


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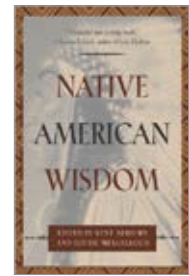
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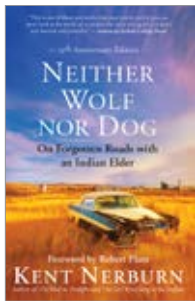
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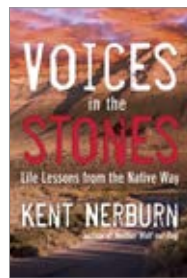


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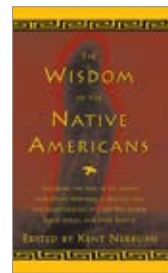


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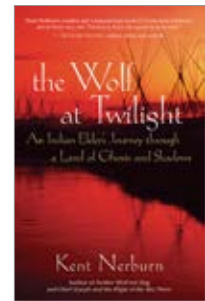


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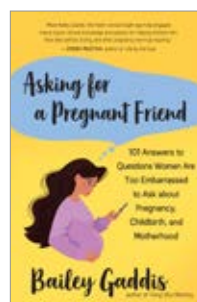
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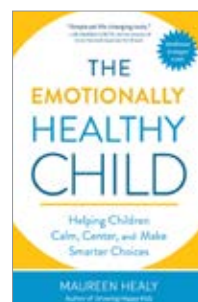
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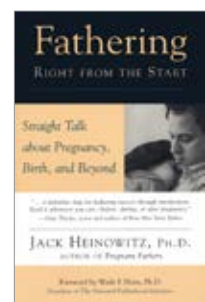
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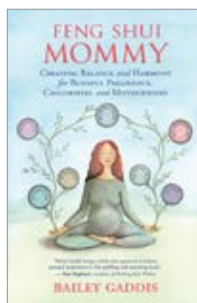
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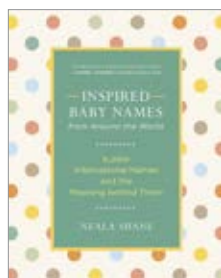
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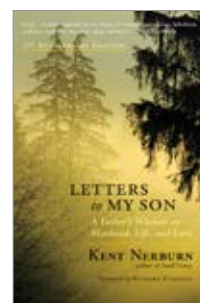
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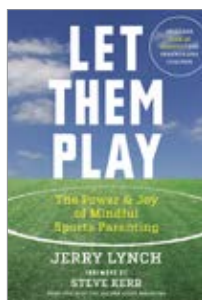
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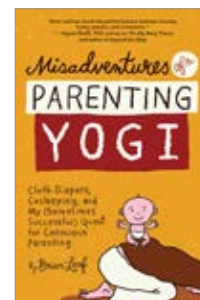
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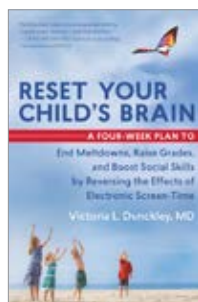
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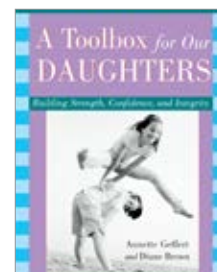


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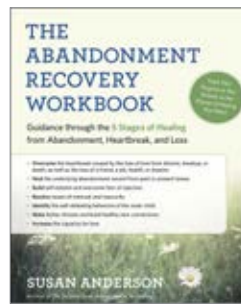


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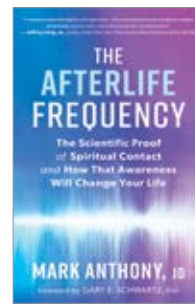


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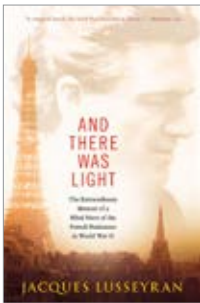
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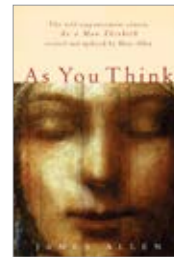


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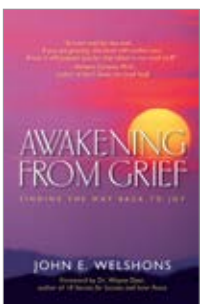


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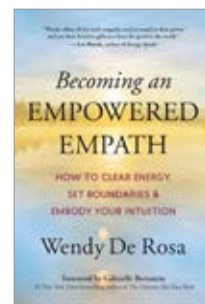


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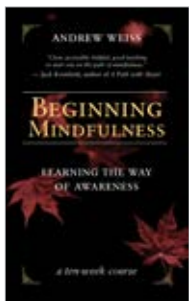


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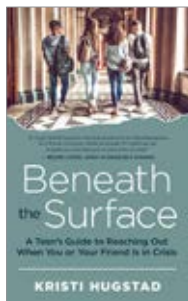
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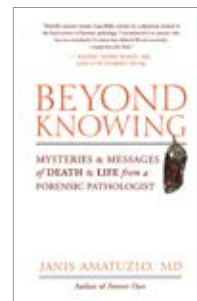
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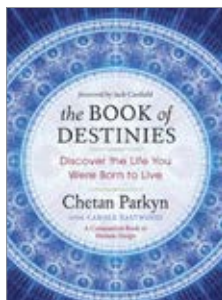
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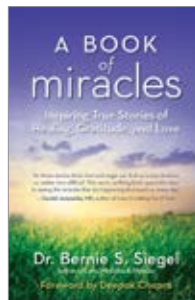
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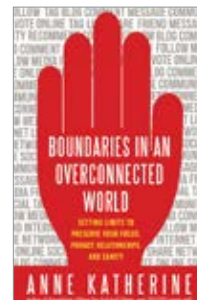
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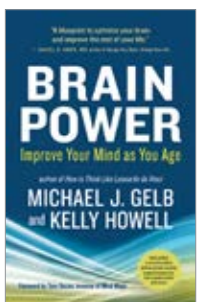
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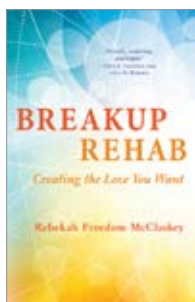
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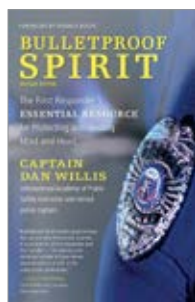
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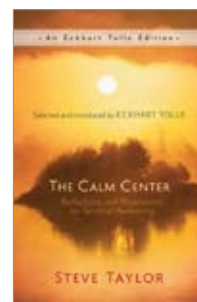
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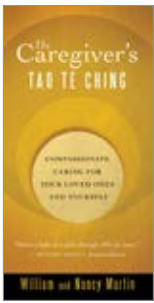
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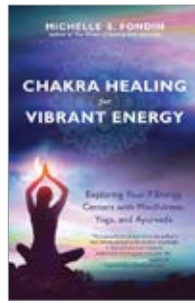
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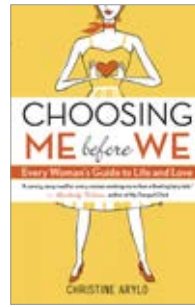
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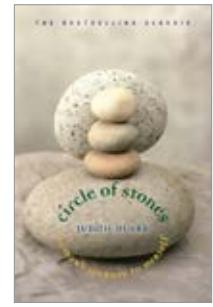
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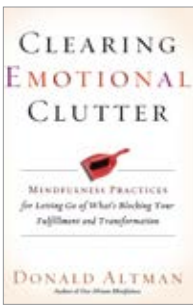
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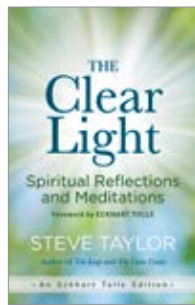
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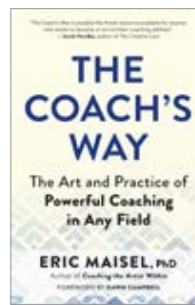
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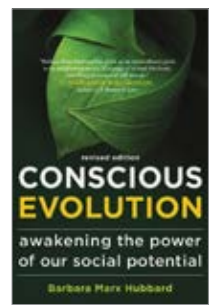
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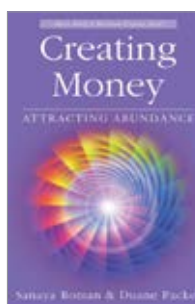
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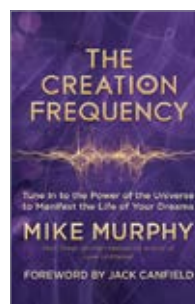


