



sounds true

WAKING UP THE WORLD



LONDON BOOK FAIR 2024 | RIGHTS GUIDE

Sounds True was founded in 1985 by Tami Simon with a clear mission: to disseminate spiritual wisdom. Since starting out as a project with one woman and her tape recorder, we have grown into a multimedia publishing company with more than 110 employees, a library of more than 3,000 titles featuring some of the leading teachers and visionaries of our time, and an ever-expanding family of customers from across the world. From bestselling authors to new voices in spiritual wisdom, our products represent a variety of popular topics, including meditation, mindfulness, yoga, shamanism, psychology, health, and healing, along with a line of children's books.

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**NOVEMBER 26, 2024**

Hardback

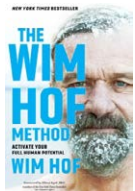
US\$39.99

256 pages

7.5 x 9 inches

ISBN: 9781649631688

Health & Fitness / Alternative Therapies

Rights: World**Rights sold: English (UK/Commonwealth)***Also by Wim Hof*

Rights sold: Arabic, Bulgarian, Chinese simplified, Croatian, Czech, Danish, Dutch, English (UK/Commonwealth), Estonian, Finnish, French, German, Greek, Hungarian, Italian, Japanese, Korean, Latvian, Lithuanian, Macedonian, Mongolian, Norwegian, Polish, Portuguese, Romanian, Russian, Serbian, Slovak, Slovenian, Spanish, Swedish, Turkish, Vietnamese

Exposure

How an Outlier's Journey Illuminates the Extremes of Power, Vitality, and Possibility

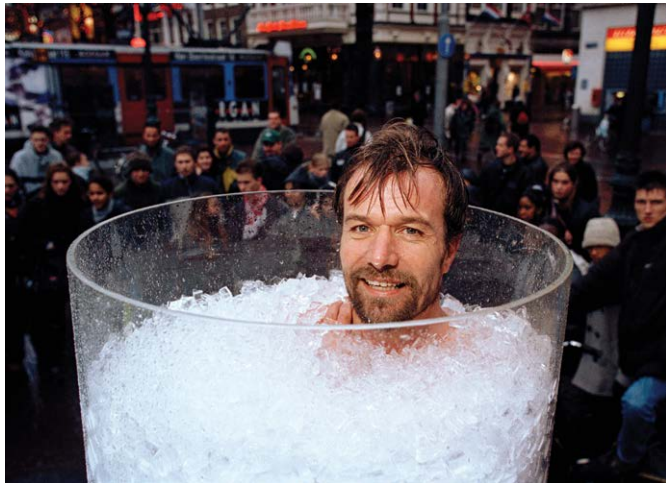
Wim Hof & Henny Boogert

Experience the remarkable life of *New York Times* bestselling author Wim "Iceman" Hof through photos, stories, and original wisdom.

What would it be like to live unconditionally, uninhibited, and open to whatever comes your way? This was and is Wim Hof's path—and it has led him to break world records for endurance and cold exposure, overturn scientific beliefs about what the human body is capable of, and transform the lives of millions. With *Exposure*, you'll follow Wim's journey from the early years to the present, experiencing the heartbreaks, joys, and triumphs of one of today's most inspirational spiritual leaders.

The immersive images from photographer Henny Boogert, Wim's lifelong friend and chronicler, provide an unprecedented window into the key events of Wim's life. You'll experience Wim's record-shattering feats in the Arctic Circle, on Mt. Kilimanjaro, and more; tender and intimate moments of his family life; the research trials that confirmed "The Iceman" was no hoax; and the extraordinary healing power his method has awakened in those who have learned it. Interwoven into this lavish photographic odyssey are Wim's poetry, stories, and lessons attained from a lifetime of pushing past boundaries and defying expectations.

Wim Hof, aka "The Iceman," holds multiple world records for his feats of endurance and cold exposure. The benefits of his method, practiced by millions, have been validated by numerous university research studies. He is author of the *New York Times* and *Sunday Times* bestseller *The Wim Hof Method*, which has been translated into 34 languages. Visit wimhofmethod.com. **Henny Boogert** is a passionate independent photographer of sports, nature, and everyday people. Visit boogertfotografie.nl.



One of my first appearances in public for American Television. I was building a name for myself. I was just enthusiastically going with it all. So ever yime I did these things, it took me out of my daily life routine. I was excited to do all that. Imagine yourself in an icebox in a main square of a city somewhere - I loved it!



I felt the attention of the public/audience /spectators, yet if you are in the cold you go to the core and stay there! This is where one learns oneself to focus on the body, inward going. In neuroscience that is called interoceptive focus, the eighth sense.

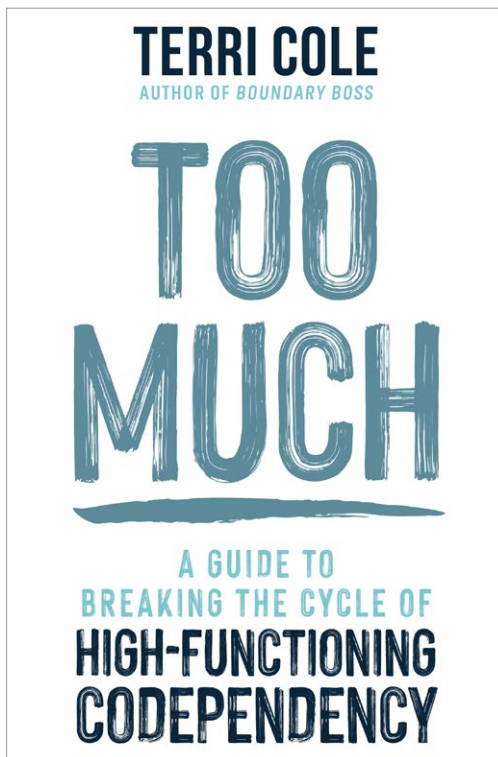
40
EXPOSURE
REVEALING PARTS

GARDEN OF EDEN

The garden of Eden
Eruruvata, eruruvata
Step by step, we set foot in Paradise
where the fear subsides into another presence
Because divine Mother Nature
Is there
Becoming aware,
I dare
That I am one in Mother Natures care
Doubt is weakness, taken out
The lions piercing eyes, a deeply roar
A shout
I am here, humbled to the core
There is no time, waste is gone
Walk in the garden
Eden has come
where king lion
Is da right on
According to the bob marley.
Authority in the field
It is the love that makes us one
Until then the lions rage is on
To show us the garden of Eden
Should be our daily song



In Spain with the children. Always in nature, in the rivers, trees, mountains. Olaya was from that region. It's a mesmerizing place.



OCTOBER 15, 2024

Hardback

US\$28.99

240 pages

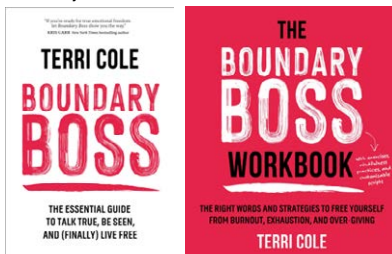
6 x 9 inches

ISBN: 9781649631862

Self-Help / Personal Growth

Rights: World

Also by Terri Cole



Rights sold:

- 1) Arabic, Chinese simplified, Chinese traditional, Croatian, French, German, Hungarian, Indonesian, Korean, Polish, Portuguese (Brazil), Romanian, Russian, Serbian, Slovenian, Spanish, Turkish, Vietnamese
- 2) Russian

Too Much

Overcome High-Functioning Codependency

Terri Cole, MSW, LCSW

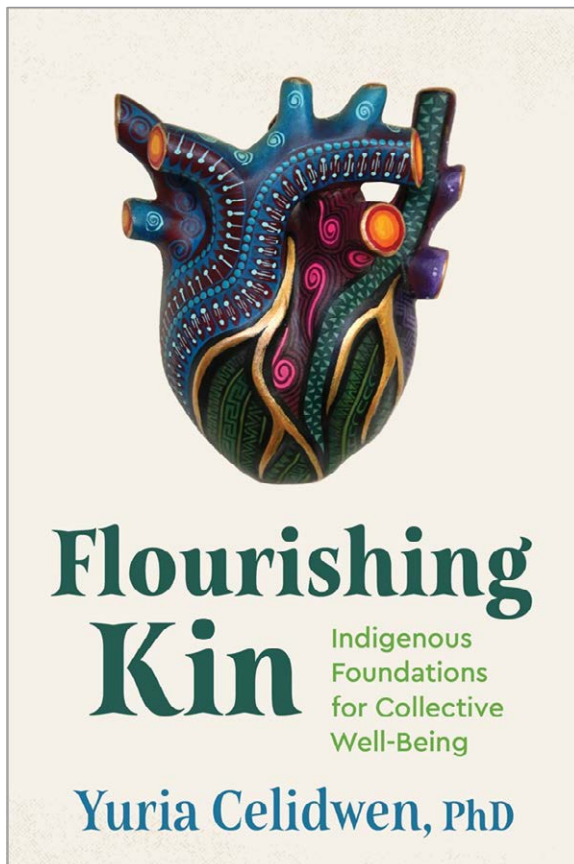
An insightful and empowering new take on codependent behavior, revealing the underlying reasons we struggle with over-giving and overdoing.

When you hear the word “codependent,” you might think of the traditional enabler framework involving a hapless victim and their selfless rescuer. Psychotherapist and boundary expert Terri Cole certainly did. But after years in her therapy practice, she realized that many of her clients were presenting codependent behaviors that fell outside of the classic model. Terri calls this new paradigm “high-functioning codependency” (HFC).

The ironic truth with high-functioning codependency is that the more capable you are, the more your behavior doesn’t actually seem codependent. Here, Terri breaks down the characteristics of high-functioning codependency—including how to identify one’s “HFC blueprint”—so you can get more clarity around what’s going on under the surface of your behavior and take steps toward better boundaries, self-care, and integrity.

You’ll walk away with a clear understanding of how you relate to others and the world... with a newfound inner peace. With the teachings and tools in *Too Much*, now you can break the cycle of overdoing and over-giving and start living a more authentic and joyful life.

Terri Cole, MSW, LCSW, is a licensed psychotherapist and global relationship and empowerment expert. For over two decades, she has worked with a diverse group of clients, from stay-at-home moms to celebrities to Fortune 500 CEOs. She is the author of *Boundary Boss* which has sold over 100,000 copies and been translated into 18 languages. Terri inspires millions of people through her blog, social media, signature courses, and popular podcast, *The Terri Cole Show*. See terricole.com.



NOVEMBER 19, 2024

Paperback

US\$19.99

256 pages

6 x 9 inches

ISBN: 9781649632043

Self-Help / Personal Growth / Happiness

Rights: World excluding Spanish

Flourishing Kin

Indigenous Foundations for Collective Well-Being

Yuria Celidwen, PhD

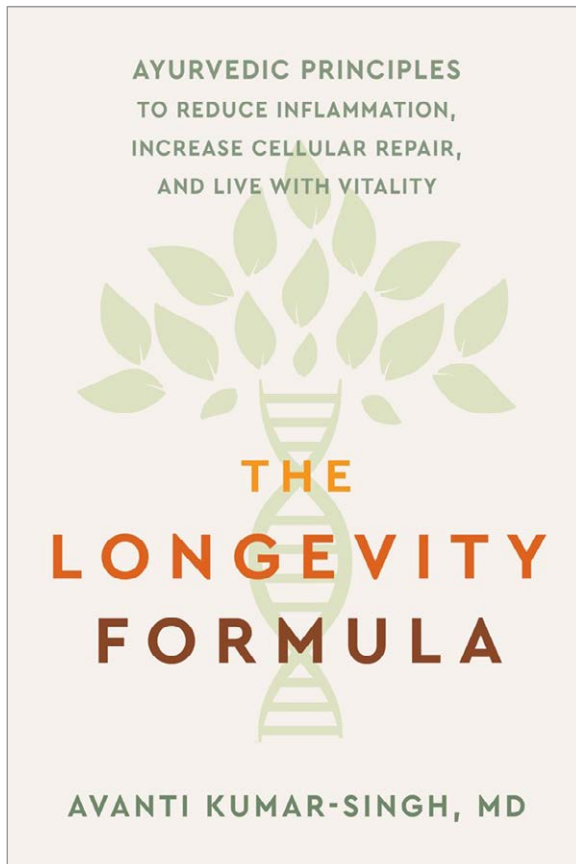
A first-of-its-kind book that updates the Western paradigm of mental wellness with Indigenous wisdom for collective, sustainable happiness.

