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September 2023

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LIQUID CRYSTAL ORACLE



**Return of the Atlantian Way
for the Children of Light**

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September 2023

Return of the Atlantian Way for the Children of Light

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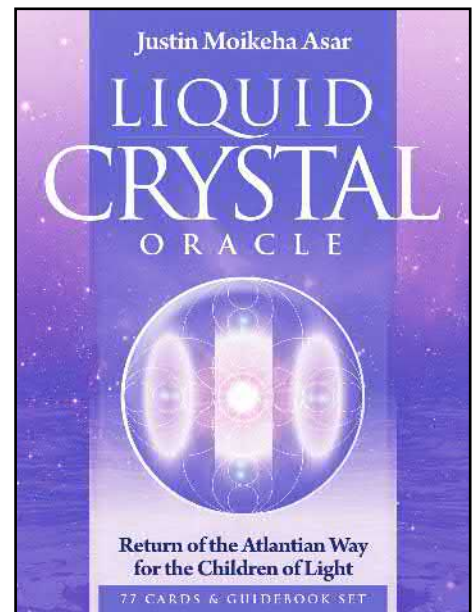
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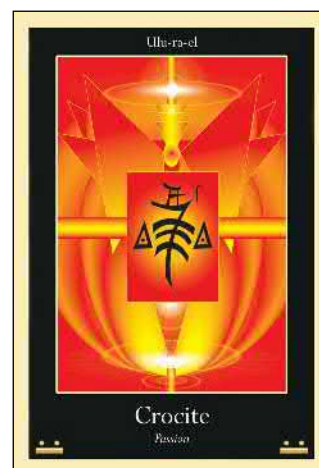
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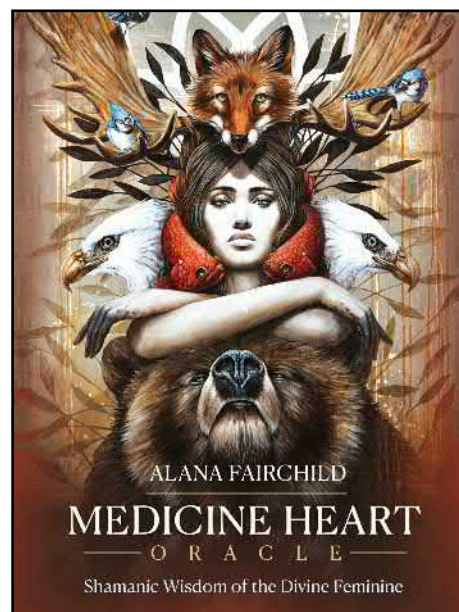
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Alana Fairchild
Artwork by Sophie Wilkins

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‘KNOW THYSELF’

SUZY CHERUB

Artwork by Briarley Collyns



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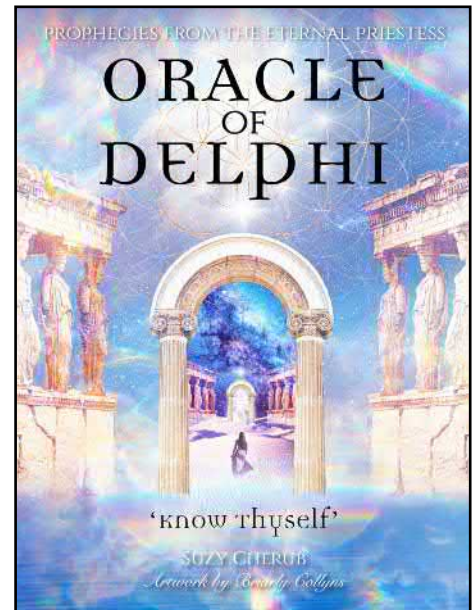
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Here, on the threshold of wisdom, you can commune with ancient seers, reclaim miracles and free the future. Here, your questions invite guidance, magic and activations. Here, you can experience a remembering that brings you home to the temple within. This exquisite oracle set is a portal to clarity and understanding. Shuffle the deck to invoke the eternal priestess, choose your cards and welcome wonder, healing visions and sacred empowerment. May the mysteries of the oracle open your intuitive senses, self-awareness and inner mystic. —Suzy Cherub



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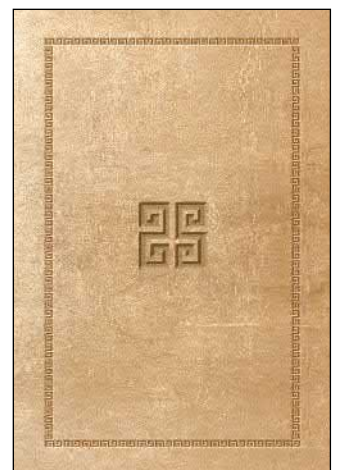
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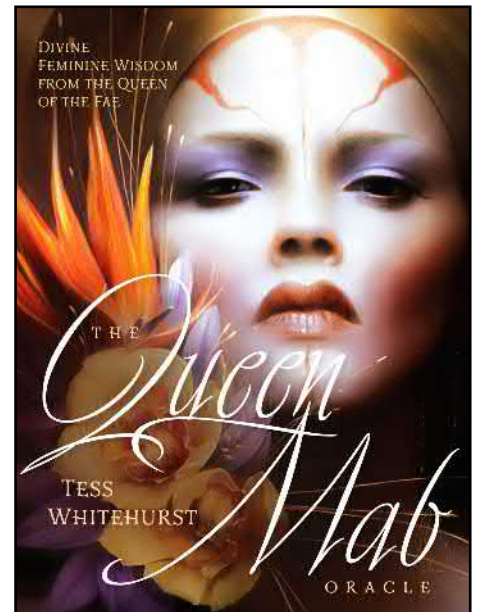
Tess Whitehurst

Artwork by Mélanie Delon & Cecilia G.F.

... even now, answers are on the way to you. On the wings of an endless midsummer's night, something blessed this way comes, powered by the earth, the wind and the divine radiance of the Faery Queen.

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THE
Secret
Language OF
Your Soul

A JOURNAL FOR MIND, BODY, AND HEART



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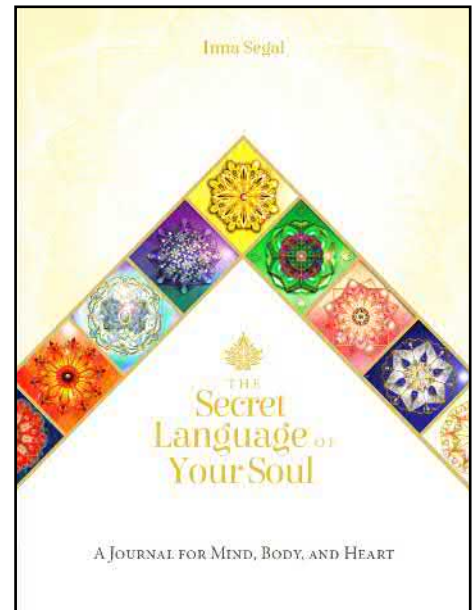
September 2023

A Journal for Mind, Body, and Heart

Inna Segal

Artwork by Jane Marin

Your heart, mind, body, and glorious soul are speaking to you. Their support and wisdom are yours by nature. Remember how to receive their enriching messages through the insight, guidance, visualisations, energetic practices, and mandalic imagery of this deluxe journal. See the signals, feel the sensations, and recognise the intuitions that arise from love, care, and innate knowledge especially for you. These pages offer a supportive space for releasing worry, discovering meaning in the worlds around and within you, and rejoicing in the freeing wonder of your divine expression. This deluxe 220-page journal features premium paper and lined and unlined pages so you can connect to and convey the messages from your soul through poetry, sketch, scribble, reflection, guided writing, stream-of-consciousness expression, and more. Your journaling experience will be supported and inspired by 44 full-colour mandalas, exercises, visualisations, and insights from bestselling author and renowned healer Inna Segal. Feel, believe, and free your mind, body, and heart, one page at a time.



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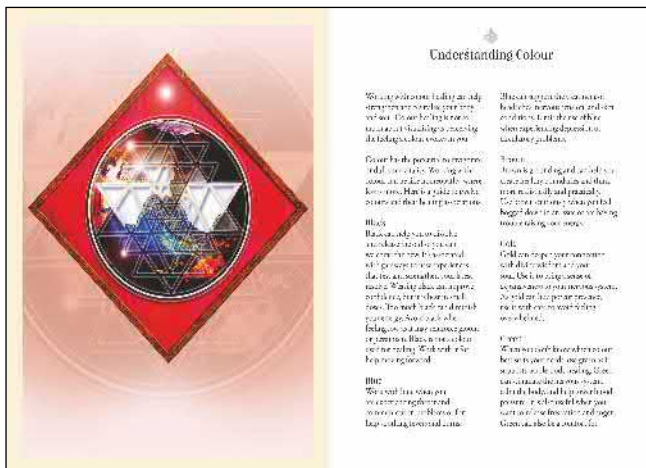
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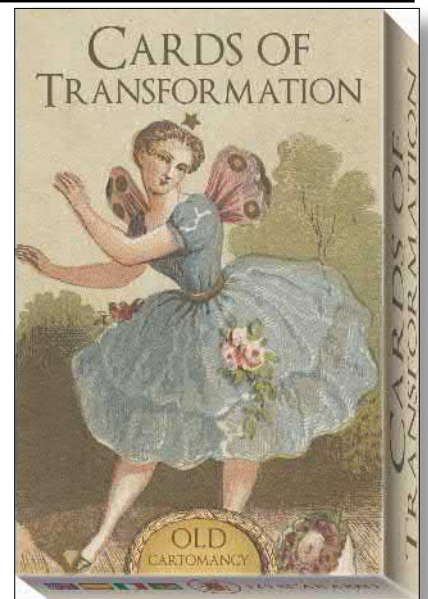


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CARDS OF TRANSFORMATION Old Cartomancy

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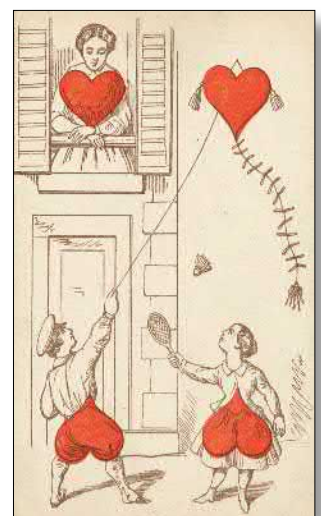
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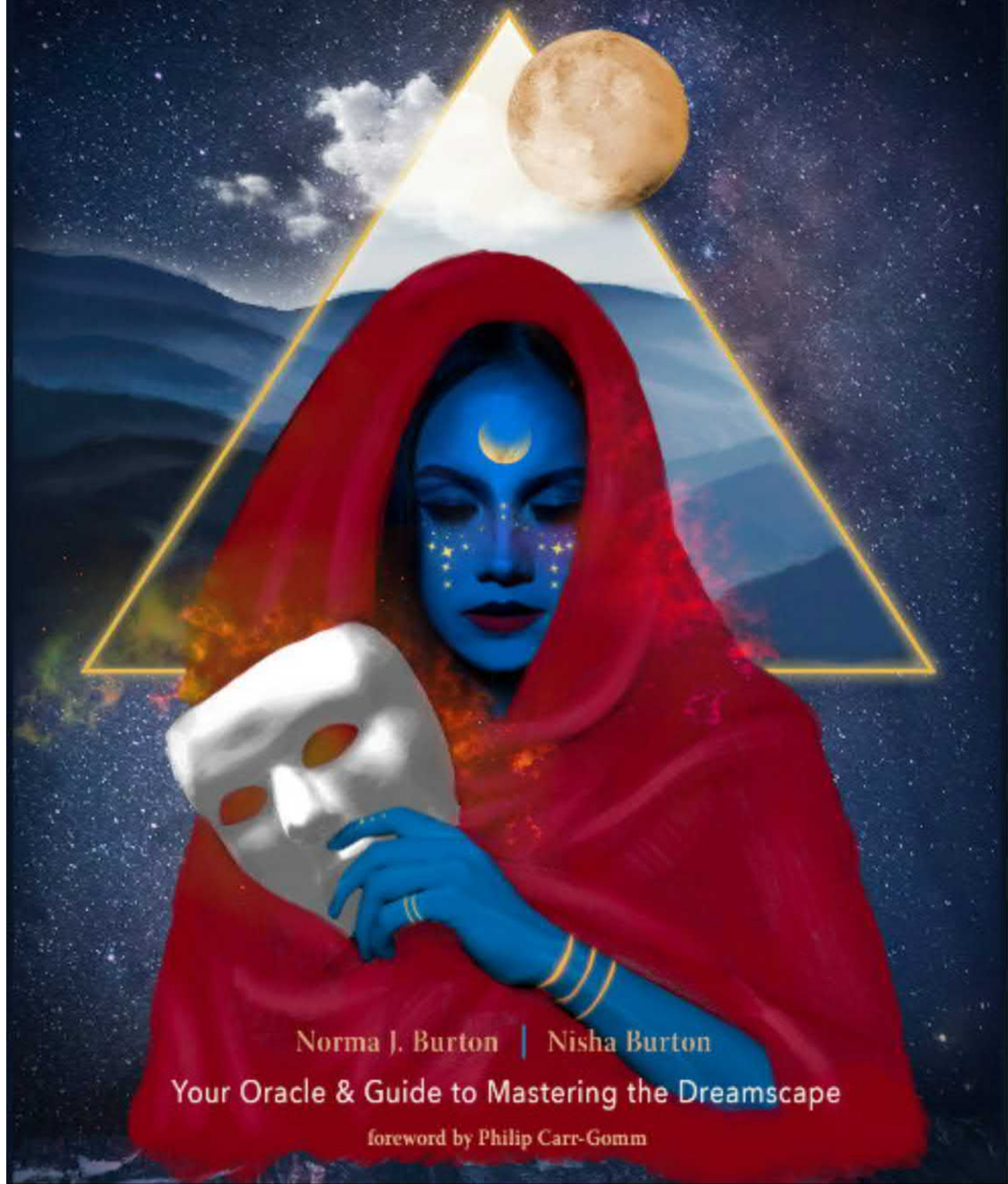
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Lucid Dreaming, Lucid Living



Norma J. Burton | Nisha Burton

Your Oracle & Guide to Mastering the Dreamscape

foreword by Philip Carr-Gomm



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LUCID DREAMING, LUCID LIVING

September 2023

Your Oracle and Guide to Mastering the Dreamscape

Norma J. Burton and Nisha Burton

Foreword by Philip Carr-Gomm

The LUCID DREAMING, LUCID LIVING Oracle draws from years of first-hand knowledge and extensive research by the mother-daughter team of Norma Burton and Nisha Burton. Their tools, techniques, and insights learned from experiential studies are unique, reinforced by the cards' powerful teachings about both lucid dreaming and a message for one's waking life through lucid living. The reader will be inspired to trust their intuition and to become aware of their magical sense of interbeing with higher consciousness.

More and more people are accessing the mystery behind their dreams in order to connect more deeply with themselves. But what is lucid dreaming? It is coming to conscious awareness during the dream state. A lucid dream occurs when a person is asleep but becomes aware that they are dreaming. In this lucid state, a person can take control of their dream's narrative to some degree, essentially guiding and directing the course of their dream. Lucidity can be a way to explore things that a person might not be able to do in everyday life and translate that sense of personal empowerment into their waking life.

The LUCID DREAMING, LUCID LIVING Oracle package will allow the dreamer to fully explore fantastic sensory and emotional experiences through the combination of an engaging text and strong, visually challenging illustrations. Dreamers will learn how to navigate through various states of consciousness with lucidity. Whether you are an experienced lucid dreamer or just beginning your journey, each card in the deck provides you with valuable tools to navigate the dream worlds as well as powerful answers to daily life dilemmas.

The stunning symbolic cards are composed of two parts - the waking message and the dreaming message - thus integrating the instructions for both states of consciousness. Meditating on these insightful cards will strengthen your abilities to dream lucidly and offer guidance about how to move through waking reality more connected to your deep intuition.

By allowing people to take control of their dreams, lucid dreaming can also help prevent nightmares or redirect the events of the dream toward something more pleasant or relaxing. This degree of control also helps the dreamer decrease anxiety, gain greater confidence, solve problems and bring more relaxation into situations that would normally cause them stress if they were to experience it in the real world.

Because lucid dreaming allows the dreamer to invent or create anything within the dream, they can explore creatively and safely within the confines of a dream. This leads to less co-dependency and more security and balance in waking life.

If you feel unable to fully connect with your inner guidance, understand your dreamtime experiences, and are seeking a next-level tool to heal your inner wounds and unlock your fullest potential, then this deck is for you.



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THE
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An Oracle for Divining Ancestral Wisdom

CARRIE PARIS *and* TINA HARDT



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THE BELOVED DEAD

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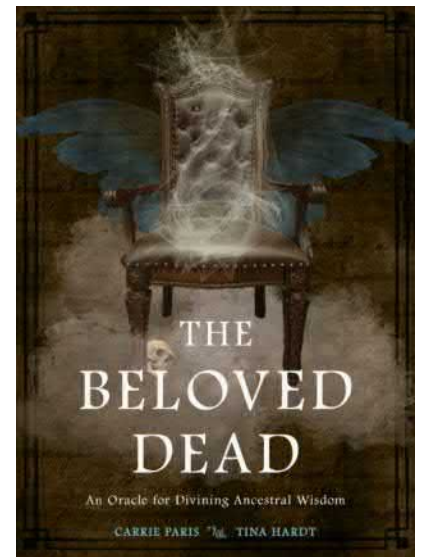
An Oracle for Divining Ancestral Wisdom

Carrie Paris and Tina Hardt

THE BELOVED DEAD includes 81 cards with vintage photographs depicting our collective family of ancestor archetypes. The oracle can be used to help you connect with consciousness that has survived its incarnation here, in the land of form, and now resides energetically as Spirit. Enlightened radiant souls full of afterlife, every spirit in this deck is a bright star in the constellation that is our soul's enchanted quest.

These are the voices of your protective and guiding ancestors, Spirit Helpers who understand that every minute you spend on this side of the veil, there's great work to be done. They've come together to reconcile the fellowship of the past, with the unlimited potential of the future. A special card called the "Spirit Throne" is included to be used as a Seat of Honour, a sacred space within which to hold counsel with a particular card. The accompanying full-colour guidebook provides an array of spreads to meet specific sorts of inquiry.

While gender-specific pronouns are used in the descriptions of these cards, please use your intuition when connecting with the image on the card and develop a profile for its unique energy. At times, THE BELOVED DEAD oracle cards will represent a specific soul, living or in spirit; at other times they may convey an experience, memory, event, or outlook, and always deliver a message related to the context of your question.



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DARK GODDESS ORACLE CARDS



**BARBARA MEIKLEJOHN-FREE
FLAVIA KATE PETERS**

designed by
KATE OSBORNE



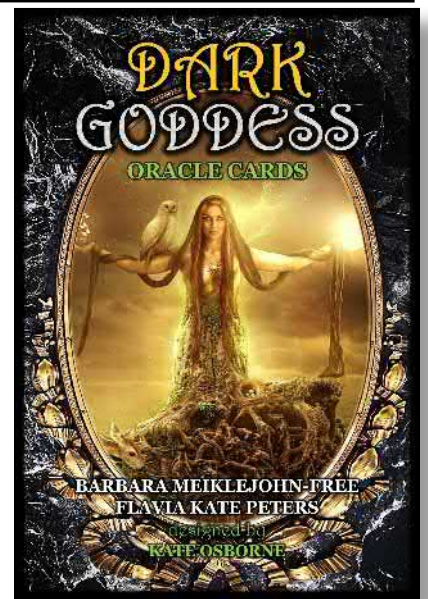
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DARK GODDESS ORACLE CARDS

September 2023

Barbara Meiklejohn-Free & Flavia Kate Peters
Designed by Kate Osborne

We ignore the darkness in ourselves at our peril. Reconnect with the strength, resilience and power of the night with the DARK GODDESS ORACLE CARDS. In showcasing goddess from across the globe, this deck has everything needed to reconnect with your shadow self. And with a detailed guidebook giving sample spreads, easy to use incantations, and a detailed reading for each card, this deck is perfect for beginners and experts alike!



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UNVEILING *the* GOLDEN AGE

— *A Visionary Tarot Experience* —

Izzy Ivy



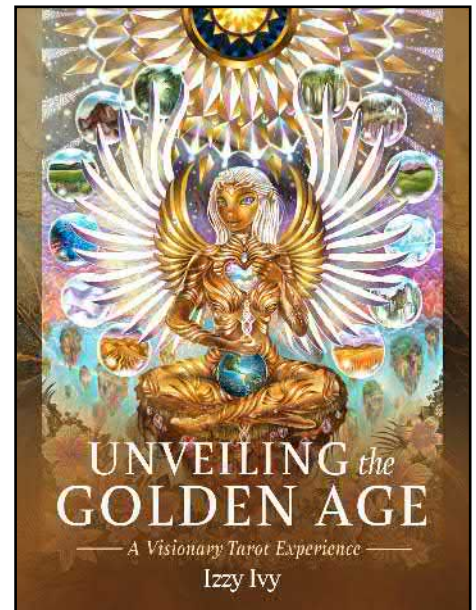
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Izzy Ivy

Traverse portals, glide down rainbows and feel the glory of your wings in this truly revelatory tarot and meditation deck. Intricate and intuitive, startling and reassuring, this 78-card offering was birthed from physical and multi-dimensional realms to ground and elevate the reader in a synergy of co-creative connection. Izzy Ivy's unique divinatory system offers insight, direction, healing practices and recalibration for yourself and others. There are also supports for leading group meditations and accessing collective wisdom and visions. However you connect with the hand-painted wonders and spirit-led guidance, your journey with the Golden Age will be natural, timely and deeply transformative. Beyond Lemuria Oracle Cards supported our transition to the New Earth, Unveiling the Golden Age revels in all that is on the other side.



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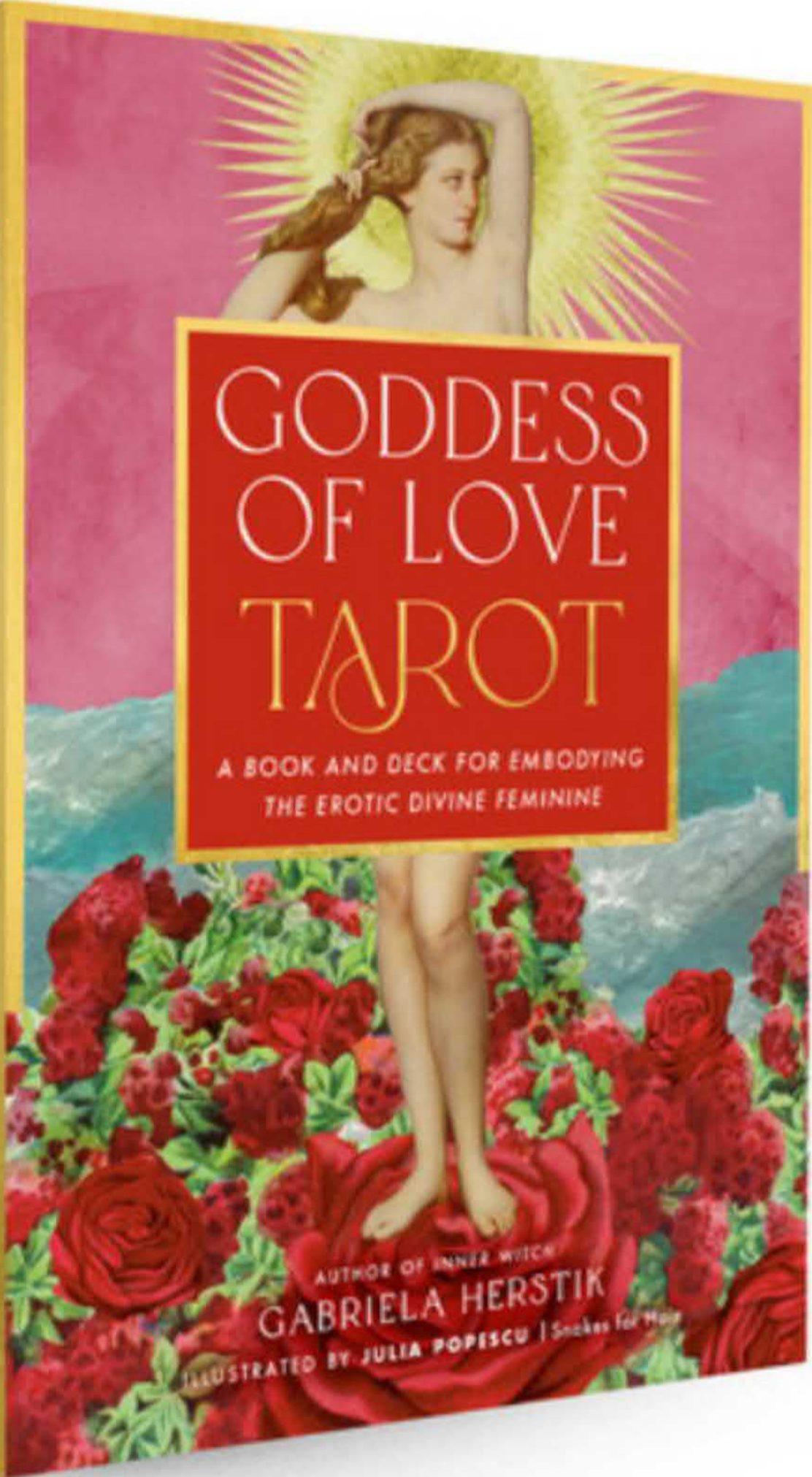
A BOOK
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GODDESS OF LOVE TAROT

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THE EROTIC DIVINE FEMINE

AUTHOR OF INNER WITCH
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ILLUSTRATED BY JULIA POPESCU | *Snakes for Me*





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September 2023

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Gabriela Herstik

Illustrated by Julia Popescu

Whether you are new to the tarot or a longtime enthusiast, this radiant 78-card deck and companion book are for anyone who wants to empower themselves through a deeper relationship with the Goddess of Love and Sex in all Her manifestations. With Gabriela Herstik as your guide into the mysteries of the Divine Erotic, learn specific tarot spreads to assist in connecting to the energy of love and lust, as well as how to work with the cards to create rituals, prayers, and devotional offerings to Goddess—and yourself. Through this deck and the Goddess of Love, come back to the body, the flesh, and the heart as your temple and most sacred source of power.

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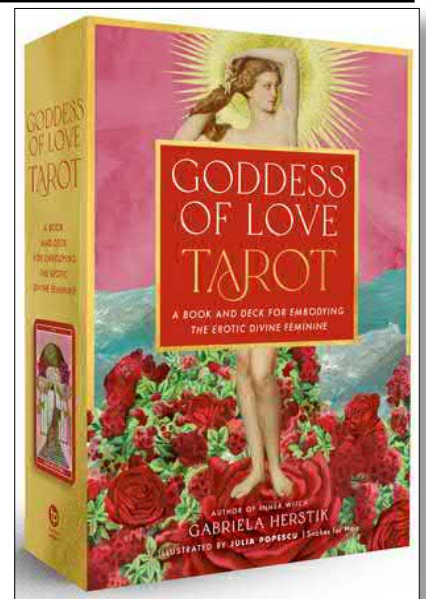
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TAROT
FOR
PREGNANCY

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TAROT FOR PREGNANCY - CARD DECK

September 2023

An Inclusive Tarot Deck for Radical Magical Birthing Folks
Brittany Carmona-Holt
Illustrated by Kimberly Rodriguez

The TAROT FOR PREGNANCY DECK offers expert guidance from author and full-spectrum doula Brittany Carmona-Holt (aka The Birth Witch) in its expanded 136-page booklet and gorgeous full-colour illustrations by Kimberly Rodriguez (IG: @PoetaGoddess).

