

NEW TITLE RELEASES

WINTER 2011

January - April 2011

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Inspirational and Self-Help Publishing

HAY HOUSE



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NEW IN PAPERBACK!

The Spark

The 28-Day Breakthrough Plan for Losing Weight, Getting Fit, and Transforming Your Life

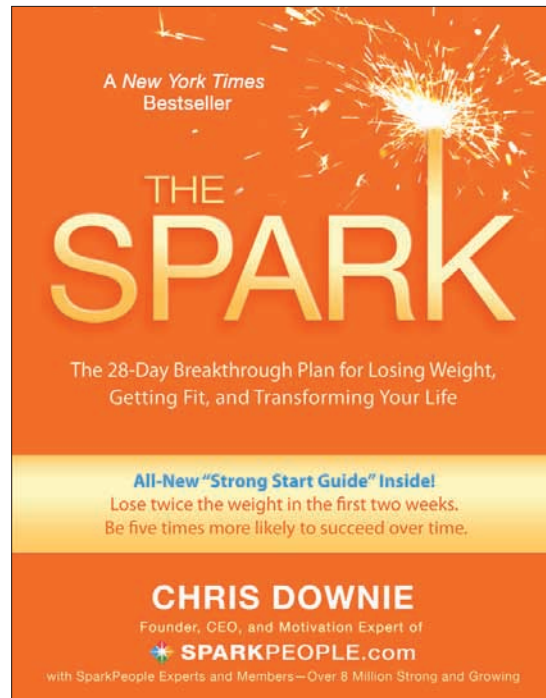
Chris Downie

A revolution is taking place. Millions of people are discovering a new way of thinking about their weight, their health, and their lives. They are taking part in a visionary approach to weight loss that combines goal setting, nutrition, exercise, motivation, and community that has a proven track record of ten million pounds lost.

From the experts who created SparkPeople.com, one of the most successful online weight-loss programs to date, comes *The Spark*, a ground-breaking book that focuses on what you can do, instead of what you can't do. *The Spark* is about transforming your life and your idea of what dieting means.

With dozens of photos, including stunning before-and-after shots and easy-to-follow exercise images, this book distills the best of SparkPeople's medically accepted nutrition and fitness plan and infuses it with a program of personal empowerment. In this book, you'll discover: Secrets of Success: the best habits of SparkPeople's most successful members; a 28-day program that brings together the most effective practices from SparkPeople into an innovative 4-stage plan, available only in this book; and dozens of success stories that show the power of this transformational program.

The Spark delivers inspirational health and weight-loss advice that will surely spark countless lives.



9781401926465 Warehouse Date: January 2011 272 pages
\$20.95 CDN 7" x 9" Paperback Print run: 75,000

Commonly known as "SparkGuy," Chris Downie is the founder and CEO of SparkPeople.com, the largest healthy lifestyle community online. Chris and his team have led SparkPeople to become the most active diet and fitness website in the U.S., according to comScore, garnering the attention of media outlets including The New York Times, ABC News, FOX TV, The Today Show, and many more. As SparkPeople's resident motivation expert, Chris corresponds directly with members every day. He has written over 10,000 personal messages offering encouragement and congratulations. With more than five million members, SparkPeople and its associated websites (sparkrecipes.com, babyfit.com, and sparkteens.com) gain nearly 175,000 new members each month.

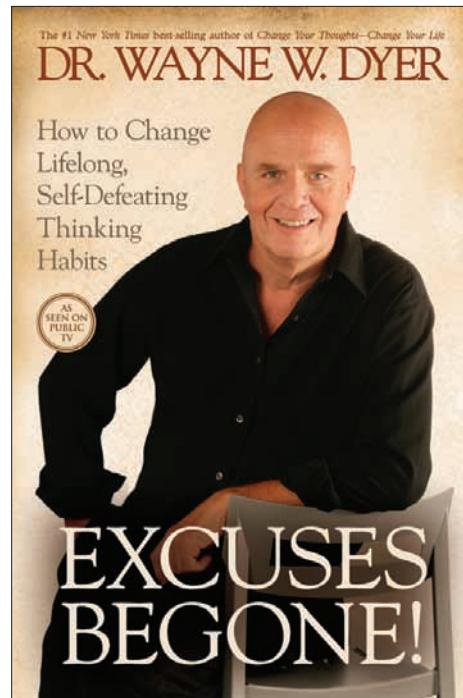
Previous Edition (Hardcover): 9781401926458

NEW IN PAPERBACK!

Excuses Begone!

How to Change Lifelong, Self-Defeating Thinking Habits

Dr. Wayne W. Dyer



Within the pages of this transformational book, Dr. Wayne W. Dyer reveals how to change the self-defeating thinking patterns that have prevented you from living at the highest levels of success, happiness, and health. Even though you may know what to think, actually changing those thinking habits that have been with you since childhood might be somewhat challenging.

If I changed, it would create family dramas . . . I'm too old or too young . . . I'm far too busy and tired . . . I can't afford the things I truly want . . . It would be very difficult for me to do things differently . . . and I've always been this way . . . may all seem to be true, but they're in fact just excuses. So the business of modifying habituated thinking patterns really comes down to tossing out the same tired old excuses and examining your beliefs in a new and truthful light. In this groundbreaking work, Wayne presents a compendium of conscious and subconscious crutches employed by virtually everyone, along with ways to cast them aside once and for all. You'll learn to apply specific questions to any excuse, and then proceed through the steps of a new paradigm. The old, habituated ways of thinking will melt away as you experience the absurdity of hanging on to them.

You'll ultimately realize that there are no excuses worth defending, ever, even if they've always been part of your life—and the joy of releasing them will resonate throughout your very being. When you eliminate the need to explain your shortcomings or failures, you'll awaken to the life of your dreams. Excuses . . . Begone!

9781401922948 Warehouse Date: January 2011 288 pages
\$17.95 CDN 6" x 9" Paperback Print run: 150,000

Dr. Wayne W. Dyer is an internationally renowned author and speaker in the field of self-development. He is the author of more than 30 books, has created numerous audio programs and videos, and has appeared on thousands of television and radio shows.

Previous Edition (Hardcover): 9781401921736

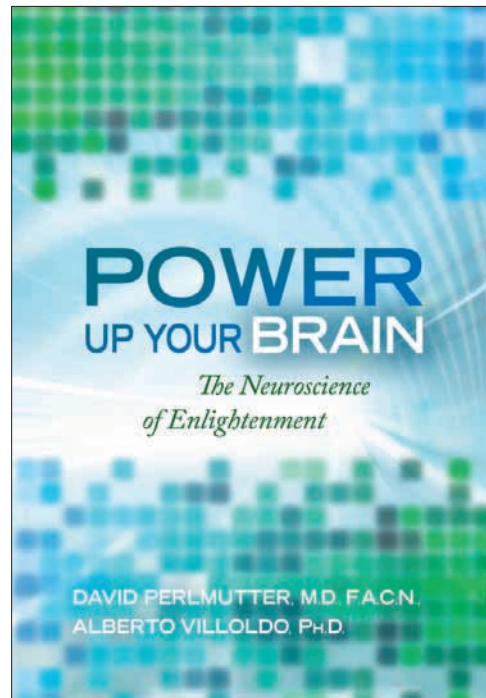
Power Up Your Brain

The Neuroscience of Enlightenment

David Perlmutter, M.D., FACN
Alberto Villoldo, Ph.D.

The quest for enlightenment has occupied humankind for millennia. And from the depictions we've seen—monks sitting on meditation cushions, nuns kneeling in prayer, shamans communing with the universe—it seems that this elusive state is reserved for a chosen few. But now, neuroscientist David Perlmutter and medical anthropologist and shaman Alberto Villoldo have come together to explore the commonalities between their specialties with the aim of making enlightenment possible for anyone.

Joining the long-separated worlds of science and spirit, Perlmutter explores the exciting phenomena of neurogenesis and mitochondrial health, while Villoldo brings his vast knowledge of shamanic and spiritual practices to the table. Together they draw from the most powerful tools in each discipline to create the *Power Up Your Brain* program, a ground-breaking, five-week plan that helps prime the brain for enlightenment. With nutritional advice, dietary supplements, physical exercise, shamanic practices, meditation, and visualizations, Perlmutter and Villoldo guide readers, step by step, through a program to help them clear their minds from previous trauma and open themselves up to experience the inner peace, vast insight, and extraordinary creativity that define the experience of enlightenment, paving the way to successfully face the challenges to come.



9781401928179 Warehouse Date: January 2011 256 pages
\$29.95 CDN 6" x 9" Hardcover Print run: 20,000

David Perlmutter, M.D., FACN, is a board-certified neurologist and fellow of the American College of Nutrition. He serves as medical director of the Perlmutter Health Center and the Perlmutter Hyperbaric Center in Naples, Florida and is also an adjunct instructor at the Institute for Functional Medicine. He is the author of three books and numerous journal articles. Dr. Perlmutter has appeared on 20/20, Larry King Live, CNN, Fox News, Fox and Friends, the Today show, The Oprah Show, and The Early Show on CBS.

Alberto Villoldo, Ph.D., has trained as a psychologist and medical anthropologist, and has studied the healing practices of the Amazon and the Andean shamans for more than 25 years. While at San Francisco State University, he founded the Biological Self-Regulation Laboratory to study how the mind creates psychosomatic health and disease. Dr. Villoldo directs The Four Winds Society, where he trains individuals in the U.S. and Europe in the practice of shamanic healing. He directs the Center for Energy Medicine at Los Lobos, Chile, where he investigates and practices the neuroscience of enlightenment.

Full

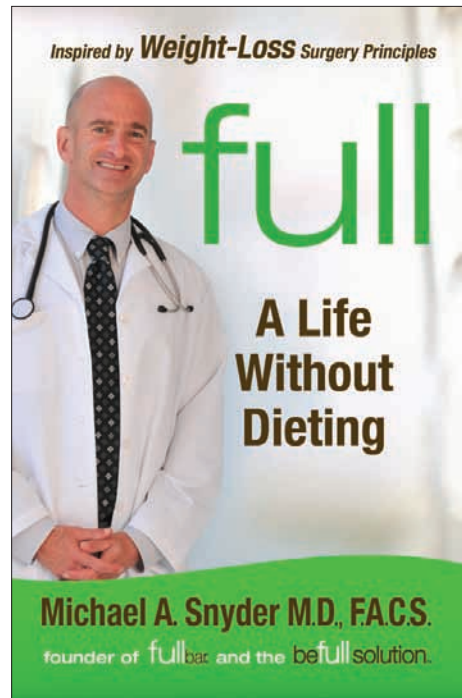
A Life Without Dieting

Michael Snyder, M.D.

Not a day goes by that the average American doesn't think about weight. We cut calories. We cut fat. We cut carbs. We eat five times a day. We eat three times a day. We join the gym. We take the stairs. We try to change our lives. Yet the weight epidemic continues to grow. So what's going wrong?

In *Full*, the first book to offer an insider perspective on weight loss, celebrated bariatric surgeon Michael Snyder teaches you to reject the diet mentality that thrives on restrictions, deprivations, and total reversals of lifestyle. Using the science of fullness and introducing a new definition of "healthy," he brings us weight-control strategies that are rooted in our physiology and proves that the narcotic effect of fullness is the ultimate weapon in the battle for weight loss. Snyder provides us with industry-insider tips, tools, and information that have helped countless patients succeed in their weight-loss efforts. In *Full*, you will learn how to:

- Choose from a variety of practical strategies to achieve sustainable weight loss regardless of dietary habits and preferences.
- End the confusion over portion control by synching visual and physiological cues of fullness.
- Be full with less food but equally as satisfied (if not more so!).
- Apply a Cheat Prescription so you can still say yes to indulgences and temptations without feeling like a failure.
- Take advantage of the five intentional steps of digestion to gain effortless control of your dietary behavior.



9781401929053 Warehouse Date: January 2011 256 pages
\$23.95 CDN 6" x 9" Hardcover Print run: 150,000

- Find fulfillment in a physical activity that is inexpensive, easy, and convenient.

With these new strategies and definitions, you will move from persistent dieting to living true to yourself and from being unhappily overweight to being a healthy individual who knows a happy weight better than a scale does. Dr. Snyder knows that it's not the surgery that creates success in his patients; it's what they do afterward that counts. And it is from this rich body of experience and practical wisdom that he's created these strategies to help you effortlessly lose 10, 20, 30, 50 pounds—or more!

Michael Snyder, M.D., is a Board-Certified general surgeon and a highly respected leader and mentor in the field of bariatric surgery. He has performed more than 2,700 primary bariatric surgical procedures including post-surgical coaching and ongoing health care. Snyder is a Fellow of the American College of Surgeons and founder of The Denver Center for Bariatric Surgery, a comprehensive, state-of-the-art surgical practice specializing in weight loss. He also is the founder of FullBar, LLC, a multi-million dollar company dedicated to improving the quality of people's lives and helping them achieve their weight-loss goals through food products that assist them in feeling full so they eat less.

NEW IN PAPERBACK!

The Beauty Quotient Formula

How to Find Your Own Beauty Quotient to Look Your Best—No Matter What Your Age

Dr. Robert M. Tornambe

Their gorgeous faces stare out at us from the glossy pages of magazines or appear larger-than-life on movie screens. With role models such as these, it's easy to find yourself wanting.

During his 25-year career as a plastic surgeon, Dr. Robert M. Tornambe has worked with thousands of women and spent countless hours contemplating the nature of beauty—particularly in situations where he was asked to perform a procedure he believed would diminish his patient's natural good looks. In an attempt to provide as many options as possible, he focused on helping women understand that while surgery has its place, it isn't the only roadmap to looking and feeling great.

This focus led Dr. Tornambe to devise *The Beauty Quotient Formula*—a much more useful way to look at beauty. While physical traits do play a role in beauty, Dr. Tornambe shows us that what makes any woman truly attractive is based largely on confidence, charisma, personality, and a solid beauty routine—and that more often than not, going under the knife isn't necessary.

