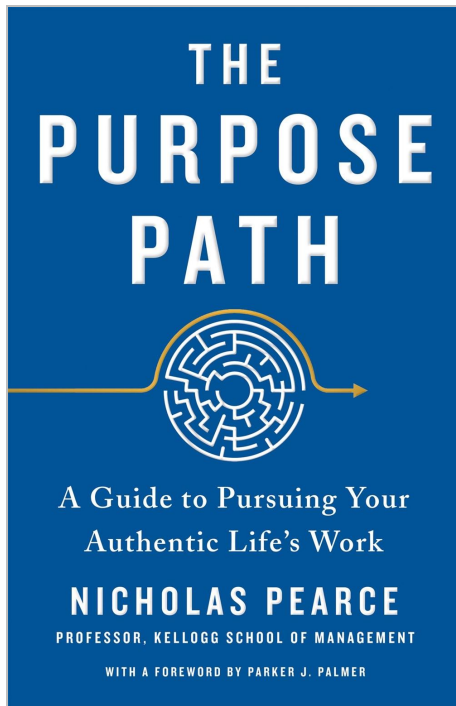




ST. MARTIN'S
ESSENTIALS



The Purpose Path

A Guide to Pursuing Your Authentic Life's Work

Nicholas Pearce with a Foreword by Parker Palmer

How to build a meaningful career with a moral center and a purpose in the world

Some of the most successful companies—Google, Disney, Starbucks—are not simply profit-driven, but purpose-driven. They identify the purpose behind why they do what they do, and let their "why" drive what they do every day. Nicholas Pearce argues that we all should do the same: discover our "why" and commit to the journey of aligning our daily work with our life's work. *The Purpose Path* is for people in any field who long to have more than just a job or a career, but a true vocation that allows them to connect their soul with their role. *The Purpose Path* is organized around five key questions: What is success? Who am I? Why am I here? Am I running the right race? Am I running the race well?

Nicholas Pearce sits at the unconventional intersection of academia, business, and faith. With examples and advice, he shows how he and other people in a variety of fields and at different life stages have asked and answered these five questions in order to start, shape, or even radically change their careers. Inspiring, thought-provoking, and practical, *The Purpose Path* is an essential book for anyone who seeks the clarity and courage to advance their authentic life's work every day.

A native of Chicago's South Side, Nicholas Pearce is an award-winning management and organizations professor at Northwestern University's Kellogg School of Management, founder and CEO of The Vocati Group, a global executive advisory firm, and assistant pastor of Chicago's Apostolic Church of God. He has touched tens of thousands of lives in boardrooms, classrooms, and pulpits across the world. He and his work have been featured in *CNN*, *Fortune*, *Forbes*, *Harvard Business Review*, and *The New York T...*

BUSINESS & ECONOMICS / CAREERS

St. Martin's Essentials | 4/9/2019

9781250182173 | \$27.99 / \$36.50 Can.

Hardcover with dust jacket | 256 pages | Carton Qty: 24

8.3 in H | 5.4 in W

Subrights: UK: St. Martin's Press

Translation: St. Martin's Press

Other Available Formats:

Ebook ISBN: 9781250182180

Audio ISBN: 9781250233929

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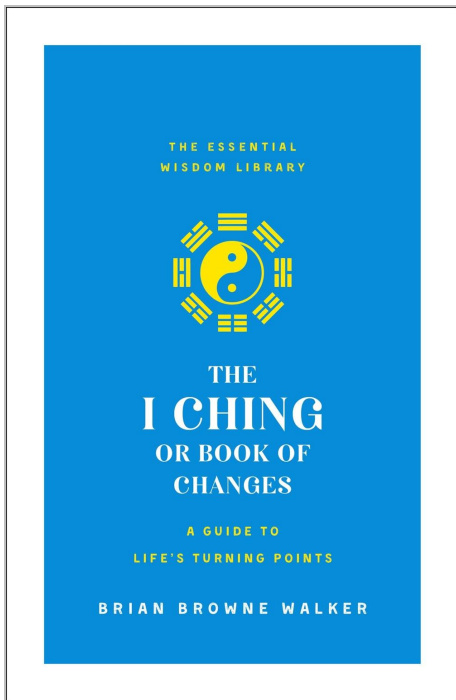
Blog Outreach

Early Reader Review Campaign

Author Facebook: /NAPPhD/

Author Twitter: @napphd

Author Website: nicholaspearce.org



The I Ching or Book of Changes

A Guide to Life's Turning Points

Translated by Brian Browne Walker

The bestselling translation of one of the world's great classics, now in a beautiful new edition

For more than a quarter of a century, Brian Browne Walker's translation of *I Ching* has been not only the bestselling English rendition of the classic Taoist text, but one of the few directly translated from the original text. The result is a modern classic on it's own.