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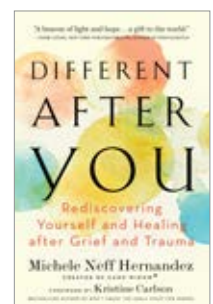


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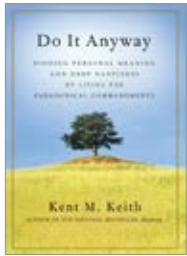
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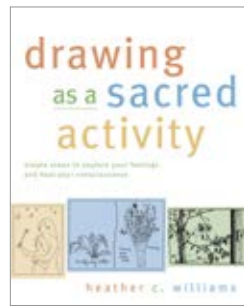
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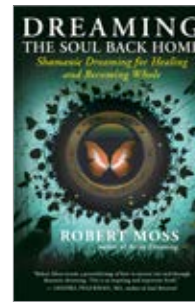
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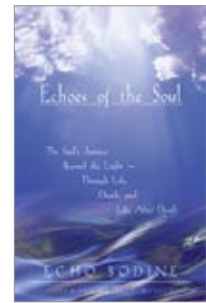
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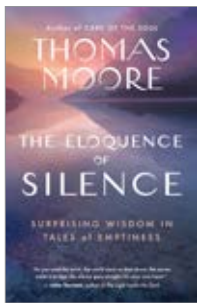
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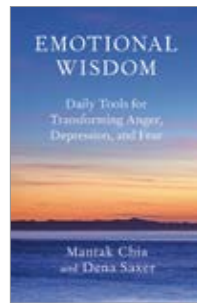
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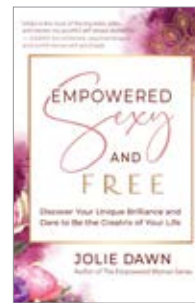
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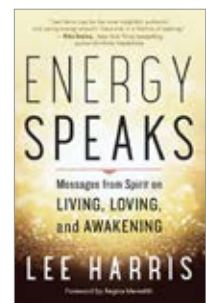
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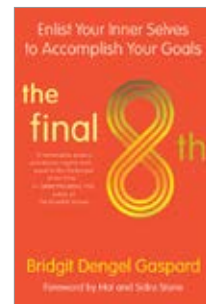
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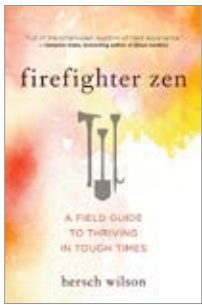
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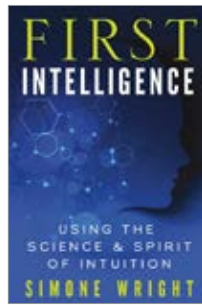
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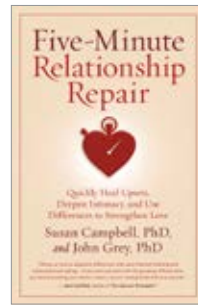
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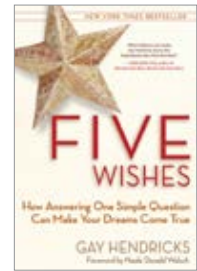
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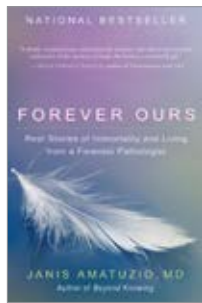
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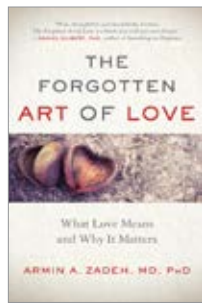
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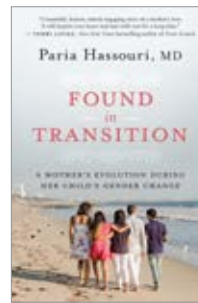
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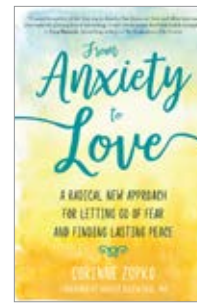
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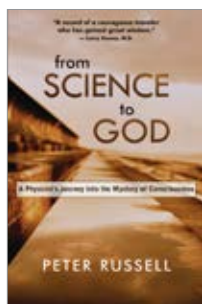
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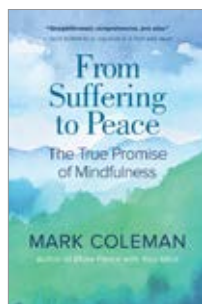
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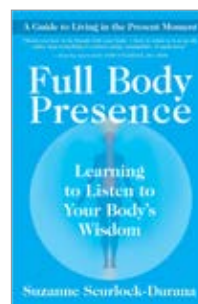
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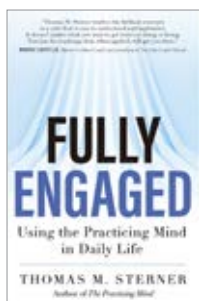
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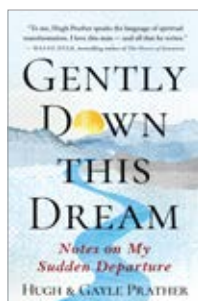
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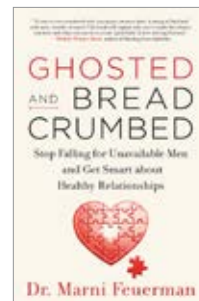
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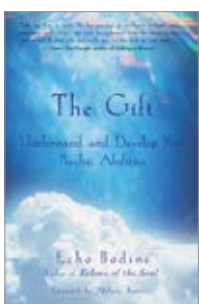
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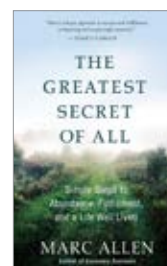
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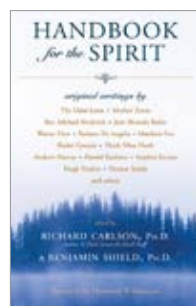
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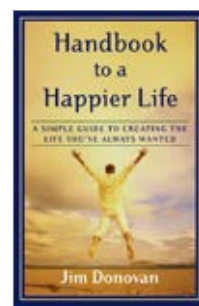
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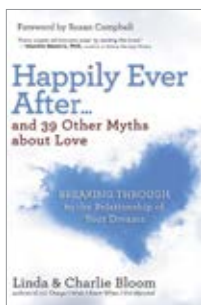
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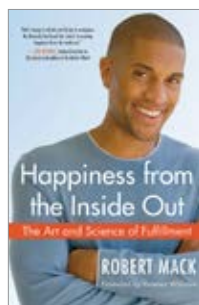
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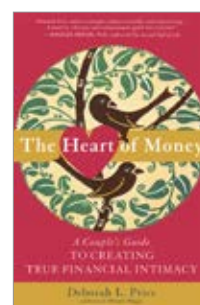
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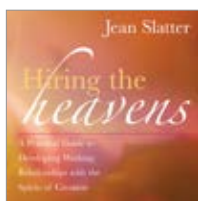
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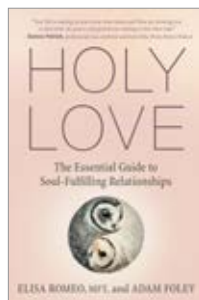
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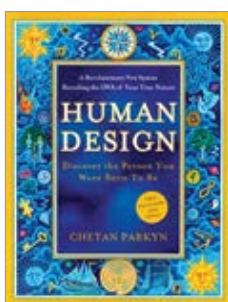
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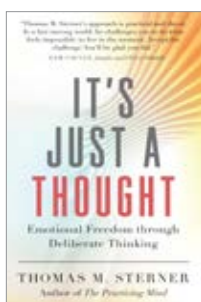
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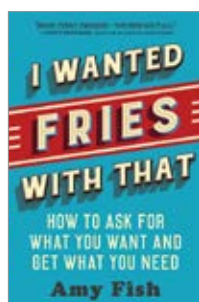
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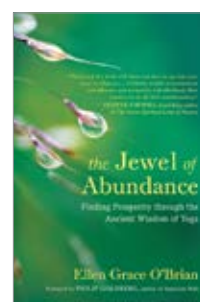
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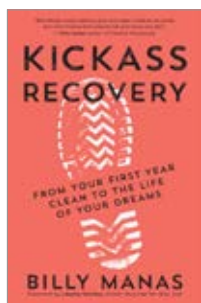
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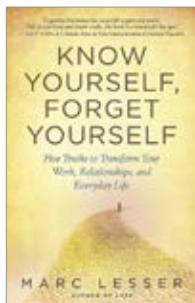


