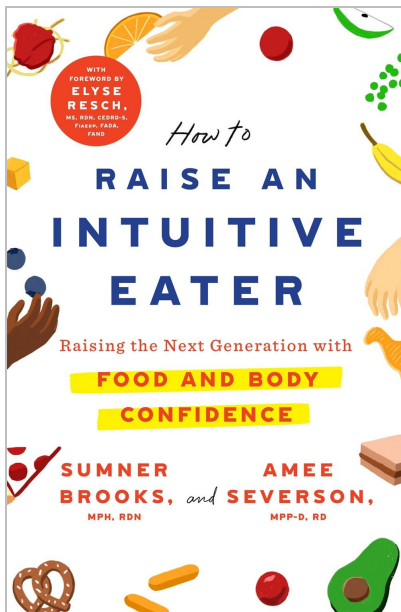




ST. MARTIN'S  
**ESSENTIALS**



## HEALTH & FITNESS / DIET & NUTRITION

St. Martin's Essentials | 1/4/2022  
 9781250786609 | \$27.99 / \$37.99 Can.  
 Hardcover with dust jacket | 384 pages | Carton  
 Qty: 20  
 9.3 in H | 6.1 in W

**Other Available Formats:**  
 Ebook ISBN: 9781250786616

## MARKETING

National Broadcast Publicity  
 National Print Publicity  
 Online Publicity  
 Launch Advertising  
 Early Reader Review Campaign  
 Bookseller Mailing  
 Blog Outreach  
 Advance Access  
 QDT Promotion (nutrition diva)  
 Social Media Campaign  
 Email Marketing  
 Author active on Instagram:  
 @intuitiveeatingrd (8K followers)  
 Author active on Instagram:  
[https://www.instagram.com/amee\\_rd](https://www.instagram.com/amee_rd) (7.8K followers)  
 Author active on Twitter: <https://twitter.com/ameeseverson> (1K followers)

# How to Raise an Intuitive Eater

*Raising the Next Generation with Food and Body Confidence*

Sumner Brooks and Amee Severson; Foreword by Elyse Resch

**With the wisdom of Intuitive Eating, a manifesto for parents to help them reject diet culture and raise the next generation to have a healthy relationship with food and their bodies.**

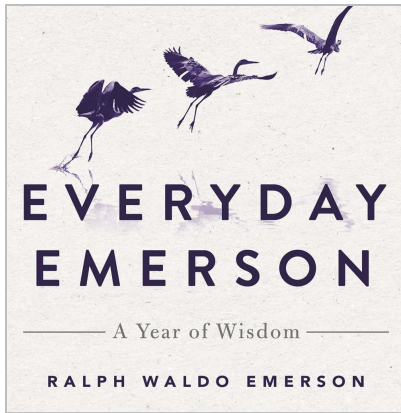
Kids are born intuitive eaters. Well-meaning parents, influenced by the diet culture that surrounds us all, are often concerned about how to best feed their children. Nearly everyone is talking about what to do about the childhood obesity epidemic. Meanwhile, every proposed solution for how to feed kids to promote health and prevent weight-related health concerns don't mention the importance of one thing: a healthy relationship with food. The consequences can be disastrous and are indistinguishable from the predictable and well-researched impact that dieting has on adults. Weight cycling, low self-esteem, deviations from normal growth, and eating disorders are just some of the negative health effects children can experience from the fear-based approach to food and eating that has become the norm in our culture.

Sumner Brooks and Amee Severson believe that parents want the best for their kids and know a parent's job is to make them feel safe in the world and their bodies. They want them to grow up to be competent, healthy eaters, living their best lives in the bodies they were born to have. Intuitive Eating is more talked about than ever, and the time is now to make sure parents truly understand what it means to raise an intuitive eater. With a compassionate and relatable voice, *How to Raise an Intuitive Eater* is the only book of its kind to teach parents what they need to know to improve health, happiness, and wellbeing for th...

## PRAISE

**"Parents will receive the reassurance that although this journey may feel difficult and even impossible at times, they'll be able to return to this book throughout their children's development to get everything that they need to provide a protective environment for them." —Elyse Resch, co-author of *Intuitive Eating***

SUMNER BROOKS, MPH, RDN, LD, CEDRD is a registered dietitian nutritionist (RDN) and certified eating disorder specialist (CEDRD) based in Portland, Oregon who has been working as a dietitian with clients on all levels of the disordered eating spectrum for over 11 years. Sumner is a nutrition therapist who has been mentored by Intuitive Eating co-author Elyse Resch for over 8 years and a mom of two children ages 5 and 2 who have required her to put knowledge, intuition and parenting skills of Int...



#### LITERARY COLLECTIONS / AMERICAN

St. Martin's Essentials | 1/4/2022  
 9781250828798 | \$17.99 / \$24.50 Can.  
 Hardcover Paper over boards | 384 pages |  
 Carton Qty: 20  
 6 in H | 6 in W  
 Printed Endpapers

Subrights: UK Rights: St. Martin's Publishing Group  
 Translation Rights: St. Martin's Publishing Group

**Other Available Formats:**  
 Ebook ISBN: 9781250828804

#### MARKETING

- \* Online Advertising
- \* NetGalley Promotion
- \* Library Marketing Campaign

## Everyday Emerson

*A Year of Wisdom*

Ralph Waldo Emerson

### Daily inspiration from Ralph Waldo Emerson

Featuring excerpts from Ralph Waldo Emerson's essays, poems, and lectures, *Everyday Emerson* offers 365 snippets of wisdom and insight from one of America's greatest writers and philosophers. An astute observer of both nature and society, Emerson's writing touches on themes of individuality, freedom, and human potential, all of it shot through with a profound love and awe of the natural world.

The excerpts in *Everyday Emerson* are inspiring and thought provoking—a daily invitation to engage with the world with imagination and intention. Both long time appreciators of Emerson's work and readers who would be intimidated by a complete book of essays will find something delightful in its pages.

The book features a designed interior and square trim, making it perfect for the gift market.

#### PRAISE

**"I was simmering, simmering, simmering. Emerson brought me to a boil."**  
 —Walt Whitman

Born in 1803, RALPH WALDO EMERSON became one of the founders of the transcendentalist movement and one of America's most beloved thinkers. His 1836 essay, "Nature" became a key exploration of the ideas of transcendentalism that would inform the work of contemporaries like Walt Whitman, Henry David Thoreau, and Margaret Fuller. Throughout his life, Emerson wrote essays and poems and delivered numerous lectures developing his ideas and critiquing the morays of his time.



book design  
forthcoming

#### SELF-HELP / CREATIVITY

St. Martin's Essentials | 1/11/2022  
9781250847638 | \$30.99 / \$41.99 Can.  
Hardcover with dust jacket | 208 pages  
10 in H | 7 in W

Subrights: Uk Rights: David Black Literary Agency  
Translation Rights: David Black Literary Agency

#### Other Available Formats:

Trade Paperback ISBN: 9781250809377  
Ebook ISBN: 9781250809384  
Audio ISBN: 9781250840370

#### ALSO AVAILABLE

**The Listening Path: The Creative Art of Attention (A 6-Week Artist's Way Program)**  
1/2021 | 9781250768582  
Trade Paperback | \$17.99 / \$24.99 Can.

## Seeking Wisdom

*A Spiritual Path to Creative Connection (A Six-Week Artist's Way Program)*

Julia Cameron

### Nurture your creativity by connecting with your higher power

Julia Cameron changed the way America thinks about creativity when she first published *The Artist's Way*. Over five million copies later, Cameron has now turned her attention to a new facet of the creative life in *Seeking Wisdom*. In this 6 Week Artist's Way Program, readers will learn to look beyond themselves for inspiration and guidance through the creative art of prayer.

