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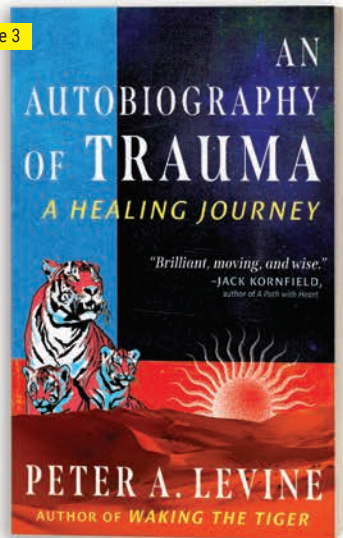
ANNUAL SALE CATALOG

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Page 43



Page 3



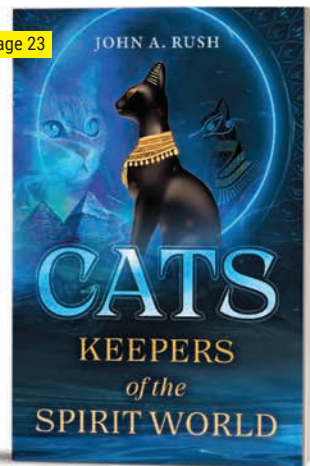
Page 21



Page 24



Page 23



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Table of Contents

Featured Titles	2-6
New Releases.....	7
Ancient Mysteries	8-13
Esoteric / Occult.....	14
Western Religion & Philosophy	15-18
Science & Nature.....	19
New Age / Metaphysics	20-22
Animal Communication.....	23
Year of the Dragon	24
Personal Growth / Self-Transformation....	25-32
Health & Healing	33-43
Bestsellers.....	44-47

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A New Science of the Afterlife

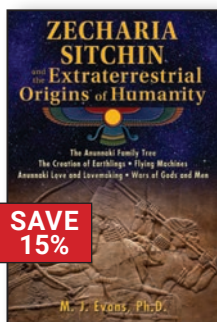
Space, Time, and the Consciousness Code

Daniel Drasin

"By dismantling the structures of an outworn materialistic worldview, Drasin reveals that the afterlife constitutes a legitimate arena of scientific research. . . . This groundbreaking book provides solid grounds for believing that death is anything but a dead end." —Kenneth Ring, Ph.D., author of *Lessons from the Light*

Sharing his more than three decades of research into the afterlife and paranormal phenomena, Daniel Drasin shows that human consciousness continues after death and constitutes a legitimate area of scientific inquiry with convincing evidence. He shares 15 promising avenues of post-materialist scientific investigation currently underway and explores what the "next life" is like.

978-1-64411-681-4 • \$16.99 **\$14.44** pb • 128 pages, 6 x 9 • e-book and audiobook available



Zecharia Sitchin and the Extraterrestrial Origins of Humanity

M. J. Evans, Ph.D.

"No other modern thinker has offered a more compelling, coherent, and influential explanation of humanity's origins than Zecharia Sitchin. Millions of people make sense of the human experience through the lens of his discoveries and findings. Now, thankfully, M. J. Evans has done us all the favor of distilling Sitchin's work into a very readable compendium. We should all be very grateful."

—John L. Petersen, futurist, author, and publisher of FUTUREdition

Drawing upon her many conversations with Zecharia Sitchin over nearly 20 years, M. J. Evans, Ph.D., longtime Sitchin friend and colleague, provides an in-depth analysis of Sitchin's revelations about the Anunnaki including an examination of Sitchin's prediction of a nuclear event on Earth in our modern era.

978-1-59143-255-5 • \$20.00 **\$17.00** pb • 256 pages, 6 x 9 • 16-page color insert and 11 b&w illustrations e-book and audiobook available



Conversations with Birds

The Metaphysics of Bird and Human Communication

Alan Powers / Foreword by Richard C. Wheeler

"What the essays, anecdotes, musical citations, and literary musings all share is the conviction that 'birdtalk'—the habit of conscious observation and reflection on the connection between the human and natural worlds—can save us from the frenzies of life in the age of technology."

—Rick Wright, author of *Peterson Reference Guide to Sparrows of North America*

Sharing his journey to learn birdtalk and his profound observations about the spiritual and healing influences of birdsong, Alan Powers explores the ancient language of birds. Discussing specific techniques, he shares insights into the birdtalk of many species and explains how song-talk with birds restores peace, calms anxiety, and enhances health.

978-1-59143-451-1 • \$18.00 **\$15.30** pb • 192 pages, 5.38 x 8.25 • 39 b&w illustrations • e-book available



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Lymph Health

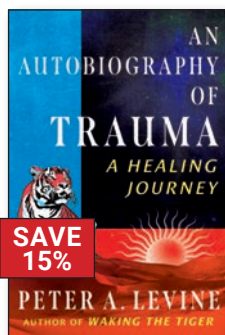
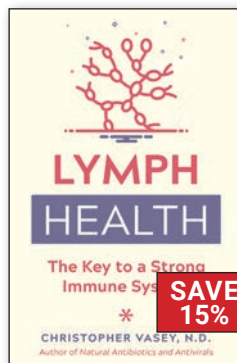
The Key to a Strong Immune System

Christopher Vasey, N.D.

"The lymphatic system is the unsung hero of the body. Vasey has written about this system with precision and expertise, allowing you to understand the intrinsic and vital role the lymphatic system plays in the body..." –Vatsala Sperling, Ph.D., author of *The Ayurvedic Reset Diet*

Christopher Vasey explores the essential role played by the lymphatic system in the body's detoxification process, the immune system, and your overall health. He offers 12 self-care methods for strengthening and maintaining lymph health, including drainage therapies, detox methods, simple dietary changes, herbal remedies, compression therapies, breathing practices, and physical exercises.

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An Autobiography of Trauma

A Healing Journey

Peter A. Levine, Ph.D.

New

"This book is a peek behind the curtain of one of the greatest leaders of our time in the fields of spirituality and psychology. . . . Peter's work fosters healing, cohesion, and a 'coming home' to who we were each born to be." –Alanis Morissette, artist, activist, and wholeness advocate

Sharing his personal journey to heal his severe childhood trauma, Peter A. Levine describes the inner experience of being guided through Somatic Experiencing to untangle his traumatic wounds. He reveals the mysterious and unexpected dreams that have guided him through his life's work as well as his breakthroughs on the path to create Somatic Experiencing.

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Enlightened Dog Training

Become the Peaceful Alpha Your Dog Needs and Respects

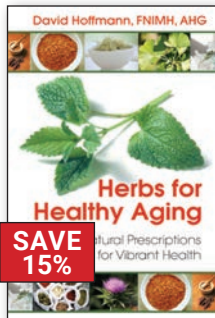
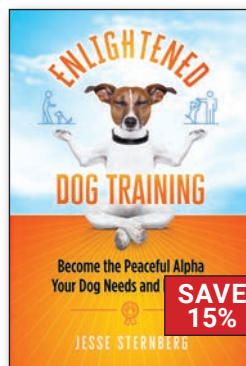
Jesse Sternberg

"In Enlightened Dog Training, Jesse Sternberg teaches us that through increasing our awareness and expanding our consciousness, we can become the peaceful partners our dogs have been seeking."

–Lynn McKenzie, animal intuitive and author of *Bark, Neigh, Meow: Awaken to the Transformative Wisdom of Your Companion Animal to Activate Your Soul's Highest Calling*

Combining mindfulness teachings with animal psychology, master dog trainer Jesse Sternberg teaches you how to communicate non-verbally with your dog using the signals dogs use with each other. He shares training exercises to help build a calm and peaceful mindset for both your dog and yourself and address many common canine behavioral problems.

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e-book and audiobook available



Herbs for Healthy Aging

Natural Prescriptions for Vibrant Health

David Hoffmann, FNIMH, AHG

David Hoffmann discusses how to treat and prevent the health concerns brought about by aging. He provides herbal treatments to restore and protect the body's major systems as well as herbal remedies for specific ailments such as prostate enlargement, hot flashes, hypertension, insomnia, varicose veins, and arthritis. Herbs can help minimize dependence on conventional medical treatments and provide a safe alternative to the dangers of synthetic drugs.

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Health from God's Garden

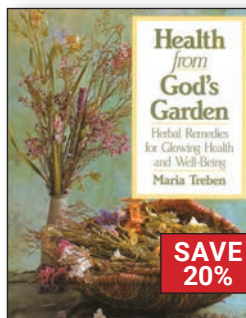
Herbal Remedies for Glowing Health and Well-Being

Maria Treben

"Author Treben's unwavering respect for nature comes through clearly." –East West Journal

In this accessible guide, a world-renowned herbalist with sixty years of experience unlocks the health secrets that made her famous in Europe, where millions regained health and well-being from her herbal remedies. Clearly written and logically organized for easy use, this handbook has an alphabetical listing of illnesses and suggested remedies, with herbal recipes included.

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Star Ancestor

Extraterrestrial Contact in the Native American Tradition

Nancy Red Star

Stories of “Sky Elders” are found in virtually every Indian culture, embedded in art, stories, and artifacts. Nancy Red Star interviews wisdomkeepers who confirm that these original instructions can guide us back into balance with natural laws.

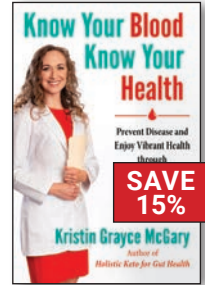
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Know Your Blood, Know Your Health
Prevent Disease and Enjoy Vibrant Health through Functional Blood Chemistry Analysis

Kristin Grayce McGary, L.Ac., M.Ac., CFMP, CST-T, CLP

Revealing what healthy blood should look like and the critical markers that signal the beginnings of a health problem, such as thyroid dysfunction and inflammation, the author explains the benefits of Functional Blood Chemistry Analysis, which looks at far more markers than standard blood tests and interprets your results against healthy ranges.

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The Story of Gaia

The Big Breath and the Evolutionary Journey of Our Conscious Planet

Jude Currivan, Ph.D.

“Jude Currivan’s encyclopedic knowledge of modern quantum-informed science shimmers with her vast, integrated knowledge. Gaia truly comes to life through her masterpiece. Highly recommended!”

—Eben Alexander, M.D., neurosurgeon and author of *Proof of Heaven*

Exploring our emergence as self-aware members of a planetary home and entire Universe that is a unified and innately sentient entity, Jude Currivan, Ph.D., shares leading-edge scientific breakthroughs and shows how they support traditional visions of Earth as a living being: Gaia. She also explores the intelligently informed harmonic interplays of evolution.

978-1-64411-531-2 • \$19.99 **\$16.99** pb • 320 pages, 6 x 9 • e-book and audiobook available

No-Risk Abs

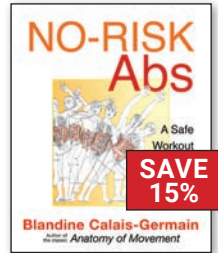
A Safe Workout Program for Core Strength

Blandine Calais-Germain

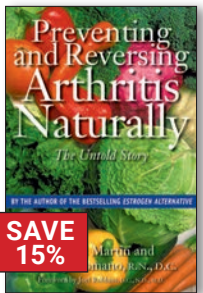
“This book is especially valuable for those who work with the elderly or who are returning to exercise after an absence. It would be very hard to go wrong with these moves.” —Publishers Weekly

Blandine Calais-Germain reveals how to build your core without hurting yourself. Using her trademark anatomical style, this book shows that strength alone is not the sole factor in a flat stomach and includes tips to get rid of belly fat.

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Preventing and Reversing Arthritis Naturally

The Untold Story

Raquel Martin and Karen J. Romano, R.N., D.C.

Foreword by Joel Robbins, D.C., N.D., M.D.

Discover how to relieve arthritis by addressing its causes through lifestyle changes—from medicinal herbs, nutritional supplements, and natural hormone therapy to whole foods, exercise, and chiropractic care. It guides readers through the labyrinth of medical studies related to the effects and treatment of this disease.

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A Complete Guide to Multidimensional Empathing and Energetic Protection

Suzanne Worthley

“Suzanne Worthley’s skill in multidimensional energy healing and protection for people, places, and the natural world is unsurpassed. In Confident Empath, she has created a comprehensive and engaging guide that reveals, step-by-step, how to understand, navigate, and truly thrive in this amazing multidimensional universe of energy in which we all live.”

—Annie Wilder, author of *House of Spirits* and *Whispers and Spirits Out of Time*

Exploring all of the ways one can feel and perceive energies from human energy fields, places, paranormal situations, and across dimensions, Suzanne Worthley offers advanced strategies for energetically protecting yourself and your loved ones and explains how to release limiting beliefs to evolve from fear-based empathing to love-based empathy.

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The Hermetic Marriage of Art and Alchemy

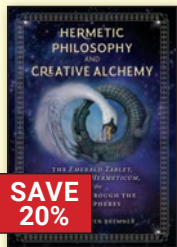
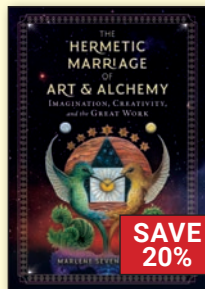
Imagination, Creativity, and the Great Work

Marlene Seven Bremner

"Marlene Bremner's The Hermetic Marriage of Art and Alchemy is an absolute must-read for anyone interested in the fascinating intersection of art and the occult. Marlene's knowledge and passion will captivate any reader, making this book an indispensable companion for those seeking to unlock the mysteries of the unseen." —Jason Louv, author of *John Dee and the Empire of Angels* and teacher at *Magick.Me*

Artist Marlene Seven Bremner reveals how alchemy offers a practical means for liberating the authentic creator within and attaining gnosis, or true self-knowledge. She explains how to work with and transmute alchemical energies for increased levels of insight, intuition, and imaginative expression and explores the rich and complicated symbolism of alchemical art.

978-1-64411-290-8 • \$40.00 **\$32.00** hardcover • 376 pages, 7 x 10 • 8-page color insert and 46 b&w illustrations • e-book and audiobook available



Hermetic Philosophy and Creative Alchemy

The Emerald Tablet, the Corpus Hermeticum, and the Journey through the Seven Spheres

Marlene Seven Bremner

Taking the reader on a Hermetic journey that speaks directly to the intuitive soul, Marlene Seven Bremner presents a profound synthesis of magical and occult teachings and an initiation into the alchemical opus that can awaken inner knowing and help you live a mystical, creative, and truly inspired life.

