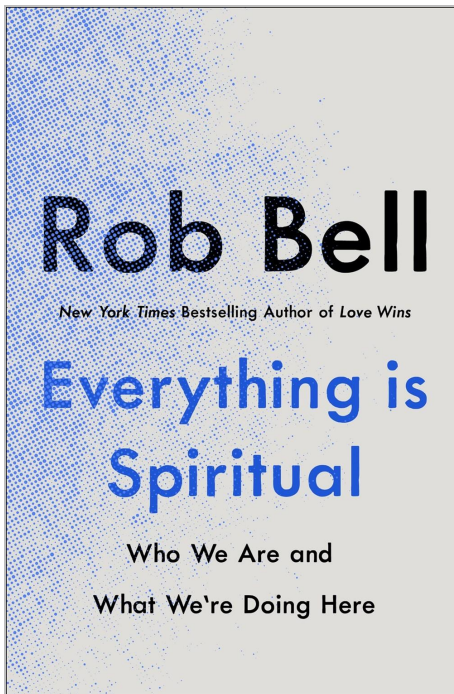




ST. MARTIN'S
ESSENTIALS



Everything Is Spiritual

Who We Are and What We're Doing Here

Rob Bell

In his profound and deeply personal new book, *New York Times* bestselling author Rob Bell explores the endless dynamic questions and connections that have shaped his life to provide powerful insig...

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

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

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

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

RELIGION / SPIRITUALITY

St. Martin's Essentials | 9/15/2020

9781250620569 | \$27.99 / \$37.99 Can.

Hardcover with dust jacket | 320 pages | Carton

Qty: 24

8.3 in H | 5.4 in W

Other Available Formats:

Ebook ISBN: 9781250620576

Audio ISBN: 9781250771643

Audio ISBN: 9781250771636

MARKETING

National Author Tour

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National Print Publicity

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Major Pre-order Campaign

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Early DRC Posting on Edelweiss

NatGalley Promotion

Blog Outreach

Early Reader Review Campaign

Email Marketing Campaign

Social Media Campaign



**BODY, MIND & SPIRIT /
DIVINATION / FORTUNE
TELLING**

St. Martin's Essentials | 10/6/2020
9781250752031 | \$21.99 / \$29.99 Can.

Hardcover Paper over boards | 208 pages |
Carton Qty: 32
7 in H | 5 in W

Includes a 4-color, 36-card deck plus printed
endpapers and a 2 color interior

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

Translation Rights: St. Martin's Publishing Group

MARKETING

National Print Publicity
Online Publicity
Early Reader Review Campaign
Bookseller Outreach
Social Media Promotion
Bookstagrammer Outreach
Blog Outreach
Email Marketing
Active on Instagram: @saramlyons (66.2K
followers)

Cute Little Lenormand

Easy, Intuitive Fortune Telling with a 36 Card Lenormand Deck

Sara M. Lyons

A whimsical new Lenormand book and deck set designed to help beginners and experienced readers tap into their intuition

Cute Little Lenormand is a colorful, modern take on a classic divination deck. Lenormand is a simple, intuitive form of cartomancy that can spark inspiration, shed clarity on confusing situations, and even hint at what the future might hold. With a touch of whimsy and a generous splash of pink, author and illustrator Sara M. Lyons has given this historical card deck a cute, contemporary makeover with playful pastel-hued illustrations and updated designs. *Cute Little Lenormand* includes a comprehensive guidebook along with a complete 36 card Lenormand deck, all designed and written with gender-inclusive language that invites everyone to see themselves in the cards.

Cute Little Lenormand is written with the newbie in mind, so whether you're an expert card reader or a complete novice, you'll soon be interpreting with ease. The book includes explanations for each of the cards and walks you through how to read a spread, from your very first three-card vignette all the way up to the ultimate Lenormand spread—a 36 card grand tableau. Fun exercises throughout will help you hone your reading skills and explore the rich meanings of the symbols.

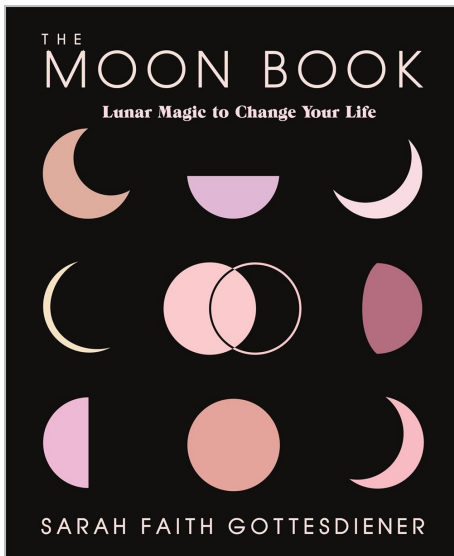
Whether you use the cards as a way to kickstart your own intuition or as part of a magical practice, *Cute Little Lenormand* is the perfect introduction to cartomancy and the beautiful world of Lenormand.

