Tame Your Inner Critic and Trust Yourself to Shine in Any Spotlight

Calmfidence

PATRICIA STARK

FALL 2021
The Empath's Empowerment Deck

52 Cards to Guide and Inspire Sensitive People

Judith Orloff

This beautifully illustrated deck from the foremost empathy expert is a sensitive person's toolbox for thriving in an overwhelming world.

For a sensitive person, the right support at the right moment can make the difference between a day of feeling overwhelmed and a day in which your precious gifts of sensitivity bring new joys, insights, and ways to express your creativity. With The Empath’s Empowerment Deck, Dr. Judith Orloff offers a powerful and immediately accessible tool to provide daily inspiration, guidance, meditative reflections and in-the-moment support whenever we need it. “The special magic of these cards is that they provide instant guidance for any situation that you will face,” says Dr. Orloff.

With her bestselling books and online teachings on empaths, Dr. Orloff has emerged as a trailblazer for helping highly sensitive people adapt and thrive in the modern world. In The Empath’s Empowerment Deck, she has created a resource for sensitive, caring people who want the clarity of intuitive guidance to inform their relationships and life choices. Empaths who consult these cards will be transported from an overactive mind to access your most heartfelt goals, visions, and true destiny. The cards are beautifully designed to uplift and inspire, help us reconnect with our intuition, enhance self-care, maintain healthy boundaries, tune into the natural world, and much more.

Judith Orloff, MD, is a leading voice in the fields of medicine, psychiatry, and intuitive development, a New York Times bestselling author, and a UCLA psychiatric clinical faculty member. Her books include The Empath’s Survival Guide, Thriving as an Empath, Emotional Freedom, Positive Energy, Dr. Judith Orloff’s Guide to Intuitive Healing, and Second Sight. Find more inspiration at Dr. Orloff’s website, drjudithorloff.com.
All the Time in the World

Discover the Power of Focused Perception to Transcend Time

Lisa Broderick

Create your own experience of time with the guidance of a premier researcher in the field.

Time is something none of us can escape and yet few of us actually comprehend. While some feel time can’t pass quickly enough, others feel there aren’t enough minutes in the day. But what if you could not just understand but actively shape your perception of time? What if you actually had all the time you needed—and more?

In All the Time in the World, researcher Lisa Broderick reveals, “Time is one part physical and one part perception. By changing the part of the time equation you control, you can actually time travel through your perceptions.”

All the Time in the World presents the first definitive account of how time works and, more importantly, how you can affect it. Here Broderick offers exercises based on the latest research into the physics, metaphysics, and psychology of the human construct of time. Through these step-by-step practices, you’ll gradually build an awareness of time that transcends clockfaces and completely discharges the dreaded feeling that the seconds are slipping through your fingers.

Far more than just a book on workflow or efficiency, All the Time in the World offers a kind of liberation from the collective illusion that time is your enemy. Join Lisa Broderick to discover that when you embrace time as an ally, you become a confident creator of your own reality.

Lisa Broderick earned a BA from Stanford University and an MBA from Duke. She is a Transcendental Meditation Siddha, attended the Monroe Institute for the exploration of expanded states of consciousness, and studied imagery and dream reading at the American Institute for Mental Imagery for 15 years with noted author and teacher of Western spirituality Dr. Gerald Epstein. Learn more at lisabroderick.com.
Healing Ourselves

Biofield Science and the Future of Health

Shamini Jain

A leading researcher of consciousness-based healing provides an invaluable resource of scientific data and self-healing practices.

Spontaneous remission, the placebo effect, and energy healing—these phenomena have baffled the medical community for decades. What do all these marvels tell us? That our body is much more than a machine to be fixed by drugs and surgery. “We’ve been disempowered to think that we have no control over our own healing,” says Dr. Shamini Jain, “and yet science suggests the complete opposite. We have more healing power than we could ever imagine.”

With Healing Ourselves, Dr. Jain presents a new vision of health care that represents the marriage of cutting-edge science with spiritual wisdom, including:

- Biofield science—exploring evidence for the missing link between consciousness and healing
- The future of medicine—how the next scientific evolution will unfold
- Beginning your own health revolution—guidance for harnessing the placebo effect, holistic self-care, evidence-based spiritual practices, and much more

Today more than ever, we realize that we must change the way we think about health care—and our ability to heal ourselves. “The good news is there is a way forward,” teaches Dr. Jain “The flame that lights the path burns brighter than the darkness of ignorance and suffering we have found ourselves in.” With Healing Ourselves, this inspiring teacher shares a whole, integrated model of health that we have known in our hearts, all along, to be true.