Cameron shares a practice of prayer that moves beyond traditional religious paradigms, welcoming readers regardless of their beliefs and backgrounds. As you work through the program you'll explore prayers of petition, gratitude, creativity, and more. Along the way, the three beloved tools of *The Artist's Way*—Morning Pages, Artist Dates, and Walks—provide a proven framework for growth and development. Cameron also introduces a new fourth tool, Writing Out Guidance, that will become a powerful practice for countless creatives.

*Seeking Wisdom* is an exciting invitation to step into a new dimension of creative practice.

#### PRAISE

**Praise for *The Listening Path*:**

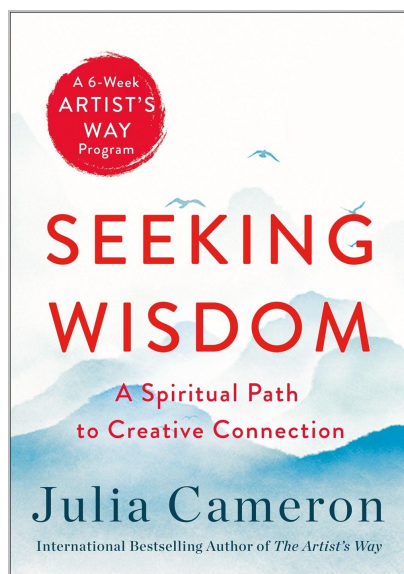
"...the potential rewards are boundless." —*Vogue*

"Cameron delivers an accessible, insightful addition to her *The Artist's Way* workbooks...Cameron's fans will love this straightforward program." —*Publishers Weekly*

"Designed for a world in which attention is our collective deficiency, *The Listening Path* focuses on tuning out cluttering noise and redirecting attention constructively to release creative blocks...If this all sounds too woo-woo for you...then you probably need it." —*BookPage*

"Julia Cameron brought a new approach to creativity to the world with her extraordinary book, *The Artist's Way*. Now, in *The Listenin...*

Hailed by the *New York Times* as "The Queen of Change," JULIA CAMERON is credited with starting a movement in 1992 that has brought creativity into the mainstream conversation—in the arts, in business, and in everyday life. She is the best-selling author of more than forty books, fiction and nonfiction; a poet, songwriter, filmmaker and playwright. Commonly referred to as "The Godmother" or "High Priestess" of creativity, her tools are based in practice, not theory, and she considers herself "the..."

**SELF-HELP / CREATIVITY**

St. Martin's Essentials | 1/11/2022  
 9781250809377 | \$17.99 / \$24.50 Can.  
 Trade Paperback | 208 pages | Carton Qty: 28

Subrights: Uk Rights: David Black Literary Agency  
 Translation Rights: David Black Literary Agency

**Other Available Formats:**

Ebook ISBN: 9781250809384  
 Hardcover ISBN: 9781250847638  
 Audio ISBN: 9781250840370

**MARKETING**

\* Author Events  
 \* National Broadcast Publicity  
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 National Print Publicity  
 Pre-order Advertising  
 Launch Advertising  
 Trade Advertising  
 Digital Indie Bound Whitebox Mailing  
 Targeted Bookseller Outreach  
 Early Reader Review Campaign  
 NetGalley Promotion  
 Email Marketing  
 Social Media Promotion  
 Influencer Outreach  
 Author Website:  
<https://juliacameronlive.com/>  
 Author Twitter: @J\_CameronLive, 21.6K  
 Author Instagram: @juliacameronlive, 50.4K  
 Author Facebook: @juliacameronlive, 87K

**ALSO AVAILABLE**

**The Listening Path: The Creative Art of Attention (A 6-Week Artist's Way Program)**  
 1/2021 | 9781250768582  
 Trade Paperback | \$17.99 / \$24.99 Can.

## Seeking Wisdom

*A Spiritual Path to Creative Connection (A Six-Week Artist's Way Program)*

Julia Cameron

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*Seeking Wisdom* is an exciting invitation to step into a new dimension of creative practice.

**PRAISE**

**Praise for *The Listening Path*:**

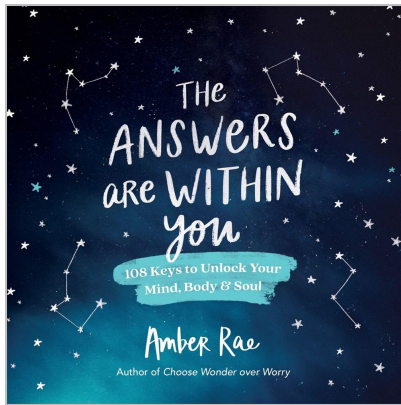
"...the potential rewards are boundless." —*Vogue*

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### SELF-HELP / MOTIVATIONAL & INSPIRATIONAL

St. Martin's Essentials | 1/18/2022  
 9781250809353 | \$21.99 / \$29.99 Can.  
 Hardcover Paper over boards | 240 pages |  
 Carton Qty: 16  
 7 in H | 7 in W  
 4-color throughout

Subrights: UK Rights: St. Martin's Publishing Group  
 Translation Rights: St. Martin's Publishing Group

#### Other Available Formats:

Ebook ISBN: 9781250809360  
 Audio ISBN: 9781250837639

### MARKETING

- \* Author Events
- \* National Broadcast Publicity
- \* National Print Publicity
- \* Online Publicity
- Pre-publication Advertising
- Launch Advertising
- Goodreads Campaign
- Pre-order Campaign
- NetGalley Promotion
- Early Reader Review Campaign
- Bookseller Outreach
- Influencer Outreach
- St. Martin's Essentials Social Media Promotion
- Email Marketing Campaign
- Author Website:  
<https://www.amberrae.com/>  
 Author Instagram: @heyamberrae, 320k followers  
 Author Twitter: @heyamberrae, 20.1k followers

### ALSO AVAILABLE

**Choose Wonder Over Worry: Move Beyond Fear and Doubt to Unlock Your Full Potential**  
 1/2020 | 9781250175267  
 Trade Paperback | \$16.99 / \$22.99 Can.

## The Answers Are Within You

*108 Keys for Your Mind, Body, & Soul*

Amber Rae

**Find the answers you're looking for—no matter what the question**

Amber Rae has been transforming the way millions of people relate to their emotions through her viral Instagram posts, her life-changing journaling challenges, and her beloved book *Choose Wonder Over Worry*. *The Answers are Within You* is an invitation to explore your emotions freely and joyfully, guided by your own intuition.

The book is designed to be read cover to cover or as an emotional oracle. Pose your question—*Why am I struggling with this? How do I move forward?*—open the book and allow what you read to guide you to the answer that is already inside you. Simple, instantly understandable graphics and prompts will help you explore a host of topics—from embracing rejection to learning to sit with discomfort and exploring the true origin of approval—and transform the way you experience your own emotions.

A square, paper over board package with a four-color interior, make *The Answers Are Within You* an irresistible gift book that readers will want to share with everyone in their lives.

### PRAISE

**Praise for *The Answers are Within You*:**

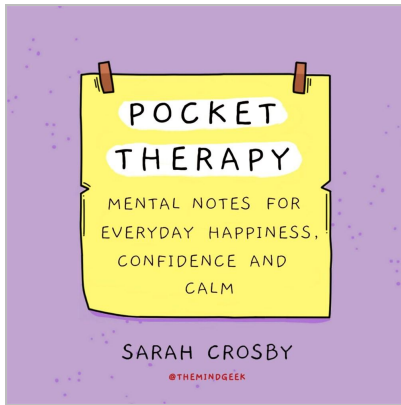
**"*The Answers are Within You* is a book for everyone—creatives looking to explore their art, students just starting to discern their life dreams, and entrepreneurs gathering the confidence to take their next big leap. Amber Rae gives us the courage to trust our own intuition and step into the world with wonder and joy." —Gay Hendricks, Ph.D., Author of *The Big Leap* and *The Genius Zone***

**Praise for Amber Rae:**

**"Amber Rae's very personal journey of moving from a constructed identity of self-limiting beliefs to her true self—in the domain of creativity, wonder, joy and higher consciousness—offers inspiring insights..."**

AMBER RAE (@heyamberrae) is an author, artist and global voice for emotional wellness and self-discovery. She turns highly relatable insights on the human experience into viral art, sold-out venues, and best-selling books. She's the author of *Choose Wonder Over Worry: Move Beyond Fear and Doubt to Unlock Your Full Potential*, and her work has been featured in publications such as *The New York Times*, *NY Mag*, *TODAY*, *SELF*, *Fortune*, *Forbes* and *Entrepreneur*. She lives in Baja California—around the wor...