PRAISE

"Sara Lyons' *Cute Little Lenormand* is small but mighty, packed full of punch! Easy to use, straightforward, and adorable, the *Cute Little Lenormand* would be a great addition to anybody seeking more guidance and inner wisdom for their self care rituals." —Grace Duong, creator of the Mystic Mondays Tarot deck

"Artist Sara M. Lyons brings the best of her signature style to *The Cute Little Lenormand*, crafting an appealing, intuitive, fun deck for experienced and first-time readers alike." - Adam J. Kurtz, artist and author of *Pick Me Up, 1 Page At A Time*, and *The OK Tarot*

SARA M. LYONS is an artist and illustrator living in north Orange County, California, with her husband Josh. *Cute Little Lenormand* is her first published deck.



BODY, MIND & SPIRIT / WITCHCRAFT

St. Martin's Essentials | 9/29/2020

9781250206183 | \$24.99 / \$33.99 Can.

Hardcover Paper over boards | 320 pages |

Carton Qty: 16

9.1 in H | 7.5 in W

Includes four-color endpapers and 2-color illustrations throughout

Subrights: UK: St. Martin's Press

Translation: St. Martin's Press

Other Available Formats:

Ebook ISBN: 9781250222336

MARKETING

National Broadcast Publicity

National Print Publicity

Online Publicity

Early Reader Review Campaign

Bookseller Outreach

Social Media Promotion

Bookstagrammer/Influencer Outreach

Blog outreach

Email Marketing

Active on Instagram: @gottess (55.3k followers)

Author website: <https://visualmagic.info/>

The Moon Book

Lunar Magic to Change Your Life

Sarah Faith Gottesdiener

A guide to conscious living through the moon and her phases, incorporating wellness rituals, spellwork, and witchcraft for the modern seeker.

We all know the moon. We all have a relationship with it. The earliest people obeyed her orbit, timed their months and holidays and celebrations and agriculture to the moon. The echos of that system are still visible today, though the connection to the moon is often forgotten.

Sarah Faith Gottesdiener is the leader of a movement to remind us of that lineage, guiding our rhythms and our sleep, our energy and our emotions, reminding us of our humanity and our magic. In her self-published Many Moons Workbooks and Lunar Journals, as well as her sold-out classes, she has guided over 50,000 readers to a deeper relationship with the moon, and through it, with themselves.

This evergreen book will be an informative and comprehensive guide to lunar living, incorporating radical, self-empowering, and magical tools and resources for the beginner and experienced lunar-follower alike. Depending on where we are in our lives, depending on what we are feeling or what is happening around us, the moon allows us a space to invite ritual into our daily lives. This book will provide a framework on how to utilize the entire lunar cycle holistically, while offering ways for the reader to develop a personal relationship with their own cycles—energetic, personal, and emotional—through the lens of the moon's phases.

PRAISE

"THE MOON BOOK is the perfect guide for working with the energy of the moon while navigating life in the 21st Century. The best way to mix your magic with intersectional feminism, activism, and self-awareness." —Erica Feldman, Hauswitch Owner

SARAH FAITH GOTTESDIENER is an artist, designer, and writer in Los Angeles. She runs her own business teaching art, design, and metaphysical studies, and working as an intuitive tarot reader seeing hundreds of clients a year. Her lunar workbooks are beloved in the wellness, witch, and spiritual community, and she's taught all over the country, in Canada, and in the UK. She writes a bi-monthly column for Astrology.com, as well as monthly contributions to LittleRedTarot.com and Ofthewolves.com.



The Way of Forgiveness

A Story About Letting Go

Stephen Mitchell

In the tradition of *The Alchemist*, acclaimed writer Stephen Mitchell retells the tale of Joseph as a story of transcendent love and forgiveness

“A unique and special kind of masterpiece.” —John Banville

In *The Way of Forgiveness*, the distinguished writer and translator Stephen Mitchell provides a stirring account of the power and wisdom of forgiveness.

Based on the biblical story of Joseph and his brothers—a beautiful, brilliant, arrogant young man is sold into slavery but eventually rises to become viceroy of Egypt—*The Way of Forgiveness* is a riveting expansion, lush with vivid characters and a captivating sense of place. What’s new here is the lyrical, witty, vivid prose, informed by a wisdom that brings fresh insight to this foundational legend of betrayal and all-embracing forgiveness. Mitchell’s retelling interweaves the narrative with brief meditations that, with their Zen surprises, expand and illuminate the main themes. The engrossing tale that he has created will capture the hearts and minds of modern readers and show them that this ancient story can still challenge, delight, and astonish.

