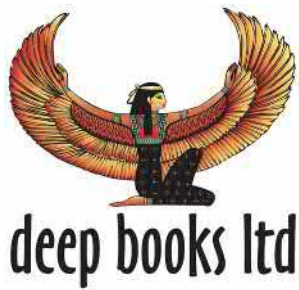




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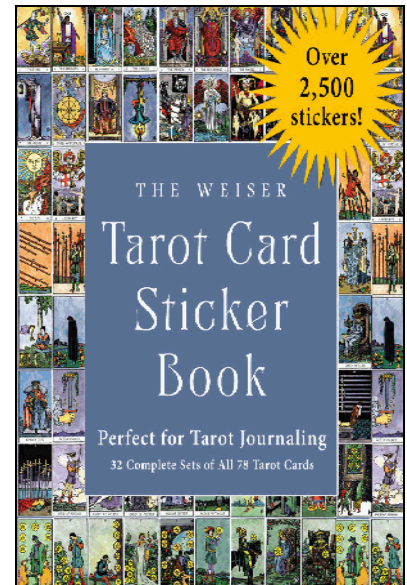
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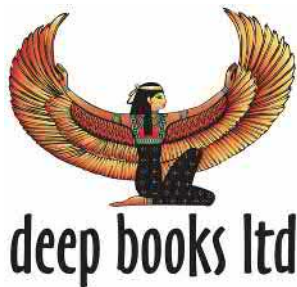
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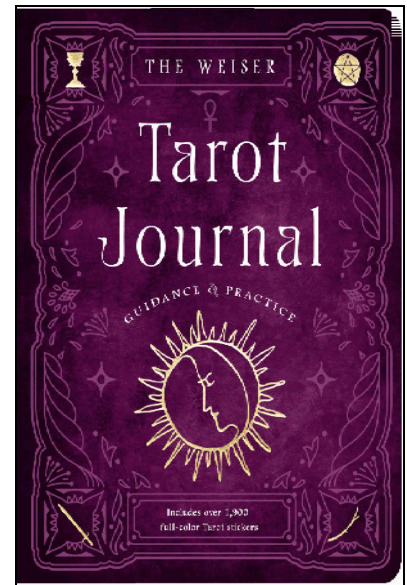
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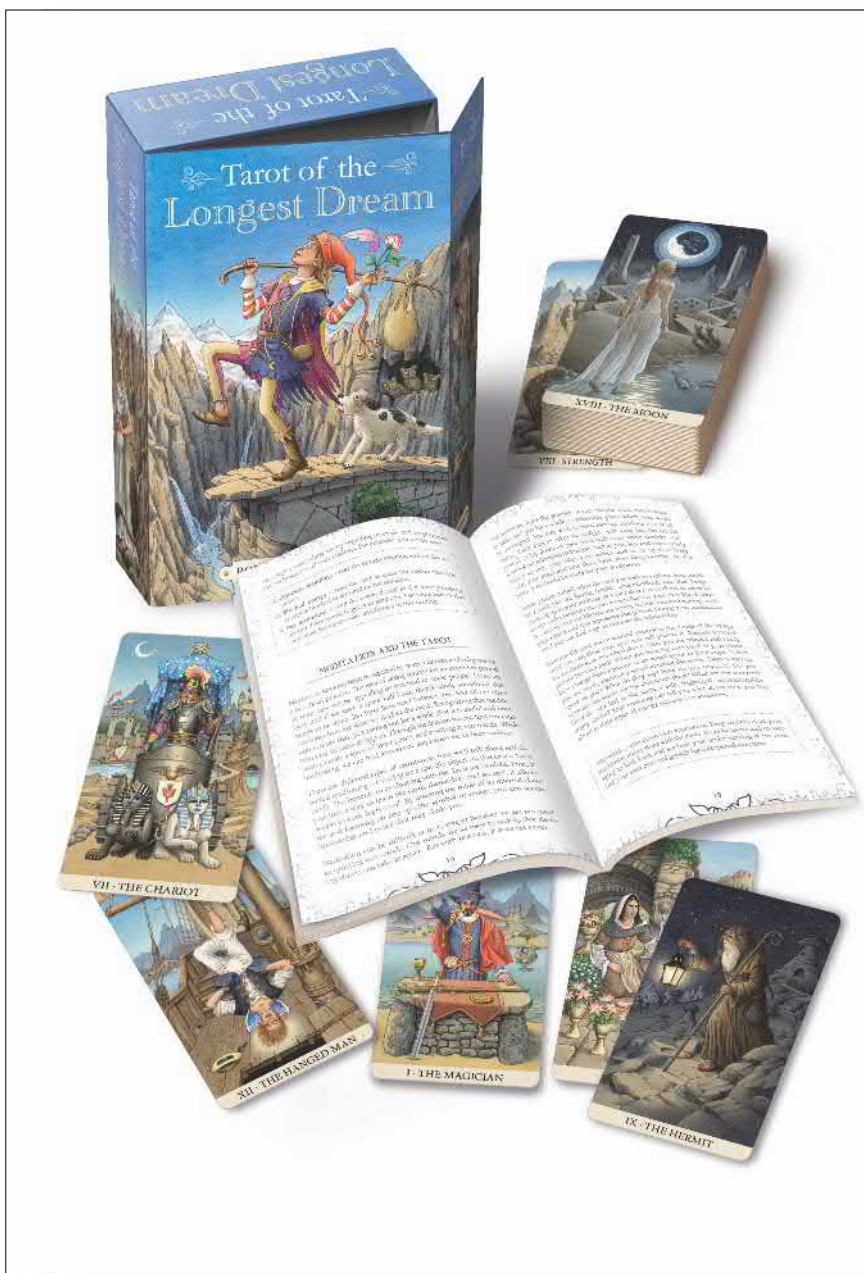


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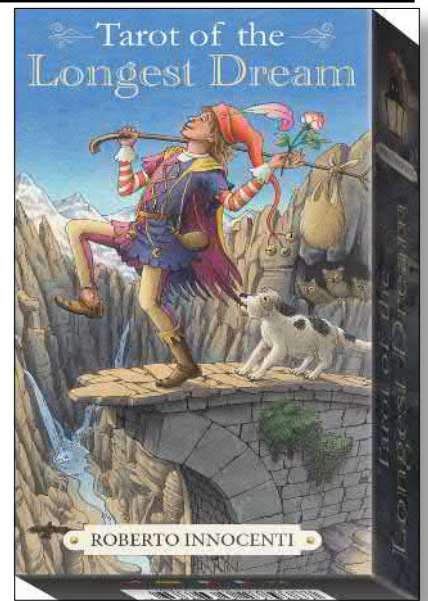
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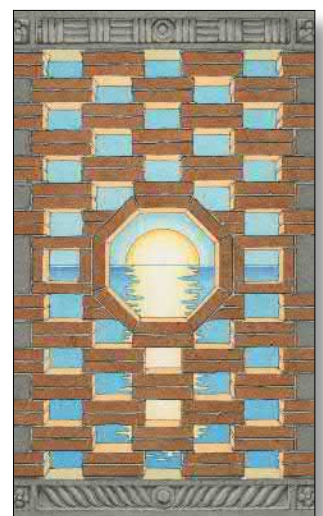
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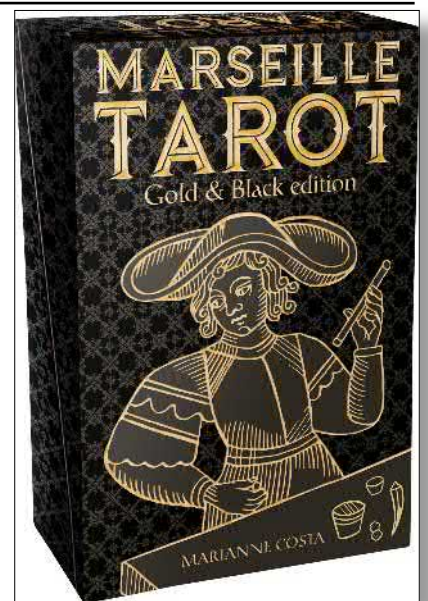
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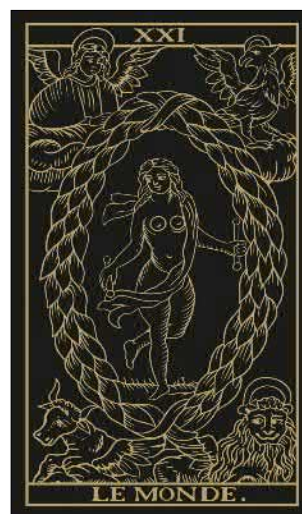
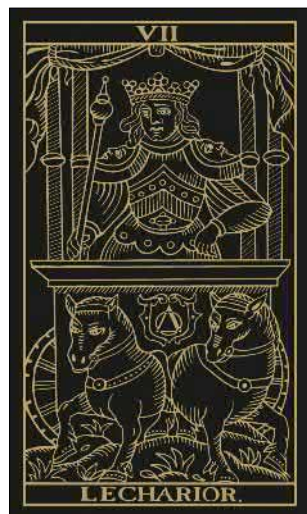
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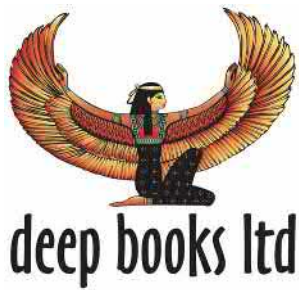
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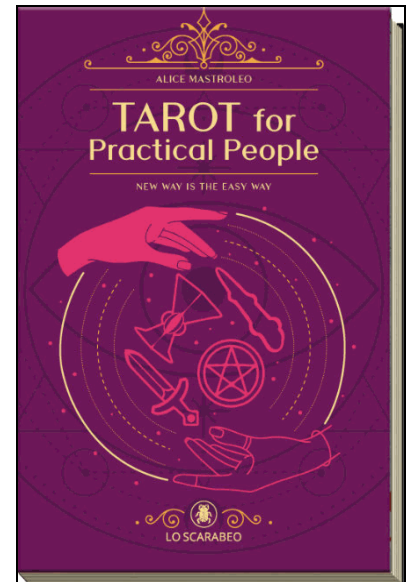
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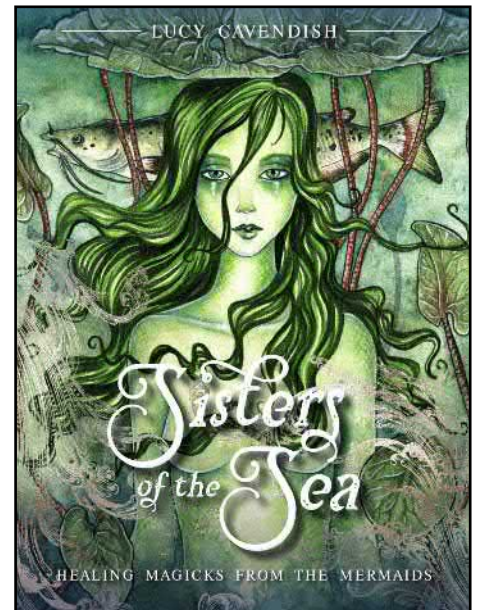
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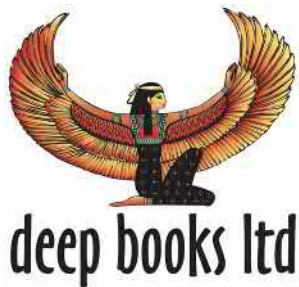
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About the Author....

Theresa Reed, also known as "The Tarot Lady," is a world-renowned Tarot reader and expert who has been reading Tarot and teaching Tarot for close to 30 years. She is the host of the popular online Tarot Bytes and Astrology Bytes. Theresa is the author of Tarot, No Questions Asked; The Tarot Coloring Book; Tarot for Kids; Twist Your Fate; and the co-author of Tarot For Troubled Times. You can find Theresa online at TheTarotLady.com

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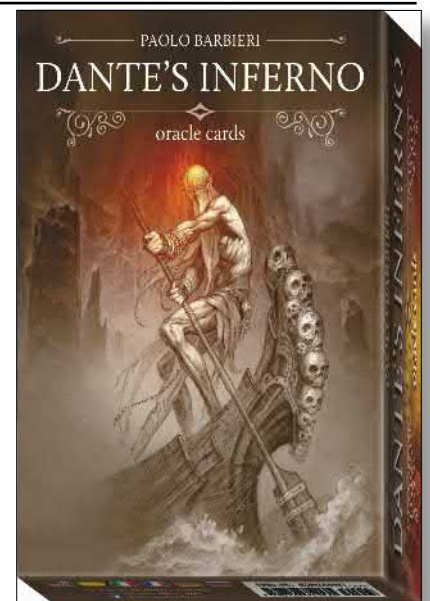
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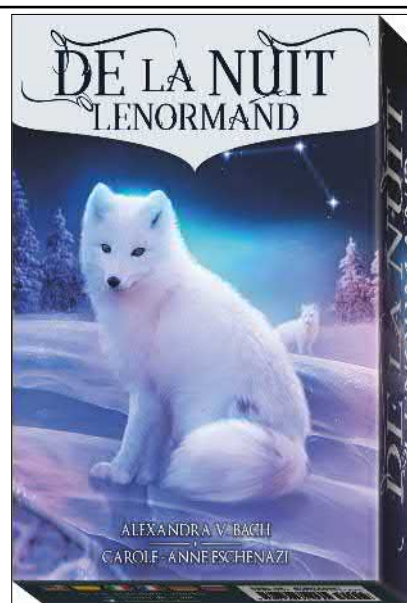
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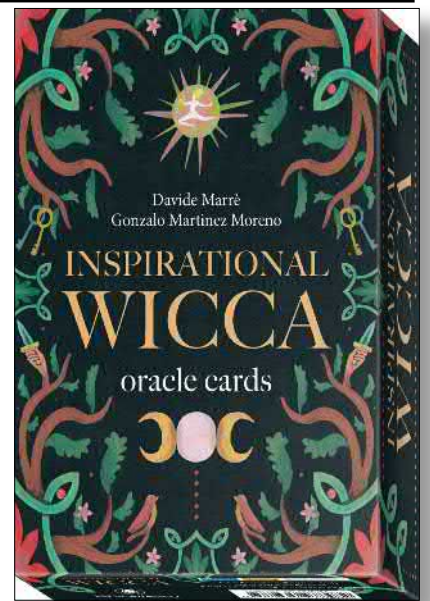
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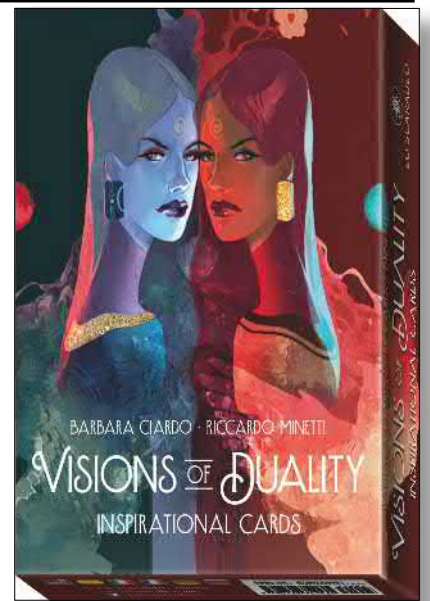
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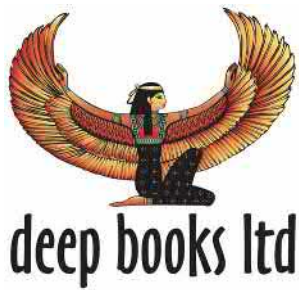
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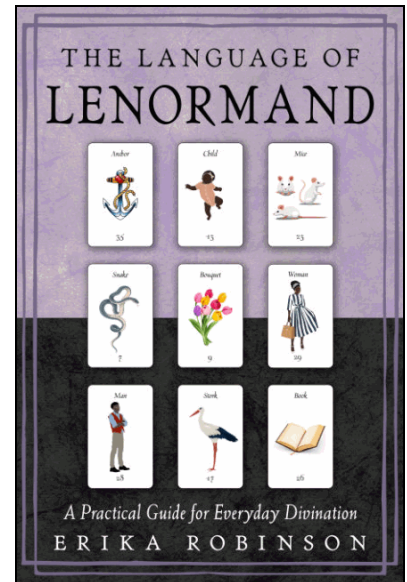
October 2023

Erika Robinson
Foreword by Carrie Paris

A much-needed guide to this increasingly popular divination system written by a Lenormand master and teacher.

The Lenormand deck, consisting of 36 numbered and named cards, has been popular in Europe for centuries. Each card depicts an archetype – a fox, a snake, a coffin, or whip, for example – rather than tarot's somewhat more involved symbology. This makes the Lenormand system an easy entry point to divination.

Respected Lenormand authority, Erika Robinson believes that Lenormand is not just a deck of cards, but is also a language that, if mastered, can help one achieve self-empowerment and the ability to attain the life you desire. In this, her first book, Robinson, a longtime English teacher, helps readers become fluent in the language of Lenormand. The author provides a guide to the meanings of each card, so that no prior knowledge of Lenormand is required, however this is a sophisticated Lenormand book that takes Lenormand to the next level and is suitable for those who are already familiar with it.



9781578638055
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50 illustrations
Divination
£15.99

Pb
208pp

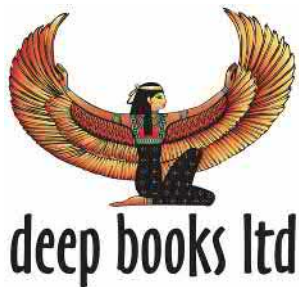
of related interest:

SIREN'S SONG
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advanced information

TEA WITCH'S GRIMOIRE HB Magickal Recipes for Your Tea Time

October 2023

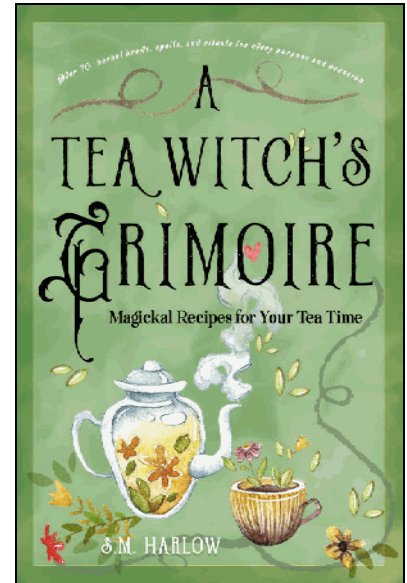
S. M. Harlow

Celebrates the simple pleasures and great magical power of teas and herbal brews—with over 70 recipes for every purpose and occasion.

A TEA WITCH'S GRIMOIRE offers recipes for magical botanical brews of all sorts: teas, elixirs, potions, and concoctions, accompanied by spells and rituals to put these brews into action. Whether you're looking for prosperity, protection, mental clarity, love, or beauty, this tea spellbook has a carefully crafted recipe for you. The author, Susana Harlow, first started to learn tea witchcraft and lore as a young girl at her grandmother's side. In this book, she now presents the recipes and magical tea lore she learned and perfected over the years. Here's just a sampling of the cornucopia of magical recipes, spells, and botanical brews that can be found within:

- Celebrating the holidays of the Wheel of the Year
- Honouring the phases of the moon.
- Aligning with your astrological sign
- Using crystals as part of your tea magic
- Working with everyday problems and personal aspirations

Also included is an information-packed section listing recipe ingredients and how they correspond with specific energetic qualities and personal goals.



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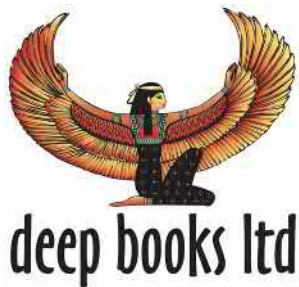
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9781578637737

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WHERE DRAGONS DANCE

Lunar Eclipse Pathways to Personality & Prediction

Kory Varlen

Foreword by David Cochrane

Get ready to meet your dragon family and discover life patterns unknowable by any conventional means of astrological analysis.

The ancient Chinese believed that lunar eclipse occurred when a dragon ate the moon. Our birth charts reveal we belong to a heavenly family—a family of dragons, or galvanizing lunar eclipse patterns, many of which are ancient and have been returning for centuries to check up on us, their earthly kin. Get ready to meet your dragon family and discover life patterns that have been dancing you through elaborate cosmic steps heretofore unknowable by any conventional means of astrological analysis.

Who wouldn't want to dance with dragons? Nothing has captured their essence more than this book.

Who are these dragons?

Which Dragon family do you belong to?

Which Dragon owns the Astrological DNA of your soul?

How are Dragons influencing your life?

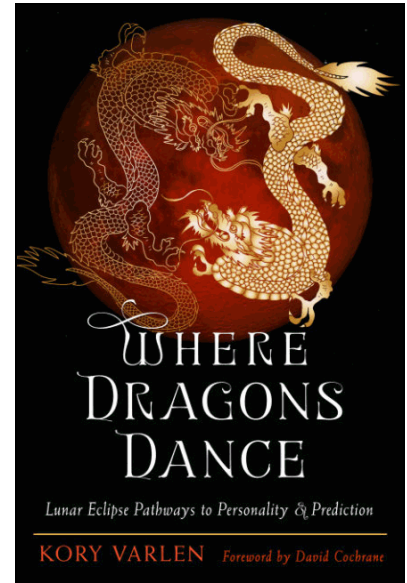
If you're looking for a precision instrument that is useful, reliable and will function 100 percent of the time, the forty-seven families of lunar eclipses outlined in this book have quite the stories to tell. Some are ancient, some are new, and some have yet to be born. But they each have the power to illuminate your sphere of influence. We all want to fulfil the highest, truest expression of ourselves as human beings and a knowledge of how these Lunar Saros Series eclipses work shines a special quality of light upon our personality and our pathway through the world. You will see how the eclipses have impacted lives and brought fame, fortune and sometimes despair. The author's captivating humour takes the technical astrological data and makes it interesting to even those who are not astrology buffs.

