



ST. MARTIN'S  
**ESSENTIALS**

The History and Future of  
the Plant and the Drug

# THE BOOK OF CANNABIS

JEREMY NARBY

*Author of The Cosmic Serpent*

St. Martin's Essentials

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## The Book of Cannabis

### The History and Future of the Plant and the Drug

Jeremy Narby

A revelatory journey through the tangled roots of cannabis—its ancient uses, political battles, and scientific renaissance—by acclaimed anthropologist Jeremy Narby

#### Summary

In *The Book of Cannabis*, Jeremy Narby—renowned author of *The Cosmic Serpent*—delivers a sweeping, clear-eyed exploration of cannabis as both plant and cultural phenomenon. He traces its path from ancient medicinal and ritualistic roles to its place at the center of debates over wellness, law, and culture in the present day, revealing how cannabis became one of the most controversial plants in history.

With the global shift toward legalization, Narby dives into the latest science on cannabis's therapeutic potential and risks, especially in the era of high-potency strains and edibles. He unpacks the plant's transformation through selective breeding and examines its evolving impact on health, society, and the environment. The book also explores the implications of cannabis's changing legal status and its intersection with issues of social justice and public policy.

Accessible, nuanced, and deeply informed, this is essential reading for cannabis users, industry professionals, educators, and policymakers alike. Narby's anthropological lens offers a unique perspective on the plant's journey, making *The Book of Cannabis* a vital guide to understanding cannabis in all its complexity.

#### Contributor Bio

JEREMY NARBY, Ph.D., studied history at the University of Kent and earned a doctorate in anthropology from Stanford University. Since 1990, he has coordinated projects supporting Amazonian communities through the Swiss NGO Nouvelle Planète, focusing on land rights, bilingual education, and sustainable forestry. He is the author of *The Cosmic Serpent* and *Intelligence in Nature*, and co-editor of *Shamans Through Time*. His most recent co-authored work is *Plant Teachers*.

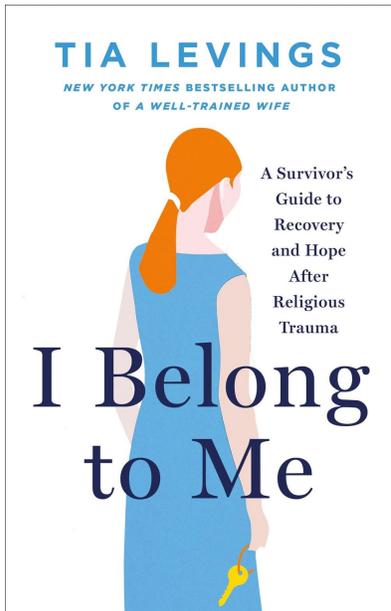
#### Quotes

Praise for *The Cosmic Serpent*

"This is the most exciting book I have read in years. It is a spellbinding, scholarly tour de force that may presage a major paradigm shift in the Western view of reality."

—Michael Harner, Ph.D., President, Foundation for Shamanic Studies, and author of *The Way of the Shaman*

"Jeremy Narby's pioneering work takes the frontier of science another leap forward toward understanding the primary enigma of our time—the role of consciousness in the evolutionary patterns of the universe." —Edgar Mitchell, Sc.D., Apollo astronaut and author of *The Way of the Explorer*



## I Belong to Me

### A Survivor's Guide to Recovery and Hope after Religious Trauma

Tia Levings

The *New York Times* bestselling author of *A Well-Trained Wife* returns with the guide her readers need next: How to reclaim life after experiencing high levels of religious and domestic control.

#### Summary

What does it mean to heal from trauma caused by the people, beliefs, and practices of your faith?

Indoctrinated from early childhood to obey, conform, and want what others wanted for her, Tia Levings learned love and acceptance meant being someone other than herself. After years of abuse in a violent marriage and high-control religion, Tia Levings escaped with her children (a story told in her memoir, *A Well-Trained Wife*) and thought the hardest was behind her.

But that was just the beginning.

With an audacious persistence to reclaim her life, Tia set off on a 15-year path to psychological peace. The result is an emotionally regulated, actualized, self-aware woman who is able to tell her harrowing story without retraumatizing herself—a woman who can reach back to help others claim what's theirs. If trauma took your past, it shouldn't get your present and future too.