Shamini Jain, PhD, is the founder and CEO of the Consciousness and Healing Initiative (CHI), a nonprofit collaborative that leads humanity to heal ourselves. Dr. Jain is an Ivy-league trained clinical psychologist and an award-winning research scientist in psychoneuroimmunology (PNI) and integrative medicine. She is a sought-after speaker and teacher in mind-body-spirit healing. Dr. Jain is also an assistant professor in psychiatry at UC San Diego. For more, visit shaminijain.com.
Unshakable Inner Peace Oracle Cards

A 44-Card Deck and Guidebook to Awaken & Align with Your True Power

Shannon Kaiser

Our current world is in chaos, with anxiety levels at an all-time high. Fear has set in on a collective, global level. Now more than ever we need tools to cultivate grounding and strength.

To address this need comes Shannon Kaiser’s Unshakable Inner Peace Oracle Cards, an interactive deck designed and written by acclaimed coach, teacher, speaker, and author Shannon Kaiser. Responding to her hundreds of thousands of loyal readers and online community members, she offers here an engaging practice tool for applying her signature teachings to our daily lives.

“We’ve been looking outside of ourselves and thinking we’ll find the answers there,” Shannon says. “We’ve been unknowingly giving our power away because we aren’t taught how to believe and trust in ourselves. So we stay stuck in a perpetual cycle of worry and hopelessness.”

But we can break that cycle.

These 44 energetically infused cards feature stunning designs, offering empowering insights and practices to help us find peace and strength amid the chaos. Draw a card whenever inspired, to connect with your inner light, activate your deeper purpose, and become the love and light in times of darkness. This oracle deck helps us gain the confidence to be true to ourselves with the support of the divine wisdom and energies all around us.

Includes an in-depth 144-page guidebook.

Shannon Kaiser is the bestselling author of five books on the psychology of happiness and fulfillment, including The Self-Love Experiment, Adventures for Your Soul, and Joy Seeker. As a life coach, international speaker, and retreat leader, she helps people align with their true selves so they can live their highest potential. She’s been named among the “100 Women to Watch in Wellness” by mindbodygreen and “your go-to happiness booster” by Health magazine. Learn more at playwiththeworld.com.
Messages from the Heart of the Divine Oracle Deck

Connect with Earth, Spirit & Self

Ashley River Brant

An oracle deck infused with Earth magic in each card, created to mirror your heart’s truth and tap into the abundant healing energy of love.

“Your beautiful and bountiful heart is a bridge for all that is Sacred,” says Ashley River Brant. “It carries the keys for all the wisdom you seek, all that you desire to create or become, and all the nourishment your soul needs in this lifetime.” Now this artist, spiritual medium, and medicine woman brings you a potent transformative tool to help you come home to the healing power of your heart with her new oracle deck, Messages from the Heart of the Divine.

Every card in Messages from the Heart of the Divine is charged with unique nature magic. Each of these 44 cards is painted with plant and mineral pigments, natural waters from the rivers, creeks, and oceans, and flower essences to encode each card with a specific alchemy of Earth Spirit healing. The accompanying guidebook provides you with instructions on how to interact with the cards, sample spreads, and rituals to help you engage more deeply with the cards’ messages.

By working with this deck you can increase your connection to your innate healing powers and intuitive wisdom, see yourself more clearly through the lens of your higher self, and feel more in alignment with your true nature. You’ll awaken the courage and confidence you need to show up in the world as you truly are. “You are actually the oracle,” says Brant. “This deck simply offers guidance for you to see that within yourself.”

Ashley River Brant is known for the integration of plant spirit medicine and sacred symbolism, most notably through her Soul Tattoos—customized, ceremonial, hand-poked tattoos intuitively designed after aura reading and energy work—which have a cult-like following. She is an artist of many mediums as well as a bridge to the spirit world. Her work has been featured in Refinery29, Snapchat, Insider, and many more. She lives in Northern California. Learn more at ashleyriverbrant.love.
Trauma: The Invisible Epidemic
How Trauma Works and How We Can Heal From It

Paul Conti

Join Dr. Paul Conti for a journey toward understanding, active treatment, and societal prevention of trauma.

Imagine, if you will, a disease—one that has only subtle outward symptoms but can hijack your entire body without notice; one that transfers easily between parent and child; one that can last a lifetime if untreated. According to Dr. Paul Conti, this is exactly how society should conceptualize trauma: as an out-of-control epidemic with a potentially fatal prognosis.

