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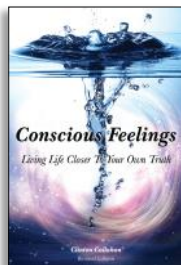
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CONSCIOUS FEELING

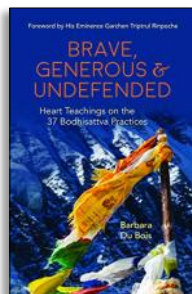
Living Life Closer to Your Own Truth

Clinton Callahan

This book is about feelings, and the ways that we, as individuals and as a culture, have numbed ourselves against them. It is about unleashing the possibility of conscious feelings to re-make our lives into what really matters to us. The central framework of the book is built with the Ten Distinctions for Consciously Feeling.

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BRAVE, GENEROUS, & UNDEFENDED

Heart Teachings on the 37 Bodhisattva Practices

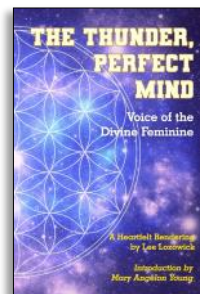
Barbara Du Bois

Contemporary Western teacher Barbara Du Bois brings her fresh, energetic, penetrating wisdom from the heart. Rich with insight, humor, and fearless love, Barbara Du Bois's direct heart teachings on the timeless 37 Bodhisattva Practices encourage and guide seekers and practitioners at all levels, in any spiritual tradition.

Filled with dynamic discussions on life purpose, suffering, relationships, and the spiritual path, this profound yet practical book will inspire, support, guide, and invigorate beginning seekers and advanced practitioners in every tradition, as well as those without a formal spiritual focus or path.

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THE THUNDER, PERFECT MIND

Voice of the Divine Feminine

An Innocent Rendering

Lee Lozowick

The Thunder, Perfect Mind is one of many texts known as The Nag Hammadi Library, discovered in Egypt in 1945. This contemporary rendering by American spiritual teacher Lee Lozowick (1943-2010) reflects one individual's heartfelt cry in response to the call of the divine feminine. He does what all seekers of truth are enjoined to do; that is, make the perennial wisdom one's own.

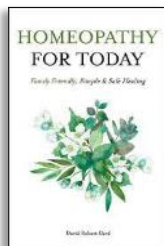
Today's readers, searching for a ground on which to stand in catastrophic times, will find the text both empowering and humbling, challenging and view changing.

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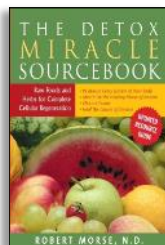
David R. Card

Since most folks don't have access to a trained homeopathic practitioner this book fills the need for an easy-access book, free of jargon, that could be your "go to" for dozens of conditions.

Homeopathy For Today is current and full of common-sense lists to assist any newbie in this field. Seasoned practitioners will recognize Card's grounded understanding, coupled with his intuitive sensitivity gained from decades of experience.

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**THE DETOX
MIRACLE
SOURCEBOOK**

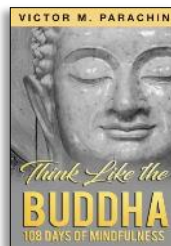
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Robert Morse N.D.

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BUDDHA**

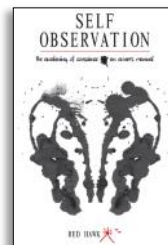
108 Days of Mindfulness

Victor M. Parachin

Unlike many books that "tell" about the subject, these 108 short readings "show" the reader with teaching stories how to put mindfulness into daily life. These foundational teachings of the Buddha alert us to the present moment.

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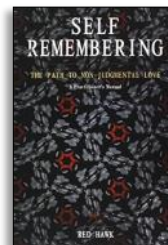


**SELF
OBSERVATION**

*The Awakening of
Conscience: An
Owner's Manual*

Red Hawk

This book is an in-depth examination of the much-needed process of "self" study known as self-observation. We live in an age where the "attention function" of the brain has been badly damaged by TV and computers—up to 90% of the public under age 35 suffers from attention-deficit disorder! This book offers the most direct, non-pharmaceutical means of healing attention dysfunction.



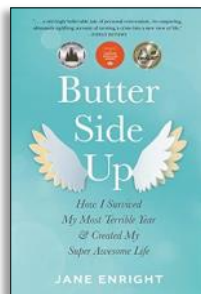
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REMEMBERING**

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**BUTTER
SIDE UP**
*How I Survived My
Most Terrible Year
& Created My Super
Awesome Life*

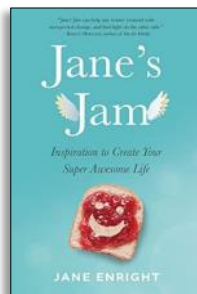
Jane Enright

Inspiring and authentic, multi-award winning *Butter Side Up* is food for your soul! Brimming with humor, relatable experiences about overcoming incredible odds, and actionable advice, it motivates and encourages readers to create happiness and joy from unexpected change via acceptance, developing a positive mindset, purposeful living, mindfulness, and gratitude. A powerful yet easy read that uplifts the reader to use change to their advantage to create a joyful, purposeful life.

