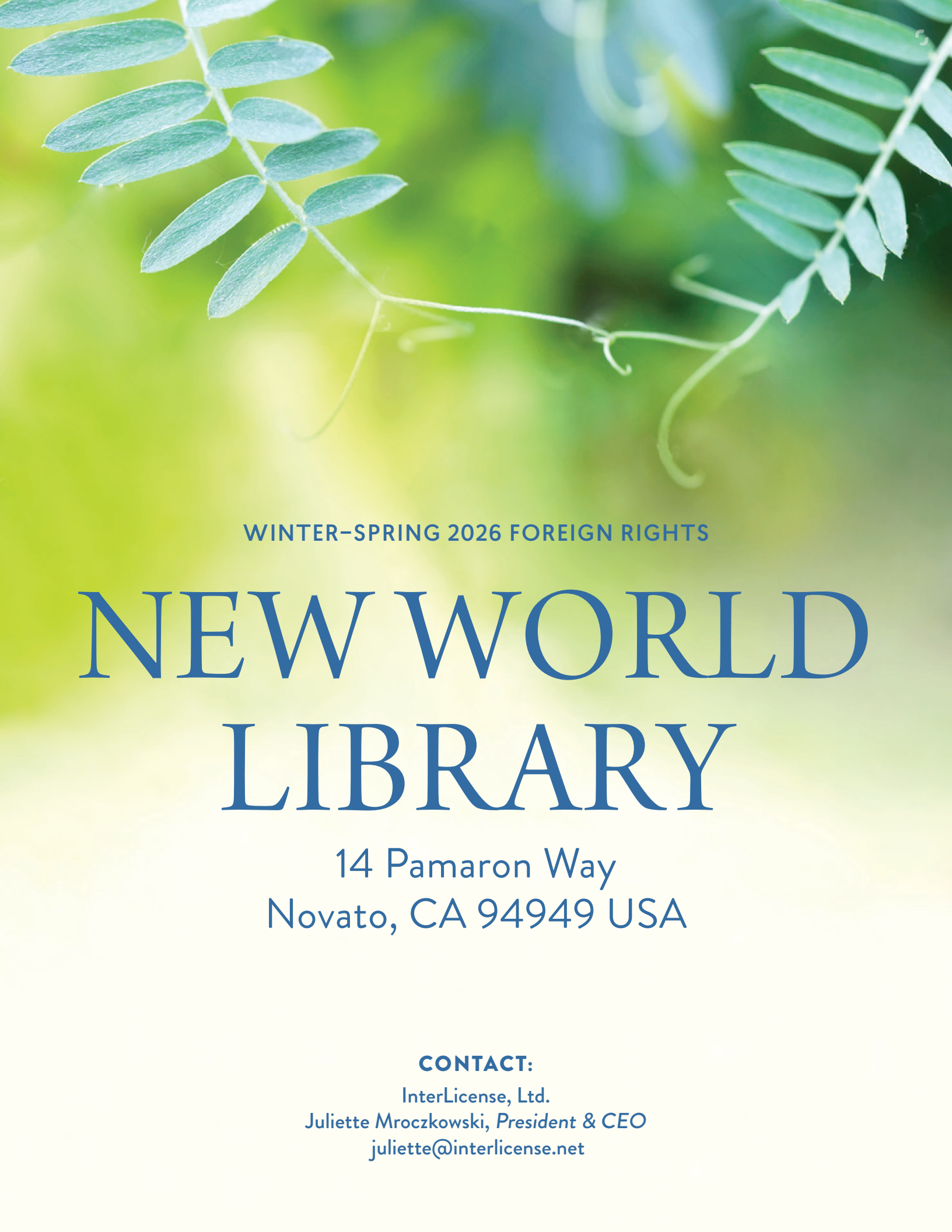




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College Essay Confidence

Conquer Blocks, Free Your Voice, and Write a Knockout Application Essay

Jill Margaret Shulman

A must-have resource for students navigating the stress and anxiety of writing their college essay, *College Essay Confidence* empowers readers with the tools to craft a standout personal essay, backed by psychological insights, expert writing tips, and an engaging process.

- Each year, 2 to 3 million American students are college bound. With ever-increasing pressure to stand out in the application process, this book makes the daunting task of writing an essay not just manageable but fun.
- The author's expertise is backed by 30 years of experience as a college admissions evaluator, writing coach, educator, and journalist.
- The author has helped over 500 students one-on-one, with 100 percent of them getting into college.
- Shulman has been featured by major outlets like *The New York Times*, *Forbes*, and *Family Circle* and speaks at events nationwide, including college fairs, parent groups, and high schools.

Praise for the author's *College Admissions Cracked*:

"As comforting as it is comprehensive, it's the closest thing to a support group you will find. A must-read for parents wanting to help their college-bound student, while not losing their minds!"

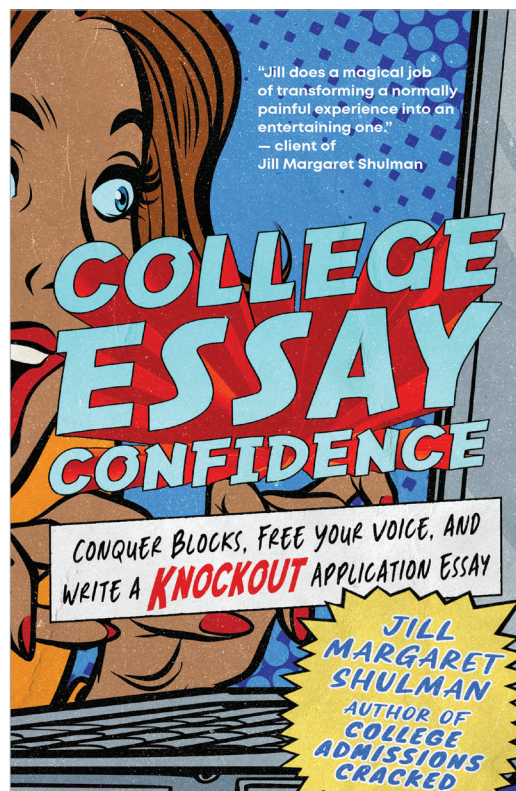
— **JULIE LYTHCOTT-HAIMS**, author of *How to Raise an Adult*

In *College Essay Confidence*, college admissions and essay coach Jill Shulman offers a fresh, engaging approach to one of the most daunting parts of the college application process: the personal essay. This book empowers students to build the confidence they need to tackle the task and craft a unique, standout essay.

Shulman's approach combines expert writing instruction with psychological strategies to reduce stress. Students will find themselves supported every step of the way, as if they had their own personal coach. This is the practical guide that turns essay anxiety into essay excitement, leading to a personal statement that truly reflects their best self. Students will learn how to:

- choose a compelling, authentic topic that showcases their true voice
- overcome writer's block with fun, stress-free writing exercises
- gain confidence and clarity by understanding what college admissions evaluators really look for
- manage essay-related anxiety with proven psychological techniques for focus and relaxation
- revise their essay with ease, using step-by-step guidance to turn their rough draft into a polished gem
- share their essay with others, receiving constructive feedback without fear of judgment

Whether students are perfectionists or procrastinators, this book provides an easy-to-follow, low-stress method to help them write a college essay that stands out for all the right reasons.



AVAILABLE IN JANUARY

College • \$19.95 • Trade paperback

256 pp. • 5½ x 8½ • 978-1-955831-06-2

Rights: world



JILL MARGARET SHULMAN is the author of *College Admissions Cracked: Saving Your Kid (and Yourself) from the Madness* and founder of In Other Words, a college essay coaching service. She has spent decades shepherding families through the college admissions process and has evaluated applications at elite colleges. Shulman has also taught writing at The New School, City University of New York, and NYU and has been featured in *Forbes*, *The New York Times*, *Los Angeles Times*, *Parents*, and elsewhere. She lives in the higher education mecca of Western Massachusetts.

