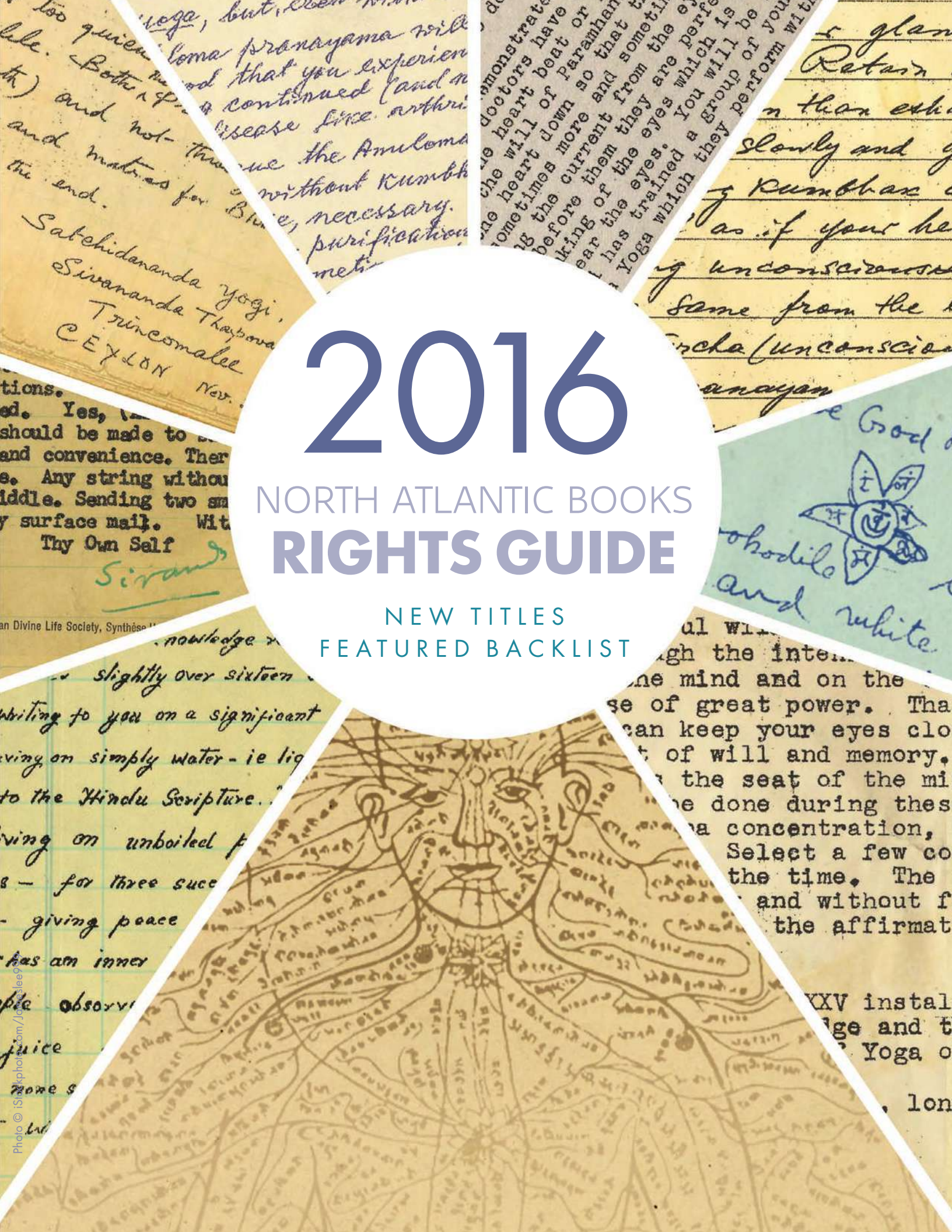
2016

NORTH ATLANTIC BOOKS
RIGHTS GUIDE

NEW TITLES
FEATURED BACKLIST



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NORTH ATLANTIC BOOKS
RIGHTS GUIDE
2016

NEW TITLES. 1

FEATURED BACKLIST

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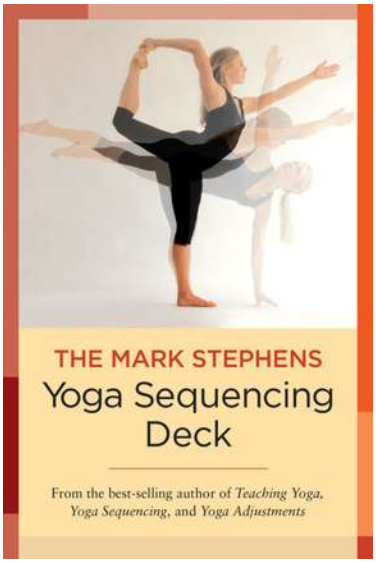

ON SALE 8/23/2016
NORTH ATLANTIC BOOKS
NON-TRADITIONAL BOOK

978-1-62317-061-5
$29.95/$38.95

BISAC 1: Health & Fitness - Yoga
BISAC 2: Education - Physical Education
BISAC 3: Philosophy - Mind & Body
Trim Size: 4 x 6
Carton Count: 24

Marketing and Publicity

Publicist: Julia Kent

- Advance digital samples available by request
- Outreach to print and online outlets focused on yoga and personal health / wellness

- Blog feature during publication month
- Promotion through author's website and email list of more than 7,000 yoga teachers and practitioners
- Promotional author video
- Newsletter special feature during publication month
- Homepage special feature on publication month

The Mark Stephens Yoga Sequencing Deck

Mark Stephens

Based on Stephens' best-selling *Yoga Sequencing,* this deck is the perfect companion or standalone for creative yoga students and teachers.

The Mark Stephens Yoga Sequencing Deck empowers yoga students and teachers to be their creative best in designing yoga classes. With a 92-page booklet covering the principles of sequencing yoga classes and providing clear guidance on arranging postures in the most effective ways, the deck includes 100 yoga flash cards color-coded by pose family (Standing, Core, Arm Support, Back Bends, Seated Twists, Forward Bends & Hip Openers, Inversions, and Savasana). The cards feature clear color photos of postures with the corresponding English and Sanskrit names on side one and detailed information on how to put postures together in sequences that work for unique students and special class intentions on side two. The perfect companion to *Yoga Sequencing* or for use on its own, this deck is a hands-on way for readers to gain knowledge and skills for planning and designing yoga classes.

The booklet and cards come packaged in a box approximately 4 inches wide, 6 inches tall, and 2 inches thick--perfect for easy storage and travel.

- BEST-SELLING AUTHOR: The author of the best-selling *Teaching Yoga*, *Yoga Sequencing*, and *Yoga Adjustments*, expert yoga instructor Mark Stephens has trained over 1,100 yoga teachers and is the founder of Yoga Inside Foundation, L.A. Yoga Center, and Santa Cruz Yoga.

- THOROUGH: Contains more detailed info than other decks on the market; meant for those more serious about practicing and teaching yoga.

About the Author/Illustrator

Author Residence: Santa Cruz, CA **Author Hometown:** Santa Cruz, CA

An esteemed yoga guide who has trained over a thousand yoga teachers, Mark Stephens conducts classes, workshops, retreats, and teacher trainings worldwide. He has practiced yoga since 1991, taught yoga since 1996, and has trained over 1,500 yoga teachers since 1998. Stephens has sought out complementary approaches along his path as student and teacher, studying Ashtanga Vinyasa, Iyengar, Yoga Therapy, Vinyasa Flow, Tantra, functional yoga anatomy and bio-mechanics, traditional yoga philosophy, and modern philosophies of being and consciousness. The author of three international bestselling books on yoga: *Teaching Yoga, Yoga Sequencing,* and Yoga Adjustments, Stephens has taught at conferences, in traditional studios, and in alternative settings (inner-city schools, juvenile instituitions, treatment centers, prisons, and mental hospitals) across the United States. In 2000, he received *Yoga Journal*'s first annual Karma Yoga Award for his non-profit work with Yoga Inside Foundation. He has written for or been featured in *Yoga Journal, Yoga International, Mantra, Elephant Journal, Yoga Teacher Magazine, New York Times, L.A. Times,* and other media.

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Reprint:
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Special Markets:
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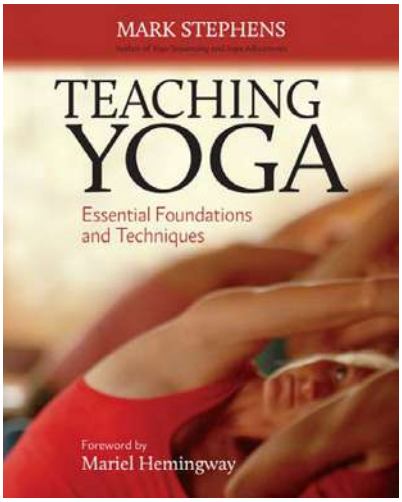
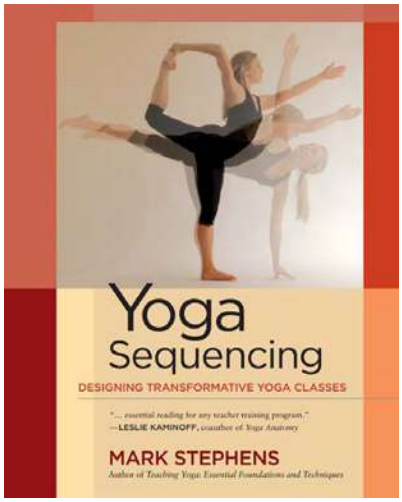
Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
Yoga Sequencing/Stephens, Mark/TR	9781583944974	9/12	North Atlantic Books	$24.95/$28.95
Yoga Adjustments/Stephens, Mark/TR	9781583947708	6/14	North Atlantic Books	$24.95/$28.95
Teaching Yoga/Stephens, Mark/TR	9781556438851	5/10	North Atlantic Books	$22.95/$26.95
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Yoga Sequencing Deck/Jillian Bobowicz/OO	9781612433516	11/14	Ulysses Press	$14.95
Sirian Starseed Tarot/Cori, Patricia/NT	9781583945360	9/12	North Atlantic Books	$29.95/$35.00
Mudras for Body, Mind and Spirit/Gurtrud Hirschi/TP	9781572815896	6/07	US Games Systems	$30.00
Yoga Pretzels/Tara Guber/LL	9781905236046	11/05	Barefoot Books	$14.99
Yoga/Rodney Yee/TP	9780312316273	5/03	Macmillan	$17.99
The Yoga Deck/Oliva Miller/TC	9780811828895	4/01	Chronicle Books	$14.95

PACKAGE INCLUDES 100 CARDS AND A 92-PAGE BOOKLET

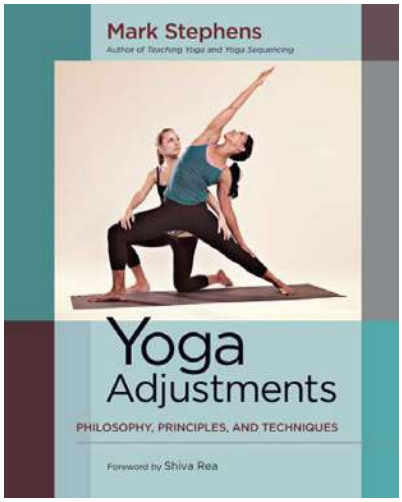
ALSO BY MARK STEPHENS



TEACHING YOGA 9781556438851
Pub Date: 5/25/10 | 432 pages | 158 B&W PHOTOS, 12 B&W ILLUSTRATIONS



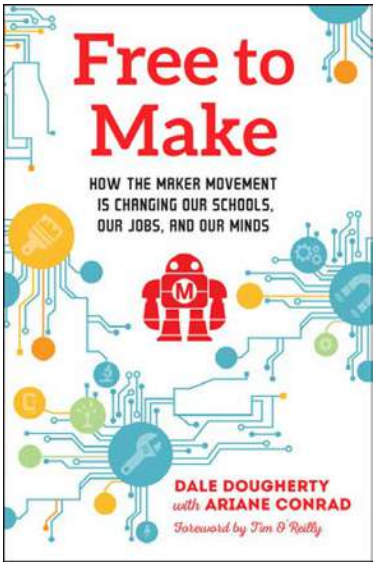
YOGA SEQUENCING 9781583944974
Pub Date: 9/4/12 | 352 pages
2,085 B&W PHOTOS



YOGA ADUSTMENTS 9781583947708
6/3/2014 | 400 pages
1,025 B&W PHOTOS

LICENSED LANGUAGES

TEACHING YOGA | Bulgarian, Czech, French, German, Italian, Korean, Spanish
YOGA SEQUENCING | Bulgarian, Czech, French, German, Italian, Korean, Spanish
YOGA ADJUSTMENTS | Czech, French, German, Italian, Korean, Spanish



ON SALE 9/27/2016
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-62317-074-5
$17.95/$23.50

BISAC 1: Self-Help - Creativity
BISAC 2: Education - Non-Formal Education
BISAC 3: Technology & Engineering - Inventions
Page Count: 250 **Trim Size:** 6 x 9
Carton Count: 24
Illustrations: 8 COLOR PHOTOS

Marketing and Publicity

Publicist: Julia Kent

- Print galleys and electronic review copies available prior to publication by request
- Advance outreach to national newspapers, magazines, websites, and radio both nationally, and in top ten media markets
- Author penned articles, interviews, and reviews in relevant print and online publications
- Author events in San Francisco Bay Area

  Spotlight feature book on NorthAtlanticBooks.com
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- Featured article on NAB Blog
- Advertisements in Make Magazine and at The Maker Faire
- Goodreads giveaway
- Facebook advertising
- Promotional video

Free to Make

How the Maker Movement is Changing Our Schools, Our Jobs, and Our Minds

Dale Dougherty

An examination of the global Maker Movement, exploring how making impacts our personal and social development--our ability to learn, to thrive, and to work with purpose and dignity--by the creator of *MAKE*: *Magazine* and the Maker Faire

Dale Dougherty, creator of *MAKE: Magazine* and the Maker Faire, takes readers on a guided international tour of the spectacular phenomenon known as the Maker Movement, a social revolution that is changing what gets made, how things are made, where things are made, and who gets to make them. Unlike other books about contemporary making, which have detailed the implications for business and industry, *Free to Make* explores how making impacts our personal and social development--our ability to learn, to thrive, and to work with purpose and dignity. Dougherty explains how we are moving away from one-size-fits-all, passive consumption and command-and-control models of education and business, and instead embracing our freedom to participate. With full-color illustrations that capture the inventors and craftspeople of all ages, this book invites readers to see themselves as creators, builders, and shapers of the world around them.

- POPULAR TREND: DIY-ers are streaming into the Maker Movement. *Adweek* says, "Makers tap into an American admiration for self-reliance and combine that with open-source learning, contemporary design and powerful personal technology like 3-D printers." *Time* magazine says, "According to Atmel, a major backer of the Maker movement, there are approximately 135 million U.S. adults who are makers, and the overall market for 3D printing products and various maker services hit $2.2 billion in 2012. That number is expected to reach $6 billion by 2017 and $8.41 billion by 2020. According to *USA Today,* makers fuel business with some $29 billion poured into the world economy each year." The San Mateo Maker's Faire was attended by companies like Intel, Nvidia, AMD, AutoDesk, Oracle/Java, Ford, NASA, Atmel, Qualcomm, TI, 3D Robotics and many more that see this movement as important and want to support it.
- SAVVY, EXPERT AUTHOR: Dougherty is the founder of both *MAKE: Magazine* and the Maker Faire. He is passionate about his cause and adept at promoting it. In 2011, he was honored at the White House as a "Champion of Change" for "doing extraordinary things in their communities to out-innovate, out-educate and out-build the rest of the world."
- BIG PLATFORM: *MAKE:* Magazine has 70,000 paid subscribers, 100,000 paid circulation, and 500,000 Youtube subscribers. 100 Maker Faires throughout the world drew 550,000 attendees in 2013. Google has partnered with *MAKE* to host Maker Camp, a free, online summer camp for teens on Google+, in which more than two million people have participated.

About the Author/Illustrator

Author Residence: Sebastopol, CA **Author Hometown:** Louisville, KT

Dale Dougherty is the founder and CEO of Maker Media, Inc. in Sebastopol, CA. Maker Media produces MAKE: Magazine, which launched in 2005, and the Maker Faire, which was held first in the San Francisco Bay Area in 2006. 100 Faires all over the world drew 550,000 attendees in 2013. In the spring of 2014, the White House hosted its first Maker Faire. Dougherty was born in 1955 in Los Angeles and grew up in Louisville, KY. He was a co-founder of O'Reilly Media, where he was the first editor of their computing trade books, and developed GNN, the first commercial website, in 1993. He coined "Web 2.0" in 2003. MAKE started at O'Reilly Media and spun out as its own company in January 2013. In 2011 Dougherty was honored at the White House as a "Champion of Change" through an initiative that honors Americans who are "doing extraordinary things in their communities to out-innovate, out-educate and out-build the rest of the world." At the 2014 White House Maker Faire he was introduced by President Obama as an American innovator making significant contributions to the fields of education and business.

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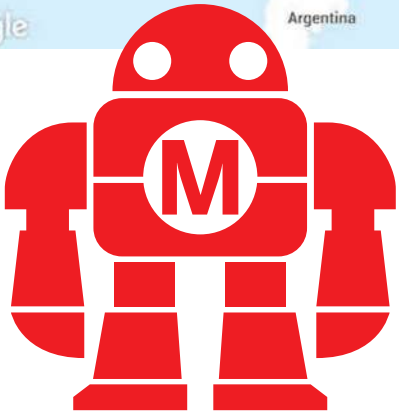
Comparative Titles by Other Authors	ISBN	On sale	Publisher	Price US/Can.
In The Realm Of Hungry Ghosts/Mate, Gabor Md/TR	9781556438806	1/10	North Atlantic Books	$17.95
More Beautiful World/Eisenstein, Charles/TR	9781583947241	11/13	North Atlantic Books	$19.95/$22.95
The Complete Do-it-Yourself Manual/Editors of Family Handyma...	9781621452010	10/2014	SIMON & SCHUSTER	$35.00
Encyclopedia of Country Living, 40th Anniv./Emery, Carla/TR	9781570618406	01/2012	Random House	$29.95
Mini-Farming/Self-Sufficiency/Markham, Brett/TR	9781602399846	01/2010	Perseus Distribution	$18.95
Self-Sufficient Life and.../Seymour, John/HC	9780756654504	01/2009	DK Publishing	$35.00
3D Printing For Dummies/Kalani Kirk Hausman/TR	9781118660751	01/2014	Wiley	$29.99

MAKER FAIRES AROUND THE WORLD

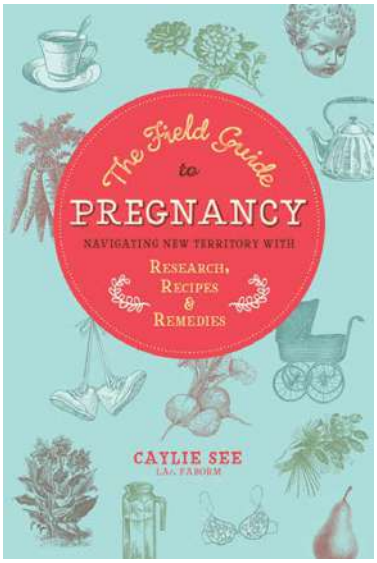


For a complete listing of participating cities, please visit makerfaire.com/map/

- The book takes readers on a guided international tour of the phenomenon known as the Maker Movement, a social revolution that is changing what gets made, how things are made, where things are made, and who gets to make them.
- Written by the genius behind the Maker Movement: Dale Dougherty, creator of *MAKE: Magazine* and the Maker Faire.
- Maker Faires are a global sensation, with dozens taking place throughout the world: Rome, Paris, Barcelona, Melbourne, Rio, Shanghai, Tokyo, Seoul, and beyond.

WATCH DALE'S TED TALK: WE ARE MAKERS

Visit http://bit.ly/Maker-TED



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978-1-62317-089-9
$14.95/$19.50

BISAC 1: Health & Fitness - Pregnancy & Childbirth
BISAC 2: Health & Fitness - Women's Health
Page Count: 240 **Trim Size:** 6 x 9
Carton Count: 24

Marketing and Publicity

Publicist: Bevin Donahue

- Print galleys and electronic review copies available prior to publication by request
- Advance outreach to national magazines, websites, and radio both nationally, and in top ten media markets.
- Author penned articles, interviews, and reviews in relevant print and online publications

- Spotlight feature on NorthAtlanticBooks.com
- Featured book in North Atlantic Books Newsletter
- Featured article on NAB Blog
- Goodreads giveaway
- Facebook advertising
- Pinterest campaign
- Promotional video

The Field Guide to Pregnancy

Navigating New Territory with Research, Recipes, and Remedies

Caylie See, L.Ac., FABORM

A comprehensive, accessible "field guide" combining the best of Eastern and Western perspectives on symptoms women might encounter while pregnant--with information, resources, insights, remedies, and recipes to bring comfort during what can be a daunting, decision-filled time

For women who are tired of glib answers and dumbed-down advice, Caylie See has written this pragmatic, insightful, and straightforward guide to finding the best information, resources, and foods to nourish their pregnancies. Balancing Eastern and Western medical perspectives, remedies, and recipes, See outlines the various symptoms that women might experience from month to month, in the typical order that they appear, and addresses the explanations for each symptom from both a Eastern and Western viewpoint before going on to offer what medical research has to say about the symptom, mainstream solutions, and time-tested traditional Eastern remedies and recipes, with a modern spin. Women who feel excited, overwhelmed, terrified, or just plain curious about their prenatal journey and who want to use natural food and plant-based remedies for happier, healthier, and more comfortable pregnancies will find a trustworthy, enjoyable, and comprehensive guide in this book.

- HUGE AUDIENCE: In the U.S., about 3,302,684 women are pregnant at any given time. In addition to bookstores and online, this book can be sold in gynecology and fertility offices, yoga and Pilates studios that offer prenatal classes, hospitals and birthing centers, and other places where women seek both pregnancy and post-partum resources Other venues include fertility and pregnancy conferences.
- ONLY BOOK ON SUBJECT TO TAKE CONTEMPORARY EAST-WEST APPROACH
- DIFFERENT, REALISTIC VOICE: Many books on pregnancy describe "the glow" and give dumbed-down information without tackling the real doubts, fears, and discomforts that pregnant women face. This book legitimizes women's true concerns that they may not think are normal or acceptable, while offering straightforward, practical ways of coping with the symptoms of pregnancy.
- APPEALS TO HEALTH PROFESSIONALS AS WELL AS GENERAL READERS: There are approximately 30,000 licensed acupuncturists licensed in the United States. This book is aimed at helping acupuncturists guide their patients with useful advice.
- AUTHOR WELL-RECOGNIZED IN HER FIELD, WITH IMPRESSIVE CREDENTIALS: See is a board-licensed acupuncturist and herbalist, founder of the successful Acupuncture Clinic in San Francisco, and Executive Director of Integrative Fertility, which provides acupuncture at distinguished reproductive endocrinology centers in the Bay Area. She has held teaching positions at academic institutions, is Founding Vice President and Fellow of the American Board for Oriental Reproductive Medicine, and her research has been published in journals such as *The Journal of Clinical Oncology* and *The Journal of Alternative and Complementary Medicine*. She is trained as a doula.
- FILLS MANY NICHES: Fits in the D.I.Y./crafting market, as well as holistic health, nutrition, and alternative medicine.

About the Author/Illustrator

Author Residence: San Francisco, CA **Author Hometown:** San Francisco, CA

CAYLIE SEE is a board-licensed acupuncturist and herbalist, founder of the successful Acupuncture Clinic in San Francisco, and executive director of Integrative Fertility, which provides acupuncture at distinguished reproductive endocrinology centers in the San Francisco Bay Area. She has seen hundreds of women through their fertility journeys and into successful pregnancies. Her research has been published in journals such as *The Journal of Clinical Oncology* and *The Journal of Alternative and Complementary Medicine* and she has taught at the California Institute of Integral Studies, University of California-San Francisco, and the Acupuncture and Integrative Medicine College in Berkeley. In addition to her extensive clinical experience in women's health, See has trained as a doula and attended numerous births. Her passion lies in seeing women through the full spectrum of their experience.

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Sacred Pregnancy/Daulter, Anni/TR	9781583944448	5/12	North Atlantic Books	$19.95/$23.95
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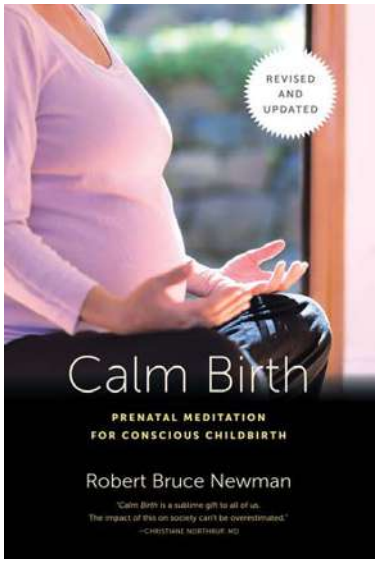
The Pregnancy Countdown/Susan Magee/TR	9781594745737	4/2012	Quirk	$14.95
The Healthy Pregnancy Book/Sears, Sears & Snell/TR	9780316187435	09/2013	HACHETTE BOOK GROUP	$17.00



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BISAC 1: Health & Fitness - Pregnancy & Childbirth
BISAC 2: Body, Mind & Spirit - Healing - Prayer & Spiritual
BISAC 3: Health & Fitness - Women's Health
Page Count: 252 **Trim Size:** 6 x 9
Carton Count: 28
Illustrations: 36 B&W IMAGES

Marketing and Publicity

Publicist: Maren Fox

- Electronic galleys available for advance review
- Outreach to print and online media focused on health, alternative health and expecting mothers

- Blog feature during publication month
- Newsletter feature during publication month
- Home page feature on publication month

Calm Birth, Revised

Prenatal Meditation for Conscious Childbirth

Robert Bruce Newman

For pregnant women and birth workers looking for empowering mind-body practices for a healthier kind of birth

The "trauma of childbirth" is a commonly heard phrase, but one that Calm Birth authoritatively counters. A resource for pregnant women and birth workers looking for empowering mind-body practices for a healthier kind of birth, this edition, revised with updated research and new material, shows how we can restore childbirth to its sacred status. The Calm Birth method, based on successful programs of the Harvard Medical School and the University of Massachusetts Medical Center, combines three proven practices--relaxation, meditation, and healing--with current scientific knowledge to nurture the expectant mother's natural ability to give birth in true harmony with her body and her baby. Newman contextualizes the multilayered method within the existing literature of mind-body medicine and meditation science, as well as the meditation traditions from which two of the methods originate. In eight inspiring case studies of women who have experienced calm births, the author complements the thoughts of renowned experts including Carlos Castaneda and Carolyn Myss.

With 25% new material, this revised edition contains a new foreword by Sandra Bardsley, updated research in the fields of meditation, birth, and the prenatal period, two new birth stories, three new chapters, and new photo documentation.

- PROVIDES ALTERNATIVE TO MEDICAL BIRTH: Discusses the state of childbirth care and provides a healthier alternative; offers a tool to empower the immune system, speed healing, and connect with baby.
- PROMOTES BONDING: The Calm Birth method offers an empowering technique for women and their partners in pregnancy, childbirth, and parenthood and helps facilitate prenatal bonding for mother and partner.
- MEDITATION: Shows the power and potential of prenatal meditation for women, partners, and childbirth professionals; a healthy addition to any type of birth, the Calm Birth meditation method is based the mind-body medicine programs of the Harvard Medical School and the University of Massachusetts Medical Center, and years of training with Tibetan Buddhist meditation teachers

- "[*Calm Birth*] is a blessing to us all.... The impact of it on society can't be overestimated."--Christiane Northrup, MD
- "I love *Calm Birth.* It's a superb guide not just for mothers-to-be, but also for midwives and OB-GYNs. Fathers-to-be should read it as well. The lessons learned in this book will extend into the lives of new mothers long after delivery."--Larry Dossey, MD

About the Author/Illustrator

Author Residence: Ashland, OR **Author Hometown:** New York, NY

After graduating from UC Berkeley, Robert Bruce Newman dedicated himself to advanced studies and training with respected Buddhist teachers. After more than 12 years of training he was authorized to teach a more complete kind of mindfulness meditation, based on complete breathing. His training was such that he was accepted as a teacher of mind-body medicine in hospitals in Oregon, California, and New Jersey. In 1998, he began to present a new childbirth practice, Calm Birth, in Oregon hospitals and has since presented the Calm Birth method four times at world congresses of the Association for Prenatal and Perinatal Psychology and Health (APPAH) and was asked to present the method at the University of Michigan Medical School and at Bastyr University. The program has teachers in 15 countries around the world.

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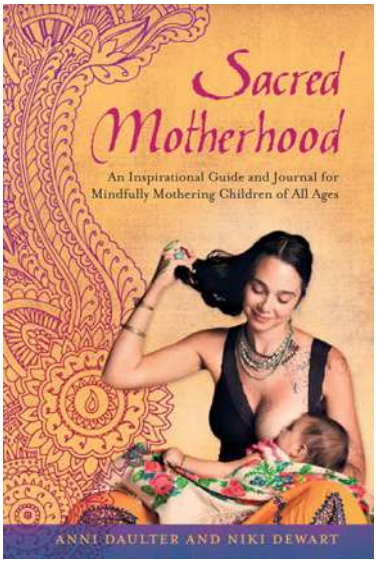
Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
Calm Birth/Newman, Robert Bruce/TR	9781556436123	11/05	North Atlantic Books	$15.95/$19.95
Calm Healing/Newman, Robert/TR	9781556436260	12/06	North Atlantic Books	$17.95/$23.00
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Windows To The Womb/Chamberlain, David/TR	9781583945513	1/13	North Atlantic Books	$19.95/$23.95
Sacred Pregnancy/Daulter, Anni/TR	9781583944448	5/12	North Atlantic Books	$19.95/$23.95
Secret Life Of Babies/Kalef, Mia Dc/TR	9781583948033	5/14	North Atlantic Books	$16.95/$19.95
Origins/Annie Murphy Paul/TP	9780743296632	7/11	Free Press	$16.00
Childbirth Without Fear/Grantly Dick-Read/TP	9781780660554	5/13	National Book Network	$17.95
Mindful Birthing/Nancy Bardacke/TP	9780061963957	7/12	HarperCollins Publishers	$19.99



ON SALE 7/5/2016
NORTH ATLANTIC BOOKS
TRADE PAPERBACK

978-1-62317-004-2
$21.95/$28.99

BISAC 1: Family & Relationships - Parenting - Motherhood
BISAC 2: Self-Help - Personal Growth - Happiness
BISAC 3: Body, Mind & Spirit - Healing - General
Page Count: 464 **Trim Size:** 6 x 9
Carton Count: 12
Illustrations: 70 COLOR PHOTOS

Marketing and Publicity

Publicist: Bevin Donahue

- Electronic galleys available for review
- Advance outreach to parenting magazines and websites
- Outreach to print media in parenting and green/healthy living (e.g., Mothering, Natural Health, Pregnancy, Ode, Whole Living)
- Online outreach to media in parenting and green/healthy living (e.g., Daily Candy Kids, Mindful Mama, Green Moms, Peaceful Daily)
- Excerpts, author penned articles, and Q&As with mom blogs

- Blog feature during publication month
- Special Mother's Day exclusive preview on NorthAtlanticBooks.com
- Newsletter feature during publication month
- Homepage special feature on publication month
- Facebook and Google advertisements

Sacred Motherhood

An Inspirational Guide and Journal for Mindfully Mothering Children of All Ages

Anni Daulter and Niki Dewart

***Sacred Motherhood* offers spiritual and emotional support for women as they cross the threshold from pregnancy into motherhood. It cultivates the personal growth of any woman immersed in the daily gifts and challenges of motherhood and especially those already drawn to the rapidly growing Sacred Living Movement.**

Presenting 52 weeks--a year on the path of motherhood--of thoughtful prompts and helpful information inviting women to reflect and write, and then return to the mothering tasks at hand armed with a fresh perspective, practical tips, and creative ideas for enriching family life, *Sacred Motherhood* spans the sacred and the mundane. With each chapter illuminating an area of interest that is likely to arise as the mothering journey unfolds, it allows woman to reflect deeply on the transformative experience of mothering.

- NETWORK: Anni Daulter is a marketing and public relations force. She founded a Sacred Pregnancy sisterhood both online and on the ground, to offer Sacred Pregnancy circles for community and consultation. Daulter has extensive contacts in the birthing and natural family community, including close editorial contacts at *Kiwi, Martha Stewart Living, Goop, Real Simple Magazine,* and more.
- PRAISED AUTHOR: Countless mothers in-the-know (Gwyneth Paltrow, Gwen Stefani, Ricki Lake, Abby Epstein) and bloggers (YourOrganicChild.com, SuperHealthyKids.com) are raving over Daulter's previous titles. Sacred Pregnancy received great reviews from Ricki Lake, Mayim Bialik, Shiva Rose, *Fit Pregnancy Magazine,* and many more.
- WIDE AUDIENCE: There are approximately 84.5 million mothers in the United States and they represent a $2.4 trillion market.
- AUTHOR COMMUNITY: Anni Daulter is creator of the Sacred Living movement with a host of programs and a built-in following (sacredlivingmovement.com). The movement has a collective of 100,000 fans on all social media and 10,000 newsletter subscribers.
- BEAUTIFUL: Design-focused with beautiful photos
- MEANINGFUL RESOURCE: Content honors mothers, is inspiring and engaging; in addition to being a guide and a journal, it is full of creative ideas for enhancing family life and cultivating mindful motherhood

About the Author/Illustrator

Author Residence: Boulder, CO **Author Hometown:** Orange, CA

Anni Daulter is the author of *Sacred Pregnancy* and founder of the Sacred Living movement. Daulter has been a conscious parenting advocate and organic cook for many years, helping many families take a holistic approach to pregnancy, birthing, parenting, and living. She travels the world teaching birth workers her program for Sacred Pregnancy, Sacred Relationship, I AM sisterhood, and Sacred Sweeties Summer Camp for girls and their mothers. In addition to *Sacred Pregnancy,* Daulter has authored five books. Niki Dewart is coauthor of *The Mother's Wisdom Deck*. Both independently and in collaboration with Sacred Pregnancy, Dewart leads rituals, workshops, and retreats that nurture the soul of mothering. She has led youth rites of passage for the Ojai Foundation and guided experiential pilgrimages focused on ritual arts, healing traditions, and indigenous wisdom in Egypt, Peru, Ireland, and Native America for the Institute of Noetic Sciences and Cross Cultural Journeys. She is also a founder of Applesong--a pioneering cottage school that nourishes the bodies, minds, and spirits of children in her community--and the creator of New Moon Daughters, a girls' coming-of-age program.

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Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
Sacred Pregnancy/Daulter, Anni/TR	9781583944448	5/12	North Atlantic Books	$19.95/$23.95
Organically Raised/Anni Daulter with Sha...	9781605296432	5/10	Rodale Books	$21.99
Bountiful Baby Purees	9781592335169	9/12	Fair Winds Press	$19.99
Ice Pop Joy/Anni Daulter/TC	9781416206255	3/11	Sellers Publishing Inc	$18.95
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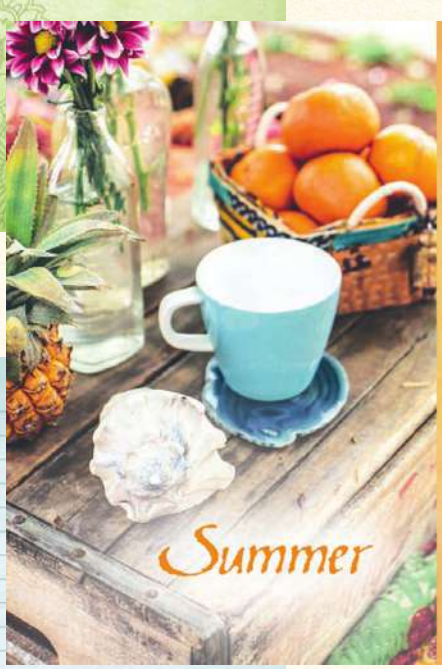
Magical Parent Magical Child/Mendizza, Michael/TR	9781556434976	5/04	North Atlantic Books	$17.95/$22.50

week 4

Mother Love

expanding your heart



Summer

Ocean
Inner Child
Innocence
Emotions
Dirt
Sticky
Watermelon
The Senses
Embodiment
Freedom
Instinct
Sensuality
Popsicles
Fear
Red-Hot Love
The Present Moment
Nurturing
Wonder
Trust

journal on

Intuition

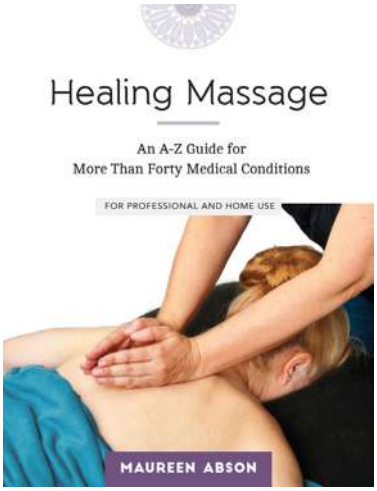
Sometimes heeding the voice of your intuition requires asking your judging mind to pipe down! For this exercise, we invite you to set a timer for ten minutes, and commit to keeping your pen moving the entire time—no pausing, no editing—only pure flow from the inside out. When you are ready, respond to the following prompt: THE WISE WOMAN WITHIN KNOWS ...

238 WEEK 18

week 18

Sacred Play

awakening your inner child



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Healing Massage

An A-Z Guide for More than Forty Medical Conditions: For Professional and Home Use

Maureen Abson

***Healing Massage* is a practical, detailed, and accessible guide to treating a wide range of medical conditions using massage.**

This practical, detailed, and accessible guide to using massage to treat a range of medical conditions will educate and empower both massage practitioners and non-professionals who want to safely and effectively make a difference in the well-being of a friend or family member. Bringing together Eastern and Western understandings of the body, health, and wellness, this user-friendly sourcebook defines and details each medical condition, any contraindications to massage, and massage protocols and instructions, including how often treatment should be administered. *Healing Massage* can make treatment and pain relief both available and affordable to those who might not have access to expensive professional treatment. It can also provide substantial and detailed information to practitioners not familiar with a specific condition. Written by a leading massage practitioner and international teacher, this book will be a will be an essential reference in the office or at home.

- BROAD potential market
- APPEALS to health professionals as well as to general readers
- ACCESSIBLE and easy to read
- FULL-COLOR photos and illustrations make techniques clear to the reader
- EASTERN AND WESTERN approaches compliment each other in this approach to healing massage
- AFFORDABLE alternative to costly specialized textbooks on therapeutic massage
- HOLISTIC approach to healing

About the Author/Illustrator

Author Residence: Preston, Lancashire, England **Author Hometown:** Hartlepool, England

Maureen Abson came into the world of massage through an unusual route having started her working life teaching in a men's high security prison before going on to lecture in Business and Education at Edge Hill University. She left there for a new challenge and worked for 18 months in the homeless sector before deciding on a complete career change and training in massage. Having worked alongside a team of chiropractors for 3 years while at the same time building her own practice she then started teaching for an Australian based massage school travelling extensively to train students including in the UK, Canada, Australia, New Zealand, Israel and running workshops on retreat in Hawaii and Indonesia. During this time Abson started to develop her own massage style which integrated both Western and Eastern understandings of the body and drawing from massage styles around the world. In 2015 she established Fusion Massage Training© to be able to teach her techniques to a wide range of both new and existing practitioners.