PRAISE

“Stephen Mitchell is a tireless curator of wisdom, whose life’s work is nothing less than the study of human transformation. With *Joseph and the Way of Forgiveness*, Mitchell has reached back in time to one of our oldest stories of grace and brought its lessons forward to us. The heart cannot help but be moved and healed by the treasure to be found in these pages.” —Elizabeth Gilbert

“Stephen Mitchell’s *Joseph and the Way of Forgiveness* is a rich and meaningful chronicle-cum-midrash.” —Cynthia Ozick

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

RELIGION / BIBLICAL MEDITATIONS / OLD TESTAMENT

St. Martin's Essentials | 9/15/2020

9781250239891 | \$16.99 / \$22.99 Can.

Trade Paperback | 288 pages | Carton Qty: 32
8.3 in H | 5.4 in W

Subrights: UK Rights: St. Martins Essentials
Translation Rights: The Loewenthal Company

Other Available Formats:

Hardcover ISBN: 9781250237521

Ebook ISBN: 9781250237538

Audio ISBN: 9781250241979

MARKETING

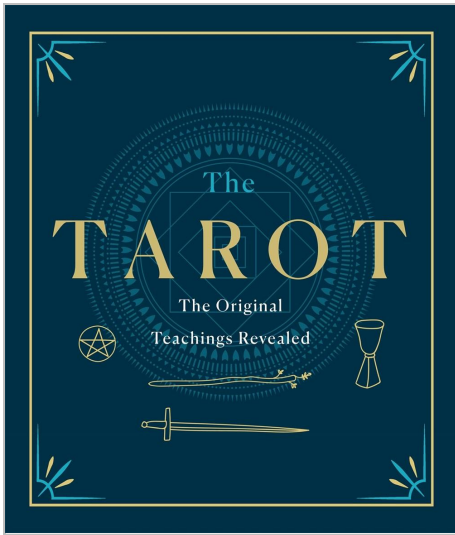
*Online Publicity

*Email Marketing Campaign

*Social Media Campaign

*Author Website:

StephenMitchellBooks.com



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

St. Martin's Essentials | 10/27/2020
9781250622907 | \$45.00 / \$61.00 Can.
Hardcover Paper over boards | 800 pages |
Carton Qty: 4
10 in H | 8.5 in W
Includes 400+ black-and-white illustrations
throughout and 4-color endpapers

Subrights: Uk Rights: St. Martin's Press
Translation Rights: St. Martin's Press

Other Available Formats:
Ebook ISBN: 9781250622914

MARKETING

National Print Publicity
Online Publicity
Early Reader Review Campaign
Bookseller Outreach
Netgalley Promotion
Social Media Promotion
Email Marketing
Adv Budget

The Tarot: The Original Teachings Revealed

Arthur Edward Waite

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

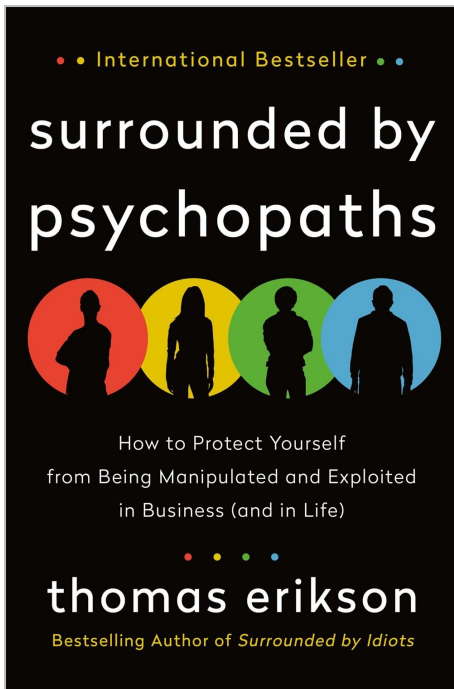
The Tarot: The Original Teachings Revealed is the ultimate guide to the mysteries and lost knowledge of the tarot. This single volume includes over ten selections from foundational tarot books, all from the 19th and 20th century. Many of these critical texts have been forgotten, fallen out of print, or are impossible to acquire. *The Tarot* reintroduces these books to the modern-day reader, unlocking the invisible power of the tarot for a new generation of card readers.

The *Tarot* includes the following complete books:

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

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

The book includes works by: S. L. MacGregor Mathers, Eliphaz Levi, Arthur Edward Waite, P. R. S. Foli, P.D. Ouspensky, Papus, Harriette Augusta Curtiss & F. Homer, Manly P. Hall, and A.E. Thierens.



