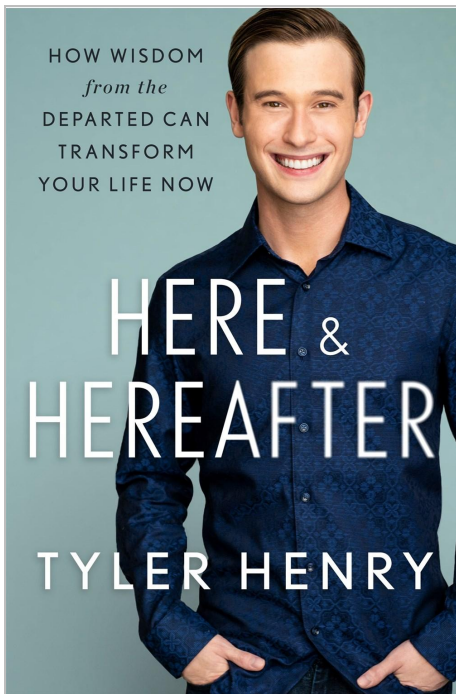




ST. MARTIN'S  
**ESSENTIALS**



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

St. Martin's Essentials | 5/25/2021

9781250796776 | \$27.99 / \$37.99 Can.

Hardcover with dust jacket | 288 pages | Carton

Qty: 24

8.3 in H | 5.4 in W

Subrights: UK Rights: United Talent Agency

Translation Rights: United Talent Agency

**Other Available Formats:**

Ebook ISBN: 9781250796783

Audio ISBN: 9781250803139

Audio ISBN: 9781250803146

**MARKETING**

Author Appearances

National Broadcast Publicity

National Print Publicity

Online Publicity

Extensive Social Media Outreach

Pre-Order Campaign

Pre-Publication Advertising Campaign

Launch Advertising

Email Marketing Campaign

Early Reader Review Campaign

Author Website:

tylerhenryhollywoodmedium.com

Active on Facebook: @mediumtylerhenry

(516k followers);

@hollywoodmediumwithtylerhenry (343k

followers)

Active on Instagram: @tylerhenrymedium

(623k followers)

Active on Twitter: @tyhenrymedium (150k

followers)

## Here & Hereafter

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

Tyler Henry

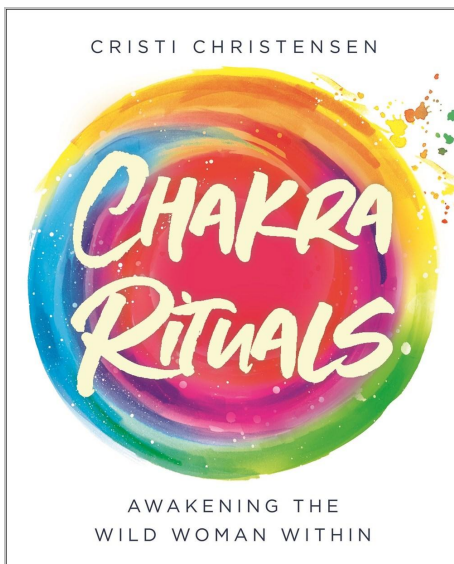
**From Tyler Henry, celebrated medium, comes the ultimate self-help guide detailing the insights the departed have communicated about how to live our best, most meaningful lives.**

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

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

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

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



## Chakra Rituals

*Awakening the Wild Woman Within*

Cristi Christensen

**A book that makes the ancient science of Chakras accessible to spiritually-conscious women, and offers a seven-week step-by-step program.**

Learn how to tap into the single most perfect system living inside of each of us—the seven Chakras.

While Chakras have become trendy, sexy, cool, and very spiritual, few people today really know how to activate the Chakras' powerful energy for deep transformation. Cristi Christensen aims to change that, and *Chakra Rituals* offers readers a multi-dimensional, practical, and inspiring structured seven-week step-by-step program. Each week, readers are instructed how to activate a different Chakra, and each weekday they are led through a dynamic, easy, and motivating practice (altar building; breathing; meditation; vinyasa yoga flow, mudra, writing contemplation, and embodiment) which distills the esoteric concepts and makes them tangible, living experiences. A self-discovery and self-help guide with striking full-color illustrations, *Chakra Rituals* employs the Chakras' potential to open the pathways to a full, enlightened "aliveness." Seasoned practitioners and newcomers alike are invited to flow with their emotions, claim their power, transform their lives, and align with the divine.

### PRAISE

**"Cristi Christensen is a powerful, intelligent, and creative teacher of contemporary yoga."** —Seane Corn, author of *Revolution of the Soul* and yoga teacher

**"Cristi's capacity to teach the chakras in an accessible, relevant way will shift your understanding and enhance your contentment"** —Elena Brower, bestselling author of *Practice You* and *Art of Attention*

**"Cristi brings a new approach to the ancient science of the chakras. Her bright energy and clear perspective on this often mystical subject is refreshing and applicable to the modern day woman."** —Kino MacGregor, author, founder of Omstars, yoga teacher

CRISTI CHRISTENSEN is an international Master Yoga Instructor and Fitness expert. She is a star in the yoga world, leading workshops, retreats and teacher trainings all over the globe. In 2019, Cristi joined forces with Kino MacGregor to lead classes on Omstars, the world's first yoga TV network. She is also the creator of Soul Fire Yoga, a style of yoga that incorporates the chakras, yoga, movement, meditation, and dance into a dynamic practice to change students' lives from the inside out.

### BODY, MIND & SPIRIT / HEALING

St. Martin's Essentials | 6/15/2021

9781250754622 | \$24.99 / \$33.99 Can.

Trade Paperback | 224 pages | Carton Qty: 36

9.1 in H | 7.5 in W

125 illustrations throughout

Subrights: UK rights: St. Martin's Press

Translation: St. Martin's Press

#### Other Available Formats:

Ebook ISBN: 9781250754639

### MARKETING

National Broadcast Publicity

National Print Publicity

Online Publicity

Online Advertising

Early Reader Review Campaign

Netgalley Outreach

Netgalley Promotion

Advance Access Promotion

Bookseller Outreach

Bookstagram Outreach

Social Media Promotion

QDT Network Promotion

Email Marketing

Author Website:

<https://www.cristichristensen.com/>

Active on Instagram:

[https://www.instagram.com](https://www.instagram.com/cristi_christensen)

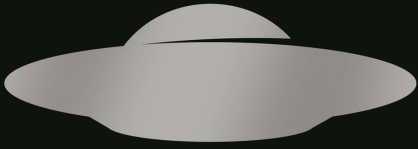
/cristi\_christensen (36.6k followers)

Active on Facebook:

[https://www.facebook.com](https://www.facebook.com/CristiChristensen/)

/CristiChristensen/ (9k followers)

PREPARING FOR  
THE NEW REALITIES OF  
EXTRATERRESTRIAL  
EXISTENCE



**MAKING**  
\*  
**CONTACT**  
ALAN STEINFELD

**BODY, MIND & SPIRIT / UFOS & EXTRATERRESTRIALS**

St. Martin's Essentials | 5/4/2021  
9781250773944 | \$19.99 / \$25.99 Can.  
Hardcover Paper over boards | 304 pages |  
Carton Qty: 28  
8.3 in H | 5.4 in W

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

**Other Available Formats:**  
Ebook ISBN: 9781250773951

**MARKETING**

- \* National Broadcast Publicity
- \* National Print Publicity
- \* Online Publicity
- \* Online Advertising
- \* Early Reader Review Campaign
- \* Organizational Outreach
- \* Blog Outreach
- \* NetGalley Promotion
- \* Social Media Campaign
- \* Email Marketing Campaign
- \* Author Website: NewRealities.com

## Making Contact

*Preparing for the New Realities of Extraterrestrial Existence*

Alan Steinfeld

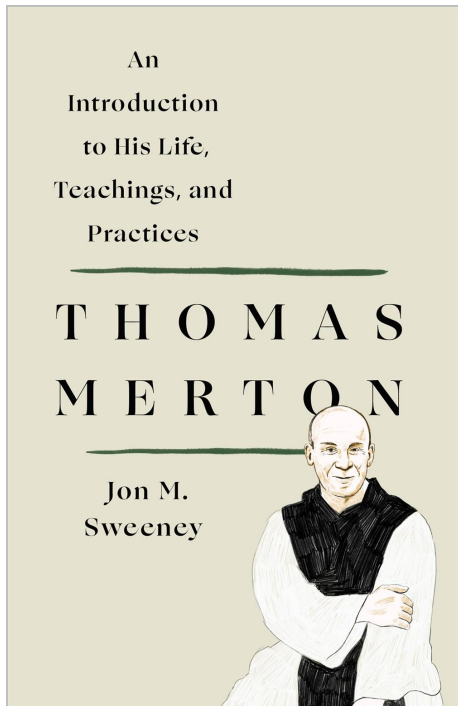
**Alien experts share insight and wisdom in preparation for the inevitable moment when human society comes into contact with the extraterrestrial.**

Alien contact is coming, and it is coming *very* soon. How can you prepare for an event that is quite literally beyond anything humanity has ever experienced?