How do we cultivate happiness? When facing the monumental challenges of our world, it can feel natural to tune out the bad news and focus on our mental health. Yet Dr. Yuria Celidwen teaches that attending only to our own state of mind is precisely why so many of us struggle to be happy. “What’s been overlooked is the Indigenous perspective,” she says. “It is the understanding that individual happiness is not enough—we must expand our view to include our kinship with others, from our neighbors to the living Earth.”

While recognizing the gains made by Western positive psychology, mindfulness, and neuroscience, Dr. Celidwen’s research shows the tremendous benefit of integrating Indigenous approaches into our approach to well-being. In *Flourishing Kin*, she identifies seven key principles found in Indigenous cultures worldwide that embrace virtue, ethical living, and spirituality. Each principle reveals how we can overcome isolation and despair, nourish healthy relationships with our communities and environment, and build strong foundations of well-being that elevate our life choices.

Sustainable happiness goes beyond optimism or resilience. Dr. Celidwen invites us to experience a path to fulfillment that allows us to meet the world in all its complexity and imperfection with love, hope, and joyous participation in the flourishing of all living beings.

Yuria Celidwen, PhD, (Indigenous Nahua and Maya) works on the intersection of Indigenous studies, cultural psychology, and contemplative science. She lives in New York City. For more, visit yuriacelidwen.com.



DECEMBER 17, 2024

Paperback

US\$19.99

256 pages

6 x 9 inches

ISBN: 9781649631800

Body, Mind & Spirit / General

Rights: World

The Longevity Formula

Ayurvedic Principles to Reduce Inflammation, Increase Cellular Repair, and Live with Vitality

Avanti Kumar-Singh, MD

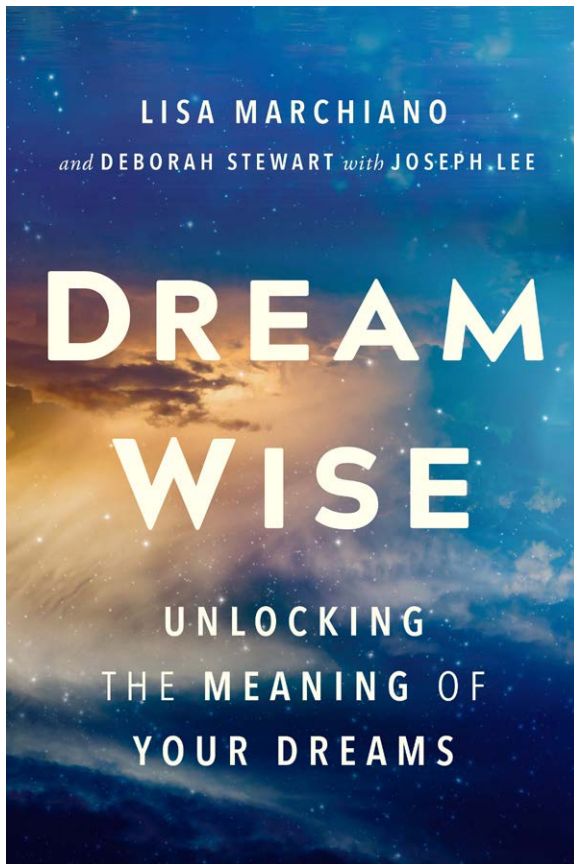
A formula—based in ancient Ayurvedic wisdom—to live more vibrantly as we age by replenishing the tissues of the body.

Modern society has conditioned us to perceive aging as an unpleasant experience with a growing list of pain symptoms and an even longer list of prescription drugs. Esteemed Ayurvedic practitioner Dr. Avanti Kumar-Singh invites us to reframe these beliefs by illuminating what is possible when we honor the passage of years and usher in the second stage of life as a time full of vitality and wisdom.

During her career as an emergency room doctor, Dr. Avanti experienced a health crisis that Western medicine failed to address. In her search for answers, she was led back to Ayurveda, the ancient healing tradition of her South Asian roots. Now an Ayurvedic teacher, she seeks to share this sacred knowledge with us. In *The Longevity Formula*, Dr. Avanti distills her expertise with Ayurveda into easy-to-follow steps to help increase cellular repair and decrease inflammation—the foundation of the longevity formula.

“The essence of Ayurveda is that we are not separate from nature,” says Dr. Avanti. “When we live in harmony with nature, we have optimal and vibrant health.” With this fundamental principle, she shows us how to adjust our daily living to support our health through protocols for nutrition, routines, and yoga. Filled with simple practices, *The Longevity Formula* builds gradual and sustainable habits, encouraging us to redefine wellness and create a harmonious lifestyle.

Avanti Kumar-Singh, MD, is an internationally recognized Ayurveda practitioner, a certified yoga therapist, and a former ER doctor.



NOVEMBER 12, 2024

Hardback

US\$26.99

272 pages

6 x 9 inches

ISBN: 9781649631206

Psychology / Movements / Jungian

Rights: World

Also by Lisa Marchiano



Rights sold:

- 1) Chinese simplified, Chinese traditional, Czech, English Audio, French, Italian, Romanian, Russian, Spanish
- 2) Russian

Dream Wise

Unlocking the Meaning of Your Dreams

Lisa Marchiano, LCSW, Deborah Stewart & Joseph Lee

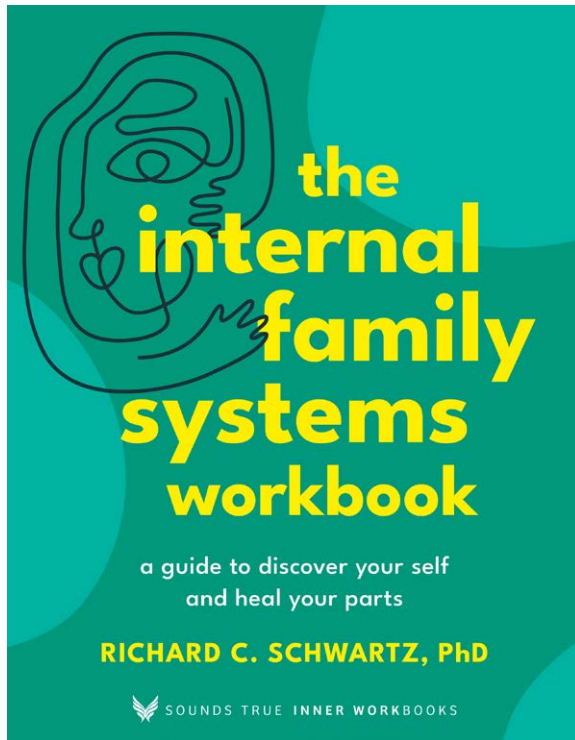
The hosts of the podcast *This Jungian Life* present a systematic and comprehensive method for understanding the messages of our dreams.

Dreams carry messages about our past, present, or future—but how can we develop the skill to decipher their deeper meaning? With *Dream Wise*, the hosts of the widely respected podcast *This Jungian Life* present an unprecedented resource, translating C. G. Jung's brilliant insights into a practical, self-guided method for excavating the hidden wisdom of your dreams.

Authors Lisa Marchiano, Deborah Stewart, and Joseph Lee identify ten keys for diving into the rich territory of your dreamworld—offering guidance for effective journaling, understanding archetypes, exploring the shadow, and much more. As you progress through each chapter, these experienced analysts share their most effective insights and practices to help you improve your dream recall, become fluent in your psyche's symbolic language, and harness the extraordinary intelligence of your dreams to inform and transform your waking life.

The doorways of imagination are waiting for you—with *Dream Wise*, you have the keys to explore their limitless possibilities.

Lisa Marchiano, Deborah Stewart, and Joseph Lee are all in private practice as Jungian analysts. Lisa is the author of *Motherhood* and *The Vital Spark*, and she has taught workshops and facilitated fairy-tale groups. Deb is director of admissions of the Inter-Regional Society of Jungian Analysts. Joseph is the immediate past president of the C. G. Jung Institute of Philadelphia and has lectured, given workshops, and led retreats. Learn more about them and their dreamwork at thisjungianlife.com.



DECEMBER 3, 2024

Paperback

US\$22.99

224 pages

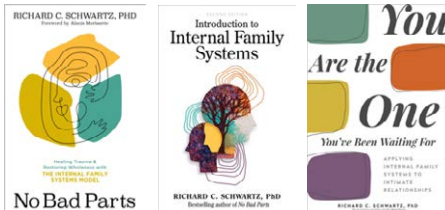
7 x 9 inches

ISBN: 9781649633118

Self-Help / Personal Growth

Rights: World

Also by Richard Schwartz



Rights sold:

1) Chinese simplified, Chinese traditional, Croatian, Czech, Dutch, English (UK/Commonwealth), French, German, Greek, Hungarian, Italian, Japanese, Korean, Lithuanian, Polish, Portuguese, Romanian, Russian, Serbian, Slovenian, Spanish, Turkish, Ukrainian, Vietnamese

The Internal Family Systems Workbook

A Guide to Discover Your Self and Heal Your Parts

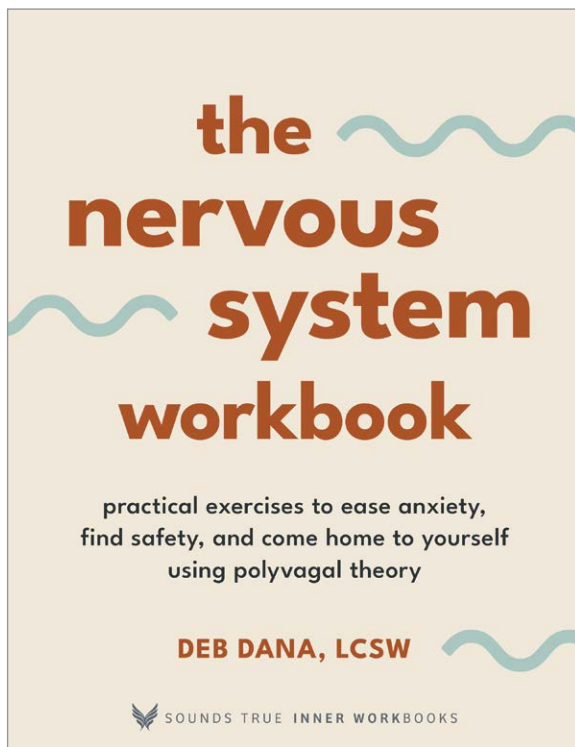
Richard C. Schwartz, PhD

An interactive guide from Dr. Richard C. Schwartz, founder of Internal Family Systems, to meet, understand, and heal the parts of yourself.

The breakthrough insight of the Internal Family Systems (IFS) model is that each of us is not a single personality. Rather, we carry in us a “family” of distinct inner parts that hold our many hurts and inner conflicts—and that we can heal in order to live with more confidence, courage, and connection. With *The Internal Family Systems Workbook*, Dr. Schwartz presents an invaluable practice-oriented tool created to enhance both self-care and therapeutic application of IFS.

Opening with a beginner-friendly overview of IFS, Dr. Schwartz offers more than 50 practices, exercises, and meditations to help understand the parts that make up your system, extend compassion and healing to each, and uncover your core Self that is the source of your deepest wisdom. You’ll find a variety of exercises to support your own learning style, as well as QR codes that point to guided audio practices to further bolster your journey. IFS has proven to be a revolutionary tool for stress, anxiety, depression, PTSD, trauma, burnout, addiction, disordered eating, relationships, and more. Here is your key to a powerful journey of self-discovery and healing at your own pace.

Richard C. Schwartz, PhD, is the creator of Internal Family Systems, a highly effective, evidence-based therapeutic model. His IFS Institute offers training for professionals and the general public. He is on the faculty of Harvard Medical School and is the author of numerous books, including *No Bad Parts* and *You Are the One You’ve Been Waiting For*. For more, visit ifs-institute.com.