Through a series of personal stories, therapeutic stages, and resources, Tia Levings guides readers through the journey that helped her leave abuse, rediscover selfhood, and heal her mind, soul, and body after religious trauma—so that you can too.

#### Contributor Bio

Tia Levings is the *NYT* bestselling author of *A Well-Trained Wife*. She writes about the realities of religious trauma, decoding fundamentalist influences in today's culture. She also appeared in the hit Amazon docu-series, *Shiny Happy People*. Based in North Carolina, she is mom to four incredible adults and likes to travel, paint, and daydream. Find her online @TiaLevingsWriter and at [DeconstructingFundamentalism.com](http://DeconstructingFundamentalism.com)

#### Quotes

##### Praise for *A Well-Trained Wife*:

"Rebellious and riveting. Private and painful, this important memoir will shine light on the darkest crimes within the religious patriarchy with hope for the future." —Sarah Edmondson, author of *Scarred: The True Story of How I Escaped NXIVM, the Cult That Bound My Life* and host of "A Little Bit Culty" podcast

"An unforgettable and incisive testament to one woman's daring to break free, speak truth to power, and finally find her authentic self along the path toward healing." —Melanie Brooks, author of *A Hard Silence* and *Writing Hard Stories*

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The Breakthrough International Bestseller



"A fascinating read for anyone looking to break the cycle of worrying."—*Woman's Own*

# addicted to anxiety

owen o'kane

Sunday Times bestselling author

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## Addicted to Anxiety

### How to Break the Habit

Owen O'Kane

A *Sunday Times* bestseller that redefines anxiety as an addiction—and gives you the tools to finally break the cycle.

### Summary

Why do we stay anxious even when we desperately want peace? In *Addicted to Anxiety*, Sunday Times bestselling author and psychotherapist Owen O'Kane reveals the hidden truth: anxiety isn't just a feeling—it's a habit, one we may be unconsciously addicted to. Drawing on over 25 years of clinical experience, O'Kane explains how anxious thought loops, emotional avoidance, and a subconscious belief in the "safety" of worry can keep us stuck. The good news? Once you understand the mechanism, you can break it.

Unlike typical anxiety books that focus on symptom relief, *Addicted to Anxiety* tackles the root cause—our reliance on anxious behaviors to cope, control, or feel safe. With warmth, clarity, and actionable guidance, O'Kane offers tools to help readers identify triggers, challenge core beliefs, and build new habits that lead to a calmer, more empowered life. His signature approach, grounded in neuroscience and psychology but deeply human and accessible, makes complex emotional patterns feel manageable—and changeable.

Already a bestseller in the UK and translated into 17 languages, *Addicted to Anxiety* has struck a global chord with readers, media, and mental health professionals alike. Whether you're a chronic overthinker, an anxious high-achiever, or simply someone feeling overwhelmed by a turbulent world, this book offers both insight and hope. It's time to break up with anxiety—and finally feel free.

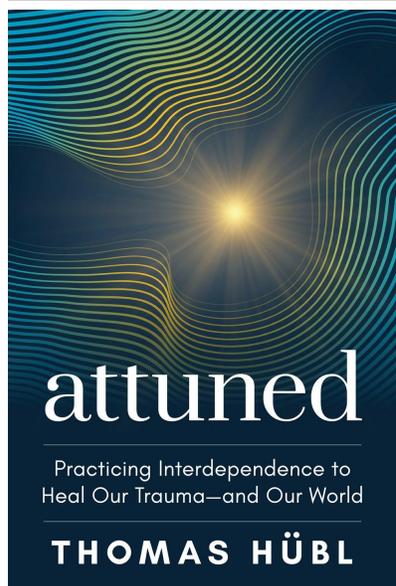
### Contributor Bio

Owen is recognized as one of the UK's leading mental health experts. He is a practicing psychotherapist, a former NHS Clinical Lead, and a *Sunday Times* bestselling author. With a remarkable ability to simplify complex psychological concepts and mental health tools, he makes them both accessible and easy to understand. He speaks at wellness festivals and conferences, and frequently appears on TV, radio, and podcasts. He lives in West London with his partner Mark and their dog, Will.

