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Books To Live By

New Titles and Best-Selling Backlist, Spring 2017
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- For Beginners
- AEON Books
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- Ozark Mountain Publishing
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- Plain & Simple Series
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- Viva Editions Bestsellers
- March is Women’s History Month
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Caring for the Dying
The Doula Approach to a Meaningful Death
Henry Fersko-Weiss, LCSW
An Open Center Book

*Caring for the Dying* describes a whole new way to approach death and dying. It explores how the dying and their families can bring deep meaning and great comfort to the care given at the end of a life. Created by Henry Fersko-Weiss, the end-of-life doula model is adapted from the work of birth doulas and helps the dying to find meaning in their life, express that meaning in powerful and beautiful legacies, and plan for the final days. The approach calls for around-the-clock vigil care, so the dying person and their family have the emotional and spiritual support they need along with guidance on signs and symptoms of dying. It also covers the work of reprocessing a death with the family afterward and the early work of grieving.

Emphasis is placed on the space around the dying person and encourages the use of touch, guided imagery, and ritual during the dying process. Throughout the book Fersko-Weiss tells amazing and encouraging stories of the people he has cared for, as well as stories that come from doulas he has trained and worked with over the years.

What is unique about this book is the well-conceived and thorough approach it describes to working skillfully with the dying. The guidance provided can help a dying person, their family, and caregivers to transform the dying experience from one of fear and despair into one that is uplifting and even life affirming. You will see death in a new light and gain a different perspective on how to help the dying. It may even change the way you live your life right now.

Related Backlist

**Peaceful Passages**

- Paper: $16.95 (CAN $24.95)

**Safe Passage**

- Paper: $18.95 (CAN $27.95)

March • Conari Press
Family / Death / Dying
eISBN: 978-1-63341-036-7
Hardcover • $24.95 • CAN$35.95
6 x 9 • Pages: 240
Rights: Red Wheel/Weiser
Market: World
Author Residence: New York, NY

*Featured in the New York Times; Author Is a Pioneer in His Field*

About the Author

Henry Fersko-Weiss, LCSW, is executive director of the International End-of-Life Doula Association. In 2003, Henry created the very first End-of-Life Doula Program in the US at a hospice in New York City and has built many other programs based on his model. His work has been featured in the *New York Times*, the *San Francisco Chronicle*, and elsewhere. He is on the faculty of the Open Center’s Art of Dying Institute. Visit him at www.inelda.org. Photo credit: Sky Dylan-Robbins
The Forgiveness Book
Healing the Hurts We Don't Deserve
D. Patrick Miller
Foreword by Frederic Luskin

Forgiveness is the science of the heart; a discipline of discovering all the ways of being that will extend your love to the world and discarding all the ways that will not. This is a book about growing up, becoming whole, connecting to others, and becoming comfortable in one's own skin. It is inspirational, healing, and programmatic.

Miller explores the facts of forgiveness, including forgiving others, forgiving oneself, and the results of following the path of forgiveness. Also included is a section on forgiveness exercises (including journaling, making amends, and practicing patience).

This is a broadly based spiritual and self-help book. Rooted in the philosophy of A Course in Miracles and drawing from other spiritual teachings (including Christianity, Sufism, Buddhism, the I Ching, and Jungian psychology), The Forgiveness Book is for those interested in spirituality, wholeness, and living a better and more fulfilling life.

“What a beautiful book—clearheaded, generous, and profound lush simplicity.” —Wally Lamb, author of I Know This Much Is True

About the Author
D. Patrick Miller is an author and publisher living in Northern California. You can contact him at www.fearlessbooks.com.

“This helped me go to a deeper level on my own path of forgiveness. It is a wonderful book!” —Louise Hay, author of You Can Heal Your Life

“This. D. Patrick Miller makes an advanced form of forgiveness approachable, without compromising on its profound and startling message. . . . I highly recommend this book to all spiritual seekers. You won’t be able to put it down.” —Gary Renard, author of The Disappearance of the Universe

“We all need what this book offers.” —Dr. Bernie Siegel

Related Backlist

52 Ways to Live the Course in Miracles
D. Patrick Miller
Foreword by Frederic Luskin
978-1-57324-684-2
Paper $16.95
(CAN $24.95)

The Little Book of Letting Go
978-1-57324-692-7
Paper $16.95
(CAN $24.95)
Pope Francis' Little Book of Compassion
The Essential Teachings
Compiled by Andrea Kirk Assaf

Pope Francis is a pope of the people, and his teachings have been praised and shared by the faithful and nonreligious alike. Exploring themes universal to all people, Pope Francis' Little Book of Compassion offers inspiration and hope from one of the world's great spiritual leaders. In it, the Holy Father explores how living a life of compassion can be practiced in five areas of life: prayer, mercy, forgiveness, solidarity, and charity.

Pope Francis appears to be changing the face of Roman Catholicism. He has infused the fusty institution with openness and optimism, faced off against established power interests within the Vatican, reformed the Church's finances, and, most importantly, asked that Catholics approach one another and non-Catholics with candor, humility, and love. He has made the papacy and the Church relevant once again.

Words from Pope Francis:
“A little bit of mercy makes the world less cold and more just.”
“There is so much indifference in the face of suffering. May we overcome indifference with concrete acts of charity.”

About the Compiler
Andrea Kirk Assaf has covered three pontificates for Inside the Vatican magazine and several other news outlets. She divides her time between Rome and Remus, Michigan.

March • Hampton Roads Publishing
Religion
Paper + flaps • $14.95 • CAN$20.95
4.25 x 5 • Pages: 400
Rights: Hampton Roads Publishing
Market: US and Canada
Author Residence: Rome/Remus, MI

Also compiled by Andrea Kirk Assaf

March • Hampton Roads Publishing
Religion
Paper + flaps • $14.95 • CAN$20.95
4.25 x 5 • Pages: 400
Rights: Hampton Roads Publishing
Market: US and Canada
Author Residence: Rome/Remus, MI
The Mythic Journey
Use Myths, Fairy Tales, and Folklore to Explain Life's Mysteries
Liz Greene and Juliet Sharman-Burke

Greek gods, Norse heroes, Polynesian tricksters, and Native American warriors—they all have lessons to teach us.

Since the beginning of time, human beings have relied on myths, fairy tales, and fables to explain life's mysteries. Bringing a fresh perspective to these age-old tales, Liz Greene and Juliet Sharman-Burke reveal how seekers today can find comfort and support in the legends and lore of the past.

The Mythic Journey explores the psychological themes of many mythical traditions, recounting stories from Greco-Roman, Hebraic, Egyptian, Celtic, Norse, and various Eastern civilizations. More than 50 myths are beautifully retold, and each is followed by a psychological overview explaining how we can apply the story to our own lives.

The Mythic Journey is a handbook for human life, guiding readers from the conflicts of family and childhood, through problems of love, intimacy, and ambition, and ultimately to the point when we must face our own mortality. We discover that true self-knowledge comes through facing life's challenges with courage and strength; that beauty, talent, power, and wealth bring their own forms of suffering; and that in the darkness of loneliness, failure, and loss, we have always discovered new light and new hope.

About the Authors
Liz Greene is a world-renowned analytic psychologist and leading authority on mythology, astrology, and psychology. She is the author of numerous books, including Astrology for Lovers and The Mythic Tarot.

Juliet Sharman-Burke is a practicing psychotherapist and noted authority on the tarot and astrology.

March • Weiser Books
Self-Help
ISBN: 978-1-57863-616-7
eISBN: 978-1-63341-050-3
Paper + flaps • $16.95 • CAN$24.95
5.5 x 8.5 • Pages: 240
Rights: Eddison Books, LTD
Market: World English
Author Residence: England

Related Backlist
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978-1-57324-591-3
Hardcover $22.95 (CAN $32.95)

The Hero and the Goddess
978-0-8356-0878-7
Paper $18.95 (CAN $27.95)

Also by Liz Greene
Astrology for Lovers
978-1-57863-626-2
Paper $18.95 (CAN $27.95)
Welcome to the Jungle, Revised Edition

Facing Bipolar Without Freaking Out

Hilary Smith

“I wrote Welcome to the Jungle because it’s the book I should have been given when I was diagnosed.” Bipolar disorder is one of the most commonly diagnosed psychiatric conditions among teens and twentysomethings, yet there are few books out there written specifically for this demographic.