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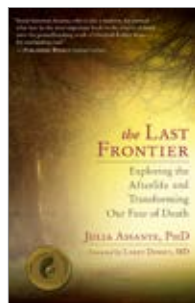
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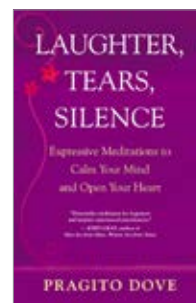
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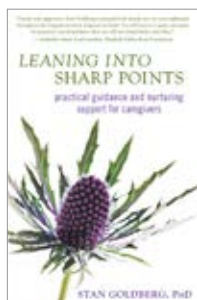
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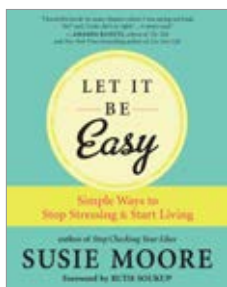
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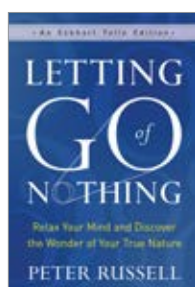
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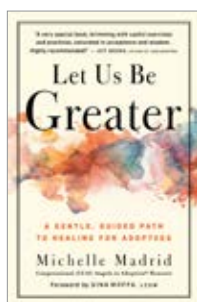
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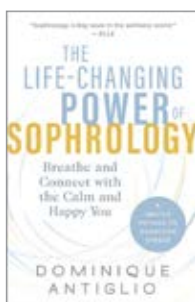
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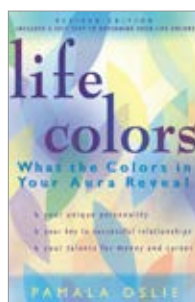
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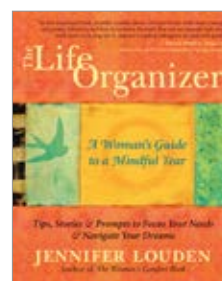
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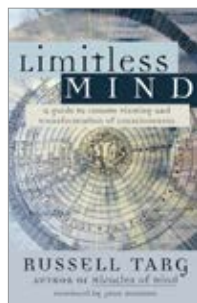


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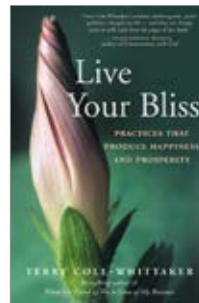
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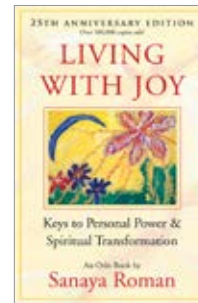
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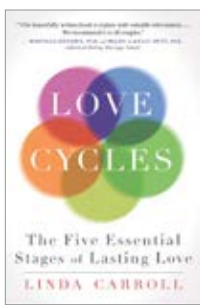