2021 Eric Hoffer Award Finalist
2022 Living Now Silver Award
2022 Canadian Book Club Award
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JANES JAM
*Inspiration To Create
Your Super Awesome
Life*

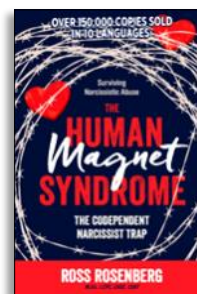
Jane Enright

A **2023 Eric Hoffer Grand Prize** finalist, *Jane's Jam* leads readers through a fresh, thought-provoking, playbook approach to creating new beginnings after seeming endings--finding good while handling the unexpected. Packed with uplifting, practical strategies for overcoming obstacles and increasing outside-in thinking, mindfulness, and gratitude, Jane's Jam can help you respond more positively to unwanted change, thrive in the midst of it, and inspire choices that create happiness and the super awesome life you deserve!

**Shortlisted for the 2023 International
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**THE HUMAN
MAGNET
SYNDROME**
*The Codependent
Narcissist Trap*

Ross Rosenberg

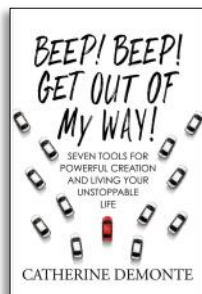
Magnetic-like attraction, or “chemistry,” brings codependents and narcissists together in an enchanting fantasy that can never be sustained. Rosenberg’s work on relationships, codependency and narcissism is a necessary road map for receiving healthy love—both from others and ourselves. Since its original publication, *The Human Magnet Syndrome* has sold over **150,000 copies** while being published in **12 languages**. This book is an invaluable and much-heralded breakout book for laypeople and mental health professionals.

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MOTIVATIONAL/WEEL BEING

CODEPENDENCY



BEEP! BEEP! GET OUT OF THE WAY!

*Seven Tools for
Powerful Creation
and Living Your
Unstoppable Life*

Catherine DeMonte

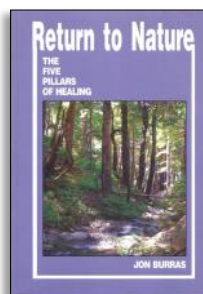
Beep! Beep! Get Out of My Way is based on the seven transformative tools from Abundance Circle groups created by psychotherapist Catherine DeMonte where participants manifested their long-held dreams. This process shifted them into manifesting mavens.

This easy-to-read and engaging book shares the inspiring stories of those participants and how they manifested what their heart deeply desired but had been elusive for many years, even when the odds seemed impossible. Learn how they did it and practice easy, enjoyable exercises and tools to manifest your own dreams.

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HOW-TO/SELF-IMPROVEMENT



RETURN TO NATURE

*The Five Pillars
of Healing*

Jon Burras

Return to Nature provides the reader with a profound new model with which to reclaim their lost body and mind. It is a road map to vibrant health and recovery from many modern ailments. This new and profound healing system is based on the laws of nature and five pillars.

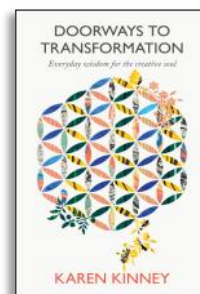
The Five Pillars of Healing:

1. Recovery of your Mind.
2. Recovery of your Breath.
3. Recovery through Bodywork.
4. Expansive Movement.
5. Natural Recovery from Addictions.

*Healing is not only possible
but it is natural.*

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DOORWAYS TO TRANSFORMATION

*Everyday Wisdom
for the Creative Soul*

Karen Kinney

In *Doorways to Transformation*, Karen Kinney offers a treasure trove of wisdom to bolster your creativity and your larger life. Drawing from her experience as a professional artist, writer, and practitioner of contemplative spirituality, she leads you on a liberating journey of greater self-awareness and expansion.

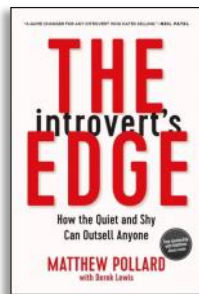
Interspersing insights gleaned from living cross-culturally in Mexico, Kinney shares reflections on the creative process, abundance, stepping into your power, navigating fear, and embracing the unknown.

**2023 Nautilus Gold Award
2023 Eric Hoffer Grand Prize**

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HOW-TO/MOTIVATION



THE INTROVERT'S EDGE

How The Quiet and Shy Can Outsell Anyone

Matthew Pollard

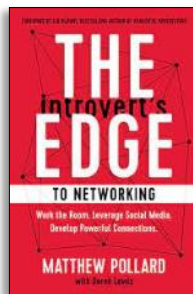
Matthew Pollard is an introvert who started out as an awkward, disabled and disfigured teen who later became the founder of five multi-million-dollar companies. He found an authentic and sincere recipe for success. *The Introvert's Edge* will teach you how he learned to leverage his own strengths and find natural confidence. The introverted salesperson is no longer an oxymoron—it's a recipe for success!

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SALES/PSYCHOLOGY



THE INTROVERT'S EDGE TO NETWORKING

Work the Room. Leverage Social Media. Develop Powerful Connections

Matthew Pollard

This is the sequel to Pollard's international bestseller *The Introvert's Edge*. This book equips you with an actionable blueprint for working the room and more.

