

BOOKS TO LIVE BY

RED WHEEL/WEISER

SPRING 2022

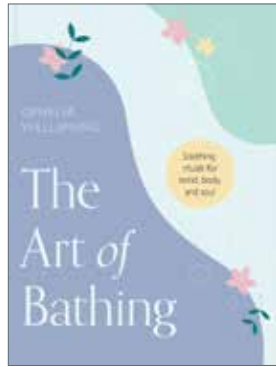


FEATURING NEW & BESTSELLING
GIFT BOOKS

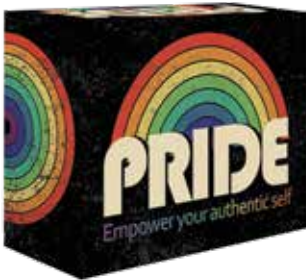
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New!

Daily Rituals Oracle

Practice Intention with Mindfulness

Jackie Morgan; Illustrated by Constanza Goeppinger
978-1-922579-46-1, 3.5 x 5, 88 pp.,
36 full-color cards with booklet, Kit,
\$24.95 (CAD \$34.95), North America
only, **Available March**

The calming, nature-based goddess images on these cards invite you to begin your day by pulling a card that includes a message from the goddess, a mantra, and a ritual to create a mindfulness practice to transform your life through daily ritual.

This immersive thirty-six-card deck of goddesses has been created to help you bring intention and ritual into your day. Each goddess carries her own message, mantra, and ritual that you can connect to and practice with mindfulness and intention. The goddesses will help elevate your daily routines into rituals and create mindfulness practices out of the mundane.

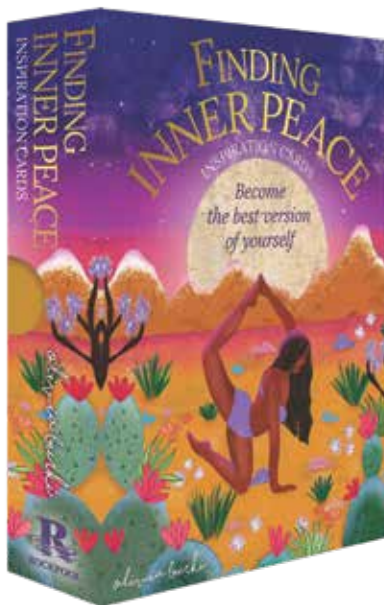
About the Author Jackie Morgan is the owner of Australian-based Eunoia Soul Rituals, a skin-care brand created with the intention of helping women elevate their daily routines into rituals and create mindfulness practices out of the mundane.



Related Backlist



Affirmations
Lorriane Anderson
978-1-925946-18-5,
Deck \$12.95
(CAD \$17.95),
N. America only



New!

Finding Inner Peace Inspiration Cards

Become the Best Version of Yourself

Olivia Bürki
978-1-922579-02-7, 4 x 5, 16 pp.,
40 full-color cards with booklet and
wooden stand, Kit, \$24.95
(CAD \$34.95), North America only,
Available May

- This beautifully illustrated deck includes a wooden stand that allows the user to select and display a card for daily inspiration.

The more you feed your mind with positive thoughts, the more you treat your soul and body well, the more you find yourself coming back to your true self. Use these forty cards to discover and explore your authenticity.

Finding Inner Peace is for those who want to live in consciousness to become the best version of themselves and who are looking for some extra motivation and understanding of their journey. These beautifully illustrated inspiration cards have been created to help you to understand that it doesn't matter what your past is or what point in life you are at—you can always look ahead and take your life into your own hands.



Related Backlist

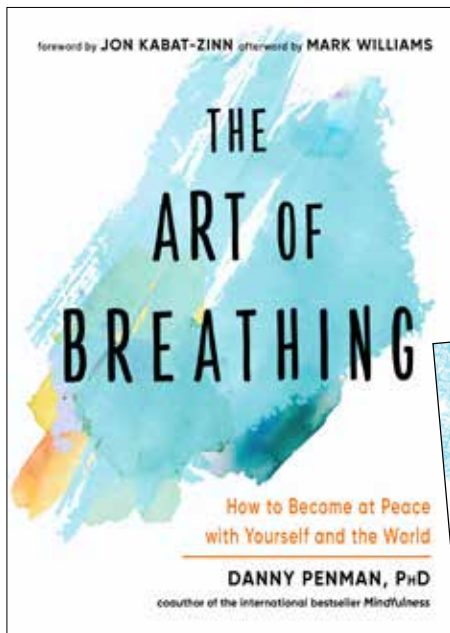


**Mindful Living
Inspiration Cards**
978-1-925924-59-6
Kit \$24.95
(CAD \$34.95)
N. America only

The more you feed your mind with positive thoughts, the more you treat your soul and body well, the more you find your way back to the true self you really are.

About the Author/Illustrator Olivia Bürki is a freelance illustrator who relocated to Mexico to follow her true self. She works in traditional and digital mediums and also likes to combine both techniques in her illustrations.

2 • Beautiful Books for Self-Care



New!

The Art of Breathing

How to Become at Peace with Yourself and the World

Danny Penman, PhD, coauthor of the international bestseller *Mindfulness*; Foreword by Jon Kabat-Zinn, author of *Wherever You Go, There You Are*; Afterword by Mark Williams

978-1-64297-042-5, 5.5 x 7.5, 128 pp., Line drawings, Paperback, \$16.95 (CAD \$23.95), North America only, **Available May**

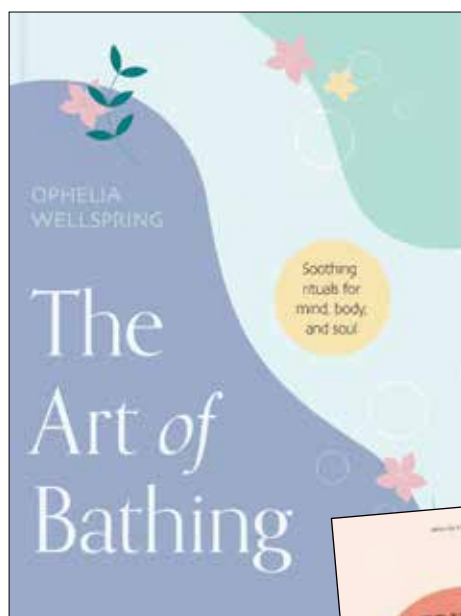


For thousands of years, people have used the art of breathing for equally profound effects on the mind and body. In *The Art of Breathing*, international bestselling and award-winning author Dr. Danny Penman provides a concise guide to letting go and finding peace in a messy world, simply by taking the time to breathe.

This new edition includes a new afterword by Mark Williams, coauthor of *Mindfulness*.

"The book does not disappoint. In fact there is a lighthearted joyfulness to it which is sometimes missing in meditation and mindfulness books. . . . If you have family or friends who may have expressed an interest in mindfulness, this little book would make a great introduction and a beautiful gift." —**The Velvet Soapbox**

About the Author Dr. Danny Penman is a qualified meditation teacher, an award-winning writer and journalist, and coauthor of the international bestseller *Mindfulness*. He can be reached at franticworld.com or on Twitter at @DrDannyPenman.



New!

The Art of Bathing

Soothing Rituals for Mind, Body, and Soul

Ophelia Wellspring

978-1-59003-533-7, 6 x 8, 4-color illustrations throughout, 144 pp., PLC, \$22.95 (CAD \$31.95), **Available April**

- Hardcover gift format, illustrated in full color.

A beautiful guide to creating a spa experience at home with 25 multi-sensory spa treatments.

With everything you need to turn your bathroom into a relaxing, healing, and energizing sanctuary, *The Art of Bathing* gives you the power to create a spa at home in the time it takes to fill the tub. Friendly introductions to the principles and practice of water therapy, aromatherapy, and mindfulness are followed by a selection of twenty-five multisensory spa treatments. With baths aimed at healing your mind, body, and spirit, it's easy to choose one that will work simultaneously on all of your senses to revitalize, repair, and reinvigorate.

With each spa solution taking only a minute to prepare, and offering a completely immersive experience, this book will change your life in the time it takes to turn on the faucet.

About the Author Ophelia Wellspring is a freelance writer who is passionate about the healing powers of water, mindfulness, and essential oils. She lives half a mile from the Atlantic Ocean with her partner, their dog, and hundreds of tiny bottles of natural oils.





New!

From Earth

Create Your Own Natural Apothecary

Charlotte Rasmussen

978-1-925946-25-3, 7 x 9, 208 pp., 120 full-color photographs, Hardcover, \$22.95 (CAD \$31.95), North America only,

Available April

From Earth teaches simple and practical ways to craft your own skin-care products and natural remedies free from harmful toxins using roots, flowers, herbs, and more with easy-to-find, sustainable ingredients.

