



RIGHTS GUIDE

NON-FICTION AUTUMN 2024



MEMOIR BIOGRAPHY



Ways of the Ancestors By Cornelia Feye

From Manchuria to
Germany, 1928-68

The project is based on the diary of the author's grandparents, which chronicles forty years of tumultuous personal and political history. She only found the diary two years ago in her brother's basement in Berlin.

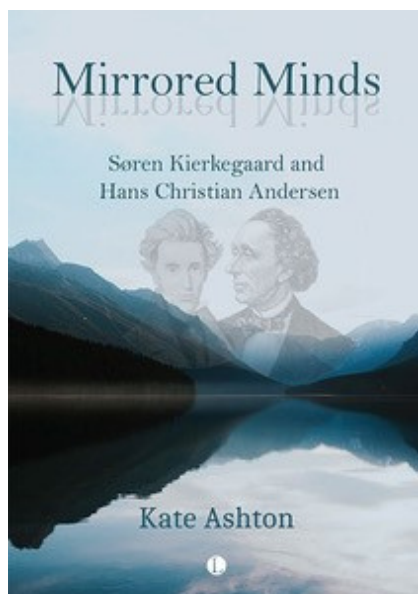
It begins in Manchuria where Cornelia Feye's grandparents met in 1928, followed by their escape after the Mukden Incident in 1931 and the Japanese occupation, their dramatic journey on the Transsiberian railroad from Harbin to Moscow and Berlin, the years of unemployment during the Weimar Republic, the rise of the National Socialists, and WWII, her grandfather's four years as POW in Siberia and finally the reconstruction and economic prosperity in post-war Germany. The diary movingly tells the great love story between two very different people – her grandfather Kornelius, a Swabian former's son, and grandmother Frida, a twelve-year-old cultured Swiss milliner, that fate brought together for unknown reasons in Mukden.

Beside the trans-generational and historical components of this project, it also touches on deeper philosophical themes such as destiny versus free will, and the role of faith in surviving insurmountable obstacles. It offers opportunities for deep-dive research into the Japanese Occupation of Manchuria, the History of the Trans Siberian Railroad in Stalinist Russia, The Black Madonna of Einsiedeln as Archetype, and Russian POW Camps in Siberia, which should be of general interest (see bibliography). Quotes from the diary are used as points of departure and to preserve the eloquent and poetic language. Select incidents will be set in-scene as historical fiction to communicate the emotional impact of this dramatic and traumatic story.

Additional information:

To be published - **Rights:** World

MEMOIR BIOGRAPHY



Mirrored Minds By Kate Ashton

Søren Kierkegaard and
Hans Christian Andersen

A double biography charting the parallel lives of two towering figures of European and world literature, from their youthful days as drinking companions in a nineteenth-century Copenhagen student dive to the palpably reverberating effects of their respective legacies on the world today. This book illuminates the extraordinary personal and creative relationship between the two writers: a literary history which has gone largely unrecognised and undocumented.

Kierkegaard began reading Andersen's work from long before the fairy tales, the future philosopher dedicating his own debut publication to an excoriating critique of the storyteller's first novel. The humble acceptance with which Andersen accepted this as forward impetus for his writing set the tone for their relationship. Both men were to live solitary lives; each tortured and fatally impeded by early sexual and emotional trauma, each recognising the very different integrity of the other's oeuvre. They would continue to read each other's work, largely without comment, each respectful of the other's immense literary output and personal suffering. Their experience was sublimated in entirely divergent ways, Andersen existing in a constant state of denial and escapism, Kierkegaard relentlessly facing down his personal past and present reality in his attempt to attain spiritual wholeness.

The lasting influence of these two writers of Golden Age Denmark on European cultures and the wider world cannot be over-estimated. In delineating the core of Christian teaching as the power of the individual to shape their own moral character Kierkegaard conceived the central tenet of 'existentialism'; while Andersen deflected the Western mind from both the simplistic sermon-speak of the Reformation and painful introspection, leading it instead into a bright new mythology of happy endings in which darkness is tolerated and its lessons taught only by the subconscious. We have taken the latter path.

Additional information:

To be published (The Lutterworth Press) - 87,500 words

Rights: World

MEMOIR BIOGRAPHY

Relationship
Sixties



A Rendezvous to Remember

By Terry Marshall, Ann Marshall

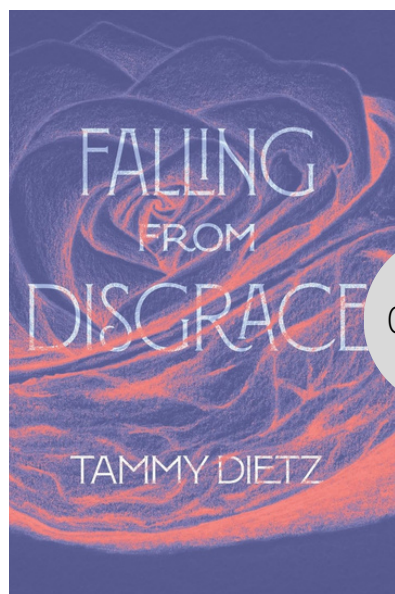
Stories of brilliant women whose inventions, discoveries, and creations were credited to the men who stole them.

Don't you hate it when someone takes credit for another person's idea? It happens a lot, and the people who lose out are often women. This book tells the stories of women whose inventions, discoveries, and creations were credited to men - women like Zelda Fitzgerald, the novelist, painter, and playwright who was more than F. Scott's wife, and Margaret Knight, who invented the flat-bottomed paper bag but saw the patent go to a man who stole off to the Patent Office with her idea. By telling the stories of the brilliant women artists, inventors, scientists, architects, and mathematicians who were denied their due, *Oh No He Didn't!* will help all women tackle obstacles and create a kinship of understanding that will inspire and transcend generations.

Additional Information:

To be Published 2024 (Cynren Press) - ISBN: 9781947976436 - 224 pages - Hardback

Rights: World



Mormon
Coming of
Age

Fallin from Disgrace

By Tammy Dietz

Tammy Dietz grew up committed to her family's Mormon faith, a profoundly patriarchal hierarchy that declares men superior and women subordinate, that demands devotion, purity, and chastity. But when the dogma of the Church of Jesus Christ of Latter-Day Saints clashes with the forces of a changing world, Tammy's destiny transforms. Patriarchy provides order but also chaos in a family with a depressed mother and a hoarding father. Set in the affluent Bay Area, Tammy's coming-of-age story is one of poverty amid wealth and a desire for status, recognition, and inclusion, both inside the Church and out. But when Tammy breaks the most serious of rules, her once certain path falters, her once protective community turns intrusive, and she finds herself on an unexpected journey.

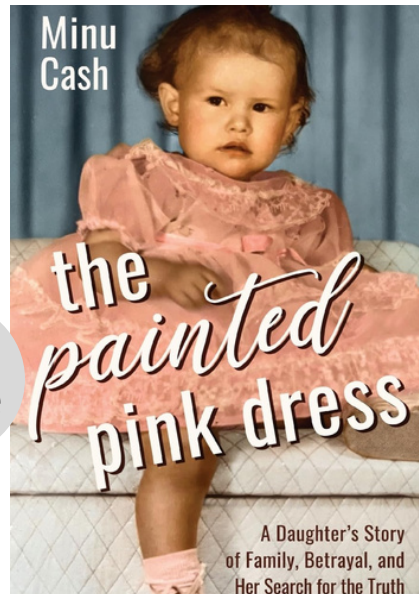
Additional Information:

Published 2023 (Cynren Press) - ISBN: 9781947976450- 246 pages - Hardback

Rights: World

MEMOIR BIOGRAPHY

Memoir
Resilience



The Painted Pink Dress

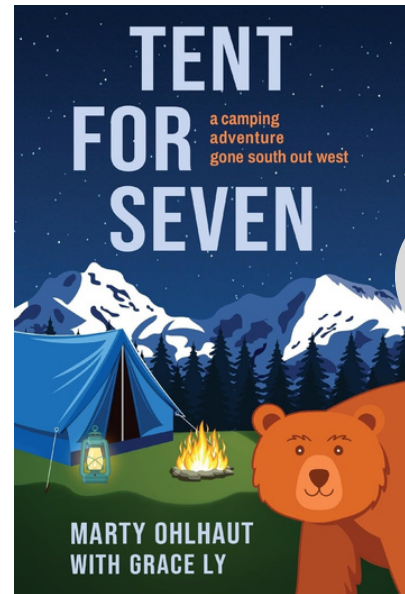
By Minu Cash

A passionate memoir about identity, resilience, and the healing power of forgiveness

From her earliest memories, Minu felt like an outsider. It wasn't just her peculiar name, but also her light skin and cinnamon-swirl hair that drew comments from neighbors and strangers. No one took her questions seriously, leaving her yearning for answers. Meanwhile, she had to endure her father's violence, her mother's negligence, and the poverty and drugs in Cashion, Arizona. Determined to carve out her own destiny, Minu embarked on a journey to uncover the mysteries of her past. She finally found the strength to confront the one person who knew the truth. Written with passion and grit, *The Painted Pink Dress* is an extraordinary true story about overcoming trauma and forging a path forward. Most of all, it is about the power of forgiveness and resilience in the face of hardship.

Additional Information:

Published 2024 (Sandra Jonas) - Paperback - ISBN: 9781954861190 - 258 pages - **Rights:** World



Camping
Adventure

Tent for Seven

By Marty Ohlhaut, Grace Ly

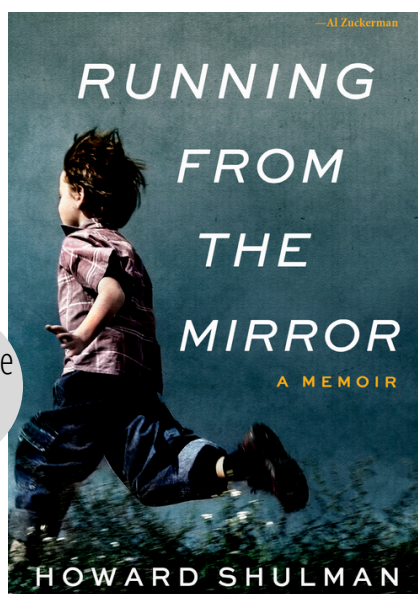
Marty Ohlhaut loved the great outdoors, and he loved his family, but this time, the combination proved disastrous. Cooped up inside due to long work hours, Marty was excited about taking off with his wife and five children for the beautiful Canadian Rockies. Aware that this could be their last camping trip together, he wanted to make it extra memorable. From a massive heat wave and tainted water to encounters with aggressive red ants and formidable bears, they experienced one problem after another. Then tragedy struck, forcing Marty to face the terrifying possibility of losing a loved one. Now, three decades later, he joins forces with his daughter Grace Ly to recount the gripping tale of that ill-fated vacation. Written with candor and wit reminiscent of Bill Bryson, *Tent for Seven* vividly captures both the grandeur and the dangers of the wilderness.

Additional Information:

Published 2023 (Sandra Jonas) - Paperback - ISBN: 9781954861114 - 252 pages - **Rights:** World

MEMOIR BIOGRAPHY

Resilience
Survival



Running from the Mirror By Howard Shulman

Just three days after he was born, Howard Shulman contracted an infection that attacked his face, devouring his nose, lips, lower right eyelid, tear ducts, and palate. Abandoned at the hospital by his parents, he became a ward of New Jersey under the care of a state-employed surgeon who experimentally rebuilt his face. This book is a poignant story of one man's struggle to survive against staggering odds and create a meaningful life for himself. With unapologetic candor, Howard gives an unflinching account of growing up a bullied outcast, with no family to officially call his own. Relying on little more than street smarts and grit, he rises from dishwasher to successful entrepreneur. Along the way, a European actress, a schoolteacher, and a fiery Latina help transform his life. Filled with heart-wrenching suffering as well as soul-lifting joy, this is a testament to the resilience of the human spirit.

Additional Information:

Published 2015 (Sandra Jonas Publishing) -
ISBN: 9780985581534 - 248 pages - Paperback
Rights: World



Mormon
Coming of
Age

Diary of a Beatlemania By Patricia Gallo-Stenman

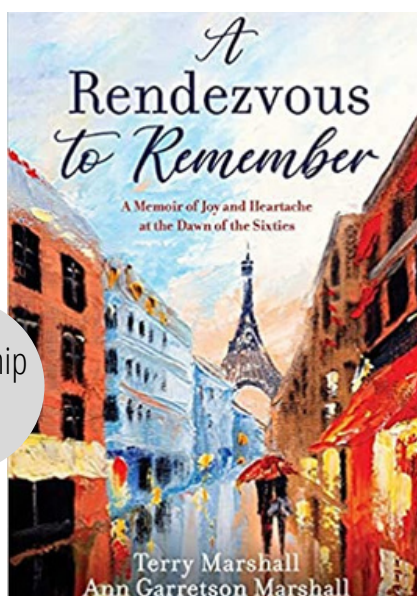
Driven by the frenzy of fan clubs, Beatles concerts, and endless dreams and meeting schemes, *Diary of a Beatlemania: A Fab Insider's Look at the Beatles Era* romps through the heady, roller-coaster days of Beatlemania as seen through the eyes of one Philadelphia schoolgirl and her band of 'Beatle Buddies.' Compiled from the author's own diary and extensive scrapbooking, and featuring a wealth of original photographs and exclusive interviews with Victor Spinetti and Hy Lit, this extraordinary slice of life peeks into the heart of an inner-city teen at the forefront of Beatlemania. For Beatlemaniacs of any age, this memoir offers a unique glimpse into the groovy days of the Swingin' Sixties and the chance to relive the magic of the pop-culture phenomenon called the Beatles.