This revised edition comes with a new foreword by the author, a revised and expanded discussion on diagnosis, an updated chapter on medication, a new chapter on alternative approaches, a revised and expanded chapter on symptoms, and updated resources. New research on the causes and risk factors for bipolar disorder are also included along with tools for observing patterns and making gentle changes to daily routines that can have a profound effect.

Going bravely where no other bipolar book has gone before Welcome to the Jungle offers devastatingly on-target, honest—and riotously funny—insights into living with bipolar and answers some of the hardest questions facing people newly diagnosed.

“The Revised Edition of a Stand-Out Book on Bipolar Disorder with 25,000 Copies Sold!”

“Among the wealth of works on bipolar, this title (wisely pulled from a Guns N’ Roses lyric) nicely stands out as a super reference for younger readers interested in or actually experiencing bipolar disorder and is also a valuable resource for professionals.” —Library Journal

About the Author

The subject of mental health has fascinated Hilary Smith since being diagnosed with bipolar disorder in college. She is the author of the novels Wild Awake and A Sense of the Infinite, both of which explore the themes of mental health and illness. She lives in Northern California. Visit her at www.hilarytsmith.com. Photo credit: Gabriel Jacobs

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Leaving the OCD Circus
978-1-57324-681-1
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March • Conari Press
Psychology
ISBN: 978-1-57324-695-8
eISBN: 978-1-63341-054-1
Paperback • $16.95 • CAN$24.95
5.5 x 8.5 • Pages: 224
Rights: Red Wheel/Weiser
Market: World
Author Residence: Northern California
Enter the magical realm of the shaman and develop your hidden shamanic skills.

The Celtic Shaman’s Pack offers direct access to the inner cosmos of the Celts, enabling you to make contact with the powerful archetypes to be found there. This pack constitutes your “shaman’s pouch”—your very own collection of items imbued with magical or mystical significance, offering a bridge between the world of the everyday and the world of unseen reality that is a part of every shaman’s training.

The cards represent key aspects of the Celtic universe, providing you with a set of shamanic journey coordinates. By working with the images on a daily basis for divination and discovery, you will learn to journey on the visionary path and gain a heightened understanding of yourself as well as insight into your true-life direction.

About the Author and Illustrator

John Matthews is a practicing shaman of more than 20 years and a leading authority on grail and Arthurian legends. He is the author of numerous successful works that include a variety of divination systems based on early spiritual beliefs and titles such as The Wildwood Tarot (with Mark Ryan) and Celtic Totem Animals. Visit John online at www.hallowquest.org.uk.

Chesca Potter has illustrated several books and decks including The Greenwood Tarot.
Out of Australia
Aborigines, the Dreamtime,
and the Dawn of the Human Race

Steven and Evan Strong

Foreword by Michael Tellinger, author of Slave Species of the Gods

“Could rewrite world history.” — Graham Hancock

In their startling new book, Steven and Evan Strong challenge the “out-of-Africa” theory. Based on fresh examination of both the DNA and archeological evidence, they conclude that modern humans originated from Australia, not Africa.

The original Australians (referred to by some as Aborigines), like so many indigenous peoples are portrayed as “backward” and “primitive.” Yet, as the Strongs demonstrate, original Australians had a rich culture, which may have sown the first seeds of spirituality in the world. They had the technology to make international seafaring voyages and have left traces in the Americas and possibly Japan, Southern India, Egypt, and elsewhere. They practiced brain surgery, invented the first hand tools, and had knowledge of penicillin.

This book brings together 30 years of intensive research in consultation with elders in the original Australian community. Among their conclusions are the following:

- There is evidence that humans existed in Australia 40,000 years before they existed in Africa.
- There were migrations of original Australians in large boats throughout the Indian/Pacific rim.
- Three distinct kinds of Homo sapiens are found in Australia.
- There is evidence from the Americas that debunks the “out-of-Africa” theory.

“No longer is the theory of creation out of Africa.
It’s here in Australia with the Originals.” — Michael Tellinger

About the Authors

Steven Strong is a secondary school teacher with a background in Aboriginal archaeology and education. He co-wrote two units of the Master of Aboriginal Studies program for Sydney University and the New South Wales Department of Education.

Evan Strong has bachelor of social science degree with majors in psychology/archaeology- anthropology/sociology and counseling. Photo credit: Samarah Wood

Related Backlist

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978-1-932857-84-9
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Paradigm Busters
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Paper $16.95 (CAN $24.95)

Disinformation Guide to Ancient Aliens, Lost Civilizations, Astonishing Archeology & Hidden History
978-1-938875-03-8
Paper $21.95 (CAN $31.95)
Discover the Secrets and Symbolism of Each Tarot Card Through This Innovative Coloring Book

Tarot by Design Workbook
Learn and Color Your Way into the Cards
Diana Heyne

Featuring original color-in images of the 22 major arcana and the 56 images of the minor arcana, Tarot by Design Workbook is a coloring book for students of the tarot and all those who find tarot symbolism intriguing.

The book contains original coloring-ready images illustrated by the author, Diana Heyne, and an additional 78 unique learning page designs, one to accompany each card. Geared toward an enjoyable and intuitive understanding of the basic meanings of the tarot through coloring, brief word prompts and short rhythmic phrases, Tarot by Design Workbook aims to make the foundational learning of tarot a pleasurable task for beginners and others who would like to deepen their connection with the symbolic images. Included in the book is room for journal-like interaction with each image as well as fresh interpretations of time-honored imagery approached through coloring.

Unlock the mystery and magic, secrets and symbolism of the tarot through this serious, yet fun, teaching tool that engages both intuition and intellect.

About the Author
Diana Heyne is an American multidisciplinary artist now living in France. Her extensive art background includes a piece in the White House collection: an ornament for the annual Christmas tree. Diana comes from a family steeped in mysticism and has studied divination and other esoterica since childhood. She has an active Etsy shop where she sells fairy furniture and dollhouses.

March • Weiser Books
Tarot
Paperback • $16.95 • CAN$24.95
8.5 x 10 • Pages: 176
Color-in images
Rights: Red Wheel/Weiser
Market: World
Author Residence: France

Related Backlist
The Witches' Almanac Coloring Book
978-1-881098-41-6
Paper $12.00
(CAN $18.00)

Learning the Tarot
978-1-57863-048-6
Paper $24.95
(CAN $35.95)
The Witching Herbs
13 Essential Plants and Herbs for Your Magical Garden
Harold Roth

Harold Roth is a leading authority on plants and herbal magic. His new book, *The Witching Herbs*, is an in-depth exploration of 13 essential plants and herbs most closely associated with witchcraft—13 because it’s the witching number and reflects the 13 months of the lunar calendar. The plants are poppy, clary sage, yarrow, rue, hyssop, vervain, mugwort, wormwood, datura, wild tobacco, henbane, belladonna, and mandrake.

*The Witching Herbs* offers a vast amount of esoteric information that is not easily found elsewhere and will be greeted enthusiastically by those who already have extensive experience and libraries. However, because Roth writes simply and clearly, this material will be accessible to all readers. *The Witching Herbs* is unique in that it combines mysticism with practical instructions for growing each plant, based on Roth’s 30 years of gardening expertise. Each chapter focuses on one plant and includes information on its unique plant spirit familiar, clear how-to instructions for magical projects, and pragmatic information on growing and cultivating.

Roth writes, “This book is a great choice for intermediate-to-advanced witches who would like to work more closely with the traditional witching herbs, especially the baneful plants with their rather difficult spirits. Working directly with spirits is one of the fundamentals of the Craft.”

*The Witching Herbs* is the essential plant-worker’s guide. Roth is not only a successful gardener, but also a magician and scholar of the occult. No other book blends clear, practical gardening techniques with equally lucid and sophisticated plant magic so successfully.
Add the Secrets of Astrology to Your Investing Strategy

The Beginners Guide to the Financial Universe
An Introduction to the Role of the Sun, Moon, and Planets in Financial Markets
Christeen H. Skinner

Written in response to the demand from clients and astrology students, this book provides an introduction to the financial universe, illustrating the role of the Sun, Moon, planets, and major planet cycles in market movements.