JillShulman.com

Secrets of the Horse

Understanding Equine Emotional Energy and Communication

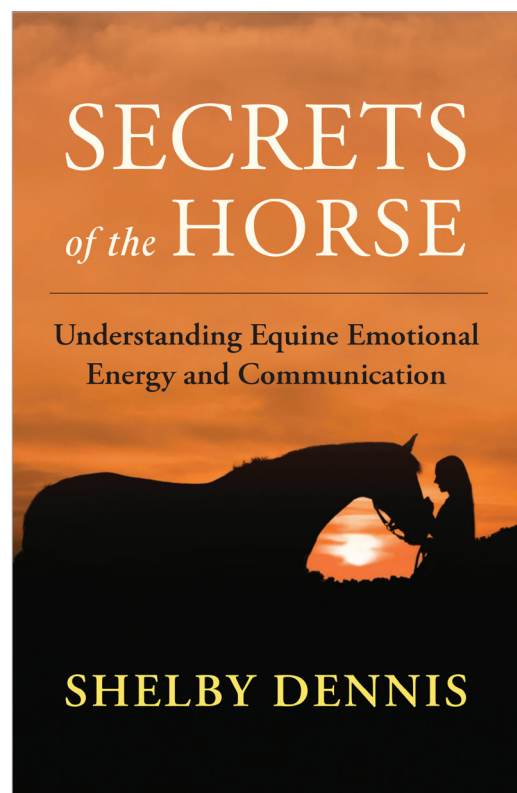
Shelby Dennis

Equine behavior specialist Shelby Dennis challenges traditional horse training with a science-backed, force-free approach that builds trust and partnership between horse and rider, debunking myths and exploring the deeper behavior and communication of horses.

- Shelby Dennis has 120,000 followers on TikTok, 116,000 followers on Instagram, 86,800 subscribers on YouTube, and 94,000 followers on Facebook, with a podcast called *Making Milestones* that garners an average of 1,000 downloads per episode.
- Dennis runs her own successful apparel and tack business, Milestone Equestrian, and regularly hosts in-person clinics as well as online workshops.
- The author is well known for tackling widely held misconceptions within the field of horse training and identifying horse welfare concerns in publicized events like the Olympics.
- The author emphasizes a blend of intuitive and scientific approaches to create a real partnership between horse and rider without the use of force, bringing a fresh perspective to the next generation of horse trainers.

Secrets of the Horse is a groundbreaking guide for anyone seeking a deeper, more compassionate connection with their horse. Shelby Dennis challenges outdated training methods and misconceptions, offering a fresh, science-backed approach that prioritizes mutual understanding and trust between horse and rider. By placing horse behavior in the context of natural instincts and emotional intelligence, Dennis dismantles the long-held dominance theory, emphasizing the importance of observing and interpreting a horse's behavior in real-world settings — not just during training sessions. This book is a call for an overhaul of modern horse training, pushing for a shift from force-based tactics to approaches grounded in empathy, patience, and partnership.

Dennis delves into her own experience of the intersections between neurodivergence and interspecies communication, revealing how understanding these dynamics has transformed the way she approaches horses. She explores how ego death plays a critical role in one's training mindset and why horses think and communicate differently from humans. *Secrets of the Horse* also provides invaluable insights into the subtleties of horse body language, calming signals, displacement behaviors, and stress cues — tools that empower riders to recognize when a horse is overwhelmed, uncomfortable, or in need of support. With practical advice and thought-provoking ideas, Dennis offers an innovative new road map for the next generation of horse enthusiasts.



AVAILABLE IN APRIL

Horses • \$19.95 • Trade paperback

256 pp. • 5½ x 8½ • 978-1-60868-973-6

Rights: world



SHELBY DENNIS is an IAABC certified equine behavior consultant, horse trainer, and social media influencer popular among equestrians worldwide. Combining her certifications and education with personal experience working with horses, she dispels myths about horse behavior and teaches horse riders and owners to develop a more cohesive relationship with their horses. Her horse Milo — the namesake of her company and an SPCA rescue who refused to give in to conventional, dominance-based training methods — taught Dennis what it means to truly communicate on the horse's level. She lives in British Columbia, Canada.

MilestoneEquestrian.ca

Zen Caregiving

How to Care for Yourself While Caring for Others

Roy Remer

From the executive director of Zen Caregiving Project and creator of the Mindful Caregiving Education course comes a much-needed guide offering practical advice, emotional support, and a path to spiritual solace for the millions of undersupported caregivers in the US.

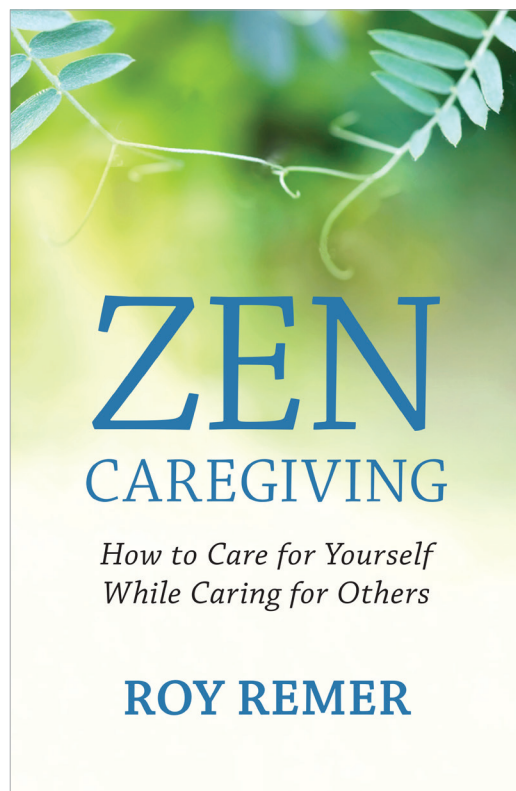
- More than 53 million adults in the US are caregivers, having provided care to an adult or child with special needs at some time in the past 12 months.
- The author is a full-time educator for caregivers, directing Zen Caregiving Project in San Francisco, where he teaches and practices a mindfulness-based approach to caregiving.
- A distillation of Remer's teaching and personal practices, blending practical advice, meditation and mindfulness activities, and motivational texts to support caregivers and help prevent burnout.
- Designed for family caregivers, plus the nearly 10 million professional caregivers in the US — nurses, physicians, and behavioral science professionals — and the 4.6 million undersupported direct care workers, including certified nursing assistants, home health aides, and personal care aides.
- Partner marketing with affiliated nonprofits, including Family Caregiver Alliance, AARP, Caring Across Generations, National Hospice and Palliative Care Organization, Alzheimer's Association, and American Society on Aging.

Rosalynn Carter said, "There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." The past ten years have supported this observation, as the number of caregivers in the US has grown from 42 million to more than 53 million. With one in five American adults now in this role, many have found that they are emotionally and spiritually unprepared for it.

As a caregiver himself, and executive director of Zen Caregiving Project, Roy Remer was inspired to write this book to help support the emotional burden many caregivers experience and to augment this essential component of our healthcare system. After developing the Mindful Caregiving Education (MCE) curriculum and teaching MCE courses for many years, Remer was motivated to share what he had learned about mindfulness-based approaches to care. Designed to be motivational, therapeutic, and practical, *Zen Caregiving* covers:

- the four components of the Zen approach to caregiving — mindfulness, compassion, loss literacy, and self-care
- how to quiet the "thinking mind" to find solace and stay grounded
- methods and approaches for expanding compassion, avoiding burnout, recognizing the value of grief, and processing loss
- practical advice for medical directives and end-of-life arrangements
- how to create intimacy with oneself to prioritize self-care, one breath at a time

Zen Caregiving is an essential resource for those in need of spiritual guidance and emotional support as they navigate the often turbulent and uncharted waters of caring for a loved one.