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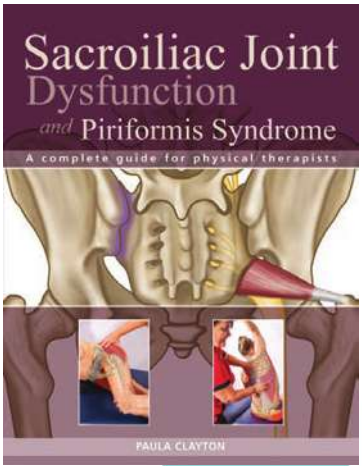
Concise Book Of Trigger, Third/Niel-Asher, Simeon/TR	9781583948491	9/14	North Atlantic Books	$29.95/$35.00
Basic Clinical Massage Therapy / Clay, James; Pounds, David...	9780781756778	2008	LWW	$76.99
A Massage Therapist's Guide to Pathology/Werner, Ruth/TR	9781608319107	03/2012	LWW	$73.99
Massage Therapy Principles and Practice/Salvo, Susan/TR	9781437719772	08/2011	Saunders	$83.95



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Carton Count: 24
Illustrations: 200 COLOR ILLUS

Marketing and Publicity

Publicist: Bevin Donahue

- Advance electronic review copies available by request
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- Featured book on NorthAtlanticBooks.com
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- Email blast to massage and bodywork schools and professionals
- Email blast to orthopedic journals

Sacroiliac Joint Dysfunction and Piriformis Syndrome

The Complete Guide for Physical Therapists

Paula Clayton

A complete guide to treating SI Joint dysfunction or Piriformis Syndrome combines multiple techniques to get quicker and more resilient results

This complete guide to treating patients with SI Joint dysfunction or Piriformis Syndrome combines multiple techniques--rather than the usual single approach--to get quicker and more resilient results. Focusing on the practical application of skills acquired in twenty years of treating elite athletes, Paula Clayton provides a comprehensive guide to the latest discussions of the therapeutic handling of fascial tissue, dry needling, instrument assisted soft tissue manipulation, and dynamic taping. Presenting material formerly unavailable in one volume, this book provides evidence-based information on fundamental principles that enable practitioners to map approaches to dysfunction and injury before attempting hands-on treatments. Superbly designed for ease of use and supported with illustrations that clarify and complement the text, this book puts decades of experience and research at readers' fingertips, expanding their ability to both improve their practice and educate their patients.

- EXPERT AUTHOR: Clayton worked in Premiership & Championship football for four years before moving to the English Institute of Sport and British Athletics as the senior performance therapist in Birmingham from 2003 - 2014. She traveled with the British Athletics team to international competitions including Commonwealth Games, World and European Championships, and three Olympics including London in 2012. She has an MSc in Sports Injury Management and an MSc in physiotherapy. She teaches advanced soft tissue therapy and performance therapy and writes regularly for *Sportex Medicine* and *Dynamics*. She is director on the board of the SMA (Association for soft tissue therapists) and runs two successful sports injury clinics in Shropshire.
- BIG NAME FOREWORDS: **Neil Black**, Performance Director for British Athletics. **Gerry Ramogida**, internationally recognized chiropractor and performance therapist who has served on many Canadian national teams and across a wide range of sports from football, soccer, ice hockey and athletics. Lead performance therapist for the 2012 London Olympics where teams he treated won six medals, including four gold medals. **Ryan Kendrick**, BPhty, MPhtySt (MSK), Musculoskeletal Physiotherapist, developer of Dynamic Tape and has taught in over 15 counties including professional clubs, universities, and the U.S. Army and Navy Seals.
- ONLY BOOK OF ITS KIND: First book to offer "one stop shop" of information gathered in one volume, whereas before practitioners had to consult various books to access information collected here.
- AGING POPULATION AND PEOPLE LIVING LONGER EQUALS GROWING AUDIENCE: Life expectancy increased throughout the twentieth century with more adults living beyond 60 years than at any point in history. The World Bank predicts that by 2050, at least 25% of the public expenditure of developed nations will be allocated to health care and pensions. Physical activity has been identified as a lifestyle behavior that is central to adaptive and active ageing, and seniors are becoming more and more active, but dysfunction and injury often accompanies exercise. This book is key to keeping people active and moving, with techniques that promote resilience and inhibit repeated injury.

About the Author/Illustrator

Author Residence: South Shropshire, UK **Author Hometown:** Hanover, Germany

PAULA CLAYTON has an MSc in Sports Injury Management and an MSc in physiotherapy. She teaches advanced soft tissue therapy and performance therapy workshops. She writes regularly for Sportex Medicine and Dynamics, and is a director on the board of the SMA (Association for soft tissue therapists). Clayton runs two successful sports injury clinics in Shropshire and Worcestershire.

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Fascial Release Structural/Myers, Thomas/TR	9781556439377	11/10	North Atlantic Books	$34.95/$40.00
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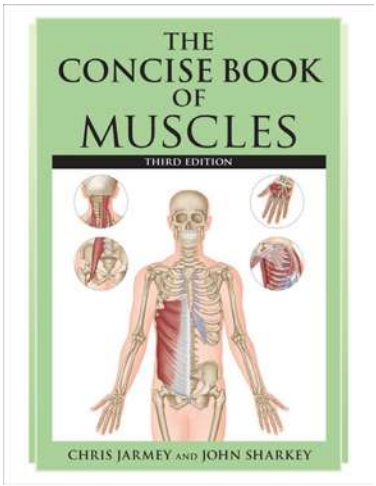

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Illustrations: 300 COLOR ILLOS

Marketing and Publicity

Publicist: Marina Snyder

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The Concise Book of Muscles, Third Edition

Chris Jarmey and John Sharkey

Updated with the latest human anatomy and biomechanics research, the third edition of this authoritative, best-selling book offers a comprehensive introduction to the muscular system.

Detailed, full-color anatomical drawings and clear, succinct text identify all the major muscles, showing the origin, insertion, action, and innervation of each muscle, with line drawings showing stretching and strengthening exercises for each muscle. This book is unique as it takes complicated topics relevant to medical students and others entering the world of anatomy and movement making these topics accessible and easy to understand. John Sharkey (Clinical Anatomist and Exercise Physiologist) has edited this best selling book and brought it up to date with additional information concerning human anatomy and biomechanics. Readers will be introduced to the new emerging explanation of living motion and human architecture BioTensegrity. Newly updated material on clinical anatomy ensures that students have accurate anatomical information concerning nerves, myofascial structures and actions.

- SUCCESSFUL BOOK: The combined sales of the first two English-language editions total nearly 75,000 copies.
- SUCCESSFUL SERIES: The "Concise Book" series began with the original edition of this book, and continued with The Concise Book of Trigger Points, which also sells very well.
- AUTHORITATIVE: John Sharkey has co-authored multiple books about anatomy and bodywork, and is the chief author of this new revision.
- HIGH QUALITY: This book's detailed color illustrations and clear, concise text make it an invaluable reference book for health care professionals, bodyworkers, and general readers.

About the Author/Illustrator

Author Residence: Dublin, Ireland **Author Hometown:** Dublin, Ireland

John Sharkey is a clinical anatomist and exercise physiologist of more than thirty years. He is director of Ireland's National Training Center, and the Irish College of Osteopathic Medicine. John is a member of the editorial team for the Journal of Bodywork and Movement Therapies, a reviewer for the International Journal of Osteopathic Medicine and the International Journal of Therapeutic Massage and Bodywork. An accepted and recognized authority and researcher in clinical anatomy, human movement and manual medicine, Sharkey is a popular international presenter and keynote speaker.

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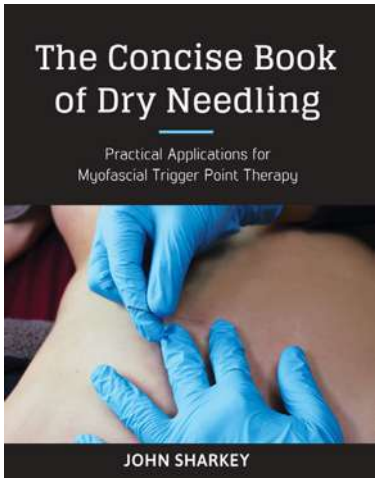

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Carton Count: 24
Illustrations: 250 COLOR ILLUS

Marketing and Publicity

Publicist: Julia Kent

- Advance electronic review copies available by request
- Targeted outreach to relevant print and online publications (acupuncture, traditional Chinese medicine, alternative health)

- Featured book on NorthAtlanticBooks.com
- Featured book in North Atlantic Books Newsletter
- Featured article on NAB Blog
- Email blast to traditional Chinese medicine schools

The Concise Book of Dry Needling

A Practitioner's Guide to Myofascial Trigger Point Applications

John Sharkey

A concise, comprehensive, and well-illustrated reference for therapists in training on dry needling by an expert in the field as well as an accredited clinical anatomist. Provides accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine, filiform needle.

A major development in the safe and effective treatment of myofascial trigger points and myofascial pain, this book is a concise, comprehensive, and well-illustrated reference on dry needling. John Sharkey--an international authority on myofascial trigger points, myofascial pain, myofascial trigger point dry needling, and neuromuscular therapy as well as an accredited clinical anatomist--draws on his thirty years of experience in bodywork and movement therapy to provide accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine, filiform needle. The ideal accompaniment to course notes and the perfect tableside reference guide, this book describes the origin, etiology, and pathophysiology of the myofascial trigger point as well as indications and contraindications for myofascial trigger point dry needling. Instructive illustrations support the text, along with standards and guidelines that ensure safe, effective, and appropriate application.

- EXPERT AUTHOR: Sharkey is recognized as the leading authority on the subject, with 30 years' practicing, teaching, and research experience. Teaches and speaks throughout Europe.
- CLEAR, ABUNDANT ILLUSTRATIONS AND EASY-TO-USE FORMAT: Designed for ease of use as a quick reference for study or in the office.
- FOCUSED MARKET: Physical therapy practitioners and students of dry needling will recognize the authority of this book.
- ORIGINAL THESIS: The author gives a new explanation of human anatomy and human movement based on his thirty years' of study and his unique dissection experience. He uses a new paradigm regarding the etiology of chronic pain.

About the Author/Illustrator

Author Residence: Dublin, Ireland **Author Hometown:** Dublin, Ireland

JOHN SHARKEY is a clinical anatomist and exercise physiologist of more than thirty years. He is director of Ireland's National Training Center, and the Irish College of Osteopathic Medicine. John is a member of the editorial team for the Journal of Bodywork and Movement Therapies, a reviewer for the International Journal of Osteopathic Medicine and the International Journal of Therapeutic Massage and Bodywork. An accepted and recognized authority and researcher in clinical anatomy, human movement and manual medicine, Sharkey is a popular international presenter and keynote speaker.

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Healing Through Trigger Pt The/Starlanyl...	9781583946091	8/13	North Atlantic Books	$29.95/$35.00
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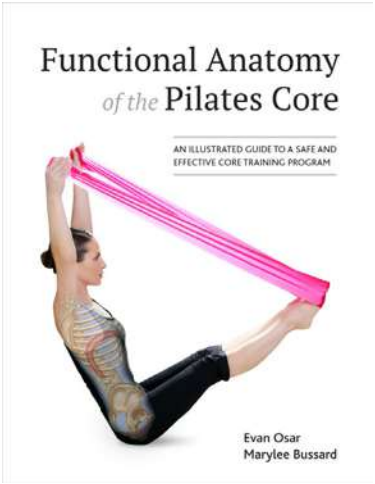

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Functional Anatomy of the Pilates Core

An Illustrated Guide to a Safe and Effective Core Training Program

Evan Osar and Marylee Bussard

As a detailed illustrative guide to the functional anatomy of the core, this book is distinct from the many other books on the subject because it blends the most current research around core stabilization with the six fundamental Pilates principles. It is a comprehensive investigation into the application of the core both for academics and practitioners.

Whether the reader is an academic, a professional teacher, or a Pilates practitioner, *Functional Anatomy of the Pilates Core* will provide profound insights into the central emphasis of the method: core stabilization. Pilates is widely accepted and utilized as a system that promotes health and proper movement patterns through the development of balanced muscles, joint alignment, and core control. Here, the six fundamental principles--Centering, Concentration, Control, Precision, Breath, and Flow--are explained in the light of current research on neuroplasticity (the brain's capacity to reorganize itself be developing new neuronal connections), and on the function of fascia (the matrix-like connective tissue of the body). When the principles of functional anatomy are not considered during exercise application, muscle imbalances, chronic tightness, and even pain can result. Clearly written, and beautifully illustrated with over 110 full-color illustrations, *Functional Anatomy of the Pilates Core* reveals the missing connection between functional anatomy of the core--how human bodies stabilize and move--and its application during the fundamental core exercises.

- Pilates has over twelve million regular practitioners, and over fourteen thousand instructors in the United States.
- Written for enthusiasts, practitioners, and fitness professionals.
- Details how the core functions using clear research-based writing and over 110 full-color illustrations.
- Provides simple, easy-to-use strategies for relieving discomfort and improving pain-free movement.

About the Author/Illustrator

Author Residence: Chicago, IL **Author Hometown:** Trenton, NJ

Dr. Evan Osar is an internationally recognized author and industry expert in the fields of functional anatomy, corrective exercise, and functional rehabilitation and training. Osar has authored several books, manuals, and DVDs for the health and fitness professional, including the highly acclaimed Corrective Exercise Solutions to Common Hip and Shoulder Dysfunction. His many articles and videos for the on-line newsletters Fitness Insider cover a variety a topics including but not limited to posture, functional anatomy, rehabilitation, corrective exercise, and functional training for Fitness Education Seminars, which currently has over 12,000 YouTube subscribers and over 2,000,000 visits. He is also a regular contributor to PTontheNet and ECA on-line newsletter. Dr. Osar is a regular presenter for Fitness Education Seminars, ECA World Fitness, SCW Fitness, and the Perform Better Functional Training Summits. He has been invited to speak at the 2013 Annual British Chiropractic Association as well as the 2014 Norway Chiropractic Association Annual meetings. He is the developer of the Integrative Movement System(TM), a principle-based approach to training and conditioning the general population.

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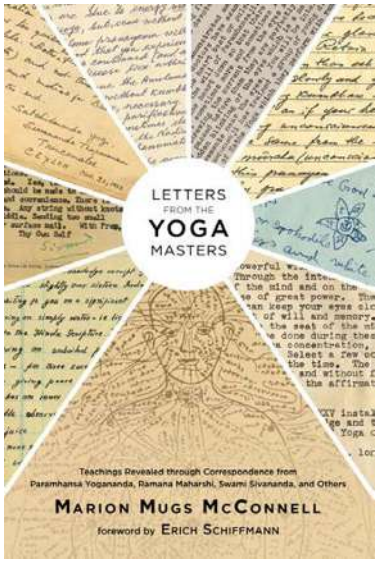
Pilates Anatomy/Isacowitz, Rael/TR	9780736083867	03/2011	Human Kinetics	$19.95
The Pilates Body/Siler, Brooke/TR	9780767903967	01/2000	Harmony	$18.95
Pilates: Body in Motion/Ungaro, Alycca/TR	9780789484000	03/2002		$15.00
The Vital Psoas Muscle/Staugaard-Jones, Jo Ann/TR	9781583944585	8/12	North Atlantic Books	$19.95/$23.95
Anatomy Of Stretching, 2nd Ed./Walker, Brad/TR	9781583943717	10/11	North Atlantic Books	$24.95/$27.95
Concise Book Of Muscles, 2nd/Jarmey, Chris/TR	9781556437199	8/08	North Atlantic Books	$29.95/$34.00



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BISAC 3: Religion - Eastern
Page Count: 360 **Trim Size:** 6 x 9
Carton Count: 20
Illustrations: 85 B&W IMAGES

Marketing and Publicity

Publicist: Maren Fox

- Electronic galleys available for advance review
- Outreach to print and online publications focused on spirituality, yoga, Buddhism, and mindfulness
- Outreach to author's local media in British Columbia, Canada

- Blog feature during publication month
- Newsletter feature during publication month
- Home page feature on publication month

Letters from the Yoga Masters

Teachings Revealed through Correspondence from Paramhansa Yogananda, Ramana Maharshi, Swami Sivananda, and Others

Marion (Mugs) McConnell

This book provide a unique glimpse into the lives and thinking of famous yoga masters through their correspondance with Dr. Harry Dickman.

Containing a treasure trove of previously unavailable material, this intimate and insightful account of the life of Dr. Harry Dickman, referred to by Swami Sivananda as "the yogi of the west," features more than fifty years of correspondence between Dickman and well-known yoga masters such as Swami Sivananda, Ramana Maharshi, Paramhansa Yogananda, and almost one hundred others. Marion (Mugs) McConnell, Dickman's student, has created a brilliant and loving tribute to her teacher, who founded the Latvian Yoga Society in the early 1930s and later spread his knowledge in the US with the blessings of Paramhansa Yogananda, author of *Autobiography of a Yogi.* Offering a broad range of information on yoga history, theory, and techniques from a variety of different paths, *Letters from the Yoga Masters* also presents detailed teachings about pranayama, mudras, diet, and much more, all interwoven with stories and personal anecdotes.

- REVEALS UNIQUE, NEVER-SEEN-BEFORE INFORMATION: Based on 750 letters spanning fifty years, the material in this book has never before been available. Containing rare personal correspondence from almost one hundred yogis across a broad range of practices, this book uncovers a hidden treasure of primary material, often presented in the yogis's own words. Facsimile pages of handwritten letters convey the personal and intimate quality of the content.
- ENCOMPASSES A BROAD RANGE OF APPROACHES TO YOGA: More than fifty masters from different lineages explain their unique techniques and practices regarding pranayama, mudras, diet, philosophical discussion, inquiry, and theory. The reader gains an unparalleled perspective on the many origins of yoga in the West. Unlike many books that concentrate on a particular school of yoga, this one takes a more comprehensive view and therefore provides a broader historical and theoretical context for the discipline.
- HUGE AUDIENCE: From 2008 to the present, the number of Americans who regularly practice yoga has grown 29% to over 30 million, and spending on yoga-related products has nearly doubled in that same time frame from $5.7 billion to $10.3. The estimated number of yoga teachers in the US is 70,000 and growing. A current search of yoga books on Amazon returns more than 40K entries.

About the Author/Illustrator

Author Residence: Scotch Creek, BC, Canada **Author Hometown:** Creston, BC, Canada

MARION (MUGS) MCCONNELL was first introduced to yoga as a teenager in 1971. She has been practicing yoga for 41 years and teaching for 36 years. Her passion for this ancient practice and its many boundless layers of wisdom beyond the physical led her to study under Swami Vishnudevananda where she graduated from the Sivananda Yoga Vedanta Centre as a Yoga Acharya in 1978. In 1979 "Mugs" became a student of Yogiraj Dr. Hari Dickman, a disciple of Swami Sivananda and Paramhansa Yogananda. McConnell has been the Canadian Representative for the International Yoga Teachers Association (IYTA) since 1982. She is a founding member (1995) of the South Okanagan Yoga Academy and co-creator of its teacher training program, a Yoga Alliance Registered Yoga School (RYS200/300 advanced), unique in its adherence to IYTA standards. She is an Experienced Registered Teacher with Yoga Alliance (E-RYT500), and has served on the Yoga Alliance Standards Committee since 2012. In 2012 Mugs received a Queen Elizabeth II Diamond Jubilee Medal for offering yoga in Canada and abroad for nearly 40 years. In 2013 she was the recipient of a Certificate of Appreciation form IYTA in recognition of her contributions to yoga around the world.

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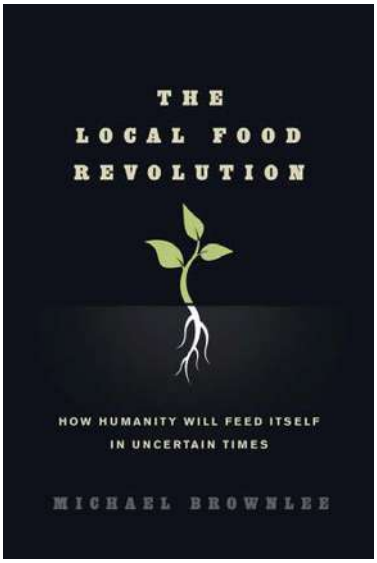
Comparative Titles by Other Authors	ISBN	On sale	Publisher	Price US/Can.
Teaching Yoga/Stephens, Mark/TR	9781556438851	5/10	North Atlantic Books	$22.95/$26.95
Yoga Adjustments/Stephens, Mark/TR	9781583947708	6/14	North Atlantic Books	$24.95/$28.95
Myths of the Asanas / Kaivalya, Alanna / TR	9781601090577	05/2010	Mandala Publishing	$19.95
Yoga Body / Singleton, Mark / TR	9780195395341	02/2010	Oxford Univ. Press	$17.95
Original Yoga / Rosen, Richard / TR	9781590308134	05/2012	Shambhala	$24.95
American Veda / Goldberg, Philip / TR	9780385521352	05/2013	Harmony	$15.00
The Goddess Pose: The Audacious Life of Indra Devi / Goldber...	9780307593511	06/2015	Random House	$26.95
Shadow Yoga, Chaya Yoga/Remete, Shandor/TR	9781556438769	1/10	North Atlantic Books	$18.95/$23.00



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BISAC 3: Business & Economics - Development - Sustainable Development
Page Count: 352 **Trim Size:** 6 x 9
Carton Count: 24
Illustrations: 5 B&W IMAGES

Marketing and Publicity

Publicist: Maren Fox

- Advance electronic review copies available by request
- Outreach to national newspapers, magazines, websites, and radio both nationally, and in top ten media markets
- Author penned articles, interviews, and reviews in relevant print and online publications

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The Local Food Revolution

How Humanity Will Feed Itself in Uncertain Times

Michael Brownlee

Michael Brownlee, cofounder of the nonprofit Local Food Shift Group, issues a call for a revolutionary movement to localize the global food supply and lays out a practical guide for navigating the challenging process of shaping the local or regional food system.

Michael Brownlee, cofounder of the nonprofit Local Food Shift Group, issues a clarion call and manifesto for a revolutionary movement to localize the global food supply and lays out a practical guide for those who hope to navigate the challenging process of shaping the local or regional food system. Demonstrating that humanity faces a near-term and prolonged global food crisis, he provides a roadmap for embarking on the process of righting the profoundly unsustainable and already-failing global industrialized food system. Brownlee charts the process by which localization of the global food supply unfolds in communities, regions, and foodsheds and suggests pathways forward that otherwise may remain invisible and unexplored. The book also considers some of the moral, economic, and social dilemmas and thresholds that might come to the fore as the local food shift develops.

- "EAT LOCAL" MOVEMENT GROWING EXPODENTIALLY: According to a Feb. 2013 Rabobank report, "Growing consumer demand for local foods has reached a tipping point, developing into a strong mainstream trend over the past decade and creating a structural competitive shift." Sales of local food in the U.S. is estimated at $12 billion in 2014, compared to the organic food segment which tallied approximately $39 billion in the same year--but the local food segment is growing far more rapidly, and is projected to eclipse the organic industry within the next few years. This emerging industry is driven by a rapidly-growing number of people who want to know more about where there food comes from, how it was grown, who produced it, and how it was treated in every step along the food supply chain. USDA reports that the number of farmers' markets has increased from 1755 in 1994 to 7175 in 2011.
- IN-PLACE MARKET FOR LOCAL FOOD BOOKS: Writers like Michael Pollan and Barbara Kingsolver have carved out a hungry readership for books about the meaning and importance of local food.

About the Author/Illustrator

Author Residence: Boulder, CO **Author Hometown:** Riverside, CA

Michael Brownlee has long been a catalyst in the process of food localization in Colorado, working to ignite, inspire, guide, and empower those who are facing the challenges and opportunities of localizing our food supply. The cofounder of nonprofit Local Food Shift Group (formerly Transition Colorado, the first official Transition initiative in North America), he's more recently been focusing his efforts on a single project: publishing a magazine to be the voice for the local food revolution in Colorado. He is copublisher of *Local Food Shift* magazine, whose first edition was published in September 2015.

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Sacred Economics/Eisenstein, Charles/TR	9781583943977	7/11	EVOLVER EDITIONS	$22.95/$25.95
Rebuilding the Foodshed/Ackerman-Leist, Philip/TP	9781603584234	1/13	Chelsea Green Publishing	$19.95
Where Am I Eating/Timmerman, Kelsey/TP	9781118966525	9/14	Wiley John and Sons	$19.95
Foodopoly/Hauter, Wenonah/TP	9781595589781	3/14	Perseus Distribution	$19.95
Voices of the Food Revolution/Robbins, John and Ocean Robbin...	9781573246248	5/13	Red Wheel/Weiser	$18.95
Altered Genes, Twisted Truth/Druker, Steven/TP	9780985616908	3/15	Chelsea Green Publishing	$21.95
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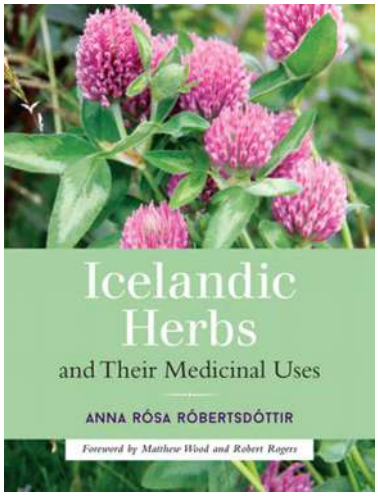
Stuffed and Starved/Patel, Raj/TP	9781612191270	6/12	Random House	$19.95
Food Justice/Gottlieb, Robert and Anupama Joshi/TP	9780262518666	1/13	MIT Press	$18.95



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BISAC 1: Health & Fitness - Herbal Medications
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BISAC 3: Nature - Plants - General
Page Count: 300 **Trim Size:** 7 x 9-1/4
Carton Count: 22
Illustrations: FULL COLOR PHOTOS THROUGHOUT

Marketing and Publicity

Publicist: Bevin Donahue

- Outreach to print media in holistic health and herbalism (e.g., *Natural Health*, *Whole Living*, *Herb Companion*, *Herbalgram*, *American Herb Association Quarterly*)
- Online outreach to websites, blogs, and forums in holistic health and herbalism (e.g., *Deepest Health*, *The Herbal Pharmacist*, *HealthyNewAge.com*)
- E-galleys available to press and book trade on Edelweiss
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- Webinar

Icelandic Herbs and Their Medicinal Uses

Anna Rosa Robertsdottir

A beautifully-illustrated, comprehensive compendium of the medicinal power of 90 Icelandic Herbs, 85 of which are found in North America. Includes history, uses, harvesting, drying, storage, and various preparations.

This beautifully illustrated, full color guide provides everything readers need to know about the medicinal powers of 90 native herbs of Iceland--85 of which also grow in North America. Anna Rosa Robertsdottir describes the history, uses, harvesting, drying, and storage of the plants, and includes a wealth of detailed instructions for their preparation--including infusions, decoctions, tinctures and syrups. Generous color photographs of both the leaves and flowers facilitate plant identification, allowing both amateur and professional herbalists to use the guide to full advantage. User-friendly layout, meticulous research, a wealth of detailed information, and an extensive bibliography make this an essential, one-of-a-kind reference for anyone interested in the subject.

For each herb, sidebars describe: Habitat, Parts used, Harvesting, Constituents, History, Action, Uses, Research, Dosage.

- POPULAR SUBJECT/HUGE MARKET: According to the NIH, the use of herbal medicinal products and supplements has increased tremendously over the past three decades, with not less than 80% of people worldwide relying on them for some part of primary healthcare. This book provides detailed, authoritative information for using more than 100 herbs for health and beauty.
- ATTRACTIVE, EASY-TO-USE DESIGN: Striking full-color photography on every page, with sidebars, easy-to-identify categories, and inviting format for user-friendly reading experience. Alphabetical organization makes reference easy.
- INTEREST IN ICELAND IS HIGH: Iceland topped *National Geographic's* Traveler Magazine's list of the world's best destinations in 2012; it was voted best destination by readers of Lonely Planet IN 2012; and voted Best Adventure Travel Destination at the annual *Sunday Times* Travel Magazine Readers Awards in 2011. This book provides a wealth of information on Icelandic history, lore, geography, and natural history.

- "Anna Rósa Robertsdottir has not only written one of Iceland's most comprehensive herb books, but has also added to our American herbal resources with this beautifully designed and well laid out book. Each plant is highlighted with gorgeous photos and very clear descriptions. I was delighted to find that though this book was written with Icelandic plants in mind, almost every one of the over 85 plants mentioned are found growing in abundance in North America."--Rosemary Gladstar, author of R*osemary Gladstar's Medicinal Herbs*
- "An excellent book in which Robertsdottir combines a scientific approach with ancient knowledge of Icelandic medicinal herbs. The work is characterized by professional, detailed descriptions of the herbs and their qualities, and is accompanied by many stunningly beautiful photographs. A unique reference guide. This book will become a classic!"--Dr. Jan Triebel, Specialist in Physical Medicine and Rehabilitation

About the Author/Illustrator

Author Residence: Iceland **Author Hometown:** Reykjavik, Iceland

ANNA ROSA ROBERTSDOTTIR studied medical herbalism at the College of Phytotherapy in the UK and is a member of the National Institute of Medical Herbalists. She has a ITEC Diploma in massage and a B.Sc. degree in business from the University of Reykjavik. For the past two decades she has run her own herbal practice and has taught many courses on medicinal herbs and their uses. She produces her own creams, ointments, and tinctures which are sold in most pharmacies and health shops in Iceland.

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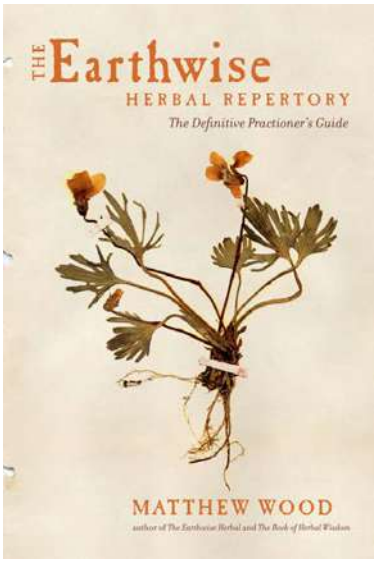
Earthwise Herbal, V2/Wood, Matthew/TR	9781556437793	4/09	North Atlantic Books	$29.95/$34.00
Rosemary Gladstar's Herbal Recipes for Vibrant Health/Gladst...	9781603420785	September 3, 20	Storey Publishing	$16.95
Winston & Kuhn's Herbal Therapy and Supplements/Winston & Ku...	9781582554624	October 22, 200	LWW	$29.95
Herbal Antivirals/Buhner/Tr	9781612121604	September 24, 2	Storey Publishing	$29.95
The Gift Of Healing Herbs/Bennett, Robin Rose/TR	9781583947623	3/14	North Atlantic Books	$24.95/$28.95



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BISAC 1: Health & Fitness - Herbal Medications
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Carton Count: 24

Marketing and Publicity

Publicist: Maren Fox

- Advance electronic review copies available by request
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- Featured book on NorthAtlanticBooks.com
- Featured book in North Atlantic Books Newsletter
- Featured article on NAB Blog
- Advertising at the International Herb Symposium

The Earthwise Herbal Repertory

The Definitive Practitioner's Guide

Matthew Wood

The first comprehensive herbal repertory, providing an invaluable cross-reference that takes the guesswork out of the application of medicinal plants, by an author with 35 years' experience treating tens of thousands of clients

Expert herbalist Matthew Wood takes the guesswork out of the application of medicinal plants in this first comprehensive herbal repertory, which provides an invaluable cross-reference of constitutional types, energetic categories, and specific symptoms that leads the herbalist to a limited number of possible herbs for a specific condition. Unlike many references in which medicinal plants are defined simply by condition or disease name, this book provides a basic plan for analyzing each case in a holistic fashion. The energetic (hot, cold, damp, dry, tense, relaxed) or action (sedative, stimulant, alternative, nutritive, relaxant, astringent, etc.) is cross-referenced with the organic, system, or function where the problem resides and specific symptoms known to indicate that specific herb or class of herbs. Drawing on his 35 years' experience as a practicing herbalist who has treated tens of thousands of clients, Wood incorporates knowledge from ancient Greek and traditional Native American medicine, the traditions of nineteenth-century botanical medicine, homeopathy, and modern biomedical research.

Designed to be used in combination with the practitioner's own knowledge of herbal remedies, disease conditions, organs, systems, pathology, and medicine, *The Earthwise Herbal Repertory* will benefit a wide variety of users relying on a wide variety of literature and personal experience. Suitable for both home and professional medicinal use, it will considerably broaden the ability of practitioners to plan the most effective course of finding and harnessing the full potential medicinal plants for healing a number of conditions.

- FIRST COMPREHENSIVE HERBAL REPERTORY: Medicinal plants are used in folk and professional medicine around the world, yet the indications for their use often lack specificity so that their application is often a matter of guesswork. This book corrects that problem by cross-referencing with the organic, system, or function where the problem resides.
- EXPERT AUTHOR WITH STRONG PRIOR SALES: Wood is recognized as one of the leading herbalists in the world, with seven prior books. The two previous Earthwise books have combined sales of more than 18K.
- SUITABLE FOR BOTH PERSONAL AND PROFESSIONAL USE

About the Author/Illustrator

Author Residence: Spring Valley, WI **Author Hometown:** Minneapolis, MN

Matthew Wood has been a practicing herbalist since 1982. He has seen and helped thousands of people with herbs and has taught thousands of students on three continents. His students now consult and teach throughout the world. He is known for his in-depth knowledge of the specific properties and symptoms indicating each herb. Matthew completed is BA in Field and Laboratory Botany, and he holds an MS (Herbal Medicaine) from the Scottish School of Herbal Medicine. He is a member of the American Herbalist Guild, and the author of seven books on herbal medicine, including The Book of Herbal Wisdom. He is nowhere more at home than in a garden or a forest.

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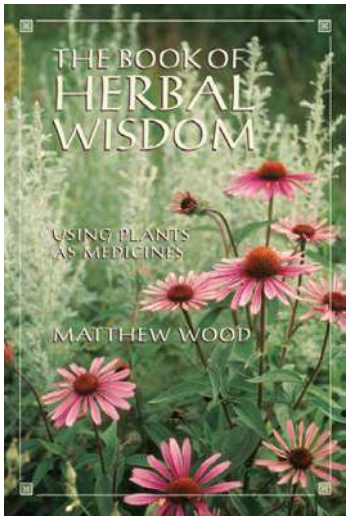
Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
Seven Herbs/Wood, Matthew/TR	9780938190912	1/93	North Atlantic Books	$16.95/$20.00
Vitalism/Wood, Matthew/TR	9781556433405	3/00	North Atlantic Books	$18.95/$23.50
Book Of Herbal Wisdom/Wood, Matthew/TR	9781556432323	9/97	North Atlantic Books	$20.00/$24.95
Practice Trad. Western Herb/Wood, Matthe...	9781556435034	5/04	North Atlantic Books	$18.95/$23.50
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Gladstar's Medicinal Herbs: Beginners Guide / Rosemary Glads...	9781612120058	04/2012	Storey Publishing, LLC	$14.95
Nature's Garden: A Guide to Identifying, Harvesting, and Pre...	9780976626619	04/2010	Forager's Harvest Press	$24.95
Peterson Field Guide to Medicinal Plants and Herbs of Easter...	9780547943985	04/2014	Houghton Mifflin Harcourt	$21.00
The Gift Of Healing Herbs/Bennett, Robin Rose/TR	9781583947623	3/14	North Atlantic Books	$24.95/$28.95

MATTHEW WOOD has been a practicing herbalist since 1982. He is known throughout the world as an excellent teacher of herbal medicine and has helped tens of thousands of clients with herbs. He is the author of six acclaimed books on herbal medicine, published by North Atlantic Books.

ALSO BY MATTHEW WOOD



THE BOOK OF HERBAL WISDOM
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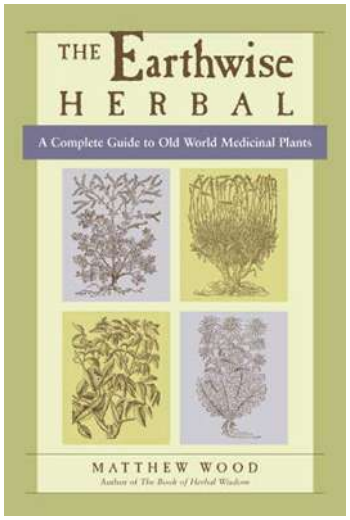
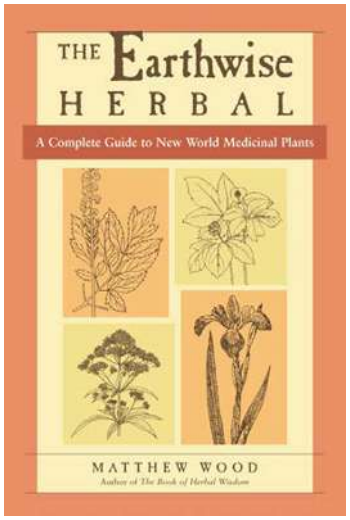
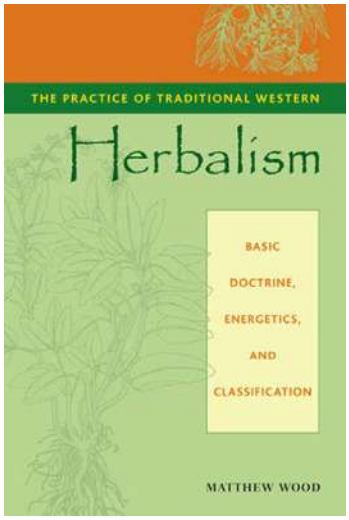


THE EARTHWISE HERBAL (OLD WORLD) | 9781556436925 | Pub Date: 6/3/2008 | 592 pages | B&W ILLUS.



THE EARTHWISE HERBAL (NEW WORLD) | 9781556437793 | Pub Date: 4/28/2009 | 416 pages | 25 B&W ILLUS.



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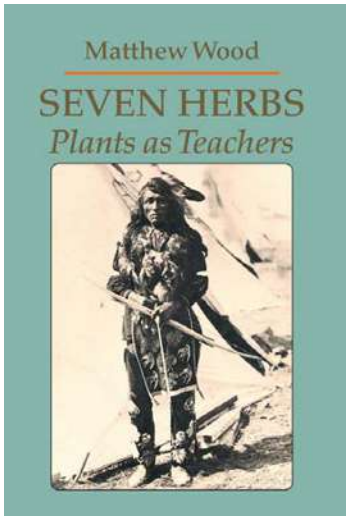

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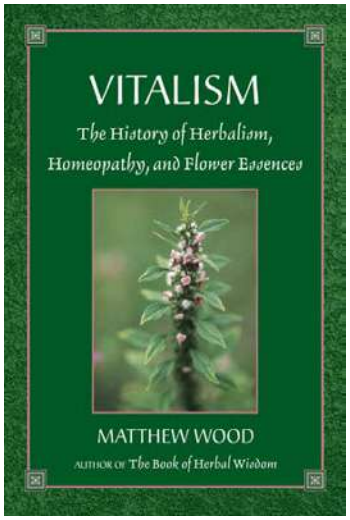
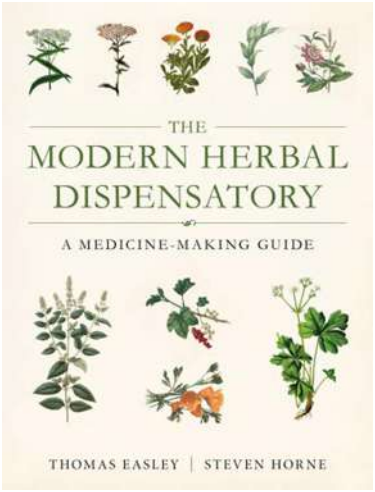


VITALISM | 9781556433405 | Pub Date: 3/16/2000 | 232 pages | B&W ILLUS.



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Carton Count: 24
Illustrations: 50 COLOR PHOTOS

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- Outreach to herbal journals and natural medicine publications
- Targeted outreach to relevant print and online publications

- Featured book on NorthAtlanticBooks.com
- Featured book in North Atlantic Books Newsletter
- Featured article on NAB Blog
- Advertising at the International Herb Symposium

The Modern Herbal Dispensatory

A Medicine-Making Guide

Thomas Easley and Steven Horne

A comprehensive, full-color guide to making and using approximately 250 herbal medicines at home, with instructions for everything from harvesting to administering low-cost, DIY remedies

This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops and more, and includes an extensive chapter on herbal hydrotherapy.

