



deep books ltd

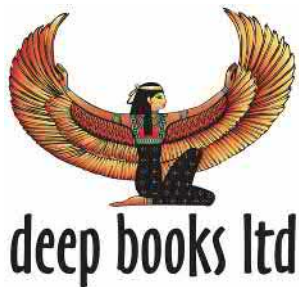
**What you may have
missed Spring/Summer 23**

Astrological Insights

In Focus

Marlene Houghton





advanced information

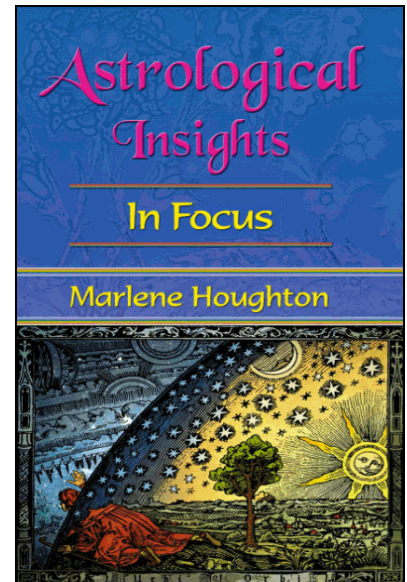
ASTROLOGICAL INSIGHTS: IN FOCUS

March 2023

Marlene Houghton

Discover what is written in the stars about your relationships, likes and dislikes, career and even your health!

Marlene's book is an excellent introduction to astrology for beginners and those with some knowledge of the subject. The basics of sun signs, elements, qualities and a brief history of astrology are all here, but so is information on the ascendant, angles, houses, polarities, chart shapes, the moon, the planets, and so much more. Marlene even looks into love and compatibility. The book shows how to use predictive techniques, such as transits and progressions. Marlene also analyses two charts in depth to show how natal charts work. Marlene combines her interest in natural health and nutrition with a "health zodiac," describing each sun sign's health tendencies.



9781903065136

140 x 216

Pb
148pp

Astrology
£14.99

About the Author....

Marlene Houghton has always been interested in natural health and has studied herbal healing, nutritional medicine, and alternative health therapies for many years. She worked in conventional medical settings for over 25 years as a medical personal assistant in top London teaching hospitals. She is also an astrologer, tarot consultant & tutor, as well as a qualified nutritional therapist and traditional herbalist (phytotherapy). When Marlene first studied astrology, she was fascinated to learn that early

of related interest:

| | | |
|--------------------------------|---------------|--------|
| ENERGY HEALING IN FOCUS | 9781903065877 | £9.99 |
| FORTUNE TELLER'S HANDBOOK | 9781571747952 | £13.99 |
| FORTUNE TELLING BY TAROT CARDS | 9781571747679 | £13.99 |
| RUNES: IN FOCUS | 9781903065198 | £9.99 |

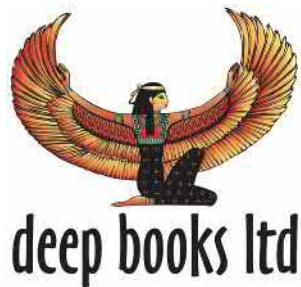
ZP

Downs Children

The Story of Roland



Robert Anderson



advanced information

DOWN'S CHILDREN

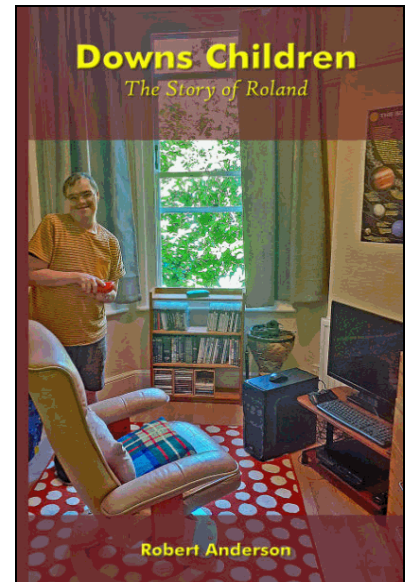
The Story of Roland

Robert Anderson

This book tells the story of Roland's upbringing, a 44-year caring marathon that had its joys and rewards but also taxed his parents' emotional and physical resources to their limits.

This is the story of enduring love, sad and happy times with Roland, his parents Robert and Pat, their families, close friends and many people in various care-related organisations. Their combined efforts contributed significantly to the challenging task of raising a Downs Syndrome child all the way from birth into a surprisingly independent adult. Robert offers information about the organisations that helped Roland, and sources of guidance about caring for children and young people with Downs Syndrome. He shows that having a child with such problems isn't always easy, but neither is it the end of the world. This book would be useful to anyone who works with Downs children and adults, or to families who find themselves in the same position that Robert and Pat were in after Roland was born.

March 2023



9781903065730

140 x 216

18 B&W photos

Parenting

£14.99

Pb
126pp

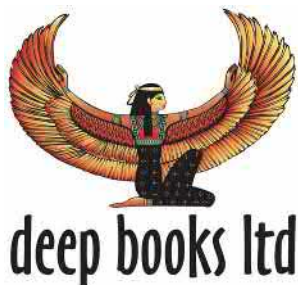
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Would You Rather?



**LAUGH-OUT-LOUD GAME FOR CAMPING,
ROAD TRIPS & VACATION TRAVEL**

Lindsey Daly



advanced information

WOULD YOU RATHER? Summer Edition

April 2023

Laugh-Out-Loud Game for Camping, Road Trips, and Vacation Travel

Lindsey Daly

Hilarious questions about the joys of summer for kids who love fun, laughs, and a challenge from the author of the best-selling "Would You Rather?" series.

School's out! Now you can finally relax and have an awesome vacation. And this laugh-out-loud Would You Rather? book is the perfect companion for all your favourite summer activities, whether you're at home, at camp, in a tent in the woods, at the pool, or on the road with family and friends.

WOULD YOU RATHER? Summer Edition features:

- Thought-provoking scenarios that entertain and challenge kids ages 8-12 to think creatively and speak persuasively.
- 160+ "Would You Rather?" questions about campfires, white-water rafting, pool parties, rock-climbing, bottle rockets, capture the flag, and so much more.
- Awesome entertainment for camping, summer camp, and road trips.
- Tech-free fun for lazy summer days.
- A competitive game for kids and families; who's the smartest of them all?

WOULD YOU RATHER? Summer Edition will keep you entertained and laughing in the family car, at the beach, under starry skies, in a camp cabin, or on a cosy hammock in your backyard on warm summer days and nights.



9780593690529
140 x 210

Pb
128pp

Humour
£7.99

of related interest:

| | | |
|--|---------------|-------|
| WOULD YOU RATHER? Christmas Edition | 9780593435663 | £6.99 |
| WOULD YOU RATHER? EASTER EDITION | 9780593435915 | £7.99 |
| WOULD YOU RATHER? Made You Think! Edition | 9780593196793 | £7.99 |
| WOULD YOU RATHER? Teen Challenge Edition | 9780593435670 | £7.99 |

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*Create
Meaning*

MY

RETIREMENT,

MY

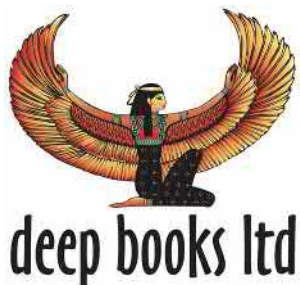
*Set
Goals*

*Find
Happiness*

WAY

A Workbook for the Newly Retired

VERONICA McCAIN



advanced information

MY RETIREMENT, MY WAY

A Workbook for the Newly Retired

April 2023

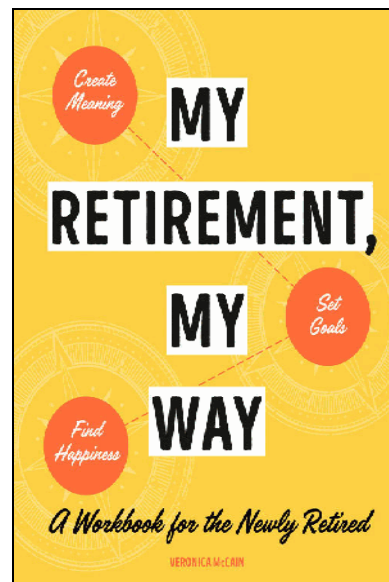
Veronica McCain

Design your dream retirement with this life-changing workbook for the newly retired.

Entering retirement is exciting, but all the new possibilities can be daunting. What will you do all day? Where should you live? How will you make your money last? Will you be happy? In MY RETIREMENT, MY WAY, Certified Professional Retirement Coach Veronica McCain helps you dig deep to plan for a successful, fulfilling retirement.

- Create your own, unique plan for retirement with guided exercises that encourage you to examine your values, define success, discover or rediscover passions, find meaning, set goals, and ultimately decide what will make you happy in your second act.
- Explore innovative advice for living your best retirement life with tips on finances, relationships, health, and more.
- Discover how other new retirees created their ideal retirements and avoided common pitfalls.
- Find everything you need to make smart, confident decisions for living the retired life that's perfect for you.

Whether you're looking for day-to-day guidance or big picture advice, this indispensable workbook will help you plan a happy, purposeful retirement.



9780593435861
178 x 229

Pb
168pp

Reference
£16.99

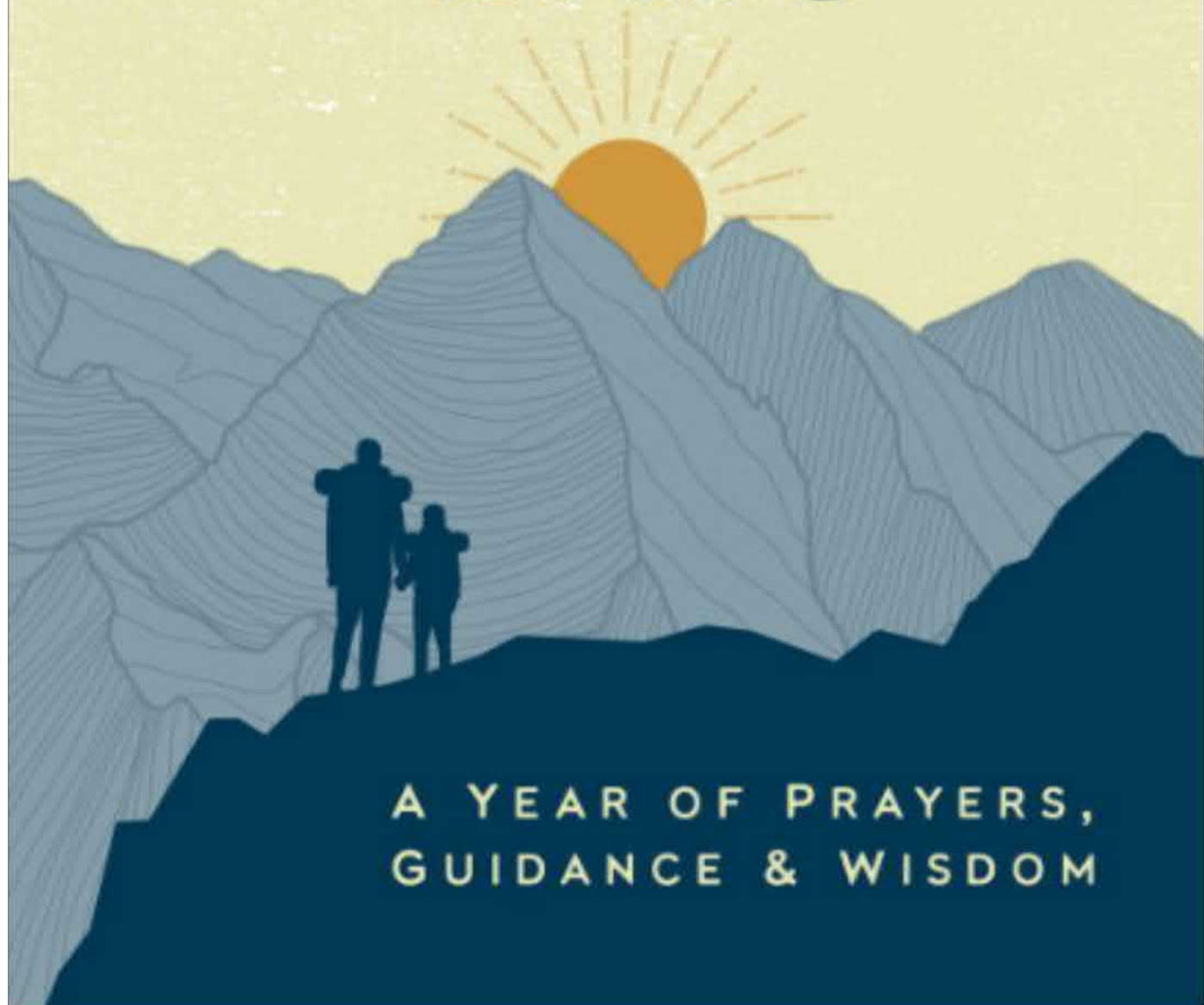
of related interest:

| | | |
|--|---------------|--------|
| BROKE MILLENNIAL TALKS MONEY | 9780143133650 | £15.99 |
| DON'T RETIRE BROKE | 9781632650856 | £14.99 |
| FINDING MEANING IN THE SECOND HALF OF LIFE | 9781592402076 | £13.99 |

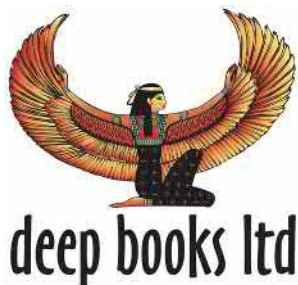
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CHRIS & JAMIE BAILEY

MEN'S DEVOTIONAL for DADS



A YEAR OF PRAYERS,
GUIDANCE & WISDOM



advanced information

MEN'S DEVOTIONAL FOR DADS

A Year of Prayers, Guidance, and Wisdom

May 2023

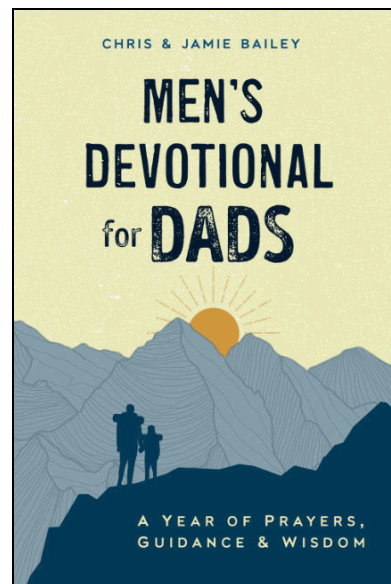
Chris & Jamie Bailey

An accessible and easy-to-use men's devotional offering a year of scripture, prayers and wisdom.

As a main supporter of their families, dads are pillars of strength. But sometimes they can get overwhelmed and stressed and require self-care. MEN'S DEVOTIONAL FOR DADS by authors and renowned Christian counsellors Chris and Jamie Bailey, helps all dads lean on God for strength and wisdom for the journey of fatherhood and beyond.

MEN'S DEVOTIONAL FOR DADS features:

- **52 WEEKS OF PRAYERS AND DEVOTIONALS:** A selection of powerful scripture and God's truths makes sure that dad is spiritually covered for the whole year. Anecdotes and cases of real dads provide guidance on refocusing on God. Each devotional offers a prayer for God's strength, wisdom, and healing for all seasons of fatherhood.
- **UPLIFTING AND INSPIRATIONAL AFFIRMATIONS:** Each devotional starts with an affirmation that also serves as the devotional theme that reflects God's truth



9780593435717
152 x 203

Pb
128pp

Religion
£12.99

About the Author.....

Chris and Jamie Bailey are professional Christian counsellors and marriage coaches. They have been married for more than 28 years and together raised three daughters. They run a private practice in South Carolina as well as Expedition Marriage, an online marriage ministry. Through speaking, writing, and hosting marriage retreats, they hope to share the truth of God's word, along with practical tools for Christian couples everywhere to live an abundant life through Jesus

of related interest:

| | | |
|--|---------------|--------|
| BLESSINGS, NEW MOM: A WOMEN'S DEVOTIONAL | 9780593435786 | £15.99 |
| FIVE MINUTES OF PEACE HB | 9781982105341 | £10.99 |
| GOD IS IN NATURE! | 9780593435519 | £12.99 |
| PRAY MORE, FIGHT LESS: A COUPLE'S DEVOTIONAL | 9780593435908 | £14.99 |

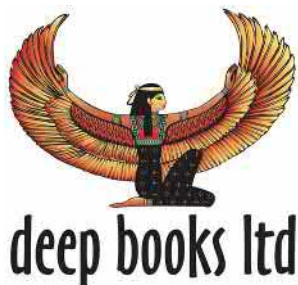
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*Shadow
Work
Journal for
Self-Love*

Powerful Prompts and Exercises
to Integrate Your Shadow and
Embrace Your Inner Child

Valerie Inez & Latha Jay



advanced information

SHADOW WORK JOURNAL FOR SELF-LOVE

Powerful Prompts and Exercises to Integrate Your Shadow and Embrace Your Inner Child

May 2023

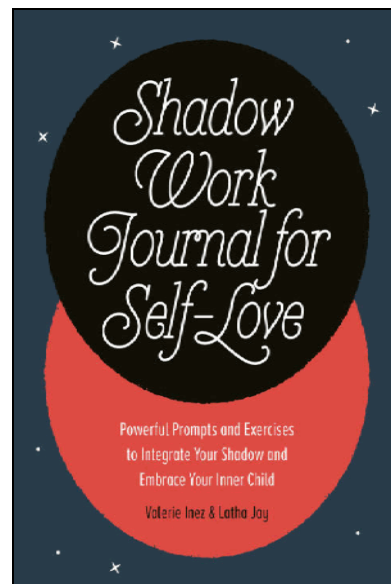
Valerie Inez and Latha Jay

Practice self-love with guided shadow work exercises and journaling prompts that help you heal old wounds, break harmful cycles, and accept all parts of yourself.

Shadow work is the process of uncovering the parts of you that you subconsciously hide or reject, such as unwanted traits or characteristics suppressed during childhood, and bringing them into your awareness. It allows you to identify, heal, and accept all parts of yourself—including the “bad” parts you've repressed—so you're no longer held back by emotional triggers, self-sabotaging behaviours, and self-limiting beliefs.

With SHADOW WORK JOURNAL FOR SELF-LOVE, you'll connect with your inner child, release shame, guilt, and fear, and face the world anew as your whole, authentic self.

- Embrace your shadow to embrace yourself with a step-by-step approach to shadow work that prioritizes self-love
- Use guided shadow work exercises and activities to find your most vulnerable parts and hold them with gentle awareness
- Support yourself with loving self-care rituals to care for your mind, body, and spirit as you explore uncharted territory
- Grow more self-aware with 75 journaling prompts to explore your shadow and its impact on your life



9780593690499
152 x 203

Pb
144pp

Self-Help
£14.99

About the Author.....

Latha Jay is a spiritual manifestation coach who blends modern knowledge with traditional wisdom. She integrates what she has learned through life experiences into various healing modalities to teach people to shift perceptions, manifest, and live happier lives. Valerie Inez is a Houston-based writer, intuitive, healer, and shadow work guide.

of related interest:

DARK SIDE OF TAROT EX287
INNER CHILD ORACLE

9788865277720
9781922573445

£22.00 inc VAT
£18.99 inc VAT

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Atara Hiller, PsyD



DBT SKILLS



FOR

TEENS



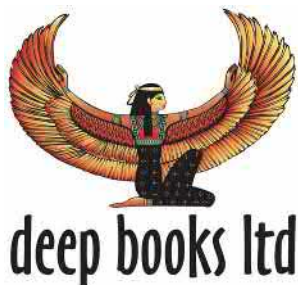
WITH

ANXIETY



Practical Strategies to
Manage Stress & Strengthen
Emotional Resilience





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DBT SKILLS FOR TEENS WITH ANXIETY

May 2023

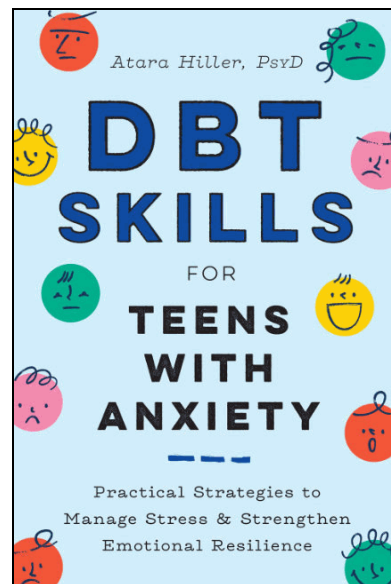
Practical Strategies to Manage Stress and Stengthen Emotional Resilience

Atara Hiller

Relieve anxiety, reduce emotional chaos, and change unwanted behaviours with essential DBT skills.

Dialectical Behaviour Therapy (DBT) has been proven to help adolescents and teens get through some of the toughest times in their lives by teaching them how to manage anxiety—from chronic stress and worry to panic attacks, phobias, and overwhelm. In **DBT SKILLS FOR TEENS WITH ANXIETY**, licensed psychologist and DBT Certified Clinician Atara Hiller, PsyD, shares practical therapy techniques from the five skills modules of DBT: mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and Walking the Middle Path—to help you find calm and control even when life feels unbearably hard.

- **SKILLS YOU CAN USE RIGHT AWAY**, from disrupting spiralling thoughts to navigating conflict and creating positive emotions
- **STEP-BY-STEP PRACTICE EXERCISES** using relatable examples that make DBT skills engaging and easy to understand
- **14 READY-TO-USE DBT TOOL KITS** developed for common stressors like exams, peer pressure, and fights with family
- **DBT SKILLS CHEAT SHEETS** that you can customize to your unique needs with a variety of worksheets, trackers, and more.



9780593435960
152 x 229

Pb
192pp

Teens
£16.99

About the Author.....

Atara Hiller, PsyD, is a licensed psychologist and a Dialectical Behavior Therapy (DBT) -Linehan Board of Certification (LBC) Certified Clinician. She is co-director of the Trinitas Institute for DBT and Allied Treatments, a DBT-LBC Certified Program, in Elizabeth, New Jersey. In that capacity, Dr. Hiller directs the comprehensive adolescent DBT program, which treats teens and their families with emotion regulation difficulties

of related interest:

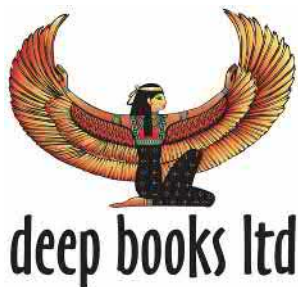
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| ANXIETY RELIEF FOR TEENS | 9780593196649 | £16.99 |
| SELF-DIRECTED DBT SKILLS | 9780593435984 | £17.99 |
| WHEN HARLEY HAS ANXIETY | 9780593435458 | £13.99 |

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♥♥ I AM ♥♥
BOLD, BRAVE,
AND
BEAUTIFUL
⚡ ⚡ ⚡ ⭐ ⚡ ⚡ ⚡
AFFIRMATION
Journal FOR Girls

WITH PROMPTS TO WRITE, COLOR & CREATE

ILLUSTRATED BY LUCÍA TYPES



advanced information

I AM BOLD, BRAVE, AND BEAUTIFUL Affirmation Journal for Girls

April 2023

Illustrated by Lucia Types

Embark on a guided journey and build self-love, acceptance, and resilience with this uplifting journal for teen girls

The teen years can be complicated—but journaling your way through it can help you understand yourself. With a blend of affirmations, interactive drawings to write and create in, and thought-provoking prompts, this journal gives you the judgment-free space to explore what is important to you and discover just how brilliant you truly are.

I AM BOLD, BRAVE, AND BEAUTIFUL includes:

- Powerful affirmations - Life can't always be smooth sailing, but by focusing on your strengths, you will adapt and learn important, wonderful things about yourself
- Reflective prompts - Open yourself up on the page and get in tune with your innermost thoughts and feelings
- Confidence-building exercises - Via writing, drawing, and even guided activities outside the journal, there's no shortage of motivation to get in touch with your inner strength
- Inspiring quotes to be a better you - Learn words of wisdom from famous women, including Louisa May Alcott and Michelle Obama

From celebrating accomplishments to learning from mistakes, this is a journal for self-love, growth, and realizing just how much strength and beauty lies within.



9780593435779
178 x 229

Pb
144pp

Illustrated throughout
Teens
£13.99


About the Author.....

Lucía Types (Lucía Gómez Alcaide) is a Spanish illustrator who uses creative designs and lettering to empower people. She believes strongly in using art to advocate for a caring, intersectional world that makes everyone feel worthy. She lives in Málaga, Spain

of related interest:

| | | |
|---------------------------|---------------|--------|
| ME, ME, ME EPIDEMIC | 9780399184864 | £11.99 |
| RAISING CRITICAL THINKERS | 9780593542712 | £16.99 |
| REBEL BEAUTY FOR TEENS | 9781789562255 | £14.99 |

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*For Deep Insight Into
Your Astrological Signs,
Birth Chart and Life*

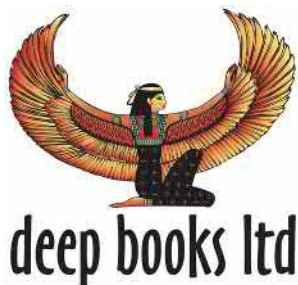


GUIDED ASTROLOGY WORKBOOK

A Step-by-Step Guide

AUTHOR OF *Guided Tarot*
STEFANIE CAPONI





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GUIDED ASTROLOGY WORKBOOK

A Step-by-Step Guide

For Deep Insight into Your Astrological Signs, Birth Chart, and Life

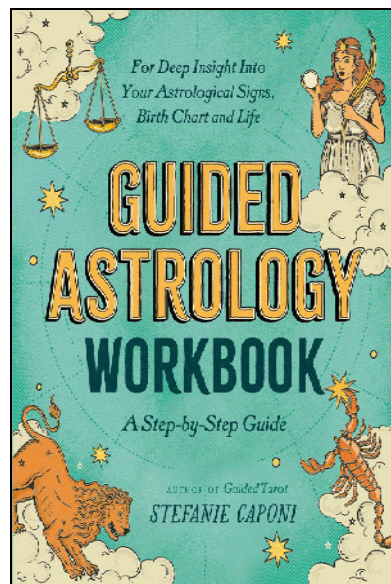
Stefanie Caponi

July 2023

Your essential workbook to unlock the wisdom of the stars and understand astrology and your birth chart.

