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The Intuition Bible

How and Why to Tap into Your Inner Wisdom

Happy Ali

TikTok personality and spiritual teacher Happy Ali's latest book is a life-changing and inspiring guide to the power of intuition – what it is and how to use it for a better, more fulfilling life

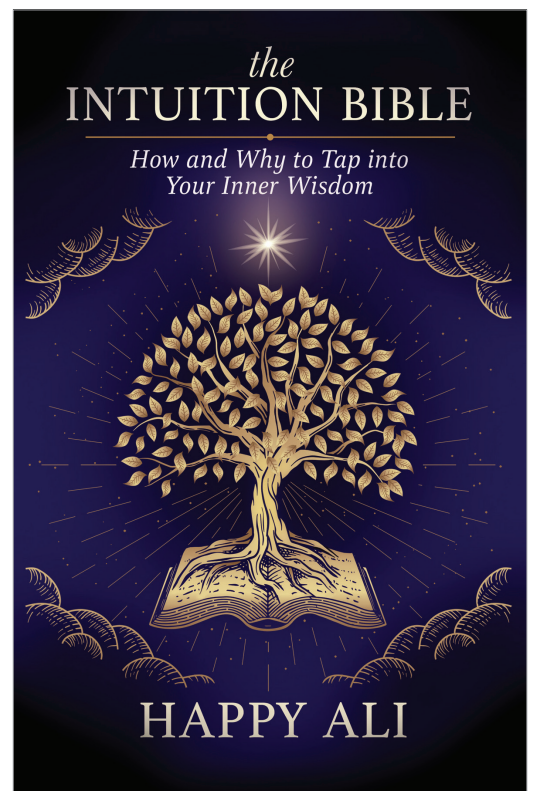
- The author has 67,000 followers on TikTok and Instagram combined, plus thousands of downloads of his *Happy Insights*, the new go-to podcast for New Age listeners
- Ali is a charismatic teacher, generational intuitive, certified master hypnotherapist, and sought-after life and spiritual coach who has been awarded the Master Certified Coach designation
- Like spiritual classics *Creative Visualization* and *The Secret*, *The Intuition Bible* revitalizes and illuminates ancient wisdom for a new generation of seekers
- Provides techniques and practices that anyone, from beginner to experienced seeker, can use to cultivate and strengthen transformative intuition skills

For many of us, life often feels as though we are wandering through a dark room with only a match to light the way, seldom certain of our destination. What if there is a way to get clear directions from outside this darkness? **What if there is a way to tap into a well of knowledge to guide every turn of our journey toward a life of hope? The answers lie in our innate power of intuition.** As author and popular social media spiritual influencer Happy Ali points out, most are never trained to master the art of tapping into this inner voice, wisdom, and birthright. His goal is to reacquaint his audience with their own infinite wisdom.

Through his TikToks, Instagram posts, website, and podcasts, Ali has helped tens of thousands of seekers **learn to listen to and use their inner wisdom. This guidance helped him anticipate his own successes – and tragedies – equipping him for the joy and challenges that awaited him.** In *The Intuition Bible*, he presents his techniques for harnessing this trustworthy source of information. Readers will learn:

- techniques for tuning in to and understanding inner wisdom and personal truth, **including simple-yet-powerful yes/no exercises to assist in everyday decision-making**
- reasons and remedies for blockages and misinterpretations
- how to understand dreams, vibrations, chakras, and energy
- practices for taming an overanalytical mind
- advanced exercises to build and refine personal intuition

Throughout, Ali shares inspiring true stories of his own and others' experiences. Comprehensive and essential, this is truly the bible to guide anyone through every day of their life.



AVAILABLE IN SEPTEMBER

Metaphysics / New Age • \$19.95

Trade paperback • 288 pp. • 5½ x 8½

978-1-60868-924-8 • Rights: world



Spiritual teacher and author **HAPPY ALI** has a degree in psychology from UCLA. He is a certified master NLP practitioner, master subconscious manifestation coach, generational intuitive, and certified master clinical hypnotherapist. After a near-death experience in 1995, Ali woke up to his inner guidance and reinforced his path to intuition mastery. He now teaches these techniques to help others master the two most powerful managers of life: the subconscious mind and universal laws. He lives in Los Angeles.