NOVEMBER 5, 2024

Paperback

US\$22.99

224 pages

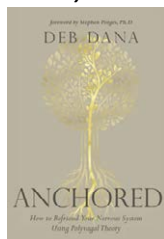
7 x 9 inches

ISBN: 9781649631923

Self-Help / Personal Growth

Rights: World

Also by Deb Dana



Rights sold: Chinese simplified, Chinese traditional, Croatian, Czech, Dutch, English (UK/Commonwealth), French, German, Hungarian, Italian, Korean, Polish, Romanian, Russian, Spanish, Swedish, Turkish

The Nervous System Workbook

Practical Exercises to Ease Anxiety, Find Safety, and Come Home to Yourself Using Polyvagal Theory

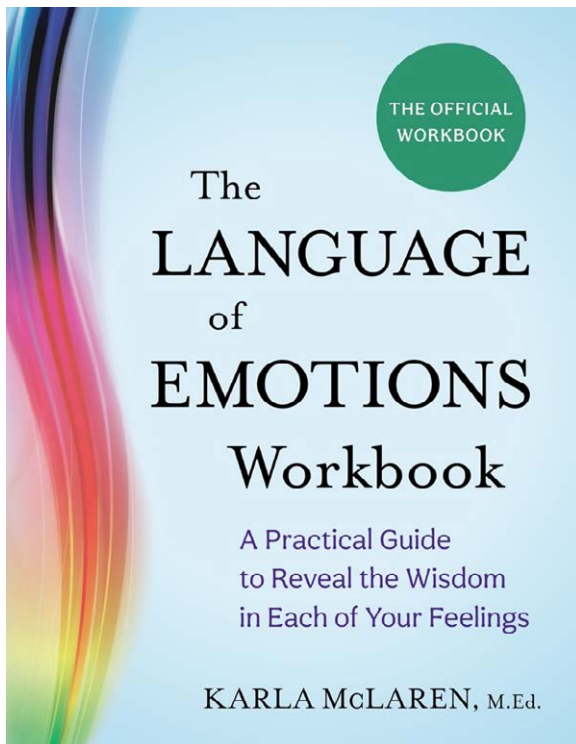
Deb Dana, LCSW

A guide for understanding and befriending your body's unique nervous system—and finding your way back to safety and calm in times of stress.

All our behaviors, emotions, and stories have their roots in our nervous systems—how we feel in our bodies, how we perceive the world around us, and how we connect with others in our relationships. When we're stressed, anxious, and overwhelmed, our nervous systems—and our lives—suffer. In recent years, Polyvagal Theory has produced incredibly effective new tools for regulating our neurobiology. With *The Nervous System Workbook*, leading Polyvagal expert Deb Dana presents a highly interactive guide for befriending your nervous system and cultivating a sense of safety and well-being.

Beginning with a layperson-friendly overview of Polyvagal Theory, Dana guides you through exercises, practices, and reflections to help you understand, soothe, and train your system—so you can live with less reactivity and more ease. A variety of exercises supports readers of different learning styles. *The Nervous System Workbook* is the tool you need to understand the nuances of your body's unique needs—and respond to those needs when you feel challenged with a custom menu of support strategies that can help you return to a place of safety and connection.

Deb Dana, LCSW, is a clinician and consultant specializing in using the lens of Polyvagal Theory to understand and resolve the impact of trauma and create ways of working that honor the role of the autonomic nervous system. She is a founding member of the Polyvagal Institute and lectures internationally. She is the author of several books, including *Anchored*. For more, visit rhythmofregulation.com.

**DECEMBER 10, 2024**

Paperback

US\$22.99

200 pages

7 x 9 inches

ISBN: 9781649633330

Self-Help / Personal Growth

Rights: World*Also by Karla McLaren*

Rights sold: 1) Chinese simplified, Chinese traditional, Czech, Hungarian, Italian, Japanese, Polish, Romanian, Russian, Slovak, Vietnamese
 2) Czech
 3) Chinese simplified, Czech

The Language of Emotions Workbook

A Practical Guide to Reveal the Wisdom in Each of Your Feelings

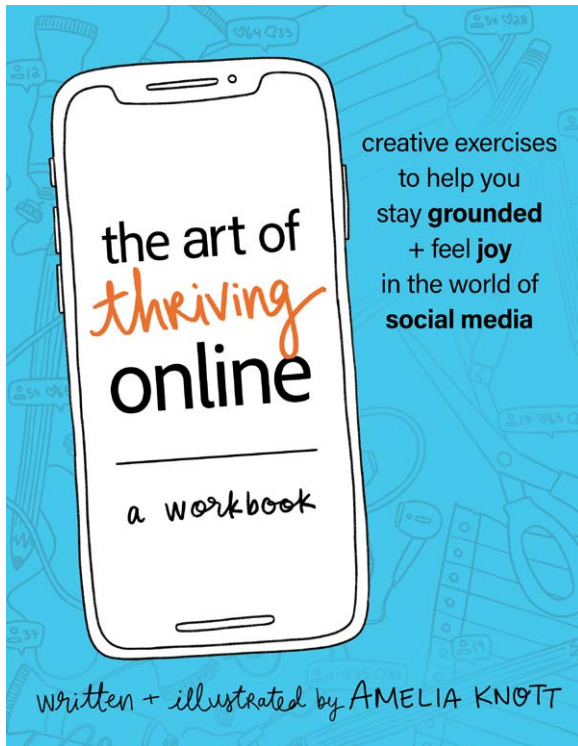
Karla McLaren, M.Ed.

Practical exercises to learn the messages in every feeling, deepen emotional intelligence, and live with self-compassion.

Understanding our emotions can be hard! Many of us have never been taught how to work with our emotions, other than trying to avoid them when they're unpleasant for us or others. Empathy researcher Karla McLaren teaches us a better way than repression. "All of your emotions are essential to your well-being. Each brings a specific form of intelligence to guide your thoughts and actions," she writes. With *The Language of Emotions Workbook*, this innovative teacher offers practical tools and exercises to help you understand the wisdom in your emotions—so you can live with more ease and self-compassion.

This engaging workbook distills the key points of McLaren's beloved book *The Language of Emotions* (translated into 11 languages worldwide) into short, accessible exercises. You'll learn empathic mindfulness practices to connect with your feelings and build better boundaries, including: Getting Grounded and Focused, Defining Your Boundary, Conscious Complaining, Burning Contracts, Rejuvenation, Resourcing, and more. Here is an essential treasury of insights and practices to deepen your emotional awareness and intelligence in every aspect of your life.

Karla McLaren, M.Ed., is an award-winning author, social science researcher, and empathy innovator. She is CEO of Emotion Dynamics Inc., developer of Dynamic Emotional Integration®, and creator of the Empathy Academy. Karla is the author of *The Language of Emotions*, *Embracing Anxiety*, *The Art of Empathy*, *The Power of Emotions at Work*, and the multimedia online course *Emotional Flow*. Learn more at karlamclaren.com.



OCTOBER 15, 2024

Paperback

US\$19.99

250 pages

7 x 9 inches

ISBN: 9781649632739

Self-Help / Personal Growth / Happiness

Rights: World English

The Art of Thriving Online: A Workbook

Creative Exercises to Help You Stay Grounded and Feel Joy in the World of Social Media

Amelia Knott

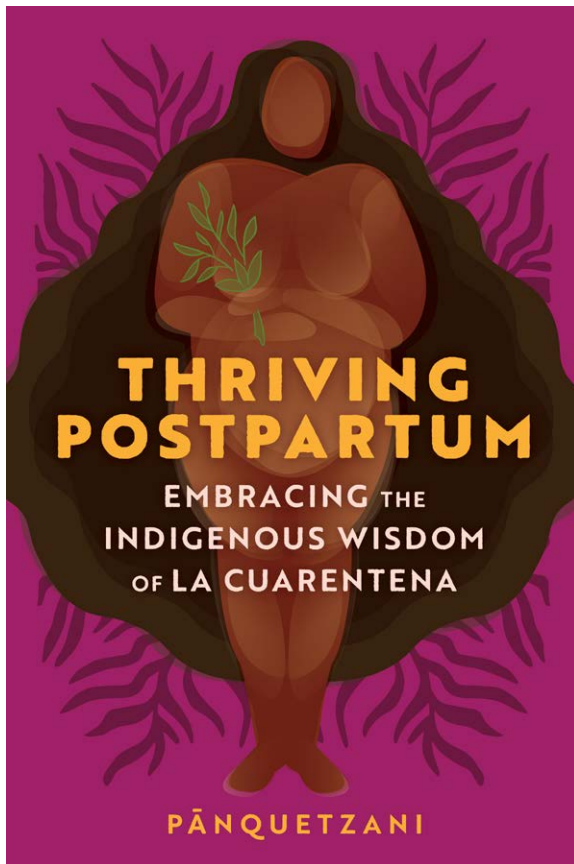
A creatively active workbook for developing a conscious and healthy relationship with the world of social media.

Do you wish you could just quit social media? You're not alone. Thankfully, it is possible to create a conscious relationship with the online world, one that allows you to enjoy the many benefits of that connection, while also feeling a sense of awareness and choice.

The Art of Thriving Online goes far beyond "digital detoxing," with innovative methods for counteracting manipulative, compulsive, and stress-inducing aspects of social media while preserving the goodness of your time online. The foundation of her method is creativity—she provides a playful, interactive place to explore the impact social media has on you and shift to a more positive, health-promoting approach.

Through creative activities, reflections, therapeutic art, writing prompts, and more, you'll learn how to safely process emotions through the forms of personal expression suited to your unique style. Here is a "gentle manifesto" for establishing new habits and boundaries that make you feel truly well—online and off.

Amelia Knott, RP, RCAT, is an art psychotherapist who specializes in the mental health impacts of hustle culture and social media. With over a decade of facilitation experience, she offers meaningful mental health care through one-on-one therapeutic art, group sessions, and workshops, and also hosts Anti-Hustle Art Studio, a resource for coworking sessions to help others carve out time to care for themselves with creativity. She lives in Slocan, BC. For more, visit arttherapyinreallife.com.



SEPTEMBER 24, 2024

Paperback

US\$19.99

300 pages

6 x 9 inches

ISBN: 9781649631756

Health & Fitness / Women's Health

Rights: World excluding Spanish

Thriving Postpartum

Embracing the Indigenous Wisdom of
La Cuarentena

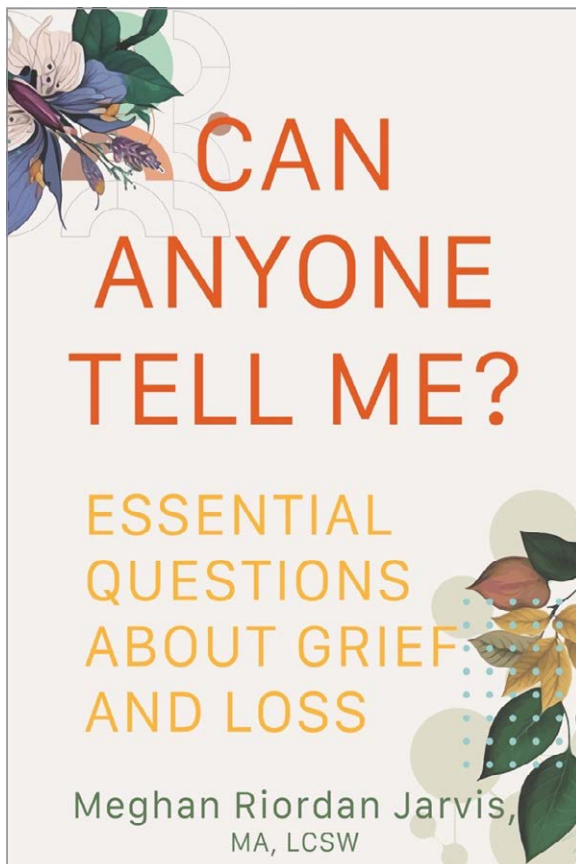
Pānquetzani

An expert in ancestral healing shares traditional Indigenous wisdom for helping women thrive rather than survive the postpartum experience.

Though we now have more resources for ancestral birthing and self-care practices than ever, postpartum care is still largely stuck in an outdated, patriarchal paradigm that fails to serve mothers and newborns. "Slowing down, recovering fully, and giving your baby the best start isn't a privilege—it's a basic human need," says Pānquetzani, a leading expert in Indigenous health care for women. In *Thriving Postpartum*, she shares the sacred ritual of la cuarentena (or quarantine) that honors, nurtures, and empowers a birthing person's transition into their new life.

Pānquetzani teaches this 40-day journey as a spiritual rite of passage, one that has endured colonization and supported women in Mesoamerican and Mexican communities. You'll find everything you need—including ancestral recipes for lactation and replenishing; prayers and somatic practices for physical, emotional, and sexual recovery; and much more. Through traditional stories and practical guidance, she helps you engage your support network, become your own best advocate, and lay a healthy foundation for the years to come.

Pānquetzani comes from a matriarchal family of folk healers from the valley of Mexico (Tenochtitlan, Texcoco, and Tlaxcala), La Comarca Lagunera (Durango and Coahuila), and Zacatecas. As a traditional herbalist, healer, and birthkeeper, Pānquetzani has touched over 3,000 wombs and bellies. Through her platform, Indigemama: Ancestral Healing, she has taught over 100 live, in-person intensives and trainings on womb wellness. She lives in California. For more, visit indigemama.com.



OCTOBER 29, 2024

Paperback

US\$19.99

250 pages

6 x 9 inches

ISBN: 9781649632593

Psychology / Grief & Loss

Rights: World English

Can Anyone Tell Me?