For centuries, *The I Ching or Book of Changes* has been consulted for sage advice at life's turning points. When its wisdom is sought with sincerity and sensitivity, this Chinese oracle will help to promote success and good fortune and to impart balance and perspective to your life. Its everlasting popularity lies in the lessons that it teaches about how to use your positive qualities in order to attain life's greatest rewards—prosperity, understanding, and peace of mind.

Brian Browne Walker's highly accessible translation of the I Ching, because it is clear and direct, allows you to make the wisdom of the ancient Chinese sages your own. Brian Browne Walker has studied the Chinese language for twelve years, and has studied and practiced Taoist philosophy with a number of teachers in the United States and abroad.

This translation's easy-to-use format and contemporary language has made it one of the standards, delighting new users and long time practitioners as well.

BRIAN BROWNE WALKER is the author of eight books published in over a dozen languages around the world, including translations of the *I Ching*, *Tao Te Ching*, *Hua Hu Ching*, and *Art of War*, as well as the original teachings of the *Wei wu Wei Ching*.

BODY, MIND & SPIRIT / I CHING

St. Martin's Essentials | 4/30/2019

9781250209054 | \$14.99 / \$19.50 Can.

Trade Paperback | 144 pages | Carton Qty: 52
8.3 in H | 5.4 in W

Subrights: UK: St. Martin's Press

Translation: St. Martin's Press

Other Available Formats:

Trade Paperback ISBN: 9780312098285

MARKETING

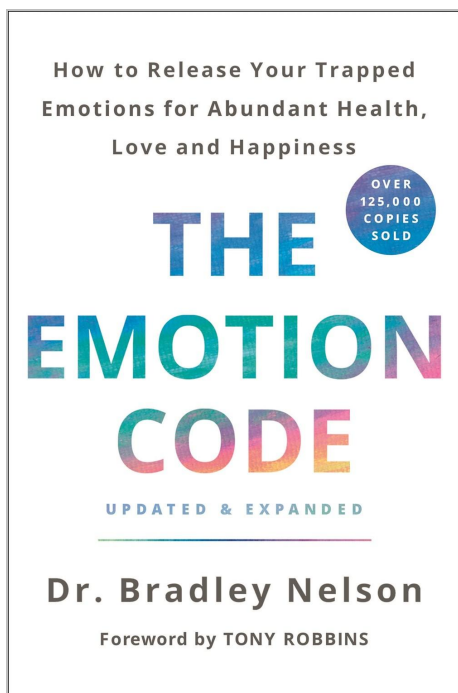
National Print Publicity

Online Publicity

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Blog Outreach

Author Website: brianbrownewalker.com



The Emotion Code

How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness (Updated and Expanded Edition)

Dr. Bradley Nelson; Foreword by Tony Robbins

A new edition of the self-published classic, which has sold over 100,000 copies

In this newly revised and expanded edition of *The Emotion Code*, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of "trapped emotions"—emotional energies that literally inhabit your body. These trapped emotions can fester in our lives and bodies, creating pain, malfunction, and eventual disease. They also extract a heavy mental and emotional toll, impacting how we think, the choices that we make, and our success. Perhaps most damaging of all, trapped emotional energies can gather around the heart, cutting off the ability to give and receive love.

The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped emotions in your life, eliminating the negative energy, and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, *The Emotion Code* is a distinct and authoritative work that is destined to become an instant classic on self-healing.

PRAISE

"I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. The Emotion Code has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones."—Tony Robbins

Dr. Bradley Nelson is a holistic Chiropractic Physician and Medical Intuitive, and one of the world's foremost experts in the merging field of Bioenergetic Medicine and Energy Psychology. He has certified thousands of practitioners in over seventy countries. Find him at drbradleynelson.com

How to Release Your Trapped
Emotions for Abundant Health,
Love and Happiness

OVER
125,000
COPIES
SOLD

THE EMOTION CODE

UPDATED & EXPANDED

Dr. Bradley Nelson

Foreword by TONY ROBBINS

BODY, MIND & SPIRIT / HEALING / ENERGY

St. Martin's Essentials | 5/7/2019
9781250214508 | \$27.99 / \$36.50 Can.

