

WINTER-SPRING 2023

NEW WORLD LIBRARY

H J KRAMER

ECKHART TOLLE EDITIONS

NATARAJ PUBLISHING

NAMASTE PUBLISHING

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Gently Down This Dream

Notes on My Sudden Departure

Hugh and Gayle Prather

A beautiful final note, previously unpublished, from one of the most successful and pioneering confessional writers of our time

- Hugh and Gayle Prather's books, including *Notes to Myself*, *Notes on Love and Courage*, *Spiritual Notes to Myself*, and *The Little Book of Letting Go*, have sold nearly 10 million copies worldwide
- Bravely self-revelatory, relentlessly compassionate words from a fellow seeker, lovingly curated by his longtime partner and collaborator
- Short aphorisms, poems, personal anecdotes, and spiritual insights perfect for the divisive times in which we live
- The authors' work paved the way for several generations of writers with confessional, inspirational bestsellers, including Anne Lamott, Amanda Gorman, Rupi Kaur, Jedidiah Jenkins, Kate Bowler, and Jenny Lawson
- This beautiful gift book edition of Hugh Prather's valedictory thoughts will gratify old fans and create new ones

Praise for the books of Hugh Prather

"To me, Hugh Prather speaks the language of spiritual transformation. I love this man — and all that he writes."

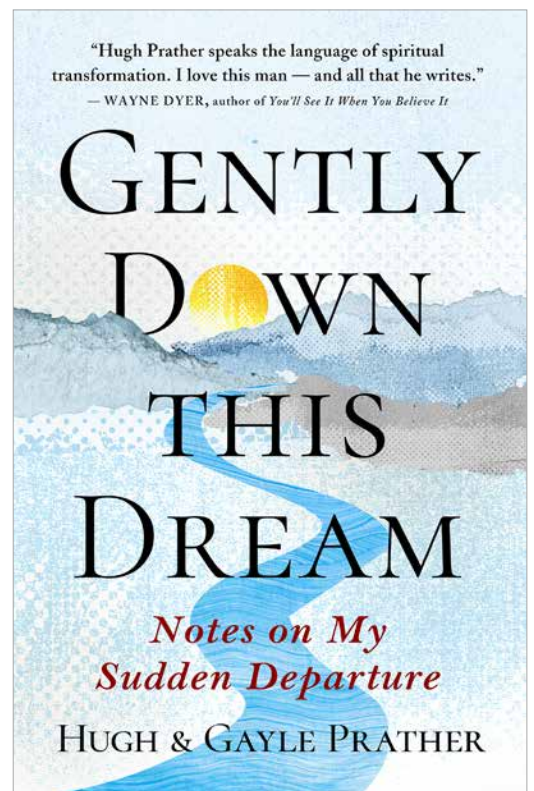
— **WAYNE DYER**, author of *You'll See It When You Believe It*

If ever a book warranted the overused terms "classic" and "groundbreaking," it would be Hugh Prather's 1970 *Notes to Myself*. And if an author ever deserved to be called "beloved" and "pioneering," it would be Hugh Prather.

In 1970, a struggling unpublished Prather sent his unsolicited manuscript to a small, independent publisher in Utah. What happened next was unprecedented in publishing history: Without national advertising, a sales force, media appearances, book reviews, or social media promotion, *Notes to Myself* sold over a million copies in its first year of publication. The *New York Times*, in a full-page profile, called Prather "an American Kahlil Gibran."

The fresh, authentic humor, comfort, and insight Prather offered resonated phenomenally. He articulated a way through what can often seem the prison of the self, revealed a prism through which to view love, and provided a means for navigating the world at large.

Gently Down This Dream's subtitle references his sudden death in 2010. The book's autobiographical essays, poems, and aphorisms make for a lovely, and loving, PS to his millions of fans and a winning introduction to his truly beautiful mind for new fans to come.



AVAILABLE IN JANUARY

Spirituality / Self-Help / Inspiration • \$18.95

Trade paperback • 248 pp. • 5¼ x 8

Black-and-white illustrations • 978-1-60868-841-8

Rights: world



In 1970, **HUGH PRATHER** turned his diary into a self-help guide called *Notes to Myself*, which went on to sell nearly 8 million copies worldwide and generate countless imitations. His work inspired thousands of people to become diarists and start examining their own lives. Hugh and his wife, **GAYLE PRATHER**, later cowrote a series of advice books for couples. Hugh died in 2010 at age 72 in Tucson, Arizona, where Gayle still lives.

Good Dog, Happy Baby

Preparing Your Dog for the Arrival of Your Child

First Trade Paperback Edition

Michael Wombacher

A proven, step-by-step program to prepare dogs – and dog lovers – for a baby in the house

- Paperback reprint edition of an essential pregnancy book, with over 30,000 sold in hardcover since 2015
- The author has appeared on Animal Planet and other media outlets, is a regular contributor to *American Dog* magazine, and has worked with celebrity dog lovers including Charles Schwab and Linda Ronstadt
- A perfect gift to acknowledge a pregnancy or honor a birth

“Detailed training exercises teach dogs to respect critical areas such as the child’s room and the space around the baby, and how to walk next to a stroller, all of which create a safe environment for both baby and pet. Most dog-training books...only have a general chapter about babies, making this specialized guide a recommended addition.”

– **LIBRARY JOURNAL**

“There’s excellent advice in this guide.... This book will become a much loved workbook.”

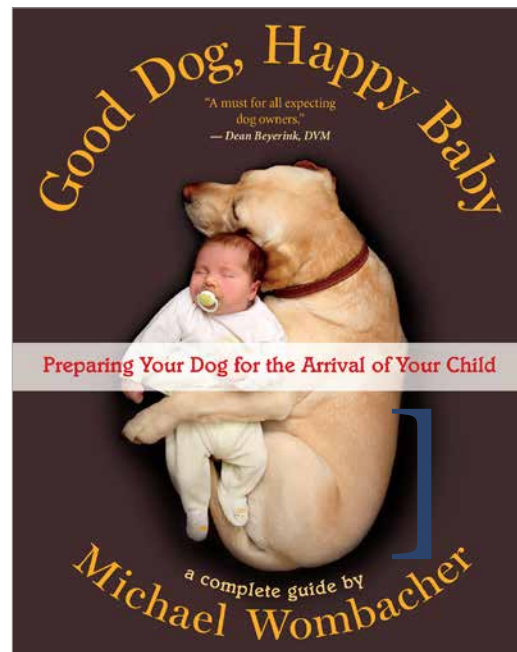
– **FIT PREGNANCY**

“Michael Wombacher is a maestro of dog trainers. His clarity of thinking, sense of humor, and skills in communicating make dog training fun for both pet and pet lover.”

– **MICHAEL TILSON THOMAS**, music director
of the San Francisco Symphony

For years dog trainer Michael Wombacher has worked with expecting dog owners to prevent problems between dogs and children. He has also unfortunately witnessed too many families forced to surrender their beloved family companions because they failed to prepare the dog for the arrival of a new family member.

In *Good Dog, Happy Baby*, Wombacher lays out a twelve-step process that will give families the skills they need to navigate this new era of their lives. These skills include how to evaluate dogs, resolve common behavior problems, and fully prepare dogs for a new baby. This easy-to-use guide, filled with photos and simple instructions, makes a great gift for any expecting family with a dog, whether the dog is perfectly trained or in serious need of behavioral help.



AVAILABLE IN FEBRUARY

Dog Training / Pregnancy & Childbirth • \$17.95

Trade paperback • 168 pp. • 6 x 7½

Black-and-white illustrations • 978-1-60868-852-4

Rights: world



Dog trainer **MICHAEL WOMBACHER** is the author of *Integrated Dog Training*. He has performed tens of thousands of private behavioral consultations. He also lectures, teaches classes, runs a small boarding and training operation, and trains other trainers. His approach focuses on working with, rather than overriding, a dog’s natural drives and instincts. He lives in Richmond, California.