Featuring leading voices from the UFO community, *Making Contact* is the ultimate guide to preparing for the paradigm-shifting arrival of extraterrestrial life. The public arrival of extraterrestrials will change the world as we know it—from how we conceive of ourselves as humans and our role in the galaxy to the way we structure our nations and treat our planet. From the government's attitude towards potential UFO contact to pondering the larger cultural and personal implications of an alien presence, *Making Contact* considers every facet of the coming shift.

Alan Steinfeld has gathered vital information from today's leading thinkers in the alien community, including Linda Moulton How, Drs. JJ and Desiree Hurtak, and a never-before-published article from legendary Harvard Medical school professor John Mack. *Making Contact* is the essential handbook to prepare yourself and those you love for this thrilling new chapter of history.

ALAN STEINFELD is an explorer of trends in consciousness and editor of *Making Contact*. For 25 years he has produced **New Realities** on television in New York City. Since 2006 the program has aired online with 20 million channel views and 67,000 subscribers. His media appearances, lectures, and conferences have informed millions about human potential, remote viewing, and UFOs. For 7 years he has emceed the largest UFO event in the country, **Contact in the Desert**.



# Thomas Merton: An Introduction to His Life, Teachings, and Practices

Jon M. Sweeney

## An introduction to the powerful legacy of Thomas Merton

Thomas Merton was a Trappist monk and one of the most influential spiritual figures of the 20th century. His writings and thoughts have influenced generations and his legacy of interfaith understanding and social justice endures to this day. Merton was a prolific writer, best known for his bestselling autobiography *Seven Storey Mountain* along with his numerous other works on contemplation, monastic life, poetry, and social issues. *Thomas Merton: His Life, Teachings, and Practices* offers an exploration of Merton as a monk, as a writer, and as a man. Author Jon Sweeney delves into Merton's life and ideas with an appreciation for his work and a deep understanding of the spiritual depth that it contains.

*Thomas Merton* offers a unique view of Merton, braiding together his thoughts and practices with the reality of his life to create a full portrait of this pivotal figure. The Merton revealed in its pages is a source of inspiration and insight for those wrestling with questions of faith and spirituality. At its core, the book is about the search for wholeness—a search Merton undertook himself throughout his lifetime and one readers can also embark on as they draw inspiration and guidance from his life.

## PRAISE

"Beautifully written and expertly researched, this is a truly superb short introduction to the life of one of the great spiritual masters of our time—of any time." —James Martin, SJ, author of *Jesus: A Pilgrimage* and *Becoming Who You Are*

"This is a much-needed bridge to reach Merton, or visit him again, so we can sit with the themes of solitude, inner freedom, silence, and respect for *all* humanity." —Robert J. Wicks, author of *The Tao of Ordinarity*

JON M. SWEENEY is an independent scholar and a respected writer. A biographer of St. Francis and translator of his writings, Sweeney's books on Franciscan subjects have sold 200,000 copies. He's the author of over thirty books including *The Pope Who Quit*, which was optioned by HBO. Sweeney is editor in chief and publisher of Paraclete Press. He's appeared on *CBS Saturday Morning* and numerous other programs. Jon is married to Rabbi Michal Woll, the father of four, and lives in Milwaukee.

An  
Introduction  
to His Life,  
Teachings, and  
Practices

THOMAS  
MERTON

Jon M.  
Sweeney

## BIOGRAPHY & AUTOBIOGRAPHY / RELIGIOUS

St. Martin's Essentials | 5/18/2021

9781250250483 | \$14.99 / \$19.99 Can.

Trade Paperback | 160 pages | Carton Qty: 60  
8.3 in H | 5.4 in W

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

Translation Rights: St. Martin's Publishing Group

### Other Available Formats:

Ebook ISBN: 9781250250490

## MARKETING

- \* Online Advertising
- \* Academic Marketing Campaign
- \* Email Marketing Campaign
- \* Early Reader Review Campaign
- \* Goodreads Promotion
- \* NetGalley Promotion
- \* Organizational Outreach
- \* Independent Bookseller Outreach
- \* Author Twitter: @JonMSweeney (6.3K followers)
- \* Author Website: JonMSweeney.com

## ALSO AVAILABLE

St. Francis of Assisi: His Life, Teachings, and Practice (The Essential Wisdom Library)

10/2019 | 9781250209658

Trade Paperback | \$14.99 / \$20.50 Can.

Seven Simple Virtues That Will  
Change Your Life and the World

# OUR BETTER ANGELS



JONATHAN RECKFORD,  
CEO of Habitat for Humanity,  
foreword by JIMMY CARTER

## Our Better Angels

*Seven Simple Virtues That Will Change Your Life and the World*

Jonathan Reckford, CEO of Habitat for Humanity, with a  
Foreword by Jimmy Carter

**“This is a nifty way to organize a lot of great stories about people Habitat for Humanity has helped and to drive home the very important point that performing a service helps you, too.”  
—New Yor...**

The first ever adult book from Habitat for Humanity—now in paperback!

Jonathan Reckford, CEO of Habitat for Humanity, has seen time and again the powerful benefits that arise when people from all walks of life work together to help one another. In this uplifting book, he shares true stories of people involved with Habitat as volunteers and future homeowners who embody seven timeless virtues—kindness, community, empowerment, joy, respect, generosity, and service—and shows how we can all practice these to improve the quality of our own lives as well as those around us. Tales from these inspiring people illustrate how virtues become values, how cooperation becomes connection, and how even the smallest act of compassion can encourage actions that transform the world around us. Here are tales that will make readers laugh and cry and embrace with passion the calling of our better angels to change the way we take care of ourselves, our families, our communities, and the world.

JONATHAN RECKFORD has served as chief executive officer of Habitat for Humanity International since 2005. A graduate of the University of North Carolina at Chapel Hill, Reckford earned his MBA from Stanford and went on to hold managerial positions at various Fortune 500 companies. Reckford also served as executive pastor of Christ Presbyterian Church in Edina, Minnesota.

HABITAT FOR HUMANITY partners with people all over the world, to help them build or improve a place they can call home.

### SELF-HELP / MOTIVATIONAL & INSPIRATIONAL

St. Martin's Essentials | 5/11/2021

9781250239990 | \$16.99 / \$22.99 Can.

