



2025 BACKLIST RIGHTS GUIDE

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In 2007 Penguin Random House began distributing NAB books, giving authors access to PRH's worldwide fulfillment and sales services. North Atlantic Books remains an independent nonprofit entity, with its own acquisitions, editorial, production, publicity, and marketing staff handling all books from the Berkeley office, where excellent author-publisher relationships are the highest priority.

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NEWSLETTER



ABBREVIATIONS

OSD: On sale date

PP: Pages

LTD: Life to date sales

BW: Black and white

Date Format: MM/DD/YY

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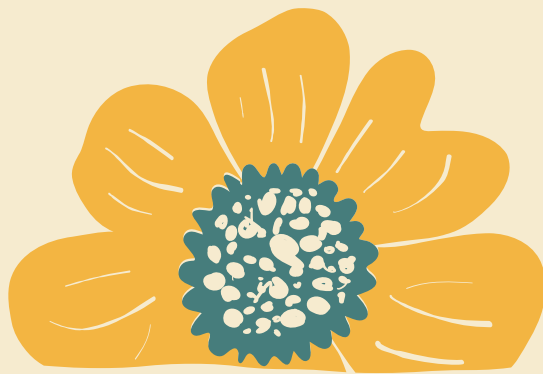
ANATOMY & FITNESS

Bodywork & Movement Therapy

Human Anatomy & Physiology

Sports & Recreation

Yoga



BODYWORK & MOVEMENT THERAPY

Applied Anatomy of Aerial Arts

An Illustrated Guide to Strength, Flexibility, Training, and Injury Prevention
Emily Scherb, D.P.T.

9781623172169 | OSD 08/28/18 | 208 PP | 100
COLOR IMAGES | LTD 13,180

Applied Kinesiology, Revised Edition

A Training Manual and Reference Book of Basic Principles and Practices

Robert Frost, Ph.D.

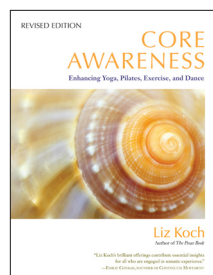
9781583946121 | OSD 08/20/13 | 344 PP | 320 BW
IMAGES | LTD 9,690

The Bodymind Ballwork Method

A Self-Directed Practice to Help You Move with Ease, Release Tension, and Relieve Chronic Pain

Ellen Saltonstall

9781623172909 | OSD 10/09/18 | 184 PP | 97 BW
IMAGES | LTD 1,563



Core Awareness, Revised Edition

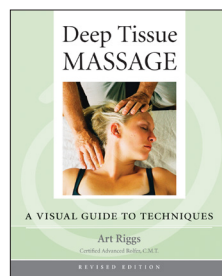
Enhancing Yoga, Pilates, Exercise, and Dance

Liz Koch

9781583945018 | OSD
09/25/12 | 240 PP | 247
BW IMAGES | LTD 12,611

Core Awareness is a

body-based method that utilizes attention to inner sensation as the key to increasing strength, gaining flexibility, preventing injury, and improving resilience. The book's simple movement and awareness explorations are designed to deepen one's relationship to core structures, including the iliopsoas muscle, pelvis, and bones. This revised edition includes updated information, 247 new photos, and 25 new Core Awareness explorations—with 64 in total.



Deep Tissue Massage, Revised Edition

A Visual Guide to Techniques
Art Riggs & Foreword
by Thomas W. Myers

9781556436505 | OSD
06/05/07 | 304 PP | BW
IMAGES | LTD 44,543

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

Dynamic Bodyuse for Effective, Strain-Free Massage

Darien Pritchard

9781556436550 | OSD 10/02/07 | 640 PP | BW
IMAGES | LTD 1,180

Embodied Being

The Philosophical Roots of Manual Therapy

Jeffrey Maitland

9781623170264 | OSD 02/09/16 | 176 PP | 2 BW
IMAGES | LTD 753

The Encyclopedia of Ayurvedic Massage

Dr. John Douillard, DC, CAP

9781556434938 | OSD 08/27/04 | 320 PP | BW
IMAGES | LTD 6,793

Engaging the Movement of Life

Exploring Health and Embodiment Through Osteopathy and Continuum

Bonnie Gintis

9781556436079 | OSD 06/19/07 | 272 PP | BW
IMAGES | LTD 5,950

Fascial Release for Structural Balance, Revised Edition

Putting the Theory of Anatomy Trains into Practice

Thomas Myers and James Earls

9781623171001 | OSD 05/23/17 | 280 PP | COLOR
IMAGES | LTD 10,769

Functional Anatomy of the Pilates Core

An Illustrated Guide to a Safe and Effective Core Training Program

Evan Osar and Marylee Bussard

9781583949993 | OSD 01/05/16 | 176 PP | 110
COLOR IMAGES | LTD 1,927

Healing Massage

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

Maureen Abson

9781623170592 | OSD 08/09/16 | 264 PP | 35 COLOR
IMAGES | LTD 1,489

Healing through Trigger Point Therapy

A Guide to Fibromyalgia, Myofascial Pain and Dysfunction

Devin J. Starlanyl and John Sharkey

9781583946091 | OSD 08/27/13 | 416 PP | 321
COLOR IMAGES | LTD 4,611

How Life Moves

Explorations in Meaning and Body Awareness
Caryn McHose, Kevin Frank & Foreword by
Hubert Godard

9781556436185 | OSD 05/25/06 | 168 PP | BW
IMAGES | LTD 4,752

Integrative Manual Therapy for Biomechanics

Application of Muscle Energy and "Beyond" Technique

Sharon Giammatteo & Edited by Thomas
Giammatteo

9781556434358 | OSD 08/18/03 | 368 PP | BW
IMAGES | LTD 2,228

Integrative Manual Therapy for the Autonomic Nervous System and Related Disorder

Sharon Giammatteo, Thomas Giammatteo

9781556432729 | OSD 12/04/98 | 168 PP | BW
IMAGES | LTD 2,574

Integrative Manual Therapy for the Connective Tissue System

Using Myofascial Release: The 3-Planar Fascial Fulcrum Approach

Sharon Giammatteo, Jay Kain & Edited by
Thomas Giammatteo

9781556434693 | OSD 11/10/05 | 224 PP | BW
IMAGES | LTD 2,592

Integrative Manual Therapy for the Upper and Lower Extremities

Sharon Giammatteo & Edited by Thomas
Giammatteo

9781556432606 | OSD 12/04/98 | 192 PP | BW
IMAGES | LTD 2,100

Living Pain Free

Healing Chronic Pain with Myofascial Release
Amanda Oswald

9781623172077 | OSD 02/06/18 | 240 PP | 25 BW
IMAGES, 130 COLOR IMAGES | LTD 2,830

Long Lever Techniques

An Illustrated Guide for Practitioners to Treat Neuro-Musculoskeletal Pain

Bobby Nourani

9781623176785 | OSD 03/08/22 | 144 PP | 66 COLOR
IMAGES, 3 BW IMAGES | LTD 326

Mechanical Link

Fundamental Principles, Theory, and Practice Following an Osteopathic Approach

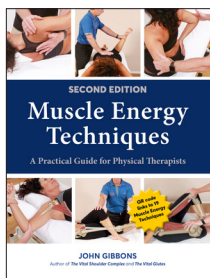
Paul Chauffour, Eric Prat & Translated by
Monique Bureau

9781556434273 | OSD 12/20/02 | 208 PP | BW
IMAGES | LTD 2,563

Moving Stretch

Work Your Fascia to Free Your Body
Suzanne Wyld

9781623171759 | OSD 10/17/17 | 224 PP | 300
COLOR IMAGES | LTD 3,261



Muscle Energy Techniques, Second Edition
A Practical Guide for Physical Therapists
 John Gibbons
 9781623177874 | OSD 06/21/22 | 192 PP | 300 COLOR IMAGES | LTD 1,055

This practical guide—packed

with full-color photographs and illustrations—fully explains the theory and practice of a range of muscle energy techniques. In part I, John Gibbons examines the theory and principles behind muscle energy techniques, with chapters that explain the technique, muscle imbalances, myofascial slings, and core muscle relationships. Parts II to IV break down the technique by body area and a concluding part V shows two applications of muscle energy techniques: self-lengthening techniques for the shoulder complex and muscle weakness testing of the gluteals.

Myofascial Release Therapy

A Visual Guide to Clinical Applications

Michael J. Shea, Ph.D. and Holly Pinto

9781583948453 | OSD 11/18/14 | 384 PP | 118 BW IMAGES | LTD 1,714

Neurodynamics

The Art of Mindfulness in Action

Theodore Dimon, Jr.

9781583949795 | OSD 11/03/15 | 312 PP | 84 BW IMAGES | LTD 2,379

Ortho-Bionomy

A Practical Manual

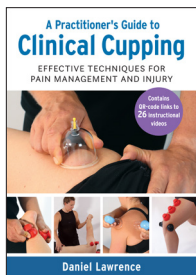
Kathy L. Kain with Jim Berns

9781556432507 | OSD 06/30/97 | 200 PP | BW IMAGES | LTD 12,698

Pain Relief with Trigger Point Self-Help

Valerie DeLaune

9781583944004 | OSD 10/04/11 | 336 PP | 420 COLOR IMAGES | LTD 1,455



A Practitioner's Guide to Clinical Cupping
Effective Techniques for Pain Management and Injury

Daniel Lawrence

9781623178390 | OSD 02/14/23 | 128 PP | 491 COLOR IMAGES | LTD 491
 Physiotherapist Daniel

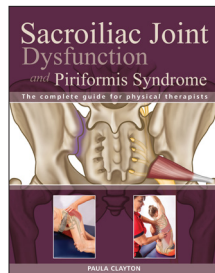
Lawrence—known for his popular “RockPods” cupping training courses—includes all the information a new practitioner needs to get started, including a basic history of cupping and theoretical overview; how to apply and remove cups, and how long to leave them on the skin; how to use oils and creams to assist “glide cupping” techniques, and more.

The Psoas Solution

The Practitioner's Guide to Rehabilitation, Corrective Exercise, and Training for Improved Function

Evan Osar

9781623171353 | OSD 06/13/17 | 216 PP | COLOR IMAGES | LTD 4,877

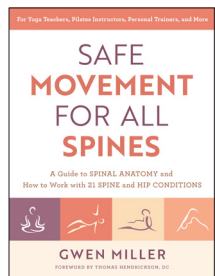


Sacroiliac Joint Dysfunction and Piriformis Syndrome
The Complete Guide for Physical Therapists
 Paula Clayton

9781623170851 | OSD 09/20/16 | 192 PP | 200 COLOR IMAGES | LTD 1,201

This complete guide to

treating patients with SI Joint dysfunction or Piriformis Syndrome combines multiple techniques—rather than the usual single approach—to get quicker and more resilient results. Focusing on the practical application of skills acquired in twenty years of treating elite athletes, Paula Clayton provides a comprehensive guide to the latest discussions of the therapeutic handling of fascial tissue, dry needling, instrument assisted soft tissue manipulation, and dynamic taping.



Safe Movement for All Spines
A Guide to Spinal Anatomy and How to Work with 21 Spine and Hip Conditions

Gwen Miller

9781623177980 | OSD 05/09/23 | 384 PP | 367 BW IMAGES | LTD 2,469

A comprehensive resource for yoga teachers, pilates instructors, and movement therapists—exercises, ergonomic adjustments, and daily-living activities for back pain, scoliosis, disc disease, and 18 other spinal conditions. Each condition is clearly explained with detailed illustrations and real-life examples, making for an empowering and educating experience.

The Soft Tissue Release Handbook

Reducing Pain and Improving Performance

Mary Sanderson and Jim Odell

9781583946695 | OSD 10/01/13 | 192 PP | 286 COLOR IMAGES | LTD 1,557

Spacious Body

Explorations in Somatic Ontology

Jeffrey Maitland & Preface by Michael Salvesson

9781556431883 | OSD 10/25/94 | 272 PP | LTD 1,819

Spinal Manipulation Made Simple

A Manual of Soft Tissue Techniques

Jeffrey Maitland

9781556433528 | OSD 02/01/01 | 184 PP | BW IMAGES | LTD 17,861

The Vital Nerves

A Practical Guide for Physical Therapists

John Gibbons

9781623175603 | OSD 01/12/21 | 192 PP | 240 COLOR IMAGES | LTD 1,759

HUMAN ANATOMY & PHYSIOLOGY

Anatomy in Action

The Dynamic Muscular Systems that Create and Sustain the Moving Body

Theodore Dimon, Jr.

9781623175801 | OSD 10/19/21 | 336 PP | 130 COLOR IMAGES | LTD 3,227

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

Jo Ann Staugaard-Jones

9781583943519 | OSD 09/06/11 | 192 PP | 275 COLOR IMAGES | LTD 14,471

Anatomy of the Moving Body, Second Edition

A Basic Course in Bones, Muscles, and Joints

Theodore Dimon, Jr.

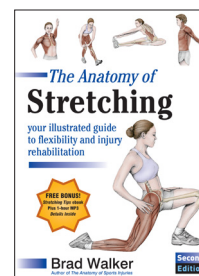
9781556437205 | OSD 05/27/08 | 280 PP | BW IMAGES | LTD 18,849

The Anatomy of Sports Injuries, Second Edition

Your Illustrated Guide to Prevention, Diagnosis, and Treatment

Brad Walker

9781623172831 | OSD 09/04/18 | 256 PP | COLOR IMAGES | LTD 6,435



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

Brad Walker

9781583943717 | OSD 10/04/11 | 200 PP | 599 COLOR IMAGES | LTD 51,377

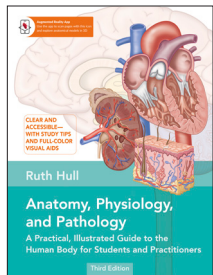
The second edition contains detailed descriptions of important principles of anatomy and physiology, the benefits of stretching, different forms of stretching, rules to remember, and how to stretch properly. Organized by body part, it also focuses on the kinds of stretches that are most helpful in the alleviation or rehabilitation of specific sports injuries.

Anatomy of the Voice

An Illustrated Guide for Singers, Vocal Coaches, and Speech Therapists

Theodore Dimon, Jr.

9781623171971 | OSD 04/24/18 | 120 PP | 92 COLOR IMAGES, 5 BW IMAGES | LTD 20,899



Anatomy, Physiology, and Pathology, Third Edition

A Practical, Illustrated Guide to the Human Body for Students and Practitioners

Ruth Hull

9781623179700 | OSD

12/19/23 | 440 PP | COLOR IMAGES | LTD 495

Author and therapist Ruth Hull provides a thorough understanding of anatomy, physiology, and pathology with clear, accessible language and helpful learning tools. It's designed for easy comprehension, with more than 300 clearly labeled color images; flow charts, diagrams, and tables to help visualize complex ideas; study tips; practice questions in each chapter; and more.

Anatomy, Physiology, and Pathology Workbook, Third Edition

Study Tools, Practices, and Exercises for Students to Understand the Human Body

Ruth Hull

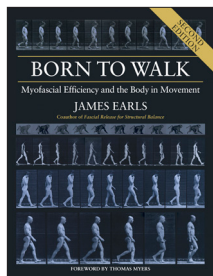
9798889841241 | OSD 09/03/24 | 332 PP | BW IMAGES | LTD 606

The Body in Motion

Its Evolution and Design

Theodore Dimon, Jr.

9781556439704 | OSD 01/25/11 | 128 PP | 108 COLOR IMAGES | LTD 8,205



Born to Walk, Second Edition

Myofascial Efficiency and the Body in Motion

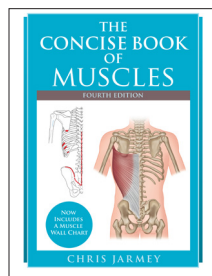
James Earls

9781623174439 | OSD

06/23/20 | 204 PP | COLOR IMAGES | LTD 2,301

The second and revised

edition of this book provides bodyworkers, physical therapists and movement teachers with new research on assessment, diagnosis, and treatment approaches. Earls offers a convenient model for understanding the complexity of movement while gaining a deeper insight into the physiology and mechanics of the walking process.



The Concise Book of Muscles, Fourth Edition

Chris Jarmey

9781623173388 | OSD 10/02/18 | 288 PP | 500 COLOR IMAGES | LTD 15,239

This newly revised fourth edition is a comprehensive

guide to the major muscle groups. Fully illustrated with more than 500 drawings, and easy to use, this compact reference provides a complete profile for each muscle, clearly showing its origin, insertion, nerve supply, and action, the movements that use it, and, where appropriate, exercises that stretch and strengthen it.

The Concise Book of Trigger Points, Third Edition

A Professional and Self-Help Manual

Simeon Niel-Asher

9781583948491 | OSD 09/16/14 | 240 PP | 240 COLOR IMAGES, 130 BW IMAGES | LTD 13,884

Core

A Science-Backed Approach to Exercising and Understanding Our Central Anatomy

Owen Lewis

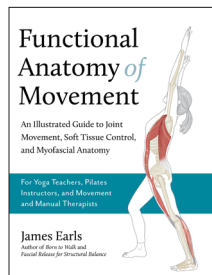
9798889840718 | OSD 06/11/24 | 190 PP | COLOR IMAGES | LTD 502

The Endless Web

Fascial Anatomy and Physical Reality

R. Louis Schultz, Ph.D., and Rosemary Feitis, D.O.

9781556432286 | OSD 11/11/96 | 144 PP | BW IMAGES | LTD 30,087



Functional Anatomy of Movement

An Illustrated Guide to Joint Movement, Soft Tissue Control, and Myofascial Anatomy

James Earls

9781623178413 | OSD 12/12/23 | 160 PP | COLOR IMAGES | LTD 686

James Earls suggests that we need a new set of tools and vocabulary for watching and describing anatomy in motion. By situating the different theories and metaphors of myofascial continuities against the context of common real-life movements such as sports exercises and yoga asanas, Earls explains how each theoretical system may be useful in different situations and applicable to different issues.

Functional Anatomy of the Pelvis and the Sacroiliac Joint

A Practical Guide

John Gibbons

9781623171025 | OSD 03/28/17 | 288 PP | COLOR IMAGES | LTD 3,831

Holistic Anatomy

An Integrative Guide to the Human Body

Pip Waller

9781556438653 | OSD 02/16/10 | 416 PP | 82 BW IMAGES | LTD 26,978

Making Sense of Human Anatomy and Physiology

A Learner-Friendly Approach

Earle Abrahamson and Jane Langston

9781623171735 | OSD 10/17/17 | 168 PP | 95 COLOR IMAGES | LTD 1,749

Movement Integration

The Systemic Approach to Human Movement

Martin Lundgren

9781623174651 | OSD 02/18/20 | 272 PP | 150 COLOR IMAGES | LTD 707

Out in the Open, Revised Edition

The Complete Male Pelvis

R. Louis Schultz, Ph.D. & foreword by Marcelo Coutinho

9781583944363 | OSD 06/26/12 | 184 PP | 132 BW IMAGES | LTD 3,485

The Ontogenetic Basis of Human Anatomy

A Biodynamic Approach to Development from Conception to Birth

Erich Blechschmidt, M.D.

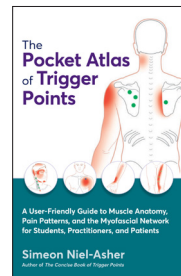
9781556435072 | OSD 07/12/04 | 272 PP | BW IMAGES | LTD 5,705

The Pocket Atlas of Human Anatomy, Revised Edition

A Reference for Students of Physical Therapy, Medicine, Sports, and Bodywork

Chris Jarmey

9781623177348 | OSD 03/01/22 | 272 PP | COLOR IMAGES | LTD 7,110



The Pocket Atlas of Trigger Points

A User-Friendly Guide to Muscle Anatomy, Pain Patterns, and the Myofascial Network for Students, Practitioners, and Patients

Simeon Niel-Asher

9781623179342 | OSD

09/19/23 | 208 PP | COLOR IMAGES | LTD 969

This pocket-sized guide covers practical information about the trigger points—the painful knots that can form in tissues like muscles and fascia—that are central to addressing chronic pain with massage, bodywork, and physical therapy. Full-color illustrations and charts help practitioners, students, and patients identify trigger points and address referred pain patterns with ease.

The Secret Language of Anatomy *An Illustrated Guide to the Origins of Anatomical Terms*

Cecilia Brasnet

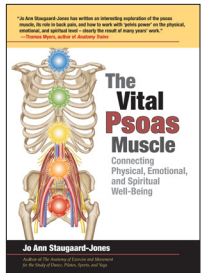
9781623172459 | OSD 07/31/18 | 176 PP | BW IMAGES | LTD 2,471

The Vital Glutes

Connecting the Gait Cycle to Pain and Dysfunction

John Gibbons

9781583948477 | OSD 12/02/14 | 208 PP | 240 COLOR IMAGES | LTD 7,780



The Vital Psoas Muscle

Connecting Physical, Emotional, and Spiritual Well-Being

Jo Ann Staugaard-Jones

9781583944585 | OSD 08/21/12 | 128 PP | 80 COLOR IMAGES | LTD 55,743

Located deep within the front

hip joint and lower spine, the psoas is the key skeletal muscle in the body—yet is one of the least understood, often overused, and even abused muscles. The Vital Psoas Muscle is the first title to holistically examine the physical, emotional, and spiritual aspects of the psoas, with a focus on natural injury prevention through awareness and exercise. Eminently practical, it demonstrates how to keep this vital muscle toned and in balance through specific stretch, strength, and relaxation exercises; special Pilates, yoga, lower back and hip sections; and information on the chakra system.

The Vital Shoulder Complex

An Illustrated Guide to Assessment, Treatment, and Rehabilitation

John Gibbons

9781623174170 | OSD 09/24/19 | 304 PP | 400 COLOR IMAGES | LTD 2,527

Understanding the Human Foot

An Illustrated Guide to Form and Function for Practitioners

James Earls

9781623176570 | OSD 11/02/21 | 300 PP | 200-250 COLOR IMAGES | LTD 2,019

Your Body, Your Voice

The Key to Natural Singing and Speaking

Theodore Dimon, Jr.

9781583943205 | OSD 09/27/11 | 184 PP | 51 COLOR IMAGES | LTD 7,976

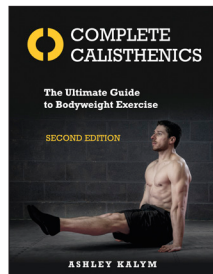
SPORTS & RECREATION

American Detox

The Myth of Wellness and How We Can Truly Heal

Kerri Kelly

9781623177249 | OSD 06/07/22 | 320 PP | LTD 6,866



Complete Calisthenics, Second Edition

The Ultimate Guide to Bodyweight Exercise

Ashley Kalym

9781623174118 | OSD 12/17/19 | 336 PP | 500 BW IMAGES | LTD 15,905

Author and trainer Ashley

Kalym has designed a comprehensive, easy-to-follow guide to calisthenics using only one's own bodyweight for resistance. New to this second edition are enhanced muscle-building exercises, instructions for optimal rest and recovery, and an assortment of original recipes. The book is suitable for every level of athlete, from beginner to experienced.

Deconstructing the Fitness-Industrial Complex

How to Resist, Disrupt, and Reclaim What It Means to Be Fit in American Culture

Justice Roe Williams & Roc Rochan & Lawrence Koval

9781623177270 | OSD 05/02/23 | 240 PP | 4 BW IMAGES | LTD 2,071



Deep Fitness

The Mindful, Science-Based Strength-

Training Method to Transform Your

Well-Being in Just 30 Minutes a Week

Philip Shepherd

9781623176679 | OSD 10/19/21 | 224 PP | 40 BW

IMAGES | LTD 6,589

Deep Fitness introduces Mindful Strength Training to Failure (MSTF), a science-based method that reverses muscle loss and improves overall strength in just 1 or 2 30-minute sessions a week. MSTF exercises are simple and effective, and can be done at home with resistance bands and bodyweight, or with the machines at your local gym.



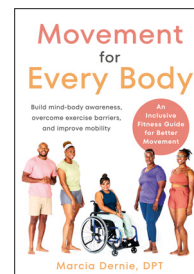
Injury-Free Running, Second Edition

Your Illustrated Guide to Biomechanics, Gait Analysis, and Injury Prevention

Tom Michaud

9781623176310 | OSD 06/15/21 | 224 PP | 42 COLOR IMAGES | LTD 4,095

The second edition shows how an understanding of anatomy and biomechanics, coupled with the latest strengthening exercises and rehab protocols, can keep you running injury-free for a long time to come. Besides reducing your risk of injury, efficiently storing and returning energy can allow you to run faster with less effort.



Movement for Every Body

An Inclusive Fitness Guide for Better Movement—Build mind-body awareness, overcome exercise barriers, and improve mobility

Marcia Dornie, DPT

9781623179960 | OSD 08/13/24 | 160 PP | 235 COLOR IMAGES | LTD 1,970

Part exercise manual and part workbook, Movement for Every Body champions an inclusive movement practice for anyone who doesn't fit the "typical" fitness mold and doesn't wish to—who refuses burdensome narratives that tell them they're broken and need to be fixed, cured, or mended to be whole. With journaling and reflective prompts and activities; helpful tips covering accommodations, mobility aids, and self-advocacy strategies; and highly adaptable exercise demonstrations reflecting a broad range of body types, physical abilities, and mobility aids, Movement for Every Body provides the instruction and validation needed to redefine our approaches, goals, and pleasures around exercise and ability.

North Shore Chronicles

Big-Wave Surfing in Hawaii

Bruce Jenkins

9781583941249 | OSD 08/05/05 | 248 PP | 8-PP COLOR IMAGES | LTD 3,100

Pain-Free Horse Riding

An Illustrated Guide to Prevention, Self-Care, and Injury Management for Riders of All Abilities

Nikki Robinson

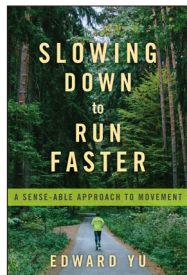
9781623173678 | OSD 06/18/19 | 160 PP | 88 COLOR IMAGES, 3 BW IMAGES | LTD 464

Running with the Whole Body

A 30-Day Program to Running Faster with Less Effort

Jack Heggie

9781556432262 | OSD 11/19/96 | 192 PP | BW
IMAGES | LTD 7,385



Slowing Down to Run Faster

A Sense-able Approach to Movement

Edward Yu

9781623174903 | OSD
06/30/20 | 360 PP | 220 BW
IMAGES | LTD 1,392
Drawing from the principles of
Bagua, Taichi, and Feldenkrais,

Edward Yu presents an innovative approach to running: power, speed, and agility are more related to your ability to sense your own body than to willpower or raw talent.

WALK

Slow Down, Wake Up, and Connect at 1-3 Miles per Hour

Jonathon Stalls

9781623176952 | OSD 08/16/22 | 240 PP | 25 BW
IMAGES | LTD 3,469

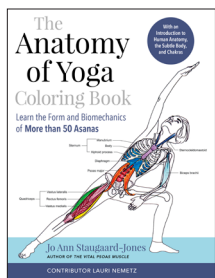
Walking with Glenn Berkenkamp

35 Wellness Walks to Expand Awareness, Increase Vitality, and Reduce Stress

Glenn Berkenkamp

9781623174736 | OSD 08/18/20 | 264 PP | LTD 1,659

YOGA



The Anatomy of Yoga Coloring Book

Learn the Form and Biomechanics of More than 50 Asanas

Jo Ann

Staugaard-Jones
9781623178055 | OSD
11/08/22 | 200 PP | 140
IMAGES | LTD 1,184

From learning what muscles are activated by which poses to understanding joint action and contraction, this book offers yogis an interactive learning tool to deepen their knowledge of anatomical and mechanical structures relevant to yoga teaching and practice. Author and E-RYT500 Yoga Teacher Trainer Jo Ann Staugaard-Jones details the nervous system, anatomical orientation and movement, and the skeletal, muscular, respiratory, and joint systems, explaining how each relates to yoga and movement.