Your birth chart is a snapshot of the positions of the planets at the moment you were born. It reveals your unique self: your gifts, your challenges, and your opportunities. GUIDED ASTROLOGY WORKBOOK explains the essential facets of astrology and includes interactive exercises to help you break down the detailed information in your birth chart. Best-selling author Stefanie Caponi guides you step-by-step as you learn to interpret seemingly complex astrological information with ease. With the language of astrology and your birth chart as your roadmap, you'll understand the role of the stars in your personality, life, and relationships, so that you can live with greater insight and intuition—and achieve your highest potential.

- Step-by-step guidance to help you expand your understanding of astrology as you learn to read and interpret birth charts.
- Plot and read your birth chart as you work through each chapter, adding your sun signs, rising signs, moon signs, and more, to help you understand your personality and how you engage your inner and outer worlds.
- Interactive exercises and reflection questions that help you to engage the zodiac wheel in a personal way and helps you understand the role of every placement.
- Understand astrological patterns to add depth to your birth chart interpretation and make connections with other people's charts.
- For astrologers of all skill levels to cultivate a better understanding of the role of the houses, planets, and aspects in our lives and relationships.



9780593690543
178 x 229

Pb
192pp

Astrology
£16.99

About the Author.....

Stefanie Caponi is an astrologer, tarot reader, illustrator, and best-selling author of Guided Tarot and Guided Tarot for Teens. Her work is centred around exploring shadow work, healing, and creativity using tarot and astrology as a vehicle to access the hidden realms of the self. She has been reading tarot for more than 20 years, began studying astrology in 2017 and has been reading astrology professionally and writing monthly horoscopes since 2019.

of related interest:

GUIDED TAROT BOX SET
GUIDED TAROT FOR TEENS

9780593435649
9780593435953

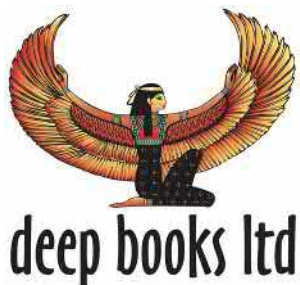
£25.00 inc VAT
£14.99

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A BEGINNER'S
WORKBOOK
FOR ALL AGES

LEARN TO DRAW IN 5 WEEKS

KRITZELPIXEL



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LEARN TO DRAW IN 5 WEEKS

A Beginner's Workbook for All Ages

KritzelPixel

Master drawing basics in just five weeks with this workbook for beginners of all ages!

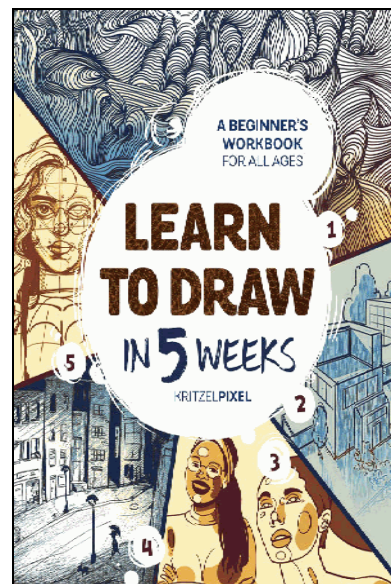
The bestselling author of *Manga Learning to Draw with Fun* and *Learn to Draw: Day-by-Day*, Isabel B. Zimmermann (aka KritzelPixel), brings you a fun, beginner-friendly program to quickly grasp core drawing techniques. Each week, you'll develop a new skill, incorporating principles such as light, depth, and perspective into your evolving work. Whether you dream of being able to draw animals, humans, manga, or creating a comic book of your own, this workbook provides a template for how to gain confidence and see improvement right away.

With **LEARN TO DRAW IN 5 WEEKS**, you'll:

- Explore easy, step-by-step instructions: Learn the fundamentals of drawing through simple definitions, visual examples, and anecdotes from the author's experience.
- Access exclusive explanatory videos: QR codes throughout the book take you directly to author videos that further explain core drawing lessons.
- Complete fun daily exercises: Simple assignments will help improve your skill set week after week. Accessible prompts inspire you to put pen (or pencil!) to paper from Day 1!
- Become the artist you want to be! While art comes from the heart, this book provides all the technical skills you need for your foundation—in five short weeks.

No matter your age or stage—whether you're a beginner or returning after a long time—Isabel B. Zimmermann offers tools to watch your skill set soar!

August 2023



9780593435977
203 x 254

Pb
96pp

Art
£13.99

About the Author.....

KritzelPixel, alias Isabel B. Zimmermann, alias Honeyball, inspires tens of thousands of followers with their YouTube drawing tutorials. When they're not shooting videos, they work as a photographer, illustrator, graphic designer, cartoonist, presenter, and writer

ZG

MY FIRST Piano Lessons

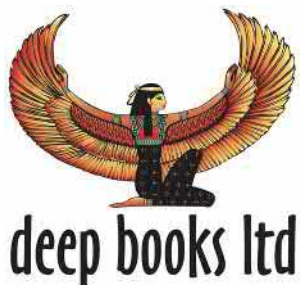
FUN, EASY-TO-FOLLOW INSTRUCTIONS FOR KIDS



LEARN
TO PLAY
YOUR FIRST
SONGS!

Emily Norris

Illustrated by Malgorzata Detner



advanced information

MY FIRST PIANO LESSONS

Fun, Easy-to-Follow Instructions for Kids
Learn to Play Your First Songs

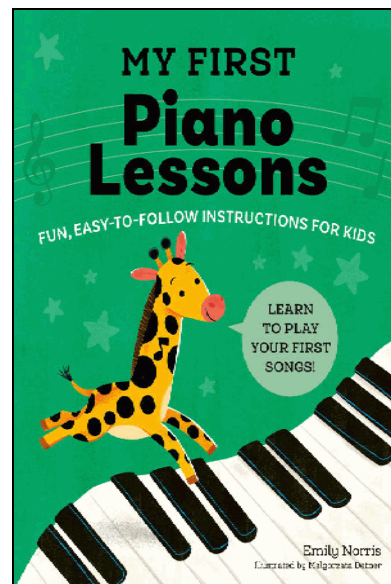
Emily Norris
Illustrated by Malgorzata Detner

Learn how fun playing the piano is—with this book of easy, step-by-step lessons for young learners!

MY FIRST PIANO LESSONS is the perfect starting point for your little musician, with its clear instructions, colourful illustrations, and supportive approach. Written by an experienced piano teacher, this book covers everything a beginner pianist needs to know, from proper hand position to the basics of reading music, all in an enjoyable and easy-to-understand way. And with 10 beloved and popular songs to learn and focus on, your kid will be confidently playing the piano in no time! Whether your child is just starting their music journey or has already taken a few lessons, this beginner-friendly book is the perfect tool to unlock—and nurture—their love for the piano.

- Simple and intuitive piano lessons. Learn the basics of reading music, from key names and note values to time signatures and dynamics.
- Clear, step-by-step instructions. Written by a piano expert and experienced teacher of young kids.
- An engaging and adorable giraffe teacher. G-sharp the Giraffe makes learning fun with encouraging words, helpful tips, and interesting facts about music.
- Songs that kids already know and love. Learn to play “Hot Cross Buns,” “Mary Had a Little Lamb,” “The Wheels on the Bus,” “Pop! Goes the Weasel,” and more!

July 2023



9780593435809
203 x 254

Full colour throughout
Childrens
£9.99

Pb
48pp

About the Author.....

Emily Norris is an experienced piano and voice teacher, dedicated to helping kids discover their love of music. Emily is also an accomplished piano accompanist for soloists and musical productions, including Beauty and the Beast and The Wizard of Oz. She owns EBN Music, a home studio in Rockwall, Texas, and teaches online and in-person classes to young music lovers all around the world. You can find Emily's fun piano tutorials and tips on YouTube.

ZG

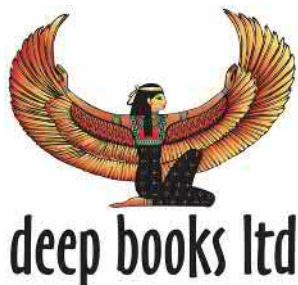
MY FIRST Piano Sheet Music

EASY, FUN-TO-PLAY POPULAR SONGS
FOR KIDS



Emily Norris

Illustrated by Malgorzata Detner



advanced information

MY FIRST PIANO SHEET MUSIC

Fun, Easy-to-Play Popular Songs for Kids

Emily Norris

Illustrated by Malgorzata Detner

Grow your child's piano-playing skills with these familiar, fun, and easy-to-learn songs!

MY FIRST PIANO SHEET MUSIC is the perfect songbook for budding piano players, with 40 beginner-friendly tunes, clear music notation, and helpful hand positions for every song. Compiled by an experienced piano teacher, the songs naturally progress from simple, right-hand-only songs to ones that use both hands. With letter names for each note, your kid can easily learn to play the songs and practice their music reading. Whether your little one is just starting their piano journey or is looking for more songs to add to their repertoire, MY FIRST PIANO SHEET MUSIC will boost their piano-playing confidence—all while having fun!

- Simple songs for beginners. A wide variety of music, including nursery rhymes, folk songs, popular songs, and classical tunes.
- Hand positions for every song. So kids know where to put their hands and which notes will be played in each song.
- Easy-to-follow music notation. Letters for each note, along with some finger numbers, help kids easily learn to play the songs—and build their music-reading skills.
- Familiar tunes kids will love to play. Learn to play “Hokey Pokey,” “Jingle Bells,” “Yankee Doodle,” “On Top of Spaghetti,” “Bingo,” “Happy Birthday,” “Ode to Joy,” and more!
- A companion to My First Piano Lessons. Looking for more piano help? Check out My First Piano Lessons by the same author for easy, step-by-step piano tutorials.

July 2023



9780593435793

203 x 254

Full colour throughout

Childrens

£8.99

Pb

64pp

About the Author.....

Emily Norris is an experienced piano and voice teacher, dedicated to helping kids discover their love of music. Emily is also an accomplished piano accompanist for soloists and musical productions, including Beauty and the Beast and The Wizard of Oz. She owns EBN Music, a home studio in Rockwall, Texas, and teaches online and in-person classes to young music lovers all around the world. You can find Emily's fun piano tutorials and tips on YouTube.

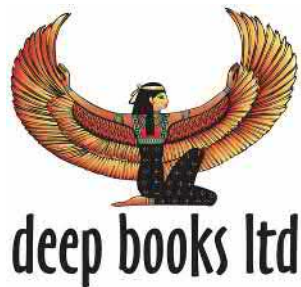
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Nutrition

In Focus

Sonia Jones





advanced information

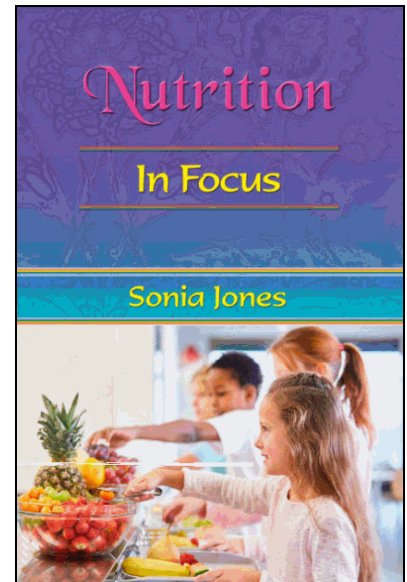
NUTRITION: IN FOCUS

July 2023

Sonia Jones

Everything one needs to understand food from a scientific point of view but written in an accessible way. What is in our food, how to choose the best foods and be healthy.

Our food needs to supply us with protein, fat, carbohydrates, vitamins, minerals, enzymes, water and electrolytes. We may know this, but do we think about what we eat and drink and how our choices might influence us? The media gives conflicting and even more confusing advice from the food industry, so what should we do for the best? This book shows the answers scientifically and in a practical sense, helping us make the right choices. Those who make a few changes to their lifestyle will reap enormous short and long-term benefits, and this book will help the reader to achieve this in a simple and manageable way.



9781903065983

153 x 229

Pb
148pp

Nutrition
£14.99

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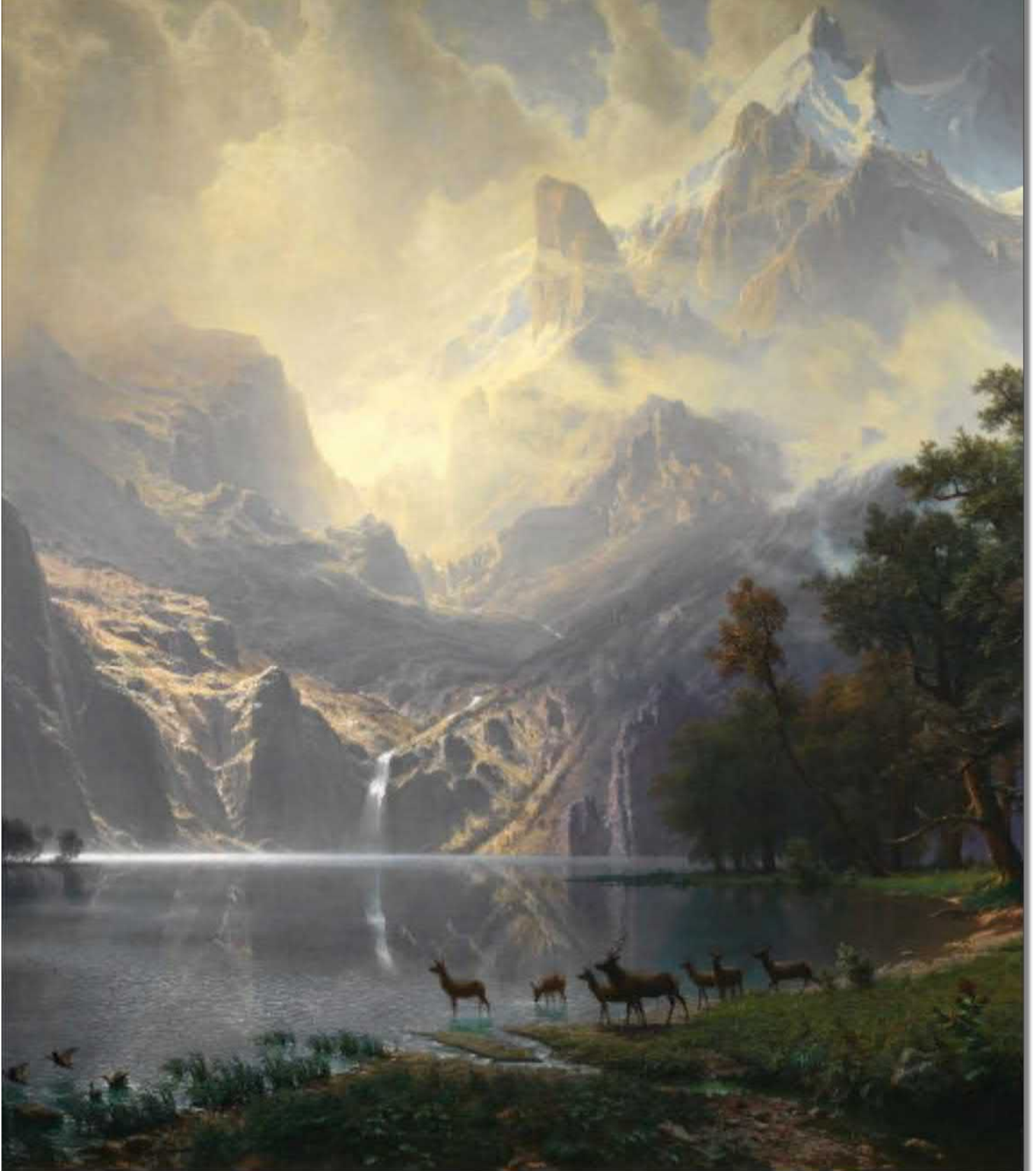
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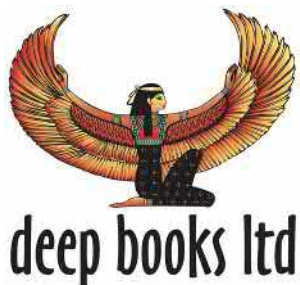
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Smithsonian 2024

ENGAGEMENT CALENDAR





advanced information

SMITHSONIAN ENGAGEMENT CALENDAR 2024

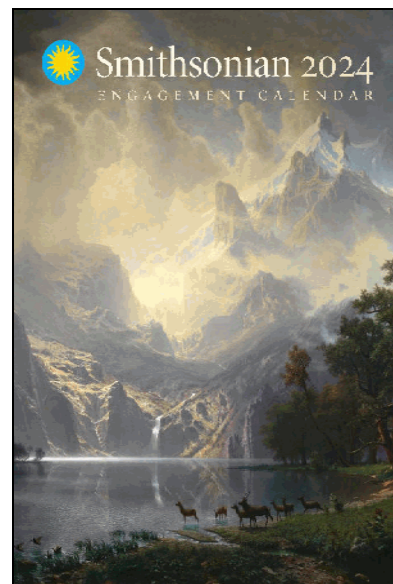
July 2023

Smithsonian Institute

This week-at-a-glance calendar illustrates the beauty and magnitude of the Smithsonian's collections. Featuring 57 stunning full-colour images, wire binding, and a weekly format with room to write in appointments, birthdays, tasks, and other notes.

THE SMITHSONIAN ENGAGEMENT CALENDAR 2024 features full-colour photographs of the splendours offered by the Smithsonian's nineteen museums, the National Zoological Park, and Smithsonian research centres. Each week as you plan your schedule, you can read and learn about an incredible object from the Smithsonian's vast holdings.

Whether you need to keep track of work deadlines or your family's hectic schedule, this personal calendar offers convenient space for note taking and is perfect for on-the-go life. But what sets it apart from other calendars is its diversity of imagery—from American landscapes and African sculptures to magnificent wildlife and dazzling gems, there's something here for everyone! The calendar also features information, phone numbers, and web addresses for all the Smithsonian museums and research centres



9781588347312
165 x 229

Pb
124pp

57 colour images
Calendars & Diaries
£14.99 inc VAT

of related interest:

INNER REFLECTIONS ENGAGEMENT
CALENDAR 2024

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SMB

"This is the guide parents need to teach their kids to become thoughtful consumers of information."

—ADAM GRANT, #1 New York Times bestselling author of *Think Again*

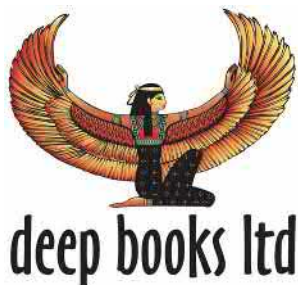
*A PARENT'S GUIDE TO GROWING
WISE KIDS IN THE DIGITAL AGE*

RAISING CRITICAL THINKERS

JULIE BOGART

AUTHOR OF THE BRAVE LEARNER

FOREWORD BY BARBARA OAKLEY, PhD



advanced information

RAISING CRITICAL THINKERS

A Parent's Guide to Growing Wise Kids in the Digital Age

Julie Bogart

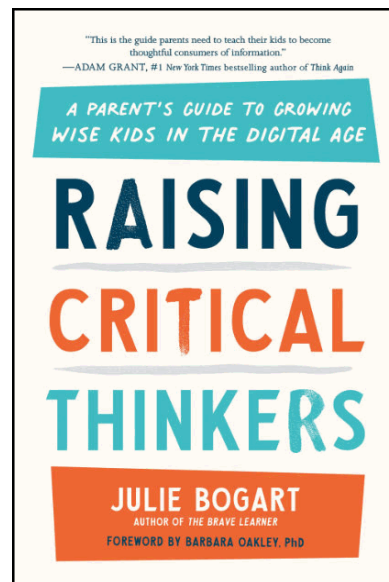
Foreword by Barbara Oakley

A guide for parents to help children of all ages process the onslaught of unfiltered information in the digital age.

Education is not solely about acquiring information and skills across subject areas, but also about understanding how and why we believe what we do. At a time when online media has created a virtual firehose of information and opinions, parents and teachers worry how students will interpret what they read and see. Amid the noise, it has become increasingly important to examine different perspectives with both curiosity and discernment. But how do parents teach these skills to their children?

Drawing on more than twenty years' experience home-schooling and developing curricula, Julie Bogart offers practical tools to help children at every stage of development to grow in their ability to explore the world around them, examine how their loyalties and biases affect their beliefs, and generate fresh insight rather than simply recycling what they've been taught. Full of accessible stories and activities for children of all ages, RAISING CRITICAL THINKERS helps parents to nurture passionate learners with thoughtful minds and empathetic hearts.

August 2023



9780593542712
132 x 203

Pb
352pp

Parenting
£16.99

About the Author.....

Julie Bogart is the creator of the award-winning, innovative Brave Writer program, teaching writing and language arts to thousands of families every year. She home-schooled her five now grown children for seventeen years and is the founder of Brave Learner Home, which supports home-schooling parents through coaching and teaching.

of related interest:

BRAVE LEARNER

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FIRST PHONE

9780593538333

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9780143132547

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MIND FOR NUMBERS

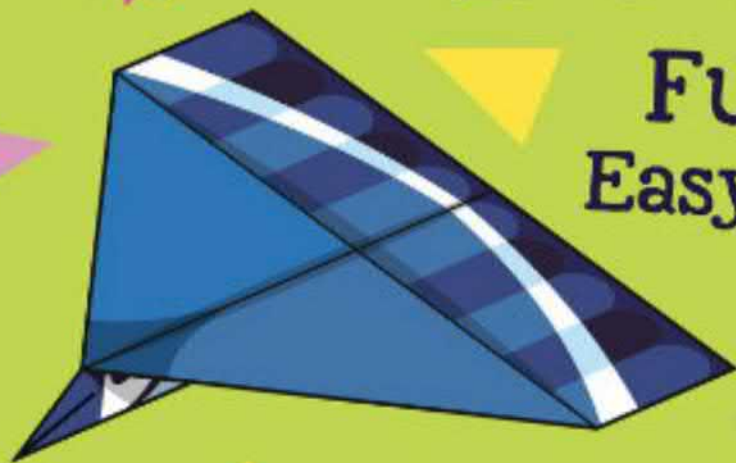
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MY FIRST PAPER AIRPLANE BOOK

AGES
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Fun Designs &
Easy Tear-Out Pages
for Kids!

Jessica Allen



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MY FIRST PAPER AIRPLANE BOOK

Fun Designs and Easy Tear-Out Pages for Kids!

Jessica Allen

Get ready to soar high, fast, and far with MY FIRST PAPER AIRPLANE BOOK for kids ages 4 to 6!

Welcome to the wonderful world of paper airplanes, where curiosity and creativity meet engineering and science. In MY FIRST PAPER AIRPLANE BOOK, kids meet darts, gliders, and stunt planes - each with its own unique flight path. Playing with different designs, little ones become creative problem-solvers, quickly learning the way every fold shapes the plane's journey in the sky. Step-by-step illustrations ensure kids ages 4-6 can easily follow along, while perforated pages let kids start tearing, folding, and flying right away. MY FIRST PAPER AIRPLANE BOOK includes troubleshooting tips, fun flying facts, and bonus art for kids to express their unique aviation style.

Inside, kids will find:

- The perfect beginner kit. Easy-to-fold planes, perforated pages, and colourful designs make for a complete, high-flying kit for those getting started.
- Amazing plane designs! Young pilots learn how to make darts, stunts, and gliders—built for speed, tricks, or extra-long flights.
- Guided illustrated instructions. Step-by-step folding instructions include illustrations designed for early readers to read and create with confidence.
- Bonus cutouts! Runways, decals, and other exciting flying images to spark creativity and inspire maximum flying fun.