Hardcover with dust jacket | 352 pages | Carton
Qty: 20

9.3 in H | 6.1 in W

Includes 60 black-and-white photographs
throughout

Subrights: UK Rights: St. Martin's Press
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Other Available Formats:

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Ebook ISBN: 9781250214522

Audio ISBN: 9781250222008

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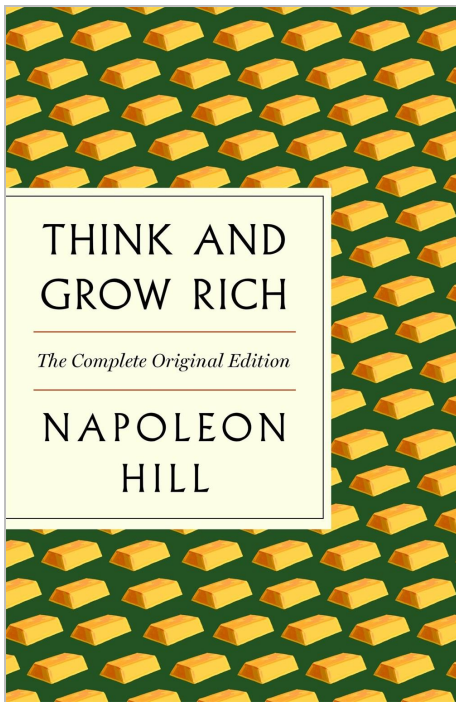
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Author Website: www.drbradleynelson.com

Author Facebook:

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Author Twitter: [@drbradleynelson](https://twitter.com/drbradleynelson), 14.9K



Think and Grow Rich

The Complete Original Edition Plus Bonus Material (A GPS Guide to Life)

Napoleon Hill

The classic bestseller, now in a beautiful new edition with additional rare inspirational writings!

Napoleon Hill's life changing philosophy of success, originally published in 1937, has sold millions of copies and changed just as many lives. His simple, revolutionary "13 Steps to Riches" form a philosophy of empowerment that will allow you to seize the life you want and achieve the success you've dreamed of.

Think and Grow Rich has been credited with helping to inspire more people to become millionaires and billionaires than any other book in history. And now, in this new edition, it will bring the timeless message to a new generation. With the stunning, modern package, this unique edition will feature not only the original and complete 1937 text, but also will include two exciting writings from Napoleon Hill—"Let Ambition Be Your Master" and "What I Learned from Analyzing Ten Thousand People"—that are only available here.

Important, practical, and transformative, *Think and Grow Rich's* wisdom will empower today's audiences to create tomorrow's successes!

PRAISE

Praise for Napoleon Hill:

"During the past twenty-five years I have been blessed with more good fortune than any individual deserves but I shudder to think where I'd be today, or what I'd be doing if I had not been exposed to Napoleon Hill's philosophy. It changed my life."—Og Mandino, *The Greatest Salesman in the World*

"I read it [*Think and Grow Rich*] every two or three years to keep my drive going."

—Daymond John, Founder and CEO of FUBU apparel and Co-Star of ABC TV's *Shark Tank*

Napoleon Hill was born in 1883 in a one-room cabin on the Pound River in Wise County, Virginia. He is the author of the motivational classics *The Laws of Success* and *Think and Grow Rich*. Hill passed away in November 1970 after a long and successful career writing, teaching, and lecturing about the principles of success. His lifework continues under the direction of the Napoleon Hill Foundation.

BUSINESS & ECONOMICS / MOTIVATIONAL

St. Martin's Essentials | 5/14/2019

9781250215345 | \$11.99

Trade Paperback | 384 pages | Carton Qty: 24
8.3 in H | 5.4 in W

Subrights: Public Domain Book

Other Available Formats:

Ebook ISBN: 9781250215352

MARKETING

National Print Publicity

Online Publicity

QDT Promotion

Blog Outreach

Promotion with the Napoleon Hill

Foundation

Author Website: naphill.org

ALSO AVAILABLE

As a Man Thinketh: The Complete Original Edition: Also Includes the Bonus Book *Mastery of Destiny (A GPS Guide to Life)*

1/2019 | 9781250309334

Trade Paperback | \$11.99 / \$15.99 Can.



