



# 2023 Frankfurt - Self Help / Mind Body Spirit Rights Guide

9/25/2023

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Koehler Books  
Publication Date: 11/11/2023

9in x 6in (229mm x 152mm)  
Retail Price (USD): 15.95  
Age: 18+  
ISBN: 979-8-88824-111-0

## 14 Must-Have Skills for Managing Your Stress

By Hani Spiro Fakhouri

Living in today's world can be extremely stressful. The need to be constantly connected, to do too much at the same time, living up to other people's expectations and to society's norms, competing hard in the workplace, etc., can quickly add up and culminate in stress. Stress can energize, but stress can also kill. Left uncontrolled and unmanaged, it can have disastrous effects on the body and mind. But controlling and managing stress need not be a difficult task. 14 Must-Have Skills for Managing Your Stress: Don't Live Your Life Without Them will introduce you to fourteen skills to help you better manage stress at its source. The beauty of this book lies in the simplicity of its approach. It does not discuss any new or fancy concepts or theories about stress management but rather focuses on time-tested and common-sense notions that you can easily put into practice. Living a life with minimal stress is entirely up to you and perfectly within your reach. This book will show you the way!

### About The Author(s)

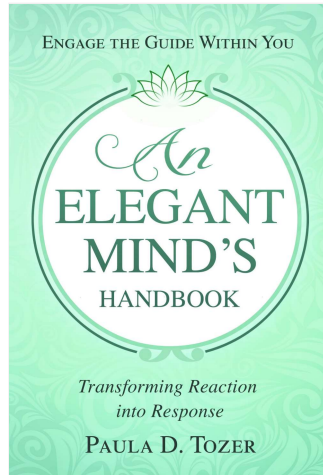
Hani Spiro Fakhouri graduated from Lebanese American University and the American University of Beirut. Living in a war-torn country and working for twenty-eight years in accountancy and financial analysis exposed him to large doses of stress. Realizing early on the detrimental impact of stress on his mental and physical health, he decided to seek the necessary knowledge and tools that would help him manage and control stress at its source.

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**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Stress Management
- SELF-HELP / Personal Growth / Happiness



DeVors Publications  
Publication Date: 10/19/2020  
8.5in x 5.5in (216mm x 140mm)  
Page Count: 284  
Retail Price (USD): 16.95  
Age: 18+  
ISBN: 9780875169095

## An Elegant Mind's Handbook

By Paula D. Tozer

**Elegance is the natural expression of prosperity. It is who you are before you think about it and decide otherwise.**

***You were meant to live an elegant life!***

In a 10-year span, I experienced a painful divorce as well as the deaths of 15 friends and family members. I reached a point where I was left asking myself: Where do I go from here? Where is the hope in fighting a battle that never seems to end?

That's when I gave up the fight and looked within for direction.

The rebuilding process began with one basic step...becoming friends with the one person who, no matter how high I climbed, or how far I ran, was always with me. That person was me!

Through the words of the part of me that I call my Constant Traveler, the most honorable, compassionate, and elegant part of me that I can possibly imagine, I found the answers that allowed me to rest, recover, and heal.

***An invitation...***

The 52 statements in An Elegant Mind's Handbook are the threshold to an open dialogue with your own Constant Traveler. Allow the most honorable, compassionate, and elegant part of you to be revealed...

***Then learn how to love what you see...***

In this book, you will discover the benefits of:

- Living in the gap
- Cultivating a friendship with your Constant Traveler
- Embracing an Everything Gently mindset
- Living with Fearless Faith, Focus, and Fortitude
- Creating a personal Standard of Excellence

and so much more!

Through simple, effective practices, your Constant Traveler will remind you that *elegance is pure living!*

### About The Author(s)

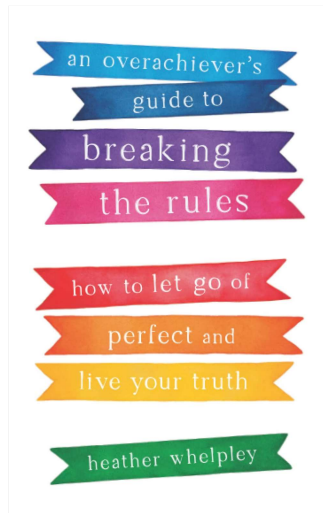
**Paula D. Tozer** is a writer, philosopher, singer/songwriter, creativity coach, competitive speaker, avid hiker and cyclist, and perpetual critter lover. She has released two EP's - Blue Muse (2014) and Cain's Regret (2015). Since achieving a Black Belt in Taekwondo at the age of 42, she has trekked to Machu Picchu, cycled in France, and climbed many of the tallest mountains on the northern end of the Appalachian Trail.

She and her husband, Mark, share their home in New Brunswick, Canada with two canine mystics, KC Marie and Benjamin B, as well as feline gurus Clawdia, Joey, and Jerry in New Brunswick, Canada

**Current Licenses:** None

### BISAC Codes

- BODY, MIND & SPIRIT / New Thought
- SELF-HELP / Personal Growth / Success
- SELF-HELP / Personal Growth / Self-Esteem



Wise Ink Creative Publishing  
Publication Date: 4/27/2021

8in x 5in (203mm x 127mm)  
Page Count: 192  
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Age: 18+  
ISBN: 978-1634894609

## An Overachiever's Guide to Breaking the Rules

By Heather Whelpley

Let's face it. You've been surrounded by messages your entire life telling you to work harder, produce more, and ALWAYS do your best.

Over time, those messages become rules you follow, often without knowing it. They make you believe everything will fall apart if you slow down. They tell you it's your job to be responsible for everything and take care of everyone. They make you feel guilty for saying no. They tell you to DO more, WORK more, and BE more.

It's time to stop. It's time to break the rules.

An Overachievers Guide To Breaking The Rules invites you to get off the hamster wheel of constant performing, take a breath, and rediscover your truth. Join speaker and women's leadership development consultant Heather Whelpley as she shares her life-changing journey to let go of proving, pleasing, and perfecting—and guides you to do the same.

Through a seamless blend of vulnerable, heartfelt stories and practical tools, you'll discover why you go into overachieving perfection mode and learn how to:

- Quiet the inner critic
- Slow down
- Rediscover your joy and creativity
- Set boundaries, accept help, and say no
- Let go of what you "should" do and redefine success on YOUR terms

This is more than a personal development book. It's an inward journey to free yourself from the weight of perfection and start living your truth.

### About The Author(s)



Heather Whelpley is an international speaker, award-winning author, and the podcast host of Create Your Own Rules for Life. Her workshops and writing help women break free from proving, pleasing, and perfecting to create their own rules for life. She frequently speaks at companies and conferences around the world about imposter syndrome, burnout, and rediscovering your authentic voice to create change. Prior to starting her business, Heather spent over a decade in human resources and managing development programs for high-achieving women at Fortune 500 companies in the US, Australia, and Latin America. Today, Heather lives in Colorado where she spends as much time hiking and exploring as possible. Her second book will be published in late 2023.

### Award(s)

\*Gold medal winner for the Living Now Book Awards

\*Winner in the Motivational category for the Next Generation Indie Book Awards

\*Short-listed for the Eric Hoffer Book Award Grand Prize

\*Finalist for the First Horizon Book Award

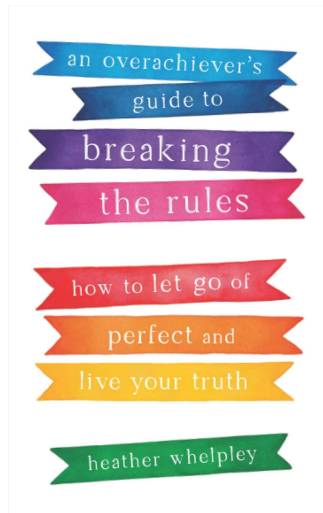
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**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Motivational & Inspirational
- SELF-HELP / Personal Growth / General





Wise Ink Creative Publishing  
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- Slow down
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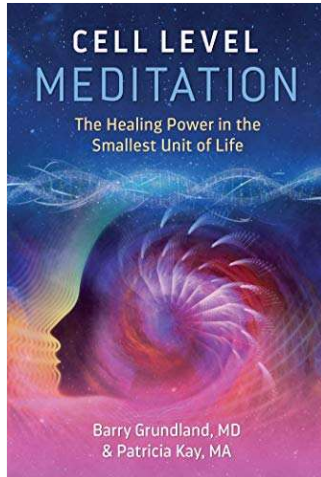
\*Finalist for the First Horizon Book Award

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**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Motivational & Inspirational
- SELF-HELP / Personal Growth / General



Barry Grundland, MD & Patricia Kay, MA  
Publication Date: 3/30/2021

9in x 6in (229mm x 152mm)  
Page Count: 176  
Retail Price (USD): 14.99  
Age: 18+  
ISBN: 9781644112243

## Cell Level Meditation

By Barry Grundland, MD, Patricia Kay, MA

By simply looking at something, by becoming aware of it, you can change it. Cell Level Meditation focuses awareness on the smallest unit of life for the purpose of healing. Using the timeless technique of combining awareness with the breath, you move into the cells and become them. By meditating with your cells, you can awaken to the vast potential within yourself, move to greater levels of self-awareness, and enact healing all the way down to the cellular level. In this simple guide, Patricia Kay, MA, and Barry Grundland, MD, give you the tools to connect with the wisdom and intelligence of your cells and work with them to heal. They offer sample meditations to help you connect with specific cells, such as your liver or lung cells, yet emphasize that you should use the Cell Level Meditation technique to follow your intuition and discover the cells that are inviting you in. Sharing their own and others' experiences, from both experienced meditators and those who had never meditated before, they validate experiences you are likely to have and inspire you with stories of profound healings from serious illness such as cancer as well as other ailments and everyday stresses. The authors explain how during Cell Level Meditation, you may have a vision or an insight, or some inner experience of shape, color, movement, sounds, or smells. You may also feel a shift in your physical body. By bringing breath into these experiences and staying present with them, you open up to a new level of communication within yourself and discover your unique way of bringing harmony and healing to your life. Guided to be an active participant in your healing, engaging many levels of your inner experience, you are led to a new level of mind-body coherence.

### About The Author(s)

Barry Grundland, M.D. (1933-2016), was a psychiatrist who specialized in psychoneuroimmunology (mind-body healing). For more than 40 years, he worked with people as a true healer with incredible insight and compassion. Cell Level Meditation was his life's work.

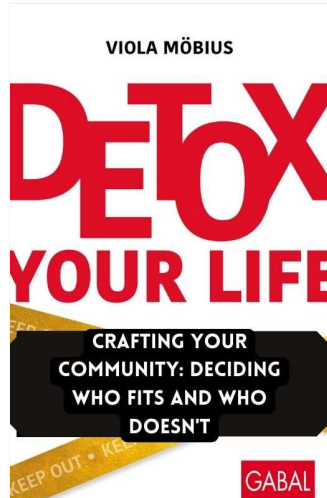
Patricia Kay, M.A., CCH, CSD, is a homeopath, teacher, writer, and retired midwife. She studied Cell Level Meditation with Barry for 15 years and currently works as a spiritual director, guiding people to bring mind, body, and spirit into alignment using his teaching. She lives in Olympia, Washington.