In *Trauma: The Invisible Epidemic*, Dr. Conti examines the most recent research, clinical best practices, and dozens of real-life stories to present a deeper, richer, and more urgent view of trauma. Not only does Dr. Conti explain how trauma affects the body and mind, he also demonstrates that trauma is transmissible among close family and friends, as well as across generations and within vast demographic groups.

With all this in mind, *Trauma: The Invisible Epidemic* proposes a course of treatment for the seemingly untreatable. Here, Dr. Conti traces a step-by-step series of concrete changes that we can make both as individuals and as a society to alleviate trauma’s effects and prevent further traumatization in the future.

It’s only when we understand how a disease spreads and is sustained that we are able to create its ultimate cure. With *Trauma: The Invisible Epidemic*, Dr. Conti reveals that what we once considered a lifelong, unbeatable mental illness is both treatable and preventable.

Paul Conti, MD, is a graduate of Stanford University School of Medicine. He completed his psychiatry training at Stanford and at Harvard, where he was appointed chief resident. He then served on the medical faculty at Harvard before moving to Portland, Oregon, and founding a clinic. Dr. Conti serves patients and clients throughout the United States and internationally, including the executive leadership of large corporations. For more, see pacificpremiergroup.com.
Tracking Wonder

The Surprising Path to Purpose, Connection, and Fulfillment

Jeffrey Davis

An eye-opening and mind-expanding exploration of wonder—and how to nurture its capacity to spark your full creative potential

Do you yearn for more meaning, connection, and the ability to respond to life’s curveballs more creatively than reactively? If so, you’ve likely found that hard work, material success, and even years of expertise often aren’t enough. What stands in the gap between your busyness and a life filled with cherished moments?

For years, Jeffrey Davis has researched, interviewed, and worked with luminaries across cultures and professions to answer that question. What he’s identified is a single universal experience that opens us to creative awakening across all walks of life: wonder.

Here, this acclaimed teacher, consultant, and speaker invites us to discover how wonder dissolves our rigid ways of seeing and thinking, allowing us to glimpse anew what is true, beautiful, and possible—and how to then bring our insights to fruition. Rich with wisdom, real-life stories, and practical guidance, Tracking Wonder shows you how to

- Bring forward your childlike wonder
- Disrupt default mental habits to stay open to possibility
- Fertilize confusion into curiosity
- Navigate uncertainty and crises with creative resilience
- “Unbox” other people to deepen your connections, and gift them with wonder
- Fine-tune your daily process and flow, and much more

Jeffrey Davis works with innovators, professionals, writers, scientists, and social psychologists, offering him leading insights into the creative process. He is a sought-after speaker who presents at conferences, universities, and centers nationwide. Founder of Tracking Wonder Consultancy, he works with organizations and individuals to advance their best ideas and best lives with integrity and wonder. He lives with his family in the Hudson Valley of New York. Learn more at trackingwonder.com.
I Want This to Work

*Honor Your Needs, Feelings, and Experiences Using the New Tools of Relationship Science*

Elizabeth Earnshaw

A contemporary, culturally inclusive, and easy-to-digest relationship book for the modern age

Today more than ever, we’re willing to do what it takes to make relationships work. In fact, between 2008 and 2016, the divorce rate plummeted 18 percent. Couples are choosing to stay together—but most don’t have the right tools or knowledge to do it successfully. Amid all the advice, what’s missing? A trustable, inclusive guide to navigating the most difficult issues we face.

Elizabeth Earnshaw is a renowned Gottman therapist, founder of A Better Life Therapy, and influential Instagram therapist who has helped transform countless relationships. With *I Want This to Work*, she presents for today’s generation the most effective and proven steps for relationship success.

“We’re in a cultural moment,” she says, “where people are hungry to absorb the principles for healthy relationships. This book answers that call.”

Here, couples will learn to work with the three challenges they must tackle to repair and strengthen their relationships: *conflict*, *healing*, and *connection*. In a supportive and relatable voice, Elizabeth simplifies complex concepts and provides core insights, exercises, and reflections to take these tested principles from the page and into real life.

Culturally tuned in, LGBTQIA+ friendly, and written for both married and unmarried couples, this book brings us an accessible guide to healing relationships and creating enduring intimacy.