HappyInsights.net

Walking Well

A New Approach for Comfort, Vitality, and Inspiration in Every Step

Michael J. Gelb and Bruce Fertman

Two polymath movement experts draw from their 100 years of collective training, helping others learn how to walk effortlessly, breathe easily, think creatively, and feel deeply alive

- More than 115 million Americans consider walking to be their primary mode of exercise
- Secrets, advice, and guidance on walking with pleasure, power, poise, and peace, especially for those interested in mindfulness, breathing, meditation, wellness, creative thinking, or the Alexander Technique
- Proven health benefits from walking well include cardiovascular health, dementia prevention, stress reduction, and more
- The authors are renowned and recognized experts who have appeared on many of the world's most popular podcasts, including *Ten Percent Happier*, *MindValley*, *The Embodiment Podcast*, and *Untangle*, and have a combined email list of more than 21,000 loyal fans

“Gelb and Fertman unlock the profound mental and physical benefits of mindful walking, merging ancient wisdom with modern science. This book isn't just about improving your stride; it's about enhancing every aspect of your life by tapping into the natural rhythm of your body.”

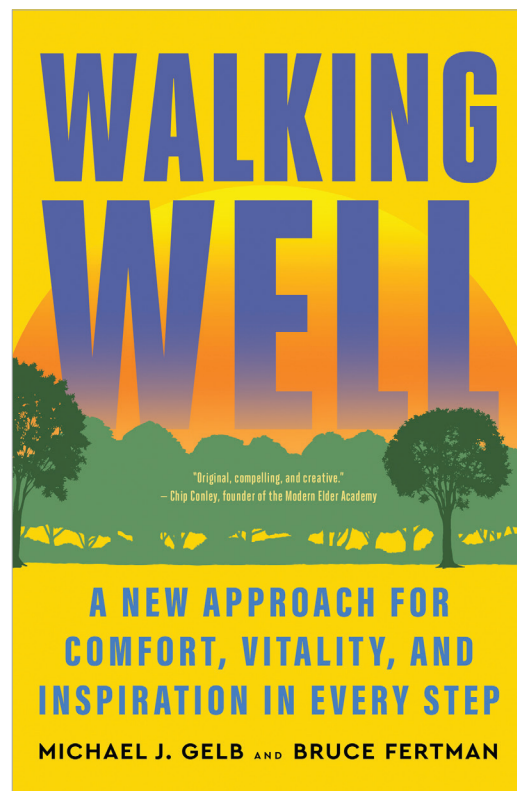
— **DR. MARSHALL GOLDSMITH**, *New York Times* bestselling author of *The Earned Life*, *Triggers*, and *What Got You Here Won't Get You There*

Walking is good for you. It can regulate weight, improve sleep, elevate mood, transform stress, and boost creativity and productivity. Most people want to walk more. But what if the key isn't just to walk more, but to walk *better*? To connect with your physical body and unlock more energy, more vitality, and more fuel for imagination and creativity?

Walking Well is designed to help readers do just that by presenting a three-part journey to improved movement:

- Part 1: how to become aware of and release the tension that interferes with natural walking
- Part 2: practical methods that teach the reader how to *receive energy* the moment it's expended, discover the harmony of walking and breathing, and awaken an archetypal animal verve so that every step becomes more poised and powerful
- Part 3: meditations on walking in solitude, walking with others, walking for inspiration, walking for transformation

Filled with simple, practical guidance from authors with, collectively, over a hundred years of teaching people how to move well, this book not only improves how we walk but reveals how much is possible for us once we know how to walk well.

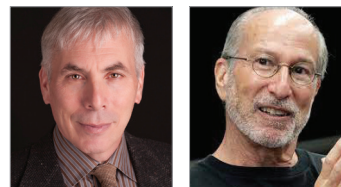


AVAILABLE IN SEPTEMBER

Health & Fitness • \$18.95

Trade paperback • 256 pp. • 5½ x 8½

978-1-60868-912-5 • Rights: world



MICHAEL J. GELB is a pioneer in the fields of creative thinking, executive coaching, and innovative leadership. He is a fifth-degree black belt in aikido and a teacher of tai chi and the Alexander Technique. The author of seventeen books, including the international bestseller *How to Think Like Leonardo da Vinci*, he lives in Rhinebeck, New York.

