



LEAD

Peaceful Heart, Warrior Spirit

A Memoir

by Dan Millman

Reflections on the extraordinary experiences that shaped Dan Millman's evolution from youthful dreamer to spiritual teacher, written to inspire readers on their own quests

In this long-awaited true story of a search for the good life, bestselling author Dan Millman describes his quest for meaning in the modern world, including the story behind his writing of the spiritual classic, *Way of the Peaceful Warrior*. His evolution from childhood dreamer to world-class athlete catapults him, over a span of two decades, through mind-expanding experiences with four radically different mentors who prepare him for his calling as a down-to-earth spiritual teacher.

For forty years, through books and seminars, Millman has shown how to live with a peaceful heart and a warrior's spirit. This memoir shares his course corrections, wake-up calls, and life lessons as he introduces readers to four key mentors: the Professor, a Bolivian scientist-mystic; the Guru, an American-born spiritual master; the Warrior-Priest, a martial artist and metaphysical healer; and finally the Sage, a different sort of psychologist and a servant of reality.

At times rollicking, at times poignant, Millman's reflections will delight millions of devoted fans and inspire a new generation of readers because, as he writes, This story is mine, but the way belongs to us all."

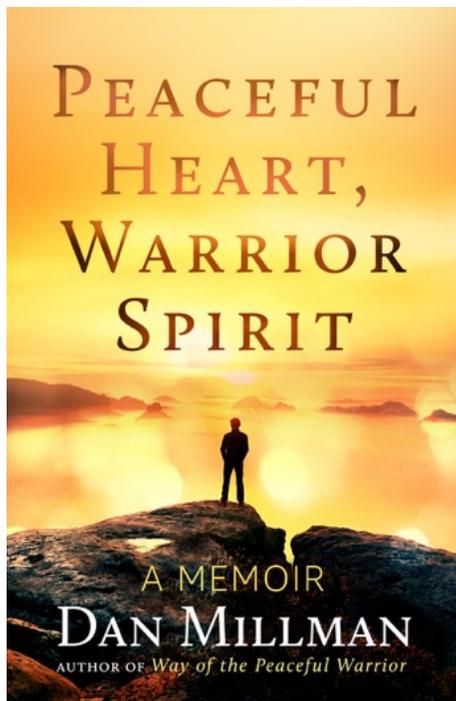
Praise for the *Peaceful Warrior* trilogy:

In *Way of the Peaceful Warrior*, Dan Millman established himself as a master of teaching through story. Now, in this exciting adventure, he reveals how deep learning can be found in unexpected places. The wisdom he shares will illuminate many lives.

Author Bio

Dan Millman teaches the peaceful warrior's way" in the United States and around the world. Author of eighteen books published in twenty-nine languages, Millman is a former world-champion athlete, university coach, martial arts instructor, and college professor. His bestseller *Way of the Peaceful Warrior* was adapted to a feature film starring Nick Nolte. Millman and his wife, Joy, live in Brooklyn, New York.

PeacefulWarrior.com



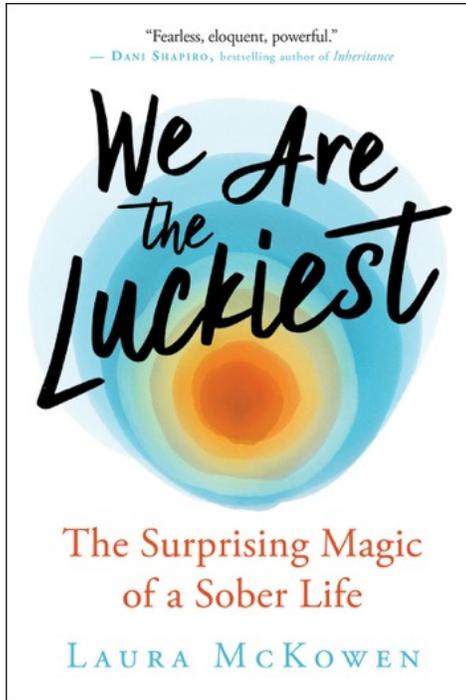
New World Library
On Sale: Jan 14/22
5.5 x 8.5 • 256 pages
9781608687909 • \$25.50 • pb
Biography / Personal Memoirs