**BUSINESS & ECONOMICS /
BUSINESS COMMUNICATION**

St. Martin's Essentials | 10/6/2020
9781250763884 | \$26.99 / \$36.50 Can.
 Hardcover with dust jacket | 256 pages | Carton
 Qty: 24
 9.3 in H | 6.1 in W
 Includes four-color endpapers and 4 black-
 and-white charts

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

Other Available Formats:
 Ebook ISBN: 9781250763891
 Audio ISBN: 9781250772558

MARKETING

- *National Print Publicity
- *Online Publicity
- *Pre-Pub Online Advertising
- *Online Advertising
- *Early Reader Review Campaign
- *NetGalley Promotion
- *Organizational Outreach
- *Independent Bookseller Outreach
- *Email Marketing Campaign
- *Author Website: thomaserikson.com/en/
- *Author Facebook:
[@thomas.erikson.surrounded.by.idiots](https://www.facebook.com/thomas.erikson.surrounded.by.idiots)

ALSO AVAILABLE

**Surrounded by Idiots: The Four Types of
 Human Behavior and How to Effectively
 Communicate with Each in Business (and in
 Life)**
 7/2019 | 9781250179944
 Hardcover with dust jacket | \$27.99 / \$37.99
 Can.

Surrounded by Psychopaths

*How to Protect Yourself from Being Manipulated and
 Exploited in Business (and in Life)*

Thomas Erikson

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

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

Using the same simple four-color system of behavior classification that made *Surrounded by Idiots* so popular, *Surrounded by Psychopaths* teaches readers how to deal with psychopaths in their lives by becoming aware of how their own behavior patterns work. By understanding your own method of behavior as well as the tendencies and strategies of psychopaths, you can better avoid and negate their manipulative influence in your workplace, social life, and family.

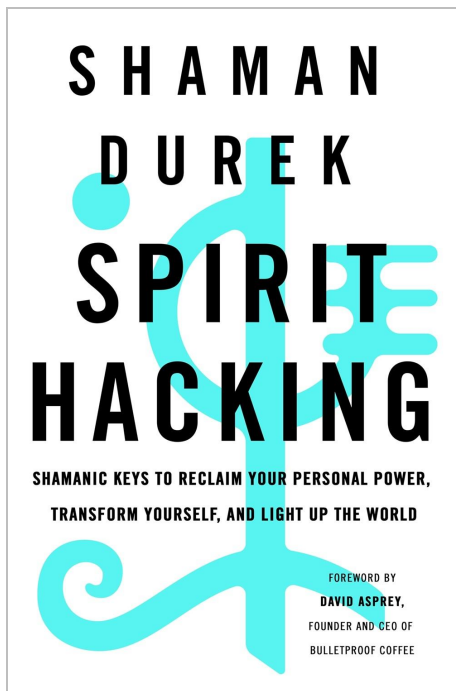
PRAISE

Praise for *Surrounded by Idiots*:

**"A useful guide to communicating with the uncommunicable ... clearly,
 dynamically presented and easy to grasp." —*Publisher's Weekly***

**"Readers will be delighted. Most everyone can benefit from this book, especially
 those in the workplace. In addition, parents, educators, and students will find these
 insights valuable." —*Booklist, Starred Review***

THOMAS ERIKSON is an expert on communication. He works with developing organizations from a leadership perspective. In the past eighteen years he has trained more than five thousand executives to be better and more efficient leaders. Thomas has written several popular science books on communication and human behavior. *Surrounded by Idiots* is one of Sweden's best-selling non-fiction books with over a million copies sold in Sweden alone. The book is sold in 21 other languages around the world.



BODY, MIND & SPIRIT / SHAMANISM

St. Martin's Essentials | 10/13/2020
 9781250232694 | \$17.99 / \$24.50 Can.
 Trade Paperback | 320 pages | Carton Qty: 28
 9.3 in H | 6.1 in W

Subrights: UK Rights: St. Martin's Essentials
 Translation Rights: St. Martin's Essentials

Other Available Formats:
 Hardcover ISBN: 9781250217103
 Ebook ISBN: 9781250232700
 Audio ISBN: 9781250241900

MARKETING

Online Publicity
 Email Marketing
 Social Media Post

Spirit Hacking

Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World

Shaman Durek; Foreword by Dave Asprey

Transform your life and the world around you through the power of shamanic wisdom

In *Spirit Hacking: Six Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World*, Shaman Durek, a sixth-generation shaman, shares the six shamanic keys that allow you to tap into your own personal power, banishing fear and darkness from your life in favor of light, positivity, and strength. The age in which we live is particularly fraught with division, cynicism, and conflict. In *Spirit Hacking*, Shaman Durek teaches readers how to step out of this Blackout—the age of darkness we are currently experiencing—and access a place of light, freedom, and empowerment using the tools and techniques of timeless Shamanic traditions. This transformation is both personal and collective; as individuals step out of darkness and begin to experience the light, we bring our loved ones and communities out of the shadows as well.