August 2023



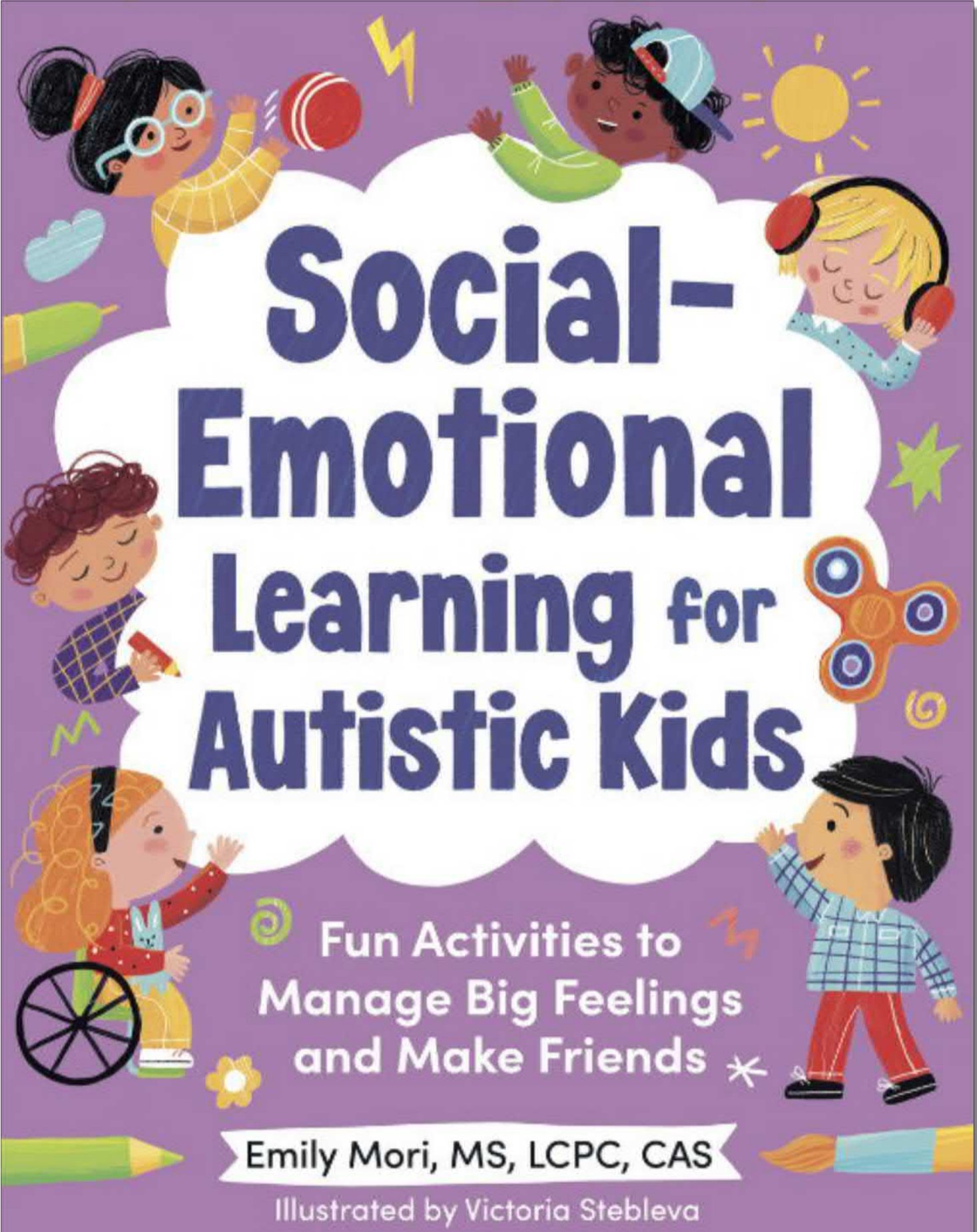
9780593690383

216 x 267

Pb
90pp

Childrens
£13.99

ZG

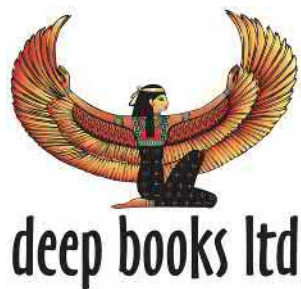


Social- Emotional Learning for Autistic Kids

Fun Activities to
Manage Big Feelings
and Make Friends

Emily Mori, MS, LCPC, CAS

Illustrated by Victoria Stebleva



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SOCIAL-EMOTIONAL LEARNING FOR AUTISTIC KIDS

Fun Activities to Manage Big Feelings and Make Friends (For Ages 5-10)

Emily Mori

Illustrated by Victoria Stebleva

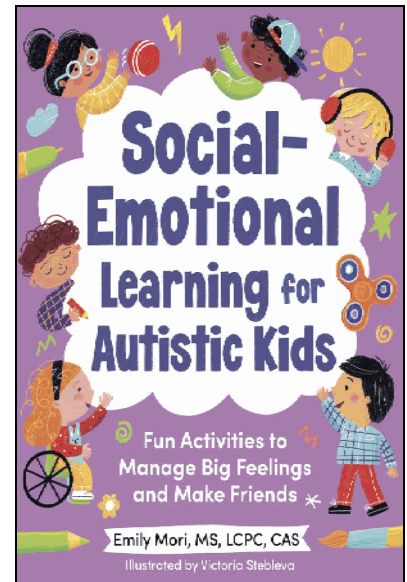
Empower your child to express themselves, handle big emotions, and make friends-with this fun, neurodiversity-affirming activity book for autistic kids ages 5 to 10.

There are many ways for kids to develop their social-emotional learning - and it doesn't have to be on the playground or in an unfamiliar place. This activity book for autistic kids provides your child with a safe space to learn and practice everything from coping with big emotions to taking turns and learning to compromise. Written by experienced therapist Emily Mori, MS, LCPC, CAS, SOCIAL-EMOTIONAL LEARNING FOR AUTISTIC KIDS helps kids develop fulfilling relationships and feel more confident in the world around them. Through 50 engaging activities, tips for adapting the activities, and advice for how parents and caregivers can be supportive, your child will gain the social and emotional skills - and confidence - they need for healthy self-esteem and a rich social life.

Inside SOCIAL-EMOTIONAL LEARNING FOR AUTISTIC KIDS, you'll find:

- 50 fun and creative activities. Research shows that creative expression helps to relieve stress and anxiety and helps kids communicate more openly. Through art, music, storytelling, and role-playing, your child will learn how to better navigate life's ups and downs.
- Real-life scenarios and skill-building, from practicing cool-down techniques and naming their feelings to learning how to hold and respect boundaries, make and maintain friendships, and speak up for themselves.
- Tips to adapt and extend activities. Tailor activities to your child's individual needs and abilities, and continue to support your child's social-emotional learning at home.
- A neurodiversity-affirming approach. Written by a certified autism specialist who empowers kids to embrace their unique strengths and needs.

August 2023



9780593690444

178 x 229

Full colour throughout

Childrens

£14.99

Pb

160pp

About the Author....

Emily Mori, MS, LCPC, CAS, clinical director of Maryland Counseling Associates, is a certified strength-based therapist and autism specialist. She has a master's degree in clinical mental health counseling from Johns Hopkins University and a bachelor's degree in psychology and sociology from Lebanon Valley College. Emily is passionate about and has extensive experience with helping autistic children, teens, and adults navigate challenges with transitions, academics, and

ZG

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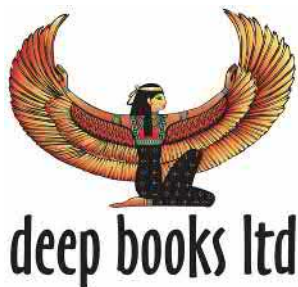
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Owning Our Struggles

A PATH TO HEALING
AND FINDING COMMUNITY
IN A BROKEN WORLD

Minaa B., LMSW



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OWNING OUR STRUGGLES HB

A Path to Healing and Finding Community in a Broken World

August 2023

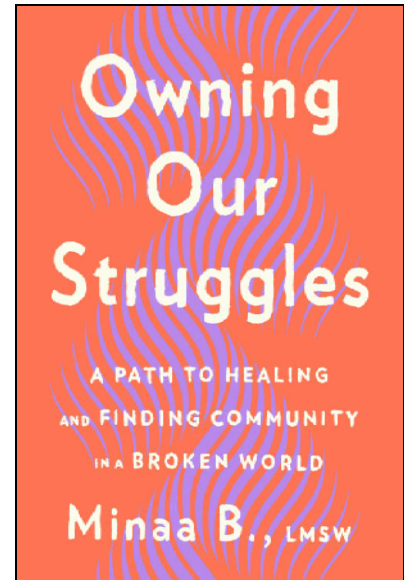
Minaa B.

Discover the power of collective healing in this research-based and real-world guide to moving past trauma and adversity-together.

Adversity comes in many forms, and can make us feel alone in our pain, even years after the fact. But as wellness coach and licensed therapist Minaa B. observes, we can't heal in isolation. The best way to move past individual trauma is through connection and community—healing ourselves and one another.

In this powerful and practical guide, Minaa shares therapeutic tools, client stories, and actionable insights to help you on your healing journey, along with reflections from her personal experiences. Each chapter focuses on a common emotional struggle—from overcoming dysfunctional family patterns to developing emotional maturity, finding our village, navigating racial trauma, and moving past isolation and despair.

Through her unique mix of deeply honest personal stories, proven practices, and prompts for writing and reflection, Minaa helps readers finally face their struggles, get unstuck, and transform their thinking—to claim agency in their own lives and circumstances, and to use that power to help heal a broken world.



9780593539354
152 x 203

Hb
288pp

Self-Help
£27.00

About the Author.....

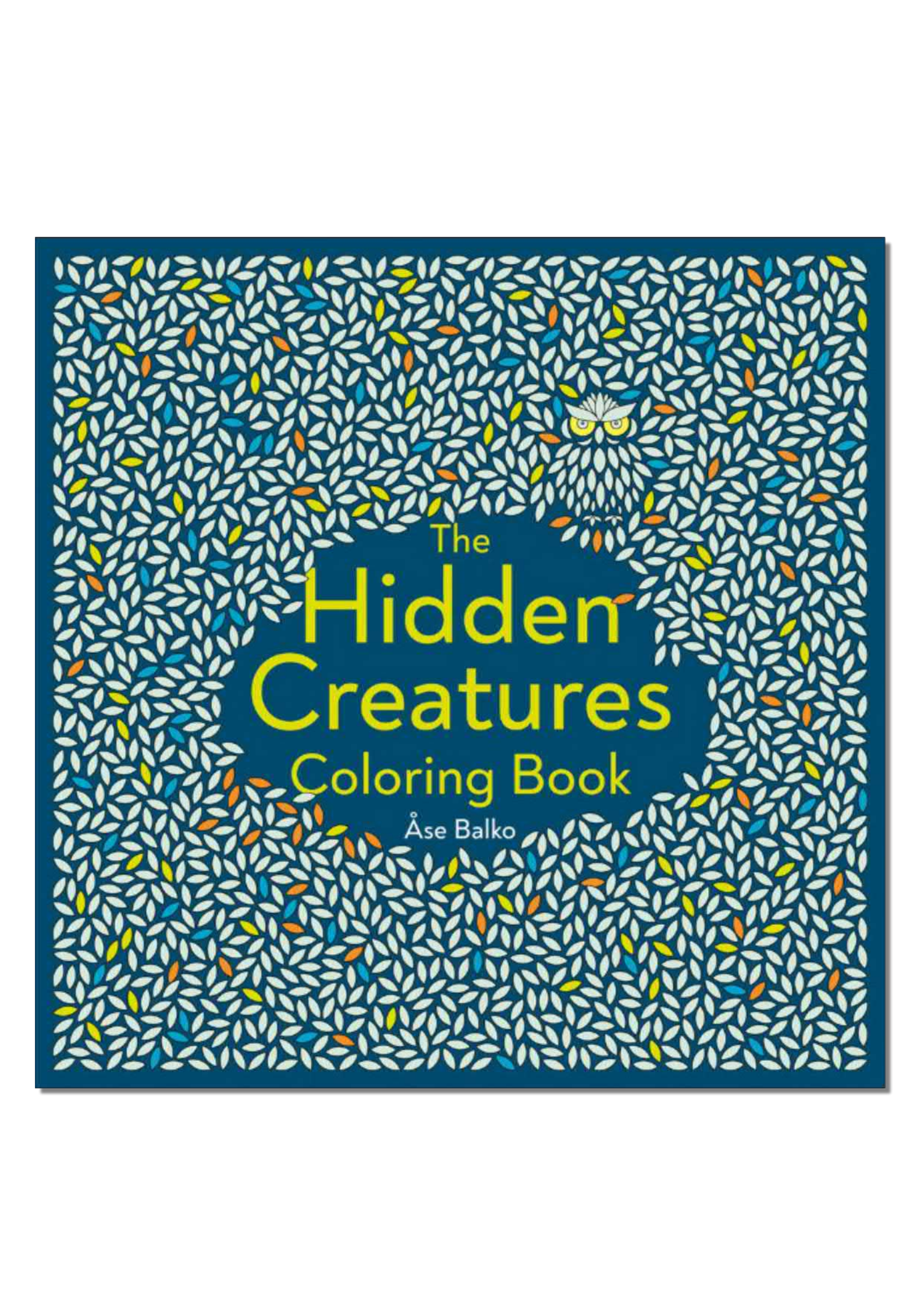
Minaa B. is a writer, a licensed mental health professional, and the founder of Minaa B. Consulting, a mental health consulting practice. Minaa's work has been featured in Bustle, Essence, the Today show, BBC, The Skimm, Peace of Mind with Taraji, and other online and media publications. She is a regular contributing writer for Well + Good, and she is also a recurring cohost of the mental health-based podcast Because Life, hosted by Sydel Curry-Lee.

of related interest:

BUILD YOUR VILLAGE
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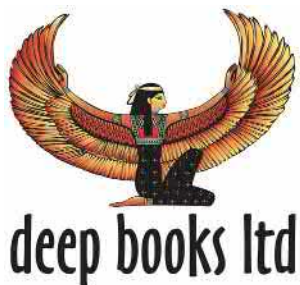
9781582708867 £15.99
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The
**Hidden
Creatures**
Coloring Book

Åse Balko



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HIDDEN CREATURES COLORING BOOK

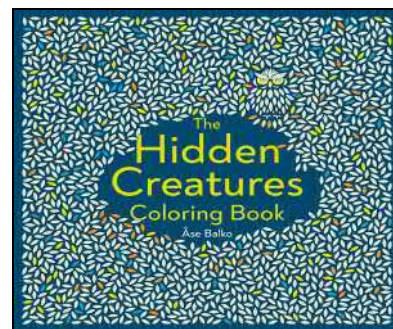
August 2023

Åse Balko

Colour in this intricate collection of patterns with a creature hidden in each detailed page, getting more difficult to spot as the book goes on.

Get lost in detailed patterns in this complex, beautiful, and playful colouring book. Each page has a creature hidden amid the linework, leaving both beginner and expert colouring fans guessing. By the end of the book, the creatures may even be too well hidden to spot!

Colour them to blend and have your friends try to spot them, or make them stand out in the swirls, shapes, and leaves. However you choose to colour them in, THE HIDDEN CREATURES COLORING BOOK will provide a fun spin on your typical colouring book!



9780593545263

254 x 254

B&W art throughout

Colouring Books

£14.99

Pb
96pp

About the Author.....

Åse Balko is an artist and education professional living in Ramsberg, Sweden

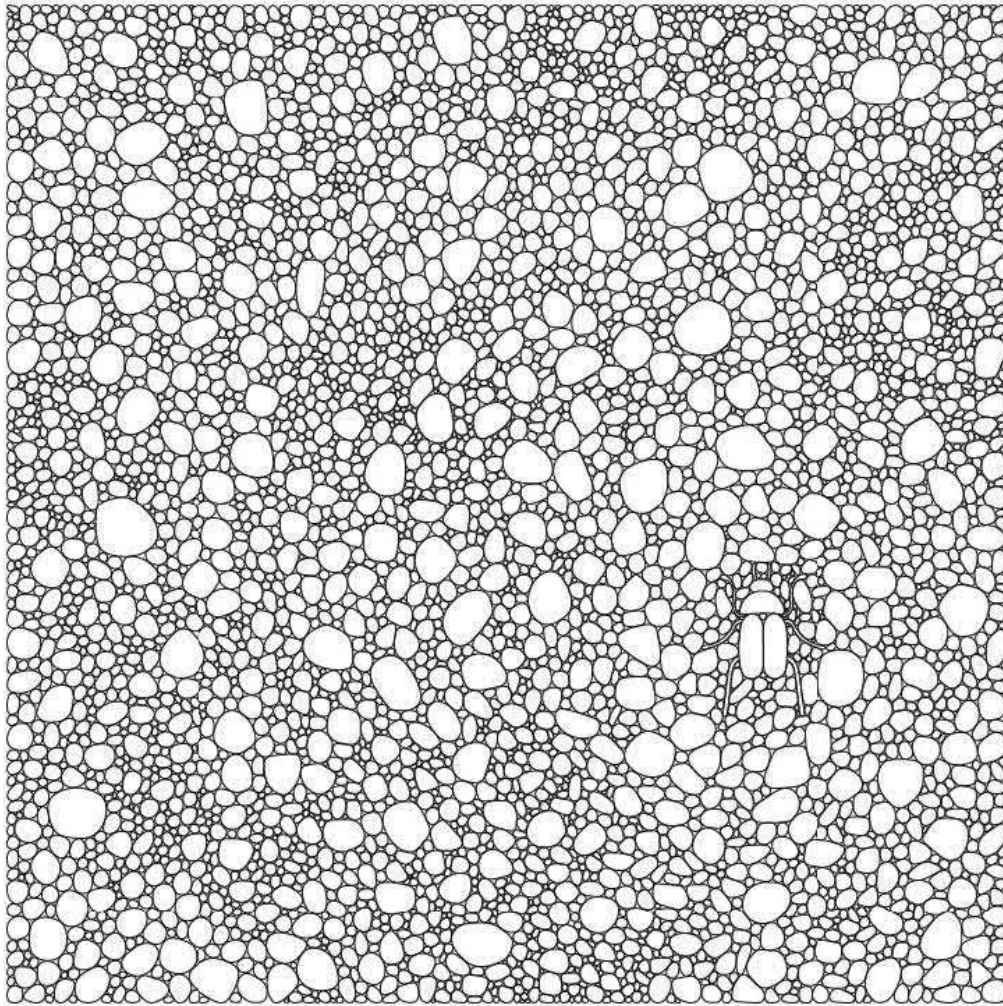
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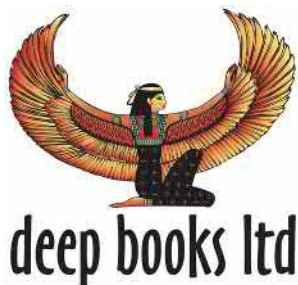
FIND YOUR TRUE COLORS

SCANDINAVIAN FOLK ART

COLORING BOOK



Jessica Mazurkiewicz



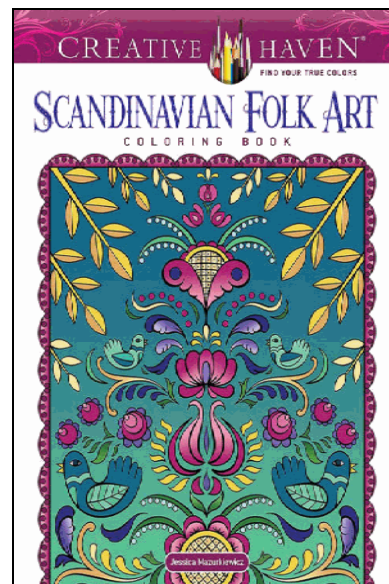
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SCANDINAVIAN FOLK ART COLORING BOOK

May 2023

Jessica Mazurkewicz

Explore the unique beauty and timeless elegance of folk art from Scandinavia in this distinctive colouring book. Thirty-one charming illustrations feature a captivating array of simple yet stunning patterns overflowing with birds and blossoms, all inspired by generations of quilt patterns, furniture ornamentation, wall hangings, and other traditional décor. Colourists will delight in these nature-themed Nordic designs and their countless colour possibilities.



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210 x 276

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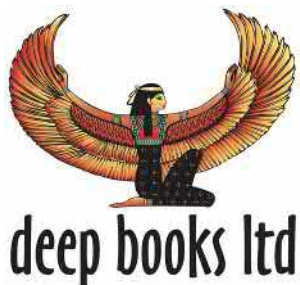
FIND YOUR TRUE COLORS

CELTIC GARDENS

COLORING BOOK



Cari Buziak



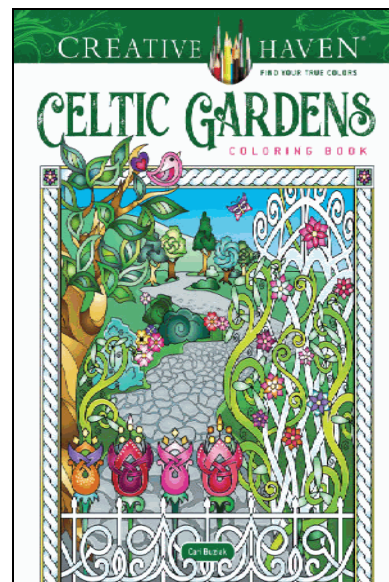
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CELTIC GARDENS COLORING BOOK

May 2023

Cari Buzak

Cultivate your creativity with this unique colouring book that combines the intricacies of Celtic knotwork with delightful garden motifs. Thirty-one eye-catching illustrations incorporating bees, birds, butterflies, flowers, fruits, vegetables, vines, and other natural elements are detailed with interlacing patterns and framed with gorgeous borders. Colourists will be amazed by this one-of-a-kind collection of beautiful garden designs that offer a wide range of colouring challenges and countless hours of relaxation. Pages are perforated and printed on one side only for easy removal and display.



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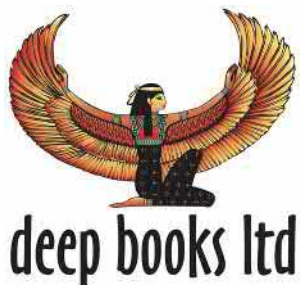
MANGA MUSES

COLORING BOOK

INSPIRING
ANIME, MANGA,
& POP SURREALIST
DESIGNS



Vera Ma



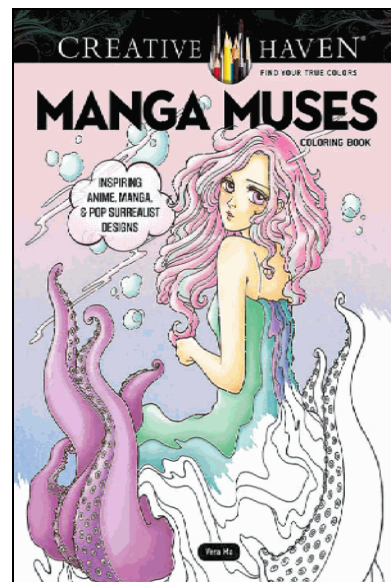
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MANGA MUSES COLORING BOOK
Inspiring Anime, Manga, & Pop Surrealist Designs

June 2023

Vera Ma

Enter the wondrous worlds of manga and anime in this unique colouring book inspired by popular Japanese comic book art and animation. Thirty-one striking, one-of-a-kind illustrations feature captivating portraits and lush landscapes infused with elements of pop surrealism and Art Nouveau. Colourists at every skill level can unleash their inner manga artist and let their imaginations run wild as they bring these strange and beautiful scenes to life. The artwork is printed on one side only, and the pages are perforated for easy removal and display.



9780486851228
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ANGELO THOMAS
ARTWORK BY SONJA HEDGER

THE PRIDE OF

DRAGONS
ORACLE



A 44-CARD DECK & GUIDEBOOK



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PRIDE OF DRAGONS ORACLE

August 2023

A 44-Card Deck and Guidebook

Angelo Thomas

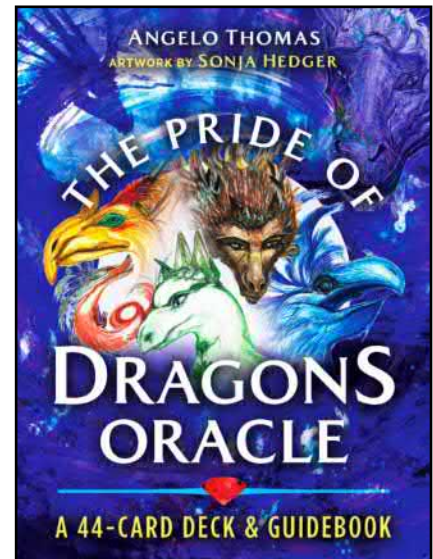
Artwork by Sonja Hedger

Chosen by the Angels to act as a bridge between Heaven and Earth, the spiritual beings known as Dragons are here to assist us in both daily life and the ascension process, delivering celestial wisdom from the ancient Angelic Realms and offering intervention for our highest good.

Drawing on his lifelong spiritual connection to Dragons, spirit medium Angelo Thomas created this oracle deck and guidebook by channelling 44 specific Dragons from the Angelic Realms. The Dragons who stepped forward for this deck are unique in both nature and appearance, with their own personality and perspective on celestial wisdom. Infused with celestial energy, their messages reflect them as individual Angelic Beings and bring forth knowledge that can be used for inner spiritual work and developing the soul.

The cards feature artist Sonja Hedger's unique paintings, each designed to allow connection with the celestial energies of the Dragons for self-development and spiritual growth. In the accompanying book, the author and his Dragon guides explain how to use the cards to access ancient, celestial wisdom and apply it to everyday life through rituals, spiritual practices, and practical self-development tools.

Presenting a portal into the ancient and archetypal world of Dragons, this oracle offers a hands-on tool for connecting with the Dragon energies of the Angelic Realms for spiritual guidance and profound celestial wisdom.



Book & Card Set

978-159143-4924

102 x 140

44 col cards and 2128 pp book

£16.99 inc VAT



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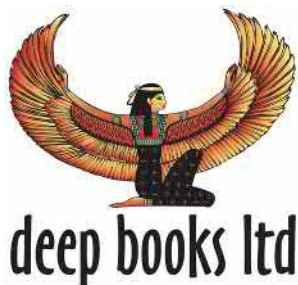
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THE
ALCHEMICAL
SEARCH
FOR THE
UNIFIED FIELD



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

R. E. KRETZ



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ALCHEMICAL SEARCH FOR THE UNIFIED FIELD

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

R. E. Kretz

An in-depth guide to attaining the enlightenment of the Philosopher's Stone.

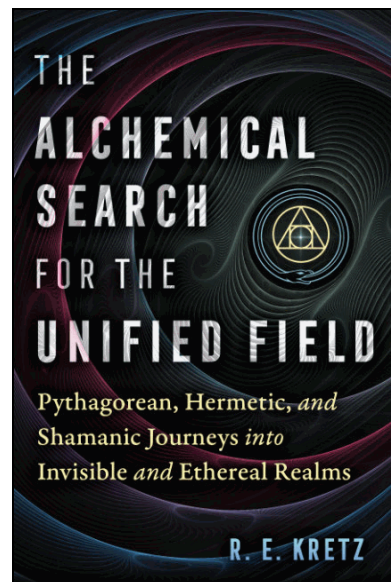
Inspired by alchemists of the past, R. E. Kretz explores the mechanics of the Philosopher's Stone, the Pythagorean transmigration of the soul, and the alchemical path for attaining enlightenment.

After offering a brief historical overview of alchemy and historical etiologies of the three alchemical states of primal matter, the author details an illustrative geometric approach for the creation of the Philosopher's Stone using an "oblong square" (created by three overlapping circles with the centre circle squared), the same shape described in Freemasonry as the form of a Masonic Lodge. He compares this diagram to depictions of the Stone in Mesopotamian, Egyptian, and Hindu cultures as well as floorplans for European cathedrals. He shows how the form of the oblong square contains Masonic working tools and how its sacred geometry elucidates Man as mind, body, and spirit encapsulating a soul.

