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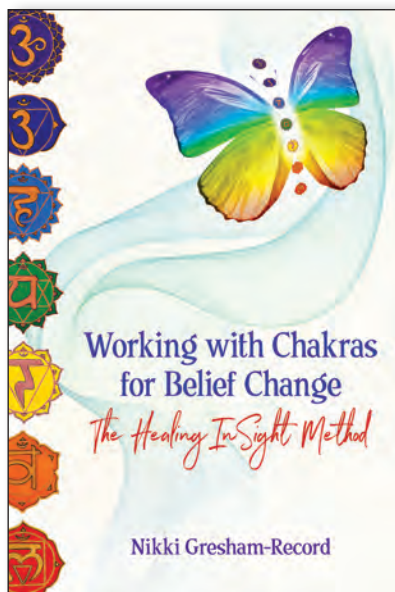
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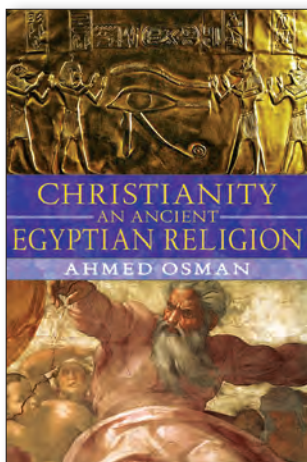
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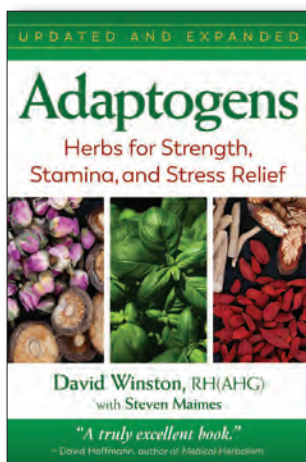
Page 17



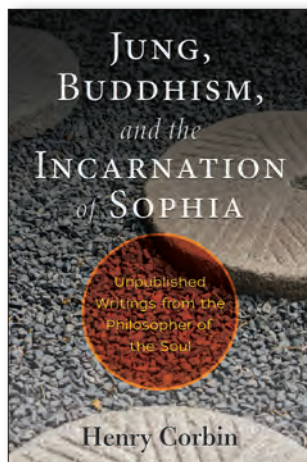
Page 15



Page 47



Page 29



Page 21

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TABLE OF CONTENTS

Featured Titles.....	2-6
New Releases	7
Ancient Mysteries.....	8-14
Personal Growth / Self-Transformation....	15-19
Visionary Plants.....	20
Western Religion & Philosophy	21-24
Science & Nature	25
New Age / Metaphysics	26-28
Health & Healing	29-39
Findhorn Press.....	40-41
Findhorn Bestsellers	42-44
Bestsellers.....	45-47

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Mitch Horowitz

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978-1-62055-766-2 • \$16.99 **\$15.29** pb • 192 pages, 6 x 9 • 4 b&w illustrations • e-book available



FIELD GUIDE TO THE SPIRIT WORLD

The Science of Angel Power, Discarnate Entities, and Demonic Possession

Susan B. Martinez, Ph.D. / Foreword by Whitley Strieber

"A very helpful book that will guide you to open your spiritual vision to protect yourself from and benefit the entities that inhabit the spirit world."

—Robert R. Hieronimus, Ph.D., coauthor of *The Secret Life of Lady Liberty: Goddess in the New World* and cohost of 21st Century Radio

Just as houses can be haunted, so can people. Martinez explores the concept of "overshadowing" by spirits and how it can offer an explanation for many mental disorders as well as psi abilities and creative genius. She includes instructions on how to free spirits so they can continue their journey into the beyond.

978-1-59143-332-3 • \$20.00 pb • 304 pages, 6 x 9
20 b&w illustrations • e-book and audiobook available



SOUL DOG

A Journey into the Spiritual Life of Animals

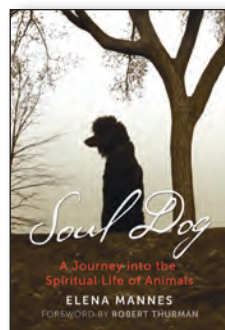
Elena Mannes / Foreword by Robert Thurman

"Beautifully balances incredibly precise messages from animal communicators and psychics with scientific studies all directed at the same discovery—we are more connected than we might think."

—Belinda J. Womack, author of *Lessons from the Twelve Archangels*

Chronicling her profound relationship with her dog, Brio, Elena Mannes details her quest to explore animal thoughts and feelings, animal souls, animal reincarnation, and interspecies communication, even in the afterlife. Mannes shares her investigations into the spiritual life of animals, showing how their connections with us extend far beyond life and death.

978-1-59143-326-2 • \$16.00 paper with French flaps • 192 pages, 6 x 9 • e-book available



HEALING THE THYROID WITH AYURVEDA

Natural Treatments for Hashimoto's, Hypothyroidism, and Hyperthyroidism

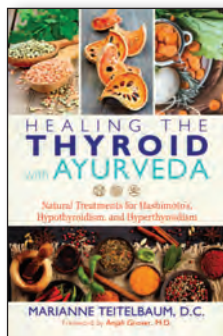
Marianne Teitelbaum, D.C. / Foreword by Anjali Grover, M.D.

"This excellent work blends ancient Ayurvedic wisdom and modern endocrinology with special reference to management of the thyroid gland. It is a practical guide, helping to reveal the natural way of balancing the thyroid function. I strongly recommend this book to all readers, practitioners, and students of the healing sciences."

—Vasant Lad, BAM&S, MASc, Ayurvedic Physician and author of *Ayurveda: The Science of Self-Healing* and *Textbook of Ayurveda* series

In this comprehensive guide based on the treatment of thousands of patients, the author integrates Ayurveda with modern scientific findings to address thyroid disease, providing treatment protocols for Hashimoto's thyroiditis, hypothyroidism, and hyperthyroidism. She explores underlying causes of thyroid malfunction and includes remedies for insomnia, depression, fatigue, osteoporosis, weight gain, and hair loss.

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JESSE JAMES AND THE LOST TEMPLAR TREASURE

Secret Diaries, Coded Maps, and the Knights of the Golden Circle

Daniel J. Duke

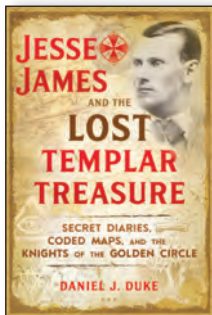
"Daniel J. Duke's book is on the cutting edge of revealing some of what has remained hidden. Anybody who is interested in the Templar legacy and their connection with the Americas will find true gems in this book!"

—Timothy W. Hogan, Templar Grand Master, author, and lecturer

Jesse James left behind secret diaries and coded treasure maps. Working to decrypt these maps, Daniel J. Duke—the great-great grandson of Jesse James—reveals hidden treasures yet to be recovered as well as connections between the infamous train robber and Freemasonry, the Knights Templar, the Founding Fathers, and Jewish mysticism.

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SACRED GEOMETRY FOR ARTISTS, DREAMERS, AND PHILOSOPHERS

Secrets of Harmonic Creation

John Oscar Lieben

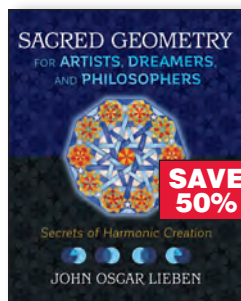
"From a drop of water to the expanse of the solar system and beyond, this book reveals an unseen harmony pervading the natural world."

—Mark Vidler and Catherine Young, authors of *Sacred Geometry of the Earth*

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How Big Banks Fought Jackson, Killed Lincoln, and Caused the Civil War

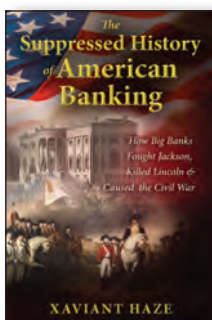
Xaviant Haze

"I can say with enthusiasm that this is one of the best high overviews of the subject I have read."

—Joseph P. Farrell, author of *Hidden Finance, Rogue Networks, and Secret Sorcery*

Author Xaviant Haze reveals how the powerful Rothschild banking family and the Central Banking System, now known as the Federal Reserve Bank, provide a continuous thread of connection between the War of 1812, the Civil War, the financial crises of the 1800s, and assassination attempts on Presidents Jackson and Lincoln.

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THE CHURCH OF MARY MAGDALENE

The Sacred Feminine and the Treasure of Rennes-le-Château

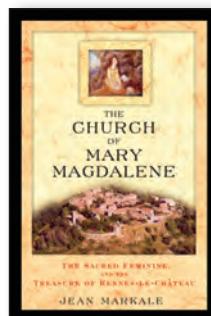
Jean Markale

"... an astute, scholarly, investigative book ..."