Every Astrologer needs this book. It is as essential as the Ephemerides. It will make your practice come alive in ways you have never experienced.

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October 2023



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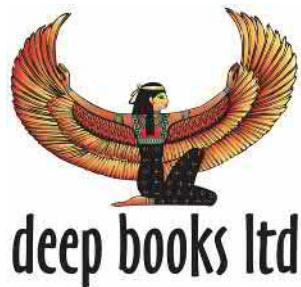
Pb

520pp

About the Author.....

Kory Varlen is an international lecturer and educator B.Ed. (UBC) Dip. TEFL (UK), co-founder of the British Columbia Federation of Astrologers (BCFA), a practicing consulting Western Astrologer for over 45 years, and creator of her site, KOSMICK. She is a graduate (Dip. FS) from Bernadette Brady's (Weiser Classics Predictive Astrology) Astro Logos School, one of the world's premier astrological schools based in Australia and the UK.

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CALL ME JONAH

October 2023

Will Alexander

A book about extraordinary moments through out the life time and the remarkable insights acquired.

Life doesn't end. Reality isn't fixed. Time doesn't work the way you think. Even the universe, despite its size, is surprisingly aware of and attuned to each of us. Then come those moments when all boundaries dissolve, worlds merge, and we are given glimpses into how connected everything is. CALL ME JONAH is the story of an ordinary man who experiences such extraordinary moments starting in childhood and then continue throughout his lifetime. Afraid of ridicule, he keeps hidden what he learns from each mystical encounter for decades. Until a random meeting with street prophet ultimately convinces him to share his journey and the remarkable insights acquired along the way.

Only God could write a story so touching as this through the words of Will Alexander. — Courtney Force, author of Soul Dancer



9781950639205
140 x 216

Pb
140pp

Psychic Awareness
£10.99

About the Author....

Will Alexander is a teacher, scholar, and college president. He served in leadership roles at many renowned American universities. After decades in higher education, he refocused on his lifelong passion—writing about the transcendent moments that all of us have experienced and how they impact the course of our lives

OMP



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HAFIZ'S LITTLE BOOK OF LIFE

October 2023

Hafiz
Translated by Erfan Mojib and Gary Gach
Foreword by Ari Honarvar

Life lessons from one of the greatest poets of all time in all new translations by a master poet and translator. This is the perfect introduction to Hafiz for all lovers of poetry and seekers of love, spirituality, and meaning.

I have this gem
And it's looking for a beholder

HAFIZ'S LITTLE BOOK OF LIFE is a lush collection of more than 250 poems by Hafiz, commonly known as the Tongue of the Hidden. In Iran, ordinary people memorize poetry of Hafiz. Lines from his poems are quoted as proverbs in everyday life. Stars can be heard singing his poetry on the radio. A copy of his collected work (divan) can be found in any average household. Translated by native Persian speaker, Erfan Mojib and the award-winning translator Gary Gach, this collection will be sure to strike a chord with Hafiz lovers everywhere.

Let the unforgettable words of Hafiz shine through you with their love, depth, and celebration of life. This collection of mystical poetry focuses on the issues we encounter in everyday life. The book unfolds as Garden of the World, Garden of Love, and The Garden of Bliss. These encompass a range of experiences a person is likely to encounter in a lifetime.

- World includes personal and social themes, such as solitude, hypocrisy, and hope.
- Love spans separation, longing, and union.
- Bliss, the capper, is the briefest.

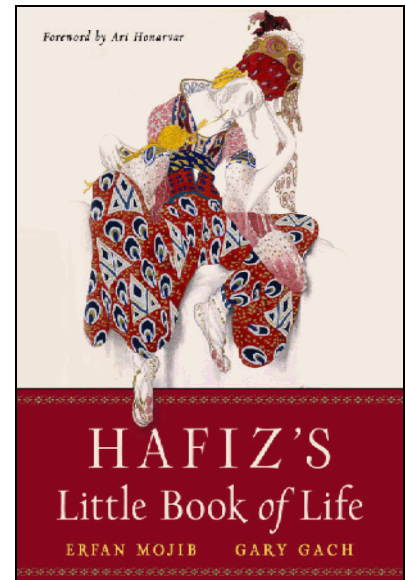
Also included is a small biography of Hafiz, translators' notes, and a section on using Hafiz's work for divination. A typical Hafiz Oracle occurs every year at a Yalda celebration (the longest night of the year). During the evening, someone might make a wish and open a book of Hafiz and read a poem out loud. They then pass the book to the next person.

of related interest:

RUMI'S LITTLE BOOK OF LIFE

9781571746894

£12.99



9781642970463

127 x 178

1 map

Islam

£12.99

Pb
244pp

About the Author.....

Hafiz of Shiraz (also known as Hafez) remains the most beloved name in all of Persian literature. Indeed, his mystic, lyric poetry is cherished as one of the great achievements of world literature, on a par with Dante, Goethe, and Shakespeare. Where Rumi dives deep, Hafiz's vision is as multifaceted as life itself: beyond literature, philosophy, and spirituality, he is truly a force of nature.

HRP



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SHAMANS PATH TO FREEDOM

A Toltec Wisdom Book

don Jose Ruiz

Foreword by don Miguel Ruiz

The latest book from don Jose Ruiz presents tools and teachings from his family's Toltec traditions - a tradition that was first revealed in the bestselling The Four Agreements.

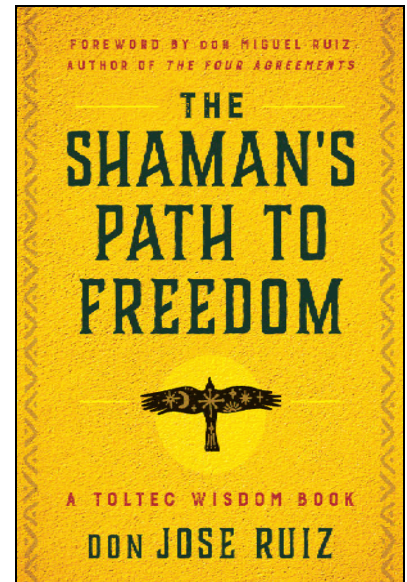
Humanity is in crisis: War, poverty, environmental disasters, and more have brought the planet to a tipping point. In our personal lives, many of us carry deep-seated fear, resentment, anger, and even hatred for others and ourselves.

Since ancient times, Toltec shamans have taught that the root of all this discord can be found in the human mind and what they called its addiction to suffering. They have also taught that the time will come when we must choose to either break free from this addiction or pay the ultimate price. According to Toltec Shaman don Jose Ruiz, that time is now, and the change that is needed can only come from within.

In THE SHAMAN'S PATH TO FREEDOM, Ruiz will teach you how to find and claim your own personal freedom, one based on unconditional love for yourself and others, and in doing so break your mind's addiction to suffering. By walking this path, you can live a life of peace and harmony within yourself, which is the most important thing you can do to bring about the change that is needed in the world.

Filled with Toltec practices for establishing personal freedom, THE SHAMAN'S PATH TO FREEDOM is don Jose Ruiz's most personal and radical book yet, guaranteed to thrill both new readers and longtime fans.

October 2023



9781950253395

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Shamanism
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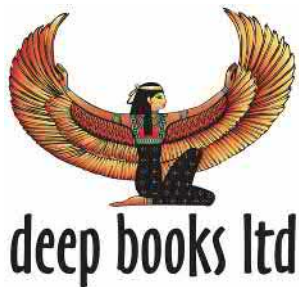
About the Author....

Don Jose Ruiz is a Nagual (Toltec shaman) in the Eagle Knights lineage, and son of don Miquel Ruiz, author of The Four Agreements. He is the author of The Wisdom of the Shamans and The Medicine Bag, and coauthor with his father of The Fifth Agreement

of related interest:

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TEACHINGS FROM THE MYSTERY SCHOOL

The Maitreya Discourses

Elizabeth Clare Prophet

October 2023

The age of Lord Maitreya, the world teacher and future Bodhisattva, is upon us

Come and Find Me. . .

Welcome to the Mystery School of Lord Maitreya-the Buddha of mercy, love and compassion.

Two thousand years ago, Maitreya sent forth the call to his disciple, Jesus, to come and find him. And so Jesus set out for the Himalayas to find the Father, Maitreya, and to receive the teachings that would be the key to an age.

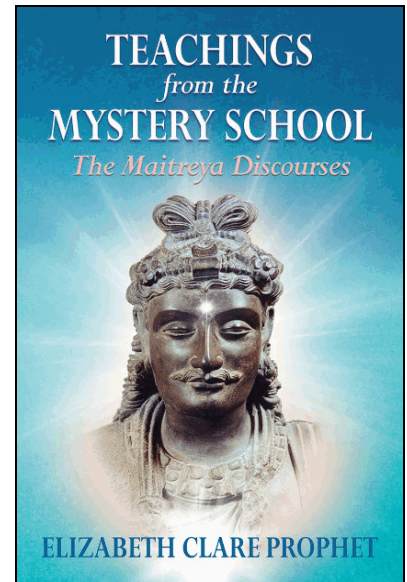
Now, once again, Maitreya sends forth the call. Are you one of these fiery spirits that Maitreya Buddha is calling?

Jesus tells us that the Mystery School of Lord Maitreya is "the open door of the coming of the golden age. This is the open door of the pathway of East and West, of the bodhisattvas and the disciples. . . . For once again it may be said that Maitreya is physically present, not as it was in the first Eden but by the extension of ourselves in form through the messenger and the Keepers of the Flame."

Soon after the announcement of the opening of his Mystery School, Lord Maitreya began a series of profound discourses. He asked us to search these teachings and to discover in them the keys to this Age of Maitreya.

In this book you will find those keys to anchoring the consciousness of the Cosmic Christ in your life. Maitreya beckons: "Come and Find Me."

Welcome to the adventure of the ages.



9781609883553

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408pp

Spirituality and
Inspirational
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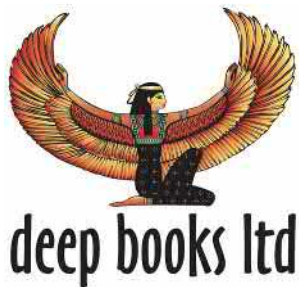
About the Author.....

Elizabeth Clare Prophet is one of the most influential spiritual leaders of the twentieth century. Her books have been translated into more than thirty languages and her insights on the spiritual path continue to inspire new generations of seekers around the world

of related interest:

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WOMEN WHO LOVED JESUS

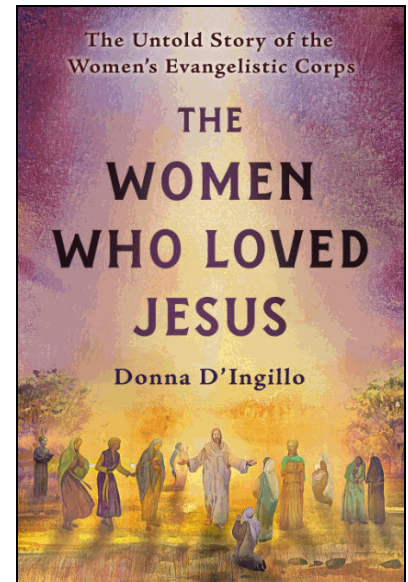
The Untold Story of the Women's Evangelistic Corps

Donna D'Ingillo

An astounding new claim about Jesus was first made in 1955: that he had commissioned twelve female apostles. Its source was The Urantia Book. Now, a newer source builds on that revelation, unveiling each one of these inspiring stories

Our world is ready for the untold stories of the twelve female apostles commissioned by Jesus. The Bible mentions only a few of these women, but never refers to them as apostles. Only in 1955 was the role of these female counterparts to the male apostles revealed in *The Urantia Book*, a profound modern text that has gone on to sell over a million copies worldwide. This detailed new account corrects and supplements the New Testament's record for our global era. It stuns readers by explaining how Jesus's attitude toward women was "the most astonishing and the most revolutionary feature of [his] mission on earth," leading him to break with Hebrew tradition by appointing a women corps. Now, many decades later, we've been gifted with an even more expanded account of Jesus's work with his most devoted female followers. *The Women Who Loved Jesus* shares inspiring new details of this long-suppressed story thanks to the eye-witness narrations provided by each of his dozen female apostles. Each woman steps forward to tell her story of how Jesus preached their spiritual equality with men, transformed their personal lives, and ordained them as teachers and ministers of the gospel. For the first time, we see Jesus through the eyes of his most fervent women followers, and we also learn how their ministry—designed to be complementary to that of the male apostles—focused on creating a social network of healing and compassion. The task of the female apostolic corps was to create an environment for teaching and for healing at all levels through a variety of techniques Jesus personally supervised. Read this book to discover how these women laid the spiritual, energetic, and social foundation for the Christian church. Their messages to us are both universal and timely, as women all over the world are finally taking their rightful place as ministers, healers, and religious teachers.

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12 B&W portraits

Christianity

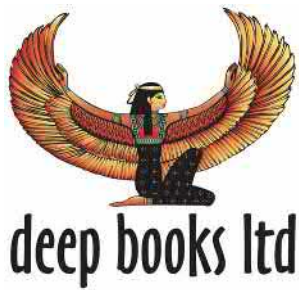
£14.99

Pb
160pp

About the Author....

Donna D'Ingillo is a lifelong student of *The Urantia Book* and one of the first full-time ministers of the expanded gospel of Jesus based on the *Urantia Revelation*. She has been a renowned pioneer in celestial contact for over three decades, and is also the founder and executive director of the Institute for Christ Consciousness, based in Delray Beach, Florida. In addition to an extensive spiritual healing and counselling ministry with individuals, she conducts workshops and seminars and

Cia



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GET EMPOWERED

A Practical Guide to Thrive, Heal, and Embrace Your Confidence in a Sexist World

Nadia Telsey & Lauren R. Taylor

A practical guide for women, nonbinary, and LGBTQIA+ people to claim our right to be safe, to take up space, and to speak up for ourselves.

Don't walk alone at night. Don't leave your drink unattended. Don't hurt anyone's feelings.

Most women and nonbinary people are taught these rules, intended to keep us safe from harassment, abuse, and assault, from a young age. While the #MeToo movement has swept the globe and shined a light on the pervasiveness of gender-based violence that led to these "rules," the fears persist—and for good reason.

While men—who commit almost all gender-based violence—are the ones who should be responsible for changing, those of us who are targeted shouldn't have to wait for the world to transform and become a better place in order to live safer, fuller, more authentic lives.

Through real-life stories, meaningful questions, and interactive exercises, GET EMPOWERED will teach readers to:

- understand why gendered violence exists and how it shows up
- take up space
- say what they want
- let go of self-blame
- heal from past traumas

Whether you're looking for ways to stand up for yourself, you're a survivor focused on healing, or you're committed to being an ally, this book will give you the tools you need to thrive.

of related interest:

GRIND CULTURE DETOX

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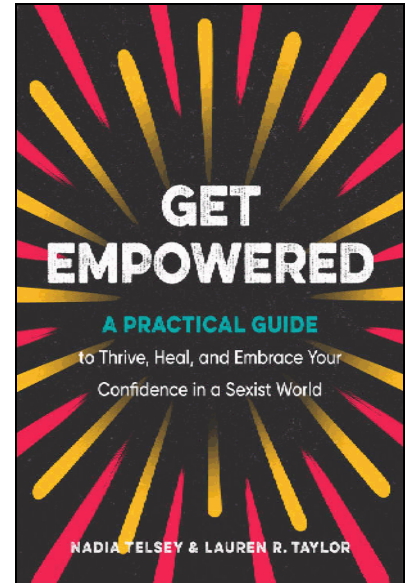
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MASTERING YOUR MEAN GIRL*

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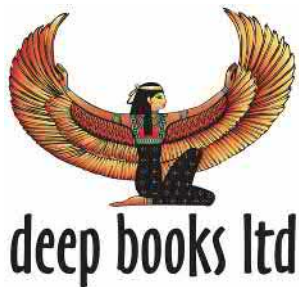
About the Author.....

Nadia Telsey pioneered the field of verbal and emotional (as opposed to solely physical) self-defence, beginning with the cofounding of the feminist Center for Anti-Violence Education in Brooklyn in 1970. She has taught self-defence to thousands of students in the U.S. and abroad, including for seventeen years at the University of Oregon, where her class has been the subject of research on the efficacy of the approach. Her work against gender-based violence included many years serving on the

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LOGIC PUZZLES FOR BRAIN FITNESS

90-Day Challenge to Sharpen the Mind and Strengthen Cognitive Skills
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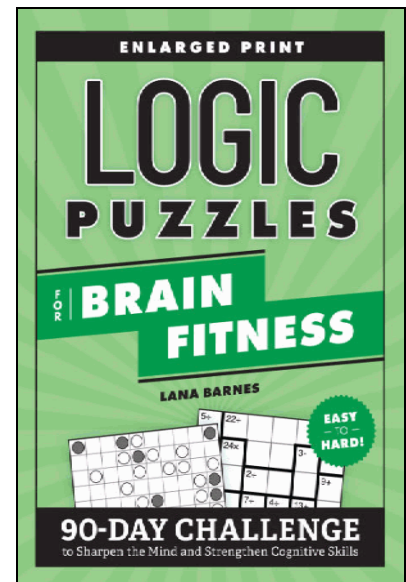
Lana Barnes

Activate your brain - and have fun! - with 90 days of easy-to-hard logic puzzles.

Seeking an intellectual challenge, looking to prevent brain fog, or just wanting to try some new brain games? Test your mind with the LOGIC PUZZLES FOR BRAIN FITNESS challenge: 90 days of logic puzzles that progress from easy to hard. The wide variety of word-based, number-based, and visual logic puzzles means you won't be bored. And with bonus puzzles to keep your good habit going, you'll be amazed at the improvement in your concentration, deduction, and critical thinking skills in just three short months.

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- Helpful guidance for each kind of puzzle. Expand your puzzling capabilities and master new logic puzzles with our expert's top tips.
- Large, clear text. Avoid eye strain with the easy-to-read text.
- Answer key in the back. So you can easily check your answers.
- Plentiful margin space. Great for jotting down notes as you unlock each puzzle.
- Great gift for puzzle lovers. Perfect for travel or just unwinding at home.

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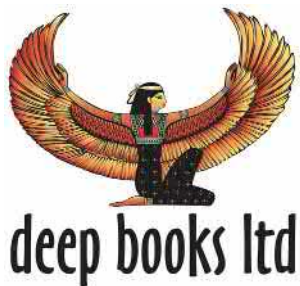
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CREATURE CORNERS

A Book to Trace and Color

Brittany Meredith

Practice your line work while tracing your way through these whimsical and intricate pages—and then colour them in!

This unique addition to the adult colouring book space is a true 2-in-1 book. First, budding creatives and those seeking a serene, meditative escape will find joy in tracing the detailed linework of different creature-run shops, like the goat postal service, cat cafe, or polar bear sushi stand. Practice with different pen types, line weights, and more. And when you're done, you have a whole book to colour in as well!

A true artistic escape, CREATURE CORNERS will both quiet your mind and spark your creativity.

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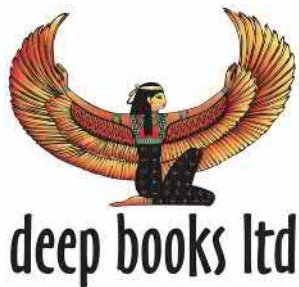
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YOUR SPACIOUS SELF- Updated & Expanded 10th Anniversary Edition

Clear the Clutter and Discover Who You Are

Stephanie Bennett Vogt

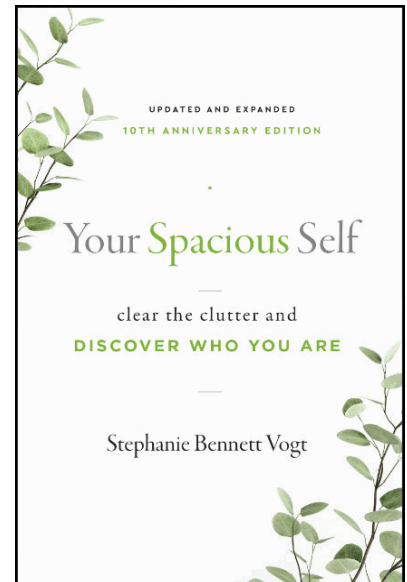
Invites readers to clear their homes and restore their spirits by releasing the clutter that prevents them from experiencing who they really are.

It's a jungle...in here! Behind our stress, clutter, and confusion is an infinitely spacious place one might call stillness or joy. This is our natural state of being, but we usually don't experience it, because we are caught in a web of material possessions, desires, and fears.

Our clutter, writes Vogt, a longtime space clearing expert, "becomes like another member of the family that we feed, house, and lug around." She shows us that it's not our stuff, but the holding on to it that creates a force field of "stuck-ness" that clouds our perceptions and paralyzes our lives. Clutter is not just the junk spilling out of the closet. It is any thing or thought that prevents us from experiencing who we truly are. Clearing is not a tedious exercise of throwing away, but a gentle journey of letting go - one small step, drawer, or moment at a time.

With all-new nourishing lessons in slowing down, simplifying, and self-care, YOUR SPACIOUS SELF shows you how to clear your home, quiet the mind, and restore your spirit, in ways that feel good and last a lifetime. Included are daily tips and meditations, a weekly worksheet, and guidelines for starting and maintaining a clearing support group—perfect for book groups and support groups.

October 2023



9781950253418

133 x 203

Pb

224pp

Self-Help
£17.99

About the Author.....

Stephanie Bennett Vogt is a leading space clearing expert and teacher. She brings forty years of experience to SpaceClear, the practice she founded in 1996 helping homes and people come into balance

of related interest:

YEAR FOR YOU
YEAR TO CLEAR

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JUSTASANA - YOGA FOR MOTHERS
115 Cards to Practice Yoga Pre and Postnatal
Clémence Barbier

October 2023



JUSTASANA – YOGA FOR MOTHERS is designed for mothers who wish to practice yoga safely, both during and after pregnancy. All the positions and exercises contained in this box set have been selected specifically for the period of maternity. Because yoga is not only good for your health, but for your kid's too.