Shaman Durek is the inheritor of a rich legacy of ancient wisdom, but he has used this knowledge in a thoroughly modern context, advising everyone from celebrities like Gwyneth Paltrow, Nina Dobrev, and royals around the world, to international corporate executives. In *Spirit Hacking*, he gives readers the tools to navigate the tumultuous times in which we find ourselves and emerge from this period happier, lighter, and more fulfilled than ever before.

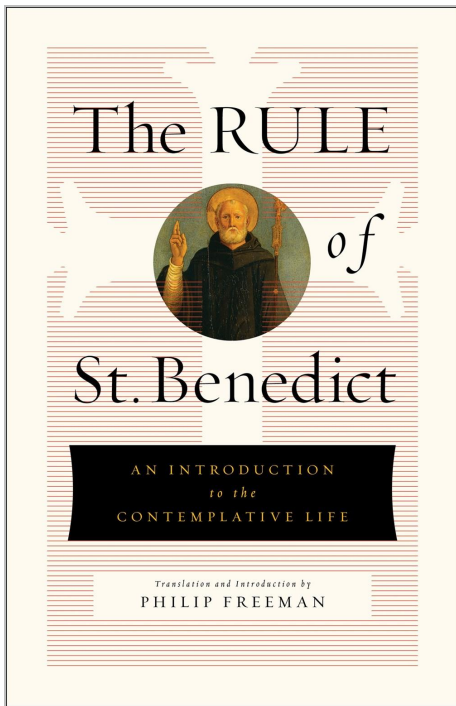
PRAISE

“Shaman Durek has a lot of knowledge that can touch the world in a way I haven't seen before. He is light on earth!” —Gwyneth Paltrow / Academy Award-winning Actress & CEO of goop

“Shaman Durek is a devotee of the power of truth and an agent of cutting through self-deception. He holds the radiant sun of his deep and compassionate heart, where the alchemical process of transformation can happen in quantum space-time.” —Guru Jagat / Founder of RA MA Institute for Applied Yogic Science and Technology + Author of Invincible Living

“Hollywood's hottest mentor...”—Marie Clarie

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 lifestyle choice for evolutionary adaptation. He is an author, activist, and a women's empowerment leader.



RELIGION / CHRISTIANITY / SAINTS & SAINTHOOD

St. Martin's Essentials | 10/13/2020
9781250246493 | \$19.99 / \$26.99 Can.

Hardcover with dust jacket | 208 pages | Carton Qty: 28
8.3 in H | 5.4 in W
Includes four-color printed endpapers

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

Other Available Formats:
Ebook ISBN: 9781250246509
Audio ISBN: 9781250772541

MARKETING

- *National Print Publicity
- *Online Publicity
- *NetGalley Promotion
- *Independent Bookseller Outreach
- *Social Media Campaign
- *Academic Marketing Campaign
- *Author Website: philipfreemanbooks.com
- *Author Facebook: /Philip-Freeman-Books (5K followers)

The Rule of St. Benedict

An Introduction to the Contemplative Life

St. Benedict; Translation and Introduction by Philip Freeman

A timeless source of wisdom for people looking to lead a life of simplicity, purpose, and serenity

The Rule of St. Benedict has governed monastic communities for centuries, but it is far more than a standard religious text. *The Rule* is, above all, a handbook for living a deliberate life—no matter your religious background or beliefs. It teaches the importance of contemplation and silence, of solitude, and the power of community and unity.

With lessons focusing on the simple acts of everyday life, like eating and daily work, along with wisdom for the deeply personal and internal facets of living, such as cultivating humility and practicing forgiveness, *The Rule of St. Benedict* is a profound guide to living a good and meaningful life.

An award-winning translator, Philip Freeman's version of *The Rule* is beautifully accessible in its language. With a simple and direct style, the book lays out a way of living that is transformative in its simplicity and striking in its power.

