This Is Your Destiny

Using Astrology To Manifest Your Best Life

Aliza Kelly

Just as You Are a Badass invigorated readers with a life-coaching perspective, This Is Your Destiny will do the same for star-seekers, with cosmic wisdom delivered in a modern, playful voice.

We all know what astrology is—but what does astrology actually do? Why is it so effective, and how can it be used as a tool for manifestation?

These are the questions Aliza Kelly answers in This Is Your Destiny. As a rising star in contemporary spirituality, Aliza shares the wisdom of her extensive private practice, synthesizing thousands of one-on-one client sessions, intimate stories from her personal journey, and esoteric mystical knowledge to inspire readers through hands-on exercises, radical techniques, and groundbreaking insight. Elevating astrology from horoscopes to self-actualization, This Is Your Destiny goes beyond the zodiac, illuminating the universe within.

PRAISE

"Aliza Kelly is an incredibly comprehensive astrologer. Through this book, she has created something that is not only exploratory and introspective, but also useful, generative, and proactive. I will recommend it to anyone who wants to get their shit together." --Courtney Perkins, astrologer

"Aliza Kelly has masterfully captured the mystery and wonder of astrology as a tool for manifestation, and made it practical for your everyday life." —Jerico Mandybur, author of Neo Tarot: A Fresh Approach to Self-Care, Healing & Empowerment and Daily Oracle: Seek Answers from Your Higher Self

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Referred to as a "rising star" in modern spirituality, ALIZA KELLY has been featured in The New York Times, The New Yorker, and Vogue, and on The Cut, among many others. Along with Will Arnett, she was the producer and consulting astrologer behind the top-rated show Your Daily Horoscope. She’s appeared on the The Drew Barrymore Show, E! Close Up, and The Today Show, and is the resident astrologer of Cosmopolitan. She lives in New York City.
Awakening to the Fifth Dimension
Discovering the Soul's Path to Healing

Kimberly Meredith

Elevate your consciousness and heal your life

In *Awakening the Fifth Dimension* author Kimberly Meredith offers something truly revolutionary—a new dimension of healing. Kimberly Meredith discovered her healing gifts after a near death experience left her forever altered. She is now one of the most in-demand medical intuitive healers in the nation, travelling the country to speak at events, give workshops, and offer healing to those who so desperately need it.

*Awakening the Fifth Dimension* is the first time Kimberly will be sharing her gift with a wider audience, giving readers the tools to implement this healing in their own lives. Whether they are wrestling with chronic illness, seemingly untreatable symptoms, or other mental, emotional, or physical ailments, Kimberly’s gentle wisdom offers a way forward towards happiness and freedom. Filled with instruction, case studies, testimonials, and practical methods *Awakening the Fifth Dimension* will empower readers to confront their own health struggles and find true, lasting healing.

PRAISE

“Kimberly Meredith does an outstanding job of taking readers through a journey of medical healing and personal growth. This book is destined to become a spiritual classic!”
—Thomas John, Psychic Medium, host of The Thomas John Experience, and author of Never Argue with a Dead Person: True and Unbelievable Stories from the Other Side

“Kimberly Meredith is an extraordinary healer, and this is an extraordinary book. You will learn the dynamics of fifth dimensional healing and many techniques you can use immediately to strengthen your immune system and live a healthy, vibrant life.”

Kimberly Meredith’s healing abilities have been tested by the famed IONS, Institute of Noetic Sciences the research organization founded by astronaut Edgar Mitchell as well as by many other scientific organizations. Her abilities have exceeded those of other medical mediums tested. Through her healing mediumship and code-blinking eyes, Kimberly has helped thousands of people from around the world. In *Awakening to the Fifth Dimension*, Kimberly provides teachings, healing secrets, nutritional...
Everything is Spiritual
Finding Your Way in a Turbulent World

Rob Bell

In his profound and personal book, *New York Times* bestselling author Rob Bell explores the questions and connections that have shaped his life to provide insight into understanding your purpose.

Our home is a universe of endless dynamic connections that never stop inviting us to participate in the great mysterious love at the heart of it all.

EVERYTHING IS SPIRITUAL is a brief history of how these ideas about creation, love, and connection shaped the author—and can shape every one of us. In this book, Rob Bell explores the concept that what people really want, more than anything, is to understand their purpose here—so much so that it gives them an abiding sense of awe and wonder. And when you embrace where and who you come from and your wounds and pains and regrets, you will discover that there’s an invitation lurking there in the mess of life: an invitation to expand just like the universe has been doing for 13 billions years.