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MIRACLE OF OUR UNIVERSE

A New View of Consciousness, God, Science, and Reality

October 2023

Bernard Haisch and Marsha Sims

Is our physical universe actually a virtual simulation that is thought into existence by consciousness? Bernard Haisch explores the frontiers of science, consciousness, and God, revolutionizing our understanding of the Universe and what's behind it all

Without consciousness there is nothing. Have you ever wondered why and how the world around you came to exist, and whether there might be an afterlife experience awaiting you after our physical bodies die? Might there actually be a God and a heaven of some sort? The hypothesis presented in this book is that our seemingly physical universe of matter and energy is a virtual simulation which is thought into existence by a universal consciousness which we call God.

A reason for a universal consciousness to do such a thing could be to experience and evolve itself through the free will actions of its offspring. This would entail thinking into existence a virtual universe so as to interact with such a universe and each other. Literally everything is consciousness in action, resulting in a gigantic cosmic simulation. We and other creatures are offspring of this God consciousness.

THE MIRACLE OF OUR UNIVERSE explores the forefront of science and spirituality research including:

- Are near-death experiences real?
- What is the Zero-Point Field?
- What kind of being could God be?
- Is there some place that God could have come from?
- How does the Big Bang figure into this?
- Is there an afterlife and what could it be like?
- What is the purpose of life?
- Is consciousness all there is?
- Is the Universe a virtual reality?
- Why is Hell impossible?

of related interest:

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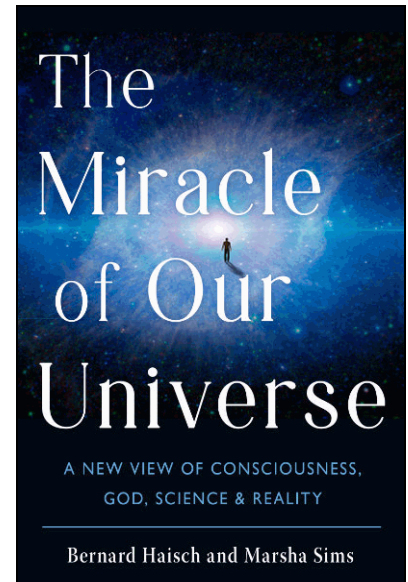
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Popular Science

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192pp

About the Author....

Bernard Haisch, Ph.D. is an astrophysicist, author of over 130 scientific publications, and was a scientific editor of the Astrophysical Journal for ten years. He was also Editor-in-Chief of the Journal of Scientific Exploration. Marsha Sims has a multi-disciplined background and years of experience interfacing with businesses, scientists and their projects, and immersing herself in the music world.

NPB



advance information

CLASSIC COCKTAIL DECK

October 2023

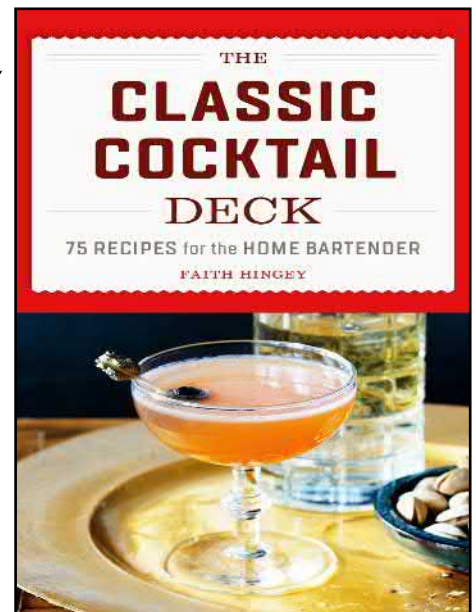
75 Recipes for the Home Bartender

Faith Hingey

You don't need to be a professional to make delicious drinks at home. All you need are a few carefully curated spirits and THE CLASSIC COCKTAIL DECK. Cocktail aficionado Faith Hingey provides you with a deck of 75 cards featuring simple but iconic cocktails complete with beautiful photos and a concise guide to bar stocking and cocktail making. You'll be shaking and stirring up the classics from Sidecars and daiquiris to Manhattans and negronis—and impressing your guests—in no time!

Adapted from *Classic Cocktails Done Well*, this deck includes:

- 75 classic cocktails made with ease. Master the martini, fine-tune your French 75, and perfect your Paloma with just a few core spirits, liqueurs, and everyday ingredients.
- Spill-resistant, wipe-clean cards. Durable cards that can handle an accidental spill or two.
- Built-in stand. So you can easily see the recipes—no more awkwardly bending over or holding open a book to read the next step.
- Curated tasting menus and cocktail discovery cues. Explore the wide and wonderful world of classic cocktails and uncover your new favorite drink.
- Blank recipe cards. Experiment with, and record, your own delicious concoctions.
- Photos for every recipe and an elegant package. The perfect gift for cocktail lovers and anyone with a home bar.



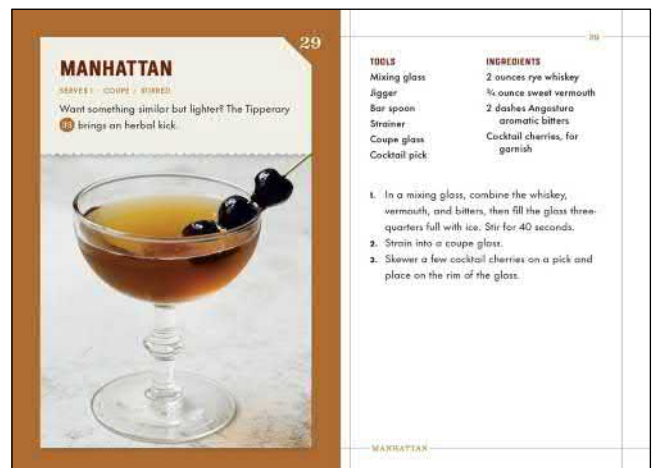
Cards

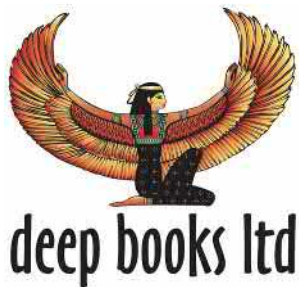
978-05936-90277

102 x 152

75 cards

£22.00 inc VAT





advanced information

CASHVERTISING ONLINE

How to Use the Latest Findings in Buyer Psychology to Explode Your Online Ad Response

Drew Eric Whitman

The latest book from Dr. Direct™ will show you how to master online advertising and enhance your social media strategies. This is the perfect companion to the author's bestselling book Cashvertising.

Cashvertising revealed the secrets of ad agencies to the masses. With CASHVERTISING ONLINE Whitman reveals even more and how to implement his advice in clear-language to increase your bottom line. Most books discussing online ads teach things like: how to create accounts, how to select demographics, what options to select (video vs. carousel vs. slideshow, etc.), and other topics like maximizing the use of Facebook pixels for fine-tuning your target audience. To create successful Facebook, Instagram, Twitter ads, not only do you need to know copywriting basics, but you also need to understand the highly personal nature of the medium. The successful copywriter needs to make the shift to the highly personal "you and me" approach and learn how to sell without expressing the typical appearance of salesmanship.

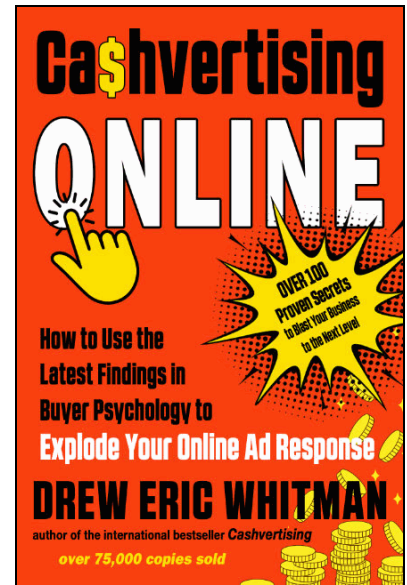
Likewise, a number of books teaching email marketing primarily focus on things like mailing lists, segmentation, funnels, and automation. All important stuff to be sure, but unless your sales copy is persuasive, these things aren't worth a damn. The majority of these books spend little time teaching readers how to use the power of advertising and consumer psychology in the Facebook and email environments to cause people to actually respond—the whole purpose of advertising!

CASHVERTISING ONLINE is not a book on general copywriting. Instead, it examines the hidden principles specific to actual successful online ads and email promotions and the numerous and potent psychological techniques they employ that make them so persuasive.

of related interest:

CASHVERTISING	9781601630322	£14.99
ESSENTIAL HR HANDBOOK Tenth Anniversary Edition	9781632651396	£15.99
FINANCIAL STATEMENTS Fourth Edition	9781632652072	£16.99
SECRETS OF POWER NEGOTIATING - 25th Anniversary Edition	9781632651969	£16.99

October 2023



9781632652058

152 x 229

Pb

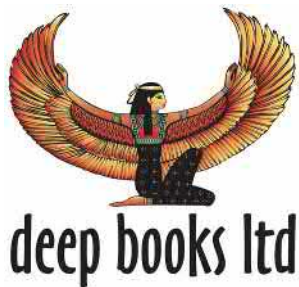
240pp

Business
£15.99

About the Author....

Drew Eric Whitman—a.k.a. "Dr. Direct!"™ — began creating advertising at age 11. With over 35 years of in-the-trenches ad-industry experience—Drew is an outspoken, humorous, and philosophical advertising speaker, trainer, writer, and consultant who receives tremendous positive feedback and reviews from business people around the world attending his live seminars and reading his books and articles.

CP



advanced information

SPACE SHUTTLE STORIES HB

Firsthand Astronaut Accounts from All 135 Missions

Tom Jones

Experience all 135 NASA space shuttle missions ever flown through the words of the astronauts themselves in this spectacularly illustrated volume. With more than 600 photos from the NASA archives, this guide is perfect for fans of space history and flight

NASA's space shuttle was the world's first reusable spacecraft, accomplishing many firsts and inspiring generations across its 30-year lifespan as America's iconic spaceship. In SPACE SHUTTLE STORIES, shuttle astronaut Tom Jones interviewed more than 130 fellow astronauts for personal vignettes from each mission, complemented by their written accounts for all 135 space shuttle missions, from Columbia's maiden flight in 1981 to the final launch of Atlantis in 2011. The book is a major contribution to the historical record of a momentous era of spaceflight.

Each mission profile includes:

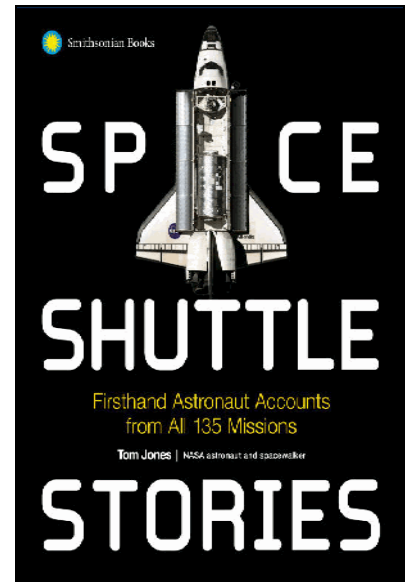
- An astronaut narrative that immerses the readers in their personal mission experience
- Data about the mission, crew, launch, landing, duration, and highlights
- Captivating photographs rarely seen by the public

The Space Shuttle program's 6 orbiter vehicles (Enterprise, Columbia, Challenger, Discovery, Atlantis, and Endeavour) carried a total of 355 astronauts into orbit on 135 missions aimed at cutting-edge scientific research, satellite launch, retrieval and repair, collaborative work with the Russian Mir station, the launching and servicing of the Hubble Space Telescope, and the construction of the International Space Station. SPACE SHUTTLE STORIES focuses on the lived, human experiences of larger-than-life space missions. It's a definitive oral history that captures the importance, wonder, and exhilaration of the Space Shuttle era.

of related interest:

ANCIENT ALIENS ON THE MOON	9781935487852	£22.00
APOLLO'S LEGACY HB	9781588346490	£24.00
NEVER PANIC EARLY HB	9781588347138	£26.00
SKY WALKING	9781588344045	£15.99

October 2023

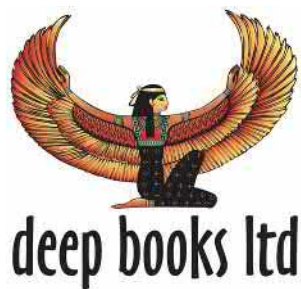


9781588347541 Hb
 216 x 267 320pp
 640 colour
 photographs
 History
 £33.00

About the Author....

Tom Jones is a veteran astronaut, planetary scientist, pilot, author, and speaker who completed four space shuttle missions and three spacewalks in helping build the International Space Station. Jones has authored six books, including Sky Walking: An Astronaut's Memoir, and has written for aerospace magazines such as Air & Space Smithsonian, Aerospace America, Popular Mechanics, and The Planetary Report.

SMB



advanced information

SMITHSONIAN ASIAN PACIFIC AMERICAN HISTORY, ART, AND CULTURE IN 101 OBJECTS HB

October 2023

Edited By Theodore S. Gonzalves
Foreword by Erika Lee

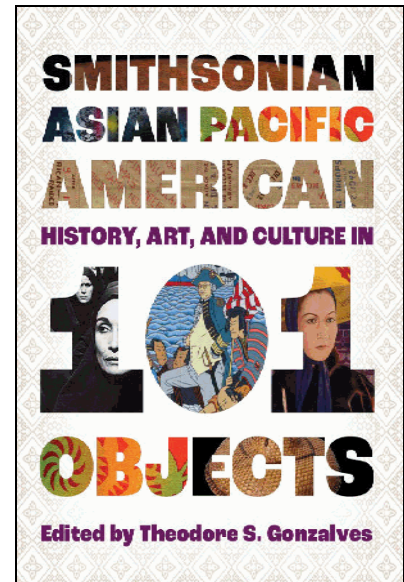
A rich and compelling introduction to the history of Asian Pacific American communities as told through 101 objects, from a fortune cookie baking mould to the debut Ms. Marvel comic featuring Kamala Khan

SMITHSONIAN ASIAN PACIFIC AMERICAN HISTORY, ART, AND CULTURE IN 101 OBJECTS invites readers to experience both well-known and untold stories through influential, controversial, and meaningful objects. Thematic chapters explore complex history and shared experiences: navigation, intersections, labour, innovation, belonging, tragedy, resistance and solidarity, community, service, memory, and joy.

The book features vibrant full-colour illustrations of objects that embody and engage with Asian Pacific American issues, including the immigrant experience, the importance of media representation, what history gets officially documented vs. what does not, and so much more. Those objects include:

- Name tag for Challenger astronaut Ellison Onizuka
- Photograph of Hollywood actress Anna May Wong
- Hello Kitty bento box
- Stella Abrera's ballet shoes, pancaked to match her skin colour
- Caravan's Thailand: Songs for Life album
- Sewing kit of internment camp survivor May Ishimoto
- Nam June Paik's Electronic Superhighway: Continental U.S., Alaska, Hawaii
- The Devanagari typographical font patented by Hari Govind Govil

Asian Americans are the fastest growing group in the United States and include approximately 50 distinct ethnic groups, but their stories and experiences have often been side-lined or stereotyped. This spirited and beautifully illustrated book offers a vital window into the triumphs and tragedies, strength and ingenuity, and traditions and cultural identities of these communities. SMITHSONIAN ASIAN PACIFIC AMERICAN HISTORY, ART, AND CULTURE IN 101 OBJECTS is a crucial and celebratory read.



9781588347510

229 x 279

187 colour illustrations

History

£38.00

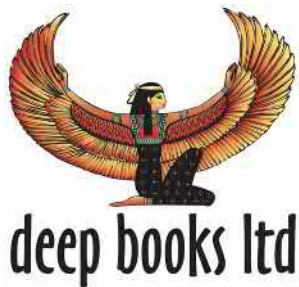
Hb

264pp

About the Author....

Theodore S. Gonzalves is curator of Asian Pacific American History at the Smithsonian's National Museum of American History. A Fulbright Scholar and past president of the Association for Asian American Studies with more than 30 years of teaching experience in the United States, Spain, and the Philippines, he is the author of *Filipinos in Hawai'i* and coeditor of *Gossip, Sex, and The End of the World: Collected Works of Tongue In A Mood*.

SMB



advanced information

IN SEARCH OF THE OLD ONES HB

An Odyssey among Ancient Trees

Anthony D. Fredericks

An extraordinary journey to visit the oldest trees in the United States that beautifully reveals the connection between humans and natural history

Follow award-winning author Anthony D. Fredericks's adventures across the United States to uncover the remarkable secrets and lives of ancient trees. He introduces some of the oldest trees in the country using up-to-date research, interviews with scientists, captivating storytelling, and a contagious wonder for the natural world. Fredericks's visits to the trees turn readers into fellow travellers. Through first-hand accounts and scientific detail, these enduring trees come to life off the page. Each chapter begins with a time-travel story that immerses readers in Earth's past, as early as 58,000 BCE, for a sweeping view of what was happening during human history when the ancient tree took root. It then zooms into present-day to investigate the tree in all its mature glory and the changed world around it.

Some of the featured trees include:

- A 13,000-year-old Palmer's oak in California that survives by cloning itself
- The 1,200-year-old Seven Sisters Oak in Louisiana that has survived in the path of at least ten major hurricanes
- 2,000-year-old redwoods (the tallest trees in the world) on the California coast
- The 2,628 year old bald cypress in the Black River of North Carolina

Marvellously detailed and deeply passionate, IN SEARCH OF THE OLD ONES will transform your perspective of the trees and forests around you.

of related interest:

CELTIC TREE ORACLE

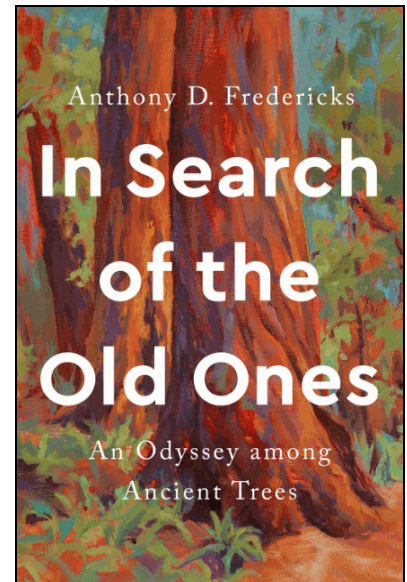
9781925538014

£18.99 inc VAT

YOUR GUIDE TO FOREST BATHING
(Expanded Edition)

9781590035139

£13.99



9781588347473

140 x 216

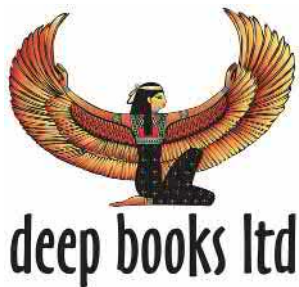
Illustrated
Natural World
£27.00

Hb
248pp

About the Author....

Anthony D. Fredericks is Professor Emeritus of Education at York College of Pennsylvania. He has published more than 170 adult nonfiction and children's books. He has also written for Psychology Today, High Country News, Hawaii Magazine, and more. An educator for nearly 50 years, he has taught science workshops, made natural history presentations, and led field trips throughout North America

SMB



advanced information

STAGING THE SUPERNATURAL

Ghosts and the Theater in Japanese Prints

Kit Brooks and Frank Feltens
Foreword by Pearl Moskowitz

Meet cat demons, skeletal ghosts, and the nine-tailed kitsune in this brilliant and beautifully illustrated volume of ghost imagery in traditional Japanese theatre.

STAGING THE SUPERNATURAL presents striking, eerie nineteenth-century woodblock prints from Japan that feature ghosts, demons, and other supernatural entities. The book digs into the country's rich folkloric traditions and how they were brought to life on stage, with insightful essays that explore the depiction of spirits through the centuries, the relationship between printed images and cultural imagination, and how kabuki and Noh theatre performances reflect Japan's deep connection to and shifting notions of the supernatural.

The detailed art invites readers to admire the artistic quality and techniques employed to accentuate supernaturalism, including embossing, mica application, and metallic pigments. The prints offer a window into Japan's 19th-century pop culture and will appeal to fans of contemporary anime and manga, which is often influenced by these images. Equal part art and commentary, the book includes:

- 40 gorgeous woodblock prints with extended text entries
- Introduction from Pearl Moskowitz, who gifted many of the featured prints to the museum in 2021
- Essay from museum curator Kit Brooks that explores special effects in kabuki theatre ghost plays and their representation in souvenir woodblocks
- Essay from museum curator Frank Feltens on Tsukioka Kôgyo, the first artist to render the eerie atmosphere of Noh plays in prints

Spooky, fascinating, and fun, this is an ideal book for lovers of Japanese art, folklore, horror, and history.

of related interest:

ART OF HIKARI SHIMODA	9780648746898	£25.00
BUSHIDO	9780757000263	£9.99
ENTERTAINMENT NATION HB	9781588347244	£33.00
HOKUSAI'S BRUSH	9781588347008	£26.00

October 2023

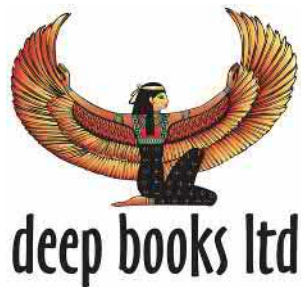


9781588347206 Pb
178 x 178 128pp
80 colour illustrations
Art
£13.99

About the Author....