Additional Information:

Published 2018 (Cynren Press)
ISBN: 9781947976030 - 214 pages -
Paperback - 31 Illustration/photo's
Rights: World

MEMOIR BIOGRAPHY

Relationship
Sixties



A Rendezvous to Remember

By Terry Marshall, Ann Marshall

The true story of a soldier, a pacifist, and the woman who loved them both

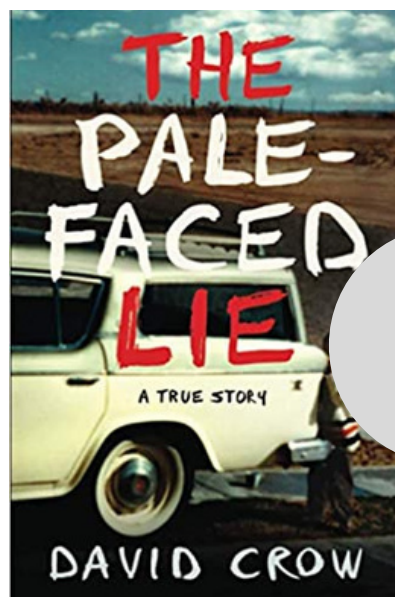
Jack offered the military life Ann had grown up with. Terry, a conscientious objector, would leave for the Peace Corps at summer's end, unless the draft board intervened and sent him to jail. Her dilemma: she loved them both. Ann had to make an agonizing choice—a choice made all that much harder by her meddling parents, Terry's passionate pleas, and Jack's irresistible charm.

A Rendezvous to Remember is an intimate portrayal of relationships in the early sixties, written by a young woman finding her way in a changing world and by the man who ultimately won her heart. Provocative and delightfully uncensored, this coming-of-age memoir is a tribute to the enduring power of love and family.

Additional information:

Published 2021 (Sandra Jonas Publishing) - ISBN: 9781733338622 - 378 pages - Hardback

Rights: World



Sold:
Lithuania
Poland
Brazil

The Pale-Faced Lie

By David Crow

Growing up on the Navajo Indian Reservation, David Crow and his three siblings idolized their dad, a self-taught Cherokee who loved to tell his children about his World War II feats. But as time passed, David discovered the other side of Thurston Crow, the ex-con with his own code of ethics that justified cruelty, violence, lies - even murder. Intimidating David with beatings, Thurston coerced his son into doing his criminal bidding. David's mom, too mentally ill to care for her children, couldn't protect him. Through sheer determination, David managed to get into college and achieve professional success. When he finally found the courage to refuse his father's criminal demands, he unwittingly triggered a plot of revenge that would force him into a deadly showdown with Thurston Crow.

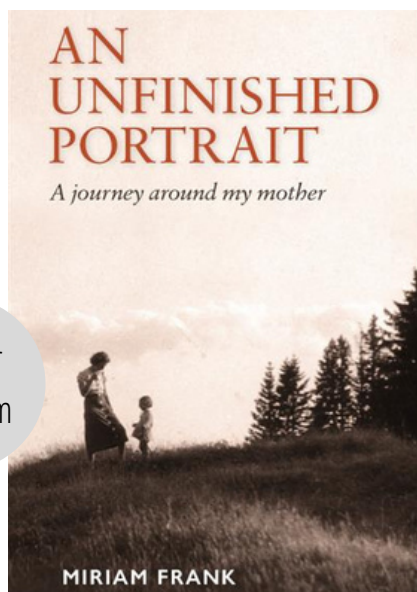
Additional Information:

Published (Sandra Jonas Publishing) - ISBN: 9780997487152 - 356 pages - Paperback -

Rights: World

MEMOIR BIOGRAPHY

Memoir
Optimism



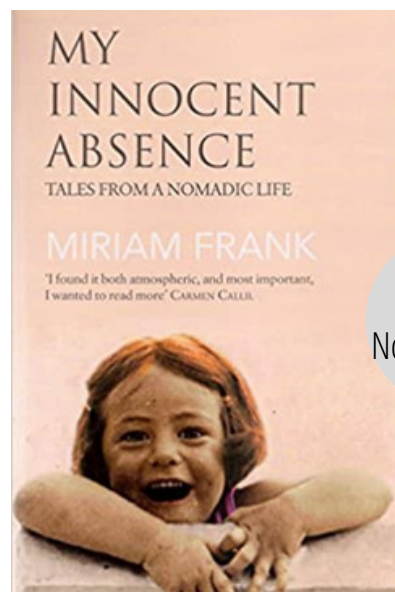
An Unfinished Portrait By Miriam Frank

Frank explores the world of her mother, Käte, at an exceptionally turbulent time in history leading to two world wars. It is a story of relationship, love, betrayal and reprieve between characters intimately bound with the emerging ideologies and ensuing political and artistic upheavals of the early twentieth century. Flashbacks are reconstructed from Käte's photograph albums, some letters left behind, and a return to her haunts. They reveal a happy, passionate and liberated young woman fervently committed to justice in the face of the growing chaos and cruelty under the ascendant Nazis in her native Germany. After life in Berlin & London, and a sojourn in the islands of Helgoland and Mallorca, Käte settles in Barcelona where she forms a liaison with Louis, an American living in Spain following his work in counter-intelligence in WW1.

Additional information:

256 pages - Hardback - Illustr/ photo's

Rights: World (excl. World English, Greek, French)



Memoir
Nomadic Life

My Innocent Absence By Miriam Frank

Longlisted for the PEN-Ackerley prize for a literary autobiography of excellence

The reader follows Miriam's vividly evoked experiences in war-torn Spain and France, and on to Casablanca, Mexico and New Zealand, while family members are murdered in Germany or flee to Holland, Palestine and Italy. Along the way she encounters renowned communists and anarchists, writers and artists of the period.

My Innocent Absence traces Miriam's journey from fragmentation to wholeness, revealing history's role in the formation and fate of the individual, along with the individual's inherent strength and resourcefulness to thrive in the face of adversity, and – beyond it – to break down barriers towards a more connected and compassionate world.

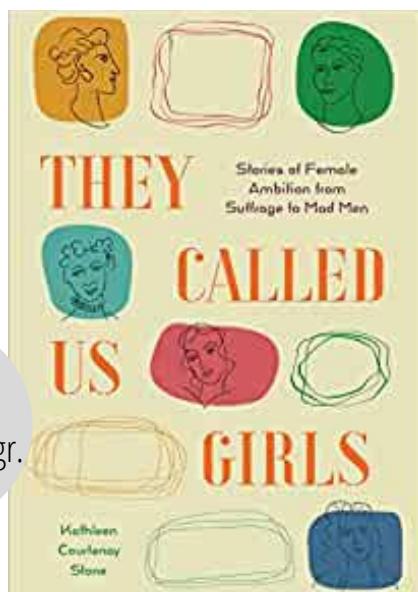
Additional Information:

300 pages - Hardback - Illustr/photo's

Rights: World (excl. World English, French, Greek)

MEMOIR BIOGRAPHY

WW II
Women's Biogr.



They Called Us Girls By Kathleen Stone

Finalist for a 2022 Foreword Indies Book of the year award in **Women's Studies**

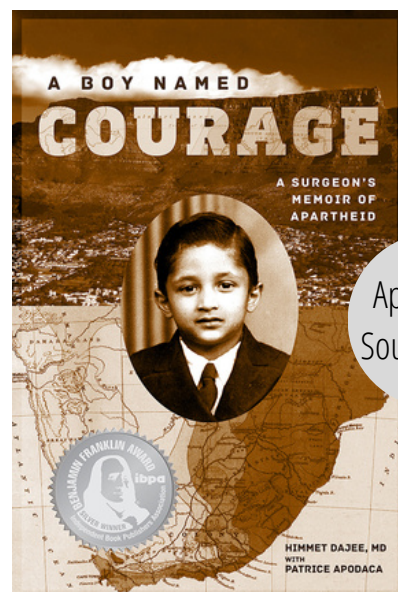
Finalist for a 2022 Ian book of the Year awards, Women's Non-Fiction

Stories of female ambition from suffrage to mad man.

In *They Called Us Girls: Stories of Female Ambition from Suffrage to Mad Men*, author Kathleen Courtenay Stone meets seven unconventional women. In insightful, personalized portraits that span a half-century, Kathleen weaves stories of female ambition, uncovering the families, teachers, mentors, and historical events that led to unexpected paths. What inspired these women, and what can they teach women and girls today?

Additional information:

Published 2022 (Cynren Press) - ISBN: 9781947976245 - 236 pages - Hardback - **Rights:** World



Apartheid
South Africa

A Boy Named Courage By Himmet Dajee

2019 - Benjamin Franklin Silver Award Winner

A Surgeon's Memoir of Apartheid

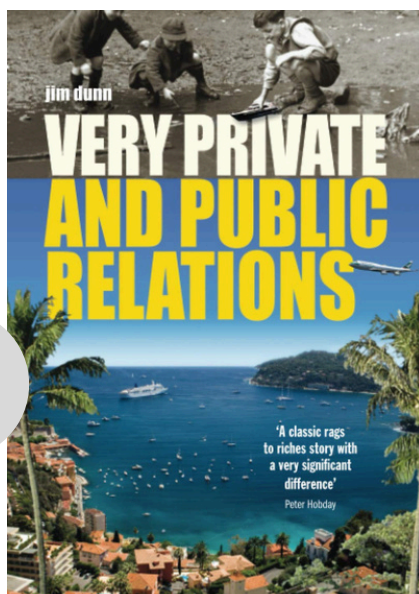
A Boy Named Courage: A Surgeon's Memoir of Apartheid is the story of one man's quest to overcome racism and oppression to find his place in the world and escape the shadow of his troubled homeland. Thoughtful, emotionally honest, and at times heart-rending, this account of the personal toll wrought by one of the most shameful periods in modern history provides a unique glimpse into an often-overlooked community affected by apartheid. It is also a testament to the triumph of the human spirit, and to the boy who persevered against all odds to live up to his name: Courage.

Additional Information:

Published (Cynren Press)
ISBN: 9781947976009 - 222 pages - Hardback - **Rights:** World

MEMOIR BIOGRAPHY

Travel
PR



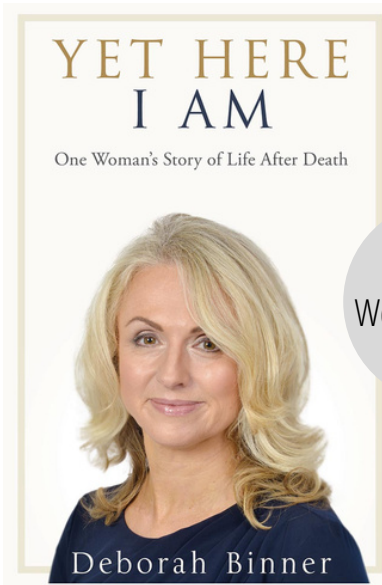
Very Private & Public Relations By Jim Dunn

This book is the autobiography of Travel PR guru Jim Dunn, who takes us on a rollicking ride from poor boy growing up gay in a small town on the west coast of Scotland to the five-star lifestyle of a PR guru in the fledgling travel industry of the early seventies in London. We discover Dunn's story, from his childhood as a mummy's boy to his regular encounters on the "Love Train" home from Glasgow and his first love with a man in uniform. His life quite literally 'took off' when he got his first job on the weekly newspaper Travel Trade Gazette. The fact that he admits he couldn't type, write or understand one end of PR from the other didn't stop him from creating the UK's leading travel and leisure PR consultancy over the next 30 years. This book is a tour de force of Jim's life and work and is a fascinating insight into the travel business as we know it today.

Additional information:

Published 2021 (Thorogood) - 348 pages - ISBN: 9781854189356 - Paperback

Rights: World



Grief
Women's Story

Yet Here I am By Deborah Binner

Deborah Binner suffered the unimaginable pain of losing her precious daughter Chloe to bone cancer when she was just eighteen years old. Still blinded by grief, just eighteen months later, she received the devastating blow that her beloved husband Simon had motor neurone disease.

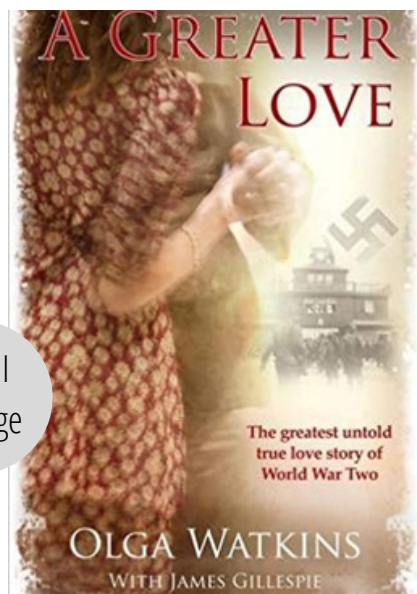
He refused to allow the disease to take him and instead opted for an assisted suicide in a Swiss clinic, leaving Deborah bereaved once more. Many people would have sunk into despair but Deborah who had another daughter and two grandchildren to think of, knew she couldn't afford to succumb to her heartbreak and instead set about carving an altered future for herself and small family. In *Yet Here I Am* she talks candidly of the crippling pain she suffered and find a form of happiness once more.

Additional Information:

Published 2018 (Splendid Books)
ISBN: 9781909109773 - 304 pages - Paperback - **Rights:** World

MEMOIR BIOGRAPHY

WW II
Courage



A Greater Love By Olga Watkins

The true story of a woman's incredible journey into the heart of the Third Reich to find the man she loves. When the Gestapo seize 20-year-old Olga Czepf's fiancé she is determined to find him and sets off on an extraordinary 2,000-mile search across Nazi-occupied Europe risking betrayal, arrest and death.

As the Second World War heads towards its bloody climax, she refuses to give up - even when her mission leads her to the gates of Dachau and Buchenwald concentration camps...

Now 88 and living in London, Olga tells with remarkable clarity of the courage and determination that drove her across war-torn Europe, to find the man she loved. The greatest untold true love story of World War Two.