There is a space beyond all the parts and divisions and differences and polarization where you see that it’s all one connected whole and it’s all rigged in favor of your growth, expansion, and joy.

**PRAISE**

"Former evangelical Christian pastor Bell persuasively preaches a gospel of embracing one’s story in this enjoyable mix of memoir and sermon." — *Publishers Weekly*

"Bell looks at the world, at the universe, with both childlike wonder and insatiable curiosity. A lovely, poetic meditation on what brings us together." — *Booklist*

"Everything Is Spiritual is a bracing and stirring manifesto for a fresh contemporary vision of an ancient faith." — MICHAEL ERIC DYSON, *New York Times* bestselling author of TEARS WE CANNOT STOP

"[Bell's] work is a sacred gift to a troubled world." — ELIZABETH GILBERT, *New York Times* bestselling author of BIG MAGIC and CIT...

Rob Bell is the *New York Times* Bestselling author of ten books, including *Velvet Elvis, Drops Like Stars, and Love Wins*, which have been translated into 25 languages. His podcast, called RobCast, was named by iTunes Best of 2015. He's toured with Oprah, been profiled in *The New Yorker*, and in 2011 *Time* Magazine named him one of the 100 Most Influential People in the World. He does regular shows at Largo, in Los Angeles, where he lives with his wife Kristen and their three kids.
The Enneagram at Work
Unlocking the Power of Type to Lead and Succeed

Jim McPartlin with Anna Akbari, PhD

Use the power of the Enneagram to become a more effective, capable leader in every situation

The Enneagram at Work is the first book to harness the insight of the Enneagram to transform leadership in today’s workplace. A veteran of the high-profile hospitality industry with two decades of experience working with the Enneagram, author Jim McPartlin has seen firsthand the way self-awareness can radically transform leadership, strengthen teams, and spark creative solutions. From giving and accepting criticism to fostering strong mentorships and managing conflict, The Enneagram at Work will give you invaluable tools for growing and thriving in your career.

For the longtime Enneagram fan or those who are just learning to identify their type, The Enneagram at Work helps readers explore the full breadth of their type, becoming aware of their blindspots in the workplace and leaning into their strengths more fully. Each chapter includes actionable exercises and practices so that readers can move from learning to doing and apply their insights in the real world.

Jim McPartlin is a renowned hospitality consultant with over three decades of leadership experience across the luxury hotel industry. Formerly the Vice President of Leadership Development at Forbes Travel Guide, Jim is also a recognized authority on using the Enneagram as a means of understanding interpersonal workplace relationships. Over the past 20 years, Jim has taught hundreds of courses on the Enneagram and understanding emotional intelligence and has delivered keynote speeches and seminar...
Forgiveness

Osho

"Forgiveness simply means you accept the person as he is, you still love him the way he is." -- Osho

Forgiveness is the thirteenth title in the Osho bestselling Insights for a New Way of Living series.

The popular Insights for a New Way of Living challenges readers to examine and break free of the conditioned belief systems and the prejudices that limit their capacity to live life in all its richness. The books shine light on beliefs and attitudes that prevent individuals from being their true selves. The text is an artful mix of compassion and humor, and readers are encouraged to confront what they would most like to avoid, which in turn provides the key to true insight and power.

Osho is one of the most provocative and inspiring spiritual teachers of the twentieth century. Known for his revolutionary contribution to the science of inner transformation, the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country of the world. He is the author of many books, including Love, Freedom, Aloneness; The Book of Secrets; and Innocence, Knowledge, and Wonder.
Happiness

Creating a Source Within

Osho

"It is impossible to pursue happiness. One has to wait for it." -- Osho

Happiness is the twelfth title in the Osho bestselling Insights for a New Way of Living series, and the first new title in the series since 2017.

The popular Insights for a New Way of Living challenges readers to examine and break free of the conditioned belief systems and the prejudices that limit their capacity to live life in all its richness. The books shine light on beliefs and attitudes that prevent individuals from being their true selves. The text is an artful mix of compassion and humor, and readers are encouraged to confront what they would most like to avoid, which in turn provides the key to true insight and power.