Here is the perfect guide for anyone wanting to find a more holistic way of life. Create your own natural apothecary using readily available ingredients with the easy, step-by-step instructions and straightforward advice in *From Earth*.

By using this book you will be able to take control of your own skin care, fragrances, and home remedies. You will be able to connect with your environment and body, restoring your health and well-being with a variety of homemade, naturally sourced recipes.

About the Author One of **Charlotte Rasmussen's** biggest passions was to create natural products for herself and her family, and to share them with others. Her company From Earth has grown into a large business that ships products all over the world.



New!

Plant Spirit Medicine

A Guide to Making Healing Products from Nature

Nicola McIntosh

978-1-925924-73-2, 7 x 9, 208 pp., 150+ full-color photographs, Hardcover, \$22.95 (CAD \$31.95), North America only,

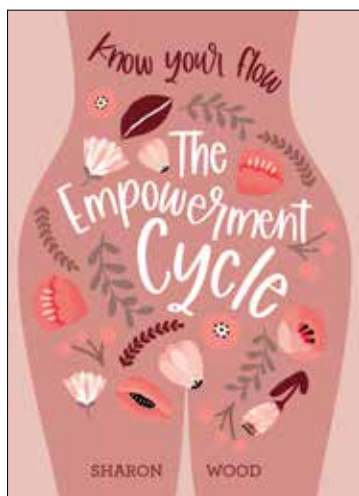
Available April

Plant Spirit Medicine is essentially about "listening" to the plant spirits and how to access the healing benefits available through plants.

This book is about reconnecting with nature and the plants in our environment; it's also about learning to listen to the plants and applying what they have to tell us to mend that disconnection. Indigenous peoples from all around the world have worked with plant spirits for thousands of years, and this is how they came to know what specific plants were used for.

In this book, you will learn how to access the medicine available through plants. You will also learn about plant spirit medicine making, from drying herbs to extracting plant properties to infusing oils, as well as how to make ointments, lotions, creams, smudge sticks, and many more herbal products.

About the Author **Nicola McIntosh** received a Bachelor of Health Science in Western Herbal Medicine and has completed a Masters of Chinese Herbal Medicine.



New!

The Empowerment Cycle

Know Your Flow (A Step-by-Step Guide to Chart and Understand Your Menstrual Cycle)

Sharon Wood

978-1-925946-74-1, 6 x 8, 192 pp., Full-color illustrations throughout, Flexi Bind, \$18.95 (CAD \$26.95), North America only, **Available June**

This is a self-discovery guide (supported by evidence-based research) for any menstruating person to understand their cycle and use that knowledge to improve their lives.

The Empowerment Cycle is about creating a movement for women to discover the power of the menstrual cycle, how it is connected to everything, and how to use it to get great results in all aspects of your life.

Women have four phases in their menstrual cycle, each phase bringing with it different strengths that can assist women in reaching great results in all areas of their lives. This innovative journal will foster an appreciation for the unique aspect of individual menstrual cycles and will lead to improved body positivity, self-care, and comfort.

About the Author **Sharon Wood** is the founder and director of Emgoddess, an online community empowering women through courses, workshops, and mentoring. Sharon has worked with elite aspiring athletes and female leaders on topics of performance, confidence, mindset, connection, sexuality, and relationships.



4 • New Card Sets for Self-Care



New!

Essential Oil Cards

The Everyone Edition

Hallie Marie

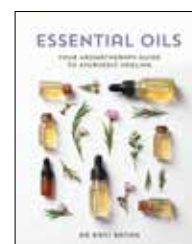
978-1-925946-47-5, 3.7 x 3.7, 56 full-color cards with metal ring, Deck, \$19.95 (CAD \$27.95), North America only, **Available July**

Each card front features the name of the essential oil and a pithy saying. The back of the card lists three to four benefits of each oil and symbols to easily show how you can use them, along with a list of other oils that blend and diffuse well with the featured oil.

About the Author Hallie Marie is a writer, marketer, and natural health enthusiast. She cofounded the company Everything But Oils (LLC) to teach people how to effectively master the use of essential oils. She lives in Chicago.



Related Backlist



Essential Oils Cards
978-1-925946-46-8
Card deck \$19.95
(CAD \$27.95)
N. America only

Essential Oils
978-1-925924-57-2
Paperback \$24.95
(CAD \$34.95)
N. America only



New!

Crystal Flashcards

Jessica Lahoud

978-1-922579-36-2, 3.7 x 3.7, 50 full-color cards with metal ring, Deck, \$19.95 (CAD \$27.95), North America only, **Available July**

Crystal Flashcards is packed with information. On each card, you will find a list of the metaphysical properties of each stone along with a set of symbols to identify other interesting and useful facts about each crystal. Using these symbols, you can explore which of the Chakras and elements every crystal is associated with. In a rich and colorful display, every crystal is photographed in its most common form so that you can clearly and easily identify your own stones.

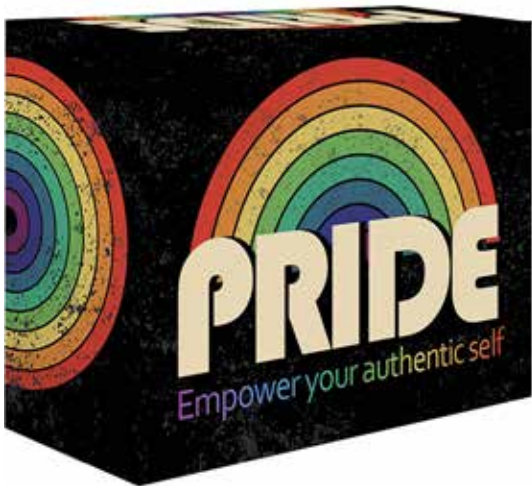


About the Author Jessica Lahoud is an author, artist, and co-owner of Australia's iconic crystal store—Mineralism. She is based in Sydney, but travels in all parts of the world, sourcing rare, beautiful, and unusual crystals.

Related Backlist



Rock On
978-1-925946-54-3
Hardcover \$18.95
(CAD \$26.95)
N. America only



New!

Pride

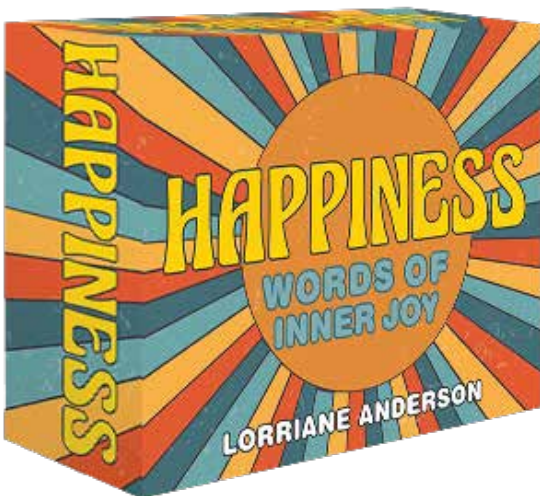
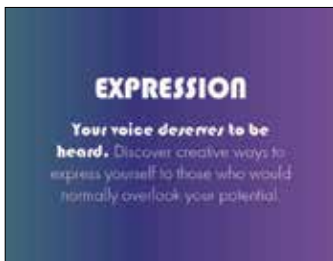
Empower Your Authentic Self

Selina Moon; Illustrated by Daniel Poole

978-1-922579-47-8, 3 x 2.5, 128 pp., 40 full-color inspirational cards, \$12.95 (CAD \$17.95), North America only, [Available May](#)

Embrace the power within and discover the courage to believe in yourself. Nothing is as liberating as true self-acceptance and taking pride in who you are. These forty powerful messages are written with love and authenticity to inspire and guide you to live life to the fullest and embrace your true self.

About the Author and Illustrator Selina Moon is a freelance designer and illustrator living in Australia. Daniel Poole is a creative publications designer. He is currently pursuing projects to highlight and promote the ongoing fight for equal rights in the LGBTQ+ community and beyond.



New!

Happiness

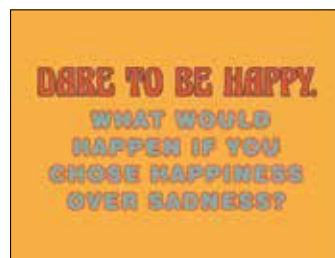
Words of Inner Joy

Lorriane Anderson

978-1-922579-33-1, 3 x 2.5, 40 full-color inspirational cards, \$12.95 (CAD \$17.95), North America only, [Available May](#)

This little deck is made of forty cards, each offering real, practical guidance to help you find joy, overcome obstacles, and shift your perspective. For encouraging words and easy-to-do exercises, intuitively pull a card and let this little deck turn your frown upside down. You'll be smiling and enjoying life in no time.