Trade Paperback | 240 pages | Carton Qty: 32  
8.3 in H | 5.4 in W

Subrights: U.K. Rights: St. Martin's Essentials.  
Translation rights: St. Martin's Essentials

#### Other Available Formats:

Hardcover ISBN: 9781250237798

Ebook ISBN: 9781250239259

Audio ISBN: 9781250244369

### MARKETING

Online Publicity

Email Marketing

Social Media Post

Influencer Outreach

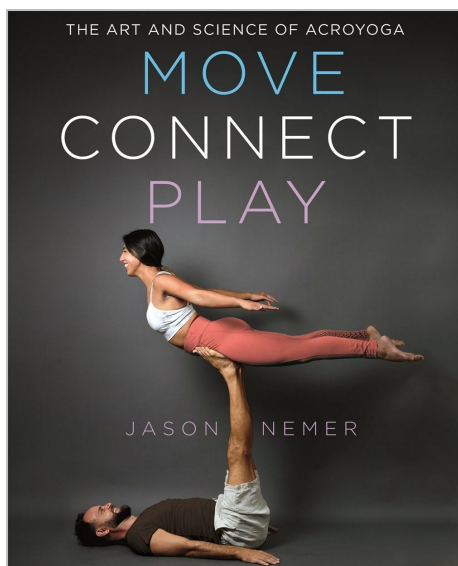
Website: <https://www.habitat.org/>

Facebook: [Facebook.com/habitat](https://www.facebook.com/habitat), 643K

Twitter: @Habitat\_org, 1M

Author Twitter: @JReckford

Instagram: @habitatforhumanity, 113K



## Move, Connect, Play

*The Art and Science of Acroyoga*

Jason Nemer

**A book detailing the core principles of Acroyoga, a practice that melds the spectacle of circus arts with the healing power of massage and the breathwork of yoga.**

*Get ready to learn how to fly.*

AcroYoga is a movement practice that combines the balance and connection of yoga with the fitness and intensity of acrobatics, as well as the holistic healing power of physical therapy. People come to it for all kinds of reasons—they may have chronic pain and are looking for a long-term solution to manage it, they may want to lose weight, gain muscle or increase their mobility, or maybe they just want to experience it with their friends or partners to deepen their relationships. Some even just want to have some fun together.

In *Move, Connect, Play*, pounder of AcroYoga International Jason Nemer shares the core principles of AcroYoga for athletic performance and for life, as well as 10 key areas of training (strength, flexibility, technique, balance, breath, gravity, relationships, mental, emotional, and sustainability). He also offers specific exercises and routines for how to train safely and effectively in each area.

This is a book that millions of AcroYogis around the world have long been waiting for, and one that is an essential read for high-performance athletes, weekend health warriors, and spiritual seekers alike.

### PRAISE

**"Jason is an incredible character, who travels the world with next to nothing. He introduced me to my latest obsession — AcroYoga." —Tim Ferris**

JASON NEMER is the co-founder of AcroYoga. At the age of 16, Jason represented the US at the World Championships of Sports Acrobatics in Beijing. In 1996, he performed acrobatics in the opening ceremonies at the Olympic games. Since then he has worked to develop the practice of AcroYoga, and currently he travels to teach, study and bring communities together. He believes this practice can be used as a tool to heal and connect people in a playful dance that can promote global peace.

### HEALTH & FITNESS / YOGA

St. Martin's Essentials | 6/8/2021

9781250774170 | \$25.99 / \$34.99 Can.

Trade Paperback | 304 pages | Carton Qty: 28

9.3 in H | 7.5 in W

Includes 100 illustrations/photos

Subrights: UK rights: St. Martin's Press

Translation: The Park Literary Group

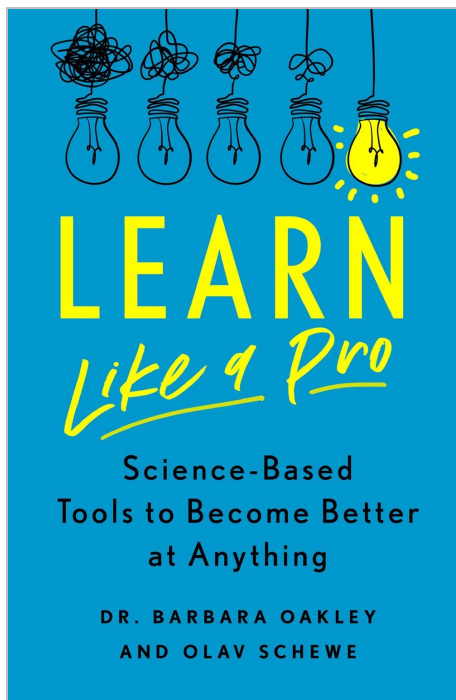
### Other Available Formats:

Ebook ISBN: 9781250774187

Audio ISBN: 9781250803542

### MARKETING

- \* National Broadcast Publicity
- \* National Print Publicity
- \* Online Publicity
- \* Online Advertising
- \* Early Reader Review Campaign
- \* Blog Outreach
- \* Email Marketing Campaign
- \* Bookstagrammer/Booktuber Campaign
- \* Tastemaker Campaign
- \* Netgalley Promotion
- \* Author Website: [Acroyoga.org](http://Acroyoga.org)
- \* Author Facebook: [/acroyoga/](https://www.facebook.com/acroyoga/) (71k)
- \* Author Instagram: [@acroyoga](https://www.instagram.com/acroyoga/) (182k)
- \* Author Instagram: [@jasonnemer](https://www.instagram.com/jasonnemer/) (23.5k)



## Learn Like a Pro

*Science-Based Tools to Become Better at Anything*

Barbara Oakley PhD and Olav Schewe

**A book for learners of all ages containing the best and most updated advice on learning from neuroscience and cognitive psychology—for readers of *Make it Stick* and *How We Learn*.**

Do you spend too much time learning with disappointing results? Do you find it difficult to remember what you read? Do you put off studying because it's boring and you're easily distracted? This book is for you.

Dr. Barbara Oakley and Olav Schewe have both struggled in the past with their learning. But they have found techniques to help them master any material. Building on insights from neuroscience and cognitive psychology, they give you a crash course to improve your ability to learn, no matter what the subject is. Through their decades of writing, teaching, and research on learning, the authors have developed deep connections with experts from a vast array of disciplines. And it's all honed with feedback from thousands of students who have themselves gone through the trenches of learning. Successful learners gradually add tools and techniques to their mental toolbox, and they think critically about their learning to determine when and how to best use their mental tools. That allows these learners to make the best use of their brains, whether those brains seem "naturally" geared toward learning or not. This book will teach you how you can do the same.

### PRAISE

**"In this highly readable and lively book, the authors illustrate how the brain and behavioral dynamics underlie effective learning—and they do so in a way that young learners will find understandable and even entertaining."** —Robert A. Bjork, Distinguished Research Professor of Psychology at UCLA

**"I devoured *Learning How to Learn* in three sittings (I needed time for diffuse thinking, active recall, and sleep). A terrific book!"** —Jeff Sandefer, cofounder of Acton Academy

**BARBARA OAKLEY**, PhD, PE is a Professor of Engineering at Oakland University and Michigan's Distinguished Professor of the Year for 2018; she is also Coursera's inaugural "Innovation Instructor."

**OLAV SCHEWE** is the founder and CEO of Educas, an educational technology startup, that develops solutions to help students learn how to learn. He is also an educational consultant to one of the world's largest educational tech companies, Kahoot.

### EDUCATION / LEARNING STYLES

St. Martin's Essentials | 6/1/2021

9781250799371 | \$14.99 / \$20.25 Can.

Trade Paperback | 128 pages | Carton Qty: 56  
8.3 in H | 5.4 in W

Subrights: UK Rights: St. Martin's Press

Translation: Regal - Hoffmann & Associates LLC

### Other Available Formats:

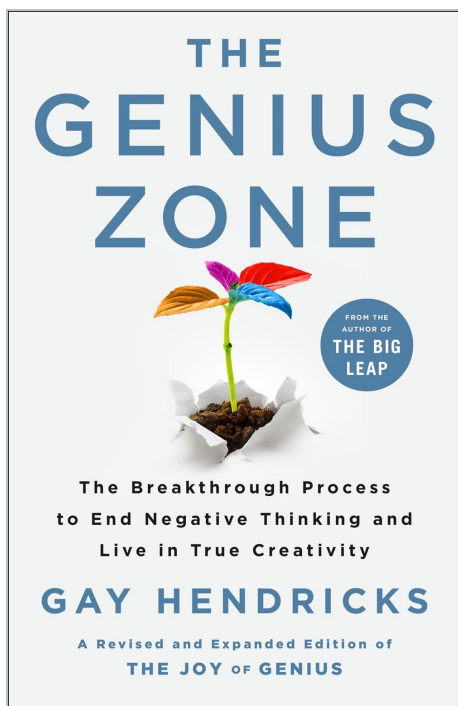
Ebook ISBN: 9781250799388

Audio ISBN: 9781250803511

### MARKETING

- \* Tie-in with Author Lectures
- \* National Print Publicity
- \* Online Publicity
- \* Academic Marketing Campaign
- \* Blog Outreach
- \* Early Reader Review Campaign
- \* Netgalley Promotion
- \* QuickAndDirtyTips.com Promotion
- \* Email Marketing Campaign
- \* Organizational Outreach
- \* Author Website: [barbaraoakley.com](http://barbaraoakley.com)





## The Genius Zone

*The Breakthrough Process to End Negative Thinking and Live in True Creativity*

Gay Hendricks

**The bestselling author of *The Big Leap* shares ways to end negative thinking and tap into your own creative genius.**

Too often we live lives that we find unfulfilling, fail to reach our own potential, and neglect to practice creativity in our daily routines. *The Genius Zone* offers a way to change that by tapping into your own innate creativity. Dr. Gay Hendricks broke new ground with his bestselling classic, *The Big Leap*, which has become an essential resource for coaches, entrepreneurs, executives, and health practitioners around the world. Originally published as *The Joy of Genius*, *The Genius Zone* has been updated and expanded throughout, making it the essential next beyond *The Big Leap*.