### SELF-HELP / PERSONAL GROWTH / HAPPINESS

St. Martin's Essentials | 1/25/2022  
 9781250820068 | \$17.99 / \$24.50 Can.  
 Trade Paperback | 272 pages | Carton Qty: 16  
 5.5 in H | 5.5 in W  
 2 color throughout

Subrights: UK Rights: Penguin Random House UK

Translation Rights: Penguin Random House UK

#### Other Available Formats:

Ebook ISBN: 9781250820075

Audio ISBN: 9781250840363

### MARKETING

\* National Print Publicity

\* Online Publicity

Launch Advertising

Early Reader Campaign

Bookseller Outreach

Social Media Campaign

QDT Promotion

Email Marketing

Active on Instagram:

<https://www.instagram.com/themindgeek/>  
 (383K Followers)

## Pocket Therapy

*Mental Notes for Everyday Happiness, Confidence, and Calm*

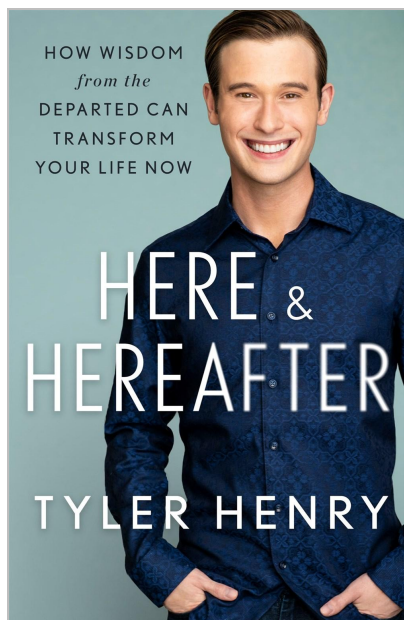
Sarah Crosby

### Practical tools and powerful insight to discover our true selves

Who am I? What does that dreaded phrase "Just be yourself" even mean? What does it mean to be "authentic"? These big questions can feel overwhelming and impossible. But in *Pocket Therapy*, psychotherapist Sarah Crosby will help you find the answers. Using accessible language, cheerful graphics, and fun exercises, Sarah helps readers tackle their "big" questions, one small step at a time.

Author Sarah Crosby has become an Instagram sensation by sharing quick tidbits of therapy practices that help her followers reframe their experiences and walk through the world with more intention. In *Pocket Therapy* she expands on that work, covering crucial topics like attachment, boundaries, self-talk, triggers, reparenting and more—all in a quick, approachable style that you'll actually want to read.

SARAH JANE CROSBY is a psychotherapist based in Dublin, Ireland. During her training, Sarah began creating and posting mental health content to Instagram as @TheMindGeek. The aim of her content is to make mental health information accessible and interesting, while occasionally delivering hard truths in soft colors.



**BODY, MIND & SPIRIT /  
INSPIRATION & PERSONAL  
GROWTH**

St. Martin's Essentials | 2/1/2022  
9781250796776 | \$27.99 / \$37.99 Can.  
Hardcover with dust jacket | 288 pages | Carton  
Qty: 24  
8.3 in H | 5.4 in W

Subrights: UK Rights: United Talent Agency  
Translation Rights: United Talent Agency

**Other Available Formats:**  
Ebook ISBN: 9781250796783  
Audio ISBN: 9781250803139  
Audio ISBN: 9781250803146

**MARKETING**

Author Appearances  
National Broadcast Publicity  
National Print Publicity  
Online Publicity  
Extensive Social Media Outreach  
Pre-Order Campaign  
Pre-Publication Advertising Campaign  
Launch Advertising  
Email Marketing Campaign  
Early Reader Review Campaign  
Author Website:  
tylerhenryhollywoodmedium.com  
Active on Facebook: @mediumtylerhenry  
(516k followers);  
@hollywoodmediumwithtylerhenry (343k  
followers)  
Active on Instagram: @tylerhenrymedium  
(623k followers)  
Active on Twitter: @tyhenrymedium (150k  
followers)

## Here & Hereafter

*How Wisdom from the Departed Can Transform Your Life Now*

Tyler Henry

**From Tyler Henry, celebrated medium, comes the ultimate self-help guide detailing the insights the departed have communicated about how to live our best, most meaningful lives.**

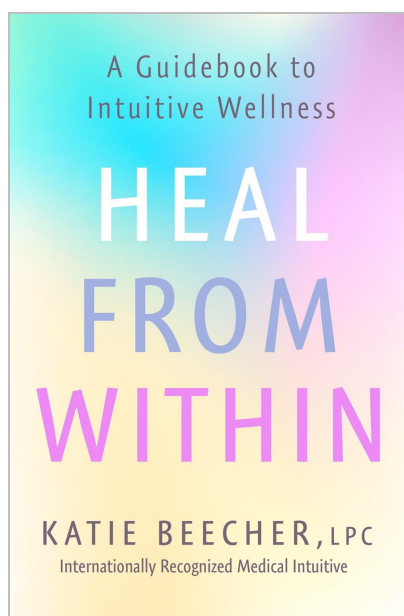
What if we had access to spiritual knowledge that could help us recognize and pursue our true life potential? What if you were told that you have the capability to transform your life and make it infinitely better, by paying attention to what those who have lived and died have come to understand about the meaning of life itself?

As one of the world's most accomplished mediums, Tyler Henry has had thousands of communications with those who've already gone through humanity's final frontier: physical death. The life lessons he's learned from those conversations have been truly transformative.

There is no doubt that by listening and learning from the dead, following their guidance, and paying attention to what they might have done differently, we can get more fulfillment and purpose from our own lives. This book will shed light on the most powerful understandings Tyler has gained from modern day mediumship—and explain how those understandings can help regular people.

TYLER HENRY is a practicing medium, and the star of E!'s newest breakout reality show, *Hollywood Medium with Tyler Henry*. A native of central California, he now resides in Los Angeles.



**BODY, MIND & SPIRIT / HEALING**

St. Martin's Essentials | 2/15/2022  
 9781250780249 | \$24.99 / \$33.99 Can.  
 Hardcover with dust jacket | 256 pages | Carton  
 Qty: 24  
 8.3 in H | 5.4 in W  
 4c endpapers

Subrights: UK Rights: St. Martin's Publishing Group  
 Translation Rights: St. Martin's Publishing Group

**Other Available Formats:**

Ebook ISBN: 9781250780256  
 Audio ISBN: 9781250839183

**MARKETING**

\* National Print Publicity  
 \* Online Publicity  
 Bookseller Outreach  
 Early Reader Review Campaign  
 Netgalley Promotion  
 Email Marketing Campaign  
 QDT Promotion  
 Bookstagrammer/Blog Outreach  
 Social Media Campaign  
 Active on Facebook:  
<https://www.facebook.com/beechermedicalintuitive> (5.6K followers)  
 Active on Instagram:  
[https://www.instagram.com/katiebeecher\\_medical\\_intuitive](https://www.instagram.com/katiebeecher_medical_intuitive) (15.1K followers)  
 Author website: <https://katiebeecher.com/>

## Heal from Within

*A Guidebook to Intuitive Wellness*

Katie Beecher

### Let your intuition guide you to true, holistic healing

In *Heal from Within*, nationally recognized medical intuitive Katie Beecher shares a customizable approach to holistic health that encompasses physical, emotional, and spiritual wellness. Each body is different and oftentimes our physical ailments are connected to emotional and spiritual traumas. In *Heal from Within*, readers will learn to be led by their own intuition as they move towards healing that encompasses body, mind, and soul.