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The Visionary Art of Nicholas Roerich

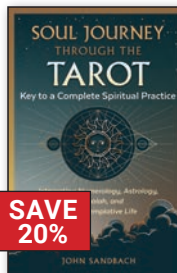
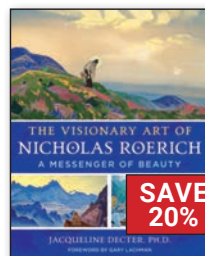
A Messenger of Beauty

Jacqueline Decter, Ph.D. / Foreword by Gary Lachman

"Roerich's vision is a pantheistic hymn to a union of man and nature." —Anna Kisselgoff, *The New York Times*

Revealing the mystical world of Nicholas Roerich in stunning full color, Jacqueline Decter invites us to witness Roerich's far-reaching vision and dedication to beauty across the full scope of his inspiring life and artistic career. This new hardcover edition features Decter's translations of many Russian texts as well as 88 color plates showcasing Roerich's artistic talent.

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Key to a Complete Spiritual Practice

John Sandbach

"A syncretic synthesis of sources ranging from Kabbalah and Vedic philosophy to Gestalt therapy and Bach Flower Remedies—John Sandbach's exploration of the tarot is a multidimensional field guide to higher states of consciousness that will aid anyone embarking on a journey of self-discovery."

—Whit Griffin, author of *We Who Saw Everything*

In this guide, John Sandbach explores the deep interconnected meanings of each of the 78 cards of the Tarot and explains how to work with the cards for spiritual healing and growth as well as to synergistically learn other methods of spiritual insight, in particular numerology and astrology.

978-1-64411-709-5 • \$29.99 **\$23.99** pb • 384 pages, 6 x 9 • 71 b&w illustrations • e-book available

Encyclopedia of Norse and Germanic Folklore, Mythology and Magic

Claude Lecouteux

The legends of the Norse and Germanic regions of Europe include a broad range of mythical characters and places, from Odin and Thor, to berserkers and Valhalla, to the Valkyries and Krampus. This unique reference is complete with rare illustrations and information from obscure sources, some appearing for the first time in English.

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Magdalene Manifestation Cards

Create Abundance through Love

Danielle Rama Hoffman / Artwork by Christine Lucas

"Danielle Rama Hoffman and the guides provide wonderful daily guidance through the Magdalene Manifestation Cards. I highly recommend it to become more in tune with your ability to manifest what you desire." —Christy Whitman, New York Times bestselling author of *The Art of Having It All*

Each one of us has the ability to receive more and manifest abundance in all areas of life. Each of the 44 cards in this manifestation deck features a Magdalene Code of Love to empower you, open your ability to receive, and awaken your natural tendencies toward prosperity.

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The Battle between Natural and Synthetic Beings for the Human Soul

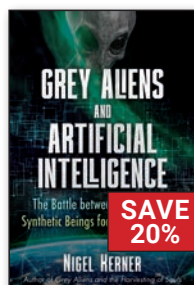
Nigel Kerner

"As Earth's human technologies in the twenty-first century move rapidly to dependence on robotic artificial intelligence, Nigel Kerner warns that Grey nonhumans that interact with our planet are actually cloned artificial intelligence that want our organic human souls."

—Linda Moulton Howe, Emmy and Peabody Award-winning investigative TV journalist

Examining scientific, historical, cultural, and religious evidence from as far back as 40,000 years ago, Nigel Kerner reveals how our natural consciousness and DNA have been hacked by Grey aliens to filter our perceptions to be in line with their agenda to steal our souls.

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Jean Markale

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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.

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Andrew Collins

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A Medium's Guide to Death and Dying

Salicrow

"Every once in a while a book comes along that brings the right kind of medicine at just the right moment. Spirit Speaker demystifies spirit contact and gives excellent guidance to anyone seeking to connect to their beloved dead. It's the book I'll be recommending..." —Megan Rose, Ph.D., author of Spirit Marriage

Answering the most common questions asked by her clients over her decades of work as a spirit speaker, psychic medium Salicrow provides a deep understanding of the signs, symbols, and sensations that spirits use to contact us. She explains the spiritual process of dying and presents simple techniques for helping loved ones cross over.

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Tesla, UFOs, and Classified Aerospace Technology

Paul A. LaViolette, Ph.D.

"One of the boldest and most exciting books on gravity control to be put forward in our times. Paul LaViolette is an outstanding scientist." —Eugene Podkletnov, Ph.D., Professor of Chemistry, Tampere, Finland

Physicist Paul LaViolette offers a complete investigation of the development and suppression of antigravity and field propulsion technologies, including those capable of revolutionizing energy production. This book shows how NASA is part of a cover-up to block adoption of advanced technologies under military development.

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War, Persecution, and the Salvation of Tibet's Oldest Religion

New

Harvey Rice and Jackie Cole / Foreword by Dalai Lama

"A true story that reads like a thriller set in exotic places and told with passion and insight. Read this book and go on a journey like no other." —Gay Hendricks, author of The Tenzing Norbu Mystery series

Providing an inside view into the occupation of Tibet and the tenets of Bön, one of the world's oldest but least known religions, this book chronicles the true story of three Bön monks who heroically escaped occupied Tibet during the Chinese invasion and went on to rebuild their culture through incredible resilience, determination, and passion.

978-1-64411-858-0 • \$29.99 **\$25.49** pb • 296 pages, 6 x 9 • Includes an 8-page color insert
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Fortuna

The Sacred and Profane Faces of Luck

New

Nigel Pennick

"With diverse quotations from the likes of the Oracle of Delphi and George Orwell's 1984 and locations from ancient Egypt to the gambling dens of the Deep South, this uniquely thorough history of luck is comprehensive, riveting and intriguing."

—Lynn Picknett and Clive Prince, authors of *When God Had a Wife*

Nigel Pennick explores the many ways people through the centuries have sought to divine the future, ensure protection, and draw the full benefits from days of good omen. He shows how dice were originally considered sacred objects of divination and reveals the divinatory geomancy techniques and meanings of a dice oracle and other divination traditions.

978-1-64411-647-0 • \$16.99 **\$14.44** pb • 144 pages, 6 x 9 • 11 b&w illustrations • e-book available



The Writer Who Inhabits Your Body

Somatic Practices to Enhance Creativity and Inspiration

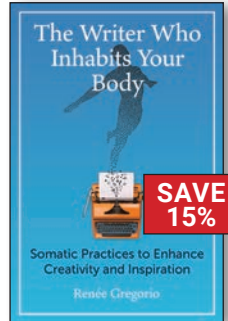
New

Renée Gregorio

"Renée Gregorio points the way to a self-expression that sparkles, shines, and roars with a truth and beauty that is uniquely your own. I will cherish this book as a beloved companion on all future writing adventures." —Amanda Blake, author of *Your Body is Your Brain* and founder of Embright

Sharing hands-on exercises rooted in the martial art of aikido and the practice of somatics—or body-centered learning—poet and aikido practitioner Renée Gregorio offers a step-by-step experiential program to help you to center yourself in your body and, in so doing, expand your creative capacity on the page and in your life.

978-1-64411-923-5 • \$18.99 **\$16.14** pb • 192 pages, 6 x 9 • 12 b&w illustrations • e-book available



Sacred Geometry in Ancient Goddess Cultures

The Divine Science of the Female Priesthood

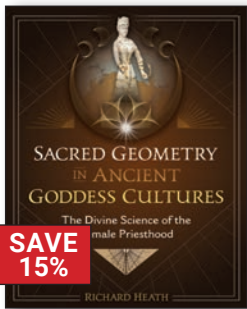
New

Richard Heath

"I have been reading and learning from Richard Heath's books over the last 20 years; Sacred Geometry in Ancient Goddess Cultures is the best he has written, compiling the knowledge and experience gained in previous books into a single masterpiece." —Noor Bosra, author of *Plato and The Quran*

Long before Pythagoras and Plato, there existed matrilineal societies around the Mediterranean, led by women with a sophisticated understanding of astronomy and sacred science. In this detailed exploration, Richard Heath decodes the cosmological secrets hidden by ancient goddess-centered cultures on the islands of Malta and Crete and at Göbekli Tepe in Turkey.

978-1-64411-655-5 • \$48.00 **\$40.80** hardcover • 256 pages, 8 x 10 • Full-color throughout • e-book available



Living Wands of the Druids

Harvesting, Crafting, and Casting with Magical Tools

New

Jon G. Hughes

"Offers a unique insight into hereditary Welsh Druidism, which is distinctly different in beliefs, practice and flavor from the more well-known international neo-Druidry. An excellent instructive guide and a very worthwhile addition to any Druid's library."

—Luke Eastwood, author of *The Druid's Primer* and *The Druid Garden*

Exploring the history, lore, and creation of magic wands crafted from local natural materials, fifth-generation Druid Jon G. Hughes presents a practical guide to harvesting, crafting, and potentializing living wands, as well as rods and staffs. He explains the magical properties of a variety of woods and offers step-by-step instructions for magical wand practices.

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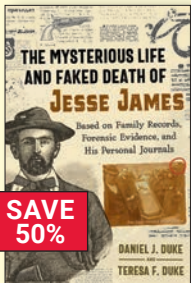
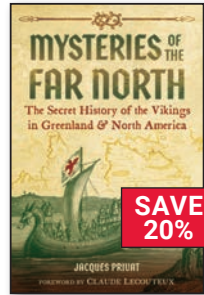
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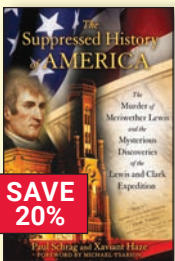
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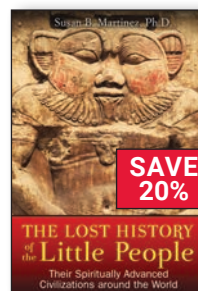
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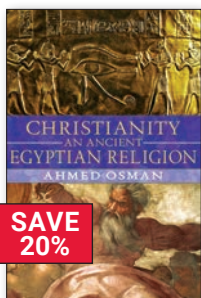
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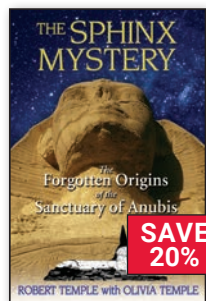
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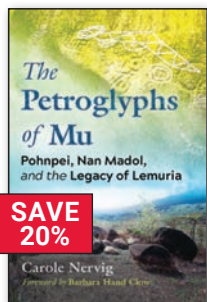
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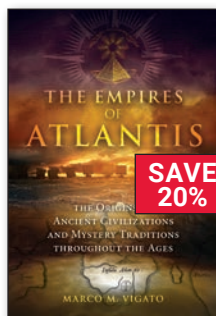
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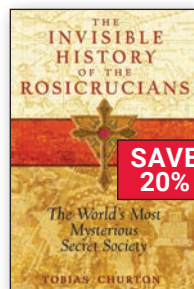
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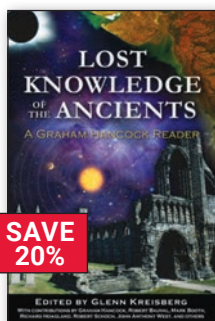
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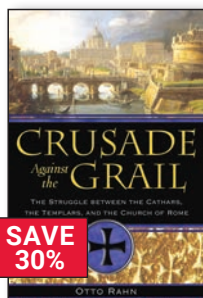
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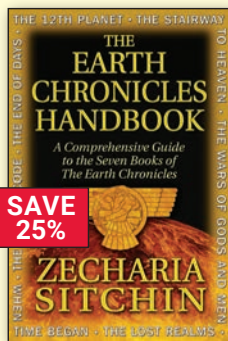
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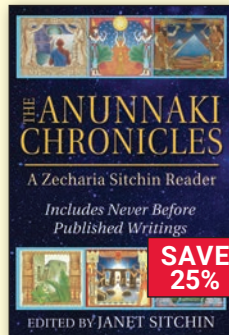
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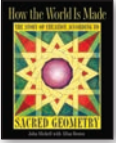
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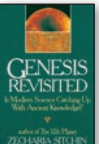
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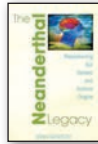
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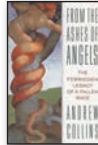
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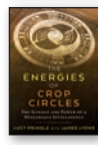
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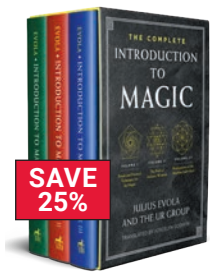
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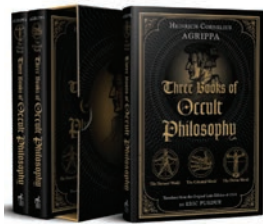
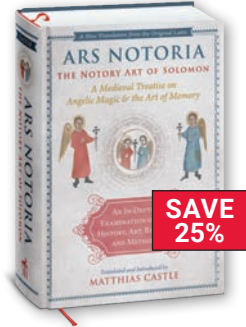
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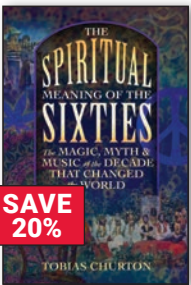
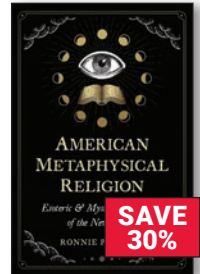
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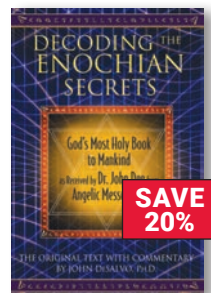
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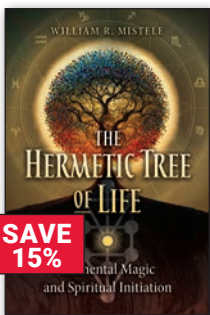
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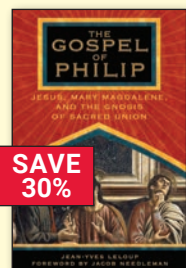
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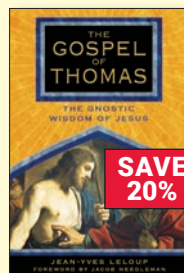
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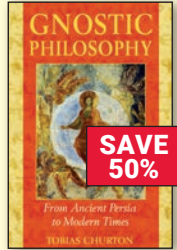
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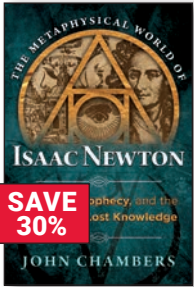
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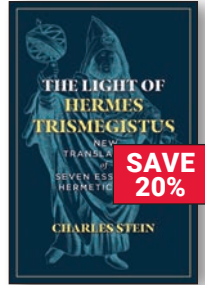
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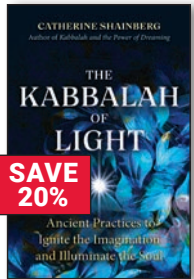
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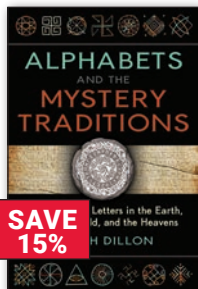
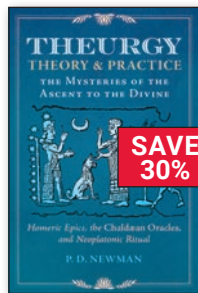
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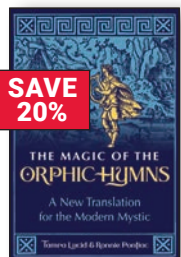
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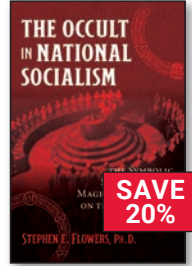
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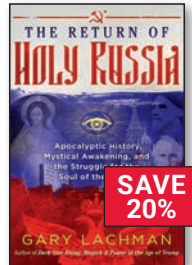
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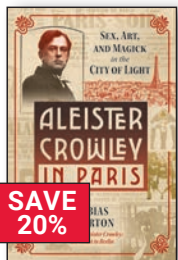
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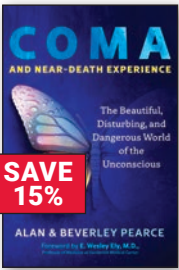
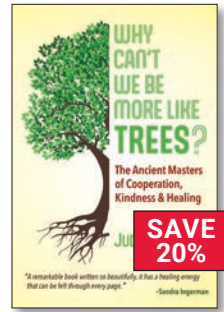
Judith Polich