*Elizabeth Earnshaw, LMFT*, works with individuals, couples, and families and is the founder of A Better Life Therapy. She holds a master’s degree in marriage and family therapy, is a licensed marriage and family therapist, and is a certified Gottman Method couples therapist. Elizabeth also trains and supervises new therapists seeking their licenses in the counseling field. Learn more at abetterlifetherapy.com.
Open Monogamy

A Guide to Co-Creating Your Ideal Relationship Agreement

Tammy Nelson

A practical guide for creating non-traditional relationship agreements that work—from a certified sex therapist and relationships expert

Love is eternal—but our concepts of relationships and marriage evolve to fit the times. In an age when we live longer, communicate differently, and value gender equality, is it any wonder so many people are looking for new ways to support lasting, loving partnerships? “Monogamy is no longer a simple concept,” says Dr. Tammy Nelson. “More couples every year are experimenting with open relationships and newer, more flexible versions of commitment . . . yet few of us have been prepared with the skills we need to make those agreements work.”

Open Monogamy is Dr. Nelson’s guidebook for couples who wish to explore new directions in their relationships—to bring in excitement, variety, and fresh experiences without sacrificing trust, security, and respect. In this practical, skill-based book, she helps you find your place on the “monogamy continuum”; have honest conversations about attraction and desire; remove shame and suspicion from an open relationship; and create agreements—traditional or otherwise—that are fulfilling, exhilarating, and built for enduring love.

Dr. Nelson’s 30 years of experience as a relationship and sex therapist have shown her that nontraditional relationships can flourish when the old idea of monogamy fails. Here is an invaluable resource to help couples redefine their relationships with “understanding, empathy, and validation for the new rules of love.”

Tammy Nelson, PhD, is a licensed psychotherapist, Board Certified Sexologist, Certified Sex Therapist, and a Certified Imago Relationship Therapist. She is a TEDx speaker and the host of The Trouble with Sex podcast. Her books include Getting the Sex You Want and The New Monogamy. She is executive director of the Integrative Sex Therapy Institute and has been a featured expert in Time and the Washington Post, on CNN, and more. She lives in Southern California. For more, visit drtammynelson.com.
Calmfidence

How to Trust Yourself, Tame Your Inner Critic, and Shine in Any Spotlight

Patricia Stark

Learn how to communicate inside and out with calm, confidence, and self-love no matter the circumstances.

Calm and confidence are qualities that everyone—not just presenters and performers—wants and needs in their everyday lives. Confidence is important. But calm and confidence together are a magical and powerful combination.

After years of struggling with communication in school, business, and public, Patricia Stark achieved this state of “calmfidence” not through some single moment of revelation, but through years of small insights, “aha” moments, and constant practice. Today, after helping thousands of students and clients find their own voices and abilities, Stark makes her methods available in Calmfidence—a comprehensive guide to improving your self-talk and communication skills in any social interaction.

Inspired by her coaching workshops of the same name, Calmfidence gathers a unique set of mental tools, experiential practices, and natural remedies for quelling the self-sabotaging habits of the Inner Critic. With warmth and compassion, Stark guides you in how to identify and overcome your blockages to communication, how to react skillfully to strong emotions as they arise, and how to deal with setbacks in your Calmfidence journey without self-judgment.

You don’t need some rare talent to communicate well. When you engage with the exercises and encouragement in Calmfidence, you’ll learn how to stop surrendering to fear and become the calm and confident communicator who has always been waiting within.

Patricia Stark is owner of Patricia Stark Communications and Calmfidence® Workshops, providing training in personal and professional development. She works with celebrities, corporate executives, authors, news anchors, social media influencers, and others whose careers rely on their ability to communicate confidently. She lives in New York. For more, see patriciastark.com.
Root and Ritual
Reconnect to Land, Lineage, Community, and the Self

Becca Piastrelli

A beautifully illustrated guide for connecting with the earth, your ancestors, and your communities as you come home to your whole self

Most modern women feel more alone than ever. We’re unrooted from the land that is our home, untethered from our long line of ancestors, disconnected from our communities, and separated from our deepest sense of self. According to author Becca Piastrelli, much of this loneliness stems from the ways we’ve lost touch with our ancestral ways of living. “Though we live in a radically different-looking world, the needs of our bodies and spirits are the same as the ancestors we came from,” she writes. “We need community, ritual, and knowledge of the earth. We need to remember who we really are.”

With Root and Ritual, Piastrelli offers women a pathway back to connection and wholeness through recipes, rituals, and a wealth of ancestral wisdom. In this beautifully illustrated guide, she presents a four-part journey for deepening into your life: Part 1 introduces practices for reconnecting with the land, including crafting with plants and tending your home. In Part 2, you’ll learn to reclaim the gifts of your lineage as you heal past harms and explore the traditional folklore, foods, and arts of those who came before. Part 3 centers around community, helping you cultivate sisterhood and celebrate meaningful rites of passage. And in Part 4, you’ll come home to yourself as you open your intuition, tune in to your body, and awaken the wild woman within.