Forest Bathing

Discovering Health and Happiness Through the Japanese Practice of Shinrin Yoku (A Start Here Guide)

Dr. Cyndi Gilbert, ND

An introduction to the ancient Japanese art of forest bathing that will transform the way you view and appreciate natural spaces

Author and naturopathic physician Dr. Cyndi Gilbert introduces readers to the art and science of forest bathing, the deceptively simple Japanese practice of spending time in the forest as a way to find peace, rejuvenation, and to promote health.

Dr. Gilbert shares her own personal history with the practice—how in the midst of an urban sprawl she lost touch with nature, only to rediscover it through the Japanese practice of Shinrin Yoku or forest bathing. In *Forest Bathing*, you'll discover the health benefits of Shinrin Yoku, from restoring Vitamin D to balancing your microbiome, along with the rich mental and emotional rewards that spending time surrounded by trees can offer.

Most importantly, the book offers an easy and practical guide to begin your own forest bathing practice along with a resources section to help you further explore the topic. Learn to tap more deeply into your five senses, practice true mindfulness in sacred woodland spaces, and experience the healing impact of nature wherever you are.

Dr. Cyndi Gilbert, ND is a naturopathic doctor, author, and plant whisperer, who has been studying trees and plant medicine since she first sat under the maple tree and ate red clover flowers out of her yard as a child. A faculty member at the Canadian College of Naturopathic Medicine, she taught botanical medicine and naturopathic philosophy for over 10 years. She presently acts as the naturopathic clinical supervisor at a community health center working with underserved patients.

BODY, MIND & SPIRIT / MINDFULNESS & MEDITATION

St. Martin's Essentials | 5/7/2019

9781250214485 | \$14.99 / \$19.50 Can.

Trade Paperback | 160 pages | Carton Qty: 48
8.3 in H | 5.4 in W

Subrights: UK Rights: St. Martin's Essentials
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Other Available Formats:

Ebook ISBN: 9781250214492

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Meditation: The Simple and Practical Way to Begin Meditating (A Start Here Guide)

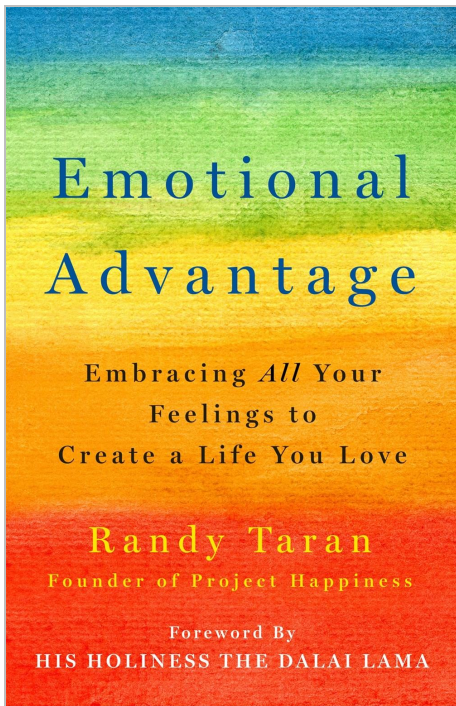
8/2019 | 9781250210043

Trade Paperback | \$14.99 / \$20.25 Can.

Energy Healing: Simple and Effective Practices to Become Your Own Healer (A Start Here Guide)

4/2019 | 9781250313706

Trade Paperback | \$14.99 / \$19.50 Can.



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.

"Randy Taran, in this book, provides an opportunity for people to look beyond narrow self-interests, to find out and consider what is of interest and benefit to others." —from the foreword by His Holiness the Dalai Lama

What do we do when life doesn't go as planned?

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.

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

"Randy Taran, in this book, provides an opportunity for people to look beyond narrow self-interests, to find out and consider what is of interest and benefit to others." —from the foreword by His Holiness the Dalai Lama

"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*

"*Emotional Advantage* engagingly shows how to handle one's negative emotions and sustain one's positive emotions."—Dr. Fred Luskin, bestselling author of *Forgive for Good*

As founder and CEO of Project Happiness, Randy Taran has created a global organization that has amassed a loyal following of 2.5 million people. She has produced an award-winning documentary

SELF-HELP / EMOTIONS

St. Martin's Essentials | 6/4/2019
9781250200051 | \$26.99 / \$36.50 Can.