Notes

prescriptive
strong teachings - good humour
Way of the Peaceful Warrior, adapted to film in 2006, has sold over 1.5 million copies in the US and inspired readers worldwide; the author's other books, including The Life You Were Born to Live and The Laws of Spirit, have sold millions more
Dan Millman has 20,000 self-subscribed members on his email list, 136,000 Facebook followers, and 28,000 followers on Twitter; during the first half of 2021, his website received more than 90,000 visitors and 3,270,000 hits

Promotion

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We Are the Luckiest
 The Surprising Magic of a Sober Life
 by Laura McKowen

We Are the Luckiest is a masterpiece. It's the truest, most generous, honest, and helpful sobriety memoir I've read. It's going to save lives."
 - Glennon Doyle, #1 *New York Times* bestselling author of *Love Warrior: A Memoir*

What could possibly be "lucky" about addiction? Absolutely nothing, thought Laura McKowen when drinking brought her to her knees. As she puts it, she "kicked and screamed . . . wishing for something - anything - else" to be her issue. The people who got to drink normally, she thought, were so damn lucky.

But in the midst of early sobriety, when no longer able to anesthetize her pain and anxiety, she realized that she was actually the lucky one. Lucky to feel her feelings, live honestly, really be with her daughter, change her legacy. She recognized that "those of us who answer the invitation to wake up, whatever our invitation, are really the luckiest of all."

Here, in straight-talking chapters filled with personal stories, McKowen addresses issues such as facing facts, the question of AA, and other people's drinking. Without sugarcoating the struggles of sobriety, she relentlessly emphasizes the many blessings of an honest life, one without secrets and debilitating shame.

Author Bio

Laura McKowen had a successful career in public relations and the *Mad Men* -esque drinking culture of advertising. After getting sober, she became recognized as a fresh voice in recovery, beloved for her soulful and irreverent writing online and in print. She now leads sold-out retreats and courses, teaching people how to say yes to a bigger life. She lives outside Boston.

New World Library
 On Sale: Jan 21/22
 8.25 x 5.5 • 248 pages
 9781608687862 • \$23.95 • pb
 Biography / Personal Memoirs

Notes

The author started the Luckiest Club during the pandemic when sobriety groups weren't meeting in person as a virtual alternative. It now has over 3,000 members from all over the world and features a team of 18 facilitators running 27 sobriety support meetings each week. Over 50 subgroups meet in person based on location and interest. The Luckiest Club will have its first in-person community event, LUCKYCON, in Fall 2022.

After the success of her previous podcasts Home (with Holly Whitaker) and Spiritualish, the author recently launched the podcast Tell Me Something True with executive producer Mikel Elcessor, the cocreator of Radiolab.

Promotion

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Empowered, Sexy, and Free

Discover Your Unique Brilliance and Dare to Be the Creatrix of Your Life

by Jolie Dawn

A delightfully fresh and irreverent take on living well, based not on changing you but on fully *being* you

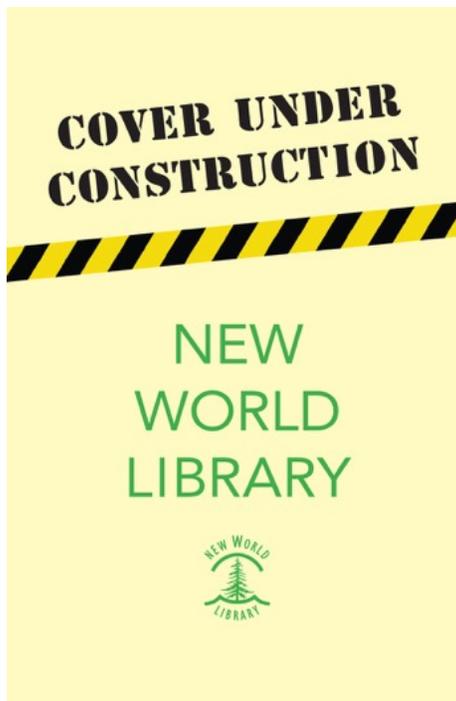
What would you do if you felt confident in any room? If you woke each morning feeling a sense of peace and direction? If you had a career you loved, relationships that nurtured you, financial stability, and good health? This is not an unattainable fantasy or daydream, because, as Jolie Dawn shows and as Glinda the Good Witch in *The Wizard of Oz* noted, you have always had the power to do and be exactly that; you just didn't know it. It has always been right there, inside you.