Kit Brooks is the Japan Foundation Assistant Curator of Japanese Art at the Smithsonian's National Museum of Asian Art, specializing in prints and paintings of the Edo and Meiji periods. Frank Feltens is Associate Curator of Japanese Art at the Smithsonian's National Museum of Asian Art. He is a specialist in Japanese painting, particularly the late Muromachi and Edo periods

SMB



advanced information

WASHINGTON ON FOOT- Sixth Edition Revised and Expanded

24 Walking Tours and Maps of Washington, DC

Edited By William Bonstra and Judith Meany

An essential walking tour guide to one of the most walkable and historic cities in the US, perfect for first-time visitors and long time residents alike

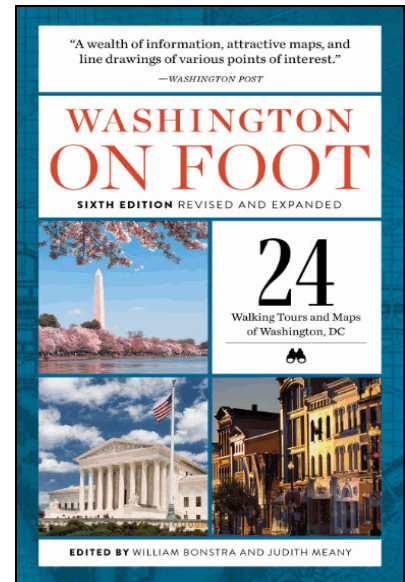
This updated 6th edition of the perennial favourite WASHINGTON ON FOOT features 24 user-friendly maps, including new content on the Wharf, the Smithsonian's National Museum of African American History and Culture, H Street NE, and the Brookland/Catholic University neighbourhood.

With architectural illustrations and fascinating information on the city's history and culture, WASHINGTON ON FOOT makes touring DC (and its neighbouring Old Town Alexandria and Takoma Park) easy, entertaining, and educational. The book guides readers on how to best appreciate all the city has to offer, from familiar monuments and museums to hidden gems and lesser-known historic sites and neighbourhoods. Some exciting stops include:

- The Basilica of the National Shrine of the Immaculate Conception
- US Botanic Garden
- Dumbarton Oaks
- National Gallery of Art Sculpture Garden
- Friendship Firehouse
- Mexican Cultural Institute
- Old Georgetown Incinerator
- U Street NW

There's no better way to experience the history and culture of the nation's capital than to walk through it and catch details you might miss otherwise. WASHINGTON ON FOOT highlights those details, large and small, to make for an unbeatable DC experience.

October 2023



9781588347367

133 x 229

75 B&W ills and 26

Maps

Travel

£13.99

Pb
240pp

SMB



advanced information

CLIMATE GRIEF

From Coping to Resilience and Action

Shawna Weaver

ForewordS by Mary Bue and Aubrey Fine

Acquaints us with the realities of climate change and its accompanying grief, liberating us to cope and define our next steps toward a sustainable future.

This book describes climate grief as a natural and reasonable response to the widespread effects of climate change. Penetrating our hearts and minds, climate grief is not an ailment we have to heal from but a call to change the trajectory of our shared future. While climate change is already ushering in bleak outcomes, we still have time to learn and grow toward sustainability if we listen to our bodies and our imaginations that yearn for a better future. Successfully working for such a future, through social and environmental justice, is made possible by doing our own work to cope with our fears and loss. Coping with the emotional fallout of climate change is necessary for health and well-being and critical to building resilience. Climate change and climate grief are inseparable, and feeling grief is our first step toward dealing with climate change.

This book offers an informative summary of climate change, followed by a description of grief and its phases. The universality, urgency, and inescapable scope of climate change leads to a depth of grief we are not prepared to cope with, and a grief that is still largely unknown and ignored. Readers are invited to utilize reflection questions to help develop their own coping and resilience strategies, and to build an action plan for a sustainable future. From understanding grief and coping, the reader is invited to create a plan for building personal and planetary resilience. Such resilience and well-being start by looking inward at our own grief and emerging with the motivation needed to make lifestyle changes and inspire others to join in the journey. The planet can't be healed by few people working out of despair but by many people working out of hope, care, and an openness to learn.

of related interest:

CLEAN PET FOOD REVOLUTION

9781590566022

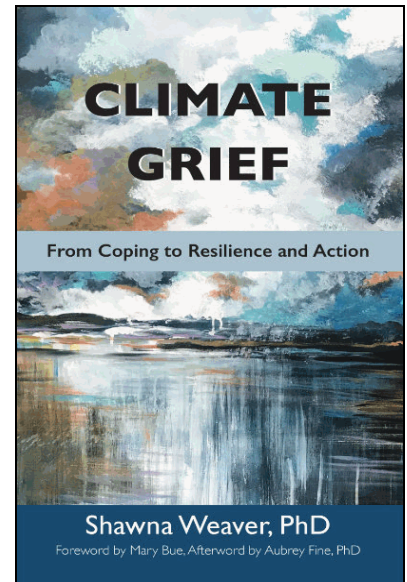
£27.00

CLIMATE CHANGE FOR BEGINNERS

9781939994431

£11.99

October 2023



9781590567166

127 x 203

Pb

190pp

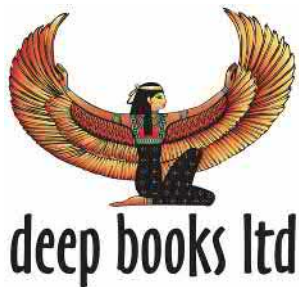
Green Issues

£18.99

About the Author.....

Shawna Weaver is a career-long educator and mental health advocate. The climate crisis compelled her to return to graduate school to earn a PhD in Sustainability Education and explore the intersection of nature and human wellness. She has presented on environmental justice topics to audiences all over North America, Australia, and Europe.

LTB



advanced information

HOW TO END INJUSTICE EVERYWHERE

Understanding the Common Denominator Driving All Injustices, to Create a Better World for Humans, Animals, and the Planet

October 2023

Melanie Joy

Offers both an examination of unjust systems and behaviours as well as practical tools to help raise awareness, reduce infighting, and build more resilient and impactful justice movements.

In her newest book, HOW TO END INJUSTICE EVERYWHERE, psychologist Melanie Joy reveals the common denominator driving all forms of injustice, from sexism to speciesism to abusive interpersonal relationships and group dynamics.

Joy explains that all injustices—such as racism, patriarchy, animal exploitation, environmental degradation, and domestic abuse—share a common denominator, which is relational dysfunction, or dysfunctional ways of relating: to other individuals, between social groups, and to nonhuman animals and the environment.

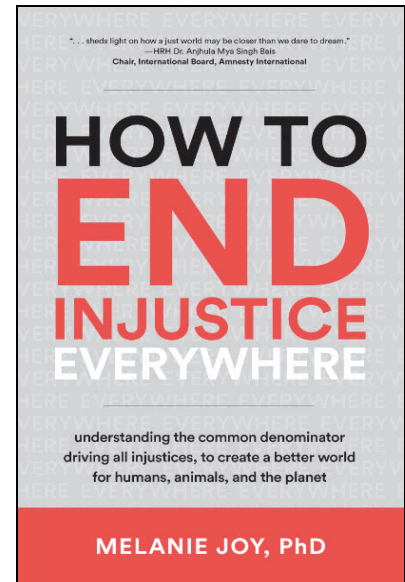
Relational dysfunction stems from a particular psychology, a “nonrelational mentality.” This mentality causes us to think, feel, and act in ways that violate integrity, harm dignity and lead to unjust power imbalances. Joy sheds light on the nonrelational mentality and explains how it shapes and is shaped by the various oppressive, or “nonrelational” systems in our world that cause widespread injustice.

Until those of us who are helping to bring about justice understand relational dysfunction and know how to change it, we risk recreating injustice even as we work to end it, and our movements are at risk of cannibalizing themselves.

HOW TO END INJUSTICE EVERYWHERE is a call for anyone working toward justice for humans, animals, or the environment to unify behind a shared “metamission” of creating a more relational world. The book provides an empowering and unique approach to ending injustice, and it offers not only an examination of nonrelational systems and behaviours, but also practical tools to help raise awareness, reduce infighting, and build more resilient and impactful justice movements.

of related interest:

BEYOND BELIEFS	9781590565803	£13.99
GROWL	9781590563960	£18.99
VEGAN MATRIX	9781590566176	£9.99
WHY WE LOVE DOGS, EAT PIGS AND WEAR COWS - New Edition	9781590035016	£15.99



9781590566862

127 x 203

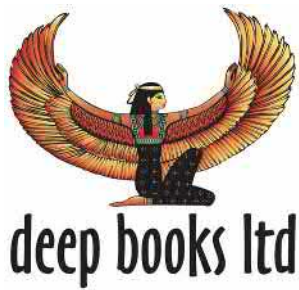
Pb
254pp

Politics
£13.99

About the Author....

Melanie Joy, PhD, is a psychologist specializing in the psychology of oppression and social transformation and in relationships. She the award-winning author of seven books, including the bestselling *Why We Love Dogs, Eat Pigs, and Wear* and is also an internationally recognized speaker and trainer who's presented her work in 50 countries across six continents

LTB



advanced information

GIFTED AND DISTRACTABLE

Understanding, Supporting, and Advocating for Your Twice Exceptional Child

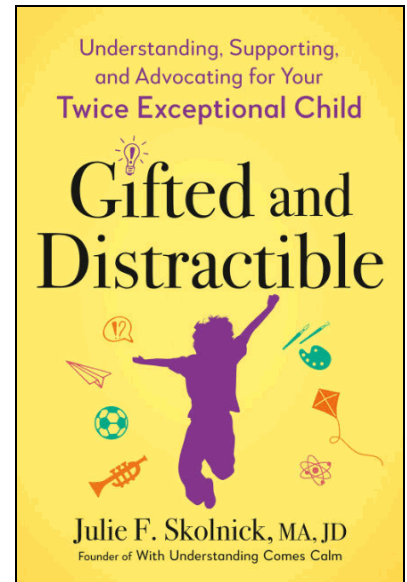
Julie F. Skolnick

A practical, research-based guide that demystifies giftedness and learning differences in order to help "twice exceptional" children thrive.

Does your child exhibit giftedness and behavioural issues like meltdowns, power struggles, and difficulty relating to their peers? Are they out-of-the-box thinkers requiring different teaching and learning methods? It's a widely held misconception that intellectual ability and social and emotional success go hand in hand. In fact, "twice exceptional" kids - those who are gifted and have simultaneous learning differences like ADHD, Autism, or dyslexia - are often misunderstood by parents, teachers, and themselves.

This much-needed and empowering guide reveals the unique challenges these remarkable kids face, and offers strength-based, hands-on strategies for understanding, supporting, and advocating for twice exceptional kids. In a world that labels them lazy, scattered, attention-seeking, and a problem that can't be solved, these tools will help you reimagine the world through your child's unique perspective - so you can help them thrive.

October 2023



9780593712696

152 x 229

B&W charts

Parenting

£16.99

Pb
400pp

About the Author.....

Julie Skolnick, M.A., J.D., founder of With Understanding Comes Calm LLC, has passionately guided thousands of parents of gifted and distractible children around the world, mentors twice exceptional adults, and advises educators and professionals on how to bring out the best and raise self-confidence in their twice-exceptional students and clients.

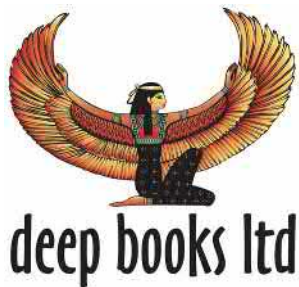
of related interest:

WHAT YOUR ADHD CHILD WISHES YOU
KNEW

9780143132394

£13.99

TAP



advanced information

WALLY TAKES A WEATHER WALK HB

A Story Book with Fun Science Facts

Bree Sunshine Smith

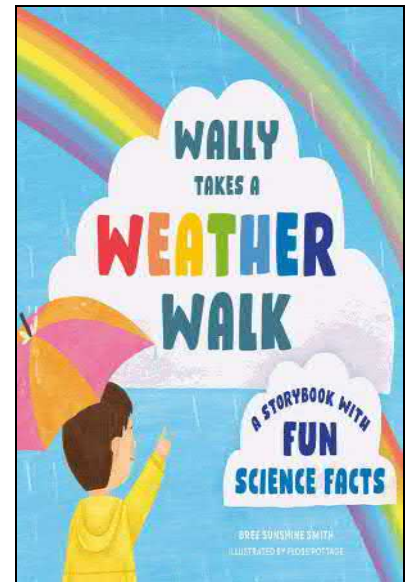
Illustrated by Floss Pottage

Engage with the wonderful world of sunshine, rainbows, thunder, and snow as you learn fun facts with Wally! A first weather book for toddlers.

WALLY TAKES A WEATHER WALK teaches toddlers the science behind what they see outside. What is wind? Why are there two rainbows? What makes snowflakes unique? Follow inquisitive Wally as he walks through summer, fall, winter, and spring, picking up facts about the seasons and weather conditions as he interacts with the natural world. Each page is a chance to spark curiosity around the magic waiting just beyond your front door.

- A Rainbow Assortment Of Stem Facts: What does a toddler love more than asking “Why?” Here, weather questions are answered with scientific facts about each season.
- A Lightning-Smart Author: The only weather book for toddlers written by an Emmy Award–winning broadcast meteorologist, Bree Sunshine Smith (real name), accredited by the National Weather Association and the American Meteorological Society.
- Sun, Snow, And All Five Senses: A whimsical story helps toddlers stay engaged as they use all five senses to leap into a pile of leaves, taste snowflakes on their tongue, and spot a double rainbow!

October 2023



9780593690376

203 x 203

Full colour throughout

Childrens

£8.99

Boardboo

k

28pp

About the Author....

Bree Sunshine Smith is an Emmy Award–winning broadcast meteorologist accredited by the National Weather Association and the American Meteorological Society.

Floss Pottage lives on a narrowboat with her partner in the English countryside. She is inspired by the plants and animals she sees along the canal and the walks she enjoys with her dog in all weathers, observing nature and the changes each season brings

of related interest:

WHEN HARLEY HAS ANXIETY

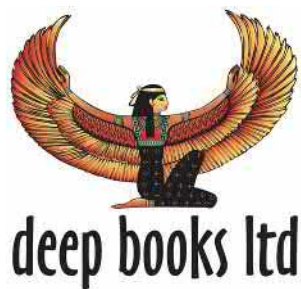
9780593435458

£13.99

ZG

deep books ltd ● unit 3 ● goose green trading estate ● 47 east dulwich road ● london se22 qbn

tel: +44(0)20 8693 0234 ● fax: +44(0)20 8693 1400 ● e-mail: sales@deep-books.co.uk



advanced information

FUN WITH OCEANS AND SEAS

A Big Activity Book for Kids about Our Wonderful Waters (and Marvelous Marine Life)

Emily Greenhalgh

Illustrated by Candela Ferrandez

Dive into fascinating facts and 100 fun activities featuring the world's magnificent oceans and seas!

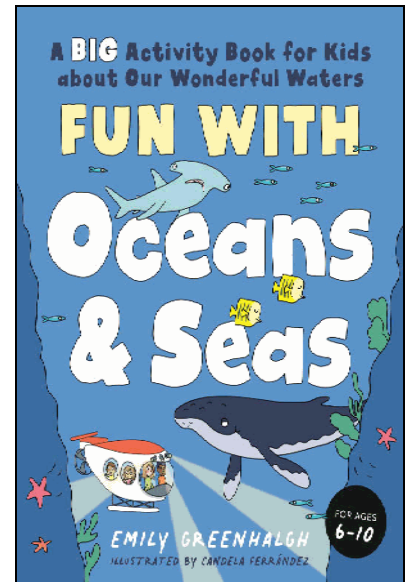
Discover the wonders of the world's waters! Whether kids are fascinated by sharks, whales, glaciers, tides, icebergs, shipwrecks, or any other part of ocean and sea life, they'll be thrilled by the awesome activities and wild facts in this entertaining and educational book.

In these colourful pages, children ages 6 to 10 can:

- Explore all five of the world's oceans and twenty seas, as well as the marine life and geological features in, under, and around them.
- Learn Through 100 Fun Activities—ranging from mazes, dot-to-dots, and word searches to coloring pages, crack the codes, and matching games.
- Travel Around The World with a map showing the location of the oceans and seas and the lands that surround them. Kids will learn geography while they have fun!

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October 2023



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Pb
128pp

About the Author....

Emily Greenhalgh is an award-winning science journalist whose work has been featured in USA Today, The Boston Globe, Gizmodo, the World Meteorological Organization, and science textbooks. She has worked on commercial fishing boats, tagged breeding sharks, and hiked in Antarctica.

Candela Ferrández is a freelance illustrator based in Barcelona, Spain. After studying fine arts at Salamanca University, she earned a postgraduate degree in

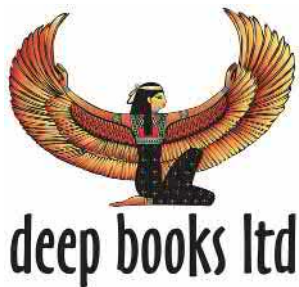
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advanced information

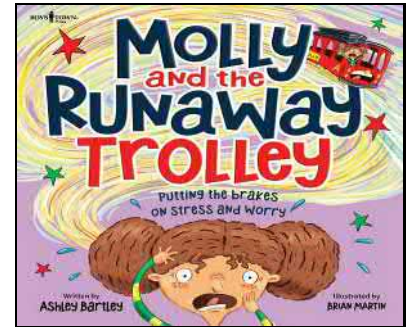
MOLLY AND THE RUNAWAY TROLLEY

Putting the brakes on stress and worry

Ashley Bartley

Illustrated by Brian Martin

October 2023



Molly's been transported onto an anxiety-fuelled streetcar that's filled with all her doubts, fears, and worries. As her stress and anxiety accelerate, can she figure out how to pull the brakes before her ride comes to a disastrous end?

Molly's mind is filled with dread and worry, leaving her shaky, sweaty, dizzy, and queasy. She feels like her body's riding a streetcar that has completely careened out of control. It's a feeling that comes anytime she's about to take a test, a quiz, or has an unexpected change in routine. Her anxiety transports her onto a jam-packed trolley filled with all her worries, fears, and doubts. She doesn't know how to get off, how long the ride will last, or where she will end up. But one thing is certain: the ride makes her head hurt, her heart pound, her ears ring, and her legs wobble.

When Molly finds herself on yet another twisting, twirling trolley ride, she is determined to make it stop. She begs the operator, a grandfatherly type with a twinkle in his eyes, to pull the brakes. But he won't because he can't. He's not the one who is actually at the controls. Molly is! Molly tells him that's impossible because she's just a kid. But he assures her that the power to stop the trolley is in her hands. He explains how taking deep breaths engages the brakes, how stepping back from worry puts the trolley in reverse, and how counting down using the five senses leads to a smooth stop and solid ground.

Using snappy text and lively illustrations, author Ashley Bartley explores childhood anxiety and feelings of panic. A special page written specifically for parents, caregivers, and educators offers insights and strategies on how to empower elementary-age children with the skills they need to manage stress and use self-regulation strategies.

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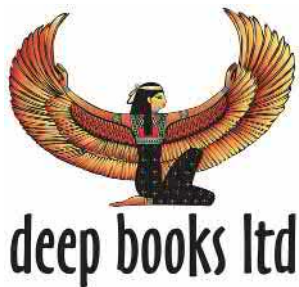
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BT



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MARCOS, DID YOU HEAR ME?

A story about active listening

Bryan Smith

Illustrated by Lisa M. Griffin

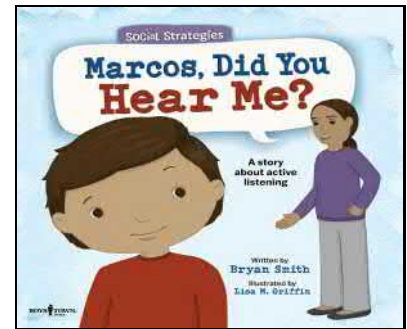
October 2023

When he learns the real meaning of active listening, Marcos has to make a choice. Will he give his full attention and really listen to his parents, teachers, and friends, or will he continue to only hear what he wants to hear?

Marcos has lots of ideas about what it means to be an active listener. Unfortunately, they all involve gyrating his body while someone is speaking. If he doesn't figure out what active listening really means – and fast – he could end up in big trouble. Or worse.

His lack of listening skills is causing all sorts of stress. He nearly missed his pal's epic birthday party, then he lost 50 points on what should have been a simple class assignment. And if his teacher hadn't stepped in with a last-second reminder, Marcos would have broken the heart of a young friend who was depending on him. When Mum and a caring teacher explain how he can improve his listening skills, Marcos has to make a choice. Will he choose to be an active listener, or will he continue to hear only what he wants to hear?

MARCOS, DID YOU HEAR ME? is an engaging story with a valuable message about paying attention and listening with your whole body.



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LUNAR TAROT

October 2023

Manifest your dreams with the energy of the moon and wisdom of the tarot

Jayne Wallace

Jayne Wallace has entwined the ancient magic of the Tarot with the moon's wisdom to create Lunar Tarot the perfect deck to guide us through an ever-changing world. Gain new insights into the cards and their meanings as interpreted from a lunar perspective and learn how to plan your life according to the phases of the moon. The accompanying guidebook gives detailed interpretations for both the major and minor arcana as well as explaining how to lay the cards. With helpful key words and moon mantras, let the moonlight illuminate your journey and channel your dreams and wishes.



Book & Card Set

978-18006-52651

135 x 160

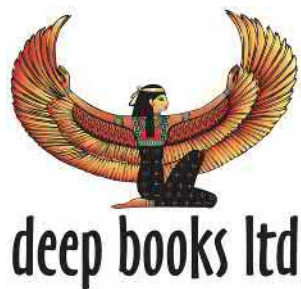
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MAGIC FOR CHANGE

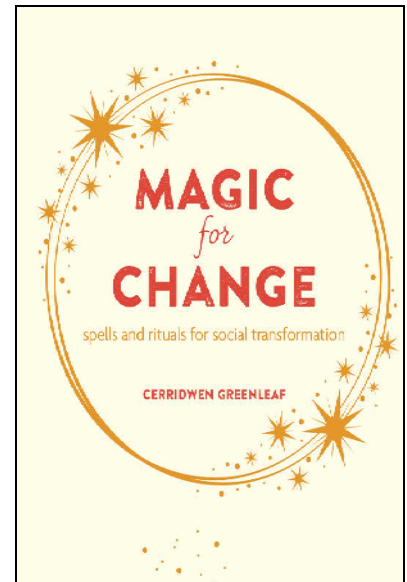
Spells and rituals for social transformation

Cerridwen Greenleaf

Be inspired and make a better world through witchy wisdom, magical intentions, spell-casting, powerful potions and rituals for positive personal and social change.