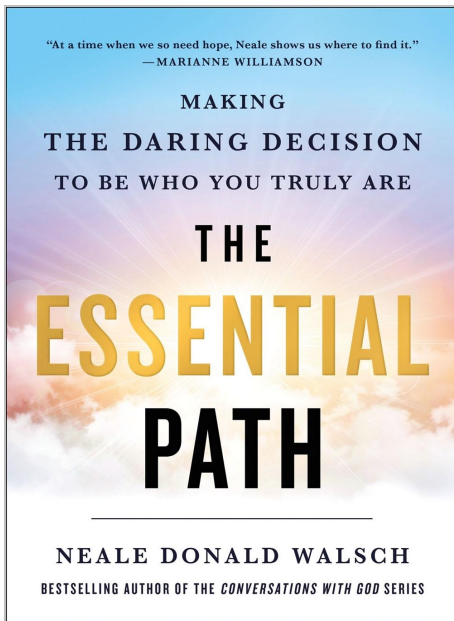
Hardcover with dust jacket | 304 pages | Carton
Qty: 32
8.3 in H | 5.4 in W

Subrights: UK Rights: Folio Literary
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Other Available Formats:
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2.455 likes

**RELIGION / SPIRITUALITY**

St. Martin's Essentials | 6/4/2019

9781250218834 | \$16.99 / \$22.99 Can.

Hardcover with dust jacket | 128 pages | Carton

Qty: 36

7.5 in H | 5 in W

Subrights: Translation Rights: Waterside Productions

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Other Available Formats:

Ebook ISBN: 9781250218841

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The Essential Path

Making the Daring Decision to Be Who You Truly Are

Neale Donald Walsch

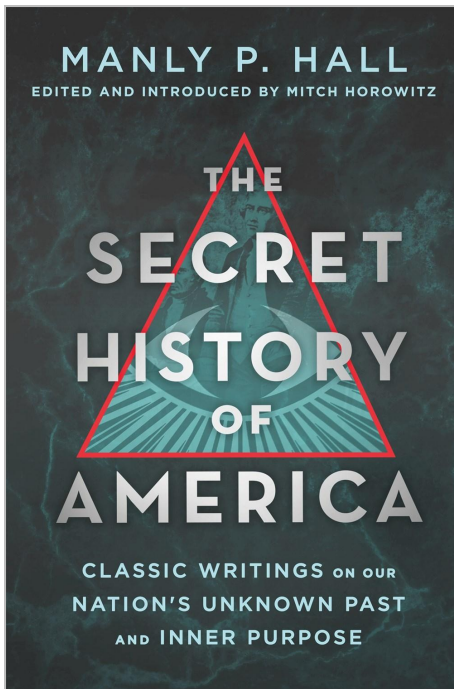
Bestselling author Neale Donald Walsch explores the alienation that defines our society and explains how humanity's Daring Decision is the answer

Our modern era is plagued by alienation—we are separated from our loved ones, from our hopes and dreams, from the natural world, from everything that gives meaning and value to our lives. In reaction to this undeniable problem, we blame everyone and everything around us, creating elaborate social, economic, religious, and military systems to cope. Yet our systems fail us and the world remains stricken with suffering.

Bestselling author of *Conversations with God*, Neale Donald Walsch offers a radical solution to the human problem of alienation. By challenging our basic assumptions—about ourselves, about the world, and about god—we can rethink the very definition of humanity. Humanity must make the Daring Decision and choose to define ourselves in a new way.

With insight and spiritual perceptivity, Walsch peers into the heart of a broken, divided society, prompting us to ask the critical questions that have the power to transform our world.

Neale Donald Walsch is a modern day spiritual messenger whose words continue to touch the world in profound ways. After a transformative spiritual experience, Neale wrote the best-selling *Conversations with God* series, which went on to be translated into 37 languages. He continues to write, lecture, and share his message today.



**BODY, MIND & SPIRIT /
ANCIENT MYSTERIES &
CONTROVERSIAL KNOWLEDGE**

St. Martin's Essentials | 5/7/2019

9781250319289 | \$18.99 / \$24.99 Can.