About the Author Lorriane Anderson is a tarot reader, astrologer, spiritual teacher, writer, and soul-based entrepreneur living in Los Angeles, CA.



6 • New Decks for Inspiration



New!

Divine Tea Time Inspiration Cards

Rituals and Blends to Soothe Your Soul

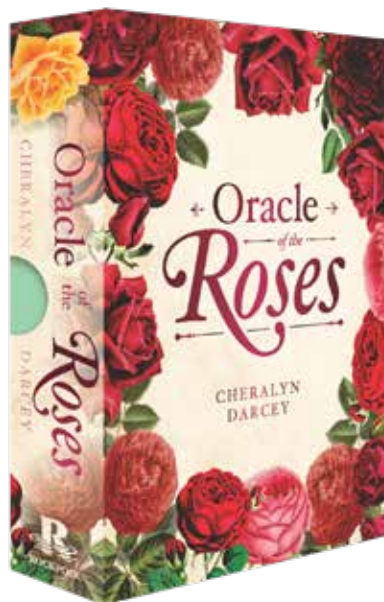
Tracy Loughlin

978-1-922579-04-1, 3.5 x 5, 16 pp., 40 full-color cards with booklet and wooden stand, Kit, \$24.95 (CAD \$34.95), North America only, [Available March](#)

Tea drinking is about how it makes you feel! It can be uplifting, soothing, cleansing, calming, and so much more. Each card includes a beautiful watercolor image, a recipe, and an affirmation to create a delicious ritual for your daily life.

This series of stunning, watercolor cards is designed to provide a gentle and profound experience of tea making while also offering accompanying affirmations to help further enrich your life. It is broken down into four chapters—herb, flower, fruit, spice—each including ten different tea recipes and a beautiful card opener for each section.

About the Author Tracy Loughlin is an illustrator and designer living in Sydney, Australia. She is happiest digging in the garden, being near the water, and drinking tea.



New!

Oracle of the Roses

Cheralyn Darcey

978-1-925946-27-7, 3.5 x 5, 144 pp., 44 full-color cards and booklet, Kit, \$24.95 (CAD \$34.95), North America only, [Available March](#)

Stop and smell the roses with this ethnobotanical oracle deck. Let the roses in your garden reveal the answers to your questions with love and strength.

The Oracle of the Roses features forty-four divinely illustrated cards of vintage botanical artwork bringing the rose archetype energies alive and, with that, sharing their ethnobotanical wisdom. The guidebook helps you to deeply understand the messages and guidance of each precious rose along with its wisdom and history. Gardening tips, botanical insight, medicinal notes, and card spreads enrich the journal-style guidebook to assist you in the exploration of one of the oldest plants on earth.

About the Author Cheralyn Darcey has written and created several books and decks including *Flowers of the Night Oracle*, *Flowerpaedia*, *The Book of Flower Spells*, *The Book of Herb Spells*, and *Magickal Herb Oracle*.



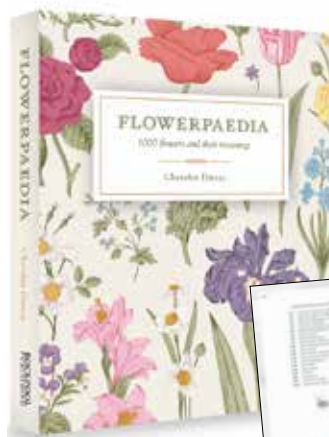
Also available from Cheralyn Darcey



The Language of Flowers Oracle Sacred Botanical Guidance and Support

Cheralyn Darcey

978-1-925924-40-4, 3.5 x 5, 144 pp., Kit with 44 full-color cards, \$24.95 (CAD \$34.95), North America only



Flowerpaedia

1000 Flowers and Their Meanings

Cheralyn Darcey

978-1-925429-46-6, 5.5 x 7.5, 264 pp., 2-color throughout, Paperback, \$17.95 (CAD \$24.95), North America only





New!

Divine Intuition Oracle

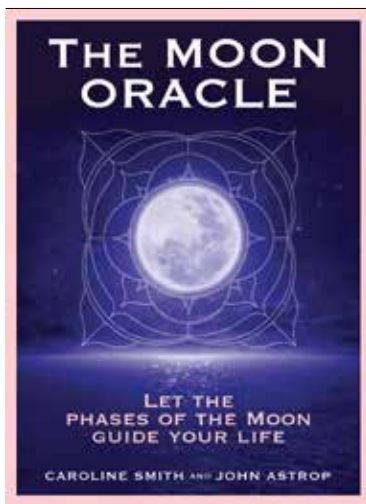
Develop and Trust Your Inner Wisdom

BelindaGrace; Illustrated by Ashley Munson

978-1-925924-70-1, 3.5 x 5, 128 pp., 36 gilded edge full-color cards with booklet, Kit, \$24.95 (CAD \$34.95), North America only, **Available April**

Packed with practical applications and insight, these cards will help you unlock your intuitive potential by teaching you to notice signs and offering you the inspiration and support to let it bloom. *The Divine Intuition Oracle* is an indispensable companion for anyone who'd like to develop their intuition more and learn to trust it.

About the Author and Illustrator BelindaGrace has been learning how to develop and listen to her intuition all her life and is still enjoying this amazing journey. Visit her at belindagrace.com. **Ashley Munson** is a designer and illustrator in Southern California.



New Cover!

The Moon Oracle

Let the Phases of the Moon Guide Your Life

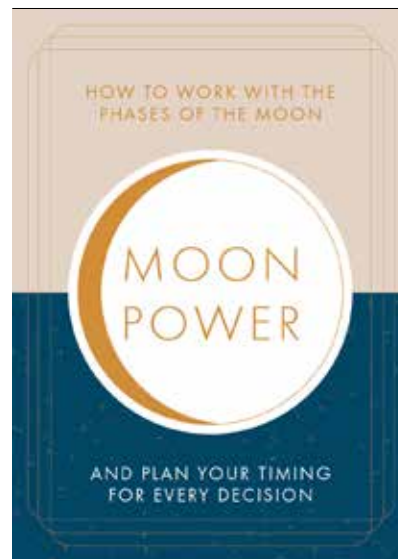
Caroline Smith and John Astrop

978-1-59003-530-6, 6 x 8.25, 128 pp., 72 full-color cards, Kit, \$26.95 (CAD \$36.95), North America only

Let the wisdom of the moon guide you in all your life's decisions.

This easy-to-use divination system and practical introduction to lunar astrology allows you to align your life to the fluctuating rhythms of the Moon and do in-depth, multilayered readings using a combination of lunar cards.

About the Authors Caroline Smith is an internationally renowned artist whose work features recurring goddess imagery. Together with her late husband, leading astrologer and author **John Astrop**, she created several powerful divination systems showcasing her symbolic and bold style. Her paintings hang in collections around the world.



New Cover!

Moonpower

How to Work with the Phases of the Moon and Plan Your Timing for Every Decision

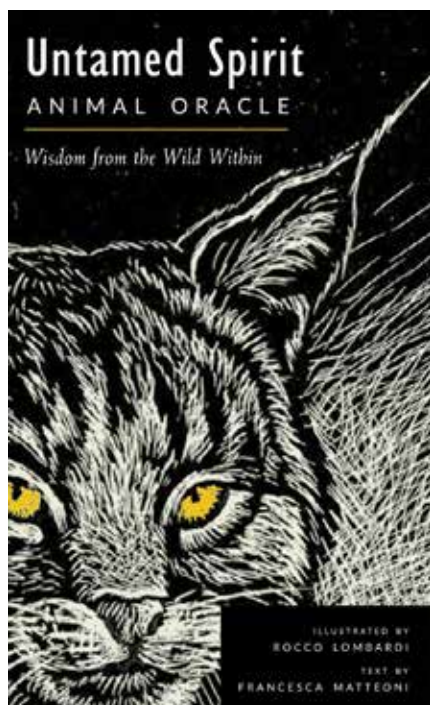
Jane Struthers

978-1-59003-534-4, 5.75 x 8, 176 pp., Line drawings throughout, Paperback, \$19.95 (CAD \$27.95), North America only, **Available February**

Discover how to live in tune with the cycles of the moon and harness its power for personal growth.

The moon doesn't affect just the tides—it also affects our moods, our decision-making, and every living organism on Earth. Whether you want to make a good impression at an interview, start a new business, get married, try for a baby, buy a property, go on a diet, sow seeds, or harvest crops, matching the right action to the appropriate lunar phase will ensure the best results. And this book shows you how.

About the Author Jane Struthers is a professional astrologer, as well as a writer, tarot reader, palmist, and homeopath. She has written thirty nonfiction books on a wide variety of topics that include astrology, tarot, and the British countryside. She is also the weekly astrologer for *Bella* magazine and regularly lectures on astrology and the tarot. Visit her at janestruthers.com.