GoodDogHappyBaby.com
DogGoneGood.org

Wild Yoga

A Practice of Initiation, Veneration & Advocacy for the Earth

Rebecca Wildbear

A wonderfully fresh and revelatory invitation to create a personal yoga practice that seamlessly melds individual health and well-being with spiritual insight, Earth stewardship, and cultural transformation

- Powerfully marries the needs of individual practitioners with environmental awareness and activism
- The author is a wilderness guide, workshop leader, and yoga instructor who has taught throughout the US and in countries including Australia, Costa Rica, and South Africa
- Wildbear has been leading wilderness programs through Bill Plotkin's Animas Valley Institute, Outward Bound, Wilderness Reflections, and other groups for 20 years
- Appropriate for yoga beginners as well as seasoned practitioners looking for a fresh take on their practice

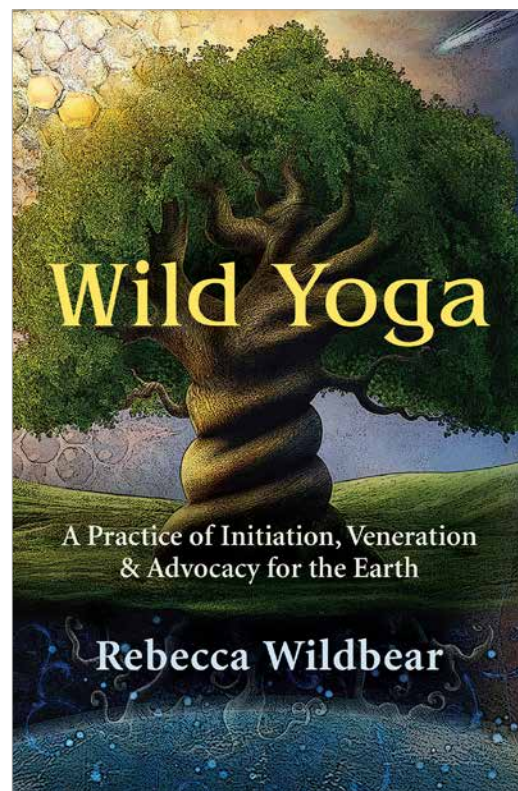
“This important and beautifully written book is not only a powerful new way to look at yoga; it’s a clear and exhilarating guide to reconnecting to our animal bodies and to the wild nature that is our real home. We all owe a deep debt to Rebecca for writing this profound book.”

– **DERRICK JENSEN**, author of *A Language Older Than Words*

Before there was spandex and yoga studios and Zoom classes, there was yoga. And before yoga, there was, of course, the Earth. Yoga practices evolved, over centuries, as a means to health, emotional well-being, and spiritual enlightenment. Rebecca Wildbear embodies this trajectory. She came to a yoga practice after a life-threatening encounter with cancer in her twenties. It was not an immediate fit, but over years of practice and healing around the world, she devised the unique and user-friendly practice she presents in *Wild Yoga*. While sharing her own experience, and that of hundreds of clients, Wildbear shows readers with any or no yoga experience how to:

- meet their bodies and emotions where they are, including grief, trauma, and vulnerability
- tune in to the natural world around them — whether backyard, seashore, or mountain — or an imagined dream place
- commune with the Earth’s body through their own body and thus with all the peoples and places around them

This is a vibrant and passionate take on melding the solace we find through yoga with the active awareness we know our planet demands and deserves right now.



AVAILABLE IN FEBRUARY

Spirituality / Nature • \$18.95 • Trade paperback
296 pp. • 6 x 9 • Black-and-white illustrations
978-1-60868-797-8 • Rights: world



REBECCA WILDBEAR, MS, E-RYT 500, the creator of Wild Yoga™, has been guiding Wild Yoga programs since 2007. She has been on the faculty at Nosara Yoga Institute and also guides vision quests and other nature and soul programs through Animas Valley Institute. Rebecca helps people tune in to the mysteries that live within the Earth community, dreams, and their own wild nature so they may live a life of creative service. Her writing has been published by *Earth Island Journal*, *Kosmos Journal*, *CounterPunch*, and *Deep Green Resistance News Service*. She lives in Durango, Colorado.

RebeccaWildbear.com

It's Just a Thought

Emotional Freedom through Deliberate Thinking

Thomas M. Sterner

Practical and proven methods for recognizing the thoughts that fuel anger, depression, stress, and fear and redirecting them to foster accomplishment, comfort, and even joy

- The author's previous books have sold more than 100,000 copies
- Builds on the author's bestselling *The Practicing Mind* to offer techniques gleaned from his years coaching corporations and athletes
- Offers a timely approach to thinking one's own thoughts in an era when much of our thinking is directed by social and other media
- Will resonate with any of the millions today who participate in talk therapy or counseling modalities in which thought processes are examined, such as cognitive behavioral therapy
- An invaluable resource for meditators taught – and perhaps struggling with – the concept of not identifying with their thoughts

Praise for the author's *The Practicing Mind*

"Thomas Sterner gives us a useful, thoughtful, much-needed book on the often-overlooked science and art of practice. It blends careful research with plenty of enlightening and entertaining personal stories. Anyone hoping to excel at anything should read this. Keep on practicing!"

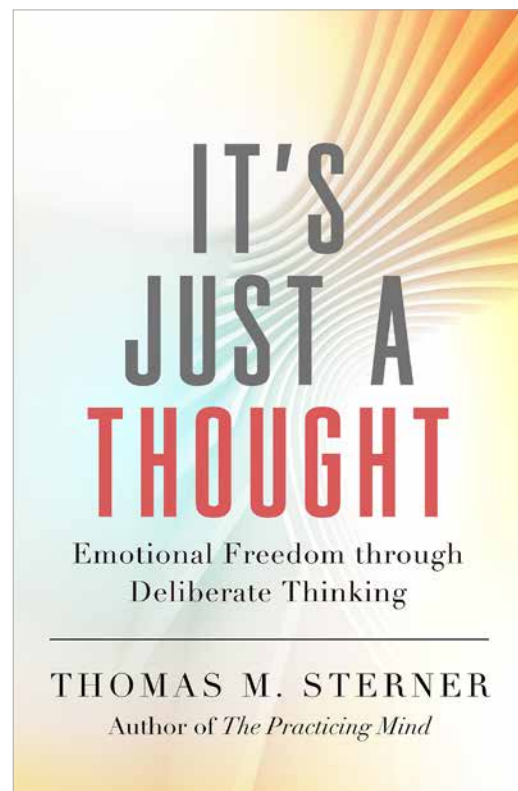
– **ROY F. BAUMEISTER**, author of *Willpower: Rediscovering the Greatest Human Strength*

Ever wonder why you continually think about this, that, or the other when you'd rather be enjoying a moment, pursuing a dream, or completing a project? Author Tom Sterner knows you are not alone and here offers methods for thinking, rather than being thought.

As Sterner's thousands of clients know, directing our thoughts instead of being directed by them is possible and transformative. Sterner outlines liberating ways to first observe and then master our thinking. His suggestions enable us to:

- recognize unhelpful historical and present-day programming
- understand how the conscious and subconscious minds interact
- experience the relationship between heart and brain

The skills Sterner teaches prove that we are not the thoughts and emotions that can overwhelm us, and that on any given day we have the power to connect to who we really are and achieve what we really want and need. Filled with inspiring examples and practical action steps, *It's Just a Thought* exposes our limitations and handicaps and gives us the tools to make overcoming them a joyful process of empowerment.



AVAILABLE IN FEBRUARY

Personal Growth • \$17.95 • Trade paperback

136 pp. • 5 x 8 • 978-1-60868-829-6

Rights: world



THOMAS M. STERNER is the founder and CEO of the Practicing Mind Institute, a successful entrepreneur, and an expert in present-moment functioning, or PMF™. As a popular and in-demand speaker and coach, he works with high-performance industry groups and individuals, including athletes, helping them to operate effectively in high-stress situations so that they can break through to new levels of mastery. Prior to writing the bestselling *The Practicing Mind*, Sterner studied Eastern and Western philosophy and modern sports psychology and trained as a jazz pianist. He lives in Wilmington, Delaware.