PRAISE

"The same desire that accompanied men and women to the first European monasteries, drive many of us today to the spiritual riches of St. Benedict and his famous Rule. And there is no better guide than Philip Freeman. Highly recommended!" —Jon M. Sweeney, author of *St. Francis of Assisi: His Life, Teachings, and Practice*

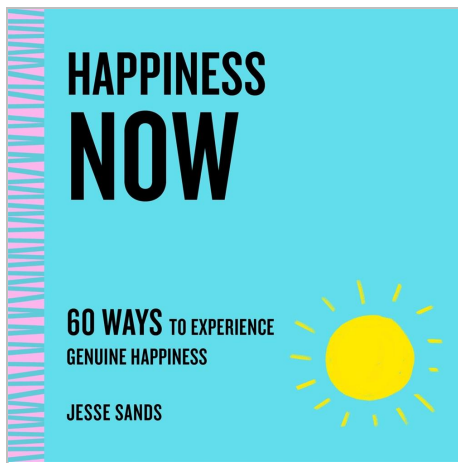
Praise for Philip Freeman:

"Philip Freeman brings sexy back in *Searching for Sappho*." —*Vanity Fair*

"Freeman's book is full of light and life, and readers seeking an accessible introduction to this marvelous poet need look no further." —*Wall Street Journal*

ST. BENEDICT OF NURSIA is a Christian saint born in 480. He is best known for his *Rule* which he wrote in 516 to guide and instruct monks living together in community.

PHILIP FREEMAN earned a PhD from Harvard University and currently holds an endowed chair in humanities at Pepperdine University in Malibu, California. He has published over twenty books on ancient and medieval history and religion, including works on Celtic mythology and St. Patrick.



Happiness Now

60 Ways to Experience Genuine Happiness

Jesse Sands

A bite-size book to help you find happiness—now!

Everyone is looking for happiness. But happiness isn't about getting a raise or finding a spouse or losing ten pounds—it's a choice that you can make every day regardless of your situation. *Happiness Now* includes 50 simple actions you can take—any day and any time—to choose happiness in your life.

Quick and accessible, *Happiness Now* is designed to give you the steps you need to stop your negative thinking, shift your attitude, and make the tiny choices that lead to a happier life.

Jesse Sands lives with her family, including two cats and one senior iguana, outside of New York City. Her mission in life is to help her readers live more purposeful, fulfilling lives.

SELF-HELP / PERSONAL GROWTH / HAPPINESS

St. Martin's Essentials | 11/3/2020

9781250765543 | \$7.99 / \$10.99 Can.

Trade Paperback | 144 pages | Carton Qty: 48

5.5 in H | 5.5 in W

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

Translation Rights: St. Martin's Publishing Group

Other Available Formats:

Ebook ISBN: 9781250765550

MARKETING

Online Publicity

Finished Copy Reader Reviews

Social Media Promotion

Email Marketing Campaign

ALSO AVAILABLE

Simplicity Now: 60 Ways to Experience

Joyful Simplicity

11/2020 | 9781250765505

Trade Paperback | \$7.99 / \$10.99 Can.

Abundance Now: 60 Ways to Experience True

Abundance

11/2020 | 9781250765529

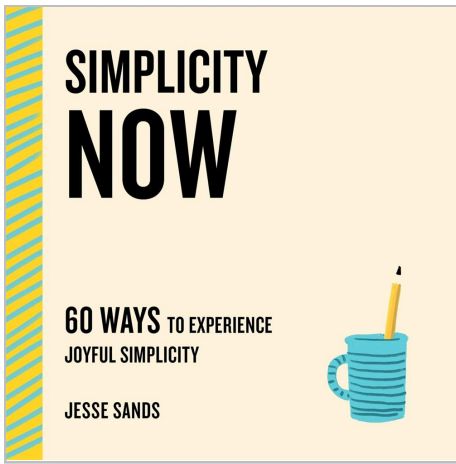
Trade Paperback | \$7.99 / \$10.99 Can.

Mindfulness Now: 60 Ways to Experience

Effortless Mindfulness

11/2020 | 9781250765567

Trade Paperback | \$7.99 / \$10.99 Can.



SELF-HELP / MOTIVATIONAL & INSPIRATIONAL

St. Martin's Essentials | 11/3/2020

9781250765505 | \$7.99 / \$10.99 Can.

Trade Paperback | 144 pages | Carton Qty: 48

5.5 in H | 5.5 in W

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Other Available Formats:

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Abundance Now: 60 Ways to Experience True

Abundance

11/2020 | 9781250765529

Trade Paperback | \$7.99 / \$10.99 Can.

Happiness Now: 60 Ways to Experience

Genuine Happiness

11/2020 | 9781250765543

Trade Paperback | \$7.99 / \$10.99 Can.

Mindfulness Now: 60 Ways to Experience

Effortless Mindfulness

11/2020 | 9781250765567

Trade Paperback | \$7.99 / \$10.99 Can.

Simplicity Now

60 Ways to Experience Joyful Simplicity

Jesse Sands

A bite-size guide to help you find simplicity in your life—now!

Life is complicated. It's too complex, too busy, too frantic—just too much. *Simplicity Now* is a little book to help you solve the big problem of an overcomplicated life by incorporating small changes into your everyday routine.

With 50 easy, actionable techniques to help you simplify every facet of your life, *Simplicity Now* offers practical ways to make your life more manageable, help you breathe easier, and create space amid the chaos of life.