Trade Paperback | 288 pages | Carton Qty: 28
9.3 in H | 6.1 in W

Includes 19 black-and-white illustrations and
photographs throughout

Subrights: UK Rights: St. Martin's Press
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Other Available Formats:

Ebook ISBN: 9781250319296

Audio ISBN: 9781250232762

MARKETING

Early Reader Review Campaign

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Blog Outreach

The Secret History of America

Classic Writings on Our Nation's Unknown Past and Inner Purpose

Manly P. Hall; Edited and Introduced by Mitch Horowitz

A compilation of rare works on the untold history and destiny of America by acclaimed occult writer Manly P. Hall.

Writer and scholar Manly P. Hall (1901-1990) is one of the most significant names in the study of the esoteric, symbolic, and occult. His legendary book *The Secret Teachings of All Ages* has been an underground classic since its publication in 1928. *The Secret History of America* expands on that legacy, offering a collection of Hall's works—from books and journals to transcriptions of his lectures—all relating to the hidden past and unfolding future of our nation.

Hall believed that America was gifted with a unique purpose, to explore and share principles of personal freedom, self-governance, and independent thought. PEN Award-winning historian, Mitch Horowitz has curated a powerful collection of Hall's most influential and insightful works that capture and explore these ideas. Never before collected in one volume, the material in *The Secret History of America* explores the rich destiny, unseen history, and hidden meaning of America.

PRAISE

Praise for Mitch Horowitz:

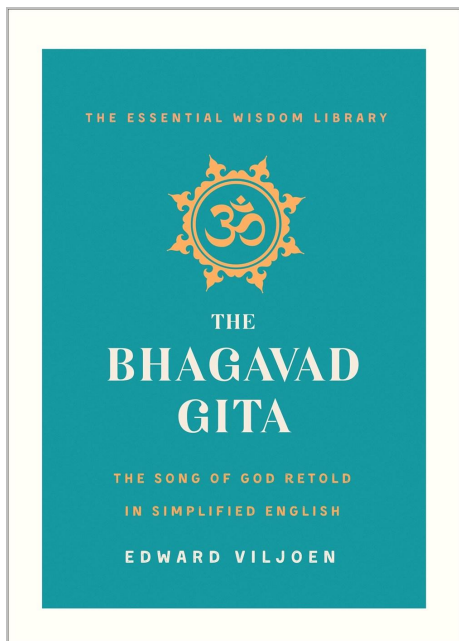
"Fascinating"—Ken Burns

"Extraordinary"—Deepak Chopra

"Occult America treats esoteric ideas and movements with an even-handed intellectual studiousness that is too often lost in today's raised-voice discussions about religion and belief systems."—Christopher Porter, *The Washington Post*

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

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



The Bhagavad Gita

The Song of God Retold in Simplified English (The Essential Wisdom Library)

Edward Viljoen

An approachable retelling of the Bhagavad Gita for the modern reader—using contemporary language to bring this inspiring work to life

The latest title in the Essential Wisdom Library, *The Bhagavad Gita: The Song of God in Modern English* brings the powerful Hindu epic to a new audience. Part of the Mahabharata, the Gita is a dialogue between Prince Arjuna and Lord Krishna. Its verses contain some of the key ideas of Hindu philosophy—Dharma, Moksha, and various yogic practices. Originally written well over a thousand years ago, the Gita has proven to be a timeless source of wisdom, inspiring philosophers and revolutionaries alike in the millennia since it was written.

Viljoen's retelling is rendered in clear, modern English that beautifully captures the power and depth of the original work. In addition to the retelling of the text, this edition includes a character list, a glossary of important terms, and chapters exploring the history of the Mahabharata and the impact and meaning of the Bhagavad Gita itself. *The Bahagavad Gita* is an approachable way for today's readers to engage with one of history's richest spiritual epics.

PRAISE

Praise for *Ordinary Goodness*:

"Edward Viljoen has given us a gentle, illuminating, compassionate guidebook to living from the goodness that lies at the heart of who we really are."

—Alan Seale, founder of the Center for Transformational Presence, and author of *Create A World That Works* and *Intuitive Living*

Praise for *The Power of Meditation*:

"Edward Viljoen has masterfully introduced us to the "new action" that is sure to inspire and empower people to design and live the lives of their dreams."

—Kevin Kitrell Ross, author, *The Designer Life*

Dr. Edward Viljoen graduated as a Sonoma County Law Enforcement Chaplain in April 1999, received a Doctor of Divinity, and a Doctor of Religious Science from Centers for Spiritual Living. He was awarded the much-respected Ernest Holmes Award for exemplary demonstration of the teachings of Dr. Ernest Holmes. He is the spiritual director of the Santa Rosa Center for Spiritual Living, in Santa Rosa, CA.