New!

Untamed Spirit Animal Oracle

Wisdom from the Wild Within

Francesca Matteoni; Illustrated by Rocco Lombardi

978-1-59003-531-3, 3.5 x 5.5, 112 pp., 50 cards and guidebook, Kit, \$22.95 (CAD \$31.95),

Available July

Discover the sacred wisdom of fifty animals through this unique divination package of fifty cards and a 112-page book.

Animals help us, inspire us, sometimes frighten us, but also protect us. In this dynamic oracle you will find fifty animals—from the land, water, and air—that are considered sacred in various cultures around the globe. Through symbolism and folklore, the cards present the ancestral wisdom of animals and how they can guide us today.

This dynamic package includes a 112-page book that describes the origin of each animal's sacred nature. Each of the fifty cards features a message specific to the animal represented.

About the Author and Illustrator Francesca

Matteoni has studied folklore and holds workshops in tarot, fables, and poetry. **Rocco Lombardi** is a designer and illustrator based in Italy.



Recently Released



Bestseller!

The Relative Tarot

Your Ancestral Blueprint for Self-Discovery

Carrie Paris with Tina Hardt

978-1-57863-762-1, 5.25 x 7.25, 96 pp., 4-color illustrations and 82 full-color cards, Kit, \$35.00 (CAD \$48.00)



Bestseller!

The Sacred Sisterhood Tarot

Deck and Guidebook for Fierce Women

Written by Ashawnee DuBarry; Illustrations by Coni Curi

978-1-59003-525-2, 6.5 x 8.25, 80 pp., 78 full-color cards, Kit, \$34.95 (CAD \$47.95)

**New!****Cosmic C*nt Tarot**

Samantha West

978-1-922579-01-0, 3 x 4, 112 pp., 78 full-color cards with full-color booklet, Kit, \$19.95 (CAD \$27.95), North America only, [Available June](#)

The Cosmic C*nt Tarot is a tongue-in-cheek, fun, pocket-sized tarot deck designed for the alien-loving reader.

Full of alien probes, ray guns, test tubes, and UFOs, this deck follows the traditional seventy-eight-card structure, with some small, mischievous changes. The suits have been swapped out to include ray guns, specimens, disks, and probes.

In case it's not abundantly obvious, this deck is not for the faint of heart. If you clutch your pearls at the sight of aliens wielding phallic probes, this may not be the deck for you.

About the Author Samantha West was born and raised in New Jersey and now lives in Providence, RI. She created her first tarot deck in 2018 and is now a full-time illustrator who teaches a course on tarot deck creation. When she isn't drawing, she can be found knitting or making candles with her husband and baby girl. Sam is also the creator of *The Macabre Tarot* and *The Rainbow Moon Tarot*. Visit her at marblemoonstudio.com.

**LGBTQ+!****Rainbow Moon Tarot**

Samantha West

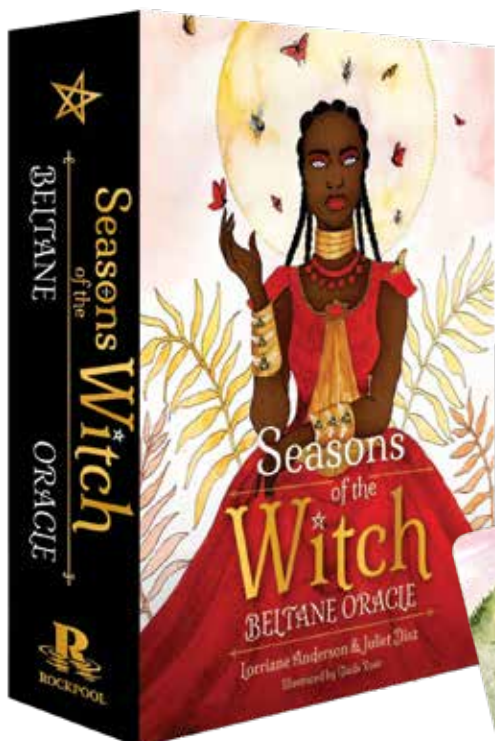
978-1-925946-81-9, 4.5 x 6.5, 144 pp., 78 full-color cards, Kit, \$26.95 (CAD \$36.95), North America only

**Bestseller!****The Macabre Tarot**

Samantha West

978-1-925946-73-4, 6 x 9, 128 pp., 78 full-color gilded edged cards, Kit, \$34.95 (CAD \$47.95), North America only

10 • New Seasons of the Witch Oracle



New!

Seasons of the Witch: Beltane Oracle

Lorriane Anderson and Juliet Diaz; Illustrated by Giada Rose

978-1-925946-78-9, 3.5 x 5, 144 pp., 44 full-color cards and book, Kit, \$24.95 (CAD \$34.95), North America only, [Available March](#)

Unlock your potential for growth, creativity, and abundance with the energy of Beltane!

Also known as May Day, Beltane honors life and is a celebration of passion and putting your plans into action.

Each of the forty-four cards in this oracle deck is a seed of spiritual guidance—inspired by ancient Beltane themes—to find answers to your most profound questions. The accompanying guidebook features original poetry from Juliet Diaz that doubles as invocations for magic and ritual.

About the Authors and Illustrator Lorriane Anderson is a tarot reader, astrologer, spiritual teacher, writer, and soul-based entrepreneur based in Los Angeles, CA. Juliet Diaz is the bestselling author of *Witchery*. Giada Rose is a Kentucky-based watercolor illustrator.



Bestseller!

Flowers of the Night Oracle

Cheralyn Darcey

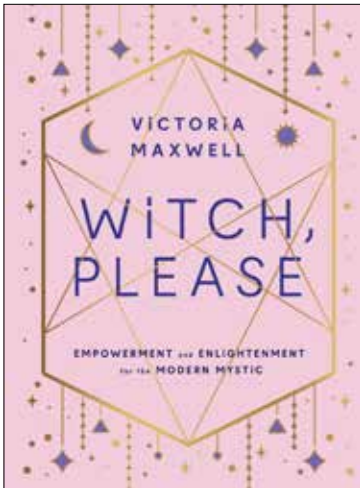
978-1-925682-09-0, 4 x 5.5, 96 pp., Kit with 44 full-color cards, \$24.95 (CAD \$34.95), North America only

Recently Released!

Wanderer's Tarot

Casey Zabala

978-1-57863-759-1, 4 x 5.5, 78 tarot archetypes, Deck, \$29.95 (CAD \$41.95)



New!

Witch, Please

Empowerment and Enlightenment for the Modern Mystic

Victoria Maxwell

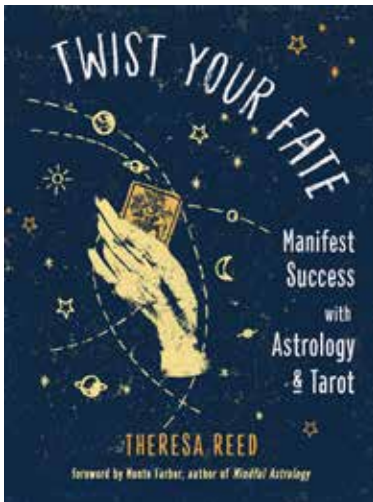
978-1-59003-532-0, 5 x 7, 208 pp., 2-color printing, Paperback, \$18.95 (CAD \$26.95), North America only, [Available March](#)

A modern mystic's practical guide to life, love, and creating the life you want.

Witch, Please is a modern mystic's practical guide to life, love, and creating a fulfilling existence—from turning your home into a sacred sanctuary and manifesting magical relationships, to loving your career and money magic.

Full of inspiration, practical advice, and rituals, this book will guide you through the process of tapping into your intuition, intention, and self-empowerment to discover and harness the magic within you.

About the Author Victoria "Vix" Maxwell is the creator of New Age Hipster, an online spiritual home for good witches, lightworkers, starseeds, and spiritual seekers. Follow her on Instagram at @newagehipster333.



New!

Twist Your Fate

Manifest Success with Astrology and Tarot

Theresa Reed; Foreword by Monte Farber, author of *Mindful Astrology*

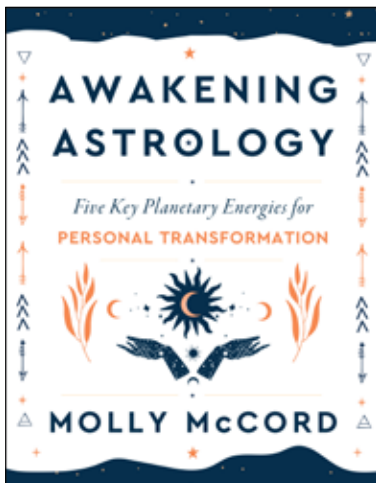
978-1-57863-768-3, 6 x 8, 272 pp., Charts/cards/layouts, Paperback, \$18.95 (CAD \$26.95), [Available August](#)

Set yourself up for success by using astrology and tarot to discover your unique challenges and talents to achieve your goals.