Beyond Hot Yoga

On Patterns, Practice, and Movement

Kyle Ferguson

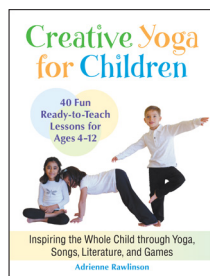
9781623175948 | OSD 06/22/21 | 352 PP | 196 BW
IMAGES | LTD 1,392

The Concise Book of Yoga Anatomy

An Illustrated Guide to the Science of Motion

Jo Ann Staugaard-Jones

9781583949832 | OSD 09/01/15 | 192 PP | 230
COLOR IMAGES | LTD 4,526



Creative Yoga for Children

Inspiring the Whole Child through Yoga, Songs, Literature, and Games

Adrienne Rawlinson

9781583945544 | OSD
01/08/13 | 232 PP | 150
BW IMAGES | LTD 4,047

Creative Yoga for Children is a collection of forty one-hour lessons that incorporate elements of yoga—poses, breath work, meditation, and mindfulness—centered around specific themes designed to challenge and inspire children in three age ranges: four to six, seven to nine, and ten to twelve. Activities for each lesson include setting an intention, physical warm-ups, breath work, yoga poses, arts and crafts, partner work, meditation, gratitude exercises, and music.

Embodied Healing

Survivor and Facilitator Voices from the Practice of Trauma-Sensitive Yoga

Jennifer Turner

9781623175344 | OSD 11/10/20 | 368 PP | 3 BW
IMAGES | LTD 1,623

Heart Yoga

The Sacred Marriage of Yoga and Mysticism

Andrew Harvey and Karuna Erickson &

Foreword by Rodney Yee

9781556438974 | OSD 05/04/10 | 280 PP | 50 BW
IMAGES | LTD 9,018

Journey to Joyful

Transform Your Life with Pranashama Yoga

Dashama Konah Gordon

9781583943229 | OSD 09/06/11 | 224 PP | BW
IMAGES | LTD 1,605

Letters from the Yoga Masters

Teachings Revealed through Correspondence from Paramhansa Yogananda, Ramana

Maharshi, Swami Sivananda, and Others

Marion (Mugs) McConnell

9781623170356 | OSD 06/07/16 | 360 PP | 85 BW
IMAGES | LTD 2,306

Overcoming Trauma through Yoga

Reclaiming Your Body

David Emerson and Elizabeth Hopper, Ph.D.

9781556439698 | OSD 04/19/11 | 184 PP | 47 BW
IMAGES | LTD 56,020

A Queer Dharma

Yoga and Meditations for Liberation

Jacoby Ballard

9781623176518 | OSD 11/23/21 | 288 PP | 36 BW
IMAGES | LTD 5,592

Smart Yoga

Apply the Alexander Technique to Enhance Your Practice, Prevent Injury, and Increase Body Awareness

David Moore

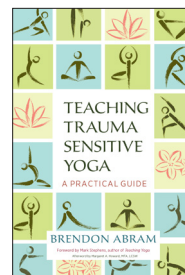
9781623171414 | OSD 06/06/17 | 304 PP | 111 BW
IMAGES | LTD 1,983

Survivors on the Yoga Mat

Stories for Those Healing from Trauma

Becky Thompson

9781583948262 | OSD 09/09/14 | 328 PP | 130 BW
IMAGES | LTD 1,761



Teaching Trauma-Sensitive Yoga

A Practical Guide

Brendon Abram

9781623172244 | OSD
07/10/18 | 144 PP | 30 BW
IMAGES | LTD 4,177
Canadian Forces veteran turned
yoga teacher Brendon Abram
combines his first-hand

experience with PTSD in the field and years of teaching to offer this practical guide to bringing trauma-sensitive yoga to both clinical and studio settings. Drawing on his work with military veterans, first responders, and survivors of domestic and sexual abuse, Abram emphasizes the importance of respecting the uniqueness of every individual, and demonstrates how to use the foundational principles of yoga to create a safe experience.

Teaching Yoga, Second Edition

A Comprehensive Guide for Yoga Teachers and Trainers: A Yoga Alliance-Aligned Manual of Asanas, Breathing Techniques, Yogic Foundations, and More

Mark Stephens

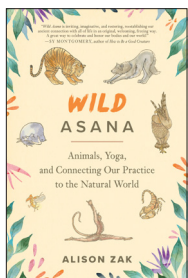
9781623178802 | OSD 04/02/24 | 448 PP | 200 BW
IMAGES | LTD 10,275

Tibetan Yoga of Movement

The Art and Practice of Yantra Yoga

Chogyal Namkhai Norbu and Fabio Andrico

9781583945568 | OSD 07/23/13 | 280 PP | 400
COLOR IMAGES | LTD 6,195



Wild Asana
*Animals, Yoga, and
Connecting Our Practice
to the Natural World*

Alison Zak

9781623178079 | OSD
06/27/23 | 256 PP | BW
IMAGES | LTD 1,351

In illustrated chapters on
asanas like Tittibhasana

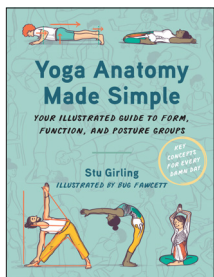
(Firefly), Garudasana (Eagle), Bidalasana (Cat), and
Ustrasana (Camel), Allison Zak invites you to bring the
deep nature of animals into breath and movement.
With an encompassing ecological compassion,
gorgeous original illustrations, profound insight into
animal wisdom, and the humor and perspective of lived
experience, this book is a practical and accessible guide
to becoming animal on your yoga mat.

Yoga Adjustments

Philosophy, Principles, and Techniques

Mark Stephens

9781583947708 | OSD 06/03/14 | 416 PP | 850 BW
IMAGES | LTD 42,555



**Yoga Anatomy
Made Simple**
*Your Illustrated Guide
to Form, Function, and
Posture Groups*

Stuart Girling

9781623179069 | OSD
06/20/23 | 338 PP | COLOR
IMAGES | LTD 1,457

Knowledge of anatomy is a

crucial part of every effective yoga practice, but the
subject can be dry and difficult. This guide provides
simple explanations of key yoga-anatomy concepts, like
patterns, variety, breath, and strength. The illustrations
are diverse, body-inclusive, joyful, and fun. Yoga
teachers will learn to elevate their ability to analyze
yoga postures from a physical perspective, sequence
more effectively, avoid unnecessary injury, and
appreciate the importance of individuality within
postural yoga.

Yoga Beyond Belief

Insights to Awaken and Deepen Your Practice
Ganga White & Foreword by Sting

9781556436468 | OSD 01/02/07 | 256 PP |
LTD 21,130

The Yoga Engineer's Manual

*The Anatomy and Mechanics of a Sustainable
Practice*

Richelle Ricard

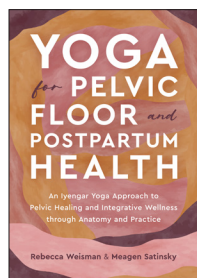
9781623176334 | OSD 08/17/21 | 368 PP | 100-150
BW IMAGES | LTD 867

Yoga for Better Sleep

Ancient Wisdom Meets Modern Science

Mark Stephens

9781623173630 | OSD 08/13/19 | 376 PP | 100 BW
IMAGES | LTD 5,512

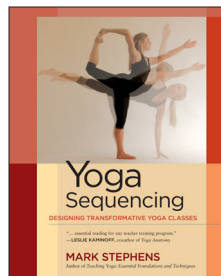


**Yoga for Pelvic Floor
and Postpartum
Health**

*An Iyengar Yoga
Approach to Pelvic
Healing and Integrative
Wellness through
Anatomy and Practice*
Rebecca Weisman and
Meagen Satinsky

9781623179823 | OSD 08/20/24 | 256 PP | COLOR
IMAGES | LTD 2,060

Rebecca Weisman (CIYT, CYT) and Meagen Satinsky
(MPT, PYT) offer the first comprehensive anatomy and
yoga practice manual geared toward healing
postpartum pelvic issues like postpartum pain,
discomfort, urinary incontinence, and painful
intercourse. With full-color images, accessible tools,
and step-by-step poses and breathwork exercises, Yoga
for Pelvic Floor and Postpartum Health empowers
readers to get to know this vital part of their own
body—and reclaim agency in caring for their own
postpartum recovery, postural support, organ health,
and sexual function. This book is appropriate for any
stage of your postpartum journey—whether you gave
birth vaginally or by Cesarean, ten days, ten weeks, or
ten years ago.



Yoga Sequencing
*Designing
Transformative Yoga
Classes*

Mark Stephens

9781583944974 | OSD
09/18/12 | 528 PP | 2,085
BW IMAGES | LTD 178,410

Drawing on ancient yoga
philosophy and

contemporary teaching methods, Yoga Sequencing
presents detailed instructions and photos for 67
sequences of yoga poses that include multiple
sequences for students at all levels, children and teens,
women across the life cycle, seniors, people with
depression and anxiety, and poses for each of the major
chakras and ayurvedic constitutions.

Yoga Therapy

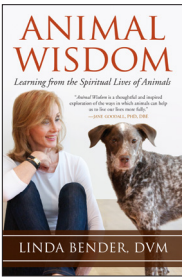
*Foundations, Methods, and Practices for
Common Ailments*

Mark Stephens

9781623171063 | OSD 11/07/17 | 720 PP | 600 BW
IMAGES | LTD 12,008

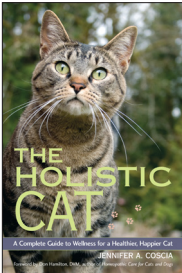
ANIMALS & PETS





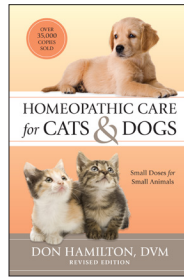
Animal Wisdom
Learning from the Spiritual Lives of Animals
Linda Bender, D.V.M.
9781583947739 | OSD
06/10/14 | 200 PP | LTD 6,130
Animal and pet lovers, animal-rights activists, and fans of Jane Goodall and Rupert Sheldrake will be deeply

touched by this heartwarming book revealing the profound life lessons we can learn from animals, once we learn how to communicate with them as beloved other beings.



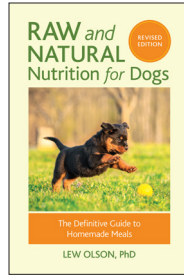
The Holistic Cat
A Complete Guide to Wellness for a Healthier, Happier Cat
Jennifer Coscia
9781556437663 | OSD
01/27/09 | 216 PP | 40 BW
IMAGES | LTD 2,324
Written in an easy-to-read style by a certified nutrition

consultant and the owner of an animal rescue and adoption organization, this essential guide to a cat's diet and complete wellness will appeal to first-time owners, experienced cat lovers, and veterinary students.



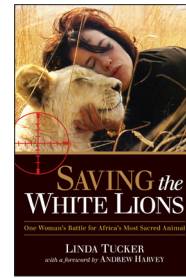
Homeopathic Care for Cats and Dogs, Revised Edition
Small Doses for Small Animals
Don Hamilton, D.V.M.
9781556439353 | OSD
09/07/10 | 624 PP | 20-25 BW
IMAGES | LTD 15,903
Written for veterinary

professionals and pet owners alike, the new edition of the industry-standard Homeopathic Care for Cats and Dogs from thirty-year practitioner and lecturer Dr. Don Hamilton includes a new chapter on the human-animal relationship, timely information on vaccines, as well as new remedy information in every chapter. Also included is a new preface by international pet-nutrition authority Richard Pitcairn.



Raw and Natural Nutrition for Dogs, Revised Edition
The Definitive Guide to Homemade Meals
Lew Olson
9781583949474 | OSD
08/18/15 | 336 PP | BW
IMAGES | LTD 19,970
A revised edition of the first

comprehensive book to cover both raw and home-cooked diets specifically for dogs, written by an expert in dog food research and development.



Saving the White Lions
One Woman's Battle for Africa's Most Sacred Animal
Linda Tucker
9781583946053 | OSD
05/07/13 | 416 PP | 8-PP
COLOR IMAGES | LTD 5,914
In this captivating, suspenseful memoir, white lion

conservationist Linda Tucker describes her perilous struggle to protect the sacred white lion from the merciless and mafia-like trophy-hunting industry, armed only with her indomitable spirit and total devotion.

BODY, MIND, SPIRIT

Astrology

Divination

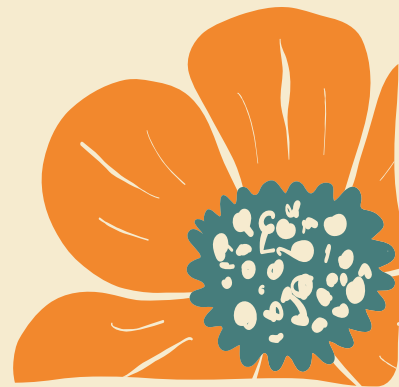
Energy Healing

Entheogens

Magic & the Occult

Mindfulness

New Thought



ASTROLOGY

Codex of the Soul

Astrology, Archetypes, and Your Sacred Blueprint

VerDarLuz

9781583944493 | OSD 05/01/12 | 320 PP | 43 BW
IMAGES | LTD 1,393

Cosmic Weather Report

Notes from the Edge of the Universe

Mark Borax and Ellias Lonsdale

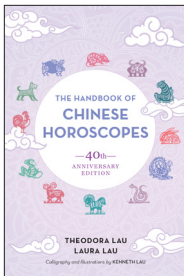
9781556439421 | OSD 12/07/10 | 256 PP | LTD 1,359

Divine Love Astrology

Revealing Spiritual Truth for Personal Transformation

Shiva Das

9781583948552 | OSD 10/21/14 | 776 PP | 177 BW
IMAGES | LTD 1,905



The Handbook of Chinese Horoscopes 40th Anniversary Edition

Theodora Lau and Laura Lau

9781623173739 | OSD
07/02/19 | 480 PP | BW
IMAGES | LTD 5,645

For forty years, The Handbook of Chinese Horoscopes has

remained a classic, artfully combining the Eastern lunar calendar with Western solar-based astrology. You'll discover how the five elements, four seasons, and the ascendant sign based on the hour of your birth can all affect your personality. Look to the future and see how you are likely to fare in the upcoming years. Read about the 144 marriage combinations to better understand the relationships between the twelve lunar signs.

Featuring all-new lunar forecasts, this revised edition will delight seasoned astrologers and interested novices alike, just as the classic work as done for decades.

Inside Degrees

Developing Your Soul Biography Using the Chandra Symbols

Ellias Lonsdale

9781556432415 | OSD 07/08/97 | 200 PP | LTD 3,167

Inside Planets

Ellias Lonsdale

9781556432125 | OSD 09/21/95 | 328 PP | LTD 1,149

Inside Star Vision

Planetary Awakening and Self-Transformation

Ellias Lonsdale

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John Dee

Essential Readings

Gerald Suster

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IMAGE | LTD 1,736

Marsilio Ficino

Angela Voss

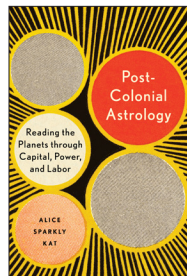
9781556435607 | OSD 12/19/06 | 272 PP | BW
IMAGES | LTD 2,774

Person-to-Person Astrology

Energy Factors in Love, Sex and Compatibility

Stephen Arroyo

9781583942048 | OSD 10/09/07 | 440 PP | BW
IMAGES | LTD 11,001



Postcolonial Astrology Reading the Planets through Capital, Power, and Labor

Alice Sparkly Kat

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LTD 16,719

In a cross-cultural approach to understanding astrology as a

magical language, Alice Sparkly Kat unmasks the political power of astrology, showing how it can be channeled as a force for collective healing and liberation. Intersectional, inclusive, and geared towards queer and POC communities, it uses our historical and collective constructs of the planets, sun, and moon to re-chart our subconscious history, redefine the body in the world, and assert our politics of the personal, in astrology and all things.

DIVINATION

Beyond the Battleground

Classic Strategies from the Yijing and Baguazhang for Managing Crisis Situations

Tom Bisio

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DNA and the I Ching

The Tao of Life

Johnson F. Yan

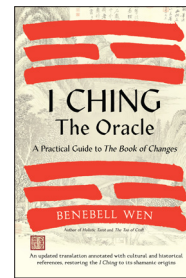
9781556430978 | OSD 01/27/93 | 192 PP | BW
IMAGES | LTD 1,241

Holistic Tarot

An Integrative Approach to Using Tarot for Personal Growth

Benebell Wen

9781583948354 | OSD 01/06/15 | 896 PP | 574 BW
IMAGES | LTD 49,510



I Ching, the Oracle

A Practical Guide to the Book of Changes

Benebell Wen

9781623178734 | OSD
09/26/23 | 960 PP | BW
IMAGES | LTD 5,805

Whether you're new to the

I Ching or an experienced

occultist, I Ching, The Oracle

will deepen your understanding of esoteric Taoism and the art and craft of divination. Highlighting the two main schools of interpretation—Image and Numbers and Meanings and Principles—and exploring Taoist cosmology, mysticism, ritual practice, and the shamanic origins of the I Ching, Benebell Wen provides you with everything you need to apply the I Ching for life guidance, spiritual practice, and ancestral connection.

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13 Anti-Capitalist Tools for Resistance and Re-Enchantment

Risa Dickens and Amy Torok

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Cosmic Evolution and the Principles of Immortality

Dai Léon

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IMAGES | LTD 2,579

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Poems, Essays, and Prompts for Manifesting Liberation and Reclaiming Power

Tamiko Beyer & Destiny Hemphill &

Lisbeth White

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A Decolonial Guide to Divinatory Literacy

Chris Marmolejo

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Rune Reading Your Life

A Toolkit for Insight, Intuition, and Clarity

Delanea Davis

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In three practical sections, Rune Reading Your Life provides an introduction to the 24 runic

symbols and their history, explains their ancient meanings, and reveals their modern interpretations. It guides you on a 30-day transformational rune reading practice, showing how to interpret and apply runic wisdom to everyday life. Also included are removable rune cards that readers can use to begin their practice immediately.

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The Linear Ba Gua of Gao Yi Sheng

Allen Pittman

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The Alchemy of Healing

Psyche and Soma

Edward C. Whitmont, M.D.

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IMAGES | LTD 4,286

Cultivating Qi

*An Introduction to Chinese Body-Mind
Energetics*

Jun Wang, Ph.D., C.M.D.

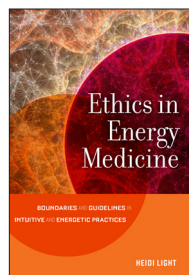
9781556439544 | OSD 01/25/11 | 96 PP | 124 BW
IMAGES | LTD 1,503

Esoteric Anatomy

The Body as Consciousness

Bruce Burger & Introduction by Richard
Gordon & Contribution by Mathaji Vanamali

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IMAGES | LTD 17,926



Ethics in Energy Medicine

*Boundaries and
Guidelines for Intuitive
and Energetic Practices*
Heidi Light

9781623172503 | OSD
06/26/18 | 144 PP | BW
IMAGES | LTD 1,089

From massage therapists who just throw in a little extra energy work, to psychics who read your sister instead of you, to Reiki practitioners who tell you to take off your clothes, Light shares case studies and vignettes of ethical boundaries mistakenly being crossed. This book explains the traditional Psychological Model of Ethics, that counselors and psychologists are taught, and outlines an Energetic Ethics Model, comprised of six pillars of practice, that creates a framework for moving through the process of accessing intuitive information and working with energy—including channeling, intuitive and psychic readings, energy tracking, astral travel and journeying, mediumship, angels, past lives, and more.

The First 16 Secrets of Chi

Feng Shui for the Human Body

Luk Chun Bond

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Healing Magic, 10th Anniversary Edition

A Green Witch Guidebook to Conscious Living

Robin Rose Bennett

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IMAGES | LTD 9,570

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*Acupressure, Bodywork, and Reflexology for
Total Health*

John R. Cross & Foreword by Robert Charman

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IMAGES | LTD 5,445

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Accessing the World of the Miraculous

Tienko Ting

9781556439674 | OSD 01/04/11 | 288 PP | 18
IMAGES | LTD 1,180

The Polarity Process

Energy as a Healing Art

Franklyn Sills

9781556434105 | OSD 12/21/01 | 208 PP | BW
IMAGES | LTD 11,895

Quantum-Touch Core Transformation

A New Way to Heal and Alter Reality

Alain and Jody Herriott

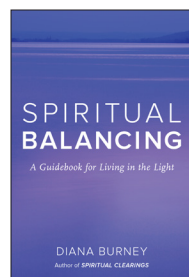
9781556437816 | OSD 01/27/09 | 256 PP | 150 BW
IMAGES | LTD 7,593

Reiki: The True Story

An Exploration of Usui Reiki

Don Beckett

9781583942673 | OSD 04/07/09 | 256 PP | 95 COLOR
IMAGES, 17 BW IMAGES | LTD 2,892



Spiritual Balancing

*A Guidebook for Living in
the Light*

Diana Burney

9781583949887 | OSD
02/16/16 | 296 PP | LTD 2,649
This guide to spiritual
empowerment provides a
spiritual approach to the
psychology of everyday living

by offering practical strategies and step-by-step methods for clearing out negative psychic energy. Addressing topics such as spirit interference, spirit possession, and spirit attachment, Diana Burney—who has helped thousands worldwide refocus energies for positive results—shares timeless lessons and basic techniques for psychic protection and spiritual cleansing.

Supercharging Quantum-Touch

Advanced Techniques

Alain Herriott

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BW IMAGES | LTD 15,677

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*Fundamental Principles of Health, Longevity,
and Essential Well-Being*

Angelo Druda

9781556437755 | OSD 01/20/09 | 224 PP |
LTD 1,466

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*The Quintessence of Being, the Ascended
Masters' Ultimate Secret*

Bianca Gaia, a.k.a. Diane LeBlanc

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IMAGES | LTD 10,584

ENTHEOGENS

Aya Awakenings

A Shamanic Odyssey

Rak Razam

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LTD 737

The Ayahuasca Sessions

*Conversations with Amazonian Curanderos
and Western Shamans*

Rak Razam

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IMAGES, 16-PP COLOR IMAGES | LTD 981

The Ayahuasca Test Pilots Handbook

The Essential Guide to Ayahuasca Journeying
Chris Kilham

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IMAGES | LTD 9,959

Ayahuasca Visions

*The Religious Iconography of a
Peruvian Shaman*

Pablo Amaringo, Luis Luna

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IMAGES | LTD 9,532

Consciousness Medicine

*Indigenous Wisdom, Entheogens, and
Expanded States of Consciousness for Healing
and Growth*

Françoise Bourzat

9781623173494 | OSD 06/25/19 | 304 PP |
LTD 17,782

Mystery School in Hyperspace

A Cultural History of DMT

Graham St John

9781583947326 | OSD 11/24/15 | 520 PP | 8-PP
COLOR IMAGES | LTD 3,448

Pharmako & Dynamis, Revised and Updated

Stimulating Plants, Potions, and Herbcraft

Dale Pendell

9781556438035 | OSD 09/28/10 | 312 PP | 192 BW

IMAGES | LTD 10,144

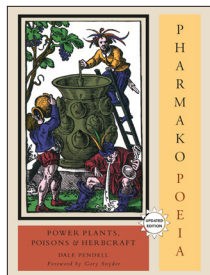
Pharmako & Gnosis, Revised and Updated

Plant Teachers and the Poison Path

Dale Pendell

9781556438042 | OSD 09/28/10 | 408 PP | 206 BW

IMAGES | LTD 12,026



Pharmako & Poeia, Revised and Updated

Plant Powers, Poisons, and Herbcraft

Dale Pendell &

Foreword by

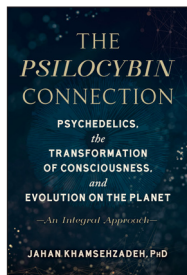
Gary Snyder

9781556438059 | OSD

09/28/10 | 336 PP | 103

BW IMAGES | LTD 15,487

The first volume of the North Atlantic updated paperback edition of Dale Pendell's Pharmako trilogy, an underground classic that is one of the most informed, comprehensive, and accessible works on psychoactive plants ever published.



The Psilocybin Connection

Psychedelics, the Transformation of Consciousness, and Evolution on the Planet

Jahan Khamsehazadeh

9781623176549 | OSD

04/05/22 | 368 PP | 7 BW

IMAGES | LTD 3,077

Separated into three sections—Present, Past, and Future—The Psilocybin Connection contains compelling research that suggests how naturally occurring psychedelics may have played an essential role in humanity's social, cultural, and linguistic evolution.

Psychedelics and the Soul

A Mythic Guide to Psychedelic Healing, Depth Psychology, and Cultural Repair

Simon Yugler

9798889840640 | OSD 10/01/24 | 320 PP | LTD 1,881

Psychedelic Shamanism, Updated Edition

The Cultivation, Preparation, and Shamanic Use of Psychotropic Plants

Jim DeKorne

9781556439995 | OSD 07/26/11 | 272 PP | 18 BW

IMAGES | LTD 4,710

Rainforest Medicine

Preserving Indigenous Science and Biodiversity in the Upper Amazon

Jonathon Miller Weisberger

9781583946084 | OSD 09/17/13 | 432 PP | 28 BW

IMAGES, 118 COLOR IMAGES | LTD 3,063

The Road to Eleusis

Unveiling the Secret of the Mysteries

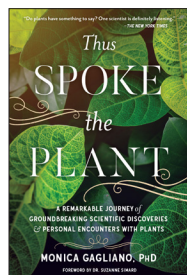
R. Gordon Wasson, Albert Hofmann and Carl

A. P. Ruck & Preface by Huston Smith &

Afterword by Peter Webster

9781556437526 | OSD 11/25/08 | 192 PP | 16 BW

IMAGES | LTD 16,688



Thus Spoke the Plant

A Remarkable Journey of Groundbreaking Scientific Discoveries and Personal Encounters with Plants

Monica Gagliano

9781623172435 | OSD

11/13/18 | 176 PP | BW

IMAGES | LTD 17,598

By transcending the view of

plants as the objects of scientific materialism, Monica Gagliano encourages us to rethink plants as people—beings with subjectivity, consciousness, and volition, and hence having the capacity for their own perspectives and voices. The book draws on up-close-and-personal encounters with the plants themselves, as well as plant shamans, indigenous elders, and mystics from around the world and integrates these experiences with an incredible research journey and the groundbreaking scientific discoveries that emerged from it.