In *The Genius Zone*, Hendricks introduces his brilliant exercise, the Genius Move, a simple, life-altering practice that allows readers to end negative thinking and thrive authentically. By using the Genius Move, readers will learn to spend more of their lives in their zone of genius—where creativity flows freely and they are actively pursuing the things that offer them fulfillment and satisfaction. Filled with hands-on exercises and personal stories from the author, *The Genius Zone* is an essential guide to creative fulfillment. If you are committed to bringing forth your innate genius and making your largest possible creative contribution, *The Genius Zone* will become a trusted companion for the journey.

### PRAISE

**"Imagine sitting down the coaching legend, Gay Hendricks, as he works his transformational magic with you! *The Genius Zone* is just like that. He's 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*.

### SELF-HELP / PERSONAL GROWTH / SUCCESS

St. Martin's Essentials | 6/29/2021  
 9781250246547 | \$19.99 / \$26.99 Can.  
 Hardcover Paper over boards | 208 pages |  
 Carton Qty: 40  
 8.3 in H | 5.4 in W

Subrights: UK Rights: St. Martin's Press  
 German Translation Rights: St. Martin's Press  
 General Translation Rights: Waterside  
 Productions

**Other Available Formats:**  
 Ebook ISBN: 9781250622617  
 Audio ISBN: 9781250264121

### MARKETING

National Broadcast Publicity  
 National Print Publicity  
 Online Publicity  
 Early Reader Review Campaign  
 NetGalley outreach  
 NetGalley Promotion  
 Advance Access  
 Bookseller Outreach  
 Social media promotion  
 Email Marketing  
 QDT Promotion  
 Active on twitter: @gayhendricks (17.7K followers)  
 Active on Facebook: @gayhendricks (10K followers)  
 Author website: <https://hendricks.com/>

### ALSO AVAILABLE

**Conscious Luck: Eight Secrets to Intentionally Change Your Fortune**  
 5/2020 | 9781250622945  
 Hardcover Paper over boards | \$19.99 / \$26.99

SEVEN PRINCIPLES TO KEEP YOU  
PRESENT, GROUNDED, AND THRIVING

# BE WHERE YOUR FEET ARE

SCOTT M. O'NEIL

WITH RANDAL A. WRIGHT

"If you learn best from honest stories, your own and others, then this beautiful book is for you."  
—ANGELA DUCKWORTH, *New York Times* bestselling author of *Grit*

## Be Where Your Feet Are

*Seven Principles to Keep You Present, Grounded, and Thriving*

Scott O'Neil

**From the beloved CEO of the Phil 76ers: how to find regular, meaningful moments in an irregular life.**

When we're moving at 115 MPH, we rarely see the wall coming. But it comes for all of us. The sudden loss of a much beloved friend, the excruciatingly long departure of a parent with Alzheimer's. We grasp for lessons, for meaning, for learnings. Even when an extrovert is faced with the four walls of their own home for months upon months—they're determined to find peace and appreciation in the pause. They try to reenergize without the energy from the bright lights of the court, the hush of the ice, the roar of the crowd; the adrenaline-laced metronome of 20,000 hearts beating together.

The human spirit craves connection. Authenticity. Belonging. Touch. Gratitude. Purpose. We need to make our interactions count. If we are truly present, the world shares its hardest, most beautiful lessons with us.

In *Be Where Your Feet Are*, CEO of the Philadelphia 76ers and New Jersey Devils Scott O'Neil offers his own story of grief and healing, and shares his most valuable lessons in what keeps him grounded and able to thrive as a father, husband, coach, mentor, and leader. O'Neil also interviews some of sports and entertainment's most renowned athletes and performers and the world's most dynamic business leaders, conversations in which they reveal their most impactful moments of learning. Each story provides us with an opportunity to learn, and—if we choose—to change our lives, and the world, for the better.

### PRAISE

**"If you learn best from honest stories, your own and others, then this beautiful book is for you. I love Scott's wisdom about how to live your life, how to lead, and how to parent—and I love how he conveys it all with humility and candor."**

—Angela Duckworth

**"If there are more thoughtful leaders anywhere in sports, I have yet to meet them. Scott O'Neil is widely admired as an executive and a citizen, and in this book he shares his memorable, practical insights on how we can all lead more mindful lives." —Adam Grant**

SCOTT O'NEIL is the CEO of Harris Blitzer Sports & Entertainment, a global sports and entertainment company that includes some of the most iconic and innovative teams and brands in the world, including the Philadelphia 76ers (NBA) and the New Jersey Devils (NHL). One of the most decorated executives in the industry, O'Neil has amassed a vast following of executives, drawn by his inspirational speaking and effective culture-building. O'Neil considers his organization's corporate culture and dedi...

### SELF-HELP / PERSONAL GROWTH

St. Martin's Essentials | 6/1/2021

9781250769879 | \$25.99 / \$34.99 Can.

Hardcover with dust jacket | 240 pages | Carton  
Qty: 28

8.3 in H | 5.4 in W

Subrights: UK: St. Martin's Press

Translation: St. Martin's Press

#### Other Available Formats:

Ebook ISBN: 9781250769886

Audio ISBN: 9781250803450

### MARKETING

Tie-in to Author Speaking

National Broadcast Publicity

National Print Publicity

Online Publicity

Major Media Campaign

Social Media Outreach

Early Reader Review Campaign

Email Marketing Campaign

Online Advertising

Active on Twitter: @ScottONeill (20k followers)

## The Law of Success

*The 15 Most Powerful Principles for Wealth, Health, and Happiness*

Napoleon Hill

### Napoleon Hill's fifteen lessons for success

*The Law of Success* is Napoleon Hill's life-altering course of fifteen transformational lessons designed to help you create the life you've always wanted. Published in 1928, this book has changed the lives of millions of people in the years that have passed. Hill interviewed numerous industrial giants of his day—from Andrew Carnegie to Thomas Edison and J.P. Morgan—and distilled what he learned into the fifteen lessons that compose *The Law of Success*.

The lessons range in topic from the importance of organized planning and imagination to the power of desire, but each is aimed at creating a new reality of abundance and prosperity.

This complete, unabridged edition is essential reading for everyone looking to achieve a successful life.

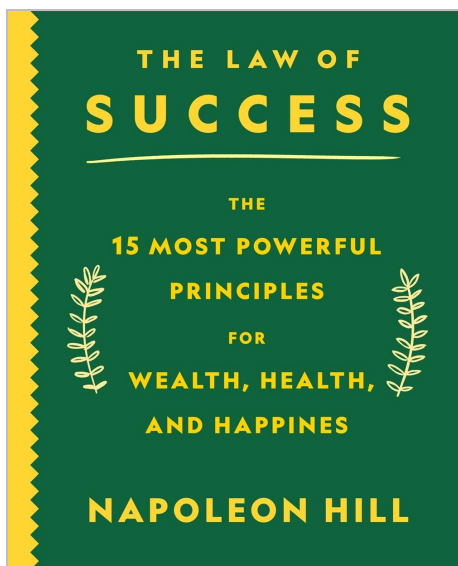
### PRAISE

#### 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 was introduced to *Think and Grow Rich* as a high school student. It gave me a new lease on life when I realized I could do anything if I had the desire and believed I could achieve my goals." —S. Truett Cathy, Founder, Chairman and CEO of Chick-fil-A, Inc.**

**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.



### BODY, MIND & SPIRIT / NEW THOUGHT

St. Martin's Essentials | 6/22/2021

9781250794925 | \$19.99 / \$25.99 Can.