Twist Your Fate will show you how to find your best path and maximize your talents. You'll learn how to use tarot to brainstorm new creative ideas, compare career options, and make intelligent decisions. You'll also learn how astrology can help you find divine timing for every situation.

"Theresa Reed [is] witty, engaging, edgy, encouraging, and injects a welcome dose of humor into a serious and complex subject. Every beginning astrologer should own a copy of this book—and many of us seasoned stargazers will want to add it to our collections too." —[Skye Alexander](#), author of *Magickal Astrology*

About the Author Theresa Reed ("The Tarot Lady") has been a full-time tarot card reader for 30 years. She is the author of *Tarot: No Questions Asked—Mastering the Art of Intuitive Reading*, *The Tarot Coloring Book*, and *Astrology for Real Life: A No B.S. Guide for the Astro-Curious* and coauthor, with Shaheen Miro, of *Tarot for Troubled Times*. Follow her on Instagram at @thetarotlady.



New!

Awakening Astrology

Five Key Planetary Energies for Personal Transformation

Molly McCord

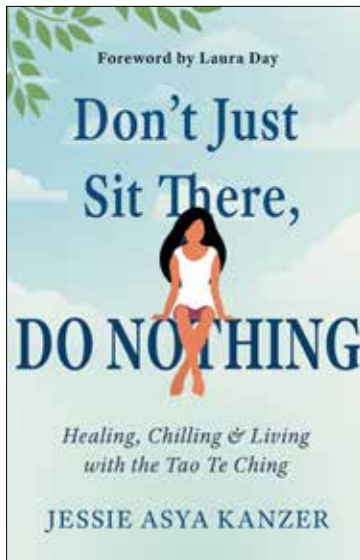
978-1-950253-23-4, 7 x 9, 192 pp., Line drawings throughout, Paperback, \$24.99 (CAD \$34.99), [Available March](#)

Tap into the incredible potential of astrology to inform your journey towards a life of purpose and authenticity.

In *Awakening Astrology*, professional astrologer and intuitive business coach Molly McCord offers a clear, accessible guide for those seeking an introduction to astrology that is simultaneously easy to grasp yet still full of powerful information. Every natal astrology chart has wisdom to offer, but the array of planets, houses, and signs can be bewildering and often overwhelming.

Awakening Astrology cuts through this confusion by taking a deeper look at just the five key planets—Sun, Moon, Mercury, Venus, and Mars—that are most fundamentally connected to your core personality energies.

About the Author Molly McCord is a professional astrologer, intuitive business coach, and modern consciousness teacher with 25 years of business development and leadership experience. Learn more at consciousintuitiveastrology.com.



New!

Don't Just Sit There, DO NOTHING

Healing, Chilling, and Living with the Tao Te Ching

Jessie Asya Kanzer; Foreword by Laura Day

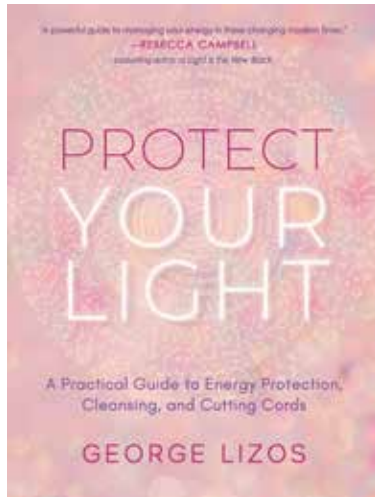
978-1-64297-035-7, 5.5. x 8.5, 256 pp., Paperback, \$18.95 (CAD \$26.95), **Available March**

Here are 47 inspirational pieces that are smart, hip, accessible, and rich with insight; Jessie Asya Kanzer's bite-sized stories of struggle, triumph, and contemplation based on sharp observations and anecdotes from her own life provide a quick burst of mindfulness.

"Jessie Asya Kanzer's book is witty, wise, and wonderful. Don't just sit there, READ IT!" —**Tal Ben-Shahar**, author of *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment*

"... Jessie writes so honestly about experiences which all of us can relate to. Plus, she delves into the ancient wisdom of the Tao Te Ching that shows us how to let go of resentments, of the past, of the 'what-ifs' and the 'should've's.' She takes us through her painful, hilarious, miraculous journey, shining light on our own. ... Get ready for a ride!" —**Karen Salmansohn**, multi-bestselling author

About the Author **Jessie Asya Kanzer** was born in the Soviet Union. At the age of eight, she emigrated with her family to Brooklyn. She is a writer, former reporter, and actress. Her work has appeared in the *Washington Post*, *New York Daily News*, *Wall Street Journal*, *The Independent*, the *New York Times*, *Los Angeles Times*, *Huffington Post*, *Ravishly*, and *Romper*. Follow her on Instagram at @jessiekanzer.



New!

Protect Your Light

A Practical Guide to Energy Protection, Cleansing, and Cutting Cords

George Lizos

978-1-64297-043-2, 6 x 8, 240 pp., Paperback, \$17.95 (CAD \$24.95), **Available July**

"A powerful guide to managing your energy in these changing modern times." —**Rebecca Campbell**, bestselling author of *Light Is the New Black*

Protect Your Light offers a comprehensive, step-by-step system of clearing, shielding, and strengthening your energy. It is the first book to address energy attacks on social media, and it provides readers with practical methods for protecting their energy online. To help readers along the way, the author provides a tool kit of energy protection processes that help identify and clear energy attachments, shield energy attacks, and strengthen one's natural energetic defenses. George Lizos avoids complicated and overly ritualistic methods and instead focuses on a meditation mindfulness approach that can be practiced anywhere, anytime.

About the Author Named one of the top fifty health and wellness influencers, **George Lizos** is a spiritual teacher, intuitive, and creator of Intuition Mastery School™. He is also host of The Lit Up Lightworker podcast. George runs a thriving online community of empaths, lightworkers, and spiritual entrepreneurs within the Your Spiritual Toolkit Facebook group. Follow him on Instagram at @georgelizos.



New!

The Tiny Book of Big Manifesting

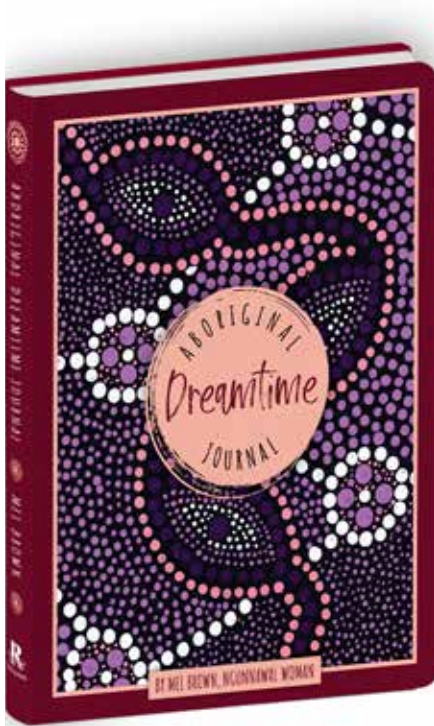
Jeffrey Segal; Foreword by Don Jose Ruiz, coauthor of *The Fifth Agreement*

978-1-64297-039-5, 4 x 6, 128 pp., Spot art, Paperback, \$12.95 (CAD \$17.95), **Available May**

You Can Make Your Dreams Come True! Let this powerful little book guide you to the life you want to lead.

The Tiny Book of Big Manifesting is for anyone looking to create the life they want. It provides easy-to-understand manifestation techniques, along with a Code of Life by which to live. When the techniques and the Code are combined and put into practice, life-changing events can start to occur that will help turn dreams into reality.

About the Author **Jeffrey Segal** is the founder of Mystic Journey Bookstore in Los Angeles, CA. Jeffrey opened the bookstore in 2008 following a 20+ year legal career and a bout with cancer. Follow him on Instagram at @mysticjourneyLA.



New!

Aboriginal Dreamtime Journal

Mel Brown

978-1-925946-51-2, 7 x 9, 208 pp., Full-color illustrations throughout, Flexi Bind, \$19.95 (CAD \$27.95), North America only, [Available March](#)

An interactive journal featuring the wisdom and practices of Australia's First Nations people that spans more than 160,000 years.

This *Aboriginal Dreamtime Journal* offers a chance for you to better understand your own personal Dreaming, so that you can navigate your consciousness towards empowerment and self-healing.

Aboriginal Dreamtime Journal relates to the stories of creation, encompassing Aboriginal values, beliefs, and lore—essentially ancient wisdom passed down from the Ancestors. The creation stories depict the values and the ways to live our lives, while being at one with Mother Earth and Father Sun. The ever-changing Dreaming allows our past to teach us how to live our lives in the present, so that our future is determined by learning what we experience today.