—*Library Journal*

The small church of Rennes-le-Château in France may hold proof of Mary Magdalene's marriage to Jesus. During church restorations in 1885 a mysterious discovery suggests an archaic role performed by Mary that could shake the very foundations of the Church if fully understood: that of the high priestess who anoints the priest king into his spiritual duties.

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New Edition of *Integrated Medicine for Neurologic Disorders*

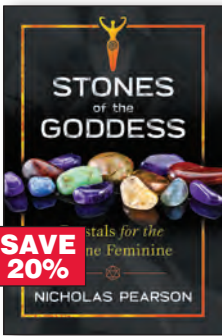
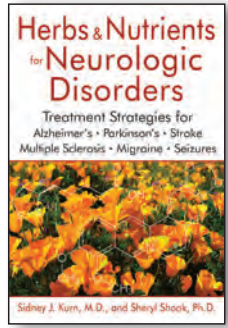
HERBS AND NUTRIENTS FOR NEUROLOGIC DISORDERS

Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures

Sidney J. Kurn, M.D., and Sheryl Shook, Ph.D.

In this guide Sidney Kurn, M.D., and Sheryl Shook, Ph.D., explain how to safely and easily incorporate herbs, antioxidants, and nutritional supplements into the standard conventional treatments for 6 common neurologic disorders. Integrating neuroscience, biochemistry, herbalism, and clinical experience, the authors lay the scientific foundation for a holistic, naturopathic approach to neurologic disorders.

978-1-62055-553-8 • \$29.95 hardcover • 256 pages, 6 x 9 • e-book available



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Crystals for the Divine Feminine

Nicholas Pearson

"What an exquisite and valuable book! . . . contains some of the clearest, most lucid instructions for actually working with crystals that I have ever read. Highly recommended!"

—Judika Illes, author of *Encyclopedia of Spirits*

Pearson offers a practical guide to working with more than 100 stones and crystals strongly connected with the energies of the Divine Feminine. He details each stone's spiritual and healing properties, astrological and elemental correspondences, Goddess archetypes, and magical uses. He includes instructions for Goddess-centered rituals, crystal grids, guided meditations, crystal elixirs, and spells.

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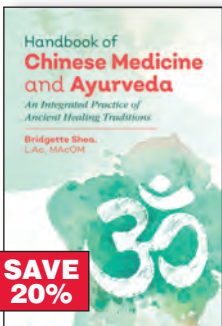
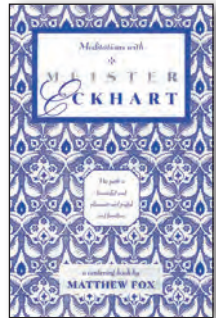
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MEDITATIONS WITH MEISTER ECKHART

Edited by Matthew Fox

Meister Eckhart was a 13th-century mystic and prophet, a declared heretic, and an early advocate of creation-centered spirituality. For Eckhart, creation itself was the primary sacrament that began from "the spring of life," or the heart. This book of meditations reveals Eckhart's simple way, which demanded no gurus, no fanciful methods, no protracted exercises or retreats. He called it a "wayless way," available to everyone, adding that the person "who has found this way needs no other."

978-0-939680-04-7 • \$14.00 pb • 132 pages, 5.5 x 8.5 • e-book available



HANDBOOK OF CHINESE MEDICINE AND AYURVEDA

An Integrated Practice of Ancient Healing Traditions

Bridgette Shea, L.Ac., MACOM

"Bridgette Shea, in Handbook of Chinese Medicine and Ayurveda, has brilliantly captured the heart of two great and enduring Asian healing traditions. . . . for practitioner and layperson."

—Arnie Lade, author of *Energetic Healing*

Drawing on the shared roots and spiritual principles of Chinese medicine and Ayurveda, Bridgette Shea shows how these two practices integrate seamlessly, with the two traditions' individual strengths harmonizing to form a practical basis for prevention, wellness, detoxification, and treatment. Includes tools for self-assessment, breathing exercises, dietary regimens, herbal recommendations, and detoxification guidelines.

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7 REASONS TO BELIEVE IN THE AFTERLIFE

A Doctor Reviews the Case for Consciousness after Death

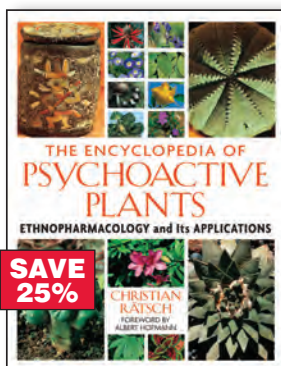
Jean Jacques Charbonier, M.D.

"Charbonier's book should be compulsory reading for every poor skeptic who still believes that he disappears when his brain stops."

—Ervin Laszlo, author of *The Immortal Mind* and *Science and the Akashic Field*

An anesthesiologist and intensive care physician, Dr. Charbonier studied hundreds of accounts of patients who returned from clinical death. He distills his findings into seven cogent arguments, refuting the objections of materialists point by point. Death, he finds, is simply a transition, and understanding this can enable us to live more fully and peacefully in the now.

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THE ENCYCLOPEDIA OF PSYCHOACTIVE PLANTS

Ethnopharmacology and Its Applications

Christian Rätsch / Foreword by Albert Hofmann

In the traditions of every culture, psychoactive plants—those known to transport the mind to other dimensions of consciousness—have been regarded as sacred.

This book details the history, botany, and use of psychoactive plants and is lavishly illustrated with color photographs of the people, ceremonies, and art related to the ritual use of psychoactive plants.

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797 color photographs and 645 b&w illustrations • e-book available

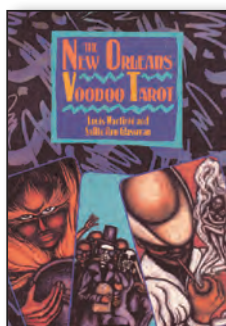
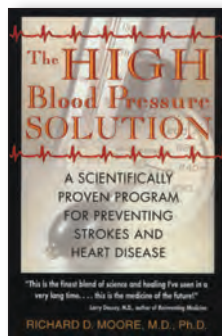
THE HIGH BLOOD PRESSURE SOLUTION

A Scientifically Proven Program for Preventing Strokes and Heart Disease

Richard D. Moore, M.D., Ph.D.

Dr. Moore's approach is simple: by maintaining the proper ratio of potassium to sodium in the diet, blood pressure can be regulated at the cellular level, preventing the development of hypertension. This revised second edition is updated with scientific evidence from Finland, where, for several decades, sodium chloride has been replaced nationwide with a commercial sodium/potassium mixture, resulting in a 60 percent decline nationwide in deaths attributed to strokes and heart attacks.

978-0-89281-975-1 • \$16.95 pb • 400 pages, 6 x 9 • 20 b&w illustrations • e-book available



THE NEW ORLEANS VODOO TAROT

Louis Martinié and Sallie Ann Glassman

This book and 79-card deck capture both the spirit and the imagery of Voodoo's African, West Indian, and Catholic influences. Voodoo practice is focused on the *loa*—the potent spiritual forces that are manifested directly through human beings and their actions. Just as the major and minor arcana of the Tarot represent the archetypes of the human psyche, so do the loa of Voodoo embody the primal energies of the universe. With a variety of spreads and readings, the authors have created a Tarot that can be a channel through which the loa exercise their powers.

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A Complete Guide to the Healing Power of Light

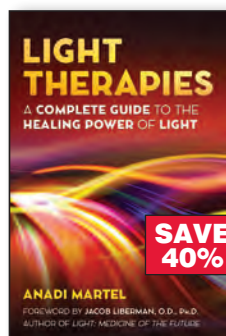
Anadi Martel / Foreword by Jacob Liberman, O.D., Ph.D.

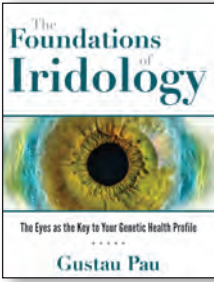
"A must-read for everyone interested in the field of light—beginners, experts, lay-people, health and wellness practitioners, teachers, and scientists."

—Ray Gottlieb, O.D., Ph.D., Dean, College of Syntonic Optometry

Sharing his 30 years of research, Anadi Martel demonstrates light's incredible effects on the physical, energetic, and cognitive dimensions of life. He examines several forms of light therapy and explains how to get optimal benefits from sunlight and avoid the health risks of new artificial lighting such as compact fluorescents.