Using the chakras as a framework, Katie guides readers to inventory their physical and emotional health, identifying their key issues and which chakras they're associated with. Each chapter focuses on a specific chakra, providing insight into the issues associated with that energy center along with healing techniques and suggestions. The second part of the book includes a comprehensive glossary of specific conditions along with tailored treatment suggestions.

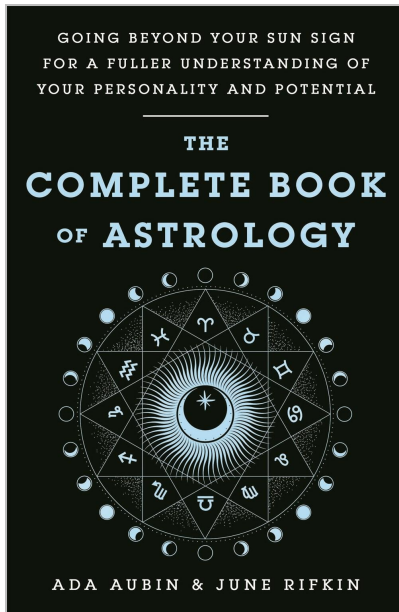
Filled with practical advice—from suggestions for supplements to exercises, mantras, and dialogue prompts—*Heal from Within* empowers readers to confidently take control of their own wellness.

**PRAISE**

**"YOU are capable of being your own medical intuitive, and Katie Beecher's book *Heal From Within* is just the sort of step-by-step guide you need. With clear instructions on how to open your own intuition, and identify the energy centers to focus on, she provides a roadmap for you to unblock your chakras and walk into your whole, healthy self. If you're ready to take your physical, emotional, and spiritual health into your own hands and start to heal, this is the book you've been waiting for!"**

**—Dana Childs, Intuitive, Energy Healer, Speaker, and co-author of *Chakras, Food & You: Tap Your Individual Energy System for Health, Healing, and Harmon...***

KATIE BEECHER is an internationally known Medical and Emotional Intuitive and Licensed Professional Counselor with over 30 years of experience. She has a B.S. in biology and psychology and an M.S. in counseling, with a particular interest in Carl Jung. Her goal is to help as many people as possible connect to their intuition and find unconditional love and self-acceptance. *Heal From Within* is her first book.



### **BODY, MIND & SPIRIT / ASTROLOGY**

St. Martin's Essentials | 2/15/2022  
9781250766779 | \$17.99 / \$24.50 Can.  
Trade Paperback | 320 pages | Carton Qty: 28  
8.3 in H | 5.4 in W

Subrights: UK: St. Martin's Press  
Translation: St. Martin's Press

**Other Available Formats:**  
Ebook ISBN: 9781250766786

### **MARKETING**

\* National Print Publicity  
\* Online Publicity  
Social Media Post  
Bookstagrammer/Blog Outreach  
Email Marketing

## **The Complete Book of Astrology**

Ada Aubin and June Rifkin

**An easy-to-use guide to astrology—with resources and worksheets—revised and updated for the 21st century.**

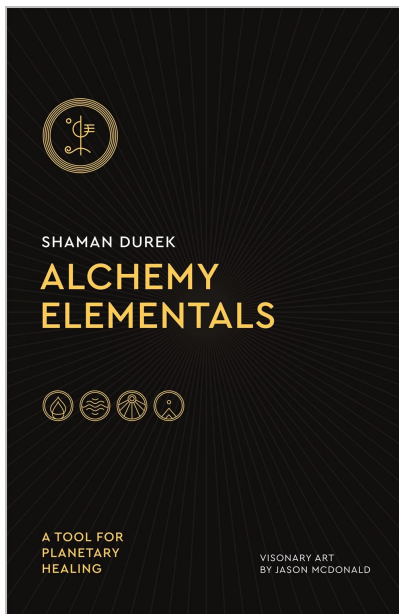
An easy-to-use guide to astrology that takes the user beyond the rudimentary basics of the sun sign and helps them gain insight into their personality and potential.

There is much more to Astrology than simply the sun sign. Both a science and an art form, astrology is as old as recorded human history. It is the "science of possibilities," showing the influence that the position and interaction of the planets at the time of birth have on a person's life, character, and innate potential.

*The Complete Book of Astrology* is a concise, easy-to-use guide that introduces and explores the sun signs, as well as ascendants, planets, houses, aspects, transits, and other advanced concepts that educate and enlighten.

With worksheets, and useful resources to help a user create their personal chart, *The Complete Book of Astrology* provides the knowledge and tools for readers who want to gain a deeper understanding of themselves and those around them.

ADA AUBIN was a professional astrologer for over thirty years, as well as being the mother of four and the grandmother of many. She lived in Aurora, Colorado. JUNE RIFKIN has had many professions over the years, including literary agent, playwright, and author. She is the co-author and author of many books on many topics. She lives in New York City.



### **BODY, MIND & SPIRIT / DIVINATION**

St. Martin's Essentials | 2/22/2022  
9781250814883 | \$34.99 / \$47.50 Can.  
Trade Paperback | 144 pages | Carton Qty: 8  
7.5 in H | 11.5 in W  
4 color, 88 Card Deck with an included booklet

Subrights: UK Rights: St. Martin's Publishing Group  
Translation Rights: St. Martin's Publishing Group

### **MARKETING**

- \* Author appearances
- \* National Broadcast Publicity
- \* National Print Publicity
- \* Online Publicity
- Social Media Promotion
- Bookstagrammer/Blog Outreach
- Email Marketing
- Active on Facebook: @shamandurek (39K followers)
- Active on Instagram: @shamandurek (238K followers)
- Active on Twitter: @shamandurek (14.6K followers)
- Author Website:
- <http://www.shamandurek.com/>

### **ALSO AVAILABLE**

**Spirit Hacking: Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World**  
10/2020 | 9781250232694  
Trade Paperback | \$17.99 / \$24.50 Can.

## **Alchemy Elementals**

### *Deck and Guidebook*

Shaman Durek

### **A new spiritual tool mixing energy downloads and divination with powerful shamanic wisdom**

The *Alchemy Elementals Deck* is a revolutionary new deck designed to promote spiritual growth and evolution created by one of today's most dynamic spiritual leaders.

Shaman Durek is a 6th generation shaman who has devoted his life to bringing a message of light and healing to the world. Working with clients from Gwyneth Paltrow to Nina Dobrev, he's a shaman to the stars, offering ancient wisdom for modern seekers. Following the success of his first book, *Spirit Hacking*, Shaman Durek has created a revolutionary new spiritual toolkit in this 88-card deck.

Each card of the *Alchemy Elementals Deck* carries an energetic code, known as a spirit enhancer in shamanic tradition, designed to deepen your energetic wisdom and grow your spiritual power. These spirit enhancers will help you heighten your psychic and healing gifts and strengthen your spiritual journey. The cards correspond to the Celestial bodies—Moon, Sun, Star, and Earth—in combination with the Elemental powers—Storm, Rainbow, Wind, Snow, and Lightning—forging a connection between the natural world and your own inborn power.

The *Alchemy Elementals* deck is a transformative new way to approach modern spirituality.

