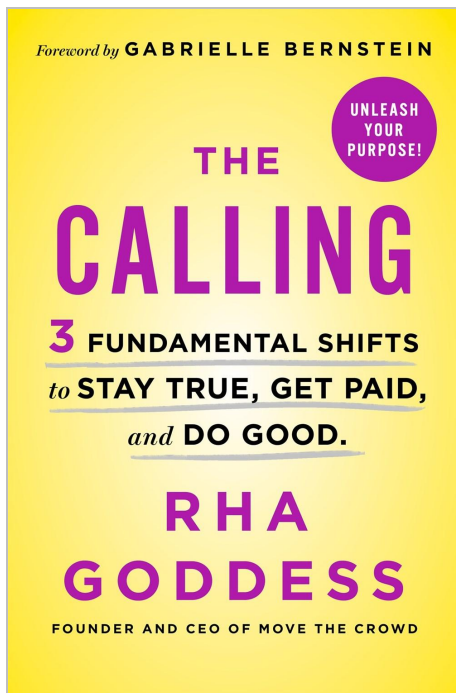




ST. MARTIN'S
ESSENTIALS



The Calling

3 Fundamental Shifts to Stay True, Get Paid, and Do Good

Rha Goddess, with a Foreword by Gabrielle Bernstein

A game-changing book offering a six-step approach on how to find and follow your true calling and redefine success from entrepreneur and soul coach Rha Goddess.

Every single one of us has a calling. For most people, it is the thing you have to force yourself *not* to do. When you ignore it, it is the thing that weighs on you and consumes your conscience until you give it its due. It is the thing that both terrifies you and brings you the most joy. Already living yours? Great! How do you make the most of it? Have a sneaking suspicion your best is yet to come? *The Calling* will provide readers with a road map, in six steps, on how to do good, stay true and get paid, like:

Step 1: Recognizing, it always begins with awareness. If you can't see it then you can't do anything about it.

Step 2: Accepting, embracing, and taking responsibility for yourself, your life, and the things that want or need to be changed.

Step 3: Forgiving yourself and others.

And more.

The Calling will teach readers how to find their calling and redefine success not as a scarce commodity, but as a hidden quality waiting to be unlocked as soon as we learn to live in alignment with our true selves. *The Calling* will be the resource that people have been asking Rha to write for years, and there has never been a better time for her to share her proven six step method.

PRAISE

"In *The Calling*, Rha will do for you what she did for me. She'll guide you to become aware of what holds you back, and then she'll help you take responsibility for your life while cultivating immense self-compassion. This book is both grounding and inspiring. It's exactly the book we need right now." —Gabby Bernstein, from her foreword

"A must read for those who want to find and serve their highest calling." —Brendon Burchard, #1 *New York Times* bestselling author of *The Millionaire Messenger* and *High Performance Habits*

Rha Goddess is an entrepreneurial soul coach who has helped guide hundreds of breakthrough change-makers, cultural visionaries and social entrepreneurs. From the onset of her more than 30-year career as a cultural innovator and creative change agent, Rha has drawn on the power of arts, culture, and community to move hearts, minds, and policy. Her work has earned her numerous honors and she has also been featured multiple national publications, including *Time* and *Interview*.

SELF-HELP / PERSONAL GROWTH / SUCCESS

St. Martin's Essentials | 1/21/2020

9781250204691 | \$25.99 / \$34.99 Can.

Hardcover with dust jacket | 384 pages | Carton

Qty: 20

9.3 in H | 6.1 in W

Includes 35 black-and-white illustrations and worksheets

Subrights: UK: St. Martin's Press

Translation: Sterling Lord Literistic, Inc.

Other Available Formats:

Ebook ISBN: 9781250204707

Audio ISBN: 9781250263933

Audio ISBN: 9781250263940

MARKETING

Author Events

National Broadcast Publicity

National Print Publicity

Online Publicity

Pre-publication Advertising

National Launch Advertising

NetGalley Promotion

Blog Outreach

Indie Bookseller Mailing

Early Reader Review Campaign

Email Marketing Campaign

Social Media Campaign

Author Website: <https://movethecrowd.me>

/coaches/rha-goddess/

Author Facebook:

<https://www.facebook.com/RhaGoddess/>

5k

Author Twitter: @RhaGoddess / 2k

Author YouTube: [https://www.youtube.com](https://www.youtube.com/user/rhagoddess)

/user/rhagoddess

A Simple Process to
Transform Confusion into Clarity
and Pain into Peace

The Warrior Heart Practice

HEATHERASH AMARA

Author of *Warrior Goddess Training*

The Warrior Heart Practice

A Simple Process to Transform Confusion into Clarity and Pain into Peace

HeatherAsh Amara

A revolutionary process based on the four chambers of the heart and rooted in Toltec wisdom that brings emotional clarity, healing, and freedom

The Warrior Heart Practice is a powerful new method to reconnect with our sense of authenticity and inner-knowing and realign with our true nature. Author of the bestselling book *Warrior Goddess Training*, HeatherAsh Amara has trained extensively in the Toltec tradition under the tutelage of Don Miguel Ruiz.

The Warrior Heart Practice is a revolutionary system based on the four chambered structure of the human heart. Mentally walking through each of the four chambers—Feeling, Story, Truth, and Intent—readers learn to take stock of their current emotional and mental state and reframe their situation in a new, healing light. The process begins in the Feeling chamber as readers accept the emotions they are currently experiencing without fighting or judging them, then continues into the next chamber as they witness the Story that they are telling themselves. In the Truth chamber, they learn to thoughtfully and objectively evaluate the reality of the situation. And in the final chamber, they learn to define and focus their Intent. The last phase of the practice is the most profound—taking the knowledge they have gathered from the four chambers, readers then walk backwards through each of the four chambers.

The Warrior Heart Practice leads to deep insights as readers learn to step outside of their preconceptions and realign with their true purposes and goals.

PRAISE

"Irresistible, engaging, and liberating in a way that only the truth can. A much-needed guide to moving beyond the chatter of the mind and the noise of the emotions to discovering true peace." —Alberto Villoldo Ph.D. Author of *One Spirit Medicine and Shaman, Healer, Sage*

"HeatherAsh takes readers on a journey to truly heal our minds and emotions.... [This] is a powerful inquiry that will help anyone...claim their courage and power and step into their most authentic self." —Dannion Brinkley, author of *Saved by the Light*

HeatherAsh Amara is the founder of Toci—the Toltec Center of Creative Intent—and the author of a number of books including the 'Warrior Goddess Training' series. She brings an openhearted, inclusive worldview to her writings and teachings, which are a rich blend of Toltec wisdom, European shamanism, Buddhism, and Native American ceremony. She lives in Austin, Texas, and travels extensively. Visit her at www.heatherashamara.com.

BODY, MIND & SPIRIT / INSPIRATION & PERSONAL GROWTH

St. Martin's Essentials | 1/7/2020

9781250230584 | \$16.99 / \$22.99 Can.