Additional Information:

Published (Splendid Books)

ISBN: 9780955891670 – 280 pages - Paperback

Rights: World



Apartheid
South Africa

Mother Love By Fraser Harrison

The book is not a formal biography, though his mother is the heroine, even if her behaviour was not always heroic. It is a collection of vignettes, which describe her evolving character and the cardinal stages in her life.

Mother Love is divided into three parts, Beginning, Middle and End. Though short, it forms a complete narrative arc that takes his mother from birth to death, and from childhood to senility.

The author describes his conflicted feelings as his role changed from son to quasi-parent, as his mother was replaced by a virtual stranger, as large sums of money were spent on an increasingly empty life, and as his loyalty to a woman he wasn't sure he loved was sorely tested.

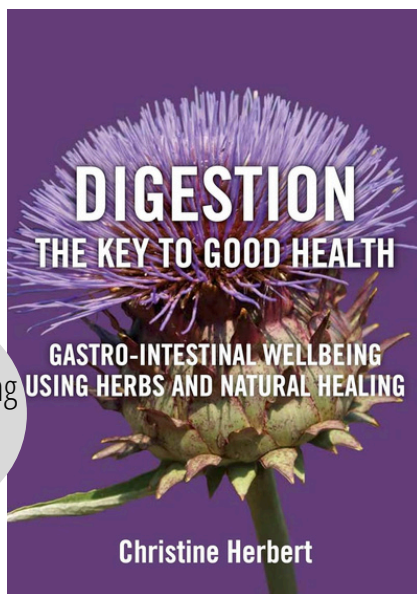
Additional Information:

Not yet published - 45.000 Words

Rights: World

ALTERNATIVE HEALTH

Natural Healing
Digestion



Digestion By Christine Herbert

A guide examining one of the most important, yet often most neglected, organ systems in the body - from the mouth, to the stomach, to the pancreas and liver - and how to keep it healthy with herbal medicine and natural healing. Digestive complaints account for around 30% of health consultations, and more than 40% of unrelated consultations end up being connected to the gut. The book sets out discussing the whole digestive process, from top to bottom, exploring all the organs and tissues involved. This book is an essential guide for all herbalists, naturopaths and nutritionists to assist with their diagnosis and treatment of both digestive issues and the wider impact of the digestive system on chronic illnesses. The clear and accessible prose will also appeal to anyone looking to maintain a healthier digestive system and understand the functioning of their own body more deeply.

Additional Information:

Published 2024 (Aeon Books) - Paperback - ISBN: 9781801521116 - 240 pages

Rights: World



Herbal Med.
Practical guide

Physic By Julian Barker

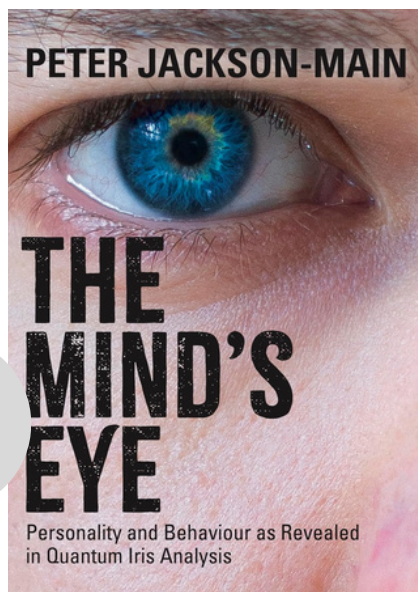
A detailed guide to understanding what is needed to effectively treat patients with herbal medicine. Drawing on decades of experience, Julian Barker provides a comprehensive approach to the practice of herbalism, encompassing many of the problems a herbalist may encounter and offering advice on how they can help. Placing natural science at the forefront of its discussion, the initial section of Physic takes a wide-lens approach to exploring human biology, discussing the inner physiology of the human body, through concepts such as energy, movement, cycles and temperament. It also presents Barker's concept of poise, which is the human ability to maintain an adaptive ratio. Physic provides a wealth of information regarding the needs of both the patient, and the practitioner who looks after them, solidifying it as a foundational textbook for students and practitioners of herbal medicine for years to come.

Additional Information:

Published 2023 (Aeon Books) - Hardback - ISBN: 9781801521352 - 312 pages - **Rights:** World

ALTERNATIVE HEALTH

Quantum
Iris Analysis

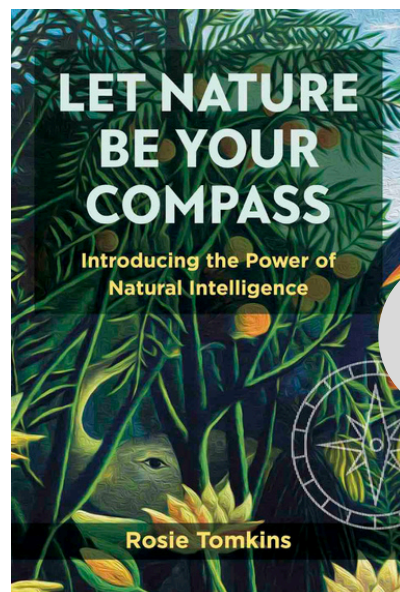


The Mind's Eye By Peter Jackson-Main

A guide to the the relationship between the human iris and psychological characteristics. Written by renowned iridologist Peter Jackson-Main, this expertly conceived book provides a ground-breaking methodological model of how the iris might be used to understand the energetic, psychological and emotional attributes of a person. The analysis presented in The Mind's Eye places energy as the central aspect of an individual's reality. It argues that the physical body is an extension of such energy in the physical realm: a map of one's intentions in manifesting as a physical being. Jackson-Main situates the irises as this map, which when studied will allow true depth understanding of the human body. Not only is The Mind's Eye an indispensable guide for any health practitioners wishing to incorporate behavioural iridology to into their work, but it is also an invitation for all humans to embark on a deeply symbolic journey of self-discovery initiated through the marvels of the eye.

Additional Information:

Published 2024 (Aeon Books) - Paperback - ISBN: 9781801521529 – 316 pages - **Rights:** World



Nature
Self Help

Let Nature be your Compass By Rosie Tomkins

This book explores the human connection to the natural world. Ultimately humanity is part of nature so it makes sense that we should shape our lives in accordance to the idea of natural intelligence. Rosie Tomkins invites us to re-examine our connection with nature and return to the attributes that animals have been naturally reflecting on for thousands of years - such as purpose, adaption, resilience, pressure to name a few - in order to better our lives and our businesses. This book will encourage readers to gain back control of their initiative and natural flair in life, as well regain faith in their own judgement, by taking a look at nature in the raw to see what valuable lessons can be utilised to cut through the complexities of modern existence. This book uses memorable anchors, examples and solutions that will provide readers with an edge in almost any situation they go on to encounter in life.

Additional Information:

Published 2023 (Aeon Books) - ISBN: 9781801520874 – Paperback - **Rights:** World

ALTERNATIVE HEALTH

Migraine
First hand account



Namikoshi
Shiatsu

The Professor as a Guinea Pig

By Irene van Staveren

Migraine is one of the most onerous illnesses from which human beings can suffer. There are millions of migraine sufferers globally. Irene van Staveren is one of them. She was twenty-one when she had her first migraine attack. When her doctors had failed to help her solve the problem after many years of trying, she decided to do some research on the matter herself. She explored the body of academic research that is beyond the mainstream and tried out her findings on herself. The results were astonishing: her migraine attacks decreased by 95%. This book is both a first-hand account by a patient and a fierce plea for the need for an experimental spirit in both doctors and patients. Irene van Staveren offers the millions of migraine sufferers around the world a hopeful perspective.

Additional Information:

Published 2020 (Ten Have) - ISBN:
9789025907792 – 240 pages – Paperback -
English sample available - **Rights:** World

The Shiatsu Book

by European Shiatsu Academy®

In the Namikoshi Shiatsu Colleges and Academies worldwide there is a standard treatment and procedure to perform considering this treatment. All Shiatsu treatments developed by Denis Binks are the main subject of the tutorials given by the teachers of The European Shiatsu Academy (ESA). Some of the treatments developed by Denis Binks are based on already existing Japanese treatments. Other treatments have additions by teachers of the European Shiatsu Academy. The authors fulfill the long standing request of many people to put the work of Denis in a book . It certainly offers a deepening contribution to Shiatsu. Denis took Shiatsu, originally a very old method of Eastern medical treatment, to our Western world and developed the Eastern knowledge to an integrated modern collection of treatments.

Additional Information:

Published (European Shiatsu Academy) -
Complete **English** translation - ISBN:
9789090313382 - Paperback - 96 pagina's
(27.342 words) - b/w illustrations - **Rights:** World

LIFESTYLE

Nature
Mindfulness



An exciting journey about courage, inner strength and what wild animals teach us.

More than **10.000 copies** sold

Lessons from the Wild

By Martine van Zijl Langhout

During her exciting adventures, Dutch wildlife veterinarian Martine takes us to the African wilderness. There is danger everywhere and she often has to run for her life. For her work with gorillas, she lives in the vast rainforest of Gabon and sneaks along elephant paths. And in South Africa, lions, buffalos, giraffes, rhinos and elephants are her daily patients. On foot, on horseback or from a helicopter, she shoots tranquilizer darts and is active against rhino poaching. The wild animals teach Martine a lot, including that we are part of one large ecosystem, but also about our origins, our humanity and our vulnerability.

Lessons from the Wild is full of challenges and dangerous encounters, but by trusting herself, her team and the wild animals, Martine finds her place in the wilderness. This book is about following dreams and what we can learn from wild animals. Life lessons that are also applicable in our own lives and that make us aware of how special nature is.

Additional Information:

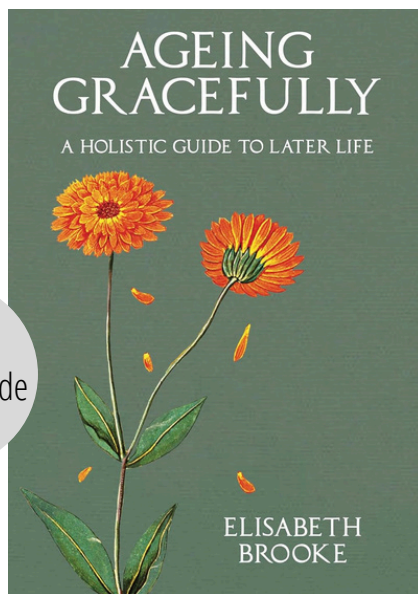
Published 2020 (Ambo Anthos) - **10 reprints** - complete
English translation available - ISBN: 9789026352522
254 pages - **Rights:** World (Excl. Dutch)

'This adventurous wildlife veterinarian shows us that people are vulnerable creatures who are only a small link in a large whole. Beautiful!' – **André Kuipers**

'Martine shows us how a veterinarian makes a difference in our relationship with nature.' – **Frans de Waal**

SPIRITUALITY LIFESTYLE

Old Age
Holistic Guide



Ageing Gracefully By Elisabeth Brook

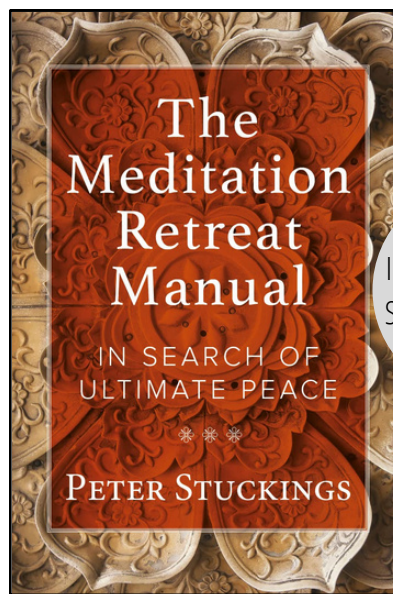
Using the latest research combined with traditional herb lore, this book sets out how to stay healthy and happy into old age and beyond.

The book is divided into two parts. Part One looks at the fundamentals of staying healthy, which apply to any age, but are especially important as we grow older, and our bodies can become less resilient and the effects of a lifetime's habits may begin to show up in the body. These chapters cover; nourishment, rest, exercise, thinking, happiness, loneliness, fun, and finally death and dying. Part Two is the practical part of the book, giving practical advice on each of the topics outlined in the first half.

Additional Information:

Published 2023 (Aeon Books) - Paperback -
ISBN: 9781801521024 - 212 pages

Rights: World



Internal Reflection
Step by step guide

Meditation Retreat Manual By Peter Stuckings

Embark on the most rewarding and illuminating journey of your life, with this step by step guide to mastering internal reflection. Meditation can be a long, and for beginners, often an intimidating process to embark on as the landmarks on the meditative journey can be mind-blowing, mind-numbing, heavenly, disturbing, transformative and more. However, in his fascinating book, Peter Stuckings provides a wealth of advice on the questions people might encounter when starting on the practice of intensive meditation. In an elegant and witty prose, this book covers everything from basics, such as what you need to bring on a retreat and how to sit well, to the more intensive mental and conceptual challenges commonly faced.