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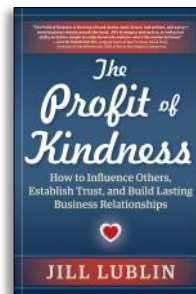
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SALES/PSYCHOLOGY



THE PROFIT OF KINDNESS

How to Influence Others, Establish Trust, and Build Lasting Business Relationships

Jill Lublin

When kindness becomes your primary goal, everything changes: how you look at life, what you get from it, and how others interact with and relate to you. *The Profit of Kindness* will help you master the art of building trusting, long-lasting relationships through open, non-adversarial interchanges that result in mutually beneficial outcomes. Each chapter provides specific examples for improving skills such as communication, building integrity, teamwork, influencing others, and more.

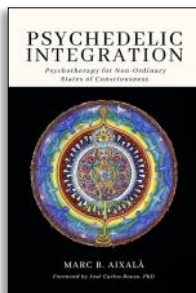
Jill Lublin is an international speaker and the author of four best-selling books.

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BUSINESS/PSYCHOLOGY

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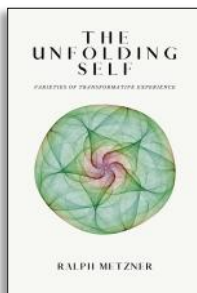
Psychotherapy for Non-Ordinary States of Consciousness

Marc Aixelà

A trailblazing guidebook for anyone interested in psychedelic-assisted therapy. Psychologist and psychotherapist Marc B. Aixelà traces the evolution of psychedelic-assisted therapy and integration research from the 1960s to the present moment, explains therapeutic techniques, and outlines a clinician's real-world observations on the deep work of healing. *Originally in Spanish*

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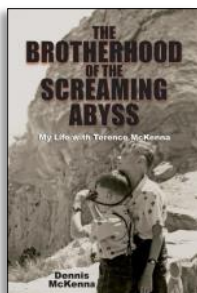
THE UNFOLDING SELF

Varieties of Transformative Experience

Ralph Metzner

Ralph Metzner, PhD,
unveils common dynamics and archetypes of the transformative experience.

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BROTHERHOOD OF THE SCREAMING ABYSS

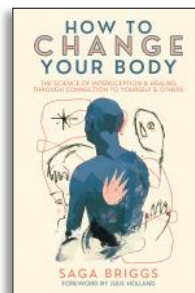
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Dennis McKenna

An autobiographical account of renowned ethnobotanist Dennis McKenna and his relationship with his brother, their experiences with psychedelics, philosophy, and scientific innovation.

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HOW TO CHANGE YOUR BODY

The Science of Interoception and Healing Through Connection to Yourself & Others

Saga Briggs

Drawing from the latest research on interoception—which examines how our sense of self arises from subjective appraisal of bodily signals and how those appraisal habits develop in childhood—the book argues for a reframing of depression, anxiety, PTSD, and other “mental health” issues as social-emotional illnesses rooted in the body.

Saga Briggs harnesses psychedelic science to show how interoception can be altered by psychoactive substances, providing an additional framework for understanding their therapeutic benefits.

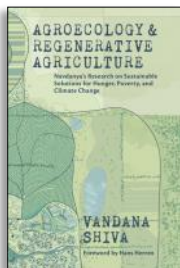
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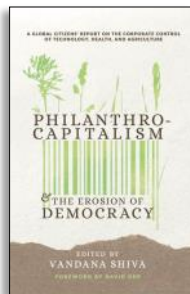
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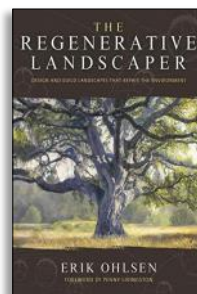
A Global Citizen's Report on the Corporate Control of Technology, Health, and Agriculture

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Erik Ohlsen

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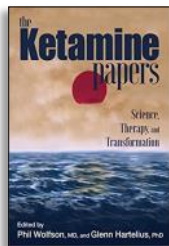
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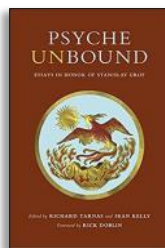
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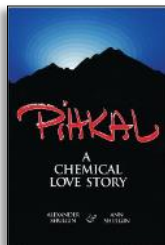
MEDICINE/PSYCHOTHERAPY



PSYCHE UNBOUND

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Essays that honor the path-forging lifework of Stanislav Grof, M.D., Ph.D., the world's leading researcher in psychedelic-assisted therapy, breathwork, and the exploration of non-ordinary states. **FOREIGN RIGHTS:** *World Pgs. 430*



PIHKAL

A Chemical Love Story
 Alexander "Sasha" and Ann Shulgin

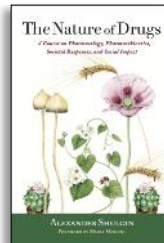
The tale of a psychopharmacologist and his wife/research partner, and their decades devoted to the creation and investigation of psychedelic drugs as tools for the study of the human mind. **140,646 copies sold!**

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THE NATURE OF DRUGS

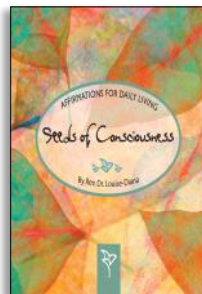
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Alexander Shulgin

The Nature of Drugs is the story of humanity's relationship with psychoactive substances from the perspective of a master psychopharmacologist. Derived from a lecture series by "Sasha" Shulgin at SFSU on the origins of drugs, how they work, how they are processed in the body, and how they affect our society.