The purpose of witchcraft is making things better, both personally and collectively. Witches have been taking actions for the good of all for centuries and that great tradition is gathering steam and positive energy as covens gather together to help support social justice, fight climate change, reject racism and inequality, and plant and grow community gardens to feed the hungry. Join best-selling author Cerridwen Greenleaf and be an agent of positive change. From solo spells and group rituals addressing special causes through creating power potions, using sacred stones, crystals and evolutionary rocks and many more enchantments for equality, Cerridwen shares inspired rites for the right causes.

October 2023



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191 x 235

65 colour illustrations

Magic

£14.99

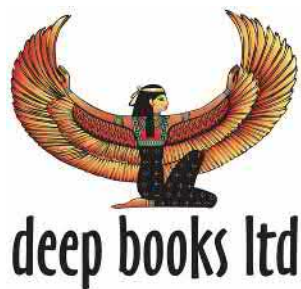
Pb

144pp

About the Author....

Cerridwen Greenleaf has worked with many leading lights of the Wiccan world and has led ritual and magic workshops throughout North America. Her Witches' Spell Book series for Running Press are bestsellers, selling over 100,000 copies. She blogs at yourmagicalhome.blogspot.com

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BOOK OF NORDIC SELF-CARE HB

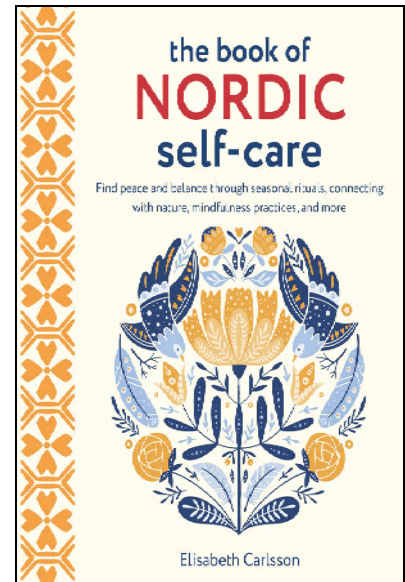
Find peace and balance through seasonal rituals, connecting with nature, mindfulness practices, and more

Elisabeth Carlsson

Discover the secrets of the Nordic way of life to gain meaning, calm and happiness.

The Nordic countries are renowned for being among the happiest in the world, and in this beautifully illustrated guide, Elisabeth Carlsson shares the keys to their lifestyle to help you improve your health and wellbeing. In the first chapter, learn about the benefits of wellness practices such as saunas and find skincare rituals that you can try at home. Next, take inspiration from Nordic foods by focusing on simple flavours, seasonal produce and preparing your meals as an act of self-care. There's also a chapter on immersing yourself in nature through cold-water therapy and wild swimming. Embracing and adapting to the seasons is one way that the Nordics cope with the dark winters, and you'll find methods to help you tune in to your environment through seasonal celebrations. From small self-care rituals to ways to shift your mindset, this guide includes plenty of inspiration from the Nordic countries to help you simplify and savour your everyday life.

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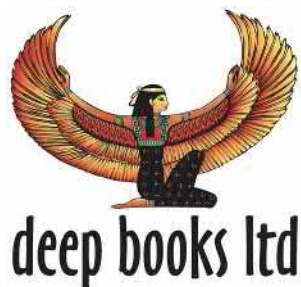
9781800652668
170 x 210
100 colour illustrations
& photos
Self-Help
£14.99

Hb
144pp

About the Author.....

Elisabeth Carlsson is a Swede who has lived in Madrid and New York and has now made her home in London with her husband, two children, and cat. Her background is in publishing but she is now a trained nutritional therapist. She keeps balance in her often hectic life with simple and lagom pleasures like lots of fika moments, growing her own vegetables, and lighting candles made by her mother every day

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YOUR TAROT GUIDE

Learn to navigate life with the help of the cards

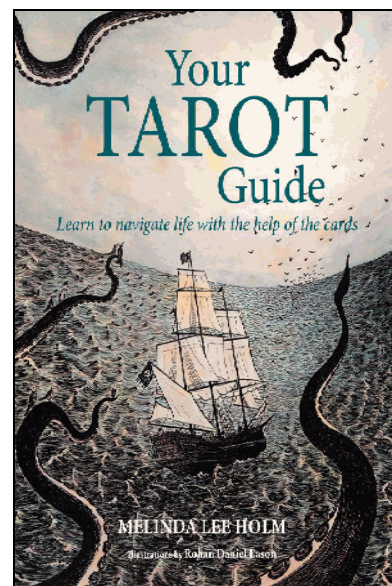
Melinda Lee Holm

Illustrated by Rohan Eason

Uncover the meanings of the cards to interpret the past, present and future with this inspiring guide from expert tarot reader Melinda Lee Holm.

In this beautifully illustrated handbook, expert tarot reader Melinda Lee Holm shares her method of understanding tarot as a language, helping you to gain fluency in your readings. Beginning with the basics, you'll find out about the deck structure and suits, the history of tarot and how to choose your deck. Learn about different spreads, or patterns of cards chosen for a reading, and discover how the cards combine to tell stories and provide guidance. The book also includes a dictionary of the meaning of each of the 78 tarot cards, its layers of text and imagery, and the different ways it can function. With their symbols and richly detailed scenes, Rohan Eason's stunning illustrations provide visual clues to the meanings of the cards. Whether you are a complete beginner or would like to add further depth to your readings, this unique approach to tarot will help you to gain insight into your past, present and future, and find the wisdom and answers that you need.

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191 x 235

100 colour artworks

Tarot Books

£14.99

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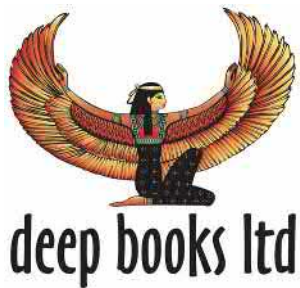
of related interest:

TAROT OF TALES

9781800651999

£29.99

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FIND YOUR SOUL PATH HB

Discover the Magical Life Within

Emma Griffin

A beginner's guide, this is a book for the open-minded reader who is interested in getting in touch with their more spiritual side, and exploring how they can use their intuition to lead a life that feels more authentic and full of intention.

A heart-centred lifestyle guide to following your soul's purpose and living authentically from a practising eclectic witch and life coach. Practical lifestyle tips on how to incorporate a little magic into everyday life, with a strong focus on female empowerment. Includes tools, practices and techniques to help you fall in love with your authentic self and create the life you've always dreamed of.

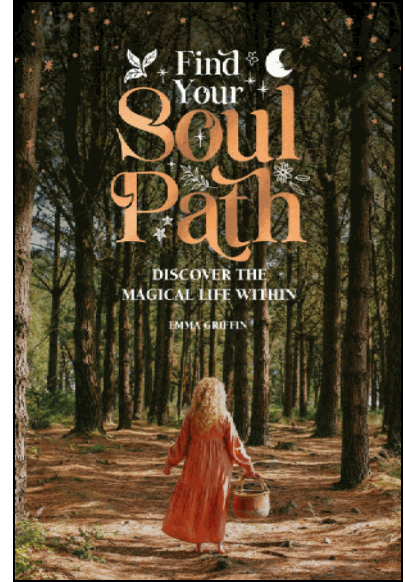
FIND YOUR SOUL PATH seamlessly blends spirituality with self-help as it seeks to give the reader the tools to begin to live in a more conscious way. Author and eclectic witch Emma Griffin shows the reader how to discover their soul-purpose and move through the world in a way that starts from a place of purpose and authenticity and allows that to radiate out. Starting in the home, all areas of life are explored, with mindfulness, intuition, and empowerment leading the way. A fantastic introduction to developing a spiritual practice, FIND YOUR SOUL PATH is a gentle exploration of the most easily accessible aspects of witchcraft presented - alongside genuinely helpful life advice - in a way that will appeal to those interested in new age spirituality and the role it can play in modern life.

Written with the busy modern woman in mind, ideas and tips for practical ways to find moments of peace and connection are included that are easy to fit into everyday life, such as creating a morning ritual, a bath ritual and journaling prompts. Author Emma Griffin shares her wisdom and sage advice, gained over a lifetime of seeking deep connection with nature and the soul, for moving through the challenges of the modern world in an empowered way that celebrates the divine feminine.

With a focus on connecting to the true self, FIND YOUR SOUL PATH presents the ancient wisdom of womanhood to a new generation of witches and the spiritually curious, with easily followed rituals for celebrating the sabbats of the Wheel of the Year and practical journaling exercises that help the reader to dive deep on their quest for personal peace and enlightenment.

A beginner's guide, this is a book for the open-minded reader who is interested in getting in touch with their more spiritual side, and exploring how they can use their intuition to lead a life that feels more authentic and full of intention.

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9781446310021
170 x 244

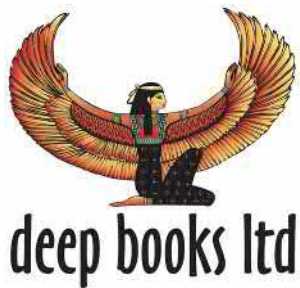
Hb
144pp

Colour throughout
Spirituality and
Inspirational
£16.99

About the Author....

Emma Griffin is a fine artist, fashion illustrator, photographer, and eclectic witch based in Cornwall. Brought up in a magical household with a well-known tarot reader for a mother and a psychic medium for a father, in 2019, she launched her online platform Sacred Spaces as a means of reconnecting with her magical roots, and living a more authentic life. Since then, she has amassed over 80k followers on Instagram and built a reputation as a modern-day

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DEATH NESTING

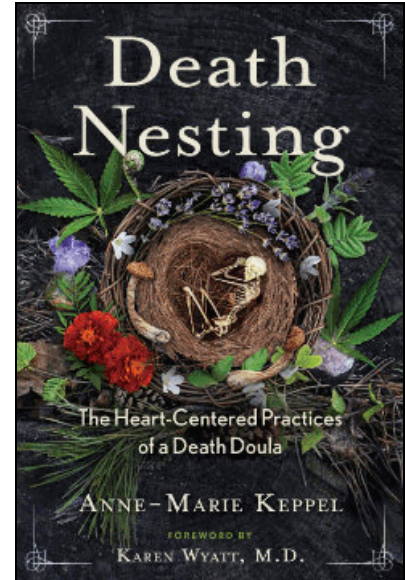
The Heart-Centered Practices of a Death Doula

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

A practical and compassionate guide to physically, emotionally, and spiritually caring for the dying.

Just as we might prepare a nest for one about to give birth, so can we lovingly prepare a nest for one who is dying. In this practical and compassionate guide, death doula educator Anne-Marie Keppel incorporates ancient and modern death doula techniques, mindfulness practices, and herbal support to show how anyone can physically, emotionally, and spiritually care for the dying, whether at home, in hospice, or even in the ICU. Seeking to demystify the dying process, she explains what the body physically undergoes during the end of life and shares techniques to physically care for the dying, including methods to assist bedridden individuals. She presents practices for emotional soothing, breathing techniques to reduce anxiety and pain, and ways to reduce stress during the active dying process. She shares ceremony and energetic boundary guidelines, Reiki and ancestral support techniques, and herbal care for nourishing and healing on a spirit level. Providing support for caregivers and loved ones as well, Anne-Marie explores self-care methods for moving with grief, ideas for “things to do” when there is nothing to do, and mindfulness practices for contemplating your own mortality. She also offers visualisations and techniques for talking with children about death and dying. Sharing glimpses into the world of spirit to reveal the poignancy of the dying process, the author shows that death is a sacred rite of passage we all experience.

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9781591434825
152 x 229

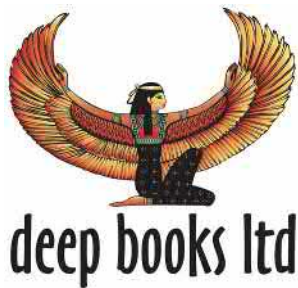
Pb
192pp

Self-Help
£14.00

About the Author....

Anne-Marie Keppel is a death doula, community deathcare educator, nursing assistant, Reiki Master teacher, meditation teacher, Life Cycle Celebrant (certificate in funerals), trained home funeral guide, and founder of the nonprofit Village Deathcare. She is also an advisor to a virtual reality therapeutics company that emulates the benefits of psychedelic-assisted therapy to help those working through end of life.

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VENERATION RITES OF CURANDERISMO

Invoking the Sacred Energy of Our Ancestors

Erika Buenaflor

Foreword by Luis J. Rodriguez

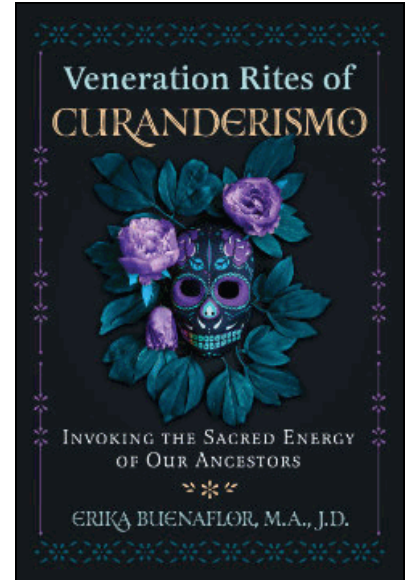
A guide to connecting with your ancestors and healing your lineage.

Exploring the diverse and dynamic ancestral veneration rites of the ancient Mesoamericans as well as those practiced in contemporary curanderismo, Erika Buenaflor shows how we can draw from these traditions to reconnect with our ancestors, deepen our healing journeys, and shape our lives. She explains how ancestors contain a sacred energy that can continue in their direct physical heirs, be reborn in the landscape at sacred sites, or manifest in other beings that inhabited the same lands. She describes the deification process of esteemed ancestors and how this opens access to special powers for those sharing that ancestor's lineage.

Buenaflor examines the sacred offerings and ceremonies used to invoke, renew, and strengthen an ancestor's soul energies, which in turn ensured their aid, guidance, and intervention, as well as their well-being and comfort in the afterlife. She shares numerous veneration rites and healing practices to strengthen your bonds with your ancestors, including limpia rites, ritual craft-making, trance journeys, shamanic breathwork, energy work with past and present lives, sacred gardening, and ancestral altar-making. She introduces you to nepantla spirituality, the path of reclaiming sacred liminal space, and shows how you can heal your ancestral lineage and reclaim your esteemed ancestors, those who anchor you with a feeling of belonging to something greater, divine, and beautiful.

Whether you are able to create a long and detailed family tree or have no knowledge of your grandparents or even parents, this book offers many ways to connect with your spiritual forebears, heal your lineage, and receive spiritual aid as you reclaim your ancestors and welcome them into your life.

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152 x 229

Includes an 8-page color
insert and 12 b&w
illustrations

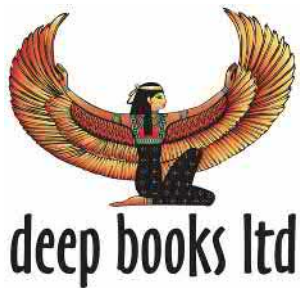
Spirituality and
Inspirational

Pb
216pp

About the Author....

Erika Buenaflor, M.A., J.D., has a master's degree in religious studies with a focus on Mesoamerican shamanism from the University of California at Riverside. A practicing curandera for over 20 years, descended from a long line of grandmother curanderas, she has studied with curanderas/os in Mexico, Peru, and Los Angeles and gives presentations on curanderismo in many settings, including at UCLA. She lives in Tujunga, California.

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KARMA AND REINCARNATION IN THE ANIMAL KINGDOM

The Spiritual Origin of Species

David Barreto

Foreword by Robert Sardello

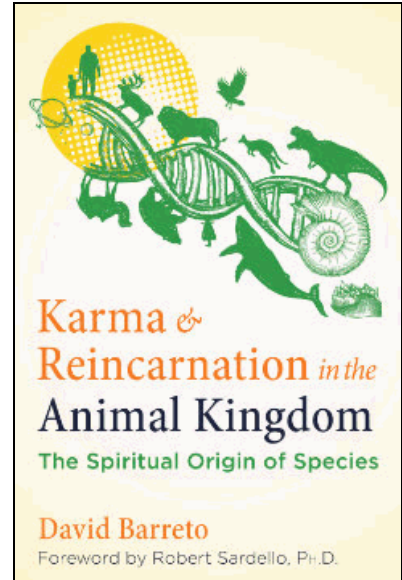
Investigates the spiritual anatomy and evolution of animals.

Where do the spirits of animals go after they die? Do animals have chakras or auras? Why were animals worshipped in ancient religions? Exploring these questions and more, David Barreto presents a deep investigation into the spiritual evolution of the animal kingdom, from ants and cockroaches to cats, dogs, owls, pigeons, dolphins, and whales. He examines the spiritual anatomy of animals, including their aura, etheric fields, chakras, and mental, astral, and buddhic bodies. Detailing how reincarnation works among various species, Barreto explores their experiences between physical lives, how they accrue karma, and how the way that animals die can have different effects on their spiritual bodies in the astral realms. Drawing on both modern physics and metaphysics, he reveals, for example, how dogs can love unconditionally because of their large electromagnetic field, which nourishes the etheric bodies of those around them, and how cats can detect subtle energy shifts and disharmonies and conduct etheric filtration while they sleep.

Examining esoteric schools as well as ancient spiritual traditions around the world, the author explores how animals are viewed and worshipped in different religions and how animal adoration and animal-connected gods arose in ancient Egypt, India, and China. He looks at animal totems, animal archetypes, animals in alchemy, and the astral connections between animals and elementals. The author also examines the spiritual and energetic repercussions of meat consumption and animal sacrifice, revealing the astral and etheric components of slaughterhouses.

Detailing the role of the animal kingdom in the Age of Aquarius, the author shows how, with the awakening of this new astrological era, animals will have their earthly lives elevated with lasting worth and dignity, equal to the love and respect they have been transmitting for millennia.

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152 x 229

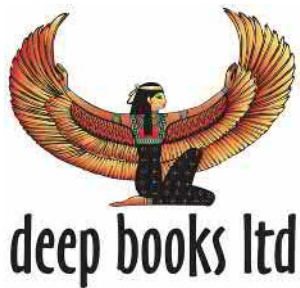
21 b&w illustrations
Spirituality and
Inspirational
£14.99

Pb
192pp

About the Author....

David Barreto is a writer and scripture researcher who has studied astrophysics at the Australian National University and religion at Harvard University. The author of Supernatural Science, he lives in London, England.

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SACRED HERBS OF YULE AND CHRISTMAS

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

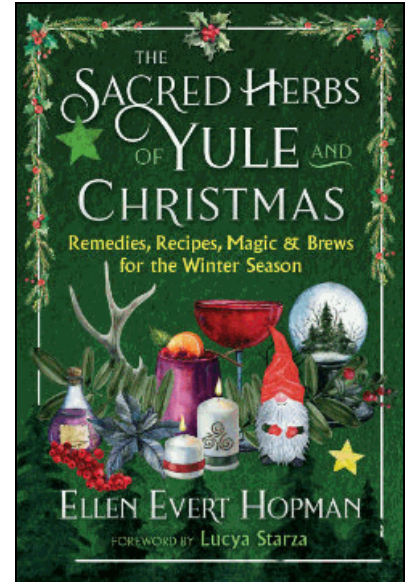
Ellen Evert Hopman
Foreword by Lucya Starza

An around-the-world tour of ancient Christmas celebrations, Pagan Solstice customs, and magical seasonal plants.

Whether viewed as a mid-winter observance of the Winter Solstice or a celebration of the birth of Jesus Christ, for millennia cultures have taken time out to honour the darkest days of the year with lights, foods, and festivities.

In ancient Egypt, people decorated their homes with greenery at the festival of the re-birth of the God Horus. The ancient Romans decorated their homes with vines and ivy and shared gifts, especially candles, at the midwinter festival of Saturnalia. In Scandinavian and Germanic cultures, the Yule Log was burned in the hearth, fruit orchards were wassailed, and sheaves of wheat were displayed to carry luck into the New Year. In Celtic cultures, mummers and guisers went door to door and European mistletoe (*Viscum album*) was gathered by Druids as a medicinal and magical aid. Presenting an around-the-world tour of ancient Christmas celebrations, Pagan Solstice customs, and magical seasonal plants, Ellen Evert Hopman shares lore, recipes, rituals, and crafts you can make as a family activity to enliven your Yuletide observance. She explores the origins of the Christmas tree and Santa Claus, as well as female gift bringers, holiday Spirits, and Yuletide animals. She shows how to make a Yule Log and decorate your house with greenery and grain weavings. She explains how to perform Winter Solstice divinations and cook traditional foods and drinks such as Wassail and Elizabethan gingerbread cookies. And she looks in depth at the medicinal and magical properties of the many herbs, barks, and berries associated with the Christmas and Yuletide season such as Frankincense and Myrrh, Cinnamon, Nutmeg, Hibiscus, Bayberry, and many more. Woven throughout with mystical seasonal lore, this guide offers practical and magical ways to celebrate and honour the darkest days of the year.

October 2023



9781644117804

152 x 229

Includes three 8-page

colour inserts

Religion

£25.00

Pb
344pp

About the Author....