Describing the relationship between the alchemical oblong square diagram and the electrical circuit of the brain, the author then details the operative process of the Philosopher's Stone, likening it to the "servomechanism" of the Third Eye—comprised of the thalamus, pineal gland, and pituitary gland located between the twin pillars of the cerebral hemispheres. He explores how to navigate the twin pillars of the brain to find equilibrium, the third pillar. The author explains that we attain enlightenment when the energies of our Third Eye are balanced (in equilibrium), enabling it to resonate as a harmonic waveform generator. He shows how this can be achieved through meditation and the synchronizing vibration of vocal mantras.

Drawing on Rosicrucianism, Freemasonry, Hermeticism, sacred geometry, and Native American shamanism, this book presents an allegorical quest for the Philosopher's Stone and a practical path for attaining it.

August 2023



9781644117828

152 x 229

Full colour throughout
Occult
£18.99

Pb

192pp

About the Author.....

R. E. Kretz has worked in the telecommunications and IT industries. In the 1970s he studied transcendental meditation under Maharishi Mahesh Yogi and later spent three years with a Native American shaman. He was raised to the degree of a Master Mason and has served as Master of a Lodge as well as holding many leadership roles within the Knights Templar

EDI/ITI

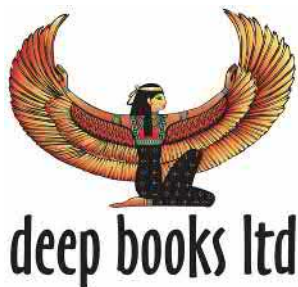
The background of the cover is a watercolor-style illustration of a heart. The heart is composed of several overlapping, soft-edged shapes in shades of red, pink, orange, and blue. The colors are blended together, creating a soft, ethereal feel. The text is overlaid on this background.

empath heart

RELATIONSHIP
STRATEGIES
FOR SENSITIVE
PEOPLE

tanya carroll richardson

AUTHOR OF *SELF-CARE FOR EMPATHS*



advanced information

EMPATH HEART

Relationship Strategies for Sensitive People

Tanya Carroll Richardson

A guide to relationships of all kinds with empaths and sensitives specifically in mind

Empaths are highly sensitive people whose energetic needs in this world are unique, which means that their relationship strategies—not just in love, but in all areas of life—must be navigated thoughtfully. Friends, co-workers, and even family relationships can present opportunities for uncommonly intimate connections, but also make empaths more vulnerable to stress and emotional injury. Healer Tanya Carroll Richardson presents a guide to relationships of all kinds for the empath, complete with quizzes and interactive exercises that make this book a valuable way to connect with yourself as well as a fantastic resource for improving the ways in which you interact with the world.

Empaths are highly sensitive and feel other people's energies and emotions as if they were their own. Uniquely intuitive and hyper-perceptive, empaths are also more sensitive to collective energy, the energy of spaces, and in some cases even physical stimuli like noise. Interacting with the world so intimately is a blessing, yet it also means your relationship strategies as an empath—not just regarding romantic love, but in all areas—must be navigated thoughtfully.

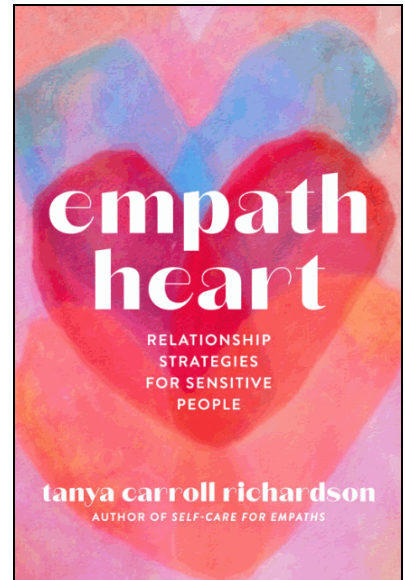
Romantic partners, friends, co-workers, and family members all present opportunities for uncommonly close connections, though empaths might fall into rescuing, co-dependency, or people-pleasing as unhealthy relationship coping skills.

Instead, learn to:

- More mindfully choose between feeling with others or staying in your own energy and emotions.
- Support loved ones from a place of healthy detachment and discernment.
- Be more assertive about getting your needs and desires met.
- Protect and nourish your sensitive system.
- Understand and maximize your intuition.
- Nurture your relationships to create more healing intimacy.
- Engage with collective energy in an empowered way to be of service and live with more purpose.

Author and professional intuitive Tanya Carroll Richardson has worked with thousands of empath clients from all over the world. Here she presents a guide to relationships of all kinds with empaths and sensitives specifically in mind, complete with quizzes, interactive exercises, and helpful mantras that make this book a valuable resource for connecting with yourself as well as creating more fulfilling interactions with others.

May 2023



9781454946885
140 x 210

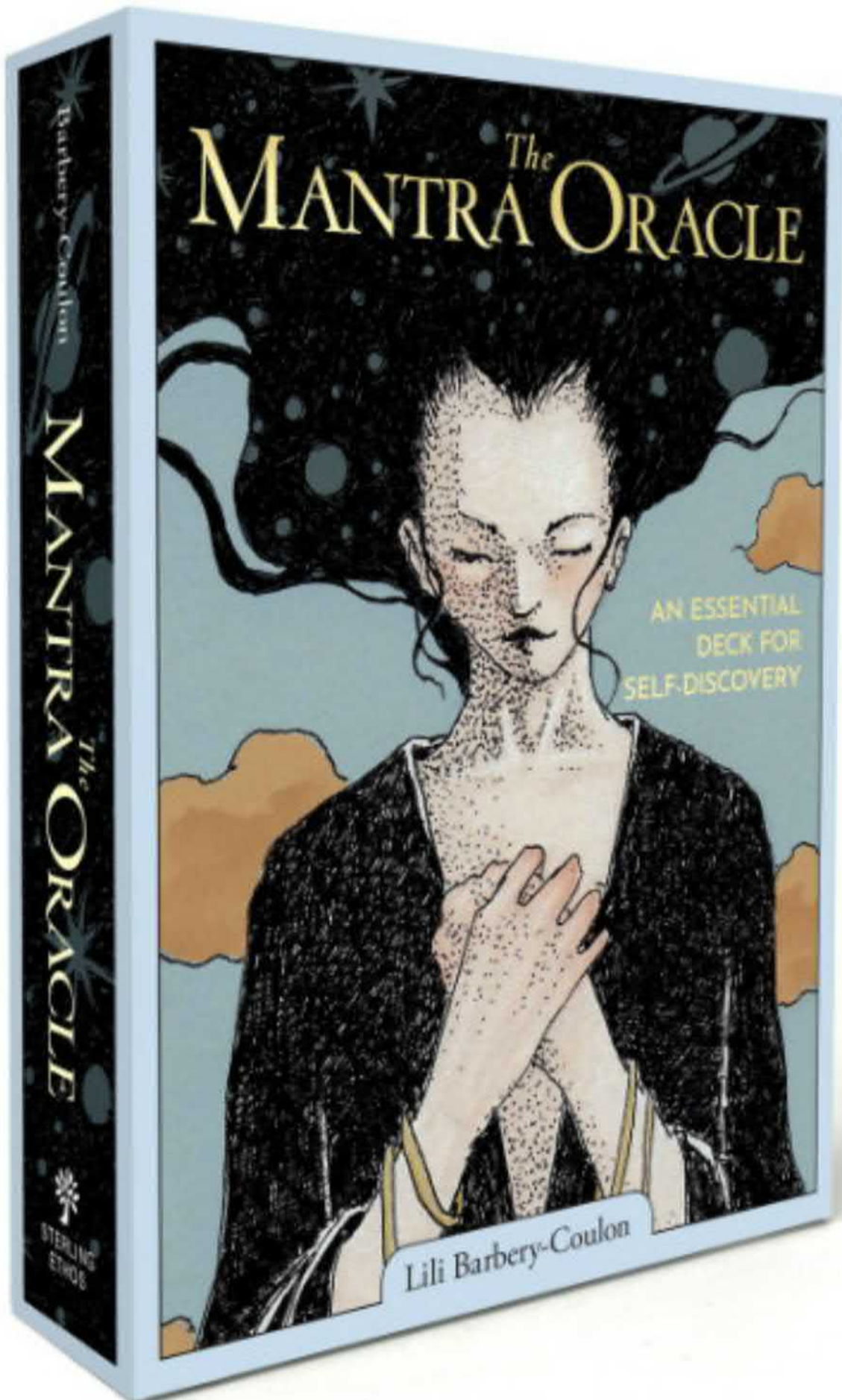
Pb
240pp

Relationships
£14.99

About the Author.....

Tanya Carroll Richardson is a writer and professional intuitive who has worked with thousands of empath clients all over the world. She is a regular contributor to MindBodyGreen and the author of nine nonfiction books including Self-Care for Empaths and an annual self-love calendar

EDI/STE



The
MANTRA ORACLE

AN ESSENTIAL
DECK FOR
SELF-DISCOVERY

Lili Barbery-Coulon

Barbery-Coulon

The
MANTRA ORACLE

STERLING
ETHOS



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MANTRA ORACLE

May 2023

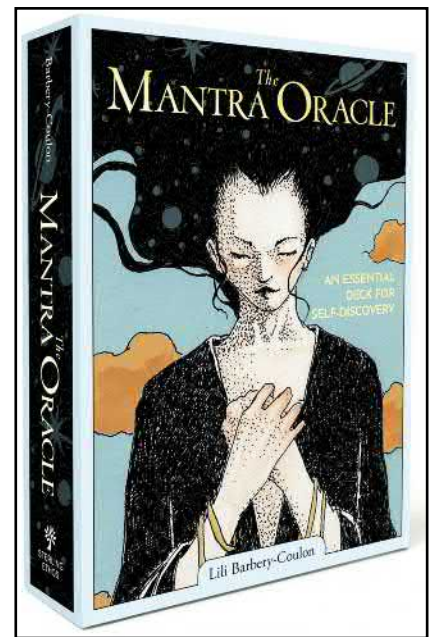
An Essential Deck for Self-Discovery

Lili Barbery-Coulon

Artwork by Bastien Coulon

Mantras are sacred sounds originally conceived to aid in meditation, which have taken on significance in a more general sense as a way to manifest your desire or strengthen your intentions. This beautiful deck—illustrated in full colour by the author's husband, painter Bastien Coulon—is an elegant way to incorporate the concept of mantras, mudras, and their role in meditation into your daily practice. THE MANTRA ORACLE works both as a tool for concentration and as a daily affirmation deck that can provide guidance and clarity. An informative guidebook also lists the properties and meanings of each card and how to use the deck for a variety of purposes.

Fans of Tracee Stanley's Radiant Rest will find similar vibes in these self-care oracle cards, with author Lili Barbery-Coulon's background as a yoga instructor bringing the same themes of relaxation and clarity to this deck. Adorned with painter Bastien Coulon's beautiful art, this deck is an elegant and inspirational gift perfect for anyone looking for oracle cards to accompany their meditation practice.



Book & Card Set

978-145494-8179

143 x 200

54 colour cards & 128pp guidebook

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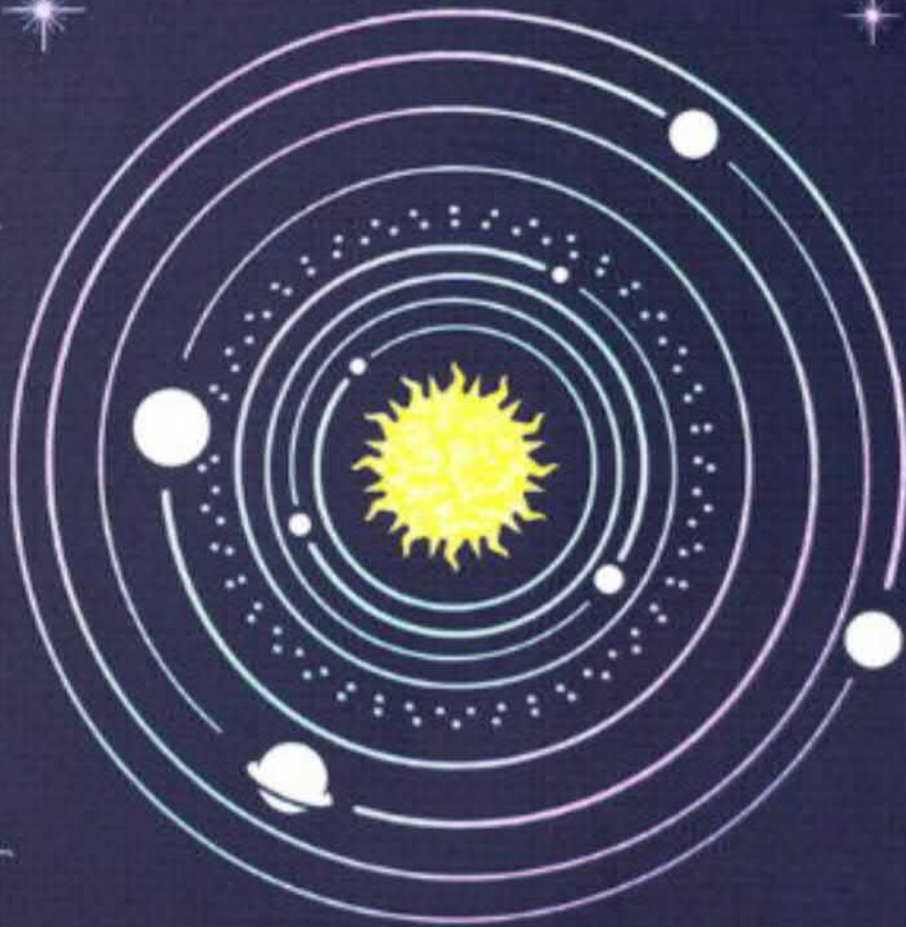
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THE



Modern-Day Witch



2024 WHEEL OF THE YEAR

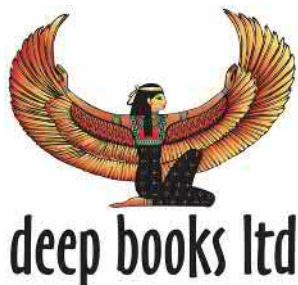
17-MONTH PLANNER

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advanced information

MODERN-DAY WITCH 2024 WHEEL OF THE YEAR 17-MONTH PLANNER

July 2023

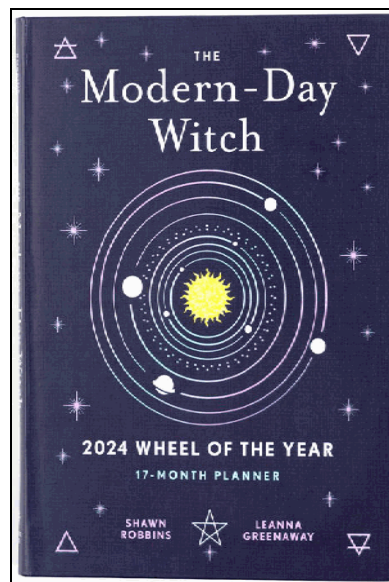
Shawn Robbins and Leanna Greenaway

Make the most of your magickal year by chronicling it with this indispensable 2024 planner filled with inspiring Wiccan spells and lore.

This 17-month engagement calendar is the perfect place for modern-day witches, Wiccans, and pagans to track everything from daily tasks to key rituals to the sacred holidays and solstices on the Wheel of the Year. It is filled with beautiful illustrations as well as tips on holistic magick, Wiccan lore, and a variety of key spells. The planner lists the all-important moon phases, as well as major and national holidays. This is the perfect witch's calendar for anyone seeking a Wiccan holiday gift, those who enjoyed the 2023 edition, or users of other spritual planners looking for something new.

Features include:

- 17-month day planner (August 2023–December 2024) with a 6 x 8.5-inch trim size and a sturdy flexi cover with vibrant colours
- Monthly two-page views, weekly pages, and note pages
- Stunning two-colour design filled with beautiful vintage-style line drawings throughout tied to the seasons
- Wiccan lore, tips on holistic magick, and key spells distilled from the bestselling Modern-Day Witch book series
- Major and national holidays for the US, Canada, and UK, and the all-important moon phases



9781454949091 Pb
152 x 216 192pp
2-colour throughout
Wicca
£14.99 inc VAT

About the Author.....

Shawn Robbins is the author or coauthor of six books, including Sterling Ethos's mega-successful Modern-Day Witch series The Holistic Witch, Psychic Spellcraft, The Witch's Way, The Crystal Witch, The Good Witch, and Wiccapedia (used as a reference line in many online Wicca schools and covens), as well as The Wiccapedia Spell Deck and Wiccapedia Journal. She has taught classes about herbs, health, and healing at the New York School of Occult Arts.

of related interest:

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YEAR OF THE WITCH 2024 CALENDAR

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the **ROAST ICONIC**
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the **ROAST ICONIC**

ORACLE DECK



30 cards for getting
wrecked by the Universe

MARCELLA KROLL



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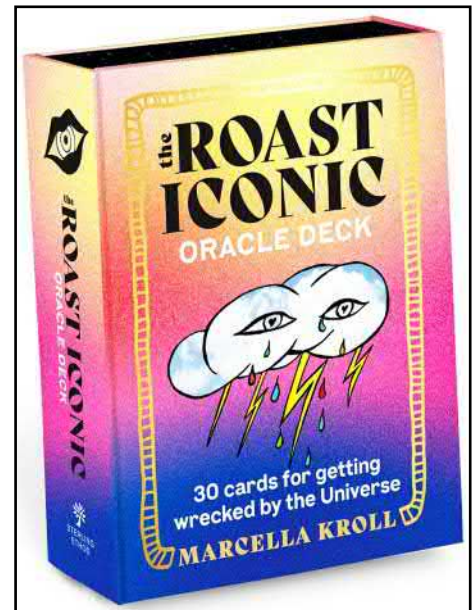
ROAST ICONIC ORACLE DECK

June 2023

30 cards for getting wrecked by the universe
Marcella Kroll

When you do your one-card draw for the day, looking for a sign from the cards, what happens when you pull Fashion Witch? Bitch? Influencer? Red Flag? This intentionally sassy 30-card deck from well-known witch Marcella Kroll is a great way to get real talk from the Universe. Don't settle for being coddled by the Rider-Waite-Smith. This deck will not hesitate to throw shade or tell you you're trying too hard. If you're tired of the mystic limitations of the Lenormand, get wrecked by Kroll's hilarious hand-drawn illustrations. Direct, full of salt, and contemporary in its presentation and affect, THE ROAST ICONIC is just what you need for days when you need your intuitive messages to be as direct as possible.

Divination meets Cards Against Humanity in these funny oracle cards. Whether used alone or as a fun party game with friends, THE ROAST ICONIC will deliver blunt truths that make you laugh just as much as they make you think.



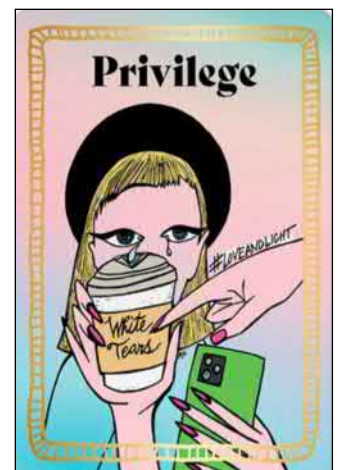
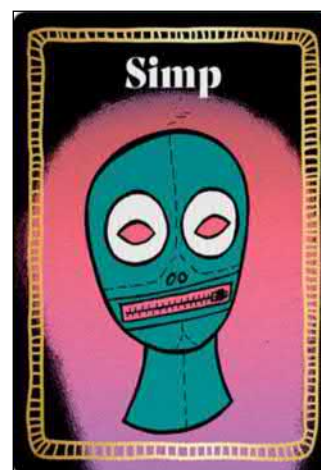
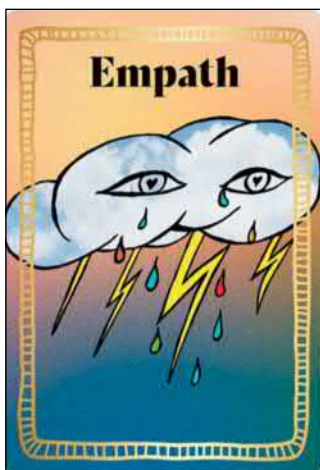
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978-145494-8759

83 x 105

30 colour cards & 64pp guidebook

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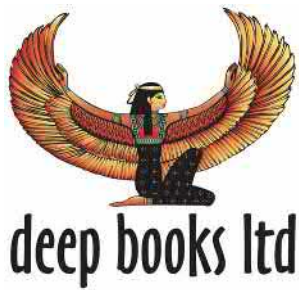
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elemental healing

A 5-Element Path for
Ancestor Connection,
Balanced Energy,
and an Aligned Life

camellia lee



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ELEMENTAL HEALING HB

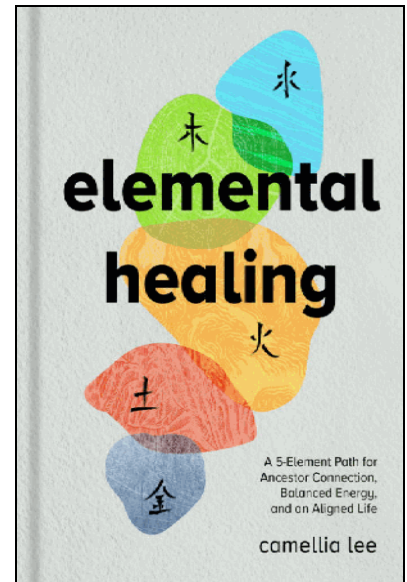
A 5-Element Path for Ancestor Connection, Balanced Energy, and an Aligned Life

Camellia Lee

A journey to self-discovery filled with exercises for introspection and healing that will help readers restore order to their bodies, minds, and spirits.

According to Taoist philosophy, every body—not to mention everything in the cosmos—possesses quantities of the five elements: Fire, Earth, Metal, Water, and Wood. Each element has an emotional component (water, for example, is associated with fear), a meridian in the body that can be worked on through somatic exercises like massage, and a moral imperative. Camellia Lee, an energy worker with a family lineage of healing going back generations to Taiwan, explains elements of Taoist philosophy, traditional Chinese medicine, and other related studies through the lens of the Five Elements in an easy-to-understand and enjoyable way. This is a Five-Element plan—with plenty of exercises for introspection, healing, and enlightenment—that anyone can commit to in order to restore order to their bodies, minds, and spirits.

July 2023



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152 x 203
Full colour throughout
Alternative Therapies
£15.99

Hb
208pp

About the Author....

Camellia Lee is a qigong and meditation teacher, artist, ancestral guide, energy healer, and community organizer. They have studied at Yo San University of Traditional Chinese Medicine, the College of Tao, and the International Taoist Meditation Institute (ITMI)

of related interest:

ELEMENTAL POWER TAROT
FIVE ELEMENTS OF HEALING

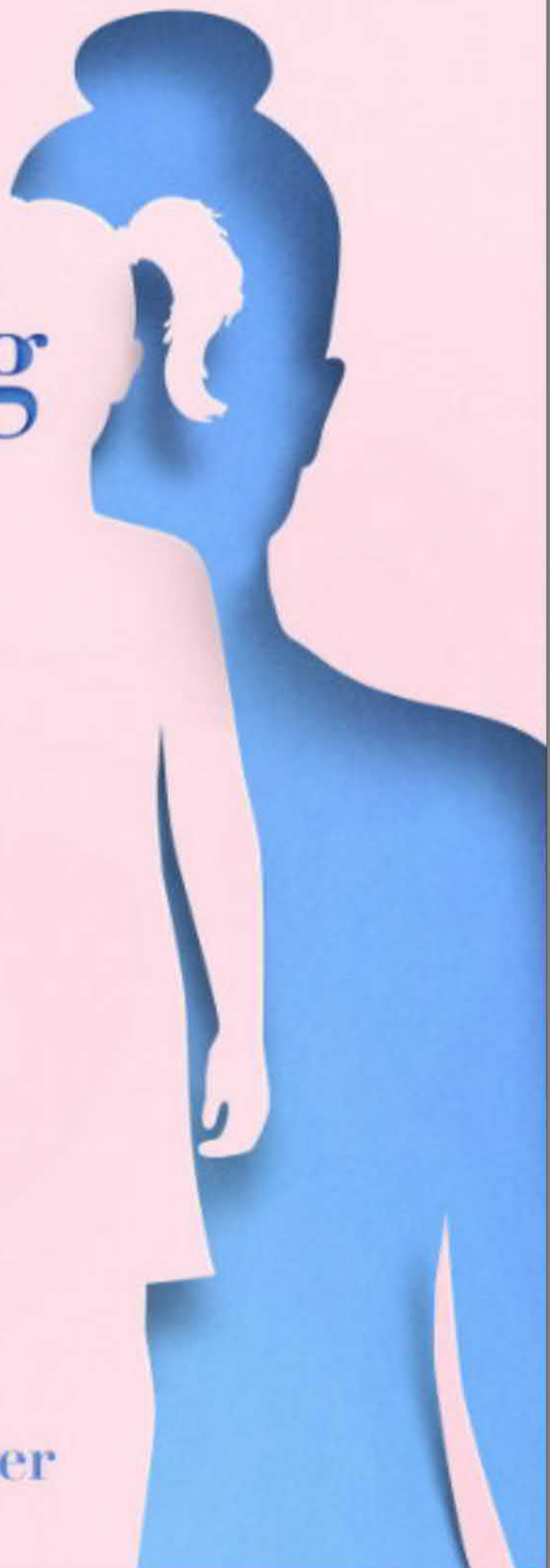
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9781936965069 £21.00

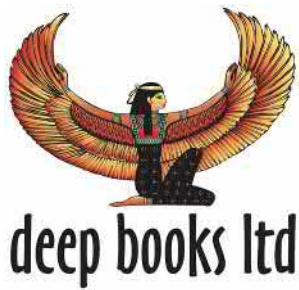
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healing your inner child

re-parenting
yourself for a
more secure
& loving life

natasha levinger





advanced information

HEALING YOUR INNER CHILD

Re-Parenting Yourself for a More Secure & Loving Life

July 2023

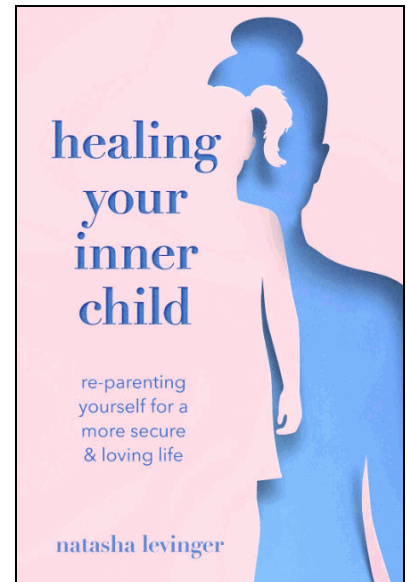
Natasha Levinger

How to locate your inner child, get to know them, and parent this most vulnerable part of yourself so that you can self-soothe even when the world around you is chaotic

What if you could reach the most innocent part of yourself and treat that essential being with kindness? Author Natasha Levinger teaches how to locate this inner child, get to know them, and parent this most vulnerable part of yourself so that you can self-soothe even when the world around you is chaotic. By eliminating false personal narratives and creating a nurturing inner voice, you can heal past traumas and live in the present with understanding and grace. Levinger investigates crucial questions, such as:

- How can dysfunction from our caregivers affect us?
- How and in what way can we feel loved and regulate our nervous system?
- How can we access our higher self through chakra-based meditation, then use that protective force to communicate with our inner child?