In addition, bonus materials for downloadable lists, guides, recipes, and more are offered via QR codes throughout the booklet. Use the TAROT FOR PREGNANCY DECK as a stand-alone tool or in conjunction with the 2022 book by the same team of creators, Tarot for Pregnancy to accompany them through all seasons and portals of creation, expansion, birth, and rebirth.

Designed with tarot spreads and descriptions based on the original Raider-White Coleman Smith deck alongside with more specific descriptions for newly pregnant people and parents.

TAROT FOR PREGNANCY DECK will be a transformative tool for anyone who wishes to connect to their innate wisdom with an embracing and representative deck made for all bodies and genders.



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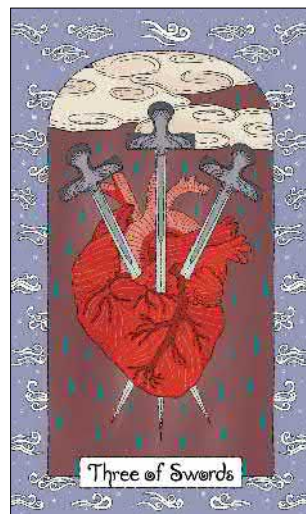
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Teresa Salerno

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INNER CHILD

JOURNAL





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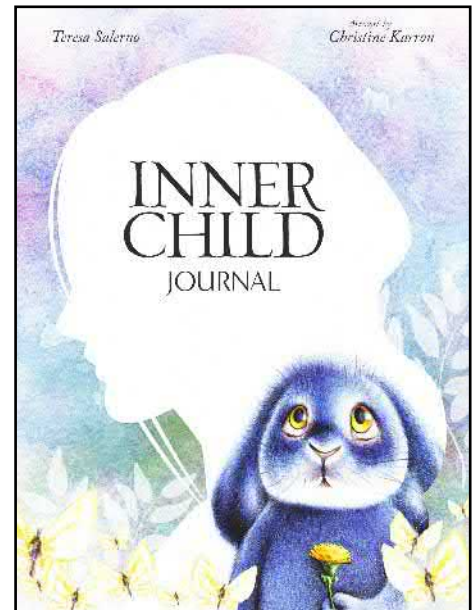
INNER CHILD JOURNAL

September 2023

Teresa Salerno
Artwork by Christine Karron

Your brave, inquisitive and creative inner child is ready to nestle into the safety and warmth of Bunny Burrow to reflect on, share, explore and continue their escapades through journaling. Let them guide your hand as you connect with and express their tender and loving wisdom. This beautiful 220-page journal features premium paper and lined and unlined pages so you can let your inner child run free with pen, pencils, paints, crayons and more! There are 44 full-colour images, exercises, and inspiring prompts to encourage your self-expression. You can also add your own bounce and colour to ten gorgeous line drawings.

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THE FRIGHT BEFORE CHRISTMAS





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FRIGHT BEFORE CHRISTMAS HB

September 2023

Surviving Krampus and Other Yuletide Monsters, Witches, and Ghosts

Jeff Belanger

Illustrated by Terry Reed

HB 978-16374-80151 152 x 191 £17.99
200 pages, 42 colour illustrations



As to what time of year Jesus was born, the Bible gives us one clue. It can be found in Luke 2:8-9:

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified.

In the region of Bethlehem, which sits just south of Jerusalem in Israel, shepherds would sit out with their flock at night between spring months and as late as October. After that, it's too cold to be out all night. Which means, according to the Bible, the only months we can rule out for the birth of Jesus are roughly November through April.

Before you cry heretic, please understand: I don't always celebrate my birthday on the actual day either. Sometimes we wait for the weekend, or sometimes I get together with my aunts, whose birthday a three weeks after mine. There are no rules as to when the day must be commemorated. So how did we land on December 25?

For that, we must thank the Roman emperor Constantine.

When Constantine began his reign in 308 CE, he was old enough to have lived through the persecution of early Christians. He was also young enough to see Christianity expanding, because the idea that one could be born common and still receive great rewards in heaven sounded like a great deal. As Christianity grew in popularity and numbers, the ruling class had a choice: continue to persecute, which would only solidify the opposition, or embrace it.

Constantine converted to Christianity in 312 AD, after a vision he experienced at the Battle of the Milvian Bridge. Through other emperors and

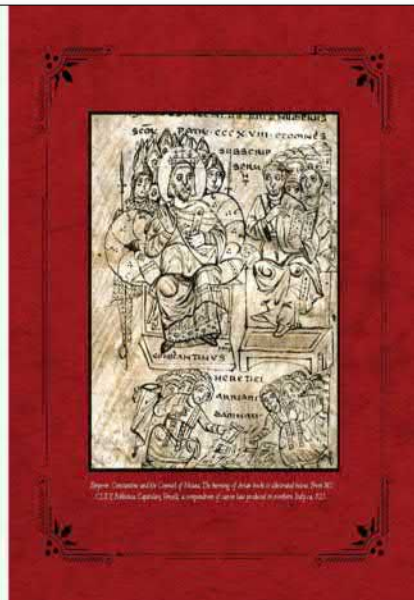


Figure 1: Constantine and the Council of Nicaea. The burning of other books is illustrated below. From: *CC-0 Public Domain* (Public Domain), a composite of work has published in *Public Domain*.

during the sixteenth and seventeenth century that Krampus came out from the shadows of the mountains and into the limelight of villages and cities.

By the 1800s, Krampus was born to stay in Austria, Bavaria, Slovenia, and the Czech Republic. That doesn't mean Christianity didn't leave its mark on this yuletide beast. The chains surrounding Krampus are a Christian addition, representing the binding of the Devil. Plus, his features began to reflect more devil-like imagery of the time, like a forked tongue and dramatic horns.

By the second half of the nineteenth century, Krampus was coming into his own. His horrific visage adorned the cover of countless postcards. People mailed them as greeting cards. Artists worked their magic creating horror scenes of Krampus leading children to their holiday doom.

Krampus became a holiday staple in the region of Europe. He began traveling with Saint Nicholas on December 5 and 6 to offer a consequence to the naughty. And he remained a mainstay of the holiday for several decades, right up until the world went into the attention of the mass. By the time World War II had ended, when Germany and Austria were being destroyed and rebuilding, a new icon slowly pushed Krampus into the far corner. Santa Claus was coming to town and gaining global fame not only as the military figures returned to the Christmas holiday, but also as a tool to help lift a country's economy come December.

So Krampus slunk back to the corners of villages in Austria, where he remained a more obscure tradition. He never vanished. No. He was hiding his time. Maybe he knew not just Austria but the world would someday summon him forth once again.

That time arrived in the early 2000s, when a perfect storm of internet interconnectedness and global turmoil sent the public chiding, howling, and searching for answers that spoke to something primal. Suddenly, one village's obscure holiday legend spread . . . quickly. Of course, some deals

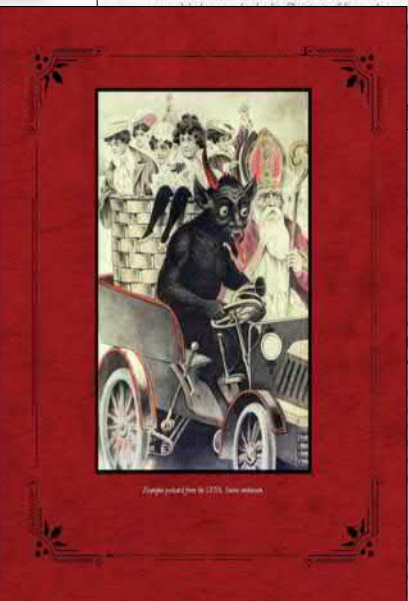


Figure 2: Krampus riding a motorbike. From: *Public Domain*.

has perfect child, and you've been told the number 5 is circled several times in red on your calendar for the day. If you survive to see December 6, expect well enough to wear earplugs from Saint Nick's of December you hear rattling chains or rattling doors during that long, dark, silent, Krampus has arrived.

Krampus is a monster.

stands erect on his cloven hooves—though brief and one human-like foot—a nod to his form of stop his head, and a long, forked, tail like a serpent. He's wrapped in chains and he fills with every naughty child he can find, he beats, stuffs them into his sack, and carries him where he kills them and eats them. Come the naughty children of the world are dead, being gifts to all of the good girls and boys that's left.

Krampus when I was a child. At that time, Krampus for messages of popular culture. Though he slowly forgotten. There were shadows of him

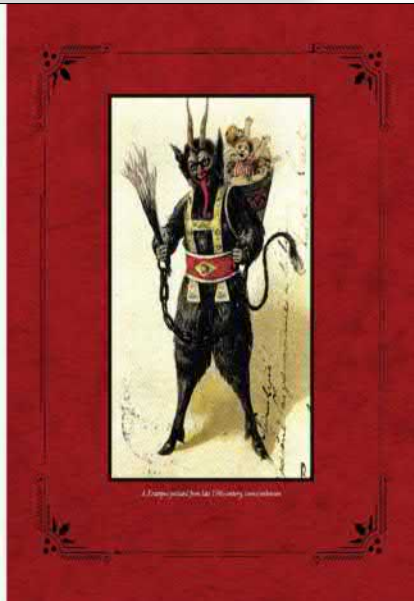
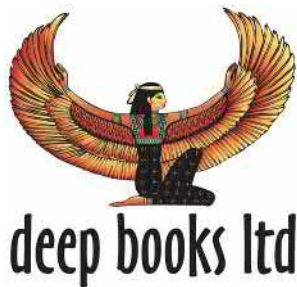


Figure 3: Krampus riding a motorbike. From: *Public Domain*.

looking—a different name, a slightly different look. But when I think back, maybe a version of Krampus was there in my childhood. Back then we called him the Grinch. Covered in fur, angry, lived in a mountain lair, the fur on top of his hat would occasionally curl into the shape of horns.

» [46] «



advanced information

FRIGHT BEFORE CHRISTMAS HB

Surviving Krampus and Other Yuletide Monsters, Witches, and Ghosts

Jeff Belanger

Illustrated by Terry Reed

Step into the dark roots of Christmas past where the Krampus punishes the bad boys and girls.

Christmas time is truly the darkest and creepiest time of the year filled with devilish creatures lurking in the shadows waiting to get us. Best known is the Krampus who has been the subject of films and songs. There was a time in the late 1800s when people sent Krampus cards, not holiday greetings. There are other violent and dangerous monsters from all over northern climes who have been hunting naughty children for centuries. From shapeshifters to mountain trolls, to elves, to heavy-handed cohorts of Saint Nicholas, the Christmas holiday has been filled with ghosts and monsters ready to dole out punishment to those who need it.

THE FRIGHT BEFORE CHRISTMAS will delve into the folklore of Krampus and his friends with the elf-like tomten and the goblinessque Karakoncolas. The Belsnickel is ready to hit us with his switch of sticks and Gryla may drag you back to her mountain lair. And watch out for the Yule Cat ready to pounce! These are just a few of the yuletide beasties coming for us in THE FRIGHT BEFORE CHRISTMAS in the hope they can save us from ourselves. The folklore roots of Christmas under its many other guises (Yule, the Winter Solstice, Saturnalia) is examined in a different, darker light. The Winter Solstice is a time to be afraid. It's the shortest day of the year. The longest night. In some parts of the world, the sun doesn't rise at all. It's dark, and we have to wonder if the sun will ever come back at all. Christmas has always been creepy and with THE FRIGHT BEFORE CHRISTMAS you'll see the other side. This is a book for everyone who loves a little darkness around the holidays.

Be good or the Krampus will get you!

of related interest:

OUR HAUNTED LIVES	9781564148568	£13.99
WORLD'S MOST HAUNTED PLACES Revised Edition	9781601631930	£13.99

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9781637480151

152 x 191

42 colour illustrations

Myths & Legends

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Hb
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About the Author....

Jeff Belanger is one of the most visible and prolific researchers of legends and lore today. A natural storyteller, he's the award-winning, Emmy-nominated host, writer, and producer of the New England Legends series on PBS and Amazon Prime, and is the author of over a dozen books (published in six languages). He founded Ghostvillage.com in 1999—one of the Web's most popular paranormal destinations

NPB

"A transcendent travelogue that guides readers through the history, places, and people of several historic witch hunts and how their legacy continues to impact us today."

—Pam Grossman, author of *Waking the Witch*



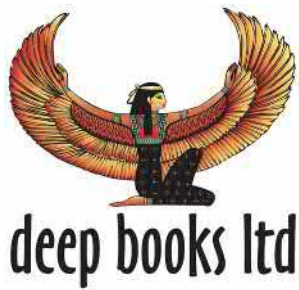
WITCH HUNT



A TRAVELER'S JOURNEY INTO THE
POWER AND PERSECUTION OF THE WITCH

Kristen J. Sollée

author of *Witches, Sluts, Feminists*



advanced information

WITCH HUNT

A Traveler's Journey into the Power and Persecution of the Witch

Kristen J. Sollee

"A transcendent travelogue that guides readers through the history, places, and people of many of the witch hunts and how their legacy continues to impact us today."-Pam Grossman, author of Waking the Witch

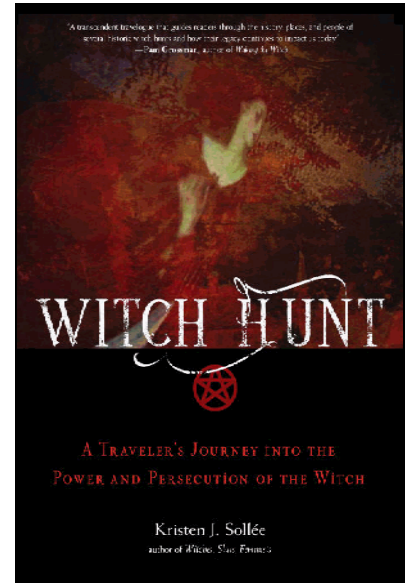
Between the 15th and 17th centuries, a confluence of political, economic, and religious factors ignited witch hysteria like a wildfire across Europe and later, parts of America. And women were disproportionately punished as a result. At the heart of the witch hunts were dangerous misconceptions about femininity and female sexuality. Today, this lineage of oppression remains an important reference point for all those who contemplate feminism, women's rights—and human rights—in the Western world and beyond.

Traveling through cities and sites across Italy, France, Germany, Ireland, the United Kingdom, and the United States, Kristen J. Sollée—a second-generation witch herself—explores the witch as a figure of female power and persecution. By infusing an adventurous first-person narrative with extensive research and imaginative historical fiction, Sollée (author of *Witches, Sluts, Feminists*) makes an often-overlooked period of history come alive.

WITCH HUNT isn't only an exploration of the horrors of this history, but it also uncovers how the archetype of the witch has been rehabilitated. For witches are not just haunting figures of the past; the witch is also a liberatory icon and identity of the present.

This paperback edition includes an updated introduction and a new afterword by the author.

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9781578638161

152 x 216

Pb

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Wicca
£13.99

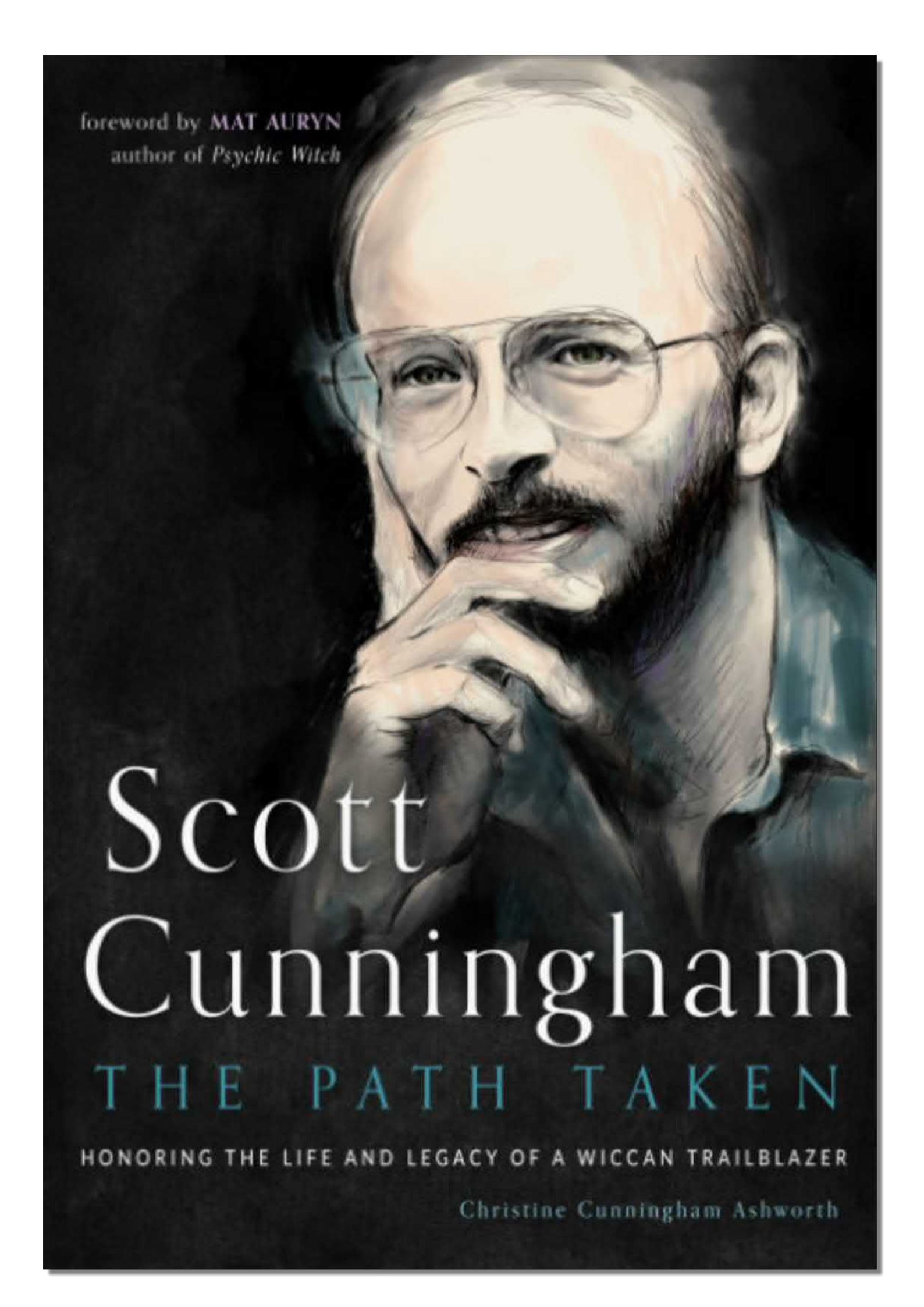
About the Author....

Kristen J. Sollée is the author of three books on the legacy of the witch. A writer, curator, and educator exploring the intersections of art, sex, and culture, Kristen has lectured at George Washington University, the University of Southern California, the Museum of Contemporary Art Chicago, and across the United States and Europe.

of related interest:

CAT CALL	9781578636624	£13.99
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WB

A detailed oil painting of Scott Cunningham, a man with a beard and glasses, resting his chin on his hands in a thoughtful pose. The background is dark, making the subject stand out.

foreword by MAT AURYN
author of *Psychic Witch*

Scott Cunningham

THE PATH TAKEN

HONORING THE LIFE AND LEGACY OF A WICCAN TRAILBLAZER

Christine Cunningham Ashworth



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SCOTT CUNNINGHAM- THE PATH TAKEN

Honoring the Life and Legacy of a Wiccan Trailblazer

Christine Cunningham Ashworth

Foreword by Mat Aurnyn

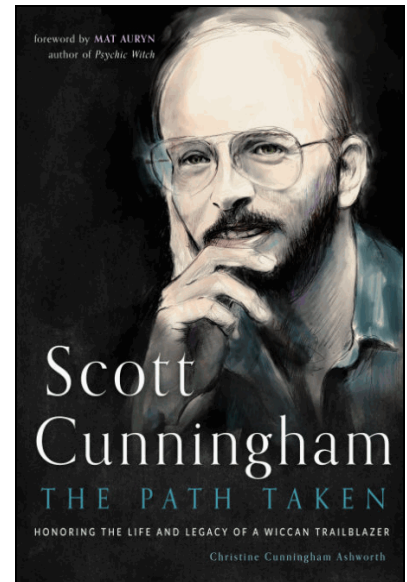
A moving portrait of the iconic figure who led the way in establishing Wicca in North America

The iconic and renowned bestselling author Scott Cunningham (1953-1993) was the central figure in establishing Wicca in North America. His pioneering book *Wicca: A Guide for the Solitary Practitioner* radically altered the practice of Wicca, enabling practitioners to self-initiate. Scott's books, especially his encyclopaedias, remain popular today, years after his death. In recent years, Scott has also emerged as a celebrated queer icon, especially in the witchcraft world. Although so many people have come to Wicca and Paganism through his books, little is actually known about Scott Cunningham as a person and about his spiritual life.

His little sister, Christine Cunningham Ashworth, seeks to remedy that. Since 2017, she has presented workshops devoted to Scott's life and work. Her book is offered as a gift to all those influenced by Cunningham's work. Christine grew up with him, laughed with him, learned with him, fought with him, and shared joys and sorrows. This book is not a biography as much as it is a memoir. The author writes about their childhood, gives a peek into their parents' lives, and brings to life what it was like to grow up in the Cunningham household. She explores the trajectory of Scott's magical path and affirms his legacy. She shares family photos and lifts the veil from Scott's life.

Featuring a foreword by Mat Aurnyn, author of *Psychic Witch* and *Mastering Magick*, the book contains contributions from other key figures in today's world of witchcraft, magic, tarot, and astrology, including: Stephanie Rose Bird; Amy Blackthorn; Storm Faerywolf; Nancy Hendrickson; Dorothy Morrison; Nicholas Pearson; Benbell Wen

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9781578638086

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12 photos plus
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Wicca
£17.99

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240pp

About the Author.....

Christine Cunningham Ashworth is the younger sister of author and witchcraft pioneer Scott Cunningham. Since 2017, Christine has become an established part of the cartomancy, witchcraft, and tarot communities. She presents regularly at conferences, primarily discussing her brother and his life's work.

of related interest:

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THE



OM

THE UNCREATED CREATIONS

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OM

The Uncreated Creations

Guy Needler

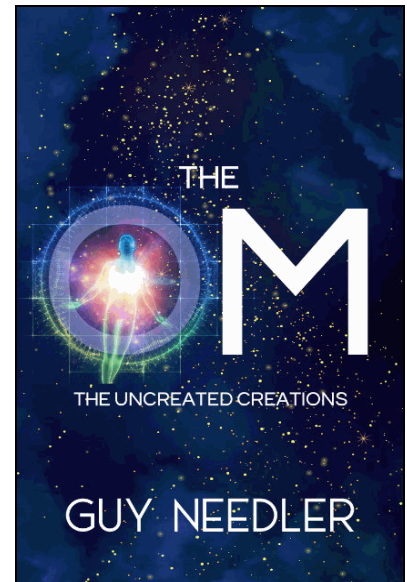
What are The Om? Why are they Uncreated? How can they operate outside of the structure of the Multiverse? Why are they not involved in the evolutionary cycle?

In THE OM, the reader will gain an understanding of what these rare entities are, their interaction with The Origin and The Source, and why they are considered to be Uncreated.

In direct dialogue with The Om, the Author describes:

- How The OM became uncreated, their structure and their variants, including New Om!
- What random sentience is.
- The gaps in The Origin's structure and what The Origin is doing to fill these gaps.
- What constitutes a Universal Computer.
- How machine sentience is generated.
- How to take evolutionary short cuts by increasing evolutionary content via parallel existence.
- Quantum latency and quantum fluidity and its functionality.
- Why mathematics will never be able to explain the physical universe.
- The role of Event Space in the uncreativity of The OM.
- And that singular dominant sentience is the inevitable outcome – Or is it!

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9781956945348

140 x 216

Pb

368pp

Spirituality and
Inspirational
£19.99

About the Author....

Guy Steven Needler, MBA, MSc, CEng, MIET, MCMA initially trained as a mechanical engineer and quickly progressed on to be a chartered electrical and electronics engineer. However, throughout this earthly training he was always aware of the greater reality being around him, catching glimpses of the worlds of spirit. This book is his ninth

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A woman's profile is depicted in a celestial, ethereal style. Her face and hair are composed of vibrant blue nebulae and star clusters, set against a dark, star-filled space background. The overall aesthetic is cosmic and spiritual.

**GOD
IS A WOMAN**

EDIN HUSKOVIC



advanced information

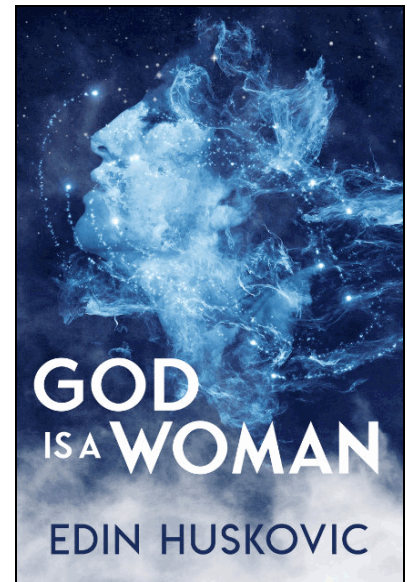
GOD IS A WOMAN The Path to Singlediversity

Edin Huskovic

A book that will give you a different perspective on God, religion, and how we've all been raised.