Trade Paperback | 256 pages | Carton Qty: 72

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: 9781250230591

Audio ISBN: 9781250263889

Audio ISBN: 9781250263896

MARKETING

Author Events

National Broadcast Publicity

National Print Publicity

Online Publicity

Online Advertising

Netgalley Promotion

Blog Outreach

Bookseller Outreach

Early Reader Review Campaign

Social Media Promotion

Email Marketing Campaign

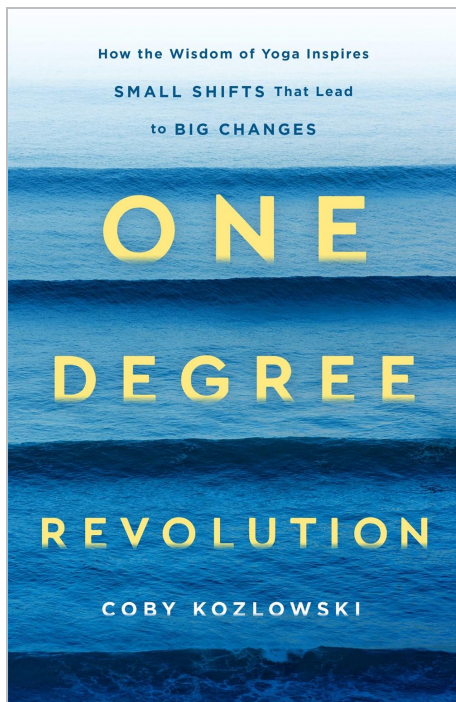
Active on Twitter: @HeatherAsh (22.2K followers)

Active on Facebook: @ heatherash.amara

Active on Instagram: heatherashamara (7K followers)

Author Website:

<https://heatherashamara.com/>



SELF-HELP / PERSONAL GROWTH / HAPPINESS

St. Martin's Essentials | 1/7/2020

9781250201751 | \$26.99 / \$36.50 Can.

Hardcover with dust jacket | 304 pages | Carton

Qty: 24

8.3 in H | 5.4 in W

Subrights: UK Rights: St. Martin's Press

Translation Rights: Carol Mann Agency

Other Available Formats:

Ebook ISBN: 9781250201768

Audio ISBN: 9781250264152

MARKETING

National Broadcast Publicity

National Print Publicity

Online Publicity

NetGalley Promotion

Blog Outreach

Indie Bookseller Mailing

Early Reader Review Campaign

Email Marketing Campaign

Social Media Post

Author Website: <http://www.cobyk.com/>

Author Instagram:

<https://www.instagram.com/cobykozlowski/?hl=en> / 4k

Author Facebook:

<https://www.facebook.com/Coby-Kozlowski-304010062975382/> / 5.6k

Author YouTube: https://www.youtube.com/channel/UCnBME9n0ao_PTN2RH8qgZcg

One Degree Revolution

How the Wisdom of Yoga Inspires Small Shifts That Lead to Big Changes

Coby Kozlowski

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

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? Ten 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. In other words, we don't have to change everything about ourselves or our world to make a difference.

Innovative, accessible, and easily implemented, *One Degree Revolution* is acclaimed yoga educator and leadership coach Coby Kozlowski's holistic program for self-inquiry and personal transformation. Her philosophy is deeply connected to *living* yoga—not just *doing* yoga. In fact, readers don't need to have ever attended a yoga class to dive into this book: her thoughtful teachings are for anybody interested in learning to navigate the waves of life more skillfully and gracefully.

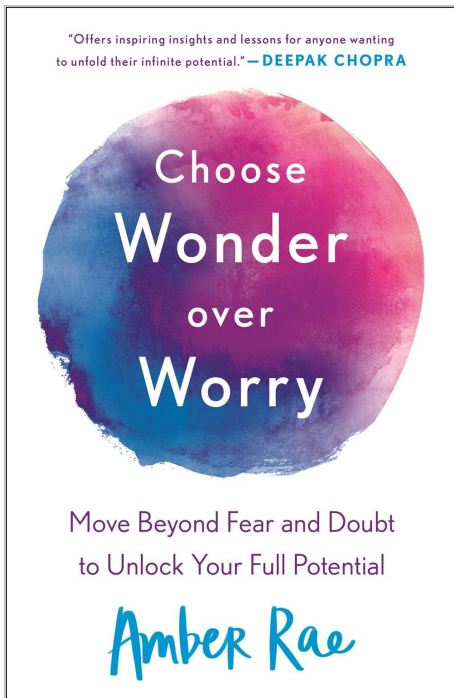
Coby inspires readers to dig deep, to ask powerful questions and to dive into the insights, experiments, and inquiries of living yoga: How can the teachings of yoga direct us to see the most aligned choices, let go of past hurts, and discover deep and meaningful connections? And what are the most skillful ways we can learn to savor all that life presents? These yoga philosophies are infused with practical strategies for creating the life you truly want and having a positive imp...

PRAISE

"[Coby is] my biggest inspiration, and I hope to make a difference in others' lives like [she has] for me." —Hannan L., student

"I am forever grateful for [Coby's] teachings...[She] is such an inspiration of someone really 'in it,' really walking their path, doing the work." —Naomi C., student

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. She received her master's degree in transformative leadership. To learn more, visit www.cobyk.com.

**SELF-HELP / CREATIVITY**

St. Martin's Essentials | 1/14/2020

9781250175267 | \$16.99 / \$22.99 Can.

Trade Paperback | 256 pages | Carton Qty: 36

8.3 in H | 5.4 in W

Includes 44 line drawings throughout

Subrights: UK: St. Martin's Press

Translation: St. Martin's Press

Other Available Formats:

Hardcover ISBN: 9781250175250

Ebook ISBN: 9781250175274

Audio ISBN: 9781427296351

Audio ISBN: 9781427296344

MARKETING

Online Publicity

Email Marketing Campaign

Influencer Mailing

Author Website:

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

Author Instagram: @heyamberrae, 125k

followers

Author Twitter: @heyamberrae, 15.1k

followers

Choose Wonder Over Worry

Move Beyond Fear and Doubt to Unlock Your Full Potential

Amber Rae

From "the Brené Brown of Wonder" (MindBodyGreen) comes a self-help book that will reframe the way we look at ourselves and the world and help us reach our full potential. Now in paperback!

WONDER is what we're born with.

WORRY is what we learn.

NOW IS THE TIME TO RETURN TO WONDER.

Why do we hold back from pursuing what matters most? Why do we listen to the voice inside our head that tells us we're not good enough, smart enough, or talented enough? How can we move beyond the fear and doubt that prevents us from creating a life that reflects who we truly are?

CHOOSE WONDER OVER WORRY is your official invitation to face your fears, navigate your discomfort, and rewrite the "worry myths" in your mind that keep you from being your best and truest self.

Journey with inspirational speaker and artist AMBER RAE as she connects you with your voice of worry and wonder, teaches you to listen to your emotions rather than silence them, and encourages you to seize your dreams. Through a thoughtful blend of vulnerability, soulfulness, and science, Amber Rae guides you in expressing the fullness of who you are and the gifts you're here to give.

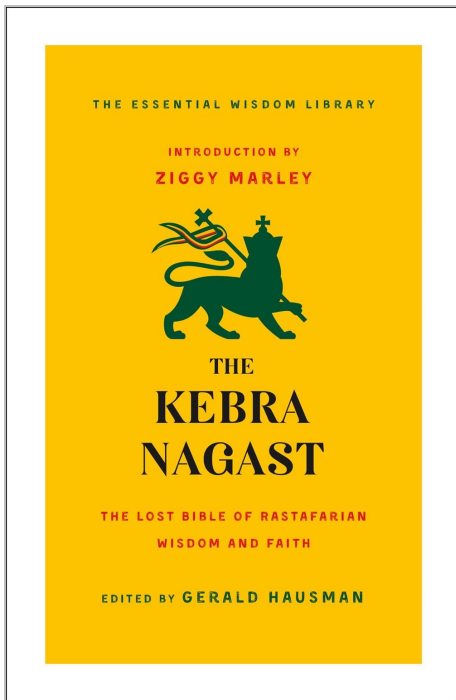
You don't have to be held back by Worry when Wonder awaits you every moment of every day.

Worry or Wonder: which will you choose?**PRAISE**

"Amber Rae's very personal journey offers inspiring insights and lessons for anyone wanting to unfold their infinite potential." —Deepak Chopra

"Amber Rae's book is a revelation. She's the Elizabeth Gilbert of her generation and this book does not disappoint." —Stacy London, *New York Times* bestselling author of *The Truth about Style*

AMBER RAE is an author, artist, and speaker devoted to inspiring people to express the fullness of their gifts. Her writing has reached over 5 million people in 195 countries, her public art has spread to over 20 countries, and she's spoken to and collaborated with brands like Kate Spade, Apple, Amazon, and Unilever. She's been featured in *The New York Times*, TIME, Fast Company, BBC, ABC World News, Tim Ferriss's blog, and more. She lives in Brooklyn and around the world.