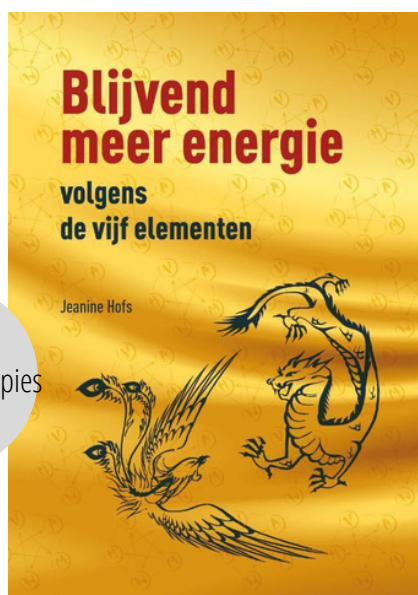
Additional Information:

Published 2023 (Aeon Books) - Paperback -
ISBN: 9781801520935 - 236 pages

Rights: World

SPIRITUALITY LIFESTYLE

Energy
Sold: >7500 copies

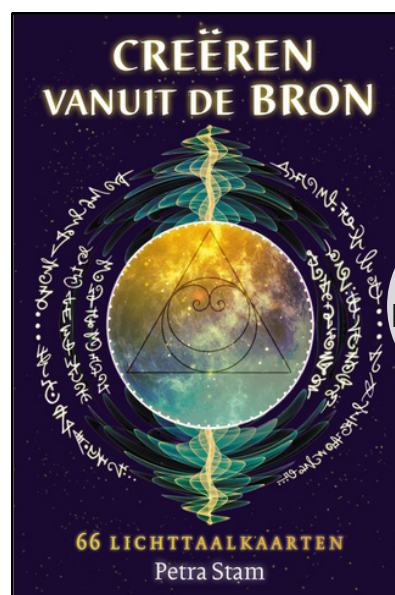


More Energy By Jeanine Hofs

Traditional Chinese Medicine divides all energy into the five elements of fire, earth, metal, water and wood. Each element plays a specific role in the production and maintenance of energy. In this book, Jeanine Hofs explains the role each element plays in your energy balance and what this means for you. What effect it has, physically (your body) and non-physically (your psyche, emotions, thoughts, etc.). This will give you more insight into your energy balance and how you can improve it yourself. Using checklists and examples, you will discover where your bottlenecks and blockages are, and why you experience certain complaints. Moreover, the book gives you concrete tips and exercises to permanently have more energy.

Additional Information:

Published 2024 (**5th reprint**) (A3 Boeken) -
172 pages - ISBN: 9789077408957 -
paperback - **Rights:** World



66 cards
Power of creation

Create from the Source By Petra Stam

Everything that exists comes from light. You emerged from Source, therefore light is your inheritance. The light cards connect you to a higher, deeper knowing that resides within you. They help you experience the infinite possibilities within you. Showing you that you are always connected to the Source, and that the power of creation and manifestation are therefore part of you. The light language drawings cannot be read with the mind, but speak to the heart and soul. 22 of the 66 cards contain stars that clarify your insights and increase your awareness. On each card you will find source codes, light frequencies, on a magical, cosmic background, which indicate the intention, theme or ability of the card. The text will show you that you are much more than a material person, and that your origin is light and your abilities divine.

Additional Information:

Published 2022 (A3 Boeken) - Card deck -
ISBN: 9789491557590 - **Rights:** World

SPIRITUALITY LIFESTYLE

Energy
Sold: >7500 copies



The Earth, The Heaven & the Trees By Maja Kooistra

Traditionally, trees all over the world have played a role in people's lives in terms of well-being, meaning and life questions. Their branches reach to the sky and their roots are anchored to the earth. They not only conduct energy surplus from both sides, but also resonate with these currents. In this way they form a stable connection between heaven and earth and support our much less stable vertical way of life in a calm, even way. The properties of trees have not changed since the Stone Age, but the needs and wants of people have. Maja Kooistra has been researching the properties of trees almost all her life and sacred trees have her special attention. These already existed in the Middle Stone Age and still exist. They play a role in animistic and shamanistic religions, among the Celts and the Germanic people, but also in major world religions, such as Hinduism and Buddhism.

Additional Information:

Published 2024 (**5th reprint**) (A3 Boeken) - 172 pages - ISBN: 9789077408957 - paperback - **Rights:** World



Also available:
carddeck

Power Animals 2 By Petra Stam

For this 2nd book Petra Stam connected with 66 other power animals, again through deep spiritual connections, meditation and dream proving. Power animals are spiritual guides, spiritual helpers who share their wisdom with us. Everyone has one or two power animals in their lives that resonate with their soul energy. You can also have a power animal temporarily, for example during a difficult period in your life. If you know your power animals and connect with them, you understand yourself better, you recognize your positive qualities and pitfalls, you know which energy can guide and heal you when you are out of balance. If you know the power animals of the people around you, you can have more understanding and respect for each other. In this book, Petra Stam once again presents well-known and lesser-known animals in an extensive and often innovative way.

Additional Information:

Published 2020 (A3 Boeken) - Paperback - 352 pages - ISBN: 9789491557514 - **Rights:** World

SPIRITUALITY LIFESTYLE

Also available:
carddeck



Sekhmet By Petra Stam

When Petra Stam was in the Great Pyramid during a private visit, a lion man and two cat women showed themselves to her. This was her first encounter with feline beings and the beginning of a profound, multi-dimensional journey of experience. She sees the feline beings as ancestors who have lovingly helped us develop greater consciousness. Feline beings have given us cosmic nourishment, infusing memories and abilities into our DNA to lift veils and live our true potential. With this book she teaches us how to access their power so that we can see beyond the Earth and see ourselves in a larger perspective. You can always seek their help, but only you can heal the cause. That requires self-examination and self-knowledge, as well as taking responsibility for what you did, are doing or haven't done.

Additional Information:

Published 2023 (A3 Boeken) - Part English translation available - Paperback - 256 pages - ISBN: 9789491557750

Rights: World



3rd reprint
Mayan wisdom

Mayan Wisdom for your Life Path By Elvira van Rijn

Humanity is faced with challenges we have created ourselves. We therefore need to find out who we really are, what our situation is, where we want to go and what will bring us there. It's not always easy to remain true to yourself in a society focussed on goals and results. A society which puts people in boxes we all have to 'fit in'. This book helps you in your search. It is based on the old wisdom of the Mayan people made accessible for our current era. The era which was already mentioned in the prophecies of the Mayan people thousands of years ago as a turbulent era of chaos, transformation and remembering who you really are. With this book you can make personal profiles on core qualities, relations, life path, creating effortless and living a life based on passion, mission and vision. Your date of birth and the Tzolkin calendar give you step by step insight in your qualities and pitfalls.

Additional Information:

Published 2020 (A3 Boeken) - Paperback - 160 pages - ISBN: 9789491557507- **Rights:** World

SPIRITUALITY LIFESTYLE

Carddeck
Children 9+



Power Animals Junior By Petra Stam

Do you suddenly see monkeys or butterflies everywhere? Do you often dream about dogs or bears? Did you see a movie about dolphins and did you like it enormously? Did a feather fall from the sky yesterday, right in front of you? And another one today? Have you ever thought about why all this happens? What could those animals have to tell you?

Every animal has something special and its own strength. An animal is able to help you if they feel you could use a little help, support, comfort, strength or advice.

This box contains 22 different power animal cards and a logbook. This allows you to go on a journey of discovery in the world of the power animal. You discover what a power animal has to tell you and how you can build a bond with it.

Additional Information:

Published 2022 (A3 Boeken) - 22 cards - ISBN: 9789491557620 - **Rights:** World



Carddeck
Sold: 6000 copies

The Art of Living By Anky Floris

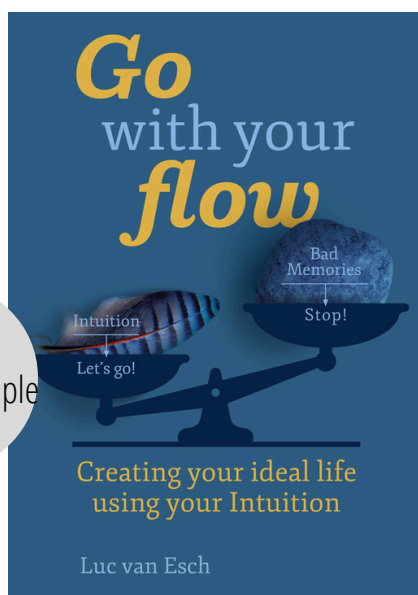
The Art of Living is a deck consisting of 52 cards and a concise guide. The images are intuitively made illustrations and consist of only one line. Their simplicity make them very eloquent. Each cards has three empowering questions aimed at your possibilities. The questions help you to focus, explore and experience how you think, what you feel and what you do consequently. The cards hold up a mirror to you, which makes you gain insight into yourself and others. This will make you more proficient at the art of living. You can use the cards on your own, together with your partner, friends or others. In a private or professional setting. To deepen your relationship, to be used in consultations and coaching, to break the ice in a new group, team meetings, at school, and so on. In any situation in which it is important to listen to yourself and to others. The Art of Living enhances connectedness and the respect for each other's uniqueness.

Additional Information:

Published 2008 (A3 Boeken) - 52 cards - ISBN: 9789077408513 - **Rights:** World

SPIRITUALITY LIFESTYLE

Intuition
Reading people



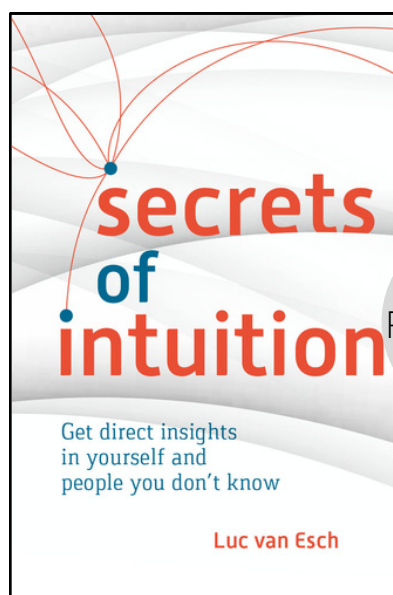
Go with your Flow By Luc van Esch

When you are in the flow, life runs effortlessly. It is the feeling that everything is alright in the here and now, where coincidences present themselves as if they are meant to. Everything seems to come easily, exactly as you want it to. What these manifestation moments have in common is that solutions and answers always come from unexpected quarters, effortlessly and quickly.

The author will share many of his personal and often magical moments of creation with you in this book. And you can have these moments, too! He will explain how your thinking prevents you from getting into the flow and how you can transform these obstacles so that you too can manifest what you really desire from life.

Additional Information:

Published 2022 - Complete **English** translation - ISBN: 9789464486964 - Paperback - **Rights:** World



Intuition
Reading People

Secrets of Intuition By Luc van Esch

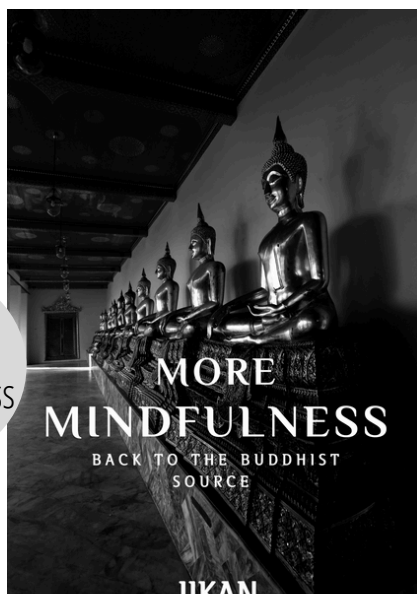
Get direct insights in yourself and people you don't know. Do you want to be able to trust your intuition more? And would you like to be better in assessing people you don't know? This book will explain how you can get easy access to your intuition and master the skill of reading people. The reading techniques I am providing, can be applied right away. They will give you deeper insight in the other, in your relationships and your own life as it is now. It will be easier to make choices as doubts will disappear. It will open your eyes and you will get a different view of people and the world. Everybody can develop their intuition. For you, too, your intuition can become a tool that you can trust. It will work easier and faster than you'd probably think.

Additional Information:

Published - Complete **English** translation - ISBN: 9789460151699 - 224 pages - Paperback - **Rights:** World

SPIRITUALITY LIFESTYLE

Buddhist
Mindfulness



More Mindfulness By Jikan

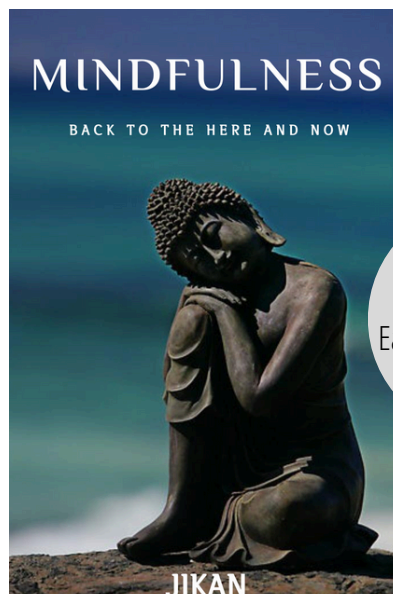
More Mindfulness is the sequel to the previously published book: "*Mindfulness, back to the here and now*". Where the first book dwells on the basics of mindfulness, this book goes further. Among other things, it goes deeper into the original role of mindfulness in Buddhism; mindfulness as a response to the first Buddhist truth: life is suffering.

It also discusses other Buddhist aspects involved in mindfulness such as mindfulness from the heart. Indeed, moral behaviour and a calm mind can reinforce each other. There is also a focus on mindfulness in action. After all, we cannot always sit on our meditation cushion. How do you shape mindfulness in daily life?

Additional Information:

Complete English translation available
72 pages

Rights: World (Excl. Dutch)



Mindfulness
Eastern Philosophy

Mindfulness By Jikan

Interest in Eastern philosophy and ways of thinking has flourished in the western world for some time now. Meditation and yoga have become commonplace in our society. Recently interest has bloomed in another aspect of Eastern thinking: mindfulness.

But what is mindfulness? What is it good for? Where did it come from? This book addresses these questions and provides numerous mindfulness exercises that are easy to apply in one's daily life.

"If you are not ahead with your thoughts, each footstep is not just a means to an end but a unique event in itself."