Jesse Sands lives with her family, including two cats and one senior iguana, outside of New York City. Her mission in life is to help her readers live more purposeful, fulfilling lives.



Abundance Now

60 Ways to Experience True Abundance

Jesse Sands

A bite-size guide to help you find abundance—now!

How much is enough? No matter how much we have or what we achieve it seems like we can never have enough money, enough security, or enough wealth. *Abundance Now* unlocks the true secret of abundance —of not only having enough, but of being satisfied by it.

The book contains fifty simple steps that will shift both your actions and your mindset, setting you on a path to banish want from your life and replace it with wealth and contentment.

Jesse Sands lives with her family, including two cats and one senior iguana, outside of New York City. Her mission in life is to help her readers live more purposeful, fulfilling lives.

SELF-HELP / PERSONAL GROWTH / SUCCESS

St. Martin's Essentials | 11/3/2020

9781250765529 | \$7.99 / \$10.99 Can.

Trade Paperback | 144 pages | Carton Qty: 48
5.5 in H | 5.5 in W

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

Translation: St. Martin's Publishing Group

Other Available Formats:

Ebook ISBN: 9781250765536

MARKETING

Online Publicity

Finished Copy Reader Reviews

Social Media Promotion

Email Marketing Campaign

ALSO AVAILABLE

Simplicity Now: 60 Ways to Experience

Joyful Simplicity

11/2020 | 9781250765505

Trade Paperback | \$7.99 / \$10.99 Can.

Happiness Now: 60 Ways to Experience

Genuine Happiness

11/2020 | 9781250765543

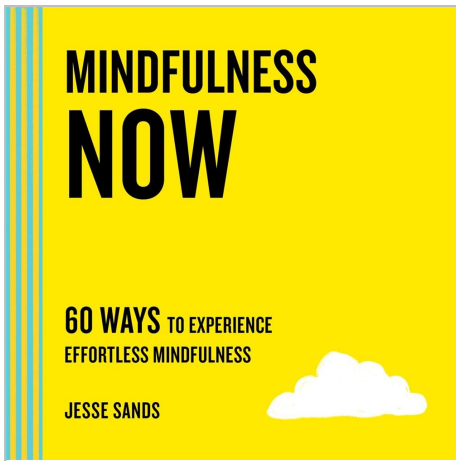
Trade Paperback | \$7.99 / \$10.99 Can.

Mindfulness Now: 60 Ways to Experience

Effortless Mindfulness

11/2020 | 9781250765567

Trade Paperback | \$7.99 / \$10.99 Can.



Mindfulness Now

60 Ways to Experience Effortless Mindfulness

Jesse Sands

A bite-size guide to incorporating mindfulness into your life—now!

Our minds never stop moving. We shuffle through the past, present, and future while our attention flits from thought to thought. Mindfulness is a way to slow down our ricocheting brains and gain clarity. It is simply the practice of being in the present moment, of focusing your thoughts and attention on what is in front of you. It's a way to be more fully engaged in your life, make more thoughtful choices, and enjoy your day.

Mindfulness Now is filled with 50 simple ways to practice mindfulness and meditation in your everyday life. The book is designed to make mindfulness practical for the modern day and accessible to everyone, no matter how busy your schedule may be. By bringing your focus to the present moment, you will learn to step away from worry and make the most of every day.

Jesse Sands lives with her family, including two cats and one senior iguana, outside of New York City. Her mission in life is to help her readers live more purposeful, fulfilling lives.

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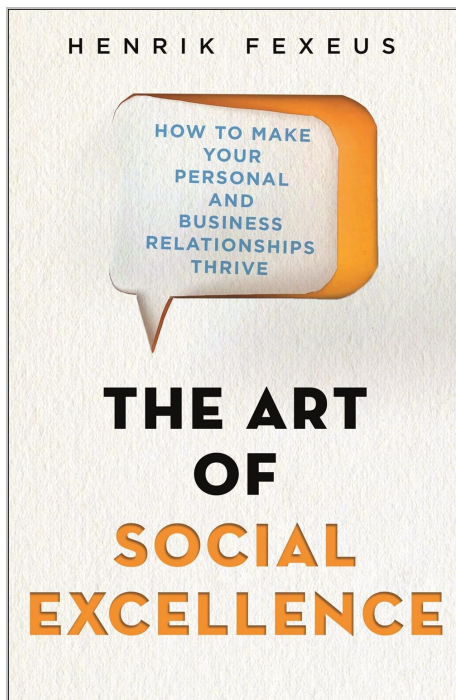
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The Art of Social Excellence

How to Make Your Personal and Business Relationships Thrive

Henrik Fexeus

In this follow-up to *The Art of Reading Minds*, Henrik Fexeus uses his expert psychology knowledge to teach the reader how to hone their social skills, perfect for fans of Dale Carnegie.