The Kebra Nagast

The Lost Bible of Rastafarian Wisdom and Faith

Edited by Gerald Hausman; Introduction by Ziggy Marley

A refreshed edition of the Kebra Nagast

The Kebra Nagast is a sacred text originally written in 14th century Ethiopia. It tells the story of how the Queen of Sheba met the biblical King Solomon, and relates the birth of her son, Menilek, who became the legendary king of Ethiopia. A work of incredible cultural significance, The Kebra Nagast is far more than simply a piece of literature—it is a testament to richness of Ethiopian tradition and culture. In addition to its importance in Ethiopian traditions, the Kebra Nagast has become a key text for Rastafarians.

The Kebra Nagast: The Lost Bible of Rastafarian Wisdom and Faith is the latest title in the Essential Wisdom Library series, which brings sacred texts from all traditions to modern readers. This new edition of the book includes a foreword by Ziggy Marley, which explores the importance of the Kebra Nagast as a powerful and sacred text both in Rastafarian tradition and in a broader sense. A clean, fresh design and inside cover printing give this ancient text modern appeal.

Gerald Hausman calls himself a "native of the world" after living in so many places in the United States and the West Indies. His more than 70 books attest to his love of folklore. During his thirty-five years as a storyteller, Gerald has entertained children of all ages at such places as The Kennedy Center, Harvard University, St John's College and in schools from one end of the country to the other.

RELIGION / ETHNIC & TRIBAL

St. Martin's Essentials | 1/28/2020

9781250256454 | \$16.99 / \$22.99 Can.

Trade Paperback | 208 pages | Carton Qty: 36
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: 9781429997744

Hardcover ISBN: 9780312167936

MARKETING

National Print Publicity

Online Publicity

Blog Outreach

Early Reader Review Campaign

Organizational Outreach

Email Marketing Campaign

Social Media Campaign

Rastafarian Community Outreach

African-American Bookstore Outreach

Author Website: GeraldHausman.com

Author Blog:

GeraldHausmanStoryteller.Blogspot.com

ALSO AVAILABLE

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

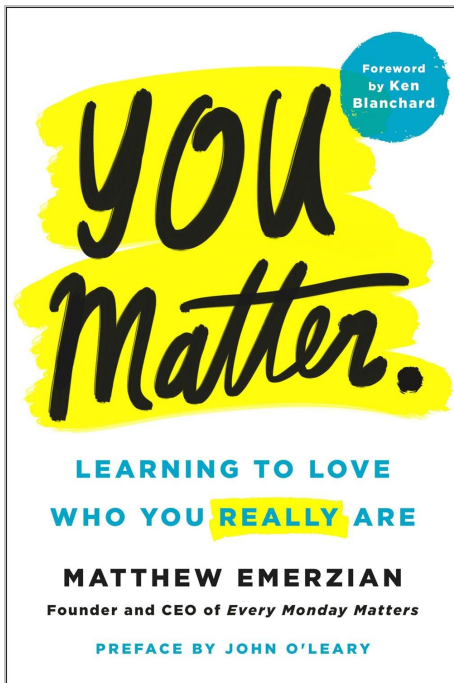
6/2019 | 9781250204714

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

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

4/2019 | 9781250313683

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



SELF-HELP / PERSONAL GROWTH / SELF-ESTEEM

St. Martin's Essentials | 2/11/2020
9781250209993 | \$23.99 / \$32.50 Can.

Hardcover with dust jacket | 240 pages | Carton
Qty: 28
7.5 in H | 5 in W
Includes one-color printed endpapers

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

Other Available Formats:
Ebook ISBN: 9781250619372
Audio ISBN: 9781250264145

MARKETING

National Broadcast Publicity
National Print Publicity
Online Publicity
Online Advertising
Bookseller Outreach
NetGalley Promotion
Goodreads Promotion
Email Marketing Campaign
Author Website:
<https://everymondymatters.org/>
Author Instagram: @emerzian
Author Twitter: @emerzian
Author Facebook: /MEmerzian

You Matter.

Learning to Love Who You Really Are

Matthew Emerzian; Foreword by Ken Blanchard; Preface by John O'Leary

Transform the way you live your life with a message of unexpected hope, radical joy, and deep connection.

You matter. Not because of what you earn or how you look or what you've achieved, but because you are *inherently* valuable. Author Matthew Emerzian takes this seemingly simple premise and shows readers how truly understanding their own worth will change every aspect of their lives. *You Matter* is a call to empathy and a joyous celebration of the value of each and every person.

The book is structured into three sections, each of which expands the concept in ever widening ripples. In the first section, "I Matter," readers come to terms with their own worth; in "You Matter" that awareness expands to acknowledge and celebrate the value of the people around us; and finally, in "We Matter," Emerzian explores the power of a thriving community with those around us. Each chapter features exercises, journal prompts, and conversation starters to help readers dive deeper.

Author Matt Emerzian is the founder of Every Monday Matters, a not-for-profit dedicated to spreading the message of self-worth and compassion to people throughout the world. Every week 1.2 million people—from elementary school children to employees at national corporations—engage with ideas and concepts from Every Monday Matters.

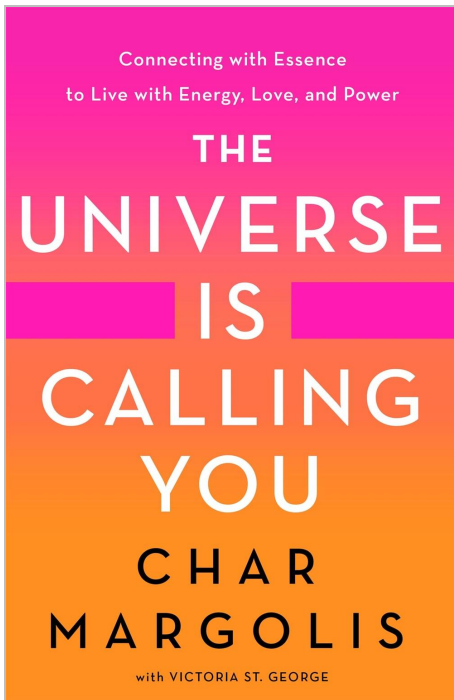
You Matter is a manifesto of self-esteem and call to action for people to find their meaning and live fully—and change the world while doing so.

PRAISE

"I know that I will one day make more of a difference to the world than I am currently making, because of the encouragement that Matt has provided through his personal journey and his willingness to share." —Lenny Comma, CEO, Jack in the Box

"Armed with an innate curiosity especially with regard to people, a deep inner compass magnetized for justice, peace, and love, Matt humbly creates strategies anyone could follow in healing our planet." —Steve Haas, Chief Catalyst Officer, World Vision

Matthew Emerzian is Founder and Chief Inspiration Officer of Every Monday Matters (EMM), a not-for-profit organization committed to helping people and organizations understand how much and why they matter. EMM's programs have been utilized by some of America's largest corporations and nearly a million students in 49 states and 7 countries.



The Universe Is Calling You

Connecting with Essence to Live with Positive Energy, Love, and Power

Char Margolis with Victoria St. George

Advice on tapping into your own spiritual power from America's favorite psychic

In *The Universe is Calling You: Connecting with Essence to Live with Energy, Love, and Power*, America's beloved psychic Char Margolis introduces readers to the vital energy of Essence. Essence is the fundamental, universal, loving energy that connects the entire universe and all its living things. This universal loving goodness binds us all together in an intimate and powerful way. Char shows readers how to tap into the power of Essence and draw strength and wisdom from these deep, fundamental connections.