TomSterner.com

The Magic in Your Mind

An Eckhart Tolle Edition

U. S. Andersen

Foreword by Eckhart Tolle

A perennial underground favorite in New Thought philosophy and self-help, updated to speak powerfully to contemporary readers and with a foreword by Eckhart Tolle

- By the author of *Three Magic Words*, which has sold hundreds of thousands of copies
- Promotion through Eckhart Teachings, including to Eckhart Tolle's email list of over 800,000
- Originally published in 1961 and here presented in a fresh new edition that has been edited for gender neutrality, cultural inclusivity, and greater relevance for our times

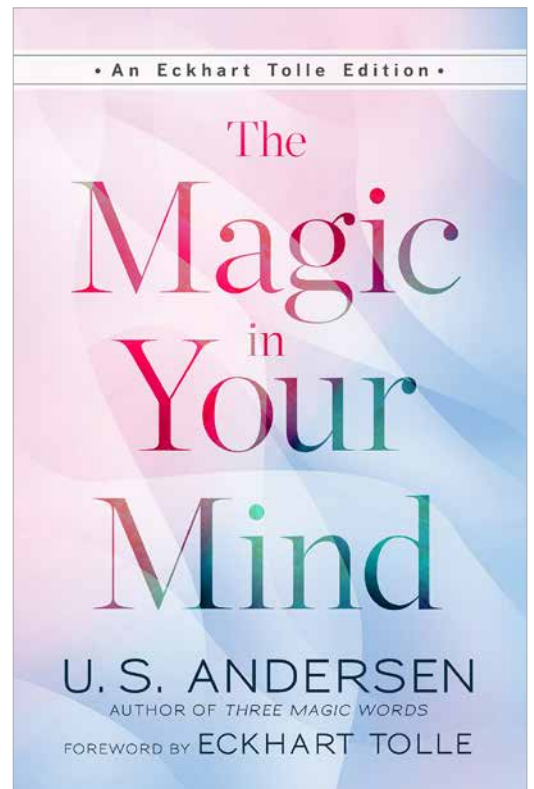
“Mysteriously this book appeared in the mail, and it was called *The Magic in Your Mind* by U. S. Andersen....I started to connect with things in the book that filled the yearning in my heart. I decided I had to change my life.”

— **STEVE VAI**, three-time Grammy Award-winning rock guitarist, songwriter, and producer

Before there was *The Law of Attraction* or *The Secret*, there was *The Magic in Your Mind* by U. S. Andersen. Eckhart Tolle recognized the brilliance of this self-empowerment classic and here presents it anew as the latest volume in his imprint. In clear, crisp, invigorating language, Andersen offers a liberating message for anyone seeking to change, improve, and understand their life. He shows readers how to:

- free their secret self
- experience self-mastery
- use mental imagery
- understand the concept of “mind over matter”
- fully employ their power of choice
- overcome opposition with tools such as the innate sixth sense

Andersen outlines a “mental magic” readers can access to attain goals in any field — one that his own many successes in a variety of enterprises attest to. “Here,” he promises, “you will learn the secret way in which your mind is tied to the source of all power; you will learn how you are capable of becoming anything and doing anything you can visualize.” An essential addition to any spirituality/self-help bookshelf or night table, *The Magic in Your Mind* invites newcomers as well as those with old, oft-read editions to experience their innate creative mental power that’s just waiting to be unleashed.



AVAILABLE IN JANUARY

Spirituality / Self-Help • \$18.95

Trade paperback • 280 pp. • 6 x 9

978-1-60868-845-6 • Rights: world



U. S. ANDERSEN (1917–1986) was an American football player and self-help author best known for his books *Three Magic Words* and *The Magic in Your Mind*. Born in Portland, Oregon, Andersen attended Stanford University, captained its 1939 football team, and was also one of the nation's top competitors in shot put. He played in the NFL and later became a successful businessman. A student of Mary Baker Eddy's *Science and Health* and Ernest Holmes's *The Science of Mind*, he became a teacher and writer himself. **ECKHART TOLLE** is a spiritual teacher and the bestselling author of *The Power of Now*.

Easter

Its Story and Meaning

Alan Watts

The forgotten origins of Christianity's most emblematic celebration

- A repackaged gift edition of a rare early work by Alan Watts, originally published in 1950 and out of print for decades
- Original editions sell for hundreds of dollars on Amazon.com
- Each chapter opens with an elegant line drawing by Watts himself
- Engages with the fiercely debated topic of Easter's pre-Christian, pagan antecedents

“Easter — by whatever name it may be known — is a theme common to almost every religion and every people.”

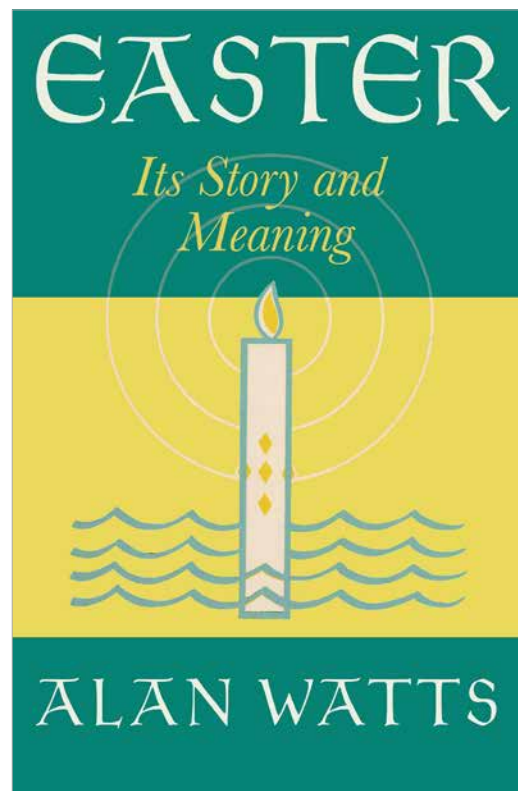
— ALAN WATTS, from the book

Along with Christmas, Easter Sunday is one of the two most popular celebrations on the Church calendar. For millions of believers around the world, it encapsulates the central message of Christianity. Yet Easter has become associated with a perplexing jumble of non-Biblical customs: colorful eggs, chocolate rabbits, evening bonfires, children's songs, mischievous games, and more. Philosopher Alan Watts proposes that these curiosities are vestiges of a tradition far older than Christianity.

In *Easter: Its Story and Meaning*, Watts goes in search of the lost origins of Easter, taking readers with him on a kaleidoscopic tour of history, anthropology, and myth. He begins on the scorching plains of Bronze Age Mesopotamia, wanders the marble temples of imperial Rome, enters the glittering cathedrals of medieval Europe, and eventually lands in twentieth-century America. In the course of the journey, Watts unravels the multilayered symbolism of Easter and places the holiday within the broader context of world religions. He also delves into several tantalizing historical enigmas, such as:

- Why is Christianity's most sacred holiday named after a pagan goddess?
- Is Jesus Christ historically unique, or is he just another example of the “dying-and-rising god” archetype common in antiquity?
- How was the date of Easter calculated by the patriarchs of the early Church?
- Where did the tradition of the Easter egg come from? (Could it be African?)

The book closes on a lighthearted note, with a collection of weird and wonderful Easter folk traditions throughout history. From beginning to end, Watts employs his keen intellect and vast erudition to uncover hidden connections between seemingly unrelated events. The result is a philosophical adventure that will enlighten readers of all religious backgrounds. Watts concludes that Easter is a *universal* celebration of nature's eternal cycle of life, death, and re-birth — a celebration for all humanity.



AVAILABLE IN MARCH

Christianity / Mythology • \$17.95 • Trade paperback
160 pp. • 5¼ x 8 • Black-and-white illustrations
978-1-60868-858-6 • Rights: world English



ALAN WATTS (1915–1973) rose to fame in the 1960s as a charismatic interpreter of Eastern philosophies such as Taoism and Zen Buddhism, but also he spent part of his early career in the Episcopal priesthood. Born near London, Watts immigrated to the United States in his twenties, attended seminary school, and became a chaplain at Northwestern University in Illinois. After leaving the Church, he devoted himself to teaching, lecturing, and writing. During his lifetime, he wrote more than 20 books, including the bestseller *The Wisdom of Insecurity*.