It may well be that you label the book in front of you as a natural continuation of the stream of thoughts in those fragments where your thoughts stopped – or where your life stopped. It may well be that you are caught off-guard and unprepared in front of a text offered by the book GOD IS A WOMAN. You may find as well, by reading the text which follows, that your religious, spiritual or national feelings cherished by you for years are shaken and questioned too. All in all, this book will not leave you indifferent. And that is our only goal – that after you read the first five chapters of the book you simply do not remain indifferent. And whether you will keep on reading the book with enthusiasm or throw it away from you in resignation, let it be your choice only. Even if we could we do not have the intention to make an influence on that decision – anytime and anywhere. Except that we propose that together with us you try to tread on your own Path of Onedifference. (Or Singlediversity)

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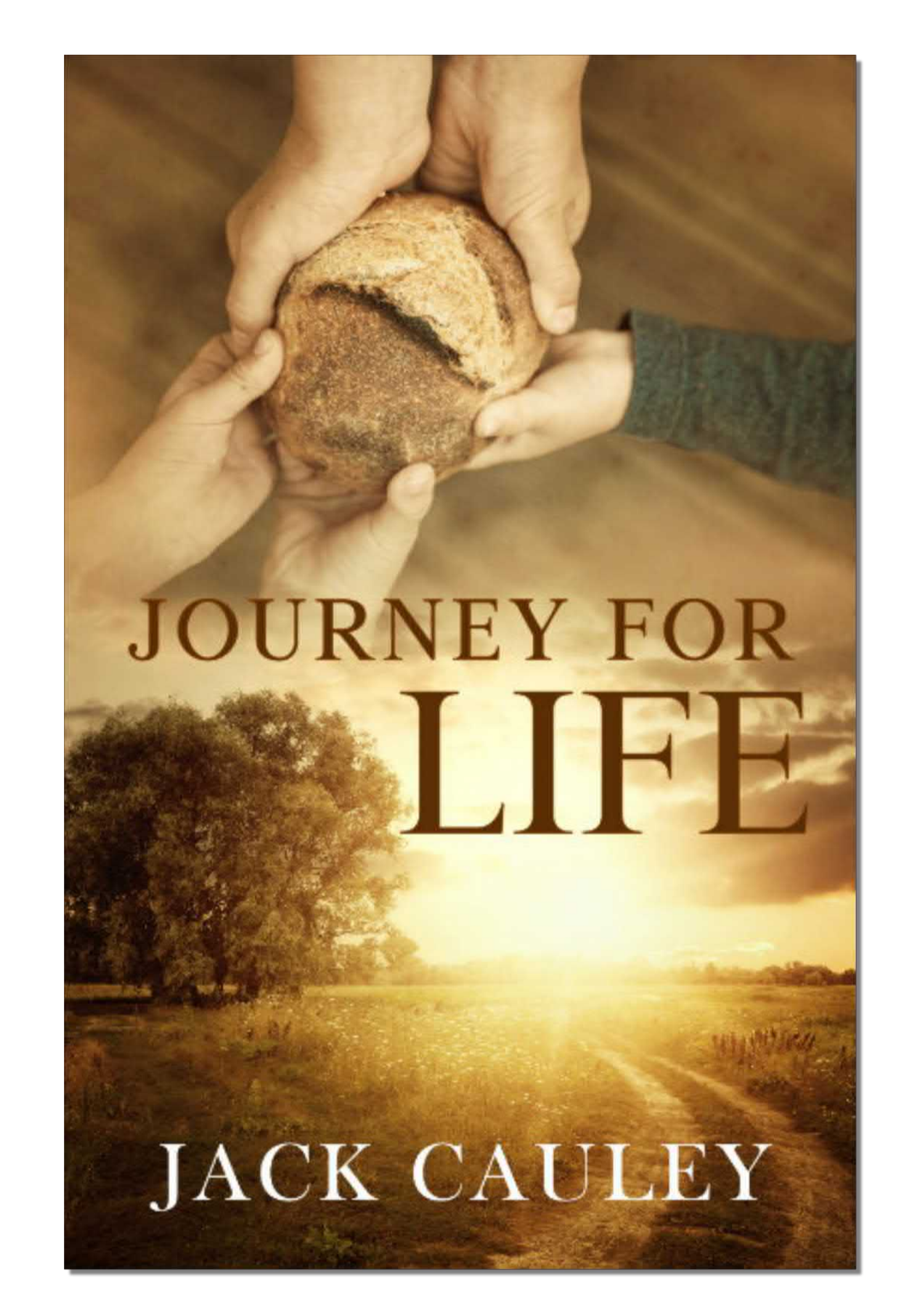
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£13.99

About the Author....

Edin Huskovic, born in Mostar, Bosnia and Herzegovina in 1973. He is the author of a column on the Internet portal tacno.net, where he publishes underground stories together with the most renowned authors from the former Yugoslavia

BSP

A photograph of four hands holding a round loaf of bread. The hands are positioned at the top of the frame, with two hands on the left and two on the right, all supporting the bread. The bread is a rustic, round loaf with a dark, crusty exterior and a lighter, textured interior. The background is a warm, golden sunset over a field. The sun is low on the horizon, creating a bright glow and long shadows. There are trees on the left side of the field, and a dirt path or road leads into the distance on the right. The overall mood is peaceful and hopeful.

JOURNEY FOR
LIFE

JACK CAULEY



advanced information

JOURNEY FOR LIFE

September 2023

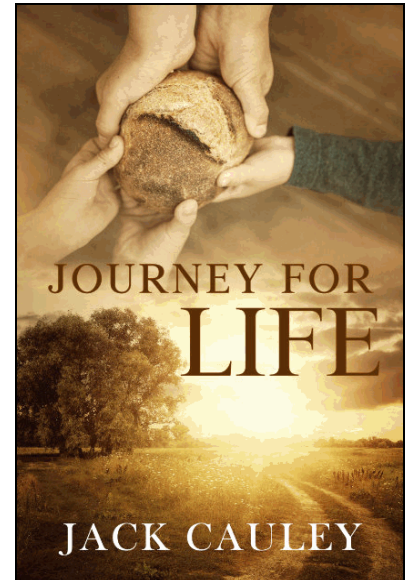
Jack Cauley

A fascinating account of life during the Great Depression

JOURNEY FOR LIFE is a family saga which details what one family experiences when the United States went into a Great Depression and jobs were almost impossible to find. When Bill Dykes, an out of work coal miner lost his job, he and his family of four erected a home site on the bed of a flatbed truck in order to have a place to live and also to travel and find work. Commerce across the world almost came to a standstill, and no large industries were hiring anyone, because they were either laying off workers or closing down. The Dykes family drove south, and Bill Dykes found small jobs for peace meal pay, however, he earned sufficient money to feed his family and also help a few others who were less fortunate.

In 1929, when the depression began, Franklin Roosevelt was not in office and Social Security, or any other federal benefit was unheard of. The most fortunate families in the U.S. during The Great Depression were farmers, fishermen, trappers, hunters, or anyone who had a job working with food products within the canning process, because they had food to eat, which meant survival for their families. The novel details how one family worshipped, worked, travelled, and lived as they kept moving from one State to another, always praying to find steady work in order to settle down in one location and belong to a local church and make lasting friends.

When the Dykes family became multi-billionaires their first priority was to establish food centres in large cities that had the largest populations, because most of the authorities were giving their citizens a slice of bread with a bowl of soup once a day. And not one day passed that the Dykes family failed to keep the poor unfortunate people across the U.S. foremost on their minds in order to try and help them. JOURNEY FOR LIFE is not a formula about how to handle resources, but it is a synopsis of what wealth can do to help our fellowman.



9781950639175

140 x 216

Pb
208pp

Fiction
£13.99

About the Author.....

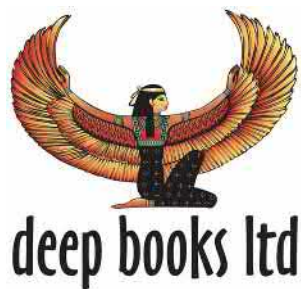
Jack E. Cauley was born during the Great Depression on September 19, 1931, in Brunswick, Georgia. His family moved frequently following work and opportunities. After serving as a paratrooper during World War II, Jack settled back in Brunswick. He is the author of a self published biography, The Call of the Sea, and a novel, Olga

BSP

YOU SELFISH BASTARD

a self-help book

D. ARTHUR WILSON



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YOU SELFISH BASTARD

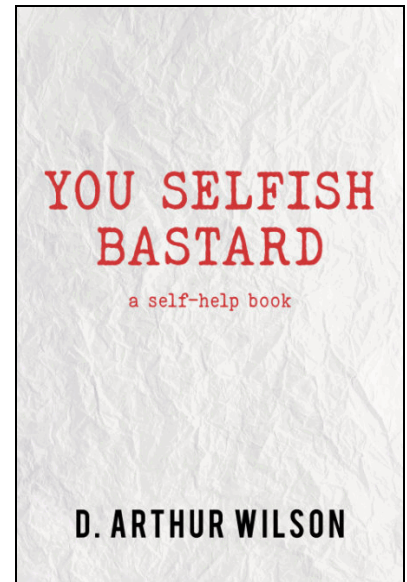
A Self Help Book

Dr. Arthur Wilson

You selfish bastard! Are you? Or do you know one?

There may be more to this question than meets the eye... What started out as an innocent search to this seemingly simple question, the author was led down a very interesting rabbit hole. It would seem that to answer one question, it raises many more. What does it mean to be selfish? When does self-care become self-ish? And "WHO" is Self anyway? Humorously crafted and superbly executed, D. Arthur Wilson's enticing narrative regarding the human condition engages the reader in an unexpected journey to the heart of the matter: Ourselves. An expert in the field of behaviour, mostly behaving badly, Dr. Wilson offers the wit and wisdom earned from the School of Hard Knox on the pages and into the minds and hearts of the reader seeking to find answers about those selfish bastards in our lives, and what in the world to do with them.

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9781956945355

140 x 216

Pb
104pp

Self-Help
£7.99

About the Author....

D. Arthur Wilson is a selfish bastard, but then it takes one to know one! A celebrated professional artist for over four decades with installations and collectors worldwide, Wilson's latest art form is his expression with paper and pen. Believing his life was too busy to sit down and write the message burning in his heart, an innocent mountain bike ride resulted in a tragic fall, head over handlebars leaving him with a shattered left collarbone, and bruised ego but overall unscathed. He

OMP

GASLIGHTING RECOVERY FOR WOMEN

THE COMPLETE GUIDE TO
Recognizing Manipulation
AND **Achieving Freedom**
from Emotional Abuse

AMELIA KELLEY, PhD



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GASLIGHTING RECOVERY FOR WOMEN

The Complete Guide to Recognizing Manipulation and Achieving Freedom from Emotional Abuse

Amelia Kelley

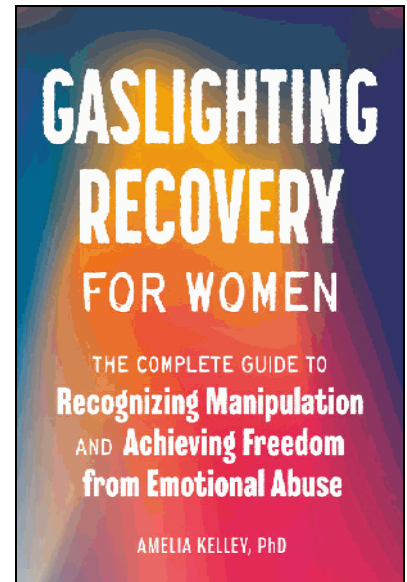
A complete gaslighting recovery guide for women to regain control and reclaim their lives

Gaslighting is one of the most destructive forms of emotional abuse that women can experience, causing them to distrust their own realities and perceptions and even believe they have a mental illness. In **GASLIGHTING RECOVERY FOR WOMEN**, trauma-informed therapist Amelia Kelley, PhD, offers evidence-based therapy and tools to help women detect and protect themselves from manipulation that can occur in all key areas of life - family, intimate relationships, work, academia, and healthcare. Her guided approach to healing from abuse helps survivors establish a greater sense of self-worth, self-esteem, and empowerment.

This book features:

- A three-part recovery program designed for understanding gaslighting, healing from trauma, and reclaiming your reality
- Real-life covert gaslighting cases from all aspects of a woman's life that help validate realities and perceptions that have been otherwise distorted by a gaslighter
- Accessible therapy exercises, activities, and techniques rooted in DBT (dialectical behavioural therapy), mindfulness, and self-love, among others, to facilitate personal healing from past traumas and guide women to embrace who they truly are
- Signs of mental manipulation for prevention and recovery that enable women to be self-aware and fully trust their instincts when they sense something is wrong

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9780593690468

152 x 229

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192pp

Self-Help
£16.99

About the Author....

Amelia Kelley, PhD, is an integrative, trauma-informed therapist focusing on motivation, women's issues, empowering survivors of abuse and relationship trauma, Highly Sensitive Persons, healthy living, and adult ADHD. Dr. Kelley is an adjunct professor in counseling at Yorkville and a regular contributing writer for the world's largest blog for HSPs, The Highly Sensitive Refuge. Her work has been featured in Teen Vogue, Scary Mommy, Yahoo! News, Well+Good, and Insider

ZG

"A must-read for anyone going through a transition in life
or seeking to learn more about themselves."

—NEDRA GLOVER TAWWAB,

New York Times bestselling author of *Set Boundaries, Find Peace*

HEALING TRAUMA TO
RECLAIM YOUR AUTHENTIC SELF



home
coming

THEMA BRYANT, PhD



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HEMECOMING

Healing Trauma to Reclaim Your Authentic Self

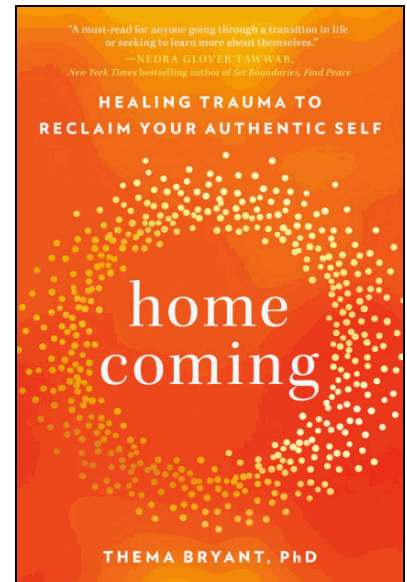
Thema Bryant

A road map for dismantling the fear and shame that keep you from living a free and authentic life

In the aftermath of stress, disappointment, and trauma, people often fall into survival mode, even while a part of them longs for more. Juggling multiple demands and responsibilities keeps them busy, but not healed. As a survivor of sexual assault, racism, and evacuation from a civil war in Liberia, Dr. Thema Bryant knows intimately the work involved in healing. Having made the journey herself, in addition to guiding others as a clinical psychologist and ordained minister, Dr. Thema shows you how to reconnect with your authentic self and reclaim your time, your voice, your life.

Signs of disconnection from self can take many forms, including people-pleasing, depression, anxiety, and resentment. Healing starts with recognizing and expressing emotions in an honest way and reconnecting with the neglected parts of yourself, but it can't be done in a vacuum. Dr. Thema gives you the tools to meaningfully connect with your larger community, even if you face racism and sexism, heartbreak, grief, and trauma. Rather than shrinking in the face of life's difficulties, you will discover in **HEMECOMING** the therapeutic approaches and spiritual practices to live a more expansive life characterized by empowerment, healthier relationships, gratitude, and a deeper sense of purpose.

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9780593418321

133 x 203

Pb

256pp

Self-Help
£16.99

About the Author....

Dr. Thema Bryant is a clinical psychologist and 2023 president of the American Psychological Association. She is also a professor of psychology at Pepperdine University and an ordained minister in the African Methodist Episcopal Church. Dr. Thema earned her doctorate from Duke University and completed her postdoctoral training at Harvard Medical School. With more than twenty years of experience in trauma recovery, she has appeared as a mental

TAP

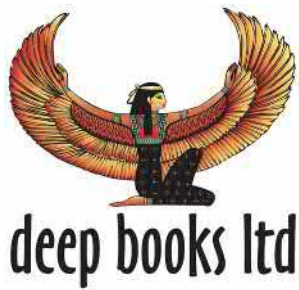
DEVORAH HEITNER, PhD
author of *Screenwise*

Growing Up in Public

COMING OF AGE
IN A DIGITAL WORLD

"Listen to Devorah: Stop agonizing about kids going viral for the wrong reasons—focus on helping them figure out who they really are."

—JESSICA LAHEY, *NEW YORK TIMES* bestselling author of *THE GIFT OF FAILURE*



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GROWING UP IN PUBLIC HB

Coming of Age in a Digital World

Devorah Heitner

The definitive book on helping kids navigate growing up in a world where nearly every moment of their lives can be shared and compared

With social media and constant connection, the boundaries of privacy are stretched thin. GROWING UP IN PUBLIC shows parents how to help tweens and teens navigate boundaries, identity, privacy, and reputation in their digital world.

We can track our kids' every move with apps, see their grades within minutes of being posted, and fixate on their digital footprint, anxious that a misstep could cause them to be "cancelled" or even jeopardize their admission to college. And all of this adds pressure on kids who are coming of age immersed in social media platforms that emphasize "personal brand," "likes," and "gotcha" moments. How can they figure out who they really are with zero privacy and constant judgment? Devorah Heitner shows us that by focusing on character, not the threat of getting caught or exposed, we can support our kids to be authentically themselves.

Drawing on her extensive work with parents and schools as well as hundreds of interviews with kids, parents, educators, clinicians, and scholars, Heitner offers strategies for parenting our kids in an always-connected world. With relatable stories and research-backed advice, GROWING UP IN PUBLIC empowers parents to cut through the overwhelm to connect with their kids, recognize how to support them, and help them figure out who they are when everyone is watching.

of related interest:

ANXIETY RELIEF FOR TEENS

9780593196649

£16.99

FIRST PHONE

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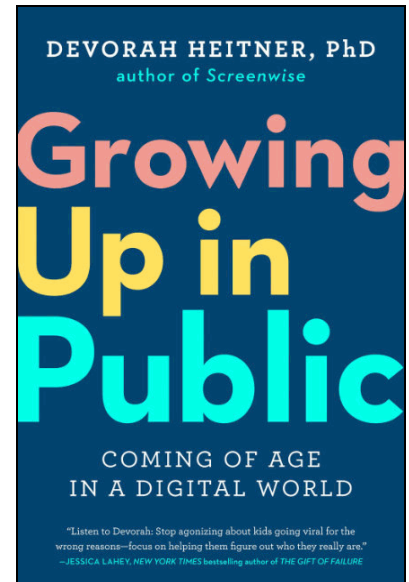
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Parenting
£25.00

About the Author....

Devorah Heitner, Ph.D., is the authority parents turn to for empowering advice on raising resilient and kind kids in our always-connected world. Her previous book, *Screenwise: Helping Kids Thrive (and Survive) in Their Digital World*, was an Amazon bestseller and widely praised. She is a featured speaker at conferences and independent and public schools in the United States and abroad.

TAP

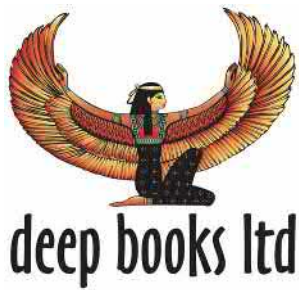


A PLACE TO BELONG

Raising Kids to Celebrate
Their Heritage, Community,
and the World

AMBER O'NEAL JOHNSTON

FOREWORD BY JULIE BOGART



advanced information

PLACE TO BELONG

Raising Kids to Celebrate Their Heritage, Community, and the World

Amber O'Neal Johnston
Foreword by Julie Bogart

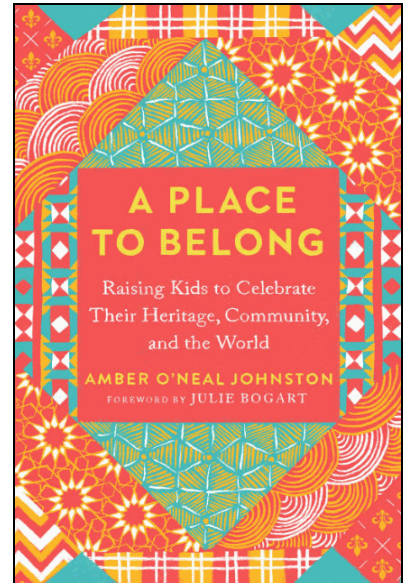
A guide for families of all backgrounds to celebrate cultural heritage and embrace inclusivity in the home and beyond.

Gone are the days when socially conscious parents felt comfortable teaching their children to merely tolerate others. Instead, they are looking for a way to authentically embrace the fullness of their diverse communities. A PLACE TO BELONG offers a path forward for families to honour their cultural heritage and champion diversity in the context of daily family life by:

- Fostering open dialogue around discrimination, race, gender, disability, and class
- Teaching “hard history” in an age-appropriate way
- Curating a diverse selection of books and media choices in which children see themselves and people who are different from them
- Celebrating cultural heritage through art, music, and poetry
- Modelling activism and engaging in community service projects as a family

Amber O'Neal Johnston shows parents of all backgrounds how to create a home environment where children feel secure in their own personhood and culture, enabling them to better understand and appreciate people who are racially and culturally different. A PLACE TO BELONG gives parents the tools to empower children to embrace their unique identities while feeling beautifully tethered to their global community.

September 2023



9780593538272

133 x 203

Pb

304pp

Parenting
£16.99

About the Author....

Amber O'Neal Johnston is a homeschooling mother of four who speaks and writes on HeritageMom.com about including diverse voices in traditional curricula and infusing culture into the home environment. She is a regular contributor to the Wild + Free homeschooling community

TAP

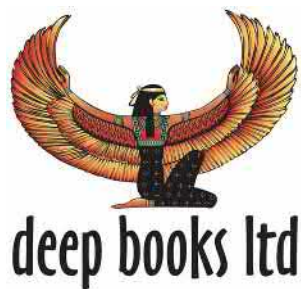


time for
YOU
& ME!

a **one-Year**
Mother-
Daughter
Journal to
Share, Create,
and Bond



amanda justice



advanced information

TIME FOR YOU AND ME!

A One-year Mother Daughter Journal to Share, Create, and Bond

Amanda Justice

Swap stories, thoughts, and doodles with your six-to-nine-year-old daughter! Fun weekly prompts and activities will strengthen your special bond and spark meaningful conversations in this journal meant for girls and their mums.

Do you ever wonder what's going through your daughter's mind - how her school day really went, what made her laugh, what her biggest wish is? Written for girls and mums by a licensed family therapist, this pass-back-and-forth journal gives your daughter a fun way to explore her daily life, the world around her, and her feelings - both big and small - while you offer loving support through thoughtful prompts and on-the-page activities.

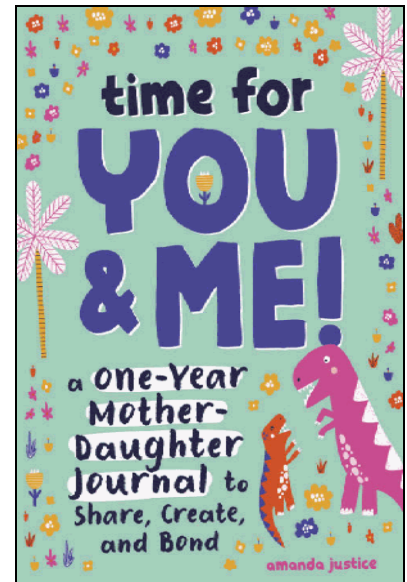
What's more, you'll have a keepsake full of precious memories to look back on at the end of the year!

TIME FOR YOU AND ME! includes:

- Reflective prompts - engaging, age-appropriate fill-in-the-blank questions for both Mom and Daughter to answer, with enough room to write or draw your responses.
- Hands-on creative activities - join your daughter in exploring her imagination, both on and off the page.
- Free space to express yourselves - sometimes words just aren't enough to describe how we're feeling or what we're experiencing. On these blank pages, you and your daughter can exchange doodles, works of art, or other questions you'd like to ask each other.
- Inspiring quotes - helpful words of wisdom to encourage your daughter's trust and confidence in herself as well as in your relationship.

Mum, you can't always be right there with your daughter as she grows and explores this complex world, but this journal can serve as a special place for you both to connect and learn from one another!

September 2023



9780593690406

152 x 203

Colour throughout

Childrens

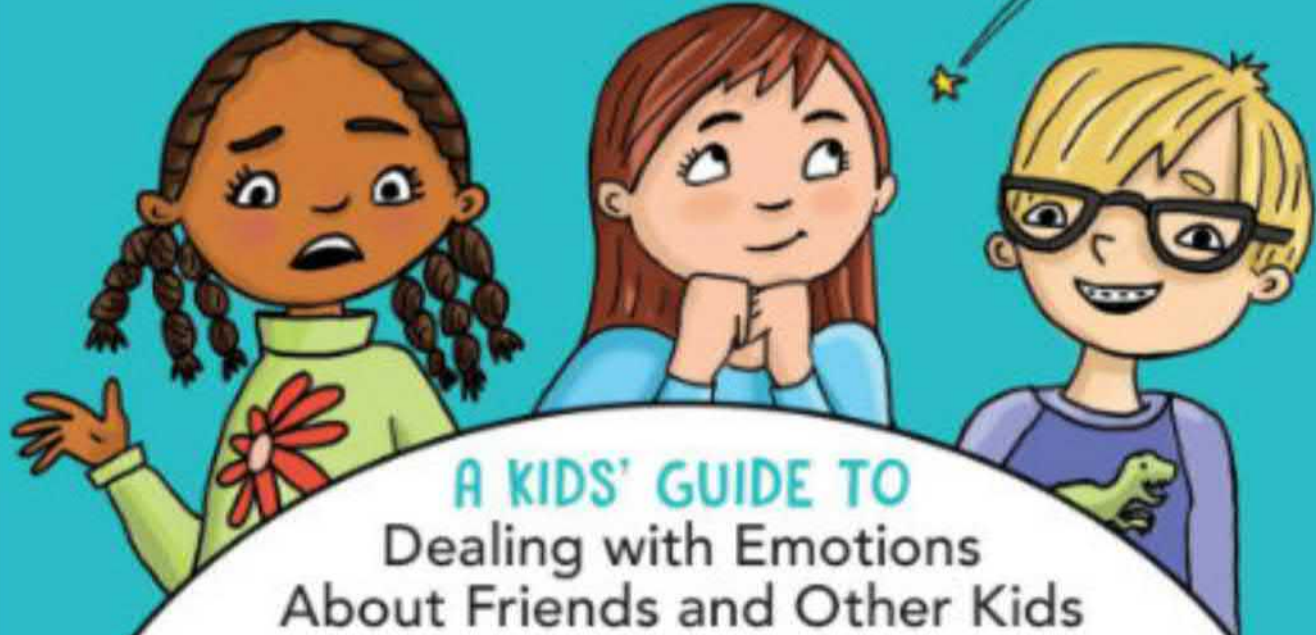
£13.99

Pb
128pp

About the Author....

Amanda Justice is a licensed child and parent therapist. She has been working in early childhood, community, and outpatient treatment settings for 10 years. Amanda is the owner of Child Therapy Solutions, PLLC, a private practice specializing in helping children and parents overcome life's difficult moments by healing together. She supports girls and their families by promoting the mental health and development of children and empowering parents in their journey.

