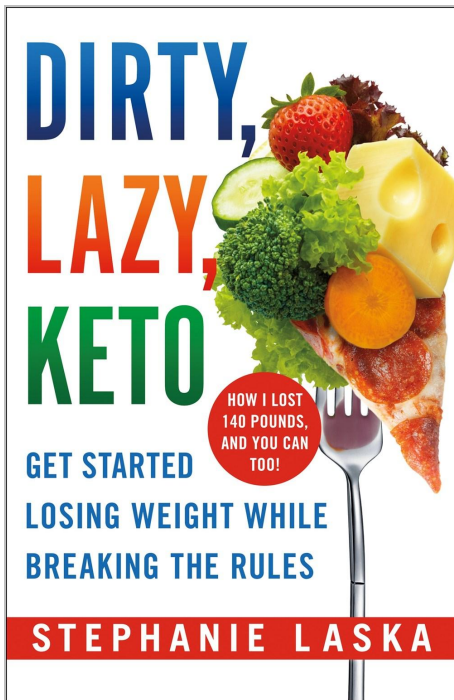




ST. MARTIN'S
ESSENTIALS



DIRTY, LAZY, KETO (Revised and Expanded)

Get Started Losing Weight While Breaking the Rules

Stephanie Laska

DIRTY, LAZY KETO is part girlfriend's guide, part inspirational story detailing the secret to losing weight and keeping it off without the strict restrictions of a traditional keto diet.

You don't have to be perfect at keto to be successful! Stephanie Laska lost 140 pounds, roughly half of her body weight, by following her own version of the keto diet. She figured out the secret to losing weight was to break the rules. Who wants to count every single crumb that enters their mouth? *Um, no one!* Stephanie found long-term success with an outlaw version of the keto diet she calls both "dirty" and "lazy".

Are you interested in the Ketogenic diet? Have you tried it and found it difficult and intimidating?

Good news! This guide is here to help inspire keto beginners and offer a fresh approach to those keto-shamed for wanting a Diet Coke.

We all know losing weight isn't just about the food – it's so much more complicated. Stephanie shares her heartfelt secrets to weight loss success in *DIRTY, LAZY, KETO Get Started Losing Weight While Breaking the Rules*.

- Meal ideas, recipes, and food pyramids – but with hand-holding and girlfriend counseling sessions for when things get rough
- Answers the embarrassing keto questions you've been too afraid to ask
- Tricks to overcome roadblocks like happy hour and cake-pushers
- The down and dirty on how and why this works

Let Stephanie help you find true success, the dirty, lazy way!

FULLY EXPANDED EDITION OF THE BESTSELLING MINI GUIDE

STEPHANIE LASKA is one of the few keto authors who has successfully lost half of her body weight (140 pounds) and has maintained that weight loss for six years and counting. She ran her first marathon in her 40s—placing first in her weight class—and has run at least a dozen since. With the hope of making health and fitness less intimidating, Stephanie blogs about “all things keto” on her website (www.DirtyLazyKeto.com). She holds a Master's Degree in Education from the UC Santa Barbara.

HEALTH & FITNESS / DIET & NUTRITION / DIETS

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Author Facebook:

[Facebook.com/dirtylazyketo](https://www.facebook.com/dirtylazyketo), 8.9K

Author Twitter: @140lost, 1.5K

Buddha Takes the Mound

Enlightenment in 9 Innings

Donald Lopez, PhD

In 2008 a Buddhist scroll was found in the ruins of Yankee stadium, and it proved what Buddhist scholar/ award-winning author Donald Lopez had suspected: the Buddha created the game of baseball.

Buddha Takes the Mound is *The Tao of Pooh* for baseball. Funny, moving, and enlightening, this is a read that will engross, enrich, and charm any baseball fan. At once a love letter to the sport and an engaging introduction to Buddhism, it shows how the Buddha invented baseball to teach us deep truths about the world, about ourselves, and about each other. Lopez believes that Buddhism provides a lens for us to see baseball in a new way, a way that makes us love the game even more, a way that makes us ponder profound questions about winning and losing, about who we are, about finitude and infinitude, about birth and death. As Lopez reveals, not only is Buddhism integral to baseball; but baseball is Buddhism, and baseball is ourselves.

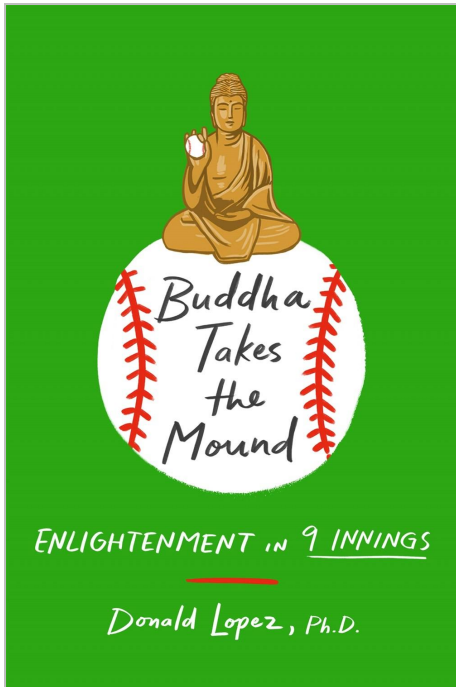
PRAISE

"Baseball has always been a spiritual force of nature in my life and *Buddha Takes The Mound* only confirms what I thought I knew."