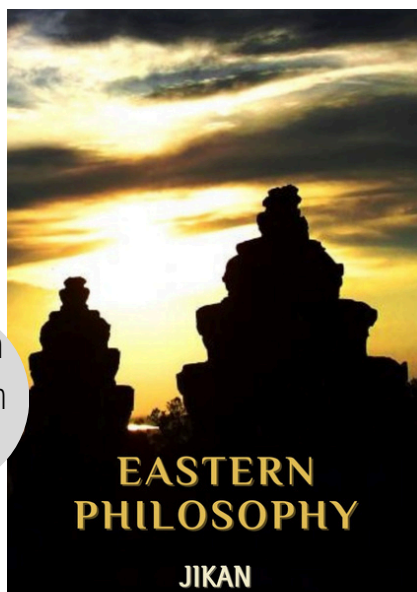
Additional Information:

Complete English & German translation
available - 45 pages

Rights: World (Excl. Dutch)

SPIRITUALITY LIFESTYLE

Hinduism
Buddhism
Taoism



Eastern Philosophy By Jikan

Eastern philosophy has a rich history dating back to at least 3,000 BC, with its sources primarily in Asia, especially India and China.

This book examines the five best-known Eastern worldviews: Hinduism, Buddhism, Confucianism, Taoism, and Zen. It discusses their main characteristics and considers the purpose of each philosophy.

Eastern philosophy differs greatly from Western philosophy. In a general sense, it can be said that Eastern philosophy focuses mainly on reality, while Western philosophy centers around truth.

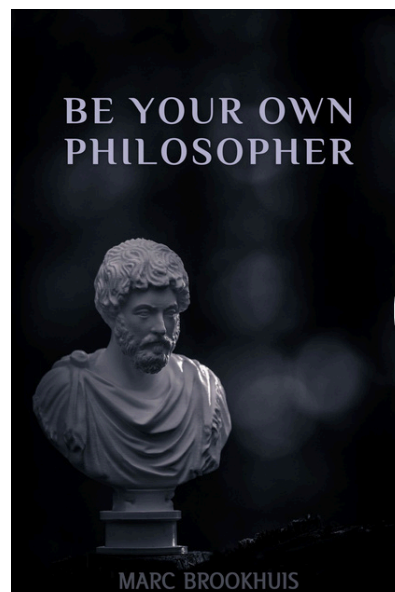
Additional Information:

Complete English translation available
72 pages

Rights: World (Excl. Dutch)

BE YOUR OWN
PHILOSOPHER

Ignite your
curiosity



Be your own Philosopher By Marc Brookhuis

We are bombarded with information from all directions - television, radio, newspapers, and the internet. Opinions, statements, and viewpoints flood our senses. But can we trust everything that is being said? What about our own thoughts? Do we still have the freedom to think independently and cultivate original ideas, or are we merely echoing the words of others? This book seeks to stimulate one's own thinking. To do so, it relies on philosophy, a discipline that places thinking at its core. Two aspects are highlighted: the investigative phase, which revolves around developing one's own thoughts, and the critical phase, which involves scrutinizing thoughts, propositions, and opinions in greater depth. The book offers various exercises to ignite your philosophical curiosity and awaken the philosopher within you.

Additional Information:

Complete English translation available
48 pages – **Rights:** World (Excl. Dutch)

SPIRITUALITY LIFESTYLE

Zen
Lifestyle



Zen & the Art of Quality By Jikan

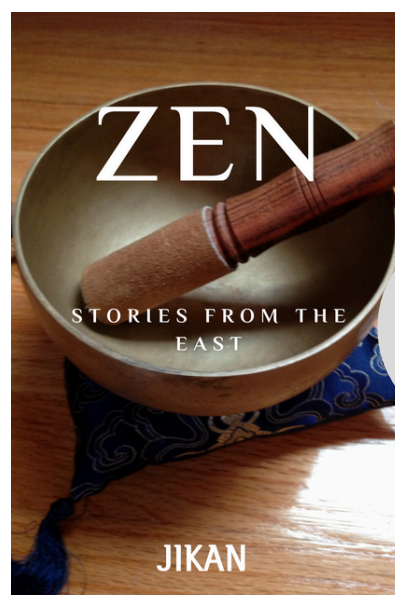
Quality is one of the most often used concepts in our existence. But what are we actually talking about? What exactly do we mean when we speak about quality? This book tries to answer these questions and offers a way to look at quality. For this reason we go deeper in to Zen Buddhism: a philosophy in which quality plays a big part. About what kind of quality are we talking when it comes to Zen? And, what can we learn from this? In short, a research in quality in all its diversities.

Review:

"Zen and the art of quality" gives depth and understanding of an aspect that is important in everyone's life, but which too often, under the pressure of mercantile and economic principles, loses its true meaning."

Additional Information:

Complete English translation available
72 pages – **Rights:** World (Excl. Dutch)



Meditation
Zen Buddhism

Zen: Stories from the East By Jikan

Zen Buddhism is well known for its stories and anecdotes. It is more likely that the reader remembers the contents than if it were presented as dry theory. Many stories in this book are educational, have a moral or provide an insight. Most of the stories derive from Zen Buddhism but the author will also explore Taoism.

At the end of the book you will find instructions on how to meditate, the most important practice in zen. Together with the collection of stories, this book gives a good insight in the world of zen.

Additional Information:

Complete English translation available
60 pages – **Rights:** World (Excl. Dutch)

SPIRITUALITY ALTERNATIVE HEALTH

Minfulness
Dying

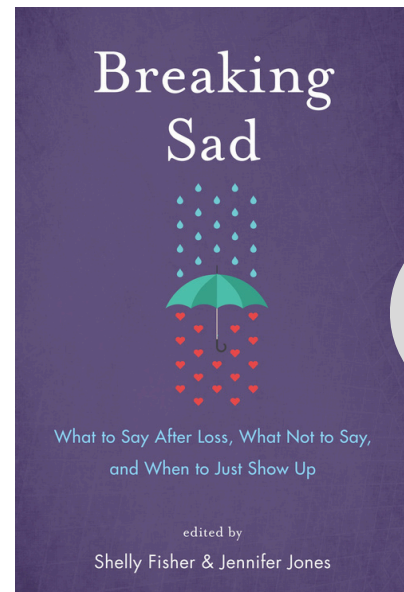


Memories in Dragonflies By Lannette Cornell Bloom

Lannette Cornell Bloom was 43 when her mother was diagnosed with pulmonary fibrosis. She quit her job & dove headlong into the familiar role of care-taking. This choice-to slow down & be present for the hardest year of her life-resulted in an awakening. In unexpected moments, as childhood memories flooded into the present, Lannette glimpsed bits of magic that existed just beyond the pain. Without knowing it, she was experiencing a mindful dying process with her mother & it was a journey that would change the way she lived the rest of her life. This memoir gracefully uncovers the beauty that is often lost within the dying process & is a beautiful portrait of what it means to be human and a gentle reminder to enjoy every moment, because even the simplest ones bring lasting joy.

Additional Information:

Published 2018 (She Writes Press) -
ISBN: 9781631524691 - Paperback - 122
pages - **Rights:** World



Loss
Sold: Turkey

Breaking Sad By Jennifer Jones & Shelly Fisher

An exceptionally personal and revealing account of what to say and what not to say when someone is grieving - **Cindy Connors, Emmy Award-winning producer**

Real stories and real feedback on what should be said, what should be kept to yourself, and what can be done when trying to support someone you care about as they navigate loss. *Breaking Sad* helps us start conversations through its pages of personal stories and suggestions from everyday survivors - bringing us all to a place where we can more comfortably offer support and caring to people when they need it most. Featuring stories from Montel Williams, Olivia Newton-John, Scott Hamilton, Giuliana Rancic, Valerie Harper, and more!

Additional Information:

Published 2017 (She Writes Press)
ISBN: 9781631522420 - 256 pages -
Paperback - **Rights:** World

PSYCHOLOGY

TAKE CHARGE OF YOUR DIET

A SELF-HELP
WORKBOOK USING
COGNITIVE
BEHAVIOURAL
THERAPY



SYLVIE BOULAY

Workbook
Behaviour
Eating

Take Charge of Your Diet By Sylvie Boulay

This is a short, accessible workbook offering a new approach to weight loss based on the principles of Cognitive Behavioural Therapy (CBT). Rather than proposing a particular diet, the workbook offers practical tools to help slimmers adhere to whatever plan they have chosen. Written in plain language for the general reader it is based on principles widely discussed in academic research on addiction treatment. Informed by the author's professional experience of working with people addicted to alcohol, gambling and drugs, this book adapts the tools of addiction treatment to help people manage their weight loss. Addiction treatment centres often produce manuals for counsellors to work through with their clients in a step by step fashion, and the author follows this format to produce a workbook. The reader is taken through ten easy to follow stages.

Additional Information:

Published 2021 (Ortus/Free Ass. Books) - ISBN: 9781911383604 - Paperback

Rights: World

KATIE O'DONOGHUE



Loss
Children-
Parents

The Hound and the sSea By Katie O'Donnoghue

An illustrated and timely tale of loss, friendship, and new hope. The world is currently experiencing a tremendous amount of uncertainty, grief, and loss, particularly over the past few years, having faced a pandemic and now wars. *The Hound & The Sea* will be an invaluable tool for both children and adults. The tale contains psychological aspects of grief support, told gently with the aim of supporting the reader in the loneliness of their grief. The book guides the reader in:

- *Recognising and acknowledging their loss
- *Self-care and rest
- *Accepting support from caring family and friends
- *Normalising difficult emotions
- *Knowing that grief is individual and there is no right or wrong way to grieve.

The book also contains a parent information section.

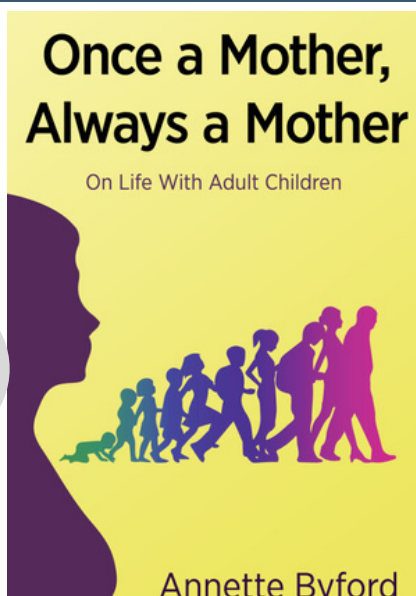
Additional Information :

To be published - 35 pages - Colour Illustrations

Rights: World (incl. World English)

PSYCHOLOGY

Psychology
Family



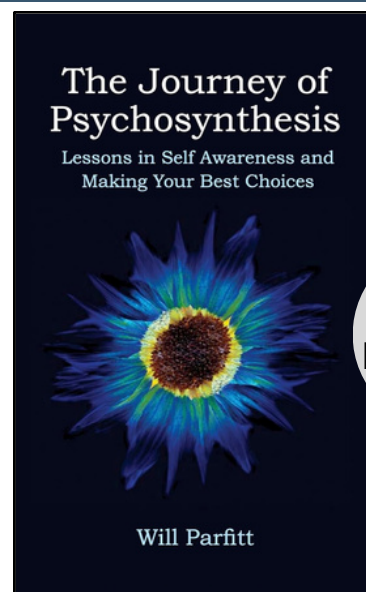
Once a Mother, Always a Mother By Annette Byford

Becoming a mother is not just a question of learning how to bring up a child – it brings a profound change of identity. The same happens years later, when children leave home and the job is, supposedly, 'done.' The author draws on her own experiences, both personal and professional, to discuss how mothers negotiate this change. She includes material from interviews with mothers and looks at these experiences against the background of analytic psychotherapy and family therapy. Also included is an exploration of images and depictions of mothers-in-law, grandmothers etc in literature and media, along with several, illustrative short stories on the theme of mothers and their adult children. Throughout the book there are discussions about what constitutes a successful or unsuccessful transition.

Additional Information:

Published 2022 (Ortus/FAB) - ISBN: 9781911383697 - 300 Pages - Paperback

Rights: World



Parenting
Disabled Child

The Journey of Psychosynthesis By Will Parfitt

A unique blend of perennial wisdom and modern psychological practice.

The Journey of Psychosynthesis is unique in several ways: it is the first book on psychosynthesis based on a defined path of learning that has been refined and proven over more than 20 years through a successful distance education course.

The book is based on the author's 40 years of practice as a psychosynthesis psychotherapist and trainer and his experience of how psychosynthesis, a blend of perennial wisdom and modern psychological practice, may be effectively applied in all walks of life. Written in an easy style, it makes the contents accessible to a wide range of readers. Everyone interested in self development, or just simply in making better choices in their life, will find it useful.

Additional Information :

Published 2024 (Aeon Books) - Paperback- ISBN: 9781801521437 - 234 Pages - **Rights:** World

PSYCHOLOGY

Essays
Psychoanalysis



Miss-ing By Bruce Fink

A collection of essays and pensées from a noted psychoanalyst and Lacanian thinker.

Inspired by Jacques Lacan's idea in his Seminar VI that "Human beings cannot help but consider themselves to be [. . .] missing something" this series of essays explores the idea of lack under multiple themes.

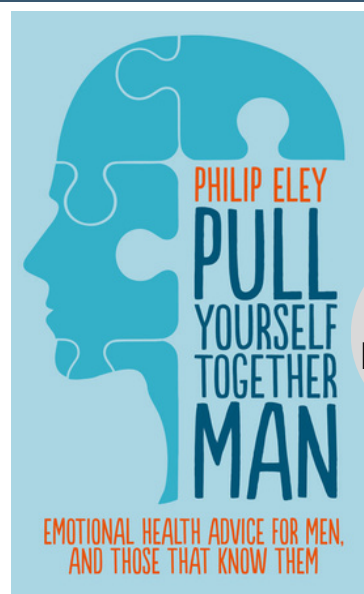
A collection of essays and pensées from a noted psychoanalyst and Lacanian thinker. This book focuses on the idea of 'lackings' or 'failings' in psychoanalytical theory, putting a fresh spin on many well discussed subjects.