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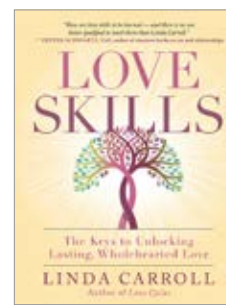
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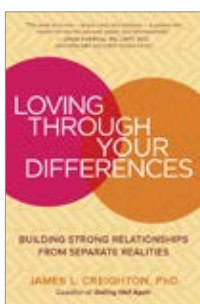
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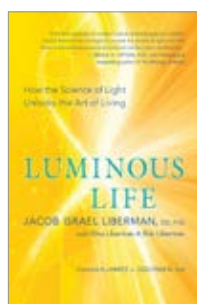
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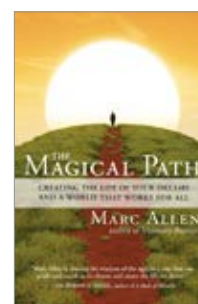
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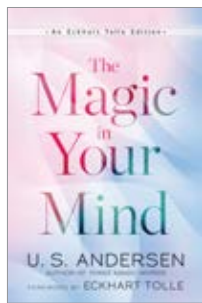
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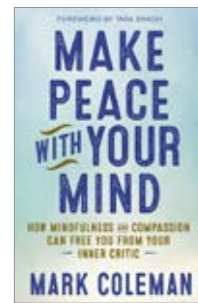


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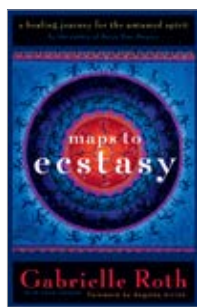
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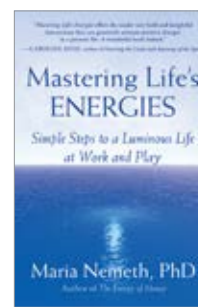
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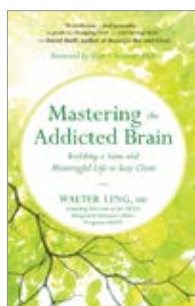
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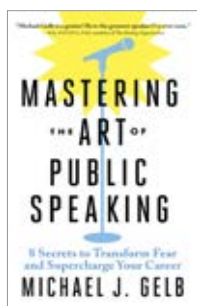
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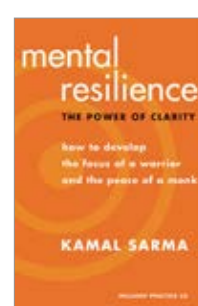
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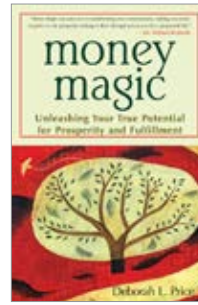
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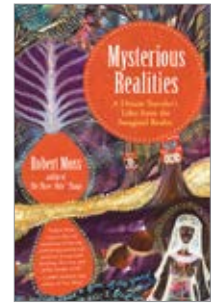
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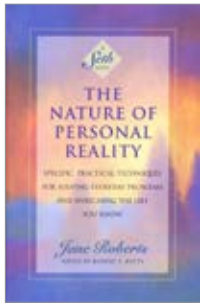
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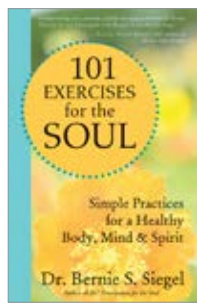
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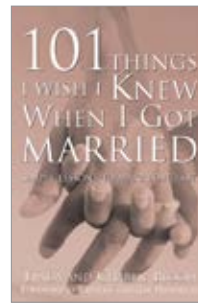
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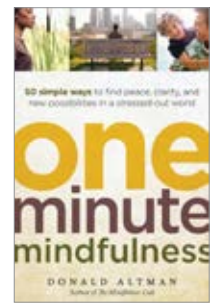
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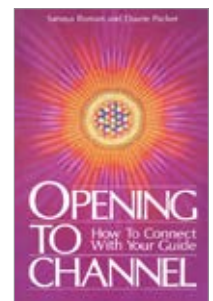
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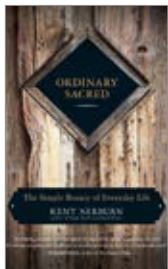
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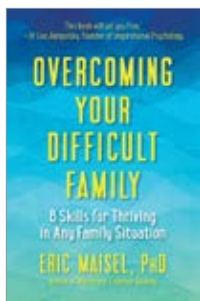
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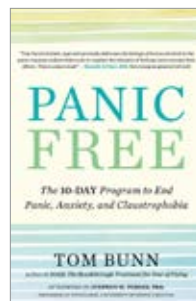
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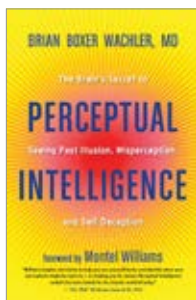
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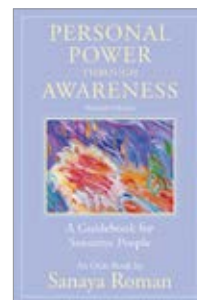
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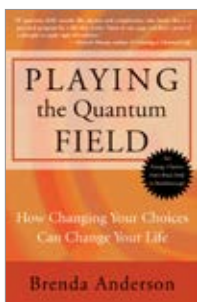


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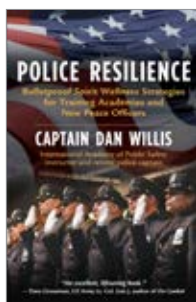


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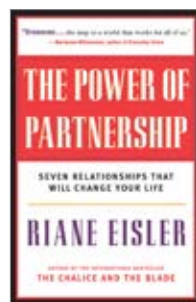
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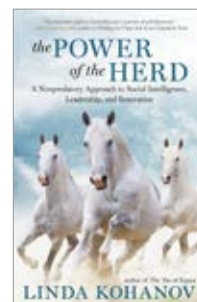
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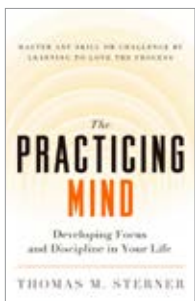
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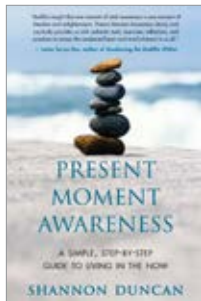
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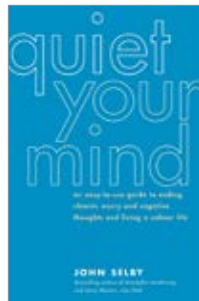
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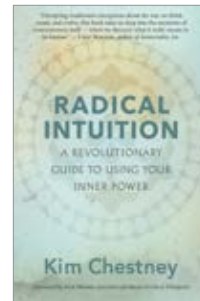
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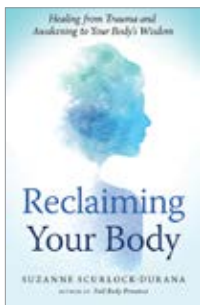
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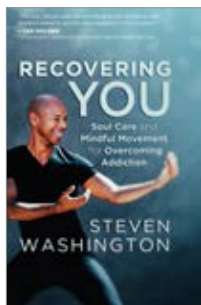
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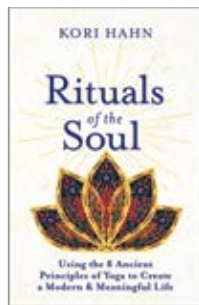
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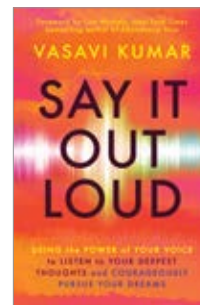
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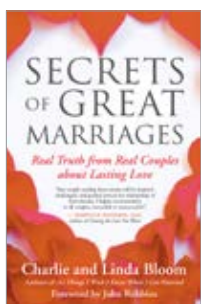
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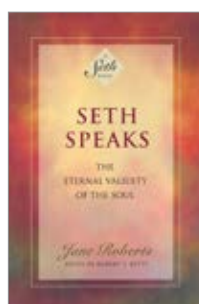
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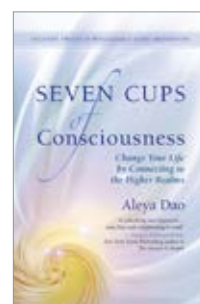
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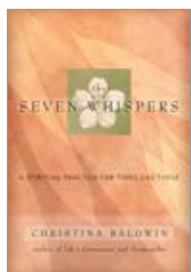
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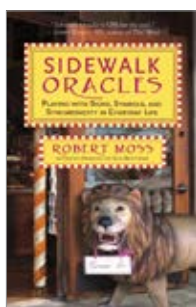