Ellen Evert Hopman has been a teacher of herbalism since 1983 and is a professional member of the American Herbalists Guild. A member of the Grey Council of Mages and Sages and a former professor at the Grey School of Wizardry, she has presented at schools and workshops across the United States and Europe. A Druidic initiate since 1984, she is the current Archdruid of Tribe of the Oak (Tuatha na Dara), an international Druid Order, a founding member of The Order of the White Oak (Ord

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ESSENTIAL OILS ORACLE CARDS

October 2023

Wisdom and Guidance from 40 Healing Plants

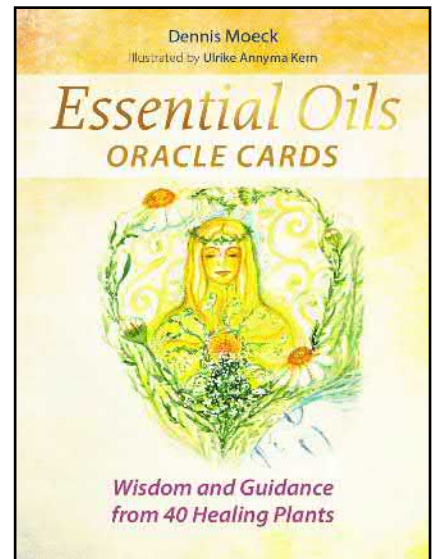
Dennis Moeck

Illustrated by Ulrike Annyma Kern

Plants are gifts from the Earth, each playing their individual sound in the collective symphony of nature. Essential oils contain their condensed wisdom and spirit, and through the practice of aromatherapy we can use essential oils to influence the spiritual, mental, and physical levels of our being.

With this 40-card oracle deck, Dennis Moeck and Ulrike Annyma Kern present a hands-on way to intuitively select essential oils for healing or connecting to a plant's spirit. Aromatherapist Moeck provides wisdom-filled messages and healing guidance from the plant spirits, while Kern's delicate illustrations let the souls of these healing plants and herbs speak, conveying the love and energy of the natural realms.

Both sides of the cards include text. One side shares original wisdom about the spiritual healing power and message of each plant, surrounded by Kern's evocative plant spirit art. The other side shares an affirmation that engages the oil's power, followed by a description of its spiritual and physical effects along with practical application tips that tell you where and how to use the essential oil. This side also provides the associated chakra and important keywords that resonate with this plant and its oil, revealing where the plant's soul wants to support you. The deck also includes a booklet that shares guidance on using essential oils safely and explains how to use the cards on a therapeutic level, for aromatherapy practice, and as an oracle, including sample card spreads. Embedded with the spirits of the plants, these cards energetically convey their precious essences, bringing you deeper insight and guidance for using essential oils on your path to spiritual and physical wellbeing.



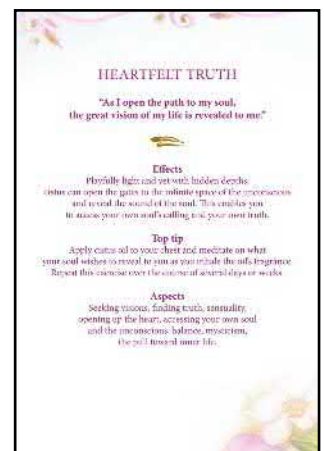
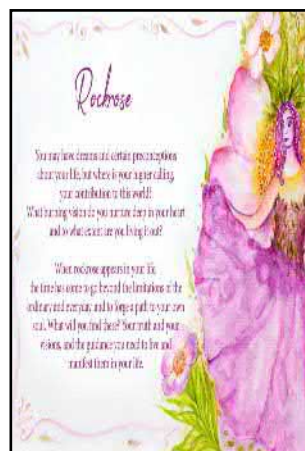
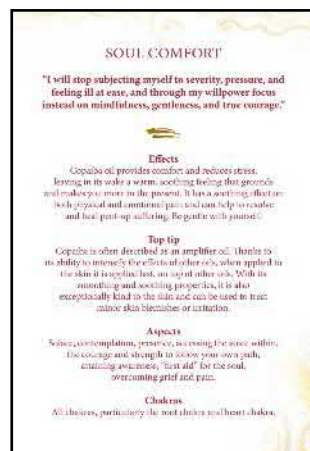
Book & Card Set

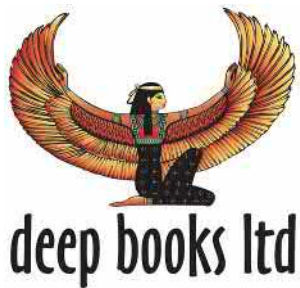
978-16441-18795

114 x 165

40 col cards and 16 pp book

£14.99 inc VAT





advanced information

HO'OPONOPONO- Revised & Expanded Edition

The Hawaiian Ritual of Forgiveness

Ulrich E. Duprée

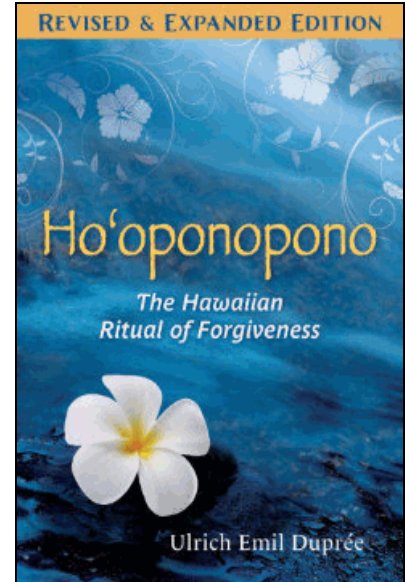
A new expanded edition of the bestselling guide to Ho'oponopono.

Ho'oponopono is the ancient Hawaiian method for transforming personal problems, resolving interpersonal conflicts, and healing the past through the power of forgiveness. At the core of Ho'oponopono are four magical sentences: I am sorry, Please forgive me, I love you, Thank you. A deceptively simple yet enormously effective practice, Ho'oponopono is centered on the concept that we are all deeply connected and that small acts of forgiveness and reconciliation can ripple outward to help and heal others. Newly revised and expanded, this bestselling guide offers practical exercises and Ho'oponopono contemplations to help you immediately create positive changes in your everyday life. The author explains

how Ho'oponopono means "restoring the divine order." Whether it is your relationship with your partner, your children or parents, your health, Mother Earth, your business, job, or financial situation, Ho'oponopono can help you set straight anything veering off course through understanding and self-forgiveness. The author explores the process of focusing on difficult conflicts within personal relationships, whether in the present or the past, and shows how, by addressing these issues, owning one's feelings, and accepting unconditional love, unhealthy situations transform into positive outcomes and growth. He also looks at how to use Ho'oponopono on a collective level to bring peace to the world.

Presenting a step-by-step introduction to the ancient ritual of Ho'oponopono, this book shows how practical forgiveness work can help bring healing to self, family, and community as well as support all of humanity to become more connected and loving again.

October 2023



9781644118801

114 x 165

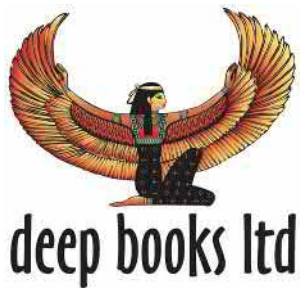
Full-colour throughout
Indigenous Cultures
£7.99

Pb
112pp

About the Author....

Ulrich E. Duprée is a spiritual seeker, a teacher, and a leader of seminars. He has studied and trained in yoga, philosophy, and metaphysics and he lived in a Hindu monastery for four years.

EDI/ITI



advanced information

SHAMANIC REIKI DRUMMING

Intuitive Healing with Sound and Vibration

Fay Johnstone

Foreword by Carol Day

A complete guide to shamanic drumming for enhancing Reiki practice.

Advance your Reiki practice to the next level with vibrational sound healing and shamanism combined in the beat of the drum.

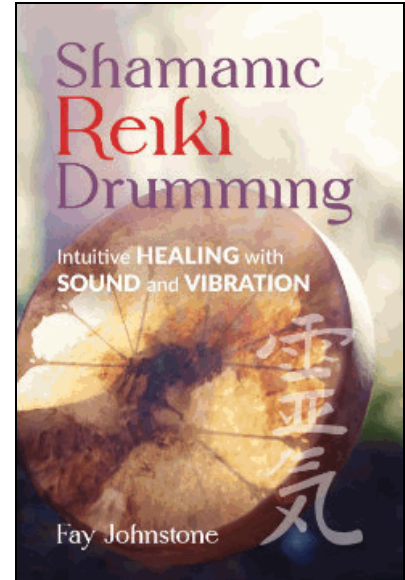
In this guide, Reiki master and shamanic teacher Fay Johnstone explores in detail the practices and benefits of shamanic drum journeying in the context of Reiki healing. She shares Reiki drum techniques and step-by-step shamanic practices to bring empowerment, healing, connection, and clarity to you and your clients. She explains how the vibration of a drum enhances the efficacy of a treatment by inviting the client's energy field back to its optimal vibration as well as inducing relaxation and the release of tension. She shows how drumming allows a Reiki practitioner to dive into shamanic journeying for deeper guidance and insight on a client, and she reveals how vibration and sound can strengthen the energetic potencies of Reiki symbols.

Exploring the magic of the drum, the author explains the essence of shamanic journeying, including how to set intentions, access and navigate the three shamanic worlds, meet spirit guides, and connect deeply with your intuition. Outlining the protocols of drumming for yourself and others, she presents a shamanic Reiki treatment flow protocol for the basic structure of a session, whether in person or distant healing.

Highlighting personal healing practices with the drum, the author details exercises that combine with Reiki self-care and shamanic journeying to release negative energy, reclaim power, shift mindset, and manifest goals. She offers simple practical exercises to restore connection to our true self through drumming with nature, exploring the cosmos, and honoring the ancestors. She also presents guidelines for conducting ceremony and holding drum circles or Reiki shares for group healing and shamanic journeying.

Welcoming Reiki practitioners into the rhythm of the drum and the path of shamanism, this book will inspire you to journey deeper into the unseen web that connects us all.

October 2023



9781644118849

152 x 229

10 b&w illustrations

Spirituality and

Inspirational

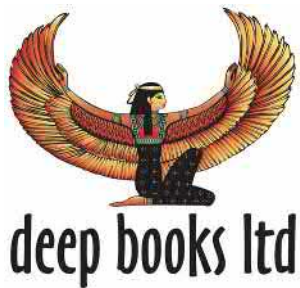
£16.99

Pb
208pp

About the Author....

FAY JOHNSTONE combines 20 years of reiki practice with herbal and shamanic training to assist us with our personal transformation through the healing power of nature. The author of *Plants That Speak, Souls That Sing*, Fay offers treatments and training on reiki and plant spirit connection across the UK. She lives near Edinburgh, Scotland.

EDI/ITI



advanced information

SENSORY PROCESSING SOLUTIONS

Drug-Free Therapies to Realize Your Child's Potential

Sally Fryer Dietz

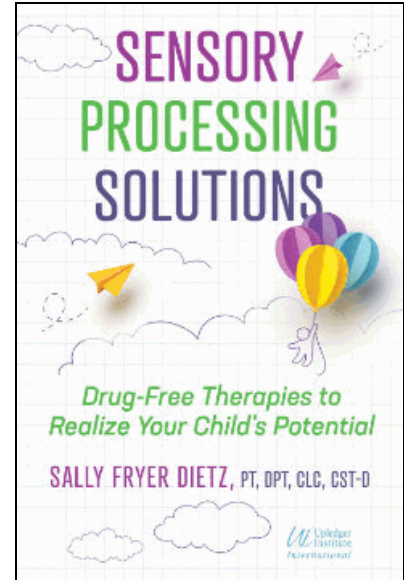
A guide to help you find the right therapy program for your child.

Every person—whether baby, child, teenager, or adult—interacts with the world in their own unique way. Yet some have a harder time than others due to a variety of sensory processing issues, which can lead to motor delays, learning differences, frustration, anxiety, emotional, behavioural, and social challenges, as well as diagnoses like ADHD and “autism spectrum.” As sensory integration expert Sally Fryer Dietz reveals, these children are not “broken.” We are all unique, some just need more options and new ways to approach the world in order to make better sense of it.

Speaking from both her decades of professional experience as well as her own journey to help her oldest son, Dietz shares in-depth guidance to help you find the right therapeutic support for your child. Detailing common red flags at each developmental stage from infancy to grade school, she explains how children with sensory processing “glitches” are often misunderstood and put on medication rather than in therapies that can help them succeed naturally. Sharing how difficult it was to hear from her son's teachers that he was having more challenges in school than his peers, she presents success stories from her family and from her sensory integration therapy clinic. She outlines therapies and treatments for body and mind that can help improve your child's sensory motor development and function, such as sensory integration-based occupational, physical, and CranioSacral therapy.

No matter where your child is on the spectrum of sensory motor integration, this guide showcases effective solutions beyond medication and can help you figure out what options are available to help children grow into happy and productive adults.

October 2023



9781644117903
152 x 229

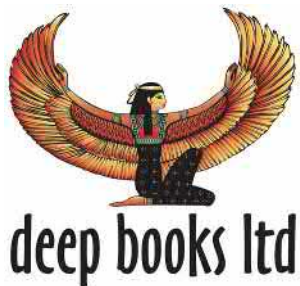
Pb
192pp

Psychology
£12.99

About the Author....

Sally Fryer Dietz is a doctor of physical therapy, developmental specialist, sensory integration expert, lactation counselor, and Upledger CranioSacral Therapy Diplomate and presenter. As a leading authority in therapeutic pediatrics—and the mother of two boys who learned in entirely different ways—she has helped thousands of children (and their parents) live healthier, happier lives. She has taught her innovative therapy methods internationally.

EDI/ITI



advanced information

VISIONARY ART OF NICHOLAS ROERICH HB

A Messenger of Beauty

Jacqueline Decter
Foreword by Gary Lachman

A fully illustrated biography of mystic, artist, and explorer Nicholas Roerich.

Nicholas Roerich (1874–1947) was a Russian artist, writer, archaeologist, explorer, mystic, theosophist, and peacemaker who left a rich legacy of nearly 7,000 visionary paintings and 30 books on the mystic East. Twice nominated for the Nobel Peace Prize due to the Roerich Peace Pact—a remarkable treaty signed by President Roosevelt that sought to preserve cultural monuments during times of war—Roerich had a profound love for folk traditions of Russia, India, and Tibet, especially legends of lost cities and paradise. Together with his wife and two sons, from the 1890s into the 1950s, Roerich embarked on a number of spiritual quests through India, the Gobi Desert, the Altai and Kunlun Mountains, Mongolia, and Tibet, crisscrossing the Himalayan Mountains many times before settling in Kullu, India in the shadows of the great mountain range. Through his explorations throughout the world and the immersive art he created during those travels, he was seeking the grains of spiritual truth behind the legends of paradise lost, including during his pilgrimages in search of Shambala.

Revealing the mystical world of Nicholas Roerich in stunning full color, Jacqueline Decter invites us to witness Roerich's far-reaching vision and dedication to beauty across the full scope of his inspiring life and artistic career. This new hardcover edition features Decter's translations of many Russian texts into English as well as 88 color plates showcasing the variety of Roerich's artistic talent, from breathtaking Himalayan landscapes and spiritual themes to set and costume designs, most notably for Stravinsky's *The Rite of Spring*. A celebration of Roerich as both visionary artist and visionary explorer, this fully illustrated biography illuminates a man whose life and work significantly influenced the development of modern art and culture.

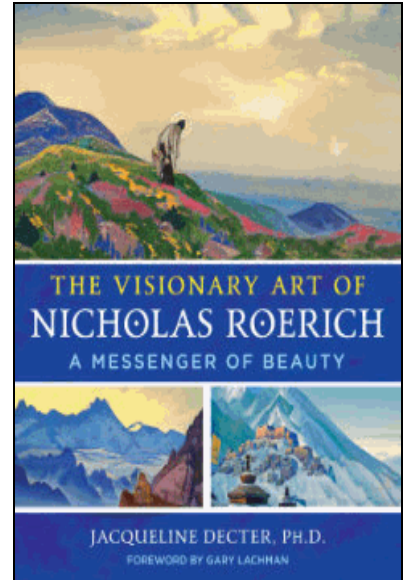
of related interest:

NICHOLAS & HELENA ROERICH

9780835608435

£19.99

October 2023



9781644117972

203 x 254

Full-colour throughout

Art

£35.00

Hb

192pp

About the Author....

Jacqueline Decter, Ph.D., is a scholar of Russian literature with a doctorate in Slavic languages from the University of Michigan.

Gary Lachman is an author and lecturer on consciousness, counterculture, and the Western esoteric tradition. His works include *Dark Star Rising*, *Beyond the Robot*, and *The Secret Teachers of the Western World*. A founding member of the rock band *Blondie*, he lives in London.

EDI/ITI



advance information

NYC TAROT

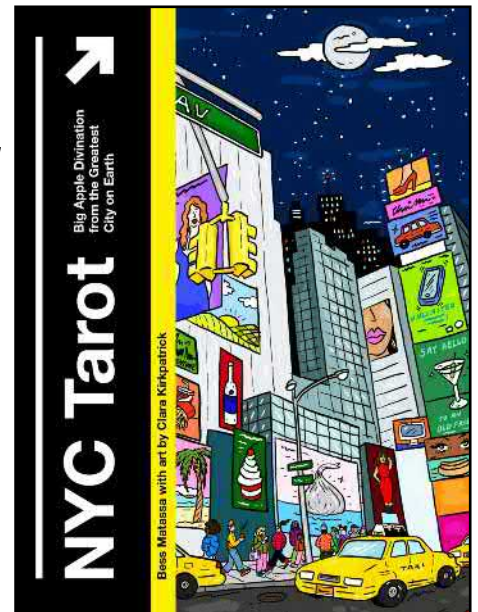
October 2023

Big Apple Divination from the Greatest City on Earth

Bess Matassa

Art by Clara Kirkpatrick

An inspired take on classics like the Rider Waite Smith deck, this 78-card deck embodies archetypal cards like Temperance, The Hierophant, and Strength, with symbols like the Macy's Thanksgiving Day Parade, the New York Public Library's lion statues, and the iconic bodega cat. Pull a Page of Swords? That's a classic street-cart hot dog. Queen of Wands? Belly up to the bar at the Rainbow Room. For every fan of the greatest city on Earth who would like to celebrate its sights and sounds while gaining a unique window into themselves and the world around them, NYC TAROT is a perfect keepsake gift that also provides world-class readings and fascinating insights.



Also Available:

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WANDERER'S TAROT

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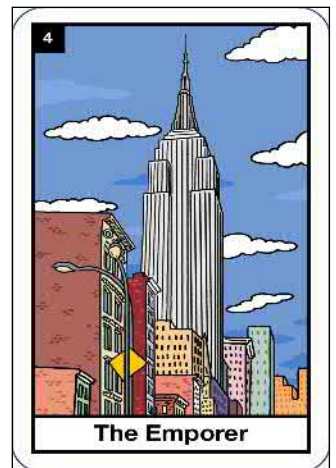
Card Set

978-145494-9190

117 x 159

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advance information

FLOATING WORLD TAROT

October 2023

Explore the Ancient Traditions of the Tarot with Japanese Spiritualism

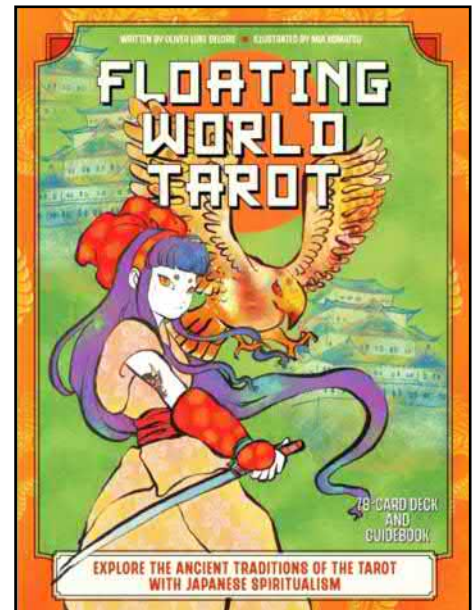
ToaiOliver Luke Delorie

Illustrated by Mia Komatsu

Ukiyo (which can be translated to floating/fleeting/transient world) is the Japanese term used to describe the urban lifestyle and culture, especially the pleasure-seeking aspects, of the Edo period (1600–1867) in Japan. FLOATING WORLD TAROT creatively reimagines the ukiyo lifestyle through the lens of manga art and pairs it with the ancient art of tarot to create an all-inclusive kit that gives you everything you need to master this powerful divination tool.

- 78 tarot cards encompassing both Major and Minor Arcana, each illustrated in a unique and gorgeous manga style
- An 80-page illustrated guidebook with detailed explanations, guiding keywords, and reversed meanings of each card

With this deck and book, gather the knowledge and master the ability to analyze the symbolism that comes with each archetype. Then apply that wisdom to your everyday life. Create a life you love, while exploring the immersive world of manga art with FLOATING WORLD TAROT.



Book & Card Set

978-07603-85814

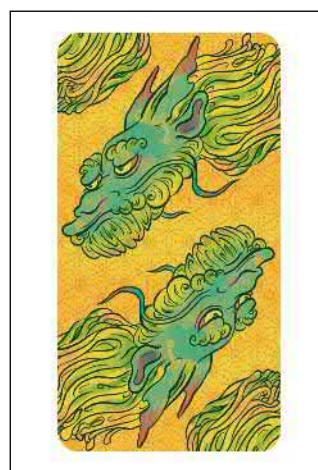
165 x 210

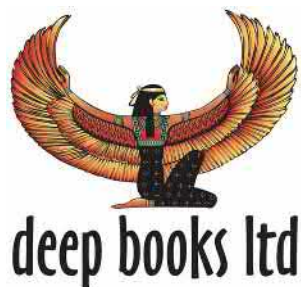
78 full col cards & 80pp guidebook

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advanced information

KOREAN HERBAL APOTHECARY

Ancient Wisdom for Wellness and Balance in the Modern World

Grace Yoon

THE KOREAN HERBAL APOTHECARY, written by Qi Alchemy founder, Grace Yoon, addresses herbalism and medicine making from the perspective of Korean ancestral traditions.