The Beauty Quotient Formula begins with a detailed quiz that helps you identify your strengths and weaknesses so you can work to enhance your intrinsic good qualities. Your answers to the quiz will point you toward specific parts of Dr. Tornambe's unique beauty regimen covering everything from firming your body, to improving your skin, to dealing with social anxiety, to perfecting your unique style.



9781401924522 Warehouse Date: March 2011 256 pages
\$17.95 CDN 6" x 9" Paperback Print run: 10,000

The Beauty Quotient Formula will help you transform yourself with a no-fail method for looking and feeling more beautiful!

New York City plastic surgeon, Dr. Robert M. Tornambe is a fellow of the American College of Surgeons (F.A.C.S.) and diplomat of the American Board of Plastic Surgery (Board-certified). In addition to completing his plastic surgery training at the University of Texas–Houston, Dr. Tornambe has completed fellowship training in surgery of the breast with world renowned plastic surgeons. He is presently chief of the division of plastic surgery at Cabrini Medical Center in New York City. Dr. Tornambe has lectured in the United States and Europe and is considered an expert in cosmetic facial and breast surgery. He was listed in New York Magazine's "The Best Doctors in New York." Dr. Tornambe has appeared on Dateline, the Today show, and The Charlie Rose Show; and he was the only New York City–based plastic surgeon to appear on the ABC series Extreme Makeover.

Previous Edition (Hardcover): 9781401924515

NEW IN PAPERBACK!

Complexion Perfection!

Your Ultimate Guide to Beautiful Skin by
Hollywood's Leading Skin Health Expert

Kate Somerville

In this practical and moving how-to guide, celebrity facialist Kate Somerville shares her years of experience for getting skin glowing. Whatever your age, ethnicity, skin type, or concern—be it acne or aging—Kate provides simple strategies for achieving Complexion Perfection. She defines her philosophy and identifies the top five elements for a lifetime of healthy skin. Plus, she helps you understand cutting-edge treatments, effective technologies and ingredients, and how diet and lifestyle impact your skin.

Witness the incredible makeovers that Kate did on her clients and read the touching testimonials. And learn hair, makeup, and fashion tips from Kate's "Hollywood Glam Squad." Find your complexion questions answered and your soul inspired ... because Kate truly believes that changing skin changes lives.



9781401924638 Warehouse Date: March 2011 384 pages
\$18.95 CDN 7.25" x 9.5" Paperback Print run: 10,000

Kate Somerville is a widely respected paramedical esthetician with more than 18 years' experience in clinical skin care. She is the CEO and founder of Kate Somerville Skin Care and has a flourishing medi-skin clinic in Beverly Hills. People magazine coined Kate the "A-list Beauty Guru," while Allure called her "Hollywood's Hottest Facialist." She has appeared on television shows including Good Morning America, Dr. Phil, and Access Hollywood. Kate's personal and professional experience served as her guiding principle when she developed her unique Skin Health Pyramid, a simple and strategic guide to achieving healthy, radiant skin. Her skin-care collection is distributed by leading retailers, luxury spas, and in doctors' offices, both domestically and abroad.

Previous Edition (Hardcover): 9781401924621

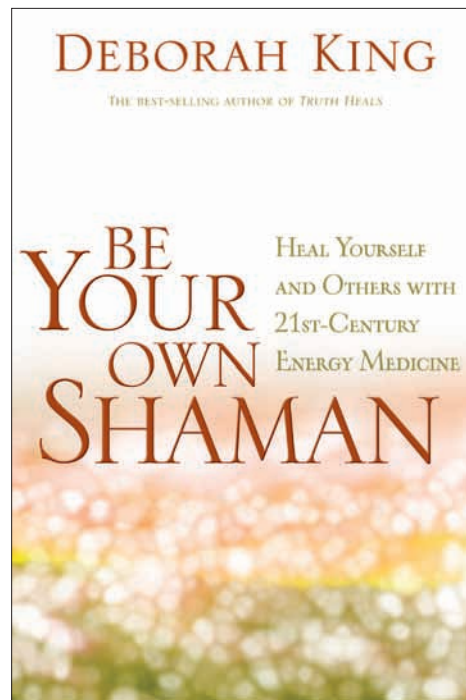
Be Your Own Shaman

Heal Yourself and Others with
21st-Century Energy Medicine

Deborah King

This fascinating book takes you on a one-of-a-kind journey into the esoteric world of healing. You might not realize it, but just about everyone is a natural-born healer. In fact, you probably already have some of the paranormal abilities related to this gift. For example, you may know who's calling before you answer the phone, or be able to sense what others are thinking or feeling. But you can further develop your inner talents and become your own shaman, capable of healing whatever ails you and effecting change in someone else's energy field and body.

In Master Healer Deborah King's uniquely informative work, you will learn both Eastern and Western concepts and techniques from the earliest recorded healing practices some 5,000 years ago all the way up to modern times with John of God in Brazil and King's own powerful cutting-edge approach. You'll find out how to protect yourself from psychic attack, and how to get beyond any limiting beliefs you may hold. Self-knowledge leading to self-mastery is the ultimate quest, the pivotal adventure of a lifetime. Become the person you always knew you could be by taking this magical tour into the heart of healing.



9781401930783 Warehouse Date: March 2011 256 pages
\$26.95 CDN 6" x 9" Hardcover Print run: 10,000

Master healer and teacher Deborah King was a successful attorney in her 20s when a diagnosis of cancer sent her on a search for truth that radically changed her life. Unwilling to undergo invasive surgery, she turned to alternative medicine and experienced an amazing remission at the hands of a healer. Along the way, she conquered the alcohol and drug addictions she had used to bury an abusive childhood. Leaving the corporate arena for the mysterious world of healers, sages, and shamans, Deborah mastered ancient and modern healing systems, ultimately developing a powerful healing technique of her own.

*Combining her personal history and wisdom, Deborah wrote the national bestseller *Truth Heals: What You Hide Can Hurt You*, which explores the powerful relationship between the suppression of painful emotions and their impact on our health and happiness.*

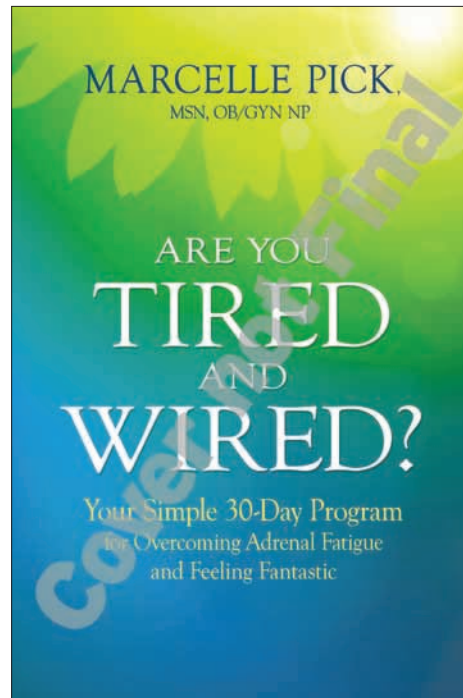
Deborah travels worldwide, helping thousands of people transform their lives through her experiential workshops. She offers a year-long online training course, the "21st-Century Energy Medicine Program," for those who are interested in healing themselves and others. She also hosts a popular weekly Hay House radio show.

Are You Tired and Wired?

Your Simple 30-Day Program for Overcoming Adrenal Fatigue and Feeling Fantastic

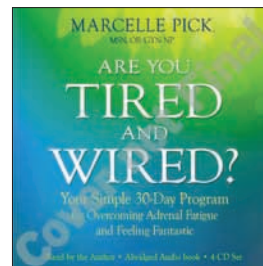
Marcelle Pick, MSN, OB/GYN NP

There is an epidemic of fatigue running rampant in our society. Every morning, hundreds of thousands of women wake up to find themselves exhausted, overwhelmed, and overstressed. Groggily turning off the alarm, they reach for coffee, soda, or some other promise of energy. They suffer through the day—irritable, on edge, forgetful, depressed, and craving sweets. And then, at night, they have trouble sleeping. Diet and exercise don't seem to change things—if they even have the energy to follow these programs. So what on earth is going on? In *Are You Tired and Wired?*, Marcelle Pick, co-founder of Women to Women—one of the first clinics in the country devoted to providing health care for women by women—and the author of *The Core Balance Diet*, focuses on the root cause of these symptoms: adrenal dysfunction. With all the stresses that exist today—from challenges at home and at work to environmental toxins to chronic health problems—the adrenal glands, which are responsible for providing the fight-or-flight hormones, can force the body to endure a constant flood of stress hormones that can ultimately lead to multiple health issues, especially severe fatigue. The good news is that through diet, lifestyle adjustments, and reprogramming of stressful emotional patterns this can all be fixed. Pick helps listeners identify which of three adrenal dysfunction profiles they fit—racehorse, workhorse, or flatliner—and then lays out an easy-to-follow, scientifically based program to help them restore adrenal balance, re-gear their metabolism, and regain their natural energy to live a happier and less-stressed life.



9781401928193 Warehouse Date: March 2011 256 pages
\$29.95 CDN 6" x 9" Hardcover Print run: 25,000

Marcelle Pick, MSN, OB/GYN NP, author of The Core Balance Diet, co-founded Women to Women with a vision to change women's health care. The clinic pioneered the combination of alternative and conventional medicine, and continues to use functional medicine.



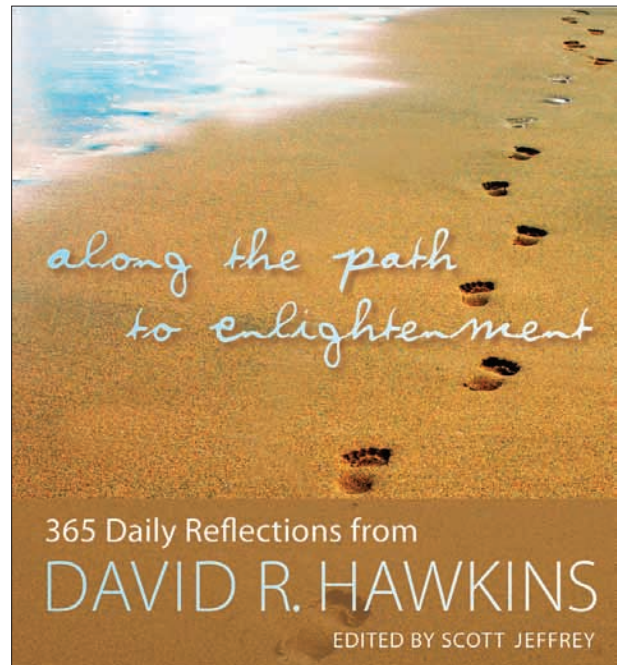
Also in Abridged Audiobook (4-CD Set):
9781401928216
Warehouse Date: March 2011
4-CD Set
\$28.95 CDN
5.5" x 5"
Audio CD
Print run: 15,000

Along the Path to Enlightenment

365 Daily Reflections from David R. Hawkins

Scott Jeffrey

What blocks spiritual progress? And how do we transcend these blocks? The spiritual teachings of David R. Hawkins on the nature of consciousness, spirit, and ego are known worldwide by students seeking to realize spiritual Truth. As a mystic, Dr. Hawkins has infused the truths found in the precepts of Western religion with the core of Eastern philosophy, bridging the familiar, physical world to the nonlinear, spiritual domain. This collection of passages, carefully selected from Dr. Hawkins's extensive writings, offers readers a new contemplation for each day. Any one of these passages, fully understood, can elevate one's level of consciousness.



9781401931131 Warehouse Date: January 2011 370 pages
\$15.95 CDN 5.5" x 6" Paperback Print run: 10,000

Sir David R. Hawkins, M.D., Ph.D., is an internationally renowned psychiatrist, consciousness researcher, spiritual lecturer, and mystic. Author of more than eight volumes, including the bestseller Power vs. Force, Dr. Hawkins's work has been translated into more than 17 languages. Dr. Hawkins has lectured at Westminster Abbey, the Oxford Forum, the University of Argentina, Notre Dame, Stanford, and Harvard. He has also served as advisor to Catholic, Protestant, and Buddhist monasteries.

Scott Jeffrey is the author of numerous books, including Creativity Revealed: Discovering the Source of Inspiration. He is the authorized biographer for Dr. David R. Hawkins.

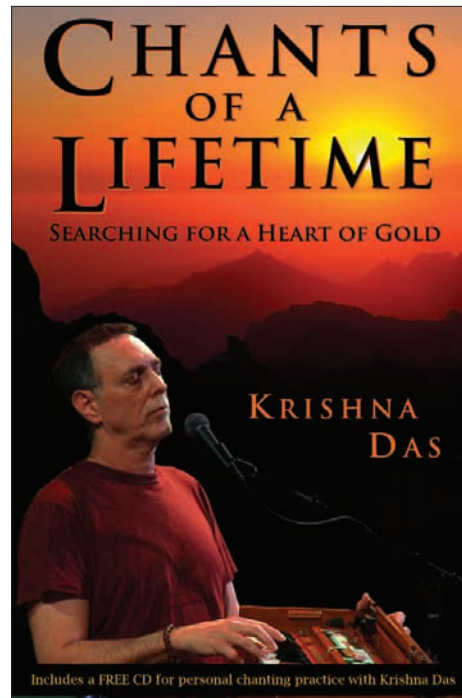
Chants of a Lifetime

Searching for a Heart of Gold

Krishna Das

Chants of a Lifetime offers an intimate collection of stories, teachings, and insights from Krishna Das, who has been called “the chant master of American yoga” by the *New York Times*. Since 1994, the sound of his voice singing traditional Indian chants with a Western flavor has brought the spiritual experience of chanting to audiences all over the world. He has previously shared some of his spiritual journey through talks and workshops, but now he offers a unique book-and-CD combination that explores his fascinating path and creates an opportunity for just about anyone to experience chanting in a unique and special way.