- Very well known author in academic and cultural circles
- Lacanian theory central to modern academic discourse

Additional Information:

Published 2024 (Aeon Books) - Paperback - 352 pages - ISBN: 9781801521338

Rights: World



Guide
Healthy Habits

Pull Yourself Together Man By Philip Eley

Emotional health advice for Men, and those that know them

Pull Yourself Together, Man is written as a simple, usable guide on how to find some effective rhythms and healthy habits in your life. It offers ideas and thoughts to help people better manage their own emotional health. It contains stories, lists and ideas, as well as top tips and anecdotes. This book is for people who sometimes struggle with difficult emotions. In truth, that's most of us. Most of us have built up unhealthy thinking habits which hold us back from being the best we can be.

This book encourages you to build a healthier emotional approach to life. The author talks about this goal as a project. It's not quick, and it's not easy, but it is achievable. All the best projects need a guide, and this book is that guide.

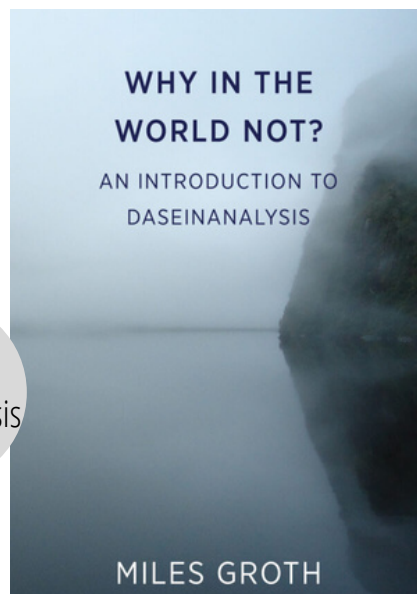
Additional Information:

Published 2023 (Free Ass. Books) - ISBN: 9781911383796 - 200 Pages - Paperback

Rights: World

PSYCHOLOGY

Heidegger
Daseinanalysis



Why in the World Not?

By Miles Groth

This book aims to make daseinanalysis accessible to the English-speaking reader while retaining cross-references to the original texts, many of which were written in German. The author does not assume prior familiarity with daseinanalysis, a modality of psychotherapy based on Martin Heidegger's analysis of existence. His purpose is to fill the existing gap in knowledge of the historical and theoretical origins of the modality, its principles of practice, and curricula for the preparation of practitioners. It will be of interest to graduate or post-graduate clinical psychologists and psychotherapists. It will also be an important text for readers familiar with Heidegger but perhaps not aware of his impact on psychiatry and psychotherapy. The volume includes an exhaustive review of the publications of Medard Boss which are, in effect, the written history of the genesis and development of daseinanalysis.

Additional Information:

Published 2024 (Free Association Books) - ISBN: 9781911383925 - **Rights:** World



Fathers
Depression

Sad Dad

By Olivia Spencer

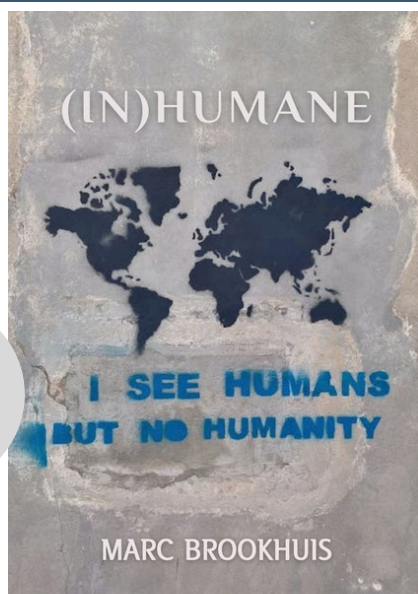
What happens to men when they become fathers? Why do some men get depressed, and how can we identify those who are? What does this mean for their children and their relationships? What can we do about it? Taking in many different perspectives, this book sheds light on the many aspects of postnatal depression in fathers. The book includes a review of recent studies and research in this area, looking at the effects of postnatal depression on children and relationships, and an investigation into the reasons behind male postnatal depression, incl. the social & psychoanalytic factors, experience this depression as well as women. The author talks to Michel Odent, a renowned obstetrician & birth expert. His controversial view that men should not be present at childbirth, and that their presence may indeed this may be a trigger for depression, are central to his discussion.

Additional Information:

Published (FAB) - ISBN: 9781853432309 - 175 Pages - Paperback - **Rights:** World

PSYCHOLOGY

Psychology
Human-
Behaviour



(In)humane By Marc Brookhuis

A woman who is at the beach decides to go for a swim, but while she is away, her smartphone gets stolen. Despite bystanders witnessing the theft, none of them intervene. A man falls into a canal and loudly calls for help, yet people pass by without taking any action. This type of human behavior starkly contrasts with the ideal image of people doing good when the situation requires it. People standing up for one another in times of need.

What becomes evident is that people are highly susceptible to influence. Normal social processes exert a significant impact on our behavior, and often we find ourselves unable to counteract it. The environment also plays a crucial role, as the right - or rather, the wrong - circumstances can potentially turn any human being into a monster...

Additional Information:

Complete English translation available
80 pages
Rights: World (Excl. Dutch)



Clinical
Psychology

Fathom By Lisa Dart

Fathom, an experimental memoir, explores the hinterland of the narrator's mind. The narrative of *Fathom* focuses on a tantalising fragment from the past. 'I think I saw a lot of blood' and other odd surfacings from memory are explored through the work of psychoanalysis. Much like a kind of detective work to begin with, the narrative unravels the depths that appear in psychotic breakdown. Identity is evoked through three personas of the self: the puppet, the puppet-master and She-who-knows.

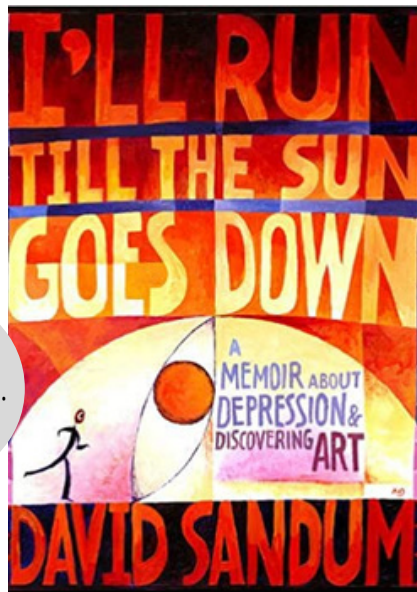
Poetic in style, though something of a detective story, the first-person narrative is richly layered - Plath, Shakespeare, Sophocles and pop songs all have their place. Highly concentrated, structured in three parts, non-linear in chronology and highly metaphoric, *Fathom* appeals to those with a deep interest in mental health and all types of therapy.

Additional Information :

Published 2019 (Ortus/Free Ass. Books) - ISBN: 9781911383284 - 150 Pages - Paperback
Rights: World

PSYCHOLOGY

Depression
Sold: Simpl.
Chinese



I'll Run Till the Sun Goes Down By David Sandum

A Memoir about Depression & Discovering Art

David Sandum appeared to have it all: a beautiful young family and a promising career ahead as a business consultant. But his life started veering off course, and upon returning to his native Scandinavia, he fell into an inexplicable, deep depression. *I'll Run Till the Sun Goes Down* is a searingly honest account of David's struggle to overcome his crippling mental illness. After years of hopeless despair, bleak hospitalizations, and shattered dreams, he is finally saved by his art. The paintbrush becomes his lifeline. Richly illustrated with the work of the artists who have inspired him as well as samples of his own drawings and paintings, this memoir offers both a compelling read and a visual story of David's courageous battle with depression.

Additional Information:

Published (Sandra Jonas Publishing) - ISBN: 9780985581527 - 360 Pages - Paperback -
Rights: World



Addiction
Mental Illness

The Weight of Air By David Poses

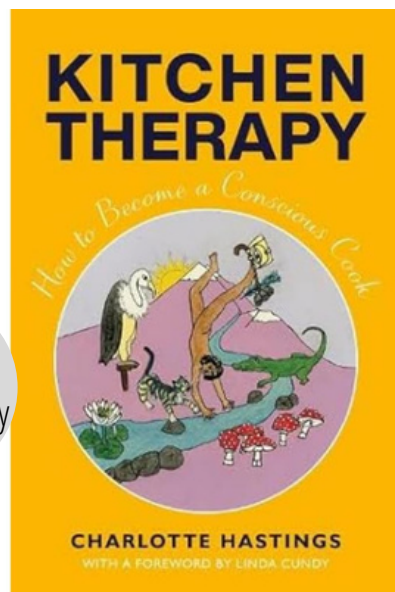
In this groundbreaking memoir David chronicles his struggle to overcome mental illness and addiction. By age nineteen, he'd been through medical detox, inpatient rehab, twelve-step programs, and a halfway house. He saw his drug use as a symptom of depression, but the experts insisted that addiction was the problem. Over the next thirteen years, he went from one relapse to the next, drowning in guilt, shame, and secrets, until he finally found an evidence-based treatment that not only saved his life, but helped him thrive. With grit, humor, and brutal honesty, David's story exposes the danger in traditional recovery models: they actually increase stigma and the risk of overdose, relapse, and death. As depression and addiction rates skyrocket and overdose fatalities surge, *The Weight of Air* is a scathing indictment of our failed response to the opioid crisis—and proof that success is possible.

Additional Information:

Published 2021 (Sandra Jonas Publishing) - ISBN: 9781954861978 - 250 Pages - Paperback
Rights: World

PSYCHOLOGY

Cooking
Psychotherapy

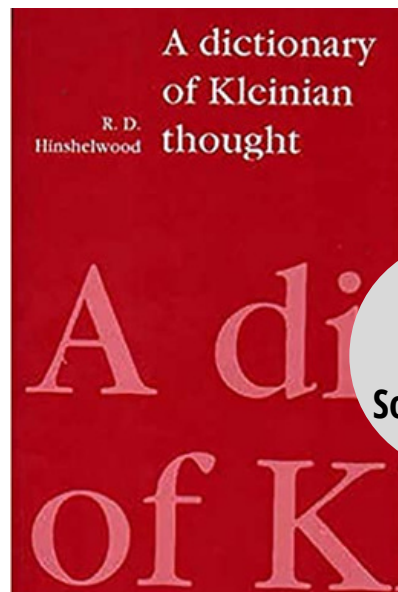


Kitchen Therapy By Charlotte Hastings

Kitchen Therapy is a cookery book and psychotherapeutic adventure in one, explaining the rationale behind the use of food as a therapeutic medium. Rather than focusing on physical nutrition alone, *Kitchen Therapy* explores the psychological, social and spiritual dimensions food holds for us. In a mechanised, materialistic world solely focused on what we can measure, this presents a return to the kitchen as a place of creativity, nurture and intuitive connection. A place where one can listen and respond to the needs of the psyche, rewilding the human spirit. This book is for anyone interested in applying creative, inclusive self-development, with edible spirituality that you can practise in the kitchen. Practitioners in the helping professions will find ideas for self-care, community and client practice, with useful material for creative therapy and attachment courses.

Additional Information:

Published 2024 (Ortus/FAB) - Paperback - ISBN: 9781911383901 - 200 Pages - **Rights:** World



Kleinian
Concepts
Sold: Germany

A Dictionary of Kleinian Thought By R.D. Hinshelwood

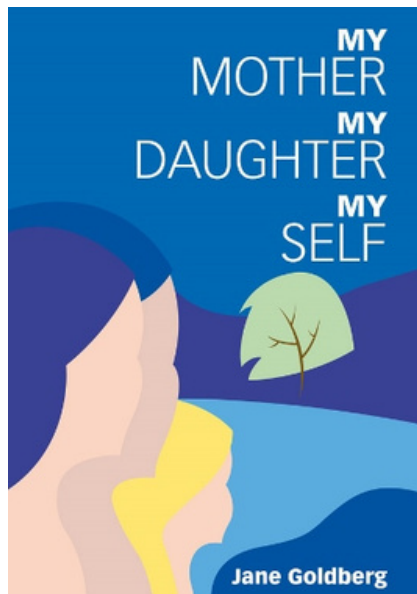
The ideas of Melanie Klein and the post-Kleinians have a growing influence among psychoanalysts yet they are not always easy to grasp. Robert Hinshelwood offers the first comprehensive and wholly accessible exposition of the main concepts in Kleinian psychoanalysis and their more recent development.

The book contains 13 main entries on the basic Kleinian concepts – splitting, paranoid-schizoid and depressive positions, projective identification, envy, internal objects – along with numerous entries on subsidiary concepts and the main post-Kleinian writers – Bion, Segal, Rosenfeld, Joseph and Meltzer. The book also has a bibliography of all Kleinian writings to date. It has already been acclaimed ‘a tremendous’ piece of work’ and as ‘the state of the art in its own domain’.

Additional Information:

Published 1991, 2nd edition (Free Ass. Books) - ISBN: 9780946960835 - 490 Pages - Paperback - **Rights:** World

PSYCHOLOGY



Sold: China
Bereavement

My Mother, My Daughter, My Self By Jane Goldberg

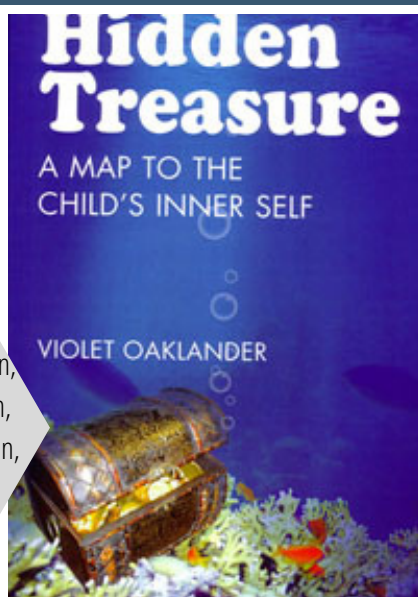
This book is a significant self-revelatory work which chronicles the separation process between mother and child, focusing most specifically on the mother/daughter relationship. The book asks a core question for all mothers and adult children: how do we perform the perplexing, sometimes terrifying act of separation from our mothers and our children while simultaneously marching toward the unknown terrain of individuality? How do we yield to this inevitable process of emotional separation from that which was once our own self? The author uses her own experiences as a daughter, as a mother of a newly-adopted baby, and as a psychoanalyst to explore an essential truth: that our relationships with our mothers affect our other significant love relationships, our values, our self-esteem, and our sense of satisfaction, often throughout the whole of our lives.