BRUCE FERTMAN brings sixty years of study as a movement artist and educator to his work, having trained in gymnastics, modern dance, ballet, contact improvisation, the Alexander Technique, tai chi, aikido, Japanese tea ceremony, Argentine tango, and Zen archery. He lives in Coyote, New Mexico.

MichaelGelb.com
GraceOfSense.com

Written in the Stars

The Astrology of Soulmate, Karmic, and Twin Flame Relationships

Kate Rose

In this astrological guide to relationships designed to free readers from unfulfilling patterns and repeated heartbreak, bestselling author Kate Rose reveals the secrets to recognizing genuine and lasting partnerships and understanding the true journey of love

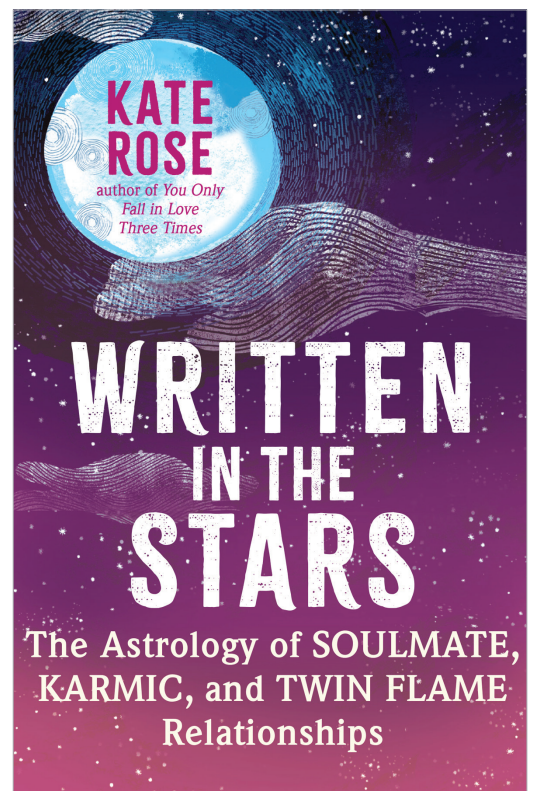
- The author has a devoted following of more than 200,000 regular readers across all her social media outlets, including more than 100,000 hits per month on her personal website
- Rose's 2016 article "We Only Fall in Love with 3 People in Our Lifetime" was read by more than 69 million people and shared by more than 1.1 million
- The follow-up to her first book, *You Only Fall in Love Three Times*, which sold more than 50,000 copies and was published in eleven foreign editions
- Astrology is experiencing a resurgence among younger readers, with more than 37% of adults under 30 considering themselves devotees, according to data from Census.gov
- With her regular columns on *YourTango* and *Elephant Journal* and status as go-to astrologer for clients such as Noella Bergener of *The Real Housewives of Orange County*, Rose is a strong new astrological voice

Wouldn't everyone like a cheat sheet that told them whether a relationship was meant to last? In her second book, Kate Rose gives readers the insight needed to differentiate between soulmate, twin flame, and karmic relationships. Using an astrological birth chart — a cosmic fingerprint — readers can see not just personality traits, but also the wounds and lessons, specifically in love, they will encounter and learn from in this lifetime. By tapping into this divine knowledge, they can determine whether a relationship is truly meant to last forever or is just a waypoint on the path to the one that will.

Organized around astrological placements representing the distinct types of relationships, *Written in the Stars* includes:

- birth chart patterns that offer the opportunity to heal childhood wounds like abandonment and feelings of unworthiness
- red flags to look for in each type of relationship
- specific practices that help cut the energetic cords of unhelpful habits and bonds
- moon rituals and practices for calling in a forever love and deepening self-love
- how lesser-known but significant astrological factors, such as Venus placement and North Node placement, can affect relationships and the quest for forever love

This practical, hands-on guide gives readers the clarity they desire for navigating the complexity of love and finding the relationship that is destined to last.