Becca Piastrelli is a writer, speaker, ancestral folk medicine keeper, and women’s group facilitator. She is a leader in women’s empowerment and earth wisdom, teaching women how to cultivate a sense of belonging. Through her online and international retreats, blog, and Belonging podcast, Becca connects with thousands of women from her home in Northern California. For more, visit beccapiastrelli.com.
Food Story

*Rewrite the Way You Eat, Think, and Live*

Elise Museles

Finding peace with food isn’t about eating kale or taking supplements—it’s about unlocking your *food story*, your inner narrative about food.

When it comes to food, everyone has a story. The way you feel about food, think about food, deprive yourself or overindulge, the specific things you crave... there’s always a story behind it. *Your* food story is a swirl of many things: how you were raised, messages you received from influential people and the media, your positive memories *and* your painful memories about food. All of it comes together to create thoughts and patterns that directly impact your health and happiness.

In *Food Story* certified eating psychology and health coach Elise Museles offers you a way out of all the stress and confusion about food and leads you to a more joyful (and relaxed) way to eat, think, and live. By understanding your food story, how it formed and drives your choices, you’ll say goodbye to guilt and shame and release the disempowering stories looping inside your mind. You’ll finally allow food to help you live your best life, not control it.

*Food Story* is filled with questions for reflection and practical tools and uses a fun, science-backed approach. There are also 35 mouthwatering recipes plus grounding rituals that are divided by mood (happy, calm, focused, etc.), encouraging you to tune in to your body and ask, “How do I want to feel?” You’ll get all of the ingredients you need to banish negative self-talk, reclaim your confidence, and transform your relationship with food for good.

Elise Museles holds four certificates in holistic health and integrative healing. She is on the Environmental Working Group board of directors and has been a National Institutes of Health (NIH) grant recipient for five years in a row. A frequent podcast guest, she is host of the popular *Once Upon a Food Story* podcast. Her work has been featured in *O, The Oprah Magazine, Forbes, Health, Self, Elle, Well+Good, The Chalkboard, mindbodygreen*, and other outlets. For more, visit elisemuseles.com.
Anchored

How to Befriend Your Nervous System Using Polyvagal Theory

Deborah Dana

Reduce Stress and Overwhelm Through a Deeper Understanding of Your Nervous System.

We’ve all had experiences where our reactions felt completely out of proportion to the situation. Perhaps a meeting with your boss made you feel like you were in the path of a speeding car. Or it may be that certain relationships in your life felt out of control.

In Anchored, Deb Dana presents a simple, hopeful message: when you ground yourself with openness, mindful attention, and curiosity, you can gain the understanding necessary to reshape these seemingly uncontrollable responses. Dana draws on her considerable experience as a clinician and teacher, her extensive work with Polyvagal Theory, and her long-lasting close collaboration with its founder, Dr. Stephen Porges.

Polyvagal Theory posits that our survival responses are regulated by the vagus nerve (the highway of the nervous system, which sends signals directly from the body to the brain) and can be consciously shaped through exploratory practices that offer a greater sense of safety.

Dana illustrates how to work with the body’s innate ability to pick up social signals and cultivate “micro-moments” of safety in order to regulate automatic responses to stress, conflict, and hardship. Including in-depth practices such as guided imagery, meditation, and ongoing self-inquiry, Anchored offers a practical user’s manual for moving from a place of fear and panic into a grounded space of calm and balance.

Deb Dana, LCSW, is a clinician and teacher specializing in complex trauma, as well as a consultant to the Traumatic Stress Research Consortium in the Kinsey Institute. Deb’s work is focused on using the lens of Polyvagal Theory to understand and resolve the impact of trauma in our lives. For more, see rhythmofregulation.com.
When the Impossible Happens
An Exploration of Expanded States of Consciousness

Stanislav Grof

The legendary researcher Stanislav Grof shares his most memorable encounters with the mysteries of human consciousness and non-ordinary realities—in a new updated edition.


When the Impossible Happens presents Dr. Grof’s astonishing firsthand recollections spanning his decades of inquiry into waters uncharted by the materialist worldview.

From his first LSD session that gave him a glimpse of cosmic consciousness to his latest work with Holotropic Breathwork, this groundbreaking explorer's incredible-yet-true stories will enthrall readers with insights and actual events that shed light on:

• The wonder and significance of "impossible" coincidences
• Evidence-supported memories from prenatal life, past lives, and our ancestors
• Living, dying, and beyond—the survival of consciousness after death
• Compelling cases of psychic phenomena, and much more

When the Impossible Happens invites us on a kaleidoscopic odyssey into our vast and untapped potentials—and the true nature of reality itself.