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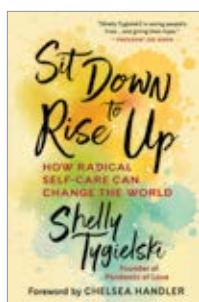


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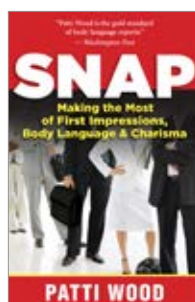
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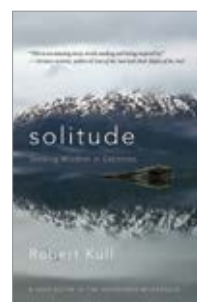
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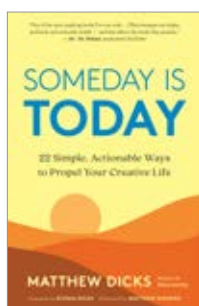
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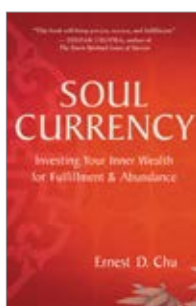
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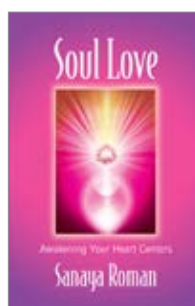
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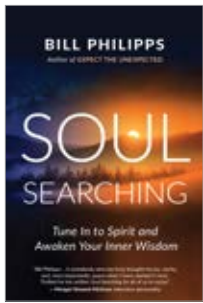


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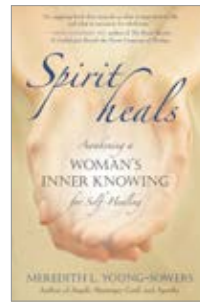
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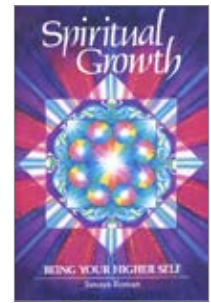
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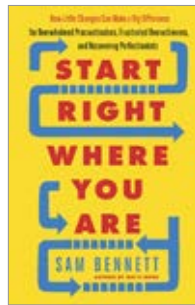
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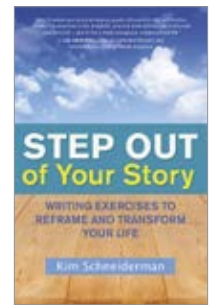
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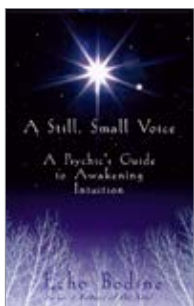
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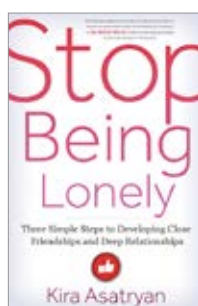
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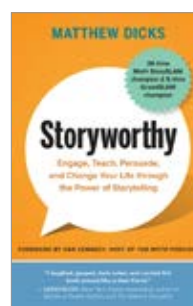
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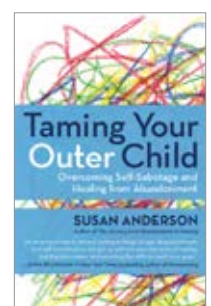


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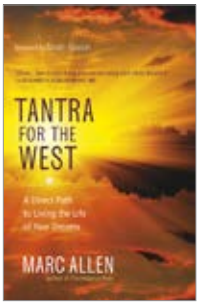


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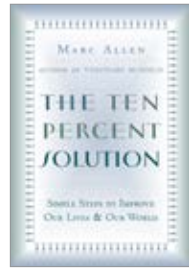
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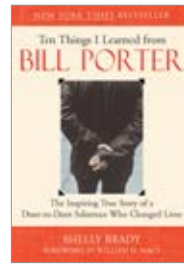
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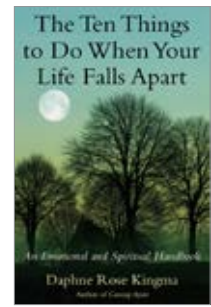
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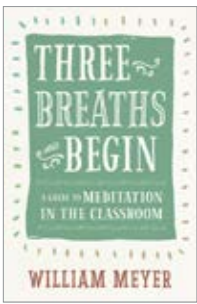
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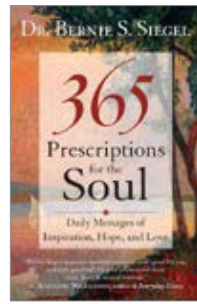
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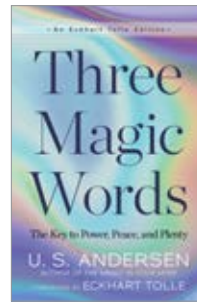
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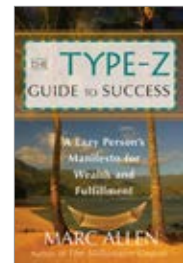
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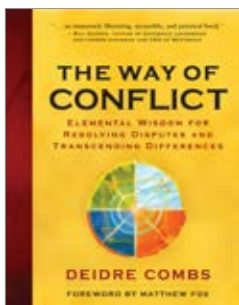
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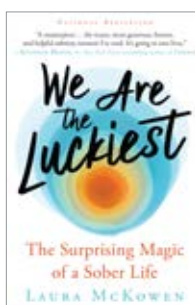
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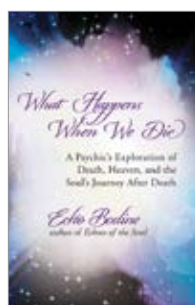