AVAILABLE IN SEPTEMBER

Astrology / Relationships • \$18.95

Trade paperback • 240 pp. • 5½ x 7½

978-1-60868-915-6 • Rights: world



KATE ROSE is a writer, spiritual astrologer, life coach, relationship expert, retreat leader, and author of *You Only Fall in Love Three Times: The Secret Search for Our Twin Flame*. She enjoys writing and interacting with readers through her blog posts, Instagram, Facebook, regular columns for *YourTango* and *Elephant Journal*, and her newsletter, *Unedited*. Rose earned an MS in clinical art therapy from Springfield College while volunteering in the AmeriCorps program as a leader of inner-city youth programming. She lives in the Hidden Hills of Massachusetts with her daughters and her twin flame.

WordsOfKateRose.com

A Return to Radiance

The POWER Method to Ignite Your Soul and Unleash Your Potential

Becca Powers

Becca Powers, bestselling author of *Harness Your Inner CEO*, is back with a spiritually charged, practical, and inspirational method for working professionals longing to see their dreams and talents manifest deeper fulfillment and impact

- The author presents keynotes and workshops for corporate clients to rave reviews, and her self-published book has sold more than 6,000 copies via her speaking and promotional events
- Powers's proven five-step process will guide dream chasers of all stripes away from burnout and toward more fulfillment, joy, and impact by challenging the status quo
- **Written for professionals who are successful in business and life yet also seek greater satisfaction and influence**
- A study by Oracle has found that the majority of workers feel lonely, burned out, and disconnected following the pandemic, and now feel different about what defines their success; 75% feel "stuck" personally and professionally

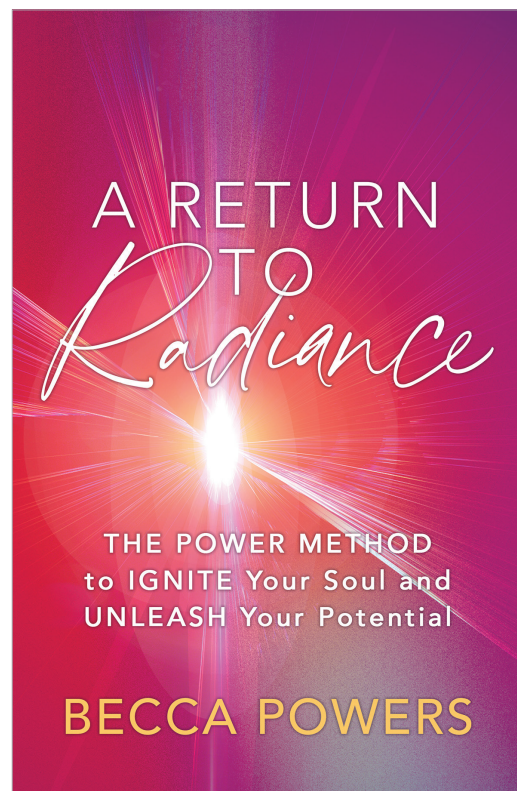
"This potent and practical gem of a book is a compass guiding you on the most sacred journey you'll ever take — the journey to truly owning your worth."

— **NANCY LEVIN**, author of *Worthy*

Designed to help readers unlock the power within them and unleash their fullest potential, Becca Powers's groundbreaking *A Return to Radiance* gives today's working men and women the tools to reclaim brilliance, overcome obstacles, grow resilience, banish impostor syndrome, and craft a life that leaves a legacy of empowerment, impact, and fulfillment. Even those who love their jobs, enjoy parenting, and have good relationships also feel overwhelmed, burned-out, and pulled in many directions, as though the light of their dreams has dimmed. Powers knows this acutely — she was in the same boat just a few years ago. Like Powers, readers can discover how to live a more satisfying, fulfilling life by using her five-step **POWER Method**:

- **Protect Your Potential**
- **Own Your Opportunities**
- **Waken Your Worthiness**
- **Elevate Your Energy**
- **Rock Your Radiance**

Packed with powerful insights and inspiring stories, *A Return to Radiance* is written in the sassy-yet-spiritual, visionary-yet-practical voice Powers has perfected in her work with corporations. It will help high performers, leaders of all levels, entrepreneurs, stay-at-home parents, or side hustlers discover and achieve their goals, dreams, and desires.