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HISTORY/PSYCHEDELICS



SEEDS OF CONSCIOUSNESS

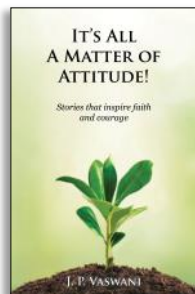
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Rev. Dr. Louise-Diana

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Rev. Dr. Louise-Diana is a respected authority in the field of personal effectiveness, a yoga and clinical therapist, ordained minister, life coach and the CEO of Inner Fitness.

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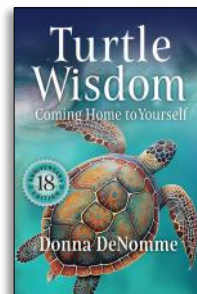
IT'S ALL A MATTER OF ATTITUDE!

J.P. Vaswani

Do you find things getting out of control? Do you feel that it is too much for you to handle? This mantra will help: "Change your Attitude: Change your Life!" The heart-warming stories in this book will give you an extra dose of motivation. Fear, worry, anxiety, depression and negative emotions can be swept away when you approach life with the right *attitude*.

Dada J.P. Vaswani (1918-2018) was a universally acclaimed humanitarian, philosopher, educator, acclaimed writer, powerful orator and non-sectarian spiritual leader helping readers learn the principles to live a good life.

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TURTLE WISDOM

Coming Home to Yourself

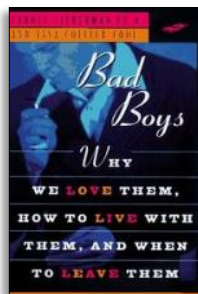
New Edition

Donna DeNomme

Turtle Wisdom: Coming Home to Yourself will uplift you on a bad day, remind you of your worth in moments of doubt, and give you a boost no matter what. Whimsically illustrated, this endearing keepsake is filled with comfort, encouragement, inspiration, and strategies for empowered living. It will help you build a dependable, resilient core of unshakable confidence and well-being.

Donna DeNomme is an award-winning author, teacher, healer and master success coach. Her titles have been translated into seven languages spreading her encouraging message of comfort and inspiration like a warm embrace around the globe.

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BAD BOYS

Why We Love Them, How to Live with Them and When to Leave Them

Carole Liberman, MD

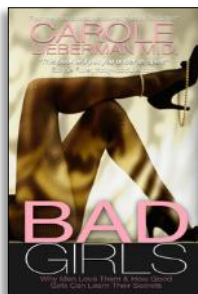
This perennial classic was a bestseller when Penguin/Dutton first published it in 1997 (hardcover) and 1998 (trade paperback). Since some are still attracted to—and getting their hearts broken by—bad boys, they are still eager to discover why and how to find true love. The book profiles 12 types of Bad Boys—including the Fixer-Upper Lover, Self-Absorbed Seducer, and Commitment-Phobe—and helps folks turn their frog into a prince!

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RELATIONSHIPS/SELF-HELP



BAD GIRLS

Why Men Love Them & How Good Girls Can Learn Their Secrets

Carole Liberman, MD

This multi-award-winner, published in 2010 as a trade paperback, received lots of media attention. The book profiles 12 types of bad girls—including the Gold-Digger, Sex Siren, Husband Hunter/Trapper, and Ball-Buster. It helps good girls even the playing field, so they don't sit on the shelf while men pursue bad girls, and helps men see the red flags, so they're not exploited by bad girls and left brokenhearted.

MULTI-AWARD WINNER

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RELATIONSHIPS/SELF-HELP



HOW TO GET YOUR MAN TO WEAR THE PANTS

So You Don't Have To

Elliot Katz

This title shares strategies on how a woman can inspire a man to make more decisions and take the lead more at home and not leave all this emotional labor on her. Apply this book's strategies to motivate him to become a man who makes a woman feel safe and protected. Women who read Katz's earlier book, *Being the Strong Man A Woman Wants* (which was translated into 24 languages), asked how they could get a man to take charge more. This new book is the response.

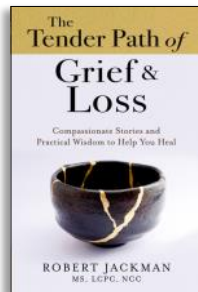
Elliot Katz is the author of nine nonfiction books.

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Robert Jackman is a Board-certified psychotherapist and Reiki master who has helped many people and couples on their healing path for more than twenty years. He has taught master classes on the topics of codependency, boundary setting, couples communication, inner child, mindfulness and the role of spirituality in healing.



NEW RELEASE

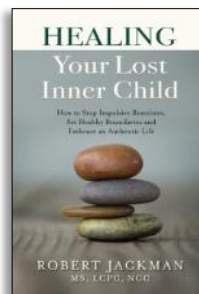
THE TENDER PATH OF GRIEF & LOSS

Sometimes the pain of loss feels like molten lava in our hearts. If you're seeking expert guidance on healing the kind of loss you feel

deep inside, this book is for you. Know your heart is expanding to hold the lessons grief is teaching you. With gentle compassion, Robert Jackman invites you to acknowledge and honor your grief instead of pushing it away.