Whole Medicine

A Guide to Ethics and Harm-Reduction for Psychedelic Therapy and Plant Medicine Communities

Rebecca Martinez

9781623178550 | OSD 01/16/24 | 280 PP | LTD 700

Wizard of the Upper Amazon

The Story of Manuel Cordova-Rios

F. Bruce Lamb

9780938190806 | OSD 01/27/93 | 224 PP | 1 BW

IMAGE | LTD 7,067

Xenolinguistics

Psychedelics, Language, and the Evolution of Consciousness

Diana Reed Slattery

9781583945995 | OSD 01/06/15 | 384 PP | 119

COLOR IMAGES | LTD 2,133

MAGIC & THE OCCULT

The Aaron & Q'uo Dialogues

An Extraordinary Conversation between Two Spiritual Guides

Barbara Brodsky and Carla L. Rueckert

9781556439957 | OSD 12/06/11 | 648 PP |

LTD 1,499

Channeling

Investigations on Receiving Information from Paranormal Sources, Second Edition

Jon Klimo & Foreword by Charles T. Tart

9781556432484 | OSD 04/17/98 | 496 PP |

LTD 1,375

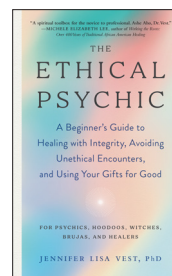
The Cracking Tower

A Strategy for Transcending 2012

Jim DeKorne

9781556438165 | OSD 11/03/09 | 232 PP |

LTD 816



The Ethical Psychic

A Beginner's Guide to Healing with Integrity, Avoiding Unethical Encounters, and Using

Your Gifts for Good

Jennifer Lisa Vest

9781623177386 | OSD

10/11/22 | 208 PP | LTD 2,520

From knowing your boundaries

and limitations—and respecting those of your clients—to resisting the temptation of the guru lifestyle, The Ethical Psychic offers 7 critical guiding principles for grounded, ethical practice.

G. R. S. Mead and the Gnostic Quest

Clare and Nicholas Goodrick-Clarke

9781556435720 | OSD 08/10/05 | 248 PP |

LTD 1,462

Handbook to the Afterlife

Pamela Rae Heath and Jon Klimo

9781556438691 | OSD 04/20/10 | 272 PP |

LTD 3,154

Helena Blavatsky

Helena Blavatsky & Edited by Nicholas

Goodrick-Clarke

9781556434570 | OSD 04/07/04 | 240 PP | BW

IMAGES | LTD 2,476

Hoodoo for Everyone

Modern Approaches to Magic, Conjure, Rootwork, and Liberation

Sherry Shone

9781623177089 | OSD 08/23/22 | 312 PP | LTD 3,272

Isaac Newton and the Transmutation of Alchemy

An Alternative View of the Scientific Revolution

Phillip Ashley Fanning

9781556437724 | OSD 07/07/09 | 272 PP | BW

IMAGES | LTD 1,203

Jump Girl

The Initiation and Art of a Spirit Speaker

Salicrow

9781623171926 | OSD 02/13/18 | 320 PP | LTD 2,138



Missing Witches

Recovering True Histories of Feminist Magic

Risa Dickens and Amy Torok

9781623175726 | OSD

03/23/21 | 312 PP | 8 BW

IMAGES | LTD 12,271

Through meditations, stories,

and practices, authors Risa

Dickens and Amy Torok offer an intersectional, contemporary lens for uncovering and reconnecting with feminist witch history. Sharing traditions from all over the world—from Harlem to Haiti, Oaxaca to Mesopotamia—Missing Witches introduces readers to figures like Monica Sjoo, HP Blavatsky, Maria Sabina, and Enheduanna, shedding light on their work and the cultural and sociopolitical contexts that shaped it. Structured around the 8 sabbats of the Wheel of the Year, each chapter includes illustrations by Amy Torok, as well as invocations, rituals, and offerings that incorporate the authors' own wisdom, histories, and journeys of trauma, loss, and empowerment.

Opening Our Spiritual Eyes

Karmic Clearing for Humanity and the Earth

Sri'ama Qala Phoenix

9781556439636 | OSD 02/22/11 | 432 PP | LTD 1,364

Paracelsus

Essential Readings

Paracelsus & Selected and Translated by

Nicholas Goodrick-Clarke

9781556433160 | OSD 12/17/99 | 208 PP | BW

IMAGES | LTD 2,305

Perdurabo, Revised and Expanded Edition

The Life of Aleister Crowley

Richard Kaczynski

9781556438998 | OSD 08/10/10 | 720 PP | BW

IMAGES | LTD 10,410

Persephone Unveiled

Seeing the Goddess and Freeing Your Soul

Charles Stein

9781556435812 | OSD 06/09/06 | 260 PP | LTD 2,508

The Psychic Healing Book

Amy Wallace

9781556435270 | OSD 10/20/04 | 240 PP | LTD 4,635

Psychic Psychology

Energy Skills for Life and Relationships

John Friedlander and Gloria Hemsher

9781556439971 | OSD 08/09/11 | 376 PP | 5 BW

IMAGES | LTD 3,235

The Reincarnation of Edgar Cayce?

Interdimensional Communication and Global Transformation

Wynn Free and David Wilcock

9781583940839 | OSD 03/11/04 | 432 PP | 3 BW

IMAGES | LTD 25,670

Rudolf Steiner

Rudolf Steiner & Selected and Edited by

Richard Seddon

9781556434907 | OSD 10/16/04 | 214 PP | LTD 2,020

The Sacred Alignments and Sigils

Angelic Magick, Renaissance Thought, and Modern Methods of Sigilization

Robert Podgurski

9781623174217 | OSD 10/29/19 | 304 PP | 100 BW

IMAGES | LTD 1,827

A Search in Secret Egypt

Paul Brunton

9781583949818 | OSD 11/24/15 | 380 PP | 106 BW

IMAGES | LTD 2,596

Soul Shift

Finding Where the Dead Go

Mark Ireland & Foreword by Tricia J. Robertson

9781583942512 | OSD 07/15/08 | 224 PP | LTD 4,954

Spiritual Clearings

Sacred Practices to Release Negative Energy and Harmonize Your Life

Diana Burney

9781556438158 | OSD 10/13/09 | 184 PP |

LTD 12,663

The Venus Blueprint

Uncovering the Ancient Science of Sacred Spaces

Richard Merrick

9781583945384 | OSD 05/22/12 | 272 PP | 38 BW

IMAGES | LTD 1,544

Your Psychic Potential

A Guide to Psychic Development

Richard Ireland

9781556439285 | OSD 01/11/11 | 344 PP | LTD 2,663

MINDFULNESS

The Art of Somatic Coaching

Embodying Skillful Action, Wisdom, and Compassion

Richard Strozzi-Heckler

9781583946732 | OSD 02/11/14 | 192 PP |

LTD 10,399

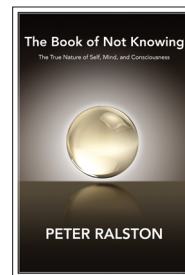
Awakening through the Nine Bodies

Exploring Levels of Consciousness in Meditation

Phillip Moffitt

9781623171902 | OSD 09/05/17 | 256 PP | 36 COLOR

IMAGES | LTD 3,088



The Book of Not Knowing

Exploring the True Nature of Self, Mind, and Consciousness

Peter Ralston

9781556438578 | OSD

01/26/10 | 600 PP |

LTD 14,879

With ease and clarity, Peter

Ralston teaches readers how to become aware of the background patterns that they are usually too busy, stressed, or distracted to notice. The Book of Not Knowing points out the ways people get stuck in their lives and offers readers a way to make fresh choices about every aspect of their lives—from a place of awareness instead of autopilot.

Buddha Takes No Prisoners

A Meditator's Survival Guide

Patrick Ophuls & Foreword by Jack Kornfield

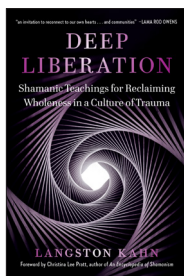
9781556436345 | OSD 04/03/07 | 192 PP | LTD 1,992

Consciousness Dialogues

From Beginner's Mind through Enlightenment: 150 Conversations with Peter Ralston

Peter Ralston

9781623172282 | OSD 06/12/18 | 408 PP | LTD 574



Deep Liberation
Shamanic Tools for Reclaiming Wholeness in a Culture of Trauma

Langston Kahn
9781623174927 | OSD
01/19/21 | 320 PP | LTD 3,026
Shamanic healer Langston
Kahn offers the Deep Liberation
Process, a body-based

approach that allows us to radically transform the range of fear-based stories we each hold in ourselves: from traumatic experiences, internalized oppression, and habitual emotional patterns to the outmoded beliefs that hold us back from healing, transforming, and freeing our authenticity and unique genius. Bridging the shamanic wisdom of ancient spirituality with the needs and demands of modern-day life, Kahn offers concrete skills to cultivate deep grounding, skillful boundaries, and a healthy energy body; methods for authentic shadow work and healing our triggers; and tools for effectively tending personal and collective well-being in community.

Feng Shui Made Easy, Revised Edition
Designing Your Life with the Ancient Art of Placement

William Spear
9781556439384 | OSD 11/16/10 | 296 PP | BW
IMAGES | LTD 4,202

The Genius of Being
Contemplating the Profound Intelligence of Existence

Peter Ralston
9781623171124 | OSD 02/28/17 | 232 PP |
LTD 2,022

The Heart of Zen
Enlightenment, Emotional Maturity, and What It Really Takes for Spiritual Liberation

Jun Po Denis Kelly Roshi and Keith
Martin-Smith
9781583947647 | OSD 04/15/14 | 256 PP |
LTD 3,479

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

Paul Brunton
9781583949108 | OSD 05/05/15 | 400 PP | 4 BW
IMAGES | LTD 1,723

Life on Land
The Story of Continuum, the World-Renowned Self-Discovery and Movement Method

Emilie Conrad & Foreword by Valerie Hunt
9781556436451 | OSD 06/19/07 | 392 PP | LTD 7,845

The Passionate Mind Revisited
Expanding Personal and Social Awareness

Joel Kramer and Diana Alstad
9781556438073 | OSD 07/14/09 | 400 PP | LTD 2,186

Presence Meditation
The Practice of Life Awareness

Jens-Erik Risom
9781556439124 | OSD 08/24/10 | 96 PP | 15 BW
IMAGES | LTD 1,434

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

Rob Breznsy
9781556438189 | OSD 09/22/09 | 400 PP | BW
IMAGES | LTD 37,316

Pursuing Consciousness
The Book of Enlightenment and Transformation

Peter Ralston
9781583948729 | OSD 03/10/15 | 336 PP | LTD 3,031

Reclaiming Vitality and Presence
Sensory Awareness as a Practice for Life

Charlotte Selver and Charles V. W. Brooks
9781556436413 | OSD 04/24/07 | 288 PP | BW
IMAGES | LTD 3,228

Sacred Dance Meditations
365 Globally Inspired Movement Practices Enhancing Awakening, Clarity, and Connection

Carla Stalling Walter
9781623174811 | OSD 12/15/20 | 448 PP | 10-20 BW
IMAGES | LTD 795

Silence
The Mystery of Wholeness

Robert Sardello
9781556437939 | OSD 11/25/08 | 152 PP |
LTD 16,013

Soulshaping
A Journey of Self-Creation

Jeff Brown
9781556438103 | OSD 08/25/09 | 216 PP | 2 BW
IMAGES | LTD 12,287

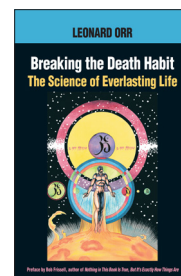
The Wisdom of the Overself
The Path to Self-Realization and Philosophic Insight, Volume 2

Paul Brunton
9781583949146 | OSD 05/26/15 | 456 PP | LTD 1,372

Zen Body-Being
An Enlightened Approach to Physical Skill, Grace, and Power

Peter Ralston with Laura Ralston
9781583941591 | OSD 07/27/06 | 200 PP |
LTD 11,716

NEW THOUGHT



Breaking the Death Habit
The Science of Everlasting Life

Leonard Orr & Preface by
Bob Frissell & Edited by
Kathy Glass
9781883319687 | OSD
08/03/98 | 168 PP | LTD 7,200

Breaking the Death Habit is a statement of the incredible, the miraculous—the crack in the cosmic riddle; yet it is presented here as a set of simple and obvious life instructions.

The Christ Letters
An Evolutionary Guide Home

Ellias and Theanna Lonsdale
9781583944981 | OSD 12/11/12 | 400 PP | LTD 1,105

Cosmic Cradle, Revised Edition
Spiritual Dimensions of Life before Birth

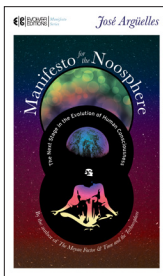
Elizabeth M. Carman and Neil J. Carman, Ph.D.
9781583945520 | OSD 04/16/13 | 392 PP | LTD 4,033

The Electric Jesus
The Healing Journey of a Contemporary Gnostic

Jonathan Talat Phillips
9781583943168 | OSD 11/01/11 | 240 PP | 1 BW
IMAGE | LTD 1,536

Exploring the Edge Realms of Consciousness
Liminal Zones, Psychic Science, and the Hidden Dimensions of the Mind

Edited by Daniel Pinchbeck and Ken Jordan
9781583944882 | OSD 09/18/12 | 384 PP | 5 IMAGES
| LTD 1,577



Manifesto for the Noosphere
The Next Stage in the Evolution of Human Consciousness
Jose Arguelles
 9781583943038 | OSD 09/06/11 | 216 PP | 19 BW IMAGES | LTD 3,932

This final work by renowned author José Argüelles predicts that the noosphere will be fully accessed on December 21, 2012—but warns that we will only successfully make this evolutionary jump through an act of collective consciousness among humans on Earth. The ascension to the noosphere or Supermind (using the terminology of Sri Aurobindo), Argüelles says, will be an unprecedented “mind shift” that mirrors the emergence of life itself on the planet.

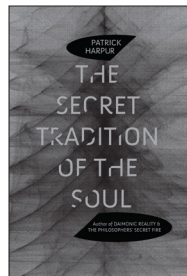
Radical Passion

Sacred Love and Wisdom in Action
Andrew Harvey
 9781583945032 | OSD 10/23/12 | 592 PP | LTD 2,026

Robert Fludd

Essential Readings

William Huffman
 9781556433733 | OSD 09/24/01 | 272 PP | BW IMAGES | LTD 2,268



The Secret Tradition of the Soul
Patrick Harpur
 9781583943151 | OSD 10/18/11 | 256 PP | LTD 1,757
 Patrick Harpur argues that answers to life’s most difficult questions—the meaning of life, the nature of self, and the existence of an afterlife—can be

met by a visionary tradition that runs through Western culture, from Greek philosophy and Renaissance alchemy to Romantic poetry and modern depth psychology. This hidden tradition, according to Harpur, places our soul at the center of the universe and emphasizes imagination, the collective unconscious, and an “otherworld” or afterlife; above all, it teaches us how to know ourselves and how to recover a sense of meaning largely lost today.

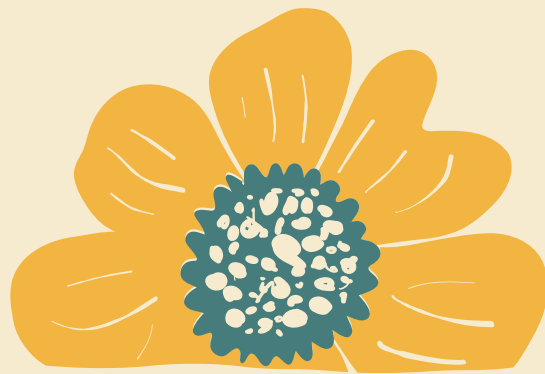
You Are a Spiritual Being Having a Human Experience

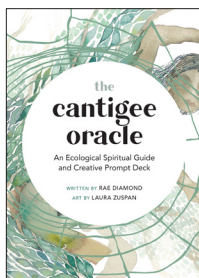
Bob Frissell
 9781583940334 | OSD 12/29/00 | 160 PP | BW IMAGES | LTD 24,679

Your Soul’s Plan

Discovering the Real Meaning of the Life You Planned Before You Were Born
Robert Schwartz
 9781583942727 | OSD 03/24/09 | 344 PP | LTD 84,897

CARD DECKS





The Cantigee Oracle
An Ecological Spiritual Guide and Creative Prompt Deck
Rae Diamond

9781623177737 | OSD
11/15/22 | 256 PP | 52
COLOR IMAGES | LTD 5,996
Grounded in nature-based archetypes like The

Self-Tending Fire, The Juniper Caduceus, and The Voice of the Moon, The Cantigee Oracle includes both a deck and an accompanying guidebook. It offers you a space to reattune, reflect, and reconnect: to your own inner world, to yearnings and inspirations, and to the Earth that sustains us all. Together, they can be used for life direction, personal growth, and an ongoing guided practice to bring you healing and inspiring discoveries that support your fullest, truest self—in harmony with nature and in service to the greatest good for all.

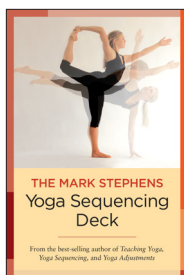


The Mark Stephens Yoga Adjustments Deck
Mark Stephens

9781623174552 | OSD
02/11/20 | 128 PP | COLOR
IMAGES | LTD 2,722

Focusing specifically on teaching effective alignments and safe adjustments, this deck

includes 105 full-color yoga cards with instructional photos, color-coded by type of posture. An accompanying booklet provides detailed explanations of how to assist students in a variety of poses so users are equipped with practical guidance for in-class adjustments.

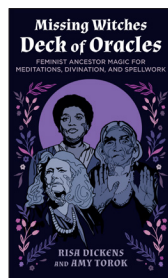


The Mark Stephens Yoga Sequencing Deck
Mark Stephens

9781623170615 | OSD
08/23/16 | 152 PP | 100
COLOR IMAGES | LTD 28,359

With a 92-page booklet covering the principles of sequencing yoga classes and providing clear guidance on

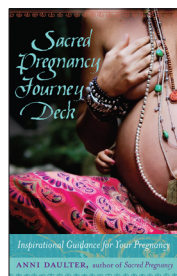
arranging postures in the most effective ways, the deck includes 100 yoga flash cards color-coded by pose family (Standing, Core, Arm Support, Back Bends, Seated Twists, Forward Bends & Hip Openers, Inversions, and Savasana).



The Missing Witches Deck of Oracles
Feminist Ancestor Magic for Meditations, Divination, and Spellwork
Risa Dickens and Amy Torok

9798889840701 | OSD 07/09/24
| 54 PP | 52 IMAGES | LTD 1,741
A complement to Missing Witches and New Moon Magic as well as a

standalone deck, Missing Witches Oracle Deck pulls 52 figures—from Zora Neale Hurston to Hildegard to Mayumi Oda and more—from the authors' previous titles and presents their stories in potent and poignant spells that restore, inspire, and empower.

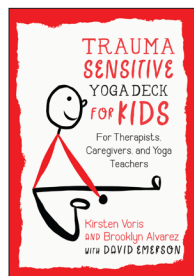


Sacred Pregnancy Journey Deck
Inspirational Guidance for Your Pregnancy
Anni Daulter

9781623171346 | OSD
08/29/17 | 126 PP | COLOR
IMAGES | LTD 999

As either a standalone deck or a companion to Anni Daulter's

Sacred Pregnancy book, the card deck invites women to contemplate, celebrate, and meditate every day throughout the pregnancy and beyond. The accompanying 126-page booklet offers short but powerful explanations for the meaning of each card, encouraging expectant mothers to live with purpose and integrity while seeking clarity on any issues they may be struggling with.



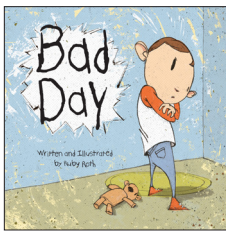
Trauma-Sensitive Yoga Deck for Kids
For Therapists, Caregivers, and Yoga Teachers
Kirsten Voris, Brooklyn Alvarez and David Emerson

9781623173289 | OSD
07/30/19 | 152 PP | 50
COLOR IMAGES | LTD 3,027

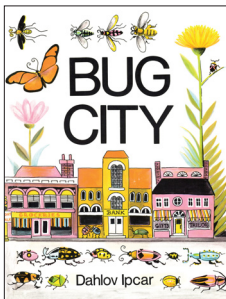
This deck of 50 yoga shapes was created for trauma-sensitive yoga facilitators and other counselors, social workers, and caregivers who work with children. Unlike a traditional yoga deck, this one is trauma informed, somatic focused, and ideal for use in a variety of settings including small groups, classrooms, and one-on-one. Facilitators are free to create a shared, authentic experience that is non-coercive and non-prescriptive. The booklet included with the deck offers an array of games and explorations.

CHILDREN'S BOOKS

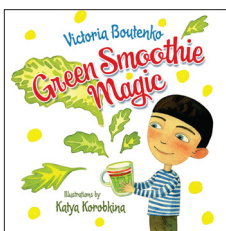




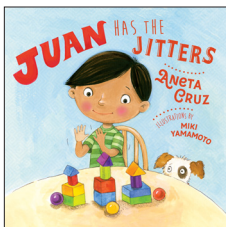
Bad Day
Ruby Roth
 9781623173517 | OSD
 09/10/19 | 32 PP |
 COLOR IMAGES |
 LTD 1,961



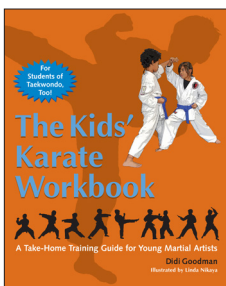
Bug City
Dahlov Ipcar
 9781623173449 | OSD
 07/23/19 | 32 PP |
 COLOR IMAGES |
 LTD 2,683



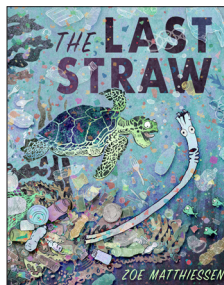
Green Smoothie Magic
Victoria Boutenko & Illustrations by Katya Korobkina
 9781583946015 | OSD
 09/10/13 | 56 PP |
 COLOR IMAGES |
 LTD 2,165



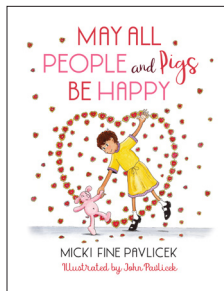
Juan Has the Jitters
Aneta Cruz
 9781623174941 | OSD
 10/06/20 | 32 PP | 32
 COLOR IMAGES |
 LTD 2,727



The Kids' Karate Workbook
A Take-Home Training Guide for Young Martial Artists
Didi Goodman
 9781583942338 | OSD
 10/13/09 | 208 PP | 150
 BW IMAGES | LTD 5,858



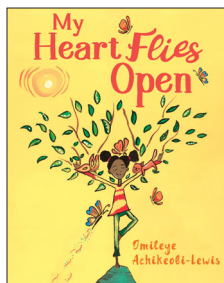
The Last Straw
Zoe Matthiessen
 9781623174637 | OSD
 01/05/21 | 32 PP | 32
 COLOR IMAGES |
 LTD 1,882
 Sippy, a plastic straw who was used once and then discarded, worries what will happen to him when he realizes he can't be recycled. As he flies, floats, and flutters around the planet, he meets animals who are struggling with the plastic problem. Finally, Sippy is swallowed by a hungry whale who is dining on ocean trash! Just when all hope seems lost, he skyrockets to freedom and calls out "Together we can fix this! Let's clean our world—let's try!" Parents and teachers of children 7 to 10 years old can use Sippy's colorful adventure—based on real examples of animals in our environment—to raise awareness about the impacts of plastics on nature and to teach children about alternatives to single-use plastics.



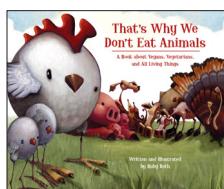
May All People and Pigs Be Happy
Micki Fine Pavlicek and John Pavlicek
 9781623173890 | OSD
 10/29/19 | 32 PP |
 COLOR IMAGES |
 LTD 2,626



Morning, Sunshine!
Keely Parrack
 9781623173852 | OSD
 03/24/20 | 32 PP | 32
 COLOR IMAGES |
 LTD 1,435



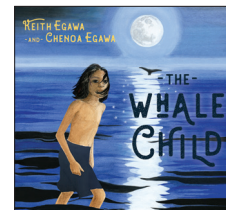
My Heart Flies Open
Omileye Achikeobi-Lewis
 9781623176136 | OSD
 09/07/21 | 32 PP |
 COLOR IMAGES |
 LTD 4,328



That's Why We Don't Eat Animals
A Book About Vegans, Vegetarians, and All Living Things
Ruby Roth
 9781556437854 | OSD
 05/26/09 | 48 PP | COLOR IMAGES | LTD 34,801

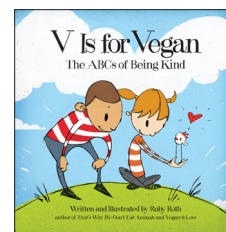


The Tantrum That Saved the World
Megan Herbert
 9781623176846 | OSD
 03/15/22 | 64 PP |
 COLOR IMAGES |
 LTD 3,543

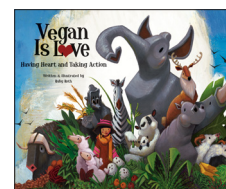


The Whale Child
Keith Egawa and Chenoa Egawa
 9781623174866 | OSD
 10/13/20 | 136 PP | 75
 COLOR IMAGES |
 LTD 13,161

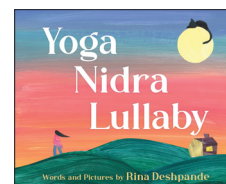
Shiny is a whale child. One day his mother teaches him about the harm facing the world's oceans because of human carelessness. Shiny agrees to be turned into a boy by the ocean's water spirit so he can visit the land and alert people to these dangers. He meets Alex, a young Coast Salish girl who learns from Shiny that the living spirit of water exists in everything—glaciers, rivers, oceans, rain, plants, and all living creatures. The Whale Child introduces children ages 7 to 12 to existing environmental issues with a message of hope, education, sharing, and action. This book also includes resources for students and teachers to facilitate learning about Pacific Northwest Indigenous cultures and the environment.



V Is for Vegan
The ABCs of Being Kind
Ruby Roth
 9781583946497 | OSD
 08/06/13 | 32 PP |
 COLOR IMAGES |
 LTD 24,612

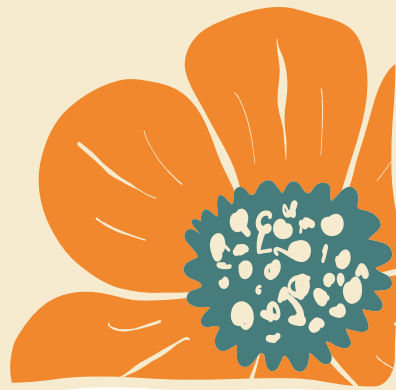


Vegan Is Love
Having Heart and Taking Action
Ruby Roth
 9781583943540 | OSD
 04/24/12 | 44 PP |
 COLOR IMAGES |
 LTD 15,229



Yoga Nidra Lullaby
Rina Deshpande
 9781623176976 | OSD
 11/01/22 | 32 PP |
 COLOR IMAGES |
 LTD 1,235

ECOLOGY & SUSTAINABILITY



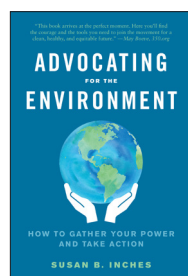
The Abundance of Less

Lessons in Simple Living from Rural Japan

Andy Couturier

9781623171322 | OSD 08/01/17 | 432 PP | 160 BW

IMAGES | LTD 8,356



Advocating for the Environment

How to Gather Your Power and Take Action

Susan B. Inches

9781623176174 | OSD

07/13/21 | 368 PP | 9 BW

IMAGES | LTD 2,335

Advocating for the Environment is based on a vision where all

life is respected, revered, and nurtured. The shifts we need to achieve this vision are profound—from how we do business to how we educate, govern, and care—for all people and life on the planet. Written by environmental policy expert Susan B. Inches, this book is an easy-to-understand, empowering guide to help you take action and enact environmental change.