978-1-62055-729-7 • \$24.99 **\$14.99** pb • 384 pages, 6 x 9 • Full-color throughout • e-book available





THE FOUNDATIONS OF IRIDOLOGY

The Eyes as the Key to Your Genetic Health Profile

Gustau Pau

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In this full-color guide, Gustau Pau explains how to decode the iris of the eye to reveal health predispositions for prevention and early treatment. He details the signs expressed in the eyes and how to use them to identify organs and their function as well as susceptibility to specific ailments.

978-1-62055-778-5 • \$40.00 hardcover • 160 pages, 8.5 x 11 • Full-color throughout • e-book available

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The Science and Practice of Herbal Medicine

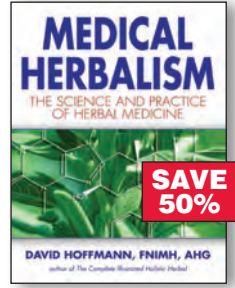
David Hoffmann, FNIMH, AHG

"David Hoffmann has outdone himself. This text provides a depth of knowledge that is truly needed by the herbalist, the physician, and the pharmacist."

—David Winston, AHG, dean of the Herbal Therapeutics School of Botanical Medicine

The comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices. It contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect. It also includes information on toxicology, contraindications, and dosages.

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THE PAGAN MYSTERIES OF HALLOWEEN

Celebrating the Dark Half of the Year

Jean Markale

One of humanity's most enduring myths is that the dead, on certain nights of the year, can leave the Other World and move freely about the land of the living. Every year, on October 31, children of the world re-enact a sacred ceremony whose roots extend to the dawn of time. Author Jean Markale meticulously examines the rituals and ceremonies of ancient festivities on this holiday and shows how they still shape the customs of today's celebration.

978-0-89281-900-3 • \$14.95 pb • 160 pages, 6 x 9 • e-book available

PAGAN CHRISTMAS

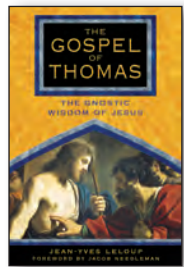
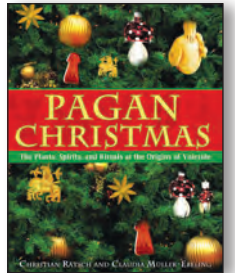
The Plants, Spirits, and Rituals at the Origins of Yuletide

Christian Rätsch and Claudia Müller-Ebeling

The day on which many commemorate the birth of Christ has its origins in pagan rituals that center on tree worship, agriculture, magic, and social exchange. The botanical elements of Christmas provide a unique view of the religion that existed in Europe before the introduction of Christianity.

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156 color and 40 b&w illustrations • e-book available



THE GOSPEL OF THOMAS

The Gnostic Wisdom of Jesus

Jean-Yves Leloup / Foreword by Jacob Needleman

In this new translation of the Gospel of Thomas, Jean-Yves Leloup shows that the teachings of Jesus recorded by Thomas have much in common with gnostics of non-dualistic schools. Like them, Jesus preaches the coming of a new man of knowledge, moving from limited to unlimited consciousness and the self-knowledge that will make each of us, too, a Christ.

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EGREGORES

The Occult Entities That Watch Over Human Destiny

Mark Stavish / Foreword by James Wasserman

"The reaction has been one of the most positive I've ever had. Egregores really has struck a cord in the esoteric community."

—Aeon Byte, Gnostic Radio

Examining the ancient and modern history of the egregore, an autonomous psychic entity created by a collective group mind, Mark Stavish explains how to identify an egregore, providing detailed and documented examples, and explores how they are created, sustained, directed, and destroyed.

978-1-62055-577-4 • ~~\$16.99~~ **\$11.89** pb • 160 pages, 6 x 9 • e-book and audiobook available



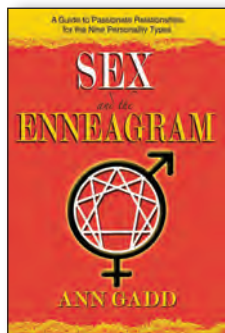
New

ODIN AND THE NINE REALMS ORACLE

Sonja Grace

Diving deep into the profound wisdom of Norse mythology, this 54-card divination set depicts Norse deities, runes, and mythic beings with messages from the Nine Realms. It includes a book offering guidance on card spreads, direct and reverse meanings of the cards, and how to ask questions of the oracle. Sonja Grace's hand-drawn illustrations on the cards represent everything from the sacred waters of the Norse to famed gods and goddesses such as Odin and Freyja.

978-1-62055-913-0 • \$30.00 boxed set, 5.25 x 7.5 • 144-page book and 54 full-color cards

**SEX AND THE ENNEAGRAM***A Guide to Passionate Relationships for the 9 Personality Types*

Ann Gadd

"Sex and the Enneagram is an approachable presentation of the complex ways each Enneagram type may express or repress emotional openness in intimate relationships, and how deep-rooted issues of vulnerability, fear of self-disclosure or shame, and lack of trust can cloud and limit our sexual self-expression."

—Brian L. Taylor, vice president of the Enneagram Institute

Ann Gadd explores relationships and sex through the lens of the Enneagram, its nine personality types, and the subtypes of the wings and Instinctual Triads. She provides a full chapter devoted to each type, exploring their approaches to sex, intimacy, dating, relationships, and fantasies, as well as what can block each type's sexual enjoyment.

978-1-62055-883-6 • \$17.99 pb • 272 pages, 6 x 9 • e-book and audiobook available

New

THE LOST BOOK OF THE GRAIL*The Sevenfold Path of the Grail and the Restoration of the Faery Accord*

Caitlín Matthews and John Matthews

"This splendid book will lead you on an exhilarating quest to discover the roots of the Holy Grail in the realm of Faery. Written with scholarly rigor and imaginative depth, it is a triumph of the mythic potency of the Grail and the profound sustenance it offers the soul."

—Mara Freeman, author of *Grail Alchemy* and *Kindling the Celtic Spirit*

Unveiling the long-lost prequel to the Grail quest stories, Caitlín and John Matthews show how it offers the key to understanding the sevenfold path of the Grail and to restoring the Faery Accord, an agreement that once existed between humans and the Faery and upon which the spiritual and physical health of the land depends.

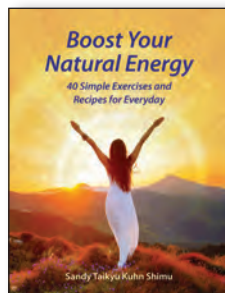
978-1-62055-829-4 • \$24.99 pb • 352 pages, 6 x 9 • 4 b&w illustrations • e-book available



New

Boost Your Natural Energy*40 Simple Exercises and Recipes for Everyday*

Sandy Taikyu Kuhn Shimu

**BOOST YOUR NATURAL ENERGY***40 Simple Exercises and Recipes for Everyday*

Sandy Taikyu Kuhn Shimu

Do you feel drained? Wish you had more energy at work—or at home with your loved ones? Are you easily distracted, even during family time? This handy pocket guide presents 40 easy, quick yet effective ways to boost your energy, rebuild your focus, enhance performance, get better sleep, and bring your life back into balance. Includes simple mental and physical techniques, several recipes, as well as an index of the methods sorted by desired effect.

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New

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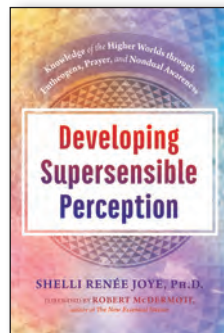
Shelli Renée Joye, Ph.D. / Foreword by Robert McDermott