- EXPERT AUTHORS: Thomas Easley is a clinical herbalist and professional member of the American Herbalists Guild. He is Director of the Eclectic School of Herbal Medicine and Wellspring Mountain Education and Retreat Center. He has been in practice for fourteen years and treated more than 10,000 clients. Steven Horne has published seven books related to herbal healing. is professional member and past president of the American Herbalists Guild (AHG) and a professional member of the International Iridology Practitioner's Association (IIPA). He has also served on the board of directors of both organizations. For the past 25 years, he has run his own company that provides third-party educational materials and training to support people selling Nature's Sunshine products and other herbal remedies.
- ONE-OF-A-KIND BOOK: This is the most comprehensive book on DIY herbal medicines, describing the process from harvesting to administering and including approximately 250 herbs, which are illustrated in full color. No other book covers so many herbs, deals with the principles of formulation, or gives an in-depth discussion of single-herb preparations.
- LARGE PLATFORM: Both authors are respected in the field, lecture and teach widely, and promote actively through social media. They send a monthly newsletter to 7,700, have an combined email contacts of about 16,000, and have combined Facebook followers of approximately 15,000. Horne has published seven previous books.

About the Author/Illustrator

Author Residence: Lowgap, NC / Leeds, UT **Author Hometown:** Andalusia, AL / Salt Lake City, UT

Thomas Easley is coauthor of *Modern Herbal Medicine* and founder of the Eclectic School of Herbal Medicine. He is a clinical herbalist and professional member of the American Herbalists Guild. Easley integrates modern science and the deep and rich tradition of Western herbalism into a unified and systematic approach to health and healing. Easley emphasizes foods as primary medicine and uses intensive diets as well as stress reduction techniques, nutritional supplements, and exercise to help people achieve their health goals. His approach draws on his extensive clinical experience, which spans 14 years of full-time practice and over 10,000 clients. Steven Horne is a professional member and former president of the American Herbalists Guild and a professional member of the International Iridology Practitioner's Association, having also served on the board of directors of both organizations. He has spoken at numerous conventions and conferences and has helped to start four different herbal companies, giving him extensive practical experience in formulating and manufacturing herbal extracts. Horne maintains a part-time consulting practice, working one-on-one with clients to help them resolve their health problems.

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CHAPTER TWO

Herbal Preparations

UNDERSTANDING THE MANY WAYS TO PREPARE AND USE HERBS

Whether you decide to make your own herbal medicines, or to purchase ready-made herbal products, it helps to understand the many ways herbs can be prepared and administered. Each of the following methods are appropriate for certain herbs and situations. Each has its advantages and disadvantages. So, let's start with an overview of the subject.

FRESH H

The most basi
Herbs can be t
fresh herbs, li
even be purch
manner is not
the fresher the
The same thing
The fresher the
to be.

- Plantain (bee stings, insect bites, snake bites, burns, minor cuts and abrasions; dirty wounds containing sand, dirt, grit, or other impurities)
- Lily of the valley (draws out slivers and pus)
- Yarrow (cuts, bruises, crushed tissues, insect bites)
- Grindelia (bee stings and insect bites, cuts, infected wounds)
- Jewelweed (poison ivy)

INSTANT PASTES AND OINTMENTS

Fresh herbs can be made into pastes and ointments. Make a paste by mixing crushed fresh herbs with a little honey or glycerin. These can be eaten or used as a base for a poultice. You can make an instant ointment by mashing fresh herbs into butter, ghee, or oil.

GREEN DRINKS

Green drinks are prepared with a blender. Pour fruit juice (pineapple juice is delicious) into a blender, add fresh herbs, and blend the mixture. Strain and drink. Drink green drinks within a couple of minutes to guarantee the full potency of all of the plant's nutrients and constituents. Plants that can be used to make green drinks include dandelion greens, plantain, parsley, wheat grass, and barley grass.

JUICING

Herb juices are commonly made with parsley, garlic, and onions, and fruits such as lemons and limes. Juicing fresh herbs separates the plant fiber from ...ssor or a juicer. The ...adventurous among ...sual through a muslin ...tain the juice. ...liner bucket of fresh

Dehydrated Herb Juice

After the juice has been expressed from the plant fiber it can be dehydrated. Dehydrating must be done with care and cleanliness to avoid microbial contamination. Dry the juice quickly, but not at such a high temperature that the nutritional factors or therapeutic constituents are degraded. Dry juices in a standard food dehydrator using fruit leather trays. If you do not use heat, you can dry juice on waxed paper or glass as well: Spread a thin layer of juice on the waxed paper or glass container and cover with a muslin cloth to prevent mold and keep flies and pests off. Place in a warm place to dry. Once the juice is thoroughly dried, scrape it off, powder it, and package. If kept in a cool, dark, dry place, this type of preparation will keep for about 3–4 months.

RAW GARLIC

While most herbs work well when dried, there are some herbs that are best used fresh. Garlic is one of them. Garlic bulbs are available at any grocery store, and raw garlic is a good remedy to keep around the house. Garlic is often sold in capsules and extracted in oil, but allicin, an antimicrobial constituent found in raw garlic, degrades rapidly into inactive compounds, so fresh is best.

There are many ways to use fresh garlic. For ear infections and earaches, cut a slice of a garlic clove and place it on the outer ear covering the ear canal. Do not put the garlic into the ear canal. If the raw garlic irritates the skin, coat it with a little olive oil before applying.

For an abscessed tooth, cut a slice of garlic, coat it in olive oil, and place it next to the affected tooth to fight the infection. This will temporarily ease the pain and infection; you still need to see a dentist.

Raw garlic works internally against infections in the intestines and lungs, but it has little effect on systemic infections. To get it down, chop raw garlic into small pieces and take it in a spoonful of honey. There is a formula for Garlic Lemon Aid in Chapter Twelve, as well as a formula for Fire Cider, which includes raw garlic.

CHAPTER SIX

Making Basic Extracts

EXTRACTING HERBS IN WATER, ALCOHOL, GLYCERIN, AND VINEGAR

Making your own herbal extracts is enjoyable and educational. The process of extracting herbs will teach you a lot about different kinds of herbs and help you understand how to use them better. You'll learn how to use your own senses to understand the effects herbs have on the body, especially if you taste what you make during the process (like a good chef does with her food).

The key to making good extracts is to start with high-quality plant material. You don't have to start with fresh plants to make high-quality extracts, but you can't make good extracts out of a bag of 5-year-old, dried-out, cheap, imported herbs either. Use only reputable suppliers, or look for independent herbalists who sell or barter cultivated or wildcrafted plants from their region. Check out Appendix Two for companies that sell high-quality herbs and for groups that facilitate the swapping or selling of herbs from independent bioregional herbalists.

Once you have the plant material you need, you can turn it into liquid extracts using a variety of solvents and extraction methods.

...often use mixtures of ...dardized extracts may ...ific constituents, but

..., just as a magnet has ...ly charged region and ...oles can attach to both ...ments. Water is highly ...he other hand, a non- ...refore a less effective ...nose polar of the two. ...onstituents when the percentage of alcohol in water is low. A higher alcohol content is better for extracting nonpolar constituents. Fats and oils are nonpolar solvents.

Constituents that are best extracted using water, glycerin, or lower percentages of alcohol include carbohydrates (sugars and starches), mucilage and gums, most glycosides, and water-soluble vitamins. Some alkaloids can be extracted with polar substances. Oil and higher percentages of alcohol are better at extracting essential oils, terpenoids, carotenoids, fat soluble vitamins, lipids, resins, and most alkaloids.

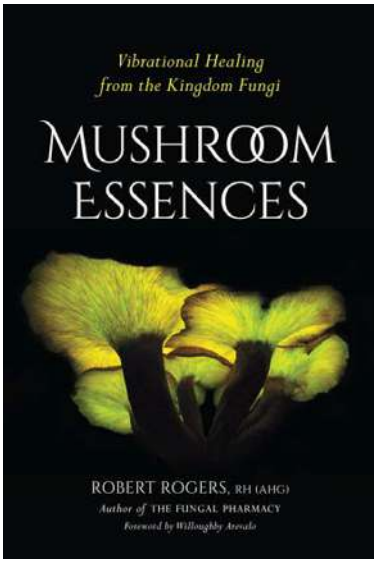
Chapter Thirteen lists numerous single herbs and suggests a number of ways to prepare them. Table 2 provides a basic guide to the best extraction medium for the major categories of herbs. The primary constituents of each category of herb are listed in parentheses.

POTENCIES

A critical consideration when extracting any herb is how much liquid to use in proportion to herbs. This ratio depends on how potent you want your preparation. The commonly accepted way to standardize the potency of a formula is to calculate the ratio of the amount of herb to the amount of solvent. This is written with the amount of herb first and the amount of liquid second (1:5).

	Solvent				
Herbs	Water	Alcohol	Glycerin	Vinegar	Oil
Aromatic Herbs (essential oils)	Fair	Good	Excellent	Good	Excellent
Pungent Herbs (alkaminides)	Fair	Excellent	Excellent	Good	Excellent
Pungent or Resinous Herbs (resins)	Poor	Excellent	Fair to Good	Poor	Excellent
Aromatic Bitters (sesquiterpene lactones and triterpenes)	Good	Excellent	Poor to Fair	Poor	Poor
Simple (Nonalkaloidal) Bitters (diterpenes, glycosides)	Good	Excellent	Fair to Good	Poor	Poor
Alkaloidal Bitters (alkaloids)	Good	Good	Fair to Good	Good	Poor
Acrid Herbs (resins, alkaloids)	Good	Excellent	Good	Fair	Poor
Astringent Herbs (tannins)	Good	Fair	Excellent	Fair	Fair
Salty Herbs (minerals)	Excellent	Poor	Fair	Poor to Fair	Poor
Sweet or Tonic Herbs (polysaccharides, saponins, glycosides)	Excellent	Good	Good	Poor	Poor
Demulcent Herbs (mucilage and gums)	Good	Poor	Fair	Poor	Fair
Sour Herbs (organic acids)	Good	Good	Excellent	Fair	Poor
Oily Herbs (oils)	Poor	Fair	Fair	Poor	Excellent

TABLE 2 Basic Categories of Herbs and the Best Solvents



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Mushroom Essences

Vibrational Healing from the Kingdom Fungi

Robert Rogers

A comprehensive and detailed introduction to using fungi as a subtle body medicine, *Mushroom Essences* is an excellent resource for those interested in alternative and energetic healing practices, especially flower essences, as well as for mushroom enthusiasts who are interested in the healing properties of fungi.

Years of experience as a professional herbalist have given Robert Dale Rogers first-hand knowledge of the effectiveness of mushroom essences as a form of medicine for the body, heart, and soul. Encouraging the digestion of mushroom and flower essences under a lunar cycle, in combination with self-care, Rogers explains just how effective liquid essences can be for a myriad of ailments, whether they be physical, emotional, or psychological. Rogers provides the reader with informative and detailed descriptions of multiple kinds of mushroom essences, as well as directions on how to capture and use each one. Organized as an alphabetical reference guide, each entry explains the essence and effects of a particular mushroom or lichen, accompanied by persuasive case studies.

- UNIQUE: While several books have been published on flower essences, there has yet to be a comprehensive guide to applying this theory to mushrooms and fungi.
- AUTHORITATIVE: Author has had over forty years of experience as an clinical herbalist, as well as being a professional member of the American Herbalist Guild and vice president of the Alberta Mycological Society.
- PAST SUCCESS: Rogers's previous book, Fungal Pharmacy, has sold over 6,400 copies, and received praise from notable figures in the mushroom world, including Paul Stamets (author of *Mycelium Running*) and Britt Bunyard (editor of *Fungi* magazine)

Praise for *The Fungal Pharmacy*:
"Robert Rogers has made a significant contribution ... highly recommended!" --Paul Stamets, author of *Mycelium Running*
"Robert Rogers is amazingly knowledgeable of the mushrooms and other wild fungi of the Pacific Northwest." --Britt Bunyard, publisher and editor-in-chief of *Fungi* magazine
"Robert's knowledge of plants and fungi can make one's head spin with medicinal, traditional, and culinary uses." --Martin Osis, president of the Alberta Mycological Society

About the Author/Illustrator

Author Residence: St. Edmonton, Alberta, Canada
Author Hometown: Charlottetown, Prince Edward Island, Canada

Robert Rogers is a retired clinical herbalist with over forty years of experience in natural remedies. He is a professional member of the American Herbalist Guild, a board member of the Western Canada Functional Foods Natural Health Products Network, chair of Herb and Plant Research for Centre for Cross Cultural Studies of Health and Healing at the University of Alberta, vice president of the Alberta Mycological Society, and a member of the North American Mycological Association. Rogers currently teaches plant medicine at Grant MacEwan University and the Northern Star College of Mystical Studies. He also serves as a consultant to the herbal, mycological, and nutraceutical industries; throughout the summer, he conducts herb and fungal field trips. He lives in St. Edmonton, Alberta, Canada.

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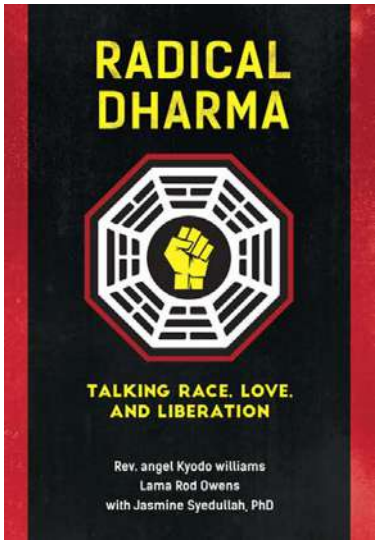

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- Williams is one of the keynote speakers at the Washington Square Ted X on October 15, 2016 in New York

Radical Dharma

Talking Race, Love, and Liberation

Rev. angel Kyodo williams, Lama Rod Owens, and Jasmine Syedullah

Recent killings of people of color sparked the Black Lives Matter movement and opened new conversations about racial injustice and white supremacy in the U.S. How do we talk about healing from such collective and individual trauma? Are forgiveness and reconciliation even possible? Three prominent black Buddhist activists explore these questions, offering opportunities for deep listening and dharma teachings for radical transformation that will appeal to anyone looking for inclusive ways to heal from racism-related suffering.

Igniting a long-overdue dialogue about how the legacy of racial injustice and white supremacy plays out in society at large and Buddhist communities in particular, this urgent call to action outlines a new dharma that takes into account the ways that racism and privilege prevent our collective awakening. Buddhism offers a unique and fresh lens through which to see racism and the particular suffering it causes. The authors traveled around the country to spark an open conversation that brings together the Black prophetic tradition and the wisdom of the Dharma. Bridging the world of spirit and activism, they urge a compassionate response to the systemic, state-sanctioned violence and oppression that has persisted against black people since the slave era. With national attention focused on the recent killings of unarmed black citizens and the response of the Black-centered liberation groups such as Black Lives Matter, *Radical Dharma* demonstrates how social transformation and personal, spiritual liberation must be articulated and inextricably linked.

- HOT TOPIC: The recent killings of Michael Brown and Eric Garner and activism of organizations like Black Lives Matter have kept racial injustice on the front pages of newspapers across the country. This book takes the issue deeper into the fabric of American spiritual life, exploring the implications of white supremacy on a more profound, personal level.
- BIG NAME FOREWORD AND AFTERWORD: Cornel West and bell hooks have been at the forefront of Black intellectual activism for decades. Their book Breaking Bread is a jumping off point for this book, which deepens and expands its scope.
- SPANS TWO DISTINCT, WIDE AUDIENCES: Readership spans the vast audience of engaged Buddhist, Dharma, Yoga and Mindfulness-Awareness based spiritual communities as well as those interested in racial equality, social justice, and Black liberation.
- UNIQUE QUEER PERSPECTIVE: Book is a unique contribution by queer people of color in a field dominated by white heterosexual people.

About the Author/Illustrator

ANGEL KYODO WILLIAMS is an author, activist, master trainer, and founder of the Center for Transformative Change. Her critically acclaimed first book, *Being Black: Zen and the Art of Living with Fearlessness and Grace*, was hailed as "an act of love" by Pulitzer Prize winner Alice Walker and "a classic" by Buddhist pioneer Jack Kornfield. Ordained as a Zen priest, she is one of the only two black women Zen "Senseis" or teachers. Her work has been widely covered, including in *The New York Times*, *Boston Globe*, *Ms.*, and *Essence*. LAMA ROD OWENS is a graduate of Berry College, where he majored in English and speech communication. It was there that he began his work as a student activist and organizer. In 2011, he was authorized as a lama in the Kagyu School of Tibetan Buddhism. He then moved to D.C. and ran his own center for over two years. Later, he returned to Boston to begin his divinity degree in Buddhist studies at Harvard Divinity School. JASMINE SYEDULLAH holds a Ph.D. in politics with a designated emphasis in feminist studies and history of consciousness from University of California, Santa Cruz and a BA from Brown University in religious studies with a focus in Buddhist philosophy. Syedullah is currently a University of California President's Postdoctoral Fellow and lectures on her work at colleges and universities throughout the country.

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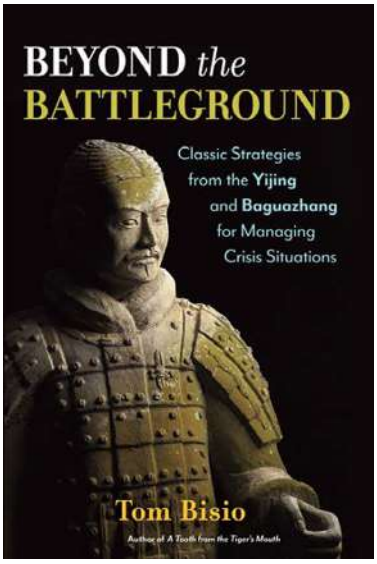

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Beyond the Battleground

Classic Strategies from the Yijing and Baguazhang for Managing Crisis Situations

Tom Bisio

***Beyond the Battleground* draws insights from classical military strategy, the Yijing, and Chinese martial arts theory and presents a way of managing crisis situations in all aspects of life. Presents methods of adapting to circumstances, conserving one's own resources, and avoiding or dissolving conflict.**

Beyond the Battleground is an engaging meditation on the application of strategy to all facets of human interaction. Of equal interest to the business person, military theorist, martial artist, or anyone navigating the uncertainties of the changing world. How does one adapt to a constantly changing world in order to achieve success and experience personal growth? *Beyond the Battleground* takes a unique approach to answering this important question by examining parallel lines of thought from classical military strategy, the *Yijing* (Book of Changes) and Chinese martial arts. To this end, the book explores examples of successful strategies from history's great commanders like Sunzi, Alexander the Great, Napoleon, and Mao Zedong, examines *Yijing* theory and its relevance to military strategy and the martial arts, and goes on to show the reader how to cultivate a strategic mind-set that can be applied to one's relationships, work, and personal self-fulfillment.

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- TEACHES the reader how to apply strategy to business and management, and daily life
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- YIJING ENTHUSIASTS will enjoy the unique approach to looking at the hexagrams and trigrams - 8 Strategic dispositions and 9 Palace view of hexagrams

About the Author/Illustrator

Author Residence: New York, NY **Author Hometown:** Queens, NY

Tom Bisio is the founder of New York Internal Arts, and Internal Arts International, which teach and promote the Chinese Internal Arts of Ba Gua Zhang and Xing Yi. He is also the co-founder of Zheng Gu Tui Na, an organization that teaches traditional Chinese medicine skills worldwide. As a practitioner of acupuncture and traditional Chinese medicine Bisio heads a clinic in New York City, specializing in trauma and Chinese sports medicine. Bisio is the author of the popular book on healing, *A Tooth From the Tiger's Mouth*. He has also written and collaborated on a number of books on martial arts.

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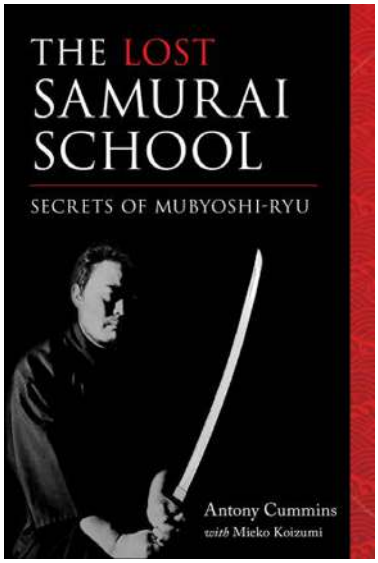

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Secrets of Mubyoshi Ryu

Antony Cummins; Mieko Koizumi

An abundantly illustrated samurai arts manual together with a historical account of the teachings of a Japanese samurai from 1600s who formed a school known as Mubyoshi-Ryu. First English translation of medieval Japanese texts.

Available for the first time in English, this book is both an illustrated samurai arts manual and a historical account of the teachings of a Japanese samurai who formed a school known as Mubyoshi-Ryu in the 1600s. Abundantly illustrated with more than 350 images by the current grandmaster of Mubyoshi-Ryu, *The Lost Samurai School* collects and translates ancient documents that contain the teachings of Hagiwara Juzo, revealing for the first time to western readers the enthralling martial arts, secret weapons, magic, and espionage as they were practiced by samurai in their daily lives. Cummins contextualizes the many expertly translated documents with a history of the era, the school, and its grandmaster. The illustrations bring to life the skills required to master everything from jujutsu, to shuriken jutsu (throwing blades), to swords, to chain weapons, to quarterstaffs.

- RARE DOCUMENTS, TRANSLATED FOR THE FIRST TIME: Cummins has searched out original documents and had them expertly translated into English for the first time
- POPULAR SUBJECT: This book will appeal to not only martial artists but also to those interested in Japanese history as well as espionage. Swordmanship, throwing objects, and quarterstaff combat draw a big crowd. Readers interested in jujutsu will find new material.
- POPULAR AUTHOR: Cummins is well known to samurai/ninja enthusiasts and has a devoted following from his previous books.
- VIDEO / DOCUMENTARY: Cummins has dozens of videos uploaded to YouTube, with 8,000 subscribers and 3.5 million views. He is featured in a television program on historical ninjutsu that has received nearly 30,000 hits: http://bit.ly/pixxQU. He has also worked as a consultant on a historical ninja documentary produced by the UK company Urban Canyons and to be distributed by *National Geographic.*

About the Author/Illustrator

Author Residence: Manchester, England

ANTONY JOHN CUMMINS holds an undergraduate degree in Ancient History & Archaeology and a master's degree in Neolithic Archaeology. In addition to working as a ninjutsu consultant for documentarians and authors, he has copresented television programs dedicated to the ninja. He lives in Manchester, England. MIEKO KOIZUMI is a translator and expert in old Japanese texts and martial arts.

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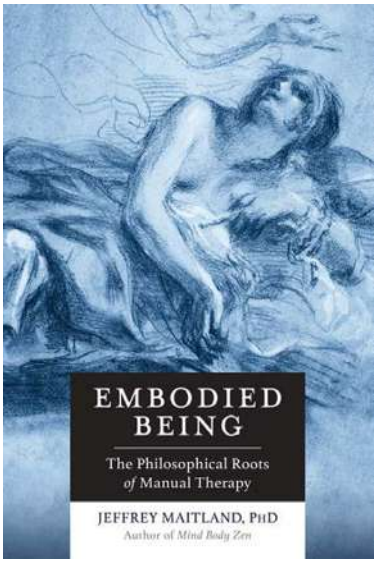
Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
Secret Traditions Of Shinobi/Cummins, An...	9781583944356	11/12	Blue Snake Books	$18.95/$22.50
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Legends of the Samurai / Hiroaki Sato / TR	9781590207307	3/2012	Norton	$19.95
Journey To The Heart Of Aikido/Holiday, Linda/TR	9781583946596	9/13	Blue Snake Books	$21.95/$24.95
Hagakure: The Secret Wisdom of the Samurai / Yamamoto Tsunet...	9784805311981	5/2014	Tuttle	$16.95
The Illustrated Ninja Handbook: Hidden Techniques of Ninjuts...	9784805313053	3/2014	Tuttle	$19.95



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Illustrations: 2 B&W IMAGES

Marketing and Publicity

Publicist: Bevin Donahue

- Targeted press release to bodywork publications, conferences, and schools
- E-galleys available on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NorthAtlanticBooks.com
- Possible advertising or marketing mailing to bodywork educational conferences

Embodied Being

The Philosophical Roots of Manual Therapy

Jeffrey Maitland

A concise distillation of half a lifetime's hands-on experience as a practitioner of Structural Integration bodywork (also known as Rolfing), *Embodied Being* presents author Jeffrey Maitland's unique synthesis of Western philosophy and Zen Buddhism as they apply to the process of giving a profoundly healing manual therapy treatment. Full of insights and hard-won wisdom, the book will appeal to thoughtful fellow practitioners of all massage schools--Rolfing, Swedish, deep tissue, trigger point therapy, myofascial release, ortho-bionomy, craniosacral, shiatsu, acupressure--as well as teachers of the Alexander Technique, the Feldenkrais Method, and other somatics systems.

Perplexed that most practitioners are unable to answer the questions, *What do I do first? What do I do next?* and *When am I finished?*, and simply rely on their intuition, Maitland sets out to define what makes a truly life-altering bodywork session, drawing on his understanding of Goethe, Merleau-Ponty, and other great thinkers. Maitland proposes that the holistic approach in bodywork is capable of creating new possibilities for the future by erasing the patterns that bind us to a dysfunctional past. Such treatments can so profoundly reshape the body that there is no longer any room for emotional torment and can free bodies of physical pain, releasing the innate joy within the core of all human beings. Ultimately, giving and receiving manual therapy teaches both practitioners and clients how to move with grace, open their hearts and touch the numinous.

- VETERAN PRACTITIONER: With 30 plus years of experience and 5,000 hours of training, Dr. Maitland is a Board Certified Diplomate of the American Academy of Pain Management and one of seven Advanced Rolfing Instructors in the world. He employs a gentle, non-formulaic approach to Rolfing and is highly skilled in visceral manipulation, biodynamic craniosacral, energetic, and cold laser therapy.
- GROWING MARKET: Statistics show that massage is increasing in popularity in the U.S. According to the AMTA (American Massage Therapy Association) research estimates that massage therapy was a $11.7 billion industry in the the U.S. in 2014; it is estimated that there are 300,000 to 350,000 massage therapists and massage school students in the United States; according to the U.S. Department of Labor in 2012, employment for massage therapists is expected to increase 23 percent from 2012 to 2022, faster than average for all occupations; between July 2013 and July 2014, roughly 32.6 million adult Americans (15 percent) had a massage at least once.
- INTELLECTUAL APPEAL: *Embodied Being* speaks to the many manual therapists who have graduated from "how to" technique books and are seeking an intellectual framework on which to base their practice and development.

About the Author/Illustrator

Author Residence: Scottsdale, AZ

JEFFREY MAITLAND, PhD, has spent most of his adult life deeply investigating Zen practice, philosophy, and the nature of healing. He is a Zen monk ordained by Joshu Sasaki Roshi, an energy healer, Certified Advanced Rolfer (one of seven Certified Advanced Rolfing Instructors in the world), a former professor of philosophy at Purdue University, and philosophical counselor. With 30 plus years of experience and 5,000 hours of training, Dr. Maitland is a Board Certified Diplomate of the American Academy of Pain Management and one of seven Advanced Rolfing Instructors in the world. He employs a gentle, non-formulaic approach to Rolfing and is highly skilled in visceral manipulation, biodynamic craniosacral, energetic, and cold laser therapy. Internationally known as an author, instructor, innovator, and expert in soft tissue manipulation, his advice is often sought by other professionals. Maitland teaches workshops and classes in myofascial manipulation to physical therapists and other healthcare professionals. Maitland has published and presented many papers on the theory of somatic manual therapy, Zen, philosophy, and Rolfing. His research, articles, and book reviews are published in numerous professional journals.

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Mind Body Zen/Maitland, Jeffrey/TR	9781556439049	8/10	North Atlantic Books	$16.95/$19.95
Spinal Manipulation Simple/Maitland, Jef...	9781556433528	2/01	North Atlantic Books	$20.00/$24.95
Spacious Body/Maitland, Jeffrey/TR	9781556431883	10/94	North Atlantic Books	$15.95/$17.95
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Awakening Somatic Intelligence/Kaparo, Risa F. Phd/TR	9781583944172	5/12	North Atlantic Books	$21.95/$25.95
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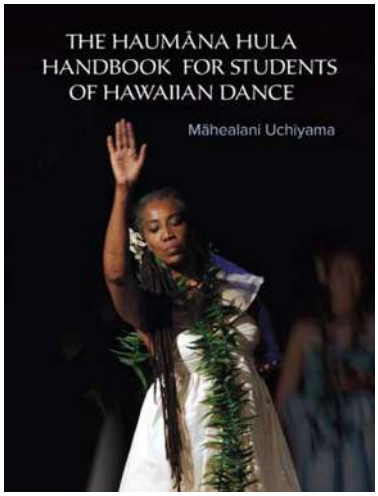

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Marketing and Publicity

Publicist: Bevin Donahue

- Electronic galleys available for review
- Outreach to dance, history and culture magazines and websites
- Outreach to authors local media in San Francisco Bay Area, CA

- Blog feature during publication month
- Promotional author videos for use on website and in social media
- Newsletter feature during publication month
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The Haumana Hula Handbook for Students of Hawaiian Dance

A Manual for the Student of Hawaiian Dance

Mahealani Uchiyama

By the eponymous director of the Mahea Uchiyama Center for International Dance in Berkeley, California, this illustrated book on Hula dance is a comprehensive resource for students of this art form. While Native Hawaiians may have a cultural affinity for Hula, dancers come from many different regions and ethnicities, and Hula is practiced by both men and women of all ages. According to surveys, there are at least 174 *halau hula* (hula schools) in Hawai'i and nearly 1,100 schools of dance teaching hula worldwide with enrollment ranging from a dozen to several hundred students. As a teacher based in California herself, Uchiyama is well placed to write a book on Hula for students all over the world.

Hula, the indigenous dance of Hawai'i, preserves significant aspects of Native Hawaiian culture. *Kumu hula*, persons who are "culturally recognized hula experts and educators", maintain and share this cultural tradition. Originally performed to convey history and spiritual beliefs, Hula is now commonly practiced as a form of cultural and creative expression, and is comprised of specific rhythmic movements that enhance or allude to the meaning or poetry of the accompanying songs or chants. Emphasizing the importance of cultural literacy, the *Haumana Hula Handbook* begins with an overview of the origins of Hula, its history in Hawai'i, and the primacy of the spiritual focus of the dance. The book goes on to introduce halau etiquette and practices, and explains the format of a traditional Hula presentation, together with the genres of Hula and the regalia worn by the dancers. Practical components include sections on Hawaiian language and chant and a glossary of Hula commands and footwork.

- **HULA'S POPULARITY:** Hula is practiced in Hawai'i and also popular outside the islands, particularly on the West Coast of the United States.
- **HEALTH BENEFITS:** It has recently been the subject of several health studies for combating cardiovascular disease in certain populations, with positive results (see http://www.ncbi.nlm.nih.gov/pubmed/24677383).
- **ONLY BOOK ON THE SUBJECT:** No other books have been published in the trade on Hula that are specific to the needs of dance students.
- **RESPECTED TEACHER LINEAGE:** Mahea Uchiyama's Hula lineage extends back to Nanuku, Kamawae, and Niuola'a (late 1860s-early 1900s) through Ho'oulu Cambra (1933-1991) and Joseph Kamoha'i Kaha'ulelio (1929-1985).
- **DIASPORA COMMUNITIES:** A dancer of African American and Asian heritage, Uchiyama has been successful at bringing Hula from Hawai'i to take root in California, and tours nationally and internationally with her troupe, the Halau Ka Ua Tuahine.

About the Author/Illustrator

Author Residence: Berkeley, California

Most recently performing in July 2015 at the Hollywood Bowl with the LA Philharmonic, MAHEALANI UCHIYAMA is an award-winning dancer, musician, composer, choreographer, recording artist, and teacher. An advocate for cross-cultural understanding, she is the founder and artistic director of the Mahea Uchiyama Center for International Dance in Berkeley, California and is Kumu Hula (master teacher) of Halau Ka Ua Tuahine. She has led numerous performance tours to Tahiti, New Zealand, and the islands of Hawai'i, and taught workshops intenationally. She has been an instructor of Hawaiian language at Stanford University and also serves on the board of directors of World Arts West, the producers of the annual San Francisco Ethnic Dance Festival.

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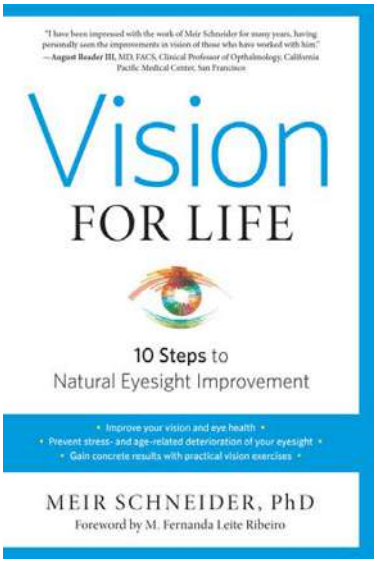

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Carton Count: 22
Illustrations: 96 B&W PHOTOS & ILLUSTRATIONS

Marketing and Publicity

Publicist: Julia Kent

- Outreach to print media in alternative health (e.g., *Natural Health*, *Best Self*, *Natural Solutions*, *Massage*)
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- Broadcast outreach to media that has interviewed author in the past: *WBAI, KPFA, KKUP, WPFW, Conscious TV*

- Outreach to print media in alternative health (e.g., *Natural Health*, *Best Self*, *Natural Solutions*, *Massage*)
- Online outreach to websites, blogs, and forums in alternative health (e.g., *Mother Nature Network*, *SelfGrowth.com*)
- Broadcast outreach to media that has interviewed author in the past: *WBAI, KPFA, KKUP, WPFW, Conscious TV*

Vision for Life, Revised Edition

Ten Steps to Natural Eyesight Improvement

Meir Schneider, Ph.D.

***Vision for Life* is both for people who see poorly and would like to improve *and* those with 20/20 vision who wish to overcome eye fatigue and stress and maintain their perfect vision. With over 140 million adults in the U.S. alone wearing prescription eyeglasses, this updated edition of the popular book by self-healing pioneer Meir Schneider, PhD, fills the gaps left by approaches that focus only on corrective lenses and clinical care.**

Born legally blind, Meir Schneider taught himself to see well enough to receive his California driver's license by the age of twenty-eight. He now shares the knowledge he gained on his remarkable journey in *Vision for Life*. With a new chapter on children's eye health and new research, exercises, and case histories, this updated edition provides a complete foundation for healthy vision throughout your life, empowering you to improve your sight with simple yet effective exercises.

- REVISED EDITION, NEW MATERIAL: Includes new chapter on children's eye health with exercises for kids of all ages; new research and exercises for specific conditions, i.e., glaucoma and nystagmus, near- and farsightedness.
- PROVEN TRACK RECORD: Meir Schneider's previous books, CDs, and DVDs have sold over 150,000 copies collectively. He lectures and conducts seminars and workshops internationally, continually broadening his audience.
- LARGE MARKET: As more and more people work with screens and need to prevent eyestrain, everyone wants to maintain or improve their eyesight. Age-related macular degeneration is the leading cause of legal blindness for people over fifty in the Western world.
- SELF-EMPOWERING: Eschewing invasive and costly surgical procedures such as LASIK, the approach presented in this book offers a holistic, self-directed approach to improving vision and fighting vision loss. Conventional medicine offers little hope for people diagnosed with degenerative vision loss. Aside from surgery, people currently believe that there are few real solutions to help them with their failing vision. This book shows otherwise.

- "I have been impressed with the work of Meir Schneider for many years, having personally seen the improvements in vision of those who have worked with him."--August Reader III, MD, FACS, Clinical Professor of Opthalmology, California Pacific Medical Center, San Francisco, and Clinical Associate Professor of Ophthalmology, University of Southern California School of Medicine, Los Angeles
- "This book by Meir Schneider isn't just another useful handbook for those who want to prevent vision problems or already have a condition; it is also an injection of hope that alerts us to our own existence."-Sônia Cristina Tinós Carrocine, instructor of Meir Schneider's Self-Healing Method specializing in vision problems and blindness

About the Author/Illustrator

Author Residence: San Francisco, California **Author Hometown:** Lvov, Ukraine

Named one of the ten most inspirational people of Israel by a top national Israeli news program, MEIR SCHNEIDER is the founder and head teacher of the School for Self-Healing in San Francisco, which offers programs that satisfy the continuing education requirements of the American Massage Therapy Association (AMTA) and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). The School for Self-Healing has helped hundreds of thousands of people seeking solutions to chronic health conditions, including many people with vision problems. Born blind, Schneider taught himself to see and over 40 years developed a pioneering program of healing and recovery for the sighted and the blind, sharing his remarkable results not only at the School for Self-Healing, but also in popular books, CDs, and DVDs.

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Self-Healing: My Life and Vision	9780140191271	11/88	Penguin	
The Handbook for Self-Healing/TR	9780140193312	03/94	Penguin	
Movement for Self-Healing/TR	9781932073003	04/04	HJ Kramer	$16.95
The Natural Vision Improvement Kit/TR, C...	9781591792567	03/06	Sounds True	$26.95
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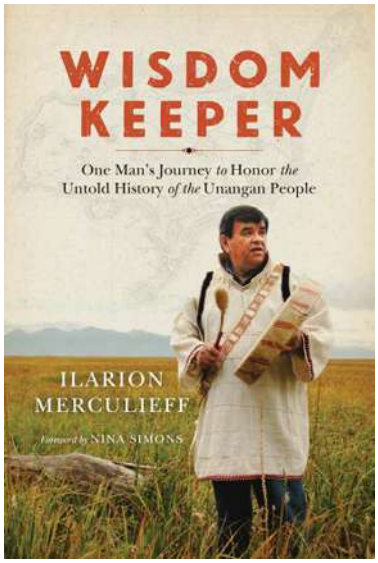

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Illustrations: 5 B&W PHOTOS

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- Outreach to progressive outlets both print and online with focus on placing author interviews, excerpts and reviews
- Outreach to local media in author's hometown Anchorage, AK
- Author will be speaking at multiple events nationally throughout 2016

- Blog feature during publication month
- Promotional author video for use on website and in social media
- Newsletter special feature during publication month
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Wisdom Keeper

One Man's Journey to Honor the Untold History of the Unangan People

Ilarion Merculieff

***Wisdom Keeper* tells the story of Ilarion Merculieff's developing consciousness and leadership through a lifetime of working for his people, the Unangan (Aleut), and other indigenous cultures around the world.**

Ilarion Merculieff weaves the remarkable strands of his life and culture into a fascinating account that begins with his traditional Unangan (Aleut) upbringing on a remote island in the Bering Sea, through his immersion in both the Russian Orthodox Church and his tribe's holistic spiritual beliefs. He recounts his developing consciousness and call to leadership, and describes his work of the past thirty years bringing together Western science and Indigenous peoples' traditional knowledge and wisdom to address the most pressing issues of our time.

Tracing the extraordinary history of his ancestors--who mummified their dead in a way very similar to the Egyptians, constructed one of the most sophisticated high seas kayaks in the world, and densely populated shorelines in North America for ten thousand years--Merculieff describes the rich traditions of spirituality, art, dance, music, storytelling, science, and technology that enabled them to survive their harsh conditions. The Unangan people of the Aleutian Islands endured slavery at the hands of the U.S. government and were placed in an internment camp during WWII, where they suffered malnutrition and disease that decimated 10 percent of their population.

Merculieff movingly describes how the compassion of Indigenous Elders has guided him in his work and life, which has been rife with struggle and hardship. He explains that environmental degradation, the extinction of species, pollution, war, and failing public institutions are all reflections of our relationships with ourselves. In order to deal with these critical challenges, he argues, we must reenter the chaos of the natural world, rediscover our balance of the masculine and the sacred feminine, and heal ourselves. Then, perhaps, we can heal the world.