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The Wisdom Principles

**A Handbook of Timeless Truths and Timely Wisdom**

Ervin Laszlo; Foreword by Deepak Chopra; Introduction by Neale Donald Walsch; Afterword by Gregg Braden

Unchanging truths and current guidance for today's tumultuous times

In *The Wisdom Principles*, Dr. Ervin Laszlo, authority in the fields of new science, consciousness, and spirituality, bridges the chasm between our understanding of science and the truths of spirituality, bringing an essential and timely message of wisdom to the world. Laszlo offers readers principles of empowerment that will guide the choices they make for years to come and allow them to move confidently towards a new future.

This book is the distillation of Laszlo’s sixty plus years spent delving into the mysteries of science and a lifetime of keen spiritual insight. The truths that are revealed in *The Wisdom Principles* are ancient in origin, but as we stand at a crossroads of civilization there has never been a greater need for them than today. Deepak Chopra, Neale Donald Walsch, and Gregg Braden lend their voices to Laszlo’s work, framing the book and underscoring the power of these world-changing principles.

**PRAISE**

"By opening this Handbook for our time, you open the door to your new identity, because across the threshold there is only the lightness of Being, and infinity in all directions."—Deepak Chopra

"One of the wisest among us has written a stellar book on wisdom. What is revealed is astonishing in its depth and relevance. This luminous work provides the missing piece to counter the missteps of our time and open the reader to serious reflection and potent action."—Jean Houston

"...if you have a genuine interest in the purpose of your life, and how to make life better for yourself, your loved ones, and all those whose lives you touch, you have put ..."

ERVIN LASZLO, twice nominated for the Nobel Peace Prize and Laureate of the Japan Peace Prize, the Goi Award, as well as of the Luxembourg Peace Prize, is editor of the international periodical *World Futures: The Journal of New Paradigm Research*, founder-president of the international think tank The Club of Budapest, and founder-president of The Laszlo Institute of New Paradigm Research. He is the author of over a hundred books translated into 24 languages. He lives in the Tuscan hills of Italy.
Surrounded by Setbacks

Turning Obstacles into Success (When Everything Goes to Hell)

Thomas Erikson

#1 Internationally Best-selling author, Thomas Erikson shows readers how to avoid obstacles and setbacks on the road to success

Thomas Erikson’s simple 4-color behavior system has changed the lives of millions of readers since Surrounded by Idiots became an international bestseller. Now, in Surrounded by Setbacks, he explores a universal problem: what to do when things go wrong. Too often it seems like our dreams and ambitions—whether it’s finally getting that corner office, lacing up your running shoes again, or building a flourishing relationship with your partner—are derailed by one roadblock or another. So how do we learn to take setbacks in stride and still achieve our goals?

In Surrounded by Setbacks, Erikson answers that question. Using simple, actionable steps, Erikson helps readers identify the “why” behind their goal, create a concrete plan towards achieving it, and—most importantly—avoid many of the most common pitfalls that derail us when we attempt something new. The 4-color DISC method helps readers reflect on how they respond to adversity, giving them the self-awareness to negotiate the inevitable obstacles of life with confidence.

PRAISE

Praise for Surrounded by Psychopaths:

“A guidebook for deflecting psychological manipulators. … Bluntly cautionary and applicable advice on the importance of vigilance.” —Kirkus

"This easy-to-read guide will calm fears by arming readers with practical tactics for thwarting a psychopath’s strategies. Adults in the workplace and at home would benefit from Erikson's advice on how to recognize and understand different behaviors, as well as how to recognize red flags in all types of relationships.”

—BOOKLIST

Praise for Surrounded by Idiots:

"A useful guide to communicating with the uncommunicable ... clearly, dynamically presented and easy to grasp.”—...

Thomas Erikson is a Swedish behavioral expert, active lecturer, and bestselling author. For more than twenty years he has been traveling all over Europe delivering lectures and seminars to executives and managers at a wide range of companies, including IKEA, Coca Cola, Microsoft, and Volvo.

Surrounded by Idiots has been a Swedish runaway bestseller since it was first published in 2014. It
Muhammad, the World-Changer
An Intimate Portrait
Mohamad Jebara

An accessible and fresh biography boldly arguing that Muhammad’s entrepreneurial mindset helped unleash the modern world

A six-year-old cries in his mother’s arms as she draws her last breaths to urge him: “Muhammad, be a world-changer!” The boy, suddenly orphaned in a tribal society that fears any change, must overcome enormous obstacles to unleash his own potential and inspire others to do the same.