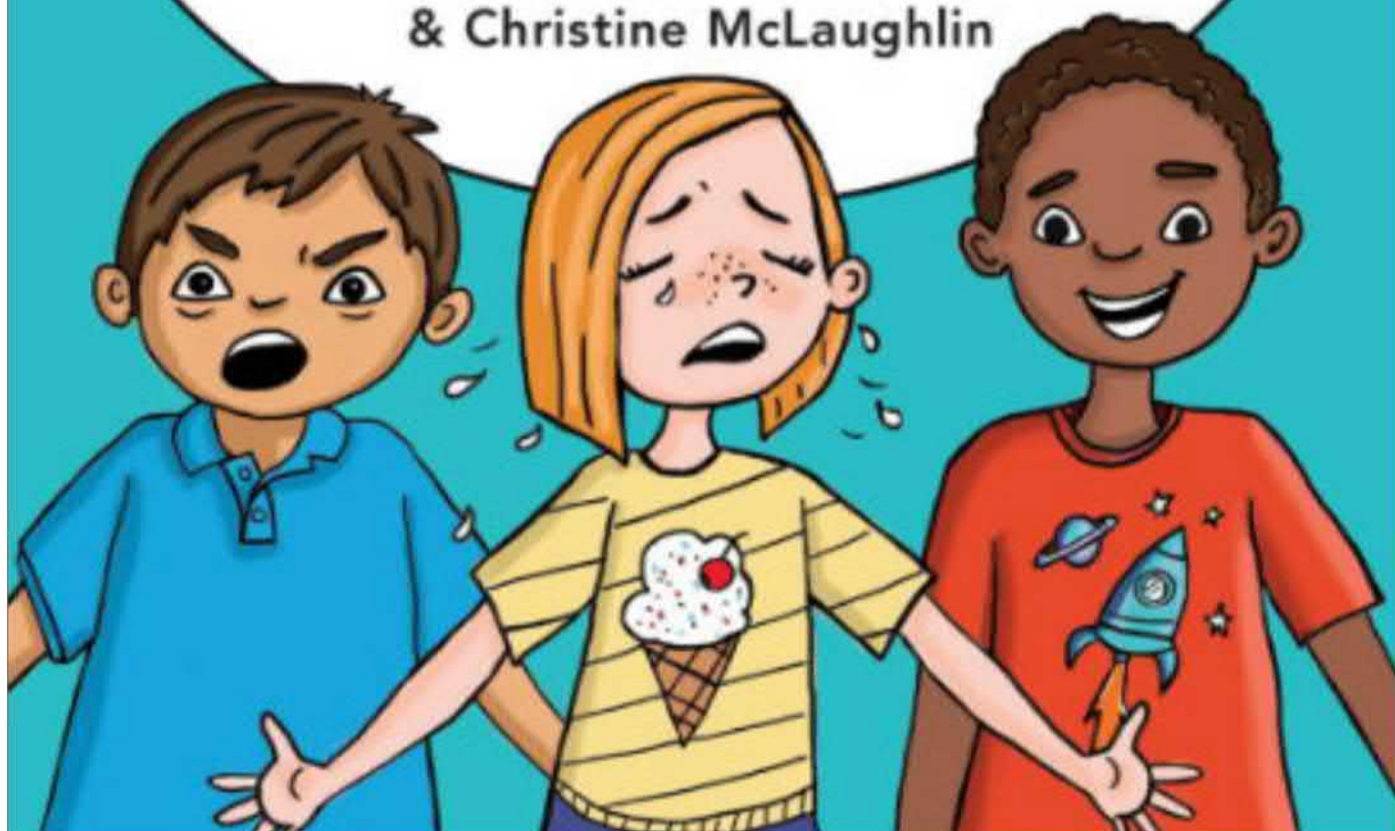
ZG



A KIDS' GUIDE TO
Dealing with Emotions
About Friends and Other Kids

GROWING FEELINGS

Eileen Kennedy-Moore
& Christine McLaughlin





advanced information

GROWING FEELINGS

A Kid's Guide to Dealing with Emotions about Friends and Other Kids

Dr. Eileen Kennedy-Moore & Christine McLaughlin

Children's biggest emotions often come up about friends and other kids. This funny and useful book helps kids understand and cope with feelings in ways that build strong friendships.

Everyone likes the idea of “best friends forever,” but friendships can be complicated, and they often involve dealing with difficult feelings. Almost all children have experienced feeling shy at a party where they don't know anyone, furious during an argument with a friend, or sad when a friend moves away. Because kids care a lot about friends, they often have big emotional responses about them.

This entertaining and empowering book addresses a wide range of feelings children have about friends and other kids, including worry, guilt, jealousy, compassion, and gratitude. Through relatable cartoon stories, practical, research-based coping strategies, plus silly commentary from a cat and dog who have their own (questionable) ideas about what might help, kids get a hands-on approach that they can put into practice.

Child psychologist Eileen Kennedy-Moore and parenting and health writer Christine McLaughlin show kids how to recognize the Feelings Story behind common friendship rough spots, demonstrating the links between events, thoughts, emotions, actions, and social reactions through the situational cartoons, so children can clearly see how their reactions fuel or resolve relationship problems. And going far beyond a simplistic and unrealistic “don't worry, be happy, think positive only” approach, GROWING FEELINGS offers a nuanced perspective on feelings about friends. It emphasizes that all emotions are useful and guides children in how to empathize with others' reactions, as well as how to understand, manage, and communicate in healthy ways about their own feelings.

Caring friendships are a protective factor for children's mental health. Giving kids the tools they need to deal with the feelings about friends is a powerful step toward protecting and improving their well-being.

of related interest:

ANXIETY RELIEF FOR TEENS

9780593196649

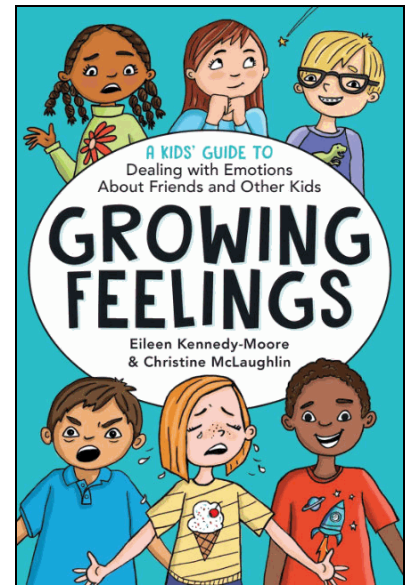
£16.99

WHEN HARLEY HAS ANXIETY

9780593435458

£13.99

September 2023



9781582708782

152 x 229

B&W illustrations

Childrens

£15.99

Pb
208pp

About the Author....

Eileen Kennedy-Moore, PhD, is an internationally published author, psychologist, and mother of four. She is a trusted expert on parenting and children's feelings and friendships who is frequently quoted in major magazines and newspapers and has been a featured guest on national radio and television shows. Christine McLaughlin is a prolific freelance writer, editor, and author, whose work focuses primarily on parenting and health.

BW

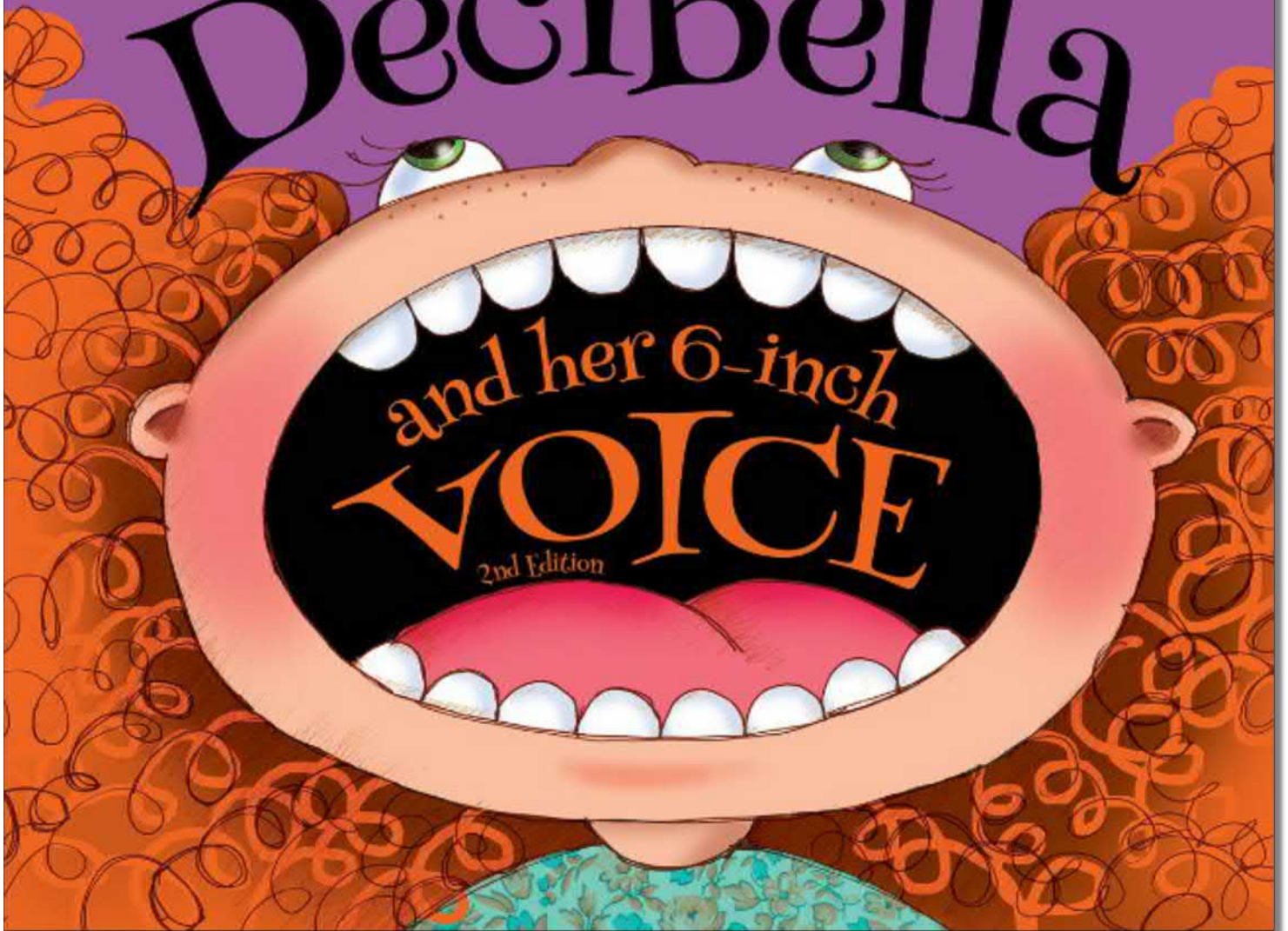
BOYS TOWN[®]
Press

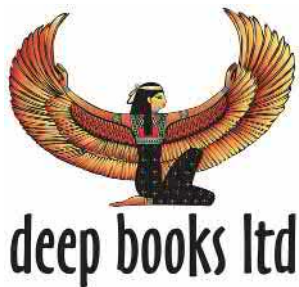
Written by **Julia Cook**

Illustrated by Anita DuFalla

Pecibella

and her 6-inch
VOICE
2nd Edition





advanced information

DECIBELLA AND HER 6-INCH VOICE - 2nd Edition

September 2023

Julia Cook
Illustrated by Anita DuFalla

How to teach children not to shout

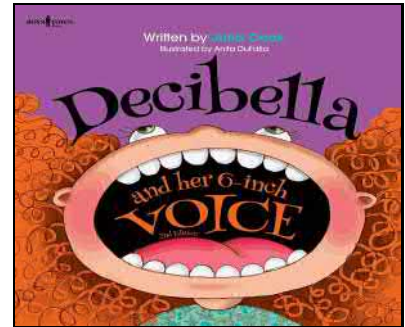
Decibella is so loud, she's hurting ears, startling wait staff, disrupting classmates, and annoying moviegoers.

She doesn't realize different environments and situations sometimes demand a softer, quieter voice. That is until a caring teacher introduces her to the silly-sounding word Slurpadoodle and the five volumes of voice (Whisper, 6-inch, Table Talk, Strong Speaker, and Outside).

With a little practice, patience, and persistence, can Decibella become a voice volume expert? Or will her volume be permanently stuck on shout?

A special page written specifically for parents and educators offers insightful and practical strategies to help children understand when and how to have a proper voice volume.

Fans of the original story will find more inclusive, empathetic, and empowering dialogue and situations in this revised second edition!



9798889070009
229 x 229

full color illustrations throughout
Childrens
£12.99

Pb
3pp

of related interest:

I JUST DON'T LIKE THE SOUND OF NO!	9781934490259	£10.99
I JUST WANT TO DO IT MY WAY!	9781934490433	£11.99
WELL, I CAN TOP THAT!	9781934490570	£12.99
WORST DAY OF MY LIFE EVER!	9781934490204	£11.99

BT

Joy!

You Find What You Look For



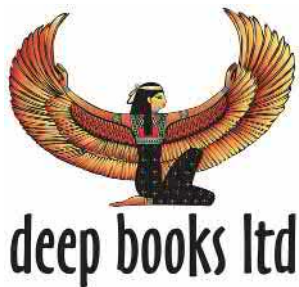
Written by

Gina Prosch

Illustrated by

Kyle Merriman

BOYS TOWN
Press



advanced information

JOY! YOU FIND WHAT YOU LOOK FOR

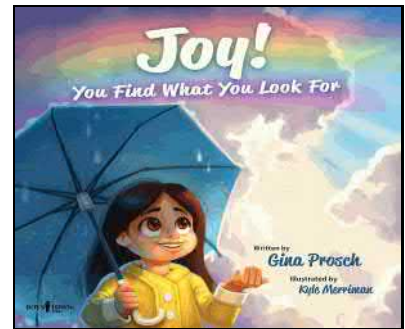
September 2023

Gina Prosch
Illustrated by Kyle Merriman

Can Mum teach Holly a lesson about how you choose what you remember... and that can be good or bad.

Holly is having a miserable, rotten day!
She forgot her "show" for Show and Tell.
She dropped her sandwich on the floor.
She had to wait and wait and wait because Mum was the very last car in the pickup line
AND she's soaked to the bone from therain.

Nothing good has happened to her all day!
When Holly climbs into the backseat of the family car, she gives her Mum an earful. She doesn't even bother to acknowledge the cupcake and juice Mum has waiting for her. Holly is completely focused on all the things that are terrible or awful or boring.
Mum really doesn't want to spend the car ride home listening to a litany of her daughter's complaints and grievances. To lighten the mood, she convinces Holly to play a game of Count the Red Cars. But when they arrive home, Mum doesn't ask Holly how many red cars she saw. Instead, she asks Holly how many yellow cars she spotted.
The game was never really about cars and colours. It was actually a lesson about what you choose to see, and now Holly will never look at life the same way again!
Author Gina Prosch explores how easy it can be for kids to become so fixated on problems and disappointments that they ignore or simply miss all the good, funny, and joyful things that are happening around them. A special page written specifically for parents and educators offers insights and practical tips on helping children find more joy each and every day.



9798889070016
229 x 229
full col ills throughout
Childrens
£12.99

Pb
3pp

of related interest:

I JUST DON'T LIKE THE SOUND OF NO!	9781934490259	£10.99
I JUST WANT TO DO IT MY WAY!	9781934490433	£11.99
WELL, I CAN TOP THAT!	9781934490570	£12.99
WORST DAY OF MY LIFE EVER!	9781934490204	£11.99

BT



**T
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**B
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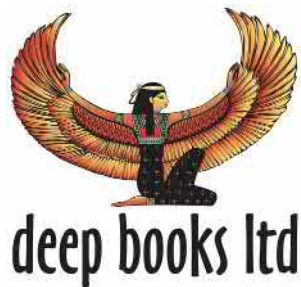


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WRITTEN AND ILLUSTRATED BY ANOUK FROLIC



advanced information

BE KIND ALPHABET HB

Teaching Children Compassion Through Learning the Alphabet

Anouk Frolic

An alphabet book that aims to inform and inspire children to pay attention to, and care for, all the animals we share our planet with.

From the smallest dragonfly to the largest walrus, all animals deserve to live out their lives naturally. They need help from us, and this book offers gentle, do-able ways to inspire a child to feel empowered, through whimsical Seussian-like verses. The human impact on our beautiful planet has been a destructive one that affects all life. This informative, call to action, lead with your heart and mind book, is filled with whimsical drawings and poems to encourage your budding animal activist. Armed with information and compassion, children can “learn to be a voice for those without. Come on, let's help each other, don't whisper...shout!” As the Zebu says: “We're plant eaters, flower eaters, lovers of life. If the world followed suit, there would be much less strife.”

September 2023



9781590567081

292 x 222

26 full-colour

illustrations

Childrens

£18.99

Hb

55pp

About the Author....

Anouk Frolic is a long-time plant-based, animal rights activist, who has used her artistic talents to be a voice for those without. A graduate of OCADU (Ontario College of Art), she has been an illustrator for hire, owner of her own company, Anouk'sArk www.anouksark.com where she created eco, educational games and puzzles about endangered species.

of related interest:

CLAUDE & MEDEA

9781590567036

£13.99

CLUCK HB

9781590566787

£18.99

GABRIEL HB

9781590566725

£18.99

HOPE THE HOPEFUL PIGLET HB*

9781590566923

£18.99

LTB

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

A DAY WITH NO WORDS



by Tiffany Hammond

illustrations by Kate Cosgrove



advanced information

DAY WITH NO WORDS HB

September 2023

Tiffany Hammond
Illustrations by Kate Cosgrove

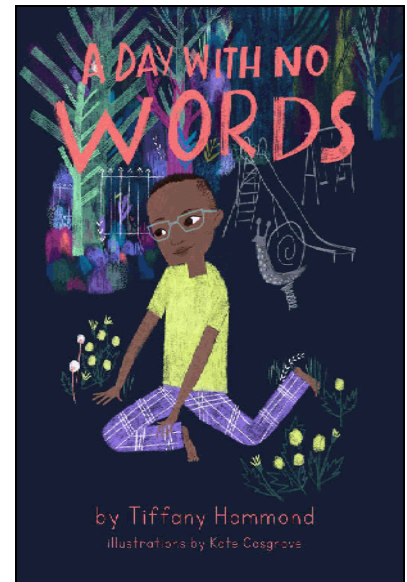
A must-read that belongs in every home and classroom, A DAY WITH NO WORDS invites readers into the life of an Autism Family who communicates just as the child does, without spoken language.

A DAY WITH NO WORDS is a colourful and engaging picture book for young readers shares what life can look like for families who use nonverbal communication, utilizing tools to embrace their unique method of "speaking."

The story highlights the bond between mother and child and follows them on a day where they use a tablet to communicate with others.

Written by an autistic mother of two autistic sons and the creator behind the popular @Fidgets.and.Fries social media platform and illustrated by Kate Cosgrove (IG @k8cosgrove), A DAY WITH NO WORDS successfully normalizes communication methods outside of verbal speech and provides representation of neurodiversity and autism in a way that affirms and celebrates.

The American Library Association Booklist starred review boasts, "The story is written from the boy's first-person perspective, however—a clever choice in that it gives readers a direct look into his mind and reinforces the book's crucial statement that nonverbal people have as many words and as much intelligence as anyone else. Cosgrove's art, throughout, does an amazing job of transporting readers into his perspective, employing various colour tones, metaphoric imagery, and 'camera' angles to reflect the deep expressiveness contained in every page [...] through this book, neurotypicals' eyes will be opened, and everyone in Autistic Families will feel seen—and heard."



9781736949795

229 x 279

Full colour throughout

Childrens

£16.99

Hb

48pp

About the Author....

Tiffany Hammond (she/her) is the voice behind the Fidgets and Fries platform. She is an Autistic mother, advocate, and storyteller who uses her personal experiences with Autism and parenting two Autistic boys to guide others on their journey. Tiffany has a Masters in Developmental Psychology and spends her time teaching, coaching, and mentoring others in Disability Justice issues. Her activism is rooted in challenging the current perception of Autism as a lifelong burden

RHP

of related interest:

CREATIVE THERAPY FOR CHILDREN WITH AUTISM, ADD AND ASPERGERS	9780757003004	£17.99
SOCIAL-EMOTIONAL LEARNING FOR AUTISTIC KIDS	9780593690444	£14.99
WHAT YOUR ADHD CHILD WISHES YOU KNEW	9780143132394	£13.99
WHY DOES DADDY ALWAYS LOOK SO SAD?	9781582707570	£12.99

"How lucky are we to finally get Tiffany's poignant words and message into children's hands through this impactful story. Children and families can now be touched by her brilliance and learn about the often-overlooked autistics who communicate differently. The importance of *A Day With No Words* cannot be overstated in its potential to expose readers, young and old alike, to the beauties and barriers of living the autistic experience." — Ali Cunningham Abbott, PhD, LMHC, author of *Counseling Adults with Autism: A Comprehensive Toolkit*

"Through *A Day with No Words*, Tiffany Hammond provides us a rare window to the non-speaking world of autism. She has done so with love, compassion, and, I believe, deep understanding. And Kate Cosgrove's illustrations make it a beautiful world indeed. Bravo and thank you to both Hammond and Cosgrove for this window!" — Samantha S. Supernaw, LCSW-S, Licensed Therapist & Clinical Supervisor

"In my past 20 years as a developmental paediatrician, I have never read anything quite like *A Day With No Words*, a book that so eloquently, lyrically, and vividly captures the essence and beauty of an autistic mind. This book is a gift to all who read it." — Wendy J. Ross, MD, Fellow of the American Academy of Paediatrics, Developmental Paediatrician, Associate Professor Jefferson University, Director Jefferson Health Center for Autism and Neurodiversity

ENLARGED PRINT

SUDOKU

FOR **BRAIN
FITNESS**

STEVEN CLONTZ AND JULIE DEMYANOVICH



90-DAY CHALLENGE

to Sharpen the Mind and Strengthen Cognitive Skills



advanced information

SUDOKU FOR BRAIN FITNESS

90-Day Challenge to Sharpen the Mind and Strengthen Cognitive Skills
Enlarged Print

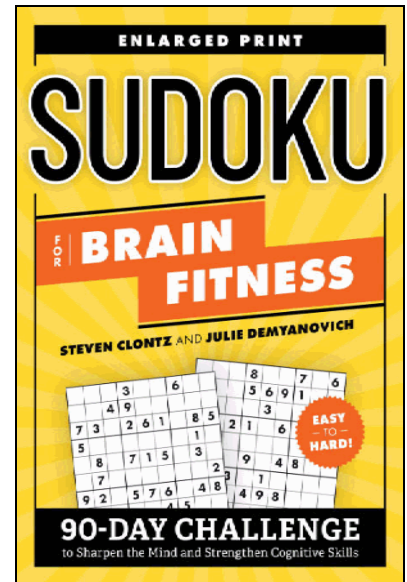
Steven Clontz and Julie Demyanovich

Boost your brainpower - and have fun! - with 90 days of easy-to-hard sudoku puzzles.

Are you craving a mental challenge, looking to ward off brain fog, or just seeking a fun way to energize your mind in the morning? Take the SUDOKU FOR BRAIN FITNESS challenge and train your brain with 90 days of sudoku puzzles that progress from easy to hard - all while having fun! With expert tips on improving your sudoku-solving skills and bonus puzzles to keep your good habit going, you'll be amazed at the improvement in your focus, memory, and problem-solving skills in just three short months.

- 90 days of sudoku - and another month of bonus puzzles. Top-quality puzzles crafted by sudoku experts, not a computer.
- Helpful sudoku-solving techniques and tips. From cross-hatching to X-wing, the expert authors explain top strategies to help you become a sudoku master.
- Large, clear text. Avoid eye strain with the easy-to-read text.
- Big grids and margin space. Plenty of room to jot down notes.
- Answer key in the back so you can easily check your answers.
- Great gift for puzzle lovers. Perfect for travel or just unwinding at home.

September 2023



9780593689813

178 x 254

Pb
192pp

Reference
£11.99

About the Author.....

Dr. Steven Clontz, through his work as a mathematician, professor, and puzzler, has designed puzzles and games featured by the National Museum of Mathematics and the international puzzle events DASH and Puzzled Pint. Julie Demyanovich is a game developer, publishing games since 2019. From sudoku to point-and-click adventures, Julie orchestrates innovative, engaging experiences for audiences of all ages to enjoy.

ZG

FOREWORD BY MARK ELLIOTT
Head of Military and Veterans Affairs at JPMorgan Chase & Co.

HIRING VETERANS

**HOW TO LEVERAGE
MILITARY TALENT
FOR ORGANIZATIONAL GROWTH**

MATTHEW J. LOUIS
Lieutenant Colonel (USA Retired)

with Dr. Anthony R. Garcia, Sr.



advanced information

HIRING VETERANS

How to Leverage Military Talent for Organizational Growth

Matthew J. Louis
with Dr. Anthony R. Garcia, Sr.

The definitive guide to hiring and retaining members of the military community by the foremost authority on the transition from military to civilian work life.

HIRING VETERANS makes the clear case for the value of employing members of today's military community. Veterans represent a real-time talent pool of experienced, trained, and dedicated professionals that, when properly harnessed, comprise an instant means of improving your competitiveness and productivity. Case studies of organizations both large and small clearly demonstrate how leveraging a veteran talent-based strategy is a business imperative resulting in organizational growth.

HIRING VETERANS covers important topics such as how to successfully:

- Organize and staff a veteran support program
- Identify and recruit candidates
- Onboard, deploy, and retain veteran hires
- Capitalize on financial incentives for veteran employment
- Apply for military-friendly recognition programs
- Comply with regulations impacting veteran employment

HIRING VETERANS is a practical guide for prospective employers who want to hire veterans. It addresses this primary question: How can employers better prepare for and employ transitioning service members to improve the productivity and competitiveness of their organizations?

"Having led the veteran hiring programs at multiple Fortune 100 companies, I can personally attest to the value of the process Matt has laid out in this book. If you or your business leaders seek to leverage the skills and abilities of this nation's military service members, Hiring Veterans is your guide."
—Sean Passmore, Head of Military Talent Strategic Sourcing and Enterprise Military and Veteran Initiatives, Wells Fargo Bank, N.A.

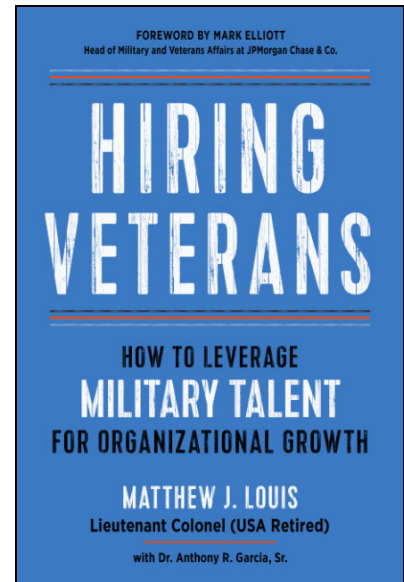
of related interest:

ESSENTIAL HR HANDBOOK Tenth
Anniversary Edition

9781632651396

£15.99

September 2023



9781632652096

152 x 229

B&W charts &

diagrams

Business

£16.99

Pb
320pp

About the Author.....

Matthew J. Louis, (LTC USA, Ret.) is the President of Purepost, a next-generation staffing solution and public benefits corporation whose goal is to level the playing field in the nation's talent market. Louis holds an MBA in operations and finance from the Kelley School of Business at Indiana University and a BS in mechanical engineering from West Point. He's also a graduate of the US Army Command and General Staff College.

CP



BETH PY-LIEBERMAN

THE OBJECT AT HAND

Intriguing and Inspiring Stories from the
SMITHSONIAN COLLECTIONS





advanced information

OBJECT AT HAND HB

Intriguing and Inspiring Stories from the Smithsonian Collections

Beth Py-Lieberman

From Dorothy's ruby slippers to a speech that saved Teddy Roosevelt from assassination, this authoritative guide delivers in-depth reportage on the history of remarkable objects from the Smithsonian's collections.

With charm and exuberance, THE OBJECT AT HAND presents a behind-the-scenes vantage point of the Smithsonian collections. Veteran Smithsonian magazine editor Beth Py-Lieberman weaves together adaptations of the magazine's extensive and compelling coverage and interviews with scholars, curators, and historians to take readers on an unforgettable journey through the Smithsonian museums.