Using the universal presence of the Essence, readers will learn:

- The truth about living and dying
- The 5 sources of power and how to manifest them
- About spirits and angels and how to benefit from their aide
- How to help departed loved ones find peace
- Ways to ward off negative and harmful energies
- And much more...

With Char as a guide, readers will explore the vast and connected world of Essence and delve into their own inherent spiritual awareness.

PRAISE

Praise for *Love Karma*:

"Funny, smart, and awesome advice ...This one works!" —Patti Stanger, Host and Executive Producer of *Millionaire Matchmaker* and Founder of Millionaires Club International

"Char's keen insight and spiritual experience will guide the reader on a path of discovery toward loving relationships on many levels." —John Edward, bestselling author

"Char gets it right on every level! I have finally found a book I can confidently recommend to my patients who are struggling with the universal issue of how to successfully be in love!" —Dr. Robi Ludwig, PsyD psychotherapist and award-winning reporter

Char Margolis is an internationally acclaimed psychic intuitive who has been using her gifts to help people for more than thirty years. She divides her time between Michigan, Los Angeles, and Holland.

Victoria St. George of Just Write is a writer and editor living in San Diego, California.

Connecting with Essence
to Live with Energy, Love, and Power

THE UNIVERSE IS CALLING YOU

CHAR MARGOLIS

with VICTORIA ST. GEORGE

BODY, MIND & SPIRIT / PARAPSYCHOLOGY / ESP

St. Martin's Essentials | 2/18/2020

9781250258694 | \$25.99 / \$34.99 Can.

Hardcover with dust jacket | 208 pages | Carton

Qty: 28

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: 9781250258700

MARKETING

National Broadcast Publicity

National Print Publicity

Online Publicity

Online Advertising Campaign

Blog Outreach

Social Media Campaign

Early Adopter Evangelist Program

Email Marketing Campaign

Author Website:

Active on Facebook:

Active on Twitter:

ALSO AVAILABLE

Questions From Earth, Answers From Heaven: A Psychic Intuitive's Discussion of Life, Death, and What Awaits Us Beyond

9/2000 | 9781250053657

Trade Paperback | \$22.99 / \$32.99 Can.

Discover the secret to
losing weight – FOR GOOD

the last diet.

SHAHROO IZADI

HEALTH & FITNESS / DIET & NUTRITION / WEIGHT LOSS

St. Martin's Essentials | 4/7/2020

9781250251992 | \$16.99 / \$22.99 Can.

Trade Paperback | 208 pages | Carton Qty: 36
9.3 in H | 6.1 in W

Subrights: UK Rights: Pan Mac

Translation Rights: Pan Mac

Other Available Formats:

Ebook ISBN: 9781250252005

MARKETING

National Print Publicity

Online Publicity

Blog Outreach

Email marketing

Social media promotion

ALSO AVAILABLE

**The Kindness Method: Change Your Habits
for Good Using Self-Compassion and
Understanding**

7/2019 | 9781250214072

Trade Paperback | \$16.99 / \$22.99 Can.

The Last Diet

Discover the Secret to Losing Weight — For Good

Shahroo Izadi

Replace shame and guilt with self-compassion to change the way you think about weight loss

In *The Kindness Diet*, author Shahroo Izadi flips the script on weight loss, outlining a new way of dieting that is not built on denial, self-punishment, or guilt, but instead rooted in self-compassion. Using the habit transforming techniques she developed in her previous book *The Kindness Method*, Izadi helps readers change their dietary habits using kindness.

The key to making any change in your life, including weight loss, is to develop your own sense of worthiness and confidence. Instead of using weight loss as a way to prove that we are worthwhile and capable, Izadi shows us that when we replace guilt, self-loathing, and shame with kindness we are better able to change our attitudes and habits and in doing so create lasting physical changes as well.

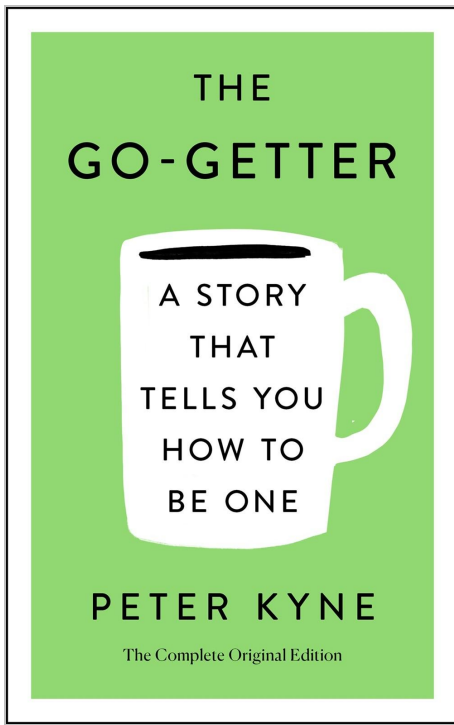
Using Shahroo's habit mapping system, readers will craft a plan for success that encompasses both their long-term weight management goals and their overall wellbeing to create meaningful and lasting change.

PRAISE

"I love Shahroo. The moment I met her I immediately knew she was the real deal. She just gets it. She's a sobering, safe and sassy presence in a world of extremes."

—Bryony Gordon, #1 bestselling author of *Mad Girl*

Shahroo Izadi is a Behavioral Change Specialist. She provides relapse prevention coaching and support groups at a recovery house in addition to delivering sold-out workshops designed to help people change any habit. Her work has drawn attention from BBC Radio 1, *The Telegraph*, *Red*, *The Pool*, and more. Her laid-back, non-judgmental style that rejects the traditional professional-patient dynamic has been a huge success and her ambition is to make evidence-based psychological tools accessible.



The Go-Getter: A Story That Tells You How to Be One

The Complete Original Edition

Peter B. Kyne

A classic parable of ambition and entrepreneurial spirit that has imparted key lessons in success to generations of readers.

First published in 1921, Peter Kyne's *The Go-Getter: A Story That Tells You How to Be One* is a humorous parable of determination and ambition that has proved itself to be a timeless classic, inspiring readers to approach their goals—whether personal or professional—with tenacity and dedication.

The Go-Getter tells the story of Bill Clegg, an ambitious young salesman, who is set on a seemingly impossible task when his boss, a crusty old-timer named Cappy Riggs, decides to test his mettle. Charismatic and incredibly determined, Bill charmed his way into Riggs's employment and is resolved to meet his boss's expectations—no matter what may ensue. Along the way, Clegg develops and demonstrates the critical values of drive, determination, honesty, and integrity. With delightfully old-fashioned prose and a modern message of drive and determination, *The Go-Getter* is a truly timeless illustration of the perseverance and resolve that are required to fuel true ambition.

A native of San Francisco, **Peter B. Kyne** was a prolific screenwriter and the author of the 1920 bestseller *Kindred of the Dust*. His stories of Cappy Ricks and the Rick's Logging & Lumbering Company were serialized in *The Saturday Evening Post* and William Randolph Hearst's *Cosmopolitan* magazine. He died in 1957.

SELF-HELP / PERSONAL GROWTH / SUCCESS

St. Martin's Essentials | 2/4/2020

9781250250650 | \$9.99 / \$13.50 Can.