In The Beginners Guide to the Financial Universe, financial astrologer Christeen Skinner takes a step-by-step approach to understanding how the events in the solar system affect market movements. Starting with the sunspot cycle and moving on to seasonality charts and lunar trading, she presents information in an easy-to-read style. As viewed from Earth, the planets each have periods when they appear to be retrograde, i.e., moving backward relative to Earth. These periods and their correlation with market activity are considered along with the role Mars plays as it moves through each sign of the zodiac. The phases of a recognized 20-year business cycle—the exact period between one conjunction of Jupiter and Saturn and the next—are also explored. The concluding chapter offers date, time, and place data that can be used for further investigation.

Chapters include the following:

- The Sunspot Cycle and the Markets
- Seasonality Charts and Key Dates
- Trading with Mercury and Venus
- The Role of Mars in Commodity Trading
- The Jupiter-Saturn 20-Year Business Cycle
- Charts of Key Markets and Indices

About the Author
Christeen H. Skinner is a practicing astrologer and the director of Cityscopes London, a company specializing in future casting. She holds a diploma from the Faculty of Astrological Studies where she also taught for a decade, and she was the chair of the Astrological Association of Great Britain. Christeen offers a free monthly newsletter service now in its 8th year.

March • Ibis Press
Astrology
ISBN: 978-0-89254-224-6
eISBN: 978-0-89254-640-4
Paperback • $21.95 • CAN$38.95
8.5 x 11 • Pages: 208
Charts
Rights: Nicolas-Hays, Inc.
Market: World
Author Residence: London, England

Also by Christeen H. Skinner

March • Ibis Press
Exploring the Financial Universe
Paper $22.95
(CAN $32.95)
don Miguel Ruiz's
Little Book of Wisdom
The Essential Teachings
Compiled by don Miguel Ruiz, Jr.

Don Miguel Ruiz is the author of *The Four Agreements*, *The Mastery of Love*, and numerous other best-selling books. He is also one of the most influential spiritual teachers on the planet, having touched the lives of millions of people around the globe.

No one has been more affected by his teachings than his own son, don Miguel Ruiz, Jr., who has compiled his father's wisdom into one small but extremely powerful book. The essential teachings in this comprehensive work come from don Miguel's recorded lectures, workshops, interviews, and most importantly, the private moments between a father and his son. This book is a wonderful edition to the Ruiz family's existing literature and will especially appeal to those who enjoyed *The Four Agreements*.

Inspiration, Guidance, and Daily Wisdom Based on the Teachings of One of the World's Best-Loved Teachers

About the Compiler
don Miguel Ruiz, Jr. is a Nagual, a Toltec Master of Transformation. He is also a direct descendant of the Toltecs of the Eagle Knight lineage. Visit don Miguel online at www.miguelruizjr.com. Photo credit: Nicolo Sertorio

Also by don Miguel Ruiz, Jr.

The Five Levels of Attachment
978-1-938289-45-3
Paper $14.95
Hardcover $18.95
(CAN $21.95)

The Mastery of Self
978-1-938289-52-8
Hardcover $19.95
(CAN $28.95)

Living a Life of Awareness
978-1-938289-23-1
Paper $16.95
(CAN $24.95)
This is a book about identity, calling, and living a life infused with meaning and purpose. Janet Conner confronts the three big questions that every thoughtful person asks: Who am I? Why am I here? What is my purpose?

Janet’s premises are as follows: each of us has a divine purpose, and each of us contains a divine GPS to the soul—an inner guide. And she believes it is critical that each of us connect with that inner guide in order to embrace our individual spiritual gifts and discover our true purpose.

Finding your soul’s divine purpose, says Conner, is not just one thing, it is a whole package of things including gifts, talents, teachers, symbols, stories, and even shadows, wounds, and woes. Unwrapping that package is why we are here and is what enables us to live a life infused with meaning and joy.

In 7 chapters, Conner leads the reader on a journey of self-discovery. She instructs readers to:

- Feed your divine spark.
- Listen to your soul’s stories.
- Honor your soul’s birth choice.
- Remember your soul’s divine purpose.
- Revisit, reset, and remember your past.
- Serve your soul’s divine purpose.
- Live a life you love.

Conner’s writing is inclusive, wise, generous, and practical. Filled with meditations, anecdotes, and exercises, this book will appeal to a wide range of spiritual seekers looking for purpose, happiness, and love.

Also by Janet Conner

- **Writing Down Your Soul**
  - 978-1-57324-356-8
  - Paper $18.95 (CAN $27.95)

- **The Lotus and the Lily**
  - 978-1-57324-586-9
  - Paper $18.95 (CAN $27.95)

- **Soul Vows**
  - 978-1-57324-642-2
  - Paper $17.95 (CAN $25.95)

- **The Soul Discovery Coloring Book**
  - 978-1-57324-685-9
  - Paper $14.95 (CAN $21.95)
Psychics, Healers, & Mediums

A Journalist, a Road Trip, and Voices from the Other Side

Jenniffer Weigel

Since the dawn of time, people have been fascinated by those who claim to have extraordinary psychic abilities. The fascination has reached a fever pitch with the rise of modern media.

It is safe to say that many of these folks are either extraordinary frauds or extraordinarily deluded. But could some of them be legitimate? Do some people actually possess psychic gifts that can be used to help and heal?

For 20 years, Emmy Award-winning journalist Jenniffer Weigel has been interviewing and investigating mediums, psychics, and healers. She became particularly interested in this topic after the death of her father in 2001. “I felt that as a journalist, it was my duty to go behind the scenes with these people who claim they can talk to dead people or heal the sick and really pull the curtain back on these so-called ‘gifts.’”

This book provides in-depth interviews with today’s top mediums, psychics, and healers, including Thomas John, Judith Orloff, Concetta Bertoldi, Caroline Myss, Echo Bodine, Rebecca Rosen, Paul Selig, and Michael Bodine. In addition to the interviews, each chapter contains readings for both Weigel and an individual previously unknown to the medium, psychic, or healer. In short, Weigel puts these psychically gifted people to the test—and the results are startling and profound.

This is for fans of the book’s psychic participants and for people fascinated with communication with the dead, the idea of an afterlife, and the possibility of nontraditional healing.

Also by Jenniffer Weigel

Stay Tuned
978-1-57174-669-6
Paper $16.95
(CAN $24.95)

I’m Spiritual. Dammit!
978-1-57174-634-4
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About the Author


Photography

APRIL

April • Hampton Roads Publishing
New Age / Afterlife / Energy Medicine
ISBN: 978-1-57174-776-1
eISBN: 978-1-61283-388-0
Paperback • $16.95 • CAN$24.95
5.5 x 8.5 • Pages: 224
Rights: Hampton Roads Publishing
Market: World
Author Residence: Evanston, IL
The Everything Answer Book
How Quantum Science Explains Love, Death, and the Meaning of Life
Amit Goswami, PhD

Goswami's basic premise is that quantum physics is not only the future of science, but is also the key to understanding consciousness, life, death, God, psychology, and the meaning of life. Quantum physics is an antidote to the moral sterility and mechanistic approach of scientific materialism and is the best and clearest approach to understanding our universe. In short, quantum physics is indeed the theory of everything.

Here in 17 chapters, Dr. Goswami and his friends and colleagues discuss, among other things, how quantum physics affects our understanding of:

- Zen
- Thoughts, feelings, and intuitions
- Dreams
- Karma, death, and reincarnation
- God's will, evolution, and purpose
- The meaning of dreams
- The spiritualization of economics and business, politics and education, and society itself

This fascinating new book will appeal to a wide array of readers, ranging from those interested in the new physics to those captivated by the spiritual implications of the latest scientific breakthroughs.
A Little Book of Mystical Secrets
Rumi, Shams of Tabriz, and the Path of Ecstasy

Maryam Mafi

Foreword by Narguess Farzad, Senior Tutor in the Faculty of Languages and Culture at the University of London

At long last, an accessible little book that focuses on the teachings of Rumi’s teacher and inspiration, Shams of Tabriz. Included in this slim, charming volume is a biographical sketch of the great Sufi teacher and mystic and a new translation of 500 of his core teachings that bring into fresh focus the meaning and mysteries of life and love.

There are many books on Rumi and many translations of his works and yet most readers are unaware of how Rumi became a mystic. Shams, an Arabic word that means the sun, was the catalyst that converted the rather resolute and ascetic Rumi, the cleric and teacher, into Rumi, the passionate disciple of the religion of love. He was the agent of the propulsive mystical energy that transformed Rumi the reticent into Rumi the ecstatic poet.