As Dawn also shows, to awaken your inner power, you may have to release a little energetic baggage" (or maybe a lot): difficult family dynamics, arguments with your partner, work woes, indeed every lousy thing that has ever happened to you or that you have done. That process, Dawn admits, "won't necessarily be comfortable." But, she promises and shows, "everything that you want for yourself is on the other side of your fear."

Dawn fearlessly shares her personal stories of addiction, family trauma, internalized sexual shame, debilitating self-doubt, and fear in a way that anyone who has ever felt less than or out of control can relate to. She offers a contemporary, sometimes surprising take on things like ego, energy, sexuality, God, and manifestation in a way that will speak to diverse readers, who will discover the promise of bountiful love, contagious hope, and full mind-body-spirit *fun*

Author Bio

Jolie Dawn is the creator of the largest online women's prosperity meditation gathering, the Dare to Prosper Challenge, and was named by *Pacific* magazine as one of San Diego's top 30(ish) Under 30(ish)" entrepreneurs. An intuitive coach and writer, she currently contributes to *Entrepreneur*, and her self-published Empowered Women series has reached thousands. Her own journey of self-discovery and spirituality has led her to speak to thousands of other women with her message of fulfillment. When she isn't traveling, she lives in Austin, Texas.



New World Library

On Sale: Feb 11/22

5.5 x 8.5 • 256 pages

9781608686643 • \$23.95 • pb

Body, Mind & Spirit / Inspiration & Personal Growth

Notes

Jolie Dawn is a successful self-published author and the creator of the annual Dare to Prosper Challenge, attended by women globally

Addresses every aspect of contemporary women's racial, sexual, and economic challenges

Shows how to get beyond triggers, criticism, addiction, limiting beliefs, and self-doubt to powerful selfhood

Includes practical daily tools such as affirmations, meditations, and mindset teachings for a new generation of readers

Empowers every woman to live her deepest truth with purpose, freedom, and creativity

Promotion

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Let It Shine

The 6,000-Year Story of Solar Energy
by John Perlin, foreword by Amory Lovins

The definitive history of solar power and technology, and an extraordinary sourcebook of all of humankind's solar ideas - revised and expanded

Even as concern over climate change and energy security fuel a boom in solar technology, many still think of solar as a twentieth-century wonder. Few realize that the first photovoltaic array appeared on a New York City rooftop in 1884, or that brilliant engineers in France were using solar power in the 1860s to run steam engines, or that in 1901 an ostrich farmer in Southern California used a single solar engine to irrigate three hundred acres of citrus trees. Fewer still know that Leonardoda Vinci planned to make his fortune by building half-mile-long mirrors to heat water, or that the Bronze Age Chinese used hand-sized solar-concentrating mirrors to light fires the way we use matches and lighters today.

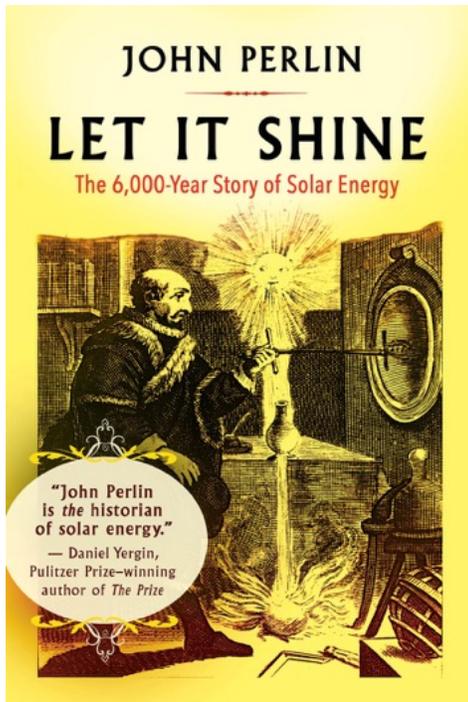
With thirteen new chapters, *Let It Shine* is a fully revised and expanded edition of *A Golden Thread*, Perlin's classic history of solar technology, detailing the past forty years of technological developments driving today's solar renaissance. This unique and compelling compendium of humankind's solar ideas tells the fascinating story of how our predecessors throughout time, again and again, have applied the sun to better their lives - and how we can too.