- Ron Darling, New York Times Bestselling author and Emmy Award winning baseball analyst

"Pitching Buddhist and baseball history, Lopez's amusing contrivance of a book is more than a little tongue-in-cheek, but the author's aim is to enhance our love of the game by a more profound understanding of its fundamentally Buddhist nature...the book runs all the bases with aplomb." -Kirkus Reviews

DONALD S. LOPEZ, JR. has been referred to as the only public intellectual in the field of Buddhist Studies. He has appeared on many television and radio stations, including ABC, NPR, BBC radio, and more. He has written for the *Wall Street Journal*, *The New York Times*, *The Nation*, and *The Chronicle of Higher Education*, and he has been quoted in countless publications, such as *The New York Times Magazine*, *Newsweek*, the *Chicago Tribune*, and *The New Yorker*, to name a few.



SPORTS & RECREATION / BASEBALL

St. Martin's Essentials | 5/5/2020
 9781250237910 | \$19.99 / \$26.99 Can.
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"An engaging, mind-blowing, and ultimately practical guide."
—MARCI SHIMOFF, #1 *New York Times* bestselling
author of *Happy for No Reason*

**EIGHT SECRETS
TO INTENTIONALLY
CHANGE YOUR
FORTUNE**

CONSCIOUS LUCK



BESTSELLING AUTHOR OF *THE BIG LEAP*

**GAY HENDRICKS
and CAROL KLINE**

Conscious Luck

Eight Secrets to Intentionally Change Your Fortune

Gay Hendricks, Ph.D., and Carol Kline

Change your luck and build the life you want

Many of us believe that luck—that mysterious force that makes life run smoothly—is somehow beyond our control. But what if you could make your own luck? What if luck is something that you can consciously create for yourself?

In *Conscious Luck*, *New York Times* bestselling authors Gay Hendricks and Carol Kline share eight secrets that will allow anyone to intentionally change their fortunes. Instead of living on the whim of luck, waiting for the winds of fortune to offer opportunities and success, *Conscious Luck* shows readers how to seize control of their path, create their own luck, and build the life they want to live.

This step-by-step program will lead readers on the journey towards creating luck with practical tools, real-life stories, and the authors' personal experiences. From creating "luck-worthy" goals to learning to put yourself in the right place at the right time, the secrets are insightful and practical. Supported by the authors' years of experience, this highly effective method offers a revolutionary way to transform your life.

PRAISE

Praise for Gay Hendricks:

"Gay is truly a genius at giving us the tools to unleash our own genius." —Arielle Ford, author of *The Soulmate Secret*

"The inner intelligence of the body is the ultimate and supreme genius. Gay shows how to connect with this inner intelligence and discover the secrets to healing, love, intuition, and insight." —Deepak Chopra

"I am deeply impressed with the love, wisdom, and clarity that Kathlyn and Gay bring. Their insights on relationships can be life-changing." —Neale Donald Walsch

Gay Hendricks, PhD, has served for more than forty years as one of the major contributors to the fields of relationship transformation and body-mind therapies. He is a *New York Times* bestselling author and his books include *Conscious Loving* and *The Big Leap*.

Carol Kline has devoted her career to teaching, writing, and speaking about consciousness and personal growth. She is a #1 *New York Times* bestselling author and her books include *Happy for No Reason*, *Love for No Reason*, and five books in th...

SELF-HELP / PERSONAL GROWTH / SUCCESS

St. Martin's Essentials | 5/12/2020

9781250622945 | \$19.99 / \$26.99 Can.

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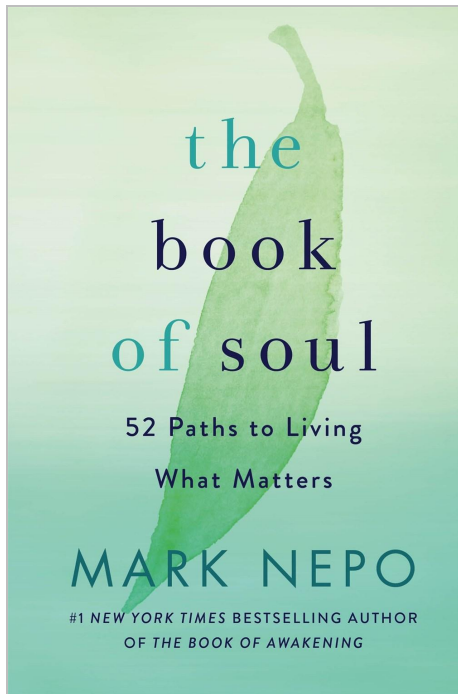
Active On Twitter: @Gayhendricks (17.7K

Followers)

Active On Facebook: @Gayhendricks

(10.5K Followers)

Author Website: [Https://Hendricks.Com/](https://Hendricks.Com/)

**SELF-HELP / SPIRITUAL**

St. Martin's Essentials | 5/5/2020
 9781250262967 | \$18.99 / \$25.99 Can.
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 Active on Twitter: @marknepo (16.3k followers)

The Book of Soul

52 Paths to Living What Matters

Mark Nepo

A powerful new book of spiritual awakening from #1 New York Times bestselling author Mark Nepo

In *The Book of Soul*, Mark Nepo, the bestselling author of *The Book of Awakening*, offers a powerful guide to leading a spiritually transformative life. He explains that after we are physically born, we must be spiritually born a second time, a process that takes place through the labor of a lifetime as we grow into more fully realized beings. *The Book of Soul* delves into that process of transformation in its mystery, difficulty, and inevitability.