Objects are grouped into the themes audacity, utopia, fierce, haunting, deception, lost, desire, triumph, scale, optimism, playful, rhythm, and revealing to engage with the emotional dimensions of each object, how they relate to each other, and how they fit into the larger American story. A sampling includes:

- Frida Kahlo's love letter to Diego Rivera
- Amelia Earhart's Lockheed Vega 5B
- Nat Turner's Bible
- An AIDS quilt panel honouring Roger Gail Lyon
- A signpost from the Standing Rock protest
- A glass-plate portrait of Abraham Lincoln
- Life-sized model of a Megalodon
- The Hope Diamond
- Chuck Berry's Cadillac
- Portrait of Henrietta Lacks

Py-Lieberman reflects on the profound connections between even outwardly dissimilar objects, and offers insight and stories from Smithsonian experts. The book explores artworks, scientific specimens, historical artifacts, airplanes, spacecraft, plants, and so much more, contemplating how each item represents different facets of humanity and resonates with cultural meaning in surprising ways. Whimsical, affecting, and insightful, The Object at Hand offers an intimate and exclusive tour of the Smithsonian collections.

of related interest:

ENTERTAINMENT NATION HB	9781588347244	£33.00
FOUR WHEELS AND A BOARD HB	9781588347213	£33.00

September 2023



9781588347497

152 x 229

45 illustrations

History

£29.00

Hb
272pp

About the Author....

Beth Py-Lieberman is Senior Museums Editor at the award-winning Smithsonian magazine, where as a thirty-six year veteran, she has frequented the halls and galleries of the Smithsonian museums, educating readers on its history, art and science collections and exhibitions. Py-Lieberman is also the editor of the "At the Smithsonian" section of Smithsonian magazine.

SMB

Explore the Creative World of Intersensory Phenomena

THE SYNES

[TASTING WORDS]

THE SIA

[SEEING MUSIC]

EXPER

[HEARING COLOR]

IENCE

MAUREEN SEABERG

author of *Fearfully and Wonderfully Made*



advanced information

SYNESTHESIA EXPERIENCE

Tasting Words, Seeing Music, and Hearing Color
Explore the Creative World of Intersensory Phenomena

Maureen Seaberg

"Explores a dimension of synesthesia long encountered in reports of synesthetes: its relation to mystical and artistic vision. . . fascinating accounts."-Patricia Lynne Duffy, author of Blue Cats and Chartreuse Kittens

A violinist sees a scarlet form when he plays a certain note; a rock star sees waves of blue and green as he composes a ballad; an actress tastes cake when she utters the word "table." Described by some as a superpower this mingling of the senses is called "synesthesia," and the people who possess this amazing gift are called "synesthetes."

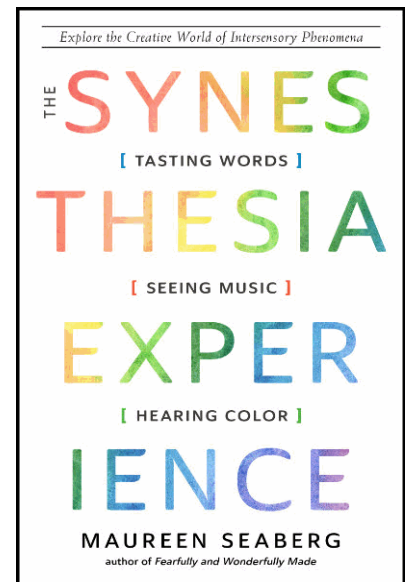
What happens when a journalist turns her lens on a mystery happening in her own life? Maureen Seaberg did just that and lived for a year exploring her synesthesia. The wondrous brain trait is often described as blended senses, but for Maureen, synesthesia is not an idle "brain tick" that can be explained away by science (although it does offer some important clues). It is a unique ability to tap into and reveal a greater creative universe and even the divine.

Join her as she visits top neuroscientists, rock stars, violinists, other synesthetes, philosophers, savants, quantum physicists, and even Tibetan lamas in her journey toward the truth. Famous synesthetes and experts interviewed in the book include: Billy Joel, Itzhak Perlman, Pharrell Williams, Dr. Dean Radin, Dr. Amit Goswami, and Dylan Lauren.

Step into Maureen's shimmering alternate universe as she explores this fascinating subject, combining clear explanations of groundbreaking scientific research with an exploration of deeper understanding of our senses.

- The BBC has said Seaberg has superhuman vision. Vogue called her the "Girl With Kaleidoscope Eyes"
- Synesthesia is a blending of the senses where, for example, individuals can see color from sound or taste the flavor or texture of a word
- Synesthesia is not understood by many though many famous creatives have it. Billie Eilish, Wassily Kandinsky, Lady Gaga, Richard Feynman, Pharrell Williams, Nikola Tesla, Lorde, Vladimir Nabokov, and Itzhak Perlman are all synesthetes.

September 2023



9781637480175

133 x 216

8 photos

Popular Science

£15.99

Pb

288pp

About the Author.....

Maureen Seaberg's column in Psychology Today was the first to report on the groundbreaking developments surrounding our senses. A contributor to the New York Times, National Geographic, Huffington Post, ESPN The Magazine, Vogue, and many other outlets, she has appeared on CNN, NPR, Oprah Radio, MSNBC, and PBS. An avid birder and photographer, she is herself a sensory outlier as a proven tetrachromat or super colour seer and synesthete

NPB



Judaism and Global Survival

20th anniversary edition

Richard H. Schwartz, PhD

Author of *Vegan Revolution*, *Revitalizing Judaism*,
Who Stole My Religion?, and *Judaism and Vegetarianism*

Foreword by Rabbi David Rosen



advanced information

JUDAISM AND GLOBAL SURVIVAL - 20th Anniversary Edition

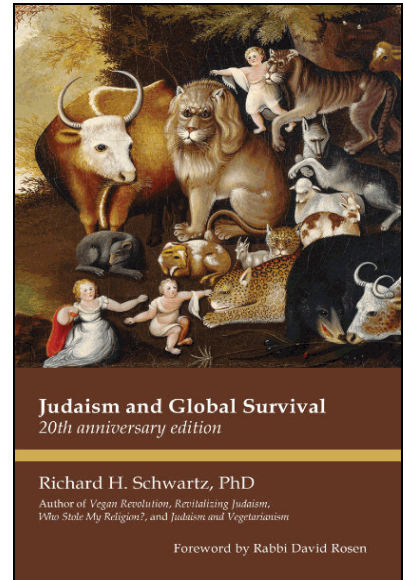
September 2023

Richard H. Schwartz
Foreword by Rabbi David Rosen

Presents basic Jewish teachings on peace, justice, compassion, sharing, love of neighbours, environmental sustainability, and others

This important book discusses the challenges facing humanity and the Jewish teachings related to these challenges, in order to galvanize Jews to help repair the world (tikkun olam), as required by Jewish law. It argues that we don't need to discover new values and approaches to address current global threats. What is needed is a rediscovery and application of basic Jewish teachings and mandates, such as to pursue peace and justice, to love our neighbours as ourselves, and to act as co-workers with God in protecting and preserving the world.

JUDAISM AND GLOBAL SURVIVAL is meant to be a wake-up call, the strongest that one can make, on the urgency of addressing climate threats and other environmental threats, and the importance of Jews applying Jewish values in addressing these threats. Among the issues discussed in the book are the following: Jews are to guardians of the earth, partners and co-workers with God in working toward tikkun olam, the healing repair and proper transforming of the world; climate change is an existential threat to the world and the only hope to avert a climate catastrophe is through a major shift to plant-based diets, as that would enable reforestation of the vast areas now used for animal agriculture, reducing atmospheric CO2 to a much safer level; vegetarianism, and even mores veganism, is the diet most consistent with Jewish teachings on preserving our health, treating animals with compassion, protecting the environment, conserving natural resources, and helping hungry people.



9781590567067 Pb
127 x 203 220pp

Jewish Interest
£18.99

About the Author.....

Richard H. Schwartz, Ph.D., is the author of numerous books and over 250 related articles at JewishVeg.org/schwartz. He is President Emeritus of Jewish Veg, associate producer of the video "A Sacred Duty: Applying Jewish Values to Help Heal the World," and professor emeritus at the College of Staten Island, New York.

of related interest:

BROTHA VEGAN	9781590565988	£21.00
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SISTAH VEGAN	9781590561454	£21.00
VEGAN REVOLUTION	9781590566275	£18.99

LTB



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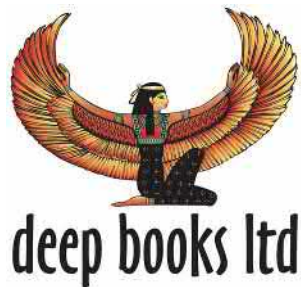
distributed lines



ANCESTRAL MAGIC

Empower the here and now with enchanting
guidance from your past family history

KIRSTEN RIDDLE



advanced information

ANCESTRAL MAGIC

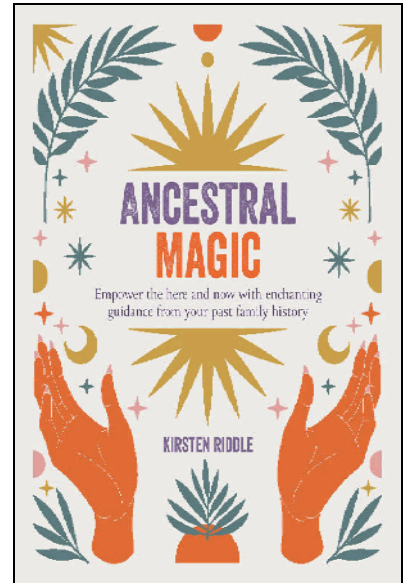
Empower the here and now with enchanting guidance from your past family history

Kirsten Riddle

Channel the power and use the magic of more than 50 Celtic goddesses.

Your ancestors hold the key to your future, but how much do you really know about your past? Just knowing some of your family's stories – where you come from and what makes you who you are – and working with those narratives can bring about positive change and help you feel empowered on many levels. Join best-selling author Kirsten Riddle and learn how to heal yourself through ancestral ties, and channel familial superpowers to manifest what you need now. Discover how to meet your ancestors and communicate with them through nighttime dreams. Learn about ancestral karma and uncover your inherited beliefs, often carried down through the generations subconsciously. Create an ancestral altar to honour and work with your ancestors. Be supported with ritual and practical techniques using herbs, crystals, candle magic, talismans and much more, all found in the Ancestral Magic toolkit. The past does affect the future, so why not enhance yours!

September 2023



9781800652613

191 x 235

65 colour ills

Magic

£14.99

Pb

144pp

About the Author....

Kirsten Riddle is an author and storyteller. She writes regularly for Spirit and Destiny and Kindred Spirit magazines

EDI/RPS

THE ESSENTIAL GUIDE TO

Crystals

Tap into the healing power of crystals



Golnaz Alibagi



advanced information

ESSENTIAL GUIDE TO CRYSTALS

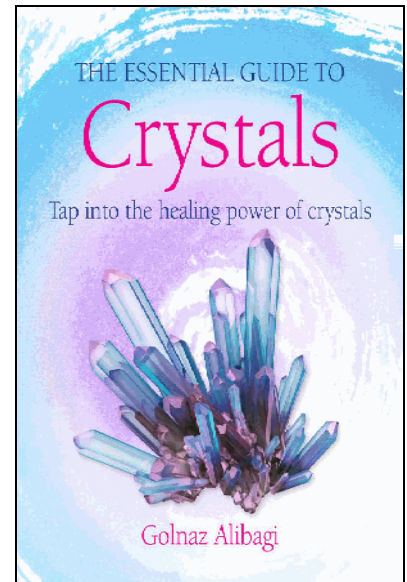
Tap into the healing power of crystals

Golnaz Alibagi

Whether you want to wow your boss, meet your soulmate, develop self-confidence or keep calm in a crisis, THE ESSENTIAL GUIDE TO CRYSTALS will show you how to do all this and more for a happier, healthier life.

With so many beautiful and powerful gems to choose from, it can be difficult to know which one is best for your current situation. Golnaz Alibagi makes choosing the correct crystal easy – gems are organised by benefit, with chapters on home, work, love, friendship, abundance and wellbeing. Handy 'crystal cocktails' and 'gem-scriptions' show you how to combine the crystals to maximise their healing power. 'Power crystal' features give an in-depth look at this crystal's properties, including links to the chakras, astrology and the planets. Golnaz's easy-to-follow, practical suggestions will help you to work with crystals to change every aspect of your life for the better.

September 2023



9781800652736

191 x 235

300 col photos

Crystals &

Gemstones

£16.99

Pb

144pp

About the Author....

Golnaz Alibagi has worked as a journalist for more than twelve years and has contributed to a range of leading publications, including The Times magazine and Soul and Spirit. She also works as a reader at Psychic Sisters in Selfridges, London. She is based in Walthamstow, London

EDI/RPS

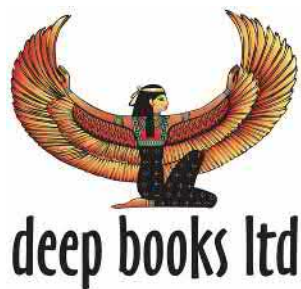


TREE WISDOM

A JOURNEY OF WISDOM, SYMBOLS,
HEALING, AND RENEWAL

ALICE PECK

ILLUSTRATIONS BY MELISSA LAUNAY



advanced information

TREE WISDOM HB

A journey of wisdom, symbols, healing, and renewal

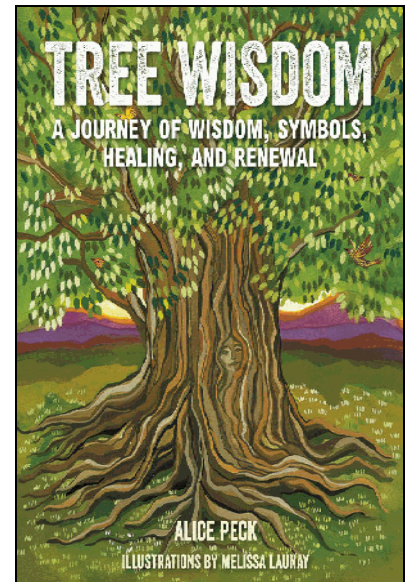
Alice Peck

Illustration by Melissa Launay

Discover how all trees can mirror us, teach us and heal us.

As author Alice Peck reflected on the maple tree in her backyard, she began to notice and then study its intricacies and changes. This became her regular meditation and inspiration. In *Tree Wisdom*, Alice shares what she has learnt from that maple tree, and from the trees all around us. Every tree tells a complete and ongoing story – they evolve along a much more protracted timetable than humans. Alice explores trees from four perspectives: their roots – wisdom and understanding; their branches – symbols and rituals; their leaves – healing and science; and their seeds – transformation and spirituality. All of these elements show us how, although they live outside us, trees offer a path to our inner selves. Filled with insights from botany to poetry, ecology to mythology and herbalism to sacraments, *Tree Wisdom* explores the ways these grounded yet soaring entities can steady and move us, teach and transform us, inspire and comfort us.

September 2023



9781800652637

170 x 210

52 colour artworks

Spirituality and

Inspirational

£14.99

Hb

144pp

EDI/RPS

Drawing for the Soul

SIMPLE DRAWING PROJECTS FOR BEGINNERS.
TO CALM, SOOTHE AND RESTORE

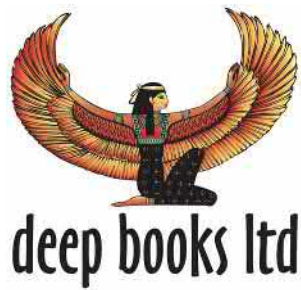
ZOË INGRAM



Amber

Amber
Amber
Amber





advanced information

DRAWING FOR THE SOUL

Simple drawing projects for beginners, to calm, soothe and restore

Zoe Ingram

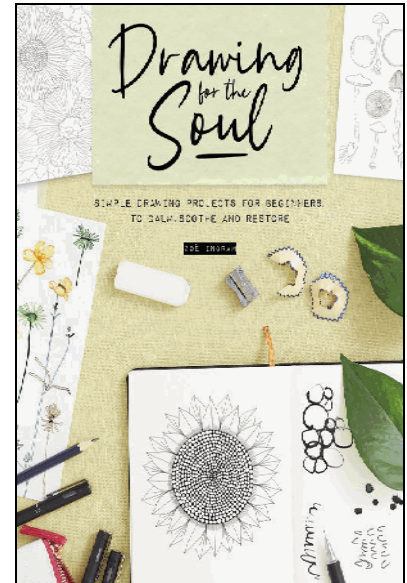
Learn how to use drawing to soothe your soul with this beginner's guide to drawing for relaxation.

So many drawing books focus on the result of your drawing, but this fresh approach looks first at the process of drawing as a means to de-stress and unwind. Many people love the idea of drawing but hold themselves back from starting because they are worried about not being good enough. In this guide for the absolute beginner, artist Zoe Ingram shows you that just drawing very simple lines and shapes can have a powerful meditative effect, and at the same time create beautiful art you can be proud of.

The aim of the techniques and projects in this book is to create art that relaxes both the artist and the viewer of the finished piece. Projects range from simple bookmarks, cards and small wall pieces to larger art pieces that you never thought possible - all done with a focus on relaxation - which is so important in today's fast-paced, increasingly digital world.

Learn why drawing can be so relaxing, what materials you can use, different ways to draw, what subjects you can draw, and create beautiful artworks that will lift the spirits both during the drawing process and beyond, as finished pieces of art.

September 2023



9781446309759

216 x 280

Colour throughout

Art

£15.99

Pb
128pp

About the Author....

Author Zoe Ingram is an established and talented artist who is passionate about using art for relaxation. Her gentle lessons and nurturing reassurance will guide even total beginners through the process of making soothing, soulful modern drawings.

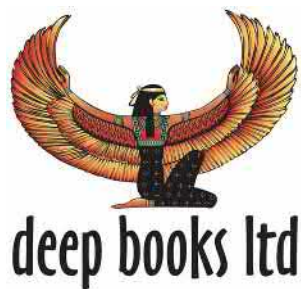
EDI/DP

SIMPLE ACTS OF KINDNESS

*A 52-week
interactive
journal*



*Edited by
Jacqueline Snowden*



advanced information

SIMPLE ACTS OF KINDNESS HB

A 52-week interactive journal

Jacqueline Snowden

Transform your life with the positive power of kindness!

We can all agree that the world could always do with more kindness. But this doesn't have to mean grand gestures or expensive gifts - often it's the small, everyday interactions that matter the most.

Over 52 weeks, this undated journal guides you through the process of recognising the moments of kindness in your life, and helps you to spread that kindness to every person you meet. Combining the mindfulness of a gratitude journal with the practicality of a workbook, the role of kindness in modern life is fully explored with thought-provoking insights and exercises guiding you every step of the way.

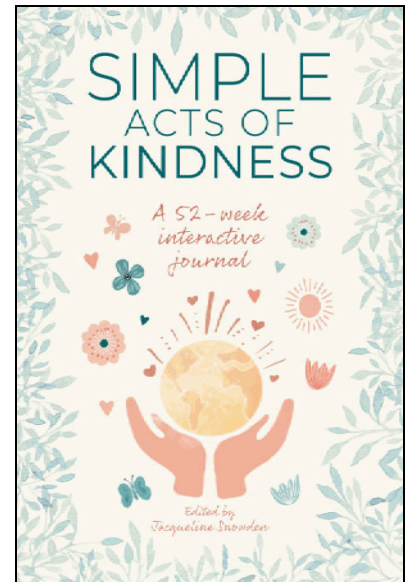
With a focus on the small things that brighten up your life, the power of spreading kindness, and keeping it in the forefront of your mind as you go about your days is laid out in attractive spreads with plenty of exercises to help you make being kind a defining feature of your personality.

Spread throughout the journal are suggestions for over 100 simple acts of kindness that you can perform, and 30 pages exploring the role of kindness in modern life from author Jacqueline Snowden. Particular focus is given to the importance of showing kindness to yourself and how that is the starting point from which kindness can flow, and on how it is possible - necessary, sometimes - to specifically choose to be kind. The lessons and exercises, tips and tricks are all reasonable and accessible, and help the reader explore ideas such as paying it forward and developing empathy. The tone is inspiring and encouraging, making prioritizing kindness seem like the easiest thing in a sometimes very unkind world!

Thanks to the undated format, the journal can be started at any point in the year, meaning readers can turn to it whenever they feel the need to really build the kindness habit into their everyday life.

The SIMPLE ACTS OF KINDNESS journal is the perfect companion to living a life filled with kindness and joy, for everybody who wants to spread a little joy in the world.

September 2023



9781446310137

148 x 210

Colour throughout
Journals and
Notebooks

£16.99 inc VAT

Hb
196pp

EDI/DP



THE POCKET
**CLOUD
BOOK**

HOW TO UNDERSTAND THE SKIES

RICHARD HAMBLYN

In association with the  **Met Office**



advanced information

POCKET CLOUD BOOK HB

How to Understand the Skies

Jacqueline Snowden

Learn how to understand the skies with this comprehensive pocket guide to cloudspotting.

Brand new pocket size edition of the bestselling Cloud Book which has sold over 100,000 copies since 2008. Updated to include the 12 new officially designated cloud types that have been recognised by the World Meteorological Organization. Includes updated information on climate change and human-made clouds such as contrails.

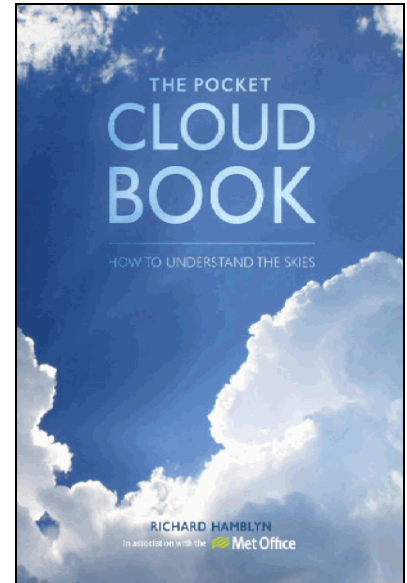
Clouds have been the object of fascination throughout history, their fleeting magnificence and endless variability providing food for thought for scientists and daydreamers alike.

Clouds may have many individual shapes, but there are a few basic forms. In this definitive guide to the clouds and the skies, Richard Hamblyn introduces you to all the different cloud species. The Pocket Cloud Book will enable you to identify individual clouds, skies and phenomena. You will also be able to track their likely changes over time and predict the implications they have for the weather you may experience.

This brand new pocket-size edition includes the 12 new cloud types only recently officially recognised by the World Meteorological Organization. Many of these previously only had informal names, but their new Latin classification brings them into the fold of officially adopted global meteorological terms. It also includes an updated section on climate change and the role that clouds might play in shaping future conditions on Earth. Produced in association with the Met Office - the world's premier weather forecasting bureau - all things to do with the origin and development of a cloud are here. Whether you are looking at a giant cumulonimbus or a tiny shred of stratus factus, an everyday occurrence or a fleeting rarity, your cloudspotting will be expertly informed and much more satisfying with this handy reference guide. This book will enable you to not only identify individual clouds and skies as they might appear at any given moment, but also to track their likely changes over time, and thus predict weather patterns.

Illustrated with stunning images from around the globe, this pocket edition is the perfect size to take with you on walks and have it handy in the garden so that you can enjoy sky-gazing every day. This is the only guide to cloud classification that you will ever need, in handy and practical pocket-friendly size.

September 2023



9781446310113
106 x 140
Colour photos
throughout
Popular Science
£9.99

Hb
144pp

About the Author.....

Dr Richard Hamblyn is the author of *The Invention of Clouds* (2002), which won the LA Times Book Prize and was shortlisted for the Samuel Johnson Prize. He is also the author of *The Cloud Book* (2008), *Extraordinary Clouds* (2009) and *Extraordinary Weather* (2012). He is currently Writer in Residence at the Environment Institute, University College London

EDI/DP

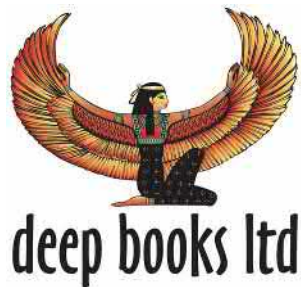
*A mental health
and wellbeing guide*



The
**FLOURISHING
WOMAN**

DR CATE HOWELL

OAM, CSM, CF



advanced information

FLOURISHING WOMAN

A mental health and wellbeing guide

Dr. Cate Howell

A guide to help women achieve optimum mental health and wellbeing.

THE FLOURISHING WOMAN is a unique, holistic guide to fostering women's mental health and wellbeing, allowing them to overcome challenges and flourish in life. It emphasizes the influence of mental health and wellbeing on the prevention of ill-health (physical and mental), and on living a satisfying and meaningful life. The book addresses many topics that are highly relevant to adult women, including why women often put themselves last; ways to overcome stress, overwhelm and anxiety; reproduction, menopause and mental health; and managing parenthood challenges and relationship issues. Other topics include the impact of trauma and physical illness on mental health, and strategies to manage these impacts; and how to silence self-criticism and grow self-worth. In writing about these topics, Dr Cate Howell sees her role as not only gathering and presenting the key information, but also being a companion for the reader, having a supportive voice and giving plenty of encouragement, all of which can help at times of challenge and times of growth. Above all, The Flourishing Woman is a guide to fostering our mental health and wellbeing, which includes getting in touch with our authentic selves, feeling connected, growing as a person (even at times of challenge), and finding a sense of purpose and meaning. In other words, flourishing!

September 2023



9781922539649

152 x 229

Pb
240pp

Self-Help
£14.99

About the Author.....

Dr Cate Howell is a GP, therapist, researcher, educator and author. She has over 40 years of training and experience in the health area, and is passionate about the areas of mental health, wellbeing and counselling

EDI/EXP

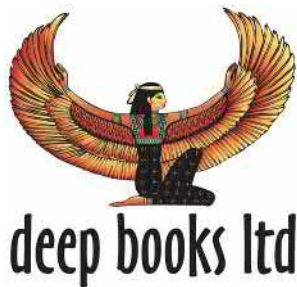
UN TETHERED



LIVING THE
DIGITAL NOMAD
LIFE IN AN
UNCERTAIN WORLD

NATHAN JAMES THOMAS

Foreword by B.A. Van Sise



advanced information

UNTETHERED

Living the digital nomad life in an uncertain world

Nathan James Thomas
Foreword by B. A Van Sise

Discover the truth behind the digital nomad dream and master your own location-independent life.

In UNTETHERED you'll learn exactly what it takes to engineer a digital nomad lifestyle in a post-pandemic world. With travel stories and case studies interlaced with clear, real-world guidance, you'll discover whether the digital nomad lifestyle is for you and equip yourself with the tools to create your own location-independent life.

The allure of becoming a digital nomad has inspired many to leave their jobs and embrace a life that is both global and free from the daily 9-to-5 grind. Picture traveling to exotic destinations, connecting with fascinating people, and embarking on endless adventures - all while earning a living with just a few keystrokes.

However, many find themselves disillusioned in pursuit of this dream. The realities of a digital nomad life are far from simple, and amid ongoing global uncertainty, the complexities of life on the move have become even more daunting to navigate.