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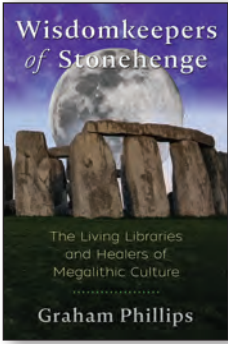
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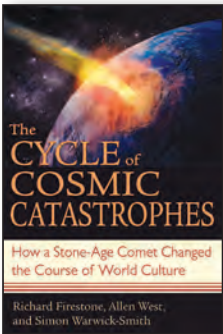
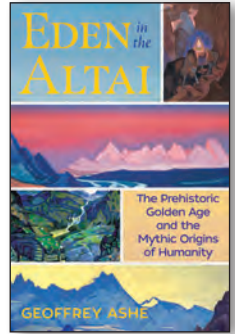
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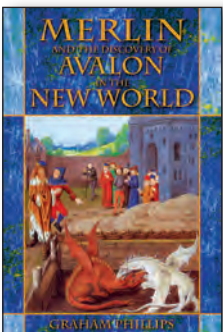
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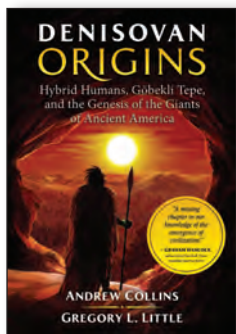
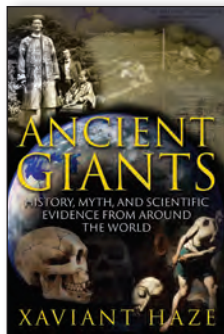
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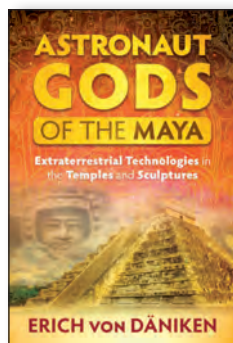
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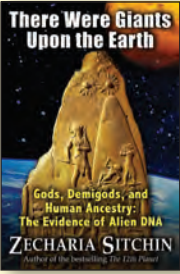
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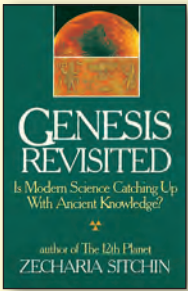
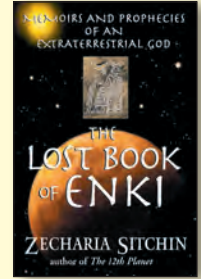
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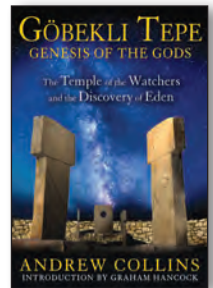
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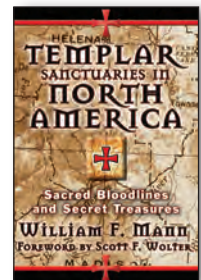
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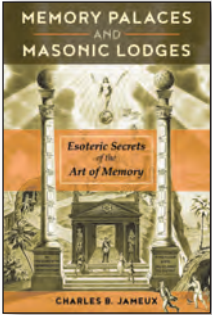


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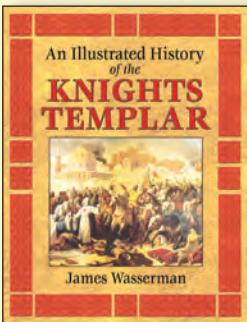
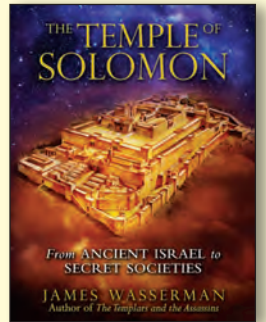
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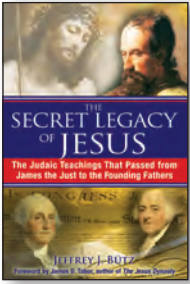
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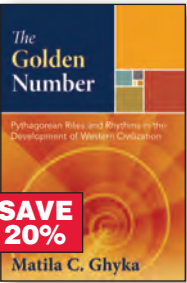
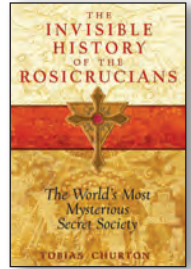
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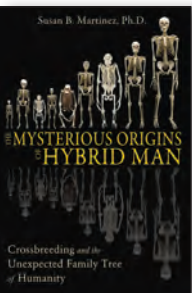
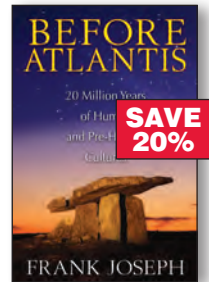
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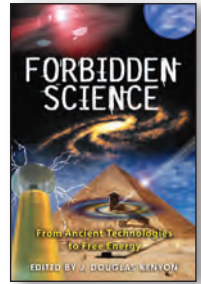
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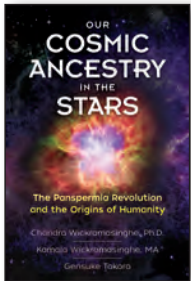
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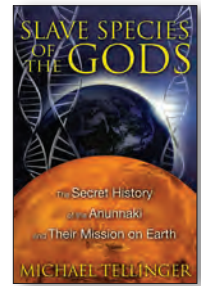
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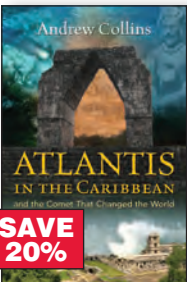
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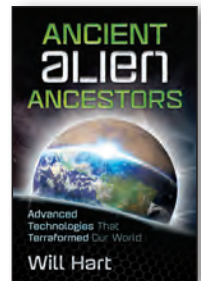
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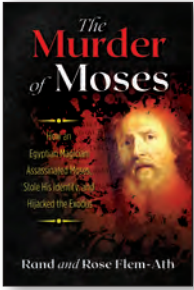
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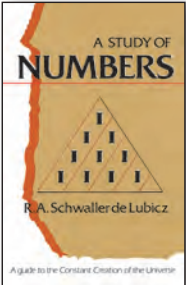
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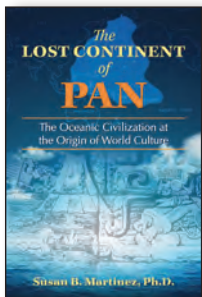
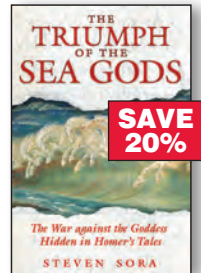
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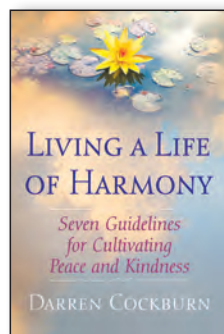
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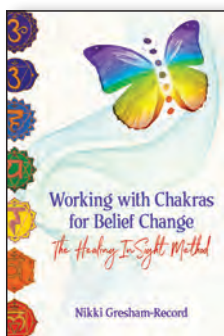
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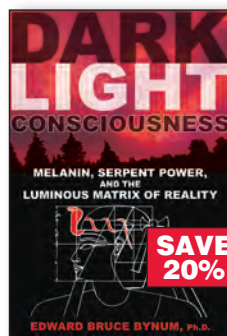
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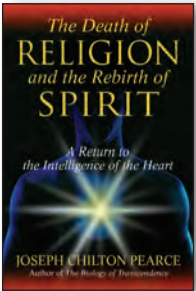
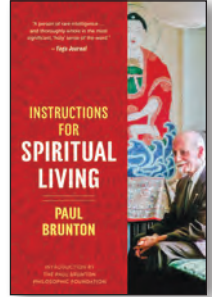
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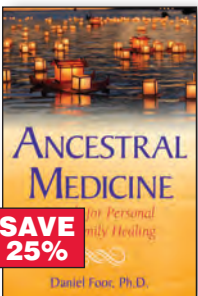
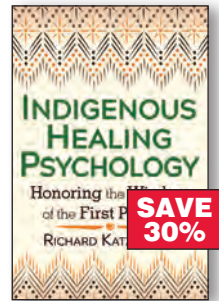
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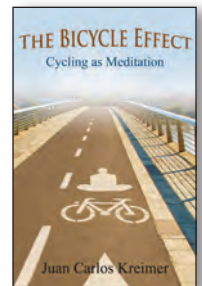
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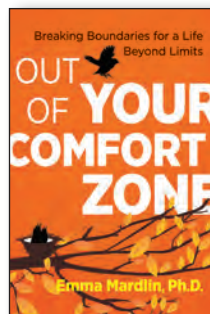
Emma Mardlin, Ph.D.

"Seeing Dr. Em and applying everything in this book, I've learned how to step out of my comfort zone and seriously break boundaries to experience an amazing life that was once unimaginable, given my severe traumatic anxiety. From being told I'd always be on antidepressants to now being medication-free, I'm a happy, healthy, and successful 23-year-old. Thank you so much. A brilliant read encapsulating everything!"