AVAILABLE IN APRIL

Caregiving / Spirituality • \$19.95

Trade paperback • 256 pp. • 5½ x 8

978-1-60868-953-8 • Rights: world



An educator and end-of-life caregiver since 1997, **ROY REMER** is executive director of Zen Caregiving Project in San Francisco and lead creator of the Mindful Caregiving Education curriculum. A dedicated practitioner in the Soto Zen tradition, Remer is a student at San Francisco Zen Center. He is certified by the Stanford University School of Medicine's Center for Compassion and Altruism Research and Education and by the Compassion Institute as a Compassion Cultivation Training instructor.

ZenCaregiving.org

How to Meditate Without Even Trying

Peter Russell

Foreword by Eckhart Tolle

A refreshingly simple approach to meditation that replaces effort with ease and shows how true peace of mind is always closer than we think.

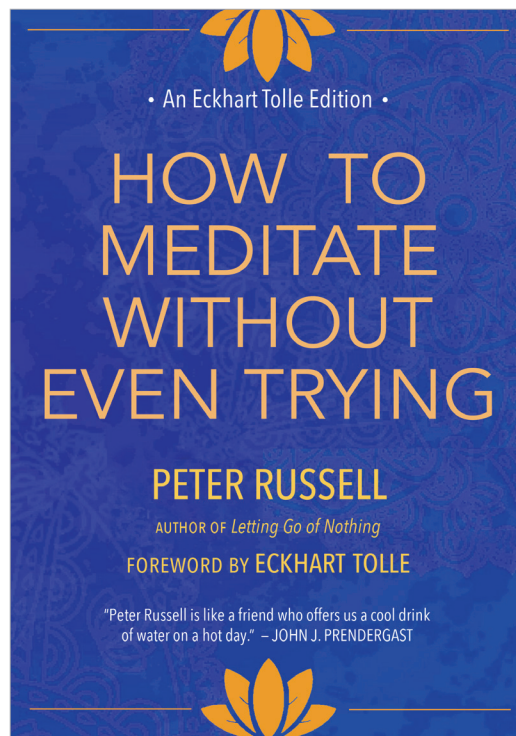
- A radically simple, effort-free reimagining of meditation in a giftable format, ideal for beginners, lapsed practitioners, and anyone burned-out on willpower-based methods.
- The author is a globally respected teacher of meditation and consciousness known for blending scientific insight with spiritual wisdom.
- An Eckhart Tolle Edition, selected personally by Eckhart Tolle and promoted to his mailing list.
- Russell's numerous books include the 1980s bestseller *The Global Brain* (100,000 copies sold), in which he coined the title phrase and predicted the rise of the internet.

What if meditation didn't require discipline, technique, or hours of sitting still but was actually something you looked forward to?

In *How to Meditate Without Even Trying*, Peter Russell shares the liberating insight at the heart of his decades-long teaching: The harder we try to meditate, the more we get in our own way. Russell shows that true meditation is instead about the practice of allowing: releasing effort, relaxing the mind, and gently returning to the present moment. In clear and calming prose, he walks readers through a minimalist approach to meditation designed to help them:

- cultivate presence without controlling their thoughts
- let go of resistance, tension, and emotional discomfort
- reclaim their natural inner calm — even in a noisy, busy world
- integrate mindfulness into daily life through “mini” and “micro” meditations
- rediscover the practice as a source of joy, clarity, and deep contentment

Rooted in both lived experience and timeless wisdom, this is a book to keep within arm's reach — an invitation to stop striving and start being.



AVAILABLE IN MAY

Spirituality / Meditation • \$19.95 • Hardcover

128 pp. • 5 x 7¼ • 978-1-955831-19-2

Rights: world • An Eckhart Tolle Edition



Spiritual teacher **PETER RUSSELL** earned degrees in theoretical physics, psychology, and computer science at the University of Cambridge in England, where he studied for a time with Stephen Hawking. He studied meditation and Eastern philosophy in India and later conducted research into the neurophysiology of meditation. He is the author of *From Science to God*, *Letting Go of Nothing*, and *Waking Up in Time*, among other books. He lives in Northern California. **ECKHART TOLLE** is a world-renowned spiritual teacher and the author of *The Power of Now*. He lives in Vancouver, Canada.

PeterRussell.com
EckhartTolle.com

How to Live So You Can Die Without Fear

RamDev Dale Borglum
Foreword by Mirabai Starr

From a pioneer in the conscious dying movement and founder of the Living/Dying Project comes an inclusive, nonsectarian spiritual perspective on living and dying, written for caregivers, the aging, the bereaved, and anyone yearning to live more fully.

- The author has synthesized a unique and robust healing paradigm that will resonate with spiritual and nonspiritual readers alike.
- Dale Borglum is the founder and executive director of the Living/Dying Project in the San Francisco Bay Area and founded the Dying Center, the first residential facility in the United States for people wishing to die consciously.
- Borglum has studied with some of the great spiritual masters of the past century, including Chögyam Trungpa Rinpoche and His Holiness the Dalai Lama, and has taught with famed teachers like Joan Halifax, Jack Kornfield, and Ram Dass, who once said, "I recommend anything Dale teaches."
- The author hosts the *Healing at the Edge* podcast with more than 100 episodes, teaches a "Conscious Living and Conscious Dying" continuing education training workshop for caregivers and care professionals, and has spoken on this topic at Menla, Spirit Rock, Naropa University, and San Quentin Rehabilitation Center.
- The Living/Dying Project has over 35,000 followers on Instagram and over 8,000 followers on TikTok.

Caretakers for the sick and dying, people facing a terminal diagnosis, and all those seeking higher truths will discover in this powerful book a gateway to not just conscious dying but to living so fully that they can, when the moment arrives, die without fear. In this clear-eyed and revelatory guide, Dale Borglum, a decades-long meditation teacher and pioneer in conscious dying, teaches us to compassionately work with our fears and our old wounds, tend to the darkness within, and recognize the wholeness of who we are so we can begin to heal.

With an eclectic background including a doctorate in mathematical statistics and a lifetime of cross-traditional spiritual study, Borglum presents a unique healing path that integrates Western psychology, 12-step programs, energy and somatic healing, devotional practices, the chakra system, ego dissolution, meditation, and more. Through a threefold process of embodied mindfulness, compassion, and transmutation, he teaches us to experience suffering and wholeness simultaneously, treat grief as an invitation to deeper love, and use simple yet profound tools to meet life's most challenging moments with grace.

With this wise guidance, we can see how caretaking of ourselves and others is, in itself, a spiritual practice. Borglum invites us to tend to acute and chronic grief by cultivating forgiveness and self-love, conveying what he has learned through his years of study: "Grief dares us to love again."

"This book is brilliant and welcoming, with the potential to change the life of anyone who reads it."
— Anne Lamott

HOW TO LIVE SO YOU CAN DIE WITHOUT FEAR

RAMDEV DALE BORGLUM
Founder of the Living/Dying Project

FOREWORD BY MIRABAI STARR

AVAILABLE IN JUNE

Death & Dying / Spirituality • \$19.95

Trade paperback • 288 pp. • 5½ x 8½

978-1-955831-08-6 • Rights: world



RAMDEV DALE BORGLUM is the founder and executive director of the Living/Dying Project in the San Francisco Bay Area. A pioneer in the conscious dying movement, he has worked directly with thousands of people with life-threatening illnesses and their families. For over forty years, he has been immersed in the practices of devotion, meditation, and contemplative prayer, studying with many of the greatest masters of the past century, including Neem Karoli Baba, Suzuki Roshi, Chögyam Trungpa Rinpoche, and His Holiness the Dalai Lama. He lives in Fairfax, California. **MIRABAI STARR** is a world-renowned teacher of contemplative practice and inter-spiritual dialogue.

LivingDying.org

The Wisdom of The Odyssey

Twenty-Four Life Lessons from Homer's Epic

Phil Cousineau

An accessible companion to Homer's *Odyssey* that illuminates its timeless lessons on change, resilience, and the search for home, written by acclaimed mythographer and cultural historian Phil Cousineau.