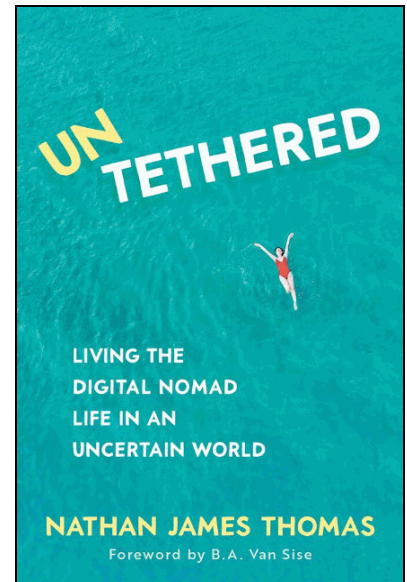
Yet, with the complexities of today's world arise unprecedented opportunities: remote work has transformed from a rarity to a viable option within reach for many. As companies compete for top talent, opportunities for workers across industries to establish themselves as digital nomads are more abundant than ever.

In UNTETHERED, you'll uncover the secrets to crafting a digital nomad lifestyle in today's complex world. Step-by-step guidance will show you how to move from wherever you are now to a fully location-independent reality as a freelancer, remote worker, or entrepreneur.

With gripping travel stories and insightful case studies, combined with practical, real-world guidance from successful digital nomads of diverse backgrounds, you'll determine if the digital nomad lifestyle is right for you and uncover the keys to living a life truly untethered by location.

Digital nomads work online from anywhere in the world. If you've ever wanted to live like this, but don't know where to start, UNTETHERED is for you. Let a veteran digital nomad take you by the hand and lead you through this new territory. Learn exactly what it takes to engineer a digital nomad lifestyle in a post-pandemic world. With travel stories and case studies interlaced with clear, real-world guidance, you'll equip yourself with the tools to create your own location-independent life.

September 2023



9781922539694

152 x 229

Pb

232pp

Self-Help
£14.99

About the Author....

Nathan James Thomas, originally from New Zealand, bought a ticket for 20,000 kilometres on the Greyhound Bus network in Australia when he was 17 years old. Over the next decade he lived in China, Spain, Poland, and Hungary, visiting and experiencing dozens of other countries along the way. In 2014, Nathan founded the digital travel magazine Intrepid Times as a vehicle for sharing stories from the road and as an excuse to meet and interview his favourite writers. It has since

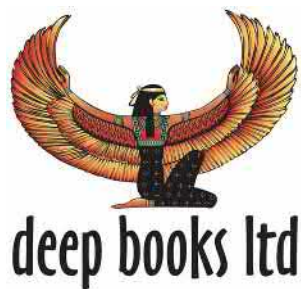
EDI/EXP

SOPHIE STRAND



The
MADONNA
SECRET

A Novel



advanced information

MADONNA SECRET

A Novel

Sophie Strand

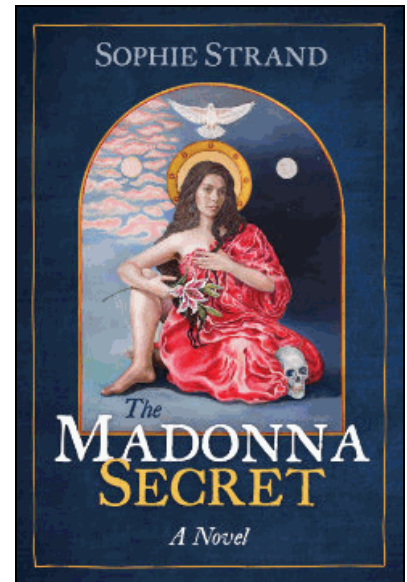
Mary Magdalene's confessions reveal a sensual world of love and betrayal, magic and mystery, hidden within the Gospels

When Leukas, a Christian convert, ventures into the wilds of Gaul to receive the hidden teachings from Mary Magdalene before she dies, he discovers that hidden within the Gospels he thinks he knows is an epic love story—between an educated Jewish woman overwhelmed by her mysterious spiritual powers and a sensual magician devoted to the wisdom of the earth. The secrets she will reveal are both more shocking and more tragic than anything readers have encountered before.

Beginning with Miriam's childhood as a wealthy Jew outside Bethany, we see her struggles as a young woman with spiritual curiosity and intellectual aspirations that drive her to combat the violence of Empire and the sexism of her own culture. Propelled by mystic visions, Miriam is finally drawn into the wilds of Galilee, where her destiny collides with a mischievous rabbi who will change her and the world forever. Trapped in a mythic story unfolding in events around them, the lovers strive not to repeat a tragedy older than the pyramids.

In *THE MADONNA SECRET*, Sophie Strand resurrects a richly textured world where complex characters reveal the lived reality of scripture and open familiar sayings to radical new meanings and possibilities.

September 2023



9781591434672

152 x 229

Pb
608pp

Fiction
£19.99

About the Author.....

Sophie Strand is a poet and writer with a focus on the history of religion and the intersection of spirituality, storytelling, and ecology. Her poems and essays have appeared in numerous projects and publications, including the Dark Mountain Project and poetry.org and the magazines *Unearthed*, *Braided Way*, *Art PAPERS*, and *Entropy*. She lives in the Hudson Valley of New York.

EDI/ITI

A New Translation from the Original Latin

ARS NOTORIA

THE NOTORY ART OF SOLOMON

*A Medieval Treatise on
Angelic Magic & the Art of Memory*



AN IN-DEPTH
EXAMINATION OF ITS
HISTORY, ART, RITUAL,
AND METHOD

Translated and Introduced by
MATTHIAS CASTLE



advanced information

ARS NOTORIA: THE NOTORY ART OF SOLOMON

A Medieval Treatise on Angelic Magic and the Art of Memory

Translated By Matthias Castle

Introduction by Matthias Castle

A new translation of the classic magical text from the original Latin

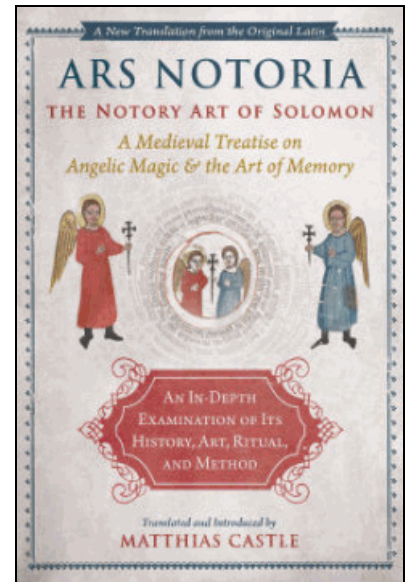
The 13th-century magical treatise *Ars Notoria* offers a secret account of the angel Pamphilius revealing the sacred magic to King Solomon by which he gained his famed wisdom and learning, thereby expanding upon the biblical narrative in which Solomon received a vision of God. Solomon's writings were transmitted to the first-century philosopher, Apollonius of Tyana, who provided a commentary entitled the *Golden Flowers (Flores Aurei)*, which is contained within *Ars Notoria*.

The magical text presents a complete system of angelic magic consisting of prayers addressed to angels, using figures called *notae*, for the purpose of acquiring scholastic and heavenly knowledge. Due to its rising popularity among university students, the magical ritual was reworked time and again, producing five treatises, dating from the 13th to 15th centuries; *The Work of Works (Opus Operum)*, *the Book of Flowers of Heavenly*

Teaching composed by the French Benedictine monk named John of Morigny, *The Short Art (Ars Brevis)*, the abridged version attributed to Thomas of Toledo, and *The Pauline Art (Ars Paulina)*, thereby establishing an entire notorial art tradition.

In this new and complete translation of *Ars Notoria*, based on Julien Veronese's critical Latin edition, translator Matthias Castle presents the classic magical text, both short and long versions, including four of the later treatises. Castle explains how these theurgic ritual practices were performed, giving special attention to all the original pictorial figures (*notae*), and how the art of memory relates to angelic magic. Providing practical instruction, extensive commentary, and in-depth background research and annotations, *Ars Notoria: The Notory Art of Solomon* is an essential sourcebook on angelic magic for scholar and magician alike.

September 2023



9781644115275

178 x 254

Full-colour throughout
Spirituality and
Inspirational
£150.00

Hb
896pp

About the Author.....

Matthias Castle holds a Bachelor of Arts degree in religious studies and philosophy from Emory & Henry College. His passions include classical studies, medieval history, and the Western esoteric tradition. He lives in southern California.

EDI/ITI



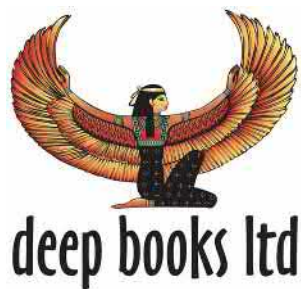
THE MAGIC OF THE
ORPHIC HYMNS

A New Translation
for the Modern Mystic



Tampa Lucid & Ronnie Pontiac





advanced information

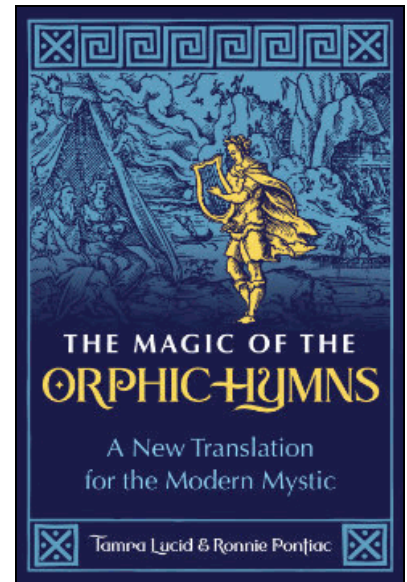
MAGIC OF THE ORPHIC HYMNS A New Translation for the Modern Mystic

Tamra Lucid & Ronnie Pontiac

Recaptures the magical vitality of the original Orphic Hymns

As famous Renaissance philosopher Marsilio Ficino wrote, “No magic is more powerful than that of the Orphic Hymns.” These legendary teletai of Orpheus were not simply “hymns”—they were initiatic poems for meditation and ritual, magical, and ceremonial use, each one addressed to a specific deity, such as Athena or Zeus, or a virtue, such as Love, Justice, and Equality. Yet despite the mystical concepts underlying them, the original hymns were formulaic, creating an obstacle for translators. Recapturing the magical vitality that inspired mystery cults through the ages, Tamra Lucid and Ronnie Pontiac present new versions of the teletai that include important esoteric details and correspondences about the being or deity to which each hymn is addressed. The authors also include a new version of a lost hymn to Number and messages that were inscribed on golden leaves meant to be passports for the dead, reinventions that preserve the original magical intent and mysticism of the teletai. The authors provide a complete historical survey, based on the latest research, of the obscure origins and evolution of the Orpheus myth, revealing a profound influence at the heart of Western esotericism as well as on countercultures throughout Western history. Revealing the power of the individual hymns to attune the reader to the sacred presence of the Orphic Mysteries and the higher order of nature, the authors also show how, taken together, the Orphic Hymns are a book of hours or a calendar of life, addressing every event, from birth to death, and walking us through all the experiences of human existence as necessary and holy.

September 2023



9781644117200

152 x 229

1 b&w illustration

Occult

£18.99

Pb

256pp

About the Author.....

Tamra Lucid is a founding member of the experimental rock band Lucid Nation. She was a writer and editor for Newtopia Magazine and the principal interviewer for the original Reality Sandwich. She has produced documentary films, including Exile Nation: The Plastic People, End of the Line: The Women of Standing Rock, and the award-winning Viva Cuba Libre: Rap Is War. She lives in Los Angeles with her husband, Ronnie Pontiac.

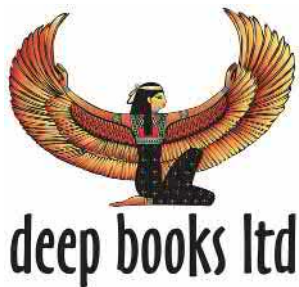
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1001 Crystals

THE COMPLETE BOOK
OF CRYSTALS
FOR EVERY PURPOSE

CASSANDRA
EASON



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1001 CRYSTALS HB

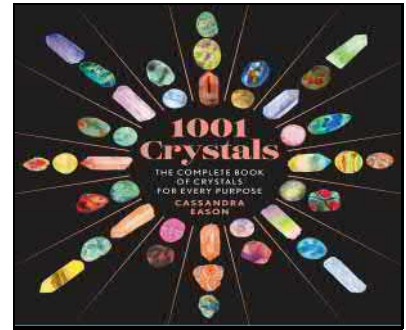
The Complete Book of Crystals for Every Purpose

Cassandra Eason

Tips and tricks, and easy practices anyone can incorporate into their daily routine to increase good fortune, ward off the evil eye, heal the body and the spirit

You may be familiar with rose quartz, amethyst, tourmaline, or selenite - but what about agrellite, Blade of Light, star garnet, or king cobra jasper? A wealth of knowledge and amazing healing powers can be gained by studying the wide world of crystals, from the most popular varieties to the lesser known. Cassandra Eason, practicing witch and author of more than 130 books on every aspect of the magical and mystical, supplies this compendium of wisdom full of never-before-seen research, tips and tricks, and easy practices anyone can incorporate into their daily routine to increase good fortune, ward off the evil eye, heal the body and the spirit, and more.

September 2023



9781454945741

203 x 203

Colour throughout

Crystals &

Gemstones

£20.00

Hb
544pp

About the Author.....

Cassandra Eason is an international author of over 130 books on all aspects of the magical and mystical. She is a practicing solitary druidess and white witch. Cassandra teaches and runs workshops for clients around the world

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DREAMERS TAROT

A 78-CARD DECK OF
MODERN MAGIC

MARCELLA KROLL



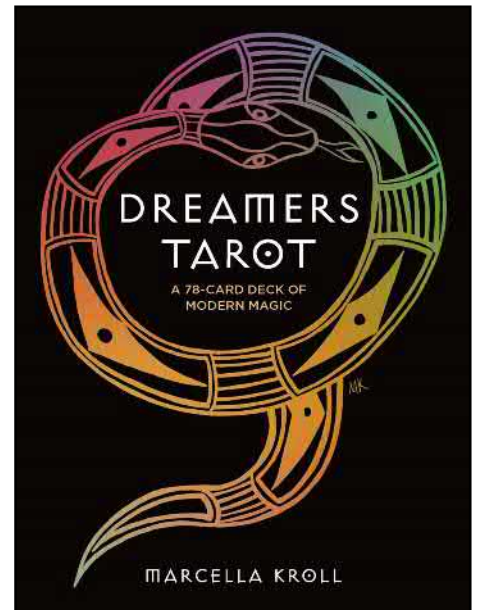
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DREAMERS TAROT

September 2023

A 78-Card Deck of Modern Magic
Marcella Kroll

With this kaleidoscopic reworking of the traditional tarot, intuitive and artist Marcella Kroll takes its 78 cards down to their most fundamental archetypes. Instead of limits, this deck is about freedom: from good-and-bad binaries, unbreakable rules, and traditional morality. Instead of The Lovers, Marcella explores the concept of duality with The Twins. Instead of The High Priestess, there is The Oracle. Her spreads can be used to answer any questions about life. The Creator, The Architect, The Ancestor, and other nontraditional, non-gendered cards are excellent guides for readers who wish to divine their future and learn more about themselves with a contemporary, vibrant deck.



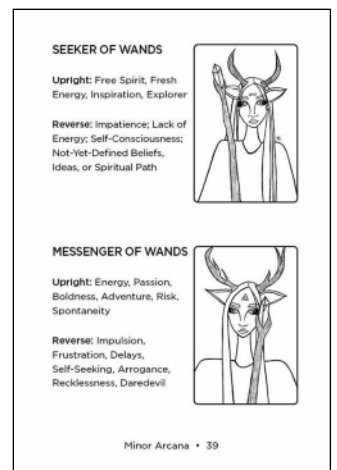
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a little bit of
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mystic**
boxed set

an essential toolkit for spiritual seekers



a little bit of **crystals**

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STERLING ETHOS 

a little bit of **chakras**

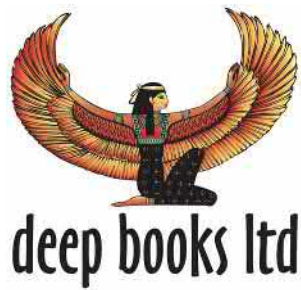
MERCREE

STERLING ETHOS 

a little bit of **auras**

EASON

STERLING ETHOS 



advanced information

LITTLE BIT OF MODERN MYSTIC BOXED SET

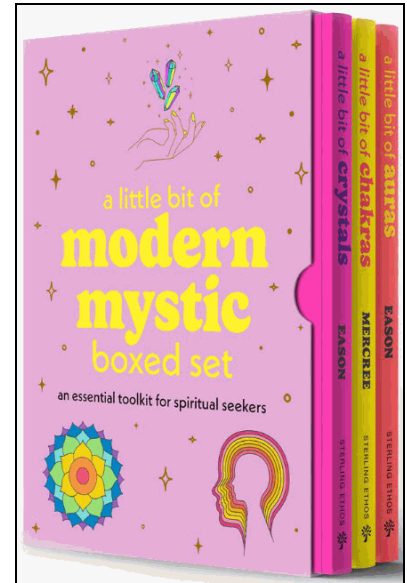
An Essential Toolkit for Spiritual Seekers

Cassandra Eason, Chad Mercree and Amy Leigh Mercree

This boxed set includes the introductions necessary for any curious reader to become a modern mystic. With three guidebooks outlining basic information on auras, chakras, and crystals, anyone can learn the background and history of these fascinating subjects, as well as some easy-to-use practices that can be incorporated into daily practice for greater self-understanding.

The three titles in this set are: A Little Bit of Auras, A little Bit of Chakras and A Little Bit of Crystals

September 2023



9781454951766

133 x 184

2-colour spot art
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Alternative Therapies

£25.00

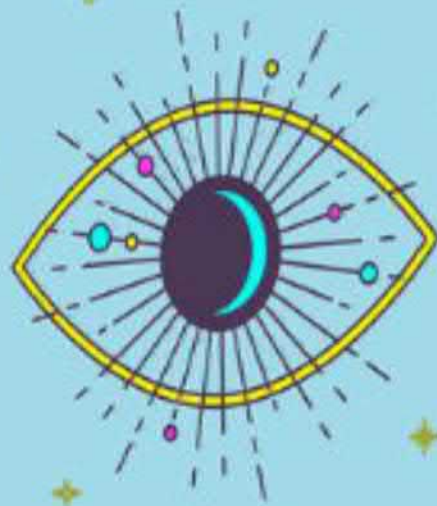
Pb

384pp

About the Author.....

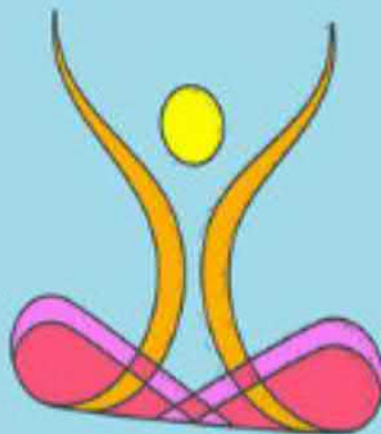
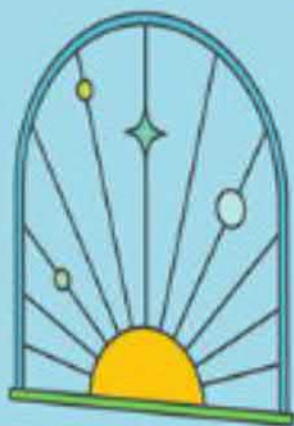
Cassandra Eason is an international author of over 130 books on all aspects of the magical and mystical. She is a practicing solitary druidess and white witch. Cassandra teaches and runs workshops for clients around the world

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a little bit of
self-care
boxed set

an essential toolkit for spiritual wellness



a little bit of **mindfulness**

MERCREE

STERLING ETHOS

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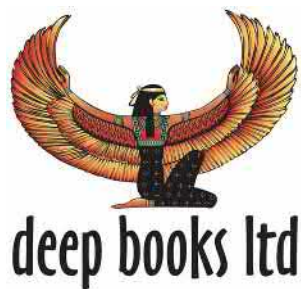
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a little bit of **yoga**

STEVENSON

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LITTLE BIT OF SELF-CARE BOXED SET

An Essential Toolkit for Spiritual Wellness

Meagan Stevenson, Amy Leigh Mercree and Chad Mercree

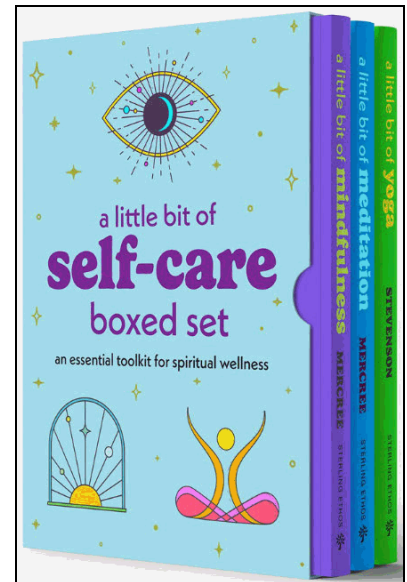
September 2023

THE LITTLE BIT OF SELF-CARE BOXED SET is a wonderful way to gain introductory knowledge of mindfulness, meditation, and yoga, three crucial subjects that can lead to a wealth of healing and self-understanding. With this set of newly redesigned books, anyone can learn to access a healthier mindset through accessible text and practical advice, including exercises that can easily be added to a daily routine.

In this fast-paced world that seems tailored to produce short attention spans, it's important to learn mindfulness techniques for accessing and creating a peaceful inner place. Meditation can decrease anxiety and improve the quality of our experience on Earth, and yoga is still practiced today as a means to physical, mental, and spiritual health.

THE LITTLE BIT OF SELF-CARE BOXED SET includes the introductory knowledge of mindfulness, meditation, and yoga, and presents them with gorgeous diagrams, visuals, and accessible text. With this set, anyone can learn to access a healthier mindset with mindfulness, the practical applications of meditation, and some of the basic postures practiced in yoga. This set is a crucial addition to any person's self-care library.

The three titles in this set are: A Little Bit of Yoga, A Little Bit of Meditation and A Little Bit of Mindfulness



9781454951773

133 x 184

2-colour spot art
throughout

Alternative Therapies

£25.00

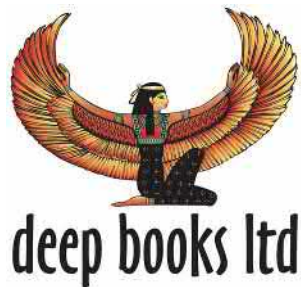
Pb
384pp

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WICCA STICKER BOOK



More than 400 Magickal & Mystical Stickers



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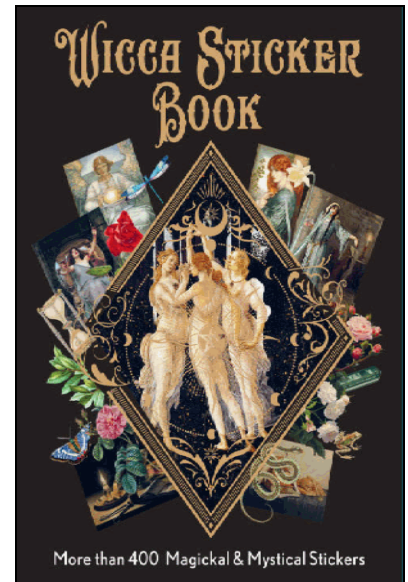
WICCA STICKER BOOK

More than 400 Magickal & Mystical Stickers

September 2023

A stunning collection of beautiful vintage stickers on all subjects magickal and mystical - from crystals to cats, moons to mages, goddesses and more.

This sticker book features more than 400 beautiful and colourful Wiccan-themed artworks - both vintage and vintage-inspired. There are six categories of stickers - celestial sphere, mystical terra, witch's toolkit, symbols and sabbats, familiars and other creatures, and holistic witchery - each introduced by a poetic thematic quote. The stickers are perfect for decorating everything from stationery to scrapbooks, and they can be used to embellish notebooks, planners, gift boxes, and laptops, or to create artistic collages. And, the book itself can be enjoyed on its own as a beautiful objet d'art.



9781454950783

152 x 203

400 colour stickers

Wicca

£20.00 inc VAT

Pb
192pp

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• MINDFUL IN MINUTES •

MEDITATION *for the* MODERN FAMILY



Over 100 Practices to Help Families Find
Peace, Calm, and Connection

KELLY SMITH

Host of the Mindful in Minutes Podcast



advanced information

MINDFULNESS IN MINUTES: MEDITATION FOR THE MODERN FAMILY HB

Over 100 Practices to Help Families Find Peace, Calm, and Connection

Kelly Smith

MINDFUL IN MINUTES: MEDITATION FOR THE MODERN FAMILY helps families explore the healing benefits of meditation with over 100 guided practices for parents, teens, and kids of all ages.

Slow down, calm down, and come together with this complete guide to meditation for the whole family - featuring targeted practices for parents, teens, and kids of all ages.

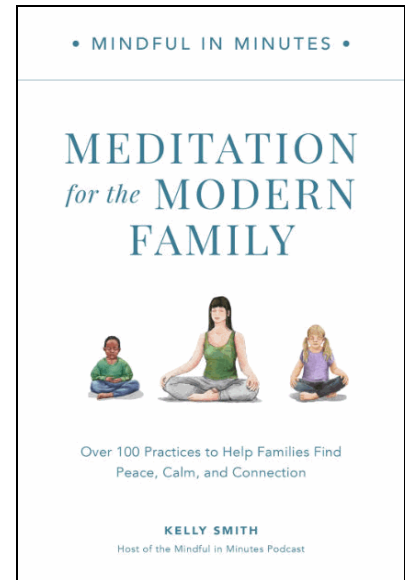
As a certified yoga teacher, meditation teacher, and host of the chart-topping podcast Mindful in Minutes, Kelly Smith is no stranger to the wide-ranging health benefits of meditation. And she discovered she needed them more than ever when she became a mom for the first time. Suddenly finding herself coping with sleepless nights, disheartening physical changes, uncontrollable worries, and near constant sensory overload, Kelly found solace in the same thing she always had: her daily meditation practice. In doing so, she discovered how meditation could help not only mums cope with common family challenges, but every other member of the family as well.

Kelly shares her hard-won wisdom with listeners across the country in her second podcast Meditation Mama, and now, in this fully illustrated book. **MINDFUL IN MINUTES: MEDITATION FOR THE MODERN FAMILY** helps families of all kinds learn how to use meditation to cope with the everyday struggles of being a person who is also part of a family. Covering topics ranging from quieting the mind and managing stress to handling resentment and cultivating compassion, this book offers specialized practices for each family member by age - adults, teens and older kids, and small children. Topics include: Being Present; Finding Joy; Anxiety; Hyperactivity; Worthiness; Empathy; Burnout; Insomnia; Self-Confidence; Overstimulation; Connecting with the True Self; And much more.

With three distinct, age-appropriate practices for each topic, Kelly ensures that every member of the family has access to a practical, focused meditation "toolkit" to draw on when they need a little extra help. The book also includes a series of dedicated meditations for expectant parents, a series of meditations to promote a healthy, loving relationship between partners, and over 250 mantras to help you focus your mind and go deeper into your practice.

Whether you are a meditation beginner or a long-term practitioner, this book will help you and your family feel calmer, happier, and more connected.

September 2023



9780760382141

145 x 225

colour illustrations

throughout

Yoga and Meditation

£18.99

Hb

176pp

About the Author.....