Essential Questions about Grief and Loss

Meghan Riordan Jarvis, MA, LCSW

A leading grief expert answers some of the most frequently asked questions about grief and loss, offering hopeful real-world lessons.

If you've experienced the trauma of loss, you might find yourself struggling with the "whys" of grief: Why can't I remember anything? Why can't I sleep? Why do I feel angry and isolated? Why do I suddenly dislike my friends? Psychotherapist and grief specialist Meghan Riordan Jarvis shares a research-based resource filled with clinical insights and practical steps toward navigating loss with *Can Anyone Tell Me?*

"Though each experience is unique, we all grieve in our bodies," Meghan says. "By recognizing grief as a kind of trauma, we better understand why our mind and body respond in sometimes perplexing ways to loss." In this accessible guide, she answers the most frequently asked questions about the grieving process, offering hopeful lessons informed by neuroscience and biophysical science. Communicated in manageable bites and with profound real-world stories, it is structured as a series of questions broken into sections on the brain, body, emotions, sense of self, relationships, timeline expectations, and how to get the right support.

Whether you are currently grieving or are looking to support a loved one, here is help to uncover the answers to why and discover what you can do to help.

Meghan Riordan Jarvis, MA, LCSW, is a podcast host, TEDx speaker, and trauma-informed psychotherapist specializing in grief and loss. Meghan hosts the popular blog and podcast *Grief Is My Side Hustle* and offers a free writing workshop, Grief Mates. She is also the author of *End of the Hour*, a memoir on trauma, loss, and healing. For more, visit meghanriordanjarvis.com.

to tend & to hold



Honoring Our Bodies, Our Needs,
and Our Grief Through
Pregnancy and Infant Loss

Eileen S. Rosete

OCTOBER 22, 2024

Hardback

US\$26.99

272 pages

6 x 9 inches

ISBN: 9781683648956

Family & Relationships / Miscarriage & Baby Loss

Rights: World

To Tend and to Hold

Honoring Our Bodies, Our Needs, and Our
Grief Through Pregnancy and Infant Loss

Eileen S. Rosete

A gentle companion that embraces you with love as you endure, grieve, and heal from pregnancy and infant loss.

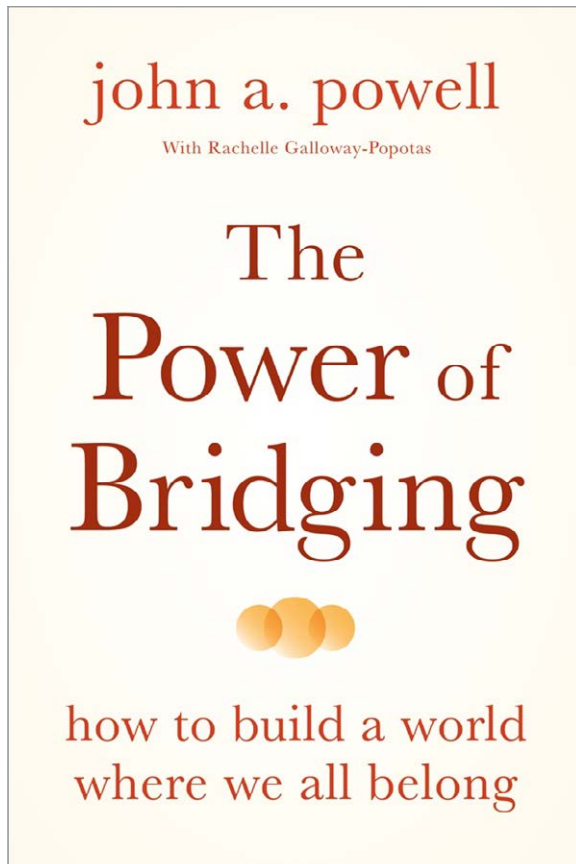
"We, too, are postpartum after pregnancy and infant loss," says Eileen Santos Rosete. "And we deserve the same care all who give birth need, with an added sensitivity to our grief and our trauma."

Pregnancy loss. Infant loss. Womb loss. Each of these heartbreaking moments is as valid as any other, yet these experiences and the individuals who endure them remain largely unrecognized and unsupported. *To Tend and to Hold* honors survivors and the depth of what they've gone through with a reverence that has, until now, been missing.

Within this carefully crafted resource, Rosete emerges as a warm confidante, helping us articulate our experiences, understand our options, and tend to our unique needs as both postpartum and bereaved.

Woven with threads of wisdom from a trusted collective of health and healing arts practitioners, comforting stories, nourishing postpartum recipes, and grounding embodiment practices, *To Tend and to Hold* is a heartfelt, holistic source of solace for all who bear loss.

Eileen Santos Rosete holds a master of science in marriage and family therapy from Northwestern University and is certified as a DONA International postpartum doula, yoga teacher, and grief educator. Her brand, Our Sacred Women®, is known for its elevated offerings that help women feel seen, held, and honored. She is especially passionate about supporting those who are postpartum—both after live births and after loss.



DECEMBER 3, 2024

Paperback

US\$20.99

272 pages

6 x 9 inches

ISBN: 9781649631657

Social Science / Discrimination

Rights: World

The Power of Bridging

How to Build a World Where We All Belong

john a. powell

A research-backed guide for building bridges across difference in any area of our lives, from esteemed civil rights scholar john a. powell.

We don't want to live in a society in turmoil. In the US, 93 percent of people want to reduce divisiveness, and 86 percent believe it's possible to disagree in a healthy way. Yet with increasing political and social fragmentation, many of us don't know how to move past our differences. Civil rights scholar john a. powell presents an actionable path through "bridging" that helps us communicate, coexist, and imagine a new story for our shared future where we all belong.

With inimitable warmth and vision, powell offers a framework for building cohesion and solidarity between disparate beliefs and groups. He defines key concepts such as "othering," which primes us to see people as a threat; "breaking," which excludes people or sees them as threatening our belonging; and finally "bridging," which fosters acceptance both of those we might have othered and even aspects of ourselves. He shares personal reflections as well as practices to help you begin bridging wherever you are—in your community, friendships, family, workplace, and even those with whom you might never have imagined you could find common ground. He calls upon us not just to engage with bridging but to become bridgers.

john a. powell is an internationally respected expert in the areas of civil rights, racial identity, fair housing, poverty, and democracy. He is director of the Othering and Belonging Institute at UC Berkeley, where he holds the Robert D. Haas Chancellor's Chair in Equity and Inclusion, and is professor of law, African American studies, and ethnic studies. He is the author of *Racing to Justice*, coauthor of *Belonging without Othering*, and cofounder of the Poverty & Race Research Action Council. For more, visit johnapowell.org.



OCTOBER 1, 2024

Hardback

US\$26.99

200 pages

6 x 9 inches

ISBN: 9781649630957

Self-Help / Motivational & Inspirational

Rights: World

Also by Jessica Long



Rights sold: Chinese traditional, Russian

Beyond the Surface

A Gold Medalist's Guide to Finding and Loving Yourself

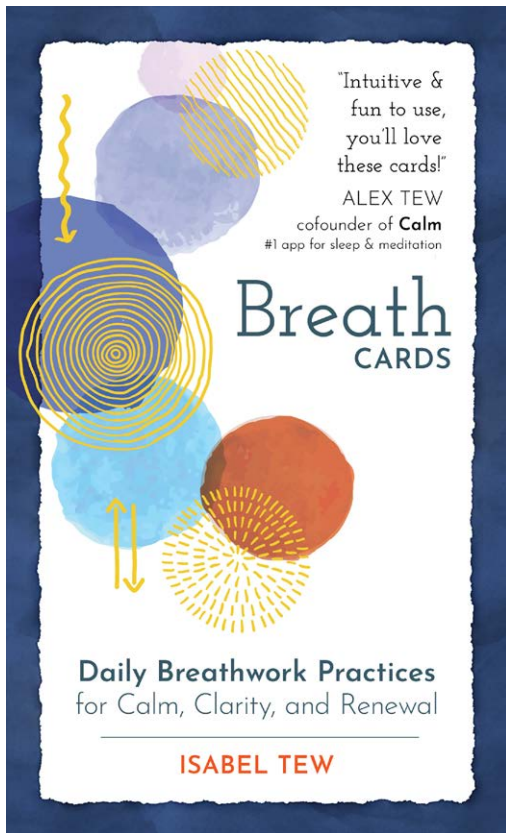
Jessica Long

A beloved Paralympic champion shares her story—and powerful principles to help readers find their own path to unconditional self-acceptance.

Jessica Long is one of the most inspirational figures of our time. From having both legs amputated as a toddler, she has gone on to become one of the most decorated athletes in history. Yet her true successes—and struggles—are not about winning medals or setting world records in the swimming pool. “Our worth cannot be placed in external things—our looks, job, or approval of others,” she says. “No achievement will make us feel worthy unless we can love ourselves without judgment.”

With *Beyond the Surface*, Jessica offers an intimate exploration of the hard-won lessons she learned on her extraordinary journey. Here, she opens up about the toughest challenges she faced—not just the trauma of multiple surgeries and prosthetics, but the anger, resentment, and insecurity of trying to find her place and identity in a world that viewed her as less than whole. In each chapter, she reveals the resources and support that allowed her to overcome hardship—and translates them into practices and reflections to help you create a bedrock of self-acceptance that you can rely on even through the most difficult times.

Jessica Long was born with congenital defects in her lower legs requiring double amputation, and placed for adoption at 13 months old. Supported by the love of her family, she has become a world champion swimmer with 29 Paralympic Medals. As one of America's most decorated and recognizable athletic champions, Jessica focuses on succeeding in the water and inspiring others outside the pool. She lives in Baltimore, Maryland, with her husband and their dog, Goose. For more, visit jessicalong.com.



OCTOBER 29, 2024

Card Deck

US\$24.99

65 cards + 72-page guidebook

3.5 x 5.75 inches

ISBN: 9781649633156

Health & Fitness / Healing

Rights: World

Breath Cards

Daily Breathwork Practices for Calm, Clarity, and Renewal

Isabel Tew

The ultimate card deck dedicated to making breathwork an accessible, fun, self-directed journey that's easily integrated into daily life.

Whether you're an athlete, yogi, spiritual explorer, or just someone trying to live your best life, the most reliable tool you have to elevate your performance and regulate your mood is one that's always available: your breath. "Your breath can fill you with energy, soothe and calm you, or even allow you to access altered states of being," says Isabel Tew, "but only when used correctly!" With *Breath Cards*, this expert teacher shares a first-of-its-kind resource for exploring the many varieties of breathwork—easily digestible for powerful everyday living.

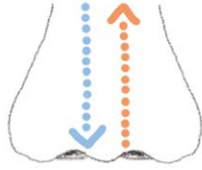
Intuitive and easy to use, each card clearly describes a complete breathing technique, with hand-drawn illustrations and rich, concise guidance. The cards are organized in four color-coded categories—Calm, Energize, Release, and Wild—enabling you to easily personalize your own energetic dynamics. Cards are also labeled as Foundation, Intermediate, and Master, so you'll know exactly where to start and how to progress.

Breathwork's numerous benefits are well documented—including improved sleep, physical fitness, self-awareness, immune response and healing, emotional regulation, and much more. *Breath Cards* is an indispensable resource to help you live with greater health, fulfillment, and joy. Contains 57 Breaths, 5 Sequences, and Guidebook.

Isabel Tew is a yoga and breathwork instructor with over 15 years of experience. She teaches in London at Lumi Power Yoga and is the head of learning at Embody Evolution School of Breathwork. Isabel has been featured in publications including *YOGA Magazine* and *OM Yoga & Lifestyle*. For more visit isabeltew.com.




Foundation

Ānāpānasati



Also called: Mindful Breathing, Breath Awareness
Benefits: Concentration, equanimity and acceptance

Asana **Mudra** **Drishti**

Guidance: Observe your natural breath, just as it is, pure unmodified breath. Notice the fluctuations in speed, intensity, warmth, the flow through left or right or both nostrils. Notice, but do not actively analyze or change anything. This is a practice of accepting reality as it is, a surrender into the flow of life.

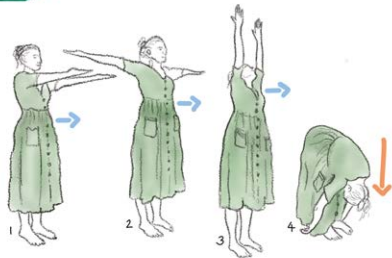
Evolution:

- **Duration:** Start with 5 minutes and build up for longer, such as an hour
- **Observe:** With regular practice, notice if you go for a longer duration of time with steady concentration, i.e., without your mind leaving awareness of breath. When the mind wanders (as it does), notice if you can bring your attention back to your breath quicker.