- Timed for release with Christopher Nolan's upcoming \$250M film adaptation of *The Odyssey* (2026) starring Matt Damon, Anne Hathaway, and Zendaya, which will drive renewed interest in the epic.
- Cousineau is a protégé of Joseph Campbell and bestselling mythographer with over forty books and thirty films, including *The Hero's Journey: The Life and Work of Joseph Campbell* and *The Art of Pilgrimage*.
- Twenty-four short, accessible chapters that mirror Homer's twenty-four "books," each ending with reflections and practices that invite personal application.
- Bridges classical literature and modern life, revealing how Odysseus's ordeals mirror our own struggles with suffering, change, and the desire to come home to ourselves.
- The author has a devoted following, a strong media presence (NPR, BBC, *National Geographic*, New Dimensions Radio), and a five-decade teaching career, including mythology tours to Greece.

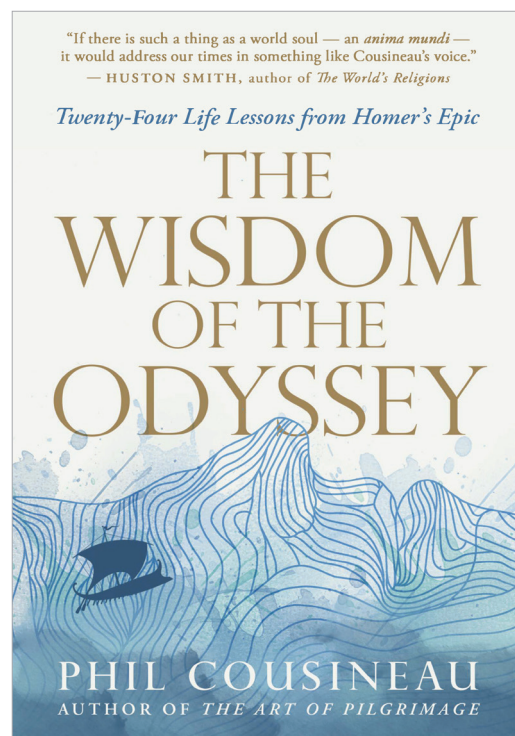
"If there is such a thing as a world soul — an *anima mundi* — it would address our times in something like Cousineau's voice."

— HUSTON SMITH, author of *The World's Religions*

For nearly three thousand years, Homer's *Odyssey* has captivated audiences with its tale of Odysseus's perilous journey back to his family after the Trojan War. It is a story of perseverance, transformation, and the longing for home. In *The Wisdom of The Odyssey*, cultural historian Phil Cousineau distills the epic into twenty-four chapters that mirror Homer's original books and reveals why readers from around the world deeply identify with the poem to this day.

Readers follow Odysseus through his ordeals and changes of heart, as he's sustained not only by cunning and grit but by love for his wife, Penelope; his son, Telemachus; and the island of Ithaca itself. The Greeks believed love to be wiser than wisdom, and here it emerges as the force that prevents despair and inspires renewal. In his delightfully strange world of monsters, tricksters, and sorceresses, Homer reveals what it means to be human. This is the essential odyssey, an exhilarating Greek puzzle box that contains stories within stories within stories.

Timed for release with Christopher Nolan's much-anticipated 2026 film adaptation, this companion volume offers both newcomers and longtime readers a way into the epic's enduring themes of memory, devotion, and beauty. Each chapter concludes with reflections and practices that connect the myth's lessons to our own lives, such as the ancient *Homeromanteion*, a form of bibliomancy using Homer's poetry. By illuminating how Odysseus learns, adapts, and ultimately restores his home, Cousineau shows how this timeless story is more relevant than ever, and how it can guide us toward resilience, meaning, and a richer inner life.



AVAILABLE IN JULY

Mythology • \$18.95 • Trade paperback

160 pp. • 5x8 • 978-1-955831-27-7

Rights: world



PHIL COUSINEAU is a writer, teacher, filmmaker, storyteller, and cultural historian. He has published over forty books, including the bestselling *The Art of Pilgrimage* and *Once and Future Myths*, and has written or cowritten over thirty documentary films. He has consulted on mythology and story for Warner Brothers, Pixar, Lucasfilm, and others and has led mythology tours to Greece for three decades. Cousineau has been featured on NPR, CNN International, and National Geographic Radio and was host of PBS's *Global Spirit*. He lives in San Francisco.

PhilCousineau.net

Ten Poems for Difficult Times

Roger Housden

First Trade Paperback Edition

Clear-eyed, inspirational, and insightful commiseration for challenging personal or societal times.

- The seventh volume in the author's bestselling (300,000 copies plus) series
- Carefully chosen poems are heightened by the author's wise and empathic commentary

"For years, I have carried Roger Housden's poetry collections with me wherever I go. This book comes just in time. The heart of the world is breaking, and these ten poems are a life-giving elixir."

— **MIRABAI STARR**, author of *Caravan of No Despair* and *God of Love*

"I read *Ten Poems for Difficult Times* during a rough time in my own life, and the poems reminded me of essential truths that I forget and must remember many times a day. . . . If you're having a difficult time, or know someone who is, you'll want to read and share these poems."

— **ELLEN BASS**, award-winning poet and author of *The Courage to Heal*

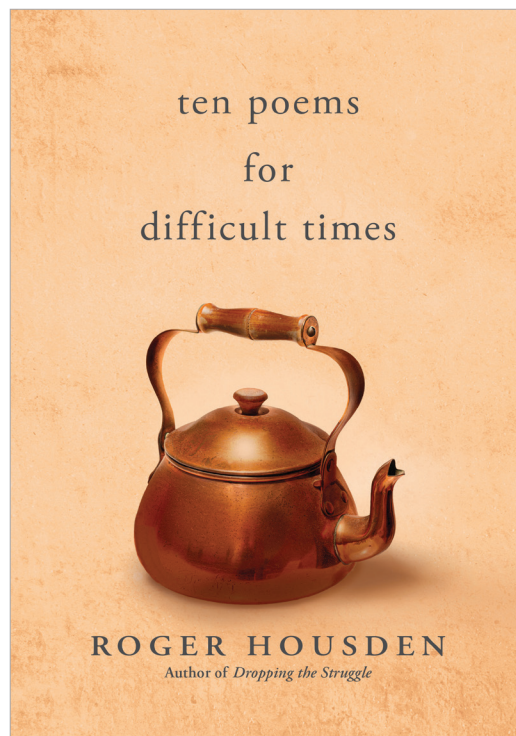
"A truly remarkable achievement."

— **SPIRITUALITY TODAY**

For decades, Roger Housden has curated poetry collections that offer solace, strength, and perspective when they're needed most. In this powerful volume, he brings together poems that speak directly to the human experience of suffering, reminding us that we are not alone in our grief, our fear, or our uncertainty.

Housden reflects on each poem in ways that gently guide us toward clarity and comfort. These are not poems that avoid the truth — Jack Gilbert reminds us there is "sorrow everywhere," and Maggie Smith observes that "the world is at least fifty percent terrible" — yet within these lines are glimmers of resilience, beauty, and even joy.

This is poetry as a lifeline, transforming pain into perseverance, despair into meaning, and heartbreak into healing.



AVAILABLE NOW

Poetry / Spirituality • \$17.95

Trade paperback • 136 pp. • 5¼ x 7½

978-1-955831-21-5 • Rights: world



ROGER HOUSDEN is the author of twenty-three books, including the bestselling Ten Poems series. His writing has been featured in many publications, such as *The New York Times*, *Los Angeles Times*, and *O: The Oprah Magazine*. A native of England, he lives in Marin County, California.