Trade Paperback | 112 pages | Carton Qty: 56
7.1 in H | 4.5 in W

Subrights: UK Rights: St. Martin's Press

Translation Rights: St. Martin's Press

Other Available Formats:

Ebook ISBN: 9781250250667

Audio ISBN: 9781250619013

MARKETING

National Print Publicity

Online Publicity

Early Reader Review Campaign

Independent Bookseller Outreach

Email Newsletter Marketing

ALSO AVAILABLE

How to Live on 24 Hours a Day: The Complete Original Edition

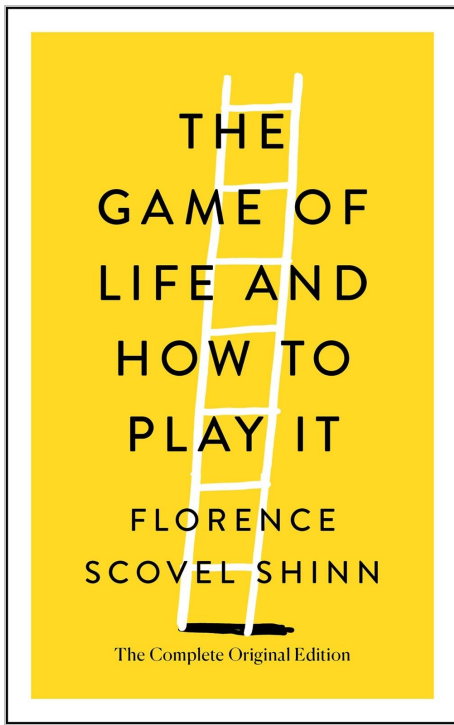
2/2020 | 9781250250674

Trade Paperback | \$9.99 / \$13.50 Can.

The Game of Life and How to Play It: The Complete Original Edition

2/2020 | 9781250250698

Trade Paperback | \$9.99 / \$13.50 Can.



The Game of Life and How to Play It

The Complete Original Edition

Florence Scovel Shinn

Explore the wisdom of a New Thought classic and master the game of life!

In this classic bestseller, Florence Scovel Shinn helped to define the personal success genre. Written in the new thought tradition, her message is simple yet transformative—we receive back what we put into the world through our actions, energy, and attitudes. Negativity and pessimism are returned in kind, but by switching the script in favor of positive attitudes and affirmations, we are able to manifest success and joy in everything we do.

Life, Shinn tells us, is not a battle of us against the world, but rather a game of giving and receiving. What we give to the world we receive back—whether that be the dark weight of fear and inhibition or the freedom of joy and empowerment. This new edition of *The Game of Life and How to Play It* combines the text of Shinn’s original edition with a sleek design that will inspire a new generation of readers.

PRaise

“By studying and practicing the principles laid down in this book, one may find prosperity, solve problems, have better health, achieve personal relations—in a word, win the game of life.”

—Norman Vincent Peale

“One secret of Shinn’s success was that she was always herself . . . colloquial, informal, friendly, and humorous.”

—Emmet Fox

Florence Scovel Shinn (1871-1940) was an American artist and book illustrator. After the publication of her first book, *The Game of Life and How to Play It* in 1925, she became a popular lecturer and writer.

BODY, MIND & SPIRIT / NEW THOUGHT

St. Martin's Essentials | 2/4/2020
 9781250250698 | \$9.99 / \$13.50 Can.
 Trade Paperback | 112 pages | Carton Qty: 56
 7.1 in H | 4 in W

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

Other Available Formats:
 Ebook ISBN: 9781250250704
 Audio ISBN: 9781250618993

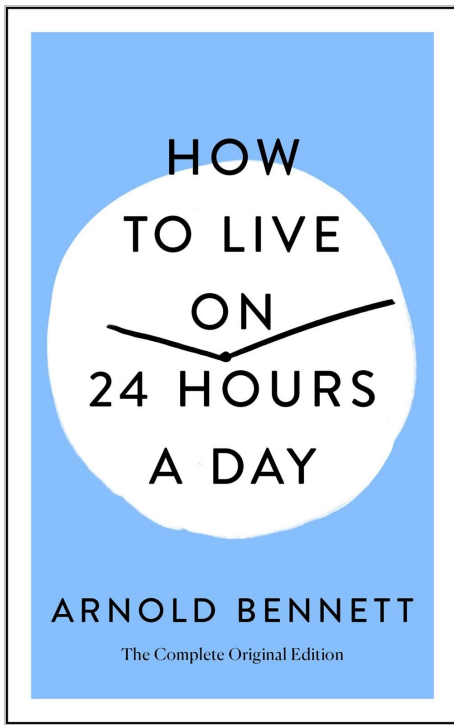
MARKETING

National Print Publicity
 Online Publicity
 Blog Outreach
 Online Promotion

ALSO AVAILABLE

The Go-Getter: A Story That Tells You How to Be One: The Complete Original Edition
 2/2020 | 9781250250650
 Trade Paperback | \$9.99 / \$13.50 Can.

How to Live on 24 Hours a Day: The Complete Original Edition
 2/2020 | 9781250250674
 Trade Paperback | \$9.99 / \$13.50 Can.



How to Live on 24 Hours a Day

The Complete Original Edition

Arnold Bennett

Learn to use your most precious commodity—time—to truly live.

Arnold Bennett's classic book, *How to Live on 24 Hours a Day*, has been changing the way people use and consider their time since it was first published in 1910. In the intervening century surprisingly little has changed—we still struggle to make use of our time and are often plagued by the persistent worry that we are not making the most of our lives. Bennett encourages readers to stop merely following the rote patterns of their lives and leverage their free hours by viewing time as a commodity like money—each of us is allotted exactly 24 hours every day to spend as we see fit. What we make of our lives will ultimately be a result of what we make of that time.

Bennet's prescription is simple, but revolutionary: consider the time outside your work day as an entirely separate day, sixteen hours (give or take) during which you are free to do anything you like to grow and improve yourself and your happiness. Building on that premise, he helps readers begin to take control of their time—starting with just 90 minutes three times a week—and use it to truly *live*. Bennet's writing is realistic and his advice transcends the years since it was first written. *How to Live on 24 Hours a Day* is an honest and refreshing perspective on how we can seize control of our time and spend it in the wisest way possible.

PRAISE

"Mr. Bennett is not a name that typically comes to mind when seeking advice about our current high-tech moment. But he should be.... [Bennett] labels our time 'the most precious of possessions.' This is an observation worth remembering when great fortunes are being made by diverting this precious possession."—Cal Newport, *The New York Times*

Arnold Bennett was a prolific English novelist and leading realist author during the early twentieth century. In addition to his fictional work, he also wrote selected nonfiction and criticism, including his insightful book *How to Live on 24 Hours a Day*.

SELF-HELP / SELF-MANAGEMENT / TIME MANAGEMENT

St. Martin's Essentials | 2/4/2020
9781250250674 | \$9.99 / \$13.50 Can.
Trade Paperback | 112 pages | Carton Qty: 56
7.1 in H | 4.5 in W

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

Other Available Formats:
Ebook ISBN: 9781250250681
Audio ISBN: 9781250619006

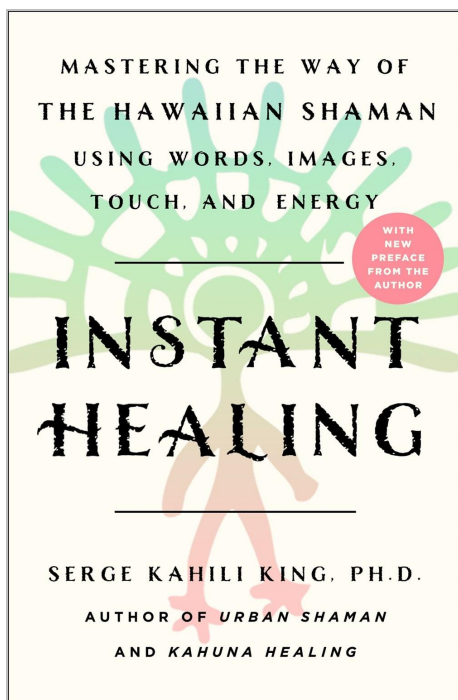
MARKETING

Online Publicity
Blog Outreach
Early Reader Campaign
Email Marketing Campaign
Social Media Campaign

ALSO AVAILABLE

The Go-Getter: A Story That Tells You How to Be One: The Complete Original Edition
2/2020 | 9781250250650
Trade Paperback | \$9.99 / \$13.50 Can.