This revised edition includes a new chapter on synchronicities and psychedelics research, and a new foreword by James Fadiman, PhD.

Stanislav Grof, MD, is the author of many books, including The Way of the Psychonaut, Beyond the Brain, The Holotropic Mind, LSD: Doorway to the Numinous, and The Cosmic Game. He has served as a research fellow at John Hopkins University and chief of research at the Maryland Psychiatric Center. He currently teaches psychology at the California Institute of Integral Studies. Stanislav Grof is the founding president of the International Transpersonal Association. Learn more at stangrof.com.
How to Meditate

A Practical Guide to Making Friends with Your Mind

Pema Chödrön

From Pema Chödrön, her first in-depth how-to meditation book for creating and enjoying a fulfilling practice

Pema Cho¨dro¨n is celebrated worldwide for her ability to transmit teachings that awaken peace, understanding, and compassion into our lives. With How to Meditate, the American-born Tibetan Buddhist nun offers us a complete guide to exploring the essentials for a lifelong practice.

More and more of us are beginning to recognize a deep inner longing for authenticity, connection, and aliveness. Meditation, Pema explains, gives us a golden key to address this yearning. Here, she shows us how to meet and relate with our minds, embrace the fullness of all experience, and live in a wholehearted way. Join her to discover:

• The basics of meditation, from getting settled and the six points of posture to working with the breath and cultivating an attitude of "unconditional friendliness"
• The Seven Delights—how moments of difficulty can open doorways to awakening and love
• Shamatha (or calm abiding), the art of stabilizing the mind to remain present with whatever arises
• Thoughts and emotions as “sheer delight”—not obstacles—in meditation

“The ultimate reason why we practice is so that we can become completely loving people.
And this is what the world needs,” writes Pema. How to Meditate provides us with a perfect way to begin that journey.

Pema Chödrön is an American-born Buddhist nun and the author of many modern-day spiritual classics, including Welcoming the Unwelcome, Living Beautifully with Uncertainty and Change, The Wisdom of No Escape, Start Where You Are, and When Things Fall Apart. She serves as resident teacher at Gampo Abbey Monastery in Nova Scotia. For more information, visit pemachodronfoundation.org.
The Yoga Sutras Desk Reference

A Comprehensive Guide to the Core Concepts of Yoga

Nicolai Bachman

Sanskrit and yoga scholar Nicolai Bachman brings yoga teachers and students an in-depth resource for accessing, understanding, and practicing the core spiritual teachings of Patanjali’s Yoga Sutras...

Those who love the physical practice of yoga—its postures, movements, and breathwork—often find themselves seeking its deeper spiritual wisdom.

More than 2,000 years ago, the legendary master Patanjali illuminated the way with 195 pearls of insight known as the Yoga Sutras. With this indispensable and beautifully illustrated resource, Sanskrit and yoga philosophy teacher Nicolai Bachman brings us a modern, practical guide to Patanjali’s foundational masterpiece.

Why do we react the way we do in certain situations? How can suffering be an opportunity for growth? Why are nonviolence and truth so important to students and society? Patanjali’s sutras shine a timeless light on these questions and more.

To help us truly understand what yoga is, Bachman focuses on 51 key concepts, explains each one in great detail, and poses ways to contemplate and experience them in our own lives. This comprehensive work also includes a concise history of yoga and the sutras, a full translation of every sutra, several color illustrations of important process flows, a large glossary of Sanskrit terms, and many learning exercises.

Whether you’re a seasoned instructor or a student looking to go further in your practice, The Yoga Sutras Desk Reference offers a treasury of teachings to discover the “outer joy and inner happiness” of yoga.

Nicolai Bachman has taught Sanskrit, yoga philosophy, Ayurveda, and chanting since 1994. He has studied extensively at the American Sanskrit Institute, the Ayurvedic Institute, the American Institute of Vedic Studies, and the Vedic Chant Center. He holds an MA in Eastern philosophy, an MS in nutrition, and is E-RYT 500 certified. Nicolai’s publications include The Language of Yoga, The Path of the Yoga Sutras, and The Language of Ayurveda. Learn more at sanskritsounds.com.
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Taking Refuge in the Wild Heart

A Fierce and Tender Wisdom

Mirabai Starr

For centuries, the voices of feminine mystics have been suppressed, their wisdom relegated to the shadows—until now.

“Women’s voices have been buried at the heart of every spiritual tradition, and it is time that we excavate and uplift them for the sake of all beings, including Mother Earth,” offers spiritual guide and author Mirabai Starr. “We are all mystics, and our birthright is union with the One.”