Fusing details long known to Muslim scholars but inaccessible to popular audiences, Mohamad Jebara brings to life the gripping personal story of Islam’s founding prophet. From his dramatic birth to nearly being abducted into slavery to escaping assassination, Muhammad emerges as an unrelenting man on a mission. Surrounding the protagonist are dynamic women who nurture Muhammad; Jewish and Christian mentors who inspire him; and the enslaved individuals he helps liberate who propel his movement.

Jebara places Muhammad’s life in a broader historical context, vividly evoking the Meccan society he was born into and arguing that his innovative vision helped shape our modern world.

PRAISE

Advance praise for Muhammad the World-Changer:

“A religious icon long shrouded in both myth and stigma at last receives the biography he deserves. Jebara’s mastery of classical Arabic and Islamic scholarship enables him to reveal an authentic human narrative of Muhammad’s life.” —Captain Barbara Helms, first female Muslim Chaplain in the British Commonwealth

“Via Jebara’s soaring prose, readers join Muhammad on an epic life journey that transforms how they view the world.” —Rev. Father Andre Boyer, Former Superior of the Oblates of Mary Immaculate

“Brings this icon to life as never before.” —Prof. Stuart Chambers, University of Ottawa

Mohamad Jebara is a scholar of the Islamic arts with a focus on Semitic languages, including Classical Arabic and Biblical Hebrew. Following training in Morocco and Syria, Jebara served as Chief Imam at the Cordova Center in Canada and has lectured to diverse audiences around the world. A self-taught calligrapher, he currently serves as Educational Coordinator of The Algebra Society, a nonprofit promoting self-improvement inspired by principles of Islamic scholarship.
Surrounded by Psychopaths
How to Protect Yourself from Being Manipulated and Exploited in Business (and in Life)

Thomas Erikson

#1 internationally bestselling author Thomas Erikson shows readers how to identify and avoid the psychopaths around them.

Charming, charismatic, and delightful or manipulative, self-serving, and cunning? Psychopaths are both and that’s exactly what makes them dangerous. Bestselling author of the international phenomenon Surrounded by Idiots, Thomas Erikson reveals how to identify the psychopaths in your life and combat their efforts to control and manipulate.

Using the same simple four-color system of behavior classification that made Surrounded by Idiots so popular, Surrounded by Psychopaths teaches readers how to deal with psychopaths in their lives by becoming aware of their own behavior and their weaknesses. Vivid example stories illustrate ways that psychopaths can take advantage of various behavior types, helping readers identify their own weaknesses and be proactive about protecting themselves. Erikson outlines some of the most common forms of manipulation used by psychopaths—and others—to influence those around them. Since manipulation can often be a feature of ordinary, non-psychopathic relationships, the book also includes practical methods and techniques to help readers confront controlling people and rehabilitate negative relationships into mutually respectful ones.

By understanding your behavior as well as the tendencies and strategies of psychopaths, Surrounded by Psychopaths will teach you to protect yourself from manipulative influences in your workplace, social life, and family.

PRAISE
“A guidebook for deflecting psychological manipulators. … Bluntly cautionary and applicable advice on the importance of vigilance.” — Kirkus

"This easy-to-read guide will calm fears by arming readers with practical tactics for thwarting a psychopath’s strategies. Adults in the workplace and at home would benefit from Erikson's advice on how to recognize and understand different behaviors, as well as how to recognize red flags in all types of relationships.” — Booklist

Thomas Erikson is a Swedish behavioral expert, active lecturer, and bestselling author. For the more than fifteen years he has been traveling all over Europe delivering lectures and seminars to executives and managers at a wide range of companies, including IKEA, Coca Cola, Microsoft, Volvo, and KIA Motors. Surrounded by Idiots (Omgiven Av Idioter) has been a Swedish runaway bestseller since it was first published in 2014. It has sold over 2.5 million copies worldwide and has been translated int...
The First Christmas: A Novel

A Story of New Beginnings

Stephen Mitchell

“See the navitity story through new eyes

In *The First Christmas*, award-winning author Stephen Mitchell transforms the nativity story, breathing new life into a familiar tale. The narrative that is only sketched out in the Gospels becomes fully realized with nuanced characters and a setting that conveys the beautiful and complex culture of the time. Mitchell has suffused the birth of Christ with a sense of Zen wisdom and understanding that will delight and astonish readers.