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**Current Licenses:** Romanian (Worldwide)

### BISAC Codes

- BODY, MIND & SPIRIT / Healing / General



GABAL  
Publication Date: 4/4/2023  
23cm x 15cm (230mm x 150mm)  
Page Count: 176  
Retail Price (USD): 25.95  
Age: 18+  
ISBN: 978-3-96739-131-2

## Detox your Life!

By Viola Möbius, Stefan Aust

### [BookEditionDescription]About The Author(s)

Viola Möbius is a criminologist, author and keynote speaker. She takes valuable insights from the world of professional detectives and profilers and translates them into guidance for our everyday lives, drawing on her own in-depth experience as a criminologist and entrepreneur. Her goal is to enable people to solve their own 'cases' better and more innovatively – both professionally and privately – and to achieve personal growth as a result.

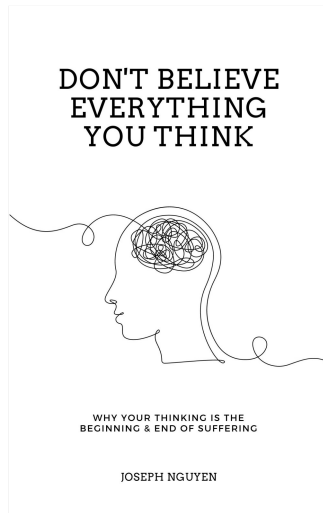
### Review(s)

This book will teach you how to recognise and liberate yourself from negative relationships. It will also teach how you to create right conditions for a full and happy life: a way of living with greater motivation, flow, success, joy and satisfaction. In short: it will help you upgrade your life. "Before you diagnose yourself with depression or low self-esteem, first make sure you are not, in fact, just surrounded by assholes." This saying, often attributed to Freud, alludes to the way in which partners, friends and family can affect our lives in malign ways. Did you know that the quality of the people around us is a major determinant of our success, failure and even the robustness of our mental health? More than we realise, these people also influence our thinking, beliefs and principles. Any of us would agree that it is preferable to surround ourselves with energy and encouragement than with negativity, resentment and those who try to drag us down. The problem is: how do we recognise whether someone is good for us or not? And how do we surround ourselves with the "right" people: those will encourage, challenge and inspire us? Criminologist Viola Möbius has many years of experience observing the hurdles and pitfalls of human behaviour and the ways in which we engage with one another. In this guide, she explains how to critically examine and choose the people we keep close to us. Möbius describes the red flags that should warn us to end a relationship and how to go about doing so with confidence.

**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Personal Growth / General



Joseph Nguyen  
Publication Date: 3/28/2022  
8in x 5in (203mm x 127mm)  
Page Count: 125  
Retail Price (USD): 9.99  
Age: 18+  
ISBN: 9798427063852

## Don't Believe Everything You Think

By Joseph Nguyen

#1 International Bestseller! English Sales over 200,000 copies sold.

**Learn how to overcome anxiety, self-doubt & self-sabotage without needing to rely on motivation or willpower.**

In this book, you'll discover the root cause of all psychological and emotional suffering and how to achieve freedom of mind to effortlessly create the life you've always wanted to live.

Although pain is inevitable, suffering is optional.

This book offers a completely new paradigm and understanding of where our human experience comes from, allowing us to end our own suffering and create how we want to feel at any moment.

### In This Book, You'll Discover:

- The root cause of all psychological and emotional suffering and how to end it
- How to become unaffected by negative thoughts and feelings
- How to experience unconditional love, peace, and joy in the present, no matter what our external circumstances look like
- How to instantly create a new experience of life if you don't like the one you're in right now
- How to break free from a negative thought loop when we inevitably get caught in one
- How to let go of anxiety, self-doubt, self-sabotage, and any self-destructive habits
- How to effortlessly create from a state of abundance, flow, and ease
- How to develop the superpower of being okay with not knowing and uncertainty
- How to access your intuition and inner wisdom that goes beyond the limitations of thinking

**No matter what has happened to you, where you are from, or what you have done, you can still find total peace, unconditional love, complete fulfillment, and an abundance of joy in your life.**

### About The Author(s)



Joseph Nguyen is a spiritual thought leader who has a mission of helping others realize their divine purpose, unlock the infinite potential of their own mind, and live an abundant life free from psychological suffering.

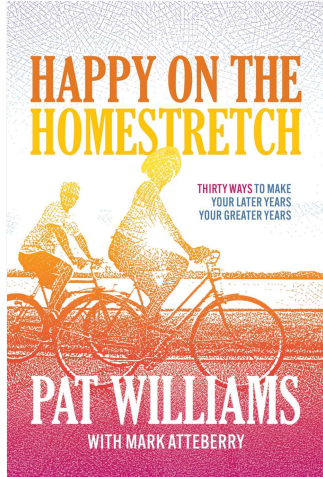
He spends most of his time writing, coaching, teaching, speaking, and sharing timeless wisdom to help people discover their own divinity from within and how they are the answer they've been looking for their entire lives.

**Current Licenses:** English (India), Hindi (Worldwide), Albanian (Kosovo), Portuguese (Angola, Cape Verde Island, Guinea-Bissau, Mozambique, Portugal), Korean (Korea, South), Spanish (Worldwide), Lithuanian (Lithuania), Serbian (Worldwide), Italian (Worldwide), German (Worldwide), Ukrainian (Ukraine), Slovene (Worldwide), French (Worldwide), Croatian (Worldwide), Slovak (Worldwide), Vietnamese (Vietnam), Polish (Poland), Chinese (Simplified) (Worldwide (excluding Taiwan, Hong Kong and Macao)), Russian (Worldwide), Hebrew (Worldwide), Turkish (Worldwide), Thai (Worldwide), Arabic (Worldwide), Czech (Czech Republic), Dutch (Worldwide), Japanese (Worldwide), Chinese (Traditional) (Worldwide (excluding Mainland China)), Bulgarian (Worldwide), Hungarian (Hungary)

### BISAC Codes

- PHILOSOPHY / General
- PSYCHOLOGY / Physiological Psychology
- SELF-HELP / Personal Growth / General





Advantage Media Group  
Publication Date: 7/11/2023

9in x 6in (229mm x 152mm)  
Page Count: 198  
Retail Price (USD): 17.99  
Age: 18+  
ISBN: 978164258790

## Happy on the Homestretch

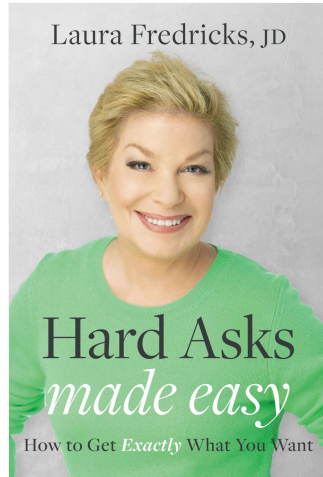
By Pat Williams

Most people dread growing old. Some even fear it. We've all witnessed the drastic measures many have taken to slow (or at least camouflage) the effects of aging. And we've seen the tragic results. In *Happy on the Homestretch*, Pat Williams — a man who ran 58 marathons after the age of 55 — offers a completely different way to think our later years. Instead of fighting tooth and nail to resist them, we should embrace them. We should welcome them with open arms and pursue happiness with the same enthusiasm (if not the same energy) that characterized our youth. He calls it "giving Father Time a hard time." Here you will find 30 tips for doing just that. No magic, no hocus - pocus, no surgical alterations, no pie-in-the-sky promises, just simple, practical ideas in the areas of attitude, health, relationships, work, and spirituality that will help you make your later years your greater years. *Happy on the Homestretch* is also a great tool for anyone concerned about his or her legacy. The ideas in this book will guide the reader through the critical steps that are needed to reconcile lingering conflicts, reconnect with old friends, and leave behind value for future generations.

**Current Licenses:** None

**BISAC Codes**

- SELF-HELP / Personal Growth / Happiness
- SELF-HELP / Aging
- BODY, MIND & SPIRIT / General



Advantage Media Group  
Publication Date: 6/13/2023

9in x 6in (229mm x 152mm)  
Page Count: 160  
Retail Price (USD): 19.99  
Age: 18+  
ISBN: 9781642257076

## Hard Asks Made Easy

By Laura Fredricks

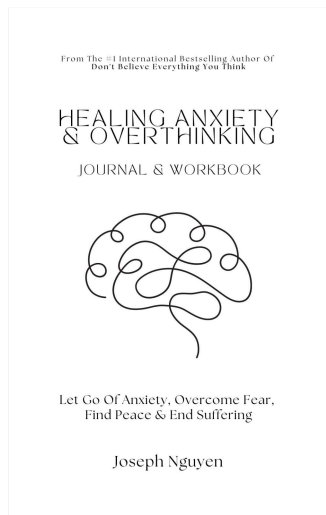
The things you really want in life are often the most difficult to ask for. Best-selling author and speaker, ASK expert Laura Fredricks knows that, and she knows how to ask anyone for anything with comfort, confidence, and ease. After raising more than \$1 billion for nonprofits, businesses, and individuals, Fredricks has developed an approach that works for anyone making a hard ask like: \*Asking for money \*Asking for love \*Asking for help \*Asking for forgiveness These are just a few of the Asks Fredricks will show you how to navigate, using her 5 Laws on Asking and her never-fail ASK formula. She'll also help you identify which type of asker you are and show you the advantages, challenges, and refinements with each type so that you can perfect your own asking style. With a successful background in law and philanthropy--careers known for making the toughest and biggest asks, Fredricks has earned her reputation as the ASK expert, the go-to person businesses and individuals turn to for guidance. Hard Asks Made Easy is a must for anyone who wants to ask and get exactly what they need and deserve.

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**Current Licenses:** None

**BISAC Codes**

- SELF-HELP / Personal Growth / Success
- PSYCHOLOGY / Personality
- BUSINESS & ECONOMICS / Negotiating



Joseph Nguyen  
Publication Date: 1/1/2023  
11in x 8.5in (279mm x 216mm)  
Page Count: 248  
Age: 18+  
ISBN: DBEYJW

## Healing Anxiety & Overthinking Journal & Workbook

Don't Believe Everything You Think

By Joseph Nguyen

This 60-day journal and workbook is a companion to the international bestselling book, 'Don't Believe Everything You Think' which has sold over 110,000 copies in its first year in print and is translated into 35 languages. This workbook is designed to help you overcome overthinking, anxiety, fear, stress, and negative thinking in a powerfully simple and transformative way.

Here's What You'll Learn In This Journal & Workbook:

- The root cause of all psychological and emotional suffering
- How to let go of overthinking, stress, and anxiety at any moment on demand
- How to make decisions that are aligned with your true self
- How to let go of any fears that may be holding you back from living a joyful life
- How to design a non-thinking environment that empowers and expands your consciousness
- How to find peace and become resilient no matter what is happening in your life
- How to design a life that feels expansive, free, and deeply fulfilling
- How to connect with and love yourself unconditionally (as well as others)
- How to let go of regret and guilt from the past and fear and anxiety of the future

You already have everything you need inside you to overcome and let go of anything you may be going through right now in life. This daily journal and workbook will help you discover that so that you will never forget it again.

### About The Author(s)



Joseph Nguyen is a spiritual thought leader who has a mission of helping others realize their divine purpose, unlock the infinite potential of their own mind, and live an abundant life free from psychological suffering. He spends most of his time writing, coaching, teaching, speaking, and sharing timeless wisdom to help people discover their own divinity from within and how they are the answer they've been looking for their entire lives.