In this six-session audio program, Starr shows us how to collectively reclaim feminine wisdom from the margins of patriarchy in order to embody this living spirit in our daily lives. This, she teaches, is a revolutionary act—one that is wildly creative and meant for everyone.

Each session will include guided practices to evoke insight and inner reflection on the teachings of feminine mystics, including Hildegard of Bingen, Julian of Norwich, and the Bhakti poet Mirabai. Buddhism, Christianity, Judaism, and Hinduism will be referenced through the lens of the feminine as listeners contemplate and activate sacred scriptures and teachings to awaken our hearts, cultivate community, and energize us to step up in compassionate action.

In addition, contemporary spiritual visionaries, writers, and artists such as Naomi Shihab Nye and Lynn Unger will inspire us toward “good trouble” by showing us how to address and dismantle harms done by oppressive religious traditions. Taking Refuge in the Wild Heart sets us on an inclusive, comprehensive path for healing our hearts and returning to the sacred center of us all.

Mirabai Starr is an award-winning author of creative nonfiction and contemporary translations of sacred literature. She taught philosophy and world religions for 20 years and now leads retreats internationally on contemplative practice and inter-spiritual dialogue. A certified bereavement counselor, Mirabai helps mourners harness the transformational power of loss. Her latest book is Wild Mercy. She lives in northern New Mexico. For more, visit mirabaistarr.com.
The Revolutionary Love Training Course

How to Love Others, Our Opponents, and Ourselves

Valarie Kaur

A fiery activist and inspiring visionary offers practical training for becoming a healing force in our divided world.

How can we practice love in a time of turmoil? How do we look upon the face of any person—even someone who has offended, wronged, or harmed us—and choose to love them? “All acts of love begin in wonder,” teaches Valarie Kaur. “When we choose to wonder about another person, we affirm that their interior life is as vast and complex as our own. In other words, we see them as equal.”

By listening deeply to the stories she encountered in her frontline social justice work, then adding insights from her studies in religion, law, ethics, and science, Kaur created the practices that make up The Revolutionary Love Training Course. In this (X)-hour audio training, she shares the insights, teachings, and guided practices that can create the most impact in your life and your community.

The issues we face as a culture—racism, sexism, war, inequality, climate change, and more—are born of our estrangement from ourselves, from others, and from the world. “Pull the thread on any one issue . . . and you get the rest,” Kaur teaches. “It is the old way to fight only for ourselves or single causes. Love calls us to fight with solidarity, side by side.” Here is a powerful and practical course for transforming yourself and the way you relate to everyone in your life—created for anyone who shares the vision of a world in which no one, no matter how different, is left behind.

Valarie Kaur is an activist, lawyer, filmmaker, and founder of the Revolutionary Love Project. She has won national acclaim for her story-based advocacy, helping to win policy change on issues from hate crimes to digital freedom. A daughter of Sikh farmers in California, she earned degrees at Stanford University, Harvard Divinity School, and Yale Law School. Valarie's debut book, See No Stranger, expands on her popular TED Talk. She lives in Venice, California. For more, visit seenostranger.com.
Forgiveness Is Freeing

Teachings to Let Go of Judgments and Conflict

Eckhart Tolle

Learn how to transcend the pain of the past and dwell in a Presence free of resentments.

Do you know of someone in your life who you cannot possibly bring yourself to forgive? When you think of that person, what feelings arise? It’s likely, muses Eckhart Tolle, that none of those sensations are happiness, calm, or contentment.

None of this is unfamiliar to the renowned author and luminary, who has taught on the nature of perception, selfhood, and the roots of negative emotions for more than 20 years. Holding on to old wounds, he reflects, is one of the surest signs that you are caught in the egoic thinking of the false self.

Forgiveness Is Freeing brings together Eckhart’s most potent talks about what it means to let go of grievances and fully accept the shape of your past. Through insightful lectures and practices, he shows us how to cultivate nonjudgment and equanimity when others overstep your boundaries, why the worst grudges are the ones we hold against ourselves, and what to do when the pain of our past wounds hijacks our senses.

You don’t have to be bound by the illusions of the past, teaches Eckhart. In these essential audio sessions, he shows us the way to letting go and embracing the liberation of the present moment.

Eckhart Tolle is a world-renowned spiritual teacher and bestselling author in print and on audio. His written works include two New York Times bestsellers: the Oprah’s Book Club selection A New Earth and The Power of Now, which has been translated into over 30 languages. Learn more at eckharttolle.com.
Sensing into Presence

A Collection of Guided Practices with Kim Eng

Kim Eng

Kim Eng offers the best of her practices for embodied awakening in this comprehensive audio program.