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HEALING YOUR LOST INNER CHILD

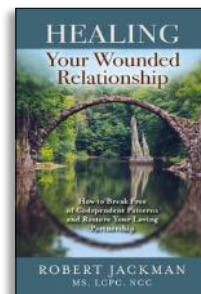
How to Stop Impulsive Reactions, Set Healthy Boundaries and Embrace an Authentic Life

Most people don't realize how much unresolved emotional pain they carry around. These patterns often stem from their lost inner child, which carries a false narrative that has been on repeat since childhood. Jackman takes you on a personal journey to explore unresolved wounds. This easy-to-read book will encourage you to learn how to stop giving in to your wounded inner child's emotional pain frozen inside a snow globe within.

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HEALING YOUR WOUNDED RELATIONSHIP

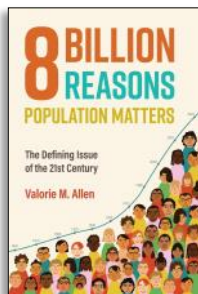
How to Break Free of Codependent Patterns and Restore Your Loving Partnership

People often wonder what they're doing wrong and why they keep making bad relationship choices. This book identifies overlooked red flags and how inner child wounding keeps showing up, attracting another codependent to play out this wounded dance. Practical and accessible, each chapter brings the reader closer to awareness with intentional communication techniques to create functional relationships. This book is packed with stories and examples helping the reader understand how their relationship life got off track.

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8 BILLION REASONS POPULATION MATTERS

The Defining Issue of the 21st Century

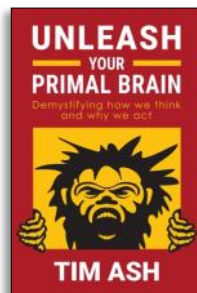
Valorie M. Allen

The world is about to hit a population level of EIGHT BILLION people on one small planet. Through Allen's analysis of the situation, the realization sets in that the fights by environmental and world aid groups are all for naught as every gain is soon overwhelmed by the pressures of more growth. Our planet's greatest threat is of too many people depleting the Earth's resources and contributing to climate change. Allen offers a thorough analysis of our environmental, social, political, and economic crises; then offers a treasure trove of solutions and success stories that we can all take to heart.

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UNLEASH YOUR PRIMAL BRAIN

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Tim Ash

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Tim Ash is an authority on digital marketing and evolutionary psychology. His first book sold over **50,000 copies** and is translated into six languages.

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A Memoir

Judy Mandel

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MEMOIR/ADDICTION

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Tricia McCannon

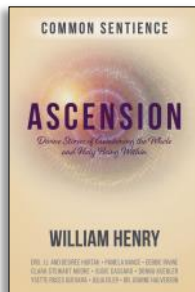
Internationally published author of five acclaimed books on angels Tricia McCannon shares her

vast knowledge of the angelic realm as she and others share true mystical stories and personal encounters with angels.

Learn to welcome the angels into your life and know they are there. We live in a light-filled universe and anything is possible.

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William Henry

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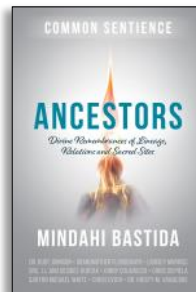
Ascension scholar and researcher of esoteric traditions William Henry shows us that this is not an ancient activity that happens after death.

Learn practices to deepen your own ascension experience and awaken the whole and holy being in you as William Henry and selected storytellers share their inspiring experiences.

William Henry is author, investigative mythologist, TV presenter and more. He is an internationally recognized authority on human spiritual potential, transformation and ascension.

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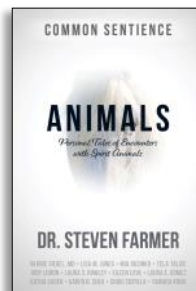
Divine Remembrances of Lineage, Relations, and Sacred Sites

Mindahi Bastida

Otomi-Toltec spiritual leader Mindahi Bastida, and his selected storytellers help us learn of

the ancestral legacy we each inherit and our connection to the motherlands.

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Dr. Steven Farmer

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Steven Farmer is a licensed psychotherapist, shamanic practitioner and author of several best-sellers.

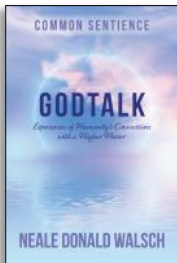
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*Experiences with
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with a Higher Power*

Neale Donald Walsch

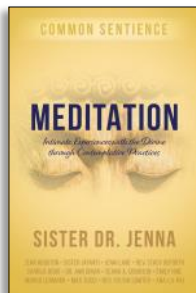
Experience the wit and wisdom of Neale Donald Walsch, *NY Times* best-

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This book helps you tune into God talking to YOU!

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MEDITATION

*Intimate Experiences
with the Divine through
Contemplative
Practices*

Sister Dr. Jenna

Brahma Kumari and spiritual mentor Sister Dr. Jenna expands the

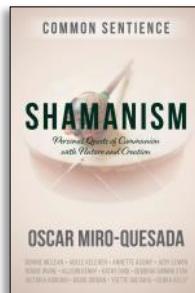
concept of meditation to the highest level —from simple relaxation to ecstatic union with Source.