Trade Paperback | 640 pages | Carton Qty: 12  
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/NapoleonHillFoundation (528.8K followers)
- \* Author Twitter: @NapoleonHillFdn (10.9K followers)
- \* Author Instagram:  
@napoleon\_hill\_foundation (192K followers)
- \* Author YouTube: The Napoleon Hill Foundation

### ALSO AVAILABLE

**As a Man Thinketh: The Complete Original Edition (With Bonus Material): The Complete Original Edition (With Bonus Material)**

1/2021 | 9781250780041

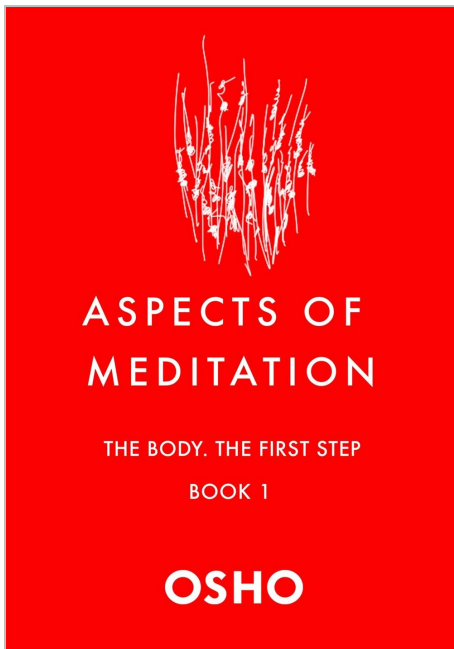
Hardcover Paper over boards | \$14.99 / \$20.50

Can.

**Think and Grow Rich: The Complete Original Edition Plus Bonus Material: (A GPS Guide to Life)**

5/2019 | 9781250215345

Trade Paperback | \$11.99



**BODY, MIND & SPIRIT /  
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St. Martin's Essentials | 6/15/2021

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Trade Paperback | 96 pages | Carton Qty: 128

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# Aspects of Meditation Book 1

*The Body, the First Step*

Osho

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

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

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

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



## ASPECTS OF MEDITATION

MEDITATION, A JUMPING OFF POINT  
BOOK 2

**OSHO**

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

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## Aspects of Meditation Book 2

*Meditation, a Jumping Off Point*

Osho

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

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

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

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

## Celtic Spirituality

*An Introduction to the Sacred Wisdom of the Celts*

Philip Freeman

### Powerful spiritual wisdom from the Celtic tradition

Though the Celtic civilization has long disappeared, lingering traces of their spirituality haunt Ireland and the surrounding land. Tantalizing snippets of faded manuscript pages, ancient stone carvings, and spells from the mystery-shrouded Druids have sparked the imagination of generations of modern seekers. In *Celtic Spirituality*, acclaimed translator Philip Freeman allows the voices of the Celts to speak once more.

Translated from their original languages—Gaulish, Latin, Irish, and Welsh—the passages and stories in *Celtic Spirituality* are true artifacts of the Celts' vibrant and varied religion from both the pre-Christian and early Christian period. From a ritual of magical inspiration to stories of the ancient gods and adventures of long-forgotten heroes, Freeman has unearthed a stunning collection of Celtic work. The translation is accessible to the modern reader, but maintains the beauty and vibrancy of the original. *Celtic Spirituality* also includes material that has never been translated before, offering a new glimpse into the wisdom and wild magic of the Celts.

### PRAISE

**Praise for *The Rule of St. Benedict*:**

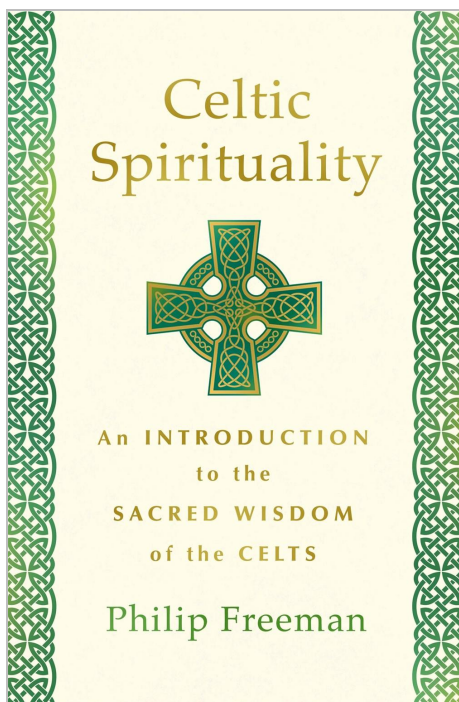
**"The same desire that accompanied men and women to the first European monasteries, drive many of us today to the spiritual riches of St. Benedict and his famous Rule. And there is no better guide than Philip Freeman. Highly recommended!"** —Jon M. Sweeney, author of *St. Francis of Assisi*

**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*

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.



### BODY, MIND & SPIRIT / CELTIC SPIRITUALITY

St. Martin's Essentials | 6/22/2021

9781250780201 | \$15.99 / \$20.99 Can.

Trade Paperback | 160 pages | Carton Qty: 60  
8.3 in H | 5.4 in W

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

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### Other Available Formats:

Ebook ISBN: 9781250780218

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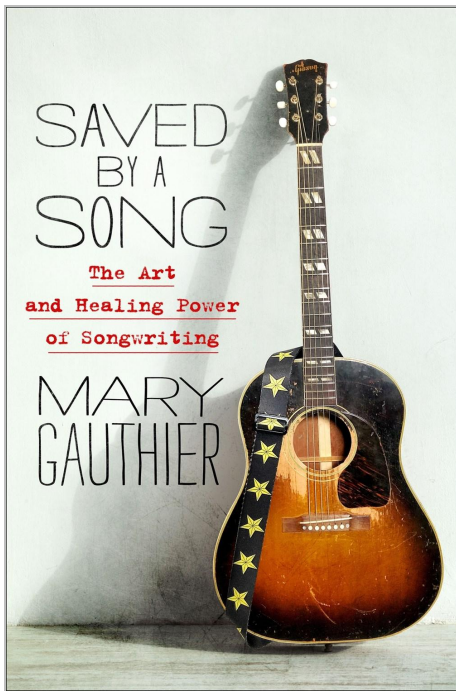
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- \* Author Website: philipfreemanbooks.com

### ALSO AVAILABLE

**The Rule of St. Benedict: An Introduction to the Contemplative Life**

12/2020 | 9781250246493

Hardcover with dust jacket | \$19.99 / \$26.99 Can.



## BIOGRAPHY & AUTOBIOGRAPHY / COMPOSERS & MUSICIANS

St. Martin's Essentials | 7/6/2021

9781250202116 | \$27.99 / \$37.99 Can.

Hardcover with dust jacket | 256 pages | Carton

Qty: 24

8.3 in H | 5.4 in W

Subrights: UK Rights: St. Martin's Press

Translation Rights: St. Martin's Press

### Other Available Formats:

Ebook ISBN: 9781250202123

Audio ISBN: 9781250802934

## MARKETING

Author Appearances

National Broadcast Publicity

National Print Publicity

Online Publicity

Pre-publication Advertising

Launch Advertising

Pre-Order Campaign

Trade Advertising

Targeted Bookseller Outreach

Early Reader Review Campaign

NetGalley Promotion

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Author Website: [www.marygauthier.com](http://www.marygauthier.com)

Author Facebook: @marygauthiersongs,

41K

Author Instagram: @marygauthier, 11.2K

Author YouTube:

[youtube.com/OfficialMaryGauthier](https://youtube.com/OfficialMaryGauthier), 1.7M

views

Author Spotify: Mary Gauthi...