Additional Information:

Published (FAB) - ISBN: 9781911383055 -
371 Pages - Paperback - **Rights:** World

PSYCHOLOGY

Sold: Czech, German, Italian, Korean, Lithuanian, Persian, Polish, Portuguese, Romanian, Russian, Spanish, Turkish



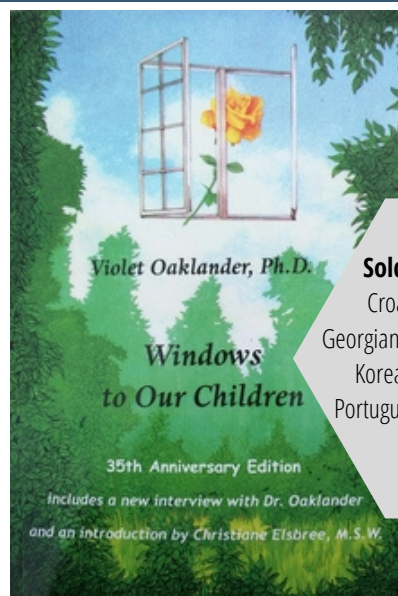
Hidden Treasure

By Violet Oaklander Ph.D.

Hidden Treasure is a follow up to Oaklander's first book, *Windows To Our Children*. Most of the books available in working with this population are written from a traditional 'play therapy' point of view. The Gestalt Therapy-based approach provides a more effective method for psychotherapeutic work with children of all ages. The focus is on the relationship between the therapist and client, rather than observation and interpretation. It is a vigorous, dynamic approach. Violet Oaklander uses a wide variety of creative, expressive and projective techniques in her work, and each chapter reflects and exemplifies the use of this work in the service of therapy. The approach is applicable to a wide variety of ages, as well as individual, family and group settings. The book will interest child and adolescent psychotherapists, psychologists, school personnel as well as students.

Additional Information:

Published (Routledge) - ISBN: 9781855754904
248 Pages - Paperback - **Rights:** World



Windows to Our Children

By Violet Oaklander Ph.D.

In this time of great upheaval and stress caused by the worldwide pandemic and many other economic, political and environmental challenges, Dr. Violet Oaklander's unique model of psychotherapy for children and adolescents is more timely and urgently needed than ever. Her seminal book, *Windows to Our Children*, first published over 40 years ago, has changed the lives of thousands of mental health professionals and millions of their clients across the U.S. and around the world. When originally published, this book filled a void in child therapy literature. Counselors and therapists, in schools, mental health centers and private practice, embraced this book. It is the largest selling book on the subject in the world. This edition includes over 300 pages of methods, materials, and techniques for working with children and adolescents. Also included are session transcripts, case examples and discussions.

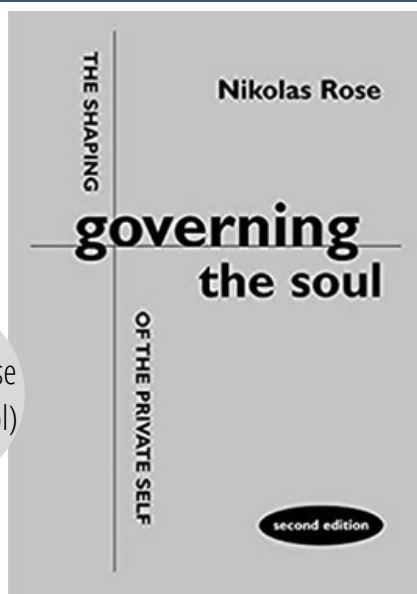
Additional Information:

Published (The Gestalt Journal Press) - ISBN: 9781938304026 - 456 Pages - Paperback
Rights: World

Sold: Bulgarian, Chinese, Croatian, Czech, French, Georgian, German, Hebrew, Italian, Korean, Lithuanian, Polish, Portuguese, Romanian, Russian, Serbian, Spanish

PSYCHOLOGY

Sold: Japanese
Chinese (Simpl)



Governing the Soul By Nikolas Rose

This work is now widely recognised as one of the founding texts in a new approach to analyzing the links between political power, expertise and the self. This "governmentality" perspective has had important implications for a range of academic disciplines including criminology, political theory, sociology and psychology and has generated much theoretical innovation and empirical investigation.

This 2nd edition adds a new introduction setting out the methodological and conceptual bases of this approach and a new final chapter that considers some of the implications of recent developments in the government of subjectivity.

Sold: China (Simplified Char.), Japanese

Additional Information:

Published (Free Ass. Books) - ISBN: 9781853-434440 - 352 Pages - Paperback

Rights: World



Anxiety
Cultural Studies

The Alchemy of Performance Anxiety By Clare Hogan

With mental health increasingly in the spotlight, this book offers a new perspective on anxiety. The focus of this book is on the application of psychological alchemical practice to address, explore and examine the nature and cause of anxiety in order to tackle and overcome it. It has never been more relevant to illustrate the reality that scientific, artistic and spiritual understanding, together with practical application, has the capacity to eliminate anxiety and gain personal control, liberation and fulfilment. The book is designed as a personal development book rather than a scholarly work and, although it is relevant to all ages (depending on timing), it was written with 18 – 30 year olds being the main inspiration through apparent and ever increasing necessity. It is a source book that can be dipped into anywhere or launch further investigation into any of the various disciplines and practices covered.

Additional Information:

Published (FAB) - ISBN: 9781911383130 - 200 Pages - Pb - **Rights:** World

PSYCHOLOGY

Parenting
Schizophrenia



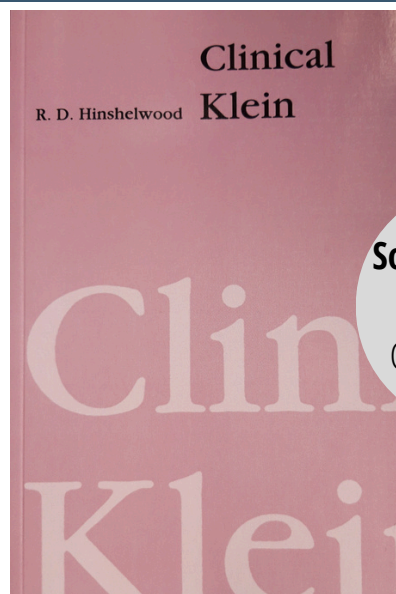
Divorcing Mom By Melissa Knox

Psychoanalysis was her family's religion - instead of wafers and wine, there were Seconals, Nembutals, and gin. Baptized into the faith at fourteen, Melissa Knox endured her analyst's praise of her childlike, victimized mother - who leaned too close, ate off Melissa's plate, and thought "pedophile" meant "silly person."

Gaslighted with the notions that she'd seduced her father, failed to masturbate, and betrayed her mother, Melissa shouldered the blame. Her story of a family pulled into and torn apart by psychoanalysis exposes the abuse inherent in its authoritarianism as Melissa learns, with a startling sense of humor and admirable chagrin, that divorcing Mom is sometimes the least crazy thing to do.

Additional Information:

Published (Cynren Press) - ISBN: 9781947976054 - 228 Pages - Hardback -
Rights: World



Sold: Romania,,
China, Italy
Case histories

Clinical Klein By R.D. Hinshelwood

ABest sellers rank Amazon: 199,352 in Books

- 46 in [Melanie Klein](#)
- 112 in [Psychology & Psychiatry References](#)
- 236 in [Psychological History & Philosophy](#)

In this book, the seminal case histories of Melanie Klein and her followers are closely scrutinised, to examine both what the clinicians were noticing in their patients, and how they conceptualized those processes.

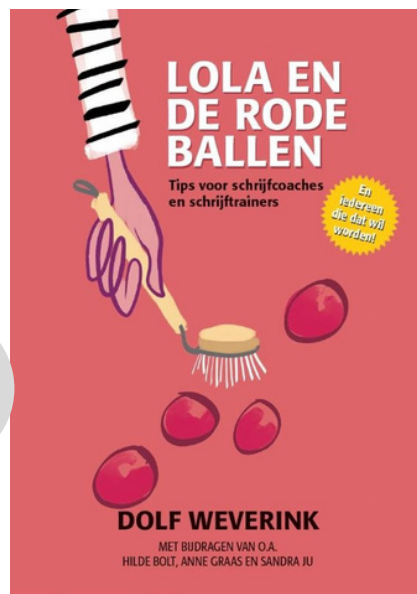
What are the contents and processes of the mind as they are revealed in the patient's speech on the couch, and what is the specific sense a Kleinian makes of them? At once a fascinating history of the Kleinian clinical approach and a superb training text, Robert Hinshelwood's Clinical Klein is an indispensable work of reference in the burgeoning field of Klein studies.

Additional Information:

Published 1994 (Free Ass. Books) - ISBN: 9781853433153 - 250 Pages - Paperback
Rights: World

MANAGEMENT & LEADERSHIP

Writing
Tips



Lola and the Red Balls By Dolf Weverink

'Can you take a look at this text?' Hans asks. Lola bends over the A4 sheet and thinks 'Wonderful! Make passive forms active, turn verbs back on, remove the difficult words and put the most important thing at the top.' She looks at Hans. 'I'll fix it for you, it will be ready at three o'clock this afternoon. Shall I email it to you?' This is often how it goes...however this does not help Hans or Lola. Because with Lola as 'problem solver', Hans learns nothing. Neither does Lola, as she is already able to edit texts. As a writing coach you need to approach it differently. It is important to ask questions & together with the author, you try & find 'The Intention'. Working together you ensure that the text sparkles & attracts the attention of any reader. The red balls mentioned in the title are part of a game which helps participants to better their writing skills. This book is for anyone who wants to encourage and teach others to create better texts and content.

Additional Information:

Published 2023 (Leporello/Dutch) - English transl available - 228 pages - ISBN: 9789079624454 - Paperback - **Rights:** World



Writing with Courage & Love By Dolf Weverink

It takes courage to write a good text. Courage to put the most important thing at the top and to write it in such a way, that everyone gets it immediately. It sounds simple, but it is harder than you think. You have to ask probing questions (i.e. 'What is the intention?'), and 'translate' the writers' intended message so that it immediately makes it clear to the reader. It also takes courage to be creative. To tell or show the message or story in an original way, and to add a touch of drama if necessary to spice up the content. And what about love? Ask yourself what the reader (or the visitor, the user) needs when she, he or they sees your content or message. If you love your reader, your target group, and your profession, you will start to write texts which are pleasant to read and will give you great joy to write.

Additional Information:

Published 2023 (Leporello/Dutch) - English transl available - 200 pages - ISBN: 9789079624430 - Paperback

Rights: World

Better Content
More Results

MANAGEMENT & LEADERSHIP

Coaching
Lifestyle



Life-Coach Yourself to Success By John Adair

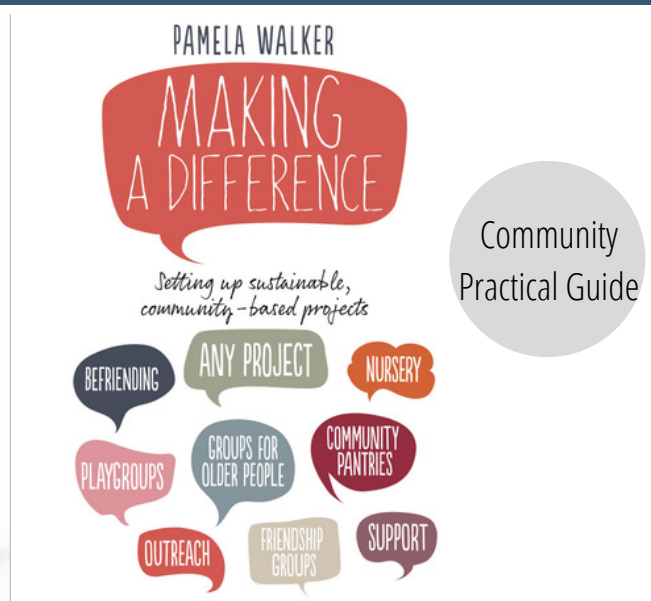
Are you satisfied with the way your life is going – personally and financially? We often hear of people looking for an easy fix for their problems, but that's rarely the answer. Perhaps, like many others, you too are busy spending your time thinking about and working for other people - so what about yourself? Are you spending any time thinking about and planning your own future? In this inspiring book, the authors provide life-coaching techniques you can use to build a successful, fulfilling life for yourself.

Unlike most coaching books, which are written by coaches themselves, this book has been written by two highly successful entrepreneurs who've actually followed and tested the advice they preach. It is a tool to help you learn how to put yourself first for a change, how to understand your strengths and weaknesses and how to build a blue-print for success in life that you can turn into a reality.