Rumi lovers, spiritual seekers, and devotees of the mystical path will meet this little book of wisdom and mystical secrets with enthusiasm.

I shall not place you in my heart
For you may get hurt by its wounds.
I won’t keep you in my eyes
For I may belittle you and expose you to the ridicule of common men.
I will hide you inside my soul, not in my heart or in my eyes, so that you may become one with my breath.

Also by Maryam Mafi

Rumi’s Little Book of Life
978-1-57174-689-4
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Rumi’s Little Book of the Heart
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Rumi Day by Day
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Paper w/flaps $14.95
(CAN $21.95)

Rumi’s Little Book of Love
978-1-57324-267-7
Paper $16.95
(CAN $24.95)
Quotes That Will Change Your Life
A Curated Collection of Mind-Blowing Wisdom

Edited by Russ Kick

The right quotation can change your life. That condensed idea—expressed in just a few words or a sentence or two—can shift your thinking, trigger an epiphany, and alter your way of seeing the world. The wisest, most experienced, and most thoughtful people in history have left us these little thought-bombs, and this book collects them. Surprising, jolting, discomfiting, and comforting insights urge us to live a full, unbridled life, question authority and reality, relate to fellow humans, create, risk, love, live with uncertainty, and stay sane in an insane world.

Poets, philosophers, scientists, musicians, artists, presidents, mystics, activists, academics, and others rub shoulders here and give us the benefit of their hard-earned wisdom, breakthroughs, breakdowns, bad choices, sudden illuminations, and lightning wit. Sharing some of life’s most important lessons are William Blake and Bruce Lee, Abraham Lincoln and Lorrie Moore, Fyodor Dostoevsky and Terence McKenna, René Magritte and St. Teresa of Avila, Zelda Fitzgerald and James Baldwin, and hundreds more.

Neatly arranged into topics that everyone wonders about, this inspirational volume is filled with rousing insights and challenging thoughts that will appeal to anyone who is searching, anyone who doesn’t fit in, anyone who questions the way things are . . . which is to say, everyone.

About the Editor

Russ Kick is an editor and writer. The New York Times referred to him as “an information archaeologist,” and Utne Reader named him one of its 50 Visionaries Who Are Changing Your World. Among his many popular books are Everything You Know Is Wrong, Death Poems, and 100 Things You Are Not Supposed to Know. Photo credit: Russ Smith

Previously published as Flash Wisdom, 9781938875120
“Lucky Jim rivets the reader . . . and then delivers.” —Carl Bernstein

“Lucky Jim is Jim Hart’s memoir, the story of how he survived a violent childhood home, found incredible words inside him, created a love that was both so right and so wrong, and finally found the strength to be his true self.

Jim is a master at building relationships. Charming, funny, and a great listener with a guru’s insight, his success in life and business was based on his ability to connect with others, from people recovering in 12-step groups in Upstate New York to those living in the rarified air of Martha’s Vineyard. But after 20+ years sober, one slip-up triggered an active addiction that threatened his relationships with his then-wife, singer-songwriter Carly Simon, his recovery friends, his severely disabled son, and even with himself as he began to confront his sexuality.

“Jim weaves his tale between the various seemingly opposing strands of his life. . . . Then there was our magical chance meeting and marriage and life on Martha’s Vineyard, his own struggles as a writer and a harrowing relapse into active alcoholism, and exploration of long-hidden parts of himself. Recovery comes with loss. Time gives and takes away. And Jim’s words chronicle with rare lyricism and wit the feelings that these events evoke.” —Carly Simon

About the Author
James Hart is a former business executive and CEO of the award-winning literary magazine, DoubleTake. His collection of poems, Milding, was published in 2004. For several years he was a board member of the National Council on Alcoholism, and in 2005 he cofounded OUT for Work, a career fair development program for the LGBT community in New York City. Jim lives in New York City and is currently very active in the LGBT and recovery communities there.

April • Cleis Press
Personal Memoir
Paperback • $17.95 • CAN$25.95
6 x 9 • Pages: 240
Rights: Start Midnight, LLC.
Market: World
Author Residence: New York, NY
At a time when we seek closer connection with the natural world, *The Druid Craft Tarot Deck* invites us to celebrate the earth and the rhythm of her seasons. This acclaimed deck created by practicing Druids combines the two great streams of Western pagan tradition—Wicca and Druidry. Its powerful images have emerged from a vast store of teachings and story-telling rooted in the past, and also from the ancient concepts of numerology, which have provided the artist, Will Worthington, with inspiration from Sacred Geometry.

The Druids revered animals as sacred guides, guardians, and protectors. This beautifully illustrated deck and accompanying booklet draws from the wellspring of ancient Celtic tradition, bring healing and offering intuitive knowledge. From the interpretations of the card spreads and the lore given, one will gain powerful insights and receive positive guidance for the future.

The animals depicted on the beautifully drawn cards are presented in a sequence starting with the Blackbird, who stands at the Gateway, the Place of Beginnings, calling us to adventure and change, and concluding with the Seal—the card of love and the necessity for choice in a world that is both joyous and challenging. The text presents a summary of the Druid, Celtic and native teachings, concerning twenty-nine animals and four dragons. In addition, there are three blanks cards that can be used to draw animals that are personal to the reader.

About the Authors/Illustrator

**Stephanie Carr-Gomm** trained as a scenic artist at the Guildhall School of Music and Drama, and has since worked as a freelance artist and administers the training program of the Order of Bards, Ovates and Druids. **Philip Carr-Gomm** is Chief of the Order of Bards, Ovates and Druids and the author of a number of works on Druidry. **Will Worthington** has worked as an illustrator for thirty years. His interest in the ancient past and in Arthurian and Celtic mythology is reflected in high paintings and drawings, and he has created the card artwork for *The Druid Animal Oracle*, *The Green Man Tree Oracle*, and *The Wildwood Tarot*. 
Fairies, Pookas, and Changelings
A Complete Guide to the Wild and Wicked Enchanted Realm

Varla Ventura

While it’s true that fairy folk love a good garden and take great pleasure in a tulip, there are dozens of beasties who fall under the fairy domain that are not quite as delightful as the quintessential flower fairy. This book is an exploration of the many things that go bump in the night near the fairy mound. Along with an exploration of folklore and historical literature, readers will delight in fairy tales that demonstrate everything from striking a bargain with a fairy to staving off changelings to laughing with the dwarves.

Included are fairy tales and myths from Wales, Scotland, Ireland, and Scandinavia plus classic stories by Thomas Crofton Croker, Joseph Jacobs, Clara Stroebe, the Brothers Grimm, Hans Christian Andersen, Yei Theodora Ozaki, and others on goblins, trolls, gnomes, pookas, changelings, banshees, and more!

Chapters include:

• Fairy, Fae, Faerie Way: What Is a Fairy, Anyway?
• The Hand That Rocks the Cradle: Changelings and Baby Snatchers
• I’m Not Drunk, It’s My Pooka: The Legacy of the Trickster Fairy
• I Begged You Not to Stay: What You Might Meet at the Crossroads
• A Fear of Little Men: Leprechauns, Hobgoblins, House Elves, and Other Little Things

If you think fairies are merely delicate beings who follow you about on gossamer wings, you are in for quite a shock: the kingdom of the fairy is one of vengeance, thievery, trickery, and wild creatures. Consider yourself warned!

Also by Varla Ventura

Also by Varla Ventura

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Laurence J. Brahm, an international crisis mediation lawyer and developmental economist, is the founder of the Himalayan Consensus, an economic development model that emphasizes the integrity of ecosystems as a basis for socio-economic development. Laurence is also the founder of Shambhala Seraim, which was featured in Forbes Magazine and recognized by the Pope’s Pontifical Council for Justice and Peace. He is the author of more than 30 books on the political economy of China and Asia. His passion for exploration in the Himalayan region led to three National Geographic expeditions in search of the mythical kingdom called Shangri-la, for which he was elected a fellow of the Explorer’s Club in 2015. These three books, illustrated with stunning full-color photographs, chronicle his journey to lands now closed to the outside world and soon lost to time.