Told from a variety of new perspectives—from the shepherds to the ox standing at the edge of the manger—Mitchell has taken a beloved story and created an unexpected delight. Rather than superimposing later Christian concepts onto the Annunciation and Nativity scenes, he imagines Mary and Joseph experiencing the angelic message as a young Jewish woman and man living in the year 4 BCE might have experienced it, with terror, dismay, and ultimately exhilaration. In this context, their acceptance becomes an act of great moral courage.

Woven between the chapters of the novel, Mitchell has included brief interludes, insightful pauses reflecting on the story in a new way that will change how readers think of the well-loved story. Readers of every background will be enchanted by this startlingly beautiful reimagining of the Christmas tale.

**PRAISE**

“I love *The First Christmas*. What a charming way Stephen Mitchell has found to tell my favorite story of all, the Nativity, character by character (I love the donkey and the ox), with wise and thrilling interludes about God, reality, truth.” —Anne Lamott

*The First Christmas* is a wonderful book, tender and rich with bursts of humor, filled with curious contrivances and surprises. Reading it felt like opening a brightly-wrapped Christmas present and finding a second box (also brightly wrapped) inside, and inside *that* box a third, and then another, and another, and another. Until, at the very center, in a tiny box, there is a diamond: the wisdom c...

Stephen Mitchell was born in Brooklyn, educated at Amherst, the Sorbonne, and Yale, and de-educated through intensive Zen training. His many books include the bestselling *Tao Te Ching*, *Gilgamesh*, *The Gospel According to Jesus*, *The Book of Job*, *The Second Book of the Tao*, *The Selected Poetry of Rainer Maria Rilke*, *Bhagavad Gita*, *The Iliad*, *The Odyssey*, *Beowulf*, and his latest, *The Way of Forgiveness*. He is also the co-author of three of his wife Byron Katie’s bestselling books.
**Strong and Lean**

*9-Minute Daily Workouts to Build Your Best Body Without Equipment—Anywhere, Anytime, In No Time*

Mark Lauren and Joshua Clark

A book packed with easy, 9-minute workouts people can do without access to a gym or equipment.

In *Strong and Lean* (Mark Lauren's follow-up to his bestselling book *You Are Your Own Gym*) Lauren uses two decades of unparalleled experience to accomplish what most people thought impossible: The ability to immediately begin your workout wherever you are (from living rooms to hotel rooms to yards) and finish 9 minutes later. In the age of isolation, a great workout plan that doesn't require any gym equipment is invaluable. Lauren provides a regimen that will help you achieve a stronger, leaner body in only a few weeks. The book will have a philosophy backed by Lauren's intense personal experiences—ones that speak to every man and woman—along with Lauren's military experience. With Mark Lauren's workout, you can now achieve your most muscular and lean body with an incredibly small sacrifice of time.

**PRAISE**

**Praise for You Are Your Own Gym:**

“Mark Lauren puts the strength-training techniques of SpecOps into a comprehensive and easy to understand program that can be done by anyone, anywhere, anytime, paving the way for anyone looking to get into the best shape of his or her life.” —Gregory Peterman, sergeant, Green Beret

“Perfect for our mobile age of road warriors, this terrific book lets us carry around a full gym in our heads!” —General James Abrahamson, U.S. Air Force

MARK LAUREN spent 15 years as a military physical-training specialist. Now a personal trainer to civilian men and women of all fitness levels, a triathlete, and a champion Thai boxer, he is the author of the internationally popular body-weight bibles *You Are Your Own Gym, Body by You,* and *Body Fuel.*

JOSHUA CLARK has served as a correspondent for NPR, and was an editor for *SCAT Magazine.* He also created and co-authored the international bestseller fitness books *You Are Your Own Gym* and *Body By You.*...
The Tarot: A Collection of Secret Wisdom from Tarot's Mystical Origins


The definitive collection of rare, secret, and arcane tarot knowledge

The Tarot: A Collection of Secret Wisdom from Tarot's Mystical Origins is the ultimate guide to the mysteries and lost knowledge of the tarot. This single volume includes more than ten selections from foundational tarot books, all from the 19th and 20th century. Many of these critical texts have been forgotten, fallen out of print, or are impossible to acquire. The Tarot reintroduces these books to the modern-day reader, unlocking the invisible power of the tarot for a new generation of card readers.