# Saved by a Song

*The Art and Healing Power of Songwriting*

Mary Gauthier

**From the Grammy-nominated folk singer and songwriter, an inspiring exploration of creativity and the redemptive power of song**

Mary Gauthier was twelve years old when she was given her Aunt Jenny's old guitar and taught herself to play with a Mel Bay basic guitar workbook. and music offered her a window to a world where others felt the way she did. Songs became lifelines to her, and she longed to write her own, one day.

Then, for a decade, while struggling with addiction, Gauthier put her dream away and her call to songwriting faded. It wasn't until she got sober and went to an open mic with a friend did she realize that she not only still wanted to write songs, she needed to. Today, Gauthier is a decorated musical artist, with numerous awards and recognition for her songwriting, including a Grammy nomination.

In *Saved by a Song*, Mary Gauthier pulls the curtain back on the artistry of songwriting. Part memoir, part philosophy of art, part nuts and bolts of songwriting, her book celebrates the redemptive power of song to inspire and bring seemingly different kinds of people together.

## PRAISE

**"Gauthier has come through her own long dark night of the soul knowing... we could all use a whole lot more of Mary." —Emmylou Harris, Country music Hall of Fame inductee**

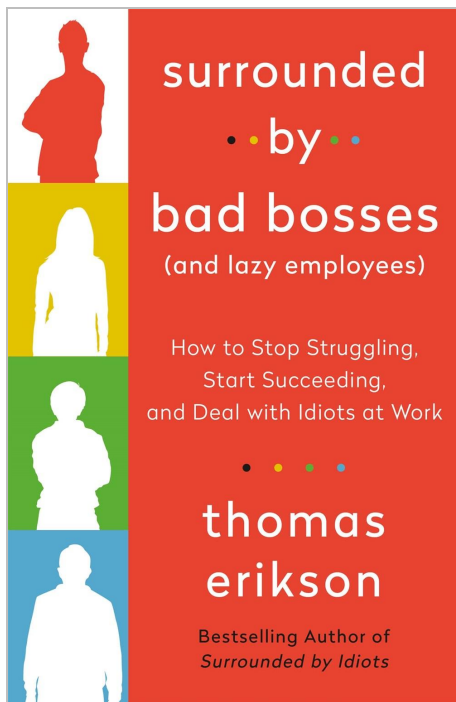
**"Generous and big-hearted, Gauthier has stories to tell and worthwhile advice to share." —Wally Lamb, author of *I Know This Much Is True***

**"Mary's songwriting speaks to the tender aspects of our humanness." —Brandi Carlile, Grammy award winning singer-songwriter**

**"Beautiful... song and verse from a high place." —Robert Plant**

**"I remember exactly where I was the first time I heard a Mary Gauthier tune. That's the kind of songwriter she is." —Sarah Silverman**

*The Associated Press* named **MARY GAUTHIER** one of the best songwriters of her generation. Her most recent release, *Rifles & Rosary Beads*, was nominated for a Grammy award for Best Folk Album, and Record of the Year by the Americana Music Association. Her songs have been recorded by dozens of artists, including Blake Shelton, Tim McGraw, Bettye Lavette, Kathy Mattea, Amy Helm and Candi Staton. *Saved by a Song* is her first book. She lives in Nashville.



## Surrounded by Bad Bosses (And Lazy Employees)

*How to Stop Struggling, Start Succeeding, and Deal with Idiots at Work*

Thomas Erikson

**Internationally bestselling author Thomas Erikson applies his revolutionary 4-color personality profile system to the workplace**

Everyone has had a bad boss. You might have one right now. You might even *be* one. Bad bosses are a fact of the workplace, whether they're short-tempered, unclear about expectations, or too disorganized to manage so much as a stapler. But how do you not only survive a difficult boss, but help your career thrive despite them?

Internationally bestselling author Thomas Erikson has helped changed how the world thinks about behavior using his simple 4-color behavior analysis system. In *Surrounded by Bad Bosses* he applies that same system to revolutionize the workplace. By identifying your boss's behavior profile you'll be better able to interact with them no matter what the situation. Erikson offers example stories and concrete steps to help you thrive in any work situation.

Of course, much as we love to blame our bosses, sometimes management isn't the problem at all. For every bad boss there is also a lazy employee, so Erikson also looks at employees themselves, why some colleagues frequently underachieve, and what you can do to change this.

Written with Erikson's signature humour and warmth, *Surrounded by Bad Bosses (And Lazy Employees)* will help you deal with the most hopeless managers and employees you can imagine—and keep you entertained along the way.

### 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 a Swedish behavioral expert, active lecturer, and bestselling author. For the more than fifteen years he has been traveling Europe delivering lectures and seminars to executives at a wide range of companies, including IKEA, Coca Cola, Microsoft, and Volvo.

*Surrounded by Idiots* has been a Swedish runaway bestseller. It has sold over 2.5 million copies worldwide, of which nearly 1 million copies have been sold in Sweden alone, and it has been

### BUSINESS & ECONOMICS / BUSINESS COMMUNICATION

St. Martin's Essentials | 7/13/2021

9781250763907 | \$17.99 / \$23.99 Can.

Trade Paperback | 336 pages | Carton Qty: 24  
8.3 in H | 5.4 in W

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

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- \* 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)**

10/2020 | 9781250179937

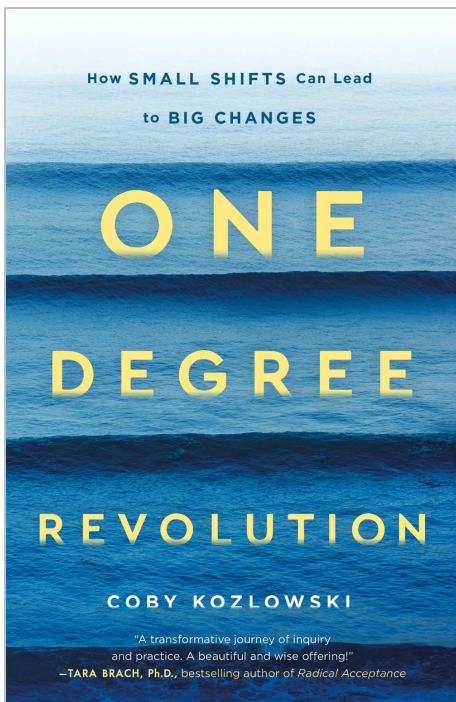
Trade Paperback | \$17.99 / \$24.50 Can.

**Surrounded by Psychopaths: How to Protect Yourself from Being Manipulated and Exploited in Business (and in Life)**

10/2020 | 9781250763884

Hardcover with dust jacket | \$26.99 / \$36.50





# One Degree Revolution

*How Small Shifts Lead to Big Changes*

Coby Kozlowski

**A holistic program for self-inquiry and personal change showing that all it takes for transformation is committing to a 1% shift or adjustment.**

Innovative and easily implemented, *One Degree Revolution* is acclaimed yoga educator and leadership coach Coby Kozlowski's holistic program for personal transformation.

Imagine sailing a boat with a course set for a lifetime. If that route changes by just one navigational degree, what would happen to the journey? How far from the original trajectory would we be in one year? Five years? Twenty years? Well, we would end up in a totally different place. In much the same way, we can change the course of our life by making a one degree shift. We don't have to change everything about ourselves or our world to make a difference. Coby inspires readers to dive into the insights, experiments, and inquiries of living yoga: how can I best be with life? How can we make the most aligned choices, let go of past hurts, and discover meaningful connections? And what are the most skillful ways we can learn to savor all that life presents?

*One Degree Revolution* will guide readers to:

- access infinite personal possibilities
- celebrate their authentic selves and start listening to their calling
- learn to let go and trust the unfolding of life
- challenge long-held beliefs and foster transformational change, and
- develop their community

One degree at a time.