Searching for Shangri-La
Himalayan Trilogy Book I
Laurence Brahm

In 2002, author, filmmaker, and economist Laurence Brahm, inspired by James Hilton’s novel Lost Horizon and his own quest for meaning, began his search for Shangri-la. Some say that Shangri-la can be found in sacred Tibet, or maybe in wild Qinghai; others believe it can be found in artistic Yunnan in the southwest of China. The author discovered the spiritual truth that Shangri-la is not a place; rather, it is a state of mind.

As Brahm hitchhiked through western China, well off the beaten track, he recorded the interior changes and illuminations he experienced as his consciousness expanded far beyond the everyday cares of his years of urban life in Beijing. The insights of his journey and his meetings with others who searched for their own versions of Shangri-la, helped him to understand that the archetypal goal he sought was actually a state of consciousness. Shangri-la may be found in a cup of café latte or yak-butter tea—if we search carefully enough and with mindfulness and compassion.

Searching for Shangri-la is the first book of the Himalayan Trilogy. The reader will discover the need for fresh economic paradigms that call for compassionate capital, the empowerment of people, and prioritization of the environment. Spirituality can be more powerful than materialism. The need for sustainability has rarely been so beautifully and eloquently defended.
Inspired by James Hilton’s 1933 novel *Lost Horizon*, Laurence Brahm went in search of the mystical realm of Shangri-la, traveling along the ancient Tea and Horse Road in Yunnan Province of southwest China.

Starting in the capital city of Kunming, Braham traveled from Dali to Lijiang and past the Tiger Leaping Gorge to Zhongdian and Deqin and finally to the sacred Kawagebo Mountain. Each region has its own culture and ethnic tradition and is trying to preserve the old way of life while adapting to the economic realities of modern life and tourism. Along the way, Laurence met various individuals—including the famous Chinese dancer Yang Liping—and learned of a movement of conscious people fighting against the onslaught of modernism to preserve their cultures and identities. They shared with him stories about the misty mountains that stand majestically in this land “south of the clouds,” and explained how such mountains are sacred to all who live in these regions.

Following the *Shambhala Sutra*—an ancient manuscript written by Penchen Lama over two hundred years ago—Laurence Brahm started his journey to Shambhala in Lhasa and continued deep into the harsh regions of Tibet.

*Shambhala Sutra* presents Brahm’s expedition across western Tibet’s Ngari region where he learned that the ancient sutra was actually a metaphorical guidebook. He traces a route embedded with riddles through deserts and mountains. The lessons learned from this journey (as told in the sutra as a prophecy) are that shortsighted greed, war, and failure to protect our environment will cause kingdoms and empires to vanish. Mankind’s future depends on ensuring a sustainable planet through more holistic economics, empowering communities and people, and preserving our environment. These are the messages hidden in the *Shambhala Sutra*. 
Herbs, Plain & Simple

The Only Book You'll Ever Need
Over 100 Recipes for Health and Healing

Marlene Houghton

There have been many books written on herbal medicine. This book differs from most because it is based on the empowerment model, which aims to help people take responsibility for their own health.

Houghton helps readers tackle everyday ailments and takes the guesswork out of using herbs to keep them feeling well. Herbal medicine is useful for a range of common complaints, and gentle and effective herbs can offer benefit where conventional medicine sometimes fails.

Included is this concrete and practical primer are all the essentials you need to know about healing herbs and their properties. Among the topics covered are:

- A brief history of herbalism
- An overview of how herbs heal
- An herb glossary that includes how to use herbs and the benefits of each
- The body's systems and the herbs that make them work better
- An herb dictionary

In a world that is becoming more and more illness and disease focused, it is clearly important for individuals to learn about natural therapies and take their health into their own hands. By educating yourself in the use of traditional herbalism, you can attain a high level of wellbeing, and you will only need to consult a conventional doctor when you have a problem that only a medically qualified professional can handle.

About the Author

Marlene Houghton, PhD, is a nutritional counselor, educator, author, and lecturer on natural therapies and the historical use of herbs who teaches people how to stay well. She lives in England.

April • Hampton Roads Publishing
Health
eISBN: 978-1-61238-378-1
Paperback • $14.95 • CAN$21.95
5.5 x 8 • Pages: 176
Line art throughout
Rights: Hampton Roads Publishing
Market: World except UK
Author Residence: England
Midlife Is Not a Crisis
Using Astrology to Thrive in the Second Half of Life

Virginia Bell
Foreword by Steven Forrest

*Midlife Is Not a Crisis* combines astrology, inspiration, and wisdom about aging to empower people to live more fully in the second half of life. It is based on the generational life cycles we all share at certain ages, from the Saturn Return at 29 and Midlife, which peaks at 42, all the way to the Uranus Return at 84. These cycles are the great crossroads of life, and each cycle is a journey in itself. Strung together they offer a road map to life’s most challenging and rewarding passages. In every decade there are trials, lessons, and losses; in this we have no choice. Our freedom lies in how we respond—consciously or unconsciously, awake or asleep. The planet that governs each cycle acts as a wise elder or guide and holds the key to navigating the cycle successfully. This book tells the story of these cycles and provides a guide to living consciously and well.

We are aging differently from the way we did in the past—we are not only living longer, we are staying healthy and vital longer as well. *Midlife Is Not a Crisis* motivates people to grow and prosper at any age. Ultimately it is a practical guidebook for our later years that shows us what to expect as we age and helps us make the most of our journey to becoming whole.

*About the Author*

Virginia Bell has been a full-time astrologer since the 1990s, and currently writes a horoscope column and celebrity profiles for the CBS magazine, *Watch!*. She’s a regular contributor to the *Huffington Post* and has written astrology columns for magazines including *TV Guide* and *US Weekly*. Visit Virginia online at www.virginiabellastrology.com. Photo credit: Irene Young

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*April • Weiser Books
Astrology
eISBN: 978-1-63341-046-6
Paperback • $18.95 • CAN$27.95
6 x 9 • Pages: 264
Rights: Red Wheel/Weiser
Market: World
Author Residence: New York*
Raising Cooperative Kids
Proven Practices for a Connected, Happy Family

Marion Forgatch, PhD,
Gerald Patterson, PhD, and Tim Friend

Not since Dr. Spock’s *The Common Sense Book of Baby and Child Care* published in 1946 has there been such a comprehensive book on parenting. *Raising Cooperative Kids* focuses on children from toddlerhood to early teens, picking up where Spock’s book leaves off.

Patterson, who was one of the leaders of the behavioral movement in psychology, gets straight to the heart of the power struggle that begins when children learn to speak and interact with others. This fight for power is at the core of every tantrum and argument that will ever occur between parents and children. Together, Patterson and Forgatch give parents the formula to overcome this struggle and make children want to cooperate. Their parenting techniques tap deep-rooted human instincts, making them universal and easy to use no matter where you live or how your family is structured. Developed over 40 years of practice and tested in clinical studies, these techniques enable parents to teach their children new behaviors, change unwanted behaviors, and reduce family conflicts.

Unlike most parenting books, the focus is first on changing the behaviors of parents and giving them proven tools to bring out the best in their children. Specific guidance is included for issues ranging from how to share the bathroom during the morning rush to what to do when a child misbehaves. The authors also remind us of the importance of play—enjoying each other and sharing time and activities together is the cornerstone of a happy family.

*Raising Cooperative Kids* is the only parenting book you will ever need.

About the Authors

Marion S. Forgatch, PhD, is the senior scientist emerita at the Oregon Social Learning Center and a frequent lecturer at professional conferences. She is the coauthor with Dr. Patterson of *Parents and Adolescents*. Gerald R. Patterson, PhD, was the founder of the Oregon Social Learning Center and was well known for his pioneering work in child psychology. His awards included the Distinguished Scientific Award from the American Psychological Association. He died in 2016. Tim Friend has two decades of experience as a national reporter covering science and medicine.
Awaken Your Inner Fire

Ignite Your Passion, Find Your Purpose, and Create the Life That You Love

HeatherAsh Amara

Best-selling author HeatherAsh Amara invites you to find your inner spark and fan it into a flame that burns with passion through every aspect of your life. This bright inner fire is, in reality, the joy of living. However, it can become cloudy and obscured if it is not nourished. This book is an antidote to the apathy, unhappiness, and depression that sets in when you forget to pay attention to and tend your inner fire.