Soul Searching

Tune In to Spirit and Awaken Your Inner Wisdom

Bill Philipps

A beloved psychic medium shows how to reconnect to the innocence and spiritual nature we had as children — the purest version of ourselves — and how to access and build upon those innate skills of intuition, trust, forgiveness, and gratitude

- Bill Philipps has a several-year waiting list of clients seeking readings
- The author is a popular workshop leader who has taught at Omega, Kripalu, the Art of Living Retreat Center, and 1440 Multiversity; offers large and small group readings throughout the US; and has appeared on television shows including *Dr. Phil*
- Philipps's social media network includes 243,000 followers on Facebook, 15,000 on Instagram, and 8,000 newsletter subscribers

Praise for the author's *Expect the Unexpected*

"Part memoir, part spiritual exploration, part inspiring stories, *Expect the Unexpected* provides wisdom, knowledge, insight, and support for communicating with and tapping into spiritual realms we do not fully understand."

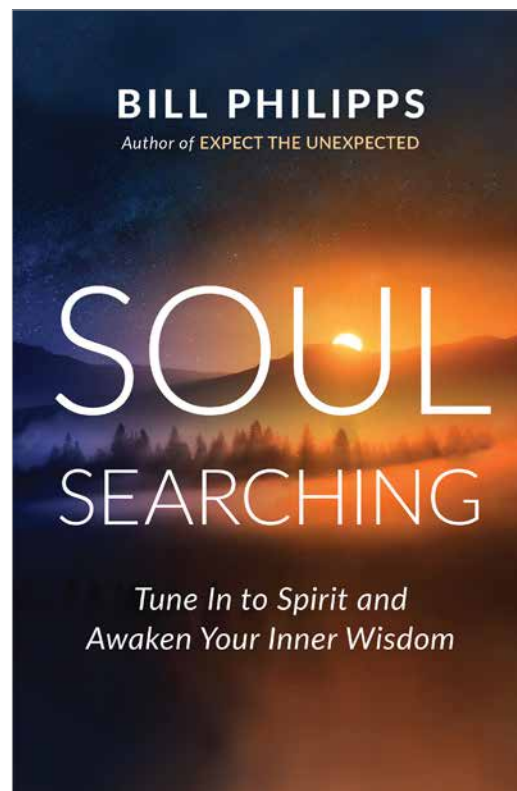
— **PSYCHIC NEWS**

Bill Philipps's early life was not promising — a broken home, homelessness, a drug-addicted mother. But he moved up and out, studying opera at the San Francisco Conservatory of Music. He found that music, in a deeply spiritual way, enabled him to tune in to and develop the psychic-medium abilities that dated back to his childhood. He decided to honor this calling, come what may. This honoring taught him what he teaches here.

Reclaiming our destiny and moving forward actually requires finding our higher self — the innocent, virtuous, vulnerable child within us. Our spirit self is always in contact with that child, who wants us to be more imaginative, intuitive, honest, and open to receiving love, no matter what indoctrinations, experiences, and environments have been thrown in our paths. Through gentle and simple practices, Philipps shows readers how to:

- reconnect with their inner child
- hear, feel, and honor their grief without being overwhelmed by it
- forgive without forgetting
- embrace and utilize the powers of gratitude, prayer, and setting intentions to manifest the life they desire
- set themselves and others fully free to live, love, and thrive

Philipps wants readers to tune in to Spirit and awaken their inner wisdom, no matter their age, experience, belief system, or temperament. He shows that this is not only possible but crucial.



AVAILABLE IN APRIL

Personal Growth / Spirituality • \$17.95

Trade paperback • 160 pp. • 5½ x 8½

978-1-60868-814-2 • Rights: world



BILL PHILIPPS is a psychic medium who helps the deceased communicate with their loved ones on Earth. His fresh, upbeat, and direct writing style perfectly reflects his warm, relatable demeanor, captivating audiences worldwide. The author of *Expect the Unexpected* and *Signs from the Other Side*, Philipps has appeared on such television shows as *Dr. Phil*, and his clients include numerous celebrities. A popular workshop leader at spiritual centers including Kripalu and Omega Institute, he also offers small-group and large-audience readings throughout the US. He lives in Southern California.

BillPhilipps.com

Finding Clarity

How Compassionate Accountability Builds Vibrant Relationships, Thriving Workplaces, and Meaningful Lives

Marc Lesser

A groundbreaking path to professional communication and success that melds essential concepts previously considered incompatible – compassion and accountability

- Shows ways to address conflict and lack of trust through seeing clearly, aligning around facts, and practicing skillful truth-telling in ways that resolve rather than exacerbate
- Lesser speaks to corporate audiences such as Google, SAP, Genentech, Sephora, Comcast, Twitter, and Facebook and has spoken to international audiences in Tokyo, Sydney, Hong Kong, Toronto, and Copenhagen

Praise for the author's *Seven Practices of a Mindful Leader*

“Marc Lesser applies the power of mindfulness and compassion to guiding and bringing out the best in others. Written from a profound depth of experience in both Zen monasteries and corporate boardrooms, every page sparkles with clarity, humor, and practical suggestions.”

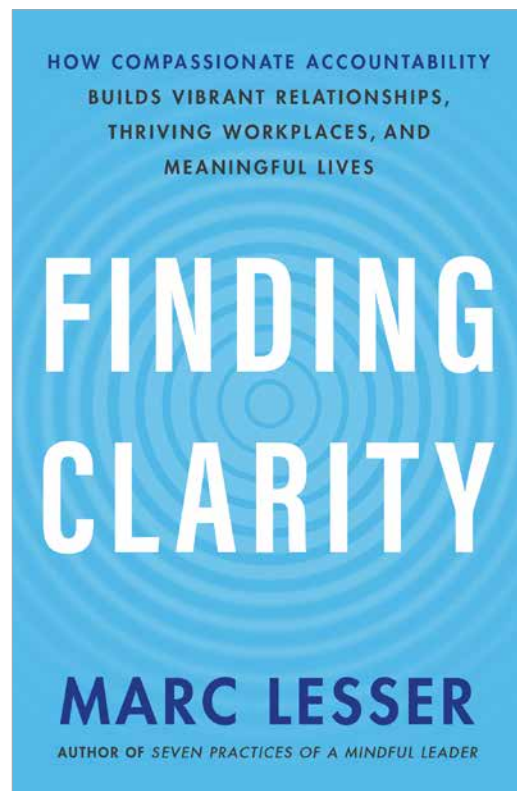
— **RICK HANSON, PHD**, author of *Resilient*

Marc Lesser took a long, winding road to his current work as an in-demand mindful leadership trainer to companies, teams, and cultures of varied stripes. Lesser sometimes describes himself as a “stealth Zen teacher working in the business world.” He did indeed live at and eventually direct the Tassajara Zen Mountain Center. He also earned an MBA from New York University Business School and founded and was CEO of three companies. Through all these endeavors, he crafted the practical, innovative practices of “compassionate accountability” that he presents here.

He defines “*accountability*” as not just living up to obligations and responsibilities but also seeing clearly, staying focused on facts, and telling the truth, no matter what. Accountability should not be harsh or judgmental. Rather — because clarity demands empathy for others — it should breed communal, collective, effective effort toward common goals. Numerous examples address:

- facing rather than avoiding conflict for the long-term benefit of all
- working with and through difficult emotions with clarity and care
- practicing compassion toward others as well as oneself
- understanding the stories we live by and evaluating their contemporary relevance — or irrelevance
- learning to listen and lead in ways that align with one’s mission and values, with a focus on more meaning, connection, and clarity
- turning communication breakdowns into breakthroughs that foster win-win results for all

Lesser’s writing and teaching style is eminently engaging. He works from the premise that problems are inevitable and that the success of any enterprise or relationship is not the absence of such problems but the manner in which they are resolved. This applies to any joint effort — in a workplace, a family, a civic organization, a community, a country, or the world at large.



AVAILABLE IN APRIL

Self-Help / Business • \$18.95 • Trade paperback
256 pp. • 5½ x 8½ • Black-and-white illustrations
978-1-60868-833-3 • Rights: world



MARC LESSER is a speaker, facilitator, workshop leader, and executive coach. He is the author of four books, including *Seven Practices of a Mindful Leader: Lessons from Google and a Zen Monastery Kitchen*, and CEO of ZBA Associates, an executive development and leadership consulting company. Lesser helped develop the world-renowned Search Inside Yourself (SIY) program within Google and was director of Tassajara Zen Mountain Center, the oldest Zen monastery in the Western world. He lives in Marin County, California, and leads Mill Valley Zen, a weekly meditation group.