### **PRAISE**

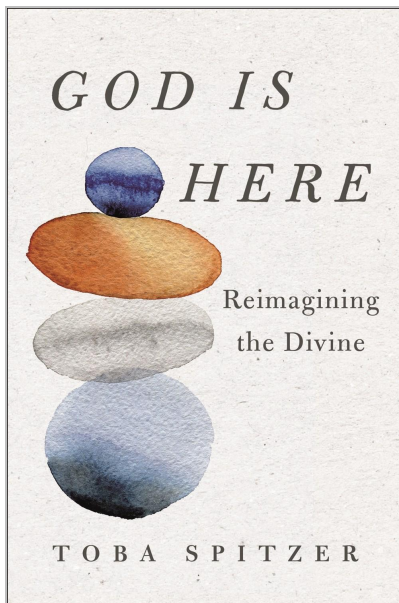
#### **Praise for *Spirit Hacking*:**

**"Thought-provoking, iconoclastic, and powerful." —Gwyneth Paltrow**

**"This guy does next level stuff. I have worked with him and I have no idea how or why he is able to do some of the things I have witnessed. Science is just catching up with biohacking. It's time to start studying spirit hacking and how Shaman Durek can achieve the tangible results he achieves." —Dave Asprey**

**"*Spirit Hacking* will surprise you, undo you, and make you laugh. It invites you to a way of seeing the world that is deeply inspired and unique, entirely based on experience. It is authentic, gobbledygook free, astonishingly honest, a verbal mind-blow..."**

SHAMAN DUREK is a 6th generation shaman who has devoted decades to study and practice in becoming a thought leader and spiritual enthusiast for people all over the world. His focus is educating people on how to make shamanism a life style choice for evolutionary adaptation. He is an author, activist, and a women's empowerment leader.

**RELIGION / SPIRITUALITY**

St. Martin's Essentials | 3/8/2022  
 9781250764492 | \$24.99 / \$33.99 Can.  
 Hardcover with dust jacket | 240 pages | Carton  
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Subrights: UK Rights: St. Martin's Press  
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## God Is Here

*Reimagining the Divine*

Toba Spitzer

**A thoughtful exploration of the idea of God and how we can reconsider the deity through metaphors and daily practices.**

Most of us are hungry for a system of meaning to make sense of our lives. Rabbi Toba Spitzer understands this problem firsthand, and knows that some are unconvinced by traditional ideas of the deity—he's too big, too impersonal, and too unbelievable. In *God Is Here*, Rabbi Toba Spitzer explores the many ways you can redefine God in order to connect more deeply to your spirituality.

In the Hebrew Bible, there are many things considered sacred—water, place, voice, fire, rocks, clouds, even the process of becoming—and Rabbi Spitzer's book addresses how we can use these ideas to experience holiness. In the section on water, for instance, she looks at the myriad ways water flows through the Book of Exodus and frames the liberation story of the Israelites. She considers how phrases like “drinking from God,” “rain of Justice,” and others imbue water with a sacred quality, and then provides “God as Water” Practices: easy daily exercises that can bring God into your life simply by, for example, washing your hands accompanied by a meditation. Each chapter contains insights from the Hebrew Bible and the Christian Bible as well as accompanying practices specific to each new way of envisioning God. Rabbi Toba Spitzer has helped many people satisfy their hunger for a god they can believe in. With *God Is Here* she will inspire you to find the idea of God that's right for you.

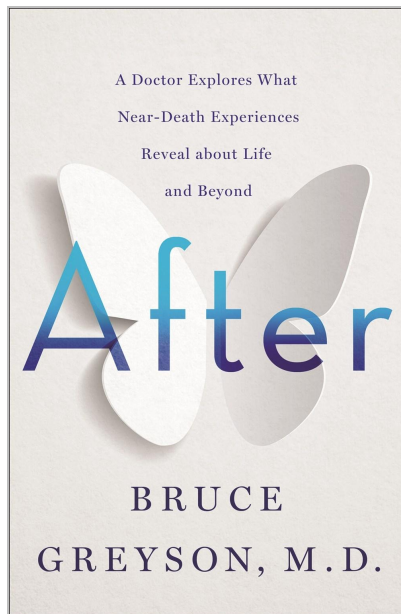
**PRAISE**

**“A wonderful book! Toba Spitzer has made a very important contribution to the new Jewish God language that is beginning to emerge in our day. She offers a new Ten Sefirot for the contemporary Jewish seeker, doing so with warmth, honesty, and an open heart.”**

—Arthur Green, author of *These Are the Words* and *Judaism's 10 Best Ideas*

**“Through stories, practices, and teaching that are at once sophisticated and accessible, Toba Spitzer opens up new/old understandings of God, religion, and all that is sacred in ways that expand our minds, our hearts, and, indeed, our lives. I will return to this book again and again, as a rabbi and as a seeker of mea...**

RABBI TOBA SPITZER is a popular teacher of courses on Judaism and economic justice, Reconstructionist Judaism, new approaches to thinking about God, and the practice of integrating Jewish spiritual and ethical teachings into daily life. She served as the President of the Reconstructionist Rabbinical Association from 2007-2009, and was the first LGBTQ rabbi to head a national rabbinic organization. She has received the honor of being included in *Newsweek's* Top 50 Rabbis in America list and the 20...



**BODY, MIND & SPIRIT /  
PARAPSYCHOLOGY /  
NEAR-DEATH EXPERIENCE**

St. Martin's Essentials | 3/15/2022  
9781250265869 | \$17.99 / \$24.50 Can.  
Trade Paperback | 272 pages | Carton Qty: 32  
8.3 in H | 5.4 in W

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**Other Available Formats:**  
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## After

*A Doctor Explores What Near-Death Experiences Reveal about Life and Beyond*

Bruce Greyson

**Now in paperback: The world's leading expert on near-death experiences reveals his journey toward rethinking the nature of death, life, and the continuity of consciousness.**

Cases of remarkable experiences on the threshold of death have been reported since ancient times, and are described today by 10% of people whose hearts stop. The medical world has generally ignored these “near-death experiences,” dismissing them as “tricks of the brain” or wishful thinking. But after his patients started describing events that he could not just sweep under the rug, Dr. Bruce Greyson began to investigate.

As a physician without a religious belief system, he approached near-death experiences from a scientific perspective. In *After*, he shares the transformative lessons he has learned over four decades of research. Our culture has tended to view dying as the end of our consciousness, the end of our existence—a dreaded prospect that for many people evokes fear and anxiety.

But Dr. Greyson shows how scientific revelations about the dying process can support an alternative theory. Dying could be the threshold between one form of consciousness and another, not an ending but a transition. This new perspective on the nature of death can transform the fear of dying that pervades our culture into a healthy view of it as one more milestone in the course of our lives. *After* challenges us to open our minds to these experiences and to what they can teach us, and in so doing, expand our understanding of consciousness and of what it means to be human.

### PRAISE

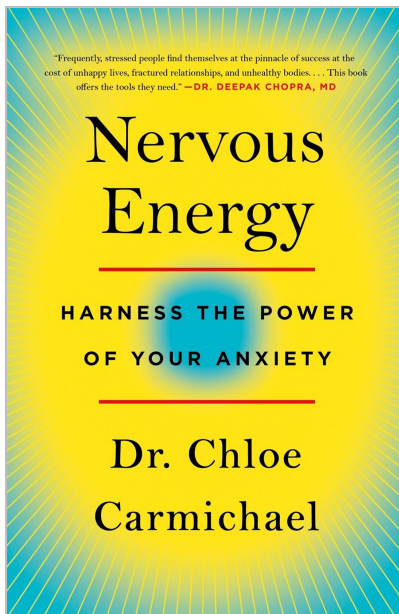
**“With a well-written and clear narrative delivered in layperson’s terms, this book chronicles Dr. Greyson’s incredible quest to learn all he could about near-death experiences, or NDEs...A must read.” —*Library Journal***

**“Dr. Greyson offers a highly knowledgeable, well-contextualized inquiry. He is not here to convert but to present his findings along with a variety of insights and themes...A bright, passionate journey through murky waters.” —*Kirkus***

**“Captivating...a major contribution to the study of what happens when we die, and will quickly prove to be a classic in near-death studies.” —Raymond Moody, M.D., Ph.D., bestselling author of *Life After ...***

Dr. BRUCE GREYSON is Professor Emeritus of Psychiatry and Neurobehavioral Sciences at the University of Virginia School of Medicine. He served on the medical school faculty at the Universities of Michigan, Connecticut, and Virginia. He was a co-founder and president of the International Association for Near-Death Studies, and editor of the *Journal of Near-Death Studies*.