The Tarot includes the following complete books:
The Tarot by S. L. MacGregor Mathers
The Magical Ritual of the Sanctum Regnum by Eliphaz Levi
Fortune Telling by Cards by P. R. S. Foli
The Pictorial Key to the Tarot by Arthur Edward Waite
The Symbolism of the Tarot by P.D. Ouspensky
The Tarot of the Bohemians by Papus
The Key to the Universe by Harriette Augusta Curtiss & F. Homer
The Key of Destiny by Harriette Augusta Curtiss & F. Homer
The General Book of the Tarot by A.E. Thierens

The Tarot also includes additional selections from Manly P. Hall and others. Featuring over 400 original black-and-white illustrations throughout the book, The Tarot is a gorgeous gift and an irresistible invitation to both seasoned readers and beginners to explore the esoteric wisdom of the cards.

PRAISE

"The Tarot: Original Teachings Revealed offers the reader a chance to follow, through the diverse texts, an intriguing journey starting in eighteenth century Paris and moving through London, Russia, Canada, the United States and the Netherlands, tracking the evolution of ideas pertaining to that mysterious deck of cards whose imagery and symbolism continues to fascinate, inform and delight us still today."

— from the introduction by Juliet Sharmon-Burke, bestselling author of Beginner's Guide to Tarot

The Richest Man in Babylon: The Complete Original Edition

(Plus Bonus Book)

George S. Clason

The classic guide to personal success and prosperity, now in a modern new edition. Also includes the bonus book Acres of Diamond!

* Online Advertising
* Early Reader Review Campaign
* Email Marketing Campaign
* Social Media Campaign
* Bookstagrammer/Booktuber Campaign
* Book Community Outreach

PRAISE

"As a young man, I came across George Samuel Clason's classic book The Richest Man in Babylon, which offered commonsense financial advice told through ancient parables. I recommend it to everyone." —Tony Robbins, Money: Master the Game

Born in 1874, George S. Clason founded two publishing companies and was the first to publish a road atlas of North America. He is best known for writing a series of pamphlets advising readers on finding financial success, which were later compiled to form the classic bestseller The Richest Man in Babylon.
Emotional Detox Now
135 Self-Guided Practices to Renew Your Mind, Heart & Spirit
Sherianna Boyle

Quick, easy emotional detoxes for whatever life throws at you!

Feeling uninspired on a (every?) Monday morning? Cleanse it. Fuming after an argument...two days later? Cleanse it. Exhausted by drama at the office? Cleanse it.

Author Sherianna Boyle’s simple cleanse system will help you process difficult and overwhelming emotions, no matter what they may be. Emotional Detox Now will give you the tools to take on whatever life throws your way. Covering over 135 different emotions and situations, from decision making and disappointment to homesickness and heartbreak, the book includes a cleanse for every situation and scenario.

It takes only a few minutes to move through the cleanse process, but you will find that the practice transforms your attitude. By checking in with your body and allowing your emotions to fully manifest instead of brushing them aside, you will be able to process what you are feeling and step back into your life refreshed and empowered to confront whatever challenge you may be facing.

PRAISE

Praise for Sherianna Boyle:

“Emotional Detox for Anxiety points to something that’s far more important than how we think and feel—how we think and feel about how we think and feel. Seeing our reactions to our experiences in a new light is key to change. This book shows you how to do just that!”
—Amy Johnson, PhD, author of The Little Book of Big Change: The No-Willpower Approach to Breaking Any Habit

“Emotional Detox for Anxiety gives you the tools to take action to live a life of joy and ease. I expect Sherianna’s renowned C.L.E.A.N.S.E. method will make a huge impact on the way we treat, understand, and help people with anxiety.”
—Elizabeth Ha...

Sherianna Boyle is the author of Emotional Detox and several other books including her most recent Emotional Detox Now: 135 Self-Guided Practices to Renew Your Mind, Heart & Spirit. She is an adjunct Psychology Professor, founder of Emotional Detox Coaching® and Cleanse Yoga®. Sherianna has been featured in over eighty-five articles and has been a featured presenter at Kripalu Yoga & Health Center, 1440 Multiversity and PESI Behavioral Health. She is the co-founder of Cleanselife.com where you c...
Hi, I'm an Atheist!