Kelly Smith is the founder of Yoga For You, the host of the iTunes chart-topping meditation podcast Mindful in Minutes and Meditation Mama, and the author of Mindful in Minutes: Meditation For the Modern Family. She is an E-RYT 500, YACEP, and master trainer in meditation, yoga nidra, and restorative yoga. Her meditations and work have been featured in Meditation Magazine, Popsugar Fitness, ABC News, The Bump, Twin Cities Live, and the Lavendaire

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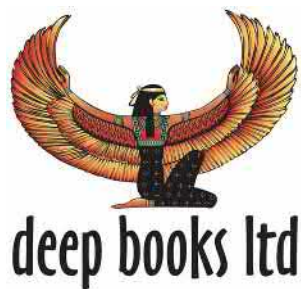
POWER PURPOSE PRACTICE



FINDING YOUR TRUE
SELF THROUGH
ASTROLOGY,
NUMEROLOGY,
AND **TAROT**

KERRY WARD





advanced information

POWER, PURPOSE, PRACTICE HB

Finding your True Self Through Astrology, Numerology, and Tarot

Kerry Ward

POWER, PURPOSE, PRACTICE helps you discover and embrace your true self by harnessing the ancient wisdom of tarot, astrology, and numerology as they relate to your specific birth date.

Build a unique, multi-faceted personality profile based on your birth date to help fuel your personal growth through every stage of life.

Am I on the right path? That is the question internationally recognized tarot expert Kerry Ward faces daily from thousands of private clients and readers of her popular Cosmopolitan tarot column. In **POWER, PURPOSE, PRACTICE**, she shows you how to answer it for yourself using a simple system based on an insightful blend of astrology, numerology, and tarot and perfected by 25 years of tarot reading.

Your birth date holds the key to the system. From there, astrology guides you to your ruling planet and your ruling element, while tarot reveals your personality archetype. These three items - planet, element, archetype - represent your power.

To discover your purpose, we turn to numerology, which provides a guided map for your life journey via your Life Path number.

Finally, Kerry provides a series of meditations and rituals for you to practice in your daily life, to help you amplify your power and direct it toward your purpose.

Are you ruled by the fiery ambition of Mars or the beautiful energy of Venus?

Are you an emotional, shape-shifting water sprite or a grounded, healing earth mama?

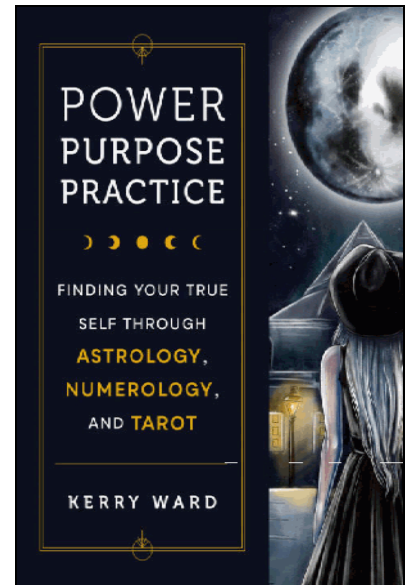
Is your tarot archetype the wise, solitary Hermit or the magical visionary of the Star? Or the gentle hero of Strength?

Is your purpose to build new worlds from the ground up, to create and communicate stories, or to seek deeper meaning in service to others?

Written in a casual, intimate voice and bursting with bold, inclusive artwork, this spiritual guide helps you understand each of these cosmic connections and more as you explore every facet of your personality and discover your true self.

Are you on the right path? **POWER, PURPOSE, PRACTICE** will help you find out, so you can find your way.

September 2023



9780760383254

140 x 191

colour illustrations
throughout
Divination

£16.99

Hb
160pp

About the Author....

Kerry Ward is the creator of the best-selling tarot deck and book Good Karma Tarot as well as Crystal Magic Tarot. She is the resident tarot columnist for Cosmopolitan US and UK, as well as Metro UK and supports a global tarot client list of 500+, to whom she sends a monthly email newsletter. You can find her on Instagram at @mytarotbella

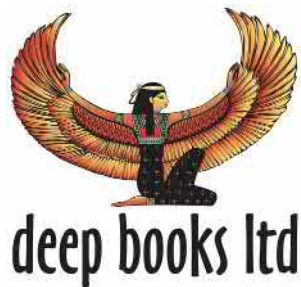
EDI/QP

A NATURAL HISTORY of MAGICAL BEASTS



Emily Hawkins

Jessica Roux



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NATURAL HISTORY OF MAGICAL BEASTS HB

September 2023

Emily Hawkins

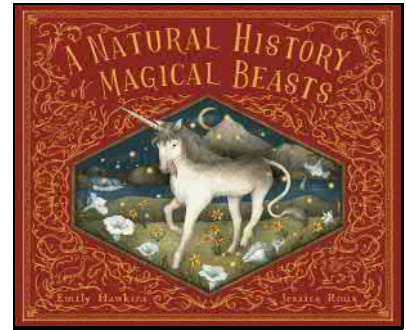
Illustrated by Jessica Roux

A complete guide to magical creatures from around the world, from their lifecycles and behaviour to how they have hidden themselves from human discovery for centuries.

Tales of magical creatures have been told across the world for generations... but are these stories merely flights of fancy, or is there any truth to the legends of unicorns and dragons, centaurs and griffins?

Presented as the notebook of a 1920s zoologist, this lavish volume sets out to answer this question, revealing the hidden world of the magical beasts that live among us. Within these pages you will meet bizarre and beautiful creatures from around the globe, discovering their habits, habitats and the legends surrounding them. Learn about the anatomy of a unicorn, the life cycle of a phoenix, incredible dragon courtship dances and much more in this ultimate guide to magical creatures.

Featuring a gold-foil-embossed cloth cover, a ribbon marker and sprayed gold edges, this gorgeous volume is filled with beautiful illustrations and precise notes detailing the secret lives of magical beasts. This exquisitely illustrated album will entrance all true-believers and fantasy enthusiasts.



9780711278806

304 x 265

Full colour throughout

Childrens

£20.00

Hb

64pp

About the Author....

Emily Hawkins' work has been featured on the New York Times bestseller list as well as winning the Children's Travel Book of the Year Award.

Jessica Roux is a Nashville-based illustrator and plant and animal enthusiast. She loves exploring in her own backyard and being surrounded by an abundance of nature. Using subdued colours and rhythmic shapes, she renders flora, fauna, food and many other things with intricate detail reminiscent of old world beauty.

EDI/QP



FIND *the*
FAIRIES

A MEMORY GAME



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FIND THE FAIRIES

September 2023

A Memory Game

Emily Hawkins

Illustrated by Jessica Roux

- Fairy matching game: Can you reunite the fairies with their friends in this fun and easy-to-learn game?
- Sturdy gift box contains: 40 cards, each measuring 8.8 × 6.6 cm / 3.5 × 2.6 in., and a 28-page booklet; box size is 10 × 14.4 × 4.7 cm / 4 × 5.5 × 1.75 in.
- 20 diverse fairy species: With fairies from all parts of the world, match the pairs who belong to the same species
- Includes an illustrated booklet: Covering game rules, fairy facts and tips for finding them yourself
- Fairy fun for ages 4+: Delightful screen-free entertainment for fairy lovers everywhere

Discover enchanting fairies from all around the world with this stunningly illustrated matching game.

Based on the popular book from the Folklore Field Guides series *A Natural History of Fairies*, the cards feature naturalist illustrations of fairy species from different regions of the world, from the Alpine Sprite to the Savannah Fairy, and the Rainforest Nymph to the Polar Wanderer.

The booklet, in addition to explaining how to play the game, serves as a field guide to the fairy species on the cards, with details on their habitats, dwellings, distinctive features and habits. For instance, learn how the Firefly Sprite (*Nympha scintilla*) uses bioluminescence to make their way through the bamboo forests of China and how the Himalayan Oread (*Nympha nipalensis*) hibernates in a snowy burrow through the winter, but descends to mountain meadows to feed on flower nectar in the summer. You'll also find out where and when to look for fairies, and signs of their presence.

To play the game, arrange the cards face down on a table, then flip two over – do they show the same fairy species? If they do, you collect the pair. If not, try to remember where the different fairy species are located so you can make a match on your next turn.

Put your memory skills to the test and learn about the diverse fairies of the world while you play. Gather more pairs than your opponent to win!



Book & Card Set

978-07112-87877

146 x 100

40 full col cards

£14.99 inc VAT



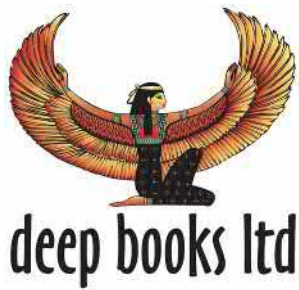
THE 69

ASTROLOGY ALMANAC

2024

EMMA HOWARTH

ILLUSTRATED BY
KATARINA SAMOHIN



advanced information

ASTROLOGY ALMANAC 2024 HB

Your holistic annual guide to the planets and stars

Emma Howarth

A beautiful gift for astrology or daily horoscope lovers, THE ASTROLOGY ALMANAC 2024 is your holistic annual guide to the planets and stars.

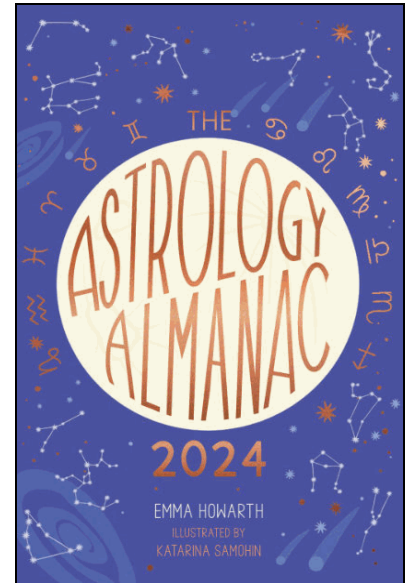
Improve your wellbeing every day through the practice of astrology, and find guidance and inspiration through the symbolic movement of the celestial bodies.

Astrology affects you every day, not just when it's the season of your star sign (although this is your most powerful time to shine!) Divided into the 12 zodiac signs and detailing every major astrological event, follow the planets and zodiac signs as they shift throughout the year, and learn how to live your best life in every sign, from earthy Capricorn through to fiery Sagittarius season. With everything you need in one handy guide, this is a great resource, whether you're a beginner, new to astrology, or are a practicing astrologer.

Discover more about planetary movements such as mercury in retrograde, and explore what it means, how to use it to your advantage, and what to focus on. Allow this almanac to guide you as it tells you, based on the movement of the skies, when the optimal time is to manifest new beginnings, when to perform a ritual for money-making, and how to use astrology as a tool for self-care.

With mantras, advice, and wellbeing tips for each of the zodiac signs, this guide to astrological self-care and living is perfect for every star sign.

September 2023



9780711286344

130 x 190

Full colour throughout

Astrology

£15.00

Hb
224pp

About the Author....

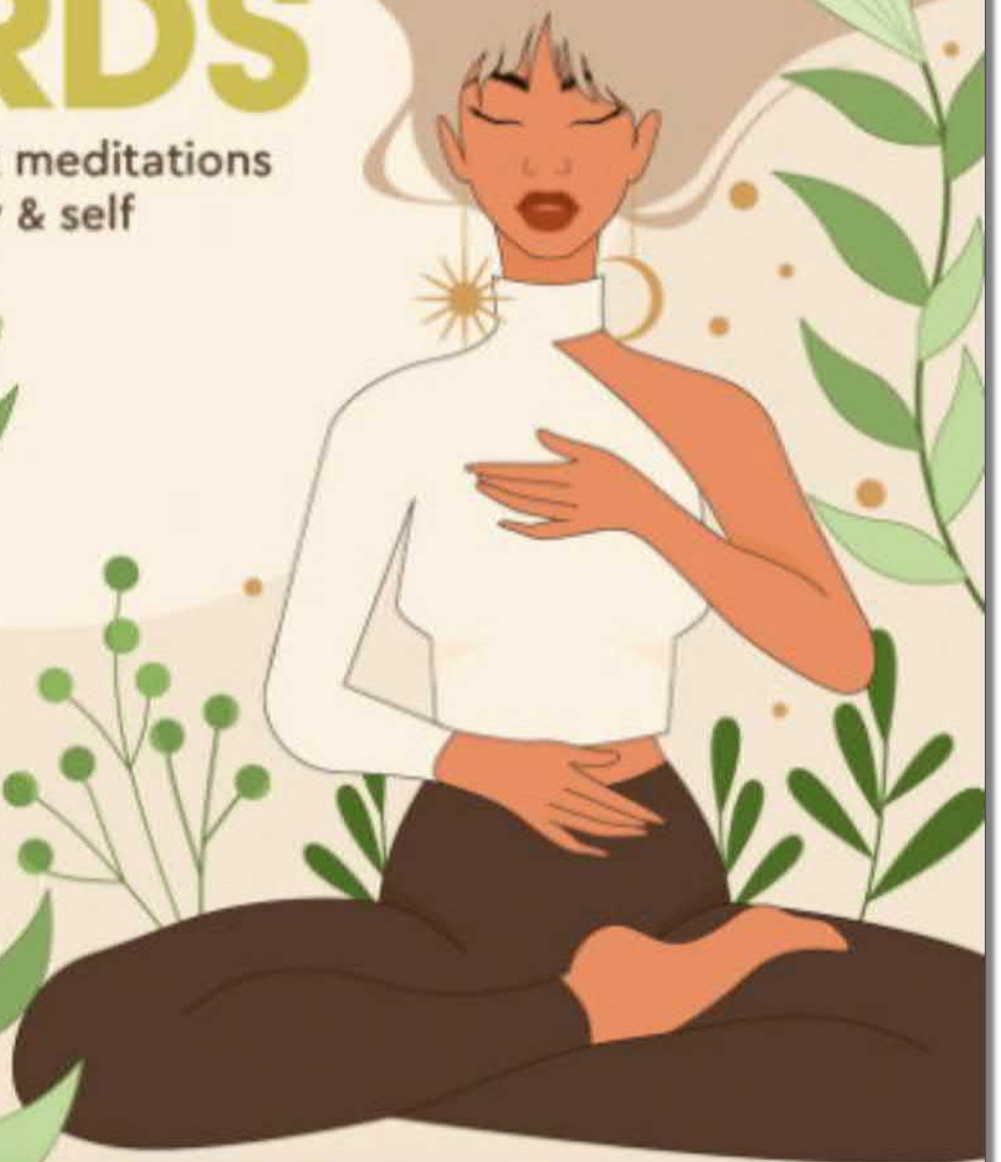
Emma Howarth is a lifestyle and travel writer, astrologist, and author. She writes Glamour UK's monthly horoscope column and she was an in-house editor at Time Out. She was contributing and digital editor at Smallish magazine and her work has appeared in publications including The Guardian, The Telegraph, Metro, Project Calm and Reclaim

EDI/QP

Rebecca
Moore

BREATH PRACTICE CARDS

50 breathwork meditations
for mind, body & self





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BREATH PRACTICE CARDS

September 2023

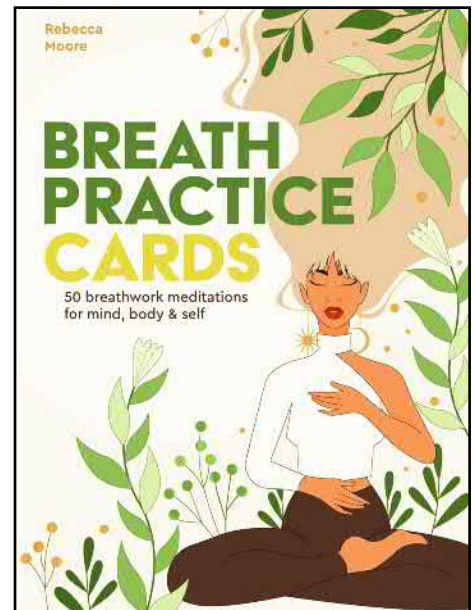
50 breathwork meditations for mind, body & self
Rebecca Moore

BREATH PRACTICE CARDS provide an uplifting, screen-free introduction to breathwork with simple and easy-to-follow exercises and meditations beautifully and accessibly presented on individual cards. In the accompanying book, explore the origins, science and benefits of this age-old method made popular by Wim Hof and find simple sequences to create your own mindful breathwork practice.

Each card, gorgeously illustrated with inspiring and inclusive artworks from @madebyralu, includes directions of how to practice a specific technique. The cards include exercises to:

- Focus, including grounding and re-centring Humming Bee Breath and Box Breathing
- Relax, including calming and restorative Hugging Break and Lunar Breathing
- Elevate, including energising and uplifting Sunshine Breath and Heart-Smiling Breath
- Release, including cleansing and clearing Roaring Lion's Breath and Open Ocean Breath
- Connect, including harmonising and meditative Gratitude Breath and Chakra Balancing Breath

Pick a card when you wake up to energise or before you go to bed to unwind, or just throughout your day when you need a mindful moment. This set is a must-have resource for modern well-being.



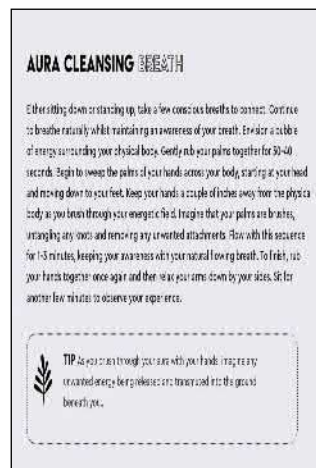
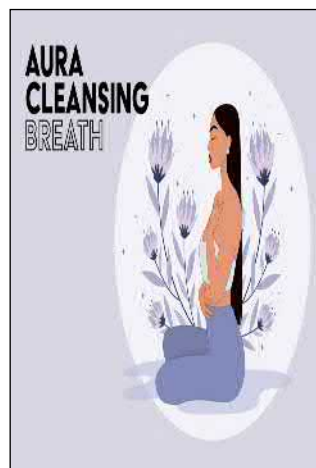
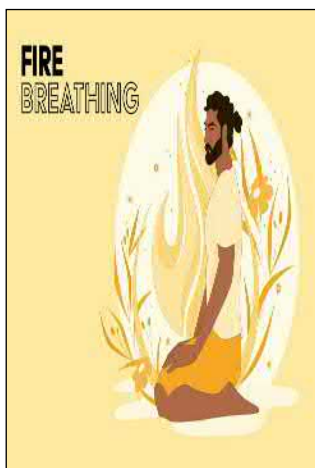
Book & Card Set

978-07112-87839

110 x 150

50 full col cards & 64pp guidebook

£16.00 inc VAT



FOREWORD BY
THE WITCH OF THE FOREST

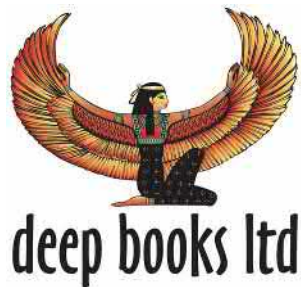
Goddess Stories

DISCOVER THEIR MYTHOLOGY.



Alison Davies

ILLUSTRATIONS BY KATJA PEREZ



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GODDESS STORIES HB

Discover their mythology

Alison Davies

Illustrated by Katja Perez

Channel your inner goddess with this unforgettable book of mythology, perfect for lovers of Circe, The Silence of the Girls, and Great Goddesses.

Learn the powerful stories behind over 40 goddesses from around the world, and discover how you can embody their power to improve your wellbeing, and live your best life.

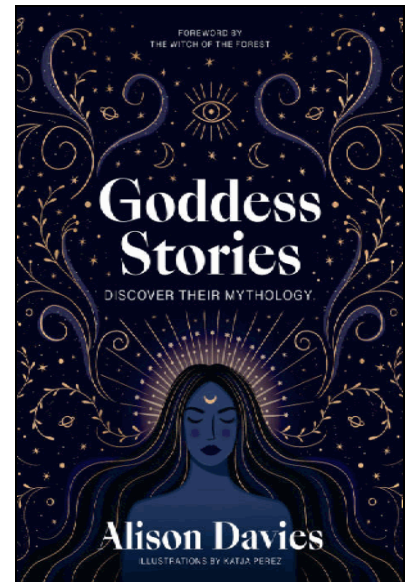
From ancient myth to modern day icons, there's a goddess to help you with every situation. Including some of the best and less well-known goddesses throughout mythology, and accompanied by a gorgeous illustration of each, learn the stories of:

- Freya (Norse Goddess of Love, Beauty, and War)
- Eostre (Celtic Goddess of the Dawn and Spring)
- Guan Yin (Buddhist Goddess of Compassion and Mercy)
- Nut (Egyptian Goddess of the Sky)
- Selene (Greek Goddess of the Moon)
- Jaci (Brazilian Moon Goddess)
- Gaia (Greek Goddess of the Earth)
- Pele (Goddess of Fire, Volcanoes, and Dance)
- Inanna (Sumerian Goddess of Love, Fertility, and Sensuality)
- Amaterasu (Shintu Goddess of the Sun)
- Lakshmi (Hindu Goddess of Wealth, Good Fortune, and Success)

...and many more!

With a simple ritual or activity alongside each story to help you channel the iconic energy of each goddess, this is the ultimate book of female empowerment.

September 2023



9780711283244

170 x 230

full colour illustrations

Myths & Legends

£18.99

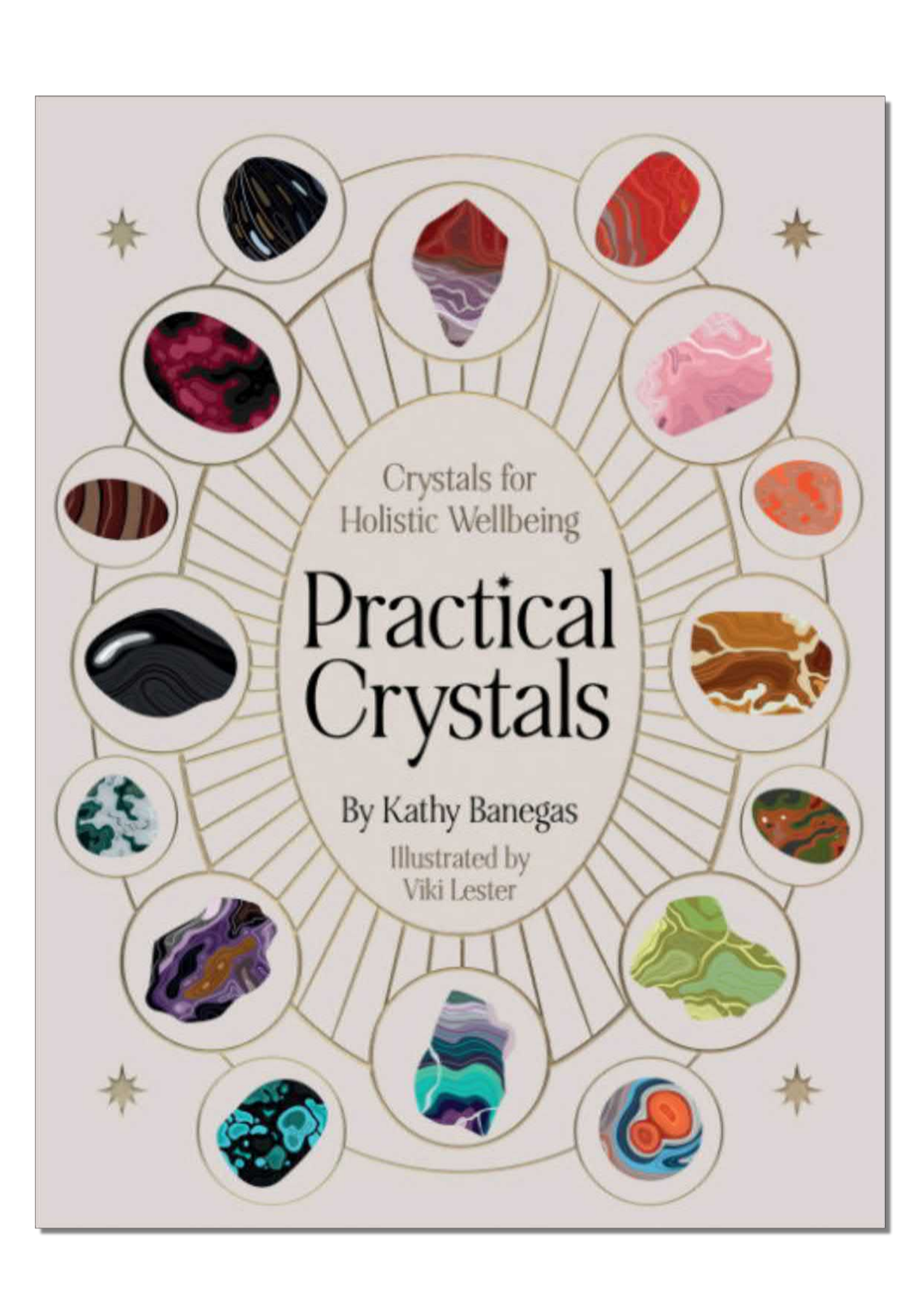
Hb

192pp

About the Author....

Alison Davies lives in Norwich, and runs workshops at universities throughout the UK showing academics, students and early years practitioners how stories and narratives can be used as tools for teaching, healing and learning

EDI/QP



Crystals for
Holistic Wellbeing

Practical Crystals

By Kathy Banegas

Illustrated by
Viki Lester



advanced information

PRACTICAL CRYSTALS HB

Crystals for Holistic Wellbeing

Kathy Banegas

Illustrated by Viki Lester

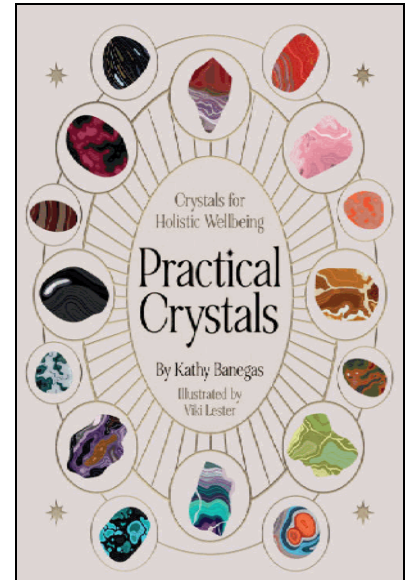
Anyone can benefit from inviting crystals into their lives, and this accessible and friendly book will help you channel the energies of each crystal, whether you have a hundred crystals, or just one!

Discover the powerful, healing and nurturing properties of 150 different crystals, and learn which ones are best to help you in a range of scenarios. Learn which crystals work best for a specific purpose and WHY, and empower yourself to nurture your wellbeing every day with crystals.

Organised by theme, learn which crystals you can use for:

- spiritual wellbeing – use crystals to manifest abundant love, gratitude, and creativity
- physical wellbeing – use crystals to encourage better sleep, aid relaxation, and promote good dreams
- unblocking your chakras - improve your feeling of balance and contentment by nurturing your 7 chakras
- connecting with nature – sync with the four seasons and four stages of the moon cycle
- adding magic to special occasions - celebrate birthdays, weddings, promotions, and more
- enhancing or starting your career - boost your career or help manifest your dream job using crystals
- From rose quartz for self-love and self-care, to amethyst for tranquillity and relaxation, there's a crystal to meet all your wellbeing needs.

September 2023



9780711284609

151 x 201

full colour illustrations

Crystals &
Gemstones

£15.00

Hb

144pp

About the Author.....