Chants of a Lifetime includes photos from Krishna Das’s years in India and also from his life as a kirtan leader—and the CD that is offered exclusively in the book consists of a number of “private” chanting sessions with the author. Instead of just being performances of chants for listening, the recordings make it seem as if Krishna Das himself is present for a one-on-one chanting session. The idea is for the listener to explore his or her own practice of chanting and develop a deepening connection with the entire chanting experience.



9781401931377 Warehouse Date: February 2011 288 pages
\$20.95 CDN 6" x 9" Mixed media product Print run: 15,000

In the winter of 1968, Krishna Das met spiritual seeker Ram Dass and was enthralled by the stories of his recent trip to India, where he met the legendary guru Neem Karoli Baba. Soon thereafter, he left behind his dreams of being a rock 'n' roll star and was on his way to India to meet this remarkable Being. In the three years he spent there with Neem Karoli Baba, Krishna Das's heart was drawn to the practice of Bhakti Yoga—the yoga of devotion—and especially to the practice of kirtan (chanting the Divine Names). Krishna Das returned to the United States and, as he continued chanting, developed his signature style, fusing traditional kirtan structure with Western harmonic and rhythmic sensibilities. He travels the world, leading call-and-response kirtans and sharing this deep, experiential practice with thousands of people.

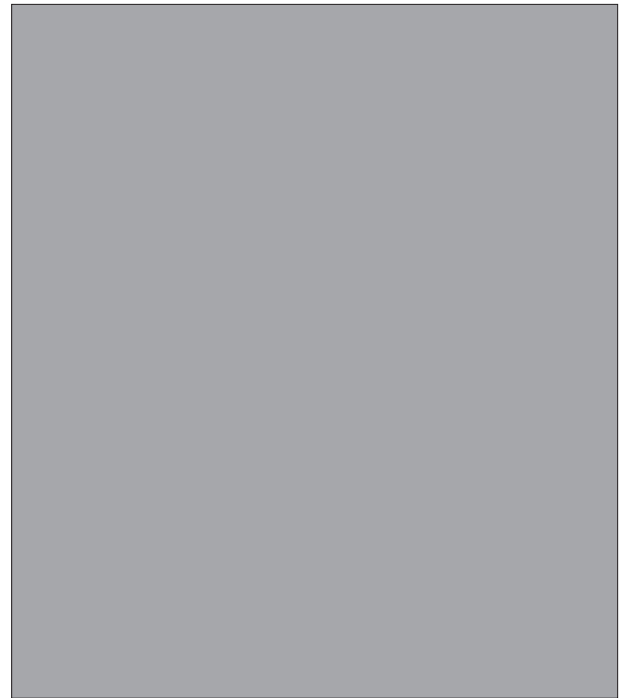
Awakening Your Intuitive Gifts

A Spiritual Development Course

Lisa Williams

6-CD Audio Program with Accompanying Workbook.

Lisa Williams, one of the most acclaimed psychic mediums in the world, has created this outstanding audio course on awakening your intuitive gifts. In this entertaining and comprehensive program, Lisa provides the information, techniques, and exercises you need to fine-tune your development; and she also provides helpful hints on how to stay focused and follow your pathway to enlightenment. You will gain self-knowledge, insight, and confidence, and discover how to understand and interpret symbols and important methods for protecting yourself from negative energies.



9781401931421 Warehouse Date: February 2011 6-CD Set
\$46.95 CDN 5.5" x 5" Audio CD Print run: 10,000

Lisa Williams is an internationally acclaimed medium and clairvoyant with an amazing ability to communicate with loved ones and friends who have passed on to the Other Side. She was introduced to audiences through two seasons of her own hit show, Lisa Williams: Life Among the Dead, and her second series, Voices from the Other Side, both of which are now airing around the world. Lisa is the author of Life Among the Dead; and has appeared on Oprah, Good Morning America, Larry King Live, and Jimmy Kimmel Live! She is currently on tour performing in front of large live audiences and hosts her own weekly radio show on HayHouseRadio.com.

The Survival of the Soul

Lisa Williams

Many of us have questions about the passage of life and often wonder what happens when we die. In this amazingly insightful book by medium/clairvoyant Lisa Williams, evidence of the afterlife is explored. Through various channels such as meditation, psychic readings, communication with her Spirit Guide, and a personal near-death experience, Lisa delves into the journey of the soul, discusses the different stages of the afterlife, and reveals what life is really like on the other side.

This book addresses the myriad questions many of us have surrounding this subject, especially if we've gone through the painful experience of having lost loved ones. Lisa provides a reassuring glimpse into this fascinating topic by exploring the pathway to the afterlife and then to reincarnation; with the realization that death is not final, but rather a transition into the world beyond—a place that should be honored, not feared.



9781401928049 Warehouse Date: February 2011 256 pages
\$29.95 CDN 6" x 9" Hardcover Print run: 50,000

Lisa Williams is an internationally acclaimed medium and clairvoyant with an amazing ability to communicate with loved ones and friends who have passed on to the Other Side. Born in England, Lisa was discovered by Merv Griffin and introduced to audiences through two seasons of her own hit show, Lisa Williams: Life Among the Dead, and her second series, Voices from the Other Side. Both series are now airing around the world. Lisa is the author of Life Among the Dead; and has appeared on Oprah, Good Morning America, Larry King Live, and Jimmy Kimmel Live! She is currently on tour performing in front of large live audiences, hosts her own weekly radio show on HayHouseRadio.com, and blogs daily about her life and spiritual teachings on her website, where she interacts with the public as well as her site members. Lisa is also a trained Reiki and crystal healer. She lives in Southern California with her son, Charlie, and their two dogs, Lucy and Max.



Also in CD Program:
9781401928063
Warehouse Date: February 2011
CD Set
\$28.95 CDN
5.5" x 5"
Audio CD
Print run: 15,000

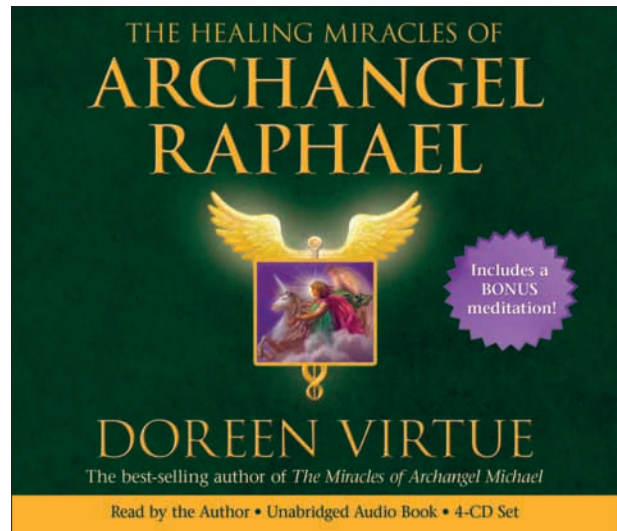
The Healing Miracles of Archangel Raphael

Unabridged Audio Book (4-CD Set)

Doreen Virtue

An Unabridged Audio Book read by the Author.

Whether it's a life-threatening condition, a painful injury, or an annoying health issue, Archangel Raphael is able to heal it! In this inspiring audio book, Doreen Virtue shows you why Archangel Raphael has long been regarded as the healing angel. He's a nondenominational miracle worker who is available to help . . . all you need to do is ask. True stories of miraculous healings will give you hope and faith that heaven does hear you. There are many ways in which Raphael answers your prayers, and you'll learn how to recognize his health-saving advice for yourself, as well as your friends and loved ones. A bonus meditation is included to help you connect with Archangel Raphael and receive his amazing gifts.



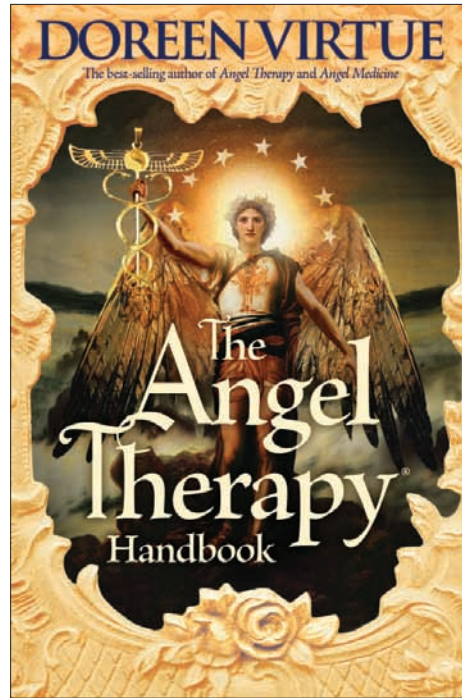
9781401931407 Warehouse Date: December 2010 4-CD Set
\$23.95 CDN 5.5" x 5" Audio CD Print run: 10,000

Doreen Virtue holds B.A., M.A., and Ph.D. degrees in counseling psychology; and is a lifelong clairvoyant who works with the angelic realm. She's the author of Angels 101 and Healing with the Angels, among other works. Doreen has appeared on Oprah, The View, Good Morning America, CNN, and other programs; she presents workshops around the world; and she also has a weekly call-in talk show on HayHouseRadio.com.

The Angel Therapy Handbook

Doreen Virtue

Doreen Virtue has taught her Angel Therapy Practitioner course since 1997, helping thousands to learn the skills of spiritual healing and psychic readings in concert with the angels and archangels. Now, she has amassed the tools, secrets, and exercises that she teaches her students in a comprehensive handbook. Whether you're a professional healer, or just want to polish your natural spiritual gifts, this handbook is a vital reference tool that you can refer to again and again.



9781401918347 Warehouse Date: January 2011 256 pages
\$23.95 CDN 6" x 9" Hardcover Print run: 20,000

Doreen Virtue holds B.A., M.A., and Ph.D. degrees in counseling psychology, and is a lifelong clairvoyant who works with the angelic realm. She's the author of Archangels & Ascended Masters and Healing with the Angels, among other works. Doreen has appeared on Oprah, The View, Good Morning America, CNN, and other programs; she presents workshops around the world; and she also has a weekly call-in talk show on HayHouseRadio.com

NEW IN PAPERBACK!

Defy Gravity

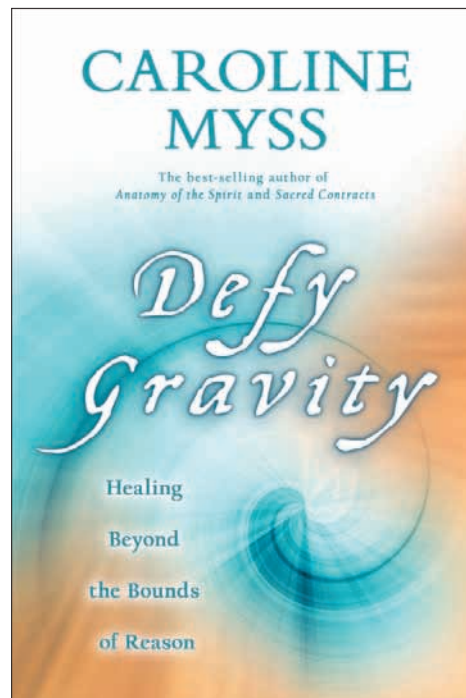
Healing Beyond the Bounds of Reason

Caroline Myss

New York Times best-selling author Caroline Myss draws from her years as a medical intuitive to show that healing is not only physical; it is also a mystical phenomenon that transcends reason.

Inspired by ordinary people who overcame a wide array of physical and psychological ailments—from rheumatoid arthritis to cancer—Caroline dove into the works of the great mystics to gain a deeper understanding of healing’s spiritual underpinnings. Based on these studies, she demonstrates how conventional and holistic medicine often fall short in times of need. Both systems rely upon a logical approach to curing illness when there is nothing reasonable about the emotional, psychological, or spiritual influences behind any ailment.

Integral to this mystical healing approach is the engagement of the soul, which we experience through exploring our seven shadow passions, building an empowered inner self around our seven inherent graces, and learning how to work with the mystical laws that govern it. This knowledge holds the key to understanding what it means to defy gravity and break through the boundaries of ordinary thought. You can heal any illness. You can channel grace. And you can learn to live fearlessly.



9781401922917 Warehouse Date: January 2011 256 pages
\$18.95 CDN 6" x 9" Paperback Print run: 30,000

*Caroline Myss has been in the field of energy medicine and human consciousness for 20 years. Since 1982, she has worked as a medical intuitive, providing individuals with an evaluation of the health of their energetic anatomy system. She specializes in assisting people in understanding the emotional, psychological, and physical reasons why their bodies have developed an illness. Her *New York Times* bestsellers include *Anatomy of the Spirit*, *Why People Don't Heal and How They Can*, *Sacred Contracts*, and *Entering the Castle*.*

Previous Edition (Hardcover): 9781401922900

NEW IN PAPERBACK!

Illumination

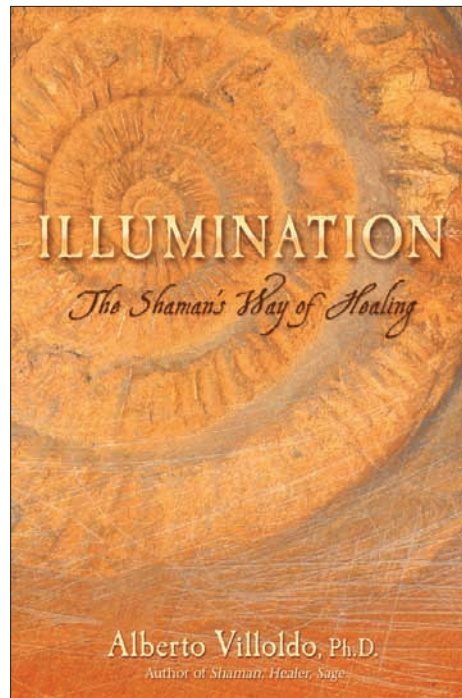
The Shaman's Way of Healing

Alberto Villoldo, Ph.D.