"Judith Polich has given us a magnificent gift. . . . She brilliantly points out that we must awaken to the ancient indigenous wisdom that everything is alive, is conscious, and interconnected. . . . A remarkable book written so beautifully, it has a healing energy that can be felt through every page."

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Alan and Beverley Pearce / Foreword by E. Wesley Ely, M.D.

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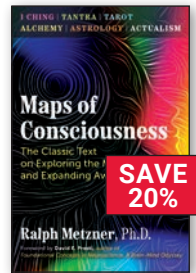
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Ralph Metzner, Ph.D. / Foreword by David E. Presti

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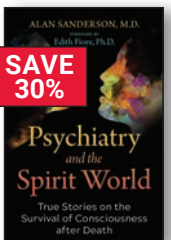
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Sédir's Concise Guide to Magical Plants

Paul Sédir / Translated with commentary by R. Bailey

Merging the scientific discipline of botany with ancient, medieval, and Renaissance traditions of occult herbalism, this seminal guide first published in French in 1902 includes a dictionary of nearly 300 magical plants with descriptions of each plant's scientific name, common names, elemental qualities, ruling planets, and zodiacal signatures, with commentary on medico-magical properties and uses.

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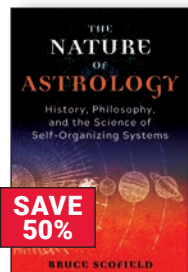
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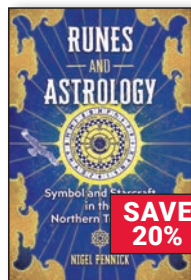
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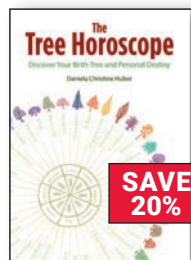
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Discover Your Birth-Tree and Personal Destiny

Daniela Christine Huber

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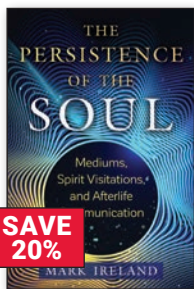
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Mary Bennett with David S. Percy / Foreword by David Hatcher Childress

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Mark Ireland

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After the passing of his son, Mark Ireland began a search for messages from the afterlife and discovered remarkable proof of life after death. Interweaving profound personal experience and scientific evidence, Ireland presents a deep dive into psychic-medium phenomena, spirit visitations, afterlife communication, reincarnation, and near-death experiences, pointing to the survival of consciousness.

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Calista

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Joan Ranquet / Foreword by Ellie Laks

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Well known for its effectiveness with humans, Emotional Freedom Technique (EFT) also provides an excellent hands-on method for treating behavioral, emotional, and health challenges in animals. In this guide, animal communicator Joan Ranquet explores how to apply the energetic bodywork method of EFT on animals such as dogs, cats, and horses.

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Karma and Reincarnation in the Animal Kingdom

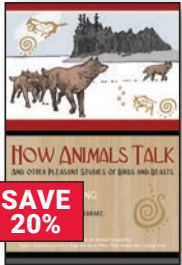
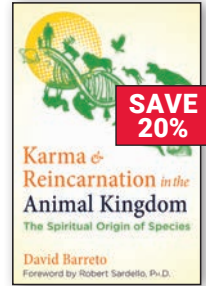
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David Barreto / Foreword by Robert Sardell, Ph.D.

"If Steve Irwin, Thoth, Charles Darwin, and Saint Francis were to have collaborated on a book about the spiritual origin of species, I suspect it would look very much like Karma and Reincarnation in the Animal Kingdom." —Ruslana Remennikova, sound healer and animal whisperer

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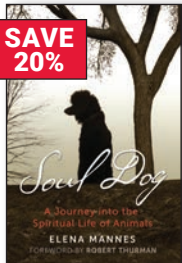
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Tina Stümpfig

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Elena Mannes / Foreword by Robert Thurman

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Within each of us is a spiritual longing that prompts us to unite with something greater than ourselves. Yet, no matter the spiritual path we choose, we inevitably encounter our own shadow. This guide explores how to use shadow-work to recover from spiritual abuse or betrayal and move from spiritual naivete to spiritual maturity.

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The Inner Work of Age

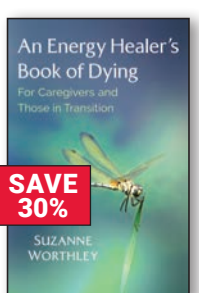
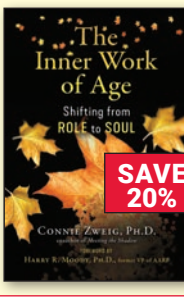
Shifting from Role to Soul

Connie Zweig, Ph.D. / Foreword by Harry R. Moody, Ph.D.

"This valuable book will help you sort out what is important in life from what is a distraction. Getting old is a challenge, but it can be a joy."—Thomas Moore, New York Times bestselling author of *Care of the Soul*

Offering a radical reimagining of age for all generations, psychotherapist and bestselling author Connie Zweig reveals how to use inner work to uncover and explore the unconscious denial and resistance that erupts around key thresholds of later life, attune to your soul's longing, and emerge renewed as an Elder filled with vitality and purpose.

978-1-64411-340-0 • \$19.99 **\$15.99** pb • 416 pages, 6 x 9 • e-book and audiobook available



An Energy Healer's Book of Dying

For Caregivers and Those in Transition

Suzanne Worthley

"Suzanne writes with the passion of one who has first-hand experience of having watched with the dying. . . . Suzanne, you have served us well in sharing your wisdom of death and dying."

—Phyllida Anam-Aire, author of *A Celtic Book of Dying* and *Celtic Wisdom and Contemporary Living*

In this compassionate guidebook to the nine energetic levels of the dying process, intuitive energy worker Suzanne Worthley reveals what is happening energetically during each stage of the transition back to spirit, including what the dying person may see and experience and how to provide support during any phase of losing a loved one.

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When It's Time to Say Goodbye

Preparing for the Transition of Your Beloved Pet

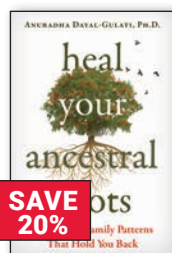
Angela Garner / Foreword by Victoria M. Nicholls, BVetMed, Cert AVP (EM), MRCVS

"Every aspect of loss is touched on in this book, all with Angela's special blend of understanding, practicality, and empathy. I recommend it for all pet owners to help them through the inevitable sad loss of their beloved pet."

—Melinda Hill, founder and project manager of Environmental Animal Sanctuary and Education (EASE)

In this compassionate guide based on 20 years' experience helping individuals and teaching veterinary professionals, Angela Garner offers practical support and guidance to help you prepare for your pet's death ahead of time, do your best by your animal friend when the time comes, and work through your grieving process afterward.

978-1-64411-121-5 • \$16.99 **\$13.59** pb • 160 pages, 6 x 9 • e-book available



Heal Your Ancestral Roots

Release the Family Patterns That Hold You Back

Anuradha Dayal-Gulati, Ph.D.

Exploring the energetic principles that govern your family lineage, Anuradha Dayal-Gulati explains the many ways your ancestral field can support you as well as how it can hold you captive. She discusses the importance of honoring your ancestors and provides exercises and tools to help you recognize and release negative family patterns and heal ancestral trauma.

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Zen in the Vernacular

Things As It Is

Peter Coyote / Foreword by Lewis Richmond

"In the best tradition of 'encouraging words,' Peter Coyote's generous, ambitious, highly personal, and provocative new book seeks nothing less than a reframing of what it means to be a Buddhist practitioner in the challenging conditions of the world today."

—Gaetano Kazuo Maida, executive director of the Buddhist Film Festival Foundation and a founding director of Tricycle

In this engaging guide to Zen Buddhism, award-winning actor, narrator, and Zen Buddhist priest Peter Coyote explores the fundamental teachings of the Buddha as they apply to modern life. He presents his own contemporary interpretations of the Four Noble Truths, the Three Treasures, the Eightfold Path, and other core Buddhist ideas.

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The Hundred Remedies of the Tao

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Gregory Ripley

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—Taoist Monk Yun Rou, author of *Mad Monk Manifesto*

Examining the little-known 6th-century Taoist text called the Bai Yao Lu (Statutes of the Hundred Remedies), author and translator Gregory Ripley explains how the text was created as a practical guide to what enlightened behavior looks like—and each of the 100 spiritual remedies are just as relevant today as they were 1500 years ago.

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The Erotic and Magical Techniques of Kaula Tantra

Daniel Odier

"This wondrous book is a sacred invitation into divine embodiment of the Kaula yogini mysteries of the cosmos. A must-read and invaluable guide of never-before-revealed ancient yogini wisdom."

—Laura K. Amazzone, author of *Goddess Durgā and Sacred Female Power*

Written in the 8th century by the sage Matsyendranatha, the Kaulajnananirnaya Tantra records the secret erotic and magical practices of the Yogini Kaula tradition. Presenting a complete translation of this sacred text, this book details Kaula Tantra practices as well as the secret principles, passed orally from teacher to student, that activate each technique.

978-1-64411-716-3 • \$18.99 **\$15.19** pb • 208 pages, 5.38 x 8.25 • 1 b&w illustration • e-book available

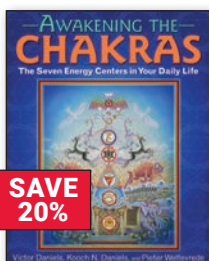
The Eldest Daughter Effect

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.

978-1-84409-707-4 • \$15.99 **\$8.00** pb • 192 pages, 6 x 9 • e-book and audiobook available



Awakening the Chakras

The Seven Energy Centers in Your Daily Life

Victor Daniels, Kooch N. Daniels, and Pieter Weltevrede

Illustrated by Pieter Weltevrede

This detailed guide provides practical tools to understand the chakras and the energetic roots of your inner being. The essence of each of the 7 chakras is explained in detail. Chakra work provides a powerful way to hear your inner self more deeply and a systematic path for activating higher levels of consciousness.

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Wetiko

Healing the Mind-Virus That Plagues Our World

Paul Levy / Foreword by Larry Dossey, M.D.

"A worthy successor to the classic Dispelling Wetiko." —Sting

Examining the concept of wetiko as it appears in the Kabbalah, Hawaiian Kahuna shamanism, mystical Christianity, and Jung's writings, Paul Levy shows how this mind-virus is embedded in our psyches and how our blindness to it gives wetiko its destructive power. And, by recognizing this highly contagious mind parasite, we can break free from its hold.

978-1-64411-410-0 • \$19.99 **\$15.99** pb • 336 pages, 6 x 9 • e-book and audiobook available



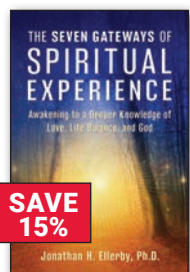
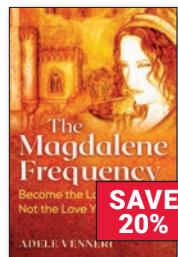
The Magdalene Frequency

Become the Love You Are, Not the Love You Seek

Adele Venneri

Leading you on a step-by-step initiatory journey, Adele Venneri reveals how Mary Magdalene, or Myriam, is not a biblical myth, but an ancient frequency of the soul. Through ancestral knowledge, embedded with the frequency of Myriam, the author shows you how to stop judging and forgive yourself, reunite your feminine and your masculine, merge your light body into the physical body, and rediscover your complete soul by embodying the Magdalene frequency.

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The Seven Gateways of Spiritual Experience

Awakening to a Deeper Knowledge of Love, Life Balance, and God

Jonathan H. Ellerby, Ph.D.