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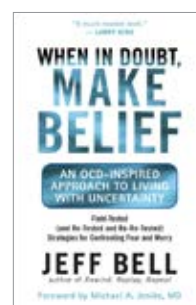


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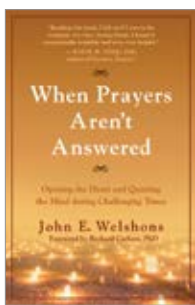
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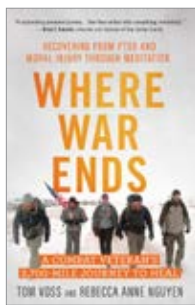
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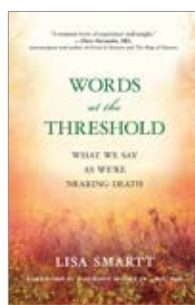
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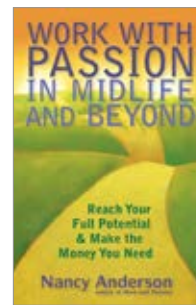
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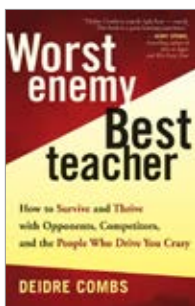
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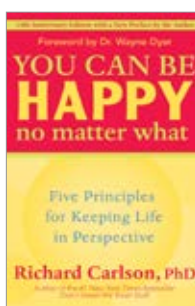
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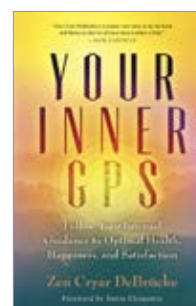


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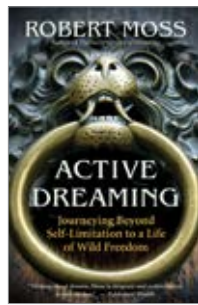
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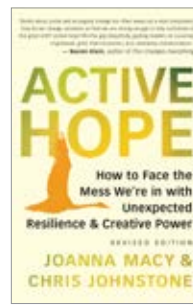
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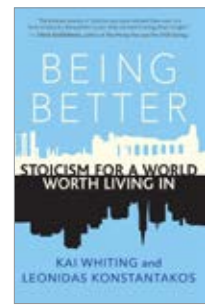
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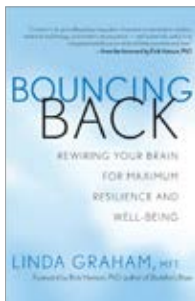
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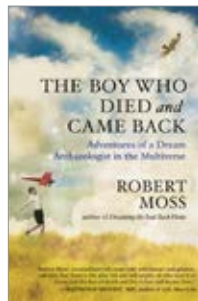
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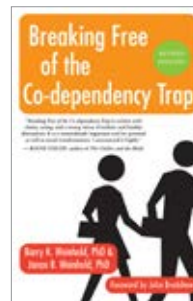
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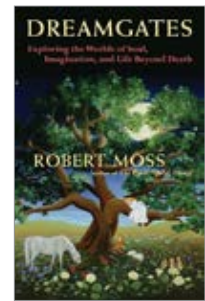
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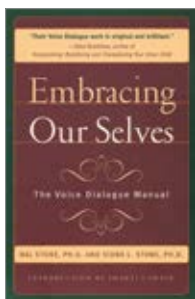
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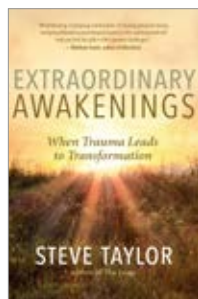
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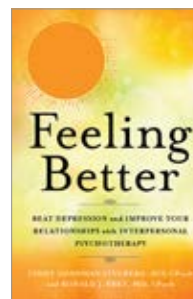
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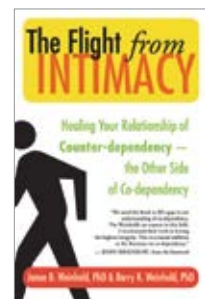
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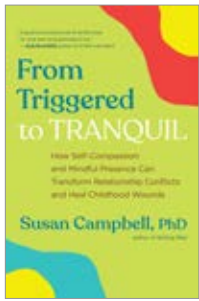
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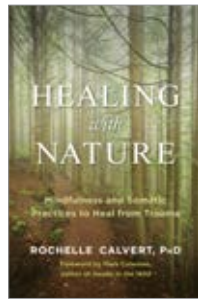
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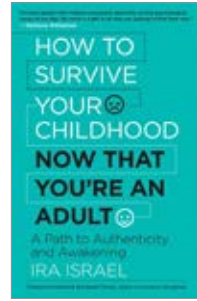
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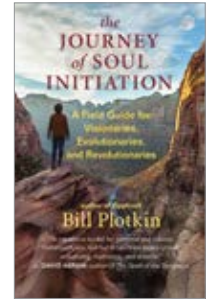
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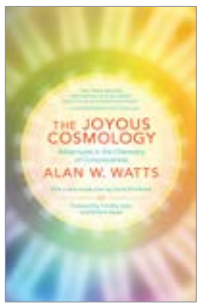
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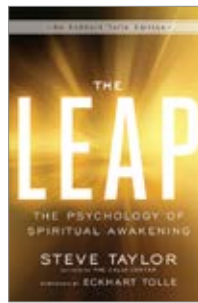
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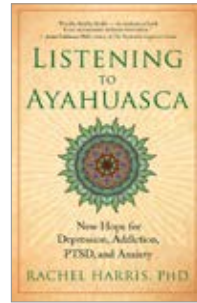
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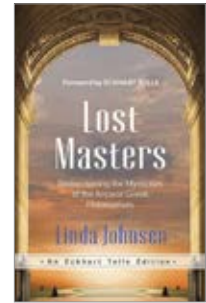
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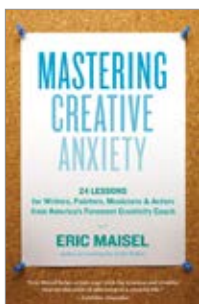
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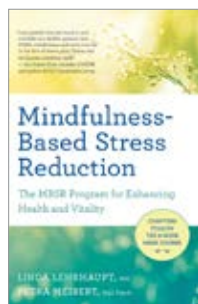
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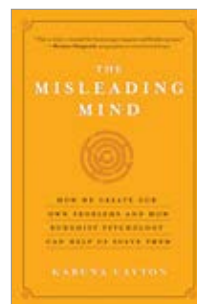
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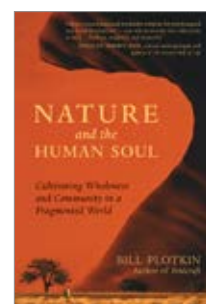
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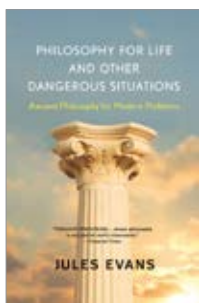
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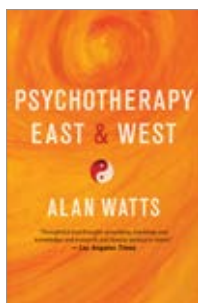