Illumination guides the reader on a healing journey, forged by the timeless wisdom of indigenous cultures and the latest theories of neurobiology. Through various stages in this journey of initiation, we grow to understand the causes of our suffering and how to free ourselves from the pain and drama of our unhealed emotions. Life itself invites us to be initiated through many means—the possibility of love, the loss of a parent or friend, the birth of a child, or a serious health crisis. True initiation is empowered by facing personal challenges and experiencing the spiritual rebirth—or illumination—that follows.

Unifying this book is the sacred process of transforming toxic emotions into sources of power and grace. *Illumination* shows us how to bid a joyful goodbye to the people and places we have met, discovering a sacred space where the spirit inhabits, uniting the body and soul. When we learn to let go of difficult situations and problems, to accept our lives as they are, we can begin to identify with a self that is eternal.

Recounting his own experiences, tracing the mythologies of an array of cultures, and expanding his inquiry into the field of neurobiology, Alberto Villoldo shows readers how they can benefit from these sacred practices.



9781401923297 Warehouse Date: February 2011 216 pages
\$17.95 CDN 6" x 9" Paperback Print run: 10,000

Alberto Villoldo, Ph.D., is the author of several books, including Shaman, Healer, Sage; Courageous Dreaming; The Four Insights; and Mending the Past & Healing The Future With Soul Retrieval. A psychologist and medical anthropologist, Villoldo has studied the healing practices of the Amazon and Inka shamans for more than 25 years. While at San Francisco State University, he founded the Biological Self-Regulation Laboratory to study how the mind creates psychosomatic health and disease. Dr. Villoldo directs The Four Winds Society, where he trains individuals in the U.S. and Europe in the practice of energy medicine and soul retrieval.

Previous Edition (Hardcover): 9781401923280

The Enchanted Map of You

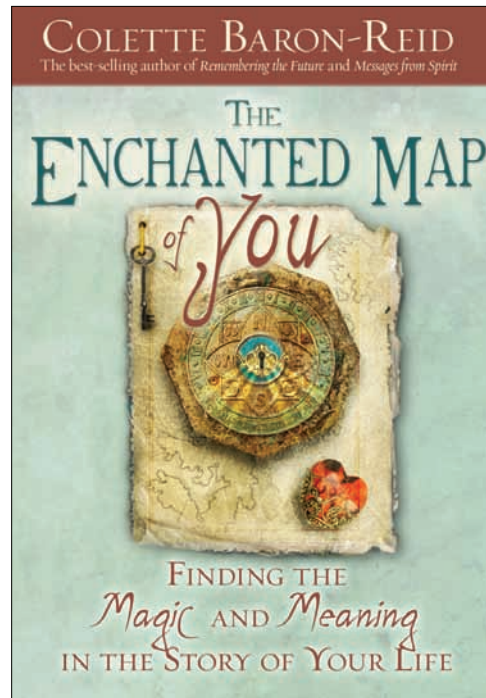
Finding the Magic and Meaning
in the Story of Your Life

Colette Baron-Reid

Amid the discordant din of the increasingly fast-paced lives we lead, faced with a bewildering multitude of choices and an ever-increasing mass of information, a voice is ringing out to us all, clear and high as a bell. Will you heed the call?

In this inspiring and illuminating book, internationally acclaimed intuitive counselor Colette Baron-Reid shares powerful life-changing concepts and practical methods to guide you on your personal Quest for wholeness and meaning. As you read, you'll:

- Discover the powerful symbiotic link between the psychospiritual world you inhabit and the outer conditions that influence your perception of reality.
- Understand that your contemporary desire to “have it all” is incomplete, masking a profound yearning for connection, integrity and wholeness.
- Uncover the secret of how to identify, explore, and ultimately transform the inner world you inhabit through the powerful, universal metaphors of the environment, where you identify where you are deep in the landscape of your psyche, when that place was created and why it keeps calling you back and away from the true present, and who the voices are that you're listening to, which help or hinder you on your life's greatest journey.
- Heed the call to leave behind the repetitive conditions of the life you accepted and discover the world you were meant to flourish in.



9781401912444 Warehouse Date: January 2011 256 pages
\$17.95 CDN 6" x 9" Paperback Print run: 15,000

The Enchanted Map of You is a vision of hope for the future. It is an invitation to step into your own big adventure and ultimately find your true Home. Remember: the truth is that you can have it all—a life filled with profound meaning, purpose, and joy.

Colette Baron-Reid, the author of Remembering the Future, is a popular spiritual intuitive, seminar leader, radio personality, motivational speaker, and musical recording artist on the EMI music label (with a top-selling meditation CD, Journey Through the Chakras). She has shared the stage with authors Sylvia Browne, John Holland, Caroline Myss, and many others.

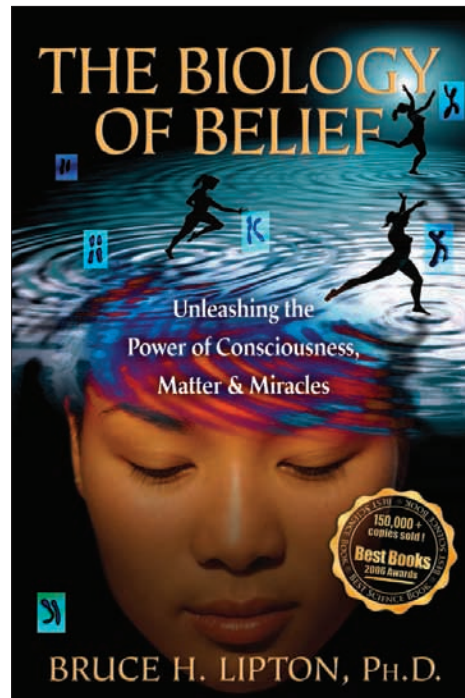
NEW IN PAPERBACK!

The Biology of Belief

Unleashing the Power of Consciousness,
Matter, and Miracles

Bruce H. Lipton, Ph.D.

With more than 100,000 copies sold of his self-published book, *The Biology of Belief*, Bruce Lipton teams up with Hay House to bring his message to an even wider audience. This book is a groundbreaking work in the field of new biology, and it will forever change how you think about thinking. Through the research of Dr. Lipton and other leading-edge scientists, stunning new discoveries have been made about the interaction between your mind and body and the processes by which cells receive information. It shows that genes and DNA do not control our biology, that instead DNA is controlled by signals from outside the cell, including the energetic messages emanating from our thoughts. Using simple language, illustrations, humor, and everyday examples, he demonstrates how the new science of Epigenetics is revolutionizing our understanding of the link between mind and matter and the profound effects it has on our personal lives and the collective life of our species.



9781401923129 Warehouse Date: February 2011 240 pages
\$17.95 CDN 6" x 9" Paperback Print run: 30,000

Bruce H. Lipton, Ph.D. is an internationally recognized authority in bridging science and spirit and a leading voice in new biology. A cell biologist by training, he taught at the University of Wisconsin's School of Medicine, and later performed pioneering studies at Stanford University. Author of The Biology of Belief, he has been a guest speaker on hundreds of TV and radio shows, as well as keynote presenter for national and international conferences.

Previous Edition (Hardcover): 9781401923112

Theta Healing

Introducing an Extraordinary
Energy Healing Modality

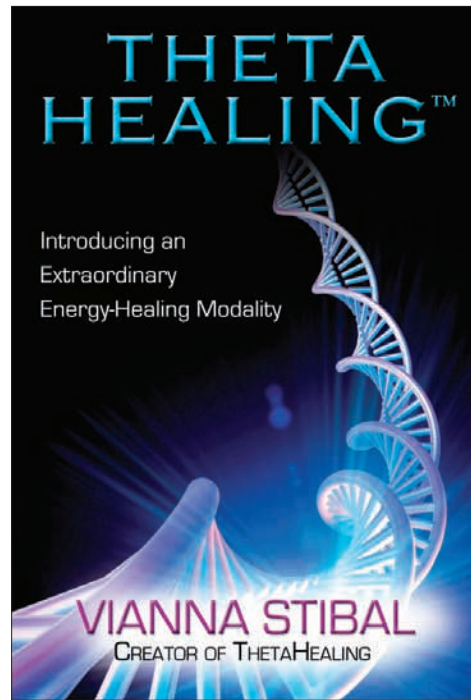
Vianna Stibal

In 1995, Vianna Stibal, a mother of three young children, was diagnosed with a cancer that was quickly destroying her right femur. Everything she had tried using conventional and alternative medicine had failed, until she employed a simple technique that she used in her work as an intuitive reader. Amazed that she had cured herself instantaneously, Vianna started to use this technique in her sessions with clients and saw person after person miraculously heal.

ThetaHealing is essentially applied quantum physics. Using a theta brain wave, which until now was believed to be accessible only in deep sleep or yogi-level meditation, the practitioner is able to connect with the energy of All That Is—the energy in everything —to identify issues with and witness healings on the physical body, and to identify and change limiting beliefs.

Discover:

- The belief and feeling work that can instantly change the thinking within you that creates illness.
- The 7 Planes of Existence, a concept that allows you to connect to the highest level of love and energy of All That Is.



9781401929282 Warehouse Date: January 2011 336 pages
\$20.95 CDN 6" x 9" Paperback Print run: 10,000

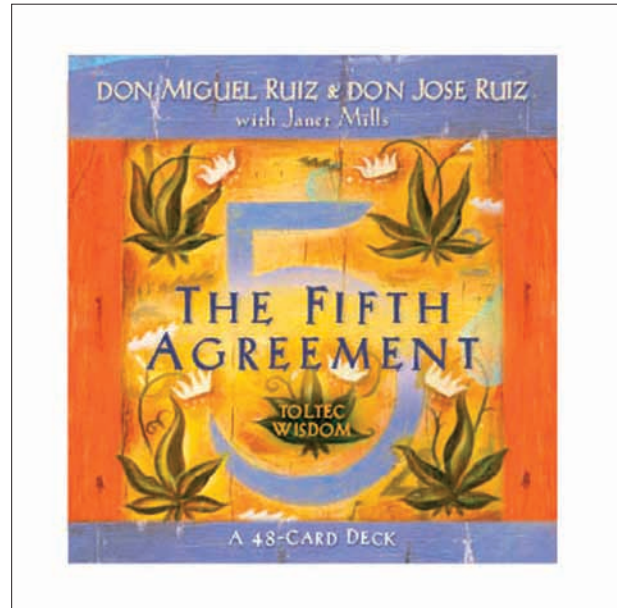
Vianna Stibal is an artist, writer, teacher, and intuitive reader. Based in Idaho Falls, she is committed to spreading her healing paradigm throughout the world and has trained teachers and practitioners working in more than 25 countries. Vianna conducts seminars worldwide to teach people of all races, beliefs and religions about ThetaHealing.

The Fifth Agreement

A 48-Card Deck

Don Miguel Ruiz and Don Jose Ruiz

Based on the *New York Times* best-selling book *The Fifth Agreement*, the 48 cards in this deck offer a fresh perspective on the *Four Agreements*, and a powerful new agreement for transforming our lives into our personal heaven. *The Fifth Agreement* takes us to a deeper level of awareness of the power of the Self, and returns us to the authenticity we were born with. In this compelling sequel to the book that has changed the lives of millions of people around the world, we are reminded of the greatest gift we can give ourselves: the freedom to be who we really are.



9781401928742 Warehouse Date: April 2011 48-Card Deck
\$18.95 CDN 3.75" x 5.75" Card Deck Print run: 20,000

Don Miguel Ruiz is the international bestselling author of the Toltec Wisdom series, including The Four Agreements (over 7 years on The New York Times bestseller list), The Mastery of Love, and The Voice of Knowledge. He continues to share the wisdom of the ancient Toltec through lectures, workshops, and journeys to sacred sites around the world.

Don Jose Ruiz was chosen by his father to carry on the centuries-old family legacy of healing and teaching. For the past seven years, he has lectured widely across the United States and at sacred sites around the world.

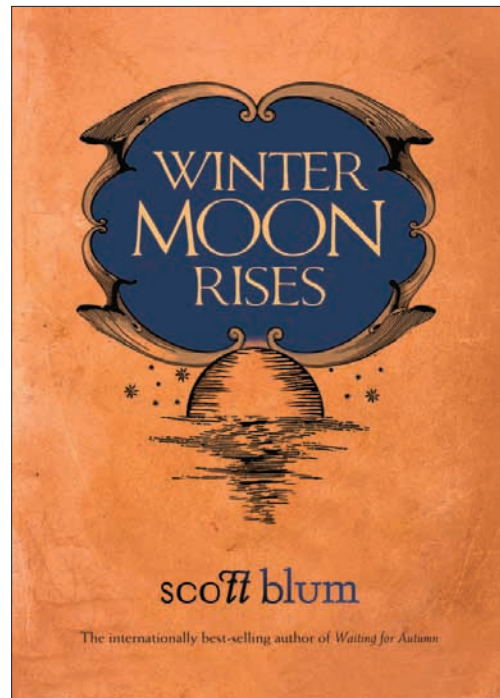
Winter Moon Rises

Scott Blum

The third installment in Scott Blum’s best-selling series of enchanting novels, *Winter Moon Rises* continues where the semiautobiographical *Waiting for Autumn* left off. This book follows Scott and his soul mate, Madisyn, as they prepare for their most profound adventure together: the journey of bringing their first child into this world.

Discovering that the miracle of birth is not limited by the physical world, Scott and Madisyn embark on an insight-filled spiritual awakening, where they discover how their entire history has ultimately laid the foundation for their expected child’s future. Exploring ancient rituals, unseen worlds, and ancestral healing, the couple soon discovers how we all remain connected to the magical world of unborn children long after we become adults.