RogerHousden.com

The Friendship Bench

How Fourteen Grandmothers Inspired a Mental Health Revolution

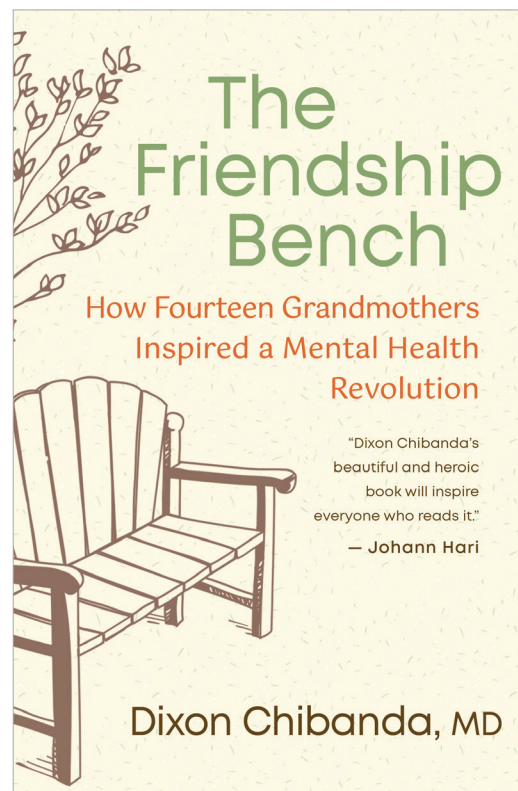
Dixon Chibanda, MD

The powerful story of a psychiatrist in Zimbabwe partnering with grandmothers in his community to offer lifesaving mental healthcare via a revolutionary model based in simple human connection.

- Dr. Dixon Chibanda was one of only a handful of mental health professionals treating the more than 15 million people of Zimbabwe when he began working with the strong-willed grandmothers of his community to develop the model of the Friendship Bench.
- A stepped-care psychological intervention based on principles of cognitive behavior therapy (CBT), the model has shown effectiveness through three randomized controlled studies, with the results published in *JAMA*, and has now helped more than half a million people around the globe.
- The author's TED talk, "Why I Train Grandmothers to Treat Depression," has been viewed over 3.2 million times, and a documentary about his work will premiere in fall 2024.
- Includes a "Friendship Bench in a Box Tool Kit" — a DIY kit enabling anyone anywhere in the world to start their own Friendship Bench.

When Dr. Dixon Chibanda lost a patient to suicide, he began a soul-searching journey that eventually led to a mental healthcare revolution. As one of only five psychiatrists in all of Zimbabwe, a country traumatized by decades of conflict, Chibanda quickly realized that millions in his community were suffering from depression, substance abuse, and mental illness with no hope of receiving care. He saw that the only way to narrow this care gap was to leverage existing resources in the community, and one such resource was the compassion, empathy, and wisdom of grandmothers. With fourteen strong-willed grandmothers as partners, Chibanda's group pioneered the Friendship Bench program, a community-driven initiative addressing loneliness, depression, and suicide by fostering intergenerational connectedness. Since then, more than 500,000 people around the world have sat on park benches to share their personal stories with an empathic grandmother.

More than just Chibanda's story, *The Friendship Bench* is a primer on how human connection forms the bedrock of our resilience. It gives readers the building blocks to facilitate transformative moments for healing, personal growth, and forgiveness by reaching out to those who are struggling and disconnected from their communities. It's a case study of how interventions supported by robust scientific evidence can be simplified and made accessible for all. This global movement is expanding to El Salvador, London, Washington, DC, New Orleans, and other major cities. Ultimately, it's a celebration of the collective wisdom and knowledge of those anchored in their communities and how their profound ability to foster belonging and purpose can bring healing.



AVAILABLE NOW

Psychology / Inspiration • \$18.95

Trade paperback • 208 pp. • 5½ x 8½

Black-and-white photographs

978-1-955831-02-4 • Rights: world



DIXON CHIBANDA, MD, is a professor of psychiatry at the University of Zimbabwe and the London School of Hygiene & Tropical Medicine. He is the director of the African Mental Health Research Initiative (AMARI). His current research focuses on the Friendship Bench and has been featured in *The Guardian* and *The LA Times*. He has spoken about his work at the World Economic Forum, the Aspen Ideas Festival, and the TEDWomen conference.

FriendshipBenchZimbabwe.org

Rights sold: Chinese Complex, Italian, Korean

The Future Human

New Ways of Living and Being on Earth

Lee Harris with Regina Meredith

A channeled conversation from bestselling author Lee Harris and Regina Meredith, host of *Open Minds* on Gaia TV, in which the Z's address the rapid escalation of personal and planetary transformation by revealing stunning truths about the next phase in humanity's evolution.

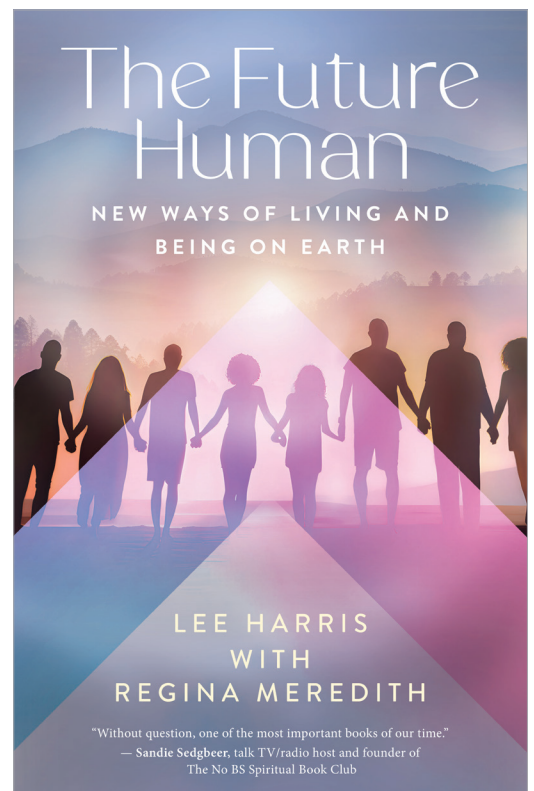
- The author's books, including *Energy Speaks* and *Awaken Your Multidimensional Soul*, have sold more than 75,000 copies.
- Lee Harris's *Impact the World* is a top-50 podcast, his newsletter reaches 140,000 subscribers worldwide, and his YouTube channel has 301,000 subscribers with more than 28 million views.
- Master interviewer, pioneer of metaphysical journalism, and Gaia TV host Regina Meredith brings new depth and insight to the conversation.
- Channeled books, including those by Jane Roberts, Edgar Cayce, Sanaya Roman, and Esther and Jerry Hicks, have sold millions and become classics.

For more than two decades, Lee Harris and his guides, the Z's, have provided practical guidance and inspiration for personal growth and collective change. During the same period, Regina Meredith has become well respected for her intuitive style of inquiry, conducting more than a thousand interviews with thought leaders in the consciousness movement. Now, this synergistic team works with the Z's to bring to light startling revelations about what lies ahead for our planet and the human species.

Humanity is facing an unprecedented phase of evolution, planetary revolution, and the acceleration of time. More and more people are seeking guidance as they wake up to a connection with something far bigger than what they were taught about human life. Prompted by Meredith's incisive questions, the Z's lay bare the lies promulgated throughout history and explain the past and the future, including:

- why consciousness is driving you faster than your mind
- the positive and negative effects of AI and other technology on intelligence and the brain
- the significance of the breakdown of fixed gender roles
- whether the spike protein recently infused into the human system via Covid-19 will impact future events
- the changing landscape of relationships, sexuality, and self-awareness
- why the next decade will be a genuinely revelatory time on Earth
- why the most significant influencer in the development of humanity's new potential is you

The Z's remind us that everyone on Earth is being affected by the waves of higher consciousness now flooding the planet — even those who might want to limit or enslave humanity. Meant to be experienced, absorbed, and understood, the message from the Z's is unequivocal: creating a new world is your job. *The Future Human* tells you why and how.