In this guide, Jonathan Ellerby helps you recognize the common ways people encounter the Sacred—God, the Divine, non-ordinary consciousness, and the spiritual world—so you can identify when you are having a spiritual experience and embrace it as an opportunity for spiritual growth, healing, and resilience. He shares intimate, firsthand examples of spiritual experiences along with simple exercises to enter the states of super-consciousness that lead to connection with the Sacred.

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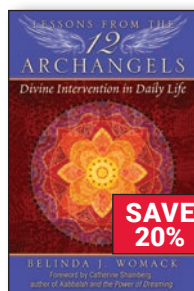
Divine Intervention in Daily Life

Belinda J. Womack / Foreword by Catherine Shainberg

"Her words flow like a crystalline river whose source she entices you to find. Follow her words, open the book anywhere you are guided to, plunge into the world she lives in, and you will begin to get the taste of Oneness." —From the foreword by Catherine Shainberg, Ph.D., author of *Kabbalah and the Power of Dreaming*

Belinda Womack was a scientist working in a biology lab when she found herself in the presence of the Archangel Gabriel and realized her calling as a conduit for Angelic healing. In this book she shares guidance from the 12 Archangels that can heal wounds, release fears, and allow life to be filled with divine power.

978-1-59143-223-4 • \$15.00 **\$12.00** pb • 224 pages, 6 x 9 • e-book and audiobook available



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The Hawaiian Ritual of Forgiveness

Ulrich E. Duprée

Ho'oponopono is the ancient Hawaiian method for transforming personal problems, resolving interpersonal conflicts, and healing the past through the power of forgiveness. At the core of Ho'oponopono are four magical sentences: I am sorry, Please forgive me, I love you, Thank you. Newly revised and expanded, this bestselling guide shares practical exercises and contemplations centered on Ho'oponopono to help you immediately create positive changes in your everyday life.

978-1-64411-880-1 • \$9.99 **\$7.99** pb • 112 pages, 4.5 x 6.5 • Full-color throughout e-book and audiobook available

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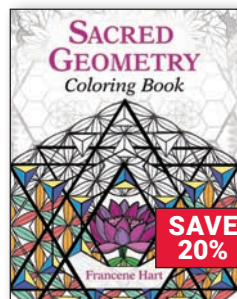
Francene Hart

"Powerful and compelling images for personal divination. Hart has created very good medicine indeed."

—Hank Wesselman, author of *Spirit Medicine* and the *Spiritwalker Trilogy*

This coloring book includes 45 beautiful line-art depictions of the intricate paintings of visionary artist Francene Hart. Each piece is accompanied by brief, insightful commentary about the symbols and animals shown. Hart's art intertwines the complex forms of Sacred Geometry with the beauty of Nature, including dolphins, dragonflies, trees, and many other forms and symbols.

978-1-62055-652-8 • \$14.95 **\$11.96** pb • 96 pages, 8.5 x 11 • 45 b&w illustrations and 2 color images



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Access Your Power and Creativity through Sacred Female Archetypes

Mara Branscombe

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Opening the Akashic Records

Meet Your Record Keepers and Discover Your Soul's Purpose

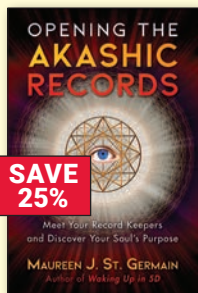
Maureen J. St. Germain

"Fabulous! Maureen St. Germain offers clear and precise instructions to guide you step-by-step through the process of developing a close relationship with your Higher Self, the Record Keepers, and your Guides so that you can personally connect with them in a direct and meaningful way. It works!"

—MarBeth Dunn, energy management specialist

Maureen St. Germain offers a simple manual of precise instructions for accessing the Akashic Records, tuning to your Akashic Record Keepers, and confirming the accuracy of the information you receive. She also explains how to become initiated into the 5D mindset and how to ask your Record Keepers questions.

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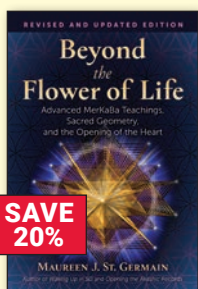
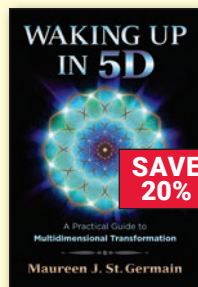
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A Practical Guide to Multidimensional Transformation

Maureen J. St. Germain

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Tools to Create a New Reality

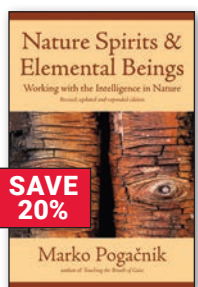
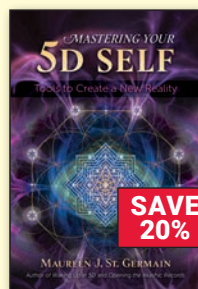
Maureen J. St. Germain

"At the heart of this book lies the message that each of us has the choice to change our destiny every day, to shift our perspectives, and to step more fully into an illuminated and joyful fifth-dimensional life."

—Tricia McCannon, author of *Return of the Divine Sophia*

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Marko Pogacnik

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Mews, Myths, and Mystery

Patricia Telesco

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Jeanne Ruland / Illustrated by Petra Kühne

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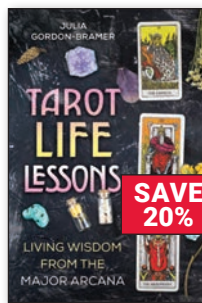
Living Wisdom from the Major Arcana

Julia Gordon-Bramer

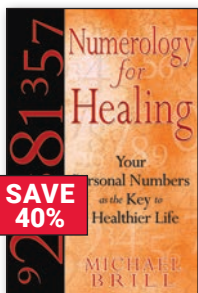
"This is by far one of the best books I've ever read on the tarot. Julia gives readers a rare glimpse into the inner world of a professional tarot reader. . . . Her insight and years of expertise will help you learn the symbolism contained within the tarot. . . ." —Shelley A. Kaehr, Ph.D., author of *The Goddess Discovered*

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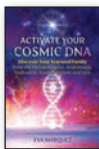
Jen Frey / Foreword by Pam Montgomery

"Beautifully written . . . I literally couldn't put this book down. Every page holds treasures, insights, and a depth of plant wisdom that literally rocked my soul. . . . This book will light up your heart and the heart of the world."

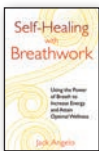
—Rosemary Gladstar, author of *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide* and coeditor of *Planting the Future*

Everyone has an innate ability to consciously communicate with Plants. Jen Frey explains the synergistic process of communicating with Plants and how they can help us heal and teach us to trust, forgive, and embrace self-love. She also shares teachings from a variety of Plants such as Yarrow, Mugwort, Maple, Dandelion, and Poison Ivy.

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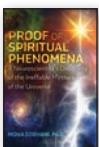
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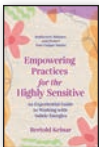
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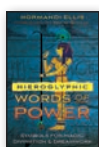
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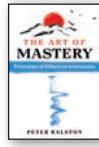
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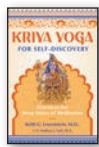
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Kriya Yoga for Self Discovery: Practices for Deep States of Meditation by Keith G. Lowenstein, M.D., with Andrea J. Lett, M.A. A detailed guide to the breath-focused meditation practice of Kriya yoga for spiritual growth, inner stillness, and self-realization.
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The Wisdom of Wildness

Healing the Trauma of Domestication

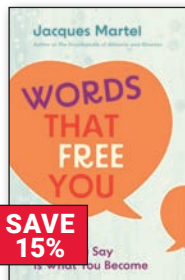
Ren Hurst

"Through gorgeous storytelling, Ren explores the devastation of domestication through rewilding experiences with animals. This book is an invitation to cultivate lives of sanctuary!"

—Amy Tuttle, wilderness and threshold guide, council facilitator

Revealing how our own domestication—and our resultant disconnection from nature—is the root trauma for much of the human experience, Ren Hurst explores 13 principles of unconditional love and experiential practices for addressing the trauma of domestication, healing relationships, and restoring deep connection to the inner guidance of your wild soul.

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Words That Free You

What You Say Is What You Become

New

Jacques Martel

Not only are the words and phrases we use an expression of our innermost thoughts, they also influence our wellbeing and the overall nature of our character. In this easy-to-follow guide, therapist Jacques Martel details how to create a more positive, optimistic, healthy, and happy reality by choosing words filled with freedom, wisdom, and love. Showing how our choice of words creates our reality, he explains how the right choice of words can liberate, strengthen, and heal us.

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Meaningful Coincidences

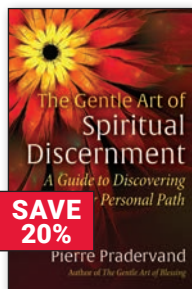
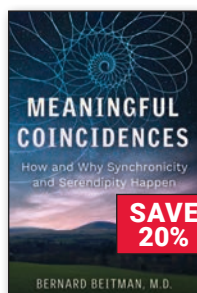
How and Why Synchronicity and Serendipity Happen

Bernard Beitman, M.D.

"A thoroughly engaging and well-written examination of a perpetually fascinating form of human experience." —Dean Radin, Ph.D., chief scientist at the Institute of Noetic Sciences

Each of us has more to do with creating coincidences than we think. Psychiatrist Bernard Beitman, M.D., examines why and how coincidences happen and explains how to expect when they are more likely to occur, which helps you be ready to use them. He also presents a complete catalog of coincidence patterns with numerous examples.

978-1-64411-570-1 • \$16.99 **\$13.59** pb • 224 pages, 6 x 9 • e-book and audiobook available



The Gentle Art of Spiritual Discernment

A Guide to Discovering Your Personal Path

Pierre Pradervand / Foreword by Jonathan H. Ellerby, Ph.D.

"Pierre Pradervand is a spirituality author who walks every single step of his talk. That is what makes each one of his words, each of the ideas presented so impactful. Pierre's books are the fruits of his very life that he so generously shares with others." —Olivier Clerc, author of *Healing the Wounds of the Heart* and *The Gift of Forgiveness*

This guide explores how to discover the practices that best correspond to your unique spiritual expectations and become your own empowered spiritual authority. It reveals how to open your spiritual horizons, see more clearly, avoid pitfalls, and move toward your own unique spiritual path founded on discernment, perseverance, and divine love.

978-1-64411-805-4 • \$14.99 **\$11.99** pb • 128 pages, 5.38 x 8.25 • e-book and audiobook available

Witch Wisdom for Magical Aging

Finding Your Power through the Changing Seasons

Cait Johnson / Foreword by Caitlin Matthews

You are invited into the magical world of four loving, feisty old witches, one for each season, who share earth-honoring wisdom to help you embrace your journey through the sacred latter half of life. Each witch also shares magical recipes, inspiring rituals, playful activities, and meaningful meditations to help you love yourself through the aging process.

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The Path of Elemental Witchcraft

A Wyrd Woman's Book of Shadows

Salicrow

Inviting you into her personal Book of Shadows, Salicrow details hands-on techniques, spells, and rituals for elemental witchcraft paired with personal stories from her decades of magical practice. She explores working with each element in different ways—such as divination, healing, protection, and manifestation—and helps you progressively develop the skills of witchcraft.

978-1-64411-336-3 • \$24.99 **\$19.99** pb • 576 pages, 6 x 9 • e-book available



Crystal Basics

The Energetic, Healing, and Spiritual Power of 200 Gemstones

Nicholas Pearson

"This is the book I wish had been available 20 years ago when I first discovered crystals."

—Lee Harris, energy intuitive, channeler, and author of *Energy Speaks*

In this in-depth yet easy-to-follow guide, Pearson pairs a full-color compendium of 200 crystals and gemstones with a hands-on practical handbook on crystal healing. He explores the physical, psychological, and spiritual healing qualities for every stone, offers templates for crystal grids, and explains how to cleanse and program stones.

978-1-62055-934-5 • \$29.99 **\$22.49** pb • 416 pages, 6.63 x 9.5 • Full-color throughout • e-book available

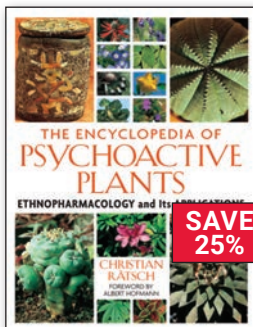
The Encyclopedia of Psychoactive Plants

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.

978-0-89281-978-2 • \$125.00 **\$93.75** hardcover • 944 pages, 8.5 x 11 • 797 color photographs and 645 b&w illustrations • e-book available



Stanislav Grof, LSD Pioneer

From Pharmacology to Archetypes

Brigitte Grof

"If I am the father of LSD, Stan Grof is the godfather. Nobody has contributed as much as Stan for the development of 'my problem child'."

—Dr. Albert Hofmann, research chemist and author of *LSD: My Problem Child*

Created in honor of Stanislav Grof's 90th birthday, this book features an extended interview with him, exploring the full arc of his research career in his own words. He discusses his early experiments with LSD in the 1950s and '60s, his discovery of the perinatal matrices, the creation of holotropic breathwork, and his own LSD experiences.

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Psychedelic Cults and Outlaw Churches

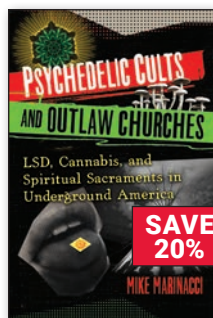
LSD, Cannabis, and Spiritual Sacraments in Underground America

Mike Marinacci

"A well-researched and adeptly written history of the underground spiritual movement that swept through American popular culture in the 1960s and '70s. . . a must-read for any serious student of this revolutionary and awe-inspiring time." —Nick Schou, author of *Orange Sunshine*

From LSD-powered guru Timothy Leary to cannabis-sex cults to psychedelic outlaw churches, Mike Marinacci explores prominent psychedelic religious groups and cults in depth. He examines the lives of their colorful leaders, the origins of their unorthodox beliefs, the controversial practices of their congregants, and their many conflicts with both law enforcement and public opinion.