Change Here Now

Permaculture Solutions for Personal and Community Transformation

Adam Brock

9781623170646 | OSD 05/30/17 | 376 PP | 50 BW

IMAGES | LTD 2,371

Climate

A New Story

Charles Eisenstein

9781623172480 | OSD 09/18/18 | 320 PP | 10 BW

IMAGES | LTD 16,841

The Deep Ecology Movement

An Introductory Anthology

Edited by Alan Drengson and Yuichi Inoue & Contributions by Arne Naess and Gary Snyder

9781556431982 | OSD 02/02/95 | 328 PP | 2 BW

IMAGES | LTD 1,524

Growing Sustainable Together

Practical Resources for Raising Kind, Engaged, Resilient Children

Shannon Brescher Shea

9781623174712 | OSD 06/16/20 | 256 PP | BW

IMAGES | LTD 1,982

Healing Earth

An Ecologist's Journey of Innovation and Environmental Stewardship

John Todd

9781623172985 | OSD 01/29/19 | 200 PP | 50 COLOR

IMAGES, 35 BW IMAGES | LTD 3,043

Hope Beneath Our Feet

Restoring Our Place in the Natural World

Edited by Martin Keogh

9781556439193 | OSD 09/07/10 | 320 PP |

LTD 8,169

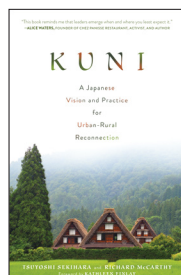
Integrated Activism

Applying the Hidden Connections between Ecology, Economics, Politics, and Social Progress

Alexis Zeigler

9781583946046 | OSD 08/13/13 | 240 PP |

LTD 477



Kuni

A Japanese Vision and Practice for Urban-Rural Reconnection

Tsuyoshi Sekihara

9781623177317 | OSD

10/18/22 | 176 PP | 10 BW

IMAGES | LTD 1,061

"Kuni" is both a reimagining of the Japanese word for nation

and an approach to reviving communities. It shows what happens when dedicated people come together and invest their hearts, minds, and souls back into a community, modeling a new way of living that actually works. Kuni offers a unique model for the revitalization of rural and deindustrialized lands and communities. A kuni can be created anywhere.

Land

A New Paradigm for a Thriving World

Martin Adams

9781583949207 | OSD 03/03/15 | 208 PP | 15 BW

IMAGES | LTD 1,754

The Local Food Revolution

How Humanity Will Feed Itself in Uncertain Times

Michael Brownlee

9781623170004 | OSD 10/18/16 | 456 PP | 5 BW

IMAGES | LTD 1,068

Love in the Age of Ecological Apocalypse

Cultivating the Relationships We Need to Thrive

Carolyn Baker

9781583948996 | OSD 03/24/15 | 264 PP |

LTD 959

A New Republic of the Heart

An Ethos for Revolutionaries

Terry Patten

9781623170479 | OSD 03/06/18 | 416 PP |

LTD 5,548

Ocean Country

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

Liz Cunningham

9781583949603 | OSD 09/08/15 | 376 PP | 10 BW

IMAGES | LTD 3,357



Radical Joy for Hard Times

Finding Meaning and Making Beauty in Earth's Broken Places

Trebbe Johnson

9781623172633 | OSD

09/25/18 | 248 PP | LTD 1,706

Trebbe Johnson gives clear ideas and suggestions for

accepting places that have been wounded by human interaction, from clearcutting and fracking to extreme weather and urban sprawl. Trebbe Johnson, after years of leading workshops, retreats, and rites of passage programs internationally, suggests using art and ritual to make peace with the place as it is now. In a well-crafted narrative that includes interviews with cutting-edge thinkers and doers from around the world, she reminds us that spending time in these places, finding beauty there, discovering what they can tell us about ourselves, and making simple creative gifts for them, we can discover new sources of meaning, community, creativity, and even joy.

Rebuilding Earth

Designing Ecoconscious Habitats for Humans

Teresa Coady

9781623174316 | OSD 03/20/20 | 312 PP |

LTD 1,346

Sacred Soil

Biochar and the Regeneration of the Earth

Robert Tindall, Frédérique Apffel-Marglin, and

David Shearer & Foreword by Ian Baker

9781623171186 | OSD 07/18/17 | 256 PP | 2 BW

IMAGES | LTD 996



Speculative Futures
Design Approaches to Navigate Change, Foster Resilience, and Co-Create the Cities We Need

Johanna Hoffman

9781623177362 | OSD

10/04/22 | 224 PP | 67 BW

IMAGES | LTD 1,129

Artist and urbanist Johanna

Hoffman examines how we can reimagine our cities at every level: as individuals, in community, and on a professional scale. Hoffman blends precedent studies, compelling research, and professional memoir, connecting urban development issues with the processes and actions best positioned to create better solutions for our cities. The result is a dynamic field guide that uses speculative futures—design approaches that help us visualize new and potential worlds—to imagine, advocate for, and adapt to modern scales, scopes, and speeds of change.

Sustainable Revolution

Permaculture in Ecovillages, Urban Farms, and Communities Worldwide

Edited by Juliana Birnbaum and Louis Fox

9781583946480 | OSD 02/25/14 | 368 PP | 350

COLOR IMAGES | LTD 4,018

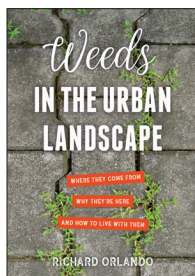
The Unlikely Peace at Cuchumaquic

The Parallel Lives of People as Plants: Keeping the Seeds Alive

Martín Prechtel

9781583943601 | OSD 01/31/12 | 476 PP | 4 BW

IMAGES | LTD 6,445



Weeds in the Urban Landscape

Where They Come from, Why They're Here, and How to Live with Them

Richard Orlando

9781623172114 | OSD

05/22/18 | 400 PP | 190 BW

IMAGES, 16-PP COLOR

IMAGES | LTD 1,042

A comprehensive identification guide to 189 common weeds in the urban environment, explaining their families and characteristics, with strategies for managing their presence in the garden and fields.

Wild Design

Ecofriendly Innovations Inspired by Nature

Alan Marshall

9781556437908 | OSD 07/14/09 | 168 PP | 150+

IMAGES | LTD 378

The Yin and Yang of Climate Crisis

Healing Personal, Cultural, and Ecological

Imbalance with Chinese Medicine

Brendan Kelly

9781583949511 | OSD 09/01/15 | 248 PP | 3 BW

IMAGES | LTD 1,167

HEALTH & HEALING

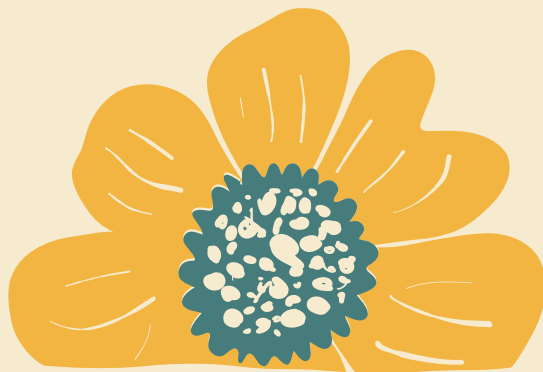
Alternative Therapies

Diet & Nutrition

Herbalism & Natural Medicine

Medical

Pregnancy & Children's Health



ALTERNATIVE THERAPIES

Acupuncture and the Chakra Energy System

Treating the Cause of Disease

John R. Cross

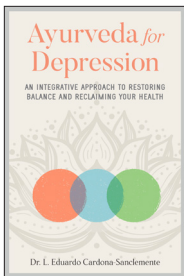
9781556437212 | OSD 07/29/08 | 208 PP | 16-PP
COLOR IMAGES, 4 BW IMAGES | LTD 7,288

Archetypal Acupuncture

Healing with the Five Elements

Gary Dolowich, M.D.

9781583943106 | OSD 09/20/11 | 336 PP | 20 BW
IMAGES | LTD 1,408



Ayurveda for Depression

An Integrative Approach to Restoring Balance and Reclaiming Your Health

Eduardo Cardona-Saclemente

9781623175368 | OSD
10/27/20 | 432 PP | 10-20 BW
IMAGES | LTD 1,530

The Ayurvedic anti-depression protocols outlined in this book can work alone or in concert with conventional therapies to help you develop a tailored plan that meets your unique needs. This book will empower you to create daily and seasonal routines using dietary adjustments, mind-body training, and herbal remedies to reawaken your body and cultivate the wisdom needed to heal from depression.

A Barefoot Doctor's Guide for Women

Georgette Delvaux

9781556436659 | OSD 09/11/07 | 128 PP |
LTD 880

Better Eyesight

The Complete Magazines of William H. Bates
William H. Bates & Edited by Thomas R.

Quackenbush

9781556433511 | OSD 12/14/00 | 736 PP | BW
IMAGES | LTD 6,865

Biodynamic Craniosacral Therapy, Volume Four

Michael J. Shea, Ph.D.

9781583943731 | OSD 04/17/12 | 320 PP | 138
IMAGES | LTD 839

Biodynamic Craniosacral Therapy, Volume Three

Michael J. Shea, Ph.D.

9781556439339 | OSD 11/30/10 | 528 PP | BW
IMAGES | LTD 1,046

Biodynamic Craniosacral Therapy, Volume Two

Michael J. Shea, Ph.D.

9781556437151 | OSD 08/19/08 | 560 PP | BW
IMAGES | LTD 1,635

Bodywise

An Introduction to Hellerwork for Regaining Flexibility and Well-Being

Joseph Heller, William Henkin

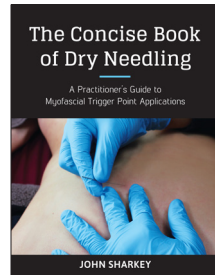
9781556435249 | OSD 10/20/04 | 272 PP | BW
IMAGES | LTD 4,400

The Breath of Life

An Introduction to Craniosacral Biodynamics

Cherionna Menzam-Sills, Ph.D.

9781623172053 | OSD 04/17/18 | 272 PP | 62 BW
IMAGES | LTD 2,318



The Concise Book of Dry Needling

A Practitioner's Guide to Myofascial Trigger Point Applications
to Myofascial Trigger Point Applications

John Sharkey

9781623170837 | OSD
01/24/17 | 264 PP | 250
COLOR IMAGES | LTD 2,291
John Sharkey—an

international authority on myofascial trigger points, myofascial pain, myofascial trigger point dry needling, and neuromuscular therapy as well as an accredited clinical anatomist—draws on his thirty years of experience in bodywork and movement therapy to provide accurate and essential criteria for the identification and subsequent treatment of myofascial trigger points through the exclusive use of a fine, filiform needle.

Craniosacral Biodynamics, Volume One

The Breath of Life, Biodynamics, and Fundamental Skills

Franklyn Sills & Illustrated by Dominique Degranges

9781556433542 | OSD 08/13/01 | 472 PP | BW
IMAGES | LTD 12,662

Craniosacral Therapy and the Energetic Body

An Overview of Craniosacral Biodynamics

Roger Gilchrist

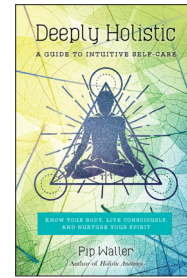
9781556435805 | OSD 08/11/06 | 224 PP | BW
IMAGES | LTD 5,521

CranioSacral Therapy: What It Is, How It Works

Contributions by John E. Upledger, Donald

Ash, Richard Grossinger, Don Cohen

9781556436956 | OSD 04/29/08 | 128 PP | BW
IMAGES | LTD 9,719



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A Guide to Intuitive Self-Care: Know Your Body, Live Consciously, and Nurture Your Spirit
Pip Waller

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Following the traditional framework of an anatomy book that explains each body system chapter-by-chapter, Pip Waller provides fundamental information and tips about exercise, diet, supplements, understanding and caring for your emotional and mental health, naturopathic principles from various traditions, and simple yet effective ways of working with spiritual energy.

Discovering Homeopathy

Your Introduction to the Science and Art of Homeopathic Medicine Second Revised Edition

Dana Ullman

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Archetypal Dimensions of Healing

Jane Cicchetti

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IMAGES | LTD 4,904

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Treating the Effects of Trauma

Peter Chappell

9781556434297 | OSD 10/09/03 | 336 PP | BW
IMAGES | LTD 8,417

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A Taoist Approach to Emotional Healing, Psychology, and Internal Alchemy

Gilles Marin

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COLOR IMAGES | LTD 6,517

Foundations in Craniosacral Biodynamics, Volume One

The Breath of Life and Fundamental Skills

Franklyn Sills

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IMAGES | LTD 7,478

Foundations in Craniosacral Biodynamics, Volume Two

The Sentient Embryo, Tissue Intelligence, and Trauma Resolution

Franklyn Sills

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IMAGES | LTD 4,820

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A Physician Explains How Acupuncture Helps You Be the Best YOU

Joseph Helms, M.D.

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IMAGES | LTD 2,065

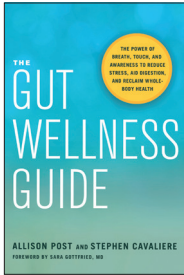
A Guide to Polarity Therapy

The Gentle Art of Hands-On Healing

Maruti Seidman

9781556433290 | OSD 01/06/00 | 208 PP | BW

IMAGES | LTD 4,023



The Gut

Wellness Guide

The Power of Breath, Touch, and Awareness to Reduce Stress, Aid Digestion, and Reclaim Whole-Body Health
Allison Post and Stephen Cavaliere

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Addressing a wide range of conditions—including digestive problems, anxiety, and depression—this easy-to-use guide presents simple and direct ways to relieve the stress related to some of today's most pressing health problems. It shows the devastating impact that imbalances of gut microbiota and the microbiome can have on digestion—and on hormonal, immune, and brain function—and demonstrates proven techniques to reconnect with our bodies and reclaim our health.

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Gilles Marin

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A Revolutionary Approach to Treating and Curing Physical and Mental Illness

Steven Goldsmith, M.D.

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Acupuncture, Acupressure, & Chinese Herbs
Andy Rosenfarb, LAc & Foreword by Marc Grossman, OD, LAc

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A Visionary Approach to Craniosacral Work
Hugh Milne

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IMAGES | LTD 16,092

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A Visionary Approach to Craniosacral Work

Hugh Milne

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IMAGES | LTD 15,837

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A Quick Reference Guide to Accurate

Homeopathic Care

Thomas Kruzel

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Remedies for Health and Safety

Ravi Roy and Carola Lage-Roy

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The Story of Samuel and Melanie Hahnemann

Rima Handley

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Homeopathic Medicines for Pregnancy and Childbirth

Richard Moskowitz, M.D. & Preface by Judy Norsigian and Jane Pincus

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Repertory, Case Taking, and Case Analysis

Todd Rowe

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Personality Profiles of the Major Constitutional Remedies

Philip M. Bailey, M.D.

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Paul Herscu, N.D. & Foreword by George

Vithoulkas

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Asa Hershoff

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IMAGES | LTD 10,818

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Anatomy, Function, and Treatment

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Colloidal Biology: A Symbiosis

David Jubbs

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IMAGES | LTD 3,859

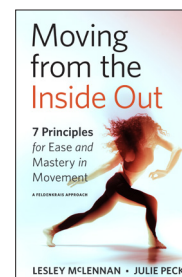
Menopause and Homeopathy

A Guide for Women in Midlife

Ifeoma Ikenze, M.D. & Foreword by Lonnie Barbach

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IMAGES | LTD 901



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Lesley McLennan and Julie Peck

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David Weinstock

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Luann Overmyer

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Charles A. Moss, M.D. & Foreword by Peter Eckman, M.D., Ph.D., Mac(UK)

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IMAGES | LTD 9,695

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Edward C. Whitmont, M.D.

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Laura Northrup

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Thomas R. Quackenbush

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How Frequency Specific Microcurrent Is Changing Medicine

Carolyn McMakin

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Frank Lowen

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IMAGES | LTD 1,200

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Marion Rosen with Susan Brenner

9781556434181 | OSD 04/21/03 | 136 PP | BW

IMAGES | LTD 7,742

Stalking Wild Psaos

Embodying Your Core Intelligence

Liz Koch

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IMAGE | LTD 6,136

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Biodynamic Cranial Practice and the Evolution of Consciousness

Charles Ridley

9781556435928 | OSD 12/19/06 | 264 PP | BW

IMAGES | LTD 5,843

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A Holistic Vision of Healing That Honors Our Connection to the Earth, Others, and Ourselves

Marcey Shapiro, M.D.

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LTD 805

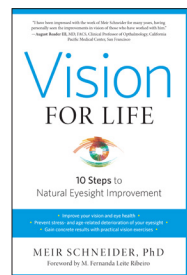
Vibrational Healing

Revealing the Essence of Nature through Aromatherapy and Essential Oils

Deborah Eidson

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IMAGES | LTD 2,297



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Meir Schneider, Ph.D.

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Born legally blind, Meir

Schneider taught himself to see

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

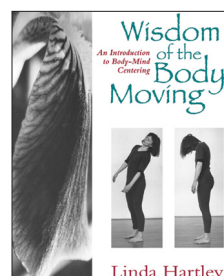
Voices of Qi

An Introductory Guide to Traditional Chinese Medicine

Alex Holland & Foreword by Fred Lanphear

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IMAGES | LTD 7,249



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Linda Hartley

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Experienced BMC

practitioner Linda Hartley

demonstrates the basic philosophy and key elements of Body-Mind Centering. Drawing on animal and infant movements, she takes readers through the wondrous realms of Bainbridge Cohen's pantheon—from the 'minds' of the skeletal and muscular systems to the quite different inner lives of digestive, lymphatic, urinary, respiratory, vocal, circulatory, endocrine, and reproductive organs.

DIET & NUTRITION

The 7 Principles of Stress

Extend Life, Stay Fit, and Ward Off Fat

Ori Hofmekler

9781623171810 | OSD 11/07/17 | 184 PP |

LTD 2,820

12 Steps to Raw Foods

How to End Your Dependency on Cooked Food

Victoria Boutenko & Foreword by Gabriel

Cousens, M.D.

9781556436512 | OSD 05/08/07 | 288 PP |

LTD 46,027

The Adaptation Diet

A Three-Step Approach to Control Cortisol, Lose Weight, and Prevent Chronic Disease

Charles A. Moss, M.D.

9781583946114 | OSD 05/07/13 | 432 PP | 5 BW

IMAGES | LTD 1,476

The Anti-Estrogenic Diet

How Estrogenic Foods and Chemicals Are Making You Fat and Sick

Ori Hofmekler, with Rick Osborn

9781556436840 | OSD 05/15/07 | 208 PP |

LTD 23,136

Body Electronics

Vital Steps for Physical Regeneration

Thomas Chavez & Foreword by Thomas

Quackenbush

9781556435171 | OSD 05/26/05 | 368 PP |

LTD 3,920

Brain-Building Nutrition

How Dietary Fats and Oils Affect Mental, Physical, and Emotional Intelligence

Michael A. Schmidt, Ph.D. & Foreword by

Jeffrey Bland

9781583941812 | OSD 12/19/06 | 336 PP | BW

IMAGES | LTD 5,249

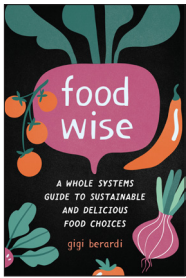
Detox Your World

Quick and Lasting Results for a Beautiful Mind, Body, and Spirit

Shazzie & foreword by David Wolfe

9781583944509 | OSD 07/17/12 | 440 PP | 14 BW

IMAGES | LTD 1,609



FoodWISE
A Whole Systems Guide to Sustainable and Delicious Food Choices

Gigi Berardi
9781623173913 | OSD
01/14/20 | 256 PP | LTD 1,609
With more than thirty years of experience in farm and food studies, Gigi Berardi, PhD,

shows readers how to make food choices and prepare meals that are WISE: Whole, Informed, Sustainable, and Experience based.

Green for Life

The Updated Classic on Green Smoothie Nutrition

Victoria Boutenko & Foreword by A. William Menzin, M.D.
9781556439308 | OSD 10/05/10 | 224 PP | 8 BW
IMAGES | LTD 81,156

Green Smoothie Retreat

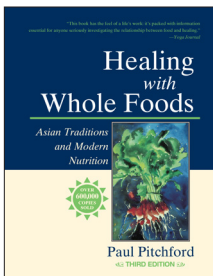
A 7-Day Plan to Detox and Revitalize at Home

Victoria Boutenko
9781583948606 | OSD 01/06/15 | 176 PP | LTD 3,276

Green Smoothie Revolution

The Radical Leap Towards Natural Health

Victoria Boutenko
9781556438127 | OSD 08/04/09 | 184 PP | 15 BW
IMAGES | LTD 128,775



Healing with Whole Foods, Third Edition
Asian Traditions and Modern Nutrition

Paul Pitchford
9781556434303 | OSD
11/05/02 | 784 PP | BW
IMAGES | LTD 306,223
Embark on a transformative wellness journey with Paul

Pitchford's bestselling *Healing with Whole Foods*. This comprehensive handbook goes beyond the simple integration of traditional Chinese Medicine and modern nutritional science: it's a beacon of wisdom and insights for individuals committed to healthful living and holistic practitioners alike. It invites you to embark on a journey of wellness, empowerment, and self-discovery, all facilitated by the power of whole foods.

Macrobiotics for Life

A Practical Guide to Healing for Body, Mind, and Heart

Simon Brown & with Recipes by Dragana Brown
9781556437861 | OSD 08/04/09 | 392 PP | 16-PP
COLOR IMAGES | LTD 4,425

Maximum Muscle, Minimum Fat
The Secret Science Behind Physical Transformation

Ori Hofmekler
9781556436895 | OSD 04/29/08 | 176 PP | BW
IMAGES | LTD 14,320

Secrets of an Alkaline Body
The New Science of Colloidal Biology

Annie Padden Jubb and David Jubb
9781556434815 | OSD 02/19/04 | 240 PP | LTD 11,088



Tap, Taste, Heal
Use Emotional Freedom Techniques (EFT) to Eat Joyfully and Love Your Body

Marcella Friel
9781623173098 | OSD
04/16/19 | 240 PP | 1 BW
IMAGE | LTD 1,581

For many people who struggle with food, mindful eating alone is not the answer. By teaching the neurological repatterning tool of "Tapping," natural foods chef and mindful eating coach Marcella Friel will help you transform the stressful circumstances and mistaken beliefs that have spawned less-than-ideal eating behaviors to re-discover the nourishment that is your birthright so that food can find its rightful place in your life.

Unlock Your Muscle Gene

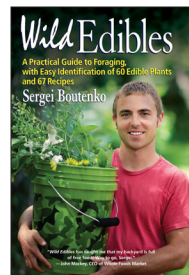
Trigger the Biological Mechanisms That Transform Your Body and Extend Your Life

Ori Hofmekler & foreword by Joseph Mercola, D.O.
9781583943090 | OSD 10/04/11 | 200 PP | LTD 6,231

The Warrior Diet

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

Ori Hofmekler & Forewords by Harvey Diamond and Udo Erasmus
9781583942000 | OSD 12/04/07 | 312 PP | BW
IMAGES | LTD 47,755



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

Sergei Boutenko
9781583946022 | OSD
07/16/13 | 296 PP | 320
COLOR IMAGES, 4 PP BW
IMAGES | LTD 27,458

In *Wild Edibles*, Sergei Boutenko's bestselling work on the art and science of live-food wildcrafting, readers will learn how to safely identify 60 delicious trailside

weeds, herbs, fruits, and greens growing all around us. It also outlines basic rules for safe wild-food foraging and discusses poisonous plants, plant identification protocols, gathering etiquette, and conservation strategies.

HERBALISM & NATURAL MEDICINE

375 Essential Oils and Hydrosols

Jeanne Rose
9781883319892 | OSD 08/24/99 | 280 PP | BW
IMAGES | LTD 18,063



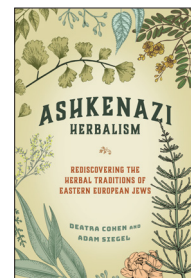
Acupressure with Essential Oils
A Self-Care Guide to Enhance Your Health and Lift Your Spirit

Merina Ty-Kisera
9781623173241 | OSD
04/30/19 | 312 PP | 158 BW
IMAGES | LTD 5,856
Author Merina Ty-Kisera

introduces her unique Aroma Acupressure method for self-care—applying the healing properties of essential oils to points on the body that cue energetic changes to bring the body and mind back to balance.

The Aromatherapy Book
Applications and Inhalations

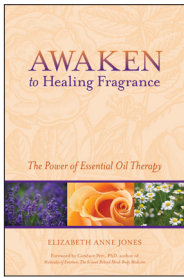
Jeanne Rose
9781556430732 | OSD 01/15/93 | 400 PP | BW
IMAGES | LTD 9,675



Ashkenazi Herbalism
Rediscovering the Herbal Traditions of Eastern European Jews

Deatra Cohen & Adam Siegel
9781623175443 | OSD
04/06/21 | 352 PP | 20-40 BW
IMAGES | LTD 13,607

Until now, the herbal traditions of the Ashkenazi people have remained unexplored and shrouded in mystery. Including the first materia medica of 26 plants and herbs essential to Ashkenazi folk medicine, *Ashkenazi Herbalism* sheds light on the preparations, medicinal profiles, and applications of a rich but previously unknown herbal tradition—one hidden by language barriers, obscured by cultural misunderstandings, and nearly lost to history. Written for new and established practitioners, it offers illustrations, provides information on comparative medicinal practices, and illuminates the important historical and cultural contexts that gave rise to Eastern European Jewish herbalism.

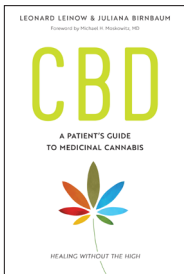


Awaken to Healing Fragrance
The Power of Essential Oil Therapy
 Elizabeth Anne Jones &
 Foreword by Candace
 Pert, Ph.D.
 9781556438752 | OSD
 04/13/10 | 360 PP | 15-20 BW
 IMAGES | LTD 2,192

Noted aromatherapist Elizabeth Anne Jones explores the value of scent in our lives today and provides a comprehensive look at the past, present, and future of essential oil therapy, focusing on its use in holistic healing and integrative medicine.

The Book of Herbal Wisdom
Using Plants as Medicines
 Matthew Wood
 9781556432323 | OSD 09/15/97 | 592 PP | BW
 IMAGES | LTD 39,440

The Cannabis Health Index
Combining the Science of Medical Marijuana with Mindfulness Techniques To Heal 100 Chronic Symptoms and Diseases
 Uwe Blesching
 9781583949627 | OSD 12/01/15 | 660 PP | 35 BW
 IMAGES | LTD 21,248



CBD
A Patient's Guide to Medicinal Cannabis
 Leonard Leinow and
 Juliana Birnbaum
 9781623171834 | OSD
 10/31/17 | 352 PP | 69 BW
 IMAGES | LTD 33,724
 This practical, accessible guide to using CBD-dominant

cannabis contains a wealth of information for both first-time explorers and experienced patients who want to know more about safely treating a number of health conditions with remarkable results and low to no psychoactivity or negative side effects. CBD (cannabidiol) is a component of cannabis that can provide relief for conditions such as seizures, pain, inflammation, anxiety, depression, arthritis, and a number of other issues. This book offers guidance on various forms of the medicine such as oil infusions, alcohol-based tinctures, capsules, and CO2 concentrated extracts.