2

Intermediate

Breath of Joy



Benefits: Uplifting, joyful energizer, clarifies the mind, full body reset

Guidance: This is a 3-part inhale through the nose and an exhale through the mouth, done standing and synchronized with movement: 1) Through the nose, inhale into the belly, lifting arms to Position 1. 2) Inhale more into the mid-chest, swinging arms wide into Position 2. 3) Inhale more into the upper chest, lifting arms up to Position 3. 4) Now exhale with an audible "ha" sound, bending knees and folding into Position 4.

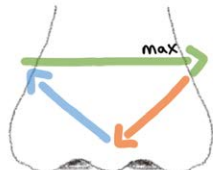
Evolution:

- **Duration:** 10 breaths is one set; explore 1-3 sets
- **Pace setting:** Elevate it with uplifting music
- **Variations:** Combine with Sounding Breath for different releases on the exhale
- **Inquiry:** How does it feel if you choose to smile?
- **Tip:** Watch the video on www.breathcards.com

31




Intermediate

Antarā Kumbhaka



Also called: Internal breath hold, full-breath hold
Benefits: Release limiting beliefs, expand lung capacity

Asana **Mudra** **Drishti**

Guidance: Through your nose inhale a comfortable full breath, allowing your rib cage to expand in all directions. When full, lift your chest further up and lower your chin toward the chest for Jalandhara Bandha. Remain sitting tall as you hold your breath in for as long as you can while remaining calm and relaxed. Keep your face, tongue, and shoulders soft and relaxed. Breathe out when ready, followed by 3 normal breaths.

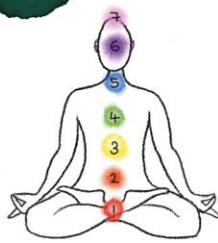
Evolution:

- **Duration:** Start with 3 rounds and build up for longer holds and additional rounds
- **Contemplate:** Where might you be holding yourself back in life? What would happen if you didn't?

44

Master

Chakra Breath



7. Crown - "Ah"
 6. Third Eye - "Om"
 5. Throat - "Ham"
 4. Heart - "Yam"
 3. Solar Plexus - "Ram"
 2. Sacral - "Vam"
 1. Root - "Lam"

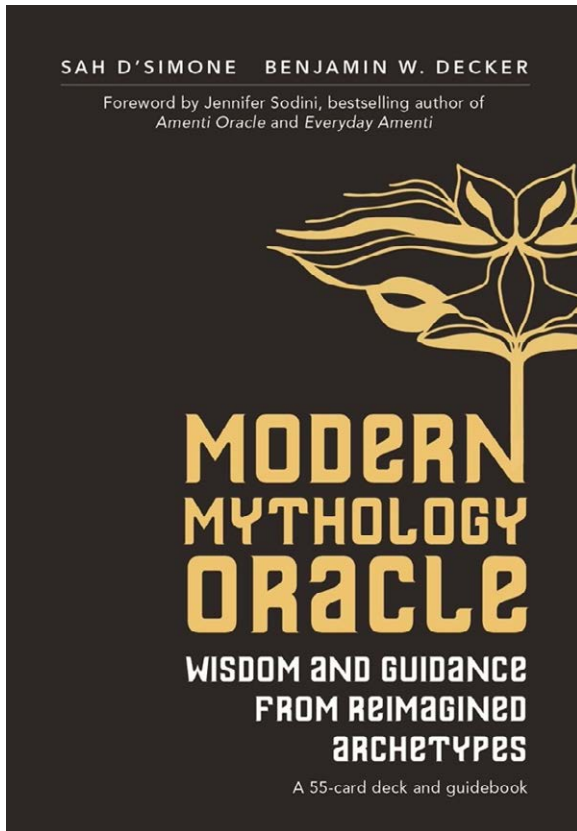
Also called: 7 Steps or 7 Waves
Benefits: Refined awareness and energetic mastery

Guidance: In the yogic realms, Chakras are subtle yet powerful energetic centers in the body. Breathing through the nose, place your awareness at Chakra 1 - the Root. Consciously breathe and sense here until you feel the place. One by one, move your awareness up to the next Chakra, moving up only once you sense the location.

Evolution:

- **Duration:** Start with 10 minutes and build up
- **Speed:** Once you can feel each place, explore one breath in each of the 7 Chakras. Once you can do that, move your awareness through Chakras 1 to 7 in a single inhale and down from 7 to 1 in one exhale
- **Visualization:** Visualize each associated color as a glowing sphere of light within you
- **Mantra:** Out loud, or within your mind, repeat the Mantra for each Chakra (e.g., "Lam", "Vam", etc.)

57



SEPTEMBER 24, 2024

Card Deck

US\$24.99

55 cards + 149-page guidebook

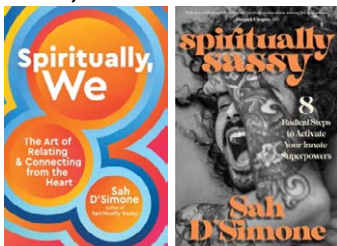
4.3 x 5.95 inches

ISBN: 9781649632326

Body, Mind & Spirit / Inspiration & Personal Growth

Rights: World

Also by Sah D'Simone



Rights sold: Portuguese (Brazil)

The Modern Mythology Oracle Deck

Wisdom and Guidance from Reimagined Archetypes

Sah D'Simone & Benjamin W. Decker

A 55-card deck and guidebook offering a new generation of mythology for our times.

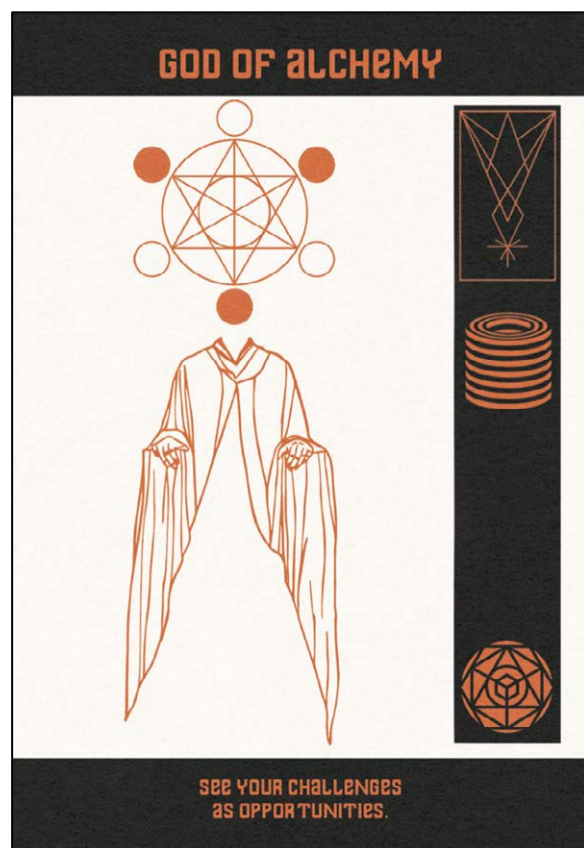
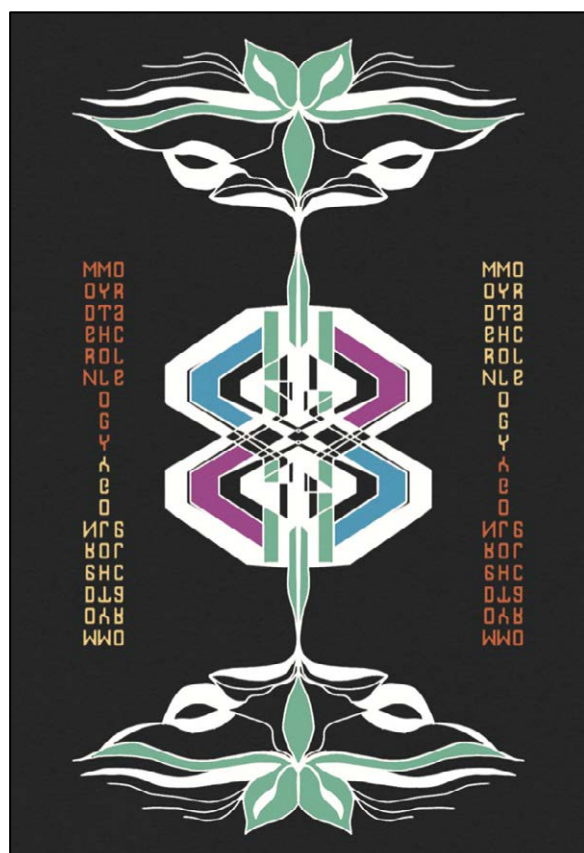
In *The Modern Mythology Oracle Deck*, bestselling authors and spiritual teachers Sah D'Simone and Benjamin W. Decker take you on a journey through the world of mythology with a contemporary twist. With this beautiful hand-illustrated deck and accompanying guidebook, you'll encounter a diverse cast of archetypes, each reimagined through an original myth that expresses eternal wisdom for our time, sorted into five houses: Realms, Gods, Goddesses, Angels, and Mystical Creatures.

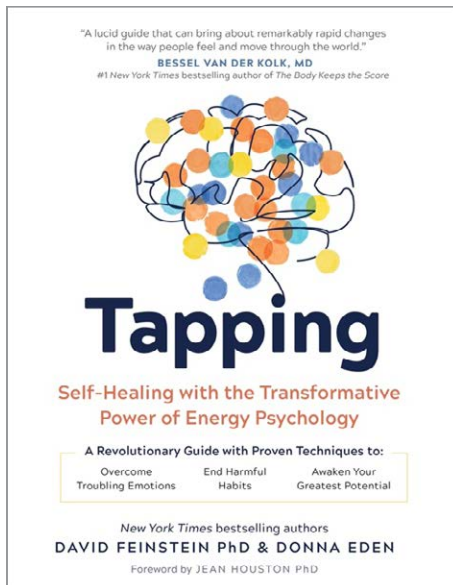
These archetypes serve as mirrors to reflect the many facets of your personality and guide you toward deeper self-awareness and personal growth—offering a framework for exploring the depths of your psyche and the transcendent, miraculous, limitless power of the spiritual realms.

Whether you're an experienced card reader or a newcomer to divination, this deck and guidebook bring you a unique and intuitive approach to accessing the divine power within and around you—a perfect tool to guide you on the hero's journey of your unprecedented life.

Sah D'Simone is a spiritual revolutionary, artist, and the bestselling author of *Spiritually Sassy*. He's known for hosting the top-rated *Spiritually Sassy Show* podcast and for creating the Somatic Activated Healing (SAH) Method™. For more, visit sahdsimone.com. Instagram: [@sahdsimone](https://www.instagram.com/sahdsimone)

Benjamin W. Decker is a world-renowned meditation teacher, spiritual advisor, and host of *The Modern Spirituality Show*. He is the bestselling author of *Practical Meditation for Beginners*, *Meditations on Christ*, *Modern Spirituality*, and *Daily Mindfulness*.





MAY 28, 2024

Paperback
US\$25.99
432 pages
7 x 9 inches

ISBN: 9781683649960

Psychology / General

Rights: World | Rights sold: Chinese traditional, Spanish

Tapping is an authoritative new work that offers a vibrant answer to the psychological and spiritual challenges presented by a world in unprecedented distress. Through their extensive research and field-tested refinements on this method, Donna Eden and Dr. David Feinstein have emerged as the top experts on this approach for self-development—combining the verified effectiveness of tapping with the best practices of psychotherapy. Created for popular and professional audiences alike, here is an unprecedented resource for self-care and personal growth.

David Feinstein, PhD, is a clinical psychologist and has received nine national awards for his books on consciousness and healing. **Donna Eden** is among the world's most sought-after, authoritative, and joyous spokespersons for energy medicine.



FEBRUARY 13, 2024

Hardback
US\$27.99
240 pages
6 x 9 inches

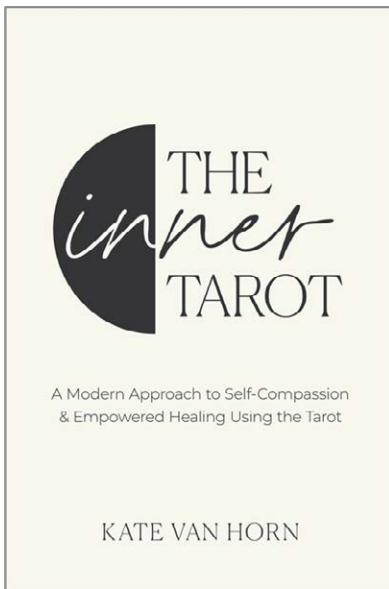
ISBN: 9781649631480

Self-Help / Personal Growth / Success

Rights: World | Rights sold: Korean

In this climate of distraction and division, Nate Klemp's *Open* offers a path back to a way of living that is expansive, creative, and filled with wonder. Drawing on new science, age-old practices, and personal stories, Klemp examines why we close down when faced with stressors or threats, then reveals how we can train ourselves to open up to the fullness that life offers—even when frightened, outraged, or heartbroken.