What That Means and How to Talk About It with Others

David G. McAfee

The essential guide to coming out as a non-believer.

David McAfee was raised in a conservative American Christian household. One day, he stopped believing in God, any god. His family was shocked. Some members were angry, but his mother and father respected his decision and David started a journey to his true self: an atheist who believes only in the here-and-now. He quickly realized, though, that atheists are misunderstood, frequently thought of as Satan worshippers and anarchists. Thus started his crusade to tell others--especially those who are devoutly religious--what atheism really is, what he believes in, and why atheists should not be feared.

In this plainspoken book, previously published by a small press in England and now completely rewritten and updated, David looks at what an atheist believes and the best way to “come out” as an atheist to one’s friends, family, and co-workers. He acknowledges the challenges atheists encounter in talking to others about their beliefs and offers sound advice on how to overcome the difficult moments in any “coming out” conversation. Including a resource guide both for people just coming to atheism and people who have been atheists for years as well as an interview with Rebecca Vitsmun, the woman made famous for coming out as an atheist live on CNN, Hi I’m an Atheist! is a smart, sensitive, and realistic guide to living one’s life positively and honestly without the need for a belief in God.

PRAISE

“A handy, hefty guide—all the tools you need to help in the search to find your joy.” —David Fitzgerald, Author of Nailed and The Complete Heretic’s Guide to Western Religion series

“David McAfee tackles the issue of coming out atheist with clarity and insight . . .” —Dale McGowan, author and editor of Parenting Beyond Belief and Raising Freethinkers

"A perfect guide for closeted atheists, budding atheists, and atheists confronting situations in which religious people find comfort in their beliefs." —Claire Klingenberg, President of the European Council of Skeptical Organizations

David McAfee is a journalist, religious studies scholar, and author of Disproving Christianity and other Secular Writings. He is a columnist for Canadian Freethinker magazine and a contributor to American Atheist magazine. McAfee attended University of California, Santa Barbara, and graduated with a dual-degree in English and Religious Studies with an emphasis on Christianity and Mediterranean religions. He lives in California.
Love, Freedom, and Aloneness

On Relationships, Sex, Meditation, and Silence

Osho

Osho explores the importance of connection, the vitality of aloneness, and our essential freedom, in this classic text with new material.

Love, Freedom, and Aloneness is a classic Osho text that is newly fresh and pertinent to today's complex world where freedom and connecting are more important and more fraught than ever before. We are striving for both freedom and connection. However, until we learn to live with that freedom, and learn to live by ourselves and with ourselves, we are denying ourselves the possibility of finding love and happiness with someone else.

Osho shows us that love can only happen through freedom and in conjunction with a deep respect for ourselves and the other. Is it possible to be alone and not lonely? Where are the boundaries that define “lust” versus “love”...and can lust ever grow into love? In Love, Freedom, and Aloneness you will find unique, radical, and intelligent perspectives on these and other essential questions. In our quickly-changing world, free of out-of-date morality, we have a golden opportunity to redefine and revitalize the very foundations of our lives. We have the chance to start afresh with ourselves, our relationships to others, and to find fulfillment and success for the individual and for society as a whole.

Osho is one of the most provocative and inspiring spiritual teachers of the twentieth century. Known for his revolutionary contribution to the science of inner transformation, the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country of the world. He is the author of many books, including Love, Freedom, Aloneness; The Book of Secrets; and Innocence, Knowledge, and Wonder.
The Prophet

The Complete Original Edition

Kahlil Gibran

A new edition of the beloved spiritual classic

Kahlil Gibran’s The Prophet is a timeless classic, a guiding light of spiritual fiction that has shaped the hearts and souls of readers since it was first published in 1923. Translated into more than 40 languages around the globe, The Prophet is an inspirational work of art, a thought-provoking glimpse into the human heart, and transformational spiritual journey.

The book begins when a prophet named Almustafa shares his wisdom over the course of eight essays. In these brief, poetic pieces he touches on the deepest profundities of life—pain and loss, friendship and love, joy and sorrow.

This new, pocket-sized version of the classic work is true to the text of the first edition and features Gibran's original illustrations, bringing his writing to a new generation of readers.