**Current Licenses:** Czech (Czech Republic), Vietnamese (Vietnam)

### BISAC Codes

- PHILOSOPHY / General





Seven Leaves Press  
Publication Date: 5/23/2023

10in x 8in (254mm x 203mm)  
Page Count: 160  
Retail Price (USD): 39.99  
Age: 18+  
ISBN: 978-0-9883788-2-7

## Healing through Relating

By Jon Frederickson

Would you like to be a more skilled therapist? Would you like to help the 50 percent of patients who drop out of therapy before they receive its full benefits? Would you like to connect with hard-to-reach patients so you can form a healing therapeutic alliance?

### About The Author(s)

Jon Frederickson, MSW, is on the faculty of the Intensive Short-Term Dynamic Psychotherapy (ISTDP) Training Program at the Washington School of Psychiatry. He has been on the faculty of the Laboratorium Psychoedukacji in Warsaw and has taught at the Ersta Sköndal Högskola in Stockholm. Jon has provided ISTDP training in Sweden, Norway, Denmark, Poland, Holland, Italy, India, Iran, Australia, Canada, the United States, and the Netherlands. He is the author of over fifty published papers and four books: Co-Creating Change; Psychodynamic Psychotherapy; The Lies We Tell Ourselves; and Co-Creating Safety.

### Review(s)

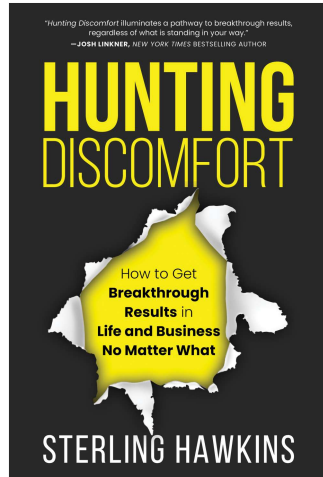
"Master therapist and award-winning author Jon Frederickson provides therapists with a clear, accessible, and highly effective path to clinical skill development. Along with over forty skill-building exercises, the book contains advice for cultivating motivation to practice, transtheoretical principles for effective therapy, and other guidance that will be helpful for trainees. This book is a special opportunity to learn from a master teacher!"

—Tony Rousmaniere, PsyD, Executive Director, Sentio Counseling Center, President-Elect, Division 39 of the American Psychological Association, and coauthor of the Essentials of Deliberate Practice series

**Current Licenses:** None

### BISAC Codes

- PSYCHOLOGY / Psychotherapy / Counseling
- PSYCHOLOGY / Education & Training
- PSYCHOLOGY / Education & Training



Langrick Media DBA Wonderwell  
Publication Date: 6/21/2022

9in x 6in (229mm x 152mm)  
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Retail Price (USD): 25.99  
Age: 18+  
ISBN: 9781637560143

## Hunting Discomfort

By Sterling Hawkins

Entrepreneur, motivational leader, and internationally recognized public speaker Sterling Hawkins shows readers how to get comfortable with discomfort to create breakthrough results in life and business using his #NoMatterWhat system for transformative change.

If you're like most people, you probably shy away from discomfort. But the uber-successful—from elite athletes to billionaire founders and famous entrepreneurs—do the exact opposite. They know that discomfort can be high-octane fuel for performance or the most direct path to their goals. And they've learned how to turn rock bottom into one of life's greatest gifts. You can, too.

Entrepreneur Sterling Hawkins has spent his life coming back from the brink to sell companies, finish ultramarathons, and realize goals through his #NoMatterWhat system for achieving larger-than-life results.

Now it's your turn.

This book will show you how to:

- Expand your reality
- Commit so deeply that there's no going back
- Surround yourself with those who hold you to your potential and nothing less
- Use roadblocks to your advantage
- Flow, flex, and pivot to the best possible outcome—no matter what

The journey you are invited to embark upon will not be comfortable. But it will be extraordinary. Welcome to the hunt.

### About The Author(s)



Sterling Hawkins is out to break the status quo. He believes that we can all unlock incredible potential within ourselves, and he's on a mission to support people, businesses, and communities to realize that potential, regardless of the circumstances. From a multibillion-dollar start-up to collapse and coming back to launch, invest in, and grow over fifty companies, Sterling takes that experience to work with C-level teams from some of the largest organizations on the planet and speaks on stages around the world. Today, Sterling serves as CEO and founder of the Sterling Hawkins Group, a research, training, and development company focused on human and organizational growth. He has been seen in publications like Inc., Fast Company, The New York Times, and Forbes. Based in Colorado, Sterling is a proud uncle of three and a passionate adventurer who can often be found skydiving, climbing mountains, shark diving, or even trekking in the Sahara. Maybe you'll even join him for the next adventure—and discover the breakthrough results you're looking for. He'll have your back, #NoMatterWhat.

Learn more at <https://www.sterlinghawkins.com/>

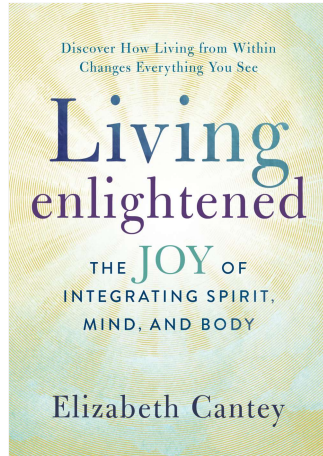
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**Current Licenses:** None

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- SELF-HELP / Motivational & Inspirational
- SELF-HELP / Personal Growth / Success
- BUSINESS & ECONOMICS / Motivational





DeVors Publications  
Publication Date: 5/2/2023

8.5in x 5.5in (216mm x 140mm)  
Page Count: 232  
Retail Price (USD): 16.95  
Age: 18+  
ISBN: 9780875169330

## Living Enlightened

By Elizabeth Cantey

It's moving day and just the thought of packing, loading, unloading, unpacking, and starting a new life seems daunting, except this time the move is not to a new house or location. This time, the move is within—a spiritual shift—and you can't hire or ask anyone else to do it for you.

### LIVING ENLIGHTENED--THE JOY OF INTEGRATING SPIRIT, MIND AND BODY

presents an integrative path to transcending the ego, releasing preconceived ideas, letting go of fears and resentment, and allowing ourselves to become fully immersed in the present moment. As you shift to the joy, peace, wealth and prosperity, overwhelming love and divine intuition, you'll know you have moved to a new home – only now you'll be in alignment with the All There Is.

Author **Elizabeth Cantey** had been living a life that seemed happy and prosperous on the outside but one day that life collapsed, leaving her unsure of what true happiness is and where it can be found. Seeking a new life, she looked everywhere yet came up empty time after time. That's when she realized her "moving day" had arrived. It was now time to move from her familiar life to an enlightened life. Here in this powerful new book you will follow Cantey's journey as she learned to embrace love, joy, and peace from within, regardless of her outer circumstances. All this from a woman who has walked the path.

#### About The Author(s)

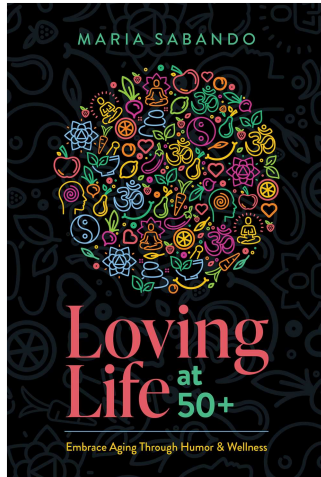
**REV. DR. ELIZABETH CANTEY** of Ponte Vedra, Florida is a licensed minister through the Centers for Spiritual Living and has a master's degree in consciousness studies with an emphasis on world religions. She holds a doctorate degree in consciousness and is the leader of the Jacksonville Center for Spiritual Living.

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**Current Licenses:** None

#### BISAC Codes

- BODY, MIND & SPIRIT / New Thought
- BODY, MIND & SPIRIT / Meditation
- SELF-HELP / Spiritual



Advantage Media Group  
Publication Date: 6/6/2023

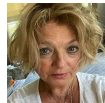
Page Count: 238  
Retail Price (USD): 21.99  
Age: 18+  
ISBN: 9781642253795

## Loving Life at 50+

By Maria Sabando

Turning 50 is often a line in the sand for women. On one side is youth, on the other is the decline into old age. But that doesn't mean we have to look old or act old — in fact, it's quite the opposite. In our 50s we get the best of both worlds — the spryness of youth and the wisdom of aging. It's the perfect decade to live our best lives and Maria Sabando has cracked the code on doing just that. Through loads of fun, delicious, and healthy recipes sprinkled throughout, Maria motivates women to make food their friend, not their foe, and do it with pizzazz as they entertain friends and family. Maria loves yoga, and she introduces readers to a new pose in every chapter — encouraging them to find their own "yoga" — the exercise that feels like fun rather than work, helping to maintain a healthy weight with ease. Along the way, she inspires readers to come to peace with their bodies. She helps women find a balance between enjoying food but not overindulging. Yet she's no stranger to letting loose and having some fun, expressed in her quirky saying, "Indulge or you'll bulge," which means giving into temptation a little bit now so you can ward off the temptation to binge. Through clever quips and true wisdom, Maria encourages women to embrace and enhance what makes them beautiful and release the rest with good humor. She goes well beyond giving tips to adopt a healthy lifestyle, eat well, and maintain a healthy weight. To Maria, these habits simply set the stage for readers to live the exact life they want to live, right now — one where women feel fully alive. Yet, this is not just a self-help book. It's also a memoir. Along the way, readers find a friend in Maria through personal stories that will make them laugh out loud at her mishaps and successes. It gives them a glimpse into what it was like growing up Italian in America, and being a bit of an Italian diva, today. Like listening to a familiar tune on the radio, women who grew up in the 60s and 70s will relate to her reminiscing and feel like they're in a car loaded with friends, taking a ride through time with the top down. This book is for every woman who could use a big shot of inspiration, a little boost, or simply a chance to laugh out loud as they step into their 50s and beyond. By the time readers turn the final page, they will have hundreds of clever ideas on how to craft a life of love, happiness, and meaning.

### About The Author(s)

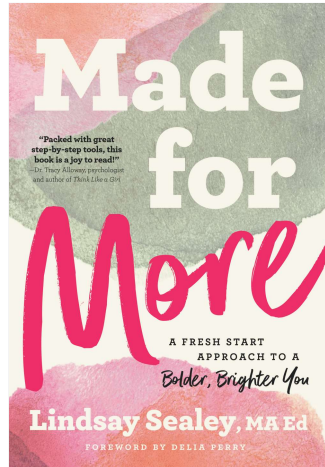


Maria Sabando is part chef, part yoga aficionado, and a little bit Italian diva. The Georgetown University grad puts her life experience of teaching yoga, selling makeup, cooking, and being a mother to good use. She's constantly simmering with new ideas for recipes, life hacks, and ways to squeeze the most out of life.

**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Aging
- SELF-HELP / Personal Growth / Happiness
- HEALTH & FITNESS / Diet & Nutrition / General



Langrick Media DBA Wonderwell  
Publication Date: 9/27/2022

9.5in x 6.5in (241mm x 165mm)  
Page Count: 240  
Retail Price (USD): 22.00  
Age: 18+  
ISBN: 9781637560068

## Made for More

By Lindsay Sealey

Made for More is an inspirational call to action filled with creative tools and tips to help young women live a balanced, purposeful life.

As a young woman transitioning from teenage years into adulthood, you know life has many moving parts. You may feel uncertain as you figure out who you are, what matters most, and what your passions could be. Made for More will challenge you to examine how you can bring more of what you want into your life—and leave behind those things that no longer serve you. Through exercises, inspirational stories, and expert advice, you will learn to let go of perfection and the need to prove yourself in favor of self-acceptance and finding your true purpose.