Nate Klemp, PhD, is the coauthor of the *New York Times* bestseller *Start Here* and the *New York Times* critics' pick *The 80/80 Marriage*. His work has been featured in the *LA Times*, *Psychology Today*, the *Times of London*, and more, and his appearances include *Good Morning America* and Talks at Google. He's a cofounder of LifeXT and founding partner at Mindful. For more, visit nateklemp.com or [@Nate_Klemp](https://www.instagram.com/Nate_Klemp) on Instagram.



FEBRUARY 27, 2024

Paperback

US\$19.99

288 pages

6 x 9 inches

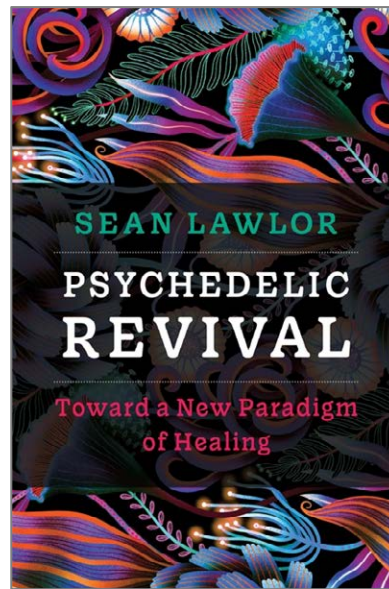
ISBN: 9781649632487

Body, Mind & Spirit / Divination / Tarot

Rights: World | Rights sold: Chinese traditional, English (UK/Commonwealth), Romanian

The Inner Tarot is a guidebook for those ready to embark on a healing journey equipped with tools to help you foster your intuition, own your story, and harness your soul's purpose. In Part I, you'll learn to explore the nuances of pulling cards to ground you in the practice and discover the tools to become a confident reader. Consider it a crash course in card reading. In Part II, Kate Van Horn guides you through individual card interpretations as well as thought-provoking, heart-opening exercises intended to facilitate healing and honor your resilience and personal story.

Kate Van Horn is a tarot reader, psychic, and spiritual mentor. She is the founder of the (in) a Healing Space app, membership, and community. For more visit katevanhorn.com.



JUNE 4, 2024

Paperback

US\$21.99

432 pages

6 x 9 inches

ISBN: 9781683649540

Body, Mind & Spirit / Entheogens &

Visionary Substances

Rights: World | Rights sold: English (UK/Commonwealth)

To cut through the hype and propaganda, Sean Lawlor presents a deep dive into the theory, science, and practice of psychedelic healing in his book, *Psychedelic Revival*. Lawlor explores the Western history of psychedelic medicine and recreational use alongside the vaster history of diverse Indigenous plant medicine traditions. Along the way, he shares exclusive interviews with luminaries such as Michael Pollan, Dr. Rick Doblin, Camille Barton, Sandor Iron Rope, and many more.

Sean Lawlor is a therapist and writer covering psychedelic research and therapy for publications and organizations such as the Multidisciplinary Association for Psychedelic Studies (MAPS). He holds an MA in transpersonal counseling and certificates in ketamine- and MDMA-assisted psychotherapy. Learn more at seanplawlor.com.



MARCH 12, 2024

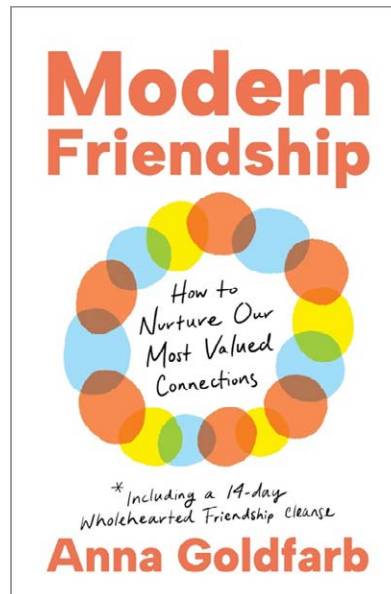
Paperback
US\$19.99
288 pages
6 x 9 inches

ISBN: 9781649631176

Self-Help / Personal Growth / Self-Esteem
Rights: World | Rights sold: Spanish

Imagine you had total confidence in yourself, in all areas of your life. We all want to believe in ourselves to the fullest—yet in a culture that confuses bravado, delusion, and narcissism with self-confidence, it's no wonder we subconsciously internalize a limiting identity defined by fear and doubt. With *Wise Confidence*, this expert teacher and life coach brings together lessons and research from psychology, philosophy, spirituality, and mindfulness into a practical framework for genuine self-belief and inner strength.

Giovanni Dienstmann is a self-discipline coach, meditation teacher, and author who focuses on the intersection between wisdom, peace, and power. As a meditation teacher, he runs one of the top most visited meditation blogs on the web. Learn more at mindfulselfdiscipline.com and liveanddare.com.



JUNE 4, 2024

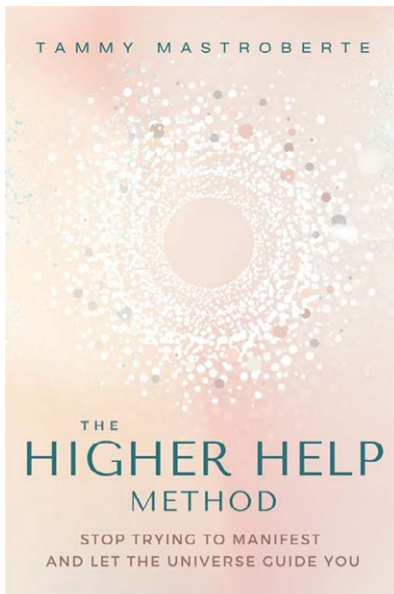
Hardback
US\$28.99
288 pages
6 x 9 inches

ISBN: 9781649632081

Self-Help / Personal Growth
Rights: World | Rights sold: Chinese traditional, Russian

The accelerated pace of modern life and the rapid spread of new technologies have made it more complicated than ever to have meaningful friendships. Now Anna Goldfarb, the *New York Times* "friendship correspondent," shares a step-by-step guide for nurturing the mutually supportive relationships that are vital to us. Weaving together cutting-edge social research with real-life examples, she reveals the essential ingredients of healthy friendships, diagnoses the factors that lead us to drift apart, and provides tools for nurturing your high-quality friendships through the different seasons of your life.

Anna Goldfarb is a friendship journalist who has reported for outlets including the *New York Times*, *The Atlantic*, *Time* magazine, *Vice*, *The Cut*, *Vox*, and the *Washington Post*. For more, visit annagoldfarb.com.



APRIL 16, 2024

Paperback
US\$20.99
320 pages
6 x 9 inches

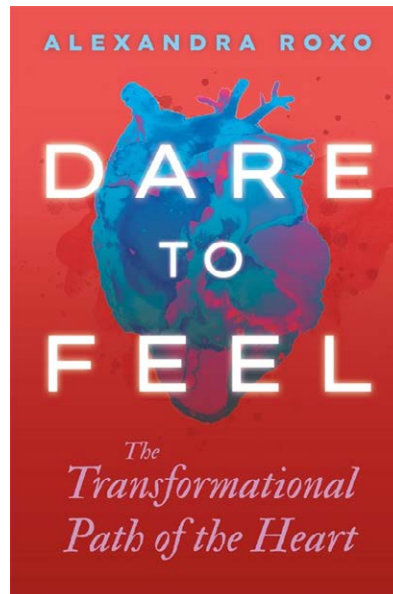
ISBN: 9781649632104

Self-Help / Spiritual

**Rights: World | Rights sold: Portuguese
(Brazil), Spanish**

If you're struggling to see the changes you desire in life no matter how hard you try to manifest them, it may be time to try something new. In *The Higher Help Method*, Tammy Mastroberte affirms the Universe will support you to create what you want—or something even more incredible when you ask it to partner with you and harness its energy. You'll learn how to dive deeper into your practice with specific tools such as custom prayers, exercises, crystals, and rituals for manifesting in seven key areas.

Tammy Mastroberte is a spiritual teacher and award-winning author of *The Universe Is Talking to You*. Tammy has been a featured teacher at mindbodygreen, Aspire Magazine, Authority Magazine, and Thrive Global, and she can be heard on OMTimes Radio, Unity Radio, and iHeart Radio. For more, visit tammymastroberte.com.



JANUARY 16, 2024

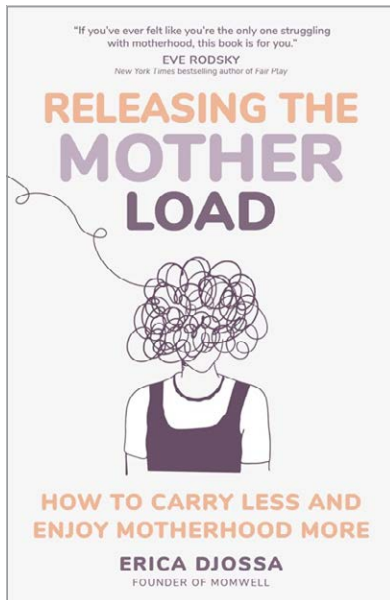
Hardback
US\$28.99
272 pages
6 x 9 inches

ISBN: 9781649631770

Self-Help / Personal Growth / Self-Esteem
Rights: World

Though we have been taught to deny, repress, and lock away our feelings to get by in our emotionally illiterate culture, our bodies and hearts long to be open and free. With *Dare to Feel*, Alexandra Roxo shares a powerful resource for reclaiming the lost parts of yourself and rediscovering the full richness of your human experience in all its breathless passion, tender vulnerability, and boundless love.

Alexandra Roxo is an artist, bestselling author, spiritual teacher, and transformational coach. She has been featured as a guest speaker on many renowned podcasts and at numerous festivals and events worldwide, and she has been featured in multiple TV appearances, including two seasons of Netflix's hit show *Too Hot to Handle*. Her work has also been featured in the *New York Times*, *Harper's Bazaar*, *Vogue*, the *Guardian*, *Nylon*, and *Playboy*. For more, visit alexandraroxo.com.



APRIL 9, 2024

Hardback
US\$29.99
328 pages
6 x 9 inches

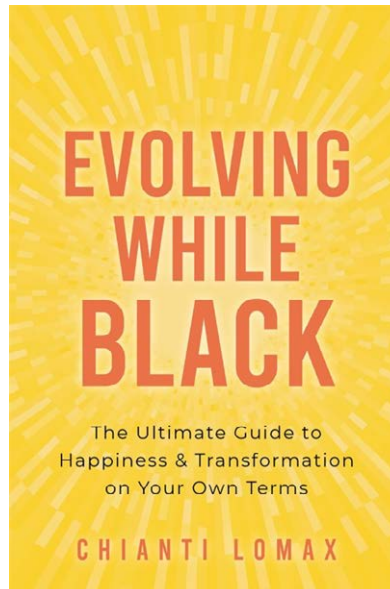
ISBN: 9781649632258

Self-Help / Personal Growth

Rights: World

As a therapist and the founder of the Momwell community, Erica Djossa has learned how many mothers from all backgrounds and walks of life feel trapped by modern motherhood. Here she dispels the falsehoods our culture has built around what it means to be a mother and shares practical, proven guidance for a more empowered approach to parenting. Here is a life-changing guide for developing a new vision of motherhood that lets you parent more freely and with greater fulfillment—so you can finally release the Mother Load.

Erica Djossa is the CEO and founder of Momwell, and a registered psychotherapist specializing in maternal mental health with over a decade of experience. She's been featured in *Time* magazine, *USA Today*, the *Toronto Star*, *Cityline*, *Scary Mommy*, *PopSugar*, and *Romper*. For more, visit momwell.com.