AVAILABLE IN OCTOBER

Business / Personal Growth · \$19.95

Trade paperback · 304 pp. · 5½ x 8½

978-1-60868-934-7 · Rights: world



BECCA POWERS is a Fortune 500 high-tech sales executive, keynote speaker, founder and CEO of Powers Peak Potential, and author of *Harness Your Inner CEO*. She has worked with industry giants Cisco, Dell, Royal Caribbean International, and Office Depot. With an impressive record of leading large teams and hitting \$500 million in annual revenue, Powers has earned the coveted President's Club award seven times. She is a go-to interview subject for *Newsweek*, *Thrive Global*, *Daily Mail*, and *Authority Magazine*, as well as dozens of podcasts. A certified kundalini yoga teacher and Reiki Master, she lives in Florida.

BeccaPowers.com

Seven Secrets to the Perfect Personal Essay

Crafting the Story Only You Could Write

Nancy Slonim Aronie

A beloved writing teacher and essayist lays out the rules for crafting a remarkable personal essay, the kind that tells a story, moves readers, and reveals insights into the human condition – the kind that AI can't write

- Aronie is a world-renowned writing instructor, bestselling author, frequent contributor to NPR, and founder of the Chilmark Writing Workshop on Martha's Vineyard
- With the rise of admissions scrutiny and test-optional college applications, standout personal essays have increasing importance for college-bound high school students, as well as grant applicants and scholarship candidates
- Even as technology advances, creating a memorable personal essay based on personal experiences is one of the few writing tasks that will remain resistant to AI disruption
- Using Aronie's seven practical secrets for the personal essay, the book combines wisdom, direction, prompts, and powerful examples from other writers, both acclaimed and lesser-known, to inspire readers to tell their own personal stories in short-form writing

Praise for the author's *Memoir as Medicine*

"The unqualified success of *Memoir as Medicine* lies in the authenticity of the author's voice. It's the best writing advice since Anne Lamott's *Bird by Bird*. Throughout the book, it's a pleasure to be in Nancy Aronie's wise company."

— **WALLY LAMB**, author of six *New York Times* bestsellers

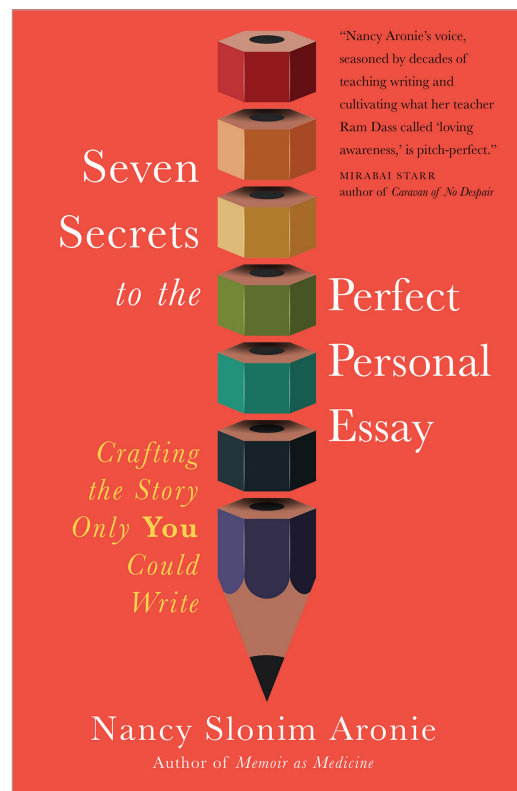
Everyone has a story, and for Nancy Slonim Aronie, helping people tell their story has been a life mission. In *Seven Secrets to the Perfect Personal Essay*, she reveals the secrets every aspiring writer needs to tell their own story as a personal narrative that moves, connects, and resonates with readers.

Building on the insights and guidance from her acclaimed *Memoir as Medicine*, this new guide tackles the short personal essay, providing prompts, direction, and wisdom as well as remarkable examples of her own and others' writing to inspire and spur potential essayists to get their story down. With warmth, humor, and brutal honesty, she gives readers the inspiration and wisdom they need to write a story that readers won't forget.

Writers will learn how to:

- begin with a compelling hook ("kill 'em with the first line")
- build structure into a personal narrative
- use the words and insights of other writers to illustrate their own story
- show honesty and vulnerability in their storytelling

In a culture inundated with auto-generated junk text, a well-crafted personal narrative is more important than ever, a declaration of humanity, meaning, and personal connection.