**SELF-HELP /  
SELF-MANAGEMENT / STRESS  
MANAGEMENT**

St. Martin's Essentials | 3/22/2022  
9781250831415 | \$17.99 / \$24.50 Can.  
Trade Paperback | 304 pages | Carton Qty: 28  
8.3 in H | 5.4 in W

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## Nervous Energy

*Harness the Power of Your Anxiety*

Dr. Chloe Carmichael

**A roadmap for high achievers to harness restlessness, roadblocks, and distractions into a productive drive towards personal and professional fulfillment.**

Many people reach success by deliberately being their own worst critic and obsessively double-checking their work; or by pushing their feelings aside. This strategy is seductive because it does work, at least up to a certain point. The problems arise once you advance beyond school and early career stages. The higher you climb, the more complex projects and issues in your life become. Meanwhile, you may have become so good at putting your emotions aside in certain situations that it's hard to reconnect with them. This is when the old tools no longer suffice.

The "somewhat OCD" tendencies we pride ourselves on, or rather, the "Nervous Energy" we possess, can become mismanaged, and lead us down a rabbit hole of excessive self-criticism, anxiety, and pessimism. In *Nervous Energy*, Dr. Chloe Carmichael outlines nine tools with step-by-step instructions that can help you harness your Nervous Energy in order to live a more productive and fulfilling life. If managed correctly, the nervous energy that some people label as anxiety can actually be a source of stimulation, productivity, and fulfillment—and Dr. Chloe Carmichael has tried and tested methods for making this happen.

If you've ever felt a sense of excess energy that you didn't quite know how to direct, or felt that your creativity and motivation was being drained by constant analysis paralysis, *Nervous Energy* is for you.

**PRAISE**

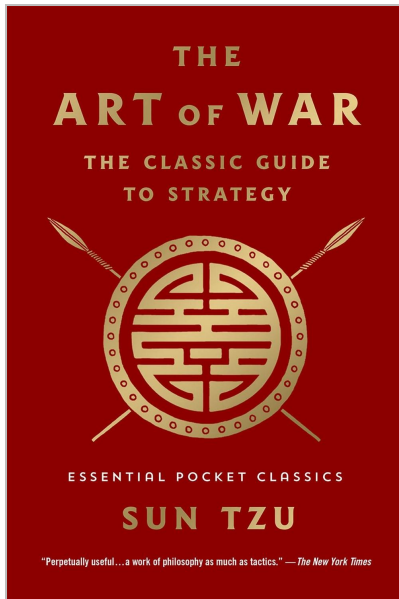
**"If 'high energy' people learnt to harness their energy to go beyond reactive responses to modes of intuition, creativity, and emotional resilience, they would achieve even more by doing less and be happier and healthier. This book offers the tools they need." —Dr. Deepak Chopra, MD**

**"Dr. Chloe delivers countless concrete suggestions for people who want fast and simple tools to destress, manage emotions, and increase productivity. This book and its advice will absolutely change your life for the better!"**

**—Dave Kerpen, *New York Times* bestselling author of *The Art of People***

DR. CHLOE CARMICHAEL graduated with honors from Columbia University and holds a doctorate from Long Island University. She is also a former adjunct college professor, yoga instructor, psychologist for the New York College of Podiatric Medicine, and co-chair of a committee for the New York Junior League. She has been published in various academic journals, and has been featured on *VH1*, *Inside Edition*, *ABC Nightline*, and other media. She lives in New York City.



**PHILOSOPHY / BUDDHIST**

St. Martin's Essentials | 3/29/2022  
 9781250828774 | \$7.99 / \$10.99 Can.  
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## The Art of War: The Classic Guide to Strategy

*Essential Pocket Classics*

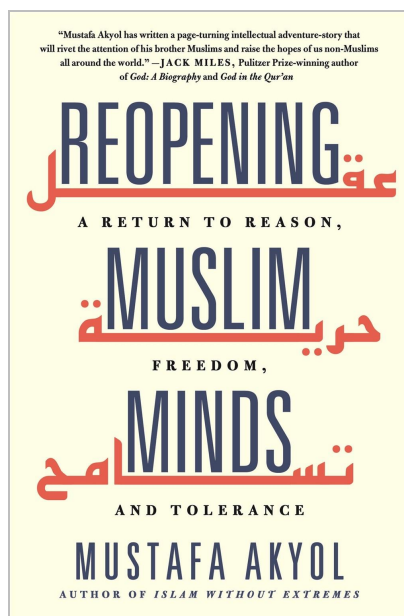
Sun Tzu; Translated by Lionel Giles

### The wisdom of ancient China for the modern age

Originally written in the 5th century, *The Art of War* is a masterpiece of military strategy and Chinese philosophy that has influenced countless leaders, everywhere from battlefields to boardrooms. The exhortations from *The Art of War*—that “in the midst of chaos, there is also opportunity,” or that “the wise warrior avoids the battle”—have echoed throughout the centuries as pieces of timeless wisdom, no matter the foe you may be facing.

This new edition of the timeless classic preserves the original text in translation but re-designed with a modern look and a pocket-size trim that’s perfect for gift giving. Whether they’re students or salespeople, readers everywhere will benefit from Sun Tzu’s profound insights into human behavior.

SUN TZU was a Chinese general and military strategist who lived during the Eastern Zhou period of ancient China. He is credited with writing *The Art of War*, a study of battlefield tactics with profound insight into human nature that has influenced readers over millennia.

**RELIGION / ISLAM / HISTORY**

St. Martin's Essentials | 4/5/2022  
 9781250832511 | \$18.99 / \$25.99 Can.  
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 11/2018 | 9781250199355  
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## Reopening Muslim Minds

*A Return to Reason, Freedom, and Tolerance*

Mustafa Akyol

**A thoughtful look at Islam's diverse history, uncovering lost liberal trends in theology and philosophy and making an argument for an Islamic Enlightenment**

**A fascinating journey into Islam's diverse history of ideas, making an argument for an "Islamic Enlightenment" today**

In *Reopening Muslim Minds*, Mustafa Akyol, senior fellow at the Cato Institute and opinion writer for *The New York Times*, both diagnoses “the crisis of Islam” in the modern world, and offers a way forward. Diving deeply into Islamic theology, and also sharing lessons from his own life story, he reveals how Muslims lost the universalism that made them a great civilization in their earlier centuries. He especially demonstrates how values often associated with Western Enlightenment—freedom, reason, tolerance, and an appreciation of science—had Islamic counterparts, which sadly were cast aside in favor of more dogmatic views, often for political ends.

Elucidating complex ideas with engaging prose and storytelling, *Reopening Muslim Minds* borrows lost visions from medieval Muslim thinkers such as Ibn Rushd (aka Averroes), to offer a new Muslim worldview on a range of sensitive issues: human rights, equality for women, freedom of religion, or freedom from religion. While frankly acknowledging the problems in the world of Islam today, Akyol offers a clear and hopeful vision for its future.