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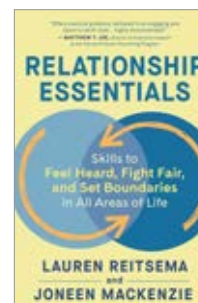


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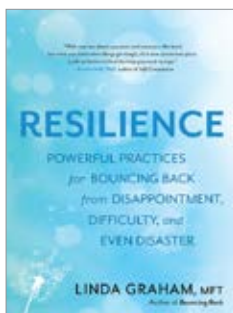


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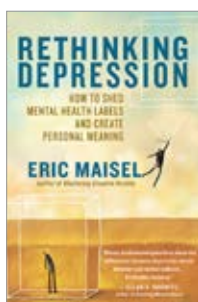


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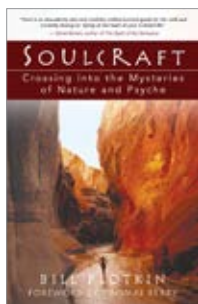


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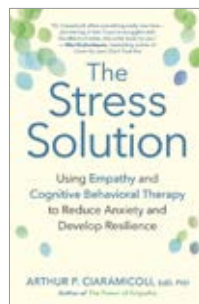
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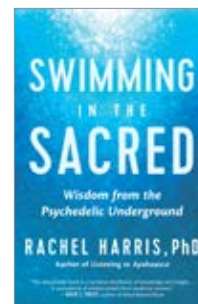


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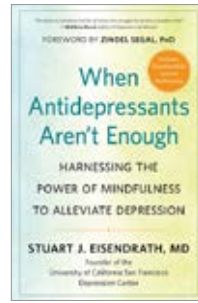
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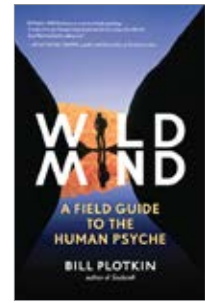
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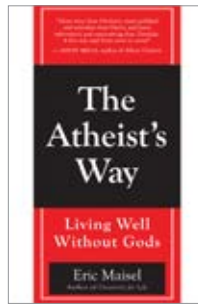
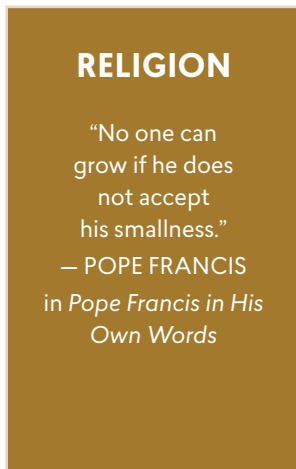
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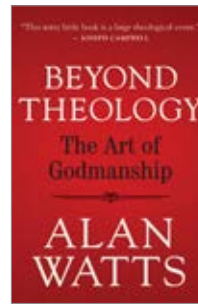
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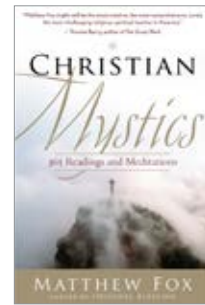
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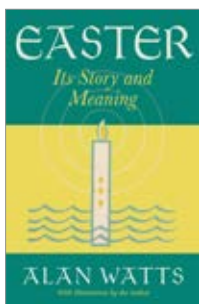
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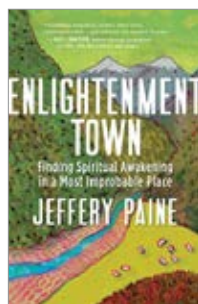
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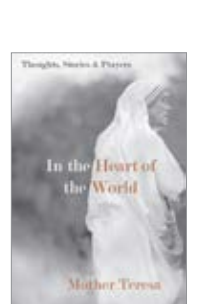
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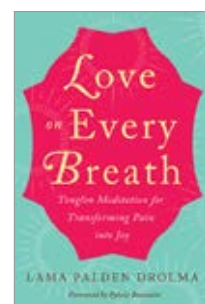
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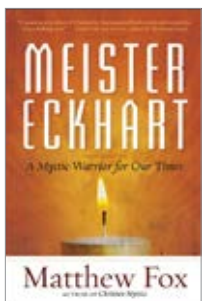
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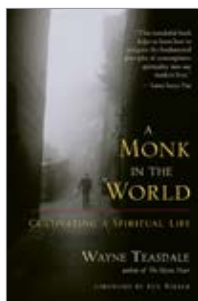


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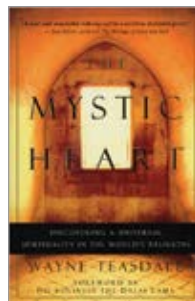
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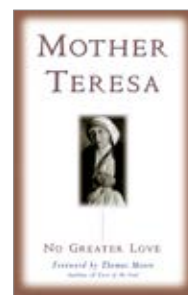
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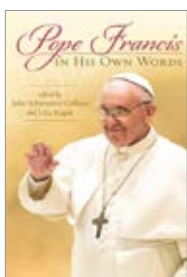


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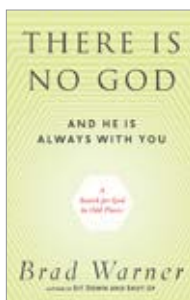


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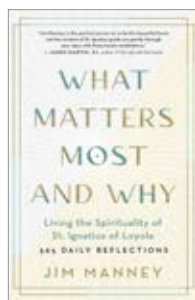
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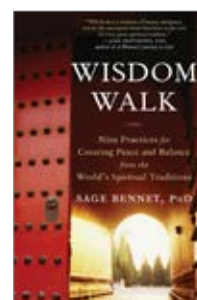
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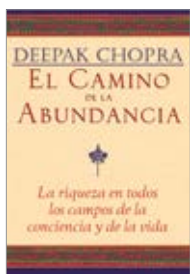
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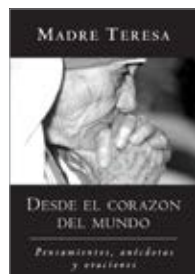
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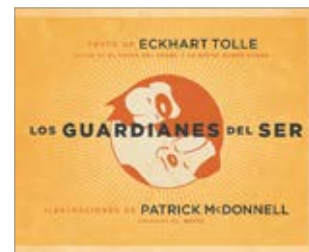
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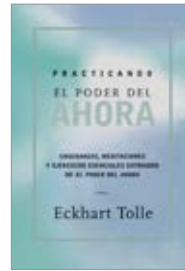