The book is divided into four sections which mark the passages we all face: enduring our Walk in the World, until we discover Our True Inheritance, which lets us live in the open by Widening Our Circle, as we Help Each Other Stay Awake. *The Book of Soul* explores the deep mystery and transformation that we encounter during our time on earth.

Nepo's earlier book, *The Book of Awakening*, has sold millions of copies and has the honor of remaining one of Oprah's 7 favorite "super-soulful reads" and one of her all-time Favorite Things. *The Book of Soul*, though not structured as a daily reader, is a return to the clarity and strength of *The Book of Awakening* and resonates with the same powerful truths, beautiful prose, and startling insight.

PRAISE

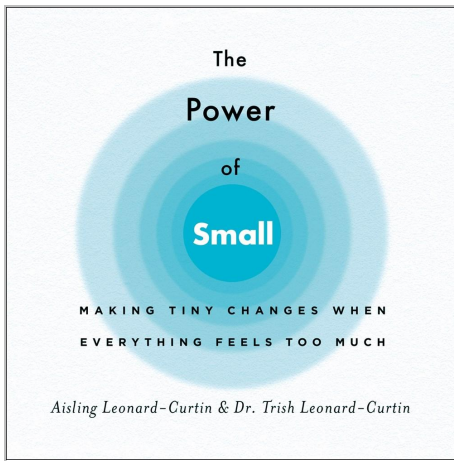
"It's easy in these times to allow ourselves to slip into resignation, isolation, or despair. *The Book of Soul* is an antidote, a path that leads us back to our own wisdom and intuition and to the authentic truth of our souls."

—Arianna Huffington, Founder & CEO, Thrive Global and Founder, *Huffington Post*

"Mark Nepo has long been one of my favorite spiritual writers, and *The Book of Soul* is further proof why. It's filled with breathtaking lines you'll want to linger over, commit to memory, and carry with you. I recommend it for all of us wanting to stay connected to a deeper purpose as we rush through our days."

—Melinda Gates, *New York Times* Best...

Mark Nepo has moved and inspired readers and seekers all over the world. A #1 *New York Times* bestselling author, his numerous books—including *The Book of Soul*, *The One Life We're Given*, and *Drinking From the River of Light*—have been translated into twenty languages. Mark has appeared several times with Oprah Winfrey on her *Super Soul Sunday* program. In 2015, he was given a Life-Achievement Award by AgeNation, and in 2016, he was named by *Watkins: Mind Body Spirit* as one of the 100 Most Spiritual...



The Power of Small

Making Tiny Changes When Everything Feels Too Much

Aisling Leonard-Curtin and Dr. Trish Leonard-Curtin

If your mind tells you that certain life changes are unattainable, undeserved, or too hard, this simple and effective book is the one for you.

We've all set out to change our lives with big plans, bold ideas, and brilliant ambitions. And too often those resolutions and plans have lasted for a day or two before real life swoops in and we are back to normal. Or, perhaps even more frequently, we find ourselves so overwhelmed with life that we feel utterly powerless to even attempt to change anything. *The Power of Small* offers a way forward. Instead of pushing for large, dramatic changes, Aisling and Trish Leonard-Curtin help readers make small, manageable changes in their lives. Everyday decisions pile up to create powerful changes in our lives.

Instead of being daunted by your goals and dreams or paralyzed by the business of life, *The Power of Small* will help you take the practical, approachable steps that will transform your life, even if you feel completely stuck or defeated. As practicing psychologists, Aisling and Trish know first-hand the power of the techniques outlined in *The Power of Small* and have based their writing on numerous case studies and the latest psychological research. Emphasizing self-compassion and real, actionable steps, *The Power of Small* will empower you to make big changes in your life—one small step at a time.

PRAISE

"At last! A book that shoes you realistically how to transform your life, one small step at a time," —Russ Haris, author of the international bestseller, *The Happiness Trap*

AISLING LEONARD-CURTIN is a chartered psychologist, international speaker, trainer and author. She is a peer-reviewed acceptance and commitment therapy (ACT) trainer and a functional analytic psychotherapy (FAP) trainer. DR. TRISH LEONARD-CURTIN is a psychologist, speaker, trainer and author. She has trained in dialectical behaviour therapy (DBT), acceptance and commitment therapy (ACT) and functional analytic psychotherapy (FAP). Trish serves as co-director of ACT Now Purposeful Living.

SELF-HELP / PERSONAL GROWTH / HAPPINESS

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Trade Paperback | 384 pages | Carton Qty: 24

6 in H | 6 in W

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Other Available Formats:

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Social Media Campaign

Author Website: www.actnow.co

Active On Twitter: @Aislingcurtin (3.2k

Followers)

Overcome Scarcity, Experience True Prosperity,
and Create the Life You Really Want

THE MINDFUL MILLIONAIRE



LEISA PETERSON

FOREWORD BY GRANT SABATIER,
author of *Financial Freedom* and creator of Millennial Money

BUSINESS & ECONOMICS / PERSONAL FINANCE / MONEY MANAGEMENT

St. Martin's Essentials | 7/14/2020

9781250261915 | \$17.99 / \$24.50 Can.