The Game of Life and How to Play It: The Complete Original Edition
2/2020 | 9781250250698
Trade Paperback | \$9.99 / \$13.50 Can.



Instant Healing

Mastering the Way of the Hawaiian Shaman Using Words, Images, Touch, and Energy

Serge Kahili King, Ph.D.

Harness the power of Hawaiian Shamanism to rapidly heal yourself using through the power of your body, energy, and mind.

Our bodies and minds are inextricably woven together in a complex and powerful way. In *Instant Healing: Mastering the Way of the Hawaiian Shaman Using Words, Images, Touch, and Energy*, readers will learn how to explore and strengthen that connection to promote wellness. Using the wisdom of kuna, or Hawaiian shamanism, author Serge Kahili King offers a radical path towards drug-free healing.

All forms of injury—whether mental or physical, from disease, trauma, or illness—incur physical tension and stress. King offers a radical reinterpretation by showing that this physical tension and stress is not the result of the injury or disharmony, but rather the *cause* of it. By working to eliminate this root stress readers can achieve physical and mental healing for themselves without resorting to invasive methods. Written in a jargon-free and easily accessible style, *Instant Healing* will teach you to use the power of words, the power of imagination, the power of touch, and the power of energy to aide in the healing of all types of ailments.

This 20th anniversary edition includes a new introduction featuring a bonus healing technique. The book also features a special section on emergency techniques that can be used with minimal explanation to bring rapid relief. *Instant Healing* will transform the way you consider your body and empower you to take control in a new way.

Serge Kahili King, Ph.D. is the author of *Urban Shaman*, *Kahuna Healing*, *Mastering Your Hidden Self*, and *Imagineering for Health*, as well as numerous articles. Dr. King is an internationally renowned speaker and the leader of a ten-thousand-member worldwide network of teachers, counselors, and therapists who follow his work. He resides in Hawaii.

BODY, MIND & SPIRIT / HEALING

St. Martin's Essentials | 2/11/2020

9781250252753 | \$16.99 / \$22.99 Can.

Trade Paperback | 224 pages | Carton Qty: 36

8.3 in H | 5.4 in W

Subrights: UK Rights: St. Martin's

Translation Rights: St. Martin's

Other Available Formats:

Ebook ISBN: 9781250252999

Ebook ISBN: 9781466873797

Audio ISBN: 9781593970772

MARKETING

National Print Publicity

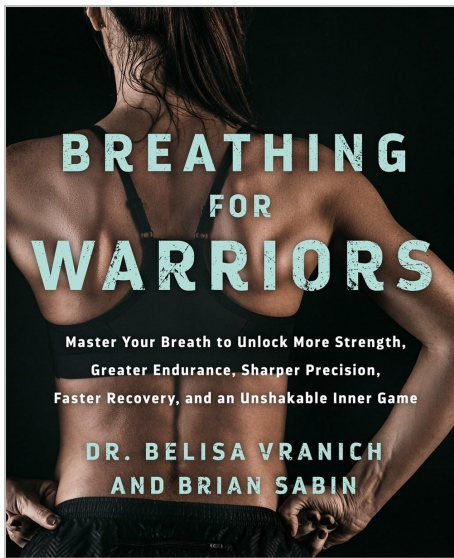
Online Publicity

Early Reader Review Campaign

Blog Outreach

Email Marketing Campaign

Social Media Post



Breathing for Warriors

Master Your Breath to Unlock More Strength, Greater Endurance, Sharper Precision, Faster Recovery, and an Unshakable Inner Game

Dr. Belisa Vranich and Brian Sabin

The secrets and science of breathwork, delivered in a no-nonsense way— including cutting-edge advice from elite athletes and coaches.

Breathing for Warriors dives into the science of recovery, resilience, and biomechanics to create a mindblowingly practical guide to mastering the most elusive aspect of performance.

Ever wonder how you *should* be breathing at the gym? Have you ever played a sport, lifted, or run and wondered: Am I doing this right? Is my breathing helping—or hurting—my performance?

If you fail to train your breathing muscles, you leave a vast well of your physical and emotional potential untapped. *Breathing for Warriors* teaches you how to harness the power of your breath for strength, endurance and precision sports, *as well as* everything from pregame jitters to recovery, public speaking, healing from trauma, and avoiding injury.

Whether you are a corporate athlete or an actual ninja, Vranich and Sabin distill the science of breathwork and provide the ultimate step-by-step instructions for you to breathe better— from field to stage.

PRAISE

“Dr. Belisa's knowledge of breathing is awesome! I appreciate her ability to translate complex pulmonary information and make it interesting and practical. Learning to breathe correctly is an essential part of physical, emotional and mental health.” —Laird Hamilton, American Big Wave Surfer

“I trust Dr. Belisa more than anyone in the category of breathing dysfunction. She is the giver of life, through breath.” —Jen Widerstrom, celebrity trainer and Fitness Director of SHAPE Magazine.

“If you work out or compete, you need this book.” —Ben Greenfield, fitness guru and bestselling author of *Beyond Training: Mastering Endurance, Health and L...*

Dr. Belisa Vranich a clinical psychologist and fitness expert who teaches breathing exercises to athletes, first responders and law enforcement.

Brian Sabin is an award-winning writer and consultant. His work has appeared in *VICE*, *Men's Journal*, and *Runners World*, among others. He is a lifelong athlete and former asthmatic-turned-Boston Marathon qualifier.

HEALTH & FITNESS / HEALTHY LIVING

St. Martin's Essentials | 3/10/2020

9781250308221 | \$18.99 / \$25.99 Can.

Trade Paperback | 272 pages | Carton Qty: 36

9.1 in H | 7.5 in W

Includes 20 photographs, 20 line drawings, and 5 charts throughout

Subrights: UK Rights: Foundry Literary + Media LLC

Translation Rights: Foundry Literary + Media LLC

Other Available Formats:

Audio ISBN: 9781250264015

Ebook ISBN: 9781250308238

Audio ISBN: 9781250264022

MARKETING

National Broadcast Publicity

National Print Publicity

Online Publicity

Online Advertising Campaign

Blog Outreach

Social Media Campaign

Early Adopter Evangelist Program

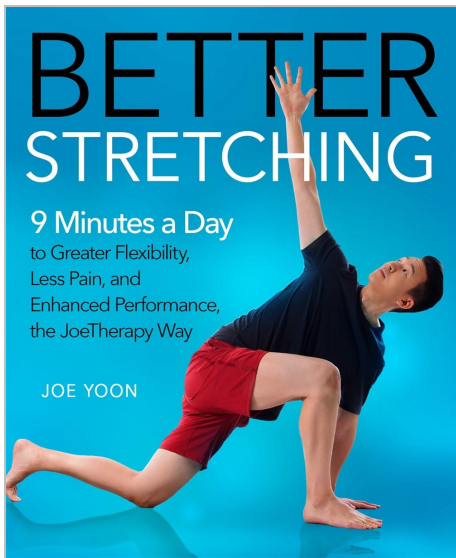
Email Marketing Campaign

Author Website:

Active on Facebook:

Active on Twitter:

Active on Instagram:

**HEALTH & FITNESS / EXERCISE**

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

9781250248213 | \$25.99 / \$34.99 Can.

Hardcover with dust jacket | 240 pages | Carton Qty: 20

9.1 in H | 7.5 in W

Includes color photographs throughout

Subrights: UK: Folio Literary Management

Translation: Folio Literary Management

Other Available Formats:

Ebook ISBN: 9781250248220

MARKETING

National Broadcast Publicity

National Print Publicity

Online Publicity

Online Advertising Campaign

Blog Outreach

Social Media Campaign

Early Adopter Evangelist Program

Email Marketing Campaign

Author Website:

Active on Facebook:

Active on Twitter:

Active on Instagram:

Better Stretching

9 Minutes a Day to Greater Flexibility, Less Pain, and Improved Performance

Joe Yoon

A nine-minute routine to improve stretching, mobility, and strength, by personal trainer, massage therapist, and instagram sensation Joe Yoon.