- CIVIL RIGHTS struggles from a region and perspecitve little known to most Americans
- INDIGENOUS peoples -- provides insights into the long history of the Unangan people of the Bering Sea
- SPIRITUAL WISDOM is revealed in the egalitarian Unangan worldview

About the Author/Illustrator

Author Residence: Anchorage, Alaska **Author Hometown:** St. Paul Island, Alaska

Born and raised on St. Paul Island, Alaska where the personal story takes place, Ilarion Merculieff had a traditional upbringing and a western education, with a BA from the University of Washington. He has more than forty years experience serving his people, the Unangan of the Pribilof Islands, and was the first Alaska Native commissioner of the Alaska Department of Commerce and Economic Development. Merculief served as chair of the indigenous knowledge sessions of the Global Summit of Indigenous Peoples on Climate Change, was co-founder of the Indigenous Peoples' Council for Marine Mammals, the Alaska Forum for the Environment, the International Bering Sea Forum, and the Alaska Oceans Network. He is currently the president of the Global Center for Indigenous Leadership and Lifeways.

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Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Fifty Miles from Tomorrow: A Memoir of Alaska and the Real P...	9780312429362	03/2010	MacMillan	$16.00
Last Letters from Attu: The True Story of Etta Jones, Alaska...	9780882408101	11/2009	Ingram	$18.99
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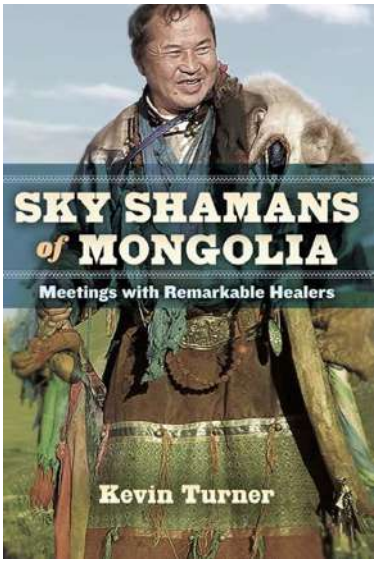

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Sky Shamans of Mongolia

Meetings with Remarkable Healers

Kevin Turner

This astounding, inspiring book by American shaman Kevin Turner captures the beliefs and practices of the growing world of Mongolian shamans and will appeal to shamans and shamanic therapists, students of Mongolian culture and comparative religion, and fans of gritty travel memoirs in the vein of Paul Theroux.

Part spiritual travelogue, part participant-observer anthropological essay, this book takes the reader to visit with authentic shamans in the steppes and Stalinist-era housing projects of modern-day Mongolia. Along the way the author tells us the history of Mongolian shamanism and its unique features: a mix of direct experience of other realities with religious belief systems known as Tengerism--a belief in sky gods or heaven. Turner tells of spontaneous medical diagnoses, all-night shamanic ceremonies, and miraculous healings, all welling from a rich culture in which divination, soul-retrieval, and spirit depossession are practiced as part of everyday life.

- ACTIVE AUTHOR: Kevin Turner is the Asia director for Michael Harner's Foundation for Shamanic Studies (Shamanism.org) and is also a facilitator at the Monroe Institute in Faber, Virginia (MonroeInstitute.org), with a full international teaching and workshop schedule.
- UNIQUE: Gives insights into Mongolia, an area of the world that few Americans have visited.
- WIDE AUDIENCE: Will appeal to readers interested in Mongolian culture but also in alternative healing and spirituality.

About the Author/Illustrator

Author Residence: Kyoto, Japan **Author Hometown:** Bloomington, Indiana

KEVIN TURNER is the director for Asia and faculty member of the Foundation for Shamanic Studies founded by Michael Harner. After years of study with yogis, monks, and lamas in India, Nepal, Southeast Asia, Taiwan, and Japan, Kevin met Michael Harner in 1997 and developed an integrative, nontraditional approach to shamanism. He teaches Core Shamanism internationally, offering several workshops a year. He is also a full trainer at the Monroe Institute, where he teaches about out-of-body experiences, clairvoyance, remote viewing, psychokinesis, and psychopomp work. He has written academic papers in linguistics, psycholinguistics, and Mongolian shamanism. This is his first book for a nonacademic audience.

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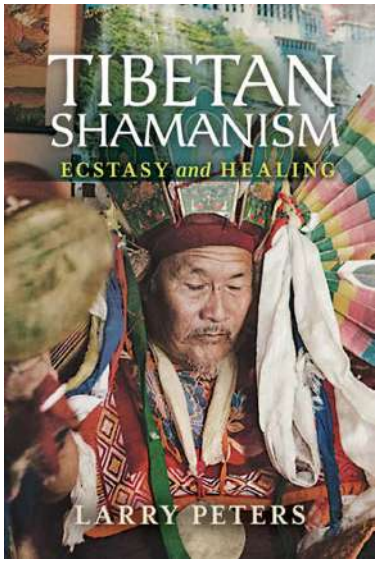
Comparative Titles by Other Authors	ISBN	On sale	Publisher	Price US/Can.
Talking Story/Phan-Le, Marie-Rose/TR	9781583948286	12/14	North Atlantic Books	$18.95/$22.50
Cave And Cosmos/Harner, Michael/TR	9781583945469	4/13	North Atlantic Books	$19.95/$23.95
Way Of The Ancient Healer/Apostol, Virgil Mayor/TR	9781556439414	12/10	North Atlantic Books	$19.95/$22.95



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BISAC 1: Body, Mind & Spirit - Shamanism
BISAC 2: Philosophy - Eastern
BISAC 3: Religion - Eastern
Page Count: 208 **Trim Size:** 6 x 9
Carton Count: 24
Illustrations: 44 B&W IMAGES (POSSIBLE COLOR

Marketing and Publicity

Publicist: Maren Fox

- Electronic galleys available for advance review
- Outreach to print and online media focused on history, culture, and spirituality

- Blog feature during publication month
- Newsletter feature during publication month
- Home page feature on publication month

Tibetan Shamanism

Ecstasy and Healing

Larry Peters

***Tibetan Shamanism: Ecstasy and Healing* is a fascinating examination of the worldview and rituals of a tradition that lived on in exile, only to die out in Nepal.**

Reflecting sixteen years of intensive fieldwork, this book is a rich chronicle of the daily lives, belief systems, and healing rituals of four highly revered Tibetan shamans forced into exile by the Chinese invasion during the 1950s. Larry Peters lived and studied closely with the shamans in Nepal, learning their belief system, observing and participating in their rituals, and introducing many dozens of students to their worldview. Including photographs of the shamans in ecstatic ritual and trance, this book--one of the most extensive ethnographic works ever done on Tibetan shamanism--captures the end of Tibetan shamanism while opening a window onto the culture and traditions that survived centuries of attack in Tibet, only to die out in Nepal.

The violent treatment of shamans by the Buddhist lama has a long history in Tibet and neighboring Mongolia. At one point, shamans were burned at the stake. However, in the mountainous Himalayan terrain, especially in the difficult to reach areas geographically distant from the Buddhist monastic urban centers, shamans were respected and their work revered. Peters's authoritative and meticulous research into the belief systems of these last surviving representatives of the shamanic traditions of the remote Himalayas preserves, in vivid detail, the techniques of ecstasy, described as pathways to the shamanic spiritual world.

- AUTHORITATIVE and detailed research into the belief systems of the last surviving representatives of shamanic tradtions from the remote Himalayas
- FIRST-HAND KNOWLEDGE gained through careful and respectful ethnographic fieldwork conducted for sixteen years
- INCLUDES PHOTOS of shamans in ecstatic ritual and trance
- TECHNIQUES OF ECSTASY are described as pathways to the shamanic spiritual world

About the Author/Illustrator

Author Residence: Topanga, California **Author Hometown:** Chicago, Illinois

Dr. Larry Peters is a world-renowned scholar and initiated shaman in the Tamang tradition. He was recipient of the Regent's Fellowship at the University of California Los Angeles, and an NICCHD post-doctoral fellow at UCLA's Neuropsychiatric Institute. Dr. Peters holds advanced degrees in both Anthropology and Psychology. He has conducted ethnographic fieldwork in Nepal, China, Mongolia, and Siberia and is a Nepal Research Associate of the Foundation for Shamanic Studies. Dr. Peters has published extensively on shamanism, conducted workshops on Tibetan Shamanism in the United States, Europe, and Asia, and for more than sixteen years led experiential Initiation Journeys to Nepal.

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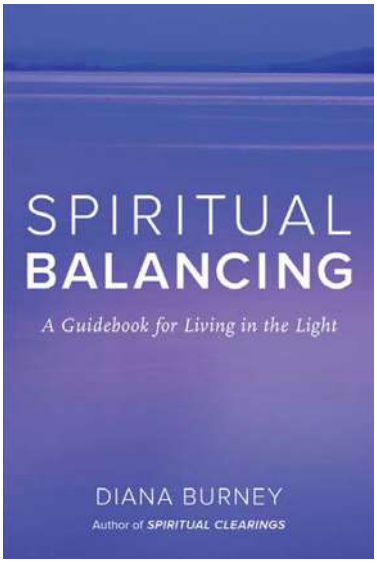
Comparative Titles by Other Authors	ISBN	On sale	Publisher	Price US/Can.
Cave And Cosmos/Harner, Michael/TR	9781583945469	4/13	North Atlantic Books	$19.95/$23.95
The Way of the Shaman	9780062503732	10/1990	Harper Collins	$15.99
The Hollow Bone: A Field Guide to Shamanism / Deatsman, Coll...	9781578634989	10/2011	Red Wheel/Weiser	$16.95
Spirit Walking: A Course in Shamanic Power / Rysdyk, Evelyn...	9781578635412	04/2013	Red Wheel/Weiser	$21.95
Walking in Light: The Everyday Empowerment of a Shamic Life...	9781622034284	02/2015	Sounds True	$17.95



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BISAC 1: Body, Mind & Spirit - Healing - Energy (Qigong, Reiki, Polarity)
BISAC 2: Health & Fitness - Healing
BISAC 3: Religion - Spirituality
Page Count: 296 **Trim Size:** 6 x 9
Carton Count: 24

Marketing and Publicity

Publicist: Maren Fox

- Targeted outreach seeking reviews, author interviews, author penned articles, and placed excerpts to New Age, spirituality, and self-help oriented print and broadcast outlets (eg. *Retailing Insight*, *Spirituality & Practice*, *New Dimensions Radio*)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NorthAtlanticBooks.com
- Possible advertising or marketing mailing to bodywork educational conferences
- Webinar

Spiritual Balancing

A Guidebook for Living in the Light

Diana Burney

A guide to spiritual empowerment that provides practical strategies and step-by-step methods for clearing out negative psychic energy

This guide to spiritual empowerment provides a spiritual approach to the psychology of everyday living by offering practical strategies and step-by-step methods for clearing out negative psychic energy. Addressing topics such as spirit interference, spirit possession, and spirit attachment, Diana Burney--who has helped thousands worldwide refocus energies for positive results--shares timeless lessons and basic techniques for psychic protection and spiritual cleansing. Those who feel stuck energetically, emotionally, mentally, or financially will learn tools for healing and self-empowerment that will help them release impediments and accelerate their spiritual journey. In these difficult times, *Spiritual Balancing* provides answers for readers at all levels of spiritual growth as they seek to establish and maintain equilibrium in body, mind, and spirit.

- PREVIOUS BOOK SELLS WELL: Author's previous book, *Spiritual Clearings,* has sold 8K copies and received 65 positive Amazon reviews since publication in 2009.
- ACTIVE AUTHOR: Burney has performed clearings in every state in the US and over 90 foreign countries, has been featured in national publications and appeared on cable TV and radio shows including *Coast to Coast with Art Bell* and the *Uri Geller Show*. She writes for a number of online publications and maintains her own website.

About the Author/Illustrator

Author Residence: Cleveland, OH **Author Hometown:** Ann Arbor, MI

Diana Burney, author of *Spiritual Clearings: Sacred Practices to Release Negative Energy and Harmonize Your Life*, is a registered nurse, certified hypnotherapist, and ordained minister of the Order of Melchizedek from the Sanctuary of the Beloved in Conesus, New York. She is also a certified Reiki Master/Teacher as well as a Magnified Healing Practitioner. With over forty years' experience in management, counseling, marketing, and education, Burney has developed successful private counseling practices in four states. She has performed thousands of clearings for properties, individuals, and animals in every state in the US and over 90 foreign countries.

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1st Serial:
Special Markets:
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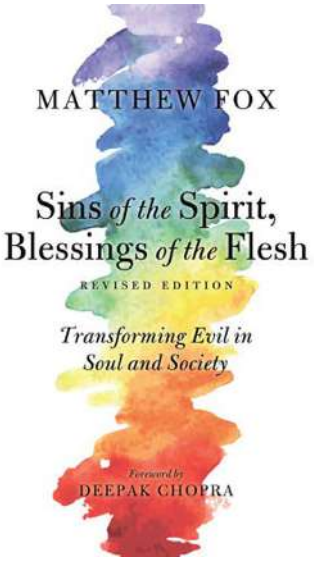
Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
Spiritual Clearings/Burney, Diana/TR	9781556438158	10/09	North Atlantic Books	$16.95/$21.00
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
New Self, New World/Shepherd, Philip/TR	9781556439117	8/10	North Atlantic Books	$19.95/$24.95
Cave And Cosmos/Harner, Michael/TR	9781583945469	4/13	North Atlantic Books	$19.95/$23.95
Psychic Psychology/Friedlander, John/TR	9781556439971	8/11	North Atlantic Books	$21.95/$24.95
In An Unspoken Voice/Levine, Peter A. Phd/TR	9781556439438	9/10	North Atlantic Books	$21.95/$24.95



ON SALE 3/15/2016
NORTH ATLANTIC BOOKS
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978-1-62317-018-9
$18.95/$24.95

BISAC 1: Religion - Christian Theology - General
BISAC 2: Religion - Christian Theology - Ethics
BISAC 3: Body, Mind & Spirit - Mysticism
Page Count: 504 **Trim Size:** 6 x 9
Carton Count: 16

Marketing and Publicity

Publicist: Maren Fox

- National print campaign focused on progressive, spirituality and Christianity outlets
- National radio campaign targeting top ten markets and NPR
- Author hometown (SF Bay Area) media campaign

- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NorthAtlanticBooks.com, Facebook, Twitter, Pinterest, featuring excerpts, picture quotes, author interview, and links to reviews
- Webinar

Sins of the Spirit, Blessings of the Flesh, Revised Edition

Transforming Evil in Soul and Society

Matthew Fox

***Sins of the Spirit, Blessings of the Flesh* advances new insights on how to perceive good and evil by reminding the reader that sacredness is "wrapped up in the fleshy stuff of the universe," and pointing the way to a deeper, more compassionate way to live.**

Visionary theologian and award-winning author Matthew Fox challenges traditional perceptions of good and evil by offering a new theology that lays the groundwork for a more enlightened treatment of ourselves, one another, and all of nature. In a revised edition with a luminous foreword by Deepak Chopra and a new preface that brings the book up to date with the cataclysmic events of the new millennium, this book illustrates how, contrary to mainstream church doctrine, flesh is the grounding of spirit, and our culture has concentrated far too much on transgressions of the flesh while failing to take into account the sins of the spirit. Artfully weaving together the wisdom of East and West, Fox considers Thomas Aquinas's definition of sin as "misdirected love" and discusses the parallels between the Eastern teachings of the seven chakras and the Western teachings of the seven capital sins. He invites us to change the way we think about sin and places our capacity for evil in the fuller context of the natural beauty of our physical world, the complex texture of our emotional lives, and the splendid depths of our spiritual center.

Fox explains how the chakras teach us to direct the love-energies we all possess and proposes seven positive precepts for living a full and spirited life. He asserts that we can combat and transform evil through love, generosity, letting go, and creativity. Crafting a blueprint for social change, Sins of the Spirit, Blessings of the Flesh points the way toward a deeper and more compassionate way to live while eloquently revealing the means to confront evil both within and without.

- NEW PREFACE: New edition has updated Preface by the author
- NEW FOREWORD: Deepak Chopra's sensitive Foreword will draw the attention of many readers
- WELL-KNOWN AUTHOR: Matthew Fox is an award-winning author of more than thirty books
- DEEPLY ENGAGING: Seekers of social justice and spiritual awakening will find guidance in the ancient wisdom and new cosmology Fox presents
- EXPLORES CHAKRAS: A fascinating correlation of the seven chakras with the seven "capital sins" as a way of healing "misdirected love"

About the Author/Illustrator

Author Residence: Oakland, CA **Author Hometown:** Madison, WI

Matthew Fox (b. 1940) is an internationally acclaimed theologian who was a member of the Dominican Order for 34 years. He holds a doctorate, summa cum laude, in the History and Theology of Spirituality from the Institut Catholique de Paris. He has been working for forty years to recover the ancient and earth-centered creation spirituality tradition of Christianity. Fox has taught at Stanford University, Vancouver School of Theology, the Association for Transpersonal Psychology, California Institute of Integral Studies among other places. He is currently visiting scholar with the Academy for the Love of Learning headquartered in Santa Fe, New Mexico. He is author of 32 books which have sold more than 1.5 million copies in 56 languages. Fox is recipient of the Peace Abbey Courage of Conscience Award of which other recipients have included the Dalai Lama, Mother Theresa, Rosa Parks and Maya Angelou. He is also a recipient of the Ghandi-King-Ikeda Award from Morehouse College International Chapel that is awarded for dedication to peace, unity, non-violence and justice.

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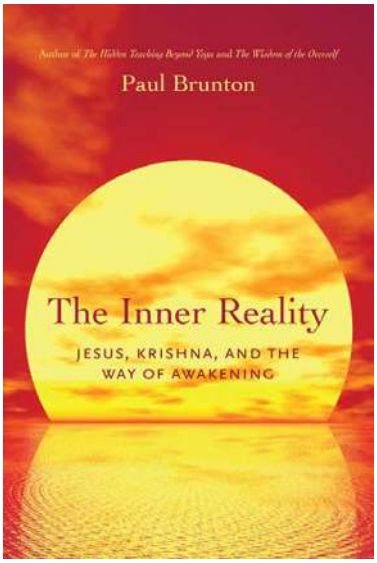
Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
Occupy Spirituality/Bucko, Adam/TR	9781583946855	9/13	North Atlantic Books	$17.95/$20.95
The Pope's War	9781454900001	10/2012	Sterling	$14.95
Confessions/Fox, Matthew/TR	9780060629656	4/1997	Harper Collins	$14.00
Original Blessing/Fox, Matthew/TR	9781585420674	10/2000	Tarcher	$16.95
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Anatomy of the Spirit: The Seven Stages of Power and Healing	9780609800140	8/1996	Harmony	$17.00
Eastern Body, Western Mind: Psychology and the Chakra System...	9781587612251	8/2004	Random House/Celestial Arts	$18.99
Dispelling Wetiko/Levy, Paul/TR	9781583945483	1/13	North Atlantic Books	$16.95/$19.95
Sinning Like a Christian: A New Look at the 7 Deadly Sins/Wi...	9781426758232	2/2013	Abingdon Press	$14.99



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BISAC 1: Body, Mind & Spirit - Mysticism
BISAC 2: Body, Mind & Spirit - Mindfulness & Meditation
BISAC 3: Religion - Comparative Religion
Page Count: 256 **Trim Size:** 6 x 9
Carton Count: 36

Marketing and Publicity

Publicist: Marina Snyder

- Outreach to print media in yoga, mindfulness, and history (e.g., *Shambhala Sun*, *Tricycle*)
- Online outreach to websites, blogs, and forums in yoga & mindfulness (e.g., *Elephant Journal*, *DailyOm*)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NorthAtlanticBooks.com, Facebook, Twitter, Pinterest, featuring excerpts, picture quotes, author interview, and links to reviews

The Inner Reality

Jesus, Krishna, and the Way of Awakening

Paul Brunton

A provocative and compelling work of comparative religious studies, *The Inner Reality* is an essential guide for spiritual seekers of all backgrounds and faiths.

When Christopher Reeve was asked in a BBC interview which book he would want if stranded on a desert island, he replied, "The Inner Reality by the philosopher Paul Brunton." First published in the 1930s, this remarkable book skillfully interweaves the teachings of two great religious figures: Jesus and Krishna. Identifying a common current running through both Christianity and Hinduism, Brunton argues that an "inner reality" or "kingdom of heaven" can be found within each of us. Defining religion as, simply, the practice of binding oneself with divinity, he prepares readers for a quest leading to mystical communion and the realization of one's highest spiritual potential.
Centrally important to success in this inner adventure is meditation--properly practiced according to one's life situation. Brunton carefully explains this inward process, the essential experiential shifts that occur as meditation deepens, and the signs of success for each stage. To "be still" connects us with the liberating forces of the Overself, and even a brief period of quiet can yield tremendous results. Brunton emphasizes a life balance that considers the needs of the whole person. He points out common errors of spiritual seekers and the dangers of occultism. Through unfolding the initiatory teachings hidden within the Lord's Prayer, the Gospel of St. John, and the Seven Beatitudes as well as the teachings of Krishna in the Bhagavad Gita, he skillfully maps a journey into our rich interior world. With his grounded and practical knowledge of the world's spiritual traditions, Paul Brunton is a trusted guide in this great inner adventure.

- WIDE AUDIENCE: Appeals to the growing audience of contemporary and traditional spiritual seekers, as well as those who practice yoga and meditation.
- UNIQUE WORK OF COMPARATIVE RELIGIOUS STUDIES: Brunton provides a provocative and compelling case for the similarities between the teachings of Jesus and Krishna when it comes to personal discovery of "the kingdom of heaven" within ourselves.
- REISSUE OF A SPIRITUAL CLASSIC: Paul Brunton authored 11 books between 1934 and 1952 that sold over two million copies in at least a dozen languages. North Atlantic Books is pleased to reissue a number of these spiritual classics, of which *The Inner Reality* is the fourth.
- POPULAR WORK: When Christopher Reeve was asked in a BBC interview which book he would want if stranded on a desert island, he replied, "*The Inner Reality* by the philosopher Paul Brunton."

About the Author/Illustrator

Author Hometown: London, England
PAUL BRUNTON (1898-1981) is one of the twentieth century's most brilliant spiritual writers. Generally recognized as having introduced yoga and meditation to the West, he was the most popular and authoritative source of information on Eastern philosophies, gurus, and meditation systems from the mid-'30s to the '60s. His books have sold over two million copies in 17 languages. In 1954, he withdrew from public life and continued writing the material that was posthumously published as The Notebooks of Paul Brunton--a truly East-West spiritual philosophy. Written with the passion of an authentic pioneer and the thoughtfulness of a seasoned practitioner, his work is re-emerging as a beacon for all contemporary seekers.

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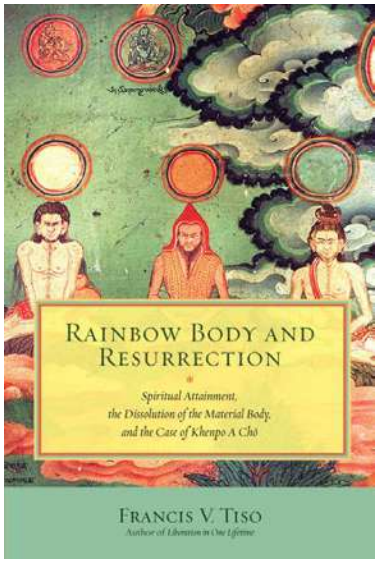
Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
A Search in Secret India / Brunton, Paul...	9781844130436	1970s	Rider UK	
The Secret Path / Brunton, Paul / TR	9781844130405	1970s	Rider UK	
The Quest of the Overself / Brunton, Pau...	9781844130412	1970s	Rider UK	
A Hermit in the Himalayas / Brunton, Pa...	9781844130429	1970s	Rider UK	
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Cave And Cosmos/Harner, Michael/TR	9781583945469	4/13	North Atlantic Books	$19.95/$23.95
Heart Yoga/Harvey, Andrew/TR	9781556438974	5/10	North Atlantic Books	$17.95/$21.50
Heart Of Zen/Roshi, Jun Po Denis Kelly/TR	9781583947647	4/14	North Atlantic Books	$16.95/$19.95
The Tao of Physics / Capra, Fritjof / TR	9781590308356	9/10	Shambhala	$17.95



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BISAC 1: Religion - Buddhism - Tibetan
BISAC 2: Religion - Christian Theology - Ecclesiology
BISAC 3: Body, Mind & Spirit - Afterlife & Reincarnation
Page Count: 408 **Trim Size:** 6 x 9
Carton Count: 16
Illustrations: 21 B&W PHOTOS

Marketing and Publicity

Publicist: Bevin Donahue

- Outreach to print media in spirituality, Christianity, and Buddhism (e.g., *Spirituality & Health, Buddhadharma, Tricycle, BeliefNet)*
- Online outreach to websites, blogs, and forums in eastern religion (e.g., E*lephant Journal, Dharma Monkey, The Zennist, Spirituality + Practice*)
- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NorthAtlanticBooks.com, Facebook, Twitter, Pinterest, featuring excerpts, picture quotes, author interview, and links to reviews
- Webinar

Rainbow Body and Resurrection

Spiritual Attainment, the Dissolution of the Material Body, and the Case of Khenpo A Cho

Francis V. Tiso

A leading authority on the rainbow body traces its history in the encounter of religions in medieval Central Asia, exploring a previously unimagined connection between early Dzogchen and the resurrection of Jesus.

Francis V. Tiso, a noted authority on the rainbow body, explores this manifestation of spiritual realization in a wide-ranging and deeply informed study of the transformation of the material body into a body of light. He presents a full account--including eye witness interviews--of the death of the Khenpo A cho, a Buddhist monk who manifested the rainbow body within a week of his death in eastern Tibet in 1999. Reflecting on the boundary between physical science and deep spirituality, Tiso makes groundbreaking connections between early Dzogchen and the spirituality of Syriac Christianity in Central Asia, including the dying and rising of Jesus.

- EXPERT ON THE TOPIC: Francis Tiso is recognized as one of the world's foremost experts on the Rainbow Body phenomenon. He was featured in the first film about the Rainbow Body, The Lost Secret of Immortality, and worked on the Institute of Noetic Sciences sponsored research project investigating the case of Khenpo A Chö. He accompanied Cardinal Francis Arinze, head of the Pontifical Council for Interreligious Dialogue, to a dialogue with Buddhist leaders in Taiwan and has traveled extensively in India, Nepal, Tibet, Thailand, Japan, and Bangladesh.
- PROVIDES FASCINATING COMPARISON BETWEEN BUDDHISM AND CHRISTIANITY: As both a practicing Catholic priest and a respected scholar of Tibetan Buddhism, Tiso is in a unique position to compare the history and practice of the two religions--how they informed each other, their iconography, the way precepts traveled geographically during medieval times. The connection between the rainbow body and the resurrection of Jesus will spark interest across a number of religions and disciplines
- WELL-KNOWN, ACTIVE AUTHOR: Tiso has written and lectured widely on history of religions, meditation practices, aesthetics, and interreligious dialogue. He is the recipient of grants from the American Academy of Religion, the American Philosophical Society, the Palmers Fund in Switzerland, and the Institute of Noetic Sciences in Petaluma, CA. He is an advisor to the Mind and Life Institute in Europe.

About the Author/Illustrator

Author Residence: Isernia, Italy **Author Hometown:** Mount Vernon, New York

Father Francis V. Tiso holds an A.B. in Medieval Studies from Cornell University, a Master of Divinity degree from Harvard University, and a doctorate from Columbia University and Union Theological Seminary where his specialization was Buddhist studies. He also has a degree in Oriental Languages and Cultures from the Istituto Universitario Orientale in Naples. He was Associate Director of the Secretariat for Ecumenical and Interreligious Affairs of the U.S. Conference of Catholic Bishops from 2004 to 2009, where he served as liaison to Islam, Hinduism, Buddhism, the Sikhs, and Traditional religions as well as the Reformed confessions. He is the author of *Liberation in One Lifetime* (North Atlantic Books, 2014), which includes his translations of several early biographies of the Tibetan yogi and poet, Milarepa.

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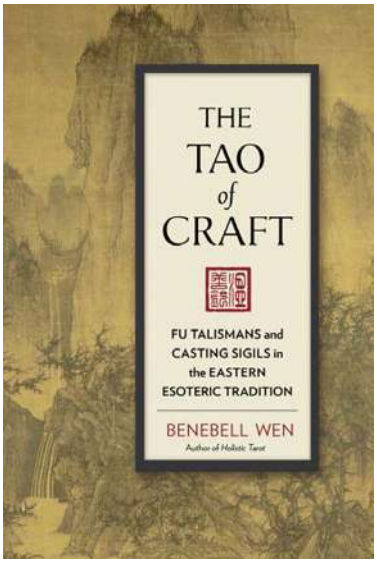
Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
Liberation In One Lifetime/Tiso, Francis...	9781583947937	6/14	North Atlantic Books	$24.95/$28.95
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Rainbow Body/Norbu, Chogyal Namkhai/TR	9781583944912	12/12	North Atlantic Books	$14.95/$17.95
Tibetan Book Of The Dead/Padmasambhava/TR	9781583945551	3/13	North Atlantic Books	$17.95/$21.50
Tibetan Yoga Of Movement/Norbu, Chogyal Namkhai/TR	9781583945568	7/13	North Atlantic Books	$24.95/$28.95



ON SALE 9/27/2016
NORTH ATLANTIC BOOKS
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978-1-62317-066-0
$29.95/$39.99

BISAC 1: Religion - Taoism
BISAC 2: Body, Mind & Spirit - Reference
Page Count: 600 **Trim Size:** 6 x 9
Carton Count: 24
Illustrations: 300 B&W ILLOS

Marketing and Publicity

Publicist: Bevin Donahue

- Advance electronic review copies available by request
- Author penned articles, interviews, and reviews in relevant print and online publications

- Spotlight feature book on NorthAtlanticBooks.com
- Featured book in North Atlantic Books Newsletter
- Featured article on NAB Blog
- Promotional video

The Tao of Craft

Fu Talismans and Casting Sigils in the Eastern Esoteric Tradition

Benebell Wen

A contemporary primer for crafting Fu talismans in the Chinese Taoist tradition, with step-by-step instructions for personal empowerment

Benebell Wen offers the first book in English to explore the rich history and ancient practice of crafting Fu talismans, or magical sigils, in the Chinese Taoist tradition. To introduce the craft to Western practitioners, she provides historic and cultural context, from the neolithic period of Chinese history to contemporary practices of esoteric Taoism, and deconstructs Taoist spellcrafting, from the theoretical and metaphysical principles that govern craft to the anatomy of a traditional Fu talisman. *The Tao of Craft* demonstrates how metaphysical energy can be harnessed to amplify, strengthen, weaken, dispel, or block other metaphysical energy and to rectify imbalances in the material plane. In the process it serves as a step-by-step instructional handbook on crafting Fu talismans that can be used for such things as finding love, earning more money, or easing emotional tensions in the home. Supported by an abundance of detailed charts and images, this book provides readers with the knowledge and confidence to craft their own Fu talismans for personal empowerment.

- FIRST AND ONLY BOOK IN ENGLISH ON THE TOPIC: Though the crafting Fu talismans is a centuries-old practice, this is the first book to explain the ancient art in practical, comprehensive, and contemporary terms to the western audience.
- APPEALS TO WESTERN PAGAN AND MAGIC TRADITIONS: As interest in pagan spirituality and magical traditions grows, more practitioners are looking to Eastern esotericism and Chinese metaphysics to deepen their understanding of how they might interact with the spirit world. This book draws clear connections between the Eastern and Western practices and makes a realm of hitherto unknown ancient Chinese practices available to Western audiences.
- METICULOUSLY AND EXHAUSTIVELY RESEARCHED AND ANNOTATED: The author presents an impressive amount of research and information in accessible form, with a wealth of footnotes and resources that allow readers to delve deeper into the subject if they want to know more.
- ACTIVE AUTHOR: Benebell Wen maintains very active Facebook, Twitter, and Instagram accounts. She blogs regularly, both on her own blog and on guest blogs. She makes regular appearances throughout the Bay Area, is well known in relevant circles through her book and writing, and is respected by authorities in her field, as evidenced by the 60+ endorsements she received from leading luminaries for *Holistic Tarot*. She is engaging, energetic, and outgoing, and comes across well on video and radio. She has a well-maintained website and has already produced a book trailer for The Tao of Craft.
- PROVEN TRACK RECORD, LOYAL FOLLOWING: *Holistic Tarot,* the author's first book, has sold upwards of 4000 copies in the first ten months of publication, with more than 60 five-star Amazon ratings and only 3% returns. The general critical consensus on *Holistic Tarot* is that it is the book on the subject, more authoritative and exhaustive than any work to date.

About the Author/Illustrator

Author Residence: Castro Valley, CA **Author Hometown:** New Brunswick, NJ

Benebell Wen is a practitioner of various metaphysical arts. She studies tarot, feng shui, the *I Ching,* numerology, and both Chinese and Hellenisic astrology. Wen is the author of *Holistic Tarot: An Integrative Approach to Using Tarot for Personal Growth* (North Atlantic Books, 2015). When not lecturing, teaching, or writing on metaphysics, Wen practices law in California and New York. She is of Taiwanese descent and currently lives in Northern California with her husband James and their beloved cat.

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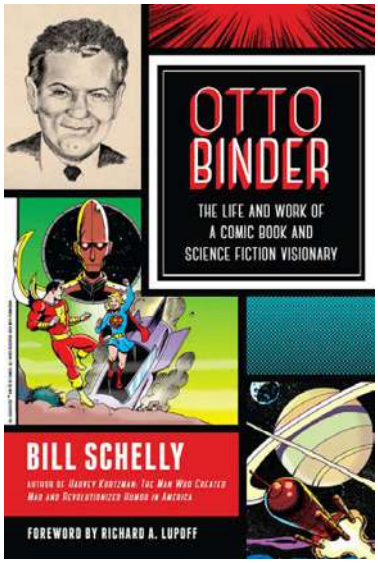
Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
Holistic Tarot/Wen, Benebell/TR	9781583948354	1/15	North Atlantic Books	$29.95/$35.00
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Modern Magick/Kraig, Donald Michael/TP	9780738715780	9/10	Llewellyn Publications	$34.99
Llewellyn's Complete Book of Correspondences/Kynes, Sandra/T...	9780738732534	2/13	Llewellyn Publications	$29.99
Instant Health/Lei, Shifu Yan/TP	9780956310101	11/09	Independent Publ Group	$24.95
Dragon And Tiger Med Qigong V1/Frantzis, Bruce/TR	9781556439216	11/10	North Atlantic Books	$23.95/$26.95
Ba Gua Circle Walking Nei Gong/Bisio, Tom/TP	9781432796891	7/12	Lightning Source Inc	



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BISAC 1: Literary Criticism - Comics & Graphic Novels
BISAC 2: Biography & Autobiography - Literary
BISAC 3: Social Science - Popular Culture
Page Count: 352 **Trim Size:** 6 x 9
Carton Count: 24
Illustrations: 164 B&W PHOTOS AND ILLUSTRATIO

Marketing and Publicity

Publicist: Julia Kent

- Print and electronic galleys available for advance review
- Galleys to trade publications and book reviews editors in top 10 media markets
- Outreach to print and online media in culture and comics
- Press releases to comic fan newsletters, forums, and websites
- Placements of excerpts, author Q&As, and author penned articles on related blogs
- Outreach to local media in author's hometown in Seattle, WA
- Possible author appearance at Comic-Con 2016

- Blog feature during publication month
- Newsletter special feature during publication month
- Homepage special feature on publication month
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Otto Binder

The Life and Work of a Comic Book and Science Fiction Visionary

Bill Schelly; Foreword by Richard A. Lupoff

Illuminating and informative, this biography of comics writer Otto Binder will appeal to fans of comic books, science fiction, and UFOs. Bill Schelly tells an inspiring story of professional and personal growth, sprinkled with exciting illustrations of beloved DC Comics characters.

In this fascinating biography, comic book historian Bill Schelly chronicles the life of Otto Binder, from pulp magazine author to writer of Supergirl, Captain Marvel, and Superman. As the originator of the first sentient robot in literature ("I, Robot," published in Amazing Stories in 1939 and predating Isaac Asimov's collection of the same name), Binder's effect on science fiction was profound. Within the world of comic books, he created or co-created much of the Superman universe, including Smallville; Krypto, Superboy's dog; Supergirl; and the villain Braniac. In later years, Binder expanded from comic books into pure science writing, publishing dozens of books and articles on the subject of satellites and space travel as well as UFOs and extraterrestrial life. Through comic panels, personal letters, and interviews with Binder's own family and friends, Schelly weaves together Binder's professional successes and personal tragedies, including the death of Binder's only daughter and his wife's struggle with mental illness. *Otto Binder: The Life and Work of a Comic Book and Science Fiction Visionary* is a biography that is both meticulously researched and beautifully told, keeping Binder's spirit of scientific curiosity and whimsy very much alive.

- RISING POPULARITY: Otto Binder co-created the character of Supergirl, whose origin story has been adapted into a new television show which will debut on CBS in October 2015.
- WELL-REGARDED AUTHOR: Author Bill Schelly, creator of the popular fanzine Sense of Wonder, has written many books about the genre of science fiction and comic books, and has been a speaker at San Diego Comic Con. His most recent book, a biography of Harvey Kurtzman, has received wide praise.

"By interviewing so many relatives and friends and studying his correspondence, press coverage, and conversations taped by fans, Schelly truly brings Binder alive on the page. He crafts a candid and sympathetic portrait that makes you feel that you have gotten to know the man almost as vividly as if you had met him in real life." --Paul Gravett, author of *Comics Art*

About the Author/Illustrator

Author Residence: Seattle, WA **Author Hometown:** Walla Walla, WA

BILL SCHELLEY has been immersed in the world of science fiction and comic fandom for many years now. He has been adding to the pop culture fringe since the mid-1960s. Creator of the popular fanzine *Sense of Wonder*, Schelly has been meticulously researching the history of comic book fandom since 1991, and has published many books on the subject. He is currently the associate editor of the Eisner Award-winning magazine *Alter Ego*. His recent books include *The American Comic Book Chronicles: The 1950s* (2013), and *Harvey Kurtzman, The Man Who Created Mad* (2015).

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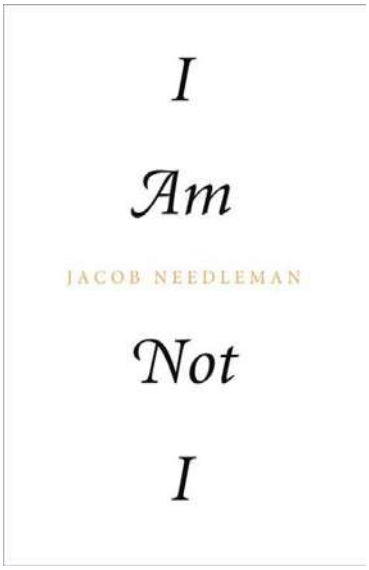
Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
Harvey Kurtzman: The Man Who Created Mad...	9781606997611	05/2015	WW Norton	$34.99
American Comic Book Chronicles / Schelly...	9781605490540	09/2013	TwoMorrows Publishing	$39.95
Man of Rock: A Biography of Joe Kubert...	9781560979289	11/2008	WW Norton	$19.99
The Art of Joe Kubert / Kubert, Joe and...	9781606994870	10/2011	WW Norton	$39.99
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Welcome To Mars/Hollings, Ken/TR	9781583947616	3/14	North Atlantic Books	$12.95
Austin Osman Spare/Baker, Phil/TR	9781583947166	2/14	North Atlantic Books	$18.95
Techgnosis/Davis, Erik/TR	9781583949306	3/15	North Atlantic Books	$21.95/$25.95
Supergods/Morrison, Grant/TR	9780812981384	06/2012	Spiegel & Grau	$18.00
Marvel Comics: The Untold Story/Howe, Sean/TR	9780061992117	10/2013	Harper Perennial	$15.99



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BISAC 1: Philosophy - Epistemology
BISAC 2: Psychology - Personality
BISAC 3: Body, Mind & Spirit - Healing - General
Page Count: 136 **Trim Size:** 5-1/2 x 8-1/2
Carton Count: 60

Marketing and Publicity

Publicist: Maren Fox

- Targeted outreach to spirituality and psychology outlets seeking author interviews and author penned articles
- Outreach to publications who have covered Needleman's previous work (*San Francisco Chronicle*, *The Sun*, *Religion Dispatches*, *Spirituality & Practice*)
- Outreach to authors hometown media (San Francisco Bay Area)

- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NorthAtlanticBooks.com, Facebook, and Twitter featuring excerpts, picture quotes, author interview, and links to reviews

I Am Not I

Jacob Needleman

Part philosophical dialogue, part script/screenplay, *I Am Not I* is a conversation between the author (currently 80 years old) and his younger selves. The book serves to reconcile the split between our inner child and our adult self.