Trade Paperback | 352 pages | Carton Qty: 24

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Includes 4-6 charts

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- *Author Twitter: @leislooski (7.7k)
- *Author Website: WealthClinic.com
- *Author LinkedIn: /LeisaPeterson1/ (500+)

The Mindful Millionaire

Overcome Scarcity, Experience True Prosperity, and Create the Life You Really Want

Leisa Peterson

A revolutionary book for creating financial well-being and living an abundantly satisfying life by finding the connections between mindfulness and real prosperity.

“Leisa has a truly unique gift and has designed a path that will transform your relationship with money.”—Grant Sabatier, author of *Financial Freedom* and creator of Millennial Money,

In the world of personal finance the biggest challenge is the sense that there’s never going to be enough. It is this mindset of scarcity, and not the amount spent on lattes, that holds people back the most from achieving their financial dreams.

Using techniques she’s developed as a financial planner and spiritual coach, Leisa Peterson guides you to dig deeper and discover the root of your financial thinking to change not just the way you save and spend, but the way you live your life.

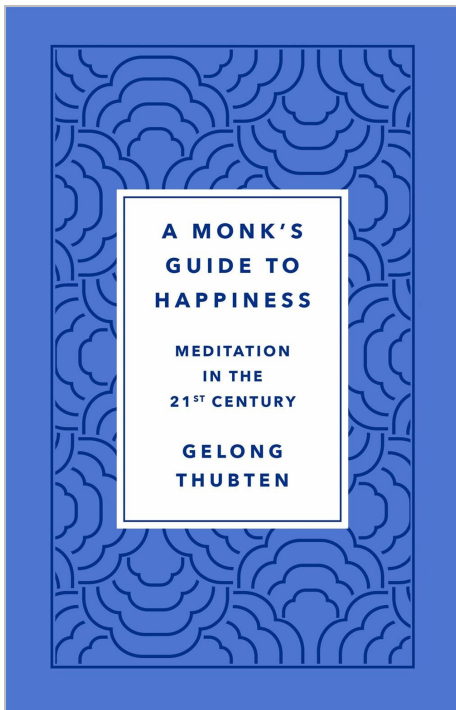
Through powerful practices, compelling stories and extensive research, *The Mindful Millionaire* meets you wherever you are in your money journey by exploring:

- *Where your current money habits come from and why you feel the way you do about money and success.
- *How to break the cycle of fear, grief, and shame that often surrounds your money habits.
- *How to write a new money story that inspires joy, satisfaction and prosperity.
- *Why wealth building isn’t just about positive thinking and “manifesting” things into reality.
- *How to stop financial self-sabotage and procrastination.
- *Where practical financial advice misses the mark.
- *The most effective tools for changing how you think and feel about money.
- *What true financial independence looks like and how to discover the milli...

PRAISE

This book helps you realize your intrinsic value so your financial decisions reflect what matters most to you. This is the key to true financial freedom.”?Ivan R. Misner, Ph.D., Founder of BNI and New York Times bestselling author of *Truth or Delusion? Busting Networking’s Biggest Myths*

“If you've read other finance books and still felt empty, this is the book you've been waiting for.”?Joe Saul-Sehy, Creator and Co-Host - *Stacking Benjamins* Podcast



A Monk's Guide to Happiness

Meditation in the 21st Century

Gelong Thubten

A Guide to Mindfulness and Meditation

In our never-ending search for happiness we often find ourselves looking to external things for fulfillment, thinking that happiness can be unlocked by buying a bigger house, getting that next promotion, or building a perfect family. In *The Monk's Guide to Happiness*, author Gelong Thubten, a Buddhist monk and meditation expert who has worked with everyone from Ruby Wax and Benedict Cumberbatch to Silicon Valley entrepreneurs, upends this unfulfilling view of happiness and explains *how* and *why* we need to look within and connect to our true essence, in order to find peace.

Thubten offers a new approach in the form of meditation, showing that meditation is more than just a stress-reduction tool or a relaxation therapy: it is the key to finding long-lasting happiness. Instead of suggesting a daily meditation session, readers will learn to incorporate meditation in small moments throughout the day. These micro moments of peace allow us to remain mindful and collected, shifting our focus inwards.

Clear, accessible, and profound, this is a book that will become a classic guide to meditation for years to come. *The Monk's Guide to Happiness* will give readers the tools to change their patterns and discover happiness within.

PRAISE

'Thubten is a very generous and kind monk who writes with the lived honesty and humour of someone who has experienced the wisdom he shares. His writing is full of inspiration but also the pragmatism needed to form a sustainable practice. His book clearly illustrates why we all need meditation and mindfulness in our lives.'

- Benedict Cumberbatch

'Thubten is able to explain meditation using clear language and an approach which really speaks to our modern tech-infused lives. With openness, humility and humour he delivers a deep message that will resonate in our modern culture.'

- Rami Jawhar, Program Manager at Google Arts & Culture

'Gelong Thubten...

GELONG THUBTEN is a Buddhist monk, meditation trainer and author. He was educated at Oxford University, and became an actor. At the age of 21 he suffered from a life-threatening heart problem. This dramatic wake-up call led him to join Kagyu Samye Ling Tibetan Buddhist Monastery, where he was ordained as a monk. Thubten's training over the past 25 years has included spending over six years in intensive meditation retreats and he has studied under some of the greatest Tibetan meditation masters.