Filled with exercises, meditations, and anecdotes that demonstrate how easy it is to fall into negative patterns of thought and behavior, Amara provides a game plan for working on your four energy bodies (mental, emotional, physical, and spiritual) and for:

• Freeing yourself from old agreements
• Healing old traumas
• Dispensing with false beliefs
• Facing the future with courage and hope

Take an emotional healing journey and experience passion in your life. Resolve the issues from the past, fan the flames of your inner fire, and live the life you truly desire and deserve.

About the Author

HeatherAsh Amara is the founder of Toci—the Toltec Center of Creative Intent. She has studied and taught extensively with don Miguel Ruiz, author of The Four Agreements, and continues to teach with the Ruiz family. She lives in Austin, Texas. Visit HeatherAsh online at www.heatherashamara.com.

Also by HeatherAsh Amara

May • Hierophant Publishing
New Age / Personal Transformation
ISBN: 978-1-938289-64-4
eISBN: 978-1-938289-65-1
Paperback • $17.95 • CAN$25.95
5.5 x 8.5 • Pages: 176
Rights: Hierophant Publishing
Market: World
Author Residence: Austin, TX
Last Things
A Graphic Memoir About ALS
Marissa Moss

Last Things is the true and intensely personal story of how one woman coped with the devastating effects of a catastrophic illness in her family.

Using her trademark mix of words and pictures to sharp effect, Marissa Moss presents the story of how she, her husband, and her three young sons struggled to maintain their sense of selves and wholeness as a family and how they continued on with everyday life when the earth shifted beneath their feet.

After returning home from a year abroad, Marissa’s husband, Harvey, was diagnosed with ALS. The disease progressed quickly, and Marissa was soon consumed with caring for Harvey while trying to keep life as normal as possible for her young children. ALS stole the man who was her husband, the father of her children, and her best friend in less than 7 months.

This is not a story about the redemptive power of a terminal illness. It is a story of resilience—of how a family managed to survive a terrible loss and grow in spite of it. Although it’s a sad story, it’s powerfully told and ultimately uplifting as a guide to strength and perseverance, to staying connected to those who matter most in the midst of a bleak upheaval. If you’ve ever wondered how you would cope with a dire diagnosis, this book can provide a powerful example of what it feels like and how to come through the darkness into the light.

About the Author
Marissa Moss has written more than 50 children’s books, from picture books to middle-grade and young adult novels. Best known for the Amelia’s Notebook series (over 5 million sold), her books are popular with teachers and children alike. Barbed Wire Baseball, her latest picture book, won the California Book Award gold medal. Marissa is also the founder of Creston Books, an independent children’s publishing house. Visit her at www.marissamoss.com.
“Before reading Marissa Moss’ *Last Things* I was unaware of how profoundly moved I could be by a graphic novel. With her gentle touch and brave honest voice we experience how completely one’s life and expectations be changed with a single devastating diagnosis. I absolutely loved *Last Things!*” —*Luisa Smith*, Book Passage, Corte Madera, CA

“An important book that needs to be in the world. It’s a hard read, but sometimes surviving and resilience is what makes people stronger. Ultimately that’s what *Last Things* celebrates, not dying, but strength, the strength our families give us.”

—*Kathleen Caldwell*, A Great Good Place for Books, Oakland CA
The I Ching, or Book of Changes, is a mix of Taoist and Confucianist philosophies that has evolved over many centuries and may be the oldest book in existence. Its main philosophy is that nothing is static and everything changes over time, so our task is to adjust to the ebb and flow of changing circumstances. The I Ching can help us:

- Make decisions
- Manage sensitive relationships
- Tap into our creative insight and intuitive power

The I Ching can be extremely complex, filled with poetry and philosophy. In *I Ching, Plain & Simple*, Kim Farnell has made the divination system as modern, straightforward, and user-friendly as possible—pick it up and put it to use quickly and easily, without any fuss or confusion. It is the ultimate guide to the I Ching.

**About the Author**

**Kim Farnell** has been a professional astrologer since 1990. She has taught astrology and lectured extensively in the UK and many places around the world. Kim has an MA in cultural astronomy and astrology and is the author of several books including *Runes, Plain & Simple*.

Greenaway takes a contemporary approach to Wicca, also known as witchcraft, and shows you how to use it as a healing and positive force. Practice magic with tarot cards, agents, and pendulums; cast love, health, wealth, family happiness, and career spells; and discover which herbs are beneficial when conducting spells and rituals. Greenaway makes these life-affirming, ancient Wiccan traditions meaningful and accessible to us today by providing a basic understanding of the key elements of Wiccan practice, including:

- Lunar magic
- Initiation
- Herbs and gardens
- Pendulum power
- Animal magic

Eminently practical, *Wicca, Plain & Simple* also includes over 25 spells for beginning practitioners that range from fertility spells and money spells, to love spells and much more.

**About the Author**

**Leanna Greenaway** is the co-founder of the Psychic Study Centre and lives in the south of England. Leanna can be reached online at www.leannagreenaway.co.uk.
According to common wisdom, we all have a book inside of us. Every author calls on, crystallizes, and shades his or her life experiences to craft fiction, whether they’re writing world-bending sci-fi or a thinly veiled autobiography. It is precisely those most conflict-ridden moments of our lives—the tragedies, humiliations, and terrors—that shape the best stories. But how do we select and then write our most significant story—the one that helps us to evolve and invites pure creativity into our lives; the one that people line up to read? In *Rewrite Your Life*, creative writing professor, sociologist, and popular fiction author Jess Lourey guides you through the redemptive process of writing a healing novel that recycles and transforms your most precious resources—your own emotions and experiences.

This fact-to-fiction process provides not only the essential building blocks of best-selling novels, but is also personally transformative. Based on the process the author developed and field-tested in the wake of her husband’s suicide, *Rewrite Your Life* is devoted to the practice of discovering, healing, and evolving through fiction writing. It combines research, practical and engaging guidance, and personal experience to meet readers where they are and take their creativity and personal growth to the next level.

Tender, raw, and laugh-out-loud funny, *Rewrite Your Life* offers both a map and a compass for those seeking to harvest their life experiences to heal, lead a more authentic life, and craft a rich, powerful work of fiction.
The book of Revelation encoded information and astrological data into a text whose mysterious symbols and dramatic storyline have fascinated and confused scholars and religious people for 2,000 years. This groundbreaking study demonstrates that The book of Revelation’s ancient author(s) possessed extensive and sophisticated knowledge of the sky and the patterns therein that influenced the text’s most dramatic prophesies, which were all based on observation of past events and calculations of future patterns.

Don Cerow scientifically explains the astronomical facts of the vernal equinox and its changing relation to various stars and constellations. These various alignments and intersections herald great changes in the development of our planet. We learn how various historical events reflected certain astronomical alignments in the past and how we may anticipate the effects of such events in the future. The book includes numerous tables and black-and-white illustrations.

About the Author
Don Cerow is a certified National Council for Geocosmic Research level 4 astrologer who has been practicing astrology since 1972 and whose primary focus is on how astrology evolved from the mythology and astronomy of ancient peoples. He is the author of When the Dragon Wore the Crown. Visit him at www.athenasweb.com.

Lay your future out before you with tarot cards. Once you know how to interpret them, you can understand yourself and others better and be able to accurately predict what’s going to happen in the future.

This is an accessible and easy guide that teaches you how to use the tarot. Fenton’s guidelines combined with the reader’s intuition makes using the cards easy and fun. She provides the meaning of each card and suggestions for spreads that can be used for a variety of purposes—from focusing on the consequences of a particular situation to resolving a particular question to providing clarity on personal relationships. She also shows us how to link the cards together in a life narrative.

About the Author
Born in Bushey, near London (UK), Sasha Fenton became a professional astrologer, palmist, and tarot card reader in 1974, but she tailed off her consultancy business once her writing career took off. She has written 127 books, mainly on mind, body, and spirit subjects, with sales of more than 6.5 million copies and translations into 12 different languages.
Instant Tarot
Your Complete Guide to Reading the Cards
Monte Farber and Amy Zerner

The Instant Tarot unveils the mysteries of the tarot for beginners and experts alike with nothing to memorize. Insightful, easy to use, and fun—this book is like getting a reading from an expert advisor in the privacy of one’s own home.

Best-selling authors Monty Farber and Amy Zerner provide concise interpretations of every card in every position of the classic Celtic Cross tarot spread. There is a quick-read guide and sample questions that can be easily personalized. Also included are quick one-card and three-card readings.