This book will show you how to:

- Create happiness instead of waiting for happiness to find you
- Feel confident and let go of self-doubt
- Become more comfortable with being yourself
- Focus more easily on what matters to you
- Achieve progress over perfection
- Make more meaningful connections
- Gain power and ditch the fear

Made for More will lead you on an exciting journey of self-discovery to relinquish the pressures of who you think you should be, and instead, realize your power and rise up to become even more.

### About The Author(s)



Lindsay Sealey is a dedicated educator and consultant, a passionate keynote speaker, and the author of the award-winning books *Growing Strong Girls* and *Rooted, Resilient, and Ready*. She is the founder of the life coaching programs *Bold New Girls* and *Brave New Boys*, which are designed to empower young growing people to be healthy, happy, and confident. Lindsay has appeared on CTV's *The Social*, Global's *The Morning Show*, and Toronto's *The Agenda*. She has also spoken on NewsTalk 1010 Radio (Toronto), CJAD 800 (Montreal), and CBC Radio (Canada). Lindsay is a contributor to *The Globe and Mail*, *HuffPost Canada*, and *Spoke*. She has been featured in the *Toronto Star*, *Canadian Family*, and *Today's Parent*. Lindsay is also a regular guest on numerous podcasts. She lives in Vancouver, BC.

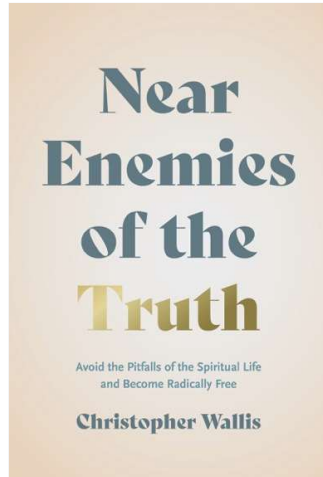
Learn more at <https://www.lindsaysealey.com/>

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**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Motivational & Inspirational
- SELF-HELP / Personal Growth / Success



Langrick Media DBA Wonderwell  
Publication Date: 11/14/2023

9in x 6in (229mm x 152mm)  
Page Count: 264  
Retail Price (USD): 25.99  
Age: 18+  
ISBN: 9781637560372

## Near Enemies of the Truth

By Christopher D. Wallis

After over thirty years as a scholar-practitioner of meditation and Tantric philosophy, acclaimed author Christopher Wallis (also known as Hareesh) explores the most widespread distortions of spiritual teachings present in our world today. Rooted in the Asian wisdom traditions, Wallis's book uncovers why these oft-heard platitudes are "near enemies" to the truth, often detour us off the spiritual path, and can even cause unnecessary suffering.

In asking us to question what we've accepted as "truth," Wallis reveals how teachings like "become the best version of yourself" may have helped us at one stage in our journey but can ultimately lead us away from self-acceptance and compassion and cause us to prioritize an imagined ideal over true intimacy with reality. Understanding the near enemies is vital for any spiritual seeker who is ready to create a deeper, more fulfilling practice and will help you:

- Distinguish between truth and belief
- Communicate more authentically with loved ones
- Set healthier boundaries
- Be in greater harmony with reality
- Practice radical self-acceptance

Near Enemies of the Truth offers itself as a guide to the pitfalls of the spiritual life. However, it doesn't focus on the negative. In each chapter, after pointing out how a spiritual teaching can be construed in a non-beneficial way, Wallis focuses on the deeper truth and ancient wisdom underlying that teaching, which is often obscured by its popular bumper-sticker version. Each chapter contains a supportive insight for your spiritual process and/or for your everyday life, including guided meditations and reflections.

Written in a gentle and encouraging tone, this book offers a wealth of insight and guidance for anyone who finds themselves struggling, reaching a spiritual plateau, or simply seeking a more meaningful way forward. This timely companion will help you think differently and see through the smokescreens to what is true.

### About The Author(s)



Christopher Wallis, also known as Hareesh, is a scholar-practitioner with thirty years of experience, having been initiated into the practice of yogic meditation at sixteen. His degrees include a B.A. in Religion and Classics from the University of Rochester, an M.A. in Sanskrit from U.C. Berkeley, an M.Phil. in Classical Indian Religions from Oxford, and a Ph.D. in Sanskrit from U.C. Berkeley. His doctoral dissertation focused on the role of spiritual experience in the tradition of Tantric Shaivism. Additionally, he received traditional education at yoga āshrams in upstate New York and India, training in meditation, mantra-science, kirtan, karma-yoga, and pedagogy. He currently teaches meditation, yoga darśana (practical philosophy), Tantrik philosophy, Sanskrit, and mantra-science. Hareesh is the author of *Tantra Illuminated: The Philosophy, History, and Practice of a Timeless Tradition* and *The Recognition Sūtras: Illuminating a 1,000-Year-Old Spiritual Masterpiece*.

For more information, check out <https://hareesh.org/>

### Review(s)

Tantric philosopher and Oxford scholar Christopher Wallis calls out the seemingly helpful spiritual

teachings dominating our current culture and demonstrates how these near truths stand in the way of a more radically free and meaningful life—and ultimately, a deeper spiritual awakening.

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**Current Licenses:** None

**BISAC Codes**

- SELF-HELP / Spiritual
- SELF-HELP / General





Blue Star Press  
Publication Date: 8/29/2023

9in x 6in (229mm x 152mm)  
Page Count: 256  
Retail Price (USD): 17.95  
Age: 18+  
ISBN: 9781958803202

## No Worries

By Blue Star Press

Are anxiety and worried thoughts making you feel restless and panicked? Are they preventing you from feeling positive and optimistic about your day-to-day life? If so, manage your thoughts and lift your spirits using this beautiful daily Self-Care Journal as your guide. No Worries is a 12-week anxiety and self care journal that will help you process what's on your mind and gently re-frame your thoughts, so you can manage your worries before they start to spiral out of control. It was designed to meet you where you are now and guide you toward developing a practice of taking a few minutes each day to reflect on your thoughts, identify the sources of your anxiety, get in the habit of positive thinking, and prioritize your overall wellness and mental health. No Worries includes: • Daily Journaling Pages: Space to check in on your mood, reflect on your thoughts and anxiety triggers, practice daily gratitude, and honor any positive thoughts or moments from your day. • Self-Care Ideas: Suggestions for simple ways to take care of yourself and start to feel better. • Emotional Support Cheat Sheet: Write down who you love, what you value, things you enjoy, and favorite quotes for whenever life feels uncertain. • Mindfulness Matters: Tips for finding a few minutes of peace and quiet each day. • Fear-Setting Exercises: Manage your biggest worries and shift your perspective so you can stop stressing and take meaningful action. • Habit Trackers: A page to help you remember to prioritize self-care and the habits that are important to you each week. • Therapy Reflections: Reflect on your sessions (if you are seeing a therapist or counselor) and record what you learned and how it made you feel. • Monthly Progress: Pages for you to look back on your month overall and check in on your satisfaction in different areas of your life. Anxiety might be making you feel like you're walking on pins and needles. But by using the No Worries journal, you'll be making a positive step forward toward coping with your anxiety, caring for your mental health, and feeling better each day.

### About The Author(s)

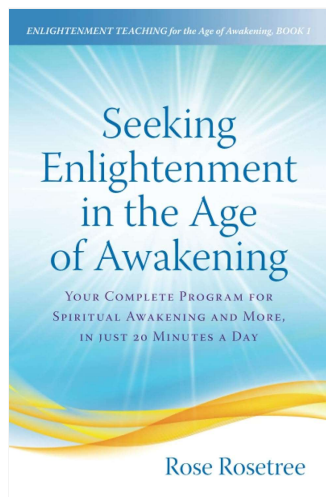
Blue Star Press believes in amplifying the voices of passionate people and forming meaningful connections with readers, crafters, and people that enjoy savoring moments. They are well-known for their beautiful heirloom journals and luxury, high quality books that make wonderful gifts - both to oneself and others!

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**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Stress Management
- SELF-HELP / Emotions
- SELF-HELP / Journaling \*



Women's Intuition Worldwide  
Publication Date: 9/27/2022

8.5in x 5.5in (216mm x 140mm)  
Retail Price (USD): 22.46  
Age: 10 - 99  
ISBN: 978-1935214533

## Seeking Enlightenment in the Age of Awakening

By Rose Rosetree

Everything you have been told about Enlightenment, and how to achieve it, is beautiful... Except for being like a can of delicious soup, now long past its expiration date.

That date was December 21, 2012, when the Age of Awakening began for us all.

Announcing the first up-to-date Enlightenment program since the start of this Age of Awakening!

Attaining Spiritual Enlightenment NOW? This can be far easier than ever before.

### WHAT'S NEW?

For one thing, you will learn how to make use of your new spiritual gift.

**YOUR NEW GIFT:** You have received a new Consciousness Positioning Superpower. Sounds like science fiction? Yet this is real. Learn how to use your new gift productively. What a difference that makes!

### AND THAT IS JUST PART OF ALL YOU WILL LEARN

For instance:

How is spiritual awakening different from Enlightenment?  
Using traditional spiritual teachings now? That will hinder your progress. Why?  
What will it take for you to stop feeling "Homesick for Heaven"?

Spiritual Seekers, this Program for Spiritual Enlightenment has helped others to become Spiritual Finders. Why not you?

Discover what can help you evolve so much faster, in just 20 minutes a day. Come live the promise of the Age of Awakening.

### 50 YEARS OF SERVICE AS A SPIRITUAL TEACHER

Rose Rosetree's experience has included 37,000 session hours with an international client base. Founded in 1986, the emerging field of Energy Spirituality includes unique skills designed to help you to use your full potential in life.

Energy Spirituality aims to help people like you with emotional growth, spiritual awakening, using skills that work now – in the Age of Awakening.

### ROSE ROSETREE'S PREVIOUS BOOKS

The New Strong: Stop Fixing Yourself—And Actually Accelerate Your Personal Growth!  
(Rules & Tools for Thriving in the "Age of Awakening")

Bigger than All the Night Sky, a Memoir: The Start of Spiritual Awakening

Empath Empowerment in 30 Days: Enjoy Your Life So Much More!

The Empowered Empath – Quick & Easy: Surprise Yourself Pleasantly

The Empowered Empath – Expanded Edition: Owning, Embracing, and Managing Your Special Gifts

The Master Empath: Turning on Your Empath Gifts at Will -- In Love, Business and Friendship (Includes Training in Skilled Empath Merge)

### About The Author(s)



Rose Rosetree, the founder of Energy Spirituality™, is an innovator, teacher, blogger, facilitator of personal sessions, and an internationally bestselling author.

What is Energy Spirituality, exactly? It helps people like you with personal development and spiritual awakening, using skills that work now.

("Now" means after the Shift into the Age of Awakening, which began on December 21, 2012; bringing subtle changes to how consciousness works for us all.)

**BISAC Codes**

- SELF-HELP / Communication & Social Skills
- BODY, MIND & SPIRIT / Inspiration & Personal Growth
- PSYCHOLOGY / Emotions



Independently published  
Publication Date: 3/28/2023

9in x 6in (229mm x 152mm)  
Page Count: 140  
Retail Price (USD): 19.95  
Age: 18+  
ISBN: 979-8388256676

## Seven Principles for Living Bravely

By Denise L. Eger, Neil G. Thomas

Seven Principles for Living Bravely Teaches How to Weather Life's Most Difficult Times—from trauma to pandemics, through gloom and grief—with Mourning, Truth, Rest, Love, Prayer, Joy and Hope.