Levinger is the perfect guide on this journey, providing plenty of useful exercises, strategies, and journal prompts along the way.



9781454946762

140 x 210

Pb
224pp

Self-Help
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About the Author....

Natasha Levinger is an energy reader, healer, inner child healing teacher, and spiritual coach whose goal it is to help her clients feel more self-love, clarity, and awareness of their own power. She is the co-host of the podcast Magic Mondays and teaches classes in addition to taking on individual and corporate clients

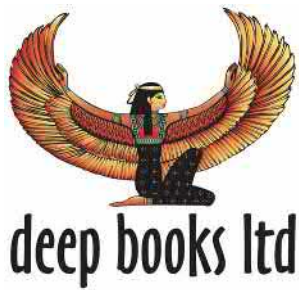
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THE
TAROT
ALMANAC



**A Seasonal Guide
to Divining with
Your Cards**

◆
BESS MATASSA



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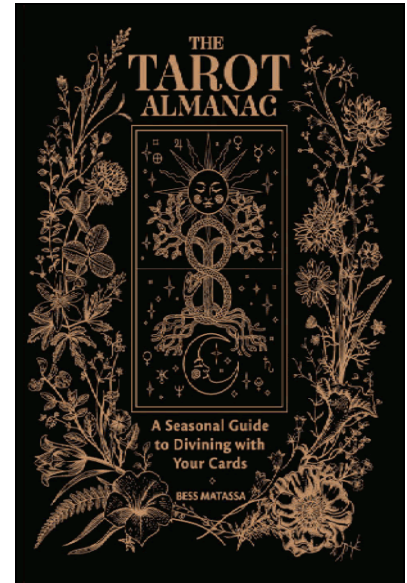
TAROT ALMANACHB

A Seasonal Guide to Divining with Your Cards

Bess Matassa

July 2023

The 78 cards of the tarot hold the keys to understanding your world. THE TAROT ALMANAC is your path to uncovering each card's meaning as it relates to the astrological energies of the calendar months. As the sun moves through the twelve zodiac signs, these pages offer a method for reading the tarot in rhythm with the cosmos' language of change. With card layouts, prompts, and rituals in alignment with the seasons, this essential handbook teaches you how to meet your deck and strengthen your intuitive bond to it throughout the year.



9781454947837

178 x 229

Illustrated
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£25.00

Hb
288pp

About the Author....

Bess Matassa is an astrologer and tarot reader who creates astrology-focused experiences ranging from birth chart walking tours to zodiac perfume-making classes. The author of several books, she has consulted for Teen Vogue, Almay cosmetics, Ace Hotel, and the Rubin Museum of Art, among others

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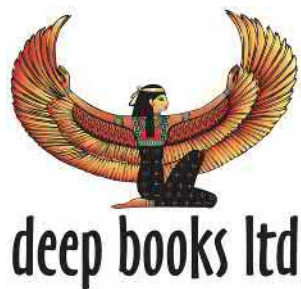
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Animal Intuition

Thea Strom

Communicating with Pets,
Animal Spirits, and the
Energies of the Natural World



advanced information

ANIMAL INTUITION HB

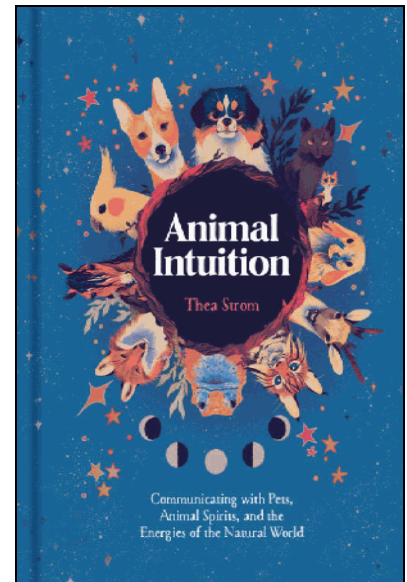
Communicating with Pets, Animal Spirits, and the Energies of the Natural World

Thea Storm

This informative and accessible guide outlines the ins and outs of ethical and accurate animal communication and mediumship.

If you love animals, you've probably always wanted to know how to reach out to them: how can you possibly know what your pets are thinking, what they need, what they'd like to say to you? With this informative and accessible guide, professional animal communicator Thea Storm outlines the ins and outs of ethical and accurate animal communication and mediumship. Filled with exercises for connecting with your animals in a deeper way, this book will teach you how to adjust behavioural problems through communication, connect to your departed pets, reach out to animal spirit guides, and even commune with wild creatures on an energetic level. This book is a sensitive look at a practice guided by your own intuition. With a little time and emotional openness, you can gain tangible benefits and improve the relationship you have with your current companion animals, wild animals, and even pets that have passed on.

August 2023



9781454946748
152 x 203
2-colour illustrations
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Psychic Awareness
£14.99

Hb
208pp

About the Author....

Thea Storm is a medium, animal communicator, and teacher. In addition to working one-on-one with clients, she teaches classes and workshops. She collaborates regularly with organizations such as animal shelters and has done several talks for the Shelter Animal Reiki Association

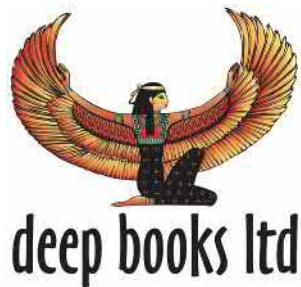
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SIGILL CRAFT

YOUR GUIDE TO USING,
CREATING & RECOGNIZING
MAGICKAL SYMBOLS

LIA TAYLOR



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SIGIL CRAFT HB

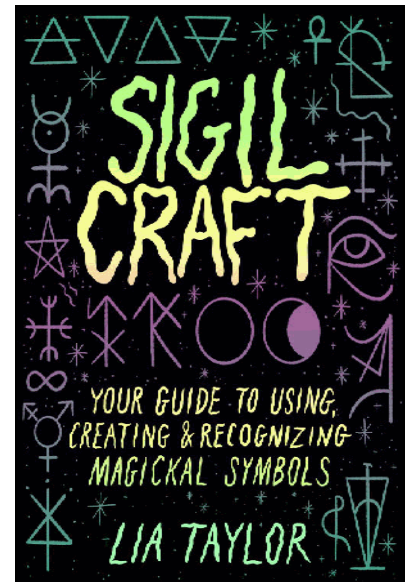
Your Guide to Using, Creating & Recognizing Magickal Symbols

Lia Taylor

The must-have guide to creating sigils

A sigil is an intensely powerful magickal symbol that can help manifest your desires, ward off evil, and add deeper levels of meaning to your spells. SIGIL CRAFT is witch and artist Lia Taylor's must-have guide to creating sigils, including step-by-step instructions using various methods including the Magic Square and Austin Osman Spare, as well as an overview of sigils throughout history, from medieval grimoires and prehistoric cave paintings to the graphic novels of Grant Morrison. Taylor shares how to charge your sigils, incorporate them into your creative endeavours, and heighten the power of your sigils through the shoaling technique. This immensely useful book is fully illustrated with Taylor's art, and is a fascinating guide to an increasingly popular practice.

August 2023



9781454946939

152 x 203

Illustrated

Magic

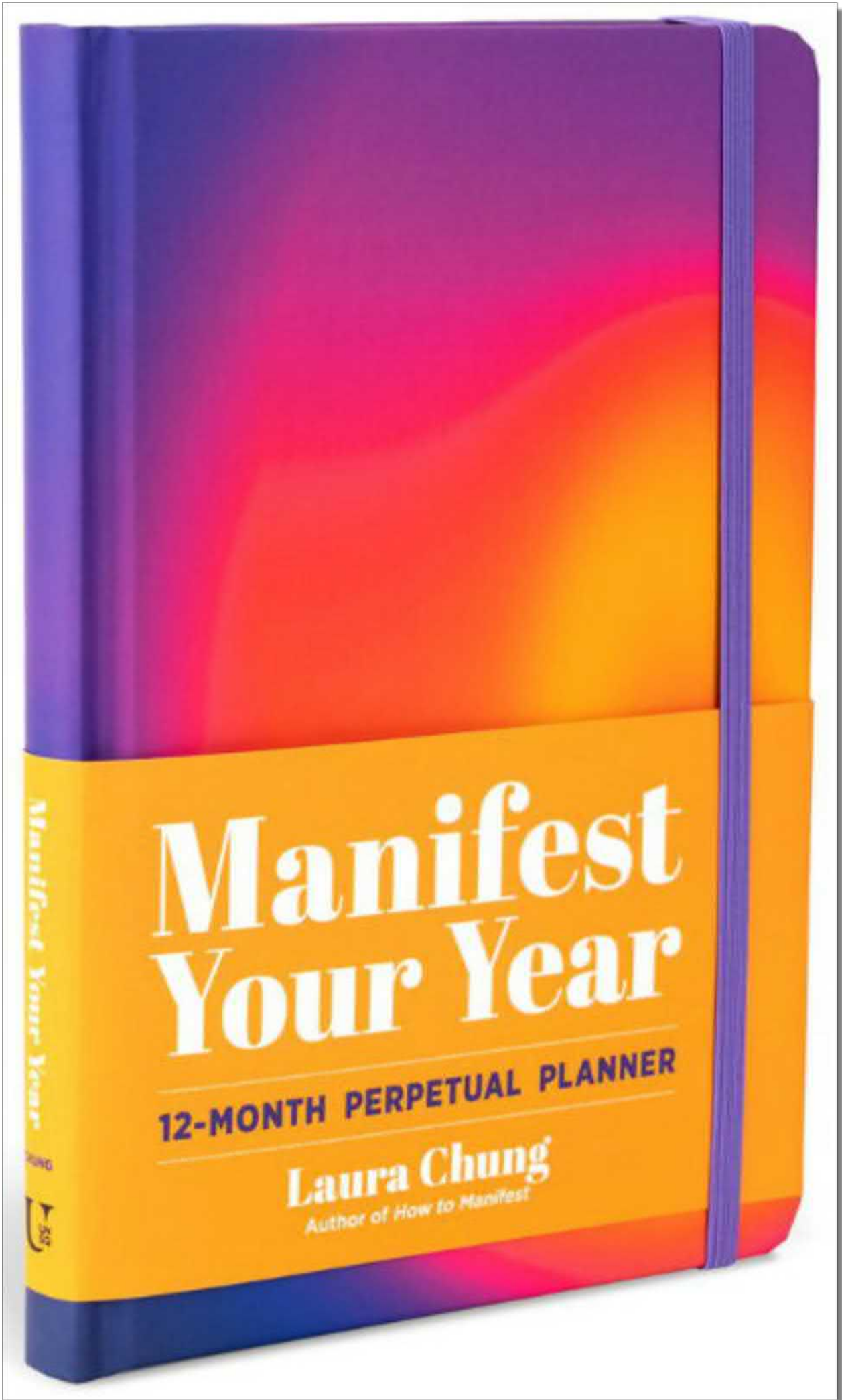
£16.99

Hb
224pp

About the Author....

Lia Taylor is an intuitive psychic medium and cartomancer, with a proclivity for protection spells and hexing. They are interested in offering new perspectives on witchcraft and magick, disseminated to their audience through a combination of deep historical research and artwork

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Manifest Your Year

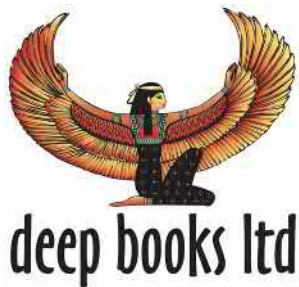
12-MONTH PERPETUAL PLANNER

Laura Chung
Author of *How to Manifest*

Manifest Your Year

2020

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25



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MANIFEST YOUR YEAR HB 12-Month Perpetual Planner

July 2023

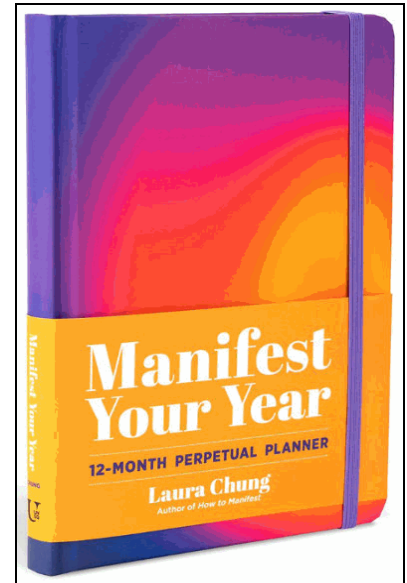
Laura Chung

This empowering 12-month undated planner will help you manifest your dreams and bring your deepest desires into the realm of the physical, one day at a time.

Manifestation is a wildly popular concept emphasizing the strength of personal power. Put simply, what you dream, you can achieve. In this colourful weekly planner based on the book *How to Manifest*, wellness educator Laura Chung's plan is distilled into easy-to-follow techniques with space for journaling. Each week you'll find an exercise to build toward your goal—from intention setting and intuition rituals to methods for creating an abundance mindset. This manifestation planner is an essential companion on your unique journey, as well as the perfect place to track daily tasks, key events, and holidays. And because it's a perpetual planner, you can personalize it to start whenever you're ready.

Features include:

- Weekly prompts and room for journaling
- Plenty of space to track daily tasks, key events, and holidays
- Back pocket to store additional notes and inspirational materials
- Two ribbon markers and an elastic band closure
- Removable paper cover band



9781454949602

140 x 200

Colour throughout

Self-Help

£12.99 inc VAT

Hb

112pp

About the Author....

Laura Chung is an energy healer and meditation teacher. She has a master's degree in industrial and organizational psychology and spent most of her adult life in corporate America, but became dissatisfied with the "traditionally successful" life and quit her job in 2017. She became nomadic and traveled the world, eventually becoming a reiki master, podcaster, manifestation expert, and writer with a robust following online.

of related interest:

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CUTE CHIBI TAROT



understanding Tarot with the chibi universe
78 cards and Guidebook



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CUTE CHIBI TAROT

August 2023

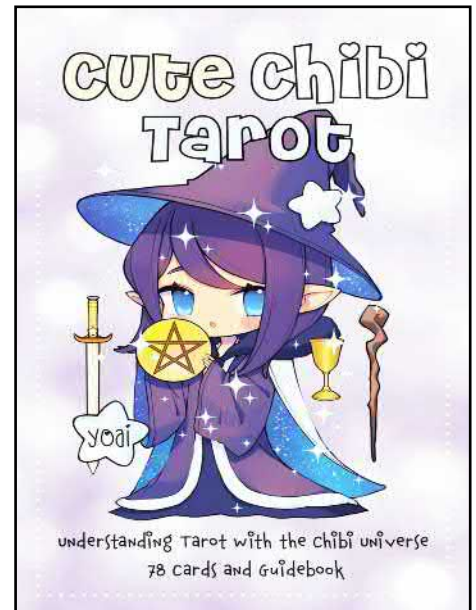
Understanding Tarot with the Chibi Universe
Toai

CUTE CHIBI TAROT brings all things adorable and cute to tarot and fortune-telling.

With all Major and Minor Arcana, CUTE CHIBI TAROT is a the cutest addition to your tarot collection! Explore the past, present, and future with this beautifully illustrated tarot deck and find out what awaits you.

Including the Empress, Fool, and traditional tarot archetypes, this vibrant tarot deck is making it easy and fun to find what matters most to you. CUTE CHIBI TAROT is inspired by the classic Rider-Waite illustrations and comes with a beautifully designed step-by-step guidebook.

Follow your guide and find your past, present, and future with this adorable tarot deck!



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978-16310-69475

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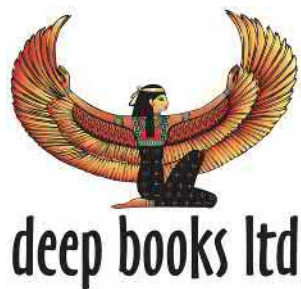


ANGEL NUMBERS



AN ENCHANTING MEDITATION BOOK
OF SPIRIT GUIDES AND MAGIC

Fortuna Noir



advanced information

ANGEL NUMBERS HB

An Enchanting Meditation Book of Spirit Guides and Magic

Fortuna Noir

ANGEL NUMBERS is a comprehensive spell book featuring rituals to reveal the ways our spirit guides are constantly communicating with us through the power of numbers.

Harness the power of meditation to reveal what your angel guides are trying to tell you in the numbers you encounter every day. Have you ever noticed repeated number sequences in the world around you? In this magic handbook, you will find the meaning behind “angel numbers,” and how they apply to your life.

ANGEL NUMBERS introduces the history and roles of angels and how to communicate with them, and then delves into the unique energies of each of the root numbers, 0 through 9, as well as more advanced numbers such as 1010 and 3456. Each angel number profile concludes with a meditation to help you embody the meanings and use them to move forward on your spiritual path.

Find insight with meditations like:

As you sit in your clear space, let every material thing fall away from your consciousness.

You don't need them. Instead, ask yourself what's important to you in this life. Is it family? Friendships? Community?

Whatever it is, hold that thought in the forefront of your mind.

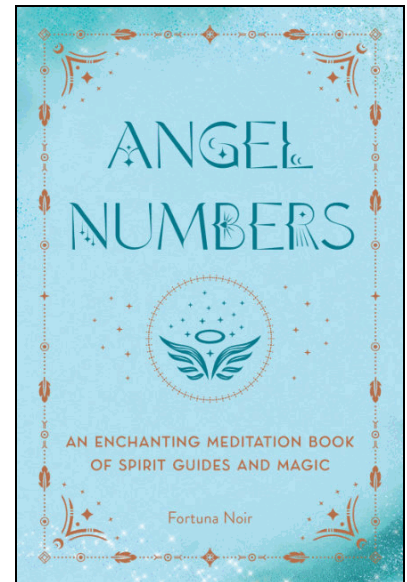
Then picture the number 6 encompassing it in its center.

Let the characteristics of 6 guide you and put a magnifying glass on what matters most to you.

Aim for it and let 6 lead you forward.

Follow these powerful number sequences to awaken yourself to a new world filled with meaning.

August 2023



9781577153931

140 x 210

100+ colour ills

Divination

£14.99

Hb

160pp

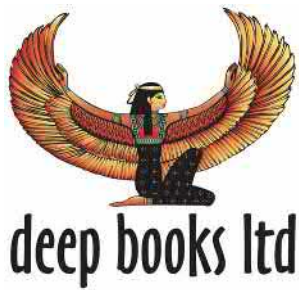
EDI/QP

CANDLE MAGIC



AN ENCHANTING SPELL BOOK
OF CANDLES & RITUALS

Minerva Radcliffe



advanced information

CANDLE MAGIC HB

An Enchanting Spell Book of Candles and Rituals

Minerva Radcliffe

Harness the power of light with this collection of rituals and spells for seasoned witches, curious mystics, and new practitioners alike.

With CANDLE MAGIC, invite the power of light to bring joy, passion, comfort, and energy to your daily life.

Light is everywhere, but like fire, the natural power that a candle holds within its flame can be life altering. Whether you are already familiar with other spiritual magics, or are tapping into the Universe with CANDLE MAGIC as your first practice, invite the power of light to bring joy, passion, comfort, and energy to your daily life.

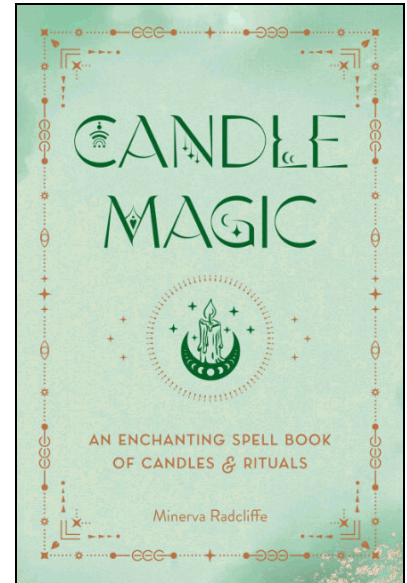
With this invaluable handbook, learn how candles of all shapes, sizes, and colours conduct the magic and energies of light. Experiment with the different results as you add candles to your altar, with beautiful illustrations to guide you toward the enchanting flame.

Organized by colour magic, number magic, crystal magic, and herbal magic, the spells include:

- Lunar Empowerment Spell
- Attract Success
- IOIO: A Spiritual Awakening Is Coming
- Banish Negative Energies
- Comfort from Stress
- Manifesting Your Dreams
- Purify Your Home
- And many more

If you're seeking to add a spark to your magical practice, do so now by setting intentions and manifesting your desires with CANDLE MAGIC.

August 2023



9781577153887

140 x 210

100+ colour illus

Magic

£14.99

Hb

160pp

About the Author....

Minerva Radcliffe is a practicing witch, intuitive healer, and pastry chef living in Portland, Oregon. With over 20 years of experience aligning herself with the cycles of Mother Nature and the phases of the Moon, she is known for reading oracle cards, divination, and her savoury pies.

EDI/QP

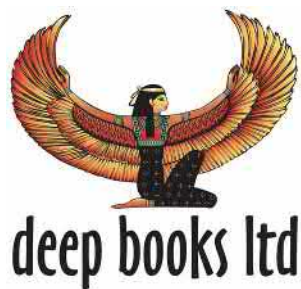
A decorative border surrounds the entire page, featuring a repeating pattern of small geometric shapes (squares, circles, diamonds) and celestial symbols (stars, suns, moons) connected by dotted lines. In the four corners, there are larger, stylized symbols: a diamond with internal lines and a square, and a circular shape with internal lines and a square.

LOVE SPELLS



AN ENCHANTING SPELL BOOK
OF POTIONS & RITUALS

Minerva Radcliffe



advanced information

LOVE SPELLS HB

An Enchanting Spell Book of Potions & Rituals

Minerva Radcliffe

Filled with spells, charms, rituals, and potions by a pro witchcraft practitioner, carry this spell book with you to attract new and improve existing relationships.

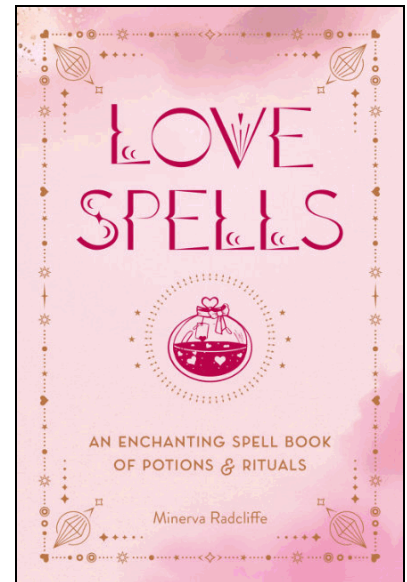
LOVE SPELLS contains love potions, charms, and other methods for finding and keeping romance in your life. These spells will help you find your true love, promote fertility, encourage honesty, and even decide when it's time to end a relationship. You'll also find some spells and rituals for your platonic friendships, including reconnecting with an old friend and healing rifts in a relationship.

Organized by the topics of romantic love, maintaining love, relationship troubles, and platonic love, the spells include:

- Confidence Meditation Spell
- Burning Love Ritual
- Vow of Commitment
- Protection from an Ex's Hex
- Fresh Start Elixir Spray
- Clove Herbal Friendship Spell
- Animal Companion Blessing
- And many more

LOVE SPELLS is perfect for finding the happiness in your life and coming into your own power through friendship and love.

August 2023



9781577153900

140 x 210

100+ colour ill's

Magic

£14.99

Hb

160pp

About the Author.....

Minerva Radcliffe is a practicing witch, intuitive healer, and pastry chef living in Portland, Oregon. With over 20 years of experience aligning herself with the cycles of Mother Nature and the phases of the Moon, she is known for reading oracle cards, divination, and her savoury pies.

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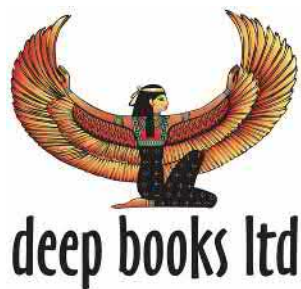
A decorative border in a golden-brown color frames the cover. It features a repeating pattern of celestial symbols: a crescent moon, a four-pointed star, a sunburst, and a diamond shape, connected by dotted lines. The sunbursts are positioned in the four corners of the border.