The unique do-it-yourself method:

- Works with virtually any tarot deck
- Interprets every card, in every position
- Provides sample questions you can easily personalize

“Each card is interpreted according to the position in which it appears . . . no other book we know of offers this degree of specificity.”
—Publishers Weekly

“We found the information unnervingly on target.” —US Magazine

About the Authors
Monte Farber and Amy Zerner are the authors of 45 popular spiritual books and oracles, with more than 2,000,000 books—including Karma Cards, The Psychic Circle, and The Enchanted Tarot—in print around the world and in 14 languages. They are bloggers and conscious-content contributors to several websites and blogs. Visit them at www.enchantedworld.com

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Flower essences are herbal infusions, or decoctions, made from the flowering parts of plants that uniquely address emotional and mental aspects of wellness. The first 38 flower remedies were formulated by British physician Dr. Edward Bach in the 1930s, but new remedies from other plant species are now available.

This book provides a helpful introduction to flower essences—what they are and how to use them. Topics covered include the following:

- How to choose essences
- How to make a bottle of essences
- Essences and their stories
- Cases studies: true stories of how essences helped
- A glossary of more than 60 essences and their uses

This is the essential introductory guide for anyone interested in alternative health, aromatherapy, and vibrational health.

About the Author

Linda Perry is a qualified advanced practitioner in flower and vibrational essences and an accredited member of the British Flower & Vibrational Essence Association. She launched her own range of essences in 2014. Photo credit: Cluna Donnelly

Chakras, Plain & Simple

The Only Book You'll Ever Need

What They Are and How to Use Them

Sasha Fenton

This accessible and user-friendly book introduces the seven major chakras—those spinning vortexes of energy throughout the body—and presents ways of healing the emotional, mental, physical, and spiritual problems that arise when the chakras are blocked, misaligned, or too open. It also describes how the chakras affect people and provides simple healing techniques, an explanation of the relationship between color and mood, tips for using gemstones to cleanse and energize, and advice for practicing aromatherapy and other complementary systems to channel energy within the body. A brief history of the chakras, a discussion of the relationship between the chakras and astrology, and an exploration of the chakras and kundalini are also included.

This is a book for anyone interested in alternative medicine and for everyone interested in leading healthier, more energetic, and happier lives.

About the Author

Sasha Fenton is a professional astrologer, palmist, and tarot card reader. She has written more than 120 books that have appeared in 12 different languages. She lives in the United Kingdom.
Live Through This
Surviving the Intersections of Sexuality, God, and Race
Clay Cane

This powerful book couldn’t come at a more timely juncture. With the murder of transgender women increasing at an alarming rate, our deep misunderstanding of racial identity, and the battle of church and state on same-sex marriages, we are in a cultural war of ideologies where overwhelming prejudices have constricted our basic capacity for compassion and understanding.

Live Through This is a collection of intimate essays about one man’s journey to self-acceptance when his faith, sexuality, and race battled with societal norms. These insightful writings will plant seeds of consideration and inspire readers to stretch beyond society’s predisposed stereotypes. By reading stories about the demographics that live on the fringe of traditions, we gain a deeper awareness of our cultural climate and how we can improve it, starting with ourselves.

Clay Cane grew up in the trailer parks of Washington State and the fatal streets of West Philadelphia. Separately raised by a white mother, who identified herself as culturally black, and an abusive father, who despised Clay’s gender nonconformity, he existed at society’s complex intersections. From enduring spiritual violence in the African-American church, to learning unique lessons from transgender sex workers, to living in the double consciousness of blackness and gayness, each essay is drawn from his experiences and is delivered with vulnerability. Clay uses his narrative for cultural critique and to highlight the most sidelined communities.

Live Through This is an unlikely American story. It is the new American story.
Meditation is a practice that calms the mind and the body in a natural way. Its aim is to quiet or still the mind, which leads to calm awareness without the interference of troublesome thoughts. Meditation can help you focus, relax, and cope with life's twists and turns.

*Meditation, Plain & Simple* is a wise and helpful primer to the practice of meditation. Lynne Lauren not only explains why it is important to meditate, but also demonstrates how simple meditation is for the average person. It can be done anywhere by anyone, and you don’t have to sit on the floor or stand on your head. In addition, she provides a brief overview of the different types of meditation along with more than 50 meditations and visualizations that can be used in different circumstances to reach particular goals.

This book is a lovely introduction for anyone who wishes to slow down, de-stress, and discover how rich life can be!

**About the Author**

*Lynne Lauren* was an English spiritualist and clairvoyant. She was reported to have done psychic readings for a number of famous people in the UK, including Geri Halliwell and JK Rowling. She died in 2012.

Everyone is born with intuitive powers that range from normal to the intense. This book helps readers to discover and to expand their psychic abilities.

Caulfield takes readers on an exciting journey that features stops at the most important psychic waystations. Included here are examinations of the following:

- Telepathy
- Dreams
- Chakras
- Dowsing
- Astral travel
- Scrying
- Mental mediumship

This is a practical accessible guide that makes all things psychic easy to understand and practice.

**About the Author**

*Ann Caulfield* is an astrologer and writer living in London, UK. She began studying astrology in 1984 and went on to earn a certificate and diploma with the Faculty of Astrological Studies in 1990. In 2005 she earned a master’s degree in cultural astronomy and astrology from Bath Spa University.
Play Like a Girl
How a Soccer School in Kenya's Slums Started a Revolution
Ellie Roscher

Growing up and living in Kibera, Kenya, Abdul Kassim was well aware of the disproportionate number of challenges faced by women due to the extreme gender inequalities that persist in the slums. After being raised by his aunts, mother, and grandmother and having a daughter himself, he felt that he needed to make a difference.

In 2002, Abdul started a soccer team for girls called Girls Soccer in Kibera (GSK), with the hope of fostering a supportive community and providing emotional and mental support for the young women in the town. The soccer program was a success, but the looming dangers of slum life persisted, and the young women continued to fall victim to the worst kinds of human atrocities. Indeed, it was the unyielding injustice of these conditions that led Abdul to the conclusion that soccer alone was not enough to create the necessary systemic change.

In 2006, after much work, the Kibera Girls Soccer Academy (KGSA) was established with their first class of 11 girls and 2 volunteer teachers. Today, KGSA is composed of 20 full-time staff, provides a host of artistic and athletic programs for more than 130 students annually, and continues to expand. By providing academics inside and outside of the classroom along with artistic and athletic opportunities, KGSA inspires the young women of Kibera to become advocates for change within their own communities and for Kenya as a whole.

Play Like a Girl tells the KGSA story through Abdul’s voice and vision and the stories of key staff and students. It is written by Ellie Roscher who spent 2 summers doing research at KGSA and several years writing this book.
Katha Sagar, Ocean of Stories
Hindu Wisdom for Every Age
Sarah Conover, with Abhi Janamanchi
Illustrated by Shanthi Chandrasekar

Thousands of years in their telling and retelling, these stories invite readers of all ages to explore one of the world’s most ancient and varied religious traditions. Vivid dramas featuring gods, goddesses, kings, sages, and fools have been selected from ancient Hindu epics, myths, and folk traditions across India.

The stories themselves convey key values such as honesty, generosity, devotion, and justice and also introduce readers to unique religious and cultural observances. The book includes vibrant color illustrations and a resource section that provides background information on Hinduism.

About the Authors and Illustrator

Sarah Conover has written 6 books on world wisdom traditions and the spiritual education of families. Her interests lie in building bridges of understanding between people of differing world cultures and wisdom traditions.

Abhi Janamanchi is a third-generation member of the Brahmo Samaj, a liberal Hindu reform movement with ties to Unitarian Universalism.

Shanthi Chandrasekar is a Maryland-based artist who has been drawing and painting since early childhood. She has won numerous awards for her art including the Maryland State Arts Council Individual Artist Award for Works on Paper in 2013 and 2016.

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Literary Theory
For Beginners

Mary Klages
Illustrated by Frank Reynoso, Foreword by Bill Brown

Have you heard the terms structuralism and deconstruction and postmodernism but aren’t really sure what they mean? Have you taken a whole course on literary criticism but are still feeling lost? Here’s the book you need to sort it all out—and enjoy doing so!