AVAILABLE IN OCTOBER

Writing • \$18.95 • Trade paperback

224 pp. • 5½ x 8½ • 978-1-60868-930-9

Rights: world



NANCY SLONIM ARONIE is the founder of the Chilmark Writing Workshop on Martha's Vineyard and the author of *Memoir as Medicine* and *Writing from the Heart*. A regular commentator for NPR's *All Things Considered*, Aronie has taught at Harvard University and conducted writing workshops and lectures at Kripalu, Omega, Esalen, Rowe Conference Center, Wainwright House, and the Open Center in New York City. She was a visiting writer at Trinity College in Hartford, Connecticut, and a recipient of the Eye of the Beholder Artist in Residence Award from the Isabella Stewart Gardner Museum in Boston. She lives with her husband on Martha's Vineyard, Massachusetts.

ChilmarkWritingWorkshop.com

The Way of the Satisfied Woman

Reclaiming Feminine Power

Alanna Kaivalya, PhD

Mythology expert, author, musician, and scholar Alanna Kaivalya presents a new paradigm that defines the feminine journey for the modern age and empowers women to transcend masculine conditions for success and flourish on their own terms

- The author's network includes 30,000 students, nearly a million YouTube views, and 45,000 followers combined on social media
- Her previous books, including *Sacred Sound* and *The Myths of the Asanas*, have sold more than 60,000 copies
- This new book grew from Kaivalya's Sacred Feminine workshops and talks that received strong online engagement, encouraging her to continue the conversation around embracing the power, potency, and purpose of the feminine
- Includes practical ways to embody feminine traits and strengths in relationships, on the job, and in the community

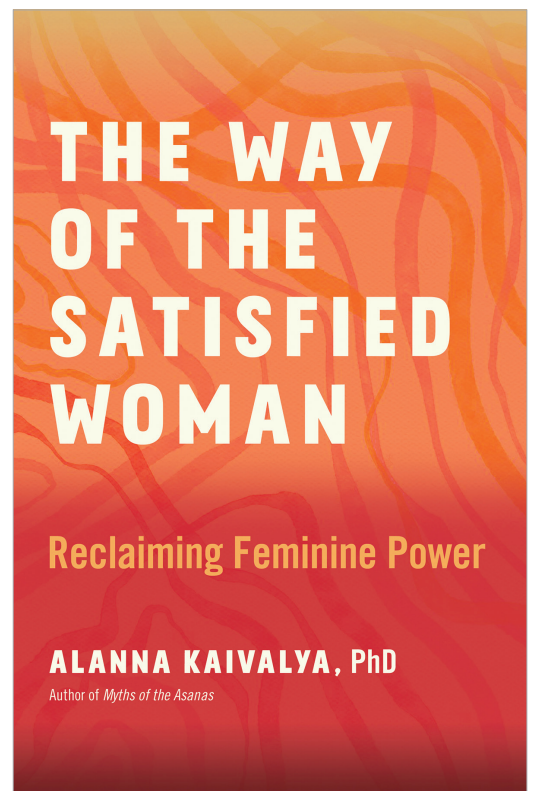
For centuries, women have fought for greater opportunity to make their own choices, build independent lives, craft powerful careers, and exercise their own agency. But has this been the wrong approach? Too often, women have forged paths by following the trajectory laid out by men and emulating what men identify as desirable. Could this be why many women remain unsatisfied and overwhelmed?

The Way of the Satisfied Woman offers an alternative path for women, and for anyone who cares to focus more on the feminine than the masculine. The path of the feminine is simply different — exquisite, unique, and integral. Through her extensive knowledge of world mythology, Alanna Kaivalya shows how embodying feminine energy sets us free, relaxes us, and allows us to more completely manifest the things that are most important to us, including connection, communion, and compassion.

Kaivalya covers:

- definitions of masculine and feminine energies in terms that embrace gender differences and affirm the experience of the modern woman
- prominent qualities of the feminine as represented by mythological archetypes and modern psychology
- the feminine journey toward satisfaction and how it is both unique and complementary to the well-defined masculine journey
- the relationship between masculine and feminine and its manifestations in intimate partnerships
- tools for redefining the feminine in modern language, ideas, and arenas, including career, family, success, community, and legacy

A necessary antidote to a culture that defines *equality* as “equal to what men have,” *The Way of the Satisfied Woman* is a call for reclaiming the extraordinary balance of the feminine way, in both the life of the individual and the wider world.