Much more than a traditional story about expecting parents, this metaphysical page-turner plunges to the deepest emotional and spiritual depths that contain the hidden secrets of how our souls work with one another. This heartwarming adventure captures the imagination and reveals what it truly means to be a spiritual being having the ultimate human experience.



9781401927172 Warehouse Date: March 2011 160 pages
\$17.95 CDN 5" x 7" Hardcover Print run: 10,000

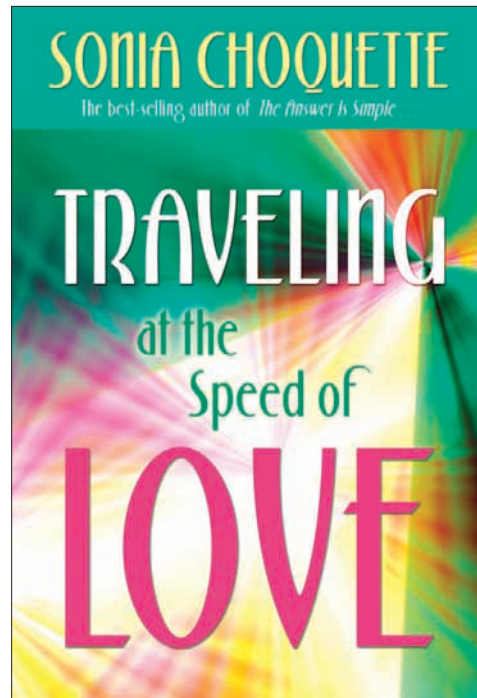
*Scott Blum is the best-selling author of *Waiting for Autumn* and *Summer's Path* and the co-founder of the popular inspirational website DailyOM. He is also a successful multimedia artist who has collaborated with several popular authors, musicians, and visual artists and has produced many critically acclaimed works, including a series featuring ancient meditation music from around the world. Scott lives in the mountains of Ashland, Oregon, with Madisyn Taylor—his wife, business partner, and soul mate.*

Traveling at the Speed of Love

Sonia Choquette

When we travel at the speed of love, we choose to live in a frequency of unconditional love. Today, most of us travel at the frequency of fear and live with a victim consciousness. When we're traveling at the fear frequency, no matter how fast we go, we can never get to our destination. The victim consciousness is based on the premise: "I have no choice." Traveling at the speed of love means taking our power back. We're actually in a different universe when we travel at the speed of love. Our world is not a menacing, threatening race geared to cheat death. It becomes, at any moment, so satisfying that if this were our last moment on Earth, that would be okay.

This is not to say that change is easy. To travel at the speed of love might require a complete paradigm shift in the way you look at your everyday existence. In this fascinating book, Sonia Choquette provides a practical, in-the-trenches guide that will reveal how you can reprogram your brain and change your life for the better. Ask yourself this question: What frequency are you traveling on right now?



9781401924034 Warehouse Date: January 2011 256 pages
\$17.95 CDN 6" x 9" Paperback Print run: 10,000

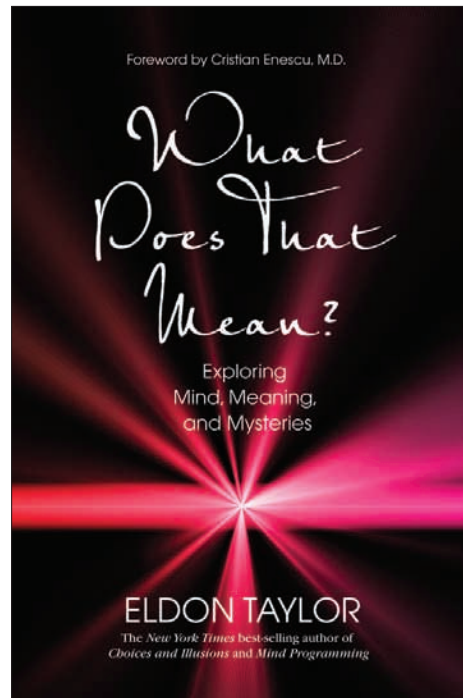
*Sonia Choquette is a world-renowned author, storyteller, vibrational healer, and six-sensory spiritual teacher in international demand for her guidance, wisdom, and capacity to heal the soul. She's the author of several best-selling books, including *Diary of a Psychic*, *Ask Your Guides*, and *Trust Your Vibes*; and numerous audio programs and card decks.*

What Does That Mean?

Exploring Mind, Meaning,
and Mysteries

Eldon Taylor

Foreword by Christian Enescu, M.D.



Enlightenment is not something that can just be handed to you. The closest thing to it that you can receive are thoughts and questions that can lead you inward in the search for meaning. *What Does That Mean?* is full of thoughts and questions that do just that. Some insights you may have thought of and then forgotten, and others you may have experienced but simply haven't appreciated.

An old saying asserts that the value of a book is not in what it says but rather in what it does. *What Does That Mean?* is one of those books that will have a lifetime impact on all who read it. The book squarely faces the many inconsistencies held in our systems of belief, from the sciences to psychic phenomena. Eldon Taylor is willing to speak out without reservation, and without avoiding any so-called sanctities. The result is absolutely thought-provoking at every level, as this work addresses the meaning of life and the ultimate "humanness" of the human being. If you have ever questioned the nature of life, the power of the mind, unexplained events, and other mysteries, you will find this book totally riveting.

Throughout these pages, Eldon shares life experiences that will lead you to revelations about your own life. Perhaps this book's greatest value is that it assists you in remembering who you really are and thereby places you firmly back on the path to personal enlightenment. English writer and poet

9781401923341 Warehouse Date: January 2011 240 pages
\$18.95 CDN 6" x 9" Paperback Print run: 15,000

Joseph Addison, said, "Reading is to the mind what exercise is to the body." If that is the case, then this book is the perfect workout to enrich your thinking. You may not always like what you read, but you will always find the depth of thought wholly provocative.

Eldon Taylor has made a lifelong study of the human mind and has earned doctoral degrees in psychology and metaphysics. He is a fellow with the American Psychotherapy Association (APA) and a nondenominational minister. Eldon is president and director of Progressive Awareness Research, Inc. For more than 20 years, his books, audio programs, lectures, and radio and television appearances have approached personal empowerment from the cornerstone perspective of forgiveness, gratitude, self-responsibility, and respect for all life.

What If?

The Challenge of Self-Realization

Eldon Taylor

What if you awoke tomorrow with amnesia—no memory of who you are, what you like and dislike, and so on. Would you be the same person? What if, as in the movie *The Matrix*, you discovered that everything was a simulation and you were just a programmed component? What if everything you believed was false? Who would you be then?

Eldon Taylor has been researching the power of the mind for more than 25 years. He has repeatedly demonstrated the overt attempts that have been made to control your thinking. While very interesting in theory, most of us do not understand this on a personal level. It is easy to understand the concept of Mind Programming when it is occurring with someone else, but most would deny that they too are victims.

What If? is a very personal book. By using everyday situations and guiding you through numerous thought experiments, Eldon does an excellent job of peeling back the layers and revealing the dissonance in much of your thinking, beliefs, desires, and choices—contradictory beliefs held at the same time with no apparent awareness. Once you have seen your own mind with the filtered lenses removed, it is impossible to remain the same. That is why so many have praised this work as being absolutely life-changing—not just a fascinating read—but a transformational experience.



9781401927370 Warehouse Date: March 2011 200 pages
\$23.95 CDN 5.38" x 8.38" Hardcover Print run: 20,000

Eldon Taylor has made a lifelong study of the human mind and has earned doctoral degrees in psychology and metaphysics. He is a fellow with the American Psychotherapy Association (APA) and a nondenominational minister. Eldon is president and director of Progressive Awareness Research, Inc. For more than 20 years, his books, audio programs, lectures, and radio and television appearances have approached personal empowerment from the cornerstone perspective of forgiveness, gratitude, self-responsibility, and respect for all life.

NEW IN PAPERBACK!

Virus of the Mind

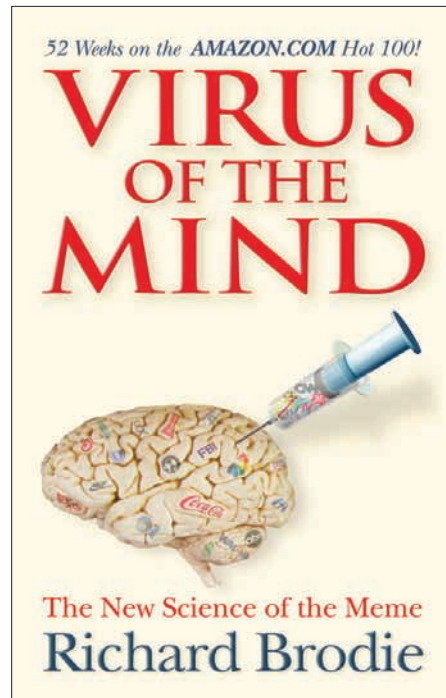
The New Science of the Meme

Richard Brodie

Virus of the Mind is the first popular book devoted to the science of memetics, a controversial new field that transcends psychology, biology, anthropology, and cognitive science. Memetics is the science of memes, the invisible but very real DNA of human society.

In *Virus of the Mind*, Richard Brodie carefully builds on the work of scientists Richard Dawkins, Douglas Hofstadter, Daniel Dennett, and others who have become fascinated with memes and their potential impact on our lives. But Richard goes beyond science and dives into the meat of the issue: is the emergence of this new science going to have an impact on our lives like the emergence of atomic physics did in the Cold War? He would say the impact will be at least as great. While atomic bombs affect everybody's life, viruses of the mind touch lives in a more personal and more pernicious way.

Mind viruses have already infected governments, educational systems, and inner cities, leading to some of the most pervasive and troublesome problems of society today: youth gangs, the welfare cycle, the deterioration of the public schools, and ever-growing government bureaucracy. Viruses of the mind are not a future worry: they are here with us now and are evolving to become better and better at their job of infecting us. The recent explosion of mass media and the information superhighway has made the earth a prime breeding ground for viruses of the mind.



9781401924690 Warehouse Date: February 2011 256 pages
\$18.95 CDN 6" x 9" Paperback Print run: 20,000

Will there be a mental plague? Will only some of us survive with our free will intact? Richard Brodie weaves together science, ethics, and current events as he raises these and other very disturbing questions about memes.

Richard Brodie is best known as the original author of Microsoft Word. His self-help book, Getting Past OK, is an international bestseller. His groundbreaking book on memes, Virus of the Mind, spent 52 weeks on the Amazon.com Hot 100 and is used as a text in many college courses. An accomplished speaker, Richard has appeared on dozens of television and radio shows, including The Oprah Winfrey Show. Richard continues to pursue wide and varied interests, which he occasionally blogs about.

Previous Edition (Hardcover): 9781401924683

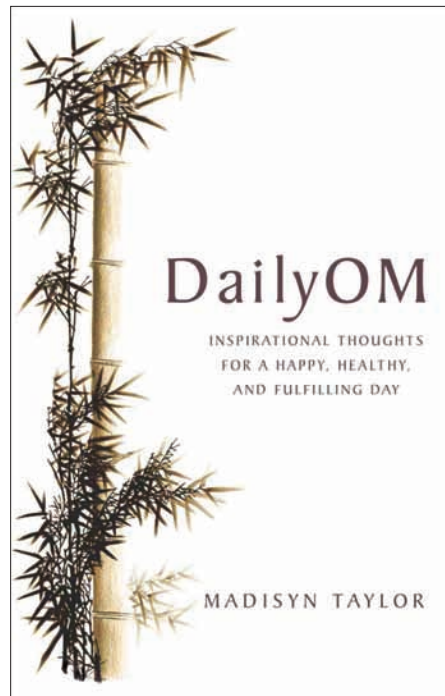
NEW IN PAPERBACK!

DailyOM

Learning to Live

Wouldn't it be great if we were born with instruction manuals? Each one would be different based on what we needed to learn, but the basics would be the same: how to create healthy relationships, how to deal with sorrow and pain, how to reach our goals, and how to know what we want to do with our lives when we grow up. We would continue to receive our own unique life lessons, but we would have a manual to refer to when feeling overwhelmed or lost.

In this book, based on the popular Website DailyOM (www.dailyom.com), co-founder Madisyn Taylor seamlessly weaves together her award-winning inspirational thoughts with her achingly honest personal story, revealing the inspiration behind many of the DailyOM messages that touch millions of people every day. Learning to Live is the next best thing to a personal instruction manual: a guiding light to reassure us that we're on the right path, and to help fix us when we feel broken.



9781401925598 Warehouse Date: February 2011 288 pages
\$17.95 CDN 5.38" x 8.38" Paperback Print run: 10,000

Best-selling author Madisyn Taylor is the co-founder and editor-in-chief of the popular inspirational Website DailyOM (www.dailyom.com), and she is responsible for all its content. A recognized leader in self-help and New Thought spirituality, she has more than 15 years' experience in personal development and alternative-healing methodologies. When not working, Madisyn can be found meditating in her garden and communing with nature. She lives in Ashland, Oregon, with her husband, Scott Blum, and their son, Oliver.

Previous Edition (Hardcover): 9781401925581

NEW IN PAPERBACK!

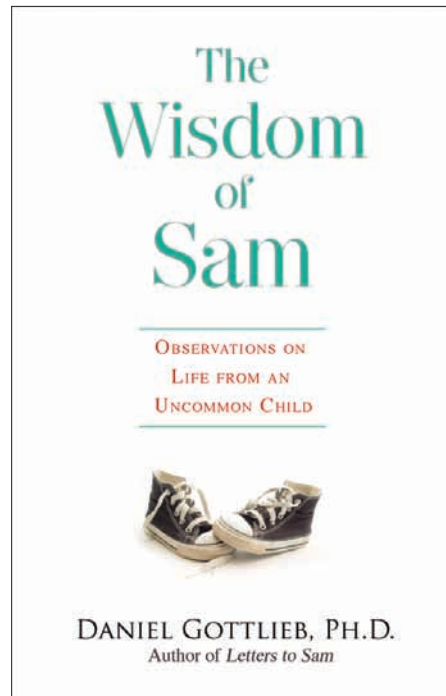
The Wisdom of Sam

Observation on Life from an
Uncommon Child

Daniel Gottlieb, Ph.D.