MarcLesser.net

The Coach's Way

The Art and Practice of Powerful Coaching in Any Field

Eric Maisel

In this first-of-its-kind guide, a revered, much-read master coach to creatives shares exactly how coaches can conduct meaning-filled sessions – and how clients can best benefit from the coaching they receive

- The author has written more than 50 books for creative people; has 40 years of coaching and training experience with clients including writers, musicians, visual artists, and business owners; and is a popular blogger and coach
- Features techniques based on solid psychological and creative principles that are real-world tested to help anyone help others
- The author's *Coaching the Artist Within* has sold more than 20,000 copies, and his *Fearless Creating* has sold 75,000
- Includes 65 field-tested lessons for coaching that gets results
- The coaching business hit the \$20 billion mark in 2022, with a 7 percent average growth rate from 2019 to 2022

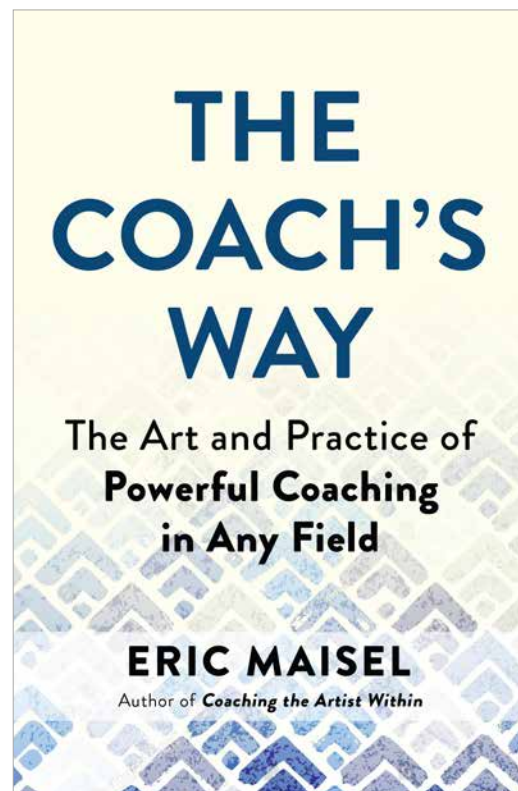
“Eric Maisel’s *The Coach’s Way* is really needed! And there’s no one better to help coaches master this essential art. In my experience of him presenting many times to our coaches, Maisel really knows his stuff!”

– **DAWN CAMPBELL, AFC, AMM**, business director, International Authority for Professional Coaching and Mentoring (IAPC&M)

Coaching is a booming business. There are life coaches, fitness coaches, parenting coaches, writing coaches, and countless others. Much of this can be credited to the pandemic and IT industry growth, with different job skills and more online engagement necessary. Employment for coaches is projected to grow 26 percent from 2020 to 2030. But what do coaches actually do? And how does coaching actually work? In *The Coach's Way*, Eric Maisel offers the real deal, built on thirty-five years of coaching and psychotherapeutic experience. In this easy-to-use book comprised of thirteen weeks of short daily lessons, readers learn the nuts and bolts of coaching – what to say when, how to ask questions, and crucially, how to manifest the *spirit* of coaching. Maisel guides coaches to:

- understand themselves so that they can better understand others
- prep for coaching with a deep awareness of their goals and mission
- use homework, silence, and sharing
- ask quality questions, handle defensiveness, and grapple with limited progress
- cheer and encourage to get action and results

Supremely practical, each of Maisel's lessons ends with exercises and a journal prompt. The result is a field-tested peer-to-peer guide for current coaches, a workshop-in-a-book for coaches in training (as well as managers, team leaders, mentors, and teachers), and an invaluable resource for anyone working with a coach or thinking about working with one.



AVAILABLE IN JUNE

Personal Growth • \$18.95

Trade paperback • 224 pp. • 5½ x 8½

978-1-60868-864-7 • Rights: world



ERIC MAISEL, PHD, is the author of more than 50 books in the areas of critical psychology, writing, and the creative life. A retired family therapist, he is now an active master coach who blogs for *Psychology Today*, the Good Men Project, Thrive Global, and Fine Art America. His “Rethinking Mental Health” blog for *Psychology Today* has over 3 million views, and he is the creator of and lead editor for the Ethics International Press Critical Psychology and Critical Psychiatry series. He lives in the San Francisco Bay Area.

EricMaisel.com

Swimming in the Sacred

Wisdom from the Psychedelic Underground

Rachel Harris, PhD

A revelatory look at the previously unseen world behind today's psychedelic renaissance: contemporary Western women who have long guided people on shamanic, visionary journeys into healing and the self

- Shares the fascinating stories of women elders who have worked underground for decades, guiding sacred entheogenic journeys, despite their illegality, to cultivate insight, healing, and spiritual development
- Documents themes that emerged from interviews with the women elders — their own healing and mystical experiences, apprenticeships, relationships with medicines, intuition, somatic sensing and integration
- More than 30 million people in the United States have used psychedelics, according to a 2010 national survey
- A psychologist with 40 years of experience in private practice and research, Rachel Harris is the author of *Listening to Ayahuasca: New Hope for Depression, Addiction, PTSD, and Anxiety*
- The author presents and teaches at venues including MAPS, Esalen, and the Omega Institute

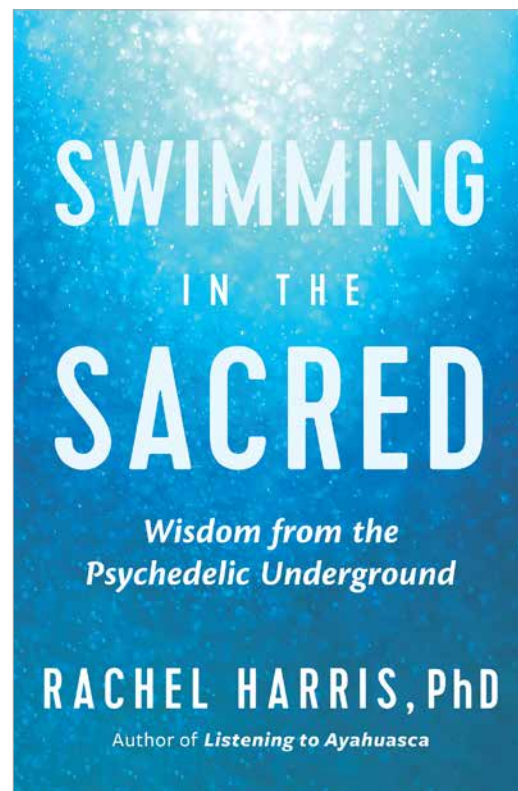
Praise for the author's *Listening to Ayahuasca*

"A fascinating and provocative compilation of riveting testimonies of individuals who experienced miraculous healing by drinking the psychedelic medicine ayahuasca."

— PUBLISHERS WEEKLY

The use of entheogens, or psychedelics, is out of the closet today. Bestselling author Michael Pollan wrote about his trips, and the National Institutes of Health is studying the efficacy of psilocybin and MDMA for treatment of PTSD, addiction, depression, and end-of-life anxiety. Once associated only with 1960s counterculture, they are now being legally studied for their healing properties. But as Rachel Harris shows, there has long been an underground use and study of psychedelics by women, dating back to the time of the Eleusinian Mystery Schools of ancient Greece.

The modern women carrying on this tradition, interviewed by Harris, have "a nuanced quality in their relationship with the medicines — a more subtle, energetic connection with the spirit world that the medicines open." As psychedelics edge closer to the mainstream, she hopes we don't lose the hard-won wisdom of the longtime practitioners she profiles; theirs is a wisdom of time and experience that cannot be replicated in a lab, and they have much to teach us. "They've been guiding journeys for decades," Harris writes, "since long before the psychedelic renaissance opened up research into entheogens and began to discover what these women have known all along." Any reader interested in inspiration, healing, and enlightenment will find here a wonder-filled narrative packed with provocative and perhaps life-changing insight.