AVAILABLE NOW

New Age / Metaphysical • \$19.95

Trade paperback • 208 pp. • 5½ x 8½

978-1-60868-928-6 • Rights: world



LEE HARRIS is a globally acclaimed energy intuitive, channeler, and musician who offers grounded, practical teachings focused on helping conscious, intuitive, and sensitive people heal, thrive, and live a better life. His acclaimed online events, members' community The Portal, and top-50 podcast *Impact the World* are adventures into the deepest aspects of living, loving, and awakening. He lives in Southern California.

REGINA MEREDITH, a broadcast journalist who has worked for NBC, PBS, and Gaia TV, makes the most challenging topics accessible to all. She lives in Northern California.

LeeHarrisEnergy.com

ReginaMeredith.com

Rights sold: Dutch, French, German, Swedish

Lone Dog Road

A Novel

Kent Nerburn

From award-winning author Kent Nerburn, whose writing Louise Erdrich has praised as “storytelling with a greatness of heart,” a tale of compassion and redemption played out against the haunting backdrop of the Dakota High Plains during the drought-stricken summer of 1950.

- From the author of the bestselling trilogy *Neither Wolf nor Dog*, *The Girl Who Sang to the Buffalo*, and *The Wolf at Twilight*.
- Nerburn is a two-time winner of the Minnesota Book Award.
- The film adaptation of *Neither Wolf nor Dog* has been shown in over 300 theaters in North America and is currently one of the longest continuously running independent films in the US.

“A great story deeply rooted in the human heart....Nerburn is a storyteller to be celebrated and *Lone Dog Road* is a story to be treasured.”

— **WILLIAM KENT KRUEGER**, *New York Times* bestselling author of *Ordinary Grace* and *This Tender Land*

“One of those special novels that opens a door into another reality. Though Kent Nerburn is not Native, he has the magic needed to portray reservation life in the shadows of South Dakota’s Black Hills. *Lone Dog Road* is poignant, heartfelt, and educational. Read it and learn.”

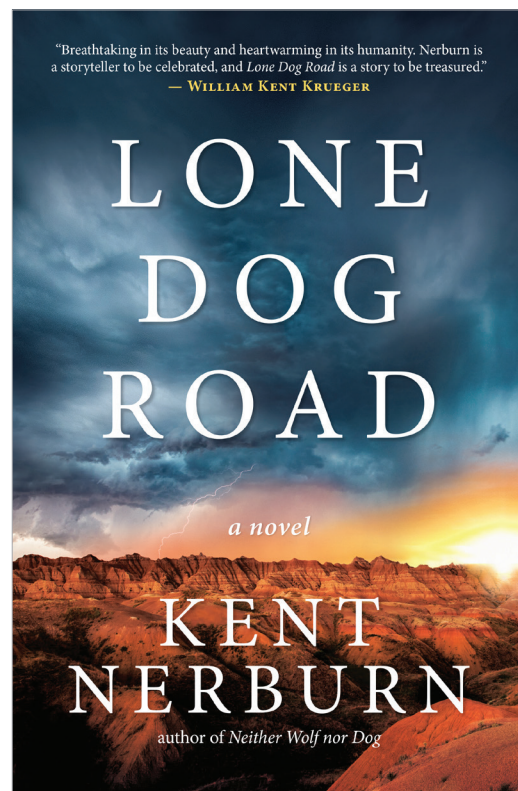
— **DAN O’BRIEN**, author of *Buffalo for the Broken Heart* and *In the Center of the Nation*

“Swift, compassionate, and instantly credible....Kent Nerburn writes like a trusted friend in this sturdy outstretched hand of a novel — grab it and hang on.”

— **LEIF ENGER**, author of *Peace Like a River*

Two Lakota boys, ages eleven and six, huddle in a boxcar hurtling through the prairie night as they run from a government agent sent to take the younger boy to an Indian boarding school. But what begins as a pursuit soon becomes a complex human drama of intersecting lives as the boys make their way across the vast Dakota plains to the pipestone quarries of western Minnesota to replace their great-grandfather’s *channunpa*, or sacred pipe, that was broken by the government agent.

Alive with a rich tapestry of characters the boys meet along their journey, *Lone Dog Road* is at once an exploration of the hidden corners of the human heart and a moving study of the way the land shapes the people who live, love, dream, and die upon it. Sprawling, complex, and intimate, *Lone Dog Road* is destined to take its place in the grand tradition of great American road novels.

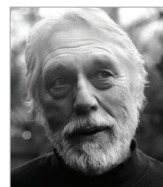


AVAILABLE NOW

Fiction • \$21.95 • Trade paperback

504 pp. • 6 x 9 • 978-1-60868-994-1

Rights: world



KENT NERBURN is an American author who has published sixteen books of creative nonfiction, fiction, and essays, focusing on Native American and American culture and spirituality. He won a Minnesota Book Award in 1995 for *Neither Wolf nor Dog* and another in 2010 for *The Wolf at Twilight*.

KentNerburn.com

Rights sold: Russian

The Power of Enough

Finding Joy in Your Relationship with Money

Elizabeth Husserl

Foreword by Lynne Twist

From a trailblazing female financial advisor, wealth planner, and money coach, a guide to reframing your relationship with money by redefining wealth, recognizing the “power of enough,” and creating satisfaction, joy, and connection.

- First-time author Elizabeth Husserl is a financial advisor, wealth planner, and money coach who has lectured at top tech companies and conferences, including Google, Airbnb, Amazon, and Wisdom 2.0.
- A paradigm-shifting exploration that helps readers reframe individual and collective definitions of wealth using specific activities to improve their relationships with money and their experience of wealth.
- The author has worked one-on-one with executives from Adobe, Meta, Block, Headspace, Salesforce, Duolingo, LinkedIn, and Instagram.
- Will be promoted to a network of more than 60,000 through financial newsletters and organizations.

“Transformative. Elizabeth Husserl’s unique approach leads you to unpack your relationship with money, define what ‘enough’ means for you, and be intentional about your core values. This is far more than wealth management — it’s happiness management.”

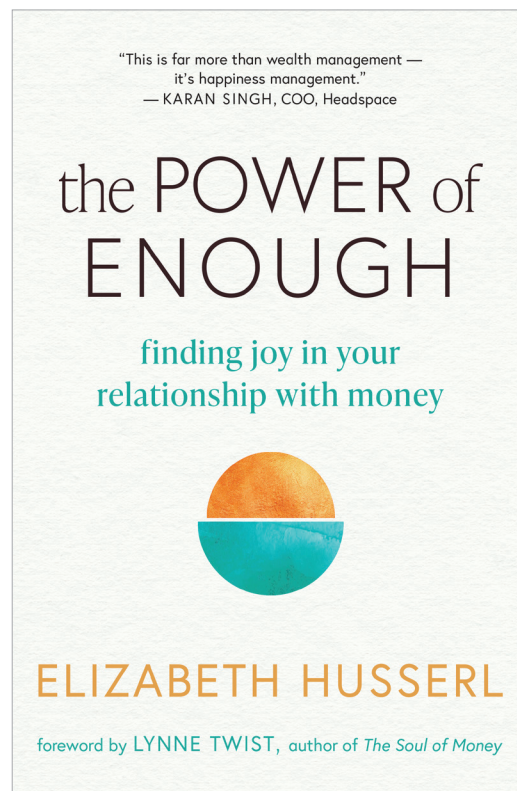
— KARAN SINGH, COO, Headspace

Most of us feel overwhelmed and intimidated by money, confused by the complexity and abstraction of building wealth, nagged by the sense that even if we make a good living and have material things, we’re lacking something. *The Power of Enough* is designed to shift this mindset by exploring the ways in which our relationships with money affect well-being and how financial systems hinder our pursuit of genuine happiness. Written by a female financial advisor who has spent over two decades exploring the intersection of economics and finance with spirituality and psychology, this innovative guide argues that wealth is a *state of being* rather than a *thing* to accumulate, possess, and hold. By reframing our approach to money, Elizabeth Husserl shows that wealth should not be an end in itself, but instead is a means to vibrant living.