In this heartfelt and generous book, author Daniel Gottlieb shares life lessons taught to him by his eight-year-old grandson, Sam. Readers were first introduced to Sam in *Letters to Sam*—which has been translated into 15 languages, with more than 50,000 copies sold in the U.S. Now, *The Wisdom of Sam* continues the extraordinary story of the interaction between a grandfather who is quadriplegic and a grandson who is autistic as they share their discoveries about empathy, compassion, courage, happiness, and the power of laughter. Sam’s uncommon perspective on the world—and the remarkable way he expresses himself—are the seeds of inspiration for his grandfather. And the emotional connection between Daniel Gottlieb and his grandson provide a springboard for wonderful moments of reflection, understanding, and humor.

Sam’s candid observations not only teach us what we’ve forgotten but they also show us how to look at the world through a different lens. Just as Sam’s grandfather has found his world view forever changed by the wisdom of his grandson, readers of *The Wisdom of Sam* will discover unforgettable messages of acceptance, hope, love, and gratitude.



9781401923884 Warehouse Date: March 2011 200 pages
\$15.95 CDN 5.38" x 8.38" Paperback Print run: 10,000

Daniel Gottlieb, Ph.D., is the author of Letters to Sam, Learning from the Heart (recipient of the Books for a Better Life Award), Voices in the Family, and Voices of Conflict, Voices of Healing. He hosts an award-winning mental health call-in program, Voices in the Family, on the public radio station WHYY 90.9 FM in Philadelphia, and also hosts a weekly blog on the website of The Philadelphia Inquirer. A sought-after speaker on family and social issues, he lectures locally and nationally on a variety of topics affecting the well-being of communities. In 2009 he was recipient of The Fervent Love of Life Award in Taiwan. He resides in Cherry Hill, NJ.

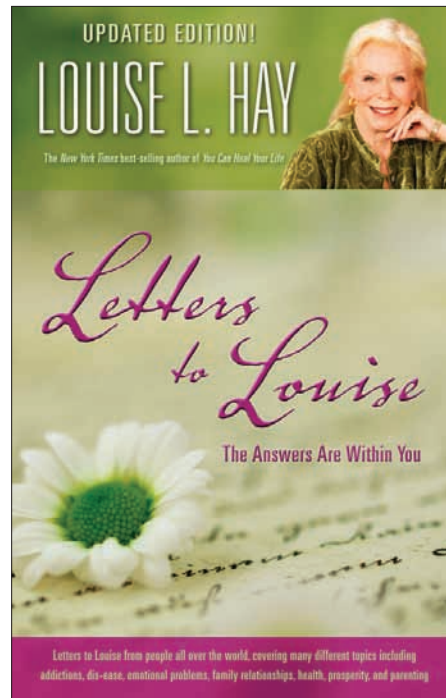
Previous Edition (Hardcover): 978-1-4019-2385-3

UPDATED EDITION!

Letters to Louise

The Answers Are Within You
Updated Edition

“This book is a collection of letters I’ve received and answered over the years from people all over the world. The letters express deep concerns about 20 different topics—including addictions, dis-ease, family relationships, the inner child, and parenting, just to name a few. Almost all of the people who have written to me have wanted to change themselves—and their world—in some way. In my replies, I’ve tried to be the catalyst that helps these individuals accomplish their goals. I think of myself as a stepping-stone on a pathway of self-discovery. Perhaps you will see some aspect of yourself in these pages. It is my belief that by reading about other people’s challenges and aspirations, we can see ourselves and our own problems in different ways. Sometimes we can use what we learn from others to make changes in our own lives. I hope this book will allow you to realize that you, too, have the strength within to change, and to find solutions on your own—that is, to seek the answers that are within you.”—Louise L. Hay



9781401927271 Warehouse Date: January 2011 320 pages
\$15.95 CDN 5.38" x 8.38" Paperback Print run: 15,000

Louise L. Hay, the author of the international bestseller You Can Heal Your Life, is a metaphysical lecturer and teacher with more than 40 million books sold worldwide. For more than 25 years, she has helped people throughout the world discover and implement the full potential of their own creative powers for personal growth and self-healing. She has appeared on The Oprah Winfrey Show and many other TV and radio programs both in the U.S. and abroad.

Previous Edition (Paperback): 9781561704682

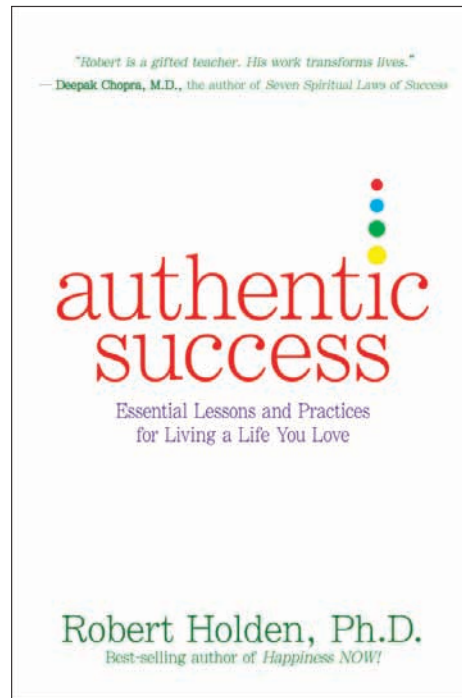
Authentic Success

Essential Lessons and Practices for
Living a Life You Love

Robert Holden, Ph.D.

Are you living a successful life? Do you have a vision? Do you enjoy your work? Are your relationships thriving?

Authentic Success examines how to enjoy real, soulful success while living in a manic, busy, and hyped-up world. Robert Holden is the creator of a unique program—called Success Intelligence—used worldwide by artists and writers, entrepreneurs and leaders, and also global companies and brands such as DOVE, the Body Shop, the BBC, and Virgin. This landmark book is an invaluable guide to genuine success and happiness.



9781401928247 Warehouse Date: April 2011 408 pages
\$20.95 CDN 6" x 9" Paperback Print run: 10,000

Robert Holden, Ph.D., is the Director of The Happiness Project and Success Intelligence. His innovative work on happiness and success has been featured on Oprah and in two major BBC-TV documentaries, The Happiness Formula and How to Be Happy, shown in 16 countries to more than 30 million television viewers. He's the author of ten best-selling books, including Success Intelligence and Shift Happens!

Previously released under the title *Success Intelligence* (Hardcover 9781401921705, Paperback 9781401921712).

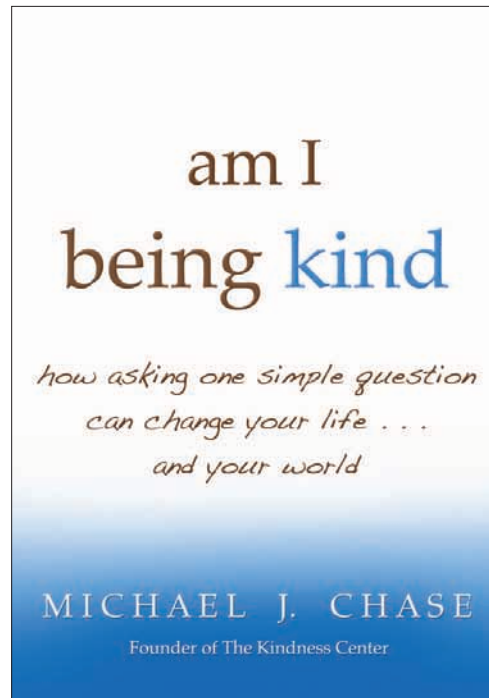
Am I Being Kind

How asking one simple question
can change your life...
and your world

Michael J. Chase

Imagine if one simple question could change your life...and your world. Awakening the reader like caffeine for the heart, Am I Being Kind revives the spirit and blazes a direct path to a more peaceful and kindhearted world. In this captivating guide to personal transformation, author and inspirational speaker Michael J. Chase reveals how one simple question has the power to change your life and the lives of those around you. As you ask, "am I being kind" in seven vital areas of your life, you discover the secret to creating unlimited joy, inner peace, and the life you've always dreamed of. Having experienced the "art of unkindness" throughout much of his life, Michael shares his own journey of self-discovery and the lessons learned from unlikely spiritual teachers along the way. Through riveting true stories and a unique step-by-step program, am I being kind shows you how the astonishing power of kindness can change your heart, your life, and ultimately, your world.

Awakening the reader like caffeine for the heart, am I being kind revives the spirit and blazes a direct path to a more peaceful and kindhearted world. In this captivating guide to personal transformation, author and inspirational speaker Michael J. Chase reveals how one simple question has the power to change your life and the lives of those around you. As you ask "am I being kind" in seven vital areas of your life, you discover the secret to creating unlimited joy, inner peace, and the life you've always dreamed of.



9781401931209 Warehouse Date: April 2011 160 pages
\$17.95 CDN 5" x 7" Paperback Print run: 10,000

Having experienced the "art of unkindness" throughout much of his life, Michael shares his own journey of self-discovery and the lessons learned from unlikely spiritual teachers along the way. Through riveting true stories and a unique step-by-step program, am I being kind shows you how the astonishing power of kindness can change your heart, your life, and ultimately, your world.

Affectionately known as "The Kindness Guy," Michael J. Chase is an author, inspirational speaker, and a powerful voice for creating a kinder world. At the age of 37, following a life-changing epiphany, Michael ended an award-winning photography career to found The Kindness Center. After gaining extensive media attention for his 24 hours of kindness event, he quickly became a sought-after speaker and workshop leader throughout the world. Considered an expert on the subject of kindness, Michael has inspired thousands to make positive choices that not only impact their own lives, but also those of others.

Fried

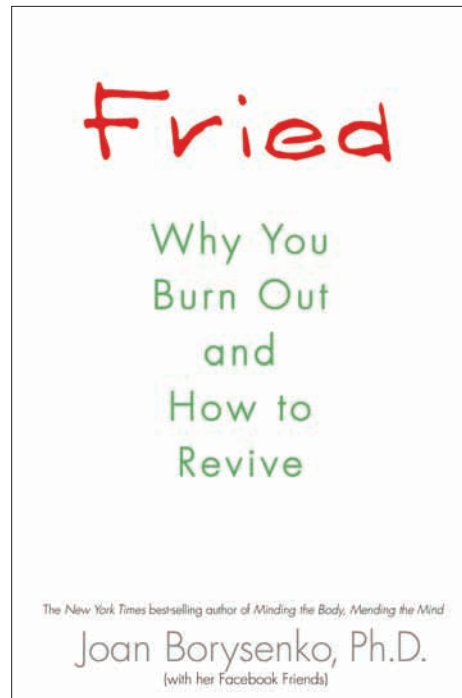
Why You Burn Out and How to Revive

Joan Borysenko, Ph.D.

This is an invitation to take your power back!

What happened to the spark you had as a child that powered curiosity, engagement with life, and creativity? Has it burned out? Are you feeling emotionally and physically exhausted and cynical, wondering if you've got what it takes to make it in this rapidly changing world? Burnout looks a lot like depression, but it's not a biological bogeyman that medication or simple stress management can cure. It's a disorder of hope and will that sucks the life out of competent, idealistic, hardworking people like you; and it will be an ongoing challenge for you to take your power back.

In this breakthrough work, Joan Borysenko, Ph.D.—a Harvard-trained medical scientist, psychologist, and renowned pioneer in stress and health—straddles psychology, biology, and soul in a completely fresh approach to burnout. Joan's deeply human (and often amusing) personal accounts of burnout and recovery; the science of helplessness, hopelessness, and empowerment; and the rich wisdom of people who have gone from fried to revived—including many of Joan's vibrant community of 5,000 Facebook Friends—make this powerful and practical book a must-read for our times.



9781401925505 Warehouse Date: January 2011 200 pages
\$21.95 CDN 5.25" x 8" Hardcover Print run: 15,000

Joan Borysenko, Ph.D., is an internationally known speaker in spirituality, integrative medicine, and the mind/body connection and has a doctorate in medical sciences from Harvard Medical School. She is a licensed clinical psychologist, the best-selling author of numerous books, and a journalist and radio personality.

Inside-Out Healing

Transforming Your Life Through the Power of Presence

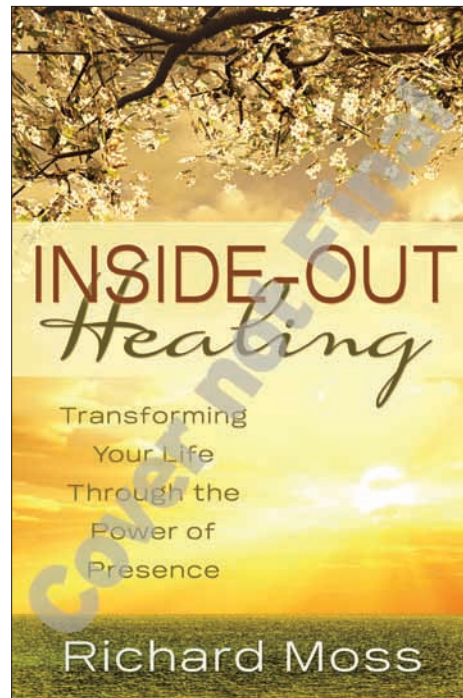
Richard Moss, M.D.

As lifesaving as modern medicine can sometimes be, it doesn't really address the true root of suffering. In many ways neither does modern psychology, because it starts from the premise that the separate self, the ego—with all its hopes and fears—is who you really are. Join visionary thinker and teacher Richard Moss on an exploration of the extraordinary power of presence that will take you beyond ego and into a fully embodied life.