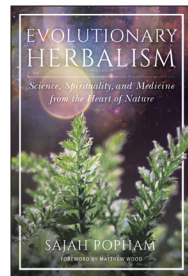
The Earthwise Herbal Repertory
The Definitive Practitioner's Guide
 Matthew Wood
 9781623170776 | OSD 11/01/16 | 448 PP | 8 BW
 IMAGES | LTD 19,341

The Earthwise Herbal, Volume I
A Complete Guide to Old World Medicinal Plants
 Matthew Wood
 9781556436925 | OSD 06/03/08 | 592 PP | BW
 IMAGES | LTD 21,701

The Earthwise Herbal, Volume II
A Complete Guide to New World Medicinal Plants
 Matthew Wood
 9781556437793 | OSD 04/28/09 | 416 PP | 25 BW
 IMAGES | LTD 20,163

Essential Oils for Childbirth
Using Aromatherapy to Reduce Stress, Alleviate Anxiety, and Lessen Pain with Any Birth Plan
 Michaela Boldy
 9781623172947 | OSD 11/20/18 | 200 PP | 10 BW
 IMAGES | LTD 964

Essentials of Tibetan Traditional Medicine
 Thinley Gyatso and Chris Hakim
 9781556438677 | OSD 03/16/10 | 416 PP | 175 BW
 IMAGES | LTD 2,571



Evolutionary Herbalism
Science, Spirituality, and Medicine from the Heart of Nature
 Sajah Popham
 9781623173135 | OSD
 04/30/19 | 544 PP | 24
 IMAGES | LTD 25,493
 Sajah Popham presents an

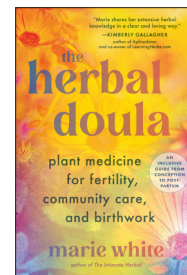
innovative approach to herbalism that considers the holistic relationship among plants, humans, and the underlying archetypal patterns in Nature. Organized in five parts moving from the microcosmic to the universal, this work explores a unique integration of clinical herbalism, Ayurveda, medical astrology, spagyric alchemy, and medical and esoteric traditions from across the world into a truly holistic system of plant medicine. A balance of the heart and the mind, the science and spirit of people and plants, Evolutionary Herbalism provides a holistic context for how plants can be used for transformational levels of healing for the body, spirit, and soul.

The Fungal Pharmacy
The Complete Guide to Medicinal Mushrooms and Lichens of North America
 Robert Rogers & Foreword by Solomon
 P. Wasser
 9781556439537 | OSD 11/15/11 | 608 PP | COLOR
 IMAGES | LTD 26,449

The Gift of Healing Herbs
Plant Medicines and Home Remedies for a Vibrantly Healthy Life
 Robin Rose Bennett & Foreword by Rosemary Gladstar
 9781583947623 | OSD 03/11/14 | 592 PP | 22 BW
 IMAGES | LTD 15,344

Herbal Allies
My Journey with Plant Medicine
 Robert Rogers
 9781623171391 | OSD 06/27/17 | 432 PP | 50 BW
 IMAGES, 16-PP COLOR IMAGES | LTD 1,196

Herbal Body Book
The Herbal Way to Natural Beauty & Health for Men & Women
 Jeanne Rose
 9781583940044 | OSD 03/01/00 | 400 PP | BW
 IMAGES | LTD 5,465

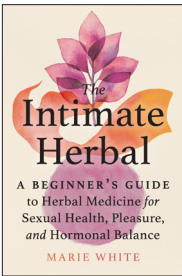


The Herbal Doula
Plant Medicine for Fertility, Community Care, and Birthwork—An inclusive guide from conception to postpartum
 Marie White
 9781623179427 | OSD
 09/17/24 | 240 PP | LTD 1,232
 The Herbal Doula demystifies

herbal reproductive care, offering open and expert guidance in being your own budding fertility, conception, and pregnancy doula—or supplementing your existing care plan with your midwife, doula, or physician. While many traditional herbals rely on outdated gender norms, classist assumptions, or problematic standards of care, this book is written for readers of all genders and body types, approaching herbal care with a HAES (health at every size) lens. It celebrates herbal pregnancy and birth work as collective care, recognizing chosen family, disability dignity, and the importance of daily practice in a guide you'll return to again and again throughout any and all stages of your journey.

The Herbal Lore of Wise Women and Wortcunners
The Healing Power of Medicinal Plants
 Wolf D. Storl & Foreword by Rosemary Gladstar
 9781583943588 | OSD 01/17/12 | 392 PP | 38 BW
 IMAGES | LTD 5,194

Icelandic Herbs and Their Medicinal Uses
 Anna Rosa Robertsdottir
 9781623170226 | OSD 03/01/16 | 300 PP | COLOR
 IMAGES | LTD 839



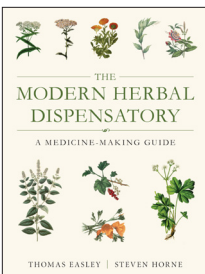
The Intimate Herbal
A Beginner's Guide to Herbal Medicine for Sexual Health, Pleasure, and Hormonal Balance
 Marie White
 9781623176631 | OSD
 06/14/22 | 256 PP | LTD 2,334
 In an empowering, accessible, and inclusive guide, herbalist

Marie White shows readers of all genders how to enhance sexual and reproductive health through plant medicine. A must-have for those looking to revitalize intimacy with the special touch of medicinal herbs—and a few selected seaweed and fungi—The Intimate Herbal includes tried-and-tested protocols rooted in an intersectional, non-binary approach to holistic health, herbal healing, and supporting the body through physical stress..

Jeanne Rose's Kitchen Cosmetics
Using Herbs, Fruit and Flowers for Natural Bodycare
 Jeanne Rose
 9781556431012 | OSD 01/12/93 | 128 PP | BW
 IMAGES | LTD 2,276

The Land in Our Bones
Plantcestral Herbalism and Healing Cultures from Syria to the Sinai—Earth-based pathways to ancestral stewardship and belonging in diaspora
 Layla Feghali
 9781623179144 | OSD 02/13/24 | 368 PP | LTD 6,259

Medical Aromatherapy
Healing with Essential Oils
 Kurt Schnaubelt
 9781883319694 | OSD 01/12/99 | 304 PP | BW
 IMAGES | LTD 20,078



The Modern Herbal Dispensary
A Medicine-Making Guide
 Thomas Easley and Steven Horne
 9781623170790 | OSD
 11/29/16 | 376 PP | 68
 COLOR IMAGES |
 LTD 207,849

This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost.

Mushroom Essences
Vibrational Healing from the Kingdom Fungi
 Robert Rogers
 9781623170455 | OSD 07/19/16 | 296 PP | 120
 COLOR IMAGES | LTD 2,843

The Practice of Traditional Western Herbalism
Basic Doctrine, Energetics, and Classification
 Matthew Wood
 9781556435034 | OSD 05/10/04 | 300 PP | BW
 IMAGES | LTD 21,998

Renegade Beauty
Reveal and Revive Your Natural Radiance
 Nadine Artemis & Foreword by Carrie-Anne Moss
 9781583949696 | OSD 11/14/17 | 448 PP | 200
 COLOR IMAGES | LTD 25,095

Sacred Medicine Cupboard
A Holistic Guide and Journal for Caring for Your Family Naturally—Recipes, Tips, and Practices
 Anni Daulter, Jessica Booth, and Jessica Smithson
 9781623170684 | OSD 01/31/17 | 448 PP | 175
 COLOR IMAGES | LTD 1,933

Seven Herbs
Plants as Teachers
 Matthew Wood
 9780938190912 | OSD 01/29/93 | 124 PP | BW
 IMAGES | LTD 6,075

Southern Folk Medicine
Healing Traditions from the Appalachian Fields and Forests
 Phyllis D. Light
 9781623171568 | OSD 01/16/18 | 304 PP |
 LTD 9,218

The Untold History of Healing
Plant Lore and Medicinal Magic from the Stone Age to Present
 Wolf D. Storl
 9781623170936 | OSD 03/21/17 | 344 PP | 20 BW
 IMAGES | LTD 2,661

Vitalism
The History of Herbalism, Homeopathy, and Flower Essences
 Matthew Wood
 9781556433405 | OSD 03/16/00 | 232 PP | BW
 IMAGES | LTD 9,322

Wind in the Blood
Mayan Healing and Chinese Medicine
 Hernan Garcia, Antonio Sierra, Gilberto Balam & Translated by Jeff Conant
 9781556433047 | OSD 10/22/99 | 320 PP | BW
 IMAGES | LTD 3,141

MEDICAL

Beyond Antibiotics, Third Edition
Strategies for Living in a World of Emerging Infections and Antibiotic-Resistant Bacteria
 Michael A. Schmidt, Ph.D.
 9781556437779 | OSD 01/20/09 | 456 PP | BW
 IMAGES | LTD 2,233

Biokinetics and Biodynamics of Human Differentiation
Principles and Applications
 Erich Blechschmidt, M.D. and R.F. Gasser, Ph.D.
 9781583944523 | OSD 05/15/12 | 312 PP | 161 BW
 IMAGES | LTD 1,329

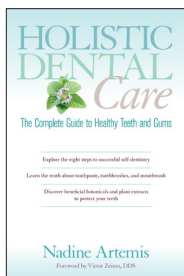
Cancer as a Wake-Up Call
An Oncologist's Integrative Approach to What You Can Do to Become Whole Again
 M. Laura Nasi, M.D.
 9781623172961 | OSD 10/02/18 | 376 PP | 30 BW
 IMAGES | LTD 2,383

Crash Course
A Self-Healing Guide to Auto Accident Trauma and Recovery
 Diane Poole Heller and Laurence S. Heller & Foreword by Peter A. Levine, Ph.D.
 9781556433726 | OSD 10/26/01 | 232 PP | BW
 IMAGES | LTD 13,245

Doctors Are More Harmful Than Germs
How Surgery Can Be Hazardous to Your Health
 Harvey Bigelsen, M.D., with Lisa Haller
 9781556439582 | OSD 03/15/11 | 264 PP | 17 BW
 IMAGES | LTD 5,796

Foundations for Integrative Musculoskeletal Medicine
An East-West Approach
 Alon Marcus & Foreword by Michael Kuchera
 9781556435409 | OSD 01/20/05 | 776 PP | BW
 IMAGES | LTD 1,460

Green Medicine
Challenging the Assumptions of Conventional Health Care
 Larry Malerba, D.O.
 9781556439025 | OSD 06/29/10 | 416 PP | 15-20 BW
 IMAGES | LTD 2,224



Holistic Dental Care *The Complete Guide to Healthy Teeth and Gums*

Nadine Artemis

9781583947203 | OSD

10/08/13 | 152 PP | 53 COLOR

IMAGES | LTD 43,215

A comprehensive guide to natural, do-it-yourself oral care, Holistic Dental Care introduces

simple, at-home dental procedures that anyone can do. Helping readers understand the basics of bacteria and decay, natural dental expert and author Nadine Artemis explains the truth about many toothpastes, toothbrushes, and mouthwashes; the importance of good nutrition for healthy teeth; and the immune-boosting benefits of botanicals and plant extracts. Her eight-step self-dentistry plan offers an essential dental protocol that can be applied daily in order to protect the teeth and prevent decay.

Natural Treatments for Tics and Tourette's

A Patient and Family Guide

Sheila Rogers DeMare

9781556437472 | OSD 10/21/08 | 360 PP |

LTD 16,166

Rehabilitation Protocols for Surgical and Nonsurgical Procedures: Lumbar Spine

Carol McFarland and Don Burkhart & Preface by Aubrey A. Swartz, M.D. & Foreword by Philip E. Greenman, D.O.

9781556433801 | OSD 11/15/01 | 224 PP | BW

IMAGES | LTD 1,808

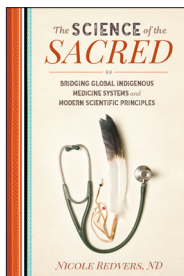
Reversing Chronic Pain

A 10-Point All-Natural Plan for Lasting Relief

Maggie Phillips

9781556436765 | OSD 09/25/07 | 256 PP | BW

IMAGES | LTD 6,297



The Science of the Sacred

Bridging Global Indigenous Medicine Systems and Modern Scientific Principles

Nicole Redvers, N.D.

9781623173364 | OSD

03/26/19 | 296 PP | 5 BW

IMAGES | LTD 6,105

Nicole Redvers, a naturopathic physician and member of the Deninu K'ue First Nation, analyzes modern Western medical practices using evidence-informed Indigenous healing practices and traditions from around the world—from sweat lodges and fermented foods to Ayurvedic doshas and meditation. Organized around various sciences, such as physics, genetics, and

microbiology, the book explains the connection between traditional medicine and current research around epigenetics and quantum physics, for example, and includes over 600 citations.

Suffering the Silence

Chronic Lyme Disease in an Age of Denial

Allie Cashel

9781583949245 | OSD 09/08/15 | 232 PP | LTD 1,876

PREGNANCY & CHILDREN'S HEALTH

Calm Birth, Revised

Prenatal Meditation for Conscious Childbirth

Robert Bruce Newman

9781623170578 | OSD 08/02/16 | 248 PP | 40 BW

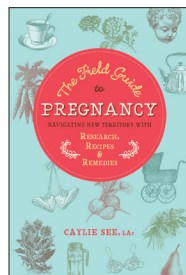
IMAGES | LTD 913

Crystals, Fabrics, and Fields

Metaphors That Shape Embryos

Donna Jeanne Haraway & Foreword by Scott F. Gilbert

9781556434747 | OSD 02/12/04 | 256 PP | LTD 2,714



The Field Guide to Pregnancy

Navigating New Territory with Research, Recipes, and Remedies

Caylie See, L.Ac., FABORM

9781623170899 | OSD

10/04/16 | 264 PP | BW

IMAGES | LTD 1,047

Caylie See has written this pragmatic, insightful, and straightforward guide to finding the best information, resources, and foods to nourish their pregnancies. Women who feel excited, overwhelmed, terrified, or just plain curious about their prenatal journey and who want to use natural food and plant-based remedies for happier, healthier, and more comfortable pregnancies will find a trustworthy, enjoyable, and comprehensive guide in this book.

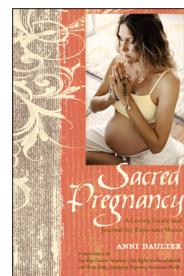
Perfect Health for Kids

Ten Ayurvedic Health Secrets Every Parent Must Know

Dr. John Douillard, DC, CAP

9781556434778 | OSD 12/04/03 | 384 PP | 15 BW

IMAGES | LTD 11,173



Sacred Pregnancy *A Loving Guide and Journal for Expectant Moms*

Anni Daulter & forewords by Ina May Gaskin and Anna Getty &

Photography by Elena Rego and Alexandra DeFurio

9781583944448 | OSD 05/01/12 | 360 PP | 50+ COLOR IMAGES | LTD 11,928

With the typical pregnancy, momma and her community are often so focused on baby that the mother's personal process—her spiraling emotions, her conflicting feelings about her body image, her shifting relationship to her partner—are left unacknowledged. With Sacred Pregnancy, mothers-to-be are guided through the profound experience and encouraged to explore and honor its many stages.

Windows to the Womb

Revealing the Conscious Baby from Conception to Birth

David Chamberlain

9781583945513 | OSD 01/15/13 | 240 PP |

LTD 4,073

INDIGENOUS WORLDVIEWS



A Cree Healer and His Medicine Bundle
Revelations of Indigenous Wisdom
 David Young, Robert Rogers, and Russell Willier

9781583949030 | OSD 06/09/15 | 240 PP | 109
 COLOR IMAGES | LTD 9,008

Connecting to Our Ancestral Past
*Healing through Family Constellations,
 Ceremony, and Ritual*

Francesca Mason Boring
 9781583944479 | OSD 06/19/12 | 216 PP |
 LTD 3,196



Fresh Banana Leaves
*Healing Indigenous
 Landscapes through
 Indigenous Science*

Jessica Hernandez
 9781623176051 | OSD
 01/18/22 | 256 PP | 10 BW
 IMAGES | LTD 25,858
 Jessica Hernandez—Maya
 Ch'orti' and Zapotec

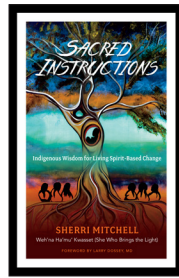
environmental scientist and founder of environmental agency Piña Soul—introduces and contextualizes Indigenous environmental knowledge and proposes a vision of land stewardship that heals rather than displaces, that generates rather than destroys. Through case studies, historical overviews, and stories that center the voices and lived experiences of Indigenous Latin American women and land protectors, Hernandez makes the case that if we're to recover the health of our planet—for everyone—we need to stop the eco-colonialism ravaging Indigenous lands and restore our relationship with Earth to one of harmony and respect.

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

Glenn Aparicio Parry
 9781583948903 | OSD 04/14/15 | 336 PP | BW
 IMAGES | LTD 2,359

Restoring the Kinship Worldview
*Indigenous Voices Introduce 28 Precepts for
 Rebalancing Life on Planet Earth*

Wahinkpe Topa (Four Arrows)
 9781623176426 | OSD 04/12/22 | 336 PP | 8 BW
 IMAGES | LTD 11,590



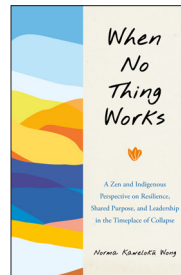
Sacred Instructions
*Indigenous Wisdom for
 Living Spirit-Based Change*
 Sherri Mitchell

9781623171957 | OSD
 02/13/18 | 256 PP | 1 BW
 IMAGE | LTD 22,697
 Sacred Instructions explains
 how our traditional stories set
 the framework for our belief

systems, and urges us to decolonize our language and our stories. It reveals how the removal of women from our stories has impacted our thinking and disrupted the natural balance within our communities. For all those who seek to create change, this book lays out an ancient world view and set of cultural values that provide a way of life that is balanced and humane, that can heal Mother Earth, and that will preserve our communities for future generations.

Way of the Ancient Healer
*Sacred Teachings from the Philippine
 Ancestral Traditions*

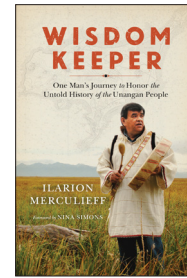
Virgil Mayor Apostol
 9781556439414 | OSD 12/28/10 | 336 PP | 278 BW
 IMAGES, 64 COLOR IMAGES | LTD 7,996



When No Thing Works
*A Zen and Indigenous
 Perspective on Resilience,
 Shared Purpose, and
 Leadership in the
 Timeplace of Collapse*

Norma Kaweloku Wong
 9798889840992 | OSD
 11/05/24 | 120 PP | 6 BW
 IMAGES | LTD 3,050

Talking story, weaving poetry, and offering wisdom at the intersections of strategy, politics, and spiritual activism, *When No Thing Works* is a visionary guide to co-creating new worlds from one in crisis. It asks into the ways we can live well and maintain our wholeness in an era of collective acceleration: the swiftly moving current, fed and shaped by human actions, that sweeps us toward ever uncertain futures.



Wisdom Keeper
*One Man's Journey to
 Honor the Untold History
 of the Unangan People*
 Ilarion Mercurieff

9781623170493 | OSD
 07/19/16 | 216 PP | 5 BW
 IMAGES | LTD 1,666
 Ilarion Mercurieff weaves the
 remarkable strands of his life

and culture into a fascinating account that begins with his traditional Unangan (Aleut) upbringing on a remote island in the Bering Sea, through his immersion in both the Russian Orthodox Church and his tribe's holistic spiritual beliefs. He recounts his developing consciousness and call to leadership, and describes his work of the past thirty years bringing together Western science and Indigenous peoples' traditional knowledge and wisdom to address the most pressing issues of our time. He explains that environmental degradation, the extinction of species, pollution, war, and failing public institutions are all reflections of our relationships with ourselves. In order to deal with these critical challenges, he argues, we must reenter the chaos of the natural world, rediscover our balance of the masculine and the sacred feminine, and heal ourselves. Then, perhaps, we can heal the world.

LITERATURE & THE ARTS

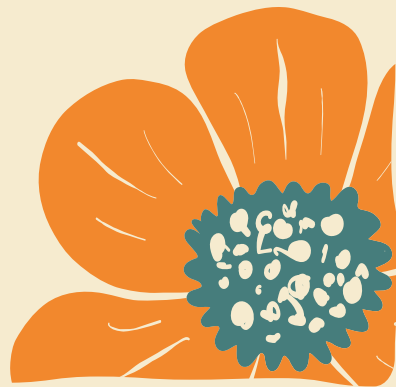
Art

Biography, Autobiography, & Memoir

Graphic Novels

Performing Arts

Poetry



ART

Aphrodite's Pen

The Power of Writing Erotica after Midlife

Stella Fosse

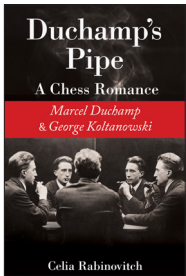
9781623174057 | OSD 09/24/19 | 200 PP | LTD 349

Axial Stones

An Art of Precarious Balance

George Quasha & Foreword by Carter Ratcliff

9781556435751 | OSD 07/24/06 | 160 PP | COLOR IMAGES | LTD 5,153



Duchamp's Pipe

A Chess Romance

Celia Rabinovitch

9781623173562 | OSD

02/25/20 | 256 PP | 106 BW IMAGES | LTD 905

Spanning three decades, two continents, two world wars, and the international art and chess scenes of the mid twentieth

century, Duchamp's Pipe explores the remarkable friendship between art world enfant terrible Marcel Duchamp and blindfold chess champion George Koltanowski.

Meditations on Nature, Meditations on Silence

Edited by Roderick MacIver

9781556439162 | OSD 11/18/09 | 96 PP | COLOR IMAGES | LTD 1,998

Nothing and Everything - The Influence of Buddhism on the American Avant Garde

Ellen Pearlman

9781583943632 | OSD 04/24/12 | 264 PP | 22 BW IMAGES | LTD 1,156

Spiritual Tattoo

A Cultural History of Tattooing, Piercing, Scarification, Branding, and Implants

John A. Rush

9781583941171 | OSD 03/17/05 | 256 PP | BW IMAGES | LTD 5,854

Thoreau and the Art of Life

Reflections on Nature and the Mystery of Existence

Edited by Roderick MacIver

9781556438837 | OSD 03/16/10 | 116 PP | 97 COLOR IMAGES | LTD 10,959

BIOGRAPHY, AUTOBIOGRAPHY, & MEMOIR

The Disobedience of the Daughter of the Sun

A Mayan Tale of Ecstasy, Time, and Finding One's True Form

Martin Prechtel

9781556436000 | OSD 07/22/05 | 176 PP | BW IMAGES | LTD 10,314

Gypsy

A Memoir

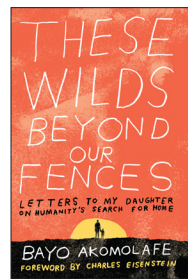
Gypsy Rose Lee

9781883319953 | OSD 07/15/99 | 408 PP | BW IMAGES | LTD 12,832

Long Life, Honey in the Heart

Martin Prechtel & Illustrated by Martín Prechtel

9781556435386 | OSD 10/20/04 | 392 PP | BW IMAGES | LTD 9,439



These Wilds Beyond Our Fences

Letters to My Daughter on Humanity's Search for Home

Bayo Akomolafe & Foreword by Charles Eisenstein

9781623171667 | OSD 11/14/17 | 352 PP | LTD 7,800

Tackling some of the world's most profound questions through the intimate lens of fatherhood, Bayo Akomolafe embarks on a journey of discovery as he maps the contours of the spaces between himself and his three-year-old daughter Alethea. Woven through and around their relationship are Akomolafe's reflections on the world he will leave to Alethea. What does it mean to be a parent? What is our place in this world? Where is our home? His musings range widely, from the myths and rituals of modernity, to questions about food and justice, to what our collective yearnings for a better world tell us about ourselves.

GRAPHIC NOVELS

Black Ships

Illustrated Japanese History

Sean Michael Wilson

9781623170912 | OSD 03/07/17 | 120 PP | BW IMAGES | LTD 756



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

Phoebe Gloeckner

9781623170349 | OSD 07/21/15 | 320 PP | BW

IMAGES | LTD 26,219
While set in the libertine

atmosphere of 1970s San Francisco, Minnie's journey to understand herself and her world is universal: this is the story of a young woman troubled by the discontinuity between what she thinks and feels and what she observes in those around her. This edition has been updated by the author with an introduction reflecting on the book's critical reception and value as diary or novel, historical document or work of art. Also included in this revised edition are supplementary photographs and illustrations from the author's childhood, including some of her own diary entries.

Me, Mikko, and Annikki

A Community Love Story in a Finnish City
Tiitu Takalo

9781623173609 | OSD 08/06/19 | 264 PP | 248 COLOR IMAGES | LTD 530

Otto Binder

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

Bill Schelly & Foreword by Richard A. Lupoff

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The Satsuma Rebellion

Illustrated Japanese History

Sean Michael Wilson

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Secrets of the Ninja

The Shinobi Teachings of Hattori Hanzo

Sean Michael Wilson with Antony Cummins & Illustrated by Akiko Shimojima

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PERFORMING ARTS

Action Theater

The Improvisation of Presence

Ruth Zaporah

9781556431869 | OSD 06/15/95 | 302 PP | BW IMAGES | LTD 3,890

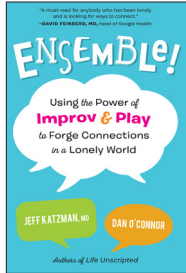
The Actor's Secret

Techniques for Transforming Habitual Patterns and Improving Performance

Betsy Polatin

9781583946824 | OSD 11/05/13 | 296 PP | 103

COLOR IMAGES, 5 BW IMAGES | LTD 4,570



Ensemble!

Using the Power of Improv and Play to Forge Connections in a Lonely World

Jeff Katzman, M.D.

9781623176297 | OSD

06/01/21 | 256 PP | LTD 801

This is a book about becoming unlonely by borrowing from the

collaborative and creative tools of improv. Drawing on concepts from narrative improvisational theatre and depth psychology, the authors present us with the skills we need to connect with each other more actively and meaningfully. With the rise of loneliness and isolation in an increasingly virtually connected society, we must find ways to come together. We must ensemble!

The Haumana Hula Handbook for Students of Hawaiian Dance

A Manual for the Student of Hawaiian Dance

Mahealani Uchiyama

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Improvisation On the Edge

Notes from On and Off Stage

Ruth Zaporah

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IMAGES | LTD 885

The Knowing Body

The Artist as Storyteller in Contemporary Performance

Louise Steinman

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IMAGES | LTD 1,779

The Mbira

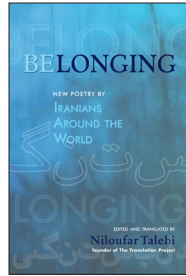
An African Musical Tradition

Mahea Uchiyama

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POETRY



Belonging

New Poetry by Iranians

Around the World

Edited by Niloufar Talebi

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contemporary Iranian poets are featured in an eclectic and accessible anthology. This work

not only introduces the readers to Iranian poets today, but also expands the canon of writing in the Persian language.

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Collected Poems of Joanna McClure

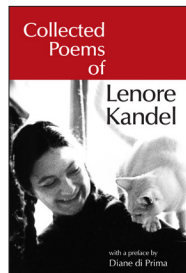
Joanna McClure & Foreword by Michael

McClure & Introduction by Christopher

Wagstaff

9781583946138 | OSD 06/11/13 | 368 PP |

LTD 279



Collected Poems of Lenore Kandel

Lenore Kandel

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IMAGE | LTD 1,310

Collected Poems of Lenore

Kandel is an evocative and

startlingly original collection of

poems (including one prose

short story) by one of the most controversial poets of the Sixties.