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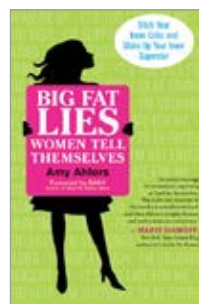
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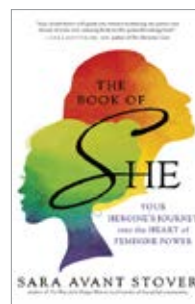
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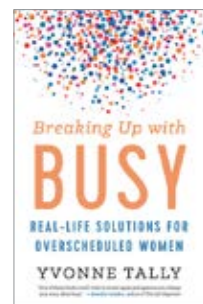
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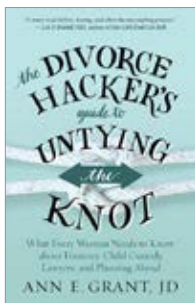
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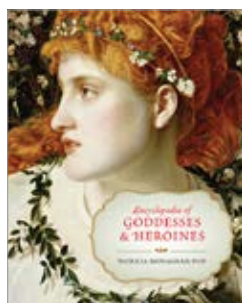


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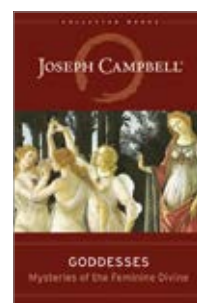


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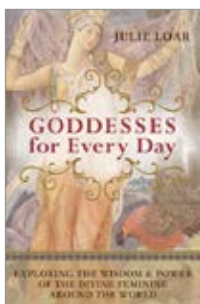
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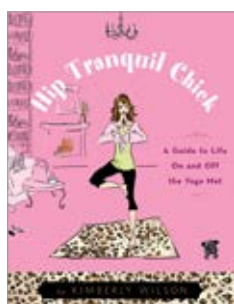


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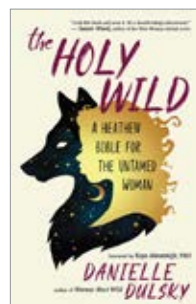


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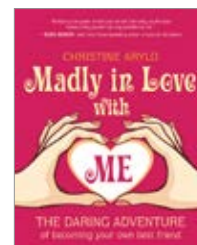
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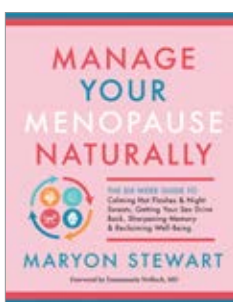


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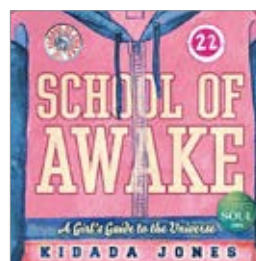


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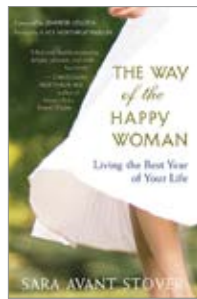
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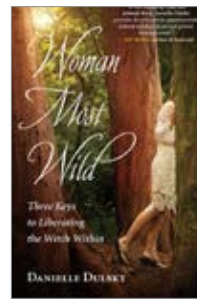
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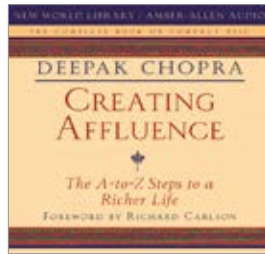
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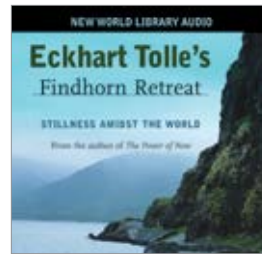
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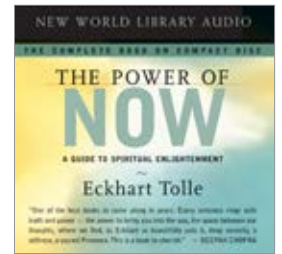
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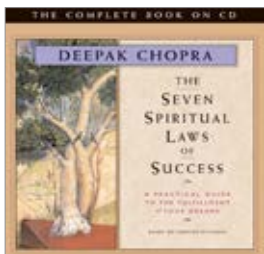
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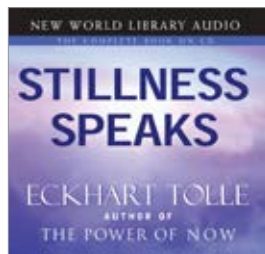
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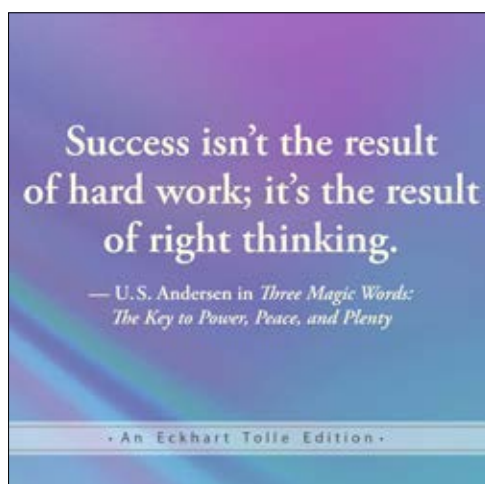
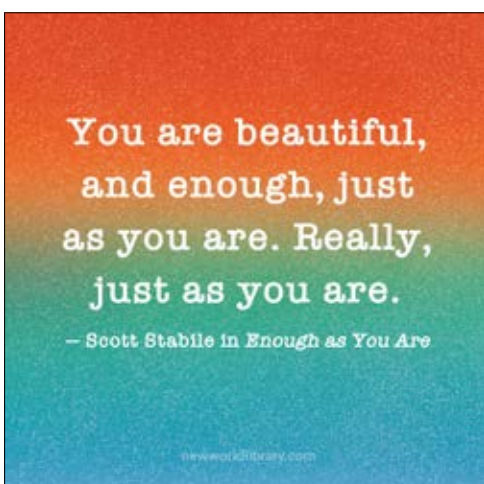
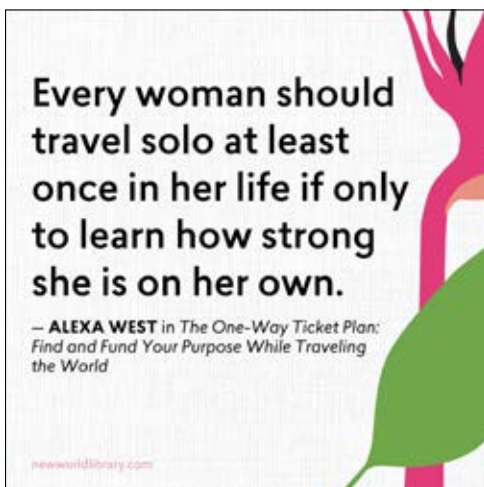
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