Medicine deals with the body, but this book deals with your consciousness, which is the strongest means of healing your body and soul. When your mind and body are aligned in the present moment, you often feel fulfilled regardless of what is going on with your health. When you are present, you also open the door to an infinite source of love that blesses you and even helps bring out the best in everyone around you.

Ultimately, you are the creator of your reality. This doesn't mean that you've caused your own illness or are solely responsible for a painful relationship; it means that moment by moment, by choosing to be fully present, you free yourself from mind-made unhappiness. This is what inside-out healing is about.

Are you ready for a shift of consciousness? Whether you're motivated by illness, discontent, or the desire to experience life to the fullest, the keys are here. When presence is the true touchstone of your life, you will have discovered the secret of inside-out healing.



9781401927585 Warehouse Date: January 2011 256 pages
\$18.95 CDN 6" x 9" Hardcover Print run: 15,000

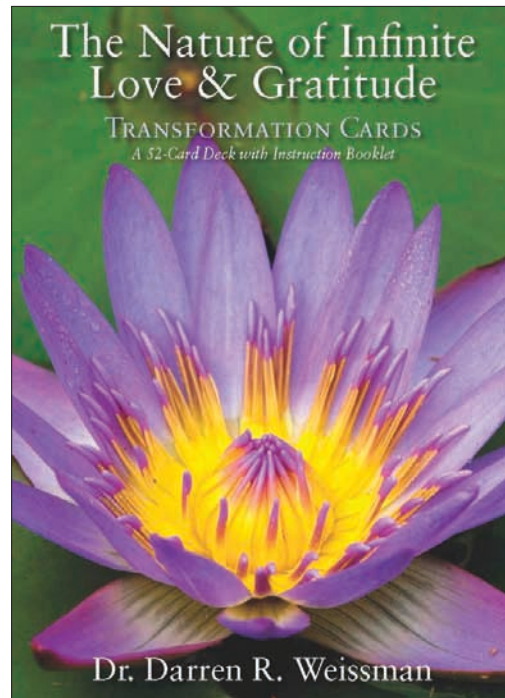
Richard Moss, M.D., is an internationally respected leader in the field of conscious living and inner transformation. He is the author of six seminal books on using the power of awareness to realize our intrinsic wholeness and reclaim the wisdom of our true selves. He lives in Ojai, California.

Nature of Infinite Love & Gratitude Transformation Cards

A 52-Card Deck and Instruction Booklet

Dr. Darren R. Weissman

The Nature of Mother Earth has a gentle, yet profound way of influencing the health of our bodies and life. In this deck of 52 transformation cards created by Dr. Darren R. Weissman, you'll discover a way to activate nature's healing potential with a clear and concise three-step process. Use these cards to facilitate transformation of pain into power, fear into courage, and stress into knowing. The enclosed guidebook includes easy-to-follow instructions for the Reconnect, Balance, and Thrive Process.



9781401931384 Warehouse Date: January 2011 52-Card Deck
\$18.95 CDN 3.75" x 5.75" Card Deck Print run: 10,000

*Dr. Darren R. Weissman, the author of *The Power of Infinite Love & Gratitude*, is the developer of *The LifeLine Technique*, an advanced holistic system that discovers, releases, and interprets the root cause of physical symptoms and stress—emotions trapped within the subconscious mind. His mission is world peace through inner peace. Darren is an internationally renowned lecturer and has helped thousands of people awaken to their infinite potential and *The Power of Infinite Love & Gratitude*.*

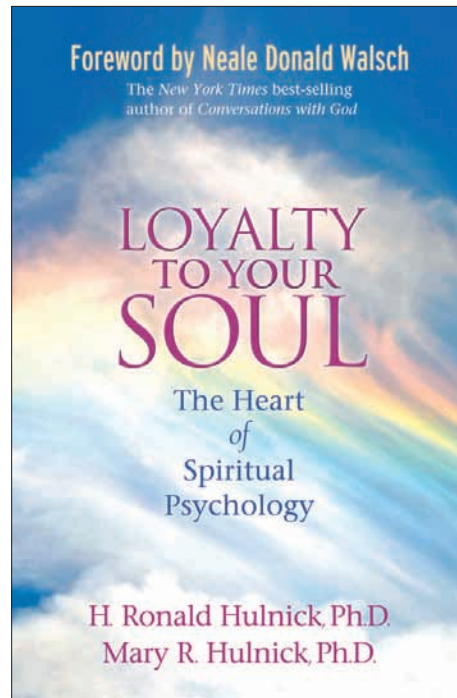
Loyalty to Your Soul

The Heart of Spiritual Psychology

H. Ronald Hulnick, Ph.D., Mary R. Hulnick, Ph.D.; Foreword by Neale Donald Walsh

Loyalty to Your Soul is a book uniquely suited for anyone interested in answering the larger questions in life, such as Who am I? Why am I here? What is my purpose? and How can I make a more meaningful contribution in my world? Engaging in such an inquiry is not a question of making up the right “to do” list or attending the latest workshop about fulfilling your heart’s desires. Nor is it about finding the right job, soul mate, income level, group of friends, or social status.

What it is about is first gaining access to, and then slowly learning to live from, that special place within that the authors refer to as the Authentic Self. It’s a place where answers to the above questions are self-evident. You will know when you get there, because love reigns and emotional suffering doesn’t exist. While many people have written about such an inner state, Ron and Mary Hulnick show you how to travel there . . . and what to anticipate once you arrive.



9781401927288 Warehouse Date: February 2011 256 pages
\$18.95 CDN 6" x 9" Paperback Print run: 10,000

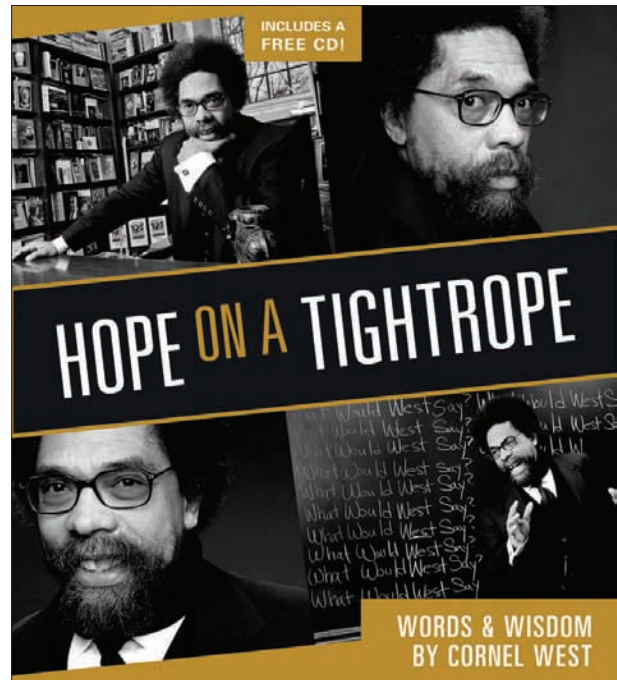
H. Ronald Hulnick, Ph.D., and Mary R. Hulnick, Ph.D., are the President and Chief Academic Officer, respectively, of the University of Santa Monica, where, for the past 30 years, they have been developing, refining, and co-facilitating a master’s degree program in Spiritual Psychology. Their work is highly experiential and seeks to assist students in discovering their own answers to life’s essential questions.

Hope on a Tightrope

Words and Wisdom

Cornel West

“You can’t lead the people if you don’t love the people. You can’t save the people if you don’t serve the people.” The *New York Times* bestselling author of *Race Matters* and *Democracy Matters* offers provocative, open-hearted wisdom for our times. In a world that yearns for unarmed truth and unconditional love, in the midst of cold greed and blind hatred, *Hope on a Tightrope* offers a new compass. This courageous collection will challenge all those in search of new perspectives and provides deep wells of inspiration that marry the mind to the heart. Whether writing on race and identity, courage and faith, or music and philosophy, Dr. West reveals himself as a brilliant philosopher who loves us enough to make us think. He challenges us, stimulates us and never, ever stops serving us. As you read the book or listen to his words on the CD, allow yourself to contemplate Dr. West’s wisdom. Let him become your intellectual and spiritual sparring partner, and stand on his shoulders to gain a new view of the world and your place in it.



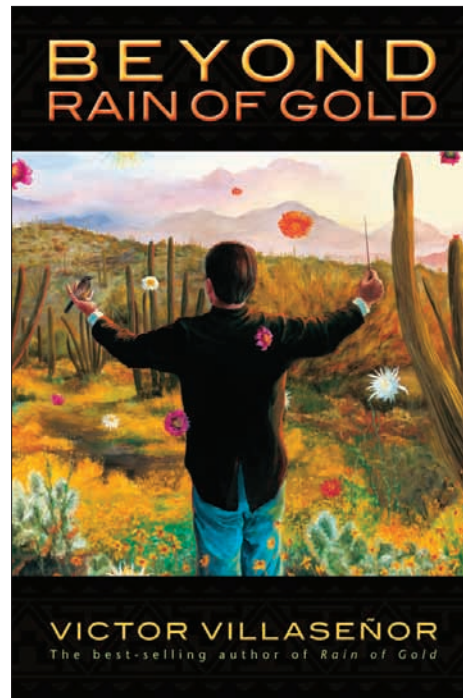
9781401930769 Warehouse Date: January 2011 140 pages
 \$17.95 CDN 5.75" x 6.5" Mixed media product Print run: 30,000

Educator and philosopher Cornel West is the Class of 1943 University Professor at Princeton University. Known as one of America’s most gifted, provocative, and important public intellectuals, he is the author of the contemporary classic Race Matters, which changed the course of America’s dialogue on race and justice, and the New York Times bestseller Democracy Matters. He is the recipient of the American Book Award and holds more than 20 honorary degrees. Award-winning writer David Ritz is the co-author of the autobiographies of Ray Charles, Marvin Gaye, Aretha Franklin, and B.B. King.

Beyond Rain of Gold

Victor Villasenor

Beyond Rain of Gold is the incredible story behind the writing and publication of Victor Villasenor's national bestseller *Rain of Gold*. It captures the difficult and courageous path the author followed to ensure that his family's saga would be published as the authentic, true account it is. While the story of how publishing works as a business is fascinating, the real power of this book lies in the sacred relationship that Villasenor has with his father, mother, and ancestors. In other words, *Beyond Rain of Gold* encompasses the magical messages that Villasenor's indigenous ancestors told him are universal themes common to native peoples everywhere on this planet . . . and at one time we were all indigenous. This is an exciting, raw, and honest work, with events occurring that transcend the boundaries of what we normally call reality. And like Carlos Castaneda's *Don Juan* trilogy, *Beyond Rain of Gold* explores altered states of consciousness, revealing the wisdom and magic inherent in everyday existence. This is a book that will make you see the world in an entirely different way, and which will stimulate your mind and emotions to create a New Earth way of thinking and being!



9781401931223 Warehouse Date: March 2011 256 pages
\$34.95 CDN 6" x 9" Hardcover Print run: 30,000

Victor Villasenor is the author of the national bestsellers Rain of Gold, Thirteen Senses, and Burro Genius, the latter nominated for the Pulitzer Prize; as well as other critically acclaimed books, such as Wild Steps of Heaven and Macho!, which was compared to the best of John Steinbeck by the Los Angeles Times. He is also the author of five ancestral-themed bilingual children's books, and has written several screenplays, including the award-winning Ballad of Gregorio Cortez. Villasenor, a gifted and accomplished speaker, continues to live on the North County San Diego ranch where he grew up, and is currently writing the multiple-book saga that starts with Beyond Rain of Gold. The original Rain of Gold trilogy is now being developed for a seven-part HBO miniseries.

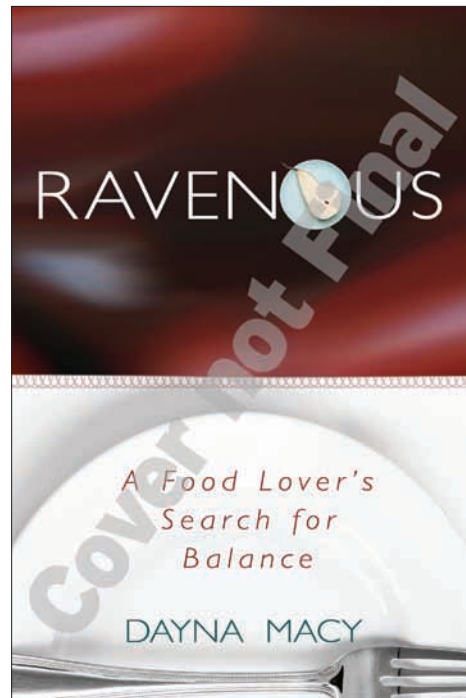
Ravenous

A Food Lover's Search for Balance

Dayna Macy

What should I eat? How much should I eat? What does it mean to be nourished? How can I, a food lover and lifelong overeater, learn to be satisfied?

These are the questions Dayna Macy asks in her debut memoir, *Ravenous*. Like many of us, Macy has had a complicated relationship with food. In order to transform this relationship, Macy embarks on a year-long journey to uncover the origins of her food obsessions. From her childhood home in upstate New York, and back up the California coast, Macy travels across the country, meeting with farmers, food artisans, butchers, a Zen chef, a forager, a chocolatier, and others—to understand where her meals come from, why she craves certain foods, and what food means to her. She looks at how nostalgia is deeply embedded in food, and how the powerful forces of family and tradition shape our food choices. Rather than head straight for the diet manuals, she chooses to change her relationship with food from the inside out. She delves



9781401926915 Warehouse Date: January 2011 256 pages
\$29.95 CDN 6" x 9" Hardcover Print run: 10,000

Dayna Macy's essays have appeared in Self, Salon, Yoga Journal, and other publications, and in several anthologies. For the last decade she has worked at Yoga Journal as Communications Director, and now also as the Managing Editor for International Editions. She lives in Berkeley, California with her husband, the writer Scott Rosenberg, and their two sons.