Dr. Jenna and sacred storytellers share their personal stories about meditation as a gateway to the mystical and assist you too in understanding the precious value of quieting and listening inward.

Sister Dr. Jenna is the host of the popular *America Meditating Radio Show*, served as a partner on the Oprah Winfrey Network, is director of the Brahma Kumari meditation museums worldwide and founder of the Meditation Museum in Washington, DC.

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SOUND

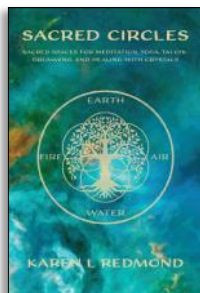
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SACRED CIRCLES

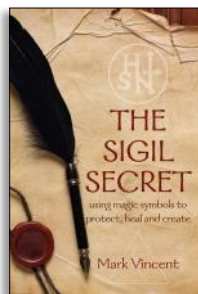
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Karen L. Redmond

Sacred Circles teaches you how to create sacred space using crystal energy for spiritual healing and awakening. It draws upon the layout and philosophy of the Native American medicine wheel, which is a sacred circle that symbolizes unity throughout all of creation.

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THE SIGIL SECRET

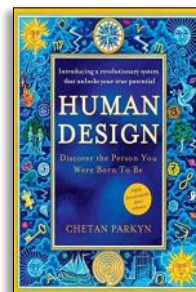
Using Magic Symbols to Protect, Heal and Create

Mark Vincent

Sigils have been used to magically protect, heal, and create since the dawn of humanity. The art of making these magical symbols was almost lost...but this book breathes new life into this ancient spiritual craft. Sigil expert and clinical hypnotherapist Mark Vincent draws on his extensive knowledge of neuroscience, psychology, and therapeutic approaches combining them in this book with his personal experiences in the world of magic.

Visit www.palaysia.com/sigilsecret for a free meditation and talk to help you better understand sigil magic and find your clear intent for making your own sigils.

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HUMAN DESIGN

Discover the Person You Were Born to Be

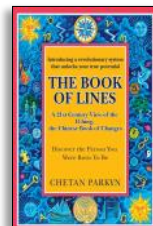
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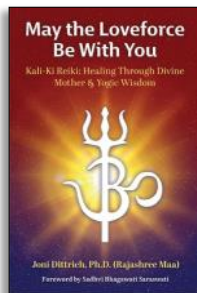
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Joni Dittrich, PhD
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HEALING



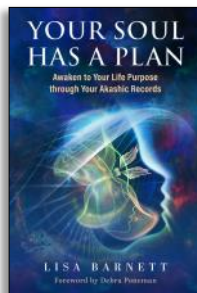
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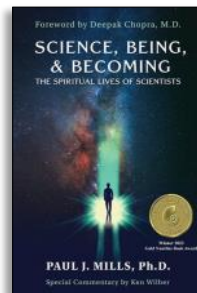
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Lisa Barnett

Each chapter shares wisdom from the Akashic Record Keepers, an exercise for reflection and healing prayers to help you on your life journey.

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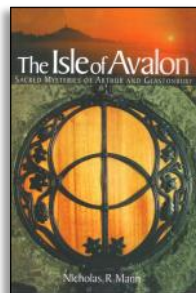
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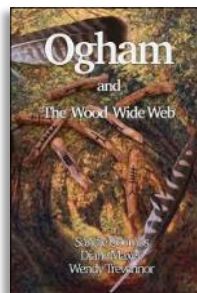
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Avalon is a site of great power, revered since ancient times as an entrance to and exit from the Otherworld. Mann's book provides a coherent context in which to understand Avalon's many mysteries.

Nicholas Mann has a degree in history and anthropology. He is the author of ten books. This is a compilation of his research and experience.

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OGHAM AND THE WOOD WIDE WEB

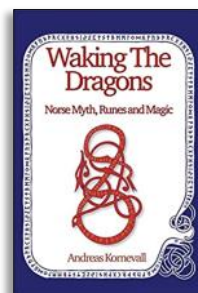
Sande Coombs
Diane Maxey
Wendy Trevennor

Trees have inspired a very special magical alphabet and divinatory system, Ogham. This beautiful and mysterious writing system is very much a part of the world of the Celts. Its association with the God Ogham points to its importance to the Celtic priesthood known as the Druids and their nature wisdom, their ancient and magical relationship to trees and sacred groves.

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Andreas Kornevall

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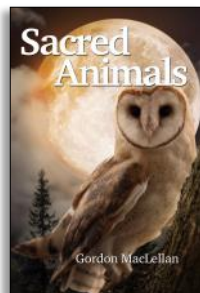
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Across the world, sacred sites are linked together by mysterious alignments on the landscape. In the British Isles these links have come to be known as ley lines. This is the classic, comprehensive guide to the subject.

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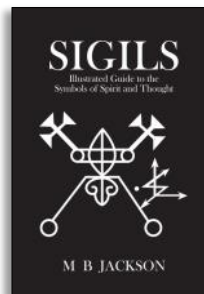
Gordon MacLellan

Here is a manual for exploring your connections with the animal world. Find out how to appreciate the courage of mice and the excitement of bumblebees, the elegance of beetles and the subtlety of foxes. From finding your own stillness to writing your own invocations or simply sitting to watch the world unfold its life around you, this is an invitation for you to enter a world of wonder and delight.