PRAISE

“Like most wisdom, most of what [Kahlil Gibran] has to tell is ancient, the possession of all men who have thought much and hard about fundamental things. . . . But on it all there is also the imprint of a rich and unusual personality. . . . Gibran offers no short-cuts to happiness, no easily mastered formulae for successful living. Essentially, he bids you look closely into your own heart and mind.” —The New York Times

Born in Lebanon in 1883, Kahlil Gibran came to New York in 1912 to pursue his writing and art. He is the beloved author of The Prophet, a book of art and essays that has shaped the spiritual lives of millions since it was first published. His work has been translated into more than 40 languages and sold over ten million copies in the U.S.
Sketch by Sketch

A Creative Process to Emotional Healing and Transformation

(A SketchPoetic Book)

Sheila Darcey

Transform your life, process your emotions, and find joy sketch by sketch!

During a difficult time in her life, author Sheila Darcey found that the act of sketching and doodling—of giving a physical form to her thoughts, emotions and ideas—was an impactful way to process what she was feeling. One simple doodle became a daily practice and developed into a meditative and therapeutic tool that Sheila has taught and shared with thousands of people.

*Sketch by Sketch* will help you create a daily sketching practice that shifts you from negative thinking and spiraling emotions into the realm of possibility. By using art to connect your left brain with your right brain, *Sketch by Sketch* will unlock your basic human need to create, express, and feel—regardless of whether or not you think of yourself as an artist.

In *Sketch by Sketch*, you’ll find over 40 sketching prompts on a variety of topics from hope to stillness that will help you connect with your emotions, practice mindfulness, and process change. With each drawing you’ll find you are able to process your experiences in a powerful new way. Step by step, sketch by sketch, you’ll find peace on the page.

**PRAISE**

"Through profound yet simple teachings and practices Sheila Darcey invites our innate human creativity to express and transcend our turbulence. Following her guidance, we move from turmoil to peace by liberating the artist that lives in us all."

—Gabor Maté M.D., Author of *When the Body Says Know: Exploring the Stress/Disease Connection*

"An exquisite inquiry into the deepest parts of yourself. This book will help you bring to light the things that have been haunting you so they no longer hold you back. Highly recommended."

—Pedram Shojai, OMD, NY Times Best Selling Author of *The Urban Monk*

“In *Sketch by Sketch*, Sheila teaches the reader to use the...”

Sheila has 20+ years as a facilitator and consultant in the technology and digital agency space. Her work with Fortune 500 companies informs her understanding of what drives transformative growth in individuals and teams. She earned a Bachelors of Fine Arts degree from the University of Memphis and certification Social Emotional Arts (SEA) from UCLA.
Initiates of the Flame

The Deluxe Edition

Manly P. Hall; Introduction by Mitch Horowitz; Foreword by Greg Salyer

A deluxe edition of Manly P. Hall's classic occult work

Manly P. Hall was a leading writer on the occult and the esoteric during the 20th century. His work, including the legendary Secret Teachings for All Ages, has proven to be timeless, inspiring and fascinating readers for decades. Initiates of the Flame explores a spectrum of occult subjects—from Egyptian rites and Arthurian myths to alchemy and the mysteries of arcane methods. Hall writes about the deep secrets of the mystery schools of antiquity, revealing their practices and meaning.

This modern edition of the classic book includes the complete original text along with a timeline of Hall’s life. In addition, the book includes a preface by Greg Salyer, the president of The University of Philosophical Research—the organization founded by Hall to preserve and share his legacy—as well as an introduction by PEN Award-winning historian Mitch Horowitz.

PRAISE

Praise for Manly P. Hall:

"The Secret History of America is a super-splendid collection of materials by Mr. Hall on the esoterica pertinent to our country. It is by far the most informative work on that subject and it is bound to be to the great benefit of the American people when they read it."—Stephan A. Hoeller

Manly P. Hall (1901-1990) founded the Philosophical Research Society, an organization dedicated to the dissemination of useful knowledge in a variety of philosophical fields. He is best known for his 1928 classic, The Secret Teachings of All Ages.

MITCH HOROWITZ is a writer-in-residence at the New York Public Library and the PEN Award-winning author of Occult America and The Miracle Club. He hosts the shows Master Class and One Simple Idea on the New Thought Channel.
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