## PRAISE

**"*One Degree Revolution* is a transformative journey of inquiry and practice. One small step at a time, Coby guides us in living with our hearts wide open. A beautiful and wise offering!"** —Tara Brach, Ph.D., bestselling author of *Radical Acceptance*

**"Coby takes yoga to the next level without leaving anyone behind. This is accessible spirituality at its best."** —Kathryn Budig, international yoga teacher and bestselling author of *Aim True*

COBY KOZLOWSKI is a speaker, life coach trainer and contemporary yoga and meditation educator. She has appeared on the covers of *Yoga Journal* and *Mantra Wellness Magazine* and was named as "one of the seven yoga teachers who have changed the practice." Coby is a senior faculty member and presenter at Kripalu Center for Yoga & Health and Esalen Institute.

## SELF-HELP / PERSONAL GROWTH / HAPPINESS

St. Martin's Essentials | 7/13/2021

9781250309259 | \$17.99

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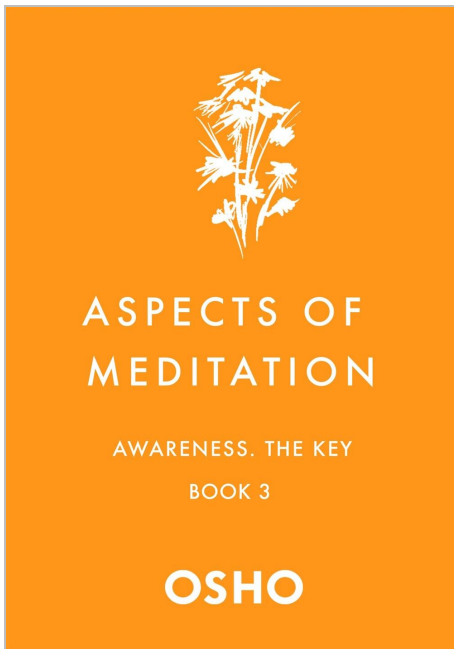
Influencer Outreach

Author Website: [www.cobyk.com](http://www.cobyk.com)

Author Facebook: @Coby-Kozlowski-

304010062975382, 5.6K

Author Instagram: @cobykozlowski, 4K



**BODY, MIND & SPIRIT /  
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St. Martin's Essentials | 7/13/2021

9781250786463 | \$7.99 / \$10.99 Can.

Trade Paperback | 96 pages | Carton Qty: 128

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## Aspects of Meditation Book 3

*Awareness, the Key*

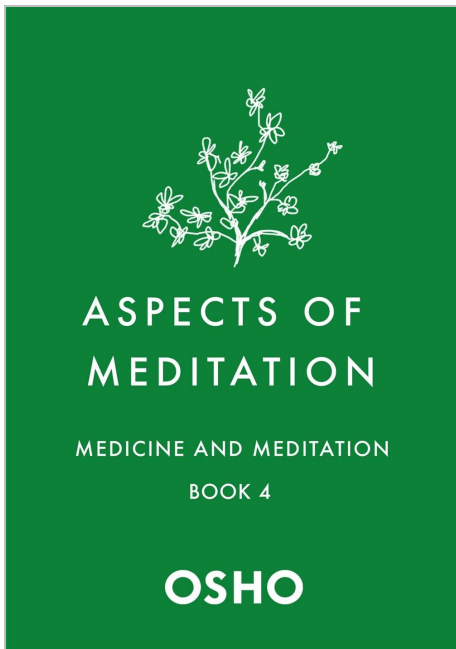
Osho

**Discover a deeper understanding of meditation through an investigation into the subtle workings of the mind—transforming the unconscious through awareness. The third in a series.**

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

The Aspects of Meditation series is comprised of brief, precious texts in which Osho shows us the core of meditation is not about sitting silently or chanting a mantra. It is, instead, a question of understanding the subtle workings of the mind. In Book 3, Osho explores different states of unconsciousness, and the ways in which they can transform awareness of the here and now.

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



**BODY, MIND & SPIRIT /  
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St. Martin's Essentials | 7/13/2021

9781250786487 | \$7.99 / \$10.99 Can.

Trade Paperback | 96 pages | Carton Qty: 128  
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Instagram: @oshointernational / 205K

Website: <https://www.osho.com/>

## Aspects of Meditation Book 4

### *Medicine and Meditation*

Osho

**Discover a deeper understanding of meditation through an investigation into the subtle workings of the mind, focusing on questions of health and illness. The fourth in a series.**

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

The Aspects of Meditation series is comprised of brief, precious texts in which Osho shows us the core of meditation is not about sitting silently or chanting a mantra. It is, instead, a question of understanding the subtle workings of the mind. In Book 4, Osho examines health and illness, disease and well-being as outgrowths of our sense of self and connection to our mind.

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

THE LIBRARY OF SPIRITUAL WISDOM

# The Edinburgh Lectures on Mental Science



And Other Essential Works

THOMAS TROWARD  
FOREWORD BY REVEREND KAREN WOLFSON

## The Edinburgh Lectures on Mental Science

*And Other Essential Works*

Thomas Troward; Foreword by Rev Karen Wolfson

### The essential collection of New Thought leader and Christian Mystic Thomas Troward's writings

*The Edinburgh Lectures on Mental Science* is an essential new collection of Thomas Troward's most groundbreaking work. Thomas Troward was an English author writing in the 19th century who was deeply involved in the New Thought movement. In *The Edinburgh Lectures*, Troward explores the ways that Mental Action influences Material Conditions, explains the reciprocal action of the universe, and much more. Deeply insightful and profound, Troward is an indispensable voice in the New Thought canon and essential reading for fans of Norman Vincent Peale and Napoleon Hill.

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

THOMAS TROWARD was an English author; he was influential in the development of spiritual metaphysics, particularly the New Thought movement and Christian mysticism. He was a major influence on fellow authors Josephy Murphy and Ernest Holmes.

#### BODY, MIND & SPIRIT / NEW THOUGHT

St. Martin's Essentials | 7/27/2021  
9781250794901 | \$24.99 / \$36.00 Can.  
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# Scientific Christian Mental Practice



Also Includes High Mysticism

EMMA CURTIS HOPKINS  
FOREWORD BY REVEREND KATHIANNE LEWIS

## BODY, MIND & SPIRIT / NEW THOUGHT

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9781250780003 | \$24.99 / \$36.99 Can.

Hardcover Paper over boards | 352 pages |  
Carton Qty: 20  
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2/2021 | 9781250779984  
Hardcover Paper over boards | \$24.99 / \$33.99  
Can.

### The Secrets of Mind Power: The Secret of Success and Other Essential Works

2/2021 | 9781250780058  
Hardcover Paper over boards | \$24.99 / \$33.99  
Can.

# Scientific Christian Mental Practice

*Also Includes High Mysticism*

Emma Curtis Hopkins; Foreword by Rev Kathianne Lewis

## A classic work of spiritual truth and profound wisdom

Emma Curtis Hopkins was one of the key leaders of the New Thought movement in the 20th century. Known as “the teacher of teachers,” she instructed many of the thought leaders that would continue to write and teach based on her philosophy. *Scientific Christian Mental Practice* is known as her master work and a pivotal text in the New Thought tradition. In it, she shares twelve perspectives on the teachings of Christ that demonstrate the transformational power of mystical wisdom. In addition to *Scientific Christian Mental Practice*, this edition also includes a Hopkins later book, *High Mysticism*.

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

EMMA CURTIS HOPKINS (1849-1925) was a spiritual leader and author who was instrumental in founding the New Thought movement. Known as the “the teacher of teachers” because so many of her students went on to be significant leaders in their own right, she is best known for her 1888 classic *Scientific Christian Mental Practice*.

# The Kingdom

*A Channeled Text*

Paul Selig

## Renowned channeler Paul Selig brings forth the wisdom of the Guides

The third book in the transformational Beyond the Known series, *The Kingdom* is a stunning and powerful conclusion to the trilogy. Paul Selig's profound gift is to channel the unfiltered wisdom of The Guides—higher beings who exist beyond the borders of traditional human understanding—and share it with the world. *The Kingdom* is a transcription of Paul's channeled messages, direct from the Guides in their complete and unedited form.

With beautiful language and profound wisdom, The Guides have shared an awe-inspiring glimpse into minds apart from and above our own. The first two books of the series urged readers to step beyond their own understanding and enter into the transformational work this knowledge demands. Now, in this final book of the trilogy, this process of growth and transformation finds its ultimate completion and fulfillment as readers choose to dwell in a world transformed by a new understanding.