BODY, MIND & SPIRIT / MINDFULNESS & MEDITATION

St. Martin's Essentials | 8/11/2020

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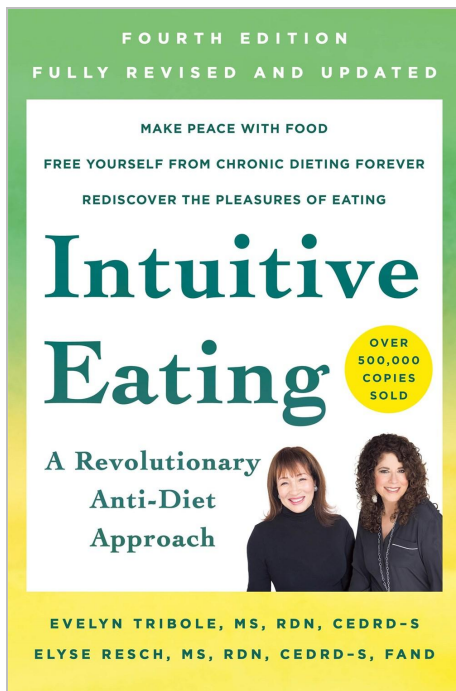
Author Website: gelongthubten.com

Author Facebook:

[Facebook.com/GelongThubtenOfficial](https://www.facebook.com/GelongThubtenOfficial)

Author Twitter: @Gelong_Thubten, 1.9K

Author Instagram: @gelongthubten, 3.8K



Intuitive Eating, 4th Edition

A Revolutionary Anti-Diet Approach

Evelyn Tribole, MS, RDN, and Elyse Resch, MS, RDN

The classic bestseller about rejecting diet mentality. Now revised and updated for the intuitive eaters of today.

Since it was first published in 1995, *Intuitive Eating* has become the go-to book on rebuilding a healthy body image and making peace with food. It shows us that the problem is not us; it's that dieting, with its emphasis on rules and regulations, has stopped us from listening to our bodies. Written by Evelyn Tribole, M.S., R.D., and Elyse Resch--two prominent nutritionists who are the originators of this movement--*Intuitive Eating: 4th Edition* will teach you:

- How to reject diet mentality forever
- How to find satisfaction in your eating
- How to feel your feelings with kindness
- How to honor hunger and feel fullness
- How to follow the ten principles of Intuitive Eating
- How to achieve a new and safe relationship with food and, ultimately, your body
- How to raise an intuitive eater
- The incredible science behind intuitive eating
- How eating disorders can be healed through Intuitive Eating

This revised edition is entirely updated throughout. It includes new material on diet culture, weight stigma, and baby-led weaning. These expansions will help readers properly integrate intuitive eating into their daily lives and make peace with food.

EVELYN TRIBOLE, M.S., R.D., is an award-winning registered dietitian with a nutrition counseling practice in Newport Beach, CA. She was the nutrition expert for "Good Morning America" and was a national spokesperson for the American Dietetic Association for six years.

ELYSE RESCH, MS, RDN, CEDRD-S, is a nutrition therapist in private practice in Beverly Hills, CA, with over thirty-seven years of experience specializing in eating disorders, Intuitive Eating, and Health at Every Size.

HEALTH & FITNESS / DIET & NUTRITION / NUTRITION

St. Martin's Essentials | 6/23/2020

9781250255198 | \$17.99 / \$24.50 Can.

Trade Paperback | 400 pages | Carton Qty: 24

9.3 in H | 6.1 in W

Other Available Formats:

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Author website: www.evelyntribole.com

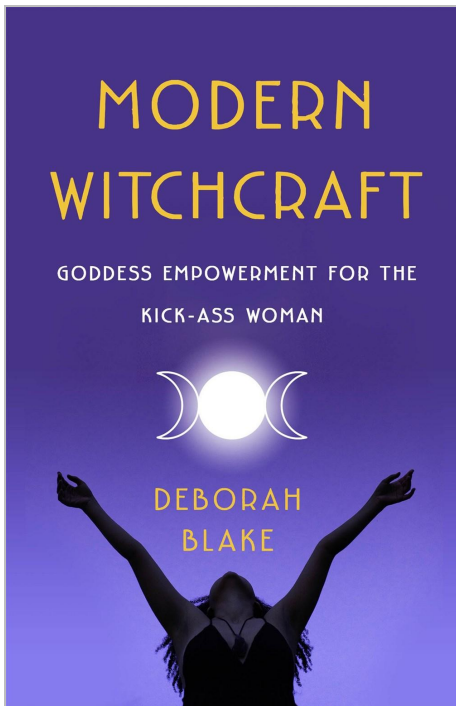
Author website: www.intuitiveeating.org

Active on Instagram: @evelyntribole

(38.2k followers)

Active on Twitter: @etribole (10.2k

followers)



BODY, MIND & SPIRIT / WITCHCRAFT

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 9781250244598 | \$16.99 / \$22.99 Can.
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 Ebook ISBN: 9781250244604

MARKETING

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 Author Twitter: [@deborahblake](https://twitter.com/deborahblake), 4.8K

Modern Witchcraft

Goddess Empowerment for the Kick-Ass Woman

Deborah Blake

A guidebook to witchcraft as a female-empowering religion, including detailed instructions on how to practice self-care in today's society through goddess worship and magic.