Additional Information:

Published 2021 (Thorogood) - 216 pages - ISBN: 9781854189318 - Paperback

Rights: World



Making a Difference By Pamela Walker

Making a Difference is a book which aims to help bring about positive change within communities. It is distinctive in being a practical 'How To' guide rather than a 'Why Should' argument. It provides a practical step-by-step guide for anyone who wants to set up a project or introduce a service that would benefit a significant number of vulnerable or excluded people, at any age, within their local communities, and which is sustainable for a long period of time. The author draws on many years of experience within the charity sector to guide the reader through the process, explaining each stage clearly and precisely. The reader will be able to identify and develop key information about their project – why it's necessary, what it will involve and how to approach it, what challenges might be encountered and how to avoid and overcome them.

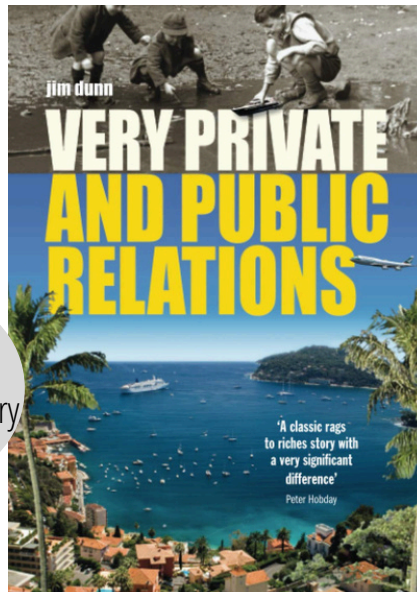
Additional Information:

Published 2023 (Ortus/Free Association Books) - ISBN: 9781911383833 - 300 pages - Paperback

Rights: World

MANAGEMENT & LEADERSHIP

PR
Travel Industry



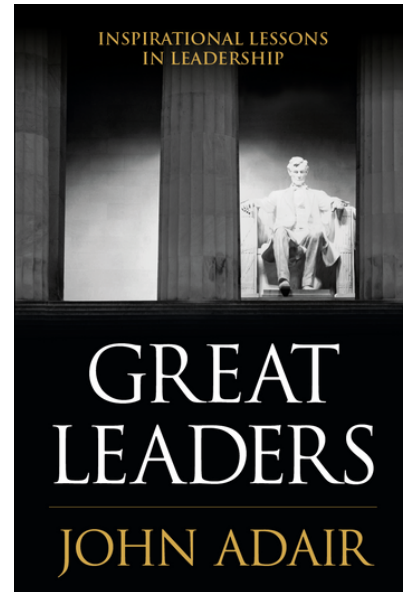
Very Private & Public Relations By Jim Dunn

This is the autobiography of Travel PR guru Jim Dunn, who takes us on a rollicking ride from poor boy growing up gay in a small town on the west coast of Scotland to the five-star lifestyle of a PR guru in the fledgling travel industry of the early seventies in London. We discover Dunn's story, from his childhood as a mummy's boy to his regular encounters on the "Love Train" home from Glasgow and his first love with a man in uniform. His life quite literally 'took off' when he got his first job on the weekly newspaper Travel Trade Gazette. The fact that he admits he couldn't type, write or understand one end of PR from the other didn't stop him from creating the UK's leading travel and leisure PR consultancy over the next 30 years. This book is a tour de force of Jim's life and work and is a fascinating insight into the travel business as we know it today.

Additional Information:

Published 2021 (Thorogood) - 348 pages - ISBN: 9781854189356 - Paperback

Rights: World



Sold: Portugal
Leadership

Great Leaders By John Adair

This thought-provoking book, *Great Leaders*, is aimed at stimulating your curiosity and guiding you through the various facets of leadership. Leadership expert and author John Adair explores the topic through its many forms, posing the question: Who are the great leaders in history and what have they got to teach us today about the nature and practice of leadership?

Leadership is a characteristic many think can't be taught; but to what degree can true leadership skills be identified and developed? Adair reviews the key great leaders in history to identify the main lessons that should be learnt from them. What emerges is a concept of leadership that is highly relevant to the needs of the world today. *Great Leaders* is a book rich in examples and case studies, and wide-ranging in scope.

Additional Information:

Published 2020 (Thorogood) - 2nd edition - 382 pages - ISBN: 9781854189172 - Paperback -

Rights: World

MANAGEMENT & LEADERSHIP

Teambuilding
Motivation



The Concise Adair on Teambuilding & Motivation

Described as "without doubt one of the foremost thinkers on the subject in the world" (Sir John Harvey-Jones), leadership expert John Adair combines depth and insight with hard-edged, practical techniques. Managers and leaders must be effective team builders and motivators to achieve their business aims and get the best out of people. The skills needed should be practiced and improved upon on a constant basis. This book encapsulates John Adair's writing on these critical elements of any truly successful organisation. It develops his classic theory on Team, Task and Individual, and summarises all his writing on leadership and motivation. John Adair's books have sold hundreds of thousands of copies. You will find this book equally valuable, whether you are beginning your career in management or looking for an expert refresher course.

Additional Information:

Published 2021 (Thorogood) - 2nd edition - 134 pages - ISBN: 9781854189271 - Paperback - **Rights:** World

Second edition

THE CONCISE
ADAIR ON
creativity
and innovation

Creativity
Innovation



The Concise Adair on Creativity and Innovation

Creative and innovative thinking, the means by which ideas are born and nurtured, are not products of clearly defined steps and can be widely encouraged. This book encapsulates all of John Adair's writing on how to enhance creativity within your organisation with a focus on team training, generation of ideas, communication and overcoming obstacles, the key characteristics of innovators and how to organise and use them to the best effect.

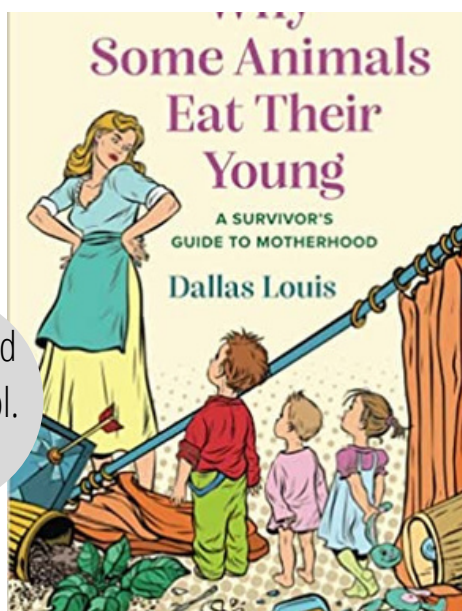
Packed with practical advice and shrewd insight, leadership expert Adair summarises everything you need to know to understand the creative process and manage innovation effectively in this book. John Adair's books have sold hundreds of thousands of copies. You will find this book equally valuable, whether you are beginning your career in management or looking for an expert refresher course.

Additional Information:

Published 2021 (Thorogood) - 2nd edition - 130 pages - ISBN: 9781854189257 - Paperback **Rights:** World

HISTORY CULTURE TRAVEL POLITICS

Motherhood
Sold: Simpl.
Chinese



Why Some Animals Eat Their Young By Dallas Louis

- 2022 Mom's Choice Gold Award • 2022 Ben Franklin Silver Award in Parenting & Family
- 2022 Indept. Press Award, Distinguished Favorite in Parenting & Family

When Dallas Louis decided that all she wanted was to meet and marry her Prince Charming and become a mom, she had no idea what was in store for her. But she would soon find out. In this laugh-out-loud book, Dallas shares highlights of what happened in her world once all her dreams came true. She would like readers to find comfort in knowing they aren't the only ones suffering from post-traumatic stress disorder or buyer's remorse. And, yes, it's okay to admit that both of these conditions apply to parenting, though hopefully not all the time.

Additional information:

Published 2021 (Sandra Jonas) - Paperback - 208 pages - ISBN: 9781954861930

Rights: World



Travel
Sold: Italy,
Thailand &
Serbia

The Cat with Three Passports By CJ Fentiman

A girl struggling to fit in. A homeless kitten. An unexpected job offer in an unfamiliar country that changes everything. CJ had a long history of escaping places and people she wasn't fond of. But for the sake of a silver tabby, she decided to stay in Japan for a while. This decision helped her open up her heart and mind, revisit her way of thinking, and reconnect with her estranged family. Let this heartwarming memoir take you to the land of cats and cherry trees as you read about CJ's adventures – from the craziness of Furukawa's naked men festival, the experience of forest bathing and the significance of finding a life purpose or ikigai, to the temples of Takayama, and wonders of Cat Island – you'll see what a homeless kitten found outside a temple in Japan taught her about an old culture and new beginnings.

Additional Information:

Published 2020 (Silver Vine Press) - Paperback - 232 pages - ISBN: 9780648851905

Rights: World

HISTORY CULTURE TRAVEL POLITICS

Diary
Historical



Ways of the Ancestors By Cornelia Feye

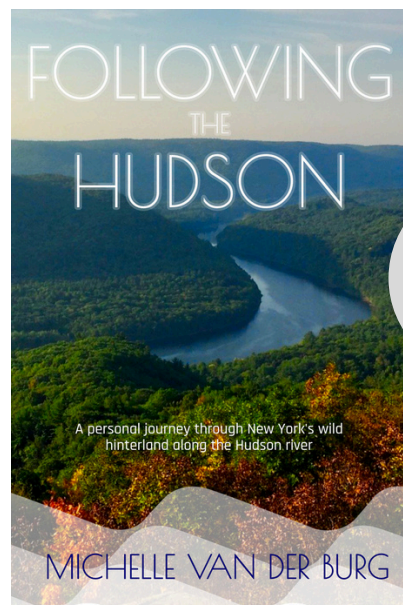
The project is based on the diary of the author's grandparents, which chronicles forty years of tumultuous personal and political history. She only found the diary two years ago in her brother's basement in Berlin.

It begins in Manchuria where Cornelia Feye's grandparents met in 1928, followed by their escape after the Mukden Incident in 1931 and the Japanese occupation, their dramatic journey on the Transsiberian railroad from Harbin to Moscow and Berlin, the years of unemployment during the Weimar Republic, the rise of the National Socialists, and WWII, her grandfather's four years as POW in Siberia and finally the reconstruction and economic prosperity in post-war Germany. Beside the trans-generational and historical components of this project, it also touches on deeper philosophical themes.

Additional information:

To be published

Rights: World



Travel
New York
Historic

Following the Hudson By Michelle van der Burg

A personal journey through New York's wild hinterland along the Hudson river

In this eye-opening book author Michelle van der Burg takes you on a journey along the historic Hudson River, all the way from its original source high up the Adirondack Mountains to the southernmost point in Manhattan.

A compelling story induced with personal anecdotes, historic tales and local insights that gives a fresh perspective of New York's (often overlooked) hinterland and its most famous waterway.

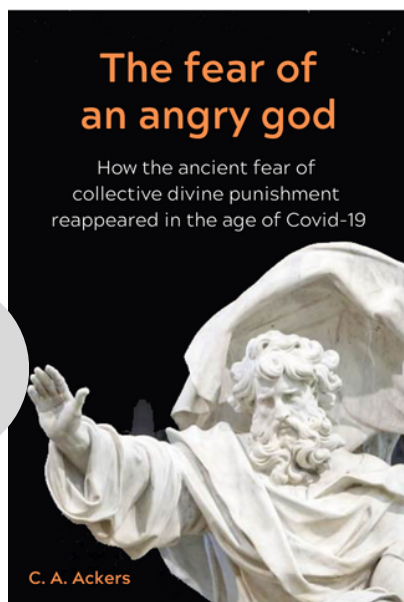
Additional Information:

To be published - English mss available

Rights: World (excl. Dutch & USA)

HISTORY CULTURE TRAVEL POLITICS

Covid 19
Religion

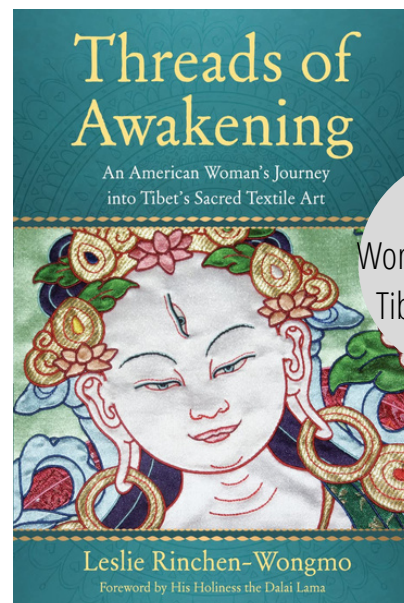


The Fear of an Angry God By Coen Ackers

From the ancient Greeks up to the present, and almost everywhere on the planet, humanity has been plagued by a constant, deep, mostly unspoken form of anxiety. *The Fear of an Angry God* describes the many ways that mostly private 'sins' have been believed to risk the occurrence of earthquakes, floods, fires, wars, and infectious diseases. Recently, conservative leaders of different faiths have attributed the Covid-19 pandemic to a range of private behaviors that would have provoked God's ire. In the book, Dutch historian Coen Ackers shows how this fear of collective divine punishment has shaped the way society has been regulated, how it allowed rulers to assume intrusive powers over their subjects, and how it continues to hurt minorities, justify terrorism, and promote autocratic government.

Additional information:

Not yet published - **Rights:** World



Travel
Women's Journey
Tibetan Textile

Threads of Awakening By Leslie Rinchen-Wongmo

What if you set out to travel the world and got sidetracked in a Himalayan sewing workshop? What if that sidetrack turned out to be your life's path - your way home?

Part art book, part memoir, part spiritual travelogue, *Threads of Awakening* is a delightful and inspiring blend of adventure and introspection. Leslie Rinchen-Wongmo shares her experience as a California woman traveling to the seat of the Tibetan government-in-exile in India to manage an economic development fund, only to wind up sewing pictures of Buddha instead. Through her remarkable journey, she discovered that a path is made by walking it—and that some of the best paths are made by walking off course. *Includes 49 full-color photos and a foreword by the Dalai Lama.*

Additional Information:

Published: 2022 (She Writes Press) - Paperback
- 328 pages - ISBN: 9781647420932
Rights: World

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