Let It Shine is the solar bible. Thank you, John Perlin!
-Lester Brown, president of the Earth Policy Institute

'John Perlin is *the* historian of solar energy. He now takes the history back thousands of years to early Chinese architecture and the *yang-sui*, the little bronze mirrors (...)

Author Bio

An international expert on solar energy and forestry, **John Perlin** has lectured extensively on these topics in North America, Europe, Asia, and Australia. Perlin is the author of *A Forest Journey: The Story of Wood and Civilization* as well as *From Space to Earth: The Story of Solar Electricity*. Perlin mentors those involved in realizing photovoltaic, solar hot-water, and energy-efficiency technologies at the University of California, Santa Barbara (UCSB), and coordinates the California Space Grant Consortium as a member of UCSB's department of physics.



New World Library
On Sale: Feb 18/22
6 x 9 • 536 pages
9781608687916 • \$34.95 • pb
House & Home / Sustainable Living

Notes

story of solar energy
book on wood coming from Patagonia
Features a new preface by the author, detailing the explosive growth of solar since the publication of the cloth edition of *Let It Shine* in 2013: the price of solar PV modules has dropped by 90 percent since 2010 and installation has grown exponentially. Solar panels are now the cheapest energy source in history.

The author's 1986 book *The Forest Journey: The Story of Trees and Civilization* is also being revised and expanded with an Earth Day 2022 release from Patagonia Books.

With six new chapters and many updated chapters, this revised and expanded edition fills in thirty years of solar advancements since the first edition (titled *The Golden Thread*) was published in 1980.

Reveals never-before-seen documents showing how American presidential administrations suppressed scientific studies demonstrating solar's viability against fossil fuel electricity production

Promotion

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Holy Love

The Essential Guide to Soul-Fulfilling Relationships
by Elisa Romeo and Adam Foley

A therapist and acclaimed author and her somatic practitioner husband present a down-to-earth yet wondrously spiritual path to finding and sustaining lasting love

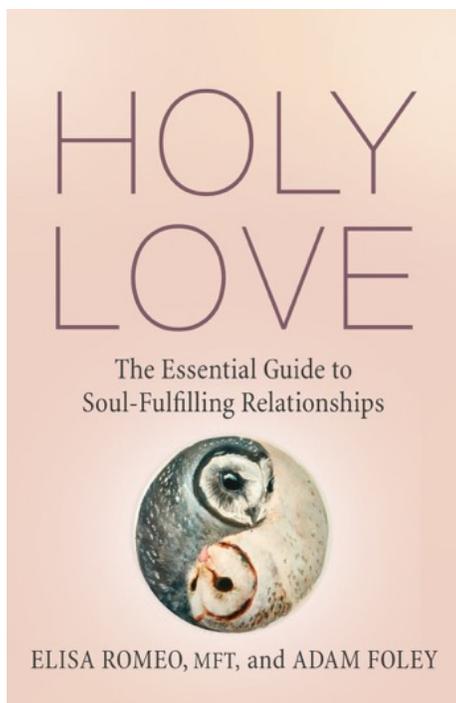
Why, despite a plethora of manuals, programs, and techniques, do so many of us struggle to find and maintain healthy, loving relationships? The authors here persuasively posit that it's because we don't involve the soul. Their suggestions, refined through their combined experience with thousands of clients in psychology, spirituality, mindfulness, and somatics, emphasize that we can't live as soul mates" if we don't first know ourselves as souls. They illuminate the ways in which we are informed by a cultural set of rules about what love "should" look and feel like rather than what love actually is.

Both visionary and practical, this groundbreaking new method is an invitation to radical self-discovery, profound growth, and fulfilling love. It offers immediate support for deepening relationship and increasing intimacy by connecting to an often-untapped wellspring of generosity, wisdom, and insight. As Romeo and Foley show, connecting on the soul level isn't an out-there, only-for-a-few concept but a practice that anyone can learn. Love, they assert, is our spiritual superpower. In *Holy Love* they teach readers how to use it.

This profound yet practical and often fun manual will activate readers' intuition, enabling them to navigate common relationship issues, effectively communicate, discern who truly belongs in their lives, and even experience soul sex. There is an invitation to a whole-self-holy-self-and-other love that is life sustaining and lasting.