MOON SPELLS



AN ENCHANTING SPELL BOOK
OF MAGIC & RITUALS

Aurora Kane



advanced information

MOON SPELLS HB

An Enchanting Spell Book of Magic & Rituals

Aurora Kane

MOON SPELLS is full of charms, rituals, and spells that harness the power of the moon throughout its phases.

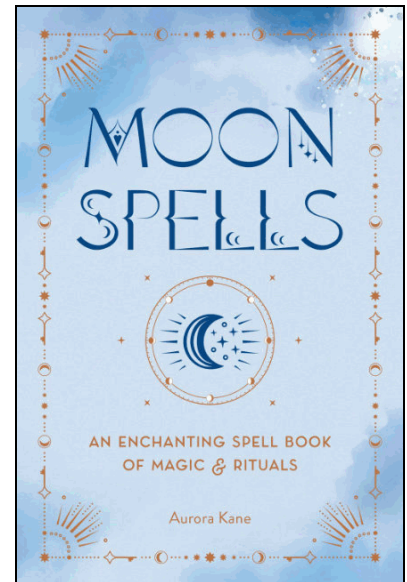
Filled with spells, charms, rituals, and potions by a pro witchcraft practitioner, carry this spell book with you through every phase of the moon as you harness its mystical energy.

MOON SPELLS contains spells for healing, luck, friendship, empowerment, and more, all fuelled by the power of the moon. The book guides you through rituals based on the lunar cycle, along with spells timed to the Waxing Moon, Full Moon, Waning Moon, and New Moon. Alongside these, you'll find everyday spells that can access the moon's power whenever you need its influence in your life.

Organized by moon phase, the spells and rituals include:

- Attracting Abundance Altar (New Moon)
- Channelling the Magic of Hope (Waxing Moon)
- Moon Bath Ritual by Moonlight (Full Moon)
- Hypnotic Manifestation Ritual (Full Moon)
- Illuminating a Path in Darkness (Waning Moon)
- Living Joyfully (Waning Moon)
- And many more

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About the Author....

Aurora Kane—author of Moon Magic, House Magic, Herbal Magic, and Goddess Magic—is a practicing witch and herbalist with many decades (some say centuries) of experience in casting and conjuring. She lives in the Northeastern United States where she is a founding member of the Coven of the Moonbeam Ravine

EDI/QP

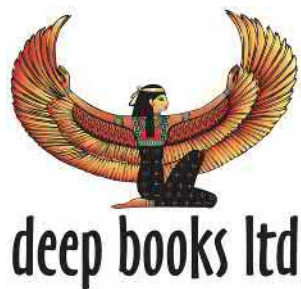


PENDULUM
MAGIC



AN ENCHANTING DIVINATION BOOK
OF DISCOVERY AND MAGIC

Fortuna Noir



advanced information

PENDULUM MAGIC HB

An Enchanting Divination Book of Discovery and Magic

August 2023

Fortuna Noir

With PENDULUM MAGIC, discover the pendulum's power to act as your guide through the mystical world.

Harness the power of the pendulum—learn to use a simple crystal or weight suspended from a string to receive guidance from the spirit world. Used for dowsing and divination, the pendulum is a magical tool essential to every witch's practice. With the help of PENDULUM MAGIC, discover how to direct the power you already have within you.

In this beginner-friendly handbook, find rituals for balancing chakras, meditations, and methods for clearing negative energies accompanied by beautiful illustrations. Explore the world of magic with a variety of spells and approaches for hands-on practices to master the powers of the world.

Find the guidance you seek with magical rituals like this one:

- To manifest your goals, gather: pendulum, pen and paper, and jasper quartz for motivation

- Ask: Am I ready to achieve this goal right now?

Envision what your life would look like if this was actualized.

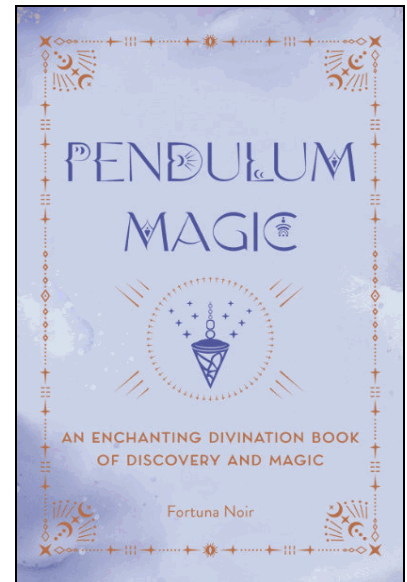
If your pendulum gives a positive answer, keep that in mind.

If the pendulum says yes more than once,

- Ask: Is this the goal I should start with?

If yes, take the jasper and carry it with you as you take the first steps to achieve that goal, or until the goal has been fulfilled.

Let every swing of the pendulum be your guide in the mystical world.



9781577153924

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100+ colour ills

Magic

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160pp

EDI/QP

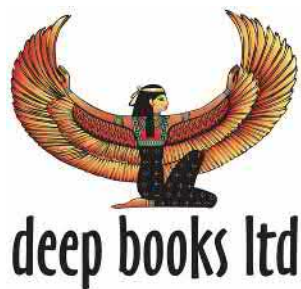
A decorative border in a golden-brown color frames the entire cover. It features a repeating pattern of crescent moons, diamonds, and small circles. At the four corners, there are stylized suns with rays and small crosses. The background is a soft, ethereal purple and pink gradient with scattered white and gold sparkles.

PROTECTION SPELLS



AN ENCHANTING SPELL BOOK
TO CLEAR NEGATIVE ENERGY

Aurora Kane



advanced information

PROTECTION SPELLS HB

An Enchanting Spell Book to Clear Negative Energy

Aurora Kane

PROTECTION SPELLS is a book of charms, rituals, and spells to protect you from heartbreak, physical danger, and illness.

Filled with spells, charms, rituals, and potions by a pro witchcraft practitioner, carry this spell book with you at all times to shield yourself and those you love from harm.

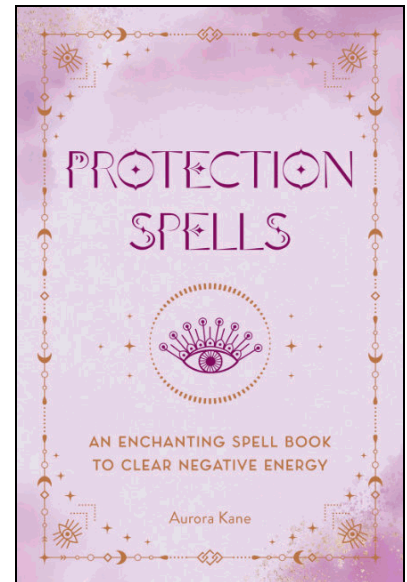
PROTECTION SPELLS contains a range of spells offering protection from physical danger, negative energy, health challenges, and heartbreak. With these, you can unlock your inner power and mystic energy to achieve what you desire most.

Find spells to protect your home, ward off unwanted visitors, and keep the good energy in at all times. Along with spells and rituals to banish danger and illness, you'll find methods for making talismans to ward off harm. The spells include:

- Rosemary Fortification Ritual
- Runic Banishing Spell
- Bless This Home Ritual
- Protection from Negative Thinking
- Bedtime Anxiety Ritual
- Divine Path Protection Jar
- Self-Love Spray
- Healing Dream Spell
- Turn Around Your Fortunes
- And many more

PROTECTION SPELLS is your guide to safety and strength, giving you the reassurance and positive energy you need.

August 2023



9781577153894

140 x 210

100+ colour ill's

Magic

£14.99

Hb
160pp

About the Author....

Aurora Kane—author of Moon Magic, House Magic, Herbal Magic, and Goddess Magic—is a practicing witch and herbalist with many decades (some say centuries) of experience in casting and conjuring. She lives in the Northeastern United States where she is a founding member of the Coven of the Moonbeam Ravine

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Secrets

of the VAMPIRE

JULIE LÉGÈRE

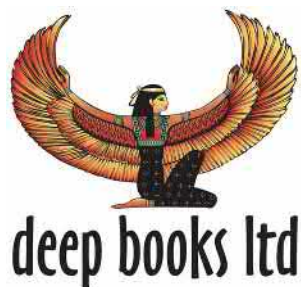
ELSA WHYTE

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A SUPERNATURAL
SOURCEBOOK OF
OUR LEGEND
AND LORE



WIDE
EYED



advanced information

SECRETS OF THE VAMPIRE HB

A Supernatural Sourcebook of Our Legend and Lore

Julie Légère and Elsa Whyte

Illustrated by Laura Pérez

SECRETS OF THE VAMPIRE delves into the storied lore behind one of the world's most enduring supernatural beings, inviting you into the dark to meet the myths and monsters who live there.

Step into the shadows and uncover the centuries-old myths and legends that lie beneath the figure of the vampire, with this magical compendium of facts and fiction.

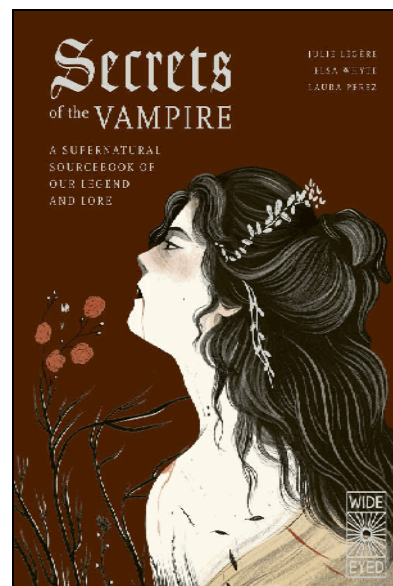
Whether rising from a coffin in the dead of night or stalking its prey, hidden in plain sight, the vampire is one of the most alluring beings in world folklore. These undead bloodsuckers are as alive as ever in modern pop culture, from movies and books to video games and TV shows.

But despite their cultural immortality, mystery still surrounds their shadowy origins. SECRETS OF THE VAMPIRE compiles every scrap of vampire lore into one essential volume, covering everything from famous vampires such as Count Dracula and his historical counterpart, to the vampiric aversion to sunlight and garlic and their supernatural abilities.

With this lavishly illustrated field guide, decode the deathly world of the vampire. Discover the meanings behind occult symbols, the ancient origins of vampire tropes, the most powerful and frightening vampires from stories around the world, and the real people said to have inspired the grisly tales of these creatures of the night. Learn how to tell a vampire from a living person and get wise to their tricks and powers.

SECRETS OF THE VAMPIRE is the perfect deep-dive into a fascinating figure of folklore, for any and all vampire-obsessed 9-14 year-olds.

August 2023



9780711285064

201 x 260

Full colour throughout

Childrens

£14.99

Hb
80pp

About the Author....

Julie Légère is a writer living and practising in Paris. Secrets of the Witch was her first book for children.

Elsa Whyte is a writer, editor and witch living in Paris. Laura Pérez is an illustrator, animator and witch. She studied illustration in Spain, France and Canada and her artwork has been exhibited all over Europe and Asia. She has illustrated several graphic novels but Secrets of the Witch is her first book for children. Her exquisite illustrations have been featured

of related interest:

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YOUNG ORACLE TAROT HB

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THE WOMEN of MYTH
ORACLE DECK

Guidance and Insight from the Divine and Diverse Feminine

THE WOMEN of MYTH

ORACLE DECK

MARIA SOFIA MARMANIDES



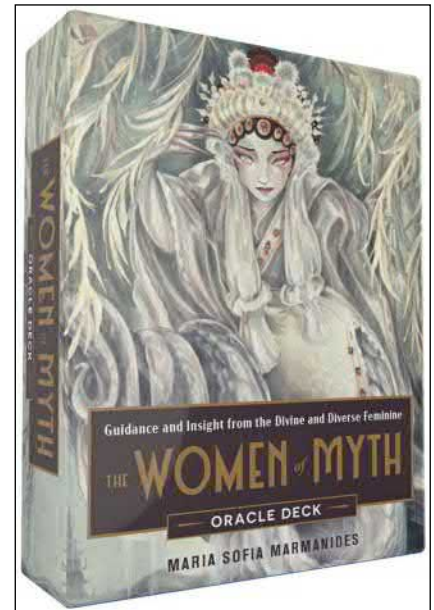
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WOMEN OF MYTH ORACLE DECK

August 2023

Guidance and Insight from the Divine and Diverse Feminine
Maria Sofia Marmanides

THE WOMEN OF MYTH ORACLE DECK is an empowering deck that allows you to consult the wisdom of 50 mythic women, each with their own gripping tales of triumph, tragedy, victory, heart-breaking loss, and often, everything in between. This deck was created to take the lessons, advice, wisdom, and symbolism of these women, and put them into your hands. This deck is a powerful tool for intuition, self-discovery, and connecting with the divine feminine.



Also Available:

DARK GODDESS ORACLE CARDS
GODDESS SPIRIT ORACLE DECK

9780995551633 £25.00
9781922573162 £18.99

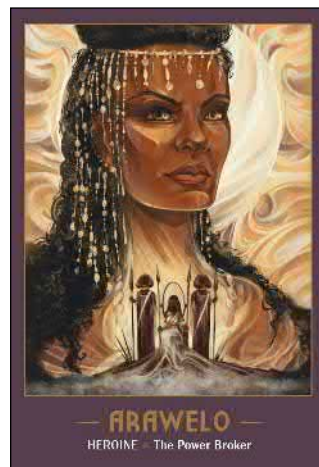
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50 full col cards & 120pp guidebook

£18.99 inc VAT

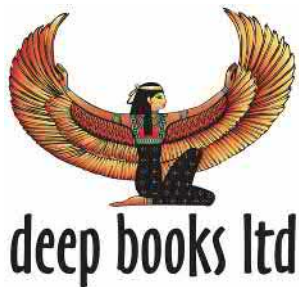


The Kitchen Witch

Your Complete Guide to
CREATING A MAGICAL KITCHEN
WITH NATURAL INGREDIENTS,
SACRED RITUALS, AND SPELLWORK

SKYE ALEXANDER

Foreword by Arin Murphy-Hiscock,
Author of The Green Witch



advanced information

KITCHEN WITCH HB

Your Complete Guide to Creating a Magical Kitchen with Natural Ingredients, Sacred Rituals, and Spellwork

Skye Alexander

Foreword by Arin Murphy-Hiscock

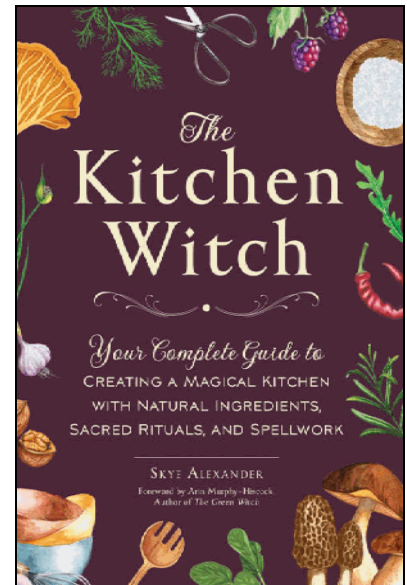
Discover the magical properties, qualities, and symbolism of 100 basic ingredients so they can add magic to any meal—at any time and in any situation.

Every house witch knows: the kitchen is an essential part of your magical practice. From preparing food to enjoying a meal, it's important to honour the process of making a dish, to appreciate each individual ingredient, and to make magic from the recipes you already know and love. First, dive into the world of kitchen magic and spellwork; then go back to the basics to learn the magical properties, qualities, and symbolism of 100 essential everyday ingredients so that you can learn to add a little magic to every meal. You'll learn:

- That chocolate is associated with love, but different types of chocolate are connected with different types of love from romance to friendship
- That figs promote safety while traveling, so you may want to incorporate figs into a dish before your next vacation
- That you should choose your pasta wisely for different shapes are associated with different outcomes
- That onion can be used for healing, and the tears the onion causes when you cut it can be just as important as the dish you make with it
- And much more!

Transform your favourite recipes into magical spells, use different ingredients to maximum advantage, and enhance your kitchen witchery with the help of THE KITCHEN WITCH.

August 2023



9781507220887

140 x 191

line art throughout

Wicca

£12.99

Hb

288pp

About the Author.....

Skye Alexander is the award-winning author of more than thirty fiction and nonfiction books and her stories have been published in anthologies internationally, and her work has been translated into more than a dozen languages. The Discovery Channel featured her in the TV special, Secret Stonehenge, doing a ritual at Stonehenge. Arin Murphy-Hiscock is the author of The Green Witch's Grimoire, Spellcrafting, The Pregnant Goddess, Wicca, The Green Witch, The Way of the

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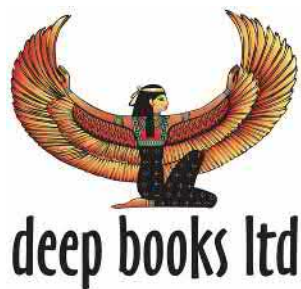
THE 7 CHAKRA CRYSTALS

— A Guide to Find Your Balance and Peace —



LUCA APICELLA

Illustrations by
Alessandra De Cristofaro



advanced information

7 CHAKRA CRYSTALS HB

A Guide to Find Your Balance and Peace

July 2023

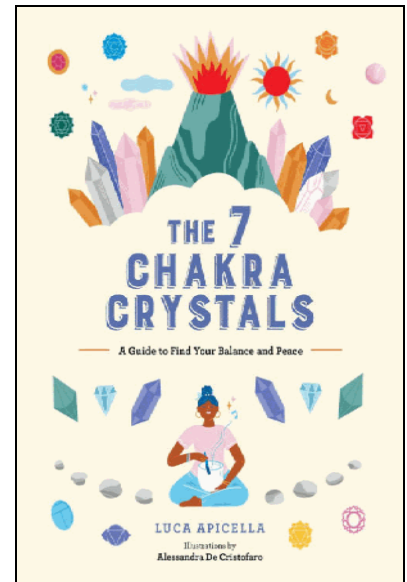
Luca Apicella

Explore this beautiful, illustrated manual to learn about crystals and their beneficial relationship with chakras. For beginners and experts alike, THE 7 CHAKRA CRYSTALS invites readers to find beauty and balance in everyday life.

Crystals have been used for centuries to heal physical and emotional issues. When a chakra is compromised by unsolved traumas, it tends to work poorly, and the related organs can get sick in time. To avoid that, many use crystals or stones to restore the balanced frequency of the chakra, putting it back at work harmoniously.

This book, conceived as an illustrated manual, includes:

- A detailed breakdown of the seven chakras
- Descriptions of the properties of different crystals, and connects them with their relative seven chakras
- Instructions for each crystal's vibrations, times, and usage details, including the most suitable cleansing techniques.



9781524881252

170 x 221

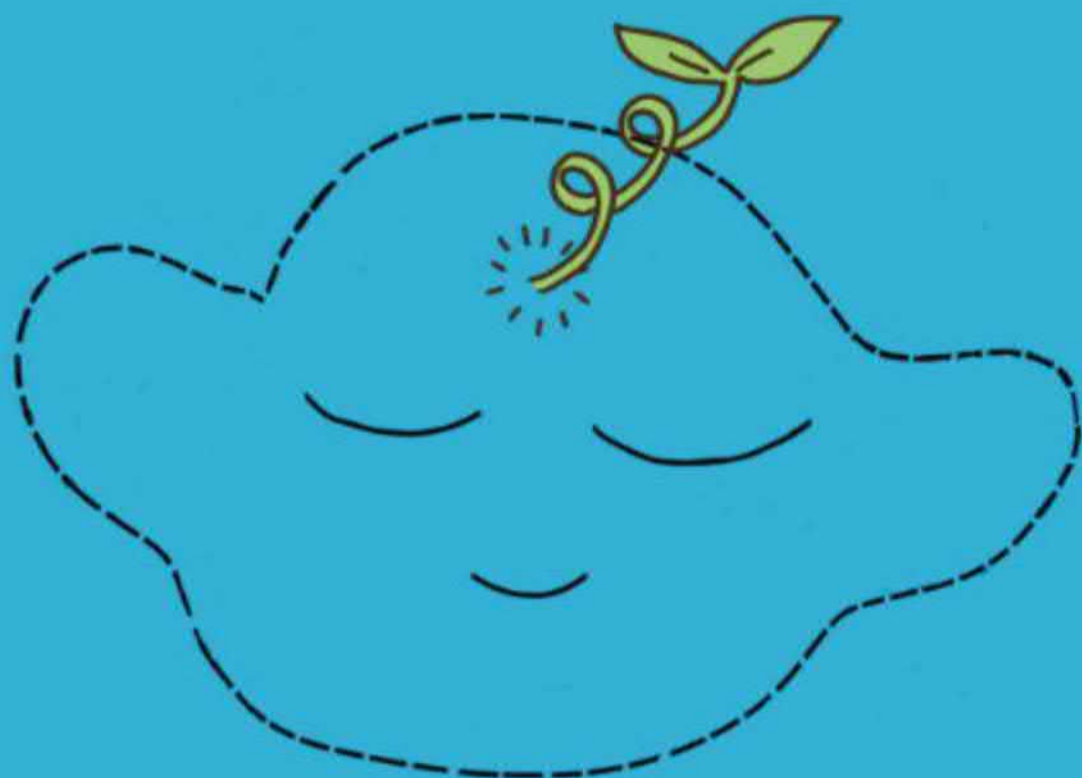
Colour ills
Crystals &
Gemstones
£11.99

Hb
160pp

About the Author.....

Luca Apicella is a naturopath with 20 years of experience in teaching Crystal Therapy (Crystalloggy). He founded Le Porte di Atlantide and the cultural association ATLAS. He is an expert in chakra and psychophysical rebalancing, phytotherapy and flower therapy, Tarots, symbolic medicine, Chinese medicine, and foot reflexology. Currently, he organizes courses and seminars for both groups and individuals.

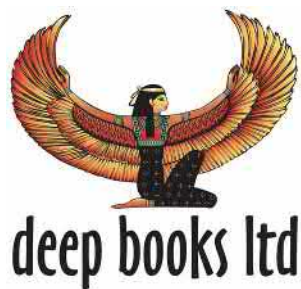
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THERE IS NO
RIGHT WAY TO
MEDITATE

REVISED AND EXPANDED EDITION

YUMI SAKUGAWA



advanced information

THERE IS NO RIGHT WAY TO MEDITATE

Revised and Expanded Edition

Yumi Sakugawa

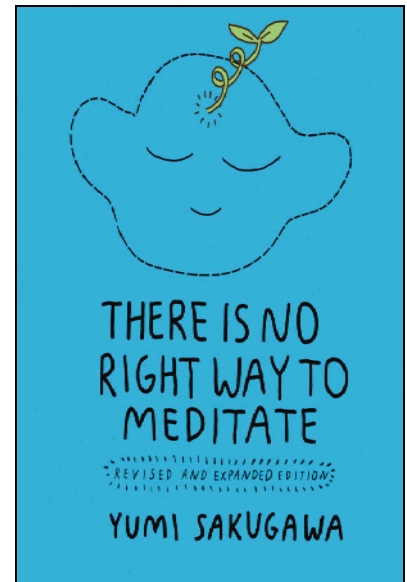
Take a moment and breathe. ... With Yumi's uplifting guidance, you will dig deeper into your soul to discover the tranquillity already surrounding you.

In **THERE IS NO RIGHT WAY TO MEDITATE**, award-winning artist Yumi Sakugawa helps you tap into your inner self and finally find the peace that you've been seeking. With new and revised content, each page offers a unique perspective on how to lead a more mindful life. This book is full of captivating ink illustrations and encouraging words like, "It's okay if the only thing you did today was breathe." This new editions includes mini-sections, such as:

- Grounding
- Inner Child
- Self-Love
- And more

From simple ways to get rid of a bad mood to instructions for making your intentions come true, her lessons will inspire you to become more aware of the present moment and find stillness no matter where you go.

August 2023



9781524875053

139 x 157

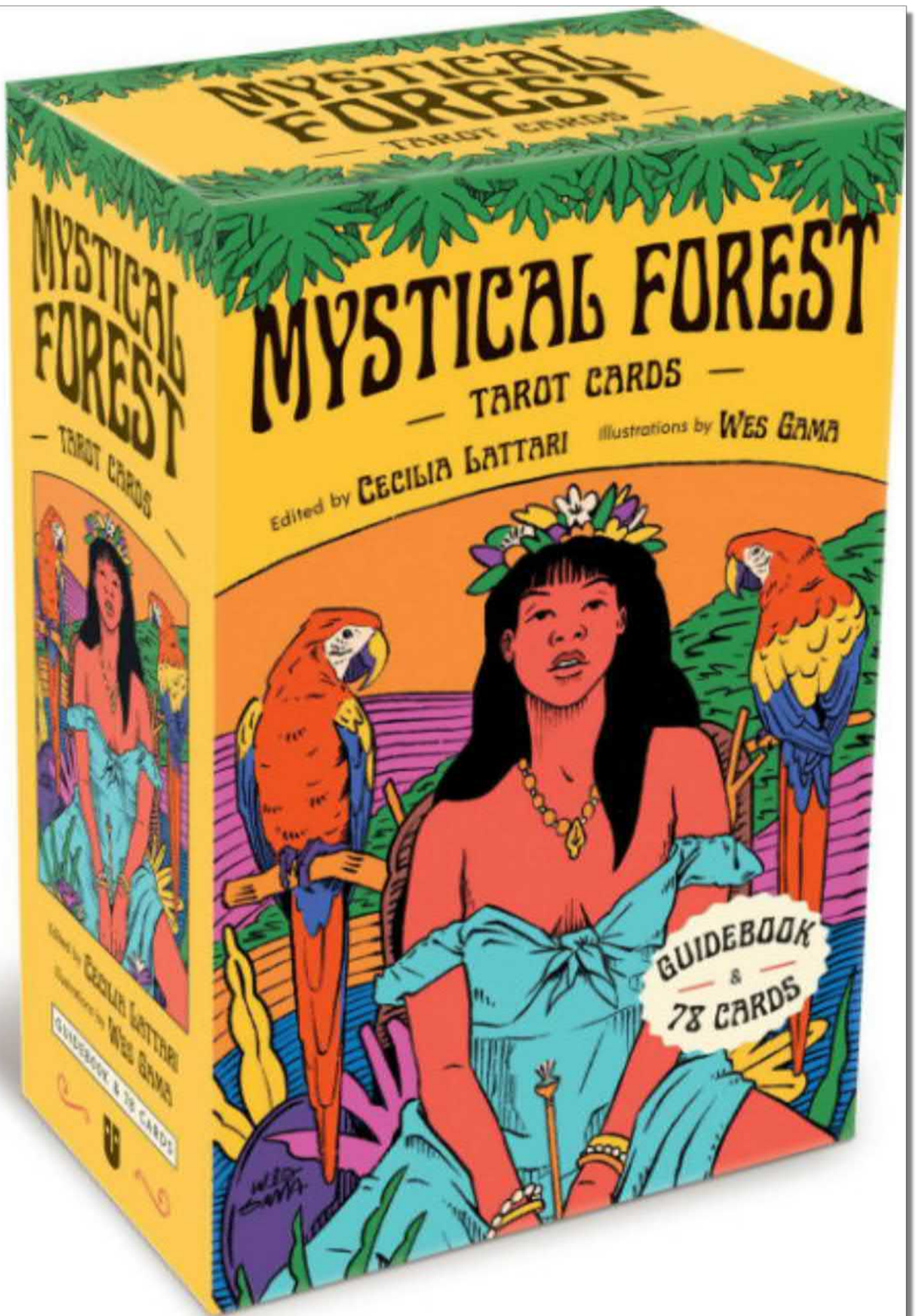
Illustrated
Yoga and Meditation
£11.99

Pb
160pp

About the Author....