AVAILABLE IN MAY

Entheogens / Shamanism • \$18.95

Trade paperback • 272 pp. • 5½ x 8½

978-1-60868-730-5 • Rights: world



Psychologist **RACHEL HARRIS, PHD**, has been in private practice for 40 years. During her 10 years in an academic research department, she received a National Institutes of Health New Investigator's Award and published more than 40 scientific studies in peer-reviewed journals. Harris is the author of *Listening to Ayahuasca: New Hope for Depression, Addiction, PTSD, and Anxiety* and *20-Minute Retreats: Revive Your Spirit in Just Minutes a Day with Simple, Self-Led Practices*. She lives on an island in Maine and in the San Francisco Bay Area.

ListeningToAyahuasca.com

Awaken Your Multidimensional Soul

Conversations with the Z's, Book Two

Lee Harris with Dianna Edwards

This innovative and wonderfully accessible presentation is the second book in a series of conversations, channeled from the Z's by Lee Harris, offering insight, healing, and inspiration

- From the author of *Energy Speaks* (38,000 copies sold), channeled material that has been wildly popular with his online community, The Portal
- Lee Harris's *Impact the World* is a top-50 podcast, his newsletter reaches 140,000 subscribers worldwide, and his YouTube channel has 255,000 subscribers with more than 16 million views
- In addition to the 5,500 paid members of his Portal community, the author reaches 260,000 on Facebook and 105,000 on Instagram
- Books of channeled material, including the Seth books and those by Edgar Cayce, Sanaya Roman, and Esther and Jerry Hicks, have sold millions and become classics

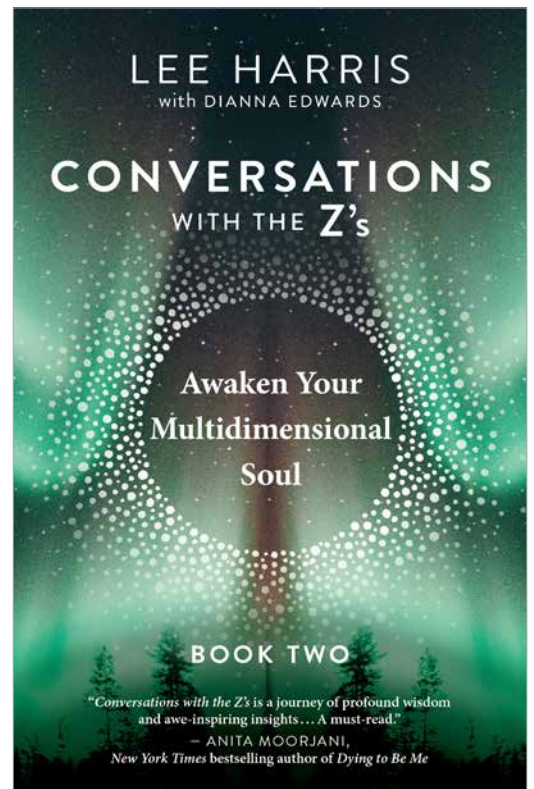
“A journey of profound wisdom and awe-inspiring insights. An extraordinary guide for conscious living and deep inner transformation, this is an invaluable resource tool for recognizing your personal power and finding your true self. A must-read.”

— ANITA MOORJANI, *New York Times* bestselling author of *Dying to Be Me*

Who are the Z's? They have been described in many ways, including as enlightened beings, angelic guides, and beings from the ninth dimension. Why should we listen to them? Who wouldn't welcome voices of clarity, empowerment, and optimism — words always dedicated to personal and collective good — right about now? Lee Harris began channeling the Z's in 1999 and has since shared their insights with millions around the world through recordings, workshops, and books. Here he offers a unique presentation, one in which psychotherapist Dianna Edwards interviews the Z's. The result is a riveting way for people to receive these messages and incorporate their wisdom. Conversations cover:

- healing from past experiences and letting go of fears
- working with dreams, in particular those including fire, flying, and water
- navigating personal and global states of disarray and disunion
- the magnetics of manifestation
- moving into a future of light and peace, both personally and collectively

As these conversations persuasively and provocatively show, the Z's want to help each of us and every aspect of our imperiled Earth. The only way they can do so is if we listen to them.



AVAILABLE IN SEPTEMBER

Metaphysics • \$17.95 • Trade paperback
224 pp. • 5½ x 8½ • 978-1-60868-856-2

Rights: world



LEE HARRIS is the bestselling author of *Energy Speaks* and a globally acclaimed energy intuitive, channeler, and musician. He offers grounded, practical teachings focused on helping conscious, intuitive, and sensitive people heal, thrive, and live a better life. His acclaimed online events, members' community The Portal, and top-50 podcast *Impact the World* are adventures into the deepest aspects of living, loving, and awakening. He lives in Southern California. **DIANNA EDWARDS** is a psychotherapist and award-winning author.

LeeHarrisEnergy.com

Say It Out Loud

Using the Power of Your Voice to Listen to Your Deepest Thoughts and Courageously Pursue Your Dreams

Vasavi Kumar

Foreword by Lisa Nichols

A fresh, vibrant voice combines a variety of proven therapeutic and spiritual techniques to coach readers into knowing, embodying, and living their personal truth fully and joyfully – no matter what

- The author has been featured in the *Wall Street Journal*, *mindbodygreen*, *KateNorthrup.com*, *Austin Monthly*, and a recent *Austin Woman* profile and cover story
- Kumar's television experience includes numerous appearances as the "Keepin' It Real Guru" on NBC affiliate Kansas City Live, a featured life coach on VH1's *Basketball Wives*, and the cohort of *Studio 512*, a local morning entertainment and lifestyle show in Austin
- The author's podcast has 20,000 downloads, and her social media network reaches 13,000
- Kumar has been a featured speaker through many local and national organizations on topics ranging from addiction and mental health to entrepreneurship

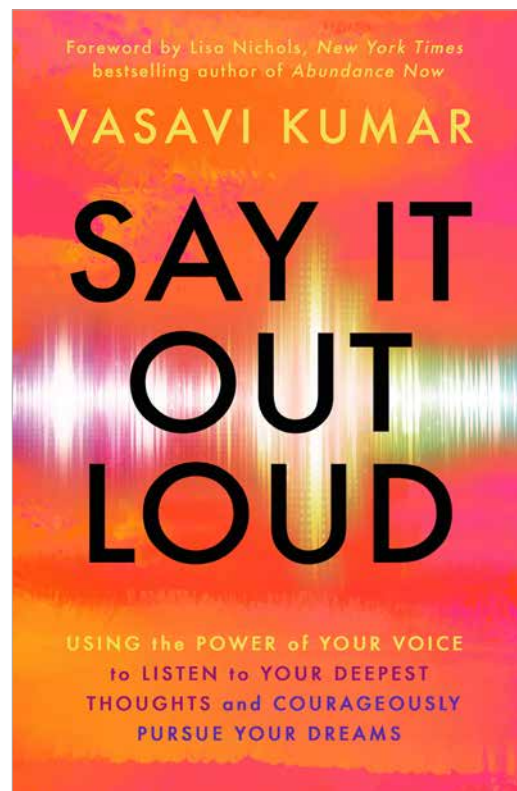
"Read every line of this book. Let it soak in. Because it's time for you to say it out loud."

— from the foreword by **LISA NICHOLS**, author of *Abundance Now*

When rising wellness star Vasavi Kumar talks about "saying it out loud," she means it literally. After years of trying journaling, because she'd heard it was a great way to learn about herself, change bad habits, and set and meet goals, Kumar found that it wasn't working for her. What did was talking to herself – aloud and with the compassion of a best friend. Kumar also learned that all the outside expert guidance in the world was no substitute for finding ways of tuning in to her truest inner self, hearing that self's guidance and wisdom, and then living it with courage and empathy. A trained life coach and licensed therapist, Kumar here shows readers exactly what she means, including how to:

- tackle toxic thoughts by speaking them aloud, which can almost instantly reveal their fraudulence
- fearlessly assess the decision-making processes that have led them to where they are today
- implement daily actions that build self-esteem and allow them to walk their talk
- move beyond any debilitating past experiences and create a real and meaningful future
- unabashedly speak their needs to others

Kumar came to her self-understanding and fulfillment through trial, error, and struggle, after fitting in nowhere as the daughter of Indian immigrants and journeying through a bipolar diagnosis, substance abuse, and recovery. As Kumar here shows, speaking out loud will shake up your life, your world, and your future – for the better.