Korean women are expected to reach a record average lifespan of over 90 years by 2030. In this first-of-its kind guide, discover their culture's ancient healing methods and remedies.

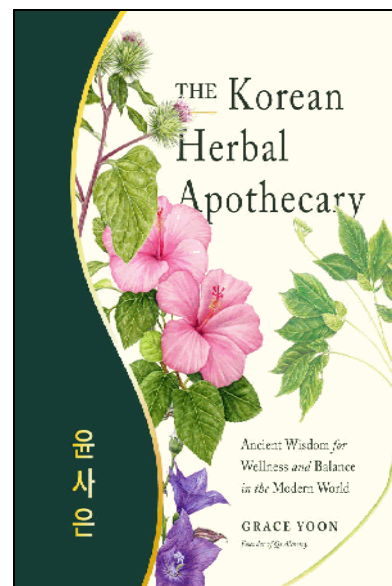
How has the Korean culture, now being looked at as a new Blue Zone, created such incredible wellness and longevity? An examination of their healing traditions may provide some actionable answers. Grace Yoon, Founder of Qi Alchemy, delivers just this with THE KOREAN HERBAL APOTHECARY, the first book to focus specifically on Korean herbalism and ancestral healing practices. She reveals healing traditions that have been used for generations, handed down grandmother to daughter and granddaughter,

Based on Korean ancestral practices and herbal medicine, this guide teaches the Eastern approach to healing, including:

- The Korean Sasang Typology system (comparable to doshas in Ayurveda)
- How to create a Korean herbal medicine cabinet
- Recipes for healing remedies and elixirs
- How to use traditional fermented foods for health and beauty
- How to resolve imbalances in Qi (vital energy) for health and emotional balance

With THE KOREAN HERBAL APOTHECARY at your side, you will learn how to use the power of ancient wisdom and remedies for spiritual and physical healing.

October 2023



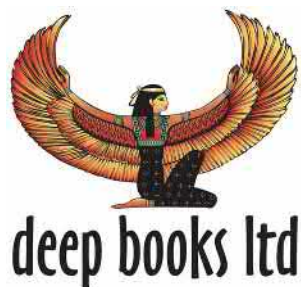
9780760382691
191 x 235
colour illustrations
throughout
Alternative Therapies
£18.99

Pb
208pp

About the Author....

Grace Yoon is a clinical herbalist, health coach, and founder of Qi Alchemy, a Korean herbal company bridging ancient Korean herbalism to the modern world. Her Korean-American roots have given her cross-cultural knowledge in Korean and Western herbalism, nutrition science, and wellness practices for those seeking connection between ancient medicinal knowledge and modern life. She and Qi Alchemy have been featured in Vogue, WWD, Oprah

EDI/QP



advanced information

SEASONS OF THE ZODIAC HB

Love, Magick, and Manifestation Throughout the Astrological Year

Stephanie Campos

A fun, fresh way to explore astrology, SEASONS OF THE ZODIAC offers a complete guide to the twelve zodiac "seasons" of the year and the magickal influences they wield in our lives.

From energetic Aries to soothing Pisces, discover each zodiac sign's "season" and learn how to tap into their unique magickal energies to enhance your life throughout the year.

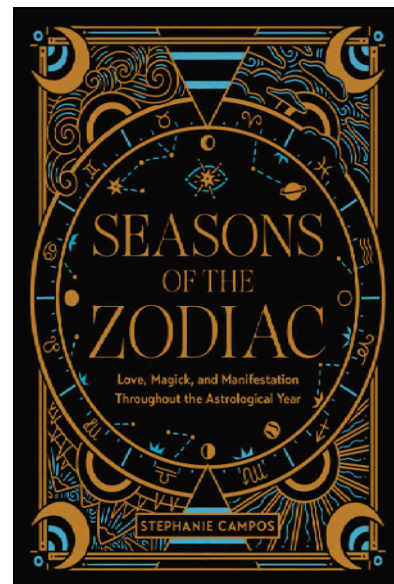
Each sign of the zodiac has a season - a time of the year when the sun moves back into the portion of the sky "ruled" by a particular constellation: Gemini, Virgo, Sagittarius, Aquarius, and so on. Each of these twelve seasons brings different energies, influences, and experiences into the lives of human beings. Have you ever noticed that you feel particularly lively and social in August? That's Leo season. Or a turn towards the dark side around Halloween? Scorpio season. As we move through the year, these seasonal vibes affect our lives in myriad unseen ways—now revealed for you here. In SEASONS OF THE ZODIAC, lifelong astrologer Stephanie Campos offers a complete guide to each astrological season of the year, telling you what to expect, when to expect it, and how to make the most of each season's special and distinct time in the spotlight. Bursting with useful information, each chapter includes sections on:

- Your love life, according to the season
- Seasonal self-care
- How to manifest with each season
- New moon and full moon magick
- Season-specific magickal rituals
- Affirmations to bring in the season's power
- And more!

The book also includes a handy reference section at the end to get you started bringing a little zodiac magick into your daily practice, from the astrological connections of popular herbs to the best tarot spreads to use based on the lunar cycle.

Comprehensive, accessible, and usable year and after, SEASONS OF THE ZODIAC is a practical primer on how to experience the full influence of the zodiac in your daily life - regardless of your particular sun sign. Beautifully illustrated, it's the perfect book for budding astrologers, beginner witches, and anyone looking to connect more deeply with the cosmic cycles of the year.

October 2023



9780760384893

145 x 195

40 colour illustrations

Astrology

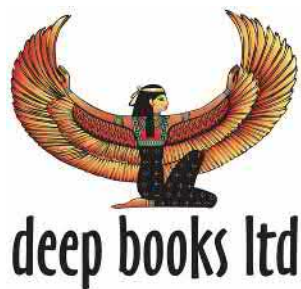
£17.99

Hb
160pp

About the Author.....

Stephanie Campos is an astrologer, witch, and healer who has studied the mystical arts, including astrology, palm reading, tarot, Reiki, curanderismo, EFT tapping, and more. She is also a writer and editor, whose work has been featured in Cosmopolitan, Well + Good, Vogue, Bustle, Refinery29, among other publications. You can follow her on Instagram at @stephaniencampos

EDI/QP



advanced information

LEAPING HARE NATURE ALMANAC HB

Your Yearlong Mindful Guide to Reconnecting with Nature

Illustrated by Raluca Spatacean

THE LEAPING HARE NATURE ALMANAC guides you through the seasons and year with lushly illustrated wellness and nature-connection rituals, activities and reflections to uplift and calm your mind, body and self.

Embrace the blooming benefits of nature, mindfulness and eco-therapy in this stunning month-by-month nature almanac that will lift your heart, mind, body and self.

Strikingly designed, lovingly crafted and filled with nature affirmations, activities and reflections, this gorgeous book will help you connect to the seasons, be empowered by eco-spirituality, and be mindful of nature all year long.

Each page shares an eco-insight for nature connection, and the yearlong structure means that activities are tailored for the natural seasonal rhythms which guide us through winter, spring, summer and fall.

Pick out the month and rest your mind's eye on the pages ahead. Discover seasonal affirmations, nature rituals, recipes, eco-reflections and growing tips for nature connection, mindfulness and empowerment in this earthy guide to creating daily eco-aware habits.

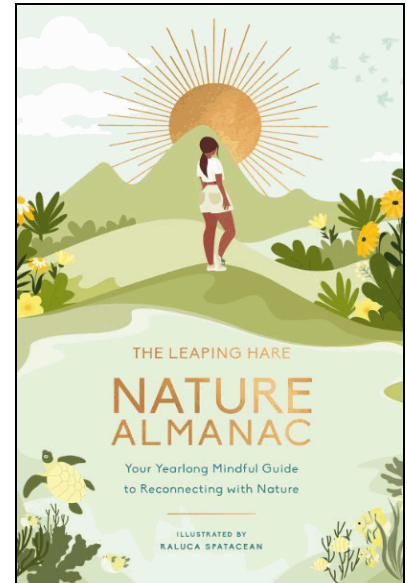
Standing at 288 pages, this book is filled with ideas for finding fresh inspiration every day in nature to help you live your most mindful life!

Reflections, practices and actions in this lush book include:

- Practical ways to connect with nature, from growing flowers and vegetables to making knotweed preserve,
- Mindful reflections including tuning into the beauty of birdsong,
- Star-gazing practices as meditative practices,
- As well as nature meditations and visualizations to connect spiritually with the natural world.

From the hearts and minds of the Leaping Hare Press collective and featuring soothing illustrations by @madebyralu, THE LEAPING HARE NATURE ALMANAC is your definitive guide to mindfully connecting to nature all year round.

October 2023



9780711285385

153 x 235

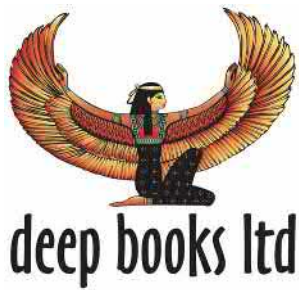
full colour illustrations

Natural World

£20.00

Hb
288pp

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advanced information

DIVINATION FOR BEGINNERS

Simple Techniques for Manifestation and Predicting the Future with Cards, Crystals and More

Liz Dean

DIVINATION FOR BEGINNERS offers the simple basics for getting started with divination using a wide variety of techniques, including tarot, crystals, palmistry, astrology, and numerology.

Discover how to use divination to manifest the life you want with this beginner's guide to a range of powerful techniques.

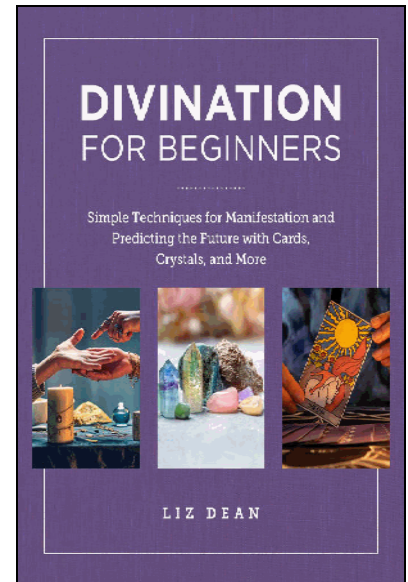
DIVINATION FOR BEGINNERS - an affordable, abridged edition of The Ultimate Guide to Divination - gives you the skills to look into the future and find spiritual and practical guidance for decision making, relationships, money, career, health, and happiness. Through practical, hands-on illustrations and text, explore the wisdom and secrets that can be revealed through any number or combination of divination techniques, including:

- Tarot
- Astrology
- Palmistry
- Numerology
- Pendulums
- I Ching
- Candle Reading
- Runes
- And more

With essential tips for tools and materials, preparation methods, choosing the best form of divination for each specific need, and practice techniques to get the most accurate readings, learn and hone your skills to become a proficient divination practitioner in no time.

If you like the answers you receive, continue on. If it looks like trouble ahead, adjust your course of action and see how your new plan affects the outcome. In this way, you can use divination to fine tune your future and start living the life you've always dreamed of.

October 2023



9780760383940

191 x 235

Full colour throughout

Divination

£12.99

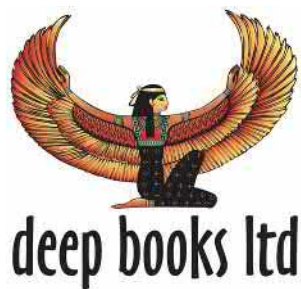
Pb

144pp

About the Author.....

Liz Dean is a professional tarot reader at Psychic Sisters in Selfridges, London. A bestselling tarot author, she has researched and read tarot since she happened upon her first tarot deck, the Morgan Greer, in 1989; later favourite decks included The Sacred Rose, Visconti Sforza and Rider Waite tarots.

EDI/QP



advanced information

ANIMAL MAGIC HB

A Handbook of Mystical Energies and Enchantment

Rieka Moonsong

Unleash the power of animal magic into your life with this beautiful handbook featuring a directory of animals and the different roles they play.

In ANIMAL MAGIC, unlock the magical powers, guidance, and protections offered by animals while calling on mystical animal energy with magic, spells, and meditations to strengthen your craft.

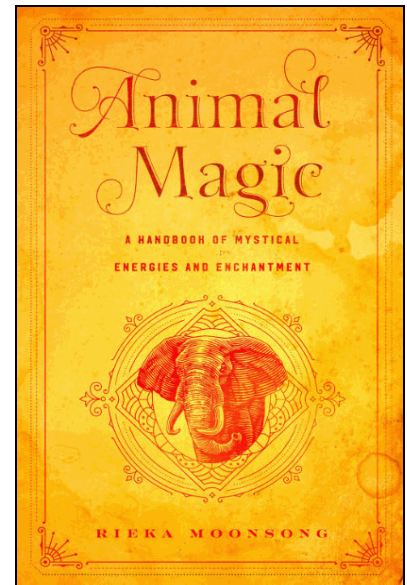
From spirit guides to power animals to familiars, both domesticated and wild, learn what role they play in our lives and the significance of the magic they offer.

Powerful animal magic practices are embedded in cultures all over the world. Throughout history, generations have called upon the energy of animals to help navigate life and find inspiration. ANIMAL MAGIC is an intuitive guide that teaches you how to connect with different animal energies and gives you a comprehensive introduction to their magic. Some of the animals and their magic include:

- Black cats and ravens hold powerful magic and are known to be shape-shifters in the magic community
- Bats hold lunar magic which helps with shadow magic
- Bears hold the energy of the night and earth, making them great assistants to protection spells and rituals

Through spells, meditations, and talismans, learn to strengthen your connection to the animal world and tap into these powers.

October 2023



9781577153955

140 x 210

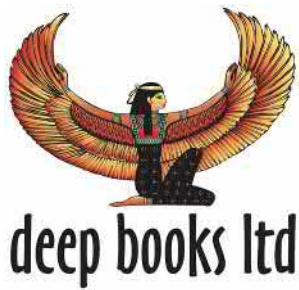
100+ colour ill's

Magic

£14.99

Hb
160pp

EDI/QP



advanced information

LEGENDS OF NORSE MYTHOLOGY HB

Enter a world of gods, giants, monsters and heroes

Tom Birkett

Illustrated by Isabella Mazzanti

LEGENDS OF NORSE MYTHOLOGY is a fully illustrated anthology of Norse gods, giants, monsters and heroes retold anew.

Featuring beautiful and otherworldly portraits of mythological characters from Isabella Mazzanti and enchanting text from Old English scholar and Norse mythology expert Dr Thomas Birkett, this collection of timeless tales is the perfect gift for lovers of Viking myths as well as readers looking for an introduction to this epic world of mystical power, battles, quests and intrigue.

With this book, readers can take an adventure through time to a realm of ice and fire, magic and mischief. They'll meet a cast of characters from Norse folklore and be swept up in their epic deeds and fates.

Inside, there are more than 30 profiles of Norse figures – from gods and goddesses, to giants, elves, monsters and other mythical beings. Each profile introduces the figure, including their defining attributes and a new retelling of their story, along with sidelights of extra facts and details. Figures include familiar gods like Thor to lesser-known legends such as giant sisters Gjalp and Greip.

A captivating visual portrayal of each figure helps crystallize these beings in readers' imaginations. Isabella Mazzanti's evocative artwork perfectly express the fantastic traits and powers of the mythical figures within.

Interspersed with the profiles are summaries of four famous Norse tales and events:

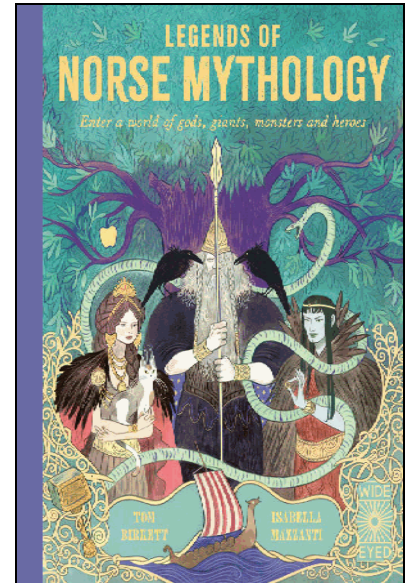
- The story of Ymir and the Nine Worlds
- How Thor's Hammer Was Made
- The Mead of Poetry
- The Tale of Ragnarök

A visual feast and a journey to another world this book is perfect for the whole family to explore and enjoy. From the trickster god Loki and his mischievous ways to the powerful Norns – the three women who weaved the destinies of all living beings – discover why these incredible stories are still a part of our culture today.

of related interest:

ATLAS OF LOST KINGDOMS HB	9780711262805	£20.00
SECRETS OF THE WITCH HB	9780711257979	£14.99
YOUNG ORACLE TAROT HB	9780711263758	£14.99

October 2023



9780711260771

201 x 260

Full colour throughout

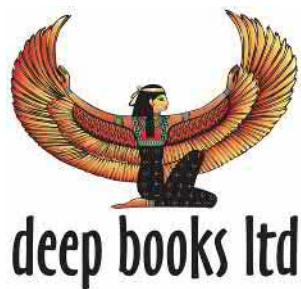
Childrens

£14.99

Hb

80pp

EDI/QP



advanced information

LORE OF THE STARS HB

Folklore and Wisdom from the Skies Above

Claire Cock-Starkey

Illustrated by Hannah Bess Ross

THE LORE OF THE STARS looks to the heavens and beyond to understand diverse cultures from here on Earth.

Did you know that people used to read the future in the flight of birds? That the constellations were thought to be mythological beings set in the sky? And that eclipses were seen as demonic omens? For millennia, humans have looked to the heavens to explain the world around and above them. The myths, folktales and lore that have arisen from these wonderings are as mysterious as they are varied – here, they're set down in a beautifully illustrated and engaging format for readers 6-12 years old. LORE OF THE STARS takes readers deep into space and back through the mists of time to discover the myriad answers to our most ancient questions.

Divided into six chapters:

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The Sun

The Moon

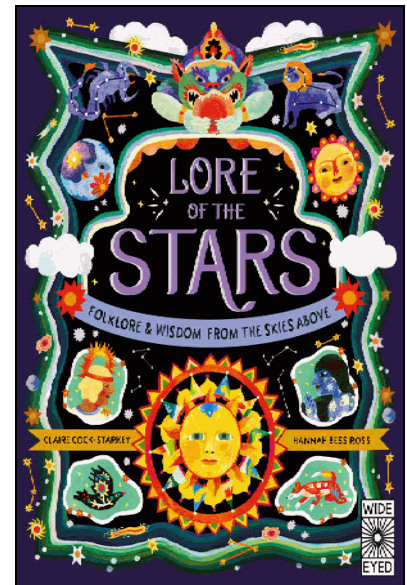
Stars

Planets, Comets & Shooting Stars

The Cosmos

You will uncover the secrets of augury, the meanings of types of weather, stories explaining the birth of the Milky Way, and the beings and deities said to govern the worlds above.

October 2023



9780711282001

235 x 290

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Childrens

£14.99

Hb

80pp

About the Author.....

Claire Cock-Starkey is an author who worked with Ben Schott on his hugely successful Miscellanies and Almanacs. She has worked for BBC Radio 4 and written many other miscellanies and fact-filled books on history, libraries, words, books and museums.

of related interest:

ATLAS OF LOST KINGDOMS HB

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MODERN WITCHCRAFT BOOK OF CRYSTAL MAGICK HB

Your Complete Guide to the Power of Crystals

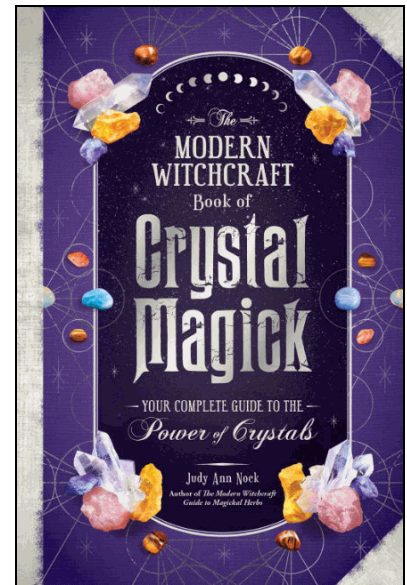
October 2023

Judy Ann Nock

Harness the power of crystals in your spells and rituals with this comprehensive guide to crystal magick as well as crystal-focused spells and full-colour inventory of 50 useful stones and gems.

In the intensity of the fiery cauldron of transformation, a series of reactions and bonds occurred to culminate in the creation of this beautiful structure, carrying the energy of the earth. Now, more than ever, modern witches have a vast number of powerful crystals from around the world right at their fingertips, harnessing their power in spellwork and rituals.

With THE MODERN WITCHCRAFT BOOK OF CRYSTAL MAGICK, you can explore the power of crystals in spellcraft and beyond from the history and tradition of crystal magick to how to work with crystals and how to curate your own collection to meet your magickal needs. With an index of the 50 crystals you need to know, as well as rituals and spells, you'll have everything you need to unlock the magick of crystals and tap into the timeless beauty, power, and wisdom of the earth as you harness its magickal powers.



9781507221181

152 x 229

4-colour illustrations

with photos

Crystals &

Gemstones

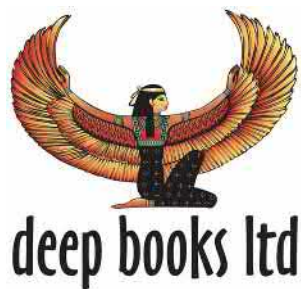
£10.99

Hb
256pp

of related interest:

MODERN WITCHCRAFT BOOK OF ASTROLOGY HB	9781507220153	£12.99
MODERN WITCHCRAFT BOOK OF LOVE SPELLS HB	9781507203637	£12.99
MODERN WITCHCRAFT BOOK OF NATURAL MAGICK HB	9781507207208	£12.99

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ELEMENTAL ALCHEMIST GUIDED JOURNAL

October 2023

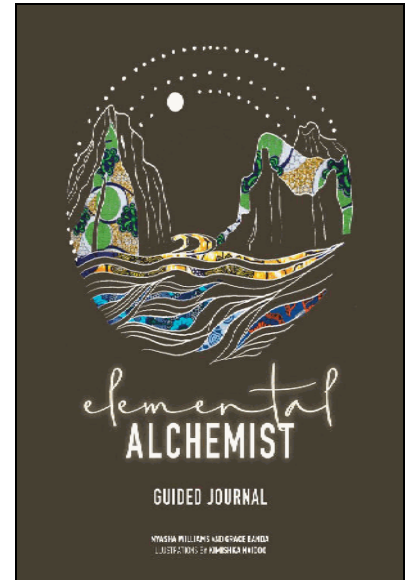
Nyasha Williams and Grace Banda
Illustrated by Kimishka Naidoo

The Universe is speaking. Are you listening? Do you know how to?