In a time when most formal religions are on the wane, Wicca is said to be the fastest growing religion in North America. What is it that draws people to Witchcraft, and how does a spiritual path with its roots in ancient beliefs and traditions transform itself into a practice that resonates so deeply with today's modern woman?

There are a number of explanations for the phenomenon, such as Witchcraft's connection to the natural world, or acceptance of members regardless of lifestyle choices. For women, however, the greatest appeal may be the worship of a goddess (or goddesses). No stern patriarchal God here. Instead, Wicca and most other forms of modern Witchcraft embrace deity in both the feminine and the masculine. Suddenly, women can look at the divine and see themselves reflected back. In addition, many women are frustrated, frightened, triggered, and down-right furious with the current social and political environment, but feel powerless to create positive change. Witchcraft can give them a sense of personal empowerment.

There are many different Witchcraft paths and a multitude of approaches to its practice. This book will guide the reader on the journey to connecting with the feminine divine both without and within, and open the door to this magical religion that will enlighten, uplift, and energize their lives.

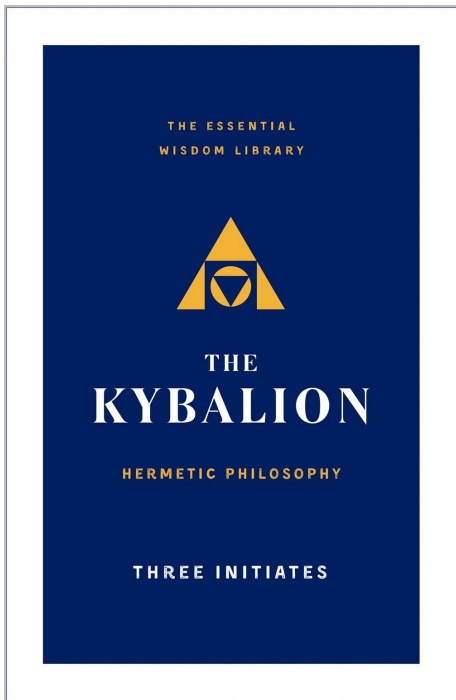
PRAISE

Praise for Debroah Blake's books:

"This is a book that deserves a place on all shelves for it is pertinent...to all who look to better their lives." —Raymond Buckland, author of *Buckland's Complete Book of Witchcraft*

"A must-have for any Witch looking to evolve their practice from a mere study of the Craft into a fully fledged lifestyle." —Melanie Marquis, author of *A Witch's World of Magick* and *The Witch's Bag of Tricks*

DEBORAH BLAKE is a Wiccan high priestess and leader of the eclectic group Blue Moon Circle. She manages the Artisans' Guild, and works as a tarot reader and energy healer. Deborah is the author and cocreator of many books, novels, and decks including *Everyday Witch Tarot*, *Everyday Witchcraft*, *A Year and a Day of Everyday Witchcraft*, and *The Little Book of Cat Magic*. She lives in upstate New York in a 130-year-old farmhouse with assorted cats who supervise all her activities, whether magical or m...



The Kybalion

Hermetic Philosophy

Three Initiates

The most popular occult work of the twentieth century

The Kybalion has long fascinated readers with its exploration of hermetic wisdom. Credited to the mysterious Three Initiates, *The Kybalion* is an esoteric classic that has remained popular since its initial publication in 1908 and continues to sell exceptionally well. The book explores the Seven Hermetic Principles—including the Principles of Causation, Mental Transmutation, and Polarity—and the philosophies it contains became founding ideas in the New Thought movement.

This edition of the original text is the latest title in the Essential Wisdom Library, which brings sacred wisdom, both ancient and modern, to today's audience. The EWL edition will include a new introduction to frame the historical context and importance of the text, along with a clean, modern design and inside cover printing. With occult and esoteric topics increasing in popularity, now is the perfect time to introduce a new edition of this classic title.

The identity of Three Initiates has been the subject of much secrecy and rumor since *The Kybalion* first appeared at the beginning of the twentieth century. It is now believed that William Walker Atkinson was one of or perhaps the sole author of the book. Born in 1862, Atkinson was a pioneer of the New Thought movement who wrote an estimated 100 books during his lifetime.

BODY, MIND & SPIRIT / OCCULTISM

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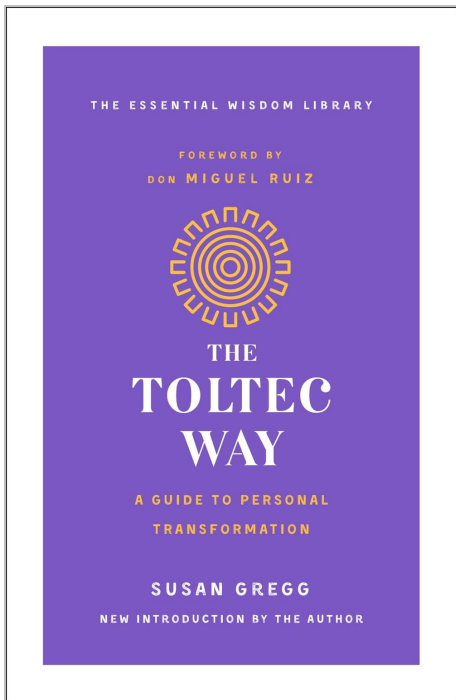
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The Toltec Way

A Guide to Personal Transformation

Susan Gregg; foreword by don Miguel Ruiz

Achieve personal freedom using Toltec wisdom

The gift of the Toltec is the ability to transcend ordinary human awareness and achieve personal freedom—the ability to choose how to act rather than react to the events in your life. The three Toltec Masteries of Awareness, Transformation, and Intent are the key to transcending your limitations and experiencing yourself as the creator of your life.