About the Author Mel Brown is a professional speaker, author, and artist. She has a Masters in Indigenous Healing and Trauma from Southern Cross University in Lismore, New South Wales, Australia.



Mindful Living Journal

Journaling Practices for a Sacred and Happy Life

Katie Rose

978-1-925924-47-3, 6.5 x 7.5, 192 pp., Full-color throughout, Flexibound, \$19.95 (CAD \$27.95), North America only

This journal is not only functional, but is also aesthetically pleasing with a modern look and feel...it's Instagram worthy!



Inspired by Frida Journal

Akal Pritam

978-1-925924-46-6, 6 x 8.5, 192 pp. Full-color art throughout, Paperback, \$19.95 (CAD \$27.95), North America only

Inspired by the legacy of Frida Kahlo, here is an exquisite journal that features full-color illustrations, poetry, positive affirmations, and words of wisdom to encourage self-expression and self-reflection.



Self-Love Journal

A Journey to Inner Peace and Happiness

Akal Pritam

978-1-925924-45-9, 6 x 8.5, 208 pp., Full-color illustrations throughout, Paperback, \$19.95 (CAD \$27.95), North America only

The journal is divided into the seven chakras, offering an opportunity to move through these energy centers. The journal includes a letter page and envelope to write yourself a love letter from your heart to your soul, to make a promise, or a wish. This journal will help you know your worth and live your life's purpose.

Each of these beautiful and compact card decks include 40 full-color cards that can serve as affirmations, inspirations, or daily guidance.



New!

Star Light

Enchanting Messages from the Cosmos

Jessica Le

978-1-925946-71-0, 4 x 2, 40 full-color inspirational card, Deck, \$12.95 (CAD \$17.95), North America only, [Available April](#)

Let the guiding light of the sun, moon, and stars offer some assistance in your daily life with this set of forty mini-inspiration cards. Take refuge in the night, map new constellations, and navigate the expanding universe of you.

About the Author Jessica Le is an illustrator and creator of Secret Garden Cards.



From the Heart Affirmations

Anna Stark

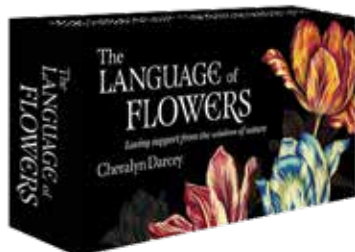
978-1-925946-43-7, 4 x 2, 40 full-color cards, Deck with magnetic case, \$12.95 (CAD \$17.95), North America only



Inspired by Frida

Akal Pritam

978-1-925924-22-0, 4 x 2, 40 full-color cards, 40 full-color cards, Deck with magnetic case, \$12.95 (CAD \$17.95), North America only



Bestseller!

The Language of Flowers Loving Support from the Wisdom of Nature

Cheralyn Darcey

978-1-925682-98-4, 4 x 2, 40 full-color cards, Deck with magnetic case, \$12.95 (CAD \$17.95), North America only



Bestseller!

Sweet Dreams Night-Time Affirmations Before Bed

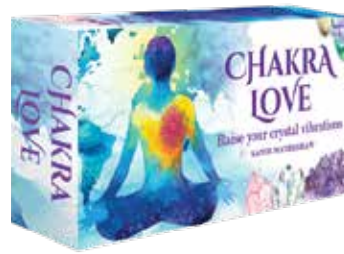
Rose Inerra

978-1-925682-21-2, 4 x 2, 40 full-color cards, Deck with magnetic case, \$12.95 (CAD \$17.95), North America only

Key Selling Points:

- Each box features a handy magnetic closure
- Their small size makes it easy for affirmations to be tucked into a purse, desk drawer, or anywhere for a quick pick-me-up
- Small size and price point makes this a great impulse buy!

*More mini decks available at www.redwheelweiser.com



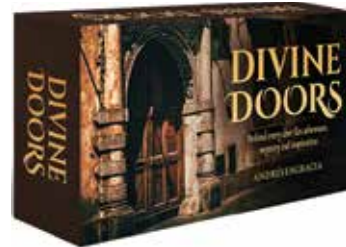
Chakra Love Raise Your Crystal Vibrations

Katie Manekshaw, founder of I Love Chakra
978-1-925924-25-1, 4 x 2, 40 full-color cards, Deck with magnetic case, \$12.95 (CAD \$17.95), North America only



Daily Healing Cards for Awakening Your Best Self

Inna Segal
978-1-925682-96-0, 4 x 2, 40 full-color cards, Deck with magnetic case, \$12.95 (CAD \$17.95), North America only



Bestseller!

Divine Doors Behind Every Door Lies Adventure, Mystery and Inspiration

Andrés Engracia
978-1-925682-95-3, 4 x 2, 40 full-color cards, Deck with magnetic case, \$12.95 (CAD \$17.95), North America only



Let Go
Akala Pritam
978-1-925924-23-7, 4 x 2, 40 full-color cards, Deck with magnetic case, \$12.95 (CAD \$17.95), North America only



Moon Magick Deep Moon Messages

Stacey Demarco
978-1-925946-15-4, 4 x 2, 40 full-color cards, Deck with magnetic case, \$12.95 (CAD \$17.95), North America only



Secret Garden Enchanting Messages from Quiet Spaces

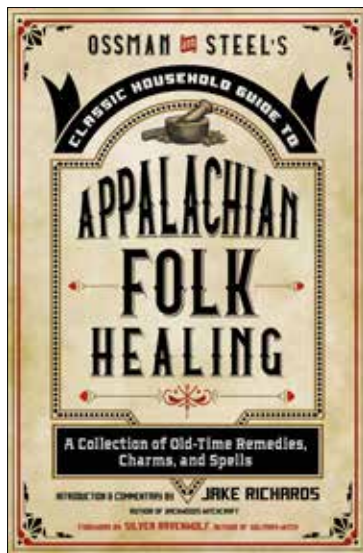
Jessica Le
978-1-925924-24-4, 4 x 2, 40 full-color cards, Deck with magnetic case, \$12.95 (CAD \$17.95), North America only



Wishcraft The Magic Starts Here!

Stacey Demarco
978-1-925924-99-2, 4 x 2, 40 full-color cards, Deck with magnetic case, \$12.95 (CAD \$17.95), North America only





New!

Ossman and Steel's Classic Household Guide to Appalachian Folk Healing

A Collection of Old-Time Remedies, Charms, and Spells

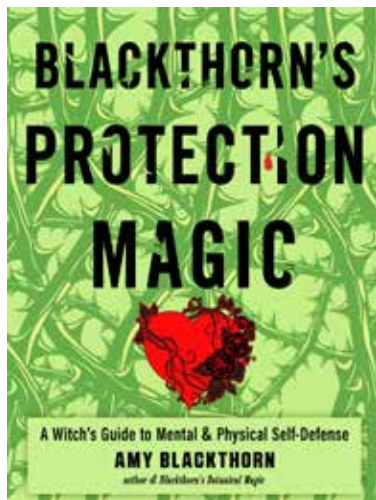
Jake Richards; Foreword by Silver Ravenwolf

978-1-57863-753-9, 5.25 x 8, 160 pp., Paperback, \$16.95 (CAD \$23.95), [Available August](#)

A long-treasured but forgotten classic of folk healing, with an introduction and commentary by the author of *Backwoods Witchcraft* and *Doctoring the Devil*.

Ossman and Steel's Guide to Health or Household Instructor (its original title) is a collection of spells, remedies, and charms. The book draws from the old Pennsylvania Dutch and German powwow healing practices that in turn helped shape Appalachian folk healing, conjuring, root work, and many folk healing traditions in America. Jake Richards puts these remedies in context, with practical advice for modern-day "backwoods" healers interested to use them today.

About the Author Jake Richards holds his Appalachian heritage close in his blood and bones. He has been a practitioner of Appalachian folk magic for almost a decade and teaches classes on the subject in Jonesborough, Tennessee. Follow him on Instagram at [@jake_richards13](#).



New!

Blackthorn's Protection Magic

A Witch's Guide to Mental and Physical Self-Defense

Amy Blackthorn, author of *Blackthorn's Botanical Magic*

978-1-57863-761-4, 6 x 8, 208 pp., Spot art line drawings, Paperback, \$16.95 (CAD \$23.95),

[Available March](#)

A hands-on guide to protection magic using essential oils, incense, spells, and potions from a beloved and trusted authority.

Blackthorn's Protection Magic provides readers the necessary tools to keep themselves physically, spiritually, and emotionally safe and healthy in challenging times. The author's approach is accessible for all and easy to understand. She provides an overview of what protection means and then explores practices in more depth.