Kathy Banegas is the founder of The Healing Gem (@thehealinggem). She created the Healing Gem in May of 2015, and in 2016, went on to become a Crystal Healing Master Teacher, Sound Healing Master Teacher and Reiki Master Teacher. In 2020, her Instagram page and shop gained popularity, amassing nearly 100k followers in one year, and starting a trend for bite-sized crystal content. Viki Lester of Forensics & Flowers is an illustrator from London. Her work inspires

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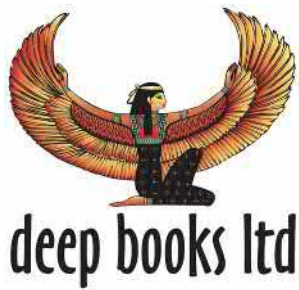


Mystical Mushrooms

Discover the Magic & Folklore
of Fantastic Fungi

Aurora Kane





advanced information

MYSTICAL MUSHROOMS HB

Discover the Magic & Folklore of Fantastic Fungi

Aurora Kane

In MYSTICAL MUSHROOMS, explore the magical properties, mythological connections, and symbolic qualities of ever-intriguing fungi.

MYSTICAL MUSHROOMS defines the beauty of mushrooms by focusing on their magical connections and symbolic meanings through folkloric tales and superstitions throughout the world.

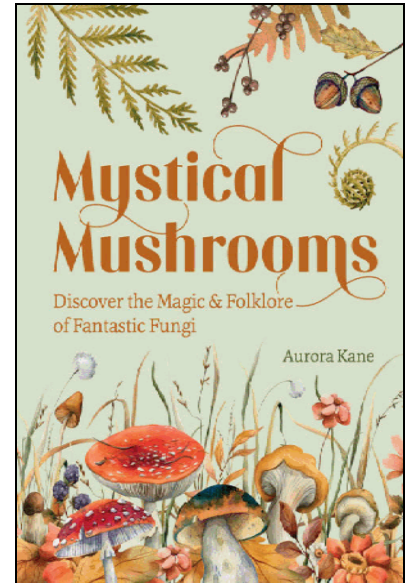
Go for a walk in the woods on any given summer day and you may find yourself surrounded in fungi galore as they lay nestled among the ferns and trees. After a rainstorm, peek out in your backyard and you may see tiny spores sprouting from the grass, forming what is known as a fairy ring. Mushrooms grow in all shapes, sizes, and colours and - depending on where you live - you might find some that are conducive to magic practice. MYSTICAL MUSHROOMS enters this realm, exploring the magical properties, mythological connections, and symbolic qualities of the fungi that so intrigue us.

Author Aurora Kane takes you on a journey through the mystical universe of mushrooms. From ancient traditions to the concept of fairy rings, Kane reveals how mushrooms have long been entwined with the supernatural in art, literature, and religion. This includes topics surrounding:

- Magical History
- Spells
- Symbolism
- Spirituality

Coupled with stunningly depicted artwork, Mystical Mushrooms explores the qualities of over 35 species of mushroom, displaying a range of compelling subjects surrounding the true power of these fabulous fungi.

September 2023



9781631069215

145 x 195

100 Colour ills
Natural World
£14.99

Hb
224pp

About the Author.....

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

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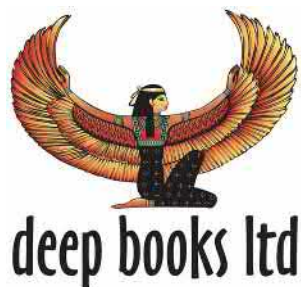
The cover features a vibrant, retro-style illustration. At the top, the title 'COSMIC COMPANION' is written in large, bold, multi-colored letters (shades of green, blue, and purple) with a slight shadow effect. Below it, the word 'WORKBOOK' is written in a smaller, simpler font. The background is a gradient from purple at the top to orange at the bottom, filled with various celestial symbols: a yellow crescent moon, a blue planet with a ring, a blue planet with a red landmass, and several constellations of white stars. In the center, a woman with long black hair and a purple, ruffled dress holds a glowing yellow sphere. Behind her is a large, stylized sun with yellow rays. The bottom of the cover is decorated with colorful, scalloped-edged clouds in shades of purple, blue, and pink.

COSMIC COMPANION

WORKBOOK

A Guide for Incorporating Astrology
Into Your Life

The Pulp Girls



advanced information

COSMIC COMPANION WORKBOOK

A Guide for Incorporating Astrology Into Your Life

September 2023

The Pulp Girls

COSMIC COMPANION WORKBOOK is a beginner-friendly guide to understanding the zodiac that incorporates your star sign into your day-to-day life.

The COSMIC COMPANION WORKBOOK offers an interactive foundation in astrology, including insight on your sun, moon, and rising signs, and other features of your birth chart.

The world of astrology is a vast ocean of concepts and ideas that can appear intimidating when encountered. However, it is the allure of knowing more of oneself that draws us into this sphere of astrological symbology, birth chart comprehension, and nothing more than the pure magic of what truly connects us humans to the stars. While seemingly daunting, The Pulp Girls open this portal by providing a beginner-friendly guide to understanding the zodiac, the COSMIC COMPANION WORKBOOK, which incorporates your star sign into your day-to-day life.

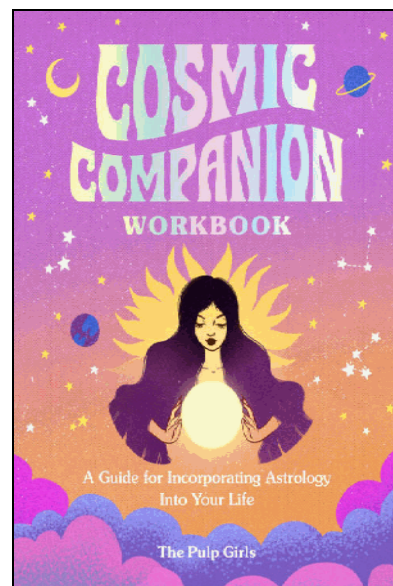
This guided workbook incorporates writing passages, prompts to get you started on your journey to understanding your star sign, and some guided activities. Utilize this workbook to practice and better your astrological comprehension.

This guidebook includes twelve sections, one dedicated to each star sign, that will help you become more attuned to many aspects of your own, and others', signs including topics surrounding:

- Self-care style
- Magic potions for the signs
- Communication styles
- Preferred mixology
- Emotional needs
- Love languages

...and many more that will quench your thirst for an expertise in every astrological sign!

By connecting to your birth chart and star signs, you are embarking on a journey of true knowledge of self. Paired with stunning and diverse illustrations, this is the perfect guidebook for astrology lovers and anyone interested in entering the astrology world!



9781631069130

210 x 277

100+ Colour ill

Astrology

£14.99

Pb
160pp

About the Author....

The Pulp Girls is a collective run by sisters Cailie and Brianna. Cailie is the resident illustrator, with a strong focus on subversive depictions of all kinds of folks. In addition to beautiful artwork and prints, they produce wearable art in the form of apparel, socks, buttons, enamel pins, patches, stickers, and jewellery

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The
**Kitchen
Witch**
HANDBOOK

Wisdom, Recipes, and Potions
for Everyday Magic at Home

Aurora Kane



advanced information

KITCHEN WITCH HANDBOOK HB

Wisdom, Recipes, and Potions for Everyday Magic at Home

Aurora Kane

THE KITCHEN WITCH HANDBOOK is an introduction to traditional practices in witchcraft, and a hands-on guide for learning home-based folk witchcraft that has been practiced for countless generations.

A magical life begins at home with this warm and lively introduction to the traditions and practice of kitchen witchcraft.

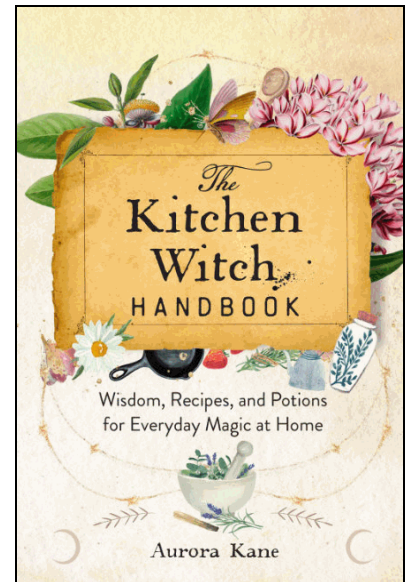
As spiritualists, healers, and herbalists, witches throughout history have developed various methods of healing through potions, spells, and remedies worldwide. Despite their efforts for good, many have suffered from years of persecution, which has led to a general misunderstanding of their craft. THE KITCHEN WITCH HANDBOOK combats that, providing an assortment of magical traditions from a fresh, modern perspective. If you are interested in Wicca and traditional kitchen potions, spells, and rituals, THE KITCHEN WITCH HANDBOOK is the perfect magical reference.

This hands-on guide introduces the home-based folk witchcraft that has been practiced for countless generations. Learn to weave your magical intentions into food and cooking and use everyday ingredients for mystical purposes. Brimming with beautiful photography and illustrations, this intriguing and accessible volume offers:

- Guidance on creating a magical kitchen and kitchen altar
- 100 Recipes and kitchen spells, including a candied lime money spell, rosemary protection cookies, and a lavender simple syrup for clarity and calm
- Tips on how to incorporate magic and intention into cooking
- A glossary of correspondences and magical properties for fruits, vegetables, and other ingredients
- A framework for creating your own unique spells at home using the ingredients you have on hand

Enjoy bringing a new magical dimension to your kitchen with The Kitchen Witch's Handbook, a delicious introduction to the long tradition of creating magic in the heart of your home.

September 2023



9781577153436

140 x 210

100+ colour illus

Magic

£14.99

Hb

192pp

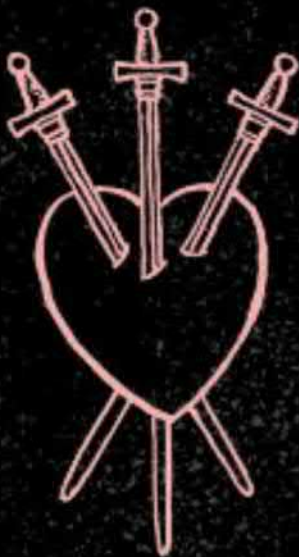
About the Author....

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

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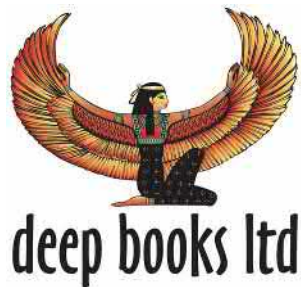
GET TAROT!



*A Perfect Guidebook
to Practice
Tarot Reading*



FRANCESCA MATTEONI



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GET TAROT!

A Perfect Guidebook to Practice Tarot Reading

Francesca Matteoni

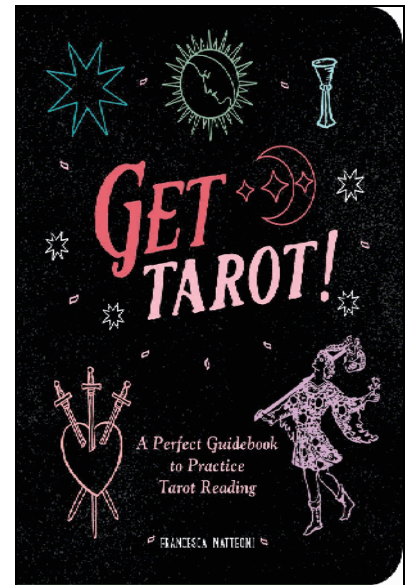
Unlock your intuition through the cards and all things Tarot with this intuitive beginner's guide.

With growing global uncertainty everywhere we turn, tarot and other forms of mysticism, divination, and self-reflection are seeing a notable re-emergence. Tarot reading is an opportunity to better understand a particular situation.

This tarot workbook guides beginners through five sections:

- The cards of the Major Arcana
- The cards of the Minor Arcana
- The cards of the Court
- Practice exercises and guiding questions for introspection
- Instructions to create your own spreads

September 2023



9781524881269

173 x 216

full colour illustrations

Tarot Books

£11.99

Pb
192pp

About the Author....

Francesca Matteoni holds a doctorate in modern history and teaches the history of religions, the anthropology of witchcraft, and mysticism at various universities in the U.S. and Italy. Matteoni also has numerous academic publications on witchcraft and magic in the modern era

EDI/SS

GHOSTS,
MONSTERS,
AND DEMONS
OF
INDIA

RAKESH KHANNA AND
J. FURGIFER BHAIKAV





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GHOSTS, MONSTERS, AND DEMONS OF INDIA HB

September 2023

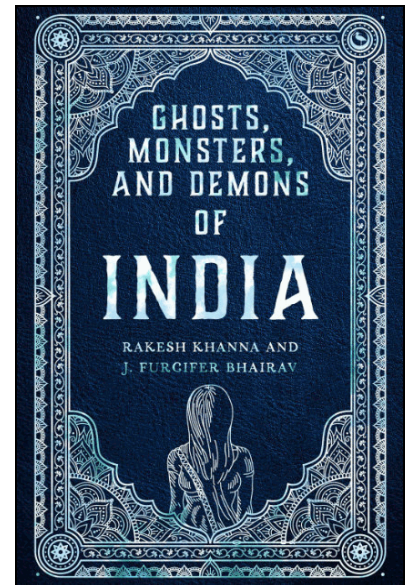
Rakesh Khanna and J. Furcifer Bhairav

An illustrated guide to the folktales and real-life stories of the ghosts, monsters and demons of India, a culture famously rich in tradition and legends.

"I was not prepared for how deeply this book captivated me ... Ghosts, Monsters, and Demons of India is exemplary of what a book can be, how it can operate. It's a bridge across space, time, and language" - Robin Sloan, author of Mr. Penumbra's 24-Hour Bookstore

An encyclopaedia of evil entities and folkloric fiends from across India, from Ladakh to Kerala, Lakshadweep to Nagaland, Naraka to Tuchenkwaka, complete with 60 spooky illustrations. Inside this book you will find ...

- Killer robots built with stolen Roman engineering technology that once guarded the relics of the Buddha
 - The ghost of a 21-year-old motorcyclist whose Enfield Bullet is venerated at a highway temple in Rajasthan
 - A Himalayan drum-playing spirit-teacher whose wife is a fearsome Yeti
 - Diabolical entities conjured into existence by the simultaneous deaths of seven tigers
 - Triple-rooted night-flying Vedic necromancers
 - Call-centre employees from beyond the grave
 - The dreaded Ngalei Ahmaw of Maraland, whose victims' heads detach themselves from their bodies at night and go wandering in search of blood ...
- AND MORE



9781786788078

158 x 240

Hb
368pp

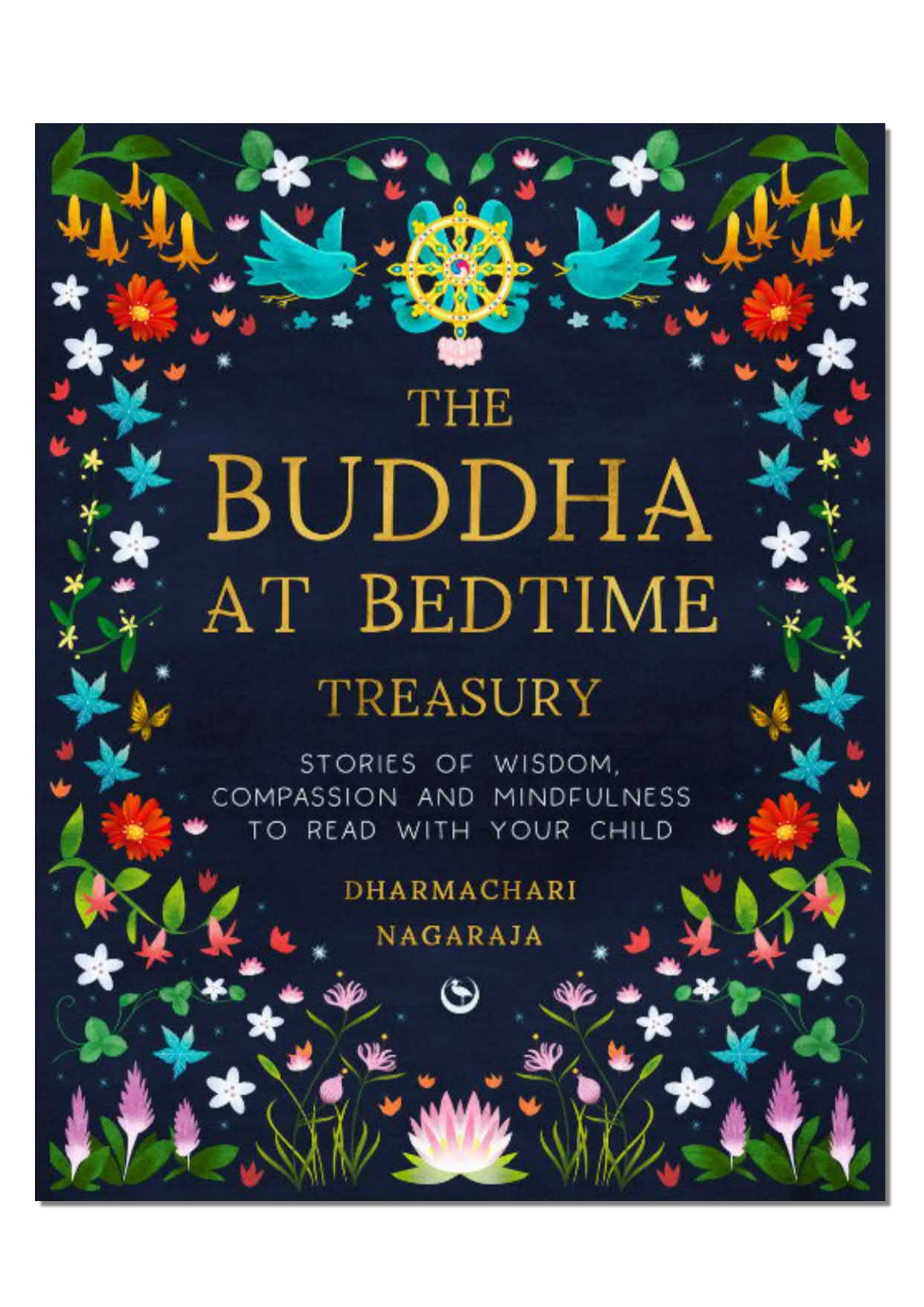
Myths & Legends
£18.99

About the Author....

Rakesh Khanna grew up in Berkeley, California, of mixed Punjabi and Anglo-American heritage. He co-founded Blaft Publications in Chennai with his wife, Rashmi Ruth Devadasan, in 2008. The company publishes translations of bestselling Indian-language pulp fiction, folklore, and graphic novels.

J. Furcifer Bhairav is the pseudonym of an extremely private and somewhat mysterious individual who is the child of a professional exorcist.

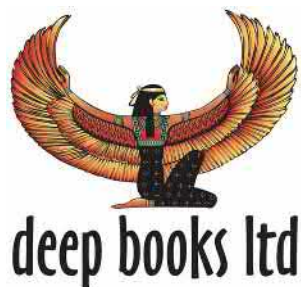
EDI/WAP



THE
BUDDHA
AT BEDTIME
TREASURY

STORIES OF WISDOM,
COMPASSION AND MINDFULNESS
TO READ WITH YOUR CHILD

DHARMACHARI
NAGARAJA



advanced information

BUDDHA AT BEDTIME TREASURY HB

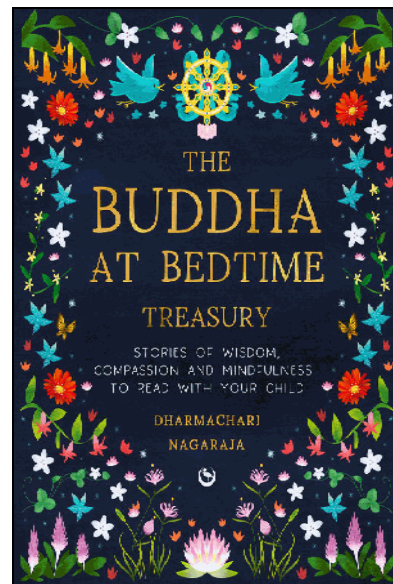
Stories of Wisdom, Compassion and Mindfulness to Read with Your Child

Dharmachari Nagaraja

A gift edition treasury of over 50 stories from the Buddha at Bedtime books, ancient Buddhist tales retold for children alongside summaries and meditations.

Discover over 50 magical retellings of ancient Buddhist stories Building on the age-old art of storytelling, this beautifully illustrated treasury brings together tales from three classic collections: Buddha at Bedtime, The Buddha's Apprentice at Bedtime and Calm Buddha at Bedtime. Transport your child into a world of enchantment and uncover easy-to-understand Buddhist messages through the adventures of delightful characters like the Brave Little Parrot, the Gentle Dragon or the Grateful Bull. In addition to these stories, you will find lessons on the art of meditation, advice on how to become more mindful and a selection of soothing, guided visualizations. Make this book a part of your regular bedtime routine and give your child the tools they need to be calm and relaxed before sleep and as they go about their day.

September 2023



9781786787798

179 x 229

Full colour illustrations
throughout
Childrens
£19.99

Hb
336pp

About the Author....

Dharmachari Nagaraja was a regular guest presenter on BBC Radio 2's Pause for Thought with Terry Wogan, where he first used traditional Buddhist tales to communicate the Buddha's teachings. He now lives in his native Scotland, where he works as a psychotherapist.

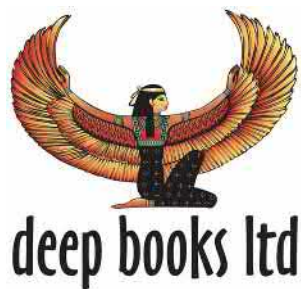
EDI/WAP

POWER SPELLS FOR
MODERN WITCHES



**BIG
WITCH
ENERGY**

✦
Semra Haksever



advanced information

BIG WITCH ENERGY HB Power Spells for Modern Witches

Semra Haksever

A must for any modern witch wanting to break the patriarchy and embrace their true potential.

If you've ever felt oppressed, angry at the patriarchy, been ghosted or experienced a bad case of imposter syndrome, this book is just the magical elixir you've been waiting for.

Join expert witch Semra Haksever as she invites you to summon your BIG WITCH ENERGY and awaken the abundance of power within.

Filled with spells and rituals that are perfect for novice witches and seasoned spellcasters alike, Semra encourages you to practise radical self-acceptance, be comfortable and confident in your skin and to question society's expectations. There's a spell to help stop people-pleasing, a 'protective shield' body lotion and a foot scrub that will encourage you to walk your own path. As well as this, there are practical spells to call in money and good luck, banish negativity and much more.

This collection of spells will enable you connect with the best version of yourself and truly feel your power. So, step into the magic and embrace your BIG WITCH ENERGY.

September 2023



9781804530498

160 x 210

Colour throughout

Magic

£15.00

Hb

160pp

About the Author....

Semra Haksever was a fashion stylist for over a decade before becoming a bohemian entrepreneur and starting Mama Moon, a bespoke collection of magical scented candles and potions. She has practised reiki, crystal therapy and moon rituals for over 20 years, and has always held the desire to create ritualistic tools that are accessible to all.

of related interest:

GLAMOUR WITCH

9781578637751

£13.99

EDI/WEL

THE LITTLE BOOK OF
**MODERN
WITCHCRAFT**



by
KATALIN PATNAIK



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LITTLE BOOK OF MODERN WITCHCRAFT HB

September 2023

Katalin Patnaik

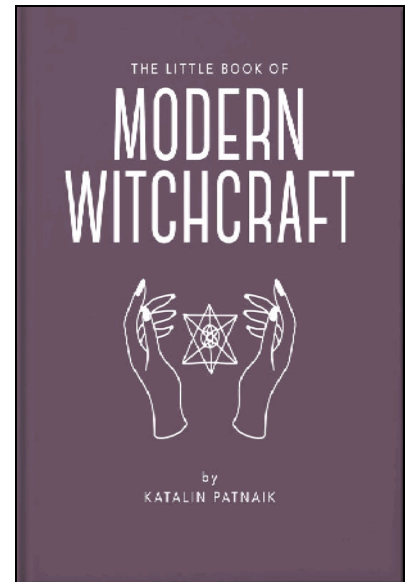
A celebration of modern witchcraft, dispelling negative myths and embracing contemporary trends, and brimming with spells, rituals and practices to attract positivity into your life.

Modern witchcraft refers to the revival and reimagining of the practice of witchcraft in contemporary times, characterized by a renewed interest in magic and a desire to reconnect with the natural world and spirituality. Encompassing a wide range of practices and beliefs, whether you're into crystals, tarot, astrology, spells, runes, mantras or candle rituals, THE LITTLE BOOK OF MODERN WITCHCRAFT is the perfect introduction for those both new to the practice and those who wish to deepen their understanding of the mystical world of magic. Encompassing everything from hoodoo, a spiritual system rooted in traditional African religions, to New Age paganism, the one thing all witches have in common is an openness to the energy of the universe – coupled with a badass, free-spirited attitude.

Whether you're an experienced Wiccan practising in a coven, or exploring your spirituality alone for the first time, this concise little book provides a comprehensive overview of modern witchcraft that will help you to focus on personal empowerment, self-discovery, and the use of magic to bring about positive change.

Embrace the power within you: connect to the natural world and follow the ancient path of magic and love.

"Whatever energy you put out into the world, positive or negative, will be returned to you threefold." – Wicca's Rule of Three



9781800695313
113 x 137

Hb
192pp

Wicca
£6.99

of related interest:

LITTLE BOOK OF AFFIRMATIONS HB	9781800691773	£5.99
LITTLE BOOK OF ANGELS HB	9781800691681	£5.99
LITTLE BOOK OF DREAMS HB	9781800691674	£5.99

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Royal Botanic Gardens **Kew**

Witch's Forest

Trees in magic, folklore
and traditional remedies

Sandra Lawrence



advanced information

KEW - WITCH'S FOREST HB

Tress in Magic, folklore and traditional remedies

Sandra Lawrence

A beautifully illustrated, captivating journey through the magical woodland and its stories, from birch broomsticks and the sacred olive, to alder doorways and the Tree of Life.

There is more folklore, mythology and magic associated with our trees and forests than with any other living things.

Known throughout the world as dark and wild places where witches make mischief and eerie creatures dwell, forests are also places of sanctuary for the ancient magic and the most enchanting species of trees.

KEW - WITCH'S FOREST is a beautifully illustrated, captivating journey through the magical woodland and its stories, from birch broomsticks and the sacred olive, to alder doorways and the Tree of Life.

September 2023



9781802795370

150 x 210

150 colour and B&W

illustrations

Natural World

£14.99

Hb
208pp

About the Author.....

Sandra Lawrence is a journalist and author. She writes for the Evening Standard, Guardian, Financial Times, The Times, Londonist.com and the English Garden. She is the London columnist for British Heritage magazine and is on the Q&A panel of experts for History Revealed magazine.

of related interest:

BLACKTHORN'S BOTANICAL BREWS

9781578637157

£15.99

BLACKTHORN'S BOTANICAL MAGIC

9781578636303

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BLACKTHORN'S BOTANICAL WELLNESS

9781578637782

£17.99

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