MAY 14, 2024

Paperback
US\$18.99
208 pages
6 x 9 inches

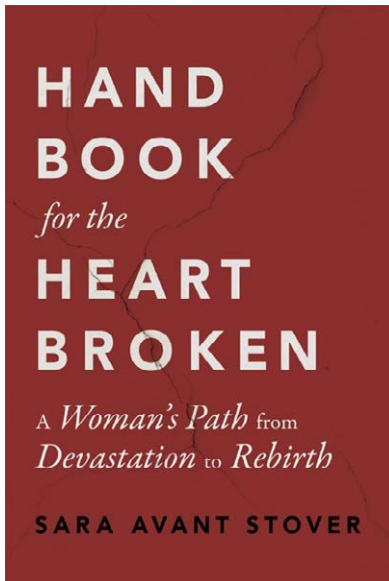
ISBN: 9781649631442

Self-Help / Personal Growth

Rights: World

In *Evolving While Black*, Chianti Lomax—renowned life coach and “Chief Happiness Curator”—shares a guide to help Black women achieve authentic happiness and liberation on their own terms. By shifting the culturally constrained language and perspective from which mindfulness and self-care practices are normally presented, she breaks down barriers and invites us to bring the power of these evidence-based teachings into our lives, families, and communities. This joyous guide paves the way for personal growth with Lomax’s “Black, Blessed, and Highly Favored” approach—presenting bite-sized actions that lead to healing, confidence, self-efficacy, and, most importantly, true self-love.

Chianti Lomax is a sought-after international speaker, certified mindset coach, and leadership trainer. For more, visit chiantilomax.com.



MAY 7, 2024

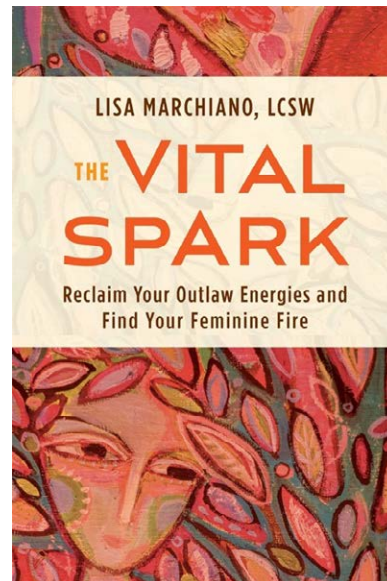
Paperback
US\$19.99
288 pages
6 x 9 inches

ISBN: 9781649632364

Psychology / Grief & Loss
Rights: World

After her own experience of serial heartbreaks, Sara Avant Stover felt deeply impacted by our culture's dysfunctional relationship with loss—especially for women. With *Handbook for the Heartbroken*, Sara offers the grounded guidance she needed during her own falls from grace to help you navigate loss and turmoil. Blending her expertise in Internal Family Systems and various wisdom traditions, she examines the three main phases of heartbreak: devastation, transformation, and rebirth. With each phase, she shares gentle lessons and supportive practices for anyone experiencing the unthinkable.

Sara Avant Stover is a certified Internal Family Systems practitioner, author of *The Way of the Happy Woman* and *The Book of SHE*, and teacher and mentor of women's spirituality and entrepreneurship.



FEBRUARY 6, 2024

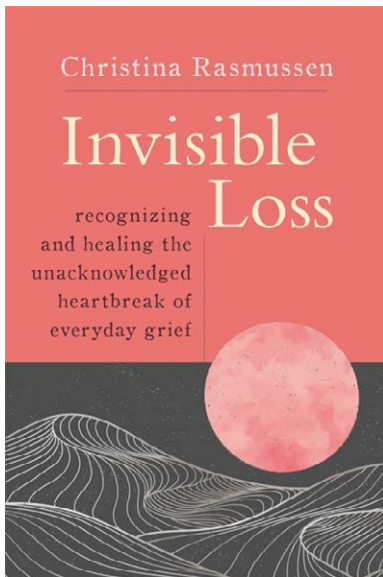
Paperback US\$19.99
272 pages
6 x 9 inches

ISBN: 9781649631008

Psychology / Movements / Jungian
Rights: World | Rights sold: Russian

Within every woman lies a powerful force: a vibrant, sizzling spirit that lives life to the fullest. For so many of us, the burdens of responsibility, caretaking, and social expectations cause us to bury this essential part of ourselves under six feet of niceness. With *The Vital Spark*, Jungian analyst Lisa Marchiano invites us on an immersive journey to reclaim the split-off parts of ourselves that enliven and rejuvenate us—and allow us to become who we were meant to be.

Lisa Marchiano, LCSW, is a Jungian analyst, author, and podcaster. Her writings have appeared in many publications. She is the cohost and creator of the popular depth psychology podcast *This Jungian Life* and is the author of *Motherhood*. Lisa is on the faculty of C. G. Jung Institute of Philadelphia, and she lectures and teaches widely. For more, visit lisamarchiano.com.



JUNE 18, 2024

Paperback
US\$19.99
224 pages
6 x 9 inches

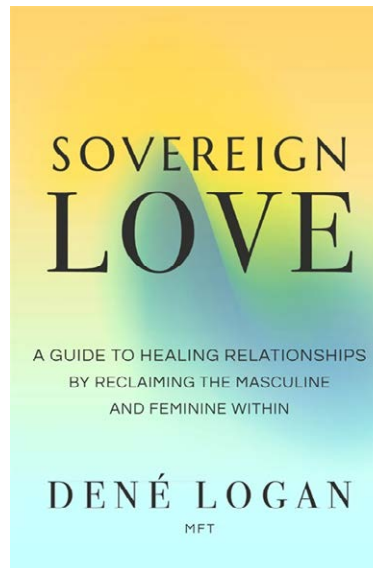
ISBN: 9781649630070

Psychology / Mental Health

Rights: World

In *Invisible Loss*, acclaimed grief educator Christina Rasmussen shines a light on this unrecognized form of grief. Because we avoid invisible loss, we don't process it; instead, we seek the protection of an endless "waiting room" in the hope that time will heal our wounds. Here, Rasmussen helps you meet your loss with grace, free from shame or guilt. Then she shares a powerful five-step process called the Life Reentry® Model to help you cleanse stagnant emotions and habits, build your capacity for reflection and acceptance, and reclaim control of your life.

Christina Rasmussen is an acclaimed grief educator and the author of *Second Firsts* and *Where Did You Go?* She is the founder of the Life Reentry Institute and has helped countless people rebuild their lives through her Life Reentry® Model, a new paradigm of grief, based on the science of neuroplasticity. For more, visit christinarasmussen.com.



MAY 28, 2024

Paperback
US\$19.99
256 pages
6 x 9 inches

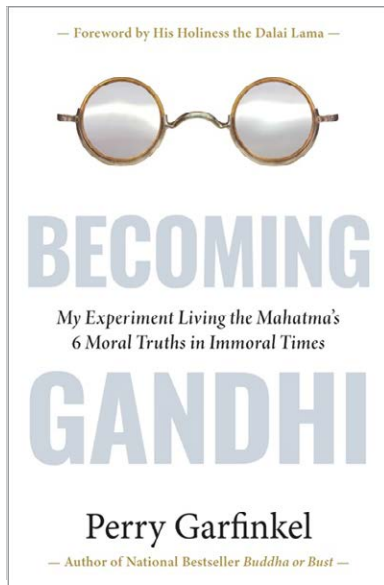
ISBN: 9781649632234

Family & Relationships / Marriage & Long-Term Relationships

Rights: World

In *Sovereign Love*, therapist Dené Logan helps us understand how to integrate the masculine and feminine energetics within so we can move away from the codependent, transactional views of what relationships "should" be, toward an interdependent, mutually balanced state where both partners are present, self-aware, and strong in Self. Combining her personal revelations as a therapist with a modernized perspective on liberating, non-patriarchal relationship models, Logan offers a deep yet approachable guide to greater self-awareness of what has shaped us—and how we can develop balanced, conscious, and loving partnerships.

Dené Logan, MFT, is a marriage and family therapist and spiritual teacher. She is cohost of the weekly podcast *Cheaper Than Therapy*. For more, visit denelogan.com.



JANUARY 30, 2024

Hardback
US\$27.99
256 pages
6 x 9 inches

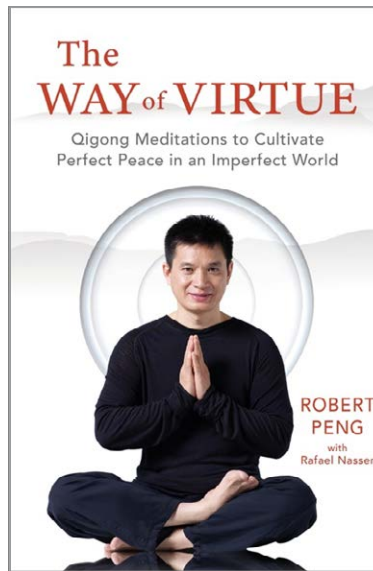
ISBN: 9781683646921

Religion / Spirituality

**Rights: World | Rights sold: English (India),
German, Portuguese (Brazil)**

In *Becoming Gandhi*, veteran journalist and author Perry Garfinkel sets out on a three-year quest to examine how Gandhi's ideals have held up in a world beset by troubling trends. While tracing Gandhi's legacy through India, England, South Africa, and even American communities where his spirit endures, Garfinkel attempts to follow six of the key principles that guided the Mahatma's life: truth, nonviolence, vegetarianism, simplicity, faith, and celibacy. To many, Gandhi was a beacon of hope; to others, a lightning rod for controversy. As Perry Garfinkel found, walking (and even stumbling) in Gandhi's footsteps can reveal how we each have a role to play in creating a more compassionate, peaceful world.

Perry Garfinkel is a veteran journalist, editor, frequent speaker, and author of the bestselling *Buddha or Bust*. For more, visit perrygarfinkel.com.



JUNE 11, 2024

Paperback
US\$20.99
320 pages
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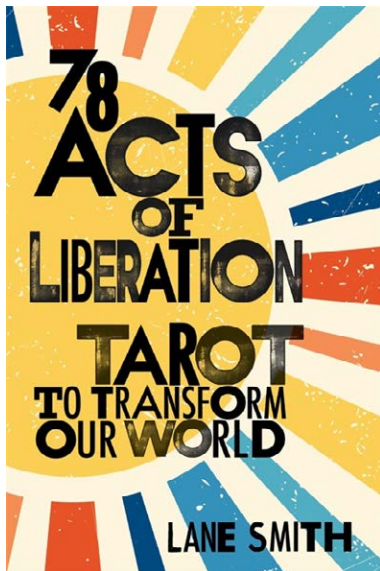
ISBN: 9781649631510

Body, Mind & Spirit / Healing / Energy

Rights: World

The Way of Virtue introduces readers to Qigong meditations designed to channel healing energy precisely where it is most needed in oneself, thereby fostering a healthy and balanced body and mind. The meditations center on the internal organs and the meridian network, paving the way to a deeper spiritual connection. The book is complemented by clear illustrations, making it an accessible tool for spiritual practice. Through daily practice, one can learn to cultivate goodwill, benevolence, and peace. Esteemed spiritual teacher Robert Peng believes that these qualities have the power to transform the self.

Robert Peng is an internationally renowned Qigong master capable of generating healing energy through his hands with power equal to a potent electrical charge. Peng resides in New York and teaches internationally. Visit robertpeng.com for more.



AUGUST 20, 2024

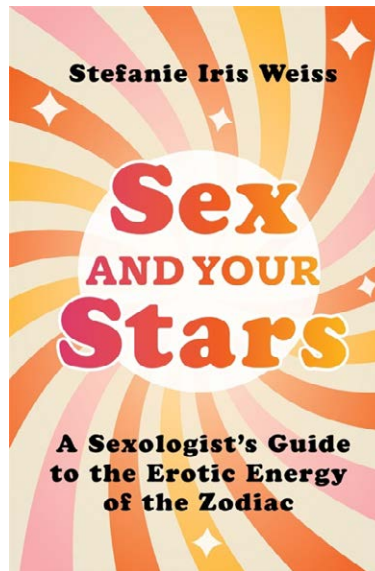
Paperback
US\$19.99
288 pages
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ISBN: 9781649632203

Body, Mind & Spirit / Divination / Tarot
Rights: World

Tarot reader and activist Lane Smith invites us to explore power through the lens of tarot—both our own ability to create change and power dynamics in the world. They reveal the little-known history of tarot and the way the deck and readings have changed over time, encouraging us to explore the archetypes in new ways. Each card offers a question for not only individual reflection but also social consideration. Throughout, Smith shares examples from social movements—from the Indigenous Water Protectors to #MeToo—that illustrate how we can put the power of these timeless archetypes into action. The tarot deck offers seventy-eight invitations for reflection and change—not only in our inner world, but beyond—change that can feel joyful, hopeful, freeing, and empowering.

Lane Smith has over 20 years of experience as a tarot reader, organizer, and activist. Visit mxlanesmith.com for more.