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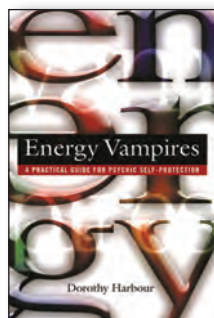
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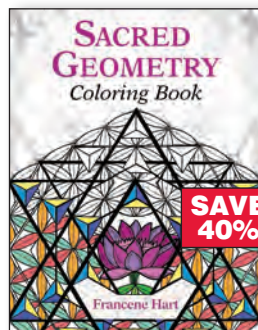
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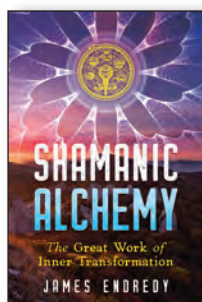
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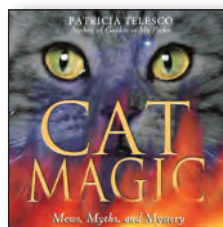
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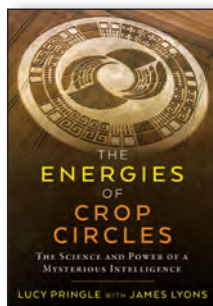
Lucy Pringle with James Lyons

"... This book lifts the crop circle phenomenon to previously unexplored levels of investigation, enhanced by Lucy's wonderful photography. A must-read for all travelers of the known and unknown."

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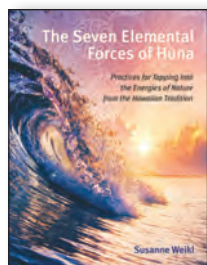
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Practices for Tapping into the Energies of Nature from the Hawaiian Tradition

Susanne Weikl

In this full-color practical guide, Susanne Weikl details how to connect mentally and spiritually with Huna's seven elemental forces of nature—water, fire, wind, rock, plants, animals, and beings of light, including angels. She provides simple exercises, techniques, and rituals to help you to tap into the energies of nature, sense and meet each of the elemental forces as well as nature spirits, manifest your dreams, and divine answers to life's difficult situations.

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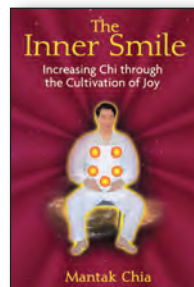
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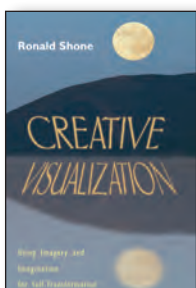
CREATIVE VISUALIZATION

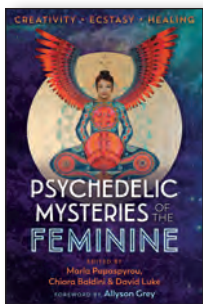
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Thomas B. Roberts, Ph.D. / Foreword by James Fadiman, Ph.D.

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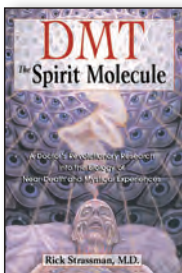
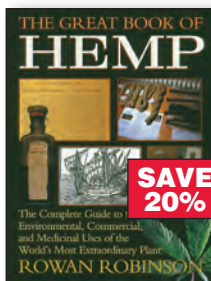
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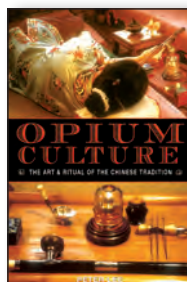
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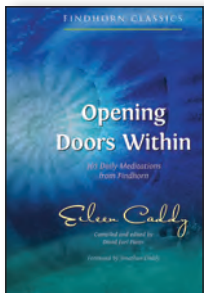
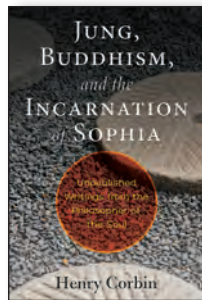
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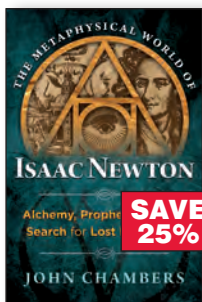
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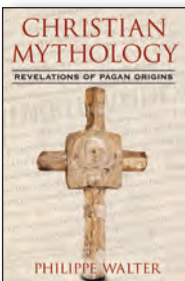
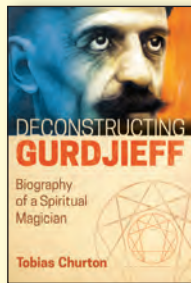
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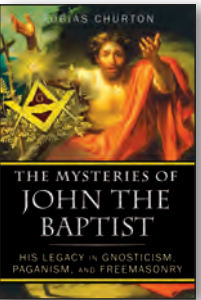
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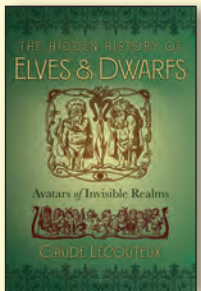
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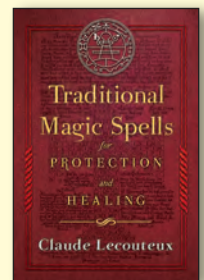
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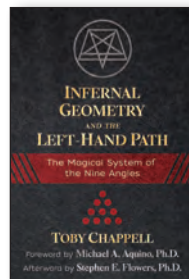
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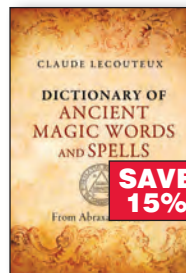
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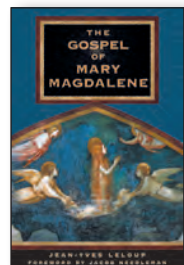
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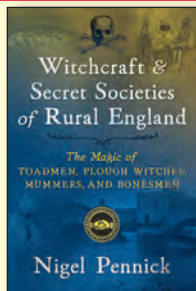
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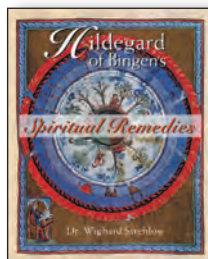
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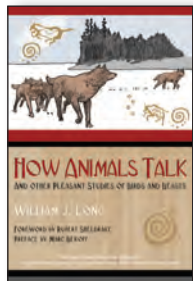
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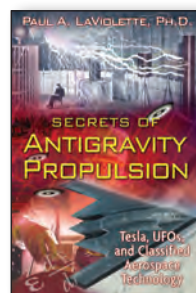
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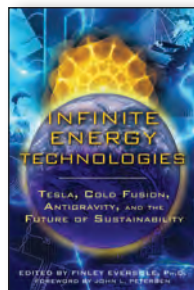
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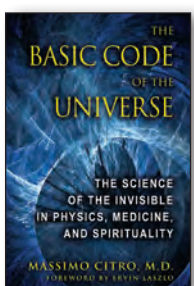
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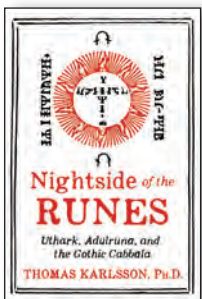
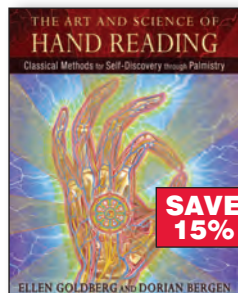
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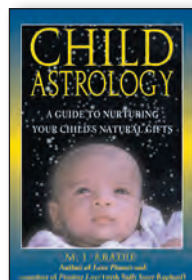
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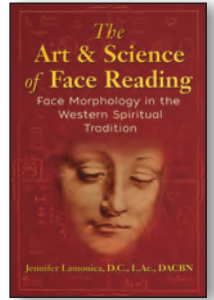
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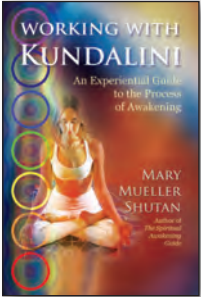
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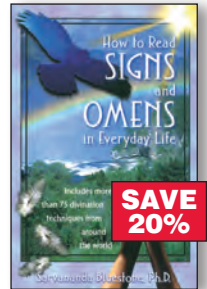