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Charles Barasch

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Gerrit Lansing

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Collected Poems, 1962-2006

Kenneth Irby

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BJ Ward

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James Cagney

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Ed Sanders

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Edited by Christopher Wagstaff

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Jonathan Towers

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MARTIAL ARTS

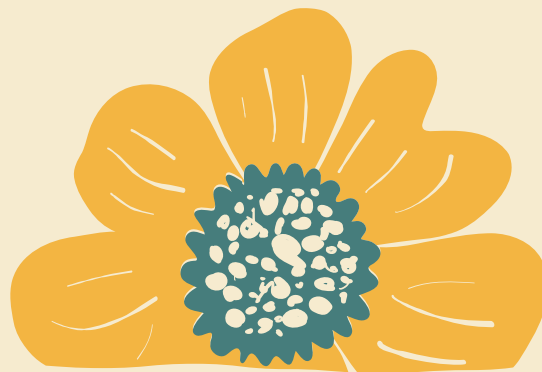
Afro-Brazilian Martial Arts

Chinese Martial Arts

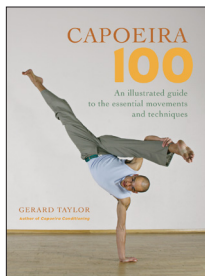
General Martial Arts

Japanese Martial Arts

Thai Martial Arts



AFRO-BRAZILIAN MARTIAL ARTS



Capoeira 100
An Illustrated Guide to the Essential Movements and Techniques
Gerard Taylor
9781583941768 | OSD
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Capoeira 100 is a step-by-step guide to one hundred techniques and one hundred exercises for training in the art of capoeira.

Capoeira Conditioning
How to Build Strength, Agility, and Cardiovascular Fitness Using Capoeira Movements

Gerard Taylor
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IMAGES | LTD 19,026

Capoeira: A Brazilian Art Form
History, Philosophy, and Practice
Bira Almeida

9780938190295 | OSD 02/01/93 | 192 PP | BW
IMAGES | LTD 8,571

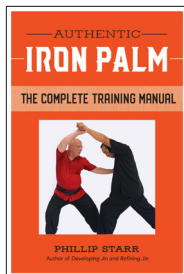
CHINESE MARTIAL ARTS

The 64 Hands of Bagua Zhang
Fighting Techniques of Liu Dekuan

Gao Jiwu and Nigel Sutton
9781583942376 | OSD 12/22/09 | 160 PP | 150 BW
IMAGES | LTD 2,140

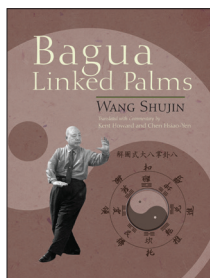
An Approach to Ip Man Style Wing Chun
Wayne Belonoha

9781583949412 | OSD 07/21/15 | 120 PP | 300
COLOR IMAGES | LTD 3,383



Authentic Iron Palm
The Complete Training Manual
Phillip Starr
9781623174347 | OSD
03/10/20 | 112 PP | 114 BW
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Iron Palm is a set of martial art conditioning skills—dating back to the Shaolin Temple of

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Bagua Linked Palms
Wang Shujin
9781583942642 | OSD
06/02/09 | 112 PP | 184
BW IMAGES | LTD 4,955

This new translation of Bagua Linked Palms by Master Wang Shujin—one of the greatest martial artists of modern times—offers a

wonderful introduction to the Chinese martial discipline of Bagua Zhang.

Bagua Swimming Body Palms
Wang Shujin & translated by Kent Howard
9781583942451 | OSD 03/08/11 | 104 PP | 326 BW
IMAGES | LTD 2,699

Baguazhang
Fundamentals, Applications, and Footwork
Phillip Starr
9781623175788 | OSD 03/16/21 | 240 PP | 200-300
BW IMAGES | LTD 909

Chen Style Taijiquan Collected Masterworks
The History of a Martial Art
Mark Chen
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Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan
Cheng Man Ch'ing
9781583942208 | OSD 06/24/08 | 224 PP | BW
IMAGES | LTD 5,692

Chin Na Fa
Traditional Chinese Submission Grappling Techniques
Liu Jinsheng and Zhao Jiang & Translated by Tim Cartmell

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Chinese Boxing
Masters and Methods
Robert W. Smith
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IMAGES | LTD 4,632

Chinese Martial Arts Training Manuals
A Historical Survey
Brian Kennedy and Elizabeth Guo
9781583941942 | OSD 01/08/08 | 344 PP | BW
IMAGES | LTD 2,701

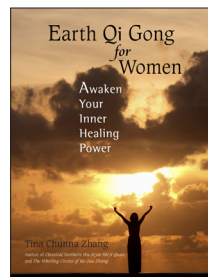
Classical Northern Wu Style Tai Ji Quan
The Fighting Art of the Manchurian Palace Guard
Tina Chunna Zhang, Frank Allen
9781583941546 | OSD 08/18/06 | 224 PP | BW
IMAGES | LTD 3,723

The Classical Three-Section Staff
Rick L. Wing
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IMAGES | LTD 1,492

Combat Techniques of Taiji, Xingyi, and Bagua
Principles and Practices of Internal Martial Arts
Lu Shengli & Translated by Zhang Yun
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IMAGES | LTD 9,843

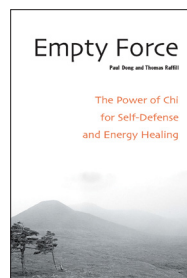
The Complete Guide to Northern Praying Mantis Kung Fu
Stuart Alve Olson
9781583942406 | OSD 01/19/10 | 184 PP | 200 BW
IMAGES | LTD 4,147

The Complete Taiji Dao
The Art of the Chinese Saber
Zhang Yun
9781583942277 | OSD 06/23/09 | 464 PP | 1,000 BW
IMAGES | LTD 2,218



Earth Qi Gong for Women
Awaken Your Inner Healing Power
Tina Chunna Zhang
9781583941959 | OSD
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IMAGES | LTD 3,468
This qi gong book focuses on promoting women's health

though a traditional Chinese medicine method and an ancient, well-designed series of gentle, conscious, and easy-to-do movements to feed the needs of a women's unique anatomy, to help balance emotions and hormones, and to promote anti-aging and general health.



Empty Force
The Power of Chi for Self-Defense and Energy Healing
Paul Dong, Thomas Raffill
9781583941348 | OSD
01/19/06 | 192 PP | BW
IMAGES | LTD 8,045

The book takes readers step by step from theory to the actual practice used to generate Empty Force or Ling Kong Jin, the highest martial arts skill in China, and shows how to use its remarkable power for healing as well as self-defense.

The Essence and Applications of Taijiquan
Yang Chengfu & Translated by Louis Swaim
9781556435454 | OSD 03/02/05 | 160 PP | BW
IMAGES | LTD 14,631

The Essence of T'ai Chi Ch'uan

The Literary Tradition

Edited by Benjamin Pang Jeng Lo, Martin Inn,

Robert Amacker, Susan Foe

9780913028636 | OSD 01/21/93 | 104 PP | BW

IMAGES | LTD 10,811

Fu Zhen Song's Dragon Bagua Zhang

Lin Chao Zhen & edited by Wei Ran Lin and Rick Wing

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IMAGES | LTD 2,781

Hsing-I

Chinese Mind-Body Boxing

Robert W. Smith

9781556434556 | OSD 05/01/03 | 112 PP | BW

IMAGES | LTD 6,125

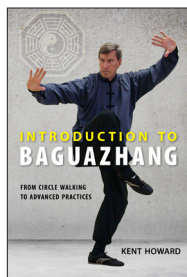
The Internal Structure of Cloud Hands

A Gateway to Advanced T'ai Chi Practice

Robert Tangora & Foreword by Michael J. Gelb

9781583944486 | OSD 06/12/12 | 160 PP | 82 BW

IMAGES | LTD 4,738



Introduction to

Baguazhang

From Circle Walking to Advanced Practices

Kent Howard

9781623171049 | OSD

07/27/21 | 224 PP | 127 BW

IMAGES | LTD 1,033

This clear, step-by-step guide to the fundamentals of the

Chinese internal martial art of Bagua Zhang lays out the principles, practices, and underlying philosophy. Numerous photographs illustrate the exercises and principles involved in chapters that explain the core practice of circle-walking, body actions, posture and alignment, post standing, fluid motion, generating power, absorbing and redirecting energy, whole-body power, striking while in motion, and much more.

Jingwu

The School that Transformed Kung Fu

Brian Kennedy and Elizabeth Guo

9781583942420 | OSD 06/15/10 | 168 PP | 125 BW

IMAGES | LTD 1,998

Liu Bin's Zhuang Gong Bagua Zhang, Volume One

South District Beijing's Strongly Rooted Style

Zhang Jie with Richard Shapiro

9781583942185 | OSD 08/19/08 | 264 PP | 300

COLOR IMAGES | LTD 2,293

Long Life, Good Health Through Tai-Chi Chuan

Simmone Kuo

9781556431111 | OSD 01/15/93 | 152 PP | BW

IMAGES | LTD 1,366

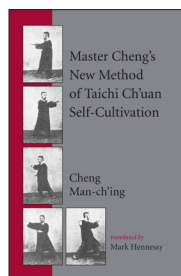
The Major Methods of Wudang Sword

Huang Yuan Xiou & Translated by Mei-hui Lu &

Commentaries by Wu Na Chang

9781583942390 | OSD 04/13/10 | 136 PP | 47 BW

IMAGES | LTD 3,036



Master Cheng's New

Method of Tai-Chi

Ch'uan Self-Cultivation

Cheng Man-ch'ing &

Translated by Mark

Hennessy

9781883319922 | OSD

06/01/99 | 144 PP | BW

IMAGES | LTD 14,653

This volume, developed by the

martial arts master and scholar, details the way that students arrive at a posture – from beginning movements to the end pose. Master Cheng provides practitioners with a complete and concise guide to the Short Form, enabling them to make rapid progress.

Master of Five Excellences

Cheng Man-ch'ing & Translation and

Commentary by Mark Hennessy

9781883319038 | OSD 01/04/96 | 184 PP | BW

IMAGES | LTD 1,514

Mastering Yang Style Taijiquan

Fu Zhongwen & Translated by Louis Swaim

9781583941522 | OSD 05/09/06 | 264 PP | BW

IMAGES | LTD 11,745

The Method of Chinese Wrestling

Tong Zhongyi & Translated by Tim Cartmell

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Mind Over Matter

Higher Martial Arts

Shi Ming with Siao Weijia & Translated by

Thomas Cleary

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LTD 3,714

Old Frame Chen Family Taijiquan

Mark Chen & Foreword by Kenneth Chung

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IMAGES | LTD 5,510

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A Master Class in Coiling Power

Phillip Starr

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IMAGES | LTD 976

Shang Yun-Xiang Style Xingyiquan

The Foundations and Subtleties of Xingyiquan Training

Li Wen-Bin with Shang Zhi-Rong and Li Hong &

Translated by Lu Mei-Hui

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IMAGES | LTD 1,387

A Study of Taijiquan

Sun Lutang & Translated by Tim Cartmell

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IMAGES | LTD 9,822

The T'ai Chi Boxing Chronicle

Kuo Lien-Ying & Translated by Guttmann

9781556431777 | OSD 07/13/94 | 160 PP | BW

IMAGES | LTD 2,759

T'ai Chi Ch'uan

A Simplified Method of Calisthenics for Health and Self-Defense

Cheng Man-ch'ing

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T'ai Chi Ch'uan Ta Wen

Questions and Answers on T'ai Chi Ch'uan

Chen Wei-Ming & Translated by Robert Smith,

Benjamin Pang Jeng Lo

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Tai-Chi Chuan in Theory and Practice

Kuo Lien-Ying & Foreword by Richard Vogel &

Edited by Simmone Kuo

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Chen Wei-Ming & Translated by Barbara Davis

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Through the Western Gate

Rick Barrett

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IMAGES | LTD 5,599

The Taijiquan Classics

An Annotated Translation

Barbara Davis & Commentaries by Chen

Wei-Ming

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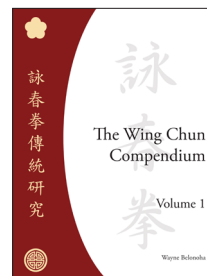
The Whirling Circles of Ba Gua Zhang

The Art and Legends of the Eight Trigram Palm

Frank Allen and Tina Chunna Zhang

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MARTIAL ARTS

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Wayne Belonoha
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Jin Yunting
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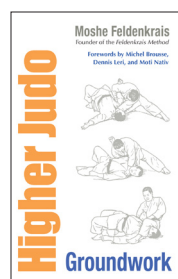
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Groundwork
Moshe Feldenkrais &
Forewords by Michel
Brousse, Dennis Leri, and
Moti Nativ & Edited by
Elizabeth Beringer
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With the original foreword by G. Koizumi, one of the leaders in bringing judo to the West in 1918, and a new foreword by Dennis Leri, a respected Feldenkrais practitioner, Higher Judo contains the theory and practice of judo as understood by Moshe Feldenkrais, the founder of the Feldenkrais Method, the most commonly practiced somatic therapy today.

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Phillip Starr
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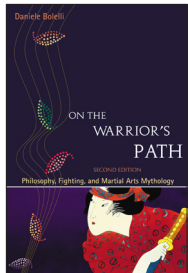
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Phillip Starr
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Phillip Starr

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Daniele Bolelli

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Drawing from both classical
and popular sources of warrior

culture, Bolelli shows what it takes to inhabit this singular role; along the way, he makes surprising connections between martial arts and psychedelic culture, basketball, American Indian society, surfing, Star Wars, and more. Two new chapters in this second edition focus on spirituality in the martial arts and the author's personal journey while training in the martial arts.

Path Notes of an American Ninja Master

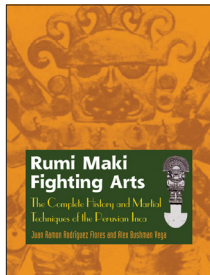
Glenn J. Morris

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Peter Ralston

9781556431197 | OSD 01/01/93 | 88 PP | BW IMAGES
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Juan Ramon Flores,
Alex Bushman Vega
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into the world of Peru's indigenous warrior culture, Rumi Maki offers a fascinating look at this martial art as preserved by a practicing master. The book begins with an in-depth look at the history of the sacred Incan fighting arts, dispelling many of the myths surrounding them.

The Science and Philosophy of Martial Arts

Exploring the Connections Between the Cognitive, Physical, and Spiritual Aspects of Martial Arts

Alex Tong

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A Nineteenth-Century Treatise on Boxing, Kicking, Grappling, and Fencing with the Cane and Quarterstaff

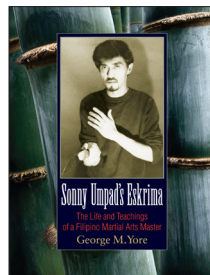
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Introduced by Ben Miller

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Shadow Strategies of an American Ninja Master

Glenn J. Morris

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Sonny Umpad's Eskrima
The Life and Teachings of a Filipino Martial Arts Master

George M. Yore

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BW IMAGES | LTD 1,196
Practitioners of Filipino

martial arts—as well as mixed martial artists and security specialists—will find valuable instruction in techniques and applications, while the thousands of people touched by Maestro Santiago “Sonny” Umpad’s teachings will gain a new understanding of this notoriously reclusive master’s life—and how his experiences informed the development of his system.

Steal My Art

he Life and Times of T'ai Chi Master T.T. Liang
Stuart Alve Olson

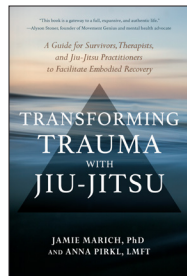
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There Are No Secrets

Professor Cheng Man Ch'ing and His T'ai Chi Chuan

Wolfe Lowenthal

9781556431128 | OSD 01/27/93 | 176 PP | 16-PP BW
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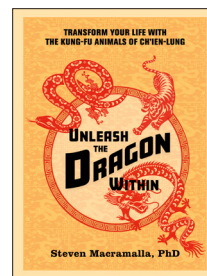
Transforming Trauma with Jiu-Jitsu

A Guide for Survivors, Therapists, and Jiu-Jitsu Practitioners to Facilitate Embodied Recovery

Jamie Marich, PhD

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This groundbreaking book introduces jiu-jitsu as a powerful embodied modality for trauma survivors in recovery, and includes 10 grounding practices, self-defense techniques, and 30 instructional photos.



Unleash the Dragon Within
Transform Your Life With the Kung-Fu Animals of Ch'ien-Lung

Steven

Macramalla, Ph.D.

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A cognitive psychologist and respected martial art instructor brings to life the Animals of Ch'ien-lung, and how to live the martial art philosophy—on and off the mat!

JAPANESE MARTIAL ARTS

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Aikido for Life

Gaku Homma

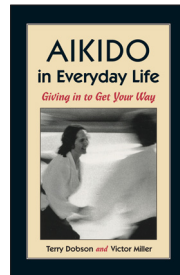
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IMAGES | LTD 3,075

Aikido Ground Fighting

Grappling and Submission Techniques

Walther G. von Krenner, Damon Apodaca, Ken
Jeremiah & Foreword by Carl Long

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Aikido in Everyday Life
Giving in to Get Your Way

Terry Dobson and
Victor Miller

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The late renowned aikido
master Terry Dobson, together
with Victor Miller, present aikido

as a basis for conflict resolution. “Attack-tics” is a system of conflict resolution based on the principles of aikido, the non-violent martial art Morihei Ueshiba created after World War II.

The Aikido Student Handbook

A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido

Greg O'Connor

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Kanshu Sunadomari

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Mastering Eishin-Ryu Swordsmanship
Masayuki Shimabukuro and
Leonard J. Pellman

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The 25th anniversary edition of the best-selling, highly acclaimed classic *Flashing Steel* introduces updated techniques, drills, and practices for students and practitioners of iaijutsu (or iaido). This complete essential resource on the Japanese sword arts expands on the two previous editions with additional practices, deep attention to foundational elements, and practical techniques—including 55 ways of deploying a samurai sword in self-defense.

The History of Karate and the Masters Who Made It

Development, Lineages, and Philosophies of Traditional Okinawan and Japanese Karate-do

Mark I. Cramer

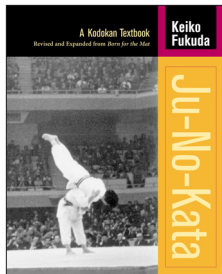
9781623172398 | OSD 07/24/18 | 240 PP | 50 BW
IMAGES | LTD 3,297

Journey to the Heart of Aikido

The Teachings of Motomichi Anno Sensei

Linda Holiday, Contribution by
Motomichi Anno

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Ju-No-Kata

A Kodokan Textbook
Keiko Fukuda

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This book describes the history and importance of Ju No Kata—the science of what it takes to execute

throws—to the study and practice of judo.

Karate as the Art of Killing

A Study of Its Deadly Origins, Ideology of Peace, and the Techniques of Shito-Ryu
Masayuki Shimabukuro

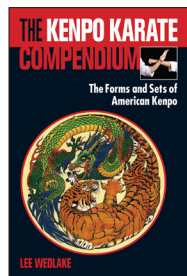
9781623176617 | OSD 05/24/22 | 400 PP | BW
IMAGES | LTD 833

The Kata and Bunkai of Goju-Ryu Karate

The Essence of the Heishu and Kaishu Kata

Giles Hopkins

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The Kenpo Karate Compendium

The Forms and Sets of American Kenpo

Lee Wedlake

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Based on accepted works by 9th degree black belt, world-class

instructor and competitor Lee Wedlake, this is the only resource on the details of the forms and sets of American Kenpo as prescribed by the "Father of American Karate," Ed Parker.

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Secrets of Mubyoshi Ryu

Antony Cummins & Mieko Koizumi

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Karate in the Inner Circle

Kancho Joko Ninomiya, Ed Zorensky

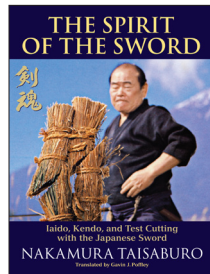
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The Secret Traditions of the Shinobi

Hattori Hanzo's Shinobi Hiden and Other Ninja Scrolls

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Yoshie Minami

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The Spirit of the Sword

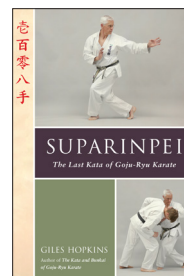
Iaido, Kendo, and Test Cutting with the Japanese Sword

Nakamura Taisaburo &
translated by Gavin J. Poffley

9781583945421 | OSD
03/05/13 | 344 PP | 804

BW IMAGES | LTD 4,364

In this landmark book—first published in Japanese in 1980 and never before translated into English—Nakamura sensei presents readers with the foundations of the art of the sword, including technical information, thoughtful analysis, and fascinating recollections of his own training and teaching.



Suparinpei

The Last Kata of Goju-Ryu Karate

Giles Hopkins

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Suparinpei, or Pechurin, is the highest and most difficult kata in the Goju-ryu system of

Okinawan karate. This book explores the initial receiving, bridging, controlling, and lethal finishing techniques in sequence, and offers illustrations of both the applications and movements of Suparinpei.

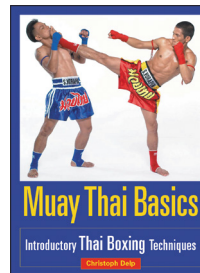
Wandering Along the Way of Okinawan Karate

Thinking about Goju-Ryu

Giles Hopkins

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THAI MARTIAL ARTS



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Christoph Delp

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A step-by-step guide to all things Muay Thai—with historical insights, training

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Competitive Skills and Tactics for Success
Christoph Delp

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The Ultimate Guide to Fitness, Strength, and Fight Preparation

Christoph Delp

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PSYCHOLOGY

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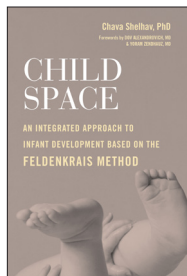
Psychotherapy

Somatics

Trauma



CHILD DEVELOPMENT



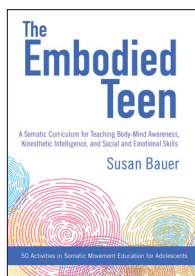
Child Space
An Integrated Approach to Infant Development Based on the Feldenkrais Method
 Chava Shelhav, Ph.D.
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 12/03/19 | 360 PP | 179 BW
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 Child Space is Dr. Chava

Shelhav's unique method for assisting babies in achieving specific developmental milestones at the appropriate time. This includes developing physical skills, language, social skills, emotional attunement, and cognitive development.

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One Summer That Helped Change the Course of Treatment for Autism
 Mira Rothenberg & foreword by Peter A. Levine, Ph.D.
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Preventing Exclusion in the Early Elementary Classroom
 Donna Bryant Goertz
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Histories of Extraordinary Boys and Girls
 Mira Rothenberg & Foreword by Peter A. Levine, Ph.D.
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A Somatic Curriculum for Teaching Body-Mind Awareness, Kinesthetic Intelligence, and Social and Emotional Skills
 Susan Bauer
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Susan Bauer presents a groundbreaking curriculum for teaching teens how to integrate body and mind, enhance kinesthetic intelligence, and develop the inner resilience they need to thrive, now and into adulthood.

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 David Chamberlain
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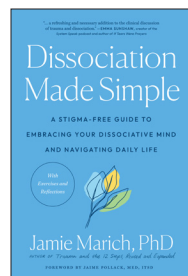
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An Illustrated Introduction to Developmental Neuropsychology
 Marianne Bentzen
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 Mia Kalef, DC
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 Stanley Rosenberg
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 Jim Morningstar, Ph.D.
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 Jamie Marich
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With practical guided exercises like "The Dissociative Profile" and "Parts Mapping," this book is written for those diagnosed with dissociative disorders, clinicians and therapists who treat trauma and dissociation, and readers who are exploring whether they may have dissociative symptoms or a condition like dissociative identity disorder (DID). Dissociation Made Simple breaks it all down accessibly and comprehensively, with empowerment and support—and without stigma, judgment, or shame.

The Dissociation Made Simple Flipchart
A Visual Guide for Clinicians Working with Dissociative Clients—Addresses dissociation as a symptom of CPTSD, OSDD, DID, and trauma
 Jamie Marich, PhD
 9798889840299 | OSD 07/09/24 | 44 PP | 20+
 IMAGES | LTD 2,153

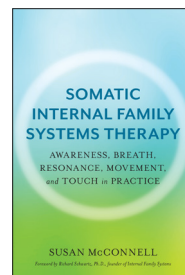
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Toward an Inclusive Somatics
 Don Hanlon Johnson
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A Sex-Positive Handbook for Mental Health Practitioners
 Theo Burnes, PhD & Jamila M. Dawson, LMFT
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A Psychiatrist's Guide to Balancing Mind, Body, and Soul
 Jodie Skillicorn, D.O.
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Redefining Mental Health
 Robert L. Gallon
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 Foreword by Peter A. Levine, Ph.D. & Edited by Brooke Warner, Leonard Schmidt
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Somatic Internal Family Systems Therapy
Awareness, Breath, Resonance, Movement, and Touch in Practice
 Susan McConnell
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Somatic Internal Family Systems Therapy introduces a cutting-edge therapeutic modality that merges the elements of somatic therapy, such as movement, touch, and breathwork, with the established principles of the Internal Family Systems (IFS) model.

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 Edited by L.D. Green and Kelechi Ubozoh
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PSYCHOTHERAPY

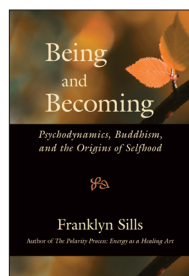
The Architecture of the Soul

A Unitive Model of the Human Person

Albert J. LaChance & Foreword by Paul Weiss

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Being and Becoming
*Psychodynamics,
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Franklyn Sills

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This book presents an original,
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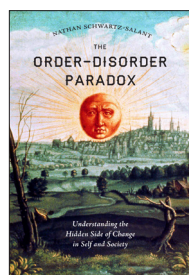
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Robert Sardello & Foreword by Robert

Simmons

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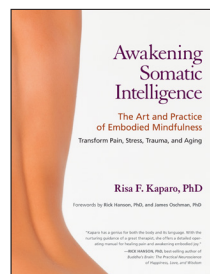
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Awakening Somatic Intelligence: The Art and Practice of
Embodied Mindfulness offers a comprehensive guide to
Somatic Learning, a body/mind approach that
combines awareness, visualization, breathing
techniques, postures, and stretches designed to
increase physical and emotional well-being.

Being Human at Work

*Bringing Somatic Intelligence Into Your
Professional Life*

Edited by Richard Strozzi-Heckler

9781556434471 | OSD 08/01/03 | 280 PP | BW

IMAGES | LTD 2,946

Body and Mature Behavior

*A Study of Anxiety, Sex, Gravitation, and
Learning*

Moshe Feldenkrais & Foreword by Carl

Ginsburg, Ph.D.

9781583941157 | OSD 09/08/05 | 264 PP | 3 BW

IMAGES | LTD 11,591

Body Awareness as Healing Therapy

The Case of Nora

Moshe Feldenkrais

9781883319083 | OSD 12/20/93 | 96 PP |

LTD 6,886

Body, Breath, and Consciousness

A Somatics Anthology

Ian Macnaughton & Foreword by Peter A.