JULY 30, 2024

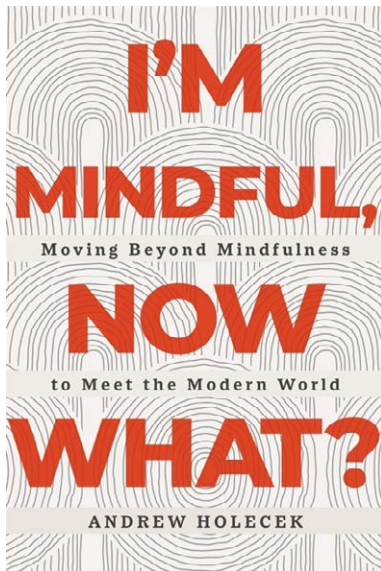
Paperback
US\$19.99
280 pages
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Body, Mind & Spirit / Astrology
Rights: World

Clinical sexologist and astrologer Stefanie Iris Weiss invites us to explore our sexual selves—as complex, confounding, and fulfilling as we are—through the lens of astrology. Weiss introduces us to each sign, illuminating its core gifts and common challenges. With keen insight, she reveals the many ways we relate to each sign—including as a Sun sign and as a season during the year. Subsequent chapters look at Venus and Mars, as well as explore how to discuss sex, intimacy, and creativity in astrology readings. Weiss supports us in navigating sensitive topics—including libido, sexual function, religious conditioning, and what turns us on. Somatic practices and meditations help us investigate and embody what we learn.

Stefanie Iris Weiss is a clinical sexologist, sex coach, astrologer, and writer. Based in New York City, Weiss is online at stefanieirisweiss.com.



AUGUST 20, 2024

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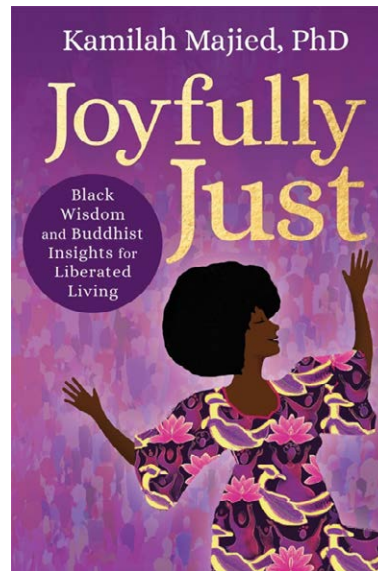
ISBN: 9781649631077

Body, Mind & Spirit / Mindfulness & Meditation

Rights: World

Mindfulness is everywhere—touted as an essential part of a healthy lifestyle like exercise, diet, and good sleep. Yet many of us who practice mindfulness wonder: “Now what?” For anyone who has sensed the potential for something much deeper and more profound than stress relief within the stillness of the present moment, expert teacher Andrew Holecek presents an essential guidebook on what is possible in the vast, transformative world of meditation beyond mindfulness. Here he presents an encompassing survey of the many dimensions of meditation—including paths for opening your heart, nurturing compassion, connecting with your body, expanding your dreaming life, and investigating the fundamental nature of reality.

Andrew Holecek is an author, speaker, and humanitarian who offers seminars internationally. His books include *Reverse Meditation* and *Dream Yoga*. For more, visit andrewholecek.com.



APRIL 23, 2024

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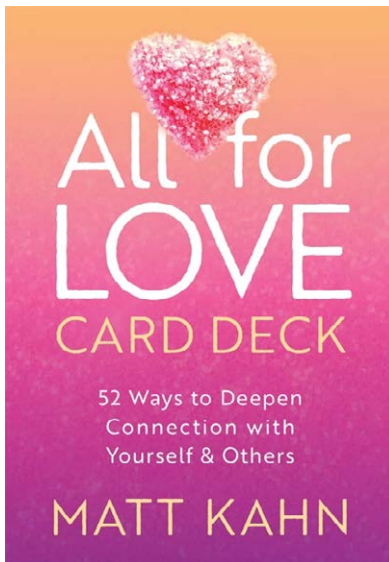
ISBN: 9781649631398

Body, Mind & Spirit / Mindfulness & Meditation

Rights: World

Dr. Kamilah Majied offers an inspiring and unique approach to overcoming injustice with joy, courage, and playful curiosity. She shares many of the insights and experiences that gave rise to her leadership as a joyful champion of contemplative approaches to mental health and social justice. Drawing on timeless wisdom from Buddhism and Black traditions, Majied invites us to play with different ways of being just toward ourselves and all life around us. By engaging with these practices, we are able to access the freedom that comes with tearing off the restrictive habits of privilege and internalized oppression as we allow our bodies, hearts, minds, and souls to be liberated, unafraid, and agentive in the world.

Kamilah Majied, PhD, is a mental health therapist, clinical educator, researcher, and consultant. To find out more visit kamilahmajied.com.



AUGUST 27, 2024

Card Deck

US\$24.99

55 cards

4 x 6 inches

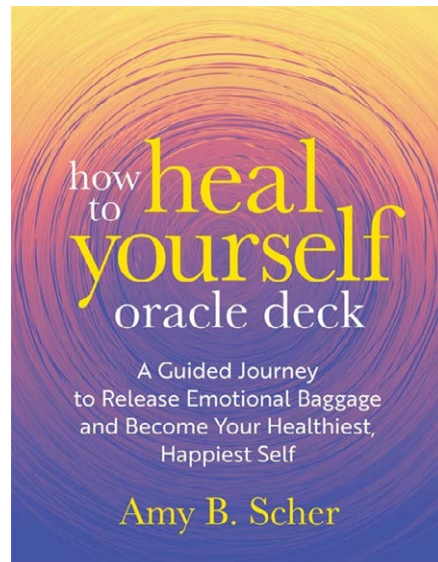
ISBN: 9781649632852

Self-Help / Spiritual

Rights: World

This deck is organized around the 10 vital qualities Matt Kahn described in his book *All for Love*, including Validation, Bravery, Forgiveness, and more. Here he shares inspirations and practices for each quality—offering encouragement, avenues for personal inquiry, and consciousness-shifting actions to weave into your everyday routine. As you work with the deck, you'll find guidance for meeting the evolutionary challenges of daily life; getting unstuck from past traumas, habits, and patterns; and more deeply embodying love every day.

Matt Kahn is an empathic healer and YouTube sensation with over 20 million total views of his profoundly healing and often humorous videos. He is the author of *Whatever Arises*, *Love That*, *Everything Is Here to Help You*, *The Universe Always Has a Plan*; and *All for Love*.



JUNE 11, 2024

Card Deck

US\$24.99

50 cards + 112-page booklet

4 x 5 inches

ISBN: 9781649632470

Self-Help / Emotions

Rights: World

If you're struggling in any area of your life, Amy B. Scher's tried-and-true approach can help you to release stuck emotions and clear energetic blockages that are holding you back. This 50-card deck guides you through Amy's technique, allowing you to conduct powerful self-healing sessions in a matter of minutes. Say goodbye to the frustration of navigating complicated techniques and start feeling better, faster. This simple and fun alternative allows you to quickly gain the essential information you need to address unresolved emotional energy and begin to heal at last.

Amy B. Scher is the bestselling author of *How to Heal Yourself When No One Else Can* and three other books. Her work has been translated into over 20 languages. For more visit amybscher.com.



APRIL 30, 2024

Hardback

US\$18.99

32 pages

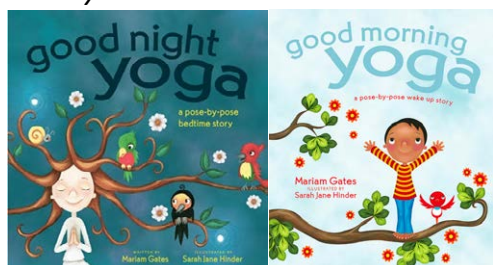
10 x 9.75 inches

ISBN: 9781649631749

Children's | Ages 4-8

Rights: World

Also by Mariam Gates



Rights sold:

- 1) Chinese simplified, Chinese traditional, Danish, Dutch, French, Greek, Hungarian, Italian, Japanese, Korean, Russian, Slovak, Slovenian, Spanish, Turkish
- 2) Chinese simplified, Chinese traditional, French, German, Greek, Italian, Russian, Slovenian, Spanish

Olive All at Once

Mariam Gates & Alison Hawkins

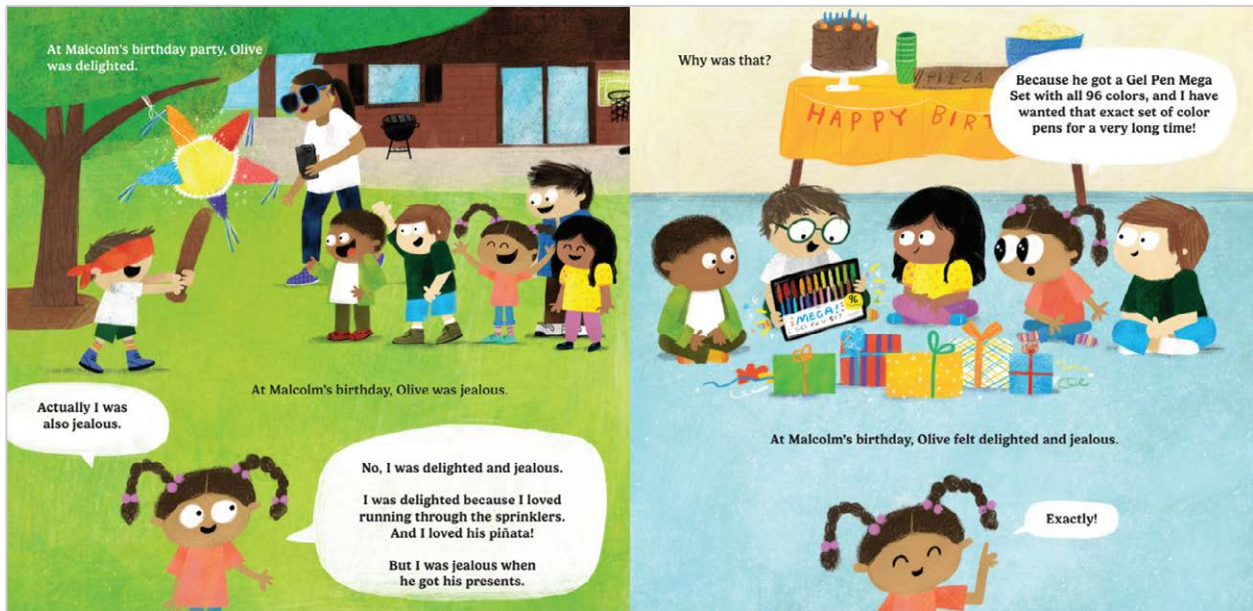
Olive feels conflicting emotions. As she sorts through her feelings, she learns it's OK to feel lots of ways—all at once.

In this illustrated picture book, Olive experiences contradictory emotions. The first day of school is exciting but also scary. When she attends a friend's birthday party, she is both delighted for him but also disappointed that the presents aren't for her. And when she thinks about her little sister, she's both glad and mad—for lots of reasons!

In *Olive All at Once*, our title character helps young readers explore the sometimes-contradictory ways they feel about various events in their lives, both big and small. Building social-emotional intelligence in children helps them to allow all of their emotions to coexist inside them. It's part of being human to feel many different ways—all at the same time—and it's totally OK.

Mariam Gates holds a master's in education from Harvard University and is the creator of the renowned Kid Power Yoga. She is the author of the bestselling *Good Night Yoga* (more than 200,000 copies sold) and many other picture books for children. She lives in Northern California. For more, see mariamgates.com.

Alison Hawkins started her career as a graphic designer. In addition to children's books, she's worked illustrating apparel, toys, and greeting cards. She lives in Durham, North Carolina. For more, see alisonhawkinsportfolio.com.

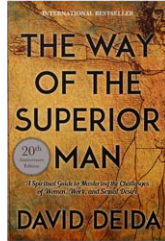


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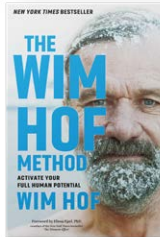
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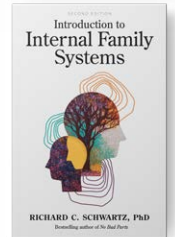
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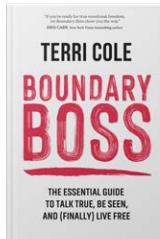
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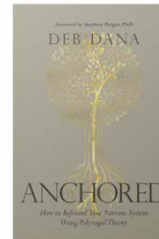
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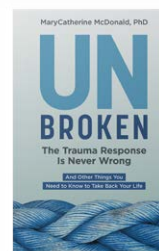
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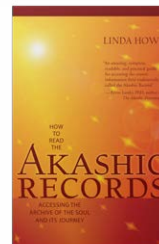
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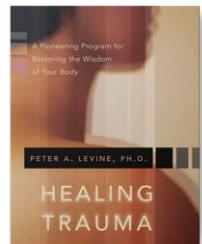
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