978-1-64411-707-1 • \$24.99 **\$19.99** pb • 384 pages, 6 x 9 • 25 b&w illustrations • e-book available



Essential Oils and Gemstone Guardians Cards

Margaret Ann Lembo

Bringing aromatherapy into partnership with crystals, this full-color deck presents a hands-on way to engage with the mineral and plant kingdom together. Specifically created to help you establish clear intentions, the 42 two-sided cards each show an essential oil and a vibrationally matching crystal, offering guidance and positive affirmations for your life. The accompanying booklet explores the botanical and therapeutic properties for each essential oil as well as how it is related to its corresponding gemstone.

978-1-64411-539-8 • \$19.99 **\$15.99** • boxed set, 4 x 5.5 • 42 full-color cards and 160-page booklet

Revealing Moldavite's powerful effects, Robert Simmons looks at how to use this rare gemstone to heal and revitalize and leads the reader through Moldavite meditations. He explores its history and connections with the Emerald Tablet and the Holy Grail. Hundreds of full-color images allow the reader to attune to Moldavite's energy.

978-1-64411-912-9 • \$26.00 **\$20.80** pb • 256 pages, 7 x 10.88 • Full-color throughout • e-book available

The Book of Moldavite

Starborn Stone of Transformation

Robert Simmons



The Emotional Roots of Chronic Illness

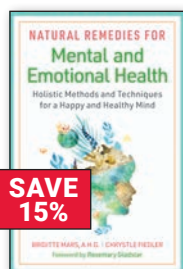
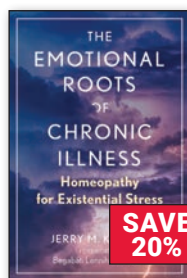
Homeopathy for Existential Stress

Jerry M. Kantor / Foreword by Begabati Lennihan, RN, CCH

"This book by Jerry Kantor gives good insights in the reactions between medicine and psychology. It points to the source of disease as psychological. Added to that is its relationship with philosophy, which gives his work even further depth. It is a great book." —Jan Scholten, M.D., author of *Homeopathy and the Elements*

Presenting diagnostic insight, specific homeopathic remedies, and successful case study examples about the profound connections between emotions and their physical manifestations in illness, Jerry M. Kantor correlates the five classical miasms of homeopathy and their core existential quandaries with the Five Elements and Phase Theory of Traditional Chinese Medicine.

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Natural Remedies for Mental and Emotional Health

Holistic Methods and Techniques for a Happy and Healthy Mind

Brigitte Mars, A.H.G., and Chrystle Fiedler / Foreword by Rosemary Gladstar

"Full of herbal and lifestyle wisdom for mental and emotional health, this contains lessons for generations to come. Mars is on an herbal mission and after reading her book, I'm a total devotee."

—Susannah Cahalan, bestselling author of *Brain on Fire*

In this comprehensive guide to natural methods to maintain a healthy mind, herbalist Brigitte Mars and natural health expert Chrystle Fiedler explore many common mental health concerns and stress-related issues—such as anxiety, depression, panic attacks, anger, insomnia, brain fog, and trauma—and share remedies and practices to address and heal their root causes.

978-1-64411-786-6 • \$29.99 **\$25.49** pb • 352 pages, 6 x 9 • e-book available

New

The Heart and Its Healing Plants

Traditional Herbal Remedies and Modern Heart Conditions

Wolf D. Stori, Ph.D.

"The Heart and Its Healing Plants bridges cultures, centuries, myth and science to expand our knowledge of the heart and the plants that can be used to heal broken hearts literally, figuratively and ceremonially."

—David Winston, RH(AHG), author of *Adaptogens: Herbs for Strength, Stamina and Stress Relief*

In this book, renowned ethnobotanist Wolf D. Stori, Ph.D., examines traditional understandings of the heart from early European cultures and indigenous peoples of the Americas, Asia, and Africa as well as a wealth of plants used in both ancient and contemporary times to treat heart conditions and ailments.

978-1-64411-838-2 • \$29.99 **\$25.49** pb • 320 pages, 6 x 9 • Full-color throughout • e-book available



The Gift of the Night

A Six-Step Program for Better Sleep

Philip Carr-Gomm

Combining his knowledge of sleep science and cognitive behavioral therapy (CBT) with techniques drawn from spiritual traditions and insights from the emerging field of psychedelic therapy, Philip Carr-Gomm presents a fast and easy-to-follow six-step program to help you sleep better. Includes 13 specific techniques to help you fall asleep and stay asleep.

978-1-64411-929-7 • \$18.99 **\$15.19** pb • 192 pages, 6 x 9 • e-book and audiobook available

Healing Trauma through Family Constellations and Somatic Experiencing

Ancestral Wisdom from the Snail Clan of Tanzania

Efu Nyaki / Foreword by Peter A. Levine, Ph.D.

Exploring the trauma healing process as a complex ritual of energy movement, Efu Nyaki explains how she developed her system by integrating ancestral tribal wisdom with Somatic Experiencing and Systemic Family Constellations Therapy. She shares stories from her healing work and presents action steps readers can take immediately to engage the personal healing process.

978-1-64411-852-8 • \$19.99 **\$15.99** pb • 192 pages, 6 x 9 • e-book available



Anything Can Be Healed

The Body Mirror System of Healing with Chakras

Martin Brofman / Foreword by Anna Parkinson

Detailing his Body Mirror system of healing, Brofman explains how healing a symptom involves not only release on the physical level but also letting go of specific stresses and tensions in your consciousness. He describes how to heal with chakras, thought forms, white light, and love and provides practical energy exercises and chakra meditations.

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Freedom from Constipation

Natural Remedies for Digestive Health

Christopher Vasey, N.D.

In *Freedom from Constipation*, Christopher Vasey details the 8 main causes of constipation and offers advice to determine the right natural remedy for your unique case. Vasey reveals how treating constipation properly can restore full function not only to the digestive system but to the liver and kidneys as well.

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How to Power Your Body and Brain with Healthy Energy

Christopher Vasey, N.D.

"This book is a wonderful gem when it comes to understanding that sugar is the critical factor in determining all health, from weight control and diabetes reversal to avoiding and healing cancer."

—Emma Mardlin, Ph.D., author of *Mind Body Diabetes Type 1 and Type 2* and *Out of Your Comfort Zone*

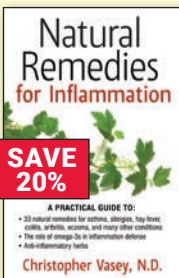
Sugar supplies the essential energy, but there are healthful and harmful forms of sugar.

In this guide, Dr. Vasey explains the harmful effects of bad sugars as well as how to replace them with good sugars for physical, emotional, and mental healing and more energy.

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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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18 Infection-Fighting Herbs and Essential Oils

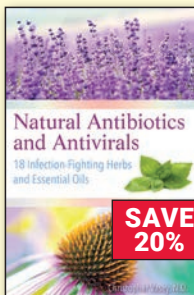
Christopher Vasey, N.D.

"An informative and invaluable book that explores the application of natural antimicrobial and antiviral plant-based remedies to combat and stave off infection."

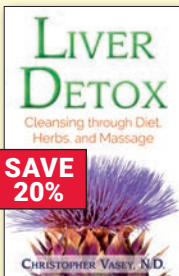
—Heather Dawn Godfrey, author of *Essential Oils for Mindfulness and Meditation*

Presenting 18 safe yet potent antibiotic and antiviral herbs from around the world, Vasey details how to use them and what illnesses each is best suited to treat. He also provides an index of more than 50 common ailments and diseases with the most effective medicinal plants and essential oils to use in each case.

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Liver Detox

Cleansing through Diet, Herbs, and Massage

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In this practical guide to liver health, Christopher Vasey details how to use diet, herbs, massage, and other practices to detoxify, strengthen, and regenerate your liver. He also explains specific foods to avoid and includes simple charts and questionnaires to help you determine to what degree your liver function is compromised.

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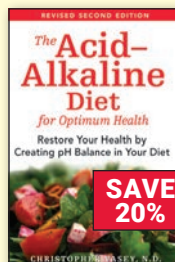
The Acid-Alkaline Diet for Optimum Health

Restore Your Health by Creating pH Balance in Your Diet

Christopher Vasey, N.D.

Naturopath and detoxification expert Vasey shows how a change in diet to restore your acid-alkaline balance can result in vast improvements in health. With two new chapters, this updated and expanded second edition provides the latest information on proper hydration and deacidification and how to design a diet best suited to your health needs.

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Acupressure Self-Care Handbook

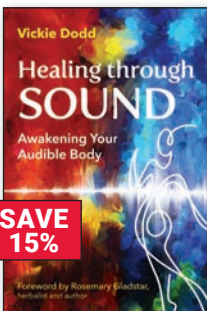
Healing at Your Fingertips

Roger Dalet, M.D.

"Easy to use. . . [with] the combination of diagrams and photos to aid in precisely locating acupoints for treatment. Acupressure Self-Care Handbook sits high on my shelf of essential resources for maintaining and enhancing health." —Mary Bond, author of *Body Mandala* and *The New Rules of Posture*

With the simple touch of your fingertips you can quickly and easily bring comfort and relief from pain and illness. In this illustrated guide, Roger Dalet, M.D., shares step-by-step treatment protocols for more than 150 diseases and disorders, from cold and flu to emotional issues to chronic conditions such as arthritis and thyroid disorders.

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Healing through Sound

Awakening Your Audible Body

Vickie Dodd / Foreword by Rosemary Gladstar

"Healing through Sound encompasses all the important aspects of how our own sounds can be used as a transformational and therapeutic modality. Enjoy this amazing journey into the world of sound healing with Vickie Dodd as your guide. You'll be glad you did. Get this book now! It is a most important addition to anyone's library." —Jonathan and Andi Goldman, sound experts and authors of *The Humming Effect*

In this guide to sound as bodywork, Vickie Dodd shares her system for addressing trauma locked in the physical body with the healing power of sound. She offers practices to help you intuit the sounds required for healing and explains how to use your voice to release emotional conflicts so your body can naturally heal.

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For Pain-Free Movement

Donna Finando, L.Ac., L.M.T.

Donna Finando presents at-home methods for the healing and prevention of musculature injuries. She identifies the causes of and remedies for areas of muscular tightness and restriction and details many self-care techniques. The pain associated with trigger points in each muscle of the body is identified and instructions are provided for palpating, treating, and stretching the muscle in order to release it.

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Quick Help for Common Ailments

Tina Stümpfig

"If you are interested in consciousness and looking for easy methods to relax and to do yourself some good, you should get this book. . . . This book is well structured in a way that builds on each segment. It conveys professional knowledge paired with loving heart energy."

—Lilia Christina Martiny, equine therapist, healer, and geomancer at Liliith Farm in Brittany

Jin Shin Jyutsu is an ancient Japanese healing art akin to an easier form of acupressure. This full-color guide details the 52 energy points of Jin Shin Jyutsu and explains the sequence of points to hold to address specific ailments, conditions, and injuries and stimulate the body's self-healing response.

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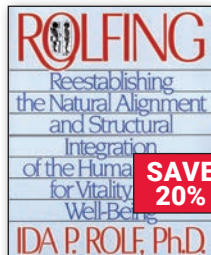
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Reestablishing the Natural Alignment and Structural Integration of the Human Body for Vitality and Well-Being

Ida P. Rolf, Ph.D.

In this new edition of her seminal work, the late Dr. Rolf illustrates her theory and practice of Structural Integration, which brings the body into alignment and balance by manipulation of the connective tissue. This is the original and classic text, an indispensable reference.

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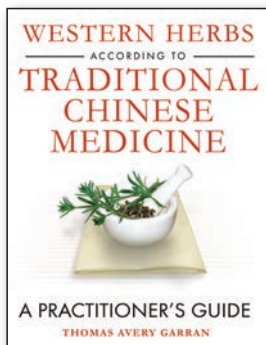
The Definitive Guide to Acupuncture Points

Theory and Practice

Chris Jarmey and Ilaira Bouratinos with Lynn Pearce

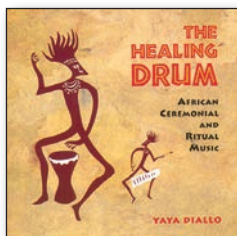
Full-color throughout and abundantly illustrated, this atlas explores in precise detail the acupuncture points of the 12 main channels/meridians, plus the conception and governor vessels. This fourth edition is updated to offer comparisons of Eastern and Western teaching models as well as new theoretical material to help instill intuitive understanding.

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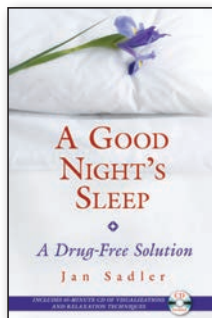
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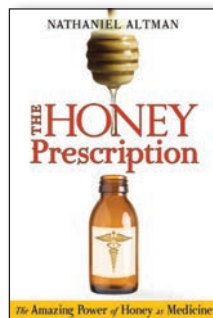
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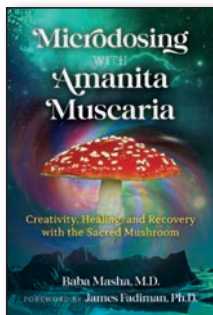
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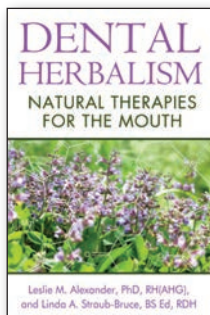
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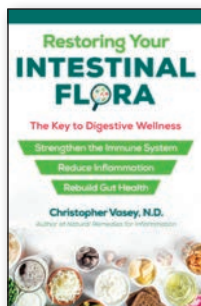
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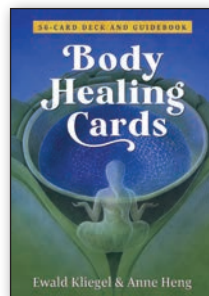
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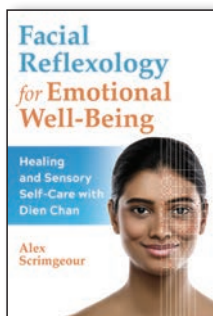
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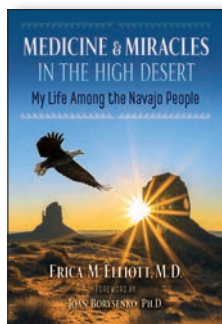
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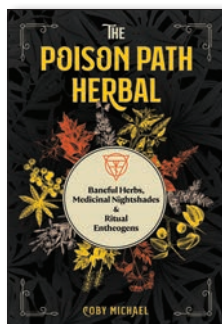
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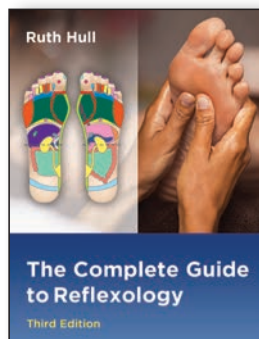
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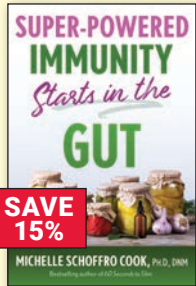
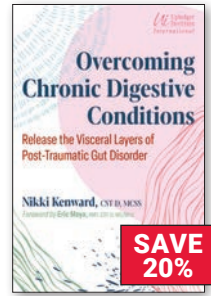
Release the Visceral Layers of Post-Traumatic Gut Disorder

Nikki Kenward, CST-D, MCSS / Foreword by Eric Moya, RMT, CST-D, MS/Mfct

"Nikki's personal story takes us into that lived reality. It helps to bring the anatomy of the gut to life. . . . This book provokes questions and encourages us to look further into this dynamic and fast-evolving area of research and study." —Margaret Anne Gill, MBA, CST-D, MCSS, coauthor of *The Inner Power of Stillness*

As Nikki Kenward explains, past challenges and traumas are held in the enteric nervous system embedded in our digestive system. Exploring in depth what she calls "the Post-Traumatic Gut," she shares a hands-on process of listening to the gut layer by layer to help heal gut issues, renew the microbiome, and release intergenerational trauma.