Exercises throughout the book help readers:

- define what “enough” means to them and adopt habits and practices to embody it
- use money as a mirror that reflects their true depths and facilitates holding themselves accountable
- understand money archetypes and the roles they play in our dynamics with money
- identify their financial DNA: the cultural and familial money-related beliefs, behaviors, and habits we inherit and pass down to our heirs

Designed to help readers create a life rooted in an understanding of their unique needs, *The Power of Enough* offers a path to financial satisfaction and, ultimately, joy.



AVAILABLE NOW

Finance / Personal Growth / Prosperity • \$19.95

Trade paperback • 288 pp. • 5½ x 8½

978-1-60868-942-2 • Rights: world



ELIZABETH HUSSERL is a registered investment advisor representative and the cofounder of the comprehensive boutique wealth planning firm Peak360 Wealth Management. She holds a BS in economics from Tulane University and an MA in East-West psychology from the California Institute of Integral Studies, where she has been an adjunct professor. Husserl is a highly sought-after speaker and facilitator at leading tech companies including Airbnb, Unity, and Google. She lives with her husband and daughter in the San Francisco Bay Area. **LYNNE TWIST** is the bestselling author of *The Soul of Money* and lives in the San Francisco Bay Area.

ElizabethHusserl.com

Rights sold: Russian, Thai, Indonesian, Chinese Simplified

Push Back

Live, Love, and Work with Others Without Losing Yourself

Tonya Lester

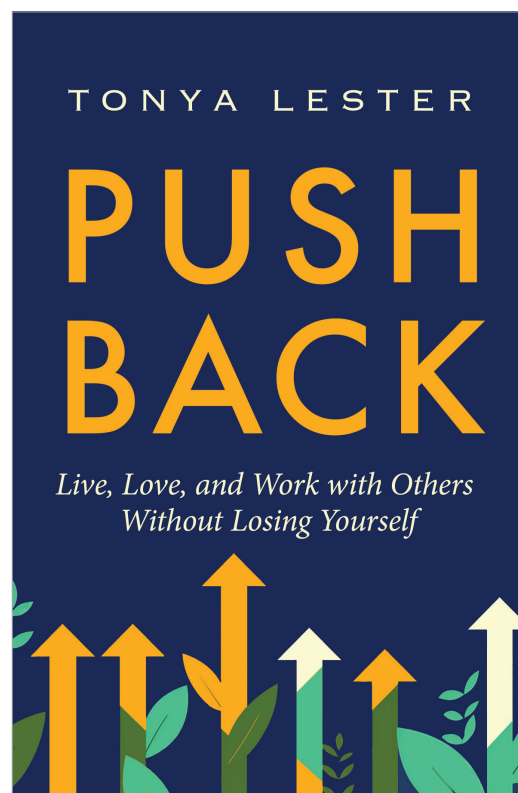
In her debut book, popular therapist, *Psychology Today* blogger, and go-to relationship expert Tonya Lester offers a master class on how to be effectively assertive for anyone whose aversion to conflict has led to struggles at home, at work, or in relationships.

- The author is a popular blogger on *Psychology Today*, where she reaches more than 1 million readers, and her “Couples Therapist, Heal Thyself” column was published in *The New York Times* Modern Love.
- A refreshing counterbalance to the predominant relationship and therapeutic advice to women, which says they should either subsume their needs to act as peacemakers or be aggressively “badass” in communicating their needs.
- Offers practical tools to help readers learn to be effectively assertive, including assessment tests, sample dialogues, and client stories.
- Shows women how to go beyond just “self-care” and transform their lives by learning to stand up for themselves in any situation.

Tonya Lester has a bold piece of advice for every conflict-averse person in the world: *It's OK to be difficult*. Not mean, not rigid, not a bully — but the kind of difficult that makes the people in your life see you and understand what you need. Too often, women are encouraged to be nurturers and peacemakers, which carries the implied message that they should also not rock the boat. But rocking the boat — or being assertive — is often exactly what women must do to have the life they want.

In *Push Back*, the *Psychology Today* blogger and Modern Love contributor explains how to be difficult in a way that is both clear and productive. All too often, Lester has seen her clients talk themselves out of being angry when anger was justified; tell half-lies or back off to avoid difficult conversations; absorb disappointment and resentment to let someone else have their way; and take on more than their fair share of work in a relationship to keep the peace. And they do so because most relationship advice ignores the very real problems of uncooperative and avoidant partners, systemic sexism, and pressures to compromise, be conciliatory, and aim for harmony. To push back on these pressures, Lester offers guidance that can help create a world that works better for everyone, starting with the women themselves.

In this accessible and uplifting guide, through exercises, case studies, and real-life examples from public figures, people pleasers learn to set boundaries in all kinds of relationships, express their needs and engage in productive conflict, and deal calmly with any backlash that might come from spouses, coworkers, bosses, in-laws, siblings, and children. Designed to challenge the sea of advice telling women they should smooth out interpersonal struggles, *Push Back* boldly advocates for the opposite: more (healthy) conflict, more clear limits, more rocking the boat.



AVAILABLE NOW

Personal Growth / Women's Interest • \$19.95

Trade paperback • 216 pp. • 5½ x 8½

978-1-60868-946-0 • Rights: world



TONYA LESTER, LCSW, is a Brooklyn-based psychotherapist and writer known for her work with relationships and communication. Her essay “Couples Therapist, Heal Thyself” was published in the Modern Love column in *The New York Times*. *Staying Sane Inside Insanity*, the blog she created for *Psychology Today*, has regularly reached over one million readers. She has been featured as an expert in *The Guardian*, *Newsweek*, *Well+Good*, *HuffPost*, *Fatherly*, and the Bumble site *The Buzz*. She lives in Brooklyn, New York, and St. Paul, Minnesota, with her family.

TonyaLester.com

Rights sold: Russian

The Three Beliefs of Ego

A Sufferer's Guide to Freedom

Aaron Abke

In this revolutionary new book that blends insights from Eastern and Western traditions, spiritual guide and YouTube sensation Aaron Abke shows that enlightenment and liberation from suffering are not lofty and unattainable goals — they are our destiny.

- First-time author Aaron Abke is a social media star with more than 500,000 followers and a popular YouTube channel with over 22 million views.
- A distillation of Eastern and Western spiritual traditions and modern psychoanalytic insights that transcends judgmental belief systems and embraces universal love and an understanding that the ego houses the beliefs that cause suffering.
- In the tradition of Eckhart Tolle, Abke's work brings complex spiritual concepts and insights down to earth for readers to understand and receive.
- The author has been a featured guest on Gaia TV, SiriusXM radio, and many podcasts.

“Aaron is always directing us to a larger, metaphysical perspective — always back to unity consciousness and love.”
— DANIELLE LAPORTE, bestselling author of *White Hot Truth*

Aaron Abke's personal journey has taken him from evangelical Christian pastor to fitness model to one of America's top spiritual thought leaders. Along the way, a profound awakening inspired by Eckhart Tolle drove him to the metaphysical insights he presents in his revolutionary first book.

The Three Beliefs of Ego is a riveting exposition of the nature of suffering and a guide to spiritual freedom built on Abke's reimagining of the concept of ego. Though it's often treated as an enemy to be conquered, he instead sees the ego as a product of three core beliefs: lack, attachment, and control. These beliefs then give rise to the primary emotions of sadness, anger, and fear — the root causes of human suffering. From this paradigm-shifting premise, Abke takes readers on an inward journey to transcend these three beliefs and clear a path to inner peace.