Author Bio

Elisa Romeo is a licensed marriage and family therapist, an intuitive, and the author of *Meet Your Soul: A Powerful Guide to Connect with Your Most Sacred Self*. After experiencing a terrorist bombing while living in India, Adam Foley trained with world-renowned gurus and became a certified somatic practitioner and yoga instructor. The couple lives with their two children on Bainbridge Island, Washington.



New World Library
On Sale: Feb 18/22
5.5 x 8.5 • 312 pages
9781608688029 • \$25.50 • pb
Family & Relationships / Marriage

Notes

Practices enhance and heighten every type of relationship — intimate, family, friendship, workplace. The happily married authors have a newsletter and social network that reaches 50,000.

The authors host the Holy & Human podcast and YouTube channel, are frequent guests on other podcasts, and offer popular workshops and retreats online, at retreat centers, and from their home on Bainbridge Island.

Promotion

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Different after You

Rediscovering Yourself and Healing after Grief or Trauma
by Michele Neff Hernandez

Empowers people who have experienced a life-altering trauma to grieve what they've lost, identify what they've gained, and embrace the person they've become through the process

No one who lives and loves will be immune to grief and loss. Yet while this experience is universal, many who experience the trauma of grief are left feeling alone and even alienated. People care and want to help, but how?

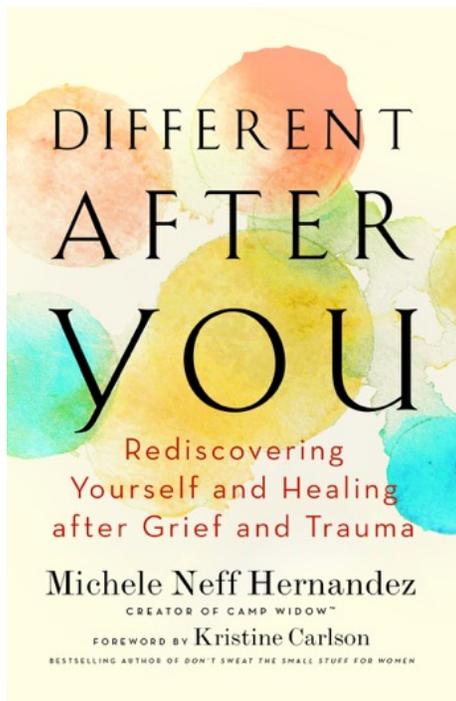
Michele Neff Hernandez experienced this in 2005 when her thirty-nine-year-old husband died after being hit by a car while riding his bicycle. Michele set out to find other widowed people, intent on learning what they knew about being widowed. What she discovered was the healing power of shared, expressed experience.

Her most transformative realization was that grief changes us. There is no going back or bucking up. Life is now different. She realized that working through her loss would not take her back to where she was but forward into a rebuilt life as a resilient, determined, and fully capable person who can live fully, love wholly, and give bountifully and even joyfully. While *Different after You* focuses on conjugal bereavement, its easy-to-digest steps offer life-affirming and potentially life-transforming resources for everyone reckoning with the individual or collective loss we all face.

Author Bio

Michele Neff Hernandez is a gifted speaker and committed advocate for the widowed and bereaved. Her creation of Camp Widow and Soaring Spirits has brought her international acclaim. Michele regularly speaks to first responders, hospital workers, church congregations, and diverse community organizations. She lives in Simi Valley, California.

Kristine Carlson is the bestselling author of *Don't Sweat the Small Stuff for Women* and lives in Northern California.



New World Library
On Sale: Feb 18/22
5.5 x 8.5 • 272 pages
9781608687787 • \$23.95 • pb
Self-Help / Death, Grief, Bereavement

Notes

grief doesn't go away -
one becomes different
7 steps GRIEVING PROCESS
Presents a process honed through the author's personal experience and her decade-plus working with millions in innovative grief support programs
The author is the creator and director of the Camp Widow Program, a first-of-its-kind experience that has connected thousands with resources and community
Michele Neff Hernandez founded Soaring Spirits in 2008, an organization that has served over four million widowed people worldwide with grief support
The author's programs and expertise were featured on Oprah Winfrey's final Favorite Things show in 2010 and have been recognized in countless television, radio, print, and online media, including NPR, NBC, ABC, the Wall Street Journal, and USA Today
Includes a moving foreword by the widow of bestselling *Don't Sweat the Small Stuff* author Richard Carlson