Yumi Sakugawa is an Ignatz Awards nominated comic book artist and the author. Her comics have also appeared in *The Believer*, *Bitch*, *The Best American NonRequired Reading 2014*, *The Rumpus*, *Folio*, *Fjords Review*, and other publications. She has also exhibited multimedia installations at the Japanese American National Museum and the Smithsonian Arts & Industries Building.

EDI/SS



MYSTICAL FOREST
TAROT CARDS

MYSTICAL FOREST
TAROT CARDS

MYSTICAL FOREST
TAROT CARDS

Edited by CECILIA BATTARI Illustrations by WES GAMA



Edited by CECILIA BATTARI
Illustrations by WES GAMA
GUIDEBOOK & 78 CARDS

GUIDEBOOK
&
78 CARDS



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MYSTICAL FOREST TAROT

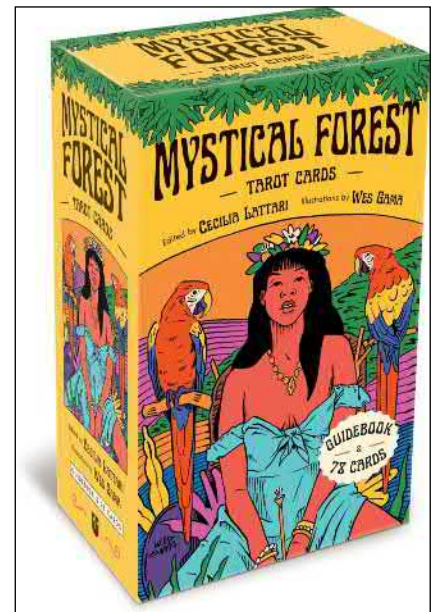
August 2023

Guidebook & 78 Cards

Cecilia Lattari

Illustrated by Wes Gama

With the rise of science and technology, tarot cards and mystic practices are re-emerging to remind and empower users of their interwoven fate. THE MYSTICAL FOREST TAROT is a spiritual journey into the forest following the Rider-Waite-Smith tarot tradition. The illustrations by well-known street artist Wes Gama offer a sensorial experience inspired by Brazil's unrivalled Amazon Rainforest – renowned for its potent flora and mystical energy. Each character is surrounded by psychedelic colours and foliage that remind users of the transcendent relationship between people and nature.



Also Available:

FAERY FOREST

TAROT OF THE ENCHANTED GARDEN

9781922161888 £18.99

9788865278390 £33.00

Book & Card Set

978-15248-81344

76 x 127

78 full col cards & instructions

£14.99 inc VAT



At the edge of the forest lives the Magician, he who knows all, the one who knows how to work magic and enchantments in the forest. He masters the four elements, knows how to combine them to regulate the life of the forest, find solutions, or set snares. The Magician welcomes you into his small wooden house. On the shelves he keeps bones, twigs, and berries, colored stones, steaming vials, and there is a dog crouched under his table. You can ask the Magician for help. Pay attention to his answer, though. It could be a riddle, a trick, or the magic formula you need right now. The Magician is observant and intelligent, and he knows what the right answer is for you, even if it's a question. He stands you before your potential, inviting you to act on it as best you can.

..... BEYOND VISION

POTENTIALITY, MAGICAL ACTION, ABILITY TO ACT FROM PERSONAL POWER, INTERIOR WISDOM.

19

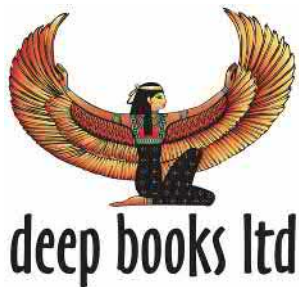
30th

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Edition

The Original
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for the **Soul**[®]

Plus 30 Bonus Stories

Jack Canfield Mark Victor Hansen
Amy Newmark



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CHICKEN SOUP FOR THE SOUL 30th ANNIVERSARY EDITION

Plus 30 Bonus Stories

Amy Newmark, Jack Canfield and Mark Victor Hansen

The classic New York Times bestseller that started it all - and according to USA Today, one of the top five books in the past quarter century "that leave a legacy." The Classic Original... with 30 new bonus stories for the next 30 years!

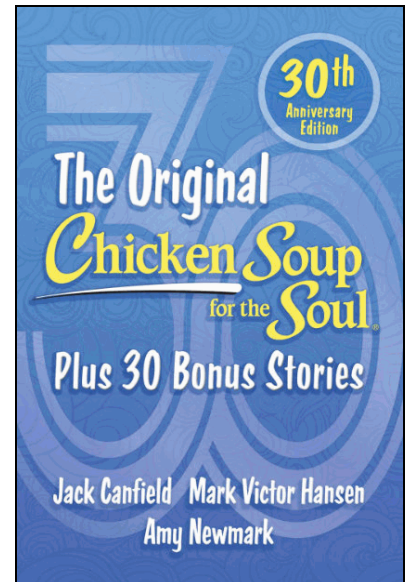
Everyone is still talking about it. Thirty years after its creation, this bestseller continues to change lives around the world. Rediscover the power of inspiration with timeless stories about the everyday miracles that illuminate the best of the human spirit.

Whether you're discovering Chicken Soup for the Soul for the first time, or you are a long-time fan, this book will inspire you to be a better person, reach for your highest potential, overcome your challenges, improve your relationships, and embrace the world around you. Read your favourite original stories plus 30 bonus stories, including ones by:

MK Asante • Rev. Michael Beckwith • Gabrielle Bernstein • Jack Canfield • Kris Carr • Deepak Chopra • Lori Deschene • Tony D'Urso • Pat Farnack • Eric Handler • Mark Victor Hansen • Robert Holden • Tory Johnson • Mastin Kipp • Rabbi Steve Leder • Joan Lunden • Brad Meltzer • Amy Newmark • Deborah Norville • Nick Ortner • Laura Owens • Zibby Owens • Tony Robbins • don Miguel Ruiz • Sophronia Scott • Jane Wolfe

Chicken Soup for the Soul books includes stories from as diverse a group of writers as possible. Chicken Soup for the Soul solicits and publishes stories from the LGBTQ community and from people of all ethnicities, nationalities, and religions.

August 2023



9781611591057

140 x 216

Pb

384pp

Self-Help
£12.99

About the Author....

Amy Newmark is Publisher and Editor-in-Chief of Chicken Soup for the Soul.

Jack Canfield is co-creator of the Chicken Soup for the Soul® series, which includes forty New York Times bestsellers, and coauthor of The Success Principles: How to Get from Where You Are to Where You Want to Be. He is a leader in the field of personal transformation and peak performance and is currently CEO of the Canfield Training Group and Founder and Chairman of the Board of The

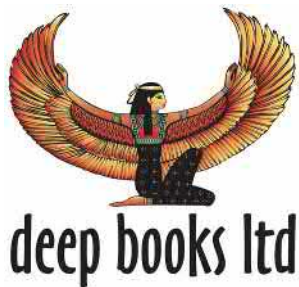
EDI/SS

It's Not Just You

HOW TO NAVIGATE ECO-ANXIETY
AND THE CLIMATE CRISIS

Tori Tsui





advanced information

IT'S NOT JUST YOU HB

How to Navigate Eco-Anxiety and the Climate Crisis

July 2023

Tori Tsui

The term 'eco-anxiety' has been popularised as a way to talk about the negative impact of the climate emergency on our wellbeing. In IT'S NOT JUST YOU, activist Tori Tsui reframes eco-anxiety as the urgent mental health crisis it clearly is.

Drawing on the wisdom of environmental advocates from around the globe, Tori looks to those on the frontlines of eco-activism to demonstrate that the current climate-related mental health struggle goes beyond the climate itself. Instead, it is a struggle that encompasses many injustices and is deeply entrenched in systems such as racism, sexism, ableism and, above all, capitalism.

Because of this, climate injustice disproportionately affects most marginalised communities, who are often excluded from narratives on mental health. Tori argues that we can only begin to tackle both the climate and mental health crisis by diversifying our perspectives and prioritising community-led practices. In essence, reminding us that It's Not Just You.

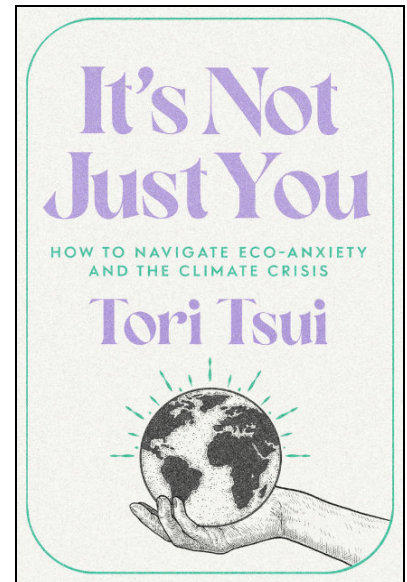
Tackling this increasingly urgent crisis requires looking both inwards and outwards, embracing individuality over individualism and championing climate justice. Only then can we start to build better futures for both people and the planet.

'The world is in desperate need of this book' - Greta Thunberg

'It's Not Just You is a galvanising breath of fresh air' - Mikaela Loach

'Tori Tsui is changing the conversation around mental health and the climate crisis' - Vogue

'A must-read for anyone who would love to understand the intersections of mental health and the climate crisis' - Vanessa Nakate



9781398508729

135 x 216

Hb
352pp

Green Issues
£16.99

About the Author....

Tori Tsui is an intersectional climate activist and mental health advocate from Hong Kong but based in the UK. She was named one of Stella McCartney's agents of change her Fall/Winter 2019 campaign written by author and activist Jonathan Safran Foer and narrated by primatologist Dame Jane Goodall. Stella subsequently sponsored Tori to sail across the Atlantic Ocean to the UN climate conference, COP25. After working on this project, she lived in Colombia working with

EDI/SS

of related interest:

CLIMATE CHANGE FOR BEGINNERS

9781939994431

£11.99

THE ULTIMATE RPG TAROT DECK

JEF ALDRICH & JON TAYLOR



WHEEL OF FORTUNE
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THE ULTIMATE
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ULTIMATE RPG TAROT DECK

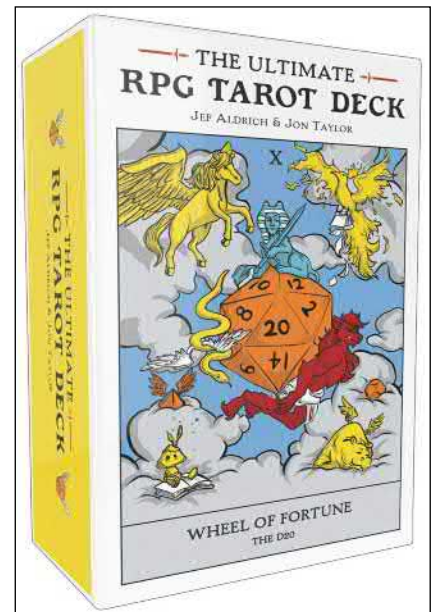
June 2023

Jef Aldrich & Jon Taylor

Welcome to THE ULTIMATE RPG TAROT DECK, where you'll find 78 unique tarot card designs inspired by the exciting world of fantasy RPGs!

Based on the symbolism of the Rider Waite deck, these cards depict traditional tarot archetypes through the themes of sword-and-sorcery tabletop role-playing games. Featuring fantasy-fuelled card interpretations like the Fool depicted as a first level adventurer, stepping out on their first quest, or the pentacles suit reimagined with loot and gold pieces, this deck brings your favourite campaign to life in a new way. It's the perfect deck for your daily divination, or to use as an in-game tool for idea generation, in-game readings, randomized events, and more! Included with the deck is a guidebook which explains how to use the deck for divination or gameplay, and provides definitions and explanations for each card.

With fun, action-packed art, and authors Jef Aldrich and Jon Taylor's cheeky RPG humour, THE ULTIMATE RPG TAROT DECK takes your tarot readings and your gameplay to the next level!



Book & Card Set

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89 x 1140

78 full col cards & 144pp book

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NEW YORK TIMES BESTSELLER

MATT FRASER

A photograph of Matt Fraser, a man with short dark hair, smiling and standing with his arms crossed. He is wearing a tan blazer over a black turtleneck and dark pants. To his left is a glowing, ethereal orb of light with a soft, golden-yellow glow and a wispy, smoke-like texture. The background is a dark, moody blue with some faint, out-of-focus lights.

We Never Die

SECRETS *of the* AFTERLIFE

"Matt is able to turn grieving tears into tears of joy. This book was like my own private reading."

—Jenny McCarthy



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WE NEVER DIE Secrets of the Afterlife

Matt Fraser

From America's top psychic medium and the author of When Heaven Calls comes a new book that unveils the secrets of the afterlife, the truth about heaven, and inspires "us with his comforting certainty that we never die" (Gloria Estefan).

Psychic medium Matt Fraser, author of *When Heaven Calls*, is back to unpack the number one question folks ask him: "What happens after death?" Although we might expect a complicated answer, it's actually pretty simple: We never die!

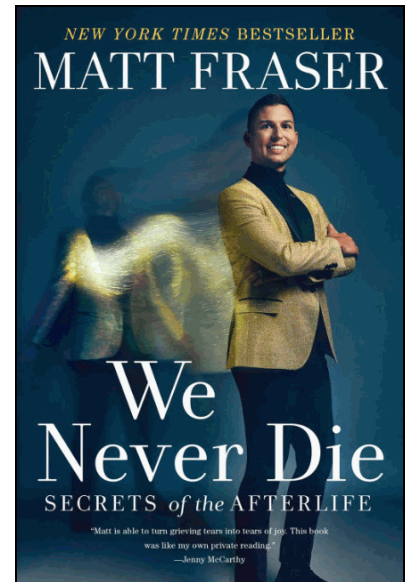
Drawing from thousands of conversations with Spirit, Matt pulls back the curtain on life's hidden revelations:

- What happens when we cross over
- The beautiful realities of heaven and eternal life
- The guardian angels who keep us safe on Earth (including our pets who have passed)
- The role of dreams and how souls appear to the living
- Love, romance, and soul mates beyond life
- Ghosts, hauntings, negative souls, energy vampires, and psychic protection
- Destiny, free will, and second chances
- Regrets, amends, and forgiveness from heaven
- Figuring out your gifts and purpose
- Karma, kindness, and living in the divine flow
- How to recognize the signs and messages our loved ones send us from heaven

As Matt explains, "We all have our own 'phone line' to communicate with heaven. All we have to do is figure out how to use it."

Revealed through never-before-told stories, the wisdom in *WE NEVER DIE* "is healing the world by making sure we have a strong emotional and spiritual connection, which is the foundation for a healthy life" (Karamo Brown, star of *Queer Eye* and author and author of *Karamo*)

August 2023



9781668001103

152 x 229

Pb

240pp

Psychic Awareness
£8.99

About the Author....

New York Times bestselling author Matt Fraser is America's top psychic medium and star of the hit E! television series *Meet the Frasers*. His sold-out live events, television appearances, and spiritual teachings have allowed him to bring healing, hope, and laughter to a global audience of fans and followers from all around the world. Matt's uncanny abilities and extreme accuracy have allowed him to reach millions worldwide from A-list celebrities and influencers to everyday people

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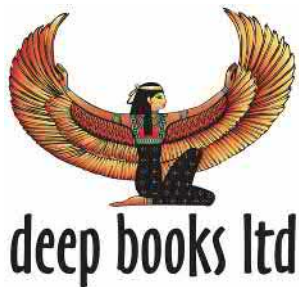
The
Green Witch's Guide to
Magical Plants
&
Flowers



26
Love Spells
from Apples
to Zinnias



Chris Young & Susan Ottaviano
2 Green Witches
Foreword by Deborah Harry



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GREEN WITCH'S GUIDE TO MAGICAL PLANTS & FLOWERS HB

26 Love Spells from Apples to Zinnias

Chris Young & Susan Ottaviano
Foreword by Deborah Harry

A lavishly illustrated celebration of green witchcraft-romance, mythology, and folklore that are sure to enchant your inner witch!

In these trying times, couldn't we all use more magic in our lives? Equal parts practical guide and beautiful keepsake, THE GREEN WITCH'S GUIDE TO MAGICAL PLANTS & FLOWERS shows you how to bring more love and contentment into your life using elements of nature. In this little grimoire, Chris Young and Susan Ottaviano, 2 Green Witches, unlock the secrets hiding in your garden, transforming everyday flowers, fruits, and plants into bath salts, herbal infusions, soaps, sachets, tinctures, and more.

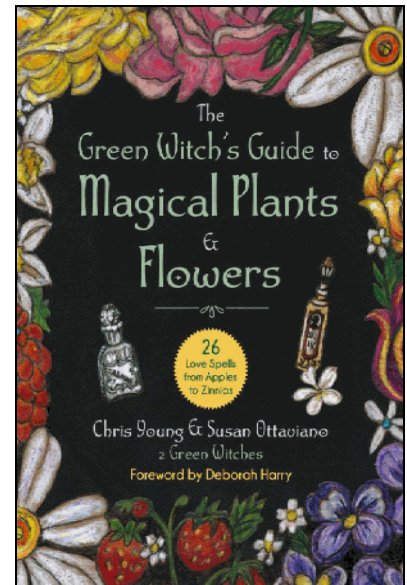
Enchanting all-natural recipes illuminate pathways to love, health, peace, prosperity, and harmony. Learn how a rose petal bath can stoke your sense of desire, how meadowsweet flowers on your nightstand can restore peace between two lovers, and how facial oil made from tulip petals can protect you from heartbreak.

Celebrate green witchcraft and the magical properties of the natural world with The Green Witch's Guide to Magical Plants & Flowers.

"I think this book is a keeper, and I will have it on my shelf within easy reach for the next time I want to cast a love spell on the object of my affection." — Deborah Harry, Blondie; beekeeper (from the foreword)

"Open a portal to the secret life of the natural world with The Green Witch's Guide to Magical Plants & Flowers. This lushly illustrated book features magical plant lore, enchanting spells, and restorative recipes all destined to manifest more love into your life. Uncover ancient folklore and dive into the delicious spells of story in this beautiful book." — Veronica Varlow, bestselling author of Bohemian Magick

July 2023



9781510775664

139 x 177

Colour illustrations
throughout

Wicca

£18.99

Hb
280pp

About the Author....

Chris Young believes that all plants are magical. He is a lifelong gardener whose acclaimed garden, Tiny Sur, is a certified wildlife habitat. His garden writing has been featured in such publications as WestCoast Magazine, Country Living, and L.A. Parent. Susan Ottaviano is an artist, performer, and songwriter. Her career has taken her from the recording studio as the lead singer for the band Book of Love to the photo studio as a food stylist for clients like Bon Appétit and Grey Goose

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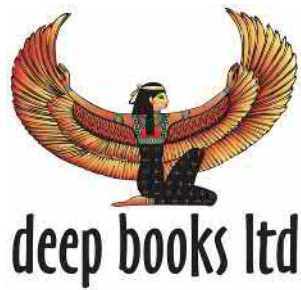
DIANNE BUSWELL

MOVE
YOURSELF

Happy

21 Days
to Make
Joyful
Movement
a Habit





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MOVE YOURSELF HAPPY

21 Days to Make Joyful Movement a Habit

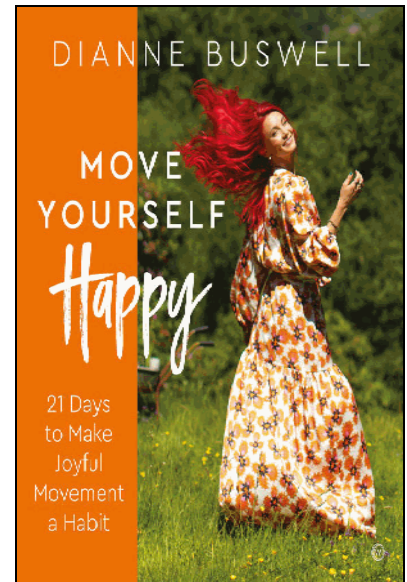
Dianne Buswell

A fun and highly accessible guide to transforming your mental and physical wellbeing through joyful movement from TV personality and celebrity dancer Dianne Buswell.

In this enriching 21-day programme, Dianne Buswell shows you how to make joyful movement a habit. Forget gruelling exercise regimes or punishing diets – Dianne's unique approach nourishes your body and mind using her four pillars of health: rest, movement, nutrition and positivity.

MOVE YOURSELF HAPPY offers step-by-step explanations of core moves from yoga, Pilates and dance, including jive, tap and ballet. It also contains Dianne's favourite recipes, like her delicious homemade chocolate granola or spinach gnocchi, as well as inspiring weekly mantras and journaling prompts, fun daily movement routines and mood-boosting lifestyle hacks, such as having a 5-minute kitchen disco and creating your own self-care sanctuary in your home. This book will transform your relationship with movement and help you feel happier, every day.

March 2023



9781786786708
208 x 238

Pb
224pp

Fitness
£18.99

About the Author....

Dianne Buswell is a much-loved dancer on the BBC primetime series *Strictly Come Dancing*. She is a holistic life coach and founder of Buswellness, a platform to help you build strength and find happiness through joyful movement.

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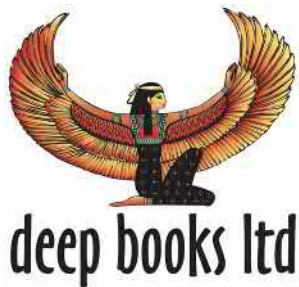


Every Day Matters 2024 Diary

A Year of Inspiration for the
Mind, Body and Spirit

Created by
Jess Sharp
as seen on Instagram
@jessrachelsharp





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EVERY DAY MATTERS 2024 DESK DIARY

A Year of Inspiration for the mind, Body and Spirit

July 2023

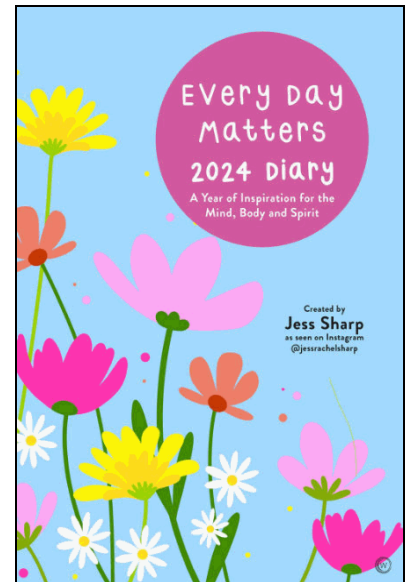
Jess Sharp

Be inspired to kick off the new year full of joy and positivity with this beloved annual diary, filled with vibrant art from illustrator Jess Sharp.

Designed as a resource for enriching daily life, the bestselling illustrated EVERY DAY MATTERS DIARY will guide you on a journey of awareness and fulfilment as you go about your everyday activities. Jess Sharp returns as the illustrator of this inspirational diary with new, vibrant illustrations alongside one life-enhancing theme a month for you to focus on. This year's themes range from adventure, change and acceptance to create, hope and peace.

Each week-to-view spread features an inspiring quote that encourages reflection on the month's theme and an exercise to further your overall wellbeing. Focusing on each theme in a different way each week allows a seed of inspiration and awareness not just to be planted but also to grow substantially, so that positive action can become an integral part of daily life.

The combination of uplifting illustrations and engaging content will appeal not only to those who use the diary year after year but also to new users looking for something beautiful and inspirational.



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About the Author.....