RELIGION / HINDUISM / SACRED WRITINGS

St. Martin's Essentials | 6/11/2019

9781250204714 | \$14.99 / \$20.25 Can.

Trade Paperback | 128 pages | Carton Qty: 56

8.3 in H | 5.4 in W

Featuring inside cover printing

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Other Available Formats:

Ebook ISBN: 9781250204721

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Author Website: edblogword.blogspot.com

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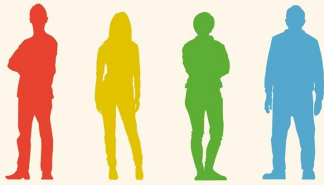
ALSO AVAILABLE

Buddhism: An Introduction to the Buddha's Life, Teachings, and Practices (The Essential Wisdom Library)

4/2019 | 9781250313683

Trade Paperback | \$14.99 / \$19.50 Can.

surrounded by idiots



The Four Types of Human Behavior
and How to Effectively Communicate
with Each In Business (and in Life)



thomas erikson

BUSINESS & ECONOMICS / BUSINESS COMMUNICATION

St. Martin's Essentials | 7/30/2019

9781250179944 | \$27.99 / \$37.99 Can.

Hardcover with dust jacket | 304 pages | Carton

Qty: 24

9.3 in H | 6.1 in W

Includes graphs and charts throughout plus

4-color printing on inside cover

Subrights: UK Rights: St. Martin's Press

Translation Rights: Enberg Literary Agency

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Author Website: ThomasErikson.com/en

Surrounded by Idiots

The Four Types of Human Behavior and How to Effectively Communicate with Each in Business (and in Life)

Thomas Erikson

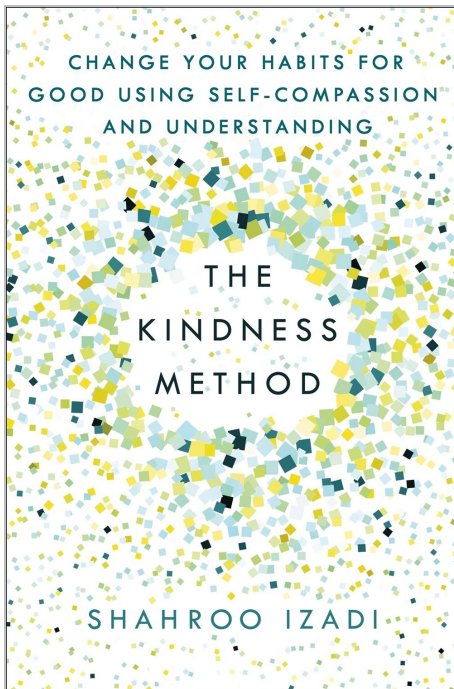
Master the four basic behavior types and change the way you communicate!

A runaway bestseller in Sweden that has sold more than a million copies worldwide, *Surrounded by Idiots* shares a groundbreaking new method of understanding the people around you that will change how you interact with everyone from your coworkers to your spouse.

Author Thomas Erikson explains that there are four key behavior types that define how we interact with and perceive the people around us. Understanding someone's pattern of behavior is the key to successful communication. Erikson breaks down the four kinds of behavior types—Reds who are dominant and commanding, Yellows who are social and optimistic, Greens who are laid back and friendly, and Blues who are analytical and precise—and explains how to identify and interact with each type of person. Instead of being bogged down with overly technical categorizations, the simple four color system allows you to speedily identify a friend or coworker and adjust how you speak and share with them.

Surrounded by Idiots is full of practical information for interacting with people based on their color, including the strengths and weaknesses of all the profiles, how to give positive and negative feedback to each, and the best way to word an email when writing to someone with a different profile.

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 450,000 copies sold in Sweden alone. The book is sold in 21 other languages around the world.



The Kindness Method

Change Your Habits for Good Using Self-Compassion and Understanding

Shahroo Izadi

Unlock the key to real, lasting change with *The Kindness Method*

The Kindness Method is the key to breaking unwanted habits—for good! Combining her own therapeutic style, personal experiences, and techniques learned from working in the field of substance abuse, Shahroo Izadi shares simple steps that strengthen your willpower like a muscle, allowing you to sustain your motivation and make lasting change in your life.