The frightening years of the pandemic and turbulent times that followed have caused great upheaval in the lives of millions of people worldwide. This book brings together universal truths of faith and wisdom to give readers a comforting framework to make sense of it all, with smart tips for getting through difficult periods in life.

This book is the result of a friendship between a Rabbi and a Christian Minister. Authors Rabbi Denise L. Eger and Rev. Dr. Neil G. Thomas frequently met via Zoom to discuss the challenges of ministering to a congregation where lock down measures prevented them from meeting. All at a time when many people were experiencing extreme stress and sorrow.

The authors looked for spiritual principles in their respective traditions that would help individuals and families get through difficult times. When unfortunate experiences happen unexpectedly, people can be tempted to respond with fear, malice, or even resignation.

Many will ask: What am I here for? Is God present? What's the purpose of any of this?

Eger and Thomas stress it is important to understand difficult trials will come and we are not the first to deal with them. They offer 7 principles for living bravely that help anyone survive and thrive during life's toughest moments.

These are concepts that have helped countless generations persevere in their darkest times. They will help you pass through challenges to emerge in brighter days with the ability to treasure moments that bring joy and inspire thanksgiving.

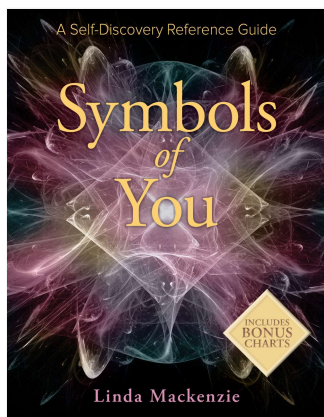
Seven Principles for Living Bravely is uplifting reading for individuals, families, and communities who are under stress. It offers rich, comforting ideas for turning to religion and spirituality for answers. It's the ultimate self-help book for anyone who wants to emerge from traumatic times for a rich, rewarding life. It's also essential reading for LGBTQ members and other communities.

This book explores universal truths shared by virtually every religion to help readers rely on faith to bravely walk through the most difficult times. Available in print and Kindle, it's a thoughtful gift for friends, family, and co-workers.

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**Current Licenses:** None

**BISAC Codes**



Creative Health & Spirit  
Publication Date: 1/14/2023

11in x 8.5in (279mm x 216mm)  
Page Count: 160  
Word Count: 32927  
Retail Price (USD): 24.95  
Age: 18+  
ISBN: 979-8-986-7179-0-6

## Symbols Of You

By Linda Mackenzie

Merging timeless wisdom with modern day methods Symbols Of You provides a personal journey through the symbols of 42 Ancient Wisdom topics. Understanding symbols helps tap into the unseen world to expand your belief system, mindfulness and intuition. When exploring the book's symbols, from Angels to Western Elements, the connection to the unseen world becomes 'up close and personal' with lots of fun interaction along the way.

Using the exercises and easy-to-read charts you will find out about yourself, your family, friends and get insight into life challenges. The book comes complete with fill-in sheets to gather all your symbols in one place. Filled with timeless information it's also an anytime 'go-to' reference book to help determine what a life or dream symbol means.

### About The Author(s)

Linda Mackenzie is the epitome of the multi-hyphenate! A former telecom engineer who designed worldwide communications networks for the airlines and Fortune 1000 companies, Mackenzie is a mainstay in pioneering entrepreneurial spirit. She launched one of the first used PC stores, a datacom consulting firm, a gift manufacturing company and was President of a dietary supplement manufacturing corporation.

Today she heads one of her proudest accomplishments to date, as President of CREATIVE HEALTH & SPIRIT-- a Manhattan Beach based media & publishing company started in 1995 and Founder of HEALTHYLIFE.NET - ALL POSITIVE TALK RADIO which commenced in October, 2002 and HRNradio.com, an ad free subscription positive podcast portal in October, 2020.

As a former radio host of KPSL, Wisdom, PAX and CRN networks and voice of KGMD radio she aired to 26 million people on 118 cable TV channels, 41 FM channels, satellite and the Internet in over 241 markets. Today Linda continues to produce and host her radio show, the LINDA MACKENZIE SHOW. She is a frequent guest on many radio stations and in 2006 she received the ABI Great Women of the 21st Century for Radio Broadcasting. No stranger to TV and film, Linda has appeared on almost all major U.S. network and cable channels, as well as, BBC, German and Tokyo TV. Linda, a major star player in several award-winning documentaries, has written and produced MANY FACES OF PSYCHIC ABILITY, a HD DVD, released in January, 2009.

### Review(s)

"Symbols Of You is an amazing collection of knowledge and wisdom. Everyone should have a copy to consult with and learn from. As a physician working with cancer patients, and others, to help them overcome the negative messages they received from health care professionals and others. I know what we can achieve when we connect with our true self and healing ability. This book is a guide book to life. So read and learn."

- Bernie Siegel, MD author of Love, Medicine & Miracles and The Art of Healing."Linda's work pulls back the covers on the fact that we live in the world whose invisible relationships far outweigh those we see, and by which we measure our lives; in so doing, she not only invites readers to examine their consciousness through a much wider lens, but provides them the means to do just that. Well done!"

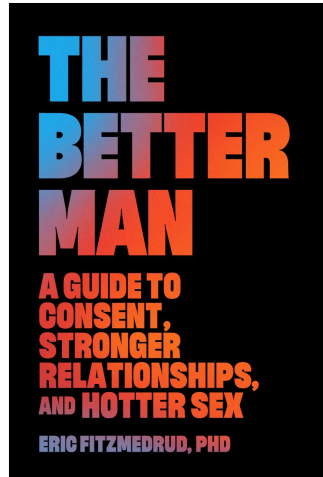
— Guy Finley, author of The Secret of Letting Go

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**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Personal Growth / Success
- RELIGION / Spirituality



Langrick Media DBA Wonderwell  
Publication Date: 9/19/2023

8.25in x 5.5in (210mm x 140mm)  
Page Count: 272  
Retail Price (USD): 25.99  
Age: 18+  
ISBN: 9781637560358

## The Better Man

By Eric FitzMedrud

Relationship therapist Eric FitzMedrud uses his expertise with sexual issues to teach men how to hone their consent skills for stronger relationships and hotter sex.

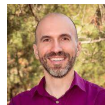
If you're a man who's confused about consent, you aren't alone. In the post #MeToo era, men know they need to get consent but don't know how to ask for it. They may be afraid of doing the wrong thing, or worried about giving up hot sex. In this practical guide to navigating sexual relationships with respect, sex positive psychologist Eric FitzMedrud teaches men the skills to be better lovers, partners, and humans. The Better Man: A Guide to Consent, Stronger Relationships, and Hotter Sex empowers men to embrace their sexuality, manage their emotions, and understand entitlement—and it explains how toxic masculinity harms men and ruins sex for them and their partners. Moreover, this skills-based guide, rooted in evidence-based techniques, shows men how to practice consent, not just on first dates but in all relationship situations and with all types of people, from romantic partners to acquaintances and coworkers.

Using everyday examples, The Better Man provides accurate, sex-positive information—along with confidence-boosting exercises and shame-busting drills—to help men learn how to ask for the passionate sex they want and listen well enough to deliver the pleasure a partner desires.

This book shows men how to:

- Learn evidence-based skills and strategies for practicing consent
- Understand that getting consent can be sexy
- Communicate more effectively in their relationships
- Heal their own wounds from patriarchy by taking responsibility for their own behavior
- Use principles of safety and health to pursue passionate sex
- Understand toxic masculinity while celebrating male sexuality and honoring diverse identities and lifestyles

### About The Author(s)



Eric FitzMedrud is a therapist specializing in relationship and sexual issues in the San Francisco Bay Area. His specialty is helping men improve their sex lives by learning to regulate their emotions, removing sexual entitlement, and honing their sexual consent and negotiation skills. FitzMedrud is a member of the American Association of Sexuality Educators, Counselors, and Therapists. He has been published in an academic book and academic journal and has spoken at multiple conferences. He has also trained therapists and taught many graduate courses in psychology. FitzMedrud has a PhD in Clinical Psychology from the Institute of Transpersonal Psychology. He is polyamorous and bisexual, and lives with his wife of twenty-three years and his life partner of six years in San Francisco's East Bay area, California.

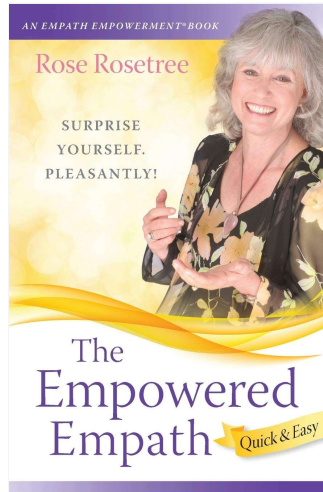
Learn more at <https://www.drericfitz.com/>

Current Licenses: None

### BISAC Codes

- FAMILY & RELATIONSHIPS / Dating
- FAMILY & RELATIONSHIPS / Love & Romance
- PSYCHOLOGY / Human Sexuality





Women's Intuition Worldwide  
Publication Date: 1/5/2015

8.5in x 5.5in (216mm x 140mm)  
Page Count: 176  
Retail Price (USD): 12.95  
Age: 18+  
ISBN: 978-1935214373

## The Empowered Empath -- Quick & Easy

By Rose Rosetree

If you're among the 1 in 20 people born as an "empath," life's about to get a whole lot better... Does being with certain people leave you physically drained? Do you seem to soak up other people's emotions like a sponge? Do you feel overshadowed by others, not sure who you really are? Have you tried other advice for empaths to no avail? Do you secretly worry there's something wrong with you? Life as an empath (someone who can experience another person's reality) can be wonderful. And confusing. While it can give you an edge in every arena of your life, for unskilled empaths, it can mean a bewildering tidal wave of unwanted, unwelcome and usually unconscious empath merges with other people's energy. And that's no fun.

But... What if you could learn how to turn that connection off whenever you wanted? That's the promise of "The Empowered Empath -- Quick & Easy." It's a super-short, most-practical edition of this powerful book for empaths. (About half the length of the regular edition of "The Empowered Empath.") While both substantive and fun to read, don't let the lighthearted tone fool you: These are serious skills from the world's foremost expert at helping "born empaths"—Rose Rosetree.

In this visionary work, Rosetree offers nothing less than: Simple, straightforward and proven techniques for consciously controlling your empath gifts—on command. And it gets better. Along the way, you'll discover that many "guru-prescribed" activities are, in fact, unnecessary, don't work, and—if you understand what really makes an empath tick—can't work.

These include such busywork as:

- Protecting yourself against "psychic vampires"
- Using thoughts, feelings or behaviors to manage your sensitivity
- Constantly trying to "clean up your energy field"
- Doing grueling, ongoing work on your "boundaries"

Instead, you'll discover a path that's far easier and more effective, and one that'll leave you with an enhanced sense of self, along with greater peace of mind, clarity, and personal power. Quit suffering and start living!

\*\*\* Rose Rosetree, an award-winning teacher and the founder of Rosetree Energy Spirituality, is the author of "Empowered by Empathy," the first book ever written for empaths. Since then she has helped thousands of empaths to gain skills, the skills of "Empath Empowerment." Among her trademarked systems, Empath Empowerment® helps empaths to lead more powerful and fulfilling lives. Her pioneering work with energetic literacy has appeared in 1,000 media outlets, including The Washington Post, The Los Angeles Times, "The View," USA Today and "The Diane Rehm Show." Rosetree's leading-edge books—364,000 copies sold—have been published in 13 languages. Learn more at [www.rose-rosetree.com](http://www.rose-rosetree.com). Interact at [www.rose-rosetree.com/blog](http://www.rose-rosetree.com/blog)

### About The Author(s)



Rose Rosetree, the founder of Energy Spirituality™, is an innovator, teacher, blogger, facilitator of personal sessions, and an internationally bestselling author.