This guided journal will teach you how to not only hear the universe, but to connect with it, and to recognise the voices of your ancestors as they guide you to new levels of clarity, insight, and evolution. Get the most out of this experience by using this journal in tandem with the Elemental Alchemist Oracle Deck and Guidebook.

Sisters Nyasha Williams and Grace Banda - with vibrant illustrations by Kimishka Naidoo - present ELEMENTAL ALCHEMIST GUIDED JOURNAL, a beautifully informative and grounded journal to divination by way of decolonisation of the mind and spirit. A companion piece to their Elemental Alchemist Oracle Deck and Guidebook, this journal is meant to work as a divination tool to help equip you with ways to channel the elements on your journey to courage, enlightenment, and growth.

If you are ready to slow down, tune in, and get grounded, this intentional journal is for you.



9781524880149

173 x 224

full colour illustrations

Journals and

Notebooks

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Pb
208pp

EDI/SS



advance information

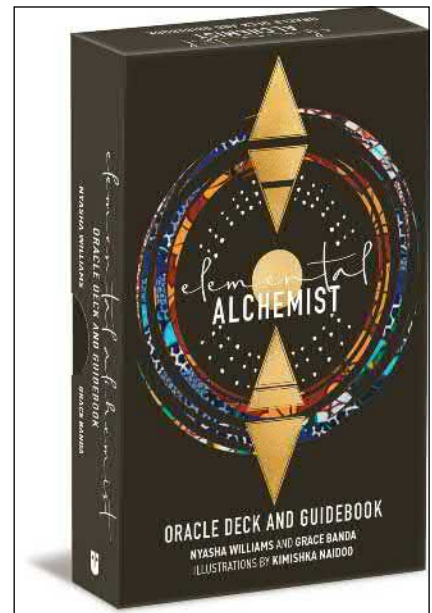
ELEMENTAL ALCHEMIST ORACLE DECK AND GUIDEBOOK

October 2023

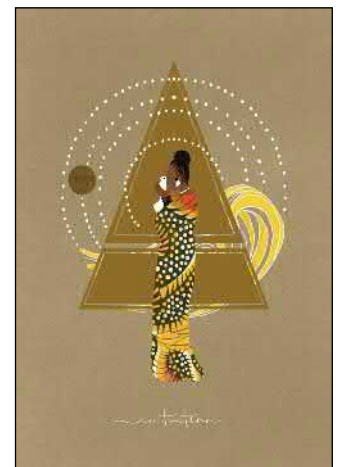
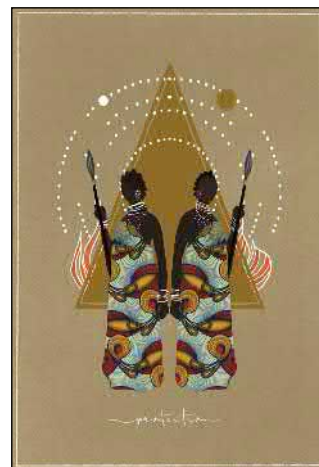
Nyasha Williams and Grace Banda
Illustrated by Kimishka Naidoo

This deck will teach you how to not only hear the universe, but to connect with it, and to recognize the voices of your ancestors as they guide you to new levels of clarity, insight, and evolution. Get the most out of this experience by using this journal in tandem with the Elemental Alchemist Guide Journal.

Sisters Nyasha Williams and Grace Banda - with vibrant illustrations by Kimishka Naidoo - present ELEMENTAL ALCHEMIST ORACLE DECK AND GUIDEBOOK, a beautifully informative and grounded guide to divination by way of decolonization of the mind and spirit. As a young woman who grew up in both South Africa and the U.S., it didn't take Nyasha long to realize that if she wanted to tap into and celebrate the traditional spiritual practices of her ancestors, she would need to first break down the oppressive walls within her own mind placed there by centuries of colonization, and help others in her community to do the same. With this beautifully designed 40-card deck and guidebook, she and her sister are doing just that. If you are ready to slow down, tune in, and get grounded, this intentional collection is for you.

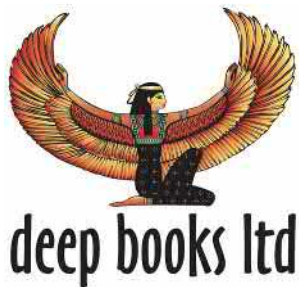


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WHOLE MAMA YOGA

Meditation, Mantra, and Movement for Pregnancy and Beyond

Alexandra DeSiato and Lauren Sacks

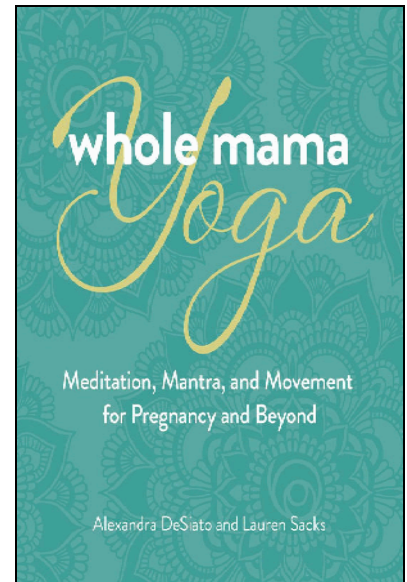
A unique way to see and process the motherhood experience through the lens of yoga, WHOLE MAMA YOGA covers all phases and stages of becoming and being a mother or birth parent - offering a way to extend yoga's gifts and tools for all who parent.

Women are drawn to yoga for its physical benefits, its ability to induce calm and presence, and its offering of spiritual depth. WHOLE MAMA YOGA offers a way to extend yoga's gifts into the motherhood experience and offers guidance that eases not just physical discomforts but existential ones. Many mums and birth parents balance boundless love and boredom, overwhelming joy and moments of isolation, self-confidence and self-doubt. Yoga provides an opportunity to practice the much needed body love and self-connection many parents need.

Accessible to new yoga students, advanced yoga practitioners, and yoga teachers alike, WHOLE MAMA YOGA is for parents with children of all ages. It is for those just thinking about beginning a family, those in the early stages of pregnancy, those getting close to labour and delivery, and for those new mums, who often feel harried and overwhelmed. This is a book to reference as children grow, change, and become little (and big) people.

With yoga poses at the core of the text, yogi mums and instructors Alexandra DeSiato and Lauren Sacks offer helpful information in movement offerings that meet all mums and birth parents where they are. Organized into sections titled Relate, Move, Reflect, Wisdom, and Breathe, WHOLE MAMA YOGA provides breathing techniques, suggestions for meditation and mantra, inspiring tidbits of yoga philosophy, funny and uplifting stories from yoga-mums, and journal prompts that allow readers to reflect on their own experience of parenthood.

October 2023



9780757324666

191 x 229

175 b&w illustrations

Yoga and Meditation

£12.99

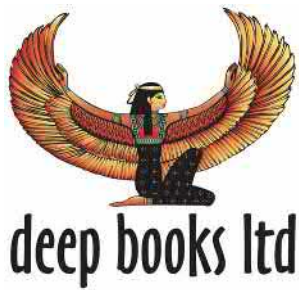
Pb
240pp

About the Author.....

Alexandra DeSiato, MA, E-RYT 500 is an expert in yoga for the prenatal and postpartum time periods. She is recognized internationally for her work on creating (and helping others create) powerful and resonant themes in yoga classes.

Lauren Sacks, E-RYT 500, PRYT, is a perinatal and hatha yoga instructor with over 20 years of teaching experience. She was a founding member of Carrboro Yoga Company in 2004 and taught thousands of students

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GREEN WITCH'S COLORING BOOK

From Enchanting Forest Scenes to Intricate Herb Gardens, Conjure the Colorful World of Natural Magic

Arin Murphy-Hiscock
Illustrated by Sara Richard

The magic of The Green Witch meets adult colouring with this collection of 35 witchcraft-inspired scenes showcasing the natural elements and mysticism of green witchcraft.

The magic of The Green Witch meets the popularity of adult colouring in THE GREEN WITCH'S COLORING BOOK, a collection of 35 witchcraft inspired scenes showcasing the natural elements and mysticism of green witchcraft, from lush herbs and plants and beautiful flowers to enchanting potions and more magical elements.

Nurture your creative energy and the green witch within with THE GREEN WITCH'S COLORING BOOK featuring 35 witchcraft-inspired scenes that nourish and nurture green witchcraft lovers. From the Green Witch series, this colouring book includes lush forest scenes to crystal spreads and herb bundles. Each of these illustrated pages evoke the mystical energies of natural magic. Now you can fully embrace your inner artist (and witch) within.

October 2023



9781507221068

254 x 254

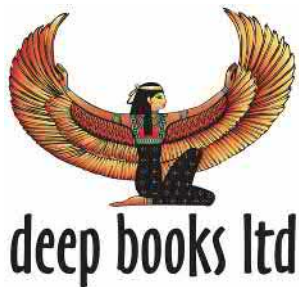
B&W illustrations
Colouring Books
£9.99

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80pp

of related interest:

GREEN WITCH HB	9781507204719	£12.99
GREEN WITCH'S GRIMOIRE HB	9781507213544	£12.99

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MODERN WITCHCRAFT INTRODUCTORY BOXED SET

The Modern Guide to Witchcraft, The Modern Witchcraft Spellbook, The Modern Witchcraft Grimoire

October 2023

Skye Alexander

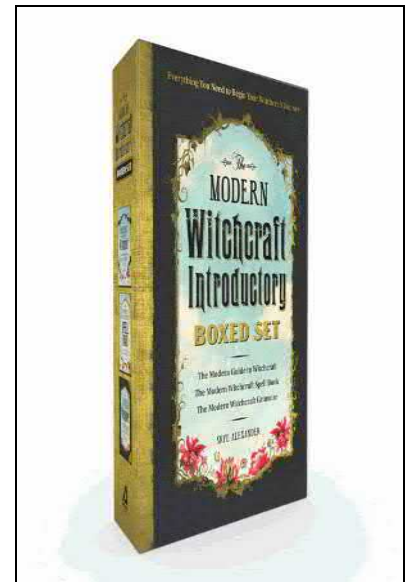
Start casting spells and holding rituals today with this enchanting boxed set featuring three titles in the Modern Witchcraft series introducing witchcraft for beginners, a full spell book, and your very own grimoire to chronicle your practice.

THE MODERN WITCHCRAFT INTRODUCTORY BOXED SET is the perfect collection of books for new and novice witches. With an introductory guide, a spell book, and a grimoire, novice witches will have all the guidance and direction needed to get started. The boxed set includes:
The Modern Guide to Witchcraft: This book carefully guides you through each step needed to start your witchcraft practice along with ways of personalizing them to your specific situation so you can make your practice your own.

The Modern Witchcraft Spell Book: This book teaches you how to harness your inner magic through incantations, potions, and charms perfect for the modern-day witch to find love, build wealth, and shape your destiny.

The Modern Witchcraft Grimoire: This book teaches you the importance and history of the witch's grimoire. Then it goes step-by-step through the process of putting together your very own grimoire.

These three titles come together to create a magickal guide as you start your witchcraft journey.



9781507221549

152 x 229

B&W illustrations

Wicca

£39.99

Hb
896pp

About the Author.....

Skye Alexander is the award-winning author of more than thirty fiction and nonfiction books. 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

of related interest:

GREEN WITCH HB

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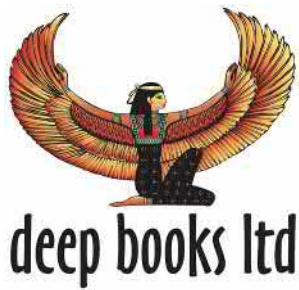
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SLAVIC KITCHEN ALCHEMY HB

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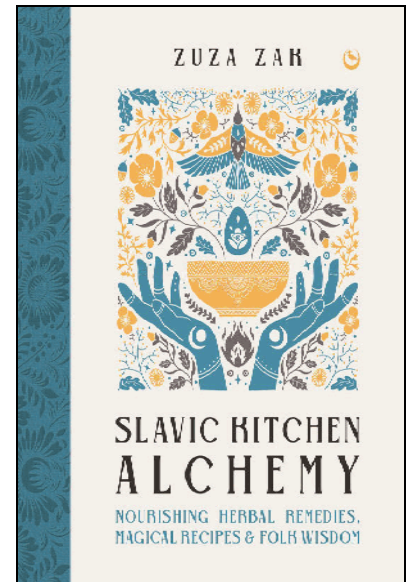
October 2023

Zuza Zak

Steeped in ancient wisdom, magic and folktales, this illustrated collection of Slavic lore offers natural remedies, beauty and cleaning products, healing recipes and wellbeing rituals that will appeal to modern witches and natural healing fans.

This book is infused with the Slavic wisdom and folk healing passed on to Zuza Zak by her two Polish grandmothers. It's a beautifully illustrated treasure trove of the old ways of Eastern Europe, full of little rituals and remedies to make your life gentler, sweeter and more joyful, and it's a precious object in its own right – your own notebook of practical wisdom. Season by season, the book gently guides you to a more natural Earth-focused rhythm, creating the right atmosphere for your body and mind to thrive. Discover:

- Natural remedies for physical and mental wellbeing, such as Broad-leaved Plantain for Cuts and Grazes, and a Chamomile Bath for Relaxation and Optimism;
- Beauty products, such as an Oat Bundle Skin Cleanser for Gentle Exfoliation or a Lilac Body Oil for Improving Your Skin and Your Intuition;
- Rituals to honour the passing year, such as creating a Sage Cleaning Spray for Ritual Spring Cleaning or weaving Wildflower Wreaths for a Midsummer Celebration of Freedom;
- Nutritious recipes such as Elderflower Cake for Immunity and the Sheer Joy of it, or Wild Summer Pierogi for a Joyful Afternoon of Dumpling Making and Great All-round Health;
- Craft activities, such as painting eggs and dying clothes, to boost creativity, mindfulness and access to the flow state
- Folktales and mythology to connect to nature and ancient symbolism.



9781786786722

183 x 216

Colour throughout
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Hb
208pp

of related interest:

RUSSIAN BLACK MAGIC
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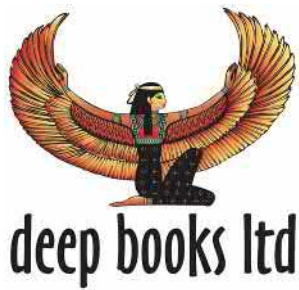
9781620558874

£12.99

9781620558423

£12.99

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advanced information

INTUITIVE DRAWING JOURNAL

A Guided Journal for Processing Feelings and Emotions

Almudena Rocca

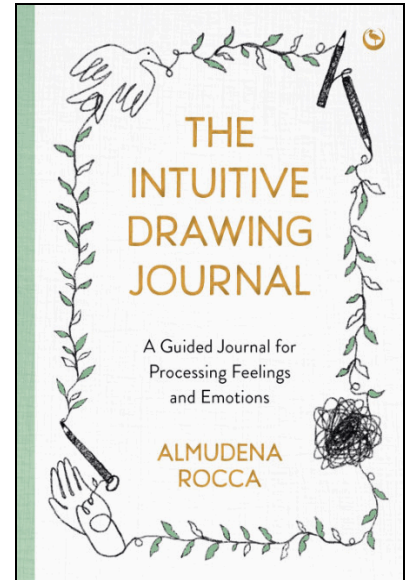
Process your emotions and improve your wellbeing with this inspiring guided journal which introduces intuitive drawing as an evolution of mindful drawing.

What if drawing could help you express and process your emotions? Emotions add depth to our experiences, but sometimes they can be overwhelming or challenging. In this beautifully illustrated guided journal, Almudena Rocca presents an amazing technique – intuitive drawing – which will help you to understand and work through your feelings by accessing your unconscious.

You will learn essential intuitive drawing skills, from working with patterns to drawing objects, before diving into 11 core emotions, including anger, fear and trust. This journal is filled with thought-provoking drawing prompts and quotes, allowing you to explore memories, relationships and events that may still impact you today.

You don't need to be an artist to enjoy this book – it is the perfect resource for anyone who enjoys creative self-care.

October 2023



9781786787583

130 x 191

B&W illustrations

Self-Help

£14.99

Pb
208pp

About the Author.....

Almudena Rocca is a multidisciplinary artist, tattooist and mental health advocate. She has collaborated with Project Ability, BetterHelp, Self-Care is For Everyone and Chillis studio, and has a CPCAB Level 3 certificate in counselling studies. Find out more at: <https://www.almudena.co.uk>

EDI/WAP



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MOON DUST TAROT

October 2023

A deck and guidebook to activate ethereal lunar magic

Florance Saul

The luxurious MOON DUST TAROT explores for the first time the symbolic links between the moon, subconscious dream imagery and the classic tarot archetypes.

The power of the moon is at your fingertips...

Based on the online tarot deck that has uplifted and enlightened millions of people since its launch in 2017, this is the one and only official physical Moon Dust Tarot Deck. Connect with your spirit on a higher level, commune with the wisdom of the moon, stars and the universe, and find new meaning in the Tarot with this beautiful deck sumptuously presented in sparkling gold foil!

Psychic and occult expert Flo presents the 78 classic tarot cards, illustrated with stunning artworks sprinkled with moon dust that shed new light and meanings on the classic imagery with insight from dreams and lunar wisdom.

The accompanying booklet provides interpretations of all the cards, including keywords, inspiring poems intuited by Flo and readings for both upright and reversed cards. Elevate your lunar connection to the next level, find answers, hone your intuition and transform your life.

This deck sits beautifully alongside its companion dream dictionary The Moon Dust Dream Dictionary.



Book & Card Set

978-17867-87453

87 x 125

78 cards & 192pp guidebook

£30.00 inc VAT

Also Available:

MOON DUST DREAM DICTIONARY
TAROT - BLACK AND GOLD EDITION

9781786787439 £17.99
9788865276150 £50.00



0 The Fool



I The Magician

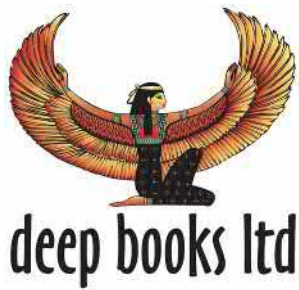


II The High Priestess



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WEIRD WALK HB

Wanderings and Wonderings through the British Ritual Year

Weird Walk

Foreword by Stewart Lee

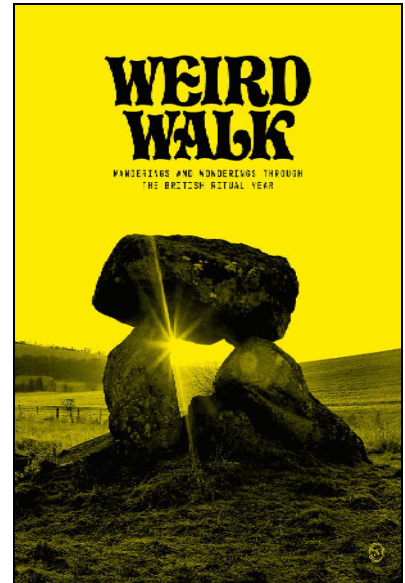
Let this hauntological gazetteer guide you through our enchanted places and strange seasonal rituals

The first book by iconic zine creators and cultural phenomenon Weird Walk. This is a superbly designed guide to Britain's strange and ancient places, to standing stones and pagan rituals, and to the process of re-enchantment via weird walking.

In this book is a radical idea. By walking the ancient landscape of Britain and following the wheel of the year, we can reconnect to our shared folklore, to the seasons and to nature. Let this hauntological gazetteer guide you through our enchanted places and strange seasonal rituals:

- **SPRING:** Watch the equinox sunrise light up the floating capstone of Pentre Ifan and connect with the Cailleach at the shrine of Tigh nam Bodach in the remote Highlands
- **SUMMER:** Feel the resonance of ancient raves and rituals in the stone circles of southwest England's Stanton Drew, Avebury and the Hurlers
- **AUTUMN:** Bring in the harvest with the old gods at Coldrum Long Barrow, and brave the ghosts on misty Blakeney Point
- **WINTER:** Make merry at the Chepstow wassail, and listen out for the sunken church bells of the lost medieval city of Dunwich

October 2023



9781786786821

171 x 210

120 photos &
illustrations

Travel
£19.99

Hb
288pp

About the Author....

Formed in the hinterland between the bucolic and the eerie, Weird Walk began as three friends walking an ancient trackway across southern England. More walks followed and the first Weird Walk zine, now into its fifth edition, published in May 2019. Weird Walk also produce events, collaborate with brands, and in Autumn 2022 will present their first touring festival "Ley Line". Find out more at: weird-walk.co.uk

of related interest:

GIANTS OF STONEHENGE AND ANCIENT BRITAIN 9781948803540 £25.00

SACRED SITES ORACLE CARDS 9781780288420 £22.00 inc VAT

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FORTUNE-TELLER'S DECK

October 2023

Predict Your Future - The Ancient Art of Cartomancy

Jane Lyle

Illustrations by Oliver Munden

THE FORTUNE-TELLER'S DECK is based on the ancient Romany gypsy divination system, uses a recognizable deck of classic 53 playing cards with four suits, and offers an entertaining way to answer your most pressing questions on life choices.

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