Seeking to reconcile the split between our inner child and our adult self, Jacob Needleman follows the ancient spiritual tradition of engaging in a conversation between a guiding wisdom figure and a seeker to address the trauma and to offer an initiation to a younger self, an initiation he feels is missing from our culture. The time-honored dialogue form is rendered more contemporary by being cast as a screenplay and, as the conversation between the 80-year-old author and his younger selves unfolds, an ambiguity emerges as to whether this is strictly the author's internal dialogue or whether the younger self may be nurturing a rebirth of the author.

On one level, *I am not I* brings younger readers (teen-agers and young adults) face to face with powerful spiritual and philosophical ideas. But as the book progresses, the dialogue delves into questions and insights that carry astonishing new hope and vision for every man and women, challenging our culture's accepted, and often toxic, ideas about humanity's place in a living universe. As the intensely emotional exchange between guide and seeker expands, an enigmatic new voice leads them toward ever deepening mystic insights.

- HIGHLY-REGARDED AUTHOR: Jacob Needleman is a well-known philosopher and teacher
- UNIQUE APPROACH: Poetic language and the stage play script-like dialogue draw the reader in
- FOR SPIRITUAL SEEKERS: Fundamental spiritual ideas and mystic insights for seekers of identity and community

About the Author/Illustrator

Author Residence: San Francisco, California **Author Hometown:** Philadelphia, Pennsyvania

Jacob Needleman is a philosopher, author, and religious scholar. Educated at Harvard University, Yale University, and the University of Freiburg, he teaches philosophy at San Francisco State University. He is the author of *The New Religions,* a pioneering study of the new American spirituality, T*he Wisdom of Love, Money and the Meaning of Life, A Sense of the Cosmos, Lost Christianity, The Heart of Philosophy, The Way of the Physician, Time and the Soul, Sorcerers: A Novel, The American Soul, Why Can't We Be Good?*, and *The Essential Marcus Aurelius.*

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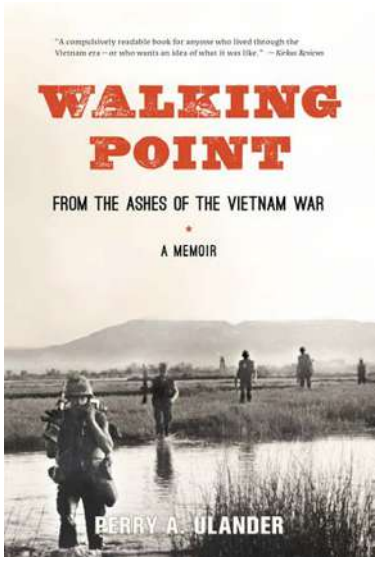
Author's Previous Titles (Sales Track)	ISBN	On sale	Publisher	Price US/Can.
Why Can't We Be Good?/Needleman, Jacob/T...	9781585426201	1/2008	Tarcher	$15.95
The Wisdom of Love/Needleman, Jacob/TR	9781596750074	9/2005	Morning Light Press	$12.95
What Is God?/Needleman, Jacob/TR	9781585428472	12/2010	Tarcher	$14.95
An Unknown World/Needleman, Jacob/TR	9781585429011	9/201212	Tarcher	$24.95
Necessary Wisdom/Needleman, Jacob/TR	9780988802407	1/2013	Fearless Books	$14.95
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Self Observation: The Awakening of Conscience: an Owner's Ma...	9781890772925	9/2009	Hohm Press	$14.95
Improvisation On The Edge/Zaporah, Ruth/TR	9781583948439	9/14	North Atlantic Books	$14.95/$17.95
Pursuing Consciousness/Ralston, Peter/TR	9781583948729	3/15	North Atlantic Books	$18.95/$22.99
The Book Of Not Knowing/Ralston, Peter/TR	9781556438578	1/10	North Atlantic Books	$24.95/$29.95



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BISAC 1: Biography & Autobiography - Personal Memoirs
BISAC 2: History - Military - Vietnam War
BISAC 3: Body, Mind & Spirit - Healing - Prayer & Spiritual
Page Count: 256 **Trim Size:** 6 x 9
Carton Count: 36

Marketing and Publicity

Publicist: Julia Kent

- Galley and review copy mailing to national dailies and NPR in top ten markets as well as trade publications to secure review coverage
- Online campaign featuring to blogs and podcasts interested in spirituality, psychology (trauma), personal growth, and military history
- Targeted outreach to media in authors hometown (Seattle, WA)
- Author events in Seattle, WA and surrounding areas

- E-galleys available to press and book trade on Edelweiss
- Digital previews available on Google Book Search, Amazon Search Inside, and Barnes & Noble See Inside
- Promotion on NorthAtlanticBooks.com, Facebook, Twitter, and Pinterest featuring excerpts, picture quotes, author interview, and links to reviews
- Webinar

Walking Point

From the Ashes of the Vietnam War

Perry A. Ulander

This intimate memoir by an American GI who served in Vietnam offers a powerful narrative for readers with an interest in the effects of war and violence, American involvement in Vietnam, PTSD, and how trauma can be a catalyst for spiritual transformation.

In this intimate memoir, Perry Ulander chronicles with powerful clarity the bewildering predicament he confronted and the fellowship and guidance that transformed him during the year he served as an American GI in the jungles of Vietnam. Conveying with unadorned precision the harrowing experiences that shatter his core beliefs, Ulander also captures the camaraderie and humor of his platoon, the hostility between "lifers" and draftees, the physical hardships of reconnaissance missions, and the unrelenting apprehension underlying everyday life. Ultimately, he describes the surrendering of social norms and accepted identities that allows him to glimpse a previously unimagined realm of heightened awareness.

Written after a lifetime of reflection on the nature of war and the effect of violence and domination on the minds and spirits of those forced to practice it, *Walking Point* gives voice to profound insights gained through extreme adversity and movingly captures the depth of trust and commitment among a group of unwitting warriors who struggle to stay alive and sane in unchartered territory.

- NEW ANGLE ON POPULAR TOPIC: Interest in the Vietnam War has not waned, but unlike many books on the subject, Walking Point not only gives a detailed and personal account of the experiences of a small group of draftees, it charts a spiritual transformation occasioned by the nature of guerrilla warfare and the unique camaraderie of the platoon.
- PROVIDES A MODEL FOR SURVIVING TRAUMA: Author describes his journey to Buddhism and a meditation practice as a way for coping with his experiences during the war. His lifelong spiritual practice singles him out from most of his comrades whose lives, by and large, fell apart after the war. This aspect of the book will make it attractive to readers interested in PTSD, recovery, detox and deprogramming, mindfulness and meditation, and Buddhism.

About the Author/Illustrator

Author Residence: North Bend, WA **Author Hometown:** Rockford, Illinois

PERRY A. UPLANDER served in Vietnam from December 1969 to December 1970 as a Spec 4 infantryman in Bravo Company with the 173rd Airborne Brigade in the Central Highlands. After his military service he worked as a journeyman carpenter, carpenter foreman, project superintendent, and project manager in the Seattle area. He attended the University of Illinois and the Milwaukee School of Engineering.

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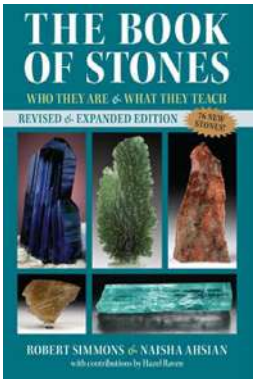
	9781622031399			
Comparative Titles by Other Authors	**ISBN**	**On sale**	**Publisher**	**Price US/Can.**
Death On The Barrens/Grinnell, George James/TR	9781556438820	4/10	North Atlantic Books	$17.95/$22.00
Soulshaping/Brown, Jeff/TR	9781556438103	8/09	North Atlantic Books	$15.95/$19.95
Matterhorn / Marlantes / TR	9780802145314	5/2011	Grove	$15.95
What It is Like to Go to War / Marlantes / TR	9780802145925	9/2012	Grove	$15.00
Men in Green Faces / Wentz, Jurus / TR	9781250036223	11/2012	St. Martin's Griffin	$15.99
Abandoned in Hell / Albracht, Wolf / TR	9780451468086	2/2015	NAL	$27.95
Fighter Pilot / Olds, Rasimus, Olds / TR	9780312569518	5/2011	St. Martin's Griffin	$16.99
Cave And Cosmos/Harner, Michael/TR	9781583945469	4/13	North Atlantic Books	$19.95/$23.95



The Book of Stones, Revised Edition
Who They Are and What They Teach

Robert Simmons and Naisha Ahsian

New edition of bestseller. Often dubbed the "crystals bible," this comprehensive guide to the spiritual and healing qualities of 455 sacred stones has become the go-to book for looking up the properties of gems and minerals. Each entry includes vivid color photographs for each stone to aid identification.

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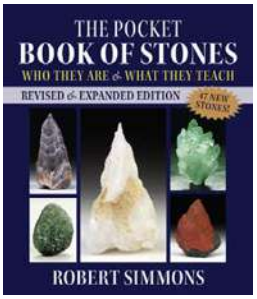
9781583949085 | Pub Date: 3/10/2015 | $29.95 | 560 pages | Paperback / softback | Body, Mind & Spirit – Crystals | FULL COLOR PHOTOS THROUGHOUT



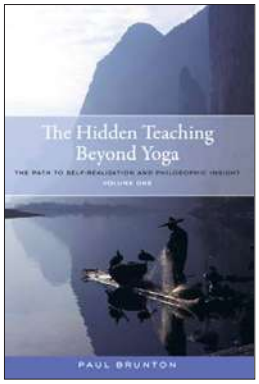
The Pocket Book of Stones, Revised Edition
Who They Are and What They Teach

Robert Simmons

By the author of the bestselling crystals title *The Book of Stones,* this pocket version was created in response to demand for a more portable metaphysical reference guide. With the addition of 40 new stones, this beautifully illustrated revised edition will continue to be popular among readers interested in crystals and healing.

OVER 50,000 COPIES SOLD (U.S. EDITION)

9781583949122 | 03/10/2015 | $14.95 | 416 pages | Trade Paperback | Body, Mind & Spirit – Crystals | FULL COLOR PHOTOS THROUGHOUT



The Hidden Teaching Beyond Yoga
The Path to Self-Realization and Philosophic Insight, Volume 1

Paul Brunton

Inspired by his time spent with sages in Asia in the 1930s, Paul Brunton wrote this book at the request of these teachers, who recognized that he had a significant role in the transmission of Hindu Vedanta and Buddhism to the West. This book offers profound re-creation of the teachings of those two philosophical schools of thought.

9781583949108 | 05/05/2015 | $21.95 | 400 pages | Trade Paperback | Body, Mind & Spirit - Mindfulness & Meditation / Philosophy – Hindu

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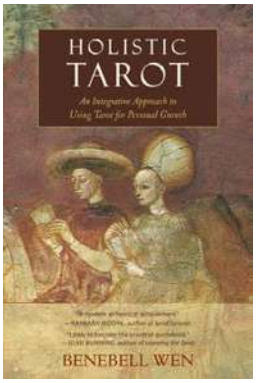
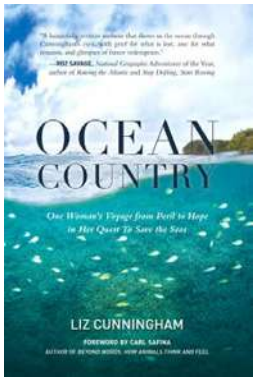


Holistic Tarot
An Integrative Approach to Using Tarot for Personal Growth

Benebell Wen

Holistic Tarot is arguably the most comprehensive guide to tarot on the market today. Combining Eastern mysticism with Western metaphysics, it presents a wholly modern, rational approach to tarot practice while preserving notable elements of the tradition. B&W illustrations throughout.

9781583948354 | Pub Date 1/6/2015 | $29.95 | 896 pages | Paperback / softback | Body, Mind & Spirit – Tarot | 574 B&W ILLUSTRATIONS



Ocean Country
One Woman's Voyage from Peril to Hope in her Quest To Save the Seas

Liz Cunningham

This gripping adventure story of one woman's odyssey from a near-drowning accident to a journey around the world to understand the threats to the vitality of our oceans vividly illustrates the crucial role that each of us has to play in one of the most urgent social movements in history.

9781583949603 | Pub Date: 9/8/2015 | $16.95 | 256 pages | Paperback / softback | Nature - Environmental Conservation

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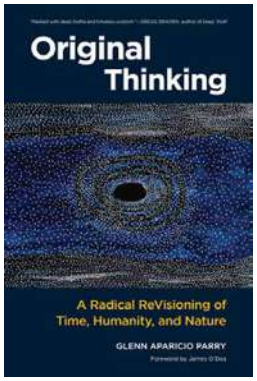

Original Thinking
A Radical Revisioning of Time, Humanity, and Nature

Glenn Aparicio Parry

Inspired by groundbreaking dialogues that the author organized between Native American elders and leading-edge Western scientists to explore the underlying principles of the cosmos, this book offers a radical revisioning of how we think and what it means to be human.

9781583948903 | Pub Date 4/14/2015 | $21.95| 336 pages | Paperback / softback | Philosophy / Social Science

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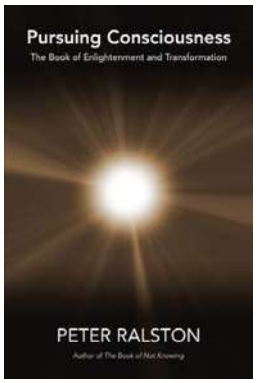

Pursuing Consciousness
The Book of Enlightenment and Transformation

Peter Ralston

Building on his previous groundbreaking work, Peter Ralston once again proves to be a sure-footed guide for readers seeking personal and spiritual growth. Ralston demonstrates how self-transformation can be achieved with a no-nonsense approach available to anyone willing to reach beyond their current experience of self and reality.

9781583948729 | 03/10/2015 | $18.95 | 336 pages | Trade Paperback | Body, Mind & Spirit - Inspiration & Personal Growth

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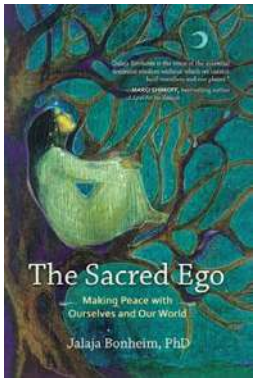
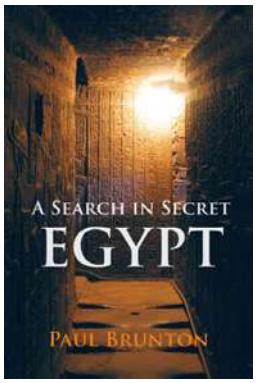


The Sacred Ego
Making Peace with Ourselves and Our World

Jalaja Bonheim, Ph.D.

The Sacred Ego shares stories and lessons from the author's work with leaders and peacemakers from around the world. This practical and uplifting work is sure to speak to anyone longing for inner peace yet also seeking to contribute to outer peace.

9781583949436 | Pub Date: 7/28/2015 | $22.95 | 304 pages | Paperback / softback | Body, Mind & Spirit - New Thought

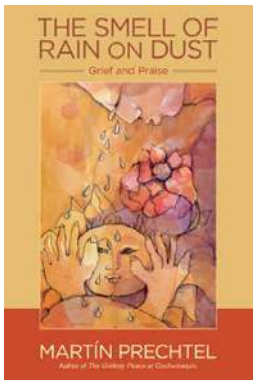


A Search In Secret Egypt

Paul Brunton

Spiritual philosopher Paul Brunton narrates his fascinating encounters with the mysteries and magic of Egypt in the 1930s. In the end, Brunton turns his attention to his own spiritual path, connecting all of his experiences into a single discovery: that the freedom of our spirit can be experienced here and now.

9781583949818 | 11/24/2015 | $19.95 | 288 pages | Trade Paperback | Body, Mind & Spirit - Mythical Civilizations / History - Ancient – Egypt | 73 B&W PHOTOS & ILLOS



The Smell of Rain on Dust
Grief and Praise

Martín Prechtel

Inspiring hope, solace, and courage in living through our losses, author Martín Prechtel, trained in the Tzutujil Maya shamanic tradition, shares profound insights on the relationship between grief and praise in our culture—how the inability that many of us have to grieve for the dead is linked with the inability to give praise for living.

9781583949399 | 04/14/2015 | $16.95 | 184 pages | Trade Paperback | Body, Mind & Spirit - Mental & Spiritual Healing / Family & Relationships - Death, Grief, Bereavement | 15 B&W LINE DRAWINGS

TechGnosis
Myth, Magic, and Mysticism in the Age of Information

Erik Davis

How does our fascination with technology intersect with the religious imagination? In *TechGnosis*—a cult classic now updated and reissued with a new afterword—Erik Davis argues that esoteric and religious impulses have always permeated (and sometimes inspired) technological communication.

9781583949306 | 03/17/2015 | $21.95 | 456 pages | Trade Paperback | Social Science - Media Studies / Body, Mind & Spirit – Mysticism

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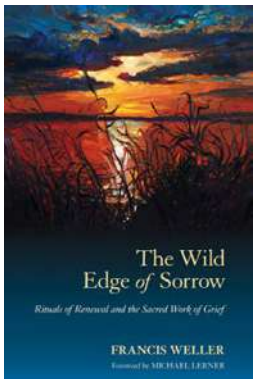

The Wild Edge of Sorrow
Rituals of Renewal and the Sacred Work of Grief

Francis Weller

Noted psychotherapist Francis Weller provides an essential guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for mastering the art of grieving.

9781583949764 | Pub Date: 9/15/2015 | $14.95 | 180 pages | Paperback / softback | Self Help - Death, Grief, Bereavement

The Wisdom of the Overself
The Path to Self-Realization and Philosophic Insight, Volume 2

Paul Brunton

Inspired by Paul Brunton's years spent with sages in Asia, *The Wisdom of the Overself* and its companion volume *The Hidden Teaching Beyond Yoga* were written at the request of these teachers, who recognized that Brunton had a significant role to play in the transmission of Hindu Vedanta and Buddhism to the West.

9781583949146 | 05/26/2015 | $21.95 | 456 pages | Trade Paperback | Body, Mind & Spirit - Mindfulness & Meditation / Philosophy – Hindu

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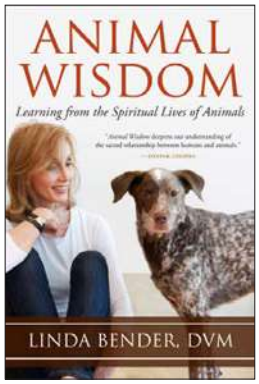
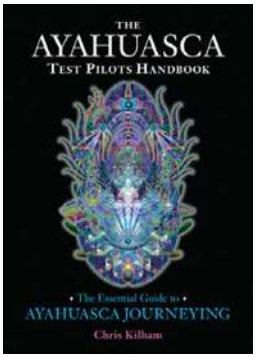


Animal Wisdom
Learning from the Spiritual Lives of Animals

Linda Bender

Veterinarian and animal intuitive Linda Bender offers a wealth of extraordinary stories and evidence indicating animals have deeply perceptive—even extrasensory—abilities, especially when love is involved. In addition, she provides 18 step-by-step practices for honing readers' abilities to communicate with animals.

9781583947739 | Pub Date: 6/10/2014 | $18.95 | 216 pages | Paperback / softback
Pets / Body, Mind & Spirit

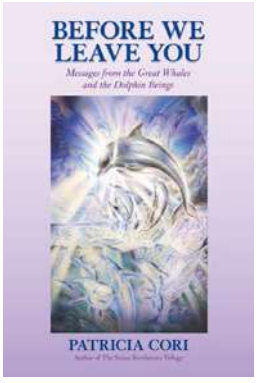


The Ayahuasca Test Pilots Handbook
The Essential Guide to Ayahuasca Journeying

Chris Kilham

The Ayahuasca Test Pilots Handbook provides a practical guide to ayahuasca use, aiding seekers in making right—and safe—decisions about where to go, who to drink with, and what to expect.

9781583947913 | Pub Date: 11/04/2014 | $14.95 | 160 pages | Paperback / softback
Body, Mind & Spirit - Entheogens & Visionary Substances | 24 COLOR IMAGE GLOSSY INSERT

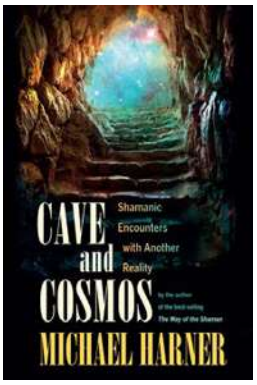


Before We Leave You
Messages from the Great Whales and the Dolphin Beings

Patricia Cori

This is the first book of channeled communications from the whales and dolphins who, through the author, convey their purpose on earth, the situation of our evolving planet, and the urgent need for human beings to help stop their suffering and possible extinction.

9781556438943 | Pub Date: 4/26/11 | $18.95 | 212 pages | Paperback / softback
Body, Mind & Spirit / Channeling | 18-PAGE COLOR INSERT (PULL-OUT CARDS)



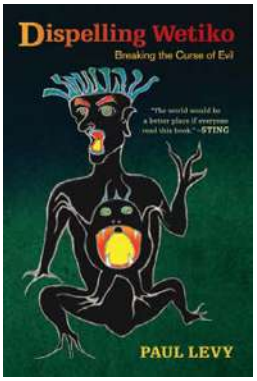
Cave and Cosmos
Shamanic Encounters with Another Reality

Michael Harner

This long-awaited sequel to *The Way of the Shaman* (over 600,000 English-language copies sold; translated into 13 languages) provides new evidence of the existence of another reality. It also provides techniques on how to ascend to heavenly realms and seek spirit teachers.

LICENSED IN 8 LANGUAGES

9781583945469 | Pub Date: 4/9/13 | $19.95 | 312 pages | Paperback / softback
Body, Mind & Spirit - Spirituality – Shamanism | 8-PAGE 4-COLOR INSERT

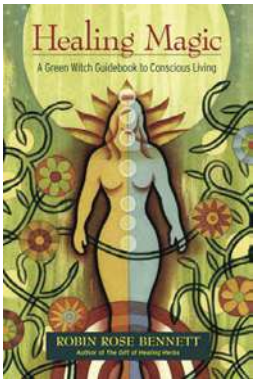


Dispelling Wetiko
Breaking the Curse of Evil

Paul Levy

Liberal-minded thinkers interested in Jungian psychology, shamanism, and self-transformation will be drawn to this impassioned treatise that frames the growing insanity of our times as a kind of psychic contagion that infects society with greed, egotism, and predatory instincts.

9781583945483 | Pub Date: 1/15/13 | $16.95 | 376 pages | Paperback / softback
Body, Mind & Spirit - New Thought | 1 B&W PHOTO; 3 B&W ILLUSTRATIONS

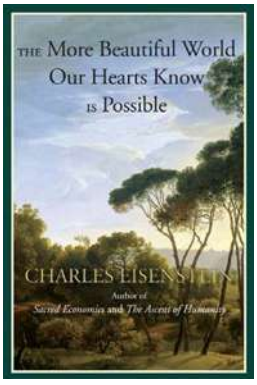


Healing Magic, 10th Anniversary Edition
A Green Witch Guidebook to Conscious Living

Robin Rose Bennett

Filled with stories, songs, rituals, herbal recipes, meditations, and trance journeys that outline more than 100 ways to practice the art of magical healing, this guidebook to conscious living by renowned herbalist Robin Rose Bennett makes it easy to follow the path to physical and spiritual health.

9781583948378 | Pub Date: 10/28/2014 | $19.95 | 224 pages | Paperback / softback
Body, Mind & Spirit - Witchcraft / Health & Fitness - Herbal Medications
4 B&W LINE DRAWINGS; 1 PHOTO



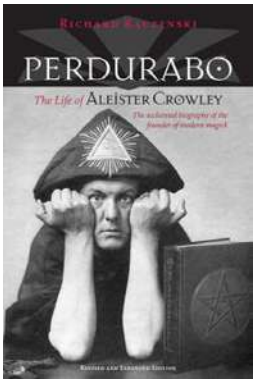
The More Beautiful World Our Hearts Know Is Possible

Charles Eisenstein

In a time of mounting chaos and crumbling institutions, how can we make the world a better place? This empowering book shows how the concept and practice of interconnectedness is key to world transformation. By a rising figure in the Occupy movements whose previous book *Sacred Economics* (July, 2011) has sold over 15,000 copies and has been translated into 5 languages.

OVER 20,000 COPIES SOLD (U.S. EDITION)

9781583947241 | Pub Date: 11/5/13 | $19.95 | 256 pages | Paperback / softback
Body, Mind & Spirit - New Thought

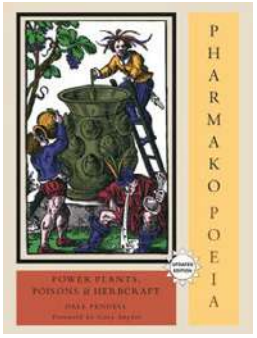


Perdurabo, Revised and Expanded Edition
The Life of Aleister Crowley

Richard Kaczynski

This is the critically acclaimed biography of Aleister Crowley (1875-1947), self-professed magician, prophet, poet, and adventurer whose remarkable life and philosophy of "Do what thou wilt shall be the whole of the Law" inspired generations of rebellious social and spiritual truth-seekers.

9781556438998 | Pub Date: 8/10/10 | $29.95 | 720 pages | Hardback | Body, Mind & Spirit / Occultism | B&W PHOTOS

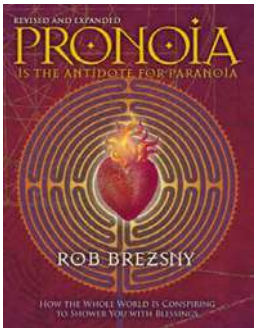


Pharmako/Poeia, Revised and Updated
Plant Powers, Poisons, and Herbcraft

Dale Pendell

The first volume of the Pharmako trilogy, an underground classic that is one of the most comprehensive and accessible works on psychoactive plants. Pharmako/Poeia explores the licit (tobacco, alcohol) to the illicit (cannabis, opium) and the exotic (absinthe, salvia divinorum, nitrous oxide).

9781556438059 | Pub Date: 9/28/10 | $19.95 | 336 pages | Paperback / softback
Body, Mind & Spirit / General | 103 B&W ILLUSTRATIONS AND DIAGRAMS



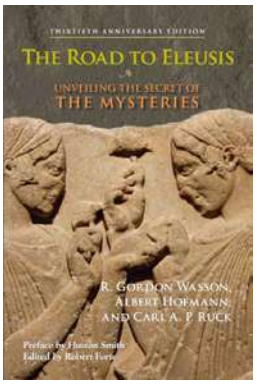
Pronoia Is the Antidote for Paranoia, Revised and Expanded
How the Whole World Is Conspiring to Shower You with Blessings

Rob Brezsny

This substantially revised and updated edition presents the philosophy that the universe is fundamentally friendly and that life gives you exactly what you need. A self-help book for people skeptical about self-help books, *Pronoia* is the best of New Age literature—witty, smart, and urbane.

OVER 60,000 COPIES SOLD (U.S. EDITION)

9781556438189 | Pub Date: 9/22/09 | $21.00 | 400 pages | Paperback / softback
Body, Mind & Spirit / Inspiration & Personal Growth | B&W ILLUS. THROUGHOUT



The Road to Eleusis
Unveiling the Secret of the Mysteries

R. Gordon Wasson, Albert Hoffman, and Carl A. P. Ruck; Preface by Houston Smith; Edited by Robert Forte

In this acclaimed work, three experts—a mycologist, a chemist, and a claccisist—make an informed and plausible case that the famed Eleusinian Mysteries of Ancient Greece entailed psychoactive substances similar to those we know today.

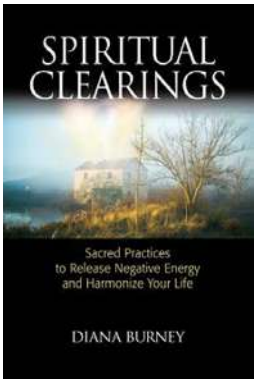
9781556437526 | Pub Date: 11/25/08 | $18.95 | 192 pages | Paperback / softback
Body, Mind & Spirit – Spirituality | 13 B&W ILLUSTRATIONS; 3 B&W FIGURES

The Sirian Starseed Tarot

Patricia Cori; illustrated by Alysa Barth

This beautifully designed Tarot deck appeals to the Tarot community (practitioners and followers), spiritual seekers, psychics, metaphysicians, healers, and those interested in channeling. The package includes a 96-page booklet explaining each card.

9781583945360 | Pub Date: 9/25/12 | $29.95 | 174 pages | Non-traditional book (Cards)
Body, Mind & Spirit / Tarot | 78 FULL-COLOR TAROT CARDS

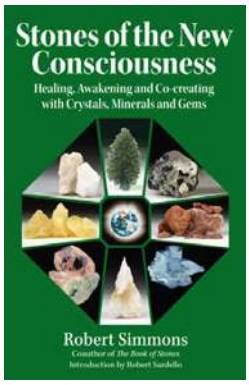


Spiritual Clearings
Sacred Practices to Release Negative Energy and Harmonize Your Life

Diana Burney

Introducing specific spiritual rituals and visualization techniques that employ the assistance of archangels and other higher beings, *Spiritual Clearings* offers step-by-step instruction, meditations, and exercises designed to help readers free themselves and their environment of negative energy.

9781556438158 | Pub Date: 10/13/09 | $16.95 | 184 pages | Paperback / softback
Body, Mind & Spirit / Healing / Prayer & Spiritual



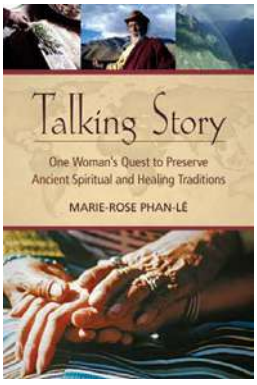
Stones of the New Consciousness
Healing, Awakening and Co-creating with Crystals, Minerals and Gems

Robert Simmons

A groundbreaking new book that unveils the mystery of the spiritual qualities of crystals, minerals, and gemstones, with 50 full-color photographs of the stones that have a special relationship with humans and that play a part in the fulfillment of human destiny.

OVER 30,000 COPIES SOLD (U.S. EDITION)

9781556438110 | Pub Date: 8/25/09 | $19.95 | 320 pages | Paperback / softback
Body, Mind & Spirit / Crystals | 50 COLOR PHOTOS

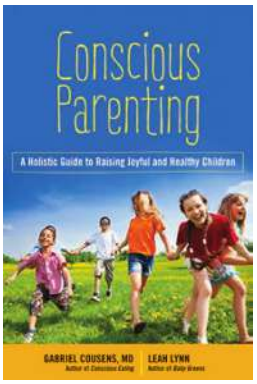


Talking Story
One Woman's Quest to Preserve Ancient Spiritual and Healing Traditions

Marie-Rose Phan-Le

A fascinating adventure into the world of healing, shamanism, plant medicine, and divination, *Talking Story* documents author Marie-Rose Phan-Lê's worldwide journey to find healing and truth from authentic mystics and shamans, while recording their disappearing traditions and discovering her own gift as a healer.

9781583948286 | Pub Date: 12/02/2014 | $18.95 | 264 pages | Paperback / softback
Body, Mind & Spirit - Mental & Spiritual Healing | 16 PAGE COLOR INSERT, 8 B&W ILLUS



Conscious Parenting
The Holistic Guide to Raising and Nourishing Healthy, Happy Children

Gabriel Cousens M.D. and Leah Lynn

Conscious Parenting is a great resource for parents seeking advice on optimal vegan nutrition and the importance of unplugging and having quiet time in nature for today's children.

9781583949962 | Pub Date: 9/1/2015 | $21.95 | 600 pages | Paperback / softback | Family & Relationships | Parenting

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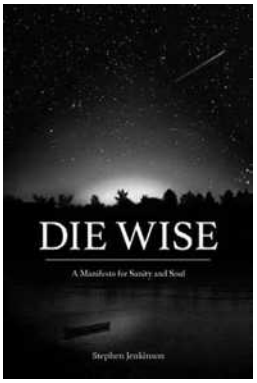

Die Wise
A Manifesto for Sanity and Soul

Stephen Jenkinson

With lyrical prose, deep wisdom, and stories from his two decades of working with dying people and their families, author Stephen Jenkinson places death at the center of the page and asks us to behold it in all its painful beauty. *Die Wise* teaches the skills of dying, skills that have to be learned in the course of living deeply and well.

9781583949733 | 03/17/2015 | $19.95 | 416 pages | Trade Paperback | Self Help - Death, Grief, Bereavement / Body, Mind & Spirit - Mental & Spiritual Healing

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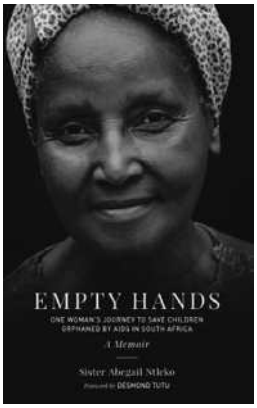
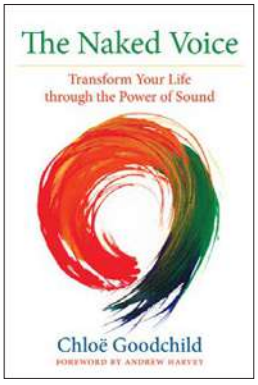


Empty Hands, A Memoir
One Woman's Journey to Save Children Orphaned by AIDS in South Africa

Sister Abegail Ntleko

Empty Hands is a South African nurse's inspiring memoir of how she escaped grinding poverty to become a beloved advocate for and caretaker of homeless children—many of whom came from families affected by AIDS. With a foreword by Desmond Tutu.

9781583949320 | Pub Date: 9/1/2015 | $12.95 | 176 pages | Paperback / softback | Biography & Autobiography - Social Activists / Biography & Autobiography - Religious
26 B&W PHOTOS

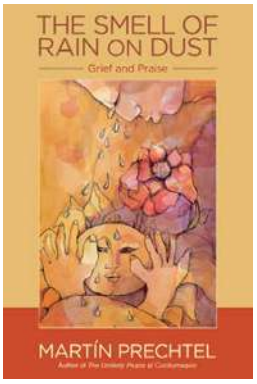


The Naked Voice
Transform Your Life through the Power of Sound

Chloe Goodchild

With simple inspirational exercises, this book by renowned voice teacher Chloe Goodchild gives readers the tools to guide them in a process of sound healing and soul communication that is guaranteed to open the heart and restore forgiveness, compassion, and interconnectedness between individuals and in their communities.

9781583948774 | Pub Date: 5/5/2015 | $19.95 | 304 pages | Paperback / softback | Body, Mind & Spirit - Inspiration & Personal Growth



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Grief and Praise

Martín Prechtel

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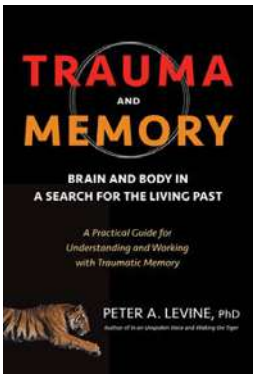
9781583949399 | 04/14/2015 | $16.95 | 184 pages | Trade Paperback | Body, Mind & Spirit - Mental & Spiritual Healing / Family & Relationships - Death, Grief, Bereavement | 15 B&W LINE DRAWINGS



Trauma and Memory
Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory

Peter A. Levine, PhD

Bestselling author Dr. Peter A. Levine (creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/ trauma therapy: Can we trust our memories?

9781583949948 | Pub Date: 10/20/2015 | $21.95 | 304 pages | Paperback / softback | 30 B&W photos

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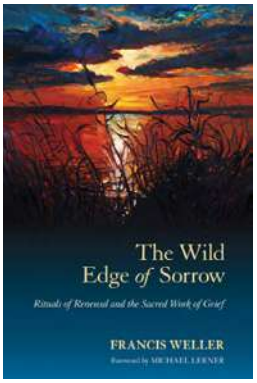

The Wild Edge of Sorrow
Rituals of Renewal and the Sacred Work of Grief

Francis Weller

Noted psychotherapist Francis Weller provides an essential guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for mastering the art of grieving.

9781583949764 | Pub Date: 9/15/2015 | $14.95 | 180 pages | Paperback / softback | Self Help - Death, Grief, Bereavement

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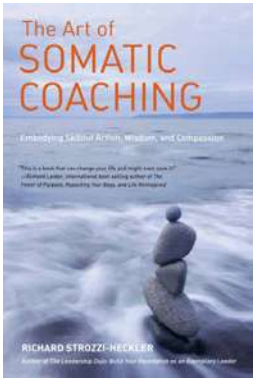
Your Self-Motivated Baby
Enhance Your Baby's Social and Cognitive Development in the First Six Months through Movement

Beverly Stokes

A hands-on guide for working with babies in their first six months on their physical, social, and cognitive development, this book shows caregivers how to interact with young infants and understand what they are expressing in their movements.

9781583949573 | Pub Date: 10/6/2015 | $24.95 | 304 pages | Paperback / softback | 275 color photos

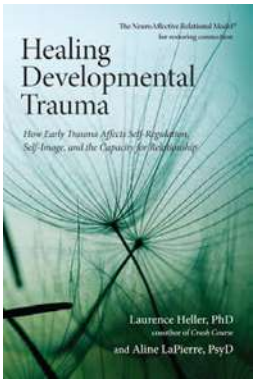


The Art of Somatic Coaching
Embodying Skillful Action, Wisdom, and Compassion

Richard Strozzi-Heckler

The Art of Somatic Coaching introduces the concepts and principles of coaching with practices that include body awareness, bodywork, and mindfulness for both the coach and the client. The author was named as one of the Top 50 Executive Coaches in the top-selling book *The Art and Practice of Leadership Coaching*.

9781583946732 | Pub Date: 2/11/2014 | $18.95 | 192 pages | Paperback / softback
Health & Fitness - Alternative Therapies



Healing Developmental Trauma
How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship

Laurence Heller, Ph.D. and Aline LaPierre, Psy.D.

This book introduces the NeuroAffective Relational Model®, a resource-oriented, somatically based psychotherapy that helps resolve the painful symptoms caused by developmental and relational trauma to improve our capacity for connection to ourselves and to others.

OVER 35,000 COPIES SOLD (U.S. EDITION)

9781583944899 | Pub Date: 9/25/12 | $21.95 | 344 pages | Paperback / softback
Psychology / Psychopathology / Post/Traumatic Stress Disorder

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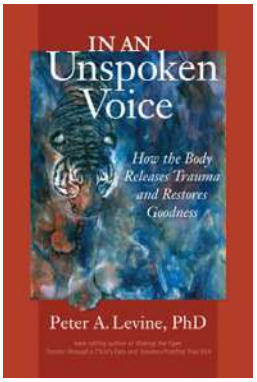


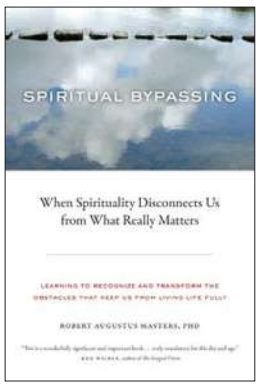
In an Unspoken Voice
How the Body Releases Trauma and Restores Goodness

Peter A. Levine, Ph.D.

Written by a foremost authority on trauma, this reader-friendly book appeals to psychologists, psychiatrists, bodyworkers, and physical and occupational therapists who want to better understand the roots of trauma as well as anyone looking for new techniques to deal with personal trauma and loss.

OVER 90,000 COPIES SOLD (U.S. EDITION)

9781556439438 | Pub Date: 9/28/10 | $21.95 | 384 pages | Paperback / softback
Self/Help / Personal Growth / General | 6 B&W ILLUS. & PHOTOS

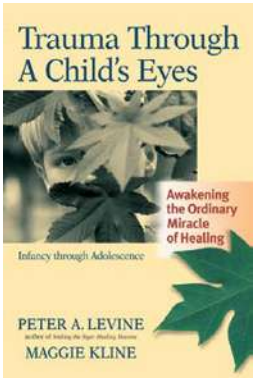


Spiritual Bypassing
When Spirituality Disconnects Us from What Really Matters

Robert Augustus Masters, Ph.D.