What is Energy Spirituality, exactly? It helps people like you with personal development and spiritual awakening, using skills that work now.

("Now" means after the Shift into the Age of Awakening, which began on December 21, 2012; bringing subtle changes to how consciousness works for us all.

#### **Review(s)**

The Empowered Empath -- Quick & Easy: Owning, Embracing, and Managing Your Special Gifts (An Empath Empowerment® Book) (Series Book 2) by Rose Rosetree is an uplifting and useful tool for an empath. The tips and the techniques shared by the author will help one to become a skilled empath by appreciating the abilities they have and using them more effectively. The book will help to transform readers and help them to live a balanced life, stop worrying about their mental and emotional life, and start looking at themselves in an appreciative and healthy way.

Empath skills are simple skills and the examples shared in the book help the empath identify the type of skills they have; whether it is skilled, unskilled or brave. The empath quiz is also very helpful for readers to identify if they are empaths and the type of gifts they have as empaths. The book also helps empaths to understand their skills and live their lives in deep spiritual awareness. After reading this book, empaths will definitely be aware of the gift they possess and will stop looking at it as a curse.

The book is well written and the author's simplicity in expressing the thoughts makes it easy for anyone to comprehend. It also teaches empaths how to use their power properly without making it forced. The book is straightforward, simple and will leave a lasting impression on readers.

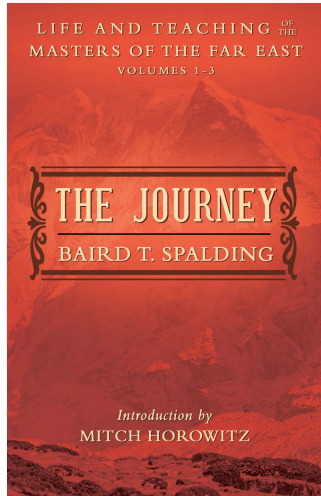
-- Reviewed by Mamta Madhavan for Readers' Favorite

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**Current Licenses:** None

#### **BISAC Codes**

- SELF-HELP / Communication & Social Skills
- BODY, MIND & SPIRIT / Inspiration & Personal Growth
- PSYCHOLOGY / Emotions



DeVorss Publications  
Publication Date: 11/30/2021

9in x 6in (229mm x 152mm)  
Page Count: 595  
Retail Price (USD): 27.95  
Age: 18+  
ISBN: 9780875169149

## The Journey

By Baird T. Spalding

Baird Spalding played a ground-breaking role when he introduced the Western world to the wonders of a Far East expedition in 1894. The knowledge of "Masters" assisting and guiding humanity in the classic book **LIFE AND TEACHING OF THE MASTERS OF THE FAR EAST** became legend in metaphysical circles during the first half of the 20th century and continues today as a source of spiritual enlightenment. Spalding and the others were practical in nature and the thought of spiritual masters performing miracles seemed impossible. Despite these suspect thoughts, something compelled them to move onward. So they did.

Originally published as 3 separate volumes, DeVorss Publications is proud to release these historic books in one edition titled **LIFE AND TEACHING: THE JOURNEY** with a **NEW INTRODUCTION** by MITCH HOROWITZ, author of **OCCULT AMERICA**. It is within these 3 volumes that Spalding details an expedition that lasted 3 years and covered the mountainous landscape of Nepal and India near the close of the 19th century.

### About The Author(s)

**Baird T. Spalding**, whose name became legend in metaphysical circles during the first half of the 20th century, played an important part in introducing to the Western world knowledge of the Masters, who are assisting and guiding the destiny of mankind. Born in England, at age four he went to India. At age seventeen he finished the University and went to California where he stayed two years. He then traveled to Heidelberg, Germany and studied for eight years and then returned to California for post-graduate work in Archaeology at Berkeley and Stanford. After years of working with publisher Douglas DeVorss to write and promote the Life & Teaching series, Spalding died in 1953 in Arizona.

### Review(s)

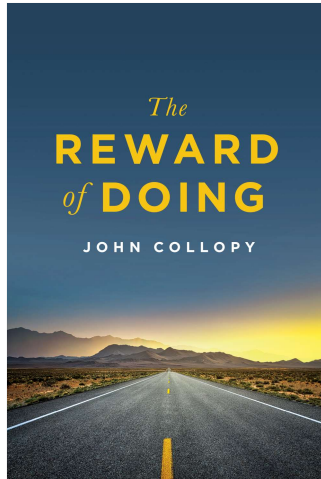
"Today's culture of spiritual search owes a considerable part of its foundational ideas, lineage, and vocabulary to Spalding's vision. In that sense, the lifelong prospector, discovered the gold for which he was searching." — MITCH HOROWITZ

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**Current Licenses:** None

### BISAC Codes

- BODY, MIND & SPIRIT / Mysticism
- RELIGION / Spirituality
- RELIGION / Comparative Religion



Advantage Media Group  
Publication Date: 4/11/2023

9in x 6in (229mm x 152mm)  
Page Count: 154  
Retail Price (USD): 15.99  
Age: 18+  
ISBN: 978164257953

## The Reward of Doing

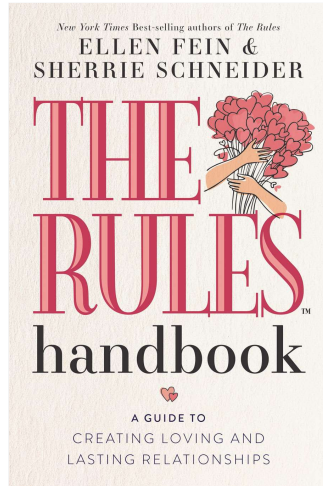
By John Collopy

Why is it so easy for us to identify what we want, yet seemingly so hard to take the steps we need to get it? Why is it that people with achievable dreams and a route to making them come true so often fail to follow through to success? These are smart people, with realistic, realizable goals. Yet when it comes to changing their behavior in the ways they must to get where they want to go, they just don't do it. The fact is all those old bromides we were raised on are true; our happiness in life is 100% up to us. Our choices dictate our outcomes. The conundrum is why we so consistently make the wrong ones. John Collopy – businessman, speaker, coach, and author - has helped thousands of people at all levels of accomplishment to greater success in their lives and work. He built a thriving real estate business from the ground up, RE/MAX Results, with sales of over \$9.5 billion dollars a year. As an AA member and recovering alcoholic, he's mentored many people working toward getting and staying sober and heard all kinds of stories over cups of coffee. In his newest book, *The Reward of Doing*, he shares his insights into what holds us back from success and how to change the ways we think, plan, and act, both in our careers and personal lives, to put our dreams within our reach. In *The Reward of Doing*, you'll learn – •How the conflicts between what we think we want and what we actually want cause us to fail. •Why putting yourself first is the least selfish thing you can do – and among the most important choices you'll make on your way to success. •How to confront and conquer the negative ideas you absorbed in childhood and put the past behind you for good. •How to design an infrastructure of support for you and your goals that will power your efforts to succeed. •How to stop making excuses and start making progress. If you're ready to do the work, *The Reward of Doing* offers you a practical, no-nonsense guide to powering past what's holding you back, and charts a course to happiness in both your professional and personal lives.

**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Personal Growth / Success
- BUSINESS & ECONOMICS / Careers / General
- BIOGRAPHY & AUTOBIOGRAPHY / Business



DeVorss Publications  
Publication Date: 9/12/2023

8.5in x 5.5in (216mm x 140mm)  
Page Count: 350  
Retail Price (USD): 17.95  
Age: 18+  
ISBN: 9780875169354

## The Rules Handbook

The Rules

By Ellen Fein, Sherrie Schneider

**Millions of women have already learned these time-tested lessons of love. The world has changed . . . Now it's time for a new generation to find "the one."**

**In their #1 New York Times bestseller, *THE RULES*...**

Ellen Fein and Sherrie Schneider shared their time-tested techniques for finding the "one." Controversial yet effective, **THE RULES** has changed millions of women's lives all over the world since 1995. From Oprah to the Today Show, they helped women attract love through confidence and self-esteem.

Over the past 30 years, the world has changed dramatically. Today, anything goes with fast paced dating and social media. While technology has accelerated the change (Instagram, texting, TikTok), biology has remained the same. It was time for a much needed reminder.

**The Rules Handbook** was written out of necessity. Ellen and Sherrie were hearing from many of their readers who had successfully applied the original Rules's formula but experienced frustration when dealing others. They wanted a similar strategy to create loving and lasting relationships outside of romance as well. This led to coaching workshops to help others establish their own self-esteem, boundaries, and life philosophies.

**The Rules Handbook** will do the same for you while helping attract the right people into your life and preventing or minimizing any unnecessary hurt or disrespect. This new book is organized to help you focus on your own life first, remain happy and busy, and nurture your Higher Self, as opposed to your Lower Self. You can then set healthy boundaries with confidence, and not lose your power to distance yourself from opinions or comments others make in person or on social media.

**The Rules Handbook** will empower you to gracefully step away from difficult people and instead, invest all that time and energy on yourself and the ones who truly love and respect you.

### About The Author(s)

Ellen Fein and Sherrie Schneider met in New York City circa 1990 when they were in their mid-twenties and became fast friends. Ellen had an accounting degree and was studying for her Masters in Social Work and Sherrie was a journalist. Both were career women who were told "you can do anything you want" in business and romance. As their friendship grew, so did their search for love as they often shared dating stories with each other. Seeing the need for basic, commonsense guidance, they organized their thoughts and in 1995 released **THE RULES**, which gave women newfound confidence in their search for love.

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### Review(s)

"The Rules isn't just a book; it's a movement, honey!" --Oprah

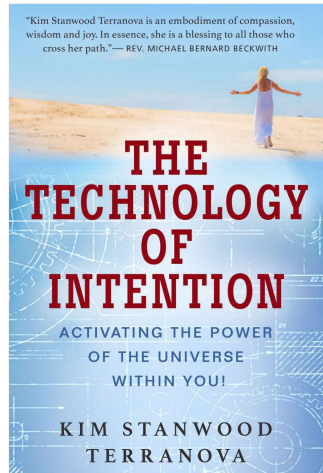
"There is a certain kind of woman who is given to long tousled hair, sheer black pantyhose, and acting maddeningly elusive to every man... She is breezy, confident' and independent, as well as coy, manipulative, and very, very hard to get. She is a Rules Girl." --New York Times

"If you're a single woman trying to keep your own life from becoming a soap opera, then **THE RULES** has something to tell you." --New Jersey Monthly

**Current Licenses:** None

**BISAC Codes**

- FAMILY & RELATIONSHIPS / Marriage
- SELF-HELP / Personal Growth / Self-Esteem
- FAMILY & RELATIONSHIPS / Dating



DeVorss Publications  
Publication Date: 4/22/2020

8.5in x 5.5in (216mm x 140mm)  
Page Count: 182  
Retail Price (USD): 16.95  
Age: 18+  
ISBN: 9780875169040

## The Technology of Intention

By Kim Stanwood Terranova

**We are a technological society, no doubt about it.** Our devices keep us informed while isolating us from each other and from ourselves, our true selves. There is, however, another technology, an inner technology that brings us back to our true selves and gives us the ability to create lives of joy, abundance and wisdom.