**PRAISE**

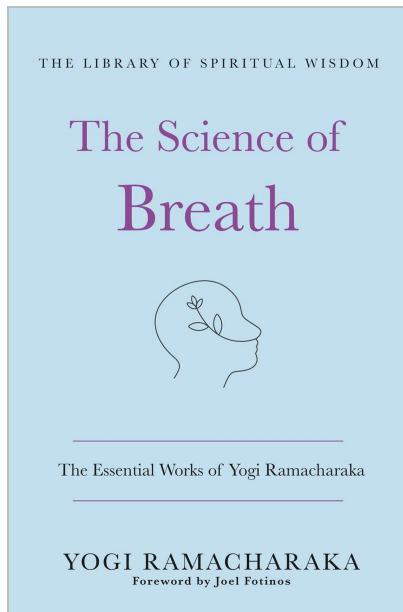
**"Thoroughly researched and fervently argued...Scholars of Islam, and especially Muslims interested in the faith's future, will find Akyol's take trenchant and satisfying." —*Publisher's Weekly***

**"A cogent appeal for an Islamic enlightenment based in Islamic values...A clarion call to restore long-diminished traditions in Islamic thought." —*Kirkus (Starred Review)***

**"Akyol here traces the development of Islamic philosophical thought and celebrates its rich legacy...The text is fluid, the ideas profound, and the book is recommended for any reader." —*Booklist (Starred Review)***

**"Much more than an impassioned defense of tolerance and reason, Mustafa Akyol t...**

MUSTAFA AKYOL is a regular contributing opinion writer for *The New York Times* since 2013, covering matters of Islam in the modern world. His earlier books, *Islam without Extremes* (2011) and *The Islamic Jesus* (2017), have been reviewed and praised by *The New York Times*, *The Wall Street Journal*, *Financial Times*, and *the Economist*. *Islam without Extremes* was long-listed for the

**BODY, MIND & SPIRIT / HEALING**

St. Martin's Essentials | 4/12/2022  
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## The Science of Breath: The Essential Works of Yogi Ramacharaka

*(The Library of Spiritual Wisdom)*

Yogi Ramacharaka

### The classic guide to the power of breath

*The Science of Breath* is a collection of books on yogic philosophy and wellness from William Walker Atkinson, writing as Yogi Ramacharaka. This timeless collection of books explores the metaphysical power of breath and the limitless potential of the human mind.

Included in this volume you'll find five revolutionary books, including:

*The Science of Breath*

*Fourteen Lessons in Yogi Philosophy and Oriental Occultism*

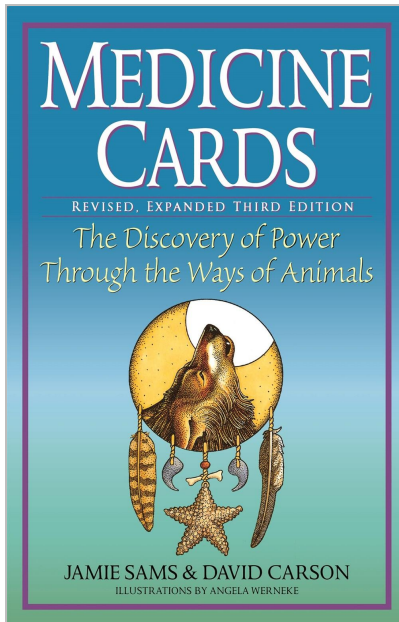
*Advanced Course in Yogi Philosophy and Oriental Occultism*

*The Science of Psychic Healing*

*Raja Yoga or Mental Development*

*The Science of Breath* is part of The Library of Spiritual Wisdom, a beautifully designed series of curated classics written by some of the greatest spiritual teachers of all time. With books covering topics ranging from prosperity and motivation to the occult and metaphysical thought, The Library of Spiritual Wisdom is the definitive collection of texts from some of the most revolutionary thought leaders of the last two centuries and belongs on the shelves of home libraries everywhere.

YOGI RAMACHARAKA is a pseudonym of William Walker Atkinson (1862 – 1932), who was a noted occultist and pioneer of the New Thought Movement. He wrote extensively throughout his lifetime, often using various pseudonyms. He is widely credited with writing *The Kybalion* and was the founder of the Yogi Publication Society.



#### **BODY, MIND & SPIRIT / DIVINATION**

St. Martin's Essentials | 4/19/2022  
9781250830555 | \$34.99 / \$47.50 Can.  
Trade Paperback | 256 pages | Carton Qty: 20  
8.4 in H | 5.4 in W  
62 black-and-white illustrations, cards include  
full color illustrations

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## **Medicine Cards**

*Revised, Expanded Third Edition*

Jamie Sams and David Carson; Illustrations by Angela C. Werneke

**The multi-million selling *Medicine Cards* returns with a new, expanded edition!**

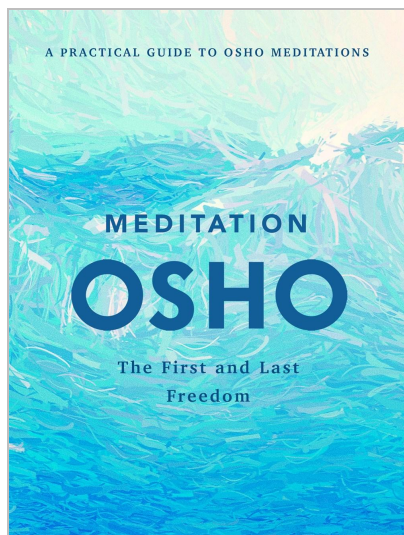
*Medicine Cards* has been a phenomenal and continuous success since it was first released over over thirty years ago. Now in the first new, expanded edition in more than twenty years, a whole new generation can discover the tool that millions of people worldwide are using for guidance, inspiration, and help in finding answers to life's questions. Drawing on ancient wisdom and tradition to teach the healing medicine of animals, this unique and powerful divination system provides insight into—and understanding of—our purpose on Mother Earth. Revised and expanded, with two additional power animals, this new version of *Medicine Cards* will reach out to not only the millions of people who already use this tool but to a whole new generation who will discover it and use it for guidance, inspiration, and help with answers to life's questions. With fifty-four power animals, *Medicine Cards* is an unsurpassed spiritual tool.

#### **PRAISE**

"Since the publication of the Navaho novel, *Seven Arrows*, over twenty years ago, I haven't seen anything so adventurous or beautifully executed as *Medicine Cards*...this handsome and inviting package has much to teach us all." —*San Francisco Chronicle*

"A potent yet refreshingly simple divination tool that can help up reconnect to the sources of life's natural guidance...extraordinarily well crafted. This work is plentiful, overflowing with the richness of the Native American way of life." —*Yoga Journal*

JAMIE SAMS was of Iroquois and Cherokee descent. She was the author of numerous books, including *Earth Medicine* (HarperSanFrancisco, 1994) and *Sacred Path Cards* (HarperSanFrancisco, 1990). DAVID CARSON is of Choctaw descent and has lived on Cheyenne, Crow, and Sioux reservations. He lives in New Mexico.



**BODY, MIND & SPIRIT /  
MINDFULNESS & MEDITATION**

St. Martin's Essentials | 4/12/2022  
9781250788702 | \$19.99 / \$26.99 Can.  
Hardcover Paper over boards | 272 pages |  
Carton Qty: 20  
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**Other Available Formats:**

Trade Paperback ISBN: 9780312336639  
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## Meditation

*The First and Last Freedom*

Osho

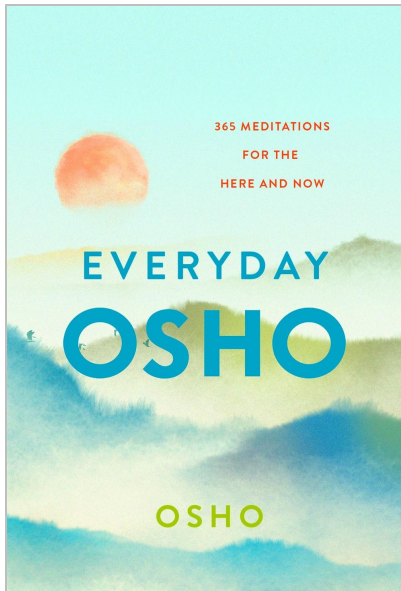
**A fresh, modern re-imagining of the essential Osho meditation text**

For decades *Meditation: The First and Last Freedom* has been the essential practical guide to Osho meditations. Thoroughly revised and renewed for the first time in fifteen years, this newly reworked edition includes:

- \*New meditations for daily practice
- \*A newly developed structure for the systematic learning of meditation
- \*Updated presentation of the classic Osho Active Meditations, gathered completely for the first time in print
- \*Teaching support and instructional links for easy learning
- \*Vital active physical meditations such as the Osho Dynamic Meditation and Osho Kundalini Meditation

This foundational guide shows that meditation is not a spiritual discipline separate from everyday life in the real world. In essence, it is simply the art of being aware of what is going on inside and around us. As we acquire the knack, meditation can be our companion wherever we are—at work, at play, at rest.