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Super-Powered Immunity Starts in the Gut

Michelle Schoffro Cook, Ph.D., DNM

"A well-researched and thorough look at healing our gut that details how when our microbial world is off in the gut. . . . This book is a valuable contribution to the burgeoning field of understanding the relationship of the immune system and gut."

—Vir McCoy, author of *Liberating Yourself from Lyme and Healing Therapies for Long Covid*

In this practical guide, Dr. Michelle Schoffro Cook presents a four-week plan to transform your gut health for greater immunity and well-being. She offers methods to assess your gut health, determine if you have a specific problem, and select which healing approach would be best. She also shares powerful natural remedies and explores the latest research.

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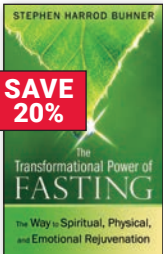
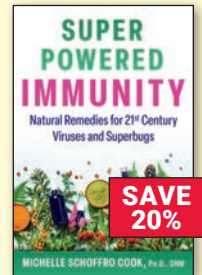
Super-Powered Immunity

Natural Remedies for 21st Century Viruses and Superbugs

Michelle Schoffro Cook, Ph.D., DNM

Viruses and superbugs have become a part of day-to-day living, but that doesn't mean you have to live in fear of catching one. In this easy-to-follow guide, Dr. Michelle Schoffro Cook reveals the most valuable natural remedies against viruses and superbugs and how to harness their powerful healing abilities for supercharged immunity. She explores specific immune-boosting essential oils, herbs, mushrooms, and foods in depth, revealing their multilayered effectiveness in supporting health.

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The Transformational Power of Fasting

The Way to Spiritual, Physical, and Emotional Rejuvenation

Stephen Harrod Buhner

During a fast, the body enters the same cleansing and healing cycle it normally enters during sleep, allowing its systems to purify and be refreshed. This step-by-step guide to fasting offers a means to truly inhabit the body and to activate its deep capabilities for self-healing. It shows that fasting can help or heal many chronic conditions.

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Colloidal Silver

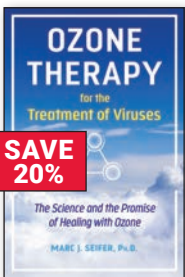
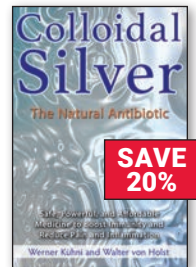
The Natural Antibiotic

Werner Kühni and Walter von Holst

"... the most authoritative and insightful guide to the healing powers of colloidal silver. A must for every household and health care practitioner." —Vatsala Sperling, MS, Ph.D., PDHom, CCH, RSHom (NA)

Colloidal silver was widely used as a natural antibiotic until the mid-20th century when its use was overshadowed by the development of pharmaceutical antibiotics. In this complete guide, the authors detail the correct dosages and applications for specific ailments.

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Ozone Therapy for the Treatment of Viruses

The Science and the Promise of Healing with Ozone

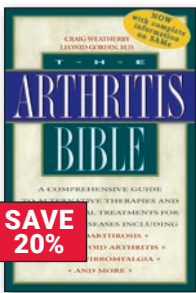
Marc Seifer, Ph.D.

"Highly informative, here is a book that can provide a rational approach to disabling not only COVID-19 but also highly dangerous bacterial infections and emerging viruses as well."

—Mark Hyman, M.D., *New York Times* bestselling author and sr. advisor at the Cleveland Clinic Center for Functional Medicine

One of our immune system's key defenses is ozone, an oxygen molecule (O₃) naturally produced by our antibodies to fight germs, viruses, and other invaders. Revealing ozone therapy's enormous potential to bring health to millions, Marc Seifer, Ph.D., explores its science and history as well as its success in the treatment of viruses.

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A Comprehensive Guide to Alternative Therapies and Conventional Treatments for Arthritic Diseases including Osteoarthritis, Rheumatoid Arthritis, Gout, Fibromyalgia, and More

Craig Weatherby and Leonid Gordin, M.D.

A specialist in functional medicine provides a complete guide to alternative and conventional treatments, including drugs, exercise, diet, vitamins, herbs, nutraceuticals, and homeopathy.

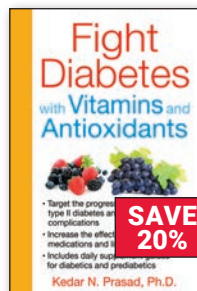
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Kedar N. Prasad, Ph.D.

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Emma Mardlin, Ph.D.

Mardlin offers unique information to break free, emotionally and physically, from diabetes. The book describes ground-breaking resources to improve and stop the condition and tools to develop the mind-set to conquer the daunting baggage of the disease. It is written in a step-by-step format that includes personal experiences.

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The Healing Power of the Sun

A Comprehensive Guide to Sunlight as Medicine

Richard Hobday, Ph.D.

"This is such a potent and timely book, advocating the life-giving, health enhancing benefits of pure, neat sunshine." —Michael Hawkins, counselor, in National Health Service (UK) and private practice

In this new edition of *The Healing Sun*, Hobday draws on historical and recent scientific evidence, and explores the many ways that sunlight affects our minds and bodies.

He shows how the sun acts as a natural disinfectant, killing viruses and bacteria, and examines how sunlight therapy affects the immune system and conditions like osteoporosis, diabetes, and several forms of cancer.

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Healing Therapies for Long Covid

An Integrative and Intuitive Guide to Recovering from Post-Acute Covid

Vir McCoy

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Integrating his intuitive impressions with extensive scientific and medical research, Vir McCoy presents a comprehensive healing guide for a successful recovery from long Covid. He discusses how to deal with symptoms and presents medicines and methods ranging from pharmaceutical, herbal, and homeopathic remedies to breathwork practices, detox therapies, lymph drainage exercises, and shamanic techniques.

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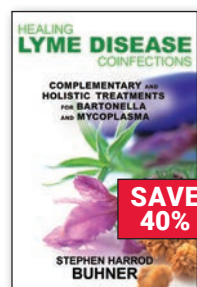
Healing Lyme Disease Coinfections

Complementary and Holistic Treatments for Bartonella and Mycoplasma

Stephen Harrod Buhner

Each year there are nearly 250,000 new Lyme disease infections, only ten percent of which will be accurately diagnosed due to the presence of other tick-borne infections, the most common of which can send the immune system into an uncontrolled response. Stephen Buhner reveals how to treat these coinfections using natural methods centered on herbs and supplements.

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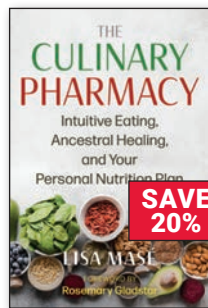
Intuitive Eating, Ancestral Healing, and Your Personal Nutrition Plan

Lisa Masé / Foreword by Rosemary Gladstar

"Food is what heals, and where our food comes from and how it's prepared and savored all matter. Lisa kindly and wisely directs us to the kitchen, to food, and to the wise intelligence of our enteric brain, the gut. And she does so with such deliciousness." —Rosemary Gladstar, author of *Medicinal Herbs*

Exploring the healing power of food, holistic nutritionist Lisa Masé weaves together three ancestral healing philosophies—Ayurveda, traditional Chinese medicine (TCM), and the Mediterranean diet—with modern nutrition science to help you discover your ideal foods for vibrant health. Includes recipes, meal plans, food lists, and stories to illustrate the concepts discussed.

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Restoring Your Eyesight

A Taoist Approach

Doug Marsh / Foreword by Thomas R. Quackenbush

Doug Marsh shows readers how to improve their eyesight by taking conscious control of their vision health. Combining proven methods pioneered a century ago by William Bates with the ancient Chinese wisdom of Taoism, Marsh draws upon their core values—rhythm, softness, return, balance, and wholeness—to provide guidelines for a holistic healing of outer and inner vision.

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Natural Treatments for Hashimoto's, Hypothyroidism, and Hyperthyroidism

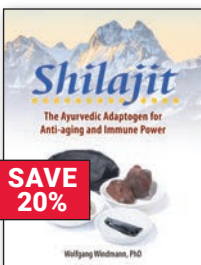
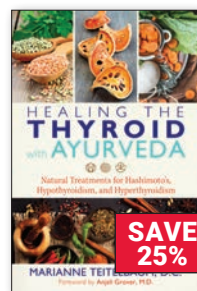
Marianne Teitelbaum, D.C. / Foreword by Anjali Grover, M.D.

"This excellent work beautifully blends ancient Ayurvedic wisdom and modern endocrinology. 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*

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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Shilajit

The Ayurvedic Adaptogen for Anti-aging and Immune Power

Wolfgang Windmann, PhD

Known as the "black gold of the Himalayas," Shilajit, or mumijo, is a traditional Ayurvedic remedy with remarkable healing benefits that are only just beginning to be studied by Western doctors and scientists. In this practical guide, Wolfgang Windmann, Ph.D., explores how to use Shilajit for a strong immune system, enhanced cognitive performance, protection from toxic stress, healing inflammation, and anti-aging benefits. He also presents a scientific analysis of the many cell-protecting, antioxidant, and vitalizing compounds found in Shilajit.

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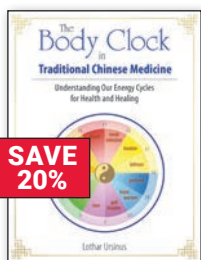
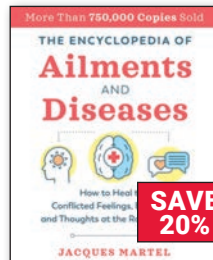
The Encyclopedia of Ailments and Diseases

How to Heal the Conflicted Feelings, Emotions, and Thoughts at the Root of Illness

Jacques Martel

In this reference and healing tool, Jacques Martel explains how to uncover the conflicted conscious or unconscious feelings, thoughts, and emotions at the root of many illnesses and conditions. He offers healing prompts and affirmations to effect change for nearly 900 different ailments and diseases.

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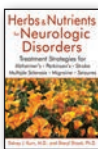
The Body Clock in Traditional Chinese Medicine

Understanding Our Energy Cycles for Health and Healing

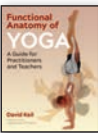
Lothar Ursinus

Our organs have energetic cycles throughout the day, with specific organs becoming dominant at specific hours. In this guide to the body clock in Traditional Chinese Medicine, the author explains how to recognize the body's signals of imbalance and find their sources to achieve healing on the physical and energetic levels. He shows how the 12 major organs are connected and how to support the body's natural rhythms with plant medicine, homeopathy, behavior, and simple daily practices.

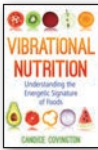
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Herbs and Nutrients for Neurologic Disorders: Treatment Strategies for Alzheimer's, Parkinson's, Stroke, Multiple Sclerosis, Migraine, and Seizures by Sidney J. Kurn, M.D. and Sheryl Shook, Ph.D. A guide to herbal and holistic medicine for brain health and neurologic disorders. 978-1-62055-553-8 • 256 pages, 6 x 9 hardcover e-book/ • \$29.95 **\$23.96**



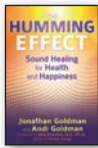
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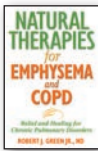
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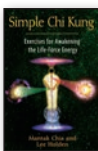
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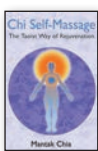
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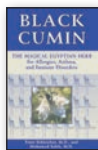
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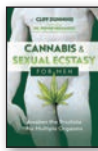
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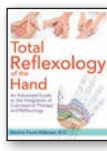
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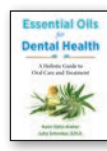
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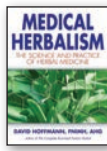
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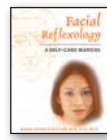
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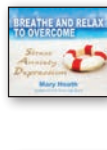
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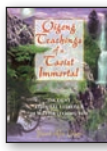
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Qigong Teachings of a Taoist Immortal: The Eight Essential Exercises of Master Li Ching-yun by Stuart Alve Olson. The first English translation of Master Li Ching-yun's teachings on the Eight Brocades, the central practice of qigong. 978-0-89281-945-4 • 192 pages, 8 x 10 pb 85 b&w illustrations • e-book/ • \$24.99 **\$19.99**

Body Mandala

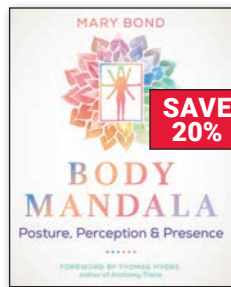
Posture, Perception, and Presence

Mary Bond / Foreword by Thomas Myers

"This is an absolute delight to read. . . . Every page is an invitation to increase our loving attention toward the way we move in everyday life. . . . It's hard to see anybody who would not profit tremendously from that investment." —Robert Schleip, Ph.D., Director of the Fascia Research Group, Germany

Exploring the profound connections between physical structure and perception, Mary Bond teaches you to unlock your body's inner wisdom through a journey of embodiment that will improve your posture in the process. Includes more than 50 physical self-explorations that invite you to transform your sensory experience, expand your awareness, and practice embodied presence.