### Quotes

"Generous, wise and very persuasive" —*The Guardian*

"A really important read for anyone wanting to live more comfortably with their anxious self. Full of clinical expertise, warmth and humanity." —**Julia Samuel**, psychotherapist and author



## Attuned

### Practicing Interdependence to Heal Our Trauma—and Our World

Thomas Hübl

**A visionary guide for tapping into our collective human consciousness to help heal our traumatized world**

#### Summary

We are all interconnected—and dependent on each other to shape the world in which we live. Yet even though technology has allowed us to digitally share our lives with more people than ever, the result has been a growing pattern of personal isolation, alienation, and division. Why is this? “We are seeing the manifestation of collective trauma,” says luminary Thomas Hübl. “The profoundly complex challenges we face demand a new level of human collaboration.”

In *Attuned*, Hübl shares a visionary guide to healing our struggling world. Attuning to a person, group, or organization means coming into resonance by listening mindfully to the inner sensations, feelings, images, and information that arise. At the core of the book is the “relational field”—a vast matrix of energy through which information is shared within, around, and between us. In each chapter, you’ll find insights and practices for perceiving and tuning in to oneself and others, and ultimately contributing to the healing of this field.

By embracing our interdependence, we can activate what is needed to respond to and evolve through the challenges of our age. “It may take only a small number of us,” explains Hübl, “to establish a new level of collective coherence—to share our light, heal our wounds, and realize the unawakened potential of our world.”

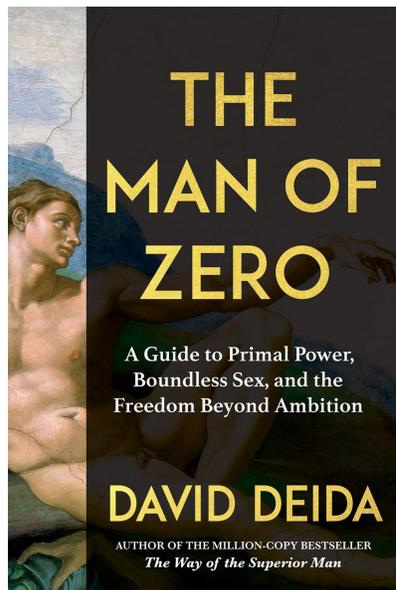
#### Contributor Bio

**Thomas Hübl, PhD**, is a renowned teacher, author, and international facilitator whose work integrates modern science with the insights of humanity’s wisdom traditions. He leads large-scale events on healing collective trauma and has facilitated healing and dialogue around racism, oppression, colonialism, and genocide, among other topics. He is the author of *Healing Collective Trauma* and *Attuned* (both with Julie Jordan Avritt) and coauthor of *Releasing Our Burdens* (with Richard C. Schwartz, PhD).

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## The Man of Zero

**A Guide to Primal Power, Boundless Sex, and the Freedom Beyond Ambition**

David Deida

**BEYOND ACHIEVEMENT. BEYOND MASTERY. THERE IS A WAY OF TRUE FREEDOM.**

### Summary

Many men come to a point in life where they feel a sense of emptiness or lack of motivation. This state may be confused for depression, but David Deida reveals a vital distinction, inspiring a new possibility for discernment and action. When a man grows tired of his life, what can be done?

Beyond the basic man who wants to win and be pleased, or the superior man who wants to achieve mastery and serve the world, there is a state of being known as the "Man of Zero." Even if your life is filled with love and success, you may end up feeling dissatisfied. When you don't want to do anything and life feels meaningless, what's the next step? Zero motivation can be a portal to a deeper way of living. *The Man of Zero* shows a way to relax through the doorway of emptiness into a freedom more powerful than sex and more boundless than success.

Written in short chapters of pith instructions that evoke immediate insight and experience, Deida shows how to live your life while resting as Zero—being effortlessly present, aware, and complete without the need for striving. Relax into primal power. Ease into drama-free sex. Liberate creative flow. Remember how to live as *The Man of Zero*.

### Contributor Bio

**David Deida** is the author of 11 books revolutionizing sexual and spiritual growth for men and women, published in more than 35 languages, including international bestseller *The Way of the Superior Man*. He's on *Watkins'* Spiritual 100 List for most influential teachers and is a founding member of Integral Institute. His workshops on radically practical spirituality have been hailed as among the most original and authentic contributions to the field of self-development. For more, visit [deida.info](http://deida.info).