Central to Abke's groundbreaking approach is the Emotional Guidance System, a powerful yet practical tool for pinpointing the ego's three core beliefs as they shape our thoughts and actions. Blending principles drawn from both Western and Eastern traditions, the simple practice outlined in the book provides a comprehensive and down-to-earth route to “no-reason happiness,” which is accessible to seekers at any stage of their journey. Built on clear and transformative insights, *The Three Beliefs of Ego* is truly a blueprint for practical enlightenment and lasting spiritual liberation.

“Aaron is always directing us to a larger, metaphysical perspective — always back to unity consciousness and love.”
— DANIELLE LAPORTE, bestselling author of *White Hot Truth*

The THREE BELIEFS OF EGO

A Sufferer's Guide to Freedom

AARON ABKE

AVAILABLE NOW

Metaphysics • \$19.95 • Trade paperback

272 pp. • 5½ x 8½ • 978-1-60868-992-7

Rights: world



AARON ABKE is a spiritual teacher and thought leader who delivers a fresh new perspective on self-realization. His online academy for consciousness expansion, 4D University, has more than 10,000 members, and his practical approach to the enlightenment path has benefited hundreds of thousands of seekers across the globe. Multiple Gaia TV series, chart-topping spirituality podcasts, and SiriusXM radio programs have showcased Abke's passion and purpose, which is to awaken this planet to the awareness of our oneness. He lives near Austin, Texas.

AaronAbke.com

Rights sold: Spanish

Women Waking Up

The Midlife Manifesto for Passion, Purpose, and Play

Wendy Valentine

The debut book from hit podcaster and life coach Wendy Valentine is a rallying cry, inspirational memoir, and practical guidebook for the millions of Gen X women discovering midlife as the perfect time to craft the life they've always dreamed of.

- The author hosts the hit podcast *The Midlife Makeover Show*, ranked in the top 1.5% of podcasts in the world and #1 in midlife on iTunes and Spotify, with over 1,000 daily listeners.
- There are more than 40 million Gen X women (between the ages of 45 and 60) in the US.
- Valentine is a Gen X life coach who traveled the US in an RV to find herself, sharing her breakdown-to-breakthrough story online in real time with her 60,000 social media followers (whose average age is 55).
- Instead of framing midlife as a time of diminishing possibilities, the author argues that the experience and knowledge of midlife make it the perfect time for new directions and meaningful joy.

“A must-read for any woman who reaches midlife seeking transformation and yearning for more freedom. Wendy Valentine guides her readers in creating a new vision for their lives and shows them step-by-step how to get there.”

— KRISTINE CARLSON, coauthor of the *Don't Sweat the Small Stuff* series

Like millions of other Gen X women, Wendy Valentine entered midlife plagued with a host of seemingly insurmountable problems: unemployment, divorce, anxiety, a mountain of debt, the death of her brother, and chronic illness. Looking around and wondering if a window to new possibilities was closing, she held on to a vision of opening a new door instead, a dream of herself driving across the country cool, collected, happy, and singing along with the tunes blasting from her Bluetooth. Unrealistic? Maybe. Still, it worked.

In *Women Waking Up*, Valentine redefines midlife for women based on her own experience of following her vision, buying an RV, and traveling cross-country seeking new adventures. On the back roads of America, she found herself and identified seven steps any woman can follow on their own road to satisfaction and fulfillment. She lays out this step-by-step process of getting from point A of *angst* to point B of *bliss* in the F.R.E.E.D.O.M. method, walking readers through their own midlife makeover process.

Valentine guides readers to explore the eight areas that form a “wheel” of life, or in this case midlife: love, career, friends, family, finance, personal growth, health, and leisure. Along the way, she also reminds readers that they have something they didn't before: knowledge and experience. *Women Waking Up* shows how all women armed with these two superpowers of midlife plus Valentine's foolproof method can find balance, harmony, satisfaction, and the lives they've always wanted.

“A must-read for any woman who reaches midlife seeking transformation and yearning for more freedom.”

— Kristine Carlson, coauthor of the *Don't Sweat the Small Stuff* series

The Midlife Manifesto for
Passion, Purpose, and Play

WOMEN
WAKING
UP

Host of
*The Midlife
Makeover Show*
Podcast

Wendy Valentine

AVAILABLE NOW

Women's Interest / Aging • \$19.95

Trade paperback • 272 pp. • 5½ x 8½

978-1-60868-970-5 • Rights: world



WENDY VALENTINE is a speaker, certified professional life coach, midlife influencer, and host of *The Midlife Makeover Show*, the #1 midlife podcast on iTunes and Spotify. Sharing her breakdown-to-breakthrough story with midlifers around the world, she's garnered 60,000 loyal social media followers (whose average age is 55 years young), superfans who adore her bubbly energy, authenticity, and accessible approach to taking the misery out of midlife. She spends her time traveling the USA in her RV and exploring destinations around the world.

WendyValentine.com

Bulletproof Spirit

The First Responder's Essential Resource for Protecting and Healing Mind and Heart

Third Edition

Captain Dan Willis

Foreword by Donald Bostic

A state-of-the-profession update of the pioneering guide for peace officers and other first responders — and those who care about them.

- Peace officers, other first responders, healthcare professionals, and the military suffer from severe post-traumatic stress, suicide risk, depression, anxiety, and other debilitating issues due to the daily work traumas of their professions.
- Each year, more first responders die by suicide than by all other causes of death combined.
- Retired police captain Dan Willis has trained over 12,000 first responders in 40 states and five nations on trauma recovery, resilience, and wellness.
- Required reading at many police academies and a textbook in two wellness and resilience classes for senior police management at the FBI National Academy.
- Third edition includes a new chapter on organizational wellness, interactive QR codes for informative videos, and new and updated information throughout.

"This book would be a valuable asset to any first responder, clinician, or peer-support person working with first responders."

— **KEVIN GILMARTIN, PHD**, author of *Emotional Survival for Law Enforcement*

"An excellent, lifesaving book."

— **DAVE GROSSMAN**, US Army Lt. Col. (ret.), author of *On Combat*

Post-traumatic stress, suicide, and various emotionally distressing psychological symptoms plague the first responder professions. The daily work traumas experienced by these public servants can injure the brain's normal functioning and ultimately can become crippling, impairing their ability to professionally serve and to remain well and at peace. This book has given hope to thousands of peace officers, firefighters, EMTs, healthcare professionals, and military personnel by offering a path toward wholeness to recover, heal, and enhance resilience and physical, mental, emotional, and spiritual wellness.

Retired police captain Dan Willis, with forty years in the profession (thirty as an officer and ten training first responders), presents more than forty evidence-based wellness and resilience strategies in this book. *Bulletproof Spirit* provides a proven survival and wellness blueprint that offers peace officers and other first responders the best chance to heal and thrive throughout their careers.

FOREWORD BY DONALD BOSTIC

BULLETPROOF SPIRIT

THIRD EDITION

The First Responder's
ESSENTIAL RESOURCE
for Protecting and Healing
Mind and Heart

**CAPTAIN
DAN WILLIS**

International Academy of Public
Safety instructor and retired
police captain

"*Bulletproof Spirit* details practical steps that are not only effective but essential... A must-read for all first responders and their families — the wellness and emotional survival of these heroes depends upon it, as well as the safety of our communities."

— **SHELLEY ZIMMERMAN**,
Chief of Police (ret.), San Diego
Police Department



AVAILABLE IN NOVEMBER 2025

Personal Growth • \$19.95

Trade paperback • 312 pp. • 5½ x 8½

978-1-955831-04-8 • Rights: world



CAPTAIN DAN WILLIS served as a police captain, homicide detective, wellness unit coordinator, and SWAT commander. He currently instructs at first responder agencies nationwide on trauma recovery, resilience, and wellness. He lives in San Diego. Foreword author Supervisory Special Agent (SSA) **DONALD BOSTIC** is a former instructor in the Executive Programs Instruction Unit at the Federal Bureau of Investigation (FBI) National Academy at Quantico, Virginia.

FirstResponderWellness.com