Designed to make Toltec wisdom accessible and simple, this book is about change, changing yourself, and the wildly empowering freedom of personal responsibility. Included in each chapter are exercises and guided visualizations. You will find that some of the most important knowledge is hidden in the parable-like stories that are scattered throughout the book.

This new edition of *The Toltec Way* is part of the Essential Wisdom Library, a collection of books bringing sacred wisdom to modern readers. Refreshed with a new design, inside cover printing, a new introduction by the author, and also including a foreword by don Miguel Ruiz, *The Toltec Way* will introduce a new generation of readers to the power of Toltec wisdom.

PRaise

“Susan Gregg's *The Toltec Way: A Guide to Personal Transformation* is a recapitulation of the techniques and procedures we did together...The practices served as a guide for her incredible spiritual growth. Her gratitude for that transformation is so great that Susan has decided to share everything she learned.”
—Don Miguel Ruiz, author of *The Four Agreements: A Practical Guide to Personal Freedom, a Toltec Wisdom Book*

DR. SUSAN GREGG has studied the Toltec oral traditions under Sister Sarita and don Miguel Ruiz, and is now a Toltec Master and Nagual. She has a doctorate in clinical hypnotherapy and is the author of *Dance of Power: A Shamanic Journey* and *Finding the Sacred Self: A Shamanic Workbook*. Since 1991 she has been living in Hawaii and working as a counselor in private practice.

BODY, MIND & SPIRIT / SHAMANISM

St. Martin's Essentials | 7/14/2020

9781250623461 | \$14.99 / \$20.50 Can.

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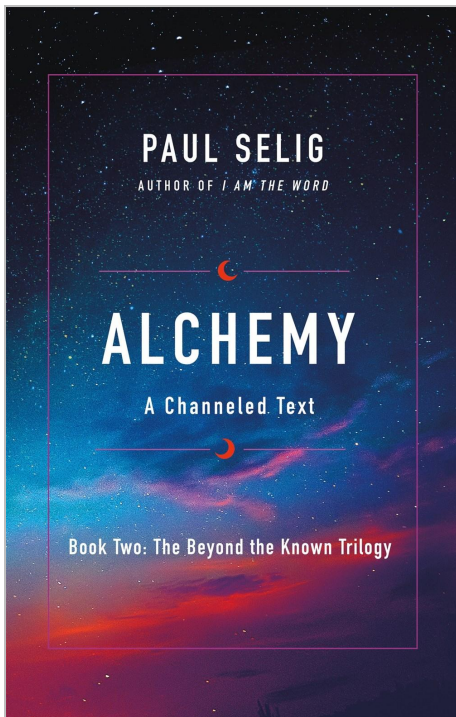
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BODY, MIND & SPIRIT / CHANNELING & MEDIUMSHIP

St. Martin's Essentials | 8/4/2020
9781250212603 | \$16.99 / \$22.99 Can.
Paperback | 288 pages | Carton Qty: 28
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ALSO AVAILABLE

Beyond the Known: Realization: A Channeled Text
8/2019 | 9781250204226
Paperback | \$16.99 / \$22.99 Can.

Alchemy

A Channeled Text

Paul Selig

Renowned channeler Paul Selig shares the wisdom of The Guides

Channeling the voices and wisdom of the otherworldly Guides, Paul Selig, the author of *Beyond the Known: Realization* offers a way to transform your understanding and begin the deep process of manifestation.

Since 1987, when a spiritual experience left Paul Selig clairvoyant, he has been gifted with the unique ability to channel information from The Guides. These beings of higher intelligence share their words and wisdom through Paul, making him one of the foremost spiritual channels in the world.

Featuring a foreword by Charles Eisenstein, *Alchemy* is the second volume in the successful Beyond the Known trilogy. It is composed of the pure, unedited words of the Guides as they share wisdom that will lead to metamorphosis and transfiguration. The Guides' message is poignant and beautifully written, humming with wisdom and insight for all who are ready and open to receive their words.

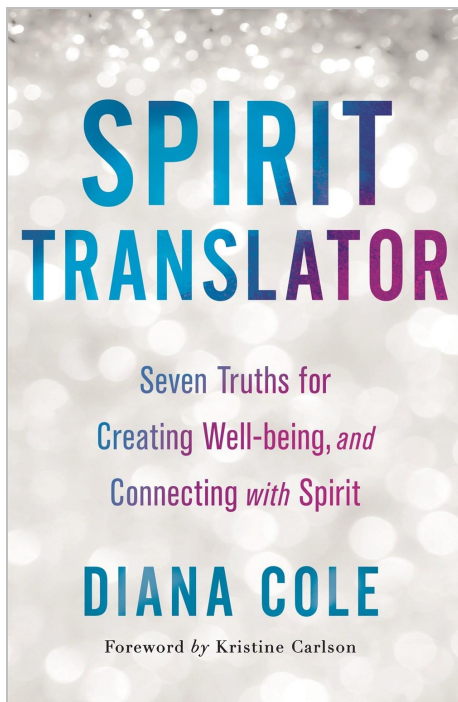
PRAISE

Praise for Beyond the Known: Realization

"This book is the most audacious of The Guides teachings to date. It describes how anyone who chooses can claim the true expression of who they are; what The Guides call the Divine Self, the True Self, or the Christed Self."