Draw on ancient knowledge, surviving traditions, memories of other customs and simple imagination to journey into contact and friendship with the animal world.

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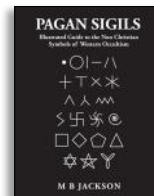
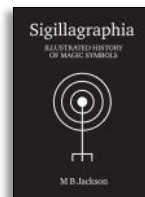
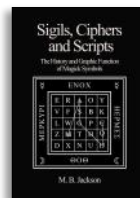


SIGILS

Illustrated Guide to the Symbols of Spirit and Thought

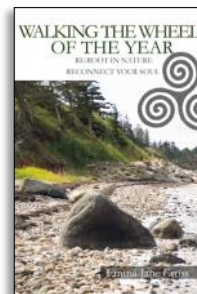
M B Jackson

Sigils are symbolic icons designed for a specific magical purpose. In modern times, Chaos magicians employ Sigils as Monograms of Thought, psychological symbols of intent and desire, created by the conjuror in their personal quest of mystical exploration. Fully illustrated guides to these magic symbols accompany full explanations from down through the millenia.



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WALKING THE WHEEL OF THE YEAR

*Re:Root in Nature
Reconnect Your Soul*

Emma-Jane Cross

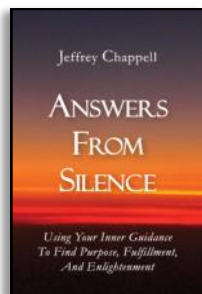
In *Walking the Wheel of the Year* holistic life coach, spiritual guide and pagan priestess Emma-Jane Cross supports you to create your own spiritual and personal growth path using nature's seasonal rhythm as the catalyst for personal and spiritual growth.

An inspirational tool to start living a lifestyle connected to nature's rhythm, this book can be used as a year-long workbook to carry out various seasonal activities, journeys and ceremonies throughout the year.

Emma-Jane Cross supports people to use the macrocosm of nature to reflect the microcosm of their personal growth.

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ANSWERS FROM SILENCE

*Using Your Inner
Guidance to Find
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and Enlightenment*

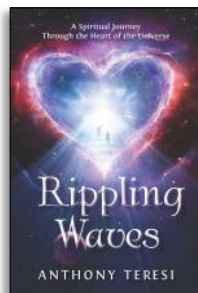
Jeffrey Chappell

Answers From Silence contains brief, no-nonsense insights and how-to information for communicating with your Enlightened Self. Chappell delivers question-and-answer dialogues from a cosmic viewpoint on metaphysics and spirituality as well as down-to-earth topics such as career, relationships, and personal growth.

Jeffrey Chappell, a professional concert pianist and 30-year student of meditation, delivers fresh insights on problems of living in the 21st century and finding higher consciousness in everyday life.

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MEDITATION / SELF-HELP



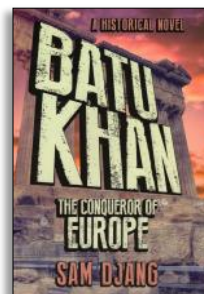
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Anthony Teresi

Have you ever felt there is more to life than what we see and experience? Our world is seeking answers to the eternal questions of existence. In *Rippling Waves*, renowned psychic visionary Anthony Teresi takes us on an exciting spiritual adventure through the heart of the Universe. Beginning with the early stages of transformation consciousness, we explore great mysteries and travel through multidimensions, first reaching personal, then planetary, oneness.

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BATU KHAN

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Author and poet Sam Djang is a historian specialized in Genghis Khan and his Mongol Empire.

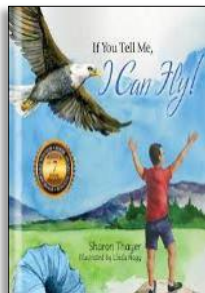
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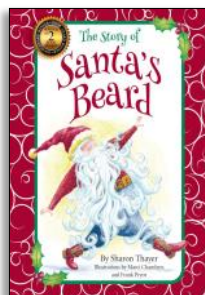
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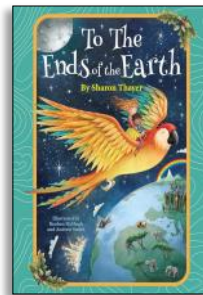
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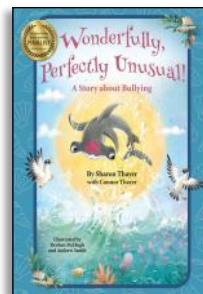
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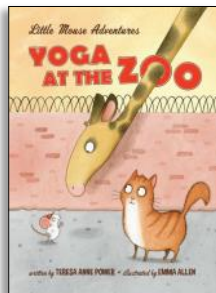
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TERESA ANNE POWER *LITTLE MOUSE ADVENTURES*

Teresa Anne Power is an internationally recognized educator, keynote speaker, yoga advocate and bestselling author of the award-winning series, *Little Mouse Adventures* and *The ABCs of Yoga for Kids*.