Better Stretching teaches readers to stretch smarter to feel looser, move more easily, and peak perform. These stretches are fast and easy. Readers will learn to make areas of tightness and discomfort feel better immediately—and how to make those benefits last. Author Joe Yoon proves you don't need 90 complicated minutes to get more agile and less achy—you just need 9.

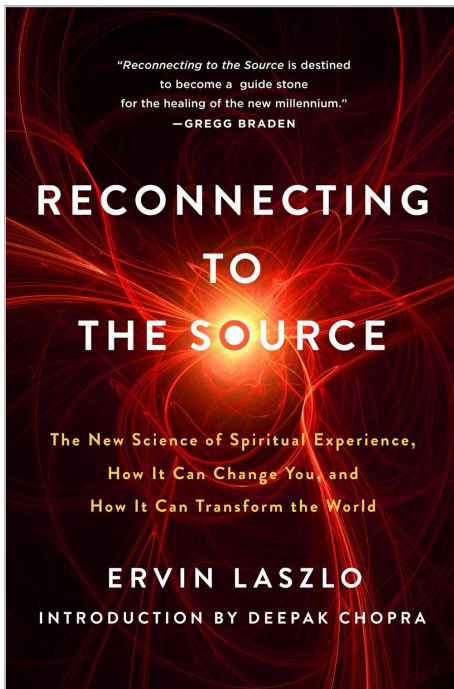
Yoon's stretches are easy and fast and made for people at all levels of fitness, whether you sit at a desk most of the day, are a high-level athlete, or somewhere in between. *Better Stretching* is broken up into three parts to help readers find what suits their bodies best. Part One is a compendium of stretches and mobility exercises; Part Two is comprised of strengthening exercises, including routines for specific needs like avoiding the hunching and soreness from sitting behind a desk or prepping for a workout; and Part Three gives readers three different 30-day routines to ease them into making stretching a regular part of their daily lives, as well as to develop smart and healthy stretching habits.

Better Stretching is for readers who want to:

- improve their athletic performance
- prevent injury
- use stretching *as* exercise.

Better Stretching's simple, straight-to-the point stretches with over 125 clear accompanying photos will have readers looser and more limber in 30 days.

JOE YOON is a certified personal trainer, licensed massage therapist, and founder of the fitness training business JoeTherapy. Yoon graduated from Quinnipiac University in 2009 with a BS degree in Health & Science Studies and was certified as a personal trainer by the National Academy of Sports Medicine in 2011. In 2013, he became a licensed massage therapist. He is based in Orlando, Florida.



BODY, MIND & SPIRIT / NEW THOUGHT

St. Martin's Essentials | 3/24/2020
 9781250246448 | \$17.99 / \$24.50 Can.
 Trade Paperback | 208 pages | Carton Qty: 44
 9.3 in H | 6.1 in W

Subrights: UK Rights: St. Martin's Press
 German Translation (only): St. Martin's Press
 Translation: Waterside Productions

Other Available Formats:
 Ebook ISBN: 9781250246455

MARKETING

National Broadcast Publicity
 National Print Publicity
 Online Publicity
 Early Reader Review Campaign
 Netgalley Outreach
 Email Marketing Campaign
 Social Media Post
 Author Website: <https://ervinlaszlo.com>

Reconnecting to the Source

The New Science of Spiritual Experience—How It Will Change You, How It Will Change the World

Ervin Laszlo; Introduction by Deepak Chopra

Esteemed author Dr. Ervin Laszlo explores the implications of quantum physics to move beyond the of limits of reality as we know it

Reconnecting with the Source is a powerful new book on the science of spiritual experience by Dr. Ervin Laszlo. A well-known figure in the fields of new science, consciousness, and spirituality, Dr. Laszlo has inspired some of today's most important figures in science and philosophy. In *Reconnecting with the Source* he unpacks the science behind spiritual experience, investigating the ways in which we can access realms of experience beyond the everyday. It is in these moments, when our conscious minds are in contact or perhaps even overridden by our unconscious selves, that we can explore the depths of spiritual meaning.

In addition to a foreword by Deepak Chopra, the book includes new, never before published contributions from a long list of well-known writers and public figures—including Jane Goodall, Barbara Marx Hubbard, Zhi-Gang Sha, Gregg Brayden, and many more. Each contributor has written about a unique spiritual experience of their own, sharing moments in their lives that are outside of the boundaries of the usual and reflecting on the importance of these moments.

This revolutionary and powerful book will challenge you to reconsider the boundaries of your own experience and change how you look at the world around you.

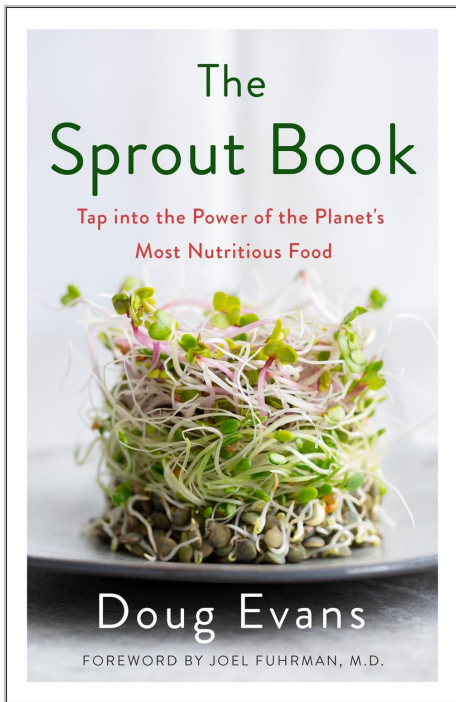
PRAISE

"...Laszlo has hit upon the ultimate salvation of everyone on the planet." —Deepak Chopra

"In *Reconnecting to the Source*, scientist, philosopher and futurist Ervin Laszlo catapults us light years beyond conventional thinking of self-help and recovery, to the very core of personal power.... I have no doubt that *Reconnecting to the Source* is destined to become a guide stone for the healing of the new millennium."

—Gregg Brayden

Ervin Laszlo, twice nominated for the Nobel Peace Prize, is editor of the international periodical *World Futures: The Journal of General Evolution* and Chancellor-Designate of the newly formed GlobalShift University. He is the founder and president of the international think tanks the Club of Budapest and the General Evolution Research Group and the author of 83 books translated into 21 languages. He lives in Italy.



The Sprout Book

Tap into the Power of the Planet's Most Nutritious Food

Doug Evans, Foreword by Joel Fuhrman, M.D.

The book about the power of sprouts as an ultra-food for health, weight loss, and optimum nutrition by the co-founder of Organic Avenue and the founder of Juicero

Super Sprouts is a 10-day transformative diet plan to introduce sprouting by adding a few dishes to a diet and then shifting into a raw, whole foods plant-based diet. The 40 recipes contain at least 50% sprouts on top of raw vegetables, fruits, nuts, seeds, spices, medicinal mushrooms, sea vegetables, and top-quality cold-pressed vegetable oils.

Sprouts are the most nutritious sustainable food on earth. Among the mind-blowing nutritional qualities of sprouts:

- have 20-30 times the nutrients of other vegetables and 100 times those of meat
- are cancer-fighting and help to protect us from cardiovascular disease and pollutants in the environment
- help with digestion
- are a healthier alternative to juice cleansing, and will leave consumers with more energy and fuller stomachs for fewer calories, sugars, and carbs

After 10 days of sprouting, a reader will lose weight, gain energy, reduce inflammation, sleep better, become more regular, and think more clearly.