—Aubrey Marcus, *New York Times* bestselling author of *Own the Day, Own Your Life*

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. Visit the author at paulselig.com



Spirit Translator

Seven Truths for Creating Well-Being and Connecting with Spirit

Diana Cole; Foreword by Kristine Carlson

Connect with your own spirit guide and transform your life

Spirit Translator is a remarkable book that gives readers the tools to find and connect with their spirit guide. Author Diana Cole outlines her own walk with spirit—how she went from being disempowered and uncertain in her relationships and career to confident and bold with the help of her spirit guide. In her work as a spirit translator, Diana has asked spirit thousands of questions on behalf of her clients and herself. These messages are distilled into seven key lessons which form the backbone of the book. Most importantly, Diana helps readers meet and begin a new relationship with their own spirit guides, a dialogue which will transform their lives.

Diana Cole has an extensive social media presence—over 1.2 million Facebook followers—that she will be leveraging to promote the book. She runs online courses on the topic of spirit translation and will be offering a paid membership site launching this fall. Her platform continues to grow and offers wonderful opportunities for an aggressive pre-order campaign and marketing initiatives to promote the book.

At its heart, *Spirit Translator* is about self-empowerment and giving readers the knowledge to begin a conversation with spirit that will be a lifelong source of confidence, strength, and clarity.

PRAISE

"Diana Cole has a rare gift that she has lived with for a lifetime, one that she is only now bringing to the world stage. She is the Spirit Translator, using her direct line of communication with the invisible world to answer the questions that matter most to each of us. Connect with Diana in person or online, and prepare to live the life you have always dreamed of."—Jack Canfield, originator of the *Chicken Soup for the Soul* series

"Having been a part of the transformational field for over twenty years, I think it's rare to encounter someone like Diana Cole, an emerging teacher of exceptional skill. She merges intuition, compassion, and wisdom..."

DIANA COLE is a gifted intuitive, thought leader, and teacher. She guides individuals and groups through the steps of connecting with their own spirit guides and healing through positive thought repatterning. Diana is also a successful entrepreneur, having created nationally recognized brands in the fitness industry. Her fast-growing Facebook community currently includes 1.2 million people.

BODY, MIND & SPIRIT / CHANNELING & MEDIUMSHIP

St. Martin's Essentials | 8/11/2020

9781250246424 | \$16.99 / \$22.99 Can.

Trade Paperback | 240 pages | Carton Qty: 32
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The Science of Getting Rich

The Complete Original Edition with Bonus Books

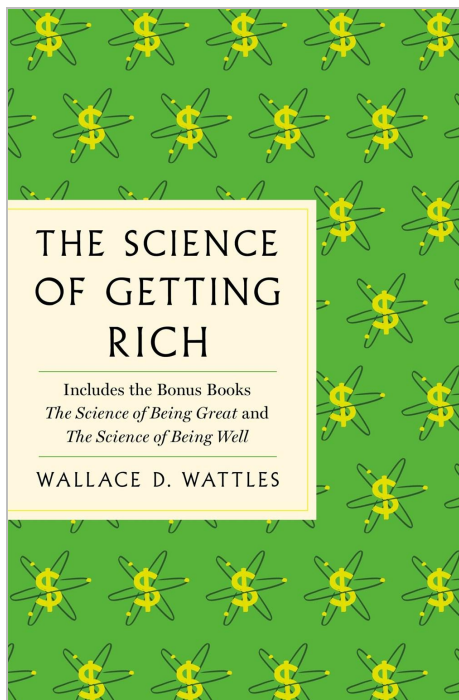
Wallace D. Wattles

A new edition of the classic guide to building wealth in every area of your life

The Science of Getting Rich: The Complete Original Edition is a New Thought classic that has helped countless people achieve their dreams and secure financial success. The inspiration behind Rhonda Byrne's bestselling book *The Secret*, *The Science of Getting Rich* offers a transformative path to success by showing readers how to use the power of thought, willpower, and intention to create wealth of all kinds in their lives. Author Wallace D. Wattles was a formative writer of the New Thought tradition. This new edition of his classic book includes Wattles' original text along with two bonus books, *The Science of Being Great* and *The Science of Being Well*. These companion books further elaborate on the success principles and ideas Wattles developed.

The Science of Getting Rich is the latest volume in the GPS (Good, Practical, Simple) Guides to Life series, which are designed to bring classic success and self-help books to a new generation of readers. With bright modern cover designs and clean interior layouts, the GPS Guides are introducing millennial readers to life changing wisdom. *The Science of Getting Rich* will help readers develop vision and willpower, and in doing so, access the wealth they have always dreamed of.

WALLACE D. WATTLES was an influential member of the New Thought movement, helping to spread its ideals through his groundbreaking classics *The Science of Getting Rich*, *The Science of Being Great*, and *The Science of Being Well*. He died in 1911, but his works continue to influence new generations of readers to this day.



SELF-HELP / PERSONAL GROWTH / SUCCESS

St. Martin's Essentials | 8/18/2020

9781250624888 | \$11.99 / \$16.50 Can.

Trade Paperback | 304 pages | Carton Qty: 28

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