AVAILABLE IN MAY

Personal Growth • \$18.95

Trade paperback • 272 pp. • 5½ x 8½

978-1-60868-826-5 • Rights: world



VASAVI KUMAR is a life coach and licensed therapist with a myriad of in-person, print, televised, and social media experience. A first-generation Indian American growing up on Long Island and diagnosed with bipolar disorder at the age of 20, she learned to become extremely self-aware and take action to create the life she wanted for herself. She lives in Austin, Texas. Foreword author **LISA NICHOLS** is the *New York Times* bestselling author of *Abundance Now* and lives in Southern California.

VasaviKumar.com

The Eloquence of Silence

Surprising Wisdom in Tales of Emptiness

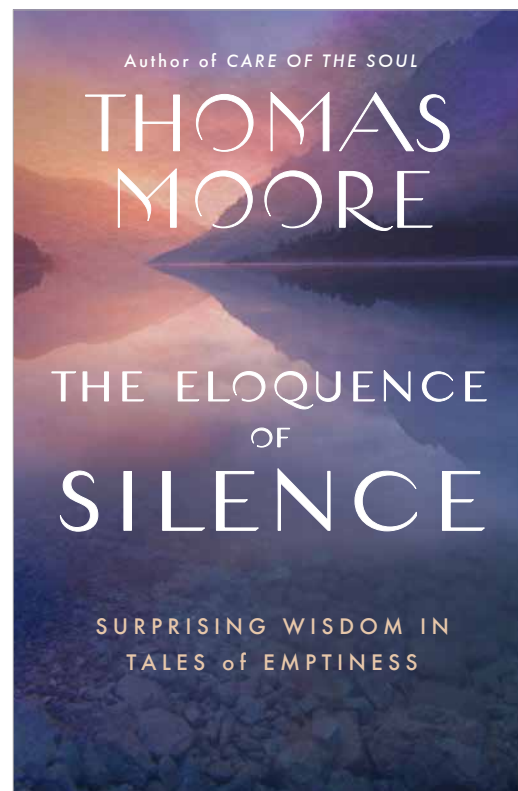
Thomas Moore

A 30-year bestselling author and teacher makes a provocative and compelling case for an easier, lighter way of moving through life and the world by embracing the peace, calm, and spaciousness of emptiness

- Thomas Moore has written 25 books, including *Care of the Soul*, with more than 2 million copies sold
- Eloquent explores the value of silence, empty space, and letting go through a variety of age-old spiritual practices and contemporary therapeutic modalities
- Articulates the wonders that anyone and everyone can experience in any situation when simple awareness trumps willfulness and control

Emptiness tends to get a bad rap, often connoting lack. But revered author Thomas Moore learned a different lesson about emptiness when he first went on a book tour to promote his *Care of the Soul*. The book went on to become a classic bestseller, but at first Moore was often met by empty bookstores, devoid of the hundreds who would soon crowd his appearances. Moore learned a lesson in what is known in Indian philosophy as *sunyata*, a way of observing and even embracing emptiness. Of course we'd all prefer immediate praise and recognition. But life does not work that way. As Moore eloquently expresses, drawing on spiritual traditions, folktales, literature, and his own life, spaces of emptiness or lack are often our greatest teachers. The blank spaces in a work of art or piece of music, or the arid bits of a landscape, are every bit as eloquent as the more crowded.

Moore gently prods us to consider that our constant multitasking may not be getting us anywhere. Listening to a podcast while taking a walk, or scanning an email while pushing a baby stroller, may mean missing the heart and soul of what is all around us, available to us anytime, no matter our circumstances. The awareness and embrace of the ubiquitous emptiness in our world and in our own lives, the daily recognition of quiet spaciousness, is not a retreat from reality but a rich and full welcome to all that is most meaningful and real.



AVAILABLE IN MAY

Personal Growth / Spirituality - \$18.95

Trade paperback - 256 pp. - 5¼ x 8

978-1-60868-866-1 - Rights: North America



THOMAS MOORE is the author of the #1 *New York Times* bestseller *Care of the Soul*. He has written 24 other books about bringing soul to personal life and culture, deepening spirituality, finding meaningful work, and imagining sexuality with soul. He has been a Catholic monk and university professor and is also a psychotherapist influenced mainly by C. G. Jung and James Hillman. His work brings together spirituality, mythology, depth psychology, and the arts, emphasizing the importance of images and imagination. He lives in New Hampshire.

ThomasMooreSoul.com

Dogs Demystified

An A-to-Z Guide to All Things Canine

Marc Bekoff

Foreword by Jane Goodall

An easy-to-read, all-encompassing, and fun reference on all things canine from an award-winning scientist who has studied and loved dogs (and their wild relatives) for more than five decades

- Comprehensive information on all aspects of dog behavior and dog-human relationships, from barking, begging, and burying food to face licking, raised hackles, and Frenetic Random Activity Periods (aka zoomies!)
- The author is revered for his more than 30 books and many awards on animal behavior and emotions, his work with Jane Goodall, and his Guggenheim Fellowship
- Covers training methods, dominance hierarchies, various forms of play, nutrition and exercise needs, and homed, free-ranging, feral rescue, and emotional support dogs
- Essential for all dog guardians, companions, trainers, and veterinarians

Praise for the author's
Unleashing Your Dog (cowritten with Jessica Pierce)

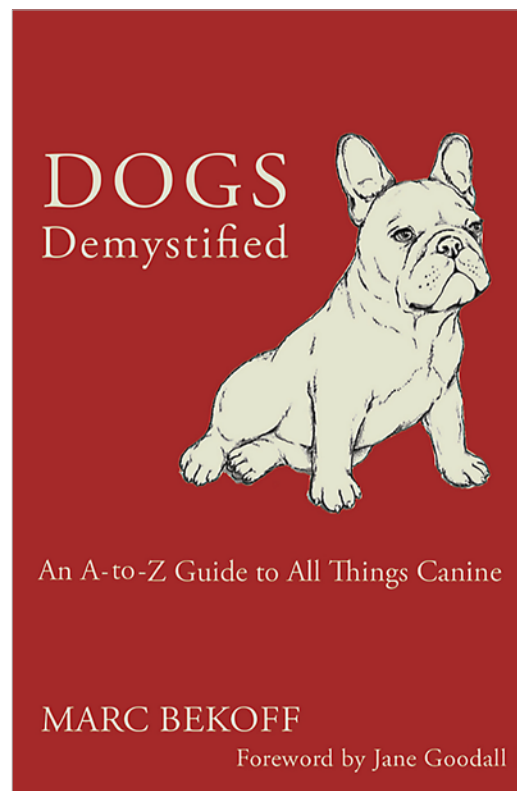
"This is not just another dog book. It's a dog manifesto! Written by two supremely gifted experts, *Unleashing Your Dog* reveals not only what your dog wants but *why*. You owe it to your dog to read this book!"

— **SY MONTGOMERY**, author of *The Soul of an Octopus*
and *How to Be a Good Creature*

No one is better than Dr. Marc Bekoff at turning state-of-the-art animal science into practical, reader-friendly information. His subjects include dog care, dog cognition and emotions, and dog-human relationships, and though he has impressive scientific credentials and much technical expertise, this is the accessible book that every dog lover should have. In concise, readable A-through-Z entries, Bekoff covers it all, including:

- why your dog is doing this and not doing that
- whether dogs have "human" traits such as jealousy and obsessive-compulsive disorder
- why it is important to recognize the individuality of each dog, rather than assume that any or all dogs should act or respond in the same way
- exactly how to meet any dog eye-to-eye, nose-to-nose, and ear-to-ear to create enduring reciprocal bonds
- how tuning in to a dog's unique personality busts one-size-fits-all theories and leads to happier dogs and happier human companions

As the saying goes, dogs are many humans' best friends and beloved family members. If that's the case for you — and whether you are a dog lover, vet, or trainer; whether you have just brought home a puppy or are nursing a senior dog — *Dogs Demystified* will answer your questions, unlock mysteries, and foster harmony and happiness for all.