### Quotes

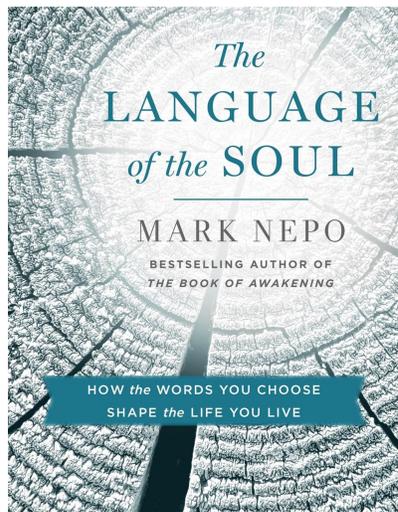
Praise for David Deida:

"David Deida lays out a challenge before all men to fulfill their true purpose and to be authentically masculine." ?Tony Robbins, author of *Awaken the Giant Within* and *Unlimited Power*

"Once again, David has brought his wisdom, experience, and exceptional teaching to another transformational book. Just like with *The Way of the Superior Man* 20 years ago, *The Man of Zero* has instantly become my new Bible." —Dr. Robert Glover, author of *No More Mr. Nice Guy: A Proven Plan for Getting What You Want in Love, Sex, and Life* and founder of Integration Nation

"If you feel lost in the modern world, this book is a manual for men who are ready to start living from their deepest truth. David Deida's wisdom is needed more than ever right now." —Chris Williamson, host of the *Modern Wisdom* podcast

"David Deida is boldly stepping into the unknown, while charting the course for the rest of us. This book will liberate your soul." —Regena Thomashauer (a.k.a. 'Mama Gena'), author of *Pussy: A Reclamation* and founder of The School of Womanly Arts



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## The Language of the Soul

**How the Words You Choose Shape the Life You Live**

Mark Nepo

A poetic treasury of spiritual insight, *The Language of the Soul* uncovers the original meanings of words to help us remember what it means to be fully alive

### Summary

For poet and spiritual teacher Mark Nepo, words have always been more than tools for communication—they are vessels of meaning, portals to the sacred, and medicine for the soul. In *The Language of the Soul*, Nepo explores the deep, often forgotten roots of 228 words from thirty-one languages and traditions, revealing their original, undiluted power to awaken, connect, and heal. Woven with stories from history, mythology, and the author's own remarkable life journey, this is a rich and contemplative guide to the spiritual essence of language.

Just as rivers and mountains erode over time, so too do the meanings of words. Nepo invites readers to walk beside him along a timeless river of understanding, where ancient expressions are reawakened and everyday language is imbued with depth and resonance. Whether it's a word like "courage" or "forgive" or a lesser-known gem from Sanskrit, Hebrew, or Chinese, each entry becomes a doorway into timeless wisdom, offering moments of insight, stillness, and transformation.

For seekers, artists, caregivers, and lovers of language, *The Language of the Soul* is both a spiritual lexicon and a personal companion. With the lyrical clarity that has made him one of our most beloved spiritual voices, Nepo reminds us that words, when opened with care and wonder, can carry us back to ourselves—and forward into the world with greater compassion, clarity, and grace.

### Contributor Bio

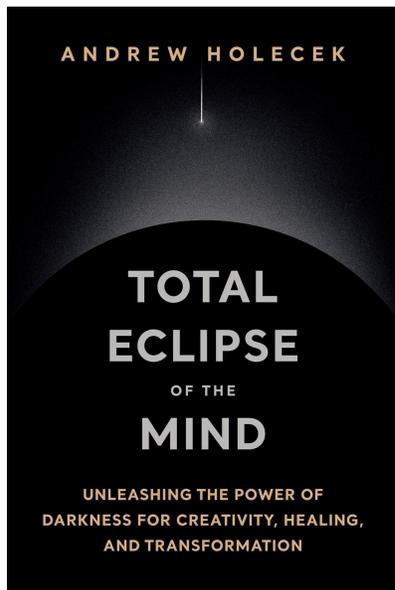
MARK NEPO is a #1 *New York Times* bestselling author. His books – including *The Book of Awakening*, *The One Life We're Given*, and *Drinking From the River of Light* - have been translated into more than twenty languages. Mark has appeared several times with Oprah Winfrey on her *Super Soul Sunday* program. In 2015, he was given a Life-Achievement Award by AgeNation. In 2016, he was named by *Watkins: Mind Body Spirit* as one of the 100 Most Spiritually Influential Living People.