Promotion

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Medium Mentor

10 Powerful Techniques to Awaken Divine Guidance for Yourself and Others

by MaryAnn DiMarco

New World Library
On Sale: Apr 15/22
5.5 x 8.5 • 256 pages
9781608687633 • \$23.95 • pb
Body, Mind & Spirit / Parapsychology / ESP

Notes

Promotion

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Memoir as Medicine

The Healing Power of Writing Your Messy, Imperfect, Unruly (but Gorgeously Yours) Life Story
by Nancy Slonim Aronie

A wonderfully fresh and frank guide to why and how to write personal stories that will heal, liberate, inspire - and entertain - both writer and reader

Writing has been medicine for Nancy Slonim Aronie. At nine months old, her son Dan was diagnosed with diabetes. Then, at twenty-two, he was diagnosed with multiple sclerosis. During the years she and her husband took care of Dan, and when he died at age thirty-eight, Aronie could not find the book she needed. So she wrote her memoir.

In her decades of teaching memoir writing, Aronie has found that *everyone* has a story to tell and that telling it is important. Being willing to share this is who I am, these are the things that shaped me, this is where I am now" allows a kind of magic and healing to happen. Over decades of self-healing and teaching, Aronie has created a set of prompts, directions, and examples that show readers how to:

- get to the heart of what they need to say - and say it effectively
- experience the loss of regret and shame, as well as deep sorrow
- understand procrastination and move past the fear of writing
- tell their stories in ways that create an incomparable legacy for children and grandchildren
- treasure the way their writing can help others heal

Famed memoirist and journal writer May Sarton wrote, "So perhaps we write toward what we will become from where we are." Aronie here shows that we can also write *through* where we have been and into deep understanding, profound healing, and even unexpected joy.

Author Bio

Nancy Slonim Aronie is the author of *Writing from the Heart*. She has been a regular contributor to National Public Radio's *All Things Considered*. She was recognized for excellence in teaching all three years she taught at Harvard University for Robert Coles. Aronie has joined with physicians and writers from Columbia University's program in narrative medicine to lead workshops using her *Writing from the Heart*. She lives on Martha's Vineyard, Massachusetts.

New World Library
On Sale: Mar 25/22
5.5 x 8.5 • 256 pages
9781608688074 • \$25.50 • pb

Notes

Innovative insights, examples, and step-by-step prompts guide readers to write

The author has taught Writing from the Heart workshops for forty-five years

Includes examples from the author's writing featured on NPR's *All Things Considered*

The author is the founder of the Chilmark Writing Workshop on Martha's Vineyard and gives workshops at Kripalu, Omega, Esalen, and numerous other venues

Promotion

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Reclaiming Wellness

Ancient Wisdom for Your Healthy, Happy, and Beautiful Life
by Jovanka Ciares

Today's most effective wellness practices - and their multicultural sources - presented to make optimum overall health accessible to *all*

Many of the most popular approaches to mind, body, and spirit wellness are rooted in age-old practices from around the world and come from communities of color. But today they are typically promoted and used only by dominant culture elites. No more. In *Reclaiming Wellness*, Jovanka Ciares reclaims these time- and science-proven modalities to make them affordable and easy to implement for anyone.

After years of suffering from IBS, ulcers, and fibroids, Ciares embraced alternative therapies like Ayurveda, Traditional Chinese Medicine, and herbalism. Her fifteen-year journey toward self-healing, peace, and happiness became her motivation to inspire and support thousands of others to do the same, especially those like herself - educated women of color who are rarely represented in the billion-dollar industry of health and wellness.

Ciares now speaks to everyone, with emphasis on the people of color who struggle disproportionately with preventable diseases, to offer:

- practical, affordable, and even fun ways to incorporate plant-based whole foods into even the most time-crunched routine
- lazy-proof means of movement that feel more like self-love than the dreaded "exercise"
- techniques of mindfulness, meditation, and visualization that make them meaningful everyday tools
- ways to experience nature, music, and community to heal and connect

Each of the restorative practices Ciares describes honors its historic roots, speaks to our moment (...)