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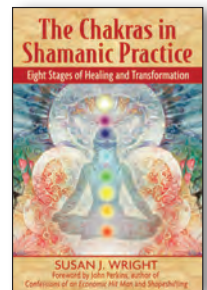
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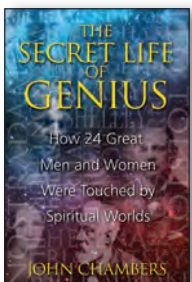
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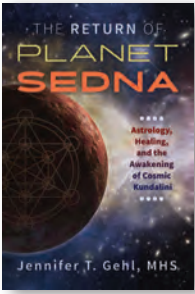
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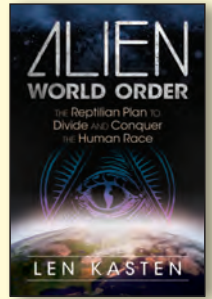
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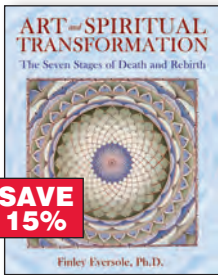
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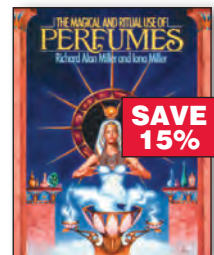
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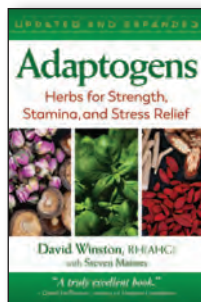
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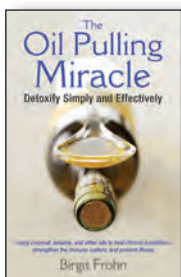
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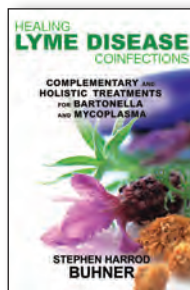
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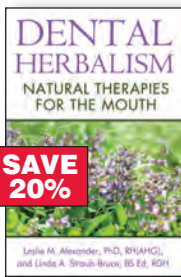
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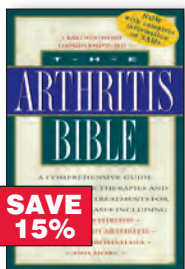
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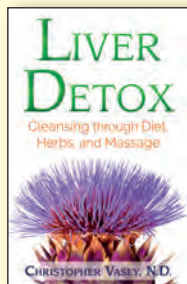
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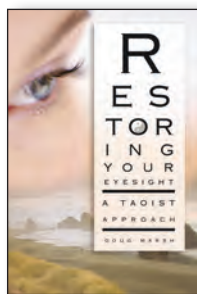
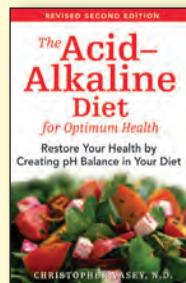
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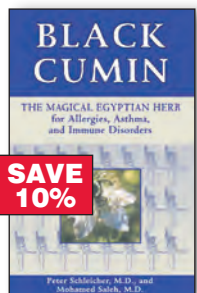
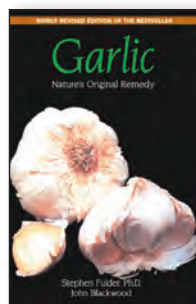
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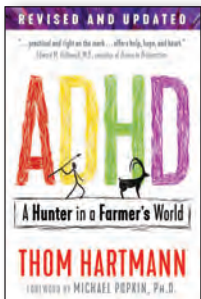
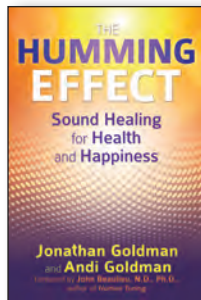
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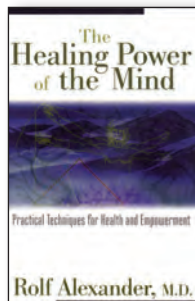
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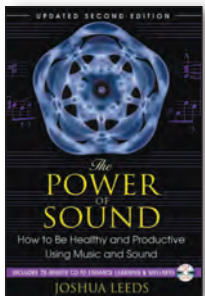
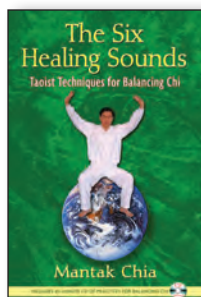
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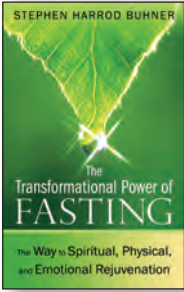
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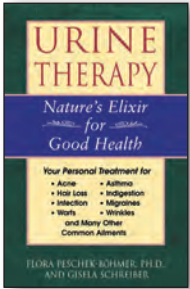
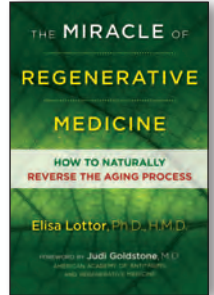
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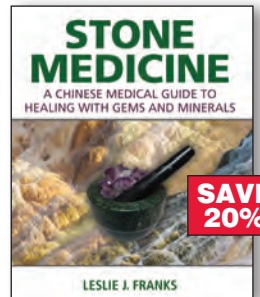
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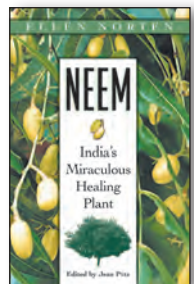
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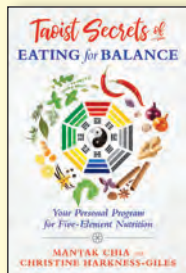
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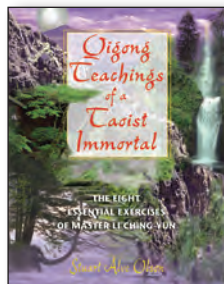
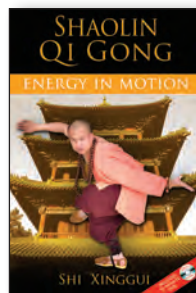
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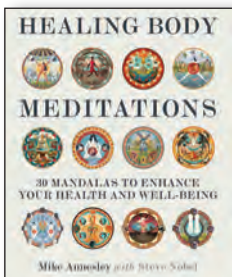
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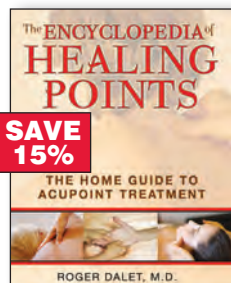
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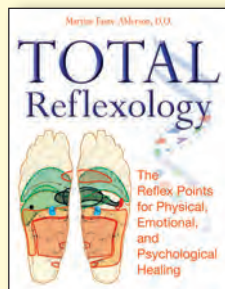
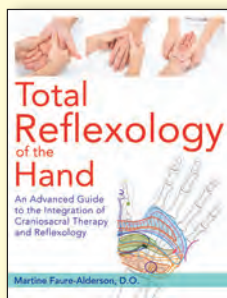
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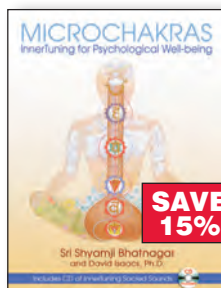
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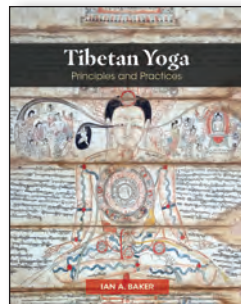
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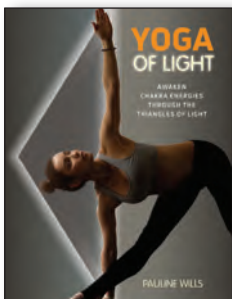
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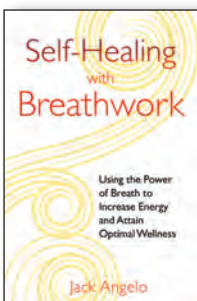
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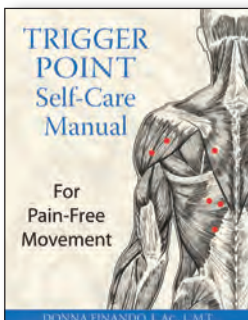
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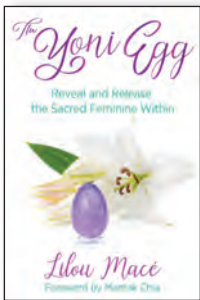
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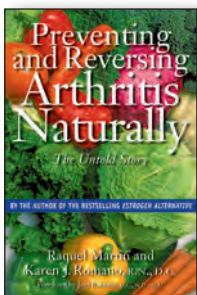
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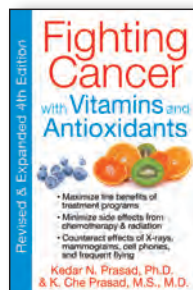