Married to Bhutan

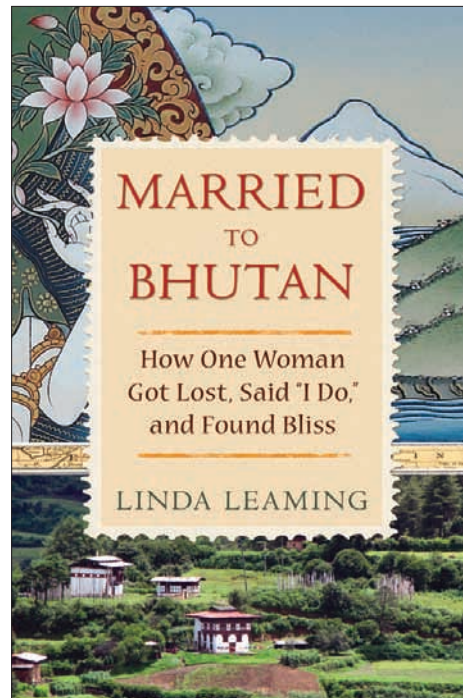
How One Woman Got Lost, Said “I Do,”
and Found Bliss

Linda York Leaming

Tucked away in the eastern end of the Himalayas lies Bhutan: a tiny, landlocked country bordering China, India, and Nepal. One of the most remote places in the world, Bhutan is rich in natural beauty, exotic landscapes, and ancient wisdom, where people are genuinely happy with very few material possessions and the government embraces “Gross National Happiness” instead of Gross National Product.

As one of the few Americans to have lived in Bhutan, Linda Leaming offers a rare glimpse at the peaceful mountain kingdom so many have only dreamed of. For over ten years, Leaming has lived and taught in the small town of Thimphu, where there are fewer than 100,000 people and no traffic lights. “If enlightenment is possible anywhere,” she writes, “I think it is particularly possible here.”

The Bhutanese way of life—quieter, slower, and more tranquil—can seem daunting to most Westerners, consumed with time, dates, speed, and efficiency. In Bhutan, people rarely check their e-mail and take their time answering their telephones. But, as Leaming shows us, a little patience—over a cup of warm tea and friendly conversation—can help soothe the most distressed mind and soul.



9781401928469 Warehouse Date: March 2011 256 pages
\$17.95 CDN 6" x 9" Paperback Print run: 10,000

In this funny, magical memoir, Leaming takes us with her on her travels through South Asia, sharing her experiences as she learns the language, customs, and religion; folklore of a revered Tibetan holy man who gave blessings to the people by whacking them on the head with a big wooden phallus; her unlikely romance with a Buddhist artist; and her discoveries about the unexpected path to happiness and accidental enlightenment, where true bliss resides.

Married to Bhutan is a reminder that following our dreams is the way to be truly happy.

Linda York Leaming is a writer whose work has appeared in Ladies' Home Journal, Mandala, Guardian UK, A Woman's Asia (Travelers' Tales, 2005), and many other publications. Eric Weiner included her in his 2008 bestseller, The Geography of Bliss. She has an M.F.A. in fiction from the University of Arizona, and she regularly speaks about Bhutan at colleges, churches, seminars, and book groups. She blogs regularly on her website, Married to Bhutan, and Twitter

America I AM Pass It Down Cookbook

150 Soul-Filled Recipes

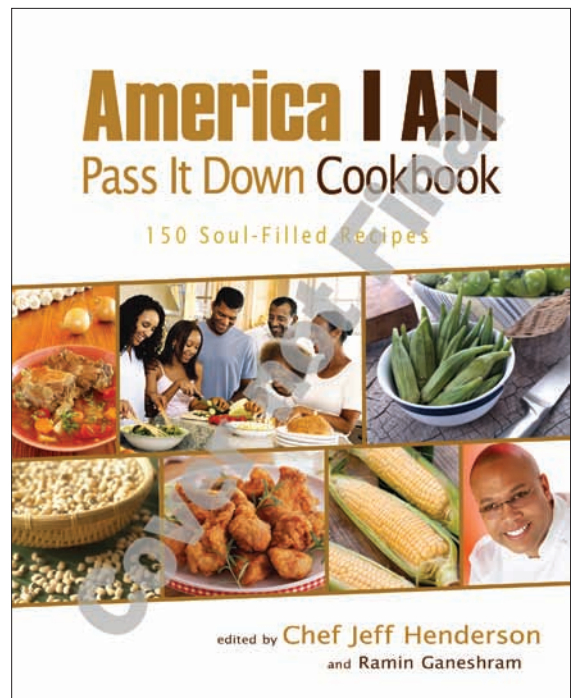
Jeff Henderson and Ramin Ganeshram

Soul food is just as wide-ranging and satisfying as soul music and now Tavis Smiley’s *America I AM* four-year traveling museum exhibit and *New York Times* bestseller Chef Jeff Henderson have joined forces to create the *America I AM Pass It Down Cookbook* to honor and preserve African Americans’ collective family food histories and legacies.

Over 100 soul-filled and soul-inspired family recipes collected from contributors across the country are featured. Each contribution demonstrates how powerful recollections of food, family and tradition have traveled down to us from generations past to help make us the people we are today. History lives at the kitchen table.

“What better way to showcase America’s diverse and delicious traditions than through the unifying power of food,” says Smiley. Each cookbook contributor submitted a favorite family recipe and a brief accompanying family food imprint story reflecting on the significance of the dish. What makes this cookbook special is that everyone has a favorite family food memory to share—whether it was Grandma’s peach cobbler, Aunt Sarah’s collard green soufflé or Cousin Dan’s barbecued beef ribs. Recipes range from traditional southern cooking to the new soulful recipes of twenty-first century cooks.

Under the editorial direction of Chef Jeff Henderson, the *America I AM Pass It Down Cookbook* will become a prized possession for fans of soulful cooking from the heart.



9781401931353 Warehouse Date: February 2011 320 pages
\$20.95 CDN 7.25" x 9" Paperback Print run: 10,000

Jeff Henderson is an award-winning chef, best-selling author and popular public speaker—and an ex-convict, who served nearly a decade in prison. As the former Executive Chef at Las Vegas’ Bellagio Hotel and Chef de Cuisine at Caesar’s Palace, he is one of the most influential African-American chefs in the country.

*His remarkable achievements and inspiring presentations have made him a highly sought-after speaker and his memoir *Cooked* was a *New York Times* bestseller. His first cookbook, *Chef Jeff Cooks*, was published in conjunction with his first TV show, *The Chef Jeff Project*, on *The Food Network*.*

Why Marry a Millionaire? Just Be One!

And While You're at It, Change the World!

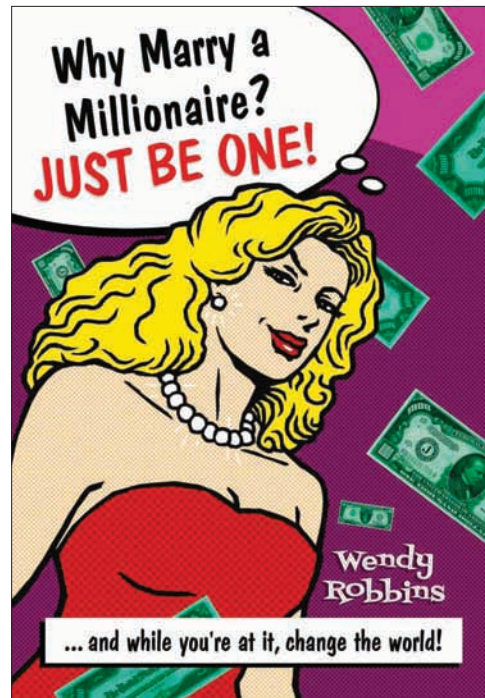
Wendy Robbins

If you like *Oprah*, *The Secret*, *Think and Grow Rich*, *4-Hour Work Week*, *Science of Mind*, and are drawn to law-of-attraction work, you will absolutely love this book! Stop complaining about money and create a revolution!

The problem most people have right now is not having enough balance, fulfillment, or money—can you relate? Fifty percent of all divorces are about money; 95 percent of all people over 65 in the USA will be broke. If you keep doing what you've been doing, will you be able to retire with the lifestyle you dream of? That is what this book is about.

Wendy Robbins went from having \$10,000 of credit-card debt to making millions with *The Tingle* head massager. She and her partner made a lot of mistakes; and had no mentor, clients, system, or experience. She failed many times, so if she can do it, you can do it, too! Now you don't have to waste time or money, because Wendy will be your coach and show you how to develop a million-dollar mind-set!

The first half of this book is about how to master this mind-set—how to create the wow of now, and how to live and love richly. Wendy will show you how to make money doing what you love. You will also discover how to overcome your fears and doubts, improve your leadership skills, and live like a millionaire even if you're broke.



9780578055916 Warehouse Date: November 2010 224 pages
\$21.95 CDN 7" x 10" Paperback Print run: 20,000

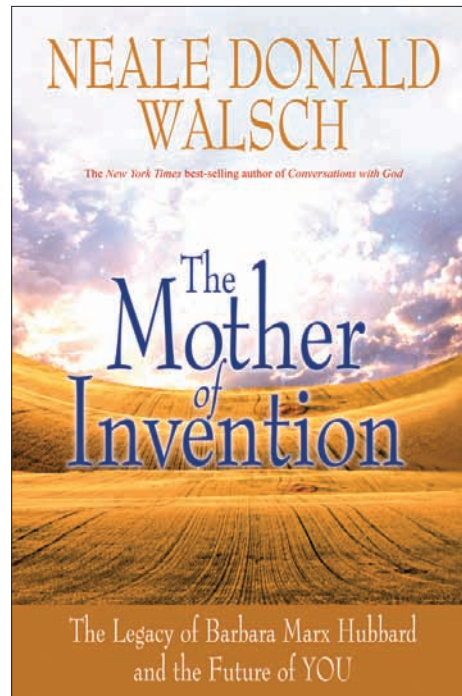
The second half of the book is full of practical, proven, step-by-step million-dollar systems that will teach you how to make money and how to pitch your ideas to buyers and investors so they beg you to do business with them. Would you like to know those secrets? Then start reading . . . now!

Author Wendy Robbins went from being \$10,000 in debt to making millions by co-inventing and marketing The Tingle® head massager. She stars in a TV series with Kelly Ripa (Homemade Millionaire), coaching women on how to manufacture and pitch inventions to HSN (Home Shopping Network). She's also an expert at masterminding the millionaire mind-set!

The Mother of Invention:

The Legacy of Barbara Marx Hubbard and the Future of YOU

Neale Donald Walsch



A biography unlike any other, *The Mother of Invention* tells the story of every human being now on the earth ... through the telling of the life story of futurist and visionary Barbara Marx Hubbard. We are all moving through the same process, the book and its subject declare. It is the process of the birthing of our species.

In what may very well be a new literary style, this biography begins in the future, unraveling Barbara's story backward: from December 22, 2012, to the date of her birth. Throughout the book are special sections inviting us to explore how we may directly apply what Barbara has observed and learned during her remarkable 80-year journey ... to our own daily lives.

On this journey, we will witness Barbara as she became one of the first women ever to have her name placed in nomination for the vice presidency of the United States by a major political party, traveled to Russia as a cultural ambassador for peace, visited the Oval Office and asked the President a question that he could not answer, and developed a deep acquaintanceship with the American space program. Today, we continue to find her at the leading edge of contemporary thought and innovative action regarding our construction of the future.

In a very real sense, the story of Barbara Marx Hubbard is the story of the future of all of us, rendering it one of the most relevant and compelling modern biographies of our time.

9781401928988 Warehouse date: December 2010 256 pages
\$23.95 CDN 6" x 9" Hardcover Print run: 10,000

*With an early interest in religion and a deeply felt connection to spirituality, Neale Donald Walsch spent the majority of his life thriving professionally, yet searching for spiritual meaning before beginning his now-famous *Conversations with God* series. These books have been translated into 37 languages, touching millions and inspiring important changes in people's day-to-day lives. Seven of his 27 books have reached the New York Times bestsellers list. Neale lives in Ashland, Oregon, with his wife, poet Em Claire. In 2001 he founded Humanity's Team, which he describes as a worldwide civil-rights movement for the soul (www.HumanitysTeam.org). In 2005 he began work on putting into place a global education program, *The School of the New Spirituality* (www.SchooloftheNewSpirituality.com). In 2010 he created the CwG Spiritual Mentoring Program for individuals seeking to bring their highest spiritual understanding into their everyday lives.*

Menopause and Beyond:

New Wisdom for Women

Christiane Northrup, M.D.

“I want you to know that there’s an enormously wonderful life waiting for you, but you have to be willing to get rid of the life you had planned.”

This groundbreaking program, based on Dr. Christiane Northrup’s bestseller *The Wisdom of Menopause*, focuses on four key areas uppermost in the minds of women 50+. They are: heart health, hormone therapy, diet, and sexuality. Dr. Northrup also presents a five-step program that guarantees weight loss if adhered to as directed.

With cutting-edge medical information and guidance, she invites midlife women to embrace their inner wisdom and transform the second half of their lives. Dr. Northrup’s extensive and impeccable research, combined with her uniquely warm and accessible presentation style, offers you a wealth of potentially life-changing information!



9781401918415 Warehouse date: March 2011 DVD
\$23.95 CDN DVD Print run: 7,500

9781401918422 Warehouse date: March 2011 2-CD Set
\$22.95 CDN 5" x 5.5" Audio CD Print run: 7,500

Christiane Northrup, M.D., a board-certified ob-gyn, is a visionary pioneer, beloved authority in women’s health and wellness, and the author of the New York Times bestsellers Women’s Bodies, Women’s Wisdom and Menopause and Beyond. Following a 25-year career in both academic medicine and private practice, Dr. Northrup now devotes her time to helping women create vibrant health through tapping into their inner wisdom.

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