AVAILABLE IN NOVEMBER

Women's Interest / Personal Growth • \$19.95

Trade paperback • 288 pp. • 5½ x 8½

978-1-60868-938-5 • Rights: world



ALANNA KAIVALYA, PHD, is a bestselling author, spiritual leader, and expert on mythology, spirituality, and psychology. Her global network has more than 30,000 members, and she is host of the *Spiritual Leadership Podcast*, originally launched in 2005. She earned a doctorate in mythological studies with an emphasis in depth psychology from Pacifica Graduate Institute and is a former board member of the Carl Jung Foundation. She lives in Southern California.

AlannaK.com

The Beginner's Guide to Karma

How to Live with Less Negativity and More Peace

Lama Lhanang Rinpoche and Mordy Levine

Two practitioners of Tibetan Buddhism unravel the complexities of karma, an idea widely known but little understood in the modern West

- Karma is a fundamental principle in several Asian religions, including Buddhism, Hinduism, Jainism, Shintoism, and Taoism
- Many Westerners have an inaccurate view of karma influenced more by pop culture than by authentic spiritual tradition
- Coauthor Lama Lhanang is a Tibetan lama (guru/teacher) who teaches around the world
- Coauthor Mordy Levine is the creator of a popular meditation program used by nearly a million people

Western science has discovered that the physical world operates according to universal laws of nature, such as the law of gravity and the laws of motion. Twenty-six centuries ago, the Buddha fleshed out the universal law of the spiritual realm: karma. The law of karma holds that our actions, our words, and even our thoughts inevitably produce effects that return to us in some form — in this lifetime or a future one. Today, most Westerners have a passing familiarity with the concept of karma, which amounts to “what goes around comes around.” This is true as far as it goes, but it merely scratches the surface of a complex and fascinating topic.

In *The Beginner's Guide to Karma*, Lama Lhanang Rinpoche and Mordy Levine encourage readers to forget what they've heard about karma and look at the subject afresh. Delving into Buddhist scripture and tradition, the authors give a comprehensive outline of karma that incorporates psychology, ethics, and metaphysics. Using everyday language and real-life examples, they clear away myths, illustrate how karma works in daily life, and offer daily practices to build positive karma. In the process, they resolve intriguing philosophical questions, such as:

- Is karma compatible with free will?
- Where is karma stored, and where does it go when we die?
- Can negative karma ever be fully extinguished?
- Is there such a thing as collective karma that affects entire groups of people?
- Is the idea of karma still meaningful if we don't believe in reincarnation?

In providing the answers, *The Beginner's Guide to Karma* neatly sums up the Buddhist worldview and makes a compelling case for Buddhism as a way of life that nurtures compassion, joy, and inner peace in an uncertain world.

THE BEGINNER'S GUIDE TO KARMA

How to Live with
Less Negativity & More Peace



LAMA LHANANG RINPOCHE
& MORDY LEVINE

Authors of The Tibetan Book of the Dead for Beginners

AVAILABLE IN NOVEMBER

Buddhism / Spirituality · \$17.95

Trade paperback · 128 pp. · 5 x 7 1/2

978-1-60868-872-2 · Rights: world



Born in the Amdo region of historic Tibet, **LAMA LHANANG RINPOCHE** received a traditional monastic education and later studied under several respected Tibetan lamas. Today, he teaches Vajrayana Buddhism at the Jigme Lingpa Center in San Diego, California, where he lives with his wife and child. **MORDY LEVINE** is an entrepreneur, a meditation teacher, and the president of the Jigme Lingpa Center. He also created the Meditation Pro Series, a meditation program designed to alleviate chronic health issues. He lives in Rancho Santa Fe, California, with his wife, Elizabeth.

BuddhistSanDiego.com
MordyLevine.com

What Is Stoicism?

... And Why the Heck Should You Practice It?