This work on the nature of spiritual bypassing—the use of spiritual beliefs and practices to avoid dealing with uncomfortable situations in our lives—reveals how to identify and move beyond what holds us back from living life fully.

9781556439056 | Pub Date: 7/27/10 | $16.95 | 208 pages | Paperback / softback
Body, Mind & Spirit / Inspiration & Personal Growth



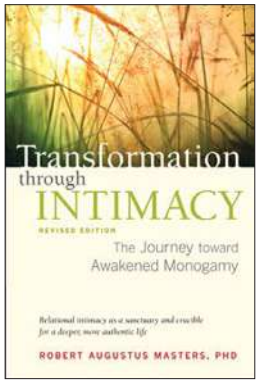
Trauma Through a Child's Eyes
Awakening the Ordinary Miracle of Healing

Peter A. Levine, Ph.D., and Maggie Kline

An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence—what parents, educators, and health professionals can do.

OVER 30,000 COPIES SOLD (U.S. EDITION)

9781556436307 | Pub Date: 12/26/06 | $24.95 | 536 pages | Paperback / softback
Family & Relationships / Parenting | B&W AND COLOR ILLUS.

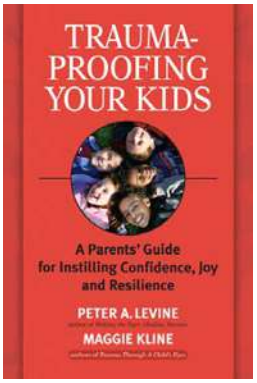


Transformation through Intimacy, Revised Edition
The Journey toward Awakened Monogamy

Robert Augustus Masters, Ph.D

This journey through the stages of deepening monogamous relationship will appeal broadly to readers of self-help and spirituality titles in the tradition of John Welwood and Stephen Levine, and to anyone seeking greater intimacy—as well as autonomy—with their partners.

9781583943663 | Pub Date: 3/6/12 | $17.95 | 404 pages | Paperback / softback
Body, Mind & Spirit / Inspiration & Personal Growth



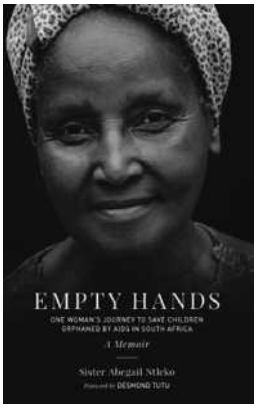
Trauma-Proofing Your Kids
A Parents' Guide for Instilling Confidence, Joy and Resilience

Peter A. Levine, Ph.D. and Maggie Kline

In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them.

OVER 20,000 COPIES SOLD (U.S. EDITION)

9781556436994 | Pub Date: 3/4/08 | $16.95 | 248 pages | Paperback / softback
Family & Relationships / Child Development | COLOR ILLUS.

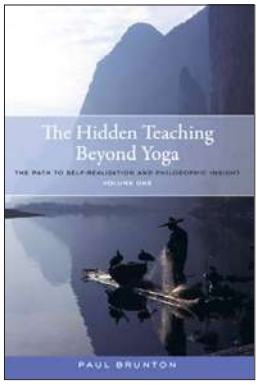


Empty Hands, A Memoir
One Woman's Journey to Save Children Orphaned by AIDS in South Africa

Sister Abegail Ntleko

Empty Hands is a South African nurse's inspiring memoir of how she escaped grinding poverty to become a beloved advocate for and caretaker of homeless children—many of whom came from families affected by AIDS. With a foreword by Desmond Tutu.

9781583949320 | Pub Date: 9/1/2015 | $12.95 | 176 pages | Paperback / softback | Biography & Autobiography - Social Activists / Biography & Autobiography - Religious
26 B&W PHOTOS



The Hidden Teaching Beyond Yoga
The Path to Self-Realization and Philosophic Insight, Volume 1

Paul Brunton

Inspired by his time spent with sages in Asia in the 1930s, Paul Brunton wrote this book at the request of these teachers, who recognized that he had a significant role in the transmission of Hindu Vedanta and Buddhism to the West. This book offers profound re-creation of the teachings of those two philosophical schools of thought.

9781583949108 | 05/05/2015 | $21.95 | 400 pages | Trade Paperback | Body, Mind & Spirit - Mindfulness & Meditation / Philosophy – Hindu

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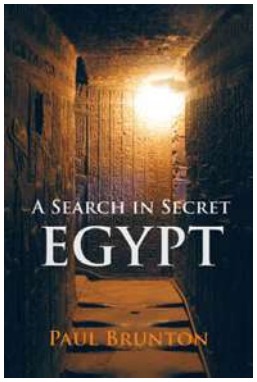
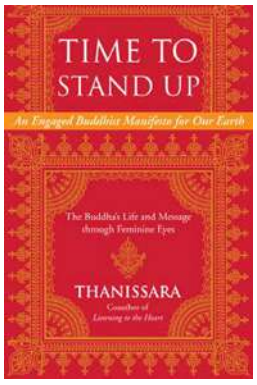


A Search In Secret Egypt

Paul Brunton

Spiritual philosopher Paul Brunton narrates his fascinating encounters with the mysteries and magic of Egypt in the 1930s. In the end, Brunton turns his attention to his own spiritual path, connecting all of his experiences into a single discovery: that the freedom of our spirit can be experienced here and now.

9781583949818 | 11/24/2015 | $19.95 | 288 pages | Trade Paperback | Body, Mind & Spirit - Mythical Civilizations / History - Ancient – Egypt | 73 B&W PHOTOS & ILLOS



Time to Stand Up
An Engaged Buddhist Manifesto for Our Earth
The Buddha's Life and Message through Feminine Eyes

Thanissara

Time to Stand Up retells the story of the historical Buddha, one of the greatest sacred activists of all time, as a practical human being whose teachings of freedom from suffering are more relevant now than ever.

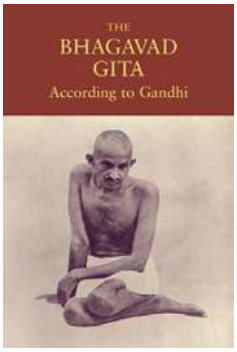
9781583949160 | Pub Date: 8/18/2015 | $12.95 | 160 pages | Paperback / softback | Religion - Buddhism

The Wisdom of the Overself
The Path to Self-Realization and Philosophic Insight, Volume 2

Paul Brunton

Inspired by Paul Brunton's years spent with sages in Asia, *The Wisdom of the Overself* and its companion volume *The Hidden Teaching Beyond Yoga* were written at the request of these teachers, who recognized that Brunton had a significant role to play in the transmission of Hindu Vedanta and Buddhism to the West.

9781583949146 | 05/26/2015 | $21.95 | 456 pages | Trade Paperback | Body, Mind & Spirit - Mindfulness & Meditation / Philosophy – Hindu

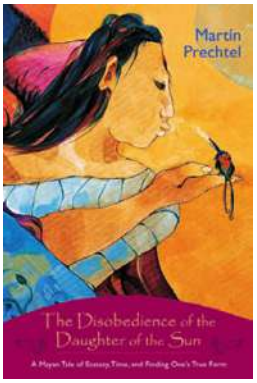


The Bhagavad Gita
According to Gandhi

Mahatma Gandhi

One of the first books in any language to include the text of the Bhagavad Gita and Mahatma Gandhi's commentary and beliefs about that text.

9781556438004 | Pub Date: 5/19/09 | $13.95 | 248 pages | Paperback / softback
Religion / Spirituality

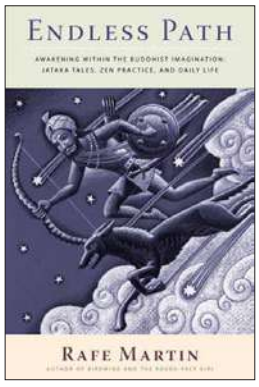


The Disobedience of the Daughter of the Sun
A Mayan Tale of Ecstasy, Time, and Finding One's True Form

Martín Prechtel

Martín Prechtel is internationally known for his explorations of ancient folklore and uncovering the lessons therein for readers. This book is a revival of a hitherto unknown Guatemalan Tzutujil Mayan tale of the beginnings of the world, accompanied by 28 drawings and a critical analysis.

99781556436000 | Pub Date: 7/22/05 | $13.95 | 176 pages | Paperback / softback
Body, Mind & Spirit / Spirituality / General | B&W ILLUS.

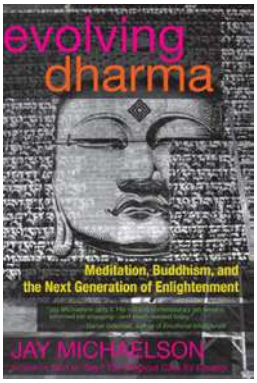


Endless Path
Awakening Within the Buddhist Imagination: Jataka Tales, Zen Practice, and Daily Life

Rafe Martin

This selection of jataka tales (stories of the Buddha's past lives) told with a Zen twist will appeal not just to Zen students and the Buddhist community but to fans of myth and storytelling, whether in it just for a good yarn or for rich insights into the aspirations and foibles of human nature.

9781556439322 | Pub Date: 9/28/10 | $19.95 | 288 pages | Paperback / softback
Religion / Buddhism | 10 B&W ILLUSTRATIONS

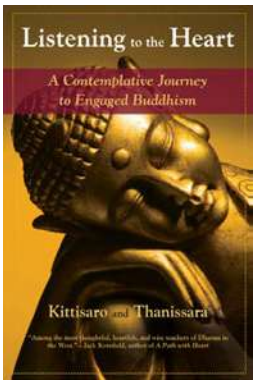


Evolving Dharma
Meditation, Buddhism, and the Next Generation of Enlightenment

Jay Michaelson

Evolving Dharma is a next-generation book about meditation, Buddhism, and the contemplative path. It explores how the dharma (the path, the way, the teachings of the Buddha) has evolved in astonishing ways and how dharma practice evolves in one's own life.

9781583947142 | Pub Date: 10/15/13 | $17.95 | 256 pages | Paperback / softback
Body, Mind & Spirit - Meditation



Listening to the Heart
A Contemplative Journey to Engaged Buddhism

Kittisaro and Thanissara

Students of Eastern meditation from various Asian traditions, including Thai Forest, Chinese Chan, vipassana, and Indian nondual approaches, will find much inspiration and wisdom in this deeply personal dharma book exploring the inner practice of meditation in support of awakening.

9781583948392 | Pub Date: 11/04/2014 | $22.95 | 320 pages | Paperback / softback
Body, Mind & Spirit - Mindfulness & Meditation / Religion - Buddhism – Theravada

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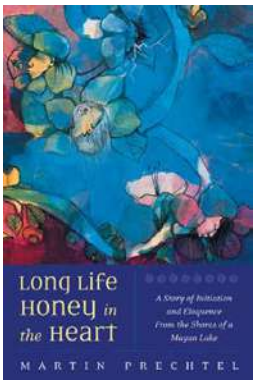
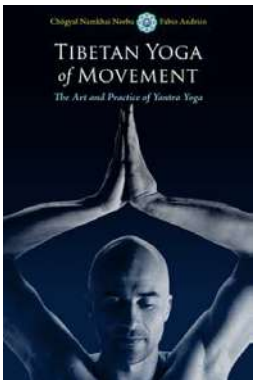


Long Life, Honey in the Heart

Martin Prechtel

Set against the backdrop of Guatemala's political upheaval in the 1980s, this memoir—a heady mix of magic, humor, and spirituality—immerses the reader in the experiences of Mayan birth, courting, marriage, childrearing, old age, death, and beyond. "An encyclopedia of beauty..." —Robert Bly

9781556435386 | Pub Date: 10/20/04 | $18.95 | 392 pages | Paperback / softback
Religion / Ethnic & Tribal

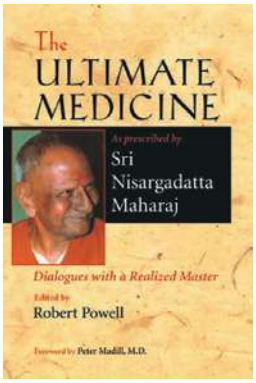


Tibetan Yoga of Movement
The Art and Practice of Yantra Yoga

Chogyal Namkhai Norbu and Fabio Andrico, with Paula Barry and Naomi Zeitz

Tibetan Yoga of Movement offers a complete introduction to Yantra Yoga, a traditional form of Tibetan yoga that originated from an eighth century Tibetan Buddhist sacred text. The book describes the 108 sets of movements (yantras) accompanied by instructional photos.

9781583945568 | Pub Date: 7/23/13 | $24.95 | 304 pages | Paperback / softback
Health & Fitness – Yoga | 400 4-COLOR PHOTOS

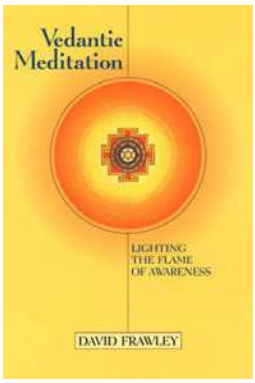


The Ultimate Medicine
Dialogues with a Realized Master

Nisargadatta Maharaj

A realized master of the Tantric Nath lineage, Sri Nisargadatta Maharaj (1897–1981) lived and taught in the slums of Bombay, where a steady stream of Indians and Westerners came to hear him speak. The terse yet potent words in this book are designed to jolt us into awareness of our original nature.

9781556436338 | Pub Date: 9/28/06 | $15.95 | 224 pages | Paperback / softback
Philosophy / Hindu

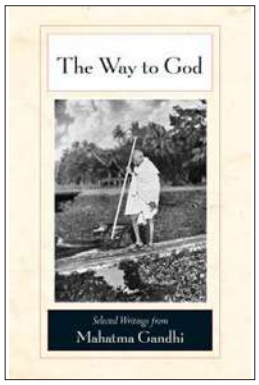


Vedantic Meditation
Lighting the Flame of Awareness

David Frawley

Author David Frawley guides readers through the challenges of cultivating awareness, calming the mind, and practicing meditation according to Vedanta and Hinduism.

9781556433344 | Pub Date: 9/7/00 | $15.95 | 152 pages | Paperback / softback
Religion / Buddhism | Translation

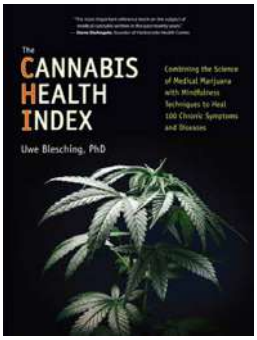


The Way to God
Selected Writings from Mahatma Gandhi

Mahatma Gandhi

A very readable book filled with many of Gandhi's most important teachings on love, the soul, meditation, service, surrender, and prayer. Readers from every faith will find wisdom and inspiration in its messages.

9781556437847 | Pub Date: 3/17/09 | $12.95 | 104 pages | Paperback / softback
Religion / Spirituality

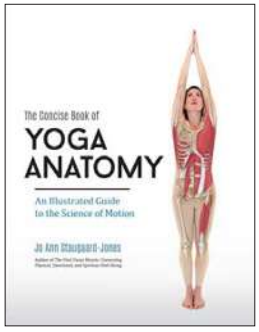


The Cannabis Health Index
Combining the Science of Medical Marijuana with Mindfulness Techniques To Heal 100 Chronic Symptoms and Diseases

Uwe Blesching

This comprehensive sourcebook combines evidence-based insights from more than 1,000 studies from cannabinoid and consciousness research to present a convincing case for the powerful healing effects of medical marijuana on over 100 chronic symptoms and diseases.

9781583949627 | 12/01/2015 | $24.95 | 672 pages | Trade Paperback | Health & Fitness - Herbal Medications / Alternative & Complementary Medicine | B&W ILLOS & CHARTS

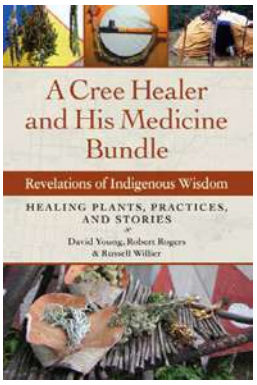


The Concise Book of Yoga Anatomy
An Illustrated Guide to the Science of Motion

Jo Ann Staugaard-Jones

The Concise Book of Yoga Anatomy is the definitive guide to the study of yoga anatomy—a perfect companion book for any yoga practitioner or teacher seeking to understand the biomechanics of the body as it applies to yoga practice. Contains over 230 full-color illustrations and photos.

9781583949832 | Pub Date: 9/1/2015 | $29.95 | 192 pages | Paperback / softback | Health & Fitness / Yoga | 230 FULL COLOR ILLUS & PHOTOS

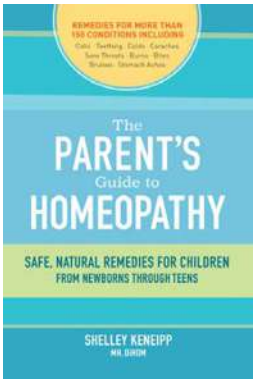


A Cree Healer and His Medicine Bundle
Revelations of Indigenous Wisdom: Healing Plants, Practices, and Stories

David Young, Robert Rogers, and Russell Willier

Sure to appeal to readers interested in health and traditional medicinal knowledge, this book details the life and healing practices of Medicine Man Russell Willier. It includes extensive photographs and materials on the plants used by Willier, as well as information on the active ingredients in these plants and their uses in alternative therapies.

9781583949030 | Pub Date: 06/09/2015 | $24.95 | 240 pages | Trade Paperback | Health & Fitness - Herbal Medications | 109 IMAGES, FULL-COLOR THROUGHOUT

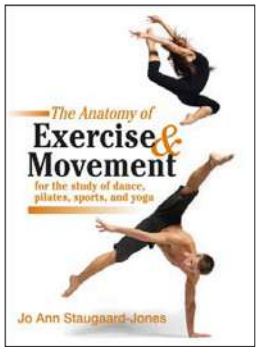


The Parent's Guide to Homeopathy
Safe, Natural Remedies for Children, from Newborns through Teens

Shelley Keneipp, M.H., DiHom

This is the most comprehensive and easy-to-use guide available for parents who want to use homeopathy to treat their children's illnesses safely, gently, and effectively. Practical, concise, and user-friendly, this book provides homeopathic remedies for more than 150 acute conditions that arise in the everyday lives of kids

9781583949054 | 07/14/2015 | $24.95 | 272 pages | Trade Paperback | Health & Fitness – Homeopathy | B&W ILLUSTRATIONS THROUGHOUT

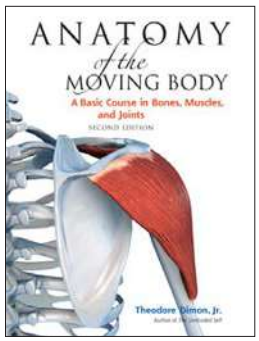


The Anatomy of Exercise and Movement
for the Study of Dance, Pilates, Sports, and Yoga

Jo Ann Staugaard-Jones

The tens of millions of people who participate in or instruct dance, pilates, sports, and yoga will find this book an essential tool that explains the mechanics behind physical movement, recommends strengthening and stretching exercises, and helps avoid injury.

9781583943519 | Pub Date: 9/6/11 | $19.95 | 192 pages | Paperback / softback
Health & Fitness / Reference | 275 COLOR ILLUS. & PHOTOS

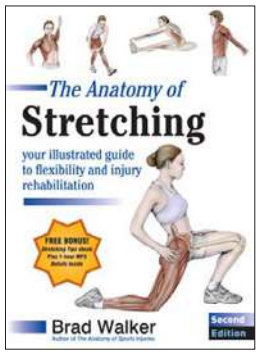


Anatomy of the Moving Body, Second Edition
A Basic Course in Bones, Muscles, and Joints

Theodore Dimon, Jr.

Designed for dancers, movement educators, therapists, and students, *Anatomy of the Moving Body* is a complete, lecture-based course that covers all of the muscles, bones, and joints related to movement.

9781556437205 | Pub Date: 5/27/08 | $21.95 | 280 pages | Paperback / softback
Health & Fitness / Reference | B&W ILLUS. THROUGHOUT



The Anatomy of Stretching, Second Edition
Your Anatomical Guide to Flexibility and Injury Rehabilitation

Brad Walker

A fully illustrated, comprehensive guide to stretching that presents theoretical information about the fundamentals of stretching and flexibility, anatomy and physiology basics, and detailed descriptions of 135 unique stretching exercises.

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9781583943717 | Pub Date: 10/4/11 | $24.95 | 192 pages | Paperback / softback
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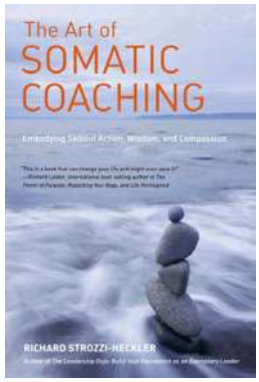
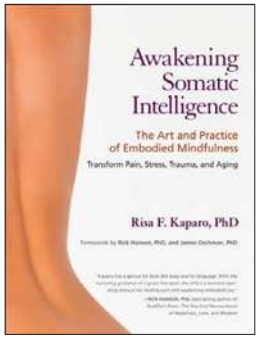


The Art of Somatic Coaching
Embodying Skillful Action, Wisdom, and Compassion

Richard Strozzi-Heckler

The Art of Somatic Coaching introduces the concepts and principles of coaching with practices that include body awareness, bodywork, and mindfulness for both the coach and the client. The author was named as one of the Top 50 Executive Coaches in the top-selling book *The Art and Practice of Leadership Coaching.*

9781583946732 | Pub Date: 2/11/2014 | $18.95 | 192 pages | Paperback / softback
Health & Fitness - Alternative Therapies



Awakening Somatic Intelligence
The Art and Practice of Embodied Mindfulness

Risa F. Kaparo, Ph.D.; foreword by Rick Hanson, Ph.D.

A valuable resource for readers seeking to improve their health and well-being, *Awakening Somatic Intelligence* introduces Somatic Learning, an innovative healing approach rooted in body awareness that incorporates the latest research in psychology, neuroplasticity, and mindfulness.

9781583944172 | Pub Date: 5/29/12 | $21.95 | 408 pages | Paperback / softback
Health & Fitness / Alternative Therapies | 200 B&W PHOTOS, 25 B&W ILLUSTRATIons

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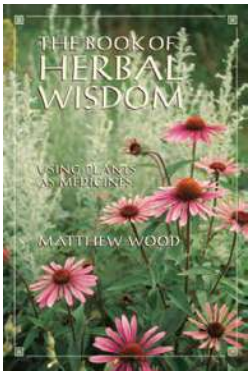


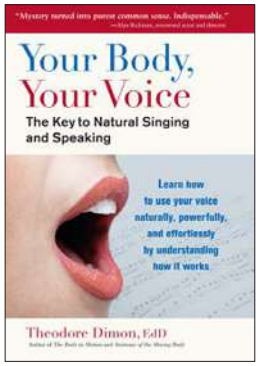
The Book of Herbal Wisdom
Using Plants as Medicines

Matthew Wood

This book has two objectives: to demonstrate how herbal medicines are agents of healing and wisdom, and to give the reader a useful catalog of plants for medicinal uses. Of interest to herbalists, homeopaths, physicians of Traditional Chinese Medicine, and Native American and shamanic healers.

OVER 25,000 COPIES SOLD (U.S. EDITION)

9781556432323 | Pub Date: 9/15/97 | $20.00 | 592 pages | Paperback / softback
Health & Fitness / Herbal Medications | B&W ILLUS. THROUGHOUT

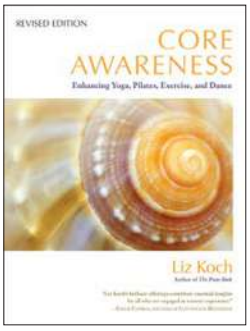


Your Body, Your Voice
The Key to Natural Singing and Speaking

Theodore Dimon, Ed.D.

Your Body, Your Voice presents the basic underlying design principles of the human voice, addresses harmful patterns of speech and singing, and offers techniques designed to restore the voice to its full potential.

9781583943205 | Pub Date: 9/27/11 | $18.95 | 184 pages | Paperback / softback
Music / Voice | 51 4-COLOR ILLUSTRATIONS

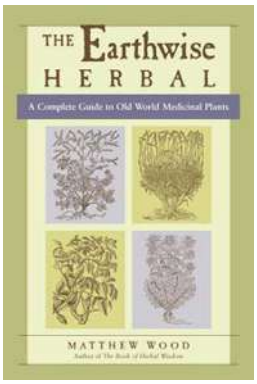


Core Awareness, Revised Edition
Enhancing Yoga, Pilates, Exercise, and Dance

Liz Koch

This book covers the essential principles of Core Awareness, a body-based method that utilizes attention to inner sensation as the key to increasing strength, gaining flexibility, preventing injury, and improving resilience. Sixty-four Core Awareness explorations are included.

9781583945018 | Pub Date: 9/25/12 | $18.95 | 224 pages | Paperback / softback
Health & Fitness / Alternative Therapies | 247 B&W PHOTOS

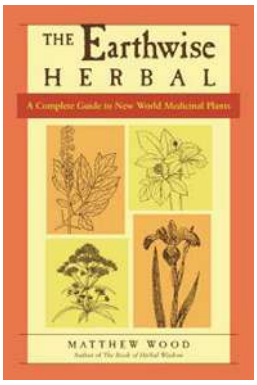


The Earthwise Herbal
A Complete Guide to Old World Medicinal Plants

Matthew Wood

A comprehensive collection of knowledge about the use of Old World medicinal plants commonly used in Western herbal medicine by one of the few authors in the field who has over twenty-five years of clinical experience.

9781556436925 | Pub Date: 6/3/08 | $32.95 | 592 pages | Paperback / softback
Health & Fitness / Herbal Medications | B&W ILLUS.

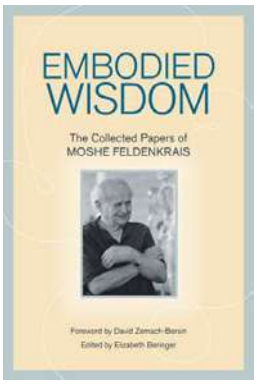


The Earthwise Herbal
A Complete Guide to New World Medicinal Plants

Matthew Wood

A companion to the first *Earthwise Herbal,* this comprehensive guide covers more than 130 New World (North American) medicinal plants commonly used in herbal medicine.

9781556437793 | Pub Date: 4/28/09 | $29.95 | 416 pages | Paperback / softback
Health & Fitness / Herbal Medications | 25 B&W ILLUSTRATIONS

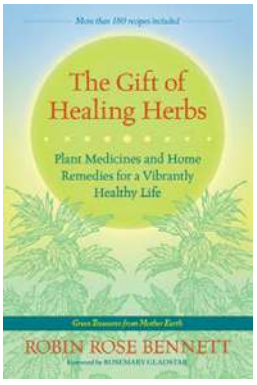


Embodied Wisdom
The Collected Papers of Moshe Feldenkrais

Moshe Feldenkrais

More than fifty years ago, Moshe Feldenkrais began developing the extraordinary movement-based learning method that bears his name. *Embodied Wisdom* is the first collection of Feldenkrais's articles and interviews published in English, and includes some of the most accessible examples of his writing.

9781556439063 | Pub Date: 8/17/10 | $21.95 | 256 pages | Paperback / softback
Health & Fitness - Alternative Therapies | 11 B&W PHOTOS

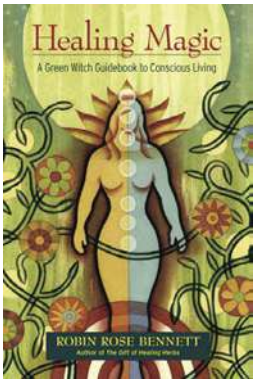


The Gift of Healing Herbs
Plant Medicines and Home Remedies for a Vibrantly Healthy Life
Green Treasures from Mother Earth

Robin Rose Bennett; Foreword by Rosemary Gladstar

Herbalists, naturopaths, plantspeople, witches and natural healers will love the clear, empowering information, engaging stories, more than 180 easy-to-follow recipes, and heartfelt meditations and rituals of natural herbal medicines.

9781583947623 | Pub Date: 3/11/2014 | $24.95 | 592 pages | Paperback / softback
Health & Fitness - Herbal Medications | 22 B&W ILLUSTRATIONS

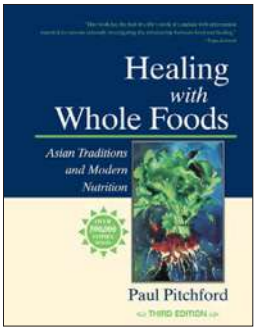


Healing Magic, 10th Anniversary Edition
A Green Witch Guidebook to Conscious Living

Robin Rose Bennett

Filled with stories, songs, rituals, herbal recipes, meditations, and trance journeys that outline more than 100 ways to practice the art of magical healing, this guidebook to conscious living by renowned herbalist Robin Rose Bennett makes it easy to follow the path to physical and spiritual health.

9781583948378 | Pub Date: 10/28/2014 | $19.95 | 224 pages | Paperback / softback
Body, Mind & Spirit - Witchcraft / Health & Fitness - Herbal Medications | 4 B&W LINE DRAWINGS; 1 PHOTO



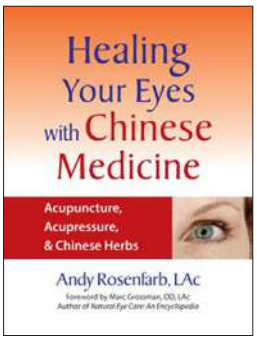
Healing with Whole Foods
Asian Traditions and Modern Nutrition

Paul Pitchford

This comprehensive guide to the theory and healing power of Chinese medicine is also a primer on nutrition along with an inspiring cookbook with more than 300 mostly vegetarian, nutrient-packed recipes.

OVER 500,000 COPIES SOLD

9781556434303 | Pub Date: 11/5/02 | $35.00 | 784 pages | Paperback / softback
Health & Fitness / Nutrition | B&W ILLUS.

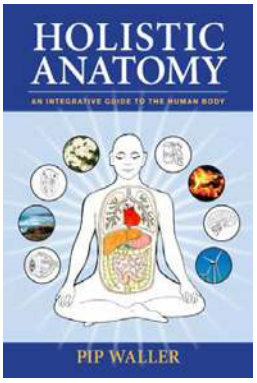


Healing Your Eyes with Chinese Medicine
Acupuncture, Acupressure, & Chinese Herbs

Andy Rosenfarb, LAc; Foreword by Marc Grossman, OD, LAc

This is handbook for healing many kinds of eye conditions—even those too often considered almost impossibly challenging or irreversible—through the use of acupuncture and Chinese medicine.

9781556436628 | Pub Date: 6/19/07 | $17.95 | 200 pages | Paperback / softback
Health & Fitness / Vision | B&W ILLUS. AND PHOTOS

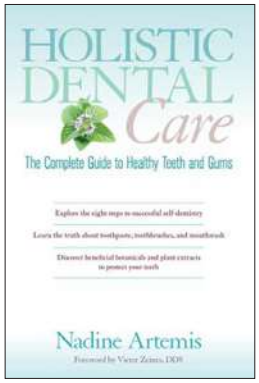


Holistic Anatomy
An Integrative Guide to the Human Body

Pip Waller

An introduction to the fundamentals of human anatomy and physiology, *Holistic Anatomy* combines conventional concepts with holistic principles based on spirituality, quantum physics, ecology, sociology, and a wide selection of naturopathic medicinal systems.

9781556438653 | Pub Date: 2/16/10 | $19.95 | 416 pages | Paperback / softback
MEDICAL / HOLISTIC MEDICINE | 79 B&W ILLUS., 3 B&W PHOTOS

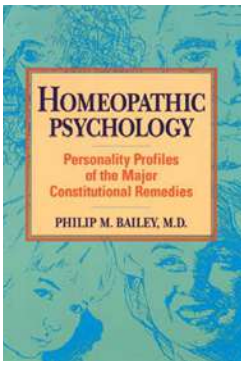


Holistic Dental Care
The Complete Guide to Healthy Teeth and Gums

Nadine Artemis

A comprehensive guide to natural, do-it-yourself oral care, *Holistic Dental Care* introduces simple, at-home dental procedures that anyone can do. Based on a "whole body approach" to oral care, the book offers strategies to gently restore dental health and prevent issues from taking root.

9781583947203 | Pub Date: 10/8/13 | $16.95 | 120 pages | Paperback / softback
Health & Fitness - Oral Health | 41 COLOR PHOTOS; 12 COLOR ILLUSTRATIONS



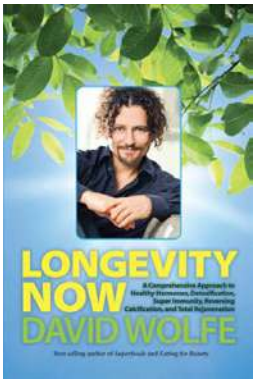
Homeopathic Psychology
Personality Profiles of the Major Constitutional Remedies

Philip M. Bailey, M.D.

Bailey provides detailed information on 35 major constitutional/personality types, giving insight on diagnosis, mental and emotional traits, and physical characteristics.

OVER 30,000 COPIES SOLD (U.S. EDITION)

9781556430992 | Pub Date: 11/30/95 | $25.00 | 440 pages | Paperback / softback
Health & Fitness / Homeopathy



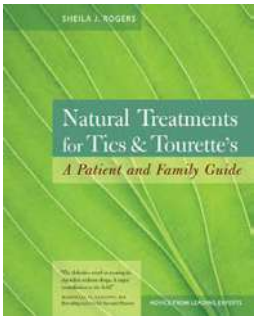
Longevity Now
A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation

David Wolfe

Expanding on the bestselling *Superfoods* (over 100,000 English-language copies sold), *Longevity Now* provides a comprehensive approach to total rejuvenation. Readers will learn which herbal supplements, superfoods, and exercises will help them lose weight, cleanse their body, boost their immunity, and live longer.

OVER 20,000 COPIES SOLD (U.S. EDITION)

9781583946145 | Pub Date: 11/12/13 | $29.95 | 304 pages | Hardback
Health & Fitness - Body Cleansing & Detoxification| 50 COLOR PHOTOS; 6 B&W PHOTOS

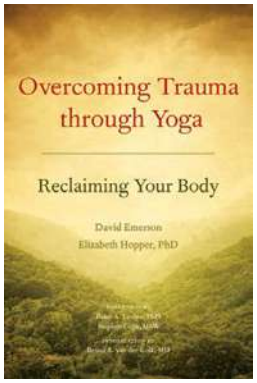


Natural Treatments for Tics and Tourette's
Patient and Family Guide

Sheila Rogers

This innovative guide blends the latest research on nutrition, environmental factors, and non-conventional therapies with step-by-step directions to reduce symptoms of tic disorders and Tourette's syndrome.

9781556437472 | Pub Date: 10/21/08 | $19.95 | 360 pages | Paperback / softback
Medical / Alternative Medicine



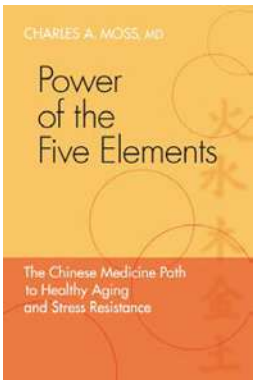
Overcoming Trauma through Yoga
Reclaiming Your Body

David Emerson and Elizabeth Hopper, Ph.D.

A critical resource for therapists, survivors of chronic childhood abuse and neglect, war veterans, and millions of other trauma sufferers, this is the only book of its kind to offer a comprehensive plan for healing symptoms of psychological trauma through the practice of yoga.

OVER 30,000 COPIES SOLD (U.S. EDITION)

9781556439698 | Pub Date: 4/19/11 | $19.95 | 184 pages | Paperback / softback
Health & Fitness / Yoga | 47 B&W PHOTOS

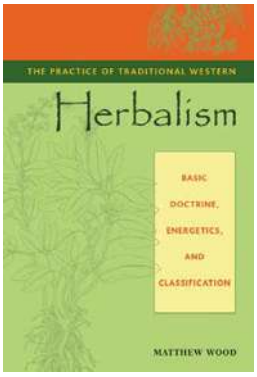


Power of the Five Elements
The Chinese Medicine Path to Healthy Aging and Stress Resistance

Charles A. Moss, M.D.

Derived from the author's 30 years of medical practice, *Power of the Five Elements* is a modern interpretation of the Five Elements of Chinese medicine that provides readers with an individualized roadmap to recognize and control their own specific stress response patterns and enhance healthy aging.

9781556438745 | Pub Date: 4/6/10 | $18.95 | 312 pages | Paperback / softback
Health & Fitness / Alternative Therapies | 10 B&W ILLUS

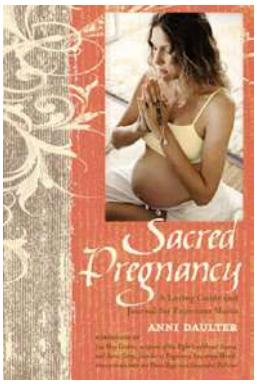


The Practice of Traditional Western Herbalism
Basic Doctrine, Energetics, and Classification

Matthew Wood

In this book, Matthew Wood describes concepts from herbal medicine, homeopathy, and Native American medicine, making clear how sampling works, how specific medicines operate, and discussing various laws (the Law of Direction of Cure, etc.), which will be familiar to homeopaths.

9781556435034 | Pub Date: 5/10/04 | $18.95 | 300 pages | Paperback / softback
Medical / Alternative Medicine | B&W ILLUS.

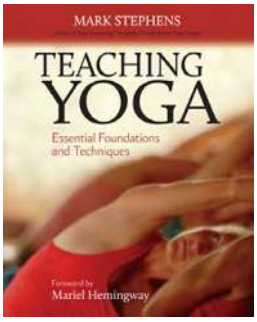


Sacred Pregnancy
A Loving Guide and Journal for Expectant Moms

Anni Daulter; forewords by Ina May Gaskin and Anna Getty; Photography by Elena Rego and Alexandra DeFurio

Sacred Pregnancy offers an inspirational guide and journal for the inner journey of pregnancy. This is a gorgeous, four-color book for mothers-to-be to reflect on the many personal milestones during pregnancy and prepare for the birth of her baby.

9781583944448 | Pub Date: 5/1/12 | $19.95 | 360 pages | Paperback / softback
Health & Fitness / Pregnancy & Childbirth | 50+ FULL-COLOR PHOTOS & ILLUS.



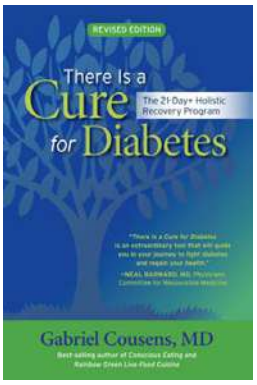
Teaching Yoga
Essential Foundations and Techniques

Mark Stephens; Foreword by Mariel Hemingway

Teaching Yoga is the first comprehensive guide written for instructors that covers everything from yoga philosophy and history to teaching techniques and methodologies as well as detailed guidance on the intricacies of yoga poses, breathing practices, and meditation.

OVER 75,000 COPIES SOLD (U.S. EDITION)

9781556438851 | Pub Date: 5/25/10 | $22.95 | 432 pages | Paperback / softback
Health & Fitness / Yoga | 158 B&W PHOTOS, 12 B&W ILLUSTRATIONS



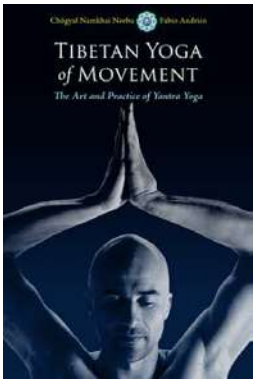
There Is a Cure for Diabetes, Revised Edition
The 21-Day+ Holistic Recovery Program

Gabriel Cousens, M.D.

The original edition has sold over 35,000 copies and has been translated into five languages. This substantially revised edition by a leading medical authority in the field of live-food nutrition offers an innovative approach to the prevention and healing of diabetes through a plant-source-only diet.