978-1-64411-882-5 • \$24.99 \$19.99 pb • 288 pages, 8 x 10 • 78 b&w illustrations • e-book available



Healing Sounds

The Power of Harmonics

Jonathan Goldman

"Healing Sounds is a timeless and powerful classic! This 30th anniversary edition is a must-have for anyone interested in the therapeutic and transformational nature of vibration."

—Gregg Braden, author of *The Divine Matrix*

In this 30th anniversary edition of *Healing Sounds*, master teacher Jonathan Goldman shares many easy-to-follow sound healing exercises and explains in detail how to perform vocal harmonics—a form of overtone chanting. The new edition includes more than 100 minutes of exclusive audio downloads featuring recordings of sound healing exercises and guided meditations.

978-1-64411-582-4 • \$19.99 \$15.99 pb • 240 pages, 6 x 9 • 10 b&w illustrations • e-book and audiobook available

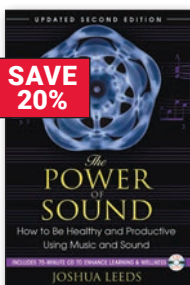
Spine Vibrations (CD)

Healing Music for the Spine, Muscles, Organs and Subtle Body

Karen Grace

With this CD, the 12 spine vibrations of color and sound are fed back to the body via the brain to re-mind the body of its original healthy frequency. By troubleshooting the problematic part of the spine a person can heal a specific area of the body as well as improve a certain emotion.

978-1-84409-723-4 • \$16.99 \$13.59 CD



The Power of Sound (w/CD)

How to Be Healthy and Productive Using Music and Sound

Joshua Leeds

We are surrounded by sound, and what we hear can either energize or deplete our nervous system. Joshua Leeds shows how sound can be a powerful ally. It includes a CD of psychoacoustically designed classical music for a direct experience of the effect of simplified sound.

978-1-59477-350-1 • \$19.95 \$15.96 pb • 320 pages, 6 x 9 • Includes a 75-minute CD



Shamanic Reiki Drumming

Intuitive Healing with Sound and Vibration

Fay Johnstone / Foreword by Carol Day

"Another beautifully written book by Fay Johnstone, full of insightful practices that bring reiki, drumming, and shamanism together. . . . I am looking forward to working with many of these wonderful practices and sharing them with others." —Lorna McLean, reiki master teacher and holistic practitioner

Reiki master and shamanic teacher Fay Johnstone explores in detail the practices and benefits of shamanic drum journeying in the context of Reiki healing. She shares Reiki drum techniques and step-by-step shamanic practices to strengthen the potency of Reiki symbols and treatments and bring empowerment, healing, connection, and clarity to you and your clients.

978-1-64411-884-9 • \$19.99 \$15.99 pb • 208 pages, 6 x 9 • 10 b&w illustrations • e-book available



Lingam Massage

Awakening Male Sexual Energy

Michaela Riedl and Jürgen Becker

Lingam massage draws on tantric and taoist practices for conserving and cultivating sexual energy. It provides the deep relaxation that supports sustained erection, deeper orgasm, and energizes the perineum and prostate gland. This tantric massage practice for awakening and honoring male creative energy allows a man conscious, loving contact with his own masculinity.

978-1-59477-314-3 • \$18.99 \$15.19 pb • 224 pages, 6 x 9 • 135 b&w illustrations • e-book available



Tantric Sex for Lovers

New

Diana Richardson and Michael Richardson

In this boxed set, tantric sex teachers Diana and Michael Richardson present practices to help couples enrich their sex life with the spiritual, healing power of sex. Exploring Tantra from both female and male perspectives, they look at how couples can use their love-making to strengthen their relationship as well as offering techniques to awaken the body's innate mechanism for ecstasy. Includes three books: *Tantric Orgasm for Women*, *Tantric Sex for Men*, and *Slow Sex*.

978-1-64411-956-3 • \$50.00 **\$42.50** Three paperback volumes in slipcase • 576 pages, 6 x 9
68 b&w illustrations • e-book available

Freeing Sexuality

Psychologists, Consent Teachers, Polyamory Experts, and Sex Workers Speak Out

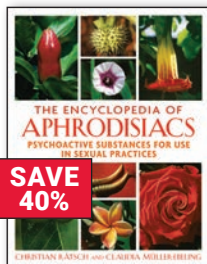
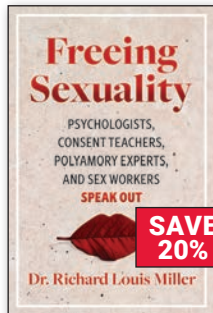
Dr. Richard Louis Miller

"Thank you, Dr. Miller, for calling out the cultural hypocrisy that creates mass psychological abuse. . . . Those who delve into the pages of *Freeing Sexuality* will be blessed with their revolutionary insights into sexual terrain unfettered by shame."

—Veronica Monet, author of *Sex Secrets of Escort* and founder of the Shame Free Zone

Examining sexual customs, practices, and identities from a wide variety of perspectives, Dr. Richard Louis Miller shares his fascinating interviews with 20 experts including clinical psychologist Lonnie Barbach, sex therapist Stella Resnick, and Norma Jean Almadovar, former LA policewoman and current president of the prostitutes' union COYOTE.

978-1-64411-541-1 • \$24.99 **\$19.99** pb • 416 pages, 6 x 9 • e-book and audiobook available



The Encyclopedia of Aphrodisiacs

Psychoactive Substances for Use in Sexual Practices

Christian Rätsch and Claudia Müller-Ebeling

This stunning encyclopedia examines the botany, pharmacology, history, preparation, dosage, and practical use of more than 400 erotically stimulating substances from antiquity to the present day. Richly illustrated with more than 800 color photographs.

978-1-59477-169-9 • \$125.00 **\$75.00** hardcover • 736 pages, 8.5 x 11 • Full-color throughout • e-book available

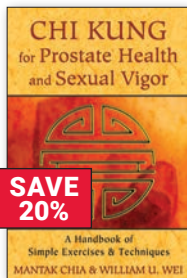
Sexual Secrets: Twentieth Anniversary Edition

The Alchemy of Ecstasy

Nik Douglas and Penny Slinger

Sexual Secrets is the definitive guide to sex and mysticism, revealing the wisdom of the sages of India, Nepal, Tibet, China, and Japan, whose teachings on sexuality unveil how physical love can be the pathway to spiritual liberation. Containing 600 illustrations and with more than one million copies sold in more than 19 languages, *Sexual Secrets* unlocks for everyone the experience of ecstasy once sealed in the ancient texts and art of the East.

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Chi Kung for Prostate Health and Sexual Vigor

A Handbook of Simple Exercises and Techniques

Mantak Chia and William U. Wei

Discover how to use the energetic and physical practice of Chi Kung to not only maintain a flourishing sex life well into old age but also reduce prostate enlargement and prevent prostate gland cancer. They present a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements.

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The Complete Illustrated Kama Sutra

Edited by Lance Dane

This complete and illustrated version of the *Kama Sutra* augments the text with 269 full-color illustrations and great works of art including palm leaf manuscripts, sculptures, ancient toys, jewelry, architecture, paintings, and scrolls. Gathered from museums and private collections around the world, these rare images clearly illustrate all 64 sexual positions and the erotic instructions set forth in the *Kama Sutra*, the most famous work on sex ever created.

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Self-Healing with Chinese Medicine

A Home Guide to Treating Common Ailments

Clive Witham, L.Ac., M.Sc.

In this easy-to-follow guide, acupuncturist Clive Witham details what we can do to restore ourselves back to health according to Chinese medicine. With clear illustrations and step-by-step instructions, he explains how to recognize and understand patterns of illness through their ecological connections and shares self-care treatments for a number of common health disorders. New edition of *The Book of Oriental Medicine*. 978-1-64411-705-7 • \$34.99 \$27.99 pb • 292 pages, 8 x 10 • 4-page color insert and 152 b&w illustrations e-book available



Runes for the Green Witch

An Herbal Grimoire

Nicolette Miele

"Runes for the Green Witch is a master class in correspondences, providing a unique and holistic approach to the intersection of runic mysteries and herbalism. . . . From the introduction to the runic formula of oils, teas, spell bottles, and more, you'll fall in love with the system presented in this book."

—Nicholas Pearson, author of *Flower Essences from the Witch's Garden* and *Stones of the Goddess*

In this innovative grimoire, herbalist witch Nicolette Miele examines the herb and plant connections of each of the 24 runes of the Elder Futhark as well as correspondences with deities, astrology, tarot, and crystals. She also explores how runes and plants may be combined within spells and ritual for manifesting, protecting, healing, banishing, and more.

978-1-64411-866-5 • \$22.99 \$19.54 pb • 288 pages, 6 x 9 • 27 b&w illustrations • e-book and audiobook available

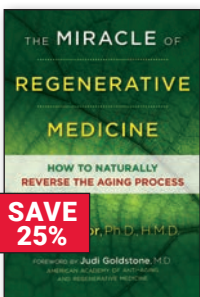
Garlic

Nature's Original Remedy

Stephen Fulder, Ph.D., and John Blackwood

Garlic has been renowned for centuries as a healing food. Now current research is showing garlic to be an effective preventive against cardiovascular disease, cancer, and bacterial and fungal infections. Here is the complete guide to this remarkable natural medicine, explaining how garlic works and how to get the most benefit from it.

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The Miracle of Regenerative Medicine

How to Naturally Reverse the Aging Process

Elisa Lottor, Ph.D., HMD / Foreword by Judi Goldstone, M.D.

"From bioidentical hormones and energy medicine to hyperbaric oxygen and stem cells, Dr. Lottor covers a breadth of regenerative therapies that everyone should know about but probably won't hear about from their doctors. I highly recommend this enlightening and entertaining book."

—Julian Whitaker, M.D., founder of Whitaker Wellness Institute and author of *Health & Healing* newsletter

Elisa Lottor explains how to activate the body's self-healing abilities, prevent illness before it starts, and reverse the aging process to live longer, healthier, and happier. She reviews cutting-edge research on stem cell therapies and offers hands-on ways to reduce inflammation, detox, restore your microbiome, and utilize many regenerative therapies.

978-1-62055-603-0 • \$18.95 \$14.21 pb • 320 pages, 6 x 9 • e-book available

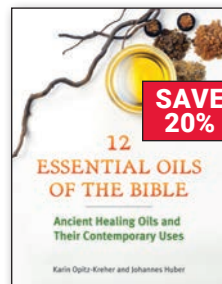
Twelve Essential Oils of the Bible

Ancient Healing Oils and Their Contemporary Uses

Karin Opitz-Kreher and Johannes Huber

In the Bible at least 33 different essential oils are specifically mentioned, and aromatic herbs, resins, and incense are referred to more than 1,000 times. Distilling the most significant of this healing wisdom, Karin Opitz-Kreher and Johannes Huber examine the ancient uses of essential oils, both in ritual and for health, and present an in-depth look at the 12 most important oils mentioned in the Bible, including how to use them for healing and well-being today.

978-1-64411-765-1 • \$14.99 \$11.99 pb • 96 pages, 5.75 x 7.5 • Full-color throughout • e-book available



Alzheimer's, Aromatherapy, and the Sense of Smell

Essential Oils to Prevent Cognitive Loss and Restore Memory

Jean-Pierre Willem, M.D.

Sharing the striking results seen in France where aromatherapy has been used as a therapy for Alzheimer's for more than 10 years, Jean-Pierre Willem, M.D., details how to use essential oils to stimulate memory, prevent cognitive loss, and counter the isolation, withdrawal, and depression these patients are likely to feel.

978-1-64411-443-8 • \$24.99 \$19.99 pb • 256 pages, 6 x 9 • e-book available



The Sacred Herbs of Yule and Christmas

Remedies, Recipes, Magic, and Brews for the Winter Season

Ellen Evert Hopman / Foreword by Lucyia Starza

"A festive hamper brimming over with magical and medicinal herbs found and used at Yule. A comprehensive guide to working magic and connecting with the energy of the season. Highly recommended." —Rachel Patterson, author of *A Witch for Every Season*

Presenting ways to honor and celebrate the darkest days of the year, Ellen Hopman shares lore, recipes, rituals, and crafts to enliven your Yuletide observance. She explores the origins of the Christmas tree and Santa Claus, how to perform Winter Solstice divinations, and looks in depth at the many herbs associated with the season.

978-1-64411-780-4 • \$29.99 **\$20.99** pb • 344 pages, 6 x 9 • Three 8-page color inserts • e-book available

The Lost Pillars of Enoch

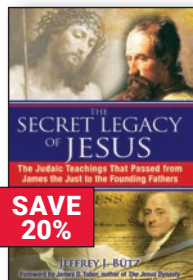
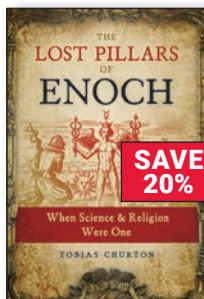
When Science and Religion Were One

Tobias Churton

"Highly informative, eye-opening, and uplifting, this book takes you on a provocative journey to discover the roots of human knowledge and fills you with hope that we may one day regain our lost ancient heritage." —Joanna Gillian, chief editor of *Ancient Origins*

At the dawn of human civilization there existed a unified scientific and spiritual understanding of the universe. Tobias Churton traces the fragments of this sacred knowledge as it descended through the ages into initiated circles, showing how the lost pillars stand as a twenty-first century symbol for regaining our heritage.