YOGA AT THE ZOO

Come along with curious, lovable Little Mouse and his best friend, Mr. Opus, the wise tabby cat, as they go to the zoo for the first time and meet new animal friends in

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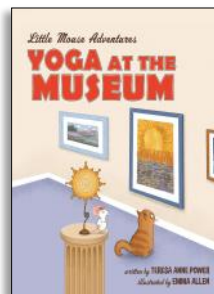
MINDFULNESS AT THE PARK

Little Mouse and his family live in a cozy burrow nestled in Tammy McDoodle's backyard. Tammy and her mother love to practice yoga and mindfulness together, and Little Mouse loves to follow along! Blending humor and fun, *Mindfulness at the Park* gently imparts ways to navigate the excitement and uncertainty of new experiences.

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YOGA AT THE MUSEUM

Curious Little Mouse is back to help children use yoga to solve problems and manage emotions in *Yoga at the Museum*. Little Mouse loves to doodle and day-dream, which often gets in the way of his schoolwork. When he and Mr. Opus get the opportunity to tag along on a trip to the museum, they leap at the chance! During their museum adventure, Little Mouse learns about famous artwork plus simple yoga poses related to the paintings.

For more Yoga and Mindfulness Books for Kids visit:

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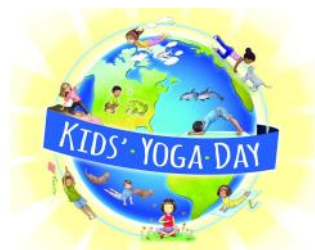
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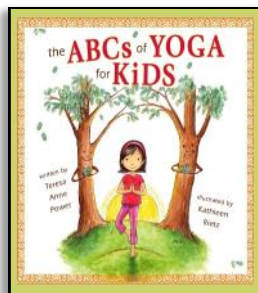
TERESA ANNE POWER'S ABC's OF YOGA FOR KIDS SERIES

Teresa Anne Power is an internationally recognized educator, keynote speaker and bestselling author of the award-winning series, *Little Mouse Adventures* and *The ABCs of Yoga for Kids* which has been translated into five languages.

Teresa Anne Power is also the founder of **International Kids' Yoga Day** now in its 9th year with over 45 countries participating. Teresa's mission is to share strategies and tips to help children, parents and educators enrich their lives and manage stress. It's not too early to start planning for **Kids' Yoga Day April 5, 2024**.



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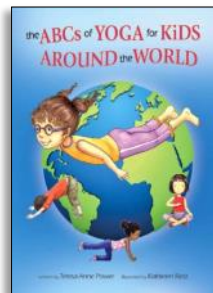
THE ABCs OF YOGA FOR KIDS

Children are faced with over-stimulation in today's fast-paced society. Practicing simple yoga postures is the ideal way for kids to both unwind naturally and do physical activity. Using the alphabet, rhyming vignettes and colorful illustrations, each page promotes poses for flexibility and coordination, while encouraging children to incorporate healthy activity into their daily lives.

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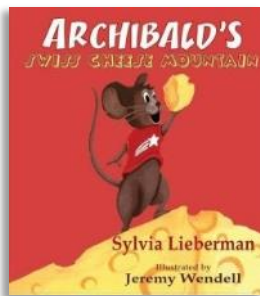


THE ABCs OF YOGA FOR KIDS AROUND THE WORLD

The ABCs of Yoga for Kids Around the World, written by International Kids' Yoga Day founder and 30+ year practitioner Teresa Power, is a beautifully illustrated hardcover book that takes readers on a fun-filled tour of 32 countries, sharing kid-friendly facts about each, as well as teaching simple yoga poses suitable for children of all ages and athletic abilities. Additionally it introduces children to the alphabet and how to say 'hello' in the language of each country represented.

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ARCHIBALD'S SWISS CHEESE MOUNTAIN

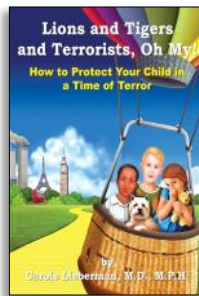
Sylvia
Lieberman

This multi-award-winning classic not only entertains kids with its captivating story and illustrations but provides a moral: Never give up pursuing your dreams! Archibald is a little mouse with a big heart who helps kids reach their big dreams by showing them how it's done. Leaving his mouse hole for the first time, Archibald discovers a Swiss cheese mountain that he's determined to conquer and cleverly overcomes obstacles until he reaches his dream.

MULTI-AWARD WINNER

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AGE RANGE 3–11



LIONS AND TIGERS AND TERRORISTS, OH MY!

*How to Protect Your
Child in a Time of
Terror*

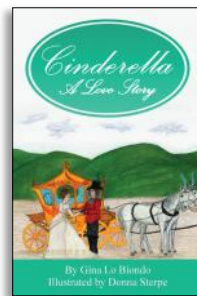
Carole Lieberman,
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The first and only book about terrorism for kids (and their parents, teachers and psychologists). The first half of the book provides grown-ups with the tools they need to talk to kids about terrorism and build their resilience. The second half is a picture book that gives kids a gentle introduction to terrorism, helps them understand their feelings and empowers them to meet 21st century challenges.

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PARENTING/CHILDREN



CINDERELLA

A Love Story

Gina LoBiondo

This is a fanciful and absorbing rewrite of the classic fairy tale, told here in a fascinating new version, set circa mid-16th century. Younger readers will love the borrowed magic that enables Ella to attend the ball, while older readers—including adults—will connect with the inseparable bond between mother and child, a bond that transcends time and space and even death itself.

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