Author Bio

Jovanka Ciares is a certified wellness expert, integrative herbalist, nutrition educator, coach, and author who speaks, teaches, and offers lectures and workshops in Spanish and English. Jovanka studied nutrition with bestselling author T. Colin Campbell, PhD, at his Center for Nutrition Studies (in partnership with Cornell University) and herbalism / plant medicine with Tieraona Low Dog, MD. A native of Puerto Rico, she lives in Los Angeles.

New World Library
On Sale: Apr 22/22
5.5 x 8.5 • 272 pages
9781608687848 • \$23.95 • pb
Health & Fitness / Healthy Living

Notes

Builds on the BIPOC (Black, Indigenous, and People of Color) Project to highlight the multicultural roots of popular health trends and share them to promote solidarity and inclusivity

Explores a variety of practices, including yoga, hypnosis, mindfulness, and Ubuntu (social unity)

The author is the founder of Reclaiming Wellness, an online wellness and learning community for healthy living and was featured on the first season of the ABC primetime show *My Diet Is Better Than Yours* in 2016. Ciares has been a featured expert for *People* magazine, *Entertainment Tonight*, *Woman's World* magazine, *Whole Foods*, *Fox 11 Los Angeles*, *NPR*, and *CBS Radio* and is a regular contributor to Spanish-language media outlets like *Telemundo*.

Promotion

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The Dharma Bum's Guide to Western Literature

Finding Nirvana in the Classics

by Dean Sluyter

Reveals the profound, often surprising ways the literature we love conveys the enlightenment we seek

Some of us were lucky enough to have one terrific, passionate English teacher who helped us fall in love with books. Throw in a droll sense of humor, a love of quirky tangents, and decades of meditation with lamas and rishis, and you get Dean Sluyter. For thirty-three years, students sat in Sluyter's classroom having their minds opened wide. Now *The Dharma Bum's Guide to Western Literature* puts you in that classroom.

Sluyter's habit of finding enlightenment in unexpected places started at the age of twelve, when a copy of *Mad* magazine triggered his first glimpse of deep transcendence. He went on to discover how Eastern spirituality - the light of nirvana - shines through Western classics as they explore themes of death and birth, despair and hope, fear and love. With sparkling wit and irreverent wisdom, Sluyter unpacks the Dharma of Blake, Beckett, Whitman, Woolf, Twain, Douglass, and more. His warm, down-to-earth approach will inspire you to deepen your own spiritual life and see literature in a fresh, new way: as a path of awakening."

Dean Sluyter is in the grand tradition of authors who interpret traditional enlightenment teachings and apply them to modern Western life. In *Natural Meditation*, he accomplishes that task with a rare combination of insight, clarity, wit, and pragmatic common sense. ... Sluyter knows as much about clear, concise, captivating (...)

Author Bio

Dean Sluyter (pronounced slighter") has led meditation workshops and retreats since 1970, at venues ranging from Ivy League colleges to maximum-security prisons. From 1977 to 2010, he taught English at the Pingry School in New Jersey. Sluyter has trained with Eastern and Western sages in many traditions, including Vajrayana (Tibetan) Buddhism, Advaita Vedanta, and Bhakti Yoga. His five previous books include *Cinema Nirvana*, *The Zen Commandments*, and *Natural Meditation*. Sluyter now lives in Santa Monica, California, where he sings with the Threshold Choir, sits with dying people, and happily zips about on his Vespa.

New World Library
On Sale: Apr 8/22
5.5 x 8.5 • 312 pages
9781608687695 • \$25.50 • pb
Literary Criticism / Comparative Literature

Notes

Unveils the spiritual dimension of Western fiction and poetry, from Emily Dickinson and Ernest Hemingway to Toni Morrison and J. D. Salinger, from Macbeth and Moby-Dick to The Great Gatsby and The Cat in the Hat

Like Sluyter's previous books and the workshops he teaches throughout the U.S., the Guide builds bridges between Dharma — authentic, traditional methods of awakening — and modern life

Sluyter's media appearances have included National Public Radio, Oprah & Friends Radio, Coast to Coast AM, The New York Times, New York Magazine, USA Today, Prevention, InStyle, and O: The Oprah Magazine

Promotion

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