### Quotes

"Mark has gathered some of the most potent words alive in our world today, and held them up to the light to reveal their full depth and beauty. This book is a stunning pilgrimage to the heart of language. You will never look at words in the same way again." —**Beth Kempton**, bestselling author of *Wabi Sabi*

"On every page, Mark Nepo offers insights that awaken the heart and stir the mind." —**April Davila**, award-winning author and writing coach

"A must-read for anyone seeking to live from the consciousness of their core." —**Karin A. Nobile**, Program Director, Mercy by the Sea Retreat



## Total Eclipse of the Mind

**Unleashing the Power of Darkness for Creativity, Healing, and Transformation**

Andrew Holecek

### Summary

We need darkness as much as we need light. Yet we live in a distracted age that privileges light and marginalizes darkness. Beloved author Andrew Holecek shows that light doesn't always reveal—it often conceals. With this groundbreaking book, he introduces readers to the ancient practice of dark retreats, a previously secret practice that invites spiritual seekers to remain in complete darkness without any external distractions. Dark retreats invite profound self-reflection—dropping practitioners into deeper understanding of themselves, uncovering new levels of mindfulness and meditation, and illuminating new dimensions of being.

"Darkness is a truth teller," writes Holecek. "Darkness is exacting. The question to reflect upon is how willing are you to be exposed?" In this book, Holecek invites readers to reconnect with darkness and rediscover its many benefits. He introduces readers to the ancient wisdom of dark immersion, providing step-by-step guidance to help them determine if this practice is right for them, how to practice it safely, what kinds of challenges arise from the practice, and how to integrate its insights.

Full of wisdom teachings, easy home practice, checklists, and his own stories of over thirty years of dark retreat practice, Holecek makes this ancient practice accessible for our modern age, reintegrating darkness into our light-polluted lives.

### Contributor Bio

**Andrew Holecek** is an interdisciplinary scholar-practitioner in Tibetan Buddhism and nondual wisdom traditions. He is the Resident Contemplative Scholar at the Institute for Advanced Consciousness Studies and a research consultant for the Cognitive Neuroscience Program at Northwestern University. He has completed the Tibetan Buddhist three-year retreat and is the author of nine books. For more, visit [andrewholecek.com](http://andrewholecek.com).

### Quotes

"Andrew Holecek writes brilliantly not only about his own experience with the sacred tool of darkness, but also the history and mythology of the practice. I love that he treats the absence of light not as an enemy but as a collaborator—one that strips distraction, sharpens perception, and invites wonder. This book will be a beautiful companion to anyone who, like me, is curious about how entering the darkness can bring us closer to the light." —Elizabeth Gilbert, *New York Times* bestselling author of *Eat, Pray, Love* and *All the Way to the River*

"There is immense value to spending time in darkness and this book provides a pathway into this revolutionary practice—and helps you access more of what I call your Self. An original contribution that will reorient your relationship with darkness." —Richard Schwartz, PhD, author of *No Bad Parts* and founder of *Internal Family Systems*

"Physical and metaphysical light pollution is pulling us away from ourselves, distracting us from who we truly are. The result is a world that has lost its way in the light. Andrew's writing is like walking with a dear friend who is expertly and lovingly guiding us through the deepest passages of our mind. This book will help you find your way back—and reconnect to what really matters." —Judson Brewer MD PhD, *New York Times* bestselling author of *Unwinding Anxiety*

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## When Memory Fades

### What to Expect at Every Stage, from Early Signs to Full Support for Alzheimer's and Dementia

Nathaniel Chin, M.D.

A geriatrician whose perspective on his specialty changed when his own father was diagnosed with dementia provides clear, calm guidance from the first moments of concern.

#### Summary

When Nate Chin's father, also a doctor, began to feel his mind slipping, even a family as knowledgeable and capable as theirs was knocked back on its heels, disorganized, and unsure of what to do first. Chin, who in addition to his practice, became one of his father's primary caregivers until he died, determined to figure out the best way to move forward, for his own family, his patients, and now for everyone else.