AVAILABLE IN JUNE

Dogs · \$19.95 · Trade paperback

360 pp. · 5 x 8 · Black-and-white illustrations

978-1-60868-816-6 · Rights: world



MARC BEKOFF is professor emeritus of ecology and evolutionary biology at the University of Colorado, Boulder. He has won many awards for his research on animal behavior, animal emotions, compassionate conservation, and animal protection. He has published more than 30 books, including *Canine Confidential: Why Dogs Do What They Do*, *Unleashing Your Dog: A Field Guide to Giving Your Canine Companion the Best Life Possible* (with Jessica Pierce), and most recently *A Dog's World: Imagining the Lives of Dogs in a World Without Humans* (with Jessica Pierce). He also blogs for *Psychology Today*. He lives in Boulder, Colorado

JANE GOODALL is a world-renowned conservationist and animal advocate.

MarcBekoff.com

Talking on Eggshells

Soft Skills for Hard Conversations

Sam Horn

Offering sample conversations and an upbeat approach to making your point, Sam Horn delivers the secret of making small shifts for big benefits to communicate better at home, at work, online, and in public

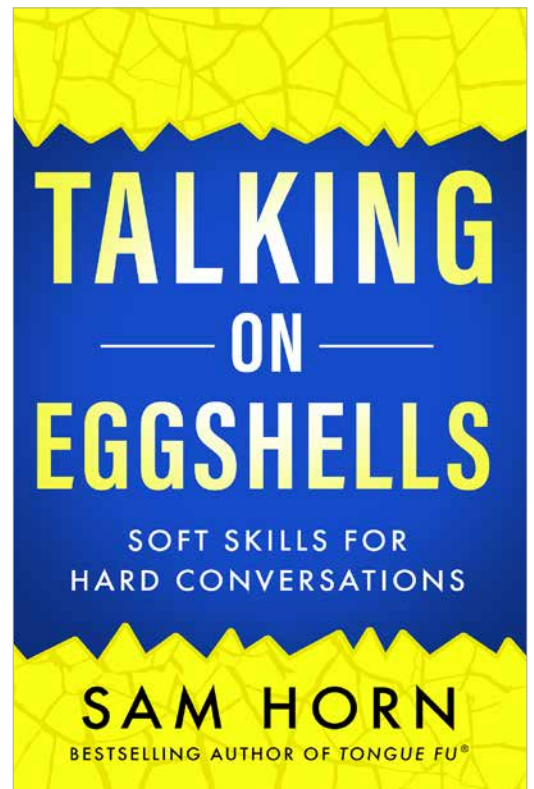
- A contemporary update of Sam Horn's bestselling *Tongue Fu!*, which set the bar for precise and effective business communication and has been translated into seventeen languages
- The author has appeared on NBC, CBS, ABC, and FOX and has been featured or profiled in the *New York Times*, *Fast Company*, *Reader's Digest*, *Forbes*, *Inc.*, the *Washington Post*, *Investor's Business Daily*, *Men's Health*, *Shape*, and *Cosmopolitan*
- A 2020 study by the Society for Human Resource Management indicated that 25 percent of American workers actually "dread going to work" because they "don't feel safe voicing their opinions about work-related issues"
- 2016 research by McKinsey found that workplace rudeness and incivility are on the rise, with 62 percent of people reporting they're treated rudely at least once a month
- Sam Horn's social network and newsletter connections total more than 107,000

With an eye to the contemporary challenges of email, remote work, and virtual conversations, Sam Horn updates concepts from her bestselling book *Tongue Fu!*, which is used by organizations around the world for communication skills training. *Talking on Eggshells* is a user-friendly resource offering what readers want and need to speak up instead of shutting down, face difficult conversations head on, and keep their cool when others don't. Presenting forty character-building situations people encounter regularly, the book shows what to say and what not to say so readers are never tongue-tied or tongue-twisted again.

Relatable, real-life stories and energizing, instantly usable insights will teach anyone how to think on their feet, reduce stress, and deal more proactively and diplomatically with bosses, coworkers, customers, friends, family members, partners, children, and even that date who just ghosted them. With short situation-based chapters, readers will learn how to:

- stop complainers, blamers, and shamers from targeting them
- keep emotions under control — no matter what
- motivate people to stop talking, listen, and see another point of view
- hold bullies accountable for unacceptable behavior
- be more confident in meetings, in interviews, and when networking
- set an example of respect that inspires people to respond in kind

Talking on Eggshells will be everyone's go-to guide for clearly communicating what they want and need to get the results they desire and deserve.



AVAILABLE IN JUNE

Personal Growth / Business • \$18.95

Trade paperback • 288 pp. • 5½ x 8½

978-1-60868-849-4 • Rights: world



SAM HORN founded Tongue Fu!® Training Institute more than 30 years ago when she saw the need for clearer, stronger communication in corporations, government agencies, industry associations, schools, and nonprofits. The institute has offered live and online training for employees of Capital One, Four Seasons Resorts, Amgen, Oracle, Nationwide, and state and local governments. She is also the founder of the Intrigue Agency, which consults with business leaders, and she has been a keynote speaker for Boeing, Cisco, and other Fortune 500 companies. She lives in Austin, Texas.

SamHorn.com

Writing That Gets Noticed

Find Your Voice, Become a Better Storyteller, Get Published

Estelle Erasmus

In the tradition of Syd Field (*Screenplay*) and Blake Snyder (*Save the Cat!*), a *Writer's Digest* columnist and NYU professor shows nonfiction writers exactly how to find their voice, write it down, and get noticed by assigning editors

- The author has been editor in chief at several magazines and has been published on a wide variety of topics in the *New York Times*, the *Washington Post*, *Parents*, *Salon*, *Woman's Day*, *Forbes*, *Good Housekeeping*, and *Marie Claire*
- Erasmus writes the "All About the Pitch" column for *Writer's Digest*, where she also teaches personal essay writing and created the Pitching Bootcamp program
- The author is an NYU professor, founder of the former podcast *ASJA Direct* for the American Society of Journalists and Authors, and cohost of the *Freelance Writing Direct* podcast
- Erasmus is an in-demand speaker at conferences including *ASJA*, *Writer's Digest*, the Erma Bombeck Writers' Workshop, Mom 2.0 Summit, and HippoCamp
- As the special guest judge for the 2022 Personal Essay Awards for *Writer's Digest*, Erasmus will make the final determination of the winner

Writing and getting published can be daunting. Countless people write personal essays, articles, and hybrid essay-articles and know they produce great material but can't figure out how to package it to capture the hard-to-get attention of assigning editors. *Writing That Gets Noticed* is for them. Author Estelle Erasmus knows from experience that inspiring success stories do happen — Stephanie Land's viral essay in *Vox* led to her bestselling memoir, *Maid*, while Amy Krouse Rosenthal's *New York Times* "Modern Love" essay prompted a lucrative film rights bidding war. And Erasmus has several success stories of her own, such as her "How to Bullyproof Your Child" essay for the *New York Times*, which went viral and led to an appearance on *Good Morning America*. In real-world, experience-based chapters, Erasmus coaches writers to:

- mine their lives for ideas and incubate those ideas
- hone their singular, personal voice
- choose the perfect format for their story — personal essay, op-ed, feature article, and more
- research publications and editor etiquette
- craft a pitch-perfect pitch
- protect their psyche from rejection
- deliver what they promised after they get the assignment

This, Erasmus says, is the book she always wished she'd had. Her writing students proclaim that working with her is like "publishing on steroids" because they get published fast and furiously. Buckle up!

WRITING
THAT GETS
Noticed

Find Your Voice,
Become a Better Storyteller,
Get Published

Estelle Erasmus

AVAILABLE IN JUNE

Writing • \$18.95 • Trade paperback

288 pp. • 5½ x 8½ • 978-1-60868-836-4

Rights: world



ESTELLE ERASMUS is a professor of writing at New York University and the "All About the Pitch" columnist for *Writer's Digest*. She has written about a variety of subjects (health, beauty, fitness, publishing, business, travel) for numerous publications for many years. She has also taught, coached, and mentored many writers who have gone on to be widely published. She is an American Society of Journalists and Authors award winner and was a cast member in the inaugural New York City production of the "Listen to Your Mother" storytelling show. She lives in New Jersey.

EstelleSErasmus.com