In Literary Theory For Beginners, Mary Klages takes you into her classroom, cuts through the jargon, and explains the ABCs (and the DEFs as well) in terms you can get your head around. Her breadth of knowledge, her unique skills as a teacher, and the delightful illustrations of Frank Reynoso help us understand why literature matters, how it affects us, and how it reflects history, culture, and diversity. Here are ways of thinking about literature—not just reading it—methods of study, and frameworks of interpretation from classical humanism all the way up to psychoanalysis, gender and queer theory, race, postcolonialism, and, yes, postmodernism.

With wit and wisdom, Klages takes on the two most frequently asked questions about literature and makes it all fun:

- What does the work MEAN? (What is the deeper, hidden, or symbolic meaning? Did the author intend all these meanings? Are any and all meanings present in the text? Are all meanings equally valid?)
- What does the work DO? (Why is literature important? What effect does it have on the reader? How can literature be a force for social change?)

So sit back, relax, and learn!

About the Author and Illustrator
Mary Klages is an associate professor in the English Department of the University of Colorado at Boulder. She is the author of Literary Theory: A Guide for the Perplexed and Key Terms in Literary Theory, as well as scholarly works in the fields of American literary history and Disability Studies. Visit Mary online at english.colorado.edu/mary-klages.

Frank Reynoso is a Brooklyn-based writer, cartoonist and illustrator. His comics have appeared in BRKLYNR, Mint, World War 3 Illustrated, and Occupy Comics. And he’s done illustrations for The Physics of the Impossible on the Science channel, and Mayfair Games.
The ceremonial magic of the Hermetic Order of the Golden Dawn is among the most widely practiced of all magical systems today. Yet very few books on the Golden Dawn tradition pass beyond the basics into the more demanding and powerful magical practices the system has to offer. *Circles of Power* is the exception. It’s a comprehensive practical manual of Golden Dawn magic that proceeds step by step from basic principles and fundamental rituals to the heights and depths of magical attainment.

*Circles of Power* provides detailed instructions for such rarely discussed magical techniques as the creation of telesmatic images, the construction and use of flashing tablets, the Golden Dawn method of etheric shapeshifting, and the use of the Formula of the Equinox—one of the two fundamental ritual formulas of the Golden Dawn tradition—as a basis for rituals of evocation, consecration, spiritual development, and more. This new edition has been thoroughly revised by the author.

Upon its original publication in 1996, *Paths of Wisdom* was hailed as the definitive introduction to the magical Cabala—the tradition of philosophy and symbolism at the heart of modern ceremonial magic. Encyclopedic in its detailed presentation of Cabalistic teaching, but written in a clear and readable style accessible to the complete beginner, *Paths of Wisdom* covers every aspect of the magical Cabala from the perspective of the Golden Dawn tradition—the most widely practiced approach to Cabalistic magic today. From the overall structure of the Tree of Life, through the complete symbolism of each of the tree’s 10 spheres and 22 paths, to the practical applications of the Cabala in magic, meditation, pathworking, and daily life, it’s all here—including material not found in other books on the magical Cabala.

This new edition has been revised and corrected by the author and will take its place as the standard introduction to the Cabala in ceremonial magic.
The Academy of the Sword

Gerard Thibault
Translated by John Michael Greer

Four centuries ago, the famed swordsman Gerard Thibault d’Anvers wrote one of the forgotten classics of the Western esoteric tradition—a comprehensive manual of swordsmanship as a Western martial art based on Renaissance sacred geometry.

Rescued from oblivion and translated into readable English by widely respected modern occultist John Michael Greer, *The Academy of the Sword* is an astonishingly detailed instructional guide on the way of the sword as it was practiced in the age of the Musketeers. It covers every aspect of sword training from stance and footwork and the development of sensitivity and timing to hundreds of detailed techniques for overcoming opponents armed with all of the standard weapons of the time.

This new volume also lavishly reproduced the beautiful 17th century etchings that accompany the instructions, and which provide a compelling glimpse into the ritualistic world of duelling.

*The Academy of the Sword* will be invaluable to readers interested in historical Western martial arts, students of stage fight, and practitioners of sacred geometry alike.

About the Author and Translator

Gerard Thibault d’Anvers (ca. 1574–1627) was a Dutch fencing master and author of the 1628 rapier manual *Academie de l’espée (The Academy of the Sword).*

John Michael Greer is the author of more than 40 books on topics ranging from ceremonial magic and nature spirituality to peak oil and the future of industrial society, as well as the widely read weekly blog *The Archdruid Report.*

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Byron Belitsos

The Urantia Book offers a complex revelation about the evolving human soul that stands alone in its coherence and richness of detail. Your Evolving Soul is the first book to explain this advanced teaching for the ordinary reader, especially as it relates to depth psychology, modern cosmology, and paranormal studies.

At any moment, our soul represents the energetic synthesis of the psycho-spiritual import of the entirety of our life experiences. Each day, our soul evolves by virtue of ordinary “soul-making” decisions that shape our character as we slowly grow into maturity. The soul advances in close partnership with the indwelling spirit, which confers upon us the potential to fulfill our God-given destiny—now and into an eternal afterlife where perfection is achieved. In this book, readers will discover how our evolving soul is not only an immortalizing vehicle of our unique personal identity, but also how its growth contributes something crucial to all other souls and even to the evolution of God itself.

Belitsos compares these futuristic Urantia Book teachings to traditional East and West descriptions of self and soul showing how this legendary revelatory text clarifies the key differences between the unique personality, the indwelling spirit, and the questing soul. Through his lucid interpretation of The Urantia Book material, the author offers a model of the human soul to be tested, examined, and compared—not a finished truth to be accepted as doctrine. Your Evolving Soul concludes with a unique set of universal practices appropriate to every belief system that can enrich anyone’s spiritual path and soulful evolution.

About the Author

Byron Beltsos is one of the world's leading exponents of The Urantia Book. He brings to his interpretations a lifetime of advanced study in philosophy, psychology, history, and theology and decades of practice in esoteric Christianity and Buddhism. For the past 20 years Belitsos has been the publisher, editor, or coauthor of numerous acclaimed and award-winning books in these fields. Visit him at evolving-souls.org.
Work of a Guardian Angel

Annie Stillwater Gray

Annie Stillwater Gray has been working with her spirit guide over twenty-five years, and in this sequel to Education of a Guardian Angel she provides insight into the realm of the elementals, such as elves and fairies.

“My name is Darcimon Stillwater, Darci for short. I am a spirit guide, also known as a guardian angel. I have agreed to help my human charge in any way I can. Also, we spirit guides often assist elemental beings, especially when one is entering or leaving the earth plane. This is part of the work of a guardian angel. The following is the continuing story of my relationship with Angel, and the true story of a remarkable elfin being and her mission.”

About the Author

Annie Stillwater Gray is a writer, astrologer, public speaker, teacher, healer, singer-songwriter, and media veteran. She’s helped people connect with their spirit guides since 1989. She is the author of Dawn Book and Education of a Guardian Angel.

The Anne Dialogues

Communications with the Ascended

Guy Needler

The Anne Dialogues provides a behind-the-energetic-scenes look at what happens in the incarnation process. Readers are taken each step of the way from the point of death to the decision to incarnate again and through the myriad teachings in between.

A channeled work, this book is an insider’s view of the actual process of dying and ascending to the spirit side.

About the Author

Guy Needler initially trained as a mechanical, electrical, and electronics engineer. Throughout this earthly education he was always aware of the greater reality around him, catching glimpses of the worlds of spirit. Guy gained his Reiki Master certification and studied energy and vibrational therapy techniques from a direct student of the Barbara Brennan School of Healing, which included personal development using Pathwork methodology. His books include Origin Speaks and Beyond the Source.

From Fear to Love

My Private Journey

Donna Lynn

What would you ask if you could talk to the beings who inhabit your worst nightmares? And what would you do if they answered?

From the time she was a small child, Donna Lynn experienced night terrors that were so disturbing they affected her waking life and relationships. Eventually she chose to consciously venture into that territory of the unknown to do battle with otherworldly beings who had haunted her dreams since childhood—only to find out they were not here to do battle at all. They came with powerful messages of love and healing on both personal and planetary levels. This book is a message of hope that we as a species can overcome the pervasive consciousness of fear and anxiety in our world today.

About the Author

Donna Lynn was one of those little children who never stopped asking, why? While working in healthcare, she studied psychology, world religions, and metaphysics in a quest for understanding the mind/body/spirit connection.
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