When we seek to connect with the present moment, many of us end up going into our thoughts—and disconnecting from our bodies. Kim Eng teaches a different approach. Her practices all nourish an exquisite sense of inner harmony—through movement and stillness, doing and allowing, mind and body, all working together to awaken us to the realization of our inherent wholeness.

Now, with Sensing into Presence, this renowned teacher presents a compilation of her most effective meditations for bringing your whole self into a state of graceful Presence.

This collection assembles Kim’s best-loved practices from the Eckhart Tolle Now online community, grouped into three distinct sessions: “Breathing and Being” meditations focus on accessing relaxation and awareness through the gateway of the breath. “Deepening into Stillness of the Body” reveals the wisdom, strength, and beauty of your living form through gentle movement and focus. Finally, “Moving with Awareness and the Energy of Qi” brings you practices to help you awaken to and nourish your physical and subtle anatomy, granting you access to deep reserves of creativity, power, and insight.

“The present moment is an embodied realization,” Kim Eng says. Here is an opportunity to experience this remarkable teacher’s gift for helping you awaken your mind, body, and spirit with Sensing into Presence.

Kim Eng is a counselor and spiritual teacher whose Presence Through Movement workshops focus on the integration of mind, body, and spirit. As Eckhart Tolle’s teaching partner, she has helped translate his ideas into a structured practice. Her teaching programs include Meditations for a New Earth, Guided Meditations for Deepening Stillness, and the Presence Through Movement video series. For more, visit presencethroughmovement.com.
The Biology of Belief
Unleashing the Power of Consciousness, Matter and Miracles

Bruce H. Lipton

Learn how your biology is shaped by the intelligence of each of your fifty trillion cells.

The Biology of Belief is a groundbreaking work in the field of new biology. Former medical school professor and research scientist Bruce H. Lipton, Ph.D., presents his experiments, and those of other leading-edge scientists, which examine in great detail the mechanisms by which cells receive and process information. The implications of this research radically change our understanding of life, showing that genes and DNA do not control our biology; instead, DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts. This profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics has been hailed as a major breakthrough, showing that our bodies can be changed as we retrain our thinking.

Bruce H. Lipton, PhD, is an internationally recognized cellular biologist who taught cell biology at the University of Wisconsin School of Medicine and later performed pioneering studies at Stanford University's School of Medicine. His breakthrough research on the cell membrane in 1977 made him a pioneer in the new science of epigenetics. He is author of The Biology of Belief and a sought-after keynote speaker and workshop presenter, and has appeared on radio and television.
No Bad Parts
How the Internal Family Systems Model Changes Everything
Richard Schwarz

Learn the innovative therapeutic model that is revolutionizing the field of trauma healing and helping people realize their most potent and empowered inner self.

Inside each of us, there are many distinct selves. “Though we’ve been raised to believe that healthy people have a single ‘self,’” explains Dr. Richard C. Schwartz, “acknowledging our multiplicity gives a far deeper awareness of how our minds actually work.” Dr. Schwartz’s pioneering Internal Family Systems (IFS) therapy has become renowned in psychotherapy for its power to help us connect with and heal the many distinct facets—or parts—of our psyche. With Greater Than the Sum of Our Parts, he brings you practical ways to use this method for your growth, well-being, and even your spiritual journey.

One of the key lessons of IFS therapy is that there are no bad parts. “Trauma or life experience can cause our parts to take on burdens,” says Dr. Schwartz. “Yet when we bring the spiritual values of curiosity, gratitude, and kindness to these burdened parts, we discover incredible opportunities for healing and awakening.” Through instruction and guided meditations, Dr. Schwartz shows us how to engage even the most disturbing or unwanted parts of our psyche with openness and love—so we may unlock the hidden gifts and wisdom each part contains.

Many forms of therapy and even spiritual practice inadvertently put us in conflict with ourselves as we try to transcend or reject our parts. Here Dr. Schwartz invites you to embrace each of your many parts with self-compassion—and discover the inclusive greater Self that is your true nature.

Richard C. Schwartz, PhD is the creator of Internal Family Systems, a highly effective therapeutic model that de-pathologizes the multi-part self. His Center for Self Leadership offers training in IFS for professionals and the general public. Formerly an associate professor in the Department of Psychiatry at the University of Illinois at Chicago and later at Northwestern University, Dr. Schwartz has published five books and is a sought-after presenter.
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