Tanner Campbell and Kai Whiting

An easy, jargon-free introduction to Stoicism that covers the full range of Stoic thought in a single compact volume

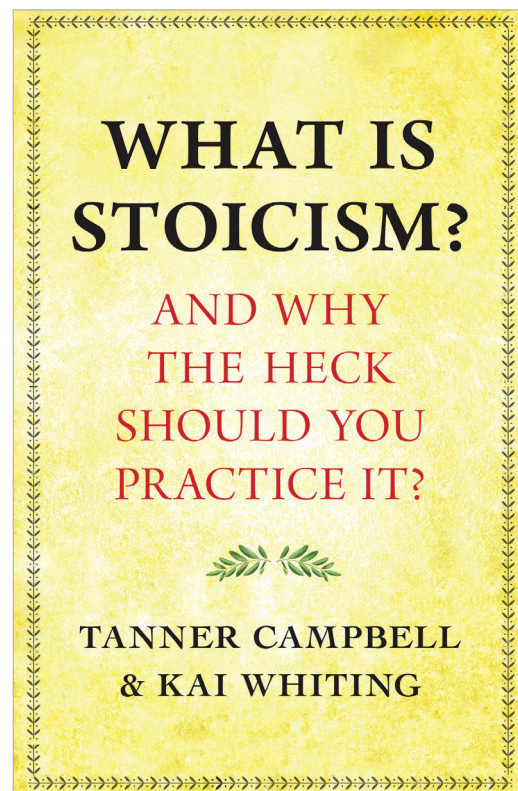
- The steady decline of church attendance in Western countries has left Millennials and Generation Z searching for new sources of meaning and community
- Campbell is host of the *Practical Stoicism* podcast, the highest-rated Stoic podcast on Spotify, garnering an average of 300,000 downloads per month
- Whiting contributes to the two biggest Stoicism groups on Facebook, which together have more than 164,000 followers

The word *stoic* has undergone an odd transformation over time. Today, we use it to mean someone who is indifferent to pleasure or pain. In ancient times, however, a *Stoic* was a member of a philosophical school whose original members gathered in Athens at a painted colonnade — or *stoa* in Greek. The modern meaning of the word gives some people the impression that Stoicism is cold and inhumane. **In reality, Stoicism is a humanistic philosophy designed to help its practitioners find an inner peace that cannot be shaken by outer events. Some modern thinkers have noticed parallels between Stoic principles and the techniques of modern cognitive behavioral therapy.**

In *What Is Stoicism?*, Tanner Campbell and Kai Whiting introduce Stoicism to a new generation. Divided into short chapters that can be read in brief sittings, the book compresses several hundred years of Stoic thought into simple conversational prose. With present-day examples and quotes from famous Stoics, this whistle-stop tour of Stoicism covers topics such as:

- the three pillars of Stoic philosophy: logic, physics, and ethics
- the ultimate goal of Stoicism: *sagehood*
- the Stoic concept of *circles of concern*: our individual obligations to our family, community, and world
- the Stoic ideal of living in accordance with nature
- the question of whether belief in God is necessary for practicing Stoicism

During the journey, readers will meet some of the larger-than-life characters who have embodied Stoic ideals: Epictetus, a disabled former slave who became a respected teacher of Stoicism; the Roman statesman Seneca the Younger, the mentor of the infamous Roman emperor Nero; and the philosopher emperor Marcus Aurelius, whose austere *Meditations* have inspired thinkers for nearly two millennia. In the end, readers will come to appreciate the vitality of Stoicism and realize how the wisdom of the past can meet the challenges of the future.



AVAILABLE IN NOVEMBER

Philosophy • \$14.95 • Trade paperback

128 pp. • 5 x 8 • 978-1-60868-944-6

Rights: world



TANNER CAMPBELL is an American philosopher of Stoicism living in Newcastle upon Tyne in the United Kingdom. He is the producer and host of the *Practical Stoicism* podcast and was named one of the 22 Top Influencers in Podcasting by *Podcast* magazine. **KAI WHITING** is a lecturer and researcher and the coauthor of *Being Better: Stoicism for a World Worth Living In*. He has discussed Stoicism in publications such as *The Financial Times*, *UnHerd*, and *Vice*. He lives in Newcastle upon Tyne, UK.

TannerCampbell.net
StoicKai.com