WHEN MEMORY FADES is clear, smart, and cuts through the understandable impulse to grasp at ineffective treatments. From the first concerns that something might be wrong right through to the toughest stages of the disease, Chin gives granular information and frames topics that help readers figure out how to think about what's happening:

- How to Distinguish Normal Signs of Aging from Clinical Dementia
- How to Avoid Delaying Assessment
- Navigating the Medical Exam
- How to Plan & Run a Family Meeting
- Focus on the early stages/transition period to full disease can be determinative to both quality of patient life and interactions
- How to Set New Routines & Healthy Habits
- Day to Day Patient Care
- Community and Connection, and How to Maintain Them
- Dying of Alzheimer's is Just Dying

#### Contributor Bio

NATHANIEL CHIN, M.D. is a national authority on Alzheimer's disease. He is a University of Wisconsin Health geriatrician and Associate Director of their Geriatric Memory Program as well as the medical director of UW's Alzheimer's Disease Research Center and the Wisconsin Registry for Alzheimer's Prevention, one of the world's largest and longest-running studies of individuals at risk for Alzheimer's disease.

What to Expect at Every Stage, from Early Signs  
to Full Support for Alzheimer's and Dementia

*When Memory Fades*



**NATHANIEL CHIN, M.D.**

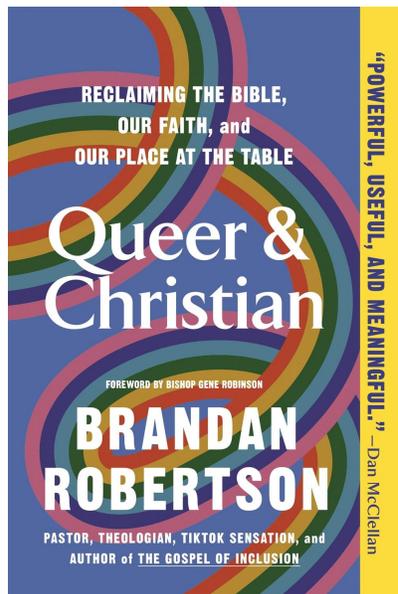
Medical Director and Clinical Core Co-Lead of the  
Wisconsin Alzheimer's Disease Research Center

with George Spencer

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## Queer & Christian

### Reclaiming the Bible, Our Faith, and Our Place at the Table

Brandon Robertson

Celebrate queer faith and take your rightful place at God's table with Brandon Robertson, the "TikTok Pastor," Biblical scholar, and social activist

### Summary

For too long, the Bible has been weaponized to exclude LGBTQ+ individuals, despite Jesus' radical message of inclusion. In *Queer & Christian*, renowned Biblical scholar and TikTok pastor Brandon Robertson envisions a faith where all are unequivocally embraced.

Ostracized at school, Brandon thought he had finally found his community when he joined the local church. But he soon realized that they were as intolerant as his peers at school had been—if not more so. After agonizing years of repressing his true identity, he discovered that God's table had always had a place for him. Jesus' love knows no bounds, embracing everyone unconditionally.

*Queer & Christian* is a joyful celebration of queer faith and an unyielding reclamation of the Bible. Dive into pages that offer:

- Compelling, evidence-based counterarguments to the "clobber verses" often used to condemn queerness
- Celebrations of queer saints within the Bible—more numerous than you might believe!
- Responses to commonly asked questions by queer folks and allies who're feeling lost within the Christian faith

Brandon Robertson stands as a beacon of love, hope, and unwavering support for anyone ready to reclaim their faith from the clutches of intolerance.

### Contributor Bio

Rev. Brandon Robertson is an author, activist, and theologian known as the "TikTok Pastor." He hosts the *Faith For the Rest of Us* podcast and has authored or contributed to 23 books, including the INDIES Book of the Year finalist *True Inclusion*. His work appears in *TIME*, *The Huffington Post*, and *The Washington Post*. Named in *Rolling Stone's* 2021 "Hot List," he speaks at venues like The White House and Westminster Abbey and is a champion for LGBTQ+ rights. He is pursuing a PhD at Drew University.