OVER 50,000 COPIES SOLD (U.S. EDITION)

9781583945445 | Pub Date: 4/9/13 | $22.95 | 616 pages | Paperback / softback
Health & Fitness - Diseases – Diabetes | B&W TABLES AND CHARTS THRUOUT

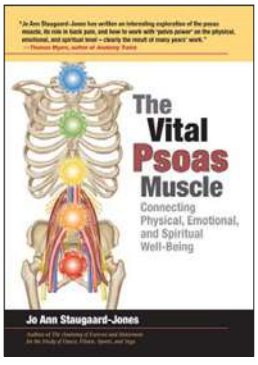


Tibetan Yoga of Movement
The Art and Practice of Yantra Yoga

Chogyal Namkhai Norbu and Fabio Andrico, with Paula Barry and Naomi Zeitz

Tibetan Yoga of Movement offers a complete introduction to Yantra Yoga, a traditional form of Tibetan yoga that originated from an eighth century Tibetan Buddhist sacred text. The book describes the 108 sets of movements (yantras) accompanied by instructional photos.

9781583945568 | Pub Date: 7/23/13 | $24.95 | 304 pages | Paperback / softback
Health & Fitness – Yoga | 400 4-COLOR PHOTOS



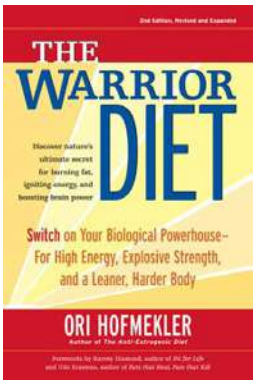
The Vital Psoas Muscle
Connecting Physical, Emotional, and Spiritual Well-Being

Jo Ann Staugaard-Jones

This is a full-color alternative approach to understanding and balancing the most important skeletal muscle in the body, aimed at the layperson as well as the professional body practitioner concerned with core strengthening and psoas-related back, hip, knee, and pelvic tension issues.

OVER 30,000 COPIES SOLD (U.S. EDITION)

9781583944585 | Pub Date: 8/21/12 | $19.95 | 128 pages | Paperback / softback
Health & Fitness / Exercise | 80 4-COLOR PHOTOS & ILLUS.



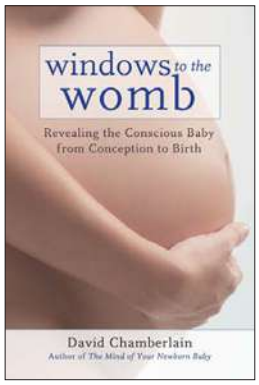
The Warrior Diet
Switch on Your Biological Powerhouse For High Energy, Explosive Strength, and a Leaner, Harder Body

Ori Hofmekler; Forewords by Harvey Diamond and Udo Erasmus

Based on survival science, this book proposes a radical yet surprisingly simple and effective lifestyle overhaul. Readers will learn how to reduce body fat; achieve robust health and a lean, strong body; boost their sex drive; and how to increase speed, strength, and resilience.

OVER 55,000 COPIES SOLD (U.S. EDITION)

9781583942000 | Pub Date: 12/4/07 | $18.95 | 312 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense | B&W PHOTOS

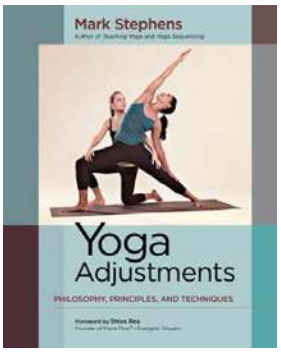


Windows to the Womb
Revealing the Conscious Baby from Conception to Birth

David Chamberlain

Combining new research findings with the wisdom of a lifetime's research by pioneering birth psychologist David Chamberlain, *Windows to the Womb* will inform expectant parents, midwives, doulas, obstetricians, and therapists who wish to gain a greater understanding of the minds of unborn children.

9781583945513 | Pub Date: 1/15/13 | $19.95 | 240 pages | Paperback / softback
Health & Fitness - Pregnancy & Childbirth



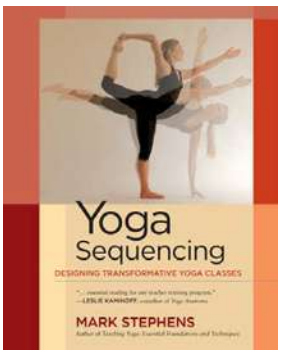
Yoga Adjustments
Philosophy, Principles, and Techniques

Mark Stephens

The quintessential guide to yoga assisting and hands-on teaching, *Yoga Adjustments* introduces the art and practice of providing yoga assists to yoga students. Includes 1,000 unique instructional photos and explanatory captions demonstrating precise ways of guiding a variety of flowing sequences.

OVER 20,000 COPIES SOLD

9781583947708 | 6/3/2014 | $24.95 | 400 pages | Paperback / softback
Health & Fitness – Yoga | 1,025 B&W PHOTOS



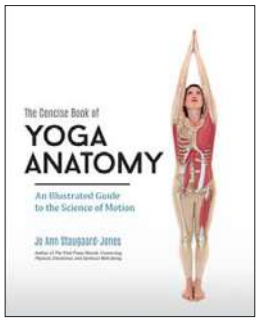
Yoga Sequencing
Designing Transformative Yoga Classes

Mark Stephens

Written for a broad yoga market that includes teachers, teacher trainers, studio owners, and students, *Yoga Sequencing* presents 67 sequences of poses designed for a range of yoga student experience and offers a comprehensive resource for designing and refining yoga classes.

OVER 100,000 COPIES SOLD (U.S. EDITION)

9781583944974 | Pub Date: 9/4/12 | $24.95 | 352 pages | Paperback / softback
Health & Fitness / Yoga | 2,085 B&W PHOTOS

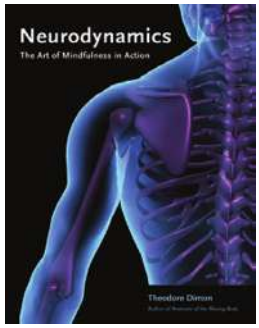


The Concise Book of Yoga Anatomy
An Illustrated Guide to the Science of Motion

Jo Ann Staugaard-Jones

The Concise Book of Yoga Anatomy is the definitive guide to the study of yoga anatomy—a perfect companion book for any yoga practitioner or teacher seeking to understand the biomechanics of the body as it applies to yoga practice. Contains over 230 full-color illustrations and photos.

9781583949832 | Pub Date: 9/1/2015 | $29.95 | 192 pages | Paperback / softback | Health & Fitness / Yoga | 230 FULL COLOR ILLUS & PHOTOS

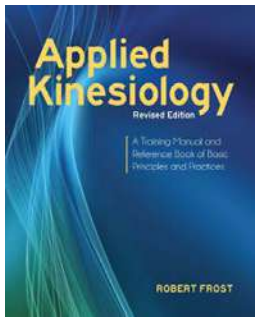


Neurodynamics
The Art of Mindfulness in Action

Theodore Dimon

Neurodynamics combines the latest discoveries in science, anatomy, and mindfulness to form a new understanding of human awareness in action. The book offers in-depth explanations of the theory of neurodynamics together with illustrations outlining steps of development and practical exercises.

9781583949795 | 11/03/2015 | $22.95 | 304 pages | Trade Paperback | Health & Fitness - Alternative Therapies | 84 B&W ILLOS



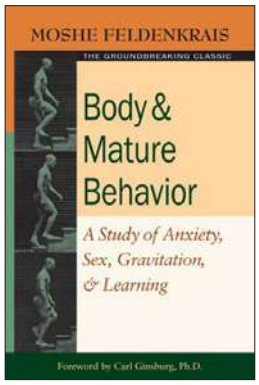
Applied Kinesiology, Revised Edition
A Training Manual and Reference Book of Basic Principles and Practices

Robert Frost

Applied Kinesiology is diagnostic method that uses manual muscle testing to assess the body's "Triad of Health"—structure, chemistry, and psyche. This revised edition of the best-selling book on the topic offers additional techniques in manual medicine, orthomolecular medicine, and psychology.

OVER 20,000 COPIES SOLD (U.S. EDITION)

9781583946121 | Pub Date: 8/20/13 | $32.95 | 336 pages | Paperback / softback
Health & Fitness - Alternative Therapies | 306 B&W PHOTOS; 14 B&W ILLUS.

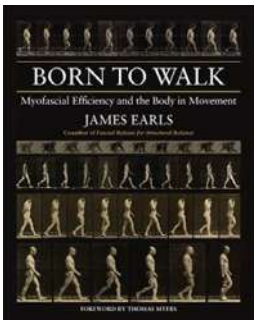


Body and Mature Behavior
A Study of Anxiety, Sex, Gravitation, and Learning

Moshe Feldenkrais

A seminal work, *Body and Mature Behavior* provides a succinct statement of Moshe Feldenkrais' fundamental theory: a "whole situation," systems view of physical movement, thought, emotion, sensation, and environment.

9781583941157 | Pub Date: 9/8/05 | $16.95 | 264 pages | Paperback / softback
Health & Fitness / Massage & Reflexotherapy

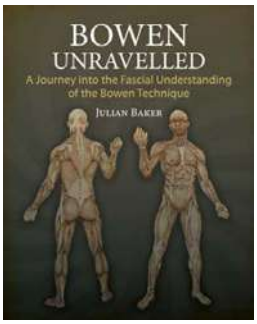


Born to Walk
Myofascial Efficiency and the Body in Movement

James Earls

Born to Walk is designed for movement therapy practitioners, physiotherapists, osteopaths, chiropractors, massage therapists, and any bodyworker wishing to help clients by incorporating an understanding of gait and its mechanics. It will also appeal to anyone with an interest in how humans have evolved to move as we do.

9781583947692 | Pub Date: 07/22/2014 | $29.95 | 216 pages | Paperback / softback
Health & Fitness - Alternative Therapies | 150 COLOR ILLUSTRATIONS

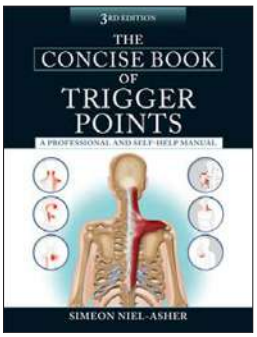


Bowen Unravelled
A Journey into the Fascial Understanding of the Bowen Technique

Julian Baker

For Bowen technique therapists and any bodywork practitioners interested in using a gentle, nonintrusive pain-relief therapy, this book draws on myofascia and connective tissue dissection to explain how the Bowen technique heals and restores normal function. Features more than 100 full-color images.

9781583947654 | Pub Date: 3/18/2014 | $29.95 | 168 pages | Paperback / softback
Health & Fitness - Alternative Therapies | 130 COLOR PHOTOS & ILLUS.



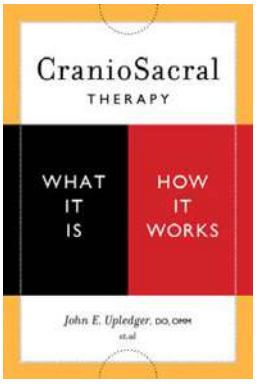
The Concise Book of Trigger Points, Third Edition

Simeon Niel-Asher

The Concise Book of Trigger Points has set the gold standard for providing a clear and concise understanding of the treatment of trigger points. This third edition includes new self-help and practitioner treatment guidelines as well as revised material on additional muscles to yield a 50% update to this edition.

OVER 25,000 COPIES SOLD (U.S. EDITION)

9781583948491 | Pub Date: 09/16/2014 | $29.95 | 224 pages | Paperback / softback
Health & Fitness - Alternative Therapies | 240 COLOR ILLUSTRATIONS, 130 B&W PHOTOS AND DRAWINGS

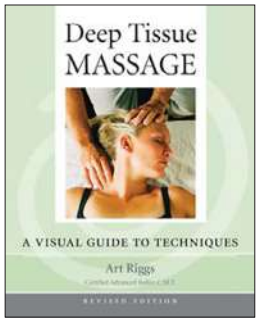


CranioSacral Therapy
What It Is, How It Works

Contributions by John E. Upledger, Donald Ash, Richard Grossinger, Don Cohen

Writings by best-known CranioSacral Therapy practitioners and supporters explain the basic principles of this hands-on healing practice.

9781556436956 | Pub Date: 4/29/08 | $14.95 | 128 pages | Paperback / softback
Medical / Alternative Medicine



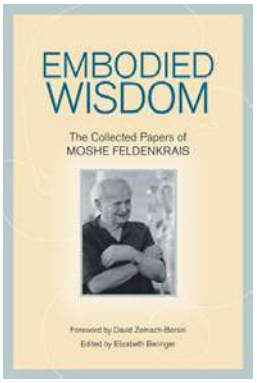
Deep Tissue Massage, Revised
A Visual Guide to Techniques

Art Riggs

Featuring more than 250 photographs and 50 anatomical drawings, *Deep Tissue Massage* is the standard guide to the essentials of touch, biomechanics, and positioning options for a multitude of strategies to treat all major conditions encountered in a bodywork practice.

OVER 70,000 COPIES SOLD (U.S. EDITION)

9781556436505 | Pub Date: 6/5/07 | $29.95 | 304 pages | Paperback / softback
Health & Fitness / Massage & Reflexotherapy | B&W PHOTOS AND ANATOMICAL DRAWINGS

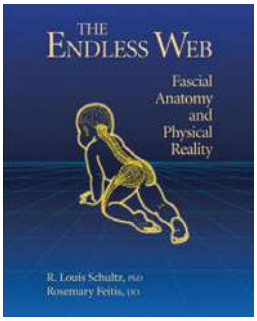


Embodied Wisdom
The Collected Papers of Moshe Feldenkrais

Moshe Feldenkrais

More than fifty years ago, Moshe Feldenkrais began developing the extraordinary movement-based learning method that bears his name. *Embodied Wisdom* is the first collection of Feldenkrais's articles and interviews published in English, and includes some of the most accessible examples of his writing.

9781556439063 | Pub Date: 8/17/10 | $21.95 | 256 pages | Paperback / softback
Health & Fitness - Alternative Therapies | 11 B&W PHOTOS



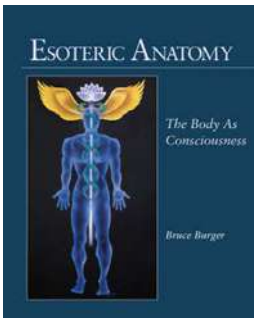
The Endless Web
Fascial Anatomy and Physical Reality

R. Louis Schultz and Rosemary Feitis

The Endless Web is a fully illustrated guide to understanding myofascia—the tissue that surrounds and supports muscles, bones, and organs—and working effectively with the myofascial system through any bodywork practice.

OVER 30,000 COPIES SOLD (U.S. EDITION)

9781556432286 | Pub Date: 11/11/96 | $18.95 | 144 pages | Paperback / softback
Science / Physiology | B&W PHOTOS AND ILLUS.

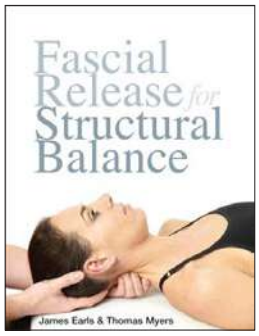


Esoteric Anatomy
The Body as Consciousness

Bruce Burger

Esoteric Anatomy offers a spiritual approach to massage, bodywork, and somatic psychology, demystifying an ancient transpersonal model for understanding energy in nature and working with consciousness in the healing arts.

9781556432248 | Pub Date: 9/11/98 | $22.50 | 440 pages | Paperback / softback
Body, Mind & Spirit / Healing / Energy (Chi Kung, Reiki, Polarity) | B&W ILLUS. THROUGHOUT



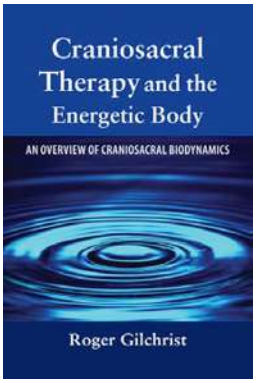
Fascial Release for Structural Balance

Thomas Myers and James Earls

This fully illustrated introductory guide to structural anatomy and fascial release therapy is designed for use by any bodywork practitioner using manual therapy, including physiotherapists, osteopaths, chiropractors, myofascial and trigger point therapists, acupuncturists, and massage therapists.

LICENSED IN 8 LANGUAGES

9781556439377 | Pub Date: 11/9/10 | $34.95 | 256 pages | Paperback / softback
Medical / Allied Health Services / Physical Therapy | 150 ILLUSTRATIONS

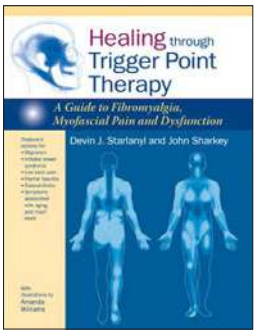


Craniosacral Therapy and the Energetic Body
An Overview of Craniosacral Biodynamics

Roger Gilchrist

This book focuses on the spiritual component of craniosacral therapy and the ways in which the work taps into the dynamic forces and energies in the body. Roger Gilchrest gives an overview of craniosacral therapy's history and present situation and its practical contributions in the world of healthcare.

9781556435805 | Pub Date: 8/11/2006 | $19.95 | 224 pages | Paperback / soft back |
Medical - Alternative & Complementary Medicine | B&W PHOTOS & ILLUS THROUGHOUT

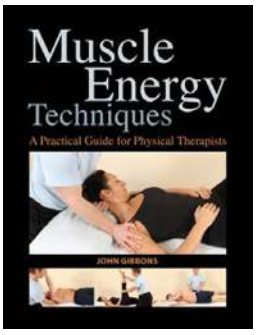


Healing through Trigger Point Therapy
A Guide to Fibromyalgia, Myofascial Pain and Dysfunction

Devin J. Starlanyl and John Sharkey

Designed for both care providers and patients, this guide to trigger points is a comprehensive resource for the diagnostics, care, treatment, and prevention of symptoms related to fibromyalgia, myofascial pain, and other commonly misdiagnosed chronic pain conditions.

9781583946091 | Pub Date: 8/6/13 | $29.95 | 416 pages | Paperback / softback
Health & Fitness - Alternative Therapies | 320 COLOR ILLUS.; 1 LARGE TABLE

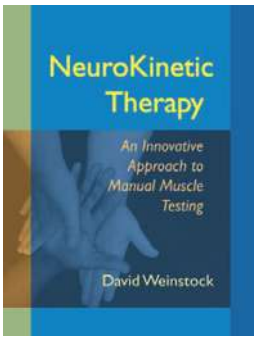


Muscle Energy Techniques
A Practical Guide for Physical Therapists

John Gibbons

Muscle energy techniques are a tool for physical therapists to strengthen patients' muscles, restore normal muscle tone, increase joint mobility, and improve circulation, musculoskeletal function, and overall well-being. Detailed instructions on techniques are accompanied with 160 color photos and illustrations.

9781583945575 | Pub Date: 1/15/13 | $34.95 | 192 pages | Paperback / softback
Health & Fitness - Alternative Therapies | 160 COLOR ILLUS & PHOTOS

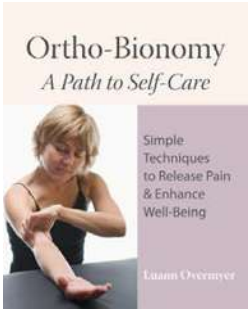


NeuroKinetic Therapy
An Innovative Approach to Manual Muscle Testing

David Weinstock

This comprehensive manual for bodywork practitioners provides a systematic guide to the practice of NeuroKinetic Therapy, an innovative hands-on approach that uncovers and unravels causes of injury and activates the body's healing process.

9781556438776 | Pub Date: 1/12/10 | $18.95 | 152 pages | Paperback / softback
Health & Fitness / Alternative Therapies | 197 B&W PHOTOS, 71 B&W ILLUS.

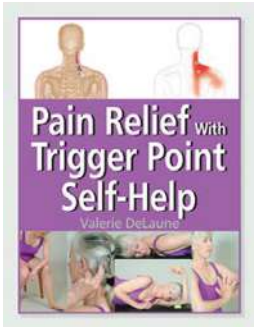


Ortho-Bionomy
A Path to Self-Care

Luann Overmyer

Featuring over 400 photos and illustrations, *Ortho-Bionomy* is a self-help guide that leads the reader through comfortable, easy-to-do positions and gentle movements designed to relieve pain, increase range of motion, and improve posture.

9781556437915 | Pub Date: 12/15/09 | $26.95 | 344 pages | Paperback / softback
Health & Fitness / Healing | 433 B&W PHOTOS, 29 B&W ILLUS.

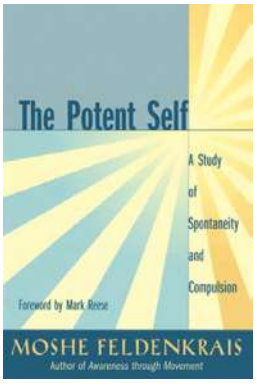


Pain Relief with Trigger Point Self-Help

Valerie DeLaune

Pain Relief with Trigger Point Self-Help provides chronic pain sufferers—many of whom have been told by healthcare practitioners that they need to simply learn to live with their pain—with the tools and information they need to diagnose, treat, and alleviate pain at its source.

9781583944004 | 10/04/2011 | $29.95 | 336 pages | Trade Paperback | Health & Fitness - Pain Management | 420 COLOR PHOTOS & ILLUS.

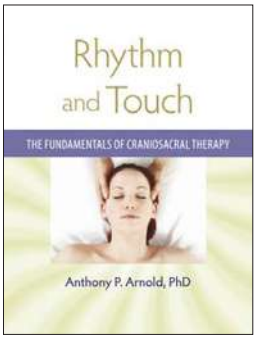


The Potent Self
A Study of Spontaneity and Compulsion

Moshe Feldenkrais

The Potent Self offers Feldenkrais' vision of how to achieve physical and mental wellness by delving deeply into the relationship between faulty posture, pain, and the underlying emotional mechanisms that lead to compulsive and dependent human behavior.

9781583940686 | Pub Date: 11/8/02 | $15.95 | 288 pages | Paperback / softback
Medical / Alternative Medicine | B&W ILLUS.

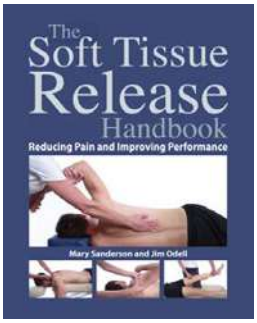


Rhythm and Touch
The Fundamentals of Craniosacral Therapy

Anthony P. Arnold, Ph.D.

Rhythm and Touch provides a thorough introduction to the practice of Craniosacral Therapy, a gentle hands-on healing method used to treat pain and trauma as well as support the body's healing process.

9781556438196 | 11/17/2009 | $27.95 | 280 pages | Trade Paperback | Health & Fitness – Healing | 31 B&W PHOTOS, 73 B&W ILLUS.

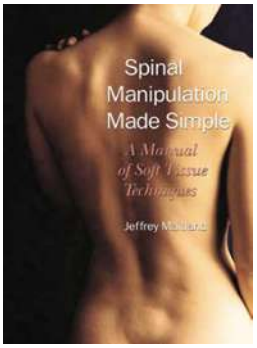


The Soft Tissue Release Handbook
Reducing Pain and Improving Performance

Mary Sanderson and Jim Odell

For practitioners of massage therapy, sports massage, remedial massage, and physical therapy, soft tissue release is a powerful tool in treating chronic pain conditions. The book contains illustrations of the key muscles involved as well as over 200 full-color photographs of the technique.

9781583946695 | Pub Date: 10/1/13 | $32.95 | 192 pages | Paperback / softback
Health & Fitness - Massage & Reflexotherapy | 210 COLOR PHOTOS; 61 COLOR ILLUS.,15 TABLES

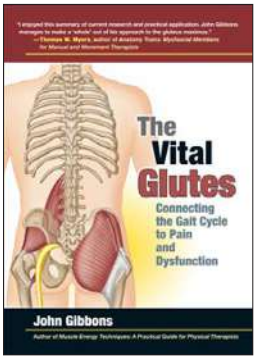


Spinal Manipulation Made Simple
A Manual of Soft Tissue Techniques

Jeffrey Maitland

Written by an expert on alternative bodywork, this book presents techniques for manipulating the soft tissues of the back in a safe, simple manner. The method utilizes the intuitive sense of somatic bodyworkers combined with the theory and technique of Rolfing to provide effective treatment.

9781556433528 | Pub Date: 2/1/01 | $20.00 | 184 pages | Paperback / softback
Health & Fitness / Massage & Reflexotherapy | B&W PHOTOS AND ILLUS. THROUGHOUT

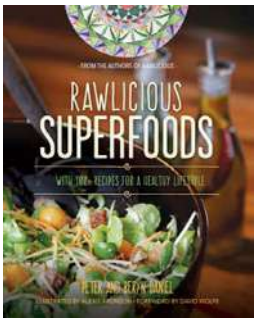


The Vital Glutes
Connecting the Gait Cycle to Pain and Dysfunction

John Gibbons

In this book for bodyworkers and athletes, author and respected bodywork specialist John Gibbons looks at one of the most neglected areas of the body: the gluteal muscles. *The Vital Glutes* shows readers how to recognize dysfunctional patterns that arise from the gluteal muscles and key therapeutic techniques, including gluteal exercises, to correct dysfunction.

9781583948477 | Pub Date: 12/02/2014 | $24.95 | 160 pages | Paperback / softback
Health & Fitness - Alternative Therapies | 240 COLOR ILLUSTRATIONS

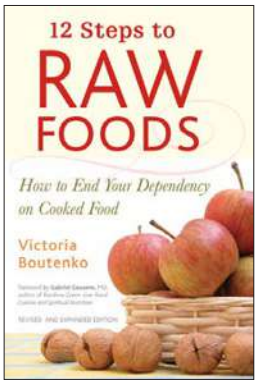


Rawlicious Superfoods
With 100+ Recipes for a Healthy Lifestyle

Peter Daniel and Beryn Daniel

This book combines beautiful illustrations and photos, information on superfoods, and delicious recipes to inspire the whole family. The authors show how to add superfoods, from berries to bee pollen to maca to cacao to tonic herbs, to our diets to enjoy delicious health.

9781583949221 | Pub Date: 5/12/2015 | $24.95 | 280 pages | Paperback / softback | Cooking - Methods - Raw Food | 300 IMAGES, FULL COLOR THRUOUT



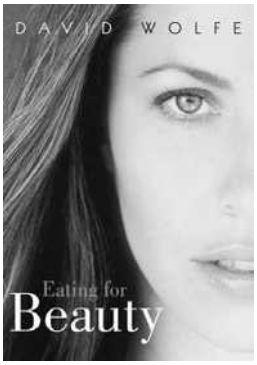
12 Steps to Raw Foods
How to End Your Dependency on Cooked Food

Victoria Boutenko; Foreword by Gabriel Cousens, M.D.

A classic volume by one of the foremost authorities on raw foods, this book illuminates the average person's multi-level attachment to cooked foods, explains how one can successfully transition to a raw food diet, and—relying on new scientific evidence—explains the health benefits of eating raw foods.

OVER 55,000 COPIES SOLD (U.S. EDITION)

9781556436512 | Pub Date: 5/8/07 | $16.95 | 288 pages | Paperback / softback
Health & Fitness / Nutrition



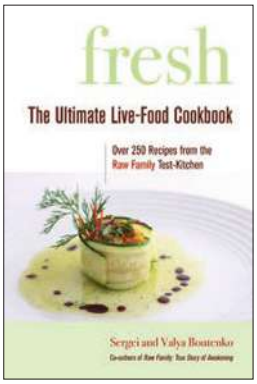
Eating for Beauty

David Wolfe

David Wolfe describes how to cleanse, nourish, and beautify by utilizing the benefits of a fresh-food diet. The lessons contained within this book can be applied to improve one's appearance, vitality, and health.

OVER 50,000 COPIES SOLD (U.S. EDITION)

9781556437328 | Pub Date: 2/4/03 | $24.95 | 200 pages | Paperback / softback
Health & Fitness / Diets | FULL-COLOR PHOTOS THROUGHOUT



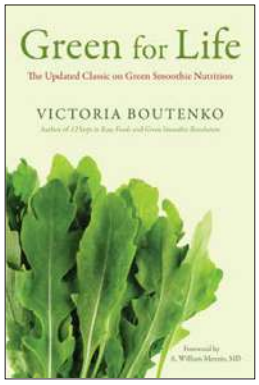
Fresh
The Ultimate Live-Food Cookbook

Sergei and Valya Boutenko

Featuring over 250 recipes, this cookbook runs the gamut from casual brunch menus to high-end dinner entrées and is a fresh, new offering of live-food delights from the second generation of worldwide raw experts, Valya and Sergei Boutenko.

OVER 20,000 COPIES SOLD (U.S. EDITION)

9781556437083 | Pub Date: 4/22/08 | $18.95 | 256 pages | Paperback / softback
Cooking / Vegetarian | 24-PG FULL-COLOR PHOTO INSERT



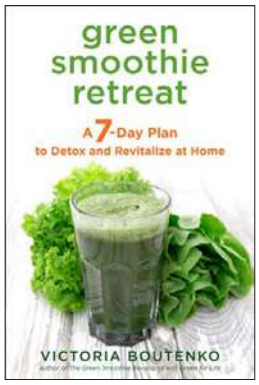
Green for Life

Victoria Boutenko; Foreword by A. William Menzin, M.D.

This classic guide to green nutrition will appeal to anyone who wishes to develop a healthy diet without making sacrifices to taste or lifestyle—vegan, vegetarians, and meat-eaters alike.

OVER 100,000 COPIES SOLD (U.S. EDITION)

9781556439308 | Pub Date: 10/5/10 | $16.95 | 224 pages | Paperback / softback
Health & Fitness / Nutrition | 8 B&W PHOTOS

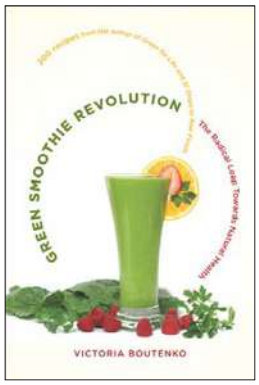


Green Smoothie Retreat
A 7-Day Plan to Detox and Revitalize at Home

Victoria Boutenko

Using lively stories from her experience leading healing retreats, best-selling author Victoria Boutenko guides readers on how to organize and carry out their own green smoothie programs with friends and family for optimal health and well-being. The book includes recipes, nutritional information, testimonials, and much more.

9781583948606 | Pub Date: 11/04/2014 | $19.95 | 256 pages | Paperback / softback
Health & Fitness - Diets - Nutrition | 11 B&W ILLUS



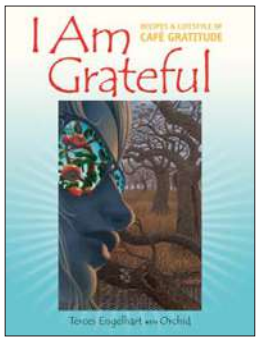
Green Smoothie Revolution
The Radical Leap Towards Natural Health

Victoria Boutenko

Victoria Boutenko, a well-known raw food expert, now expands her gospel of delicious nutrition to the green smoothie, which can alleviate the dietary deficiencies afflicting most everyone today.

OVER 160,000 COPIES SOLD (U.S. EDITION)

9781556438127 | Pub Date: 8/4/09 | $14.95 | 184 pages | Paperback / softback
Health & Fitness / Nutrition | 15 B&W PHOTOS



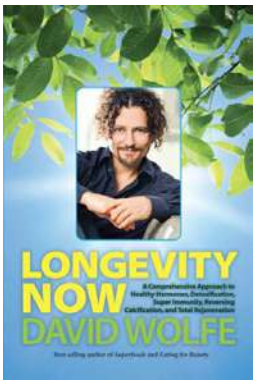
I Am Grateful
Recipes and Lifestyle of Cafe Gratitude

Terces Engelhart with Orchid

Over 80 raw food recipes—including smoothies, soups, entrees, and desserts—gathered from the popular, California-based Café Gratitude's menu are accompanied by beautiful color photos, easy-to-follow instructions, and co-owner Terces Engelhart's inspiring life philosophy and personal healing path.

NEARLY 60,000 COPIES SOLD (U.S. EDITION)

9781556436475 | Pub Date: 5/1/07 | $24.95 | 200 pages | Paperback / softback
Cooking / Methods / Raw Food | Color photos throughout



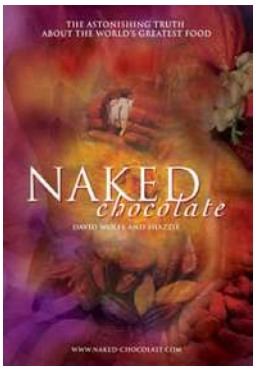
Longevity Now
A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation

David Wolfe

Expanding on the bestselling *Superfoods* (over 100,000 English-language copies sold), *Longevity Now* provides a comprehensive approach to total rejuvenation. Readers will learn which herbal supplements, superfoods, and exercises will help them lose weight, cleanse their body, boost their immunity, and live longer.

OVER 20,000 COPIES SOLD (U.S. EDITION)

9781583946145 | Pub Date: 11/12/13 | $29.95 | 304 pages | Hardback
Health & Fitness - Body Cleansing & Detoxification| 50 COLOR PHOTOS; 6 B&W PHOTOS

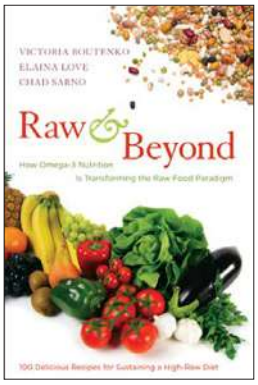


Naked Chocolate
The Astonishing Truth About the World's Greatest Food

David Wolfe and Shazzie

With the mission to "lay naked before the world the true meaning of chocolate," David Wolfe and Shazzie present a spirited and unconventional history, *materia medica,* and recipe book for the world's most pleasurable food: chocolate.

9781556437311 | Pub Date: 2/1/05 | $24.95 | 256 pages | Paperback / softbac
Cooking / Chocolate | FULL COLOR PHOTOS THROUGHOUT

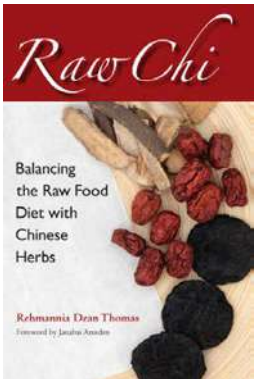


Raw and Beyond
How Omega-3 Nutrition Is Transforming the Raw Food Paradigm

Victoria Boutenko, Elaina Love, and Chad Sarno

Three long-time raw food chefs and educators share their stories of moving away from an exclusively raw diet and offer over 100 raw and lightly cooked recipes that are high in essential omega-3s, which most of our diets lack.

9781583943571 | Pub Date: 1/10/12 | $16.95 | 168 pages | Paperback / softback
Cooking / Methods / Raw Food

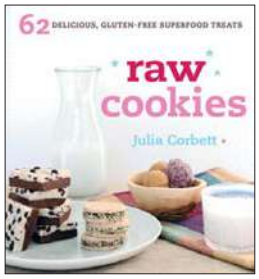


Raw Chi
Balancing the Raw Food Diet with Chinese Herbs

Rehmannia Dean Thomas

Raw Chi discusses a breakthrough in health understanding, showing readers how to bridge the gap between the raw foods diet and Traditional Chinese Medicine. The author shows how an educated combination of raw food and Chinese herbal teas, tailored to one's individual needs, can help raw foodists, and others, attain daily and long-term health.

9781583948583 | Pub Date: 09/30/2014 | $9.95 | 104 pages | Paperback / softback
Cooking - Methods - Raw Food / Medical - Alternative & Complementary Medicine | 20 B&W ILLUS

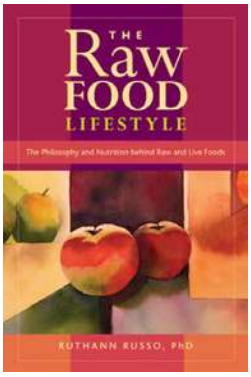


Raw Cookies
60 Delicious, Gluten-Free Superfood Treats

Julia Corbett

Raw Cookies presents sixty recipes for tasty, superfood-packed raw cookies—ideal for raw foodists, those on a gluten-free diet, and anyone wanting to follow a more health-conscious lifestyle.

9781583948217 | Pub Date: 10/07/2014 | $21.95 | 112 pages | Paperback / softback
Cooking - Methods - Raw Food | 60 COLOR PHOTOS

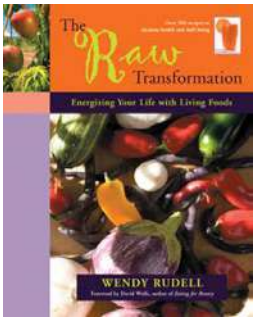


The Raw Food Lifestyle
The Philosophy and Nutrition Behind Raw and Live Foods

Ruthann Russo

Provides an authoritative overview of raw food and the raw-food lifestyle that is perfect for newcomers to this delicious and healthy way of life.

9781556438370 | Pub Date: 10/20/09 | $16.95 | 256 pages | Paperback / softback
Health & Fitness / Diets



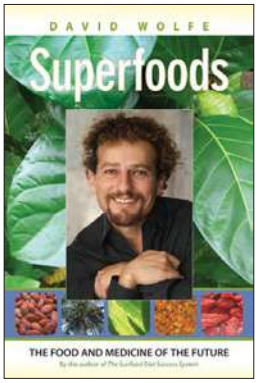
The Raw Transformation
Energizing Your Life with Living Foods

Wendy Rudell

This visually lively gourmet raw food recipe book provides all the information you need for increasing your health and well-being through a raw foods diet.

OVER 20,000 COPIES SOLD (U.S. EDITION)

9781556438370 | Pub Date: 10/20/09 | $16.95 | 256 pages | Paperback / softback
Health & Fitness / Diets



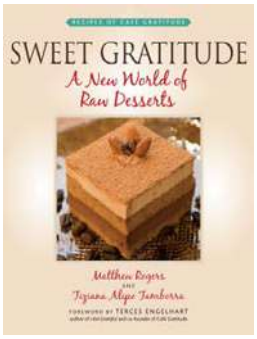
Superfoods
The Food and Medicine of the Future

David Wolfe

In this lively, illustrated overview, well-known raw-foods guru David Wolfe profiles delicious and incredibly nutritious plant products such as goji berries, hempseed, cacao beans (raw chocolate), maca, spirulina, bee products, and a host of others.

OVER 120,000 COPIES SOLD (U.S. EDITION)

9781556437762 | Pub Date: 4/28/09 | $18.95 | 352 pages | Paperback / softback
Health & Fitness / Nutrition | 90 COLOR PHOTOS



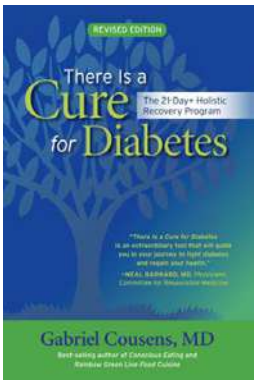
Sweet Gratitude
A New World of Raw Desserts

Matthew Rogers and Tiziana Alipo Tamborra; Foreword by Terces Engelhart

An inspirational cookbook that explores the cutting-edge culinary world of raw desserts, Sweet Gratitude offers exotic, gourmet, original recipes for cakes, pies, cheesecake, parfaits, cookies, and chocolates for anyone looking for healthy yet delicious and decadent sweets.

OVER 20,000 COPIES SOLD (U.S. EDITION)

9781556437441 | Pub Date: 10/14/08 | $24.95 | 248 pages | Paperback / softback
Cooking / Methods / Raw Food | 50 COLOR PHOTOS



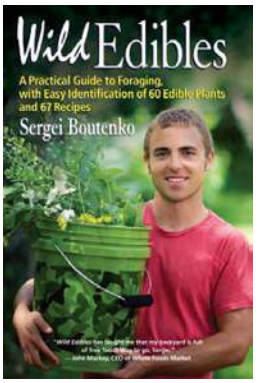
There Is a Cure for Diabetes, Revised Edition
The 21-Day+ Holistic Recovery Program

Gabriel Cousens, M.D.