Internationally bestselling author Henrik Fexeus taught us how to use nonverbal signals to our advantage in *The Art of Reading Minds*, and he takes it one step further in *Finesse*, a comprehensive guide to improving your social skills.

Research has increasingly shown that nonverbal communication prowess is absolutely essential in seemingly unrelated areas of our lives (investment decisions, salary levels, etc.) However, as our society becomes more modernized and we incorporate new forms of technology into our daily interactions, we are becoming less and less capable of understanding one another as we should.

In *The Art of Social Excellence*, Henrik Fexeus combines his own expert knowledge as a mentalist with psychology studies to create a complete guide to social interaction. He covers it all: from overcoming your conversational fears in a large group of people, to excelling in the workplace, to winning an argument with your partner. He breaks down various rhetorical strategies in detail, and provides helpful steps and checklists for the reader to check their progress in a social encounter. Anyone who has ever felt awkward or misunderstood in social situations will benefit from reading this book, and with proper implementation of Fexeus's principles, can achieve superior social skills.

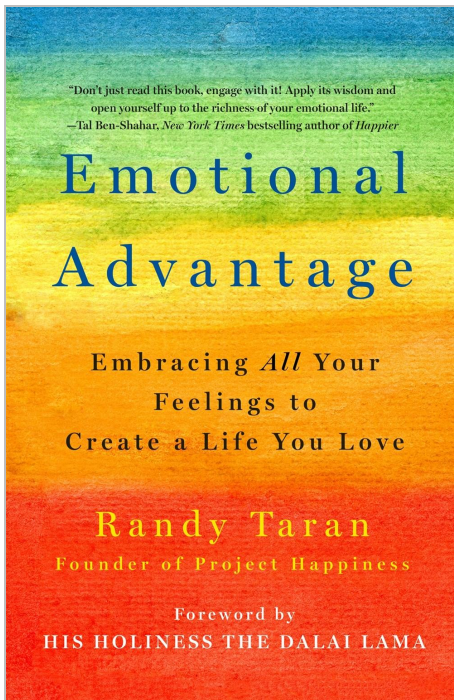
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HENRIK FEZEUS is an internationally bestselling author, lecturer, performer, and star of the TV show *Mind Melt*. An expert in psychology and communications, he travels the world "reading minds" and teaching others how to understand and manipulate human behavior through body language and persuasion. Henrik has studied mental skills like NLP, hypnosis, acting, and magic. He is also the author of *The Art of Reading Minds*. You can find him on YouTube and Facebook or visit his website.



Emotional Advantage

Embracing All Your Feelings to Create a Life You Love

Randy Taran, Foreword by His Holiness the Dalai Lama

A guide to gaining emotional literacy and embracing emotions to become our fully realized selves and live the lives we dream of.

In recent years, there has been an overwhelming interest in the science of happiness. Happiness is a core, universal human drive, which has opened the door for many to go forward. It's easy to welcome happiness, but life can be messy with other feelings we would really rather avoid. The good news is we are born with a full range of human emotions for a reason. Every emotion carries information we can use to improve our lives, and anyone can do so, if we know how.

Now in paperback, *Emotional Advantage* shows us a new perspective on how fear can move us to courage, how guilt can clarify our values, and how anger can help us create healthy boundaries. By becoming emotionally literate, and discovering simple strategies for daily life, we open the door to positive change.

Award-winning author, producer, and founder of Project Happiness, Randy Taran knows that every emotion, feeling, and mental state has the power to help us increase our self-awareness, raise our confidence, and bring us back to our true essence. *Emotional Advantage* is a toolkit to help us take charge of creating our very best life.

PRAISE

"Reading *Emotional Advantage* felt like embarking on a journey, at the end of which I felt more deeply connected to myself and to others." —Tal Ben-Shahar, *NYT* bestselling author of *Happier*

"Highly recommended for anyone wanting a broad overview of ways to increase emotional intelligence." —Kristin Neff, Ph.D, bestselling author of *Self-Compassion*

"*Emotional Advantage* is such an uplifting answer to our challenging times. In its pages, you will find encouragement, support, and new perspectives." —Marci Shimoff, #1 *New York Times* bestselling author

As founder and CEO of Project Happiness, Randy Taran has created a global organization that has amassed a following of 2.5 million people. She has produced an award-winning documentary, also titled Project Happiness, and has written *Project Happiness Handbook*. She has worked with First Ladies, Ministers of Education, and major thought leaders, been covered in multiple publications, and is a board member for the Dalai Lama Foundation and the International Day of Happiness.

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