Jess Rachel Sharp is a designer and illustrator based in West Yorkshire, UK. An advocate for mental health awareness and wellbeing, Jess offers people gentle, positive reminders for when they need them most. Jess designs her own range of stationery and gifts, all helping to offer people a little bit of kindness amongst life's ups and downs

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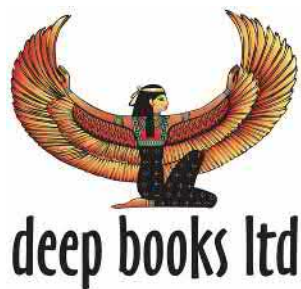


Every Day Matters 2024 Diary

A Year of Inspiration for the
Mind, Body and Spirit

Created by
Jess Sharp
as seen on Instagram
@jessrachelsharp





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EVERY DAY MATTERS 2024 POCKET DIARY

A Year of Inspiration for the Mind, Body and Spirit

July 2023

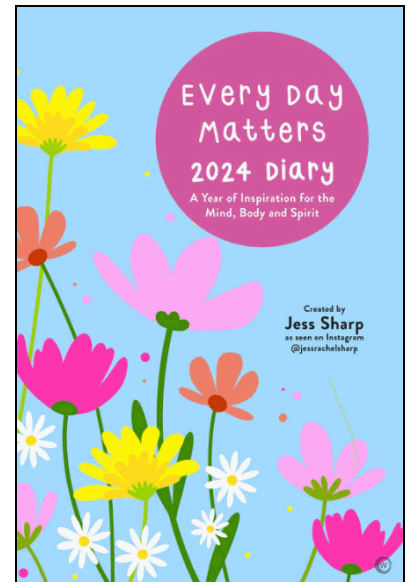
Jess Sharp

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Focusing on just one theme for each month, but in a different way each week, allows a seed of inspiration and awareness not just to be planted but also to grow substantially, so that positive action can become an integral part of daily life. Each week-to-view spread features an inspiring quote that encourages reflection on the month's theme and an exercise to further your overall wellbeing.

The combination of uplifting illustrations and engaging content will appeal not only to those who use the diary year after year but also to new users looking for something beautiful and inspirational.



9781786787569

99 x 147

Full colour throughout
Calendars & Diaries
£8.99 inc VAT

Pb
176pp

About the Author.....

Jess Rachel Sharp is a designer and illustrator based in West Yorkshire, UK. An advocate for mental health awareness and wellbeing, Jess offers people gentle, positive reminders for when they need them most. Jess designs her own range of stationery and gifts, all helping to offer people a little bit of kindness amongst life's ups and downs

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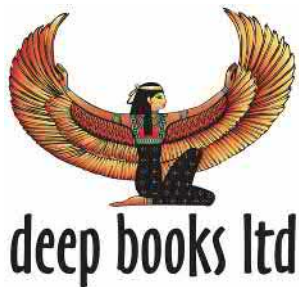


HOW TO READ ANYONE'S UNIQUE
PERSONALITY AND POTENTIAL
FROM THEIR HANDS

THE LITTLE GUIDE *to Palmistry*



JOHNNY  FINCHAM



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LITTLE GUIDE TO PALMISTRY HB

How to read Anyone's Unique Personality and Potential From Their Hands

July 2023

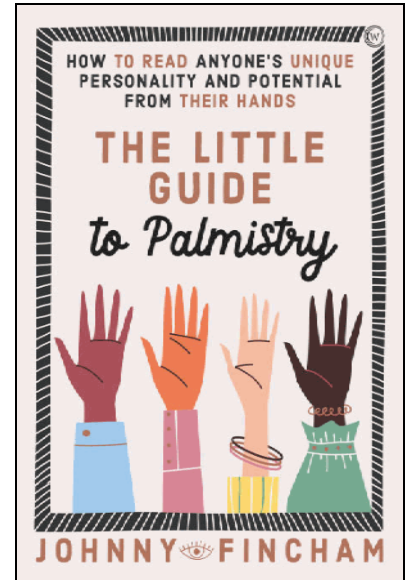
Johnny Fincham

This authoritative book by the UK's eminent palmist will provide you with all the tools you need to reveal all the traits, potentials, and unique aspects of personality in your own palm and those of your family and friends.

"Inspiring, terrifying, life changing" Daily Express

Have you ever thought about learning to palm read? This concise and beautiful book will quickly provide you with all the tools you need to read the secrets of your uniqueness.

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- Use the special checklist provided to build up the complete profile of any person to give them a spookily accurate palm reading



9781786787167

135 x 192

Hb
176pp

Palmistry
£12.99

About the Author.....

Johnny Fincham has been dubbed as "Britain's leading palmist" by the Daily Mail, appearing regularly on radio and television. Johnny Fincham has rewritten the rules of traditional palmistry and his palmistry books consistently top Amazon's international bestseller lists. He is a third generation celebrity palm-reader who balances modern techniques with his intuitive gift. His books include Palmistry Apprentice to Pro in 24 Hours and The Spellbinding Power of Palmistry. He lives in

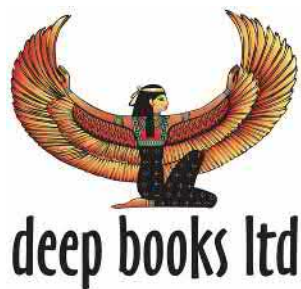
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THE
ASTROLOGY
DIARY
2024

ANA·LEO





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ASTROLOGY DIARY 2024

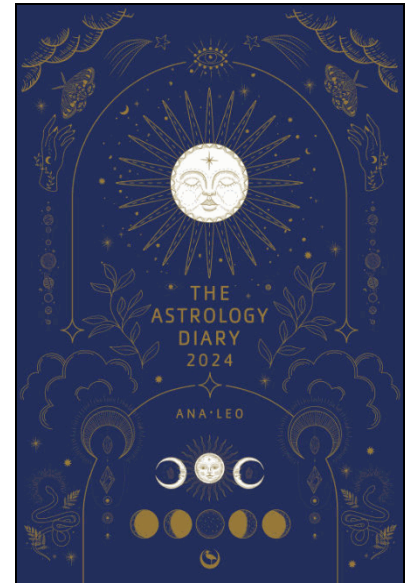
July 2023

Ana Leo

This beautifully illustrated diary is back with new astrological guidance and cosmic insight to help you make the most of opportunities this year.

This unique and beautifully illustrated astrological diary will bring lunar wisdom into your everyday, with life-coaching tools and tips for each week. Organised around the zodiac, it shows you how to use the signs to inform your decisions and align your life with the energy of the Universe. For example, Pisces is the dreamer, so when the sun enters Pisces, it's time to implement steps to move closer to your dream life. It also explains the mysterious effects of planetary conjunctions, like how Mercury entering retrograde affects your decision making and fortunes. This year's diary has more interactive features than ever situated at the crossover of astrology and natural magic, with spells and rituals for you to try at home, like the sacred altar ritual, as well as tarot information, horoscopes and customizable astral charts.

Astrology is a wonderful tool you can use everywhere; you don't need to be mystical to enjoy it.



9781786787576

148 x 210

Full colour throughout

Astrology

£14.99 inc VAT

Pb

296pp

About the Author....

Ana Leo is a coach specializing in guidance from planetary movement, Zodiac signs and Tarot. She is certified by the Brazilian Coaching Society, creating popular YouTube readings, events and workshops. Find her on Instagram @analeo and YouTube www.youtube.com/analeo

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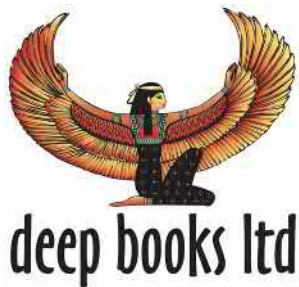
THE NEW MATERIA MEDICA VOLUME 3



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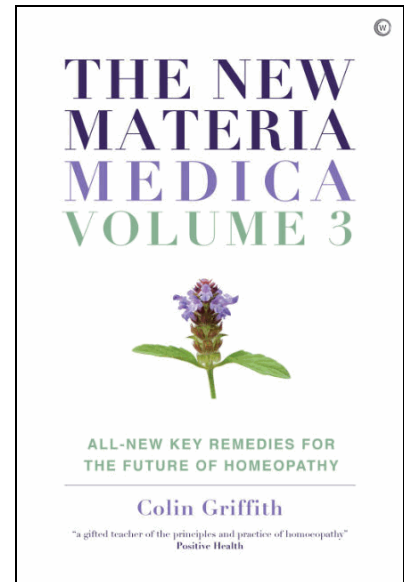
NEW MATERIA MEDICA- Volume 3 HB

All-New Key Remedies for the Future of Homeopathy

August 2023

Colin Griffith

This is the most comprehensive source book available on 36 new fundamental homeopathic remedies that are aligned to the needs of our times and tested by the highly respected Colin Griffiths. The remedies included are unique, extremely varied and help with everything from EMF and poor nutrition to vaccine damage and use of toxic chemicals. The opening chapter explains how astrology can be employed to reveal hidden depths of difficult cases in relation to the 36 remedies, something that is not available in any other volume on homeopathy. The second part is a detailed description of the 36 remedies – from Juniper Officinalis and Black Tourmaline to Phantom Quartz and Tormentil – covering: historical and traditional medical background general symptoms mental, emotional and spiritual symptoms physical symptoms considerations for the use of the remedy esoteric therapeutics case studies that show clinical evidence of efficacy The third and final part contains an appendices on the use of the new remedies useful for the treatment of the result of epidemics



9781786787019

152 x 233

Hb

528pp

Alternative Therapies
£60.00

About the Author.....

Colin Griffith

M.C.H.,R.S.Hom., is a highly respected and effective practitioner of homeopathy. He is a founding member of the Guild of Homeopaths and author of the highly regarded Companion to Homeopathy and Practical Handbook of Homeopathy

of related interest:

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9781780280226

£60.00

NEW MATERIA MEDICA HB

9781905857166

£60.00

EDI/WAP

The Witches' Oracle



Sally Morningstar

Illustrated by Danuta Mayer

Contains 42 divinatory cards and guidebook



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WITCHES' ORACLE - New Edition

January 2023

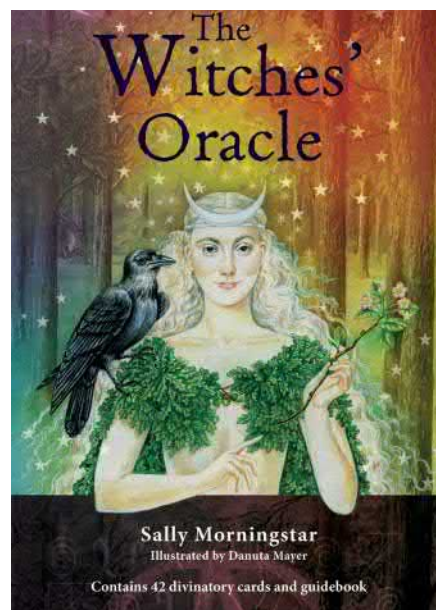
Contains 42 divinatory cards and guidebook

Sally Morningstar

Illustrated by Danuta Mayer

Develop your hidden intuitive skills and discover Wiccan wisdom with this beautifully illustrated divinatory deck and guidebook pack. Featuring key Wiccan symbols and archetypes, the cards help you connect to a place of deep inner knowledge to find the answers you seek.

Each card represents a quality of energy and carries its own particular meaning in a reading, while 'high notes and low notes' offer insight into the possibilities and pitfalls you're likely to encounter on your present course. Including fascinating background on the history of Wicca and the Wiccan festivals through the year, along with a selection of card spreads to address all types of enquiry, THE WITCHES' ORACLE will help you develop your intuitive skills and weave magic into your life as you set out on your quest for guidance.



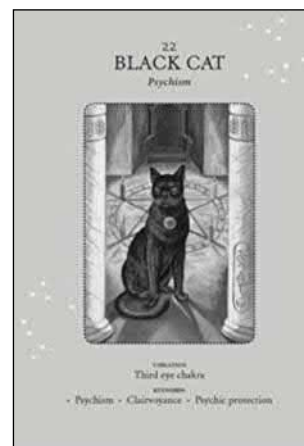
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978-18386-11545

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42 full col cards & 128pp book

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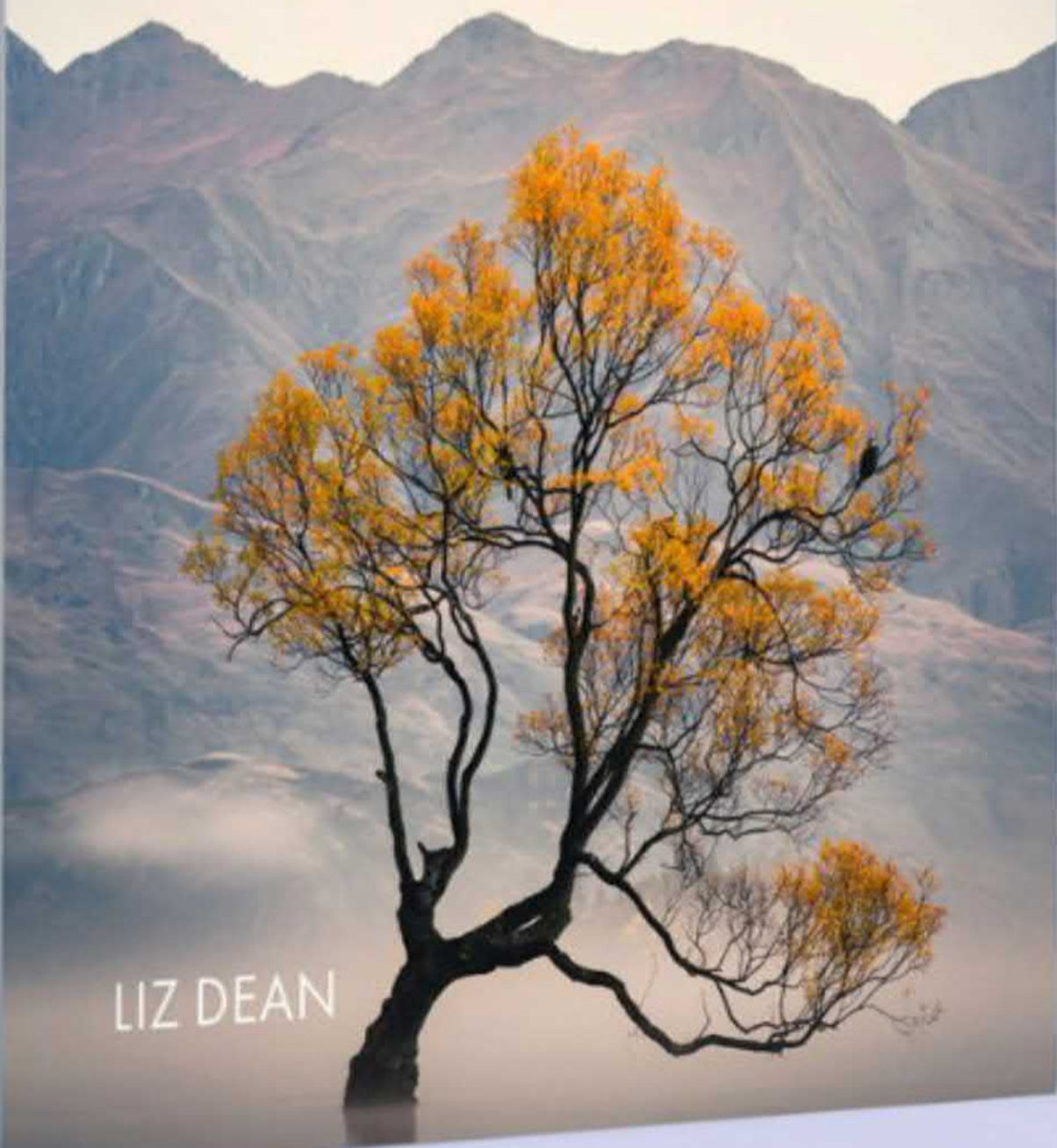
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A 48-Card Deck with Guidebook

Earth Blessings Oracle Cards

CONNECT WITH THE HEALING POWER OF NATURE



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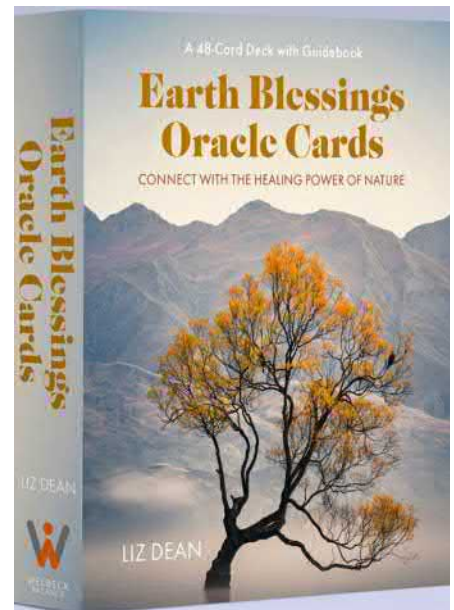
advance information

EARTH BLESSINGS ORACLE CARDS

July 2023

Connect with the Healing Power of Nature
Liz Dean

Whether we forage in wild places, wander by riversides or sit quietly beneath a tree, our longing to be with nature is also a longing to be with ourselves. Nature allows us to slow down and replenish. The cards offer a simple way to bring the outside into your everyday, no matter where you are. The breath-taking photographic images invite you to contemplate your connection with the natural world while the mantras will inspire, uplift and comfort you. Arranged by seasonal themes – Flow for Spring, Inspiration for Summer, Appreciation for Autumn and Belonging for Winter – the cards offer guidance to help you feel grounded, find peace, seed ideas and practise gratitude. The accompanying guidebook expands on ways to work with the cards for personal reflection, providing simple exercises to boost your wellbeing. May these oracle cards support you to trust your intuition, and experience the unique healing power of the Earth – wherever you walk



Book & Card Set
978-18012-92818
110 x 148
48 full col cards & 64pp book
£16.99 inc VAT

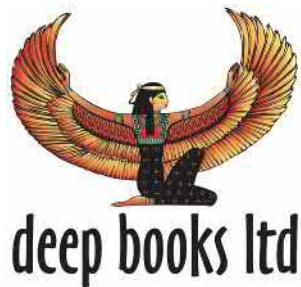


Understand Your Energy
and Learn How to Use it Wisely



Why Vibes Matter

GARRET YOUNT, PHD



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WHY VIBES MATTER

Understand Your Energy and Learn How to Use it Wisely

Garret Yount

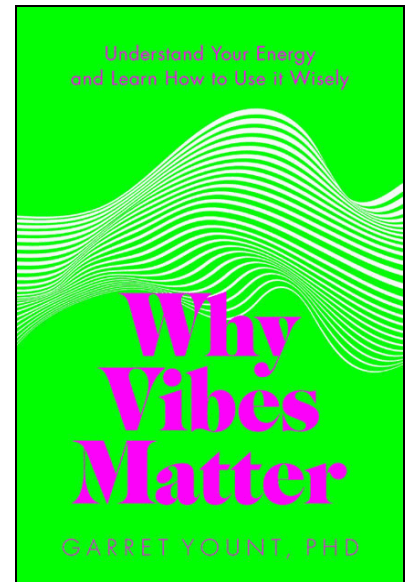
Helps you attune to your own vibes and learn how to influence them in the wisest possible way.

Garret Yount, Ph.D, has been researching the science of vibes for over 20 years, and in this book he explains what physical processes can lead us to experience a 'vibe' or shift in energy and how we can use certain techniques to harness their power to help us to heal and grow.

We've all had 'that' feeling: when our mood suddenly changes or we sense an 'atmosphere' on entering a room. There is a distinct quality that connects these experiences – it's a shift in how we sense a person or a place, often referred to as a 'vibe'. Vibes matter because they have the power to change the way we feel and behave.

Looking at where vibes come from and how they affect us Garret reviews the research and explains the science behind our reactions. Practical tools and techniques will help you attune to your own vibes and learn how to influence them in the wisest possible way.

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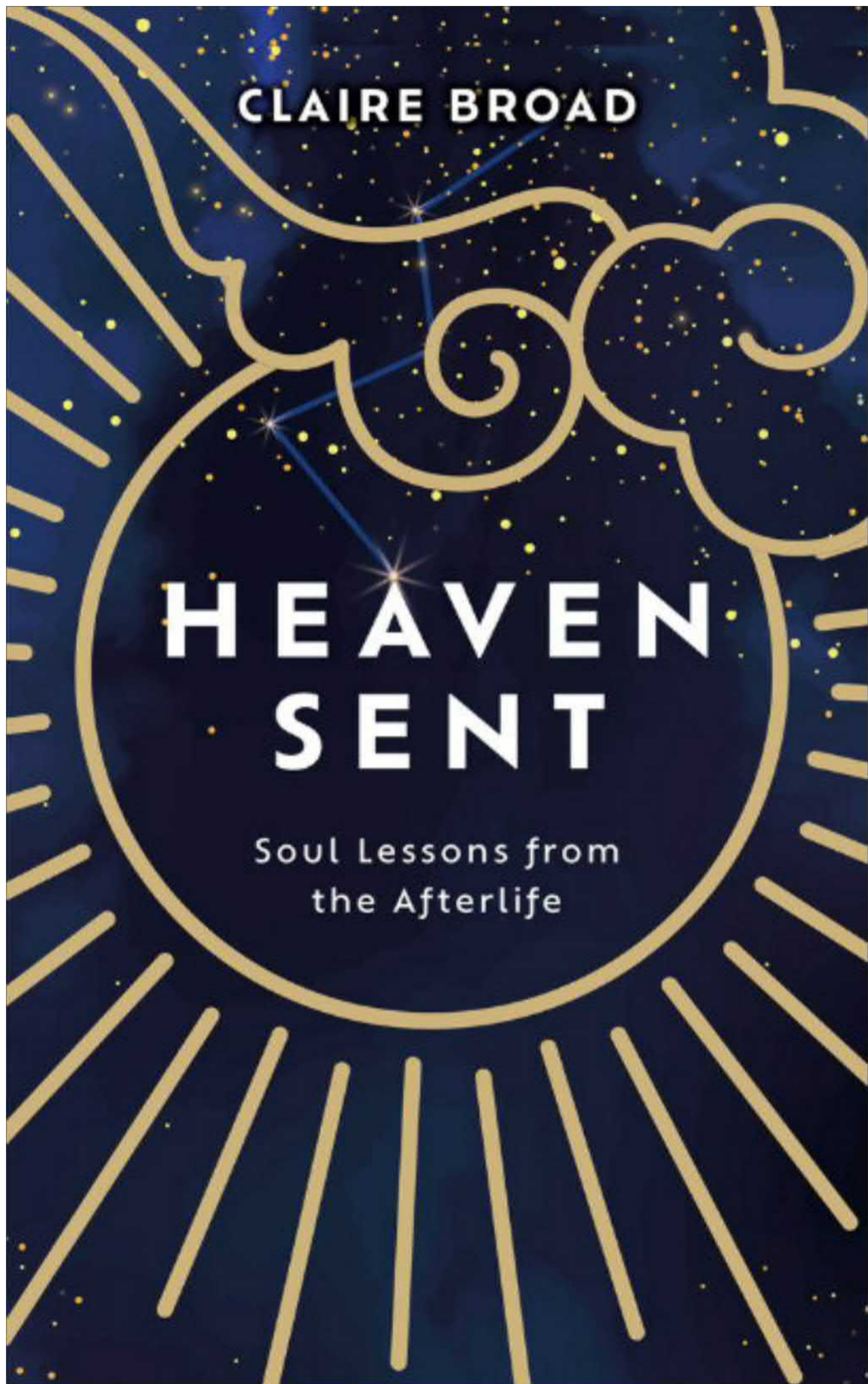
About the Author....

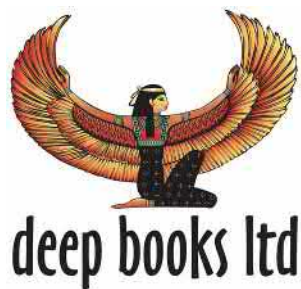
Garret Yount is a molecular neurobiologist whose work applies rigorous science to the study of consciousness. His research has featured in various media, including books Entangled Minds (Dean Radin) and Extraordinary Knowing (Elizabeth Lloyd Mayer), and dramatized in The Lost Symbol (Dan Brown)

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HEAVEN SENT

Soul Lessons from the Afterlife

Claire Broad

This deck uses the power of the earth and the natural world for personal growth and enhanced mental health.

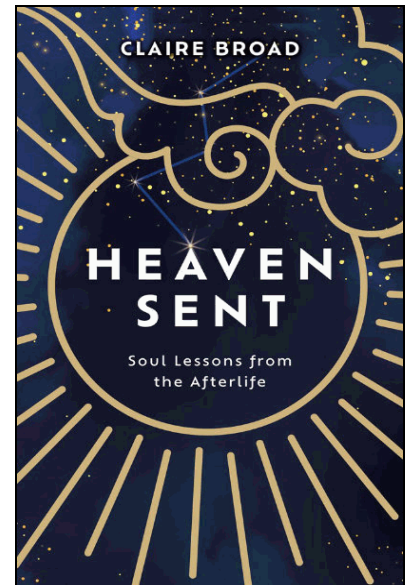
When we are ready to see the truth of the soul, we can learn the value in every relationship including the most important of all, the one we hold with ourselves. We can discover we are enough, we are never alone, nor can we be separated from those we love even after death. We are all connected in this world and the next.

Most people understand Mediumship as the practice of passing on information from deceased loved ones who bring a message that they live on. However, there is so much more to spirit communication. Claire Broad, accredited medium and spiritual teacher explains how, as a conduit between two worlds, she is uniquely placed to receive and communicate wisdom about our soul's journey from the deceased and her guides.

After experiencing her own profound soul connection and receiving coaching from her team of spirit guides, Claire has been asked by the spirit world to write on their behalf, about the soul and unconditional love. From soul families, to soulmates and twin flames, there are many expressions of soul connections, each one perfectly designed to lead us back to pure unconditional love and our soul within. Even the most difficult and painful relationships serve a higher spiritual purpose, teaching us to live fearlessly, love without condition, have compassion for all souls on Earth, as well as enjoy a life of greater joy, purpose and meaning. Lessons from the afterlife prepare us for our own inevitable physical death and the soul's journey back to the spirit world.

When we are ready to see the truth of the soul, we can learn the value in every relationship including the most important of all, the one we hold with ourselves. We can discover we are enough, we are never alone, nor can we be separated from those we love even after death. We are all connected in this world and the next.

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About the Author.....

Claire Broad is a medium, spiritual teacher and bestselling author. She gave her first message from the spirit world to a relative at the age of 4 and began developing her ability as a medium from the age of 21. She is accredited as a registered and approved medium with the Institute of Spiritualist Mediums and has built a strong reputation for being deeply spiritually aware, whilst maintaining a down to earth, honest, compassionate approach to her work. Claire resides: Fleet, Hampshire

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