The original edition has sold over 35,000 copies and has been translated into five languages. This substantially revised edition by a leading medical authority in the field of live-food nutrition offers an innovative approach to the prevention and healing of diabetes through a plant-source-only diet.

OVER 50,000 COPIES SOLD (U.S. EDITION)

9781583945445 | Pub Date: 4/9/13 | $22.95 | 616 pages | Paperback / softback
Health & Fitness - Diseases – Diabetes | B&W TABLES AND CHARTS THROUGHOUT



Wild Edibles
A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes

Sergei Boutenko

In this field guide to foraging wild edible plants, Sergei Boutenko explores the health benefits of wild-harvested food, explains how to safely identify trailside weeds, herbs, fruits, and greens that grow worldwide, and shares nearly 70 delicious, nutrient-dense recipes.

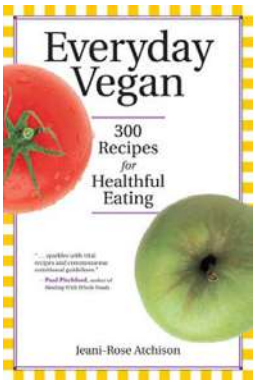
9781583946022 | Pub Date: 7/16/13 | $19.95 | 296 pages | Paperback / softback
Nature – Reference | 300 COLOR PHOTOS; 20 CHARTS; 4 PG. B&W ILLUS.

The New Seaweed Cookbook, Second Edition
Over 100 Gluten and Dairy Free Recipes for an Anti-Inflammatory, Nutrient Dense Diet

Crystal June Maderia

A cookbook and food guide on superfood seaweeds for health-conscious readers and those with special diets and health concerns. The book contains a rich assortment of over 100 recipes along with explanations of the properties and varieties of seaweed. Full-color photos throughout.

9781583949863 | 11/10/2015 | $22.95 | 240 pages | Trade Paperback | Cooking - Natural Foods | FULL COLOR PHOTOS THROUGHOUT

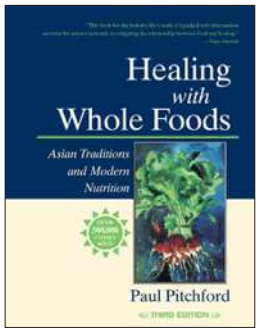


Everyday Vegan
300 Recipes for Healthful Eating

Jeani-Rose Atchison

The vegan recipes in this book are based on the premise that eating whole natural foods enhances the body's innate healing abilities. *Everyday Vegan* inspires readers to take responsibility for their well-being by giving them knowledge and confidence in meal preparation.

9781556433764 | Pub Date: 2/12/02 | $22.50 | 344 pages | Paperback / softback
Cooking / Vegetarian | B&W ILLUS.



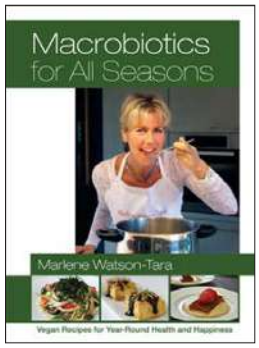
Healing with Whole Foods
Asian Traditions and Modern Nutrition

Paul Pitchford

This comprehensive guide to the theory and healing power of Chinese medicine is also a primer on nutrition along with an inspiring cookbook with more than 300 mostly vegetarian, nutrient-packed recipes.

OVER 500,000 COPIES SOLD (U.S. EDITION)

9781556434303 | Pub Date: 11/5/02 | $35.00 | 784 pages | Paperback / softback
Health & Fitness / NutrITion | B&W ILLUS.



Macrobiotics for All Seasons
Vegan Recipes for Year-Round Health and Happiness

Marlene Watson-Tara

For those who wish to change their diet to enjoy a longer and healthier life in alignment with the cycles of nature, this book is a practical guide to preparing macrobiotic meals that heal body and spirit and leave a lighter footprint on our planet. Includes over 200 vegan recipes.

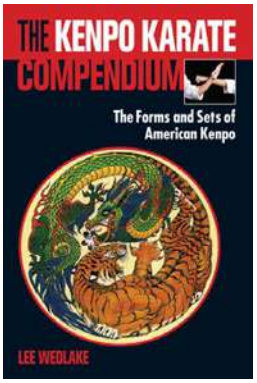
9781583945582 | Pub Date: 1/22/13 | $24.95 | 256 pages | Paperback / softback
Cooking – Vegetarian | 25 COLOR PHOTOS, 2 COLOR ILLUS; 3 B&W ILLUS

An Approach to Ip Man Style Wing Chun

Wayne Belonoha

This is a practical beginner's guide to Wing Chun by a certified instructor in the Ip Man lineage. Including more than 400 full-color photos, the book emphasizes benefits including weight reduction, stress management, personal defense and safety, and self-discipline through meditation.

9781583949412 | 07/21/2015 | $19.95 | 120 pages | Trade Paperback | Sports & Recreation - Martial Arts & Self-Defense | 300 COLOR ILLUSTRATIONS



The Kenpo Karate Compendium
The Forms and Sets of American Kenpo

Lee Wedlake

This book details the forms of American Kenpo as prescribed by the "Father of American Karate," Ed Parker. Author Lee Wedlake brings his acclaimed training and teaching experience to bear in this unique resource for all who practice and teach American Kenpo and its offshoot systems.

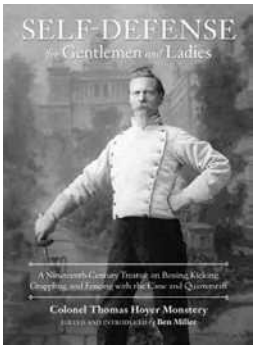
9781583948514 | 01/13/2015 | $24.95 | 384 pages | Trade Paperback | Sports & Recreation - Martial Arts & Self-Defense | OVER 385 B&W PHOTOS

Secrets of the Ninja
The Shinobi Teachings of Hattori Hanzo

Sean Michael Wilson with Antony Cummins; Illustrated by Akiko Shimojima

This historically grounded manga follows the ninja Nagata Saburo as he teaches his son the weapons, secret tactics, and values of the ninja. Based on the real-life writings of the famous ninja Hattori Hanzo, *Secrets of the Ninja* combines a coming-of-age story with a historically accurate background of Sengoku-period Japanese culture.

9781583948644 | 07/07/2015 | $15.95 | 128 pages | Trade Paperback | Comics & Graphic Novels - Manga - Historical Fiction / Sports & Recreation - Martial Arts & Self-Defense | B&W ILLUSTRATIONS THROUGHOUT

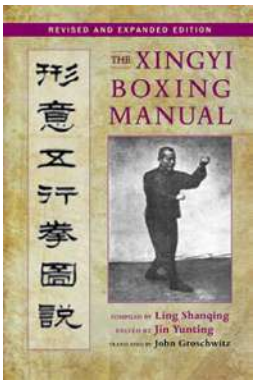


Self-Defense for Gentlemen and Ladies
A Nineteenth-Century Treatise on Boxing, Kicking, Grappling, and Fencing with the Cane and Quarterstaff

Colonel Thomas Hoyer Monstery; Edited and Introduced by Ben Miller

Originally published in the 1870s, this book presents a unique look into the Victorian-era fighting world, describing styles such as British shin-kicking, Welsh jump-kicking, and American rough-and-tumble fighting, and provides illustrated instruction in the art of self-defense with a cane, staff, or one's bare hands.

9781583948682 | 04/21/2015 | $14.95 | 216 pages | Hardcover | Sports & Recreation - Fencing / Martial Arts & Self-Defense B&W PHOTOS

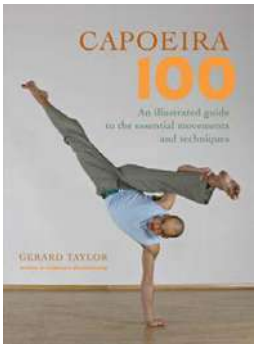


The Xingyi Boxing Manual, Revised and Expanded Edition

Jin Yunting

Famed for promoting health and longevity, as well as for its effectiveness as a fighting art, Xingyi is practiced by enthusiasts in China and in the West. Designed as an introductory reader, this authentic manual introduces the Five Elements of Xingyi and outlines the basic theory and history of the art.

9781583948538 | 02/10/2015 | $16.95 | 176 pages | Trade Paperback | Sports & Recreation - Martial Arts & Self-Defense | 129 B&W PHOTOS

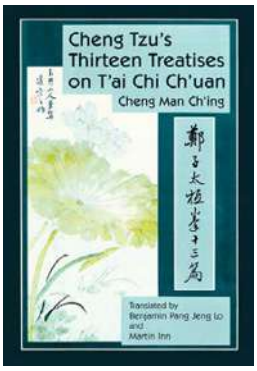


Capoeira 100
An Illustrated Guide to the Essential Movements and Techniques

Gerard Taylor

Capoeira 100 is an illustrated guide to 100 essential techniques used in the art of capoeira. Each movement is accompanied by a series of color photographs that show how it is done, as well as helpful pointers and tips on how to apply the technique in the game of capoeira.

9781583941768 | Pub Date: 1/9/07 | $27.95 | 336 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense | FULL-COLOR PHOTOS THROUGHOUT



Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan

Cheng Man Ch'ing

In this classic, Professor Cheng shares the secrets of his lineage and takes us to the heart of T'ai Chi Ch'uan, presenting it as a martial art, a medicine, and a means of exercise and self-development.

9781583942208 | Pub Date: 6/24/08 | $18.95 | 224 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense | B&W PHOTOS AND ILLUS. THROUGHOut

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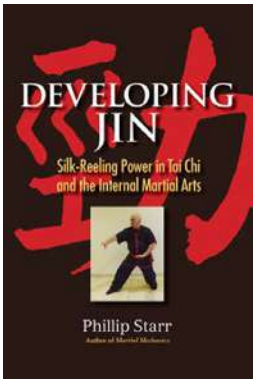
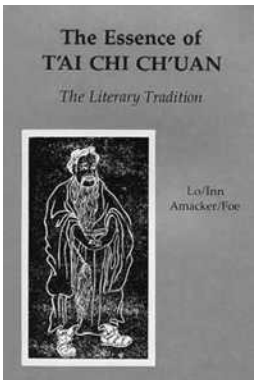


Developing Jin
Silk-Reeling Power in Tai Chi and the Internal Martial Arts

Phillip Starr

Featuring step-by-step instructions and photographs, *Developing Jin* provides a complete and progressive training regimen for increasing and refining chansi-jin, also known as silk-reeling power or coiling power.

9781583947609 | Pub Date: 4/22/2014 | $18.95 | 208 pages | Paperback / Softback
Sports & Recreation - Martial Arts & Self-Defense | 200 B&W PHOTOS

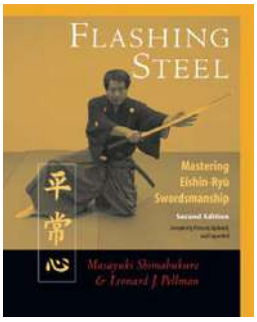


The Essence of T'ai Chi Ch'uan
The Literary Tradition

Benjamin Pang Jeng Lo

The Essence of T'ai Chi Ch'uan is a handbook of the classical Chinese literature on which the art of t'ai chi is based. This, the first English translation of the classic texts of T'ai Chi Ch'uan, provides essential reading for practitioners of every style.

9780913028636 | Pub Date: 1/21/93 | $14.95 | 104 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense | B&W ILLUS.



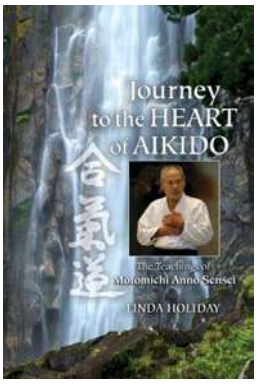
Flashing Steel, Second Edition
Mastering Eishin-Ryu Swordsmanship

Leonard Pellman & Masayuki Shimabukuro

Shimabukuro Shihan and Pellman Sensei combine practical exercises, photographs, and historical and cultural context in this thoughtful, best-selling guide to the most popular of Japanese sword arts, *iaijutsu* (alternatively called *iaido*).

OVER 25,000 COPIES SOLD (U.S. EDITION)

9781583941973 | Pub Date: 1/15/08 | $22.95 | 352 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense | B&W PHOTOS THROUGHOUT

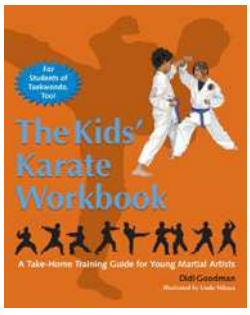


Journey to the Heart of Aikido
The Teachings of Motomichi Anno Sensei

Linda Holiday

Written by a senior American instructor of Aikido with more than 40 years of experience, *Journey to the Heart of Aikido* offers profound new insight into the teachings of renowned Aikido expert Motomichi Anno that bridge Eastern traditions with Western experiences.

9781583946596 | Pub Date: 9/10/13 | $21.95 | 304 pages | Paperback / softback
Sports & Recreation - Martial Arts & Self-Defense | 30 B&W PHOTOS

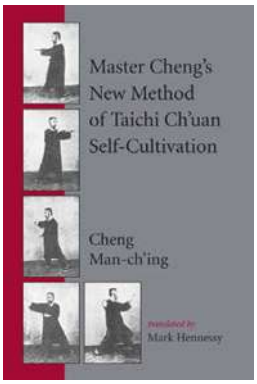


The Kids' Karate Workbook
A Take-Home Training Guide for Young Martial Artists

Didi Goodman

Designed for the serious young martial artist, this workbook provides an easy way for students of Karate and Taekwondo to keep practicing and learning even when they're not at the dojo—something valued by parents and instructors as well as students.

9781583942338 | Pub Date: 10/13/09 | $18.95 | 208 pages | Paperback / softback
Juvenile Nonfiction / Sports & Recreation / Martial Arts | 150 B&W ILLUS.

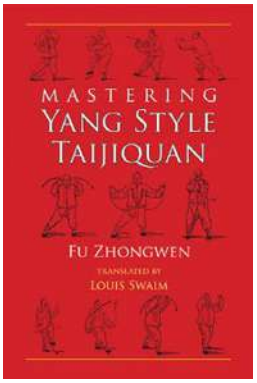


Master Cheng's New Method of Taichi Ch'uan Self-Cultivation

Cheng Man-ch'ing

Cheng Man-ch'ing, the famed master of t'ai chi, is regarded as an enormously influential figure in codifying the most widely practiced form of the ancient martial art. This volume provides practitioners with a complete and concise guide to the Short Form, enabling them to make rapid progress.

9781883319922 | Pub Date: 6/1/99 | $13.95 | 144 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense | B&W PHOTOS AND ILLUS. THROUGHOUT



Mastering Yang Style Taijiquan

Fu Zhongwen

This classic guide offers peerless documentation of the Yang style of taijiquan. It contains superbly detailed form instructions and historic line art drawings; concise descriptions of fixed-step, moving-step, and da lu push hands practices; and additional commentary.

OVER 20,000 COPIES SOLD OF BOTH U.S. EDITIONS

9781583941522 | Pub Date: 5/9/06 | $16.95 | 264 pages | Paperback / softback | Sports & Recreation / Martial Arts & Self/Defense | B&W ILLUS. THROUGHOUT, SOME B&W PHOTos

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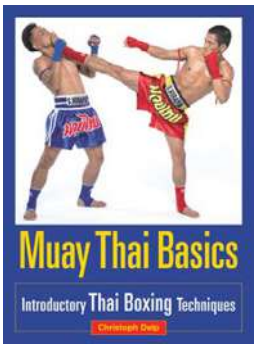


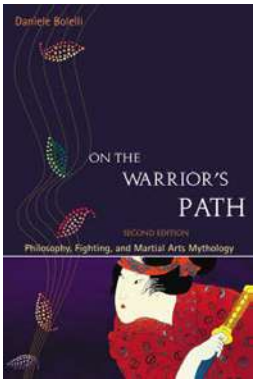
Muay Thai Basics
Introductory Thai Boxing Techniques

Christoph Delp

In this hands-on guide, renowned trainer Christoph Delp presents the sport's history, development, rules, and equipment—along with step-by-step techniques performed by Thai champions from the famous Sor Vorapin gym in Bangkok.

OVER 20,000 COPIES SOLD (U.S. EDITION)

9781583941409 | Pub Date: 12/21/05 | $22.95 | 224 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense | FULL COLOR PHOTOS THROUGHOUT

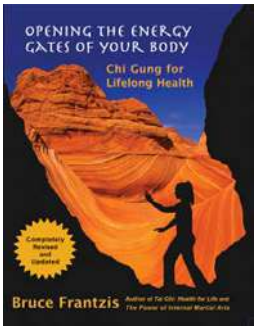


On the Warrior's Path, Second Edition
Philosophy, Fighting, and Martial Arts Mythology

Danielle Bolelli

More than a collection of fighting techniques, martial arts constitute a path to developing body, spirit, and awareness. This book connects the martial arts with this larger perspective, exploring the archetype of the warrior in the contexts of philosophy, spirituality, popular culture, and more.

9781583942192 | Pub Date: 7/8/08 | $16.95 | 232 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense



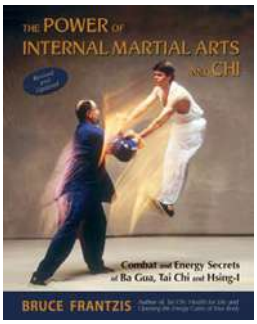
Opening the Energy Gates of Your Body
Qigong for Lifelong Health

Bruce Frantzis

Opening the Energy Gates of Your Body explains the practice of chi gung (qigong) and has become a classic that has inspired tens of thousands of Westerners to learn to activate their chi to improve their health, reduce stress, and reverse the effects of aging.

OVER 30,000 COPIES SOLD OF BOTH U.S. EDITIONS

9781583941461 | Pub Date: 12/23/05 | $21.95 | 320 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense | B&W PHOTOS AND ILLUS. THROUGHOUT



The Power of Internal Martial Arts and Chi
Combat and Energy Secrets of Ba Gua, Tai Chi and Hsing-I

Bruce Frantzis

This classic provides detailed descriptions of the three main internal martial arts—tai chi (taiji), hsing-i (xingyi) and ba gua (pakua)—and their sub-styles, as well as how they differ from each other and from such external arts as karate, tae kwon do and judo.

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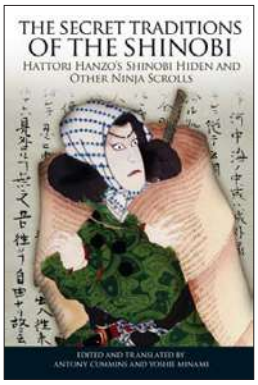
9781583941904 | Pub Date: 8/7/07 | $27.95 | 432 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense | B&W PHOTOS AND ILLUS.

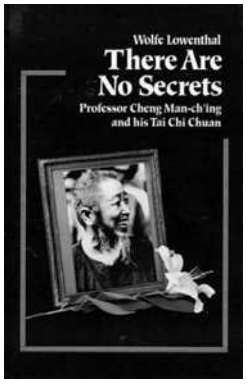


The Secret Traditions of the Shinobi
Hattori Hanzo's Shinobi Hiden and Other Ninja Scrolls

Antony Cummins and Yoshie Minami

The Secret Traditions of the Shinobi contains three of the most profound historical texts on ninjutsu, including three shinobi scrolls of the Gunpo Jiyoshu and the Ninpiden (or Secret Ninja Tradition), and a manual attributed to one of the bestknown ninja masters, Hattori Hanzo.

9781583944356 | Pub Date: 11/27/12 | $18.95 | 192 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense | 70 B&W ILLUSTRATIONS



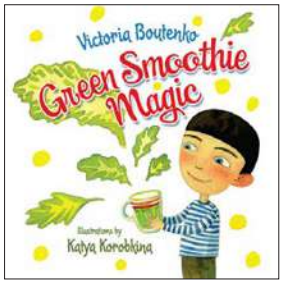
There Are No Secrets
Professor Cheng Man Ch'ing and his T'ai Chi Chuan

Wolfe Lowenthal

In this bestselling memoir of Professor Cheng Man Ch'ing (deemed the "Master of Five Excellences"—Chinese medicine, t'ai chi ch'uan, calligraphy, painting, and poetry), readers will find pearls of wisdom on the subject of t'ai chi ch'uan to apply to their martial arts practice and life.

OVER 30,000 COPIES SOLD (U.S. EDITION)

9781556431128 | Pub Date: 1/27/93 | $16.95 | 176 pages | Paperback / softback
Sports & Recreation / Martial Arts & Self/Defense | 16-PG B&W PHOTO INSERT, B&W ILLUS.

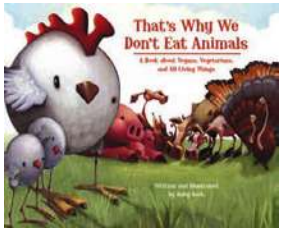


Green Smoothie Magic

Victoria Boutenko; Illustrations by Katya Korobkina

With this story of a boy who learns about the miracles of plant life and the pleasures of drinking blended vegetables and fruits, Victoria Boutenko imparts to young children her infectious enthusiasm for raw foods and healthy eating. For ages four to eleven.

9781583946015 | Pub Date: 9/10/13 | $12.95 | 56 pages | Hardback
Juvenile Nonfiction - Health - Diet & Nutrition | FULL-COLOR ILLUSTRATIONS THROUGHOUT



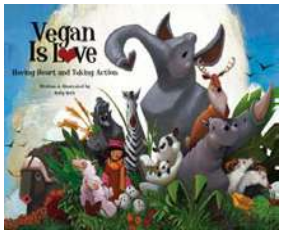
That's Why We Don't Eat Animals
A Book About Vegans, Vegetarians, and All Living Things

Written and Illustrated by Ruby Roth

Among the first children's books to take a candid look at the plight of animals on factory farms and their basic need for freedom and love, *That's Why We Don't Eat Animals* is an educational and engaging book written for children aged six to ten.

OVER 20,000 COPIES SOLD (U.S. EDITION)

9781556437854 | Pub Date: 5/26/09 | $16.95 | 48 pages | Hardback
Juvenile Nonfiction / Animals / Animal Welfare | 4-COLOR ILLUSTRATIONS THROUGHOUT

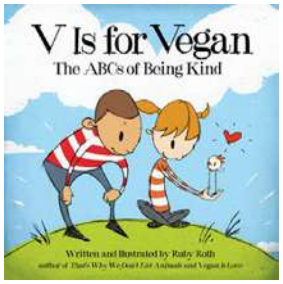


Vegan Is Love
Having Heart and Taking Action

Written and Illustrated by Ruby Roth

In this bold, beautifully illustrated children's book, author-illustrator Ruby Roth introduces young readers to veganism as a lifestyle of compassion and action. Roth explores the many opportunities we have to make ethical choices while being direct but sensitive.

9781583943540 | Pub Date: 4/24/12 | $16.95 | 44 pages | Hardback
Juvenile Nonfiction / Animals / Animal Welfare | 4-COLOR ILLUS. THROUGHOUT

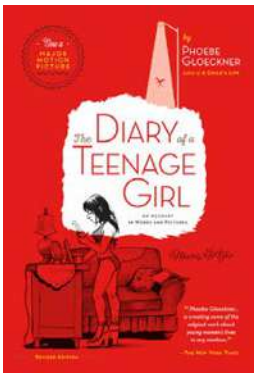


V Is for Vegan
The ABCs of Being Kind

Written and Illustrated by Ruby Roth

V Is for Vegan presents the subject of veganism to children three years and older with Ruby Roth's characteristic insight, compassion, and humor. Roth's work has been praised by Jane Goodall, Alicia Silverstone, and many more.

9781583946497 | Pub Date: 8/6/13 | $12.95 | 32 pages | Hardback | Juvenile Nonfiction – Animals – Animal Welfare | 4-COLOR ILLUSTRATIONS THROUGHOUTs

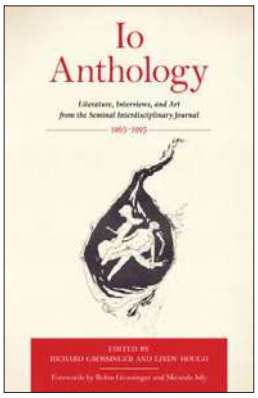


The Diary of a Teenage Girl, Revised Edition
An Account in Words and Pictures

Phoebe Gloeckner

First released in 2002, this provocative, critically acclaimed novel is now a major motion picture. Capturing both the angst and the hilarity of adolescence, as well as the anything-goes spirit that fueled sex-and-drug-infused San Francisco during the 1970s, this gritty coming-of-age graphic novel recasts the genre in a bold new light.

9781623170349 | 07/21/2015 | $18.95 | 320 pages | Trade Paperback | Comics & Graphic Novels – Literary | B&W ILLOS THROUGHOUT

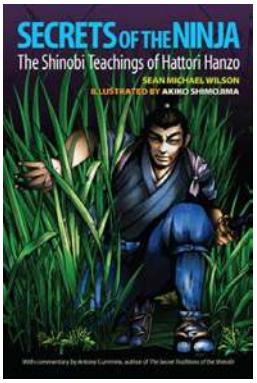


Io Anthology
Literature, Interviews, and Art from the Seminal Interdisciplinary Journal, 1965 -1993

Edited by Richard Grossinger and Lindy Hough

Io Anthology celebrates the fiftieth anniversary of this formative journal. Bringing together the quirky blend of artistic and scholarly writing that pushed the boundaries of what the "literary mag" encompassed, this book is a greatest hits collection of the major pieces published from 1965 to 1978.

9781583949924 | 12/08/2015 | $29.95 | 896 pages | Trade Paperback | Literary Collections / Science – Essays | 80 B&W IMAGES

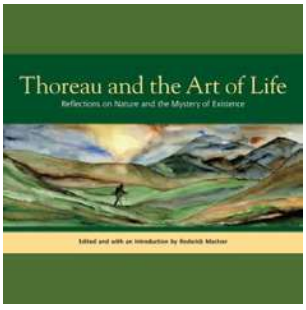


Secrets of the Ninja
The Shinobi Teachings of Hattori Hanzo

Sean Michael Wilson with Antony Cummins; Illustrated by Akiko Shimojima

This historically grounded manga follows the ninja Nagata Saburo as he teaches his son the weapons, secret tactics, and values of the ninja. Based on the real-life writings of the famous ninja Hattori Hanzo, *Secrets of the Ninja* combines a coming-of-age story with a historically accurate background of Sengoku-period Japanese culture.

9781583948644 | 07/07/2015 | $15.95 | 128 pages | Trade Paperback | Comics & Graphic Novels - Manga - Historical Fiction / Sports & Recreation - Martial Arts & Self-Defense | B&W ILLUSTRATIONS THROUGHOUT

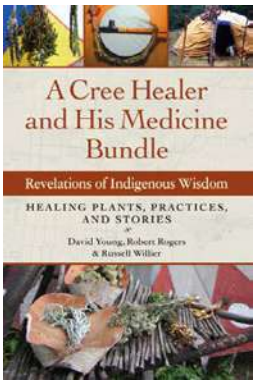


Thoreau and the Art of Life
Reflections on Nature and the Mystery of Existence

Henry David Thoreau, Edited by Rod MacIver

Illustrated with 97 full-color watercolors of the natural world, *Thoreau and the Art of Life* is a collection of Henry David Thoreau's inspired writings on living a life of meaning, creativity, and reverence. Thoreau's ideas about nature and simple living that are particularly relevant today.

9781556438837 | Pub Date: 3/16/10 | $16.95 | 116 pages | Paperback / softback Nature / Essays | 97 FULL-COLOR ILLUS.

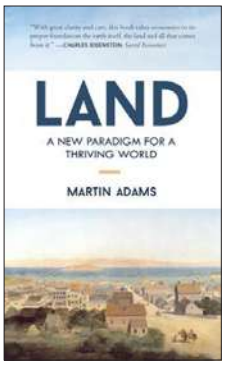


A Cree Healer and His Medicine Bundle
Revelations of Indigenous Wisdom: Healing Plants, Practices, and Stories

David Young, Robert Rogers, and Russell Willier

Sure to appeal to readers interested in health and traditional medicinal knowledge, this book details the life and healing practices of Medicine Man Russell Willier. It includes extensive photographs and materials on the plants used by Willier, as well as information on the active ingredients in these plants and their uses in alternative therapies.

9781583949030 | Pub Date: 06/09/2015 | $24.95 | 240 pages | Trade Paperback | Health & Fitness - Herbal Medications | 109 IMAGES, FULL-COLOR THROUGHOUT

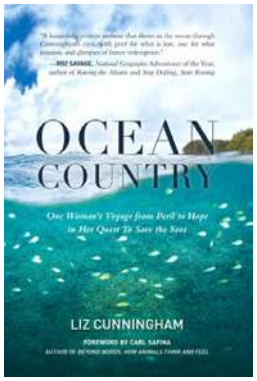


Land
A New Paradigm for a Thriving World

Martin Adams

This engaging manifesto sources the underlying causes of wealth inequality, social decline, and environmental destruction to the ownership of land as a basis for wealth. Using clear and accessible language, *Land* explores a new way to understand property and wealth that emphasizes compassion and quality of life.

9781583949207 | 03/03/2015 | $12.95 | 208 pages | Trade Paperback | Political Science - Economic Conditions / Nature - Environmental Conservation & Protection

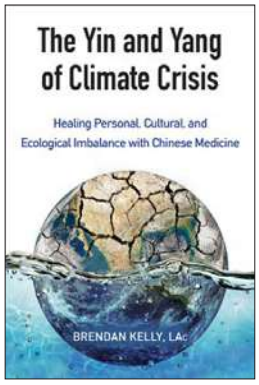


Ocean Country
One Woman's Voyage from Peril to Hope in her Quest To Save the Seas

Liz Cunningham

This gripping adventure story of one woman's odyssey from a near-drowning accident to a journey around the world to understand the threats to the vitality of our oceans vividly illustrates the crucial role that each of us has to play in one of the most urgent social movements in history.

9781583949603 | Pub Date: 9/8/2015 | $16.95 | 256 pages | Paperback / softback | Nature - Environmental Conservation

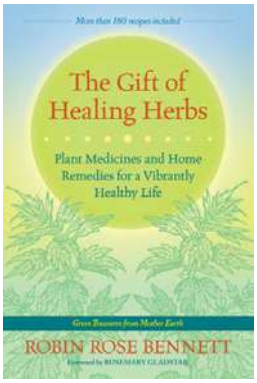


The Yin and Yang of Climate Crisis
Healing Personal, Cultural, and Ecological Imbalance with Chinese Medicine

Brendan Kelly

The first book to marry western environmentalism with Chinese medicine, *The Yin and Yang of Climate Crisis* illustrates the many ways that our personal well-being and climate health are vitally connected. Brendan Kelly demonstrates that current environmental crises are symptoms of deeper issues within us as individuals and within our culture.

9781583949511 | Pub Date: 9/1/2015 | $17.95 | 228 pages | Paperback / softback | Medical - Alternative & Complementary MedicineHealth & Fitness - Herbal Medications | 22 B&W ILLUSTRATIONS

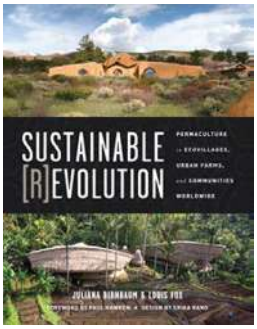


The Gift of Healing Herbs
Plant Medicines and Home Remedies for a Vibrantly Healthy Life
Green Treasures from Mother Earth

Robin Rose Bennett; Foreword by Rosemary Gladstar

Herbalists, naturopaths, plantspeople, witches and natural healers will love the clear, empowering information, engaging stories, more than 180 easy-to-follow recipes, and heartfelt meditations and rituals of natural herbal medicines.

9781583947623 | Pub Date: 3/11/2014 | $24.95 | 592 pages | Paperback / softback
Health & Fitness - Herbal Medications | 22 B&W ILLUSTRATIONS

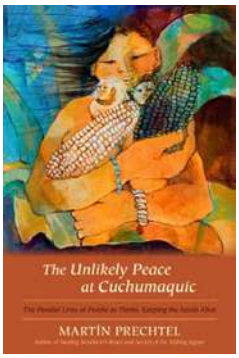


Sustainable Revolution
Permaculture in Ecovillages, Urban Farms, and Communities Worldwide

Edited by Juliana Birnbaum and Louis Fox

Illustrated throughout with full-color photos, this book provides an international global perspective on the state of organic permaculture with profiles from successful farms and ecovillages all over the world.

9781583946480 | Pub Date: 2/25/2014 | $34.95 | 368 pages | Paperback / softback
House & Home - Sustainable Living | 350 COLOR PHOTOS AND ILLUS.

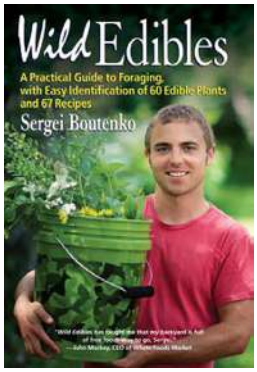


The Unlikely Peace at Cuchumaquic
The Parallel Lives of People as Plants: Keeping the Seeds Alive

Martín Prechtel

A memoir, spiritual adventure story, and ecological fable, this book by renowned author Martín Prechtel shares the message that plants and humanity are interconnected—and the survival of one depends upon the other.

9781583943601 | Pub Date: 1/31/12 | $24.95 | 476 pages | Hardback
Nature / Environmental Conservation & Protection | 4 B&W ILLUSTRATIONS



Wild Edibles

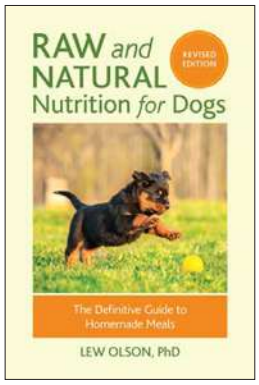
A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants and 67 Recipes

Sergei Boutenko

In this field guide to foraging wild edible plants, Sergei Boutenko explores the health benefits of wild-harvested food, explains how to safely identify trailside weeds, herbs, fruits, and greens that grow worldwide, and shares nearly 70 delicious, nutrient-dense recipes.

STRONG SELLER

9781583946022 | Pub Date: 7/16/13 | $19.95 | 296 pages | Paperback / softback
Nature – Reference | 300 COLOR PHOTOS; 20 CHARTS; 4 PG. B&W ILLUS.



Raw and Natural Nutrition for Dogs, Revised
The Definitive Guide to Homemade Meals

Lew Olson

The definitive guide to feeding your dog a balanced and nutritious raw and home-cooked diet, from the founder of a natural pets product company with over thirty years of experience working with dogs.

9781583949474 | 08/18/2015 | $19.95 | 276 pages | Trade Paperback | Pets - Food & Nutrition

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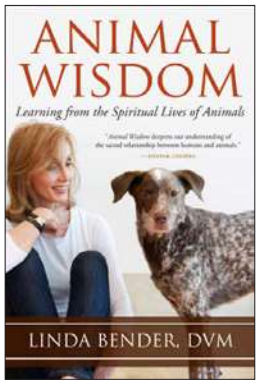
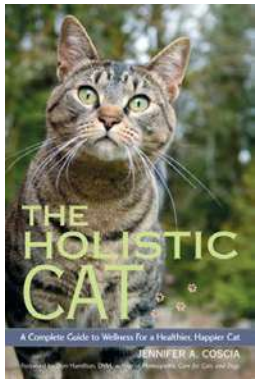


Animal Wisdom
Learning from the Spiritual Lives of Animals

Linda Bender

Veterinarian and animal intuitive Linda Bender offers a wealth of extraordinary stories and evidence indicating animals have deeply perceptive—even extrasensory—abilities, especially when love is involved. In addition, she provides 18 step-by-step practices for honing readers' abilities to communicate with animals.

9781583947739 | Pub Date: 6/10/2014 | $18.95 | 216 pages | Paperback / softback
Pets / Body, Mind & Spirit

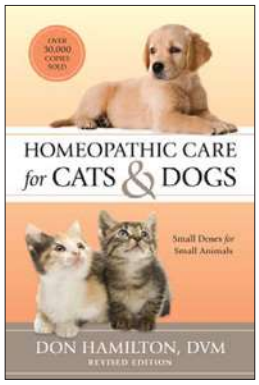


The Holistic Cat
A Complete Guide to Wellness for a Healthier, Happier Cat

Jennifer Cosica

Offering vital information on how to raise a cat in a healthy, stress-free, and safe environment, this complete resource for all cat owners focuses on disease prevention and includes captivating rescue stories and striking photos.

9781556437663 | Pub Date: 1/27/09 | $16.95 | 216 pages | Paperback / softback
Pets / Cats / General | 40 B&W PHOTOS



Homeopathic Care for Cats and Dogs, Revised Edition
Small Doses for Small Animals

Don Hamilton

A revision of the successful *Homeopathic Care for Cats and Dogs* published in 1999, this manual brings homeopathic pet care current while providing the same useful guidance on basic symptoms, treatment options, and home care.

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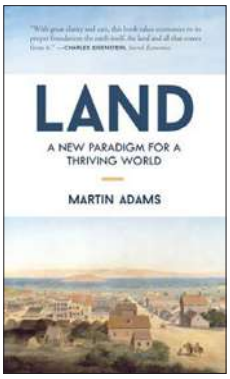
9781556439353 | Pub Date: 9/7/10 | $27.95 | 624 pages | Paperback / softback
Pets / Reference | 20-25 B&W PHOTOS



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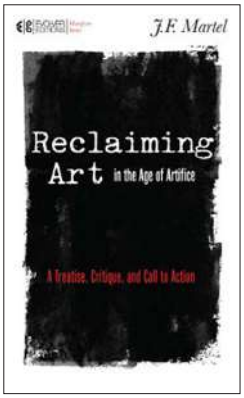
9781583949207 | 03/03/2015 | $12.95 | 208 pages | Trade Paperback | Political Science - Economic Conditions / Nature - Environmental Conservation & Protection

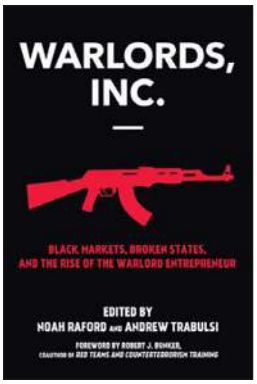


Reclaiming Art in the Age of Artifice
A Treatise, Critique, and Call to Action

J.F. Martel

Author J.F. Martel pits art against artifice to remind us how transformative the experience of artistic works can be, despite the fact that powerful cultural forces continue to tell us otherwise. Feeding the ongoing debate about the nature and purpose of art, he speaks to the negative effects of advertising and propaganda on our democratic ideals.

9781583945780 | 02/10/2015 | $13.95 | 208 pages | Trade Paperback | Philosophy – Aesthetics / Social Science - Media Studies

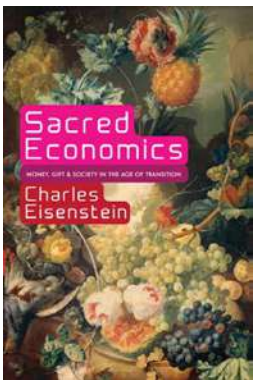


Warlords, Inc.
Black Markets, Broken States, and the Rise of the Warlord Entrepreneur

Edited by Noah Raford and Andrew Trabulsi

Combining research and analysis from political scientists, advisors to heads of state, and award-winning academics, *Warlords, Inc.* pulls back the curtain on the secretive world of drug cartels and violent insurgencies, revealing their inner workings and implications for a world driven by unrelenting change growing political uncertainty.

9781583949016 | 05/12/2015 | $14.95 | 256 pages | Trade Paperback | Political Science – Globalization / Economic Conditions



Sacred Economics
Money, Gift, and Society in the Age of Transition

Charles Eisenstein

Rooted in historical analysis and radical in its vision, this book explores the accelerating transformation of the money system and economy as part of a vast shift in human identity, spirituality, and civilization. For those interested in monetary reform, economic justice, and socially conscious investing.

OVER 30,000 COPIES SOLD (U.S. EDITION)

9781583943977 | Pub Date: 7/12/11 | $22.9 | 496 pages | Paperback / softback
Political Science / Economic Conditions | 5 B&W ILLUSTRATIONS