Levine, Ph.D.

9781556434969 | OSD 08/05/04 | 424 PP | 10 BW

IMAGES | LTD 7,633

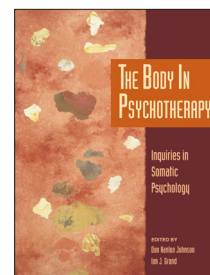
Body Encyclopedia

*A Guide to the Psychological Functions of the
Muscular System*

Lisbeth Marcher and Sonja Fich

9781556439407 | OSD 11/30/10 | 568 PP | 203 BW

IMAGES | LTD 7,664



**The Body in
Psychotherapy**

*Inquiries in Somatic
Psychology*

Don Hanlon Johnson

and Ian J. Grand

9781556432514 | OSD

05/01/98 | 208 PP | BW

IMAGES | LTD 2,447

The Body in Psychotherapy

explores the life of the body as a basis of psychological
understanding. Its chapters describe the use of
movement, awareness exercises, and bodily
imagination in work with various populations and life
situations.

The Body in Recovery

Somatic Psychotherapy and the Self

John P. Conger

9781883319069 | OSD 04/26/94 | 304 PP |

LTD 2,784

Bone, Breath, and Gesture

Practices of Embodiment Volume 1

Don Hanlon Johnson

9781556432019 | OSD 07/19/95 | 408 PP | BW

IMAGES | LTD 6,520

Conscious Moving

*An Embodied Guide for Healing, Learning,
Contemplating, and Creating*

Christine Caldwell, PhD

9798889840275 | OSD 06/25/24 | 296 PP | 10

IMAGES | LTD 618

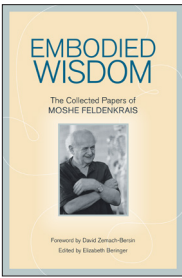
The Elusive Obvious

*The Convergence of Movement,
Neuroplasticity, and Health*

Moshe Feldenkrais

9781623173340 | OSD 04/23/19 | 160 PP | BW

IMAGES | LTD 5,424



Embodied Wisdom
The Collected Papers of Moshe Feldenkrais
 Moshe Feldenkrais &
 Edited by Elizabeth
 Beringer & Foreword by
 David Zemach-Bersin
 9781556439063 | OSD
 08/17/10 | 256 PP | 11 BW
 IMAGES | LTD 6,554

Eight articles, a lecture, and four in-depth interviews reflecting the genius of Moshe Feldenkrais are collected here in one book.

Exploring Body-Mind Centering
An Anthology of Experience and Method
 Edited by Gill Wright Miller, Pat Ethridge, and
 Kate Tarlow Morgan
 9781556439681 | OSD 01/25/11 | 488 PP | 124 BW
 IMAGES | LTD 2,187

Groundworks
Narratives of Embodiment Volume II
 Don Hanlon Johnson
 9781556432354 | OSD 04/24/97 | 144 PP | BW
 IMAGES | LTD 2,203

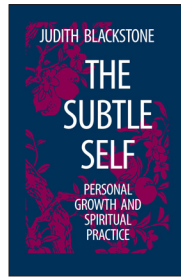
Holding the Center
Sanctuary in a Time of Confusion
 Richard Strozzi-Heckler
 9781883319540 | OSD 03/17/97 | 152 PP | BW
 IMAGES | LTD 5,551

The Potent Self
A Study of Spontaneity and Compulsion
 Moshe Feldenkrais & Foreword by Mark Reese
 9781583940686 | OSD 11/08/02 | 288 PP | BW
 IMAGES | LTD 16,655

The Practice of Embodying Emotions
*A Guide for Improving Cognitive, Emotional,
 and Behavioral Outcomes*
 Raja Selvam
 9781623174774 | OSD 03/22/22 | 344 PP | 20-40 BW
 IMAGES | LTD 6,449

Restorative Embodiment and Resilience
*A Guide to Disrupt Habits, Create Inner Peace,
 Deepen Relationships, and Feel Greater
 Presence*
 Alan Fogel
 9781623175542 | OSD 09/28/21 | 304 PP | 11 BW
 IMAGES | LTD 1,386

Somacultural Liberation
*An Indigenous, Two-Spirit Somatic Guide to
 Integrating Cultural Experiences Toward
 Freedom*
 Roger Kuhn
 9781623178826 | OSD 02/06/24 | 208 PP | LTD 916



The Subtle Self
*Personal Growth and
 Spiritual Practice*
 Judith Blackstone
 9781556430664 | OSD
 09/01/91 | 136 PP | LTD 829
 Judith Blackstone's Subtle Self
 Work is a mind-body therapy
 integrating teachings from
 dance, Alexander Technique,
 psychotherapy, Eastern philosophy, and meditation.

The Wild Region of Lived Experience
Using Somatic-Psychoeducation
 Danis Bois
 9781556437489 | OSD 02/17/09 | 216 PP |
 LTD 670

TRAUMA

**Brain-Changing Strategies to Trauma-
 Proof Our Schools**
*A Heart-Centered Movement for Wiring
 Well-Being*
 Maggie Kline
 9781623173265 | OSD 11/03/20 | 448 PP | 10 BW
 IMAGES | LTD 3,199

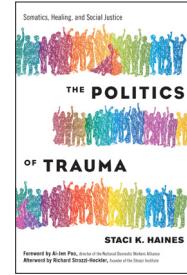
Healing Developmental Trauma
*How Early Trauma Affects Self-Regulation,
 Self-Image, and the Capacity for Relationship*
 Laurence Heller, Ph.D. and Aline
 LaPierre, Psy.D.
 9781583944899 | OSD 09/25/12 | 320 PP | 41 BW
 IMAGES | LTD 73,711

**Healing Trauma in Children with Clay
 Field Therapy**
*How Sensorimotor Art Therapy Supports the
 Embodiment of Developmental Milestones*
 Cornelia Elbrecht
 9781623176716 | OSD 11/02/21 | 448 PP | 220 BW
 IMAGES | LTD 1,489

Healing Trauma with Guided Drawing
*A Sensorimotor Art Therapy Approach to
 Bilateral Body Mapping*
 Cornelia Elbrecht
 9781623172763 | OSD 12/04/18 | 344 PP | 142
 COLOR IMAGES, 77 BW IMAGES | LTD 11,947

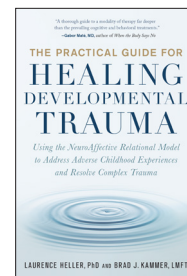
In an Unspoken Voice
*How the Body Releases Trauma and Restores
 Goodness*
 Peter A. Levine, Ph.D.
 9781556439438 | OSD 09/28/10 | 384 PP | 6 BW
 IMAGES | LTD 151,068

Nurturing Resilience
*Helping Clients Move Forward from
 Developmental Trauma*
 Kathy L. Kain
 9781623172039 | OSD 05/08/18 | 264 PP | 10 BW
 IMAGES | LTD 22,258



The Politics of Trauma
*Somatics, Healing, and
 Social Justice*
 Staci Haines
 9781623173876 | OSD
 11/19/19 | 464 PP | 10 BW
 IMAGES | LTD 15,940
 Somatics has proven to be
 particularly effective in
 addressing trauma, but in

practice it typically focuses solely on the individual, failing to integrate the social conditions that create trauma in the first place. Staci K. Haines, somatic innovator and cofounder of generative somatics, invites readers to look beyond individual experiences of body and mind to examine the social, political, and economic roots of trauma—including racism, environmental degradation, sexism, and poverty. Haines helps readers identify, understand, and address these sources of trauma to help us bridge individual healing with social transformation.



**The Practical Guide for
 Healing
 Developmental
 Trauma**
*Using the NeuroAffective
 Relational Model to
 Address Adverse
 Childhood Experiences
 and Resolve Complex
 Trauma*

Laurence Heller and Brad Kammer
 9781623174538 | OSD 07/26/22 | 400 PP | 13 BW
 IMAGES | LTD 12,138

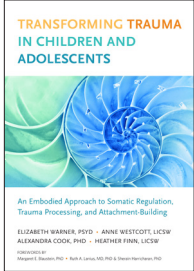
The NeuroAffective Relational Model (NARM) is an integrated mind-body framework that focuses on relational, attachment, developmental, cultural, and intergenerational trauma. The Practical Guide for Healing Developmental Trauma provides counselors, psychotherapists, psychologists, social workers, and trauma-sensitive helping professionals with the theoretical background and practical skills they need to help clients transform complex trauma.

The Sacred Path Beyond Trauma
*Reaching the Divine Through Nature's Healing
 Symbols*
 Ellen Macfarland Ph.D.
 9781556437250 | OSD 06/03/08 | 232 PP | BW
 IMAGES | LTD 894

The Tao of Trauma

A Practitioner's Guide for Integrating Five Element Theory and Trauma Treatment
Alaine D. Duncan

9781623172220 | OSD 01/08/19 | 352 PP | BW
 IMAGES | LTD 9,531



Transforming Trauma in Children and Adolescents

An Embodied Approach to Somatic Regulation, Trauma Processing, and Attachment-Building
Elizabeth Warner, Psy.D.

9781623172589 | OSD
 03/20/20 | 304 PP | 70 BW

IMAGES, 8-PP COLOR IMAGES | LTD 2,920
 Transforming Trauma in Children and Adolescents teaches therapists the eight key skills required for SMART (Sensory Motor Arousal Regulation Treatment) mastery and provides seven regulation tools for clients, helping children and adolescents manage their feelings and attend to developmental tasks like making friends, participating at school, learning to play with others, and developing a sense of self that includes—but isn't defined by—the trauma they've experienced.

Trauma and Memory

Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory
Peter A. Levine, Ph.D.

9781583949948 | OSD 10/27/15 | 206 PP | 77 BW
 IMAGES, 8 COLOR IMAGES | LTD 45,664

Trauma and the 12 Steps, Revised and Expanded

An Inclusive Guide to Enhancing Recovery
Jamie Marich

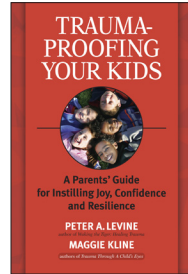
9781623174682 | OSD 07/07/20 | 288 PP | BW
 IMAGES | LTD 13,221

Trauma Through a Child's Eyes

Awakening the Ordinary Miracle of Healing

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

9781556436307 | OSD 12/26/06 | 536 PP | BW &
 COLOR IMAGES | LTD 51,619



Trauma-Proofing Your Kids

A Parents' Guide for Instilling Confidence, Joy and Resilience

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

9781556436994 | OSD
 03/04/08 | 248 PP | COLOR
 IMAGES | LTD 43,114

Trauma-Proofing Your Kids sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them "bounce back" after feeling scared and overwhelmed.

Victims of Cruelty

Somatic Psychotherapy in the Treatment of Posttraumatic Stress Disorder

Maryanna Eckberg & Foreword by Peter A. Levine, Ph.D.

9781556433535 | OSD 11/22/00 | 272 PP |
 LTD 2,807

Waking the Tiger: Healing Trauma

The Innate Capacity to Transform Overwhelming Experiences

Peter A. Levine, Ph.D. & Contribution by Ann Frederick

9781556432330 | OSD 07/07/97 | 288 PP | BW
 IMAGES | LTD 363,449

SELF-HELP

Addiction & Recovery

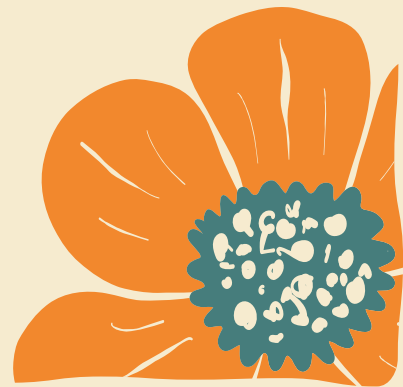
Family & Relationships

Grief

Inspirational

Leadership

Personal Growth



ADDICTION & RECOVERY

Breaking the Cycle of Opioid Addiction

Supplement Your Pain Management with Cannabis

Uwe Blesching

9781623171865 | OSD 06/12/18 | 240 PP | 20 BW IMAGES | LTD 1,573

Cultural Addiction

The Greenspirit Guide to Recovery

Albert J. LaChance & Foreword by Thomas Berry

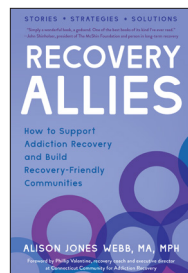
9781556436147 | OSD 05/15/06 | 272 PP | LTD 1,742

The Mind-Body Guide to the Twelve Steps

Finding Joy, Sensuality, and Pleasure in Recovery

Nina Pick

9781623179403 | OSD 09/05/23 | 224 PP | LTD 786



Recovery Allies

How to Support Addiction Recovery and Build Recovery-Friendly Communities

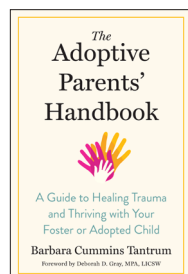
Alison Jones Webb

9781623175887 | OSD 09/06/22 | 304 PP | 1 BW IMAGE | LTD 2,461

Recovery Allies is structured

around the key pillars of recovery as identified by the Substance Abuse and Mental Health Services Administration (SAMHSA): home, health, purpose, and community. It shows you a different way to think about addiction in our country—and what you can do to help in all your spheres of influence.

FAMILY & RELATIONSHIPS



The Adoptive Parents' Handbook

A Guide to Healing Trauma and Thriving with Your Foster or Adopted Child

Barbara Cummins Tantrum

9781623175153 | OSD 09/01/20 | 352 PP | 4 BW

IMAGES | LTD 2,537

Written for parents of adopted and foster kids of all ages, this book offers resources for handling common concerns like sleep issues, food sensitivities, anger, fear,

and reactivity. It also provides guidance on navigating transracial adoptions, working through parents' own hang-ups, and recognizing signs of developmental and psychological conditions.

Breathing Space for New Mothers

Rest, Stretch, and Smile

Alison Rogers

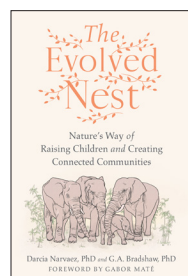
9781623173425 | OSD 08/06/19 | 152 PP | 12 BW IMAGES | LTD 823

Cupid's Poisoned Arrow

From Habit to Harmony in Sexual Relationships

Marnia Robinson & foreword by Douglas Wile

9781556438097 | OSD 06/23/09 | 416 PP | 10 BW IMAGES | LTD 20,561



The Evolved Nest

Nature's Way of Raising Children and Creating Connected Communities

Darcia Narvaez, PhD and G. A. Bradshaw, PhD & Foreword by Gabor Maté, MD

9781623177676 | OSD 08/08/23 | 248 PP | 9 BW

IMAGES | LTD 2,587

Psychologists Drs. Darcia Narvaez and Gay Bradshaw show us how each evolved nest offers inspiration for reexamining our own systems of nurturing, understanding, and caring for our young and each other. Alongside beautiful illustrations, stunning scientific facts, and lessons in neuroscience, psychology, and evolutionary biology, we learn to care deeper: to restore our innate place within the natural world and fight for an ecology of life that supports our flourishing in balance with Nature alongside our human and non-human family.



Good Sex

Getting Off without Checking Out

Jessica Graham

9781623172343 | OSD 11/07/17 | 304 PP | LTD 3,999
Not only a tool kit for creating a rich and deeply satisfying sex life, this fun, explicit, and transformative book conveys the

deeper message of how combining meditation with sex can bring about profound spiritual awakenings.

A Homeopathic Guide to Partnership and Compatibility

Understanding Your Type and Finding Love

Liz Lalor & Foreword by Philip M. Bailey, M.D.

9781556435287 | OSD 10/27/04 | 288 PP |

LTD 2,697

The Practice of Belonging

Six Lessons from Vibrant Communities to Combat Loneliness, Foster Diversity, and Cultivate Caring Relationships

Lisa Kentgen

9781623177638 | OSD 04/04/23 | 208 PP | LTD 581

Raising Multiracial Children

Tools for Nurturing Identity in a Racialized World

Farzana Nayani

9781623174491 | OSD 03/20/20 | 288 PP | 4 BW IMAGES | LTD 7,405

Sacred Motherhood

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

Anni Daulter and Niki Dewart

9781623170042 | OSD 07/05/16 | 464 PP | 70 COLOR IMAGES | LTD 3,580

Sacred Relationship

Heart Work for Couples

Anni Daulter

9781623171209 | OSD 09/26/17 | 300 PP | COLOR IMAGES | LTD 934

Transformation through Intimacy, Revised Edition

The Journey toward Awakened Monogamy

Robert Augustus Masters, Ph.D

9781583943663 | OSD 03/06/12 | 304 PP | LTD 5,536

Wondrous Child

The Joys and Challenges of Grandparenting

Edited by Lindy Hough

9781583943625 | OSD 03/27/12 | 296 PP | LTD 703

Your Self-Motivated Baby

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

Beverly Stokes & Foreword by Thomas R. Verny, M.D.

9781583949573 | OSD 10/06/15 | 200 PP | 351 COLOR IMAGES | LTD 2,075

GRIEF

Die Wise

A Manifesto for Sanity and Soul

Stephen Jenkinson

9781583949733 | OSD 03/17/15 | 416 PP | LTD 41,520

Exit Laughing

How Humor Takes the Sting Out of Death

Edited by Victoria Zackheim

9781583944073 | OSD 05/08/12 | 304 PP |

LTD 2,196

Grief on the Front Lines

Reckoning with Trauma, Grief, and Humanity in Modern Medicine

Rachel Jones

9781623176402 | OSD 05/17/22 | 300 PP |

LTD 1,811

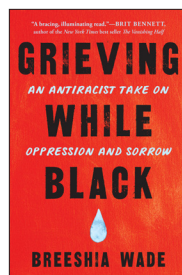
The Grieving Therapist

Caring for Yourself and Your Clients When It Feels Like the End of the World

Larisa A. Garski, LMFT & Justine Mastin, LMFT

9781623178451 | OSD 07/25/23 | 256 PP | 2 BW

IMAGES | LTD 1,166



Grieving While Black

An Antiracist Take on Oppression and Sorrow

Breeshia Wade

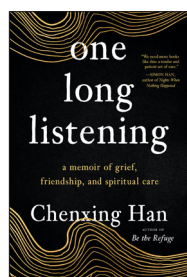
9781623175511 | OSD

03/02/21 | 192 PP | 1 BW

IMAGE | LTD 4,894

Breeshia Wade reimagines our relationship to power, accountability, and boundaries

and points to the long-term work we must all do in order to address systemic trauma perpetuated within our interpersonal relationships. Each of us has a moral obligation to attend to our own grief so that we can responsibly engage with others. Wade elucidates grief in every aspect of our lives, providing a map back to ourselves and allowing the reader to heal their innate wholeness.



one long listening

a memoir of grief, friendship, and spiritual care

Chenxing Han

9781623177850 | OSD

04/11/23 | 304 PP | LTD 1,847

Immigrant daughter, novice chaplain, bereaved friend: author Chenxing Han takes us

on a pilgrimage through the wilds of grief and laughter, pain and impermanence, reconnecting us to both the heartache and inexplicable brightness of being human.

Reimagining Death

Stories and Practical Wisdom for Home

Funerals and Green Burials

Lucinda Herring

9781623172923 | OSD 01/08/19 | 296 PP | 16-PP

COLOR IMAGES | LTD 4,245

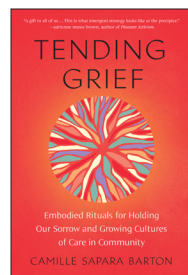
The Smell of Rain on Dust

Grief and Praise

Martin Prechtel

9781583949399 | OSD 04/14/15 | 184 PP | 15 BW

IMAGES | LTD 33,438



Tending Grief

Embodied Rituals for Holding Our Sorrow and Growing Cultures of Care in Community

Camille Sapara Barton

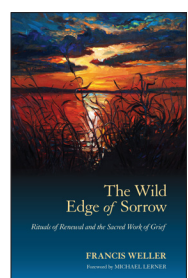
9781623179946 | OSD

04/23/24 | 176 PP | LTD 4,379

We live in a culture that

suppresses our ability to truly

feel our grief—deeply, safely, and on our own terms. But each person's experience is as unique as the grief itself. Sapara Barton honors each and every experience: The loss of displacement from homelands, from severed lineages and ancestral ways of knowing. The grief of colonization and theft. The deep heaviness that burrows into our bodies when society tells us our bodies are wrong. Deeply practical and easy to use in times of confusion, trauma, and pain, Tending Grief includes rituals, reflection prompts, and exercises that help us process and metabolize our grief—without bypassing or pushing aside what comes to the fore.



The Wild Edge of Sorrow

Rituals of Renewal and the Sacred Work of Grief

Francis Weller

9781583949764 | OSD

09/15/15 | 224 PP |

LTD 117,959

Noted psychotherapist Francis

Weller provides an essential

guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for mastering the art of grieving. Through moving personal stories, poetry, and insightful reflections he leads us into the central energy of sorrow, and to the profound healing and heightened communion with each other and our planet that reside alongside it. In addition to illuminating how ritual, community, and the sacred open us to the healing power of grief, The Wild Edge of Sorrow also offers practical tools and a list of resources to help address the losses that inevitably wend their way into our lives.

INSPIRATIONAL

Collapsing Consciously

Transformative Truths for Turbulent Times

Carolyn Baker, Ph.D.: Foreword by John

Michael Greer

9781583947128 | OSD 11/19/13 | 208 PP | LTD 2,479

Critical Hope

How to Grapple with Complexity, Lead with Purpose, and Cultivate Transformative Social Change

Kari Grain

9781623176372 | OSD 05/03/22 | 256 PP |

LTD 1,743

The Enlightenment Quest and the Art of Happiness

Mastering Life through Higher Power

John Maxwell Taylor with Emily Taylor

9781583949184 | OSD 03/24/15 | 328 PP | 38 BW

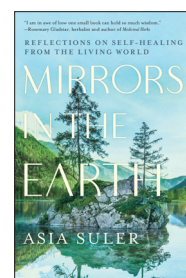
IMAGES | LTD 409

I Am Not I

Jacob Needleman

9781623170141 | OSD 04/19/16 | 136 PP |

LTD 2,765



Mirrors in the Earth

Reflections on Self-Healing from the Living World

Asia Suler

9781623176914 | OSD

06/28/22 | 320 PP |

LTD 12,363

In a series of 12 lyrical nature essays, herbalist, writer, and

Earth intuitive Asia Suler illuminates the healing power of the living Earth—and gives us permission to nurture self-compassion and empathy as forces for personal and ecological healing.

The More Beautiful World Our Hearts Know Is Possible

Charles Eisenstein

9781583947241 | OSD 11/05/13 | 288 PP |

LTD 54,668

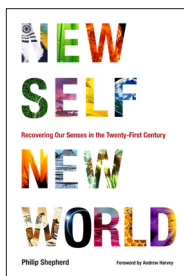
The Naked Voice

Transform Your Life through the Power of Sound

Chloe Goodchild

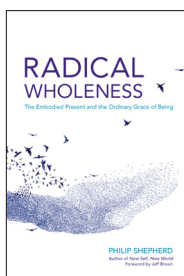
9781583948774 | OSD 05/05/15 | 304 PP | 26 BW

IMAGES | LTD 4,025



New Self, New World
Recovering Our Senses in the Twenty-First Century
Philip Shepherd; Foreword by Andrew Harvey
 9781556439117 | OSD
 08/10/10 | 512 PP | B&W
 IMAGES | LTD 6,833
 In compelling prose, Shepherd asks us to surrender to the

reality of “what is” that enables us to reunite with our own being. Each chapter is accompanied by exercises meant to bring Shepherd’s vision into daily life, what the author calls a practice that “facilitates the voluntary sabotage of long-standing patterns.” New Self, New World is at once a philosophical primer, a spiritual handbook, and a roaming inquiry into human history.

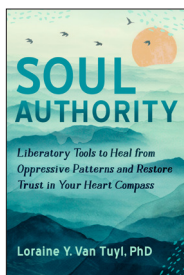


Radical Wholeness
The Embodied Present and the Ordinary Grace of Being
Philip Shepherd; Foreword by Jeff Brown
 9781623171773 | OSD
 11/21/17 | 328 PP | LTD 8,171
 Drawing from neuroscience, anthropology, physics, the arts,

myth, personal stories and his experiences helping people around the world to experience wholeness, Philip Shepherd illuminates what true wholeness means and offers practices designed to help readers soften into the intelligence of the body. Radical Wholeness is a call to action: to recover wholeness and experience a new way of being.

Reclaiming Calliope
Freeing the Female Voice through Undomesticated Singing
Fides Krucker
 9781623177065 | OSD 08/02/22 | 320 PP | LTD 882

Rescuing the Light
Quotes from the Oral Teachings of Martin Prechtel
Martin Prechtel
 9781623176273 | OSD 06/08/21 | 256 PP | 120 BW
 IMAGES | LTD 2,793



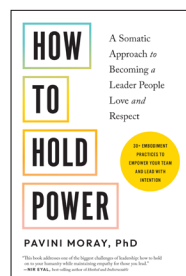
Soul Authority
Liberatory Tools to Heal from Oppressive Patterns and Restore Trust in Your Heart Compass
Van Tuyl, PhD, Loraine Y.
 9781623176938 | OSD
 04/19/22 | 240 PP | 7 BW
 IMAGES | LTD 419

There is a soul authority that exists in all of us, a higher knowing that connects us to each other, the living Earth, and back to ourselves—even as we live in a world that sows division, destruction, and

uncertainty. Shamanic eco-psychologist Loraine Van Tuyl, PhD, shows you how to tap into this innate wisdom, giving you the tools to trust its insights, hear its voice, and come home to our interrelated collective soul.

LEADERSHIP

The Four Pivots
Reimagining Justice, Reimagining Ourselves
Shawn Ginwright
 9781623175429 | OSD 01/25/22 | 272 PP | LTD 40,571



How to Hold Power
A Somatic Approach to Becoming a Leader People Love and Respect
Pavini Moray, PhD
 9781623179243 | OSD
 10/10/23 | 272 PP | LTD 1,059
 Somatic educator and coach Pavini Moray argues that the secret to being an ethical,

inspirational boss is rooted in our own bodies. Moray teaches foundational embodiment practices—breath, grounding, observing, centering, and moving—through concrete examples that show how to use these skills in a variety of common workplace settings. By learning to practice embodied leadership presence, you can become a boss who truly listens to your employees; leads with inspiration; and brings your whole self to work every day.