Kim Stanwood Terranova calls it **The Technology of Intention** and in this book she teaches the reader how to tap into this technology and unleash its power. We all have the power . . . we've just forgotten how to use it.

Intentions give us the pathway to consciously create our lives. They are the powerful force that points the energy in the direction of all we wish to manifest. This book is a guiding light in assisting us to not only understand the power we each have, but also to give us the road map and step-by-step process to ignite that power.

### About The Author(s)

**Kim Stanwood Terranova** is a woman of passionate power who assists individuals with experiencing true inner greatness and unlimited, authentic joy. She has been dubbed the chiropractor of the mind, and the master teacher of international living. Kim holds a license as a Practitioner of Truth from The Agape International Spiritual Center in Los Angeles, and has also earned a Bachelor's Degree in Spiritual Studies. Kim has immersed herself and dedicated her life to the application and practice of universal spiritual truth and wisdom. She has worked with powerful teachers such as Dr. Rev. Michael Beckwith, His Holiness the Dalai Lama, Rhonda Briten, and Terry Cole Whittaker.

### Review(s)

"Kim is an embodiment of compassion, wisdom and joy. In essence, she is a blessing to all those who cross her path." - REV. MICHAEL BERNARD BECKWITH

"Kim Stanwood Terranova has a direct hot line to Spirit. Every time I sit with her I learn something about myself." - KENNY LOGGINS

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**Current Licenses:** None

### BISAC Codes

- BODY, MIND & SPIRIT / New Thought
- SELF-HELP / Personal Growth / Success
- SELF-HELP / Personal Growth / Happiness



By Willow Older and Deborah Huber, Deborah Huber, Blue Star Press

### About The Author(s)

Review(s)

—Nancy L. Fish, Director, Path to Publishing Program at Book Passage

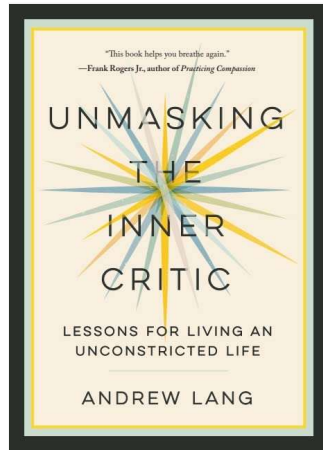
—Brenda Knight, author of *Random Acts of Kindness*

"Both Deborah Huber and Willow Older are t...

**Current Licenses:** None

### BISAC Codes

- BODY, MIND & SPIRIT / Meditation



Wise Ink Creative Publishing  
Publication Date: 11/1/2022

Page Count: 168  
Retail Price (USD): 14.95  
Age: 18+  
ISBN: 978-1634895736

## Unmasking the Inner Critic

By Andrew Lang

Find freedom from your inner critic and learn to let go of anxiety with practices and teachings from contemplative spirituality and various wisdom traditions.

"A beautiful and accessible guidebook to help you do the inner work central to the act of being human."

--Brian D. McLaren, author, activist, and teacher with the Center for Action and Contemplation

I'm not good enough. I'm not in control. I don't know who I am.

These constrictions are brutal. But who among us hasn't felt one of these constrictions at some point in our lives?

Rooted in the teachings of mystics, saints, poets, and prophets, Unmasking the Inner Critic offers guidance and support for how to move beyond some of our most challenging fears and negative inner narratives.

With an intuitive blend of reflection questions, contemplative practices, action prompts, and his own personal story, Andrew Lang shares the wisdom from secular poets and therapists—as well as from Christianity, Buddhism, and Sufism—that has grounded his workshops for almost a decade.

Discover how to:

- do the work of inner excavation with spiritual practices that hold and embolden it,
- dig deeper for a more authentic way of living and being who you truly are,
- lay aside the masks that keep you from fully experiencing the world,
- engage the inner life as the beginning of sustainable activism, and
- live a healthier, more confident, and well-grounded life.

The perfect book for progressive Christians, secular seekers, and those who are deconstructing Christianity, Unmasking the Inner Critic helps us expand our spirituality beyond the institution of religion for our personal transformation and communal healing.

Move beyond the inner narratives that hold you back and rediscover the world as deeply interconnected, filled with inherent dignity, and inviting us to embody something new.

"A concise manual for the inner change that leads to outer change, this book helps you breathe again."

—Frank Rogers Jr., author of Practicing Compassion

"An ancient-mystic-remedy for the bodily aches of internalized messages."

--Troy Bronsink, founder of The Hive: A Center for Contemplation, Art, and Action

### Review(s)

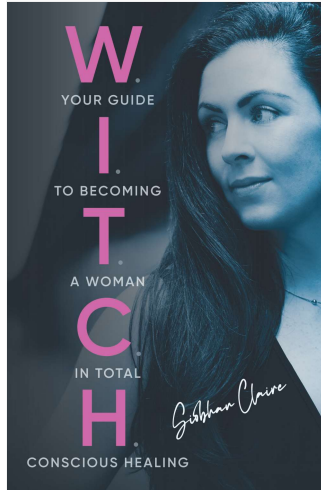
"An excellent read for people of the Christian faith who seek effective strategies for self-love in order to heal from past emotional, mental, and physical trauma. It is, in equal measure, a spiritual guide, self-help book, and memoir that emphasizes the importance of reconciling our inner lives with intentions to create communities that advocate for and uphold justice." -Seattle Book Review

"Well-researched and coming from a place of personal experience, Andrew Lang seeks to guide readers out of reactive patterns of shame into a more contemplative tradition that builds peace through embodied practice." -Reedsy Discovery



**Current Licenses:** None

**BISAC Codes**



Siobhan Claire Books  
Publication Date: 3/8/2023

8.5in x 5.5in (216mm x 140mm)  
Page Count: 202  
Retail Price (USD): 15.95  
Age: 18+  
ISBN: 9798986394305

## W.I.T.C.H.

By Siobhan Claire

### Heed the Call and Step into Your Power

After years of intense training and international competitions, four-time All-American fencer Siobhan Claire was devastated to lose at the 2008 Beijing Olympics, and her world came crashing down. *Who am I now?* she thought. Raised by immigrant parents, Siobhan felt intense pressure to excel, be a straight-A student, and achieve corporate success. Her Olympic failure was the start of something new, a journey away from people-pleasing and perfection seeking. She was now on the path to becoming a W.I.T.C.H., a woman in total conscious healing.

*W.I.T.C.H.* is an encouraging and compassionate guide to self-exploration and spiritual awakening aimed at helping you build confidence and define what living a successful life truly means to you. Siobhan shares tipping-point personal life experiences, recounting how she stopped abandoning herself, connected with her intuition and psychic abilities, and discovered her sovereign and sensual self. With thought-provoking exercises and journal prompts throughout, *W.I.T.C.H.* will empower you to trust your inner wisdom, develop your own spiritual practice, and ultimately step into your divine feminine power.

### About The Author(s)



Siobhan Claire is a multipassionate intuitive. As an Olympic athlete, corporate executive, intuitive consultant, psychic medium, ordained minister, writer, and entrepreneur, she is proof that you do not have to fit the mold. In her teachings, Siobhan draws upon her spiritual training, metaphysical principles, and techniques that have made her successful as an athlete and professional. She lives in New York City with her partner.

Learn more at <https://www.siobhanclaire.com/>

### Review(s)

"Claire is an engaging narrator with a fascinating and unique background, which makes the book intriguing and often compelling. . . . Its defined audience [is] likely to find it fits well . . . next to books by Gabrielle Bernstein and Marianne Williamson. A well-written and thoughtful exploration of spirituality from a distinctly female perspective." —**Kirkus Reviews**

"The healing process needed on this planet to stop and unwind years of oppression and violence is just beginning. Siobhan Claire stands tall in a movement of women coming forward to facilitate and lead this conscious healing process. . . . Her story is honest and true, revealing the depths of her own struggles and how she came out the other side. Let this book hold you through your own dark night of the soul, through your healing, through your spiritual awakening and remembering of who you are." —**Alexandra Roxo, bestselling author of *F\*ck Like a Goddess: Heal Yourself. Reclaim Your Voice. Stand in Your Power.***

"Through unfiltered truth, resilience, and deep self-inquiry, Siobhan Claire has written a book that serves as a rally cry for women to embrace their evolution and innate power. *W.I.T.C.H.* is a beautiful invitation to get curious about everything

you've been told and sink into a way of life that aligns with your agency and desires." —**Richelle Fredson, book publishing coach, host of the *Bound + Determined* podcast**

"I'll never forget the tingles I felt all over my body when I first heard Siobhan Claire share that *W.I.T.C.H.* stood for *Woman in Total Conscious Healing* as a participant in our Fearless Force program. It was a logical discovery and a channeled knowing at the same time! I got the feels all over again as I pored over this book. There is a W.I.T.C.H. in all of us, and Claire does an exquisite job of allowing us to tap into the fountain of magic and mystery that lies within and around us . . . with or without the pointed hat and broom." —**Eduardo Placer, story doula, founder of Fearless Communicators**

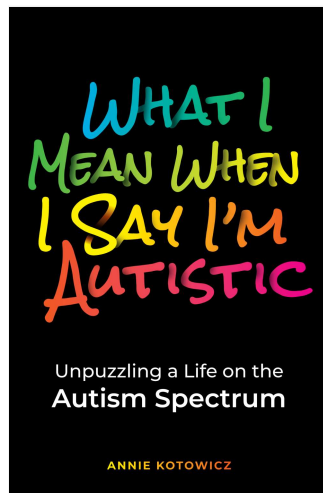
"New age, self-help, and alternative-health women who would receive a specific guide to refining and fine-tuning their connections with self and the spirit world will find *W.I.T.C.H.* replete with sage advice that blends metaphysical teachings with psychological discovery. . . . Its blend of autobiography, spiritual reflection, and psychic instructions creates just the right potion for readers to follow in Claire's footsteps." —**Midwest Book Review**

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**Current Licenses:** None

**BJISAC Codes**

- BODY, MIND & SPIRIT / Inspiration & Personal Growth
- SELF-HELP / Personal Growth / Success
- BODY, MIND & SPIRIT / Spiritualism



Neurobeautiful  
Publication Date: 10/23/2022

Age: 18+  
ISBN: 9798986482712

## What I Mean When I Say I'm Autistic

By Annie Kotowicz

**In this intimate and insightful mix of memoir and manifesto, Annie Kotowicz invites you inside the mind of an autistic woman, sharing the trials and triumphs of a life before and after diagnosis.**

How might it feel to be autistic? Why are autistic and non-autistic people so puzzling to one another? How does neuroscience explain the spectrum of autistic traits? And what could you discover about your own mind—neurotypical or neurodivergent—through learning about another?

Drawing on popular stories from her blog *Neurobeautiful*—along with memories never shared before—Annie Kotowicz has created a nuanced analysis of her autistic thinking, an engaging guide to autistic thriving, and a beautiful celebration of autistic brains.

*What I Mean When I Say I'm Autistic* will inspire autistic people and those who love them, offering help and hope to anyone seeking a deeper understanding of the autism spectrum.

### About The Author(s)



Annie Kotowicz was born in Canada, moved to the U.S. at age 12, and was diagnosed with autism at age 28. Soon after, she created the popular blog *Neurobeautiful* to help others understand autism and see the beauty of neurodiversity.

Since then, Annie has become a Chief Technology Officer, Special Education Teacher, and member of Mensa. She has also written articles and poetry for *Eutopia*, *NeuroClastic*, and *Spaces Literary Journal*.