About the Author Amy Blackthorn is a bestselling author with a certification in aromatherapy and incorporates her experiences in traditional witchcraft with her horticulture studies. You can visit Amy's tea shop at [BlackthornsBotanicals.com](#) and follow her on Instagram at [@amyblackthornauthor](#).

Related Backlist



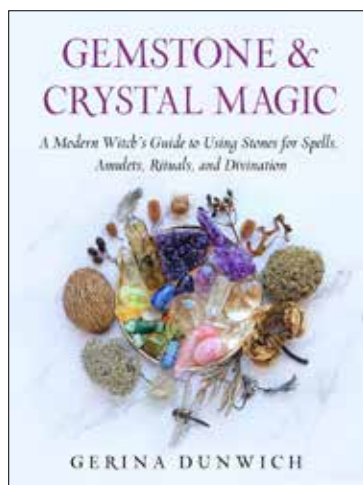
Blackthorn's Botanical Magic
978-1-57863-630-3
Paper \$22.95
(CAD \$31.95)



Blackthorn's Botanical Brews
978-1-57863-715-7
PLC \$18.95
(CAD \$26.95)



Sacred Smoke
978-1-57863-680-8
Paper \$14.95
(CAD \$20.95)



New!

Gemstone and Crystal Magic

A Modern Witch's Guide to Using Stones for Spells, Amulets, Rituals, and Divination

Gerina Dunwich

978-1-63748-007-6, 6 x 8, 256 pp., Charts, Paperback, \$18.95 (CAD \$26.95), [Available August](#)

A witch-friendly guide to working magic with gemstones and crystals.

This book is a practical and comprehensive guide to the magical world of crystals and gemstones, including both precious and semiprecious stones. Written by a modern witch with firsthand knowledge of the occult properties of stones, *Gemstone and Crystal Magic* is filled with spells and rituals, folklore, and magical correspondences. It also explores gemstone curses and cures and the ways in which gemstones can be used as amulets, as oracles, and as tools for healing.

About the Author Gerina Dunwich is a professional astrologer and occult historian, best known for her books on Wicca and various esoteric subjects.

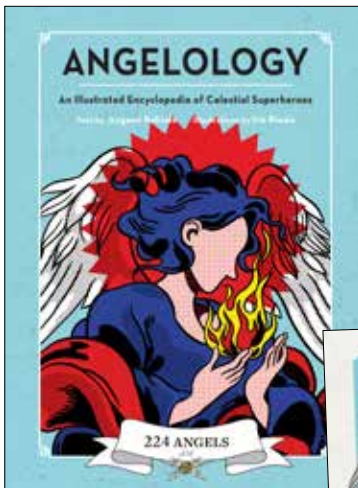
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Spellcrafting
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Herbal Magic
978-1-57863-685-3
Hardcover \$16.95
(CAD \$23.95)



New!

Angelology

An Illustrated Encyclopedia of Celestial Superheroes

Angemi Rabiolo; Illustrated by Iris Biasio

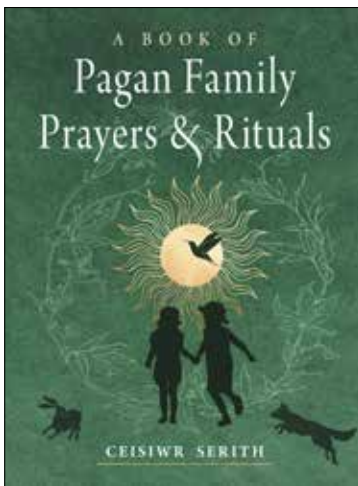
978-1-59003-529-0, 6.25 x 8.5, 288pp., 240 full-color illustrations, PLC, \$18.95 (CAD \$26.95),

Available March

Discover the power, names, and virtues of 224 angels.

Angelology is a pop-illustrated encyclopedia that presents angels in way they've never been presented before—in the style of a superhero comic book. Each of the 224 angels—including eleven archangels—is presented as a celestial superhero. Infographic-style pages outline their individual powers, virtues, and mythology. This book explores the epic battle between good and evil, human consciousness, and the journey to spiritual growth. Celestial superheroes from different religions and cultures can be found within, each one offering us protection and guidance that can be attained by merely calling their names!

About the Author Angemi Rabiolo is a journalist, copywriter, and editor.



New!

A Book of Pagan Family Prayers and Rituals

Ceisiwr Serith

978-1-57863-771-3, 6 x 8, 272 pp., Paperback, \$19.95 (CAD \$27.95), **Available May**

Offers hundreds of rituals, prayers, blessings, and meditations for every occasion, along with suggestions for creating a sacred home.

A Book of Pagan Family Prayers and Rituals provides a reference guide for pagans who wish to celebrate their religion as a living, family tradition steeped in pagan ritual and pagan prayer. There are suggestions for the creation of the sacred home (including blessings and household shrines). The author also offers children's activities including meditations, mask and rattle making, drumming, and storytelling as well as tips for teaching children about paganism.

This book was first published in 1995 under the title *The Pagan Family: Handing the Old Ways Down*. This new edition is substantially revised and includes new, previously unpublished material as well as a new foreword by Temperance Alden, author of *Year of the Witch*.

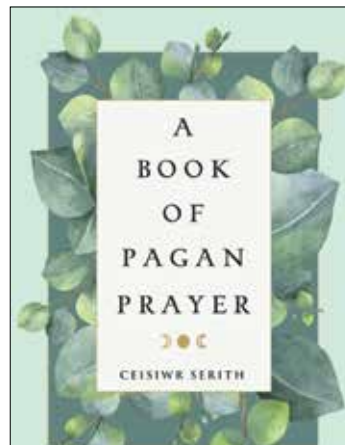
About the Author Ceisiwr Serith is a writer and teacher in the pagan community. He is the author of *A Book of Pagan Prayer* and *The Big Book of Pagan Prayer and Ritual*. He is a member of Ár nDraíocht Féin, a Druid fellowship, and is priest and liturgist for Nemos Ognios grove in Durham, NH.



The Big Book of Pagan Prayer and Ritual

Ceisiwr Serith

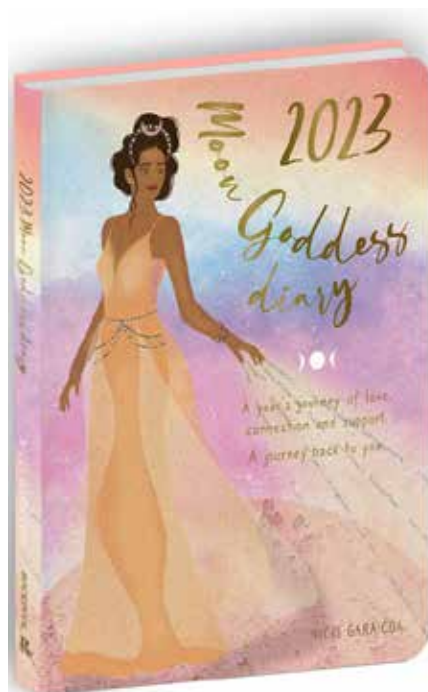
978-1-57863-692-1, 7 x 9, 336 pp., Paperback, \$24.95 (CAD \$35.95)



A Book of Pagan Prayer

Ceisiwr Serith

978-1-57863-649-5, 5 x 7, 304 pp., Paperback, \$16.95 (CAD \$23.95),



2023 Moon Goddess Diary—Northern Hemisphere

A Year's Journey of Love, Connection, and Support: A Journey Back to You

Nicci Garaicoa; Illustrated by Olivia Bürki

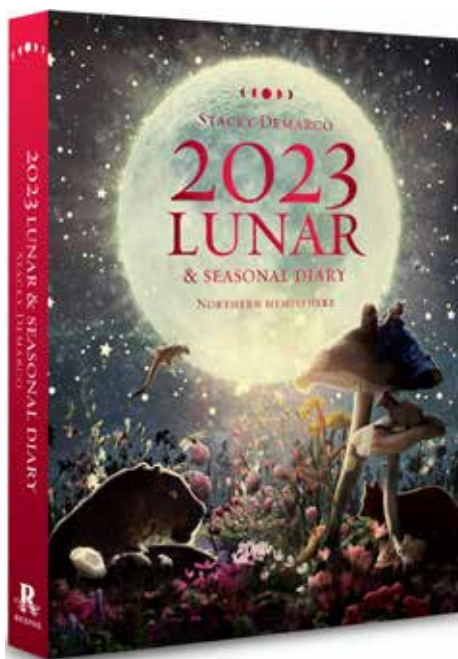
978-1-922579-17-1, 6.25 x 8.25, 160 pp., Spiral, Full-color illustrations throughout, \$17.95 (CAD \$24.95), North America only, [Available August](#)

This beautifully illustrated planner will guide and support you through 2023 while you gain knowledge to harness the energy of the moon and connect with your inner Goddess.