Super Sprouts takes Doug Evans' twenty years of experience with sprouts and his background as chairman and CEO of Organic Avenue and founder and CEO of Juicero to empower readers to embark on a raw, living, plant-based way of eating that's low-cost and accessible.

DOUG EVANS is a serial health food entrepreneur—selling to the stylish and chic as well as to the rest of us. He founded Juicero on the hardware side (and raised \$120 million for the company that made the 400 wifi-connected home cold-press juicer, "the Tesla of juicers") and co-founded Organic Avenue on the storefront/food production side.

HEALTH & FITNESS / DIET & NUTRITION / NUTRITION

St. Martin's Essentials | 4/7/2020

9781250226174 | \$17.99 / \$24.00 Can.

Trade Paperback | 272 pages | Carton Qty: 32

8.3 in H | 5.4 in W

Includes one chart

Subrights: UK: St. Martin's Press

Translation: Sterling Lord Literistic

MARKETING

National Print Publicity

Online Publicity

Online Advertising Campaign

Blog Outreach

Social Media Campaign

Early Adopter Evangelist Program

Email Marketing Campaign

Author Website:

Active on Facebook:

Active on Twitter:



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

St. Martin's Essentials | 4/14/2020

9781250257734 | \$14.99 / \$20.50 Can.

Trade Paperback | 192 pages | Carton Qty: 52

8.3 in H | 5.4 in W

Subrights: UK: St. Martin's Press

Translation: St. Martin's Press

Other Available Formats:

Ebook ISBN: 9781250257741

MARKETING

National Print Publicity

Online Publicity

Early Reader Review Campaign

Netgalley Outreach

Email Marketing Campaign

Social Media Post

Active on Instagram: @thecircularserpent

(1.4K)

Author website: <https://elizaswann.com/>

Auras

The Anatomy of the Aura (A Start Here Guide)

Eliza Swann

In this addition to the SMP Essentials Start Here Guides series, Eliza Swann teaches readers at any level how to see, work with, and ultimately heal the human aura.

Auras: The Anatomy of the Aura is an illustrated guide to the ancient science of energy healing. Originally designed as a lecture series that has toured the United States, Swann expanded the content into this guidebook, based on feedback from thousands of students who wanted a simple and clear guide for personal study. Though there are a few classic books about the aura, including *Man and His Bodies* and *Hands of Light*, these books contain outmoded language and illustrations. Swann reaches a contemporary audience with her modern makeover of the field that uses inclusive language and has a more intersectional understanding of health and wellness culture.

Auras uncovers what an “aura” is from both mystical and scientific perspectives, the history of the aura (where does this term come from?), an in-depth explanation of the layers of the human aura, an extensive glossary of terminology relating to the human aura, techniques for learning to perceive auras, and finally, techniques for healing the aura. The writing is designed to provide a playful, inclusive, and accessible guide to help beginners navigate the human energy field and learn to read and heal auras.

PRAISE

"Auras is a beautiful, life-affirming invitation for readers to step into a new and magical way of perceiving themselves, other people, and the world around them. More than ever we need this vital reminder that beneath our illusion of separation and isolation, we can truly perceive that we are all energetically interconnected in the same cosmic web." —Yumi Sakugawa, author of *The Little Book of Life Hacks*

"Eliza Swann has written a joyful guide for anyone seeking to increase their perception and understanding of bodily energy systems...you will love Auras!"
—Amy Fusselman, author of *Idiophone*

ELIZA SWANN is an interdisciplinary artist, intuitive, writer, educator, and community organizer based in Los Angeles and New York. Eliza has trained in hypnotherapy at the Isis Centre in England, Hindu cosmology and yoga with Dr. Vagish Shastri in Benares, India, and Tarot and Western Magical Practice with the Builders of the Adytum Western Mystery School. She is the founder of The Golden Dome School, a modern day Mystery School that studies intersections of art, metaphysics, and ecology.

Index

Amara, HeatherAsh; **The Warrior Heart Practice: A Simple Process to Transform Confusion into Clarity and Pain into Peace**. 3

Auras: The Anatomy of the Aura (A Start Here Guide); Eliza Swann. 18

Bennett, Arnold; **How to Live on 24 Hours a Day: The Complete Original Edition**. 12

Better Stretching: 9 Minutes a Day to Greater Flexibility, Less Pain, and Improved Performance; Joe Yoon. 15

Breathing for Warriors: Master Your Breath to Unlock More Strength, Greater Endurance, Sharper Precision, Faster Recovery, and an Unshakable Inner Game; Belisa Vranich 14

Calling, The: 3 Fundamental Shifts to Stay True, Get Paid, and Do Good; Rha Goddess. 2

Choose Wonder Over Worry: Move Beyond Fear and Doubt to Unlock Your Full Potential; Amber Rae. 5

Emerzian, Matthew; **You Matter.: Learning to Love Who You Really Are**. 7

Evans, Doug; **The Sprout Book: Tap into the Power of the Planet's Most Nutritious Food**. 17

Game of Life and How to Play It, The: The Complete Original Edition; Florence Scovel Shinn. 11

Goddess, Rha; **The Calling: 3 Fundamental Shifts to Stay True, Get Paid, and Do Good**. 2

Go-Getter: A Story That Tells You How to Be One, The: The Complete Original Edition; Peter B. Kyne. 10

How to Live on 24 Hours a Day: The Complete Original Edition; Arnold Bennett. 12

Instant Healing: Mastering the Way of the Hawaiian Shaman Using Words, Images, Touch, and Energy; Serge Kahili King. 13

Izadi, Shahroo; **The Last Diet: Discover the Secret to Losing Weight — For Good**. 9

Kebra Nagast, The: The Lost Bible of Rastafarian Wisdom and Faith. 6

King, Serge Kahili; **Instant Healing: Mastering the Way of the Hawaiian Shaman Using Words, Images, Touch, and Energy** 13

Kozlowski, Coby; **One Degree Revolution: How the Wisdom of Yoga Inspires Small Shifts That Lead to Big Changes**. 4

Kyne, Peter B.; **The Go-Getter: A Story That Tells You How to Be One: The Complete Original Edition**. 10

Last Diet, The: Discover the Secret to Losing Weight — For Good; Shahroo Izadi. 9

Laszlo, Ervin; **Reconnecting to the Source: The New Science of Spiritual Experience—How It Will Change You, How It Will Change the World**. 16

Margolis, Char; **The Universe Is Calling You: Connecting with Essence to Live with Positive Energy, Love, and Power**. 8

One Degree Revolution: How the Wisdom of Yoga Inspires Small Shifts That Lead to Big Changes; Coby Kozlowski 4

Rae, Amber; **Choose Wonder Over Worry: Move Beyond Fear and Doubt to Unlock Your Full Potential**. 5

Reconnecting to the Source: The New Science of Spiritual Experience—How It Will Change You, How It Will Change the World; Ervin Laszlo. 16

Shinn, Florence Scovel; **The Game of Life and How to Play It: The Complete Original Edition**. 11

Sprout Book, The: Tap into the Power of the Planet's Most Nutritious Food; Doug Evans. 17

Swann, Eliza; **Auras: The Anatomy of the Aura (A Start Here Guide)**. 18

Universe Is Calling You, The: Connecting with Essence to Live with Positive Energy, Love, and Power; Char Margolis 8

Vranich, Belisa; **Breathing for Warriors: Master Your Breath to Unlock More Strength, Greater Endurance, Sharper Precision, Faster Recovery, and an Unshakable Inner Game**. 14

Warrior Heart Practice, The: A Simple Process to Transform Confusion into Clarity and Pain into Peace; HeatherAsh Amara. 3

Yoon, Joe; **Better Stretching: 9 Minutes a Day to Greater Flexibility, Less Pain, and Improved Performance**. 15

You Matter.: Learning to Love Who You Really Are; Matthew Emerzian. 7