978-1-64411-043-0 • \$24.99 **\$19.99** pb • 336 pages, 6 x 9 • 77 b&w illustrations
e-book and audiobook available



The Secret Legacy of Jesus

The Judaic Teachings That Passed from James the Just to the Founding Fathers

Jeffrey J. Bütz / Foreword by James D. Tabor, Ph.D.

"Bütz . . . is eminently readable and accessible to nonscholars while being thorough in [his] research. [He] challenges readers to rethink the nature of both orthodoxy and heresy." —Publishers Weekly

The true teachings of Jesus are thought to have been expunged by the Church of Paul. But an underground stream of Christ's original teachings survived, surfacing eventually in America where the Founding Fathers used these principles to establish a "New Jerusalem."

978-1-59477-307-5 • \$19.95 **\$15.96** pb • 400 pages, 6 x 9 • 43 b&w illustrations • e-book available

Alien World Order

The Reptilian Plan to Divide and Conquer the Human Race

Len Kasten

Author of the bestselling book *The Secret Journey to Planet Serpo*, Kasten shows how Eisenhower's treaty with the Grey Aliens, signed in 1954, gave reptilian aliens the authority to abduct humans for "research." Contrasting the Reptilians with benevolent aliens who crashed at Roswell, Kasten exposes the stealthy tactics of the Reptilians, their relationship with the Greys, and what we need to do to defeat their plans.

978-1-59143-239-5 • \$18.00 **\$14.40** pb • 336 pages, 6 x 9 • 16-page color insert and 59 b&w illustrations
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The Alchemical Search for the Unified Field

Pythagorean, Hermetic, and Shamanic Journeys into Invisible and Ethereal Realms

R. E. Kretz

Inspired by alchemists of the past, R. E. Kretz explores the alchemical mechanics of the Philosophers' Stone and the Pythagorean transmigration of the soul. He explains how the Philosophers' Stone relates to the Third Eye and how to balance its energies to attain enlightenment through meditation and the synchronizing vibration of vocal mantras.

978-1-64411-782-8 • \$24.99 **\$19.99** pb • 192 pages, 6 x 9 • Full-color throughout • e-book available

Pagan Christmas

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

Christian Rättsch 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.

978-1-59477-092-0 • \$29.95 **\$17.97** pb • 224 pages, 8 x 10 • 156 color and 40 b&w illustrations
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Secret Journey to Planet Serpo

A True Story of Interplanetary Travel

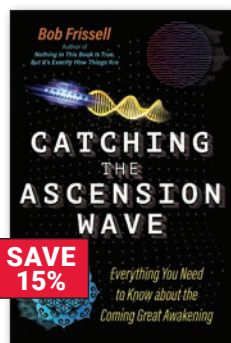
Len Kasten

"Kasten has cast the bright light of scholarship on a subject that will change our world. The shocking truth is we are not alone and have never been alone."

—Robert O. Dean, Command Sgt. Major, U.S. Army, retired

In July 1965, an alien spacecraft from the Zeta Reticuli star system landed in Nevada and welcomed aboard twelve military personnel for a 10-month journey to their home planet, Serpo. In 2005, members of the Defense Intelligence Agency revealed the operation, including details from the 3,000-page debriefing of the seven team members who returned.

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Catching the Ascension Wave

Everything You Need to Know about the Coming Great Awakening

Bob Frissell

"A head-spinning journey through secret space programs, the Deep State, and the Vatican; the Depopulation Agenda, ETs, the New World Order, free energy, and solar flares; the Bible, ancient yogis, ascended masters, COVID-19, cryptocurrencies, and near-death experiences!"

—Dan Brulé, author of *Just Breathe* and founder of Breath Mastery

There is a wave of higher dimensional energy raising the vibratory rate of our planet and everyone on it. Detailing the forces working to advance our conscious evolution as well as those seeking to block it, Bob Frissell shares exercises, tools, and techniques to transmute energetic obstacles and help you participate in the Great Awakening.

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The Luminous Landscape of the Afterlife

Jordan's Message to the Living on What to Expect after Death

Matthew McKay, Ph.D.

"A thought-provoking and expansive book about the afterlife that will challenge you, offer comfort, and reconnect you with who and what you are and why you're here."

—John P. Forsyth, Ph.D., coauthor of *The Mindfulness and Acceptance Workbook for Anxiety and Anxiety Happens*

There is no better source of information on death and the afterlife than someone who has died and lives in spirit. Channeling his late son, Jordan, psychologist Matthew McKay offers a post-death guide for the living, revealing in vivid detail what to expect when we die and how to prepare for the wonders of the afterlife.

978-1-64411-284-7 • \$14.99 **\$12.74** pb • 144 pages, 6 x 9 • e-book and audiobook available



Undreaming Wetiko

Breaking the Spell of the Nightmare Mind-Virus

Paul Levy

"Provides a fascinating exploration of how to find the light that is hidden within the dark side of our human experience. Paul Levy offers one of the finest riffs on understanding the complexity of which we are composed and how to understand and work with it, thus lending new meaning and strategy to the evolutionary agenda."

—Jean Houston, Ph.D., author of *The Possible Human*

The profound and radical Native American idea of "wetiko," a virus of the mind, underlies the collective insanity and evil that is destructively playing out around the world. Yet, as Paul Levy reveals in depth, encoded within wetiko itself lies the very medicine needed to combat the mind-virus and heal both ourselves and our world.

978-1-64411-566-4 • \$24.99 **\$21.24** pb • 416 pages, 6 x 9 • e-book and audiobook available

7 Reasons to Believe in the Afterlife

A Doctor Reviews the Case for Consciousness after Death

Jean Jacques Charbonier, M.D.

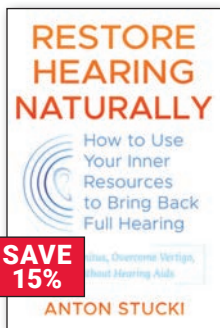
"Charbonier's book should be compulsory reading for every poor skeptic who still believes that he disappears when his brain stops."

—Ervin Laszlo, author of *The Immortal Mind*

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 is simply a transition, and understanding this can enable us to live more fully and peacefully in the now.

978-1-62055-380-0 • \$14.95 **\$12.71** pb • 160 pages, 6 x 9 • e-book and audiobook available





Restore Hearing Naturally

How to Use Your Inner Resources to Bring Back Full Hearing

Anton Stucki

"Anton Stucki provides practical exercises and tools that will enable you to retrain your ears to hear better and listen with joy to what is meaningful in your life."

—Vatsala Sperling, M.S., Ph.D., PDHom, CCH, RSHom, author of *The Ayurvedic Reset Diet*

In this guide, Anton Stucki provides detailed instructions for 20 simple, practical exercises to improve your hearing through enhanced perception with all five senses. He also explains the mind-body connection between hearing loss and emotional stress and trauma and the positive effect restored hearing has for patients with dementia and Alzheimer's.

978-1-62055-893-5 • \$29.99 **\$25.49** pb • 288 pages, 6 x 9 • Full-color throughout • e-book available

The Madonna Secret

Sophie Strand

"Sensual, earthy, and mystical, Sophie Strand's novel The Madonna Secret views Jesus via the woman who loved him. Refreshing in its perspective and stunning in its breaks with church-censored, patriarchal characterizations of Jesus and his mission, the story is told from the viewpoint of Mary Magdalene, whom, herein, Jesus loves and weds."

—Kristine Morris, *Foreword Reviews*

In this passionate retelling of the story of Mary Magdalene and Jesus, Sophie Strand rewrites the Gospels with the forgotten voices of defiant and oppressed women, the nature-based storytelling of oral communities, and the embodied eroticism of a lovable rabbi with appetites and desires, doubts and shame, and a playful sense of humor.

978-1-59143-467-2 • \$25.00 **\$21.25** pb • 608 pages, 6 x 9 • e-book and audiobook available



Activate Your Super-Human Potential

The Ultimate 5D Toolkit

Jerry Sargeant

"Offering one of the most powerful healing systems on the planet, Jerry is the real deal, a true and gifted healer and an amazing teacher. I have used Jerry's tools in my medical practice and the results are fast, lasting, and truly breathtaking."

—Shawn K. Centers, M.D.H, D.O., FACOP, chief medical officer at Children's Hope Center, Arizona

In this practical workbook, Jerry Sargeant explores how to prepare the mind and body for 5D. He shares a Star Magic Qi Gong sequence to recalibrate the body and self-heal as well as exercises to create a unified Heart Field, manifest with the Merkaba, protect yourself from psychic attacks, and reprogram yourself for abundance.

978-1-64411-529-9 • \$29.99 **\$25.49** pb • 312 pages, 8 x 10 • 8-page color insert and 105 b&w illustrations • e-book available

Death Nesting

The Heart-Centered Practices of a Death Doula

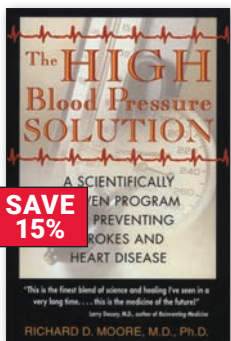
Anne-Marie Keppel / Foreword by Karen Wyatt, M.D.

"Death Nesting is a compassionate manual on approaching death consciously—both our own death and the deaths of those we love. . . . Filled with love and spirit this is a book I will be recommending to my clients whether they are facing death or grieving the loss of a loved one."

—Salicrow, psychic medium and author of *Spirit Speaker*

Death doula educator Anne-Marie Keppel shows how anyone can mindfully care for the dying, whether at home, in hospice, or in the ICU. She presents practices for emotional soothing and anxiety relief, techniques to physically care for the dying, and ceremony and energetic boundary guidelines for nourishing and healing on a spirit level.

978-1-59143-482-5 • \$18.00 **\$15.30** pb • 192 pages, 6 x 9 • e-book and audiobook 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 sodium/potassium mixture, resulting in a 60% decline in deaths from strokes and heart attacks.

978-0-89281-975-1 • \$18.99 **\$16.14** pb • 400 pages, 6 x 9 • 20 b&w illustrations • e-book available

Angel Abundance

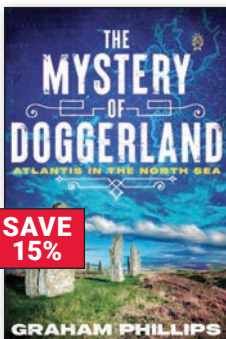
Revelations on True Wealth from the 12 Archangels

Belinda J. Womack

"In this practical guide, channeled at the pure frequency of love, the Angels show us the way to free ourselves, and the collective, from lack and suffering. It begins with connecting with Source through the feminine. . . . Bravo, Belinda and the Angels." —Regina Meredith, host of *Open Minds* on Gaia TV

You are personally invited by the 12 Archangels to receive all that you desire from Source, especially the true happiness that often seems out of reach. Your Soul has the clear guidance and tools to help you move from lack to abundance and attract wealth and healing and the Archangels will show you how.

978-1-59143-498-6 • \$18.00 **\$15.30** pb • 272 pages, 6 x 9 • e-book and audiobook available



The Mystery of Doggerland

Atlantis in the North Sea

Graham Phillips

"Phillips's thorough investigations of this fascinating topic reveal not only a prehistoric lost world that is today rewriting history but also the genesis point of the stone circle culture whose greatest achievement was Stonehenge. An important addition to the bookshelf of anyone into the mysteries of the megaliths."

—Andrew Collins, author of *The First Female Pharaoh* and *Göbekli Tepe* and coauthor of *Denisovan Origins*

Exploring the latest archaeological findings and recent scientific analysis of Doggerland's underwater remains in the North Sea, Graham Phillips shows that this ancient culture had sophisticated technology and advanced medical knowledge. He also reveals how the survivors of the destruction of Doggerland sailed to the British Isles and established the megalithic culture that built Stonehenge.

978-1-59143-423-8 • \$20.00 **\$17.00** pb • 224 pages, 6 x 9 • 16-page color insert and 24 b&w illustrations e-book and audiobook available

Light Messages from the Pleiades

A New Matrix of Galactic Order

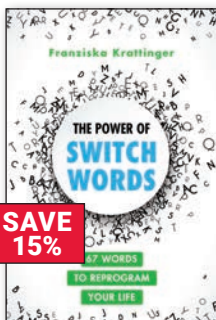
Pavlina Klemm

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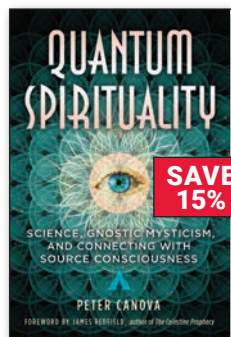
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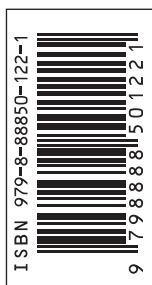


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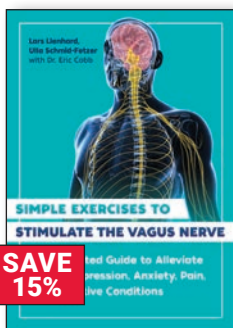


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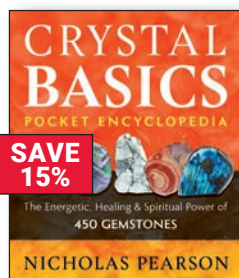
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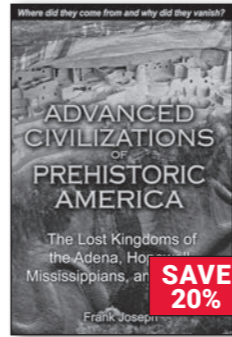
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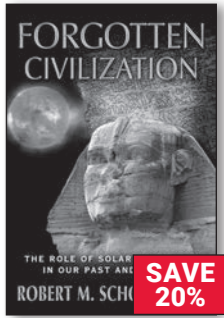
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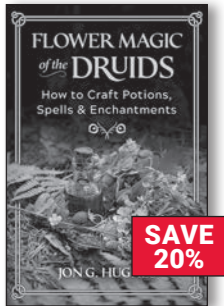
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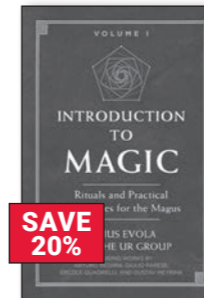
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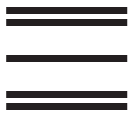
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