The Leadership Dojo
Build Your Foundation as an Exemplary Leader
Richard Strozzi-Heckler & Foreword by Richard Leider
 9781583942017 | OSD 09/04/07 | 208 PP | LTD 10,189

Pioneering the Possible
Awakened Leadership for a World That Works
Scilla Elworthy & Foreword by Andrew Harvey
 9781583948620 | OSD 10/07/14 | 352 PP | 26 BW
 IMAGES | LTD 2,000

Radical Transformational Leadership
Strategic Action for Change Agents
Monica Sharma
 9781583948958 | OSD 11/21/17 | 368 PP | BW
 IMAGES | LTD 6,277

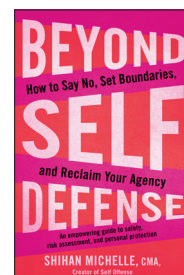
Retooling on the Run
Real Change for Leaders with No Time
Stuart Heller, Ph.D., and David Sheppard Surrenda, Ph.D.
 9781883319199 | OSD 02/15/95 | 304 PP | BW
 IMAGES | LTD 976

Sacred Commerce
Business as a Path of Awakening
Matthew and Terces Engelhart
 9781556437298 | OSD 05/06/08 | 136 PP | LTD 7,490

PERSONAL GROWTH

Aging with Agency
Building Resilience, Confronting Challenges, and Navigating Eldercare
Sandi Peters
 9781623174361 | OSD 08/11/20 | 304 PP | 1 BW
 IMAGE | LTD 1,124

Awaken Your Genius
A Seven-Step Path to Freeing Your Creativity and Manifesting Your Dreams
Carolyn Elliott
 9781583946558 | OSD 09/17/13 | 208 PP | LTD 2,637



Beyond Self-Defense
How to Say No, Set Boundaries, and Reclaim Your Agency—An empowering guide to safety, risk assessment, and personal protection
Michelle Gay
 9781623179984 | OSD
 03/26/24 | 160 PP | LTD 1,261

Disclaimer: this is not your average self-defense book. As educator, martial artist, movement analyst, somatic therapist, and rape crisis advocate Shihan Michelle explains, “Self-defense doesn’t work to prevent assault; it’s too late, you’re in a fight.” Instead, Michelle champions self-offense, a preventative personal protection strategy invested in defusing trouble before violence becomes necessary. Beyond Self-Defense empowers you to prevent and de-escalate violence without resorting to physical contact. Including personal stories, interactive practices, and reflective prompts, this practical, accessible, and timely handbook teaches you how to craft your own unique protection protocols.

Come of Age
The Case for Elderhood in a Time of Trouble
Stephen Jenkinson
 9781623172091 | OSD 07/03/18 | 448 PP | LTD 12,726

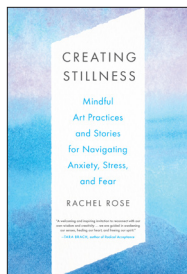
Conscious Breathing
How Shamanic Breathwork Can Transform Your Life
Joy Manne, Ph.D.
 9781556435324 | OSD 08/13/04 | 320 PP | LTD 3,734

The Craft of the Warrior

Robert L. Spencer

9781583941430 | OSD 12/23/05 | 288 PP |

LTD 4,102



Creating Stillness

Mindful Art Practices and Stories for Navigating Anxiety, Stress, and Fear

Rachel Rose

9781623177591 | OSD

03/07/23 | 256 PP | 10 BW

IMAGES | LTD 1,530

Requiring no prior experience of the arts or mindfulness

meditation, *Creating Stillness* provides tools to explore difficult emotions and find insight into personal struggles and traumatic wounds. In each chapter, Rachel Rose draws from her personal experience as a teacher and facilitator of creative mindfulness to share stories and examples that help ground exercises like sketching, creative writing prompts, and more. Creative mindfulness can help us make sense of our feelings and find new ways of expressing ourselves—in art and in life.

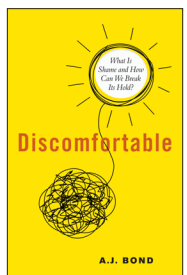
The Creative Art of Living, Dying, and Renewal

Your Journey through Stories, Qigong Meditation, Journaling, and Art

Elise Dirlam Ching and Kaleo Ching

9781583947630 | OSD 08/12/14 | 272 PP | 29 COLOR

IMAGES, 19 BW IMAGES | LTD 732



Discomfortable

What Is Shame and How Can We Break Its Hold?

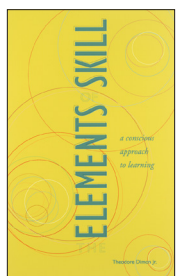
A.J. Bond

9781623175566 | OSD

09/07/21 | 288 PP | LTD 2,385

This is a book about shame: what it is, why we have it, and how we can break its hold on our happiness. Bond shines a

light on this feeling that doesn't want to be seen, heard, or named—and invites us to bring our own shame into the open and release it to reclaim and reframe our lives in a powerful new way.



The Elements of Skill

A Conscious Approach to Learning

Theodore Dimon Jr & Foreword by Larry A. Hickman

9781556434761 | OSD

11/04/03 | 248 PP | BW IMAGES

| LTD 1,911

This book outlines principles that include breaking down a skill into manageable parts, setting realistic goals, observing mind/body processes, overcoming blocks, controlling habits, and achieving heightened awareness and self-mastery.

Empowered Boundaries

Speaking Truth, Setting Boundaries, and Inspiring Social Change

Cristien Storm

9781623172749 | OSD 09/18/18 | 200 PP |

LTD 3,809

Eros Ascending

The Life-Transforming Power of Sacred Sexuality

John Maxwell Taylor

9781583942604 | OSD 01/13/09 | 416 PP | 27 BW

IMAGES | LTD 2,614

Finding Clarity

A Guide to the Deeper Levels of Your Being
Jeru Kabbal & Edited by Leonard Zunin, M.D., Robert Strock, Victoria Ritchie

9781556436208 | OSD 07/27/06 | 192 PP |

LTD 4,125

Free to Make

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

Dale Dougherty

9781623170745 | OSD 09/27/16 | 336 PP | 3 BW

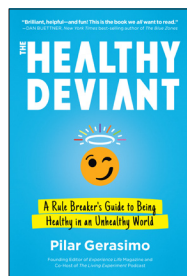
IMAGES | LTD 6,528

Freedom from Anxiety

A Holistic Approach to Emotional Well-Being
Marcey Shapiro, M.D.

9781583946756 | OSD 01/14/14 | 360 PP | 1 BW

IMAGE | LTD 2,218



The Healthy Deviant

A Rule Breaker's Guide to Being Healthy in an Unhealthy World

Pilar Gerasimo

9781623174255 | OSD

01/07/20 | 360 PP | 25 BW

IMAGES | LTD 8,972

Drawing on medical, psychological, and brain-

science research, this book provides practical advice for enhancing the efficacy of any weight-loss, mindfulness, or health-improvement approach—without insisting on any one-size-fits all method or miracle cure. Pilar Gerasimo's 14-day Healthy-Deviant Adventure Program presents a series of "Renegade Rituals" (plus daily readings, worksheets, reminders, and progress tracking tools) that put you firmly back in charge of your own wellbeing.

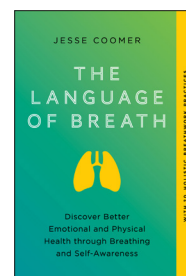
Joyous Resilience

A Path to Individual Healing and Collective Thriving in an Inequitable World

Anjuli Sherin

9781623174231 | OSD 01/26/21 | 384 PP | 10 BW

IMAGES | LTD 1,680



The Language of Breath

Discover Better Emotional and Physical Health through Breathing and Self-Awareness

Jesse Coomer

9781623179366 | OSD

10/31/23 | 240 PP | 10 BW

IMAGES | LTD 3,147

Using powerful, proven breathwork exercises, Jesse Coomer delivers a new paradigm to the world of breathwork: one that reconnects us to our innate mind-body wisdom and bridges the evolutionary disconnect between our bodies, brains, and the stressors of modern-day life. With practical exercises and simple techniques, this book provides a step-by-step approach to using breath as a tool for self-discovery and transformation.

Leap to Wholeness

How the World Is Programmed to Help Us Grow, Heal, and Adapt

Sky Nelson-Isaacs

9781623175689 | OSD 03/02/21 | 328 PP | 38 BW

IMAGES | LTD 963

Life Unscripted

Using Improv Principles to Get Unstuck, Boost Confidence, and Transform Your Life

Jeff Katzman

9781623172701 | OSD 09/11/18 | 256 PP |

LTD 2,308

Liminal Dreaming

Exploring Consciousness at the Edges of Sleep
Jennifer Dumpert

9781623173043 | OSD 05/28/19 | 248 PP | 34 BW

IMAGES | LTD 3,662

Living in Flow

The Science of Synchronicity and How Your Choices Shape Your World

Sky Nelson-Isaacs

9781623173111 | OSD 02/19/19 | 320 PP | 20 BW

IMAGES | LTD 8,838

The Map to Wholeness

Real-Life Stories of Crisis, Change, and Reinvention

Suzy Ross, Ph.D.

9781623173821 | OSD 01/07/20 | 360 PP | 2 BW

IMAGES | LTD 749

The Power of I Am

Creating a New World of Enlightened Personal Interaction

John Maxwell Taylor & Foreword by Peter A. Levine, Ph.D.

9781583941423 | OSD 12/29/05 | 256 PP |

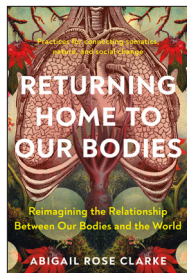
LTD 7,694

Reclaiming UGLY!

A Radically Joyful Guide to Unlearn Oppression and Uplift, Glorify, and Love Yourself

Vanessa Rochelle Lewis

9781623175863 | OSD 01/23/24 | 288 PP | LTD 1,615



Returning Home to Our Bodies

Reimagining the Relationship Between Our Bodies and the World—Practices for connecting somatics, nature, and social change

Abigail Rose Clarke

9781623179380 | OSD

01/09/24 | 288 PP | LTD 4,433

Abigail Rose Clarke reminds us that truly meaningful embodiment practice nurtures our relationships among self, nature, and community. Combining the rigor of the scientific method with the poetry and lyricism of movement and somatic studies, Clarke's somatic learning system—The Embodied Life Method—centers the body as a guide through today's most seemingly intractable social and environmental challenges, reclaiming the body as a source of liberatory comfort in times of great uncertainty and yet, possibility. With methods honed over decades of inquiry, teaching, and practice, *Returning Home to Our Bodies* provides a lucid, body-based model of healing and restoration—one that imagines a world beyond systems of domination, marginalization, and isolation to nurture embodied, whole-community liberation.

The Sacred Ego

Making Peace with Ourselves and Our World
Jalaja Bonheim, Ph.D.

9781583949436 | OSD 07/28/15 | 304 PP | LTD 1,872

Starship Therapise

Using Therapeutic Fanfiction to Rewrite Your Life

Larisa A. Garski, LMFT & Justine Mastin, LMFT

9781623175641 | OSD 05/04/21 | 320 PP | 58 BW

IMAGES | LTD 1,878

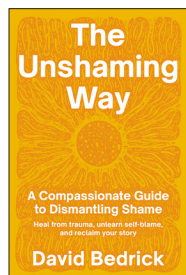
Tech Stress

How Technology is Hijacking Our Lives, Strategies for Coping, and Pragmatic Ergonomics

Erik Peper, Ph.D.

9781583947685 | OSD 08/25/20 | 400 PP | 76 BW

IMAGES | LTD 1,028



The Unshaming Way

A Compassionate Guide to Dismantling Shame—Heal from trauma, unlearn self-blame, and reclaim your story

David Bedrick

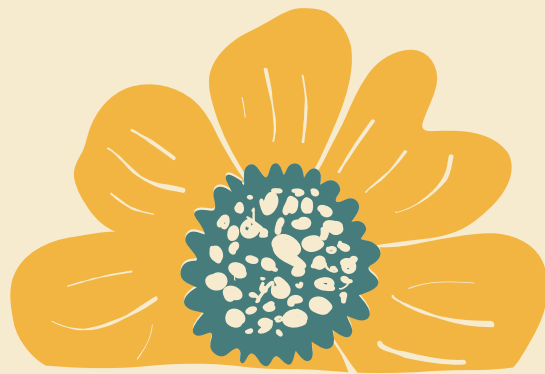
9798889840756 | OSD

11/26/24 | 304 PP | LTD 3,352

Shame is more than feeling

guilty, sad, or responsible. It develops when we experience a trauma but can't access the tools or freedom to express how we feel—or are denied the ability to ask for the care we need. It shows up when we aren't witnessed—whether by a loved one, our community, our culture, or anyone from whom we need to hear: whatever happened to you, these parts of you that you think are unlovable or wrong—you're not broken. I see you. David Bedrick helps readers bring shame out of the shadows, inviting us to get to know it and listen to its wisdom without minimizing our traumas or pathologizing our experiences. He helps us move from seeing shame as a feeling toward holding it as an internal viewpoint—and offers us practical tools and exercises to dismantle the narratives that hold us back from living our lives whole, free, and in alignment with our most authentic selves.

SOCIETY & CULTURE



The Ascent of Humanity

Civilization and the Human Sense of Self

Charles Eisenstein

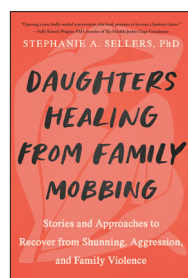
9781583945353 | OSD 02/05/13 | 576 PP | 5 BW
IMAGES | LTD 9,586

Belly of the Beast

The Politics of Anti-Fatness as Anti-Blackness

Da'Shaun Harrison

9781623175979 | OSD 08/10/21 | 144 PP |
LTD 15,637



Daughters Healing

Stories and Approaches to Recover from Shunning, Aggression, and Family Violence

Stephanie Sellers, PhD

9781623178437 | OSD
04/18/23 | 240 PP | BW
IMAGES | LTD 417

Author Stephanie Sellers offers stories, definitions, and solutions to help women, girls, and people of all genders who have been mobbed by their families. She remembers and honors vast, ancient traditions that recognize female sanctity and personhood as paths forward to healing, with a focus on the practices and worldviews of Mother-first cultures that can illuminate the path toward honoring, valuing, and respecting daughters.

Dear Bi Men

A Black Man's Perspective on Power, Consent, Breaking Down Binaries, and Combating Erasure

J.R. Yussuf

9781623179687 | OSD 04/16/24 | 320 PP | LTD 2,001

Embodied Activism

Engaging the Body to Cultivate Liberation, Justice, and Authentic Connection

Rae Johnson

9781623176990 | OSD 05/30/23 | 224 PP | BW
IMAGES | LTD 2,029

Fat Girls in Black Bodies

Creating Communities of Our Own

Joy Arlene Renee Cox, Ph.D.

9781623174996 | OSD 09/29/20 | 192 PP |
LTD 3,218

Healing Justice Lineages

Dreaming at the Crossroads of Liberation, Collective Care, and Safety

Cara Page & Erica Woodland

9781623177140 | OSD 02/07/23 | 320 PP | 10 BW
IMAGES | LTD 14,473

Healing Pandora

The Restoration of Hope and Abundance

Gail Thomas & Foreword by Robert Sardello

9781556438394 | OSD 09/29/09 | 240 PP |
LTD 641

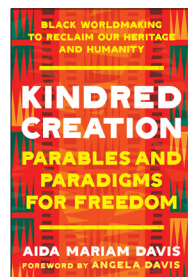
Hospicing Modernity

Facing Humanity's Wrongs and the

Implications for Social Activism

Vanessa Machado de Oliveira

9781623176242 | OSD 09/21/21 | 304 PP | 8 BW
IMAGES | LTD 10,744



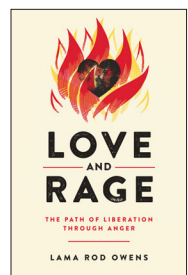
Kindred Creation

Parables and Paradigms for Freedom—Black worldmaking to reclaim our heritage and humanity

Aida Mariam Davis

9798889841364 | OSD
12/03/24 | 224 PP | 2 BW
IMAGES | LTD 2,072

Kindred Creation is a call and response to dream and design better worlds rooted in African lifeways: a path to Black freedom, a love letter to Black futures, and a blueprint to intergenerational Black joy and dignity—all (and always) on Black terms. Author, organizer, and designer Aida Mariam Davis explores the historical and ongoing impacts of settler colonialism, making explicit the ways that extraction, oppression, and enslavement serve the goals of empire—not least by severing ancestral connections and disrupting profound and ancient relationships to self, nature, and community. Structured in three parts—Remember, Refuse, and Reclaim—Kindred Creation is a philosophical guidebook and a vital invitation to power and reconnection.



Love and Rage

The Path of Liberation through Anger

Lama Rod Owens

9781623174095 | OSD
06/16/20 | 304 PP | LTD 26,897
Love and Rage weaves the inimitable wisdom and lived experience of Lama Rod Owens with Buddhist philosophy,

practical meditation exercises, mindfulness, tantra, pranayama, ancestor practices, energy work, and classical yoga. The result is a book that serves as both a balm and a blueprint for those seeking justice who can feel overwhelmed with anger—and yet who refuse to relent. It is a necessary text for these times.

The Media Ecosystem

What Ecology Can Teach Us about Responsible Media Practice

Antonio Lopez

9781583944592 | OSD 07/10/12 | 208 PP |
LTD 905

Oppression and the Body

Roots, Resistance, and Resolutions

Christine Caldwell and Lucia Bennett Leighton

9781623172015 | OSD 03/20/18 | 272 PP | 11 BW
IMAGES | LTD 3,580

Practicing Liberation

Transformative Strategies for Collective Healing & Systems Change: Reflections on burnout, trauma & building communities of care in social justice work

Tessa Hicks Peterson and Hala Khouri

9798889840664 | OSD 07/30/24 | 264 PP | LTD 1,666

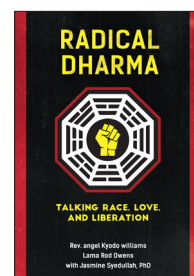
Practicing Liberation Workbook

Radical Tools for Grassroots Activists, Community Leaders, Teachers, and Caretakers Working Toward Social Justice

Hala Khouri, Tessa Hicks Peterson, and

Keely Nguyen

9798889840688 | OSD 08/06/24 | 128 PP | 20 BW
IMAGES | LTD 716



Radical Dharma

Talking Race, Love, and Liberation

Rev. angel Kyodo

Williams, Lama Rod

Owens, and Jasmine

Syedullah

9781623170981 | OSD
06/14/16 | 248 PP | 4 BW
IMAGES | LTD 39,741

Igniting a long-overdue dialogue about how the legacy of racial injustice and white supremacy plays out in society at large and Buddhist communities in particular, this urgent call to action outlines a new dharma that takes into account the ways that racism and privilege prevent our collective awakening. Buddhism offers a unique and fresh lens through which to see racism and the particular suffering it causes. Bridging the world of spirit and activism, the authors urge a compassionate response to the systemic, state-sanctioned violence and oppression that has persisted against black people since the slave era.

Refusing Compulsory Sexuality

A Black Asexual Lens on Our Sex-Obsessed Culture

Sherronda J. Brown

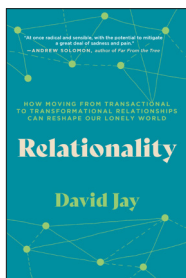
9781623177102 | OSD 09/13/22 | 240 PP |
LTD 7,538

Reimagining the Revolution

Four Stories of Abolition, Autonomy, and Forging New Paths in the Modern Civil Rights Movement

Paula Lehman-Ewing

9798889840794 | OSD 07/23/24 | 224 PP | 8 IMAGES
| LTD 1,668



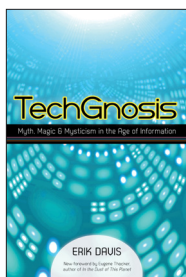
Relationality
How Moving from Transactional to Transformational Relationships Can Reshape Our Lonely World
 David Jay
 9798889840541 | OSD
 08/27/24 | 288 PP | LTD 1,328

This book is for people who believe in the power of relationships and want to see increased investment in relational work. Its scientifically grounded framework will help readers foster conversations about relational work, establish conditions for relationships to thrive, and quantify the impact of them.

Sacred Economics, Revised
Money, Gift & Society in the Age of Transition
 Charles Eisenstein
 9781623175764 | OSD 02/16/21 | 520 PP | 5 BW
 IMAGES | LTD 8,886

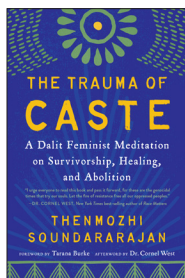
Somalis in Maine
Crossing Cultural Currents
 Edited by Kimberly A. Huisman, Mazie Hough, Kristin M. Langellier, and Carol Nordstrom Toner
 9781556439261 | OSD 06/07/11 | 400 PP | 35 BW
 IMAGES | LTD 1,297

Surviving Modern Yoga
Cult Dynamics, Charismatic Leaders, and What Survivors Can Teach Us
 Matthew Remski
 9798889840107 | OSD 05/14/24 | 392 PP |
 LTD 985



TechGnosis
Myth, Magic, and Mysticism in the Age of Information
 Erik Davis
 9781583949306 | OSD
 03/17/15 | 456 PP | LTD 4,502
 In TechGnosis, Erik Davis argues that while the realms of the digital and the spiritual may

seem firmly disengaged, mystical and esoteric impulses have in fact always permeated (and sometimes inspired) technological communication. This updated edition features a new afterword reflecting on surveillance; the current tech bubble; the growth of superheroes, horror, and other “uncanny cultures” online; the growing backlash against technology; and the need to revitalize the cosmic imagination.

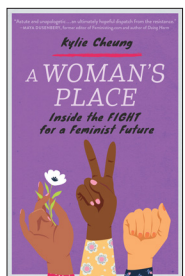


The Trauma of Caste
A Dalit Feminist Meditation on Survivorship, Healing, and Abolition
 Thenmozhi Soundararajan
 9781623177652 | OSD
 11/15/22 | 296 PP | 3 BW
 IMAGES | LTD 7,572
 An urgent call to action to end

caste apartheid, grounded in Dalit feminist abolition and engaged Buddhism, Thenmozhi Soundararajan’s work includes embodiment exercises, reflections, and meditations to help readers explore their own relationship to caste and marginalization—and to step into their power as healing activists and changemakers. She offers skills for cultivating wellness within dynamics of false separation, sharing how both oppressor and oppressed can heal the wounds of caste and transform collective suffering.

True Secrets of Lesbian Desire
Keeping Sex Alive in Long-Term Relationships
 Renate Stendhal & Foreword by Jewelle Gomez
 9781556434754 | OSD 10/21/03 | 136 PP | LTD 6,228

When We Walk By
Forgotten Humanity, Broken Systems, and the Role We Can Each Play in Ending Homelessness in America
 Kevin F. Adler and Donald W. Burnes with Amanda Banh and Andrijana Bilbija
 9781623178840 | OSD 11/07/23 | 328 PP | LTD 9,867



A Woman’s Place
Inside the Fight for a Feminist Future
 Kylie Cheung
 9781623174842 | OSD
 07/21/20 | 336 PP | LTD 870
 Cultural critic and Gen-Z feminist Kylie Cheung lays bare the state of affairs for women in the twenty-first century. She

discusses the challenges of our time, from misogyny to gaslighting, racism, and rampant attacks on reproductive healthcare. She speaks candidly to a new generation of feminists seeking real, unfiltered experiences and guidance as they navigate the sexist realities of our unjust world.

The Worlding Project
Doing Cultural Studies in the Era of Globalization
 Christopher Connery
 9781556436802 | OSD 10/30/07 | 256 PP | 100+ BW
 IMAGES | LTD 871

SPIRITUALITY & RELIGION

Buddhism

Christianity

General

Hinduism

Judaism

Taoism



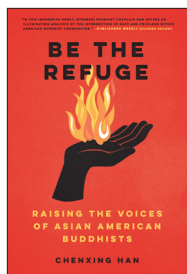
BUDDHISM

Afrikan Wisdom

New Voices Talk Black Liberation, Buddhism, and Beyond

Valerie Mason-John

9781623175627 | OSD 07/20/21 | 384 PP | LTD 2,934



Be the Refuge

Raising the Voices of Asian American Buddhists
Chenxing Han

9781623175238 | OSD 01/26/21 | 344 PP | LTD 3,687
Be the Refuge includes stories that push back against false narratives like the Oriental monk, the superstitious

immigrant, and the banana Buddhist—typecasting that collapses the multivocality of Asian American Buddhists into tired, essentialized tropes. This book encourages frank conversations about race, representation, and inclusivity among Buddhists of all backgrounds.

A Buddhist Journal

Guided Practices for Writers and Meditators

Beth Jacobs

9781623172411 | OSD 08/14/18 | 168 PP | BW IMAGES | LTD 2,527

Buddhist Women on the Edge

Contemporary Perspectives from the Western Frontier

Marianne Dresser

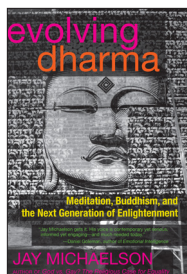
9781556432033 | OSD 08/22/96 | 344 PP | LTD 1,909

Endless Path

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

Rafe Martin

9781556439322 | OSD 09/28/10 | 288 PP | 10 BW IMAGES | LTD 2,020



Evolving Dharma

Meditation, Buddhism, and the Next Generation of Enlightenment
Jay Michaelson

9781583947142 | OSD 10/15/13 | 272 PP | LTD 3,019
Instead of approaching the dharma as spirituality, therapy, or self-help, scholar and

practicing Buddhist Jay Michaelson presents it as a set of technologies for upgrading the mind, for physically enhancing its capacity for wisdom and compassion.

A History of Zhang Zhung and Tibet, Volume One

The Early Period

Chogyal Namkhai Norbu & Translated by Donatella Rossi & Edited by Donatella Rossi and Nancy Simmons

9781583946107 | OSD 05/14/13 | 264 PP | 85 BW IMAGES | LTD 1,077

Home Is Here

Practicing Antiracism with the Engaged Eightfold Path

Liên Shutt

9781623179045 | OSD 08/22/23 | 224 PP | LTD 1,615

Instant Zen

Waking Up in the Present

Thomas Cleary

9781556431937 | OSD 10/12/94 | 160 PP | LTD 1,881

The Lamp That Enlightens Narrow Minds

The Life and Times of a Realized Tibetan Master, Khyentse Chokyi Wangchug

Chogyal Namkhai Norbu

9781583944929 | OSD 10/16/12 | 232 PP | 26 BW IMAGES | LTD 2,322

Liberation in One Lifetime

Biographies and Teachings of Milarepa

Francis V. Tiso

9781583947937 | OSD 06/24/14 | 432 PP | 3 BW IMAGES | LTD 739

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A Contemplative Journey to Engaged Buddhism

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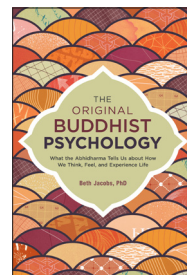
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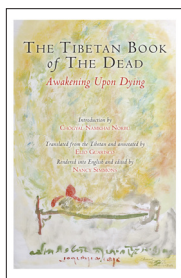
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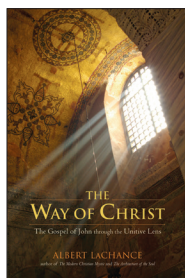
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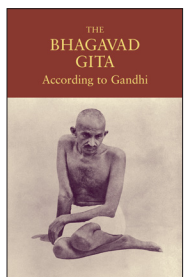
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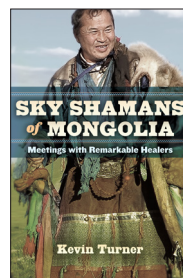
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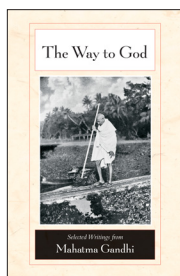
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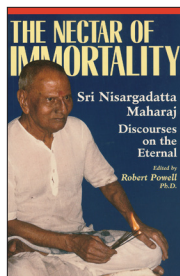
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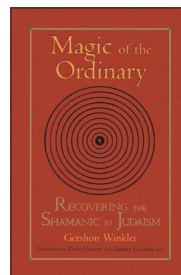
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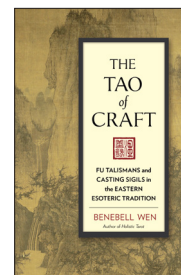
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