### PRaise

#### Praise for *Beyond the Known: Realization*

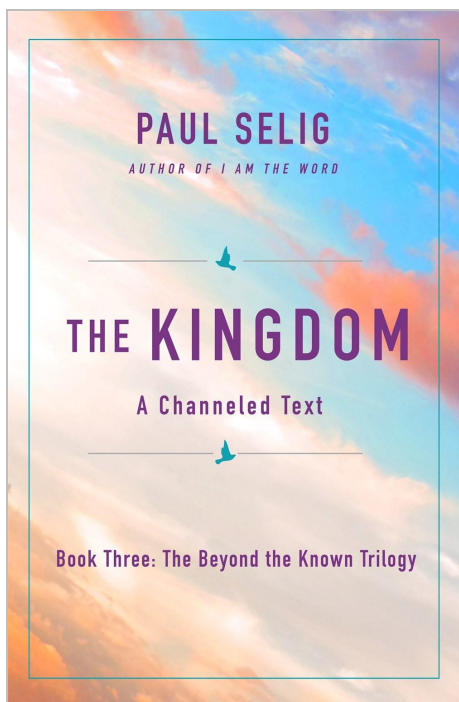
"This book is the most audacious of The Guides teachings to date. It describes how anyone who chooses can claim the true expression of who they are; what The Guides call the Divine Self, the True Self, or the Christed Self." —Aubrey Marcus, *New York Times* bestselling author of *Own the Day, Own Your Life*

#### Praise for Paul Selig:

"Authentic straightforward truth straight from the source field." —Deepak Chopra

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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 today. He is the author of *Alchemy* and the *Mastery Trilogy*. 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.



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Author YouTube: [youtube.com/PaulSelig](https://youtube.com/PaulSelig), 513K views

### ALSO AVAILABLE

#### Alchemy: A Channeled Text

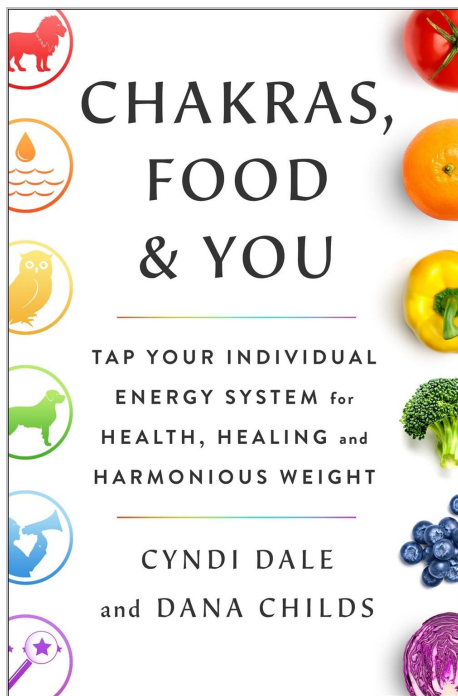
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### **BODY, MIND & SPIRIT / HEALING / ENERGY**

St. Martin's Essentials | 8/3/2021  
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## **Chakras, Food, and You**

*Tap Your Individual Energy System for Health, Healing, and Harmonious Weight*

Cyndi Dale and Dana Childs

**A dedicated duo in the category of energy medicine and healing packs their insights into the connections among food, body, and soul for a blended audience of true believers and newcomers.**

*Chakras, Food, and You* is a revolutionary approach that customizes health assessments based on the chakras—the ancient system that modern-day yogis exalt and the ancients across all cultures and periods embraced as the secret to enlightenment. The authors' accessible and straightforward approach helps readers make eating and lifestyle choices that synchronize with their “real selves.” After taking the “Chakra Type Quiz,” readers will learn which foods and supplements, exercises, and movements mesh to enable their individual body's peak performance.

If you're a First Chakra Manifester, you'll boost your adrenals by eating plenty of protein and taking extra minerals; you'll eat when you are hungry and drive down stress by moving around. If you are a Third Chakra Thinker, you have to graze at set times. All twelve chakras—Manifester, Creator, Thinker, Relator, Communicator, Visualizer, Spiritualist, Mystic, Harmonizer, Naturalist, Commander, as well as a twelfth special chakra, unique to each individual—are thoroughly covered.

With additional tips and thoughts on meditation and spiritual practices, sleep protocols, stress-busters and relaxation practices, and self-care rituals and activities, *Chakras, Food, and You* is a health-and-life changer.

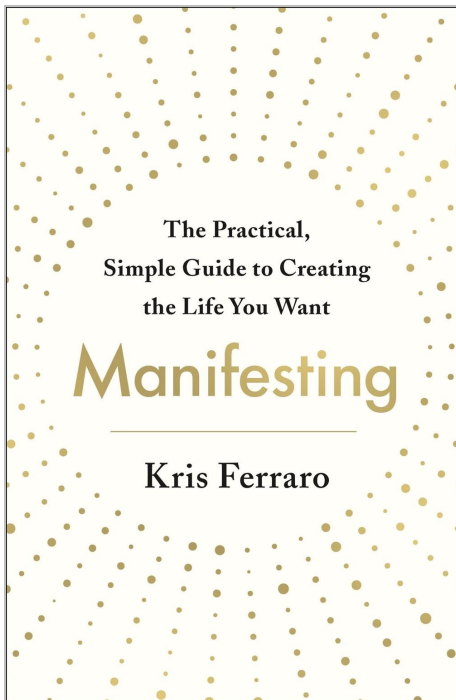
### **PRAISE**

**“Cyndi Dale is a natural intuitive who teaches, coaches, and advises people with the intention of supporting them as they move toward positive change and healing. I love her.” —Alanis Morissette, Grammy Award-winning singer and songwriter**

**“Dana Childs is dear to my heart. I've worked with her in a personal context and a professional context. Not only is she amazing, but she has an amazing story as well.” —Elise Loehnen, chief content editor at GOOP**

**CYNDI DALE** is an internationally renowned author, speaker, intuitive healer, and visionary. She is president of Life Systems Services, a corporation that offers intuitive-based healing, destiny coaching, and corporate consulting. Cyndi has been trained in multiple healing modalities, including shamanism, intuitive healing, Lakota medicine, and Reiki. She is the author of 27 highly acclaimed books about energy medicine, intuition, and holistic healing. She lives in Minneapolis with her family.

**DAN...**



## Manifesting

*The Practical, Simple Guide to Creating the Life You Want*

Kris Ferraro

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How often have you been frustrated by the fact that your life doesn't look the way you imagined? Whether it's too little money, a struggling relationship, or a dead-end job, it can seem as if nothing works out the way you hope it would. *Manifesting* is the solution.

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Author Kris Ferraro is a practitioner and teacher in the areas of healing, growth, and metaphysics who focuses on combining spiritual principles with energy to create radical transformation. In *Manifesting*, she guides readers to envision and create the lives they've always dreamed of with real, actionable steps, exercises, and wisdom.

### PRAISE

**"What a gem of a book! In a crowded world full of self-help books, this is the one everyone should have on their shelf...This is a fun and practical guidebook that everyone can benefit from." —Amy B. Scher, bestselling author of *How To Heal Yourself From Anxiety When No One Else Can***

**"Energy Healing is a true gift!...The book is full of wonderful and simple ways to get your energy working for you... You couldn't find a better way to start or deepen your understanding of energy than to pick up this book." —Lauren Walker, International Yoga Teacher, Creator of EMYoga, author of *Energy Medicine Yoga***

KRIS FERRARO is a writer, speaker, coach, licensed affirmative prayer practitioner with Centers for Spiritual Living, and certified Advanced EFT (EFT-ADV) practitioner. She has spent 25 years studying and applying the principles of metaphysics, shamanism, Native American spirituality, Christian mysticism, and Eastern philosophy to create dramatic changes in her own life.

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

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9781250769558 | \$16.99 / \$22.99 Can.

Trade Paperback | 256 pages | Carton Qty: 32  
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4/2019 | 9781250313706

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



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