OSHO is one of the most provocative and inspiring spiritual teachers of the twentieth century. He is known for his revolutionary contributions to the science of inner transformation, and the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country in the world.



**BODY, MIND & SPIRIT /  
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St. Martin's Essentials | 1/4/2022  
9781250782267 | \$18.99 / \$25.99 Can.  
Trade Paperback | 432 pages | Carton Qty: 20  
8.3 in H | 5.4 in W

**Other Available Formats:**

Ebook ISBN: 9781250782274  
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## Everyday Osho

*365 Meditations for the Here and Now*

Osho

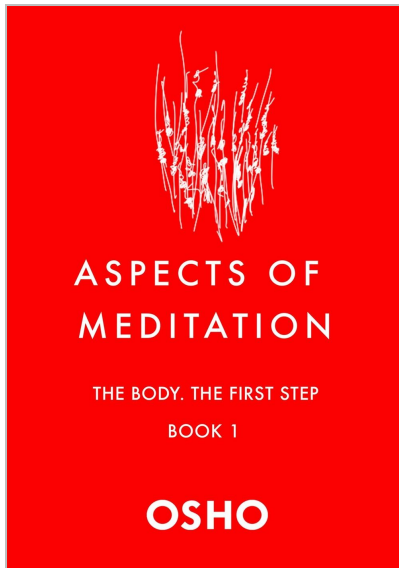
### Brief daily meditations to build a life-changing year of practice

*Everyday Osho* features 365 short meditations that offer insights into living fully in the here and now. Each brief text is thoughtful and inspiring and the perfect length for starting a daily meditation practice. With topics that range from gratitude to nature to philosophy to love, *Everyday Osho* contains a full year of meditation and inspiration.

For decades, the insights of Osho have delighted and challenged spiritual seekers. *Everyday Osho* offers readers daily encouragement to live fully, integrating body, mind, and spirit.

OSHO is one of the most provocative and inspiring spiritual teachers of the twentieth century. He is known for his revolutionary contributions to the science of inner transformation, and the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country in the world.





**BODY, MIND & SPIRIT /  
MINDFULNESS & MEDITATION**

St. Martin's Essentials | 2/22/2022  
9781250786425 | \$7.99 / \$10.99 Can.  
Trade Paperback | 112 pages | Carton Qty: 128  
6.3 in H | 4.3 in W

**Other Available Formats:**  
Ebook ISBN: 9781250786432  
Audio ISBN: 9781250810991

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## Aspects of Meditation Book 1

*The Body, the First Step*

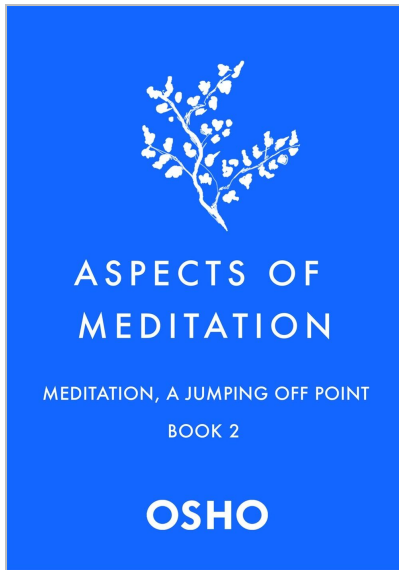
Osho

**Discover a deeper understanding of meditation through an investigation into the subtle workings of the mind, focusing on the body. The first in a series.**

The West has taken to meditation with great enthusiasm. We contemplate. We concentrate. We embrace mindfulness techniques and a multitude of mantras. We have undertaken to “do” meditation.

The Aspects of Meditation series is comprised of brief, precious texts in which Osho shows us the core of meditation is not about sitting silently or chanting a mantra. It is, instead, a question of understanding the subtle workings of the mind. In Book 1, Osho re-introduces us to our body, focusing on the “root” of the human, the soul.

OSHO is one of the most provocative and inspiring spiritual teachers of the twentieth century. He is known for his revolutionary contributions to the science of inner transformation, and the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country in the world.



**BODY, MIND & SPIRIT /  
MINDFULNESS & MEDITATION**

St. Martin's Essentials | 2/22/2022  
9781250786449 | \$7.99 / \$10.99 Can.  
Trade Paperback | 96 pages | Carton Qty: 128  
6.3 in H | 4.3 in W

**Other Available Formats:**

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## Aspects of Meditation Book 2

*Meditation, a Jumping Off Point*

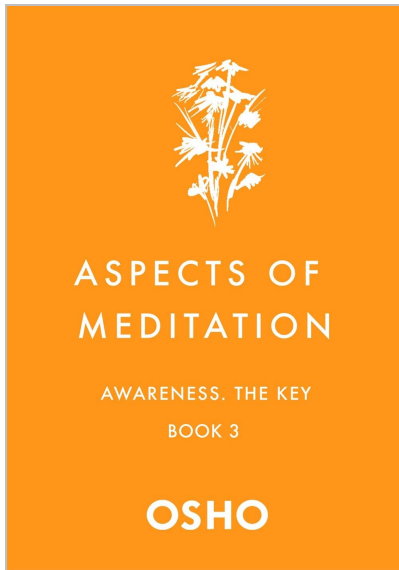
Osho

**Discover a deeper understanding of meditation through an investigation into the subtle workings of the mind—concentration as a way to discover the self. The second in a series.**

The West has taken to meditation with great enthusiasm. We contemplate. We concentrate. We embrace mindfulness techniques and a multitude of mantras. We have undertaken to “do” meditation.

The Aspects of Meditation series is comprised of brief, precious texts in which Osho shows us the core of meditation is not about sitting silently or chanting a mantra. It is, instead, a question of understanding the subtle workings of the mind. In Book 2, Osho explores the purpose of meditation: to discover the self.

OSHO is one of the most provocative and inspiring spiritual teachers of the twentieth century. He is known for his revolutionary contributions to the science of inner transformation, and the influence of his teachings continues to grow, reaching seekers of all ages in virtually every country in the world.



**BODY, MIND & SPIRIT /  
MINDFULNESS & MEDITATION**

St. Martin's Essentials | 2/22/2022  
9781250786463 | \$7.99 / \$10.99 Can.  
Trade Paperback | 80 pages | Carton Qty: 128  
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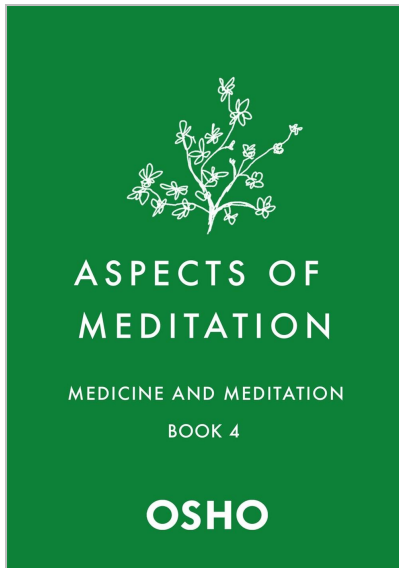
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