Shahroo's completely non-judgmental process for mapping and channeling your habits is based on the principle of treating yourself with the compassion and understanding that it is often only reserved for other people. From procrastination to issues of body image, this method works by creating a custom plan—mapped by you, for you, and driven by self-motivation.

PRAISE

"I love Shahroo. The moment I met her I immediately knew she was the real deal. She just gets it. She's a sobering, safe, and sassy presence in a world of extremes."
—Bryony Gordon, #1 bestselling author of *Mad Girl*

"Shahroo's dynamic and compassionate approach to an entrenched and sometimes scary drinking culture is refreshing, non-judgmental and feels like a very contemporary approach to talking about alcohol."—Gemma Cairney, BBC Radio 1 presenter and author of *Open: A Toolkit for How Magic and Messed Up Life Can Be*

Shahroo Izadi is a Behavioral Change Specialist. She works in private practice and is a support group facilitator and therapist at Amy's House, a recovery house for women. Her work has drawn attention from BBC Radio 1, *The Telegraph*, *Red Magazine*, *The Pool*, and more. Her laid-back, non-judgmental style that rejects the traditional professional-patient dynamic has proven to be a huge success and her ambition is to make evidence-based psychological tools accessible to the public.

SELF-HELP / SELF-MANAGEMENT

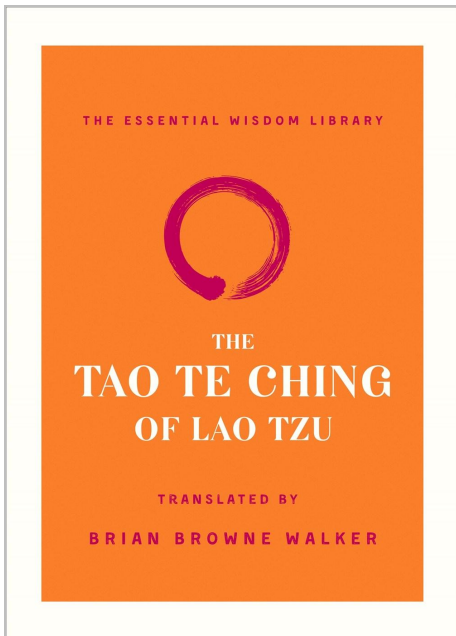
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BRIAN BROWNE WALKER is the author of eight books published in over a dozen languages around the world, including translations of the *I Ching*, *Tao Te Ching*, *Hua Hu Ching*, and *Art of War*, as well as the original teachings of the *Wei wu Wei Ching*.

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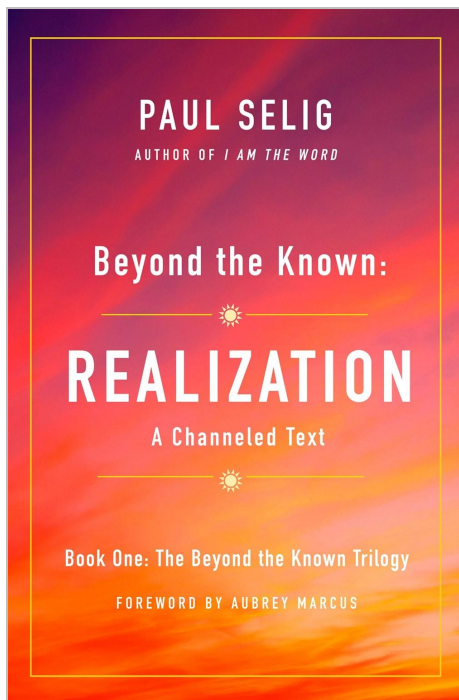
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Paul Selig attended New York University and received his master's degree from Yale. A spiritual experience in 1987 left him clairvoyant. Selig is one of the foremost contributors to the field of channeled literature working today. He offers channeled workshops internationally and serves on the faculty of the Esalen Institute. He lives in New York City where he maintains a private practice as an intuitive and conducts frequent livestream seminars. Find out more at paulselig.com.



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Patrick Harbula

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Patrick Harbula is the founder of the Living Purpose Institute, and has been a leader and teacher in the human potential movement, meditation trainer, and life coach for over 30 years. He is the author of *The Magic of the Soul: Applying Spiritual Power to Daily Living*. Patrick continues to reach hundreds of thousands with his empowering message of living. He appears regularly on radio and TV around the nation and in Canada including Dateline, ABC, NBC, and UPN news.

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