The *Moon Goddess Diary* will teach you how to harness the energy and guidance of the Moon, the seasons, and the sacred celebrations of 2023, so you can thrive throughout your whole year.

You will learn how to use crystals, essential oils, affirmations, rituals, and songs to harness your potency and your inner Goddess to transform your life into one of clarity, balance, ease, and joy.

About the Author and Illustrator Multi-talented author, speaker, intuitive, healer, medicine woman, and kinesiologist **Nicci Garaicoa** writes in ways that connect straight to your heart and fill you up with love. **Olivia Bürki** is a freelance illustrator based in Mexico and the illustrator of *The Pure Magic Oracle*.



2023 Lunar & Seasonal Diary—Northern Hemisphere

Stacey Demarco

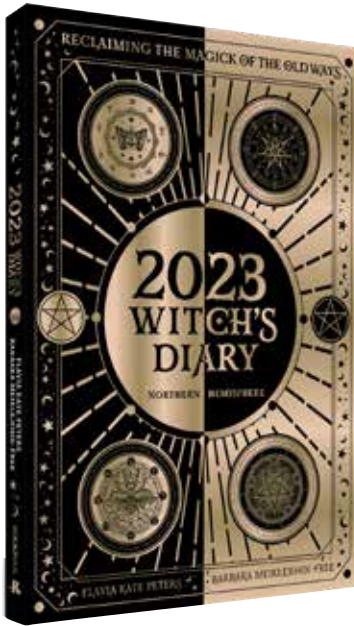
978-1-925946-65-9, 6.25 x 9, 216 pp., Spiral, Full-color throughout, \$19.95 (CAD \$27.95), North America only, [Available August](#)

This full-color, lay-flat, spiral-bound daily planner is just what you need to organize your magical life. Complete with lunar timings, spells, and incantations from world-renowned witch Stacey Demarco, this diary will leave you feeling motivated and inspired in 2023.

The *2023 Lunar and Seasonal Diary* is packed with invaluable tips and techniques ranging from increasing your wealth to improving your relationships, boosting your vitality, and magnifying your personal power to removing obstacles and fears that are holding you back in your life. Also included are gods and goddesses for each month and seasonal spell castings and invocations for specific moon phases, including equinoxes and solstices.

About the Author **Stacey Demarco** is one of Australia's most high-profile and trusted metaphysicists and spiritual practitioners and author of *Queen of the Moon Oracle*.





2023 Witch's Diary— Northern Hemisphere

Barbara Meiklejohn-Free and
Flavia Kate Peters

978-1-922579-25-6, 5.5 x 8.25, 160 pp.,
Paperback, B&W illustrations throughout,
\$14.95 (CAD \$20.95), North America only,
[Available August](#)

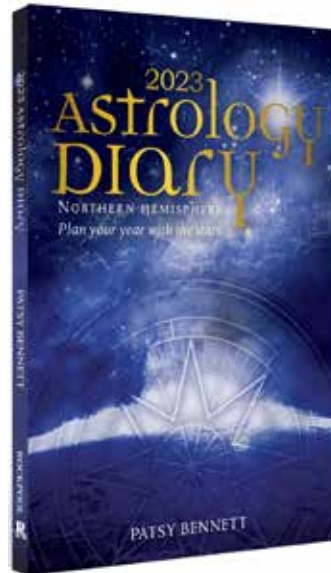
A must-have magical tool for anyone who has a love of the natural world and wants to bring the power and magic of the Old Ways into their everyday lives.

The 2023 *Witch's Diary* will awaken the witch within and help you discover the freedom to express who you truly are.

This practical guide will show you how to harness the magic of nature, reclaim your personal power through the discovery of ancient wisdom, and embrace the feminine divine. You will journey through the year, learning to work with the forces of nature through spell work, incantations, rituals, sigils, age-old recipes, and charms that use herbs, candles, and crystals.

About the Authors

Flavia Kate Peters is a hereditary witch and high priestess of Anemelia and the Morrigan. Known as the Highland Seer, **Barbara Meiklejohn-Free** is a high priestess of Isis and of the Cailleach.



2023 Astrology Diary— Northern Hemisphere

Patsy Bennett

978-1-922579-09-6, 5 x 7.5, 160 pp.,
Paperback, B&W halftones, tables, \$12.95
(CAD \$17.95), North America only,
[Available August](#)

Make 2023 your year with Patsy Bennett's astrology guide to the signs and stars!

Focus on health, wealth, and happiness with up-to-date insight into major planetary alignments and what they will mean for you, including eclipses, new moons, full moons, and sun sign forecasts throughout the year. Includes a week-at-a-glance diary, monthly sun sign forecasts, tips for when to grow ideas and when to take action, and astro guidance on romance, health, wealth, and happiness.

About the Author

Patsy Bennett has worked as a professional astrologer for over 24 years. She is a rare combination of astrologer and psychic medium, and her horoscopes are a unique mix of astrological and clairvoyant insight.



2023 Crystal Calendar

Rachelle Charman

978-1-922579-44-7, 9 x 5, 24 pp.,
Spiral / Desk, 12 full-color photographs,
\$9.95 (CAD \$13.95), North America only,
[Available August](#)

This magical monthly desk calendar will brighten up your days, each month featuring a beautiful crystal with everything you need to know about its energy and an affirmation for the month.

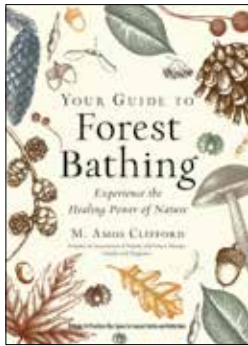
As you move into each month you are blessed with the energy of different crystals and positive words of wisdom to guide and inspire you. The photos of the crystals are exquisite, vibrant, and gorgeous, making this calendar a beautiful addition to your home or office. This magical calendar will brighten up your days as it pours good vibrations into your life with its energy of love and healing.

About the Author

Rachelle Charman is the founder of The Academy of Crystal Awakening in Australia. She is also the author of *Crystals*, *Chakra Reading Cards*, *Crystal Wisdom*, *Crystal Medicine Oracle*, and most recently *Master Teacher Crystal Oracle*.

20 • Bestsellers

Spring & Summer Favorites



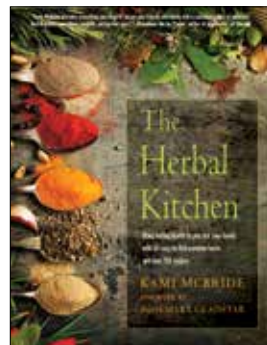
Your Guide to Forest Bathing *Experience the Healing Power of Nature*

M. Amos Clifford, Founder of Association of Nature and Forest Therapy Guides and Programs
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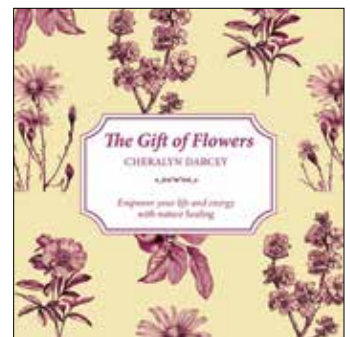
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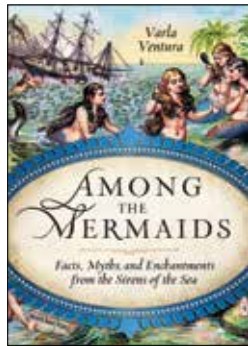
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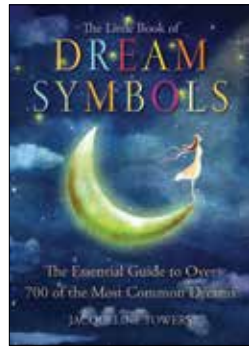
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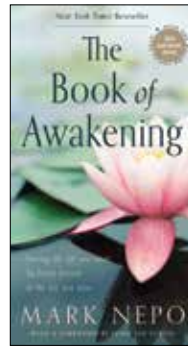
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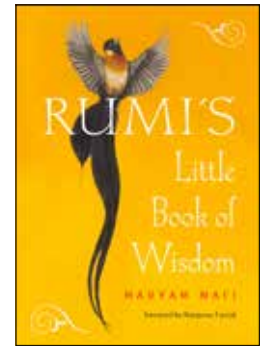
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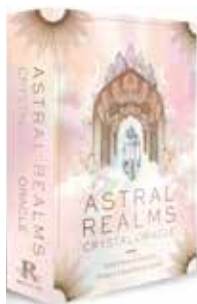
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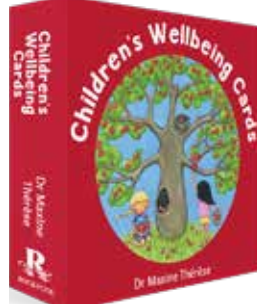
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