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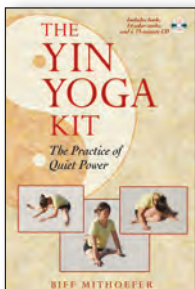
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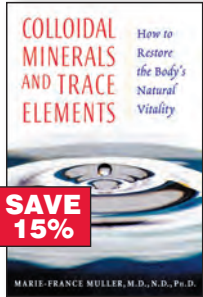
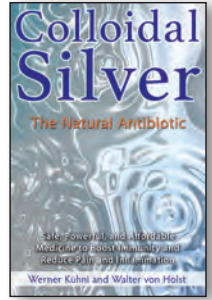
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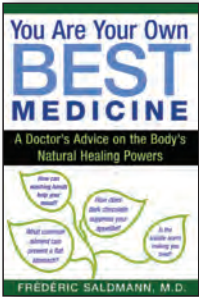
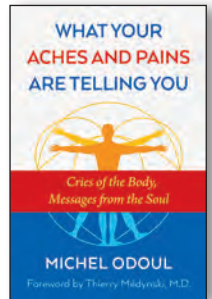
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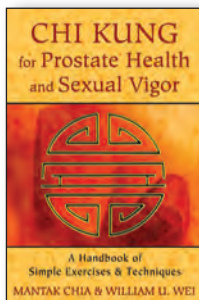
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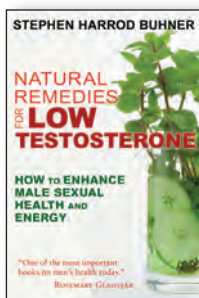
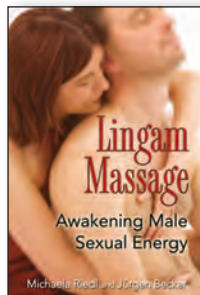
LINGAM MASSAGE

Awakening Male Sexual Energy

Michaela Riedl and Jürgen Becker

In Indian philosophy, the male generative organ—the lingam—is revered as an expression of Shiva's clarity, a fine sword that differentiates between truth and falsehood. In the West, cultural expectations around sexual "performance" have created difficulties for many men, including erectile dysfunction and premature ejaculation. Lingam massage draws on tantric and taoist practices for conserving and cultivating sexual energy, providing the deep relaxation that supports sustained erection, deeper orgasm, and energizes the perineum and prostate gland.

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NATURAL REMEDIES FOR LOW TESTOSTERONE

How to Enhance Male Sexual Health and Energy

Stephen Harrod Buhner

"... explores men's hormonal changes during midlife and offers simple sensible solutions."
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What Every Woman Will Want Her Man to Know about Enhancing Sexual Ecstasy

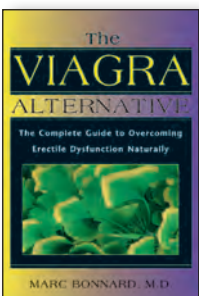
Kerry Riley with Diane Riley

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From the expert teachings of a committed couple practicing and teaching ecstatic sexuality in a modern-day context, men will learn how to satisfy a woman on the levels of body, heart, and soul—and how to bring themselves to new heights of ecstasy in the process.

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THE VIAGRA ALTERNATIVE

The Complete Guide to Overcoming Erectile Dysfunction Naturally

Marc Bonnard, M.D.

Recognizing that a healthy sex life is impossible without physical, mental, and emotional well-being, Dr. Marc Bonnard focuses on healing the whole person with treatments ranging from herbs such as ginkgo, ginseng, saw palmetto, and yohimbe to homeopathy, acupuncture, diet, yoga exercises, aromatherapy, and the introduction of new sexual techniques.

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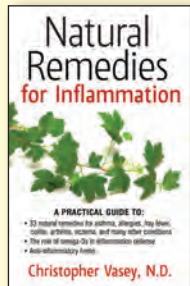


NATURAL REMEDIES FOR INFLAMMATION

Christopher Vasey, N.D.

This illustrated guide presents 33 anti-inflammatory herbs and remedies, such as bay laurel, basil, turmeric, propolis, and fish oil, explaining which conditions each addresses most effectively, the proper dosage, and the best methods of ingestion. It shows how to deacidify the body, as acids have an inflammatory effect, and how to use hydrotherapy to calm inflammation.

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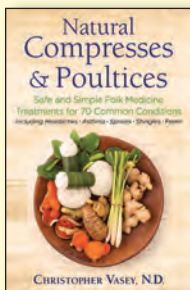
Christopher Vasey, N.D.

“. . . how to use the skin, our largest organ of elimination, to effect a cure. This book includes many commonsense precautions and a well-crafted collection of compresses and applications for common injuries and conditions. . . . I highly recommend this book!”

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Christopher Vasey explains how to use the hands-on natural healing method of compresses and poultices for 70 common ailments. He details how to apply the treatment hot or cold, where to apply it, and for how long. He also discusses why these remedies are effective for acute as well as chronic conditions.

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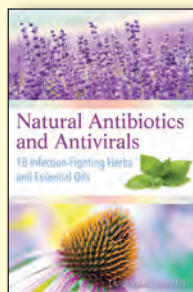
Christopher Vasey, N.D.

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Nathaniel Altman

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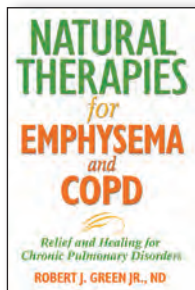
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Relief and Healing for Chronic Pulmonary Disorders

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The first book to address emphysema and chronic obstructive pulmonary disease (COPD) from a nutritional and alternative medicine approach. Robert Green shows that holistic therapies ranging from herbs to homeopathy offer great promise in relieving COPD's debilitating symptoms. He also details how to stop smoking and includes resources for alternative health practitioners.

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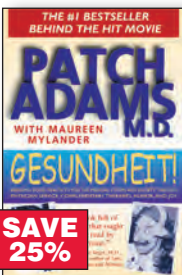
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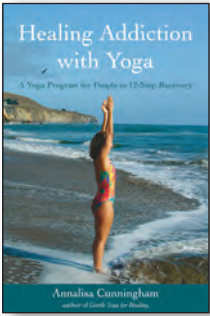
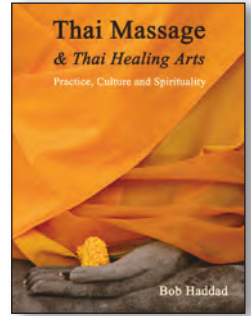
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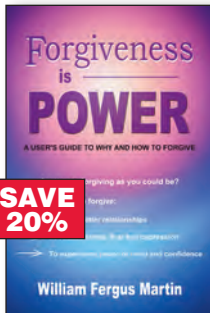
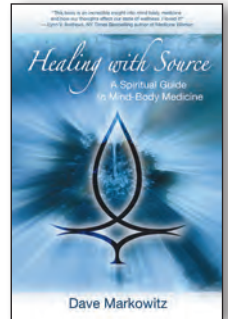
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Dave Markowitz

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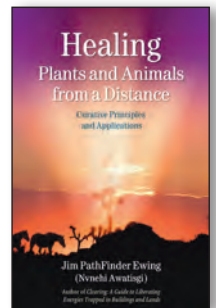
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Curative Principles and Applications

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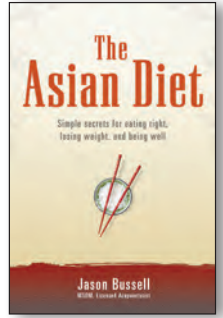
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Simple Secrets for Eating Right, Losing Weight, and Being Well

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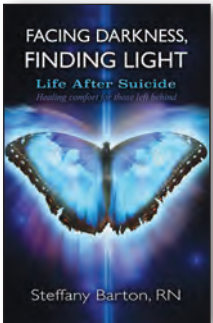
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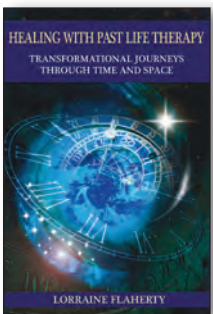
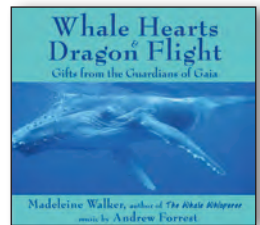
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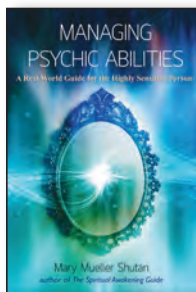
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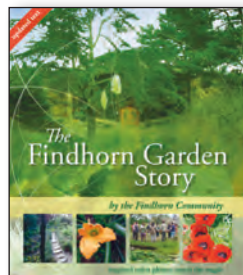
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Inspired Color Photos Reveal the Magic

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Newly updated to showcase color photographs, this spiritual classic presents the history and philosophy of Scotland's Findhorn Community. Findhorn was founded more than 40 years ago in far northeast Scotland on windswept and barren sand dunes that happened to sprout a miraculous garden. The discovery of how to contact and cooperate with the nature spirits and devas that made the garden possible sparked a phenomenon that continues today, as Findhorn has grown into a thriving village.