Annie is happiest when writing, dancing, practicing parkour, drawing Celtic knots, or organizing her cozy and colorful home near Washington, D.C.

### Review(s)

"This enlightening book offers a refreshingly clear, concise and inclusive explanation of autism through the words of a woman identified as autistic in adulthood. Celebrating the unique joys and strengths of the autistic experience, as well as exploring and explaining the sensory, social and processing challenges many autistic people face, this short, thoughtfully written book has much to offer autistic people, their loved ones and anyone else curious to learn and understand more about neurodiversity and their fellow human beings."

— Méabh Collins, author of *Freya Harte is Not a Puzzle*

"Well-told and compelling... The book's dual nature, functioning as both personal history and informational guide, works well, universalizing an individual story while also focusing on the unique details. The author does an excellent job of discussing autism without pathologizing it. Kotowicz is particularly skilled at breaking down her experiences into their fundamental elements and discussing underlying causes... The book makes a solid case for developing a global sense of empathy... An authentic, engaging, and informative look at an autistic woman's inner world."

— *Kirkus Reviews*

"*What I Mean When I Say I'm Autistic* takes the reader on a remarkable journey to a deeper understanding of what autism can feel like from the inside. Annie Kotowicz's curiosity, wonder, and wisdom—beautifully conveyed through her exquisite prose—provide insight and guidance that will help you connect more deeply with the neurodivergent people in your life."

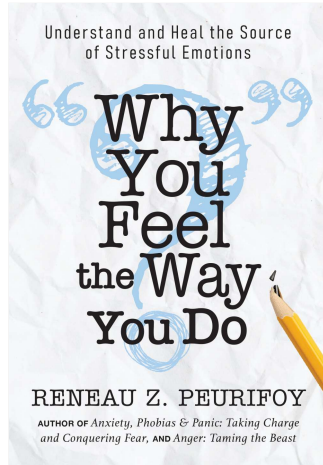
— **Sarah Wayland, Ph.D.**, co-author of *Is This Autism? A Guide for Clinicians and Everyone Else*

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**Current Licenses:** English (India), English (Philippines), English (Singapore), English (Malaysia), English (United Kingdom), English (Australia), English (New Zealand), English (Canada), English (Worldwide)

**BISAC Codes**

- PSYCHOLOGY / Psychopathology / Autism Spectrum Disorders
- FAMILY & RELATIONSHIPS / Autism Spectrum Disorders
- BIOGRAPHY & AUTOBIOGRAPHY / Personal Memoirs



DeVorss Publications  
Publication Date: 5/2/2023

8.5in x 5.5in (216mm x 140mm)  
Page Count: 240  
Retail Price (USD): 16.95  
Age: 18+  
ISBN: 9780875169316

## Why You Feel the Way You Do

By Reneau Z. Peurifoy

It was long ago that Roman poet Catullus (84-54BC) said, "We hate and we love, can one tell me why?" Have you ever wondered . . . Why You Feel the Way You Do?

Now is the time for you to discover what's hiding behind the negative emotions, unhealthy response patterns and distorted thinking that keeps many from living a happier and more fulfilling life. **Why You Feel the Way You Do** takes you on a journey beyond your personality, your DNA, and your family upbringing, to pinpoint critical issues and self-destructive thought patterns that influence your well-being, followed by practical tools for managing negative emotions in a healthier way.

- Learn about the emotional circuits we share with our pets.
  - Discover ways to quiet destructive emotional triggers.
  - Understand the role of guilt/shame and ways to manage them.
  - Reduce the negative effects of social media and devices.
  - Identify common destructive response patterns and learn how to change them.
- . . . plus much more!

In **Why You Feel the Way You Do**, author Reneau Z. Peurifoy helps you emerge from those nagging, unhealthy emotional barriers, while providing practical ways to experience more joy in your daily life. Moving beyond emotional problems, Peurifoy also explores what positive psychology has recently learned about the three most important emotional factors that impact personal happiness.

### About The Author(s)

**RENEAU Z. PEURIFOY, M.A.** has the rare ability to reduce complex ideas into simple terms and provide practical ways to apply them to daily life. He is an internationally known author with over 300,000 copies of his books in print and multiple foreign translations. They include: *Anxiety, Phobias & Panic: Taking Charge and Conquering Fear*, *Overcoming Anxiety: From Short-Term Fixes to Long-Term Recovery*, and *Anger: Taming the Beast*. He has also appeared on numerous radio and television programs as well as on many podcasts.

The Anxiety Disorders Association of America (ADAA), the nation's primary organization for anxiety-related problems, has invited him to speak at eleven of their national conferences.

Learn more about Reneau at [www.rpeurifoy.com](http://www.rpeurifoy.com) and on his youtube channel.

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**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Emotions
- PSYCHOLOGY / Emotions
- PSYCHOLOGY / Applied Psychology



contact: allison@dropcap.com

Blue Star Press  
Publication Date: 4/2/2024

9in x 6in (229mm x 152mm)  
Page Count: 256  
Retail Price (USD): 24.95  
Age: 18+  
ISBN: 9781958803417

## You Can Sleep When You're Dead

By Helene Sula, Blue Star Press

In this inspiring memoir, a young woman chronicles her journey to conquering her fears, ditching the normal 9-5, and embarking on a life-changing move abroad to Germany—a country she had never before set foot in. Texas native Helene Sula (@heleneinbetween) knew what was expected of her after college: get a good job, settle down, and start grinding to maintain the middle-class life like all of her peers. But deep down she knew she longed for more, and after a near-fatal accident, she became determined to rebuild her life to take more risks and embrace adventure. In her debut book, Helene shares her inspiring journey of abandoning the predictable life path and taking a leap of faith to pursue her dreams of becoming a successful travel blogger. Through her witty and endearing writing style, Helene shares her story of self-discovery and encourages readers to take risks and pursue their passions. *You Can Sleep When You're Dead* is a memoir about breaking free from the status quo and living life on your terms. Helene's honest and straightforward writing style will resonate with anyone who has ever felt stuck in a mundane career or routine. Her story is a testament to the power of perseverance and the fulfillment that comes from following your heart.

### About The Author(s)

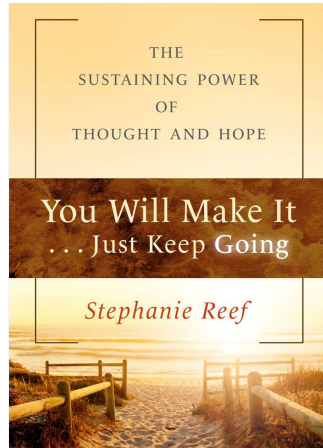
After breaking her ankle and leg rock climbing, Helene Sula started a blog that set her on a path she never dreamed possible: she became a travel content creator with a hugely popular website and social media account, "Helene in Between." Helene quit the corporate world and packed up two suitcases, two dogs, and she and her husband moved from Dallas, Texas to Heidelberg, Germany—a country she'd never stepped foot in. The purpose was to travel Europe, write about her travels, and encourage others to live out their dreams. Now, she's back in Texas to continue blogging, write a book, and travel America. Helene has a passion for photography and capturing the moment. She has helped 1,000s of other creators and small business owners build and grow their brand through tried and tested strategies she learned while working in digital brand strategy, social media marketing, and advertising. Helene has been featured on national and international TV, radio, and in *Business Insider* for the growth of her blog and online presence.

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**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Personal Growth / Happiness
- TRAVEL / Essays & Travelogues
- TRAVEL / Special Interest / Adventure



DeVors Publications  
Publication Date: 10/3/2023

8.5in x 5.5in (216mm x 140mm)  
Page Count: 352  
Retail Price (USD): 17.95  
Age: 18+  
ISBN: 9780875169293

## You Will Make It... Just Keep Going

By Stephanie Reef

### The Right Message Will Find You

This book is unlike any other for, it offers direction, guidance and reassurance with just ONE turn of a page to receive an INTUITIVE Message that will answer your most pressing questions. It will give you what you need immediately, without having to read page upon page to find what you're looking for. The right Message will find you.

None of us are immune to the difficulties and challenges of life. We all experience heartache, loss, illness, fear, uncertainty and disconnection during the course of our lifetime. And it is during these dark moments, some may question life itself.

When author **Stephanie Reef** faced her dark moments, the depression, anxiety, and worthlessness she felt led to addictions and thoughts of helplessness. At that time, she didn't realize she could either choose to believe and accept those thoughts, or not. Then on one fateful day, when giving up seemed the only way out, she experienced something unexplainable that would change her life. That was the minute she surrendered and accepted a Presence within. Recognizing and accepting the Presence is what led her through the dark moments, and still directs her today.

**YOU WILL MAKE IT . . . JUST KEEP GOING** is a collection of over 150 short and poignant essays that have sprouted from the Presence, each filled with motivation, inspiration, affirmations, and words of tough love for those challenging dark moments. The Messages received on Stephanie's path to self-discovery and healing, are what kept her moving forward in a peaceful, sustainable direction. Readers will learn that The Presence is within everyone, waiting to be called upon and accepted.

#### About The Author(s)

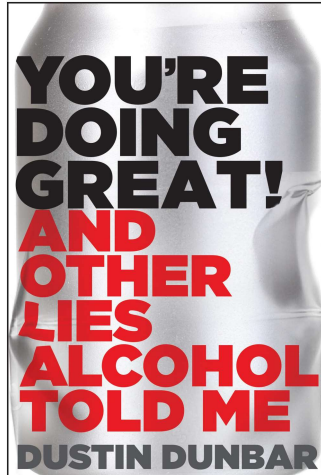
**Stephanie Reef** is a practicing metaphysician and healer of Christ Consciousness teachings and Kahuna healing practices. Her ability to see, hear and feel the energy from others and the environment allows her to diminish negative, stagnant, or earth-bound spirit energy that is causing illness, disease, emotional blocks, and disruption in your physical body, money, relationships, and surrounding environment. Stephanie was born and raised in Denver, Colorado and feels an affinity towards nature and the West. She lives as a minimalist and still puts pencil to paper when writing her books.

**Current Licenses:** None

#### BISAC Codes

- SELF-HELP / Affirmations
- SELF-HELP / Motivational & Inspirational
- SELF-HELP / Substance Abuse & Addictions / General





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## You're Doing Great!

By Dustin Dunbar

An inspiring, hilarious, and much-needed approach to addiction and self-acceptance from a former addict who hit rock bottom, kept falling, and finally faced the sobering—and scientific, physiological, cultural, and personal—truth about alcohol.

### About The Author(s)

Dustin Dunbar grew up poor in Midwest America with an abusive, alcohol-addicted father and grandfather, and vowed to never be like them. Devouring psychology books and researching addiction in his twenties, Dunbar earned a doctorate in psychology and believed at that time that he had broken his family's chains. In 2009, Dunbar was handpicked by Ryan Seacrest for LA Shrink and Endemol Productions Dallas Life Coach, where Dunbar was the "Shrink" and "Life Coach" on those pilots. After drinking moderately, responsibly, and socially for twenty years, he too became addicted to alcohol. He overcame his addiction at the age of forty-eight and has since been helping others overcome theirs. Dustin is a coach at Empowered Man, an online community of 500 men who seek to be better fathers, leaders, and husbands. Dunbar's true passions are spending time with his two young daughters, writing, and sports. He currently lives in San Diego, California.

**Current Licenses:** None

### BISAC Codes

- SELF-HELP / Substance Abuse & Addictions / Alcoholism
- HEALTH & FITNESS / Men's Health
- BIOGRAPHY & AUTOBIOGRAPHY / Personal Memoirs