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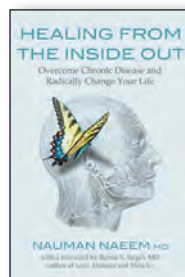
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Overcome Chronic Disease and Radically Change Your Life

Nauman Naeem, M.D. / Foreword by Bernie S. Siegel

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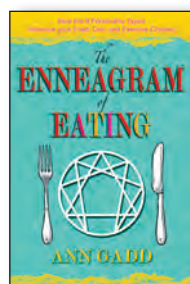
THE ENNEAGRAM OF EATING

How the 9 Personality Types Influence Your Food, Diet, and Exercise Choices

Ann Gadd

Ann Gadd shows how the Enneagram system of 9 personality types can explain your relationship to food and exercise. Including an easy personality test to find your type, she provides an understanding of each type's emotional eating triggers, childhood patterns around eating, what exercise method will keep you motivated, and the best methods for weight loss or gain.

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A step-by-step guide to powerful intuition you can trust

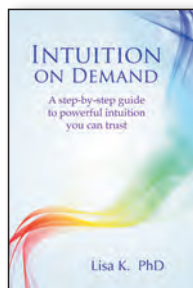
Lisa K., PhD

"I am very impressed with the solid information offered here. Anyone who is interested in learning how to hear and follow their intuition will find this book incredibly helpful and informative. I wish I had had it 30 years ago!"

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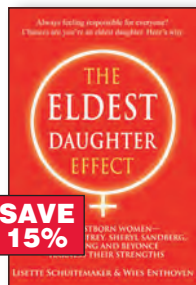
THE ELDEST DAUGHTER EFFECT

How Firstborn Women—like Oprah Winfrey, Sheryl Sandberg, JK Rowling and Beyoncé—Harness Their Strengths

Lisette Schuitemaker and Wies Enthoven

The authors discuss qualities that characterize eldest daughters and why, in spite of being more intelligent, verbally proficient, and motivated to perform than their siblings, they doubt they are good enough. This book demonstrates how firstborn girls become who they are, how to give them more freedom, and the best ways to support them.

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Co-creating with the Elemental Kingdom

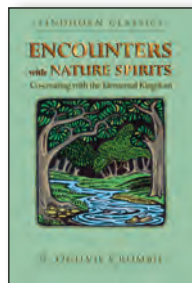
R. Ogilvie Crombie

"A wonderful classic. Anyone interested in nature and its hidden dimensions will be inspired by this real-life story of one of Britain's greatest real-life wizards and wise men."

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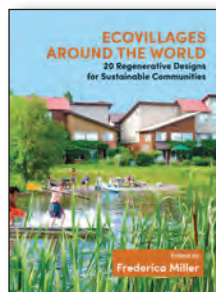
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20 Regenerative Designs for Sustainable Communities

Edited by Frederica Miller

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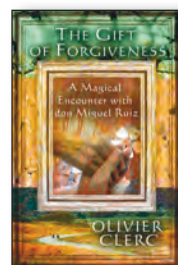
THE GIFT OF FORGIVENESS

A Magical Encounter with don Miguel Ruiz

Olivier Clerc

Drawn from a Toltec workshop with Don Miguel Ruiz, the author describes forgiveness and how it brings immediate relief and unleashes the love blocked by personal resentments. Through the magic of reversal taught in this guide, readers can change their understanding of forgiveness and free themselves from hatred.

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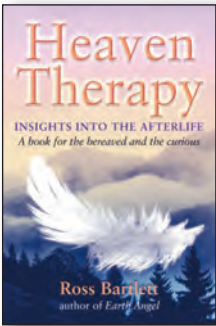
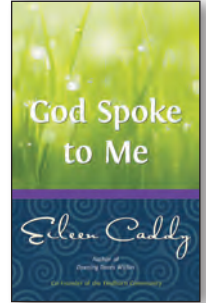
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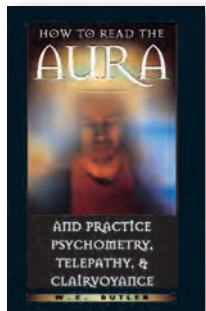


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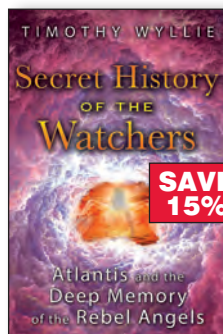
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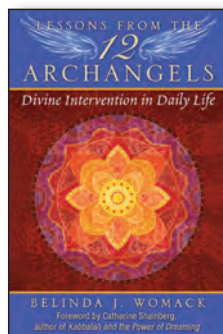
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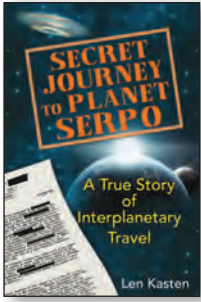
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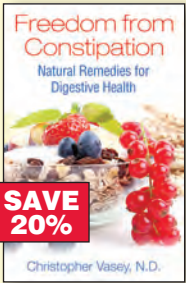
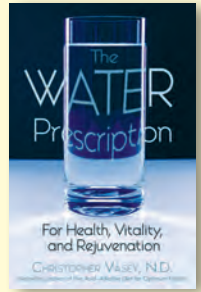
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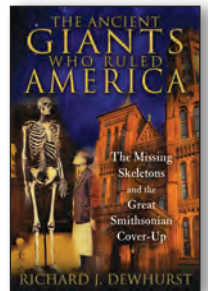
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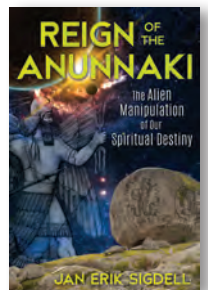
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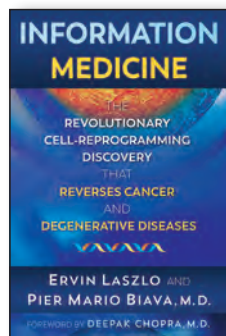
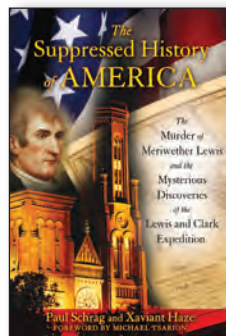
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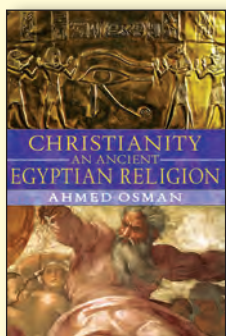
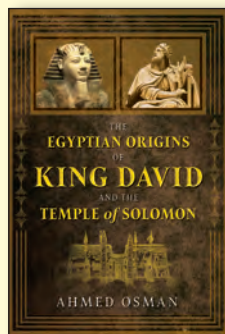
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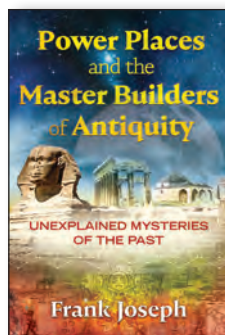
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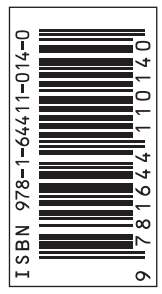
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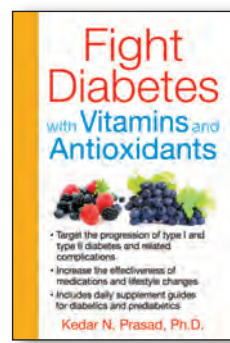
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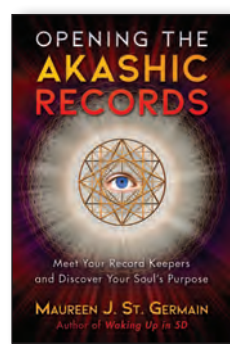
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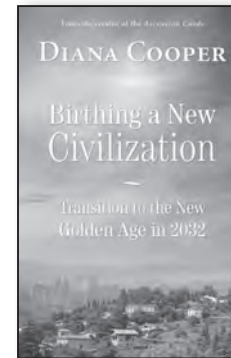
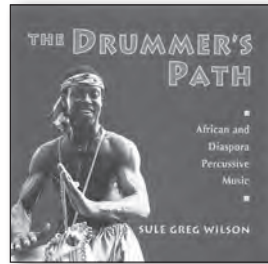
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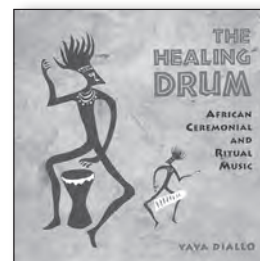
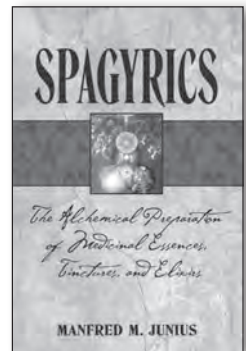
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