### Quotes

"Powerful and insightful...this book is an essential read!" -Don Lemon

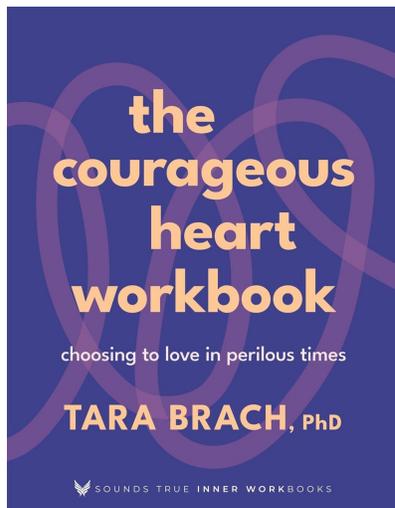
"*Queer and Christian* reclaims for queer Christians the prerogative to do what all Christians before them have done: read the Bible in ways that make it powerful, useful, and meaningful to them." -Dr. Dan McClellan, TikTok Scholar and Author

"The intellectually honest, nuanced, and heartfelt antidote to the lazy bumper sticker theology of 'God Said It, I Believe It, That Settles It.'" -Flamy Grant, Award Winning Singer, Songwriter, and Drag Queen

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## The Courageous Heart Workbook

### Choosing to Love in Perilous Times

Tara Brach

**From acclaimed meditation teacher Tara Brach, a guide to awaken courage and cultivate radical love for ourselves and our world**

### Summary

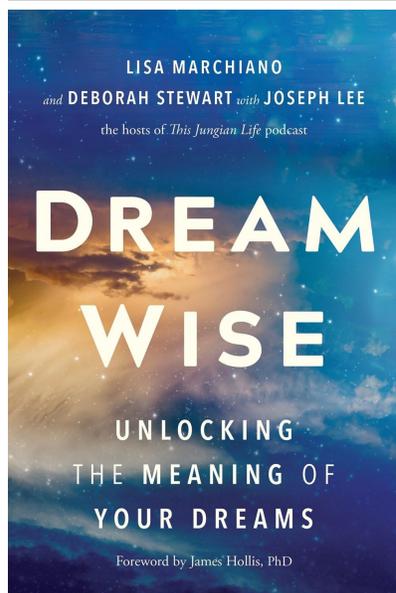
This transformative workbook shares Tara Brach's most potent teachings for these perilous times. As Tara writes, "Our world needs us. It is calling for a courageous love—one that can meet suffering with a fierce tenderness and helps us respond with wisdom, compassion, and heart." This workbook helps us cultivate that radical love—for ourselves, for one another, and for this moment.

*The Courageous Heart Workbook* shares an intentional sequence of experiential practices that support us in cultivating presence within ourselves, embracing those around us, widening our circle of compassion, and living from a fearless heart. Tara adapts some of her most beloved teachings, including Radical Acceptance and RAIN, into interactive practices, meditations, and reflections. Throughout, QR codes point to guided meditations led by Tara to help deepen our experience. Tara explains, "This journey will invite you to pause, to feel, to reflect, and to wake up to the fullness of your own heart."

"The medicine of this moment is the embodiment of the bodhisattva—a fierce, engaged, and all-inclusive love. Love is intrinsic to what we are. Love is our homecoming," Tara shares. This workbook will help you make this homecoming your own.

### Contributor Bio

**Tara Brach, PhD**, has been practicing and teaching meditation since 1975, as well as leading workshops and meditation retreats at centers throughout North America and Europe. She has a PhD in clinical psychology, is the founder of the Insight Meditation Community of Washington (IMCW), and is the author of *Radical Acceptance*, *True Refuge*, *Radical Compassion*, and *Trusting the Gold*. Tara's weekly podcast of talks and meditations are downloaded more than 3 million times each month.



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## Dream Wise

### Unlocking the Meaning of Your Dreams

Deborah Stewart, Jungian Analyst, Joseph Lee, Jungian Analyst, Lisa Marchiano, LCSW  
**An unprecedented guide for exploring and understanding your dreams, presented by hosts of the podcast *This Jungian Life***

### Summary

With *Dream Wise*, three expert teachers bring you a resource like none before it?a comprehensive, step-by-step guide synthesizing Carl Jung's renowned theories with the best approaches of those who have followed in his footsteps. Ideal for every level of experience, *Dream Wise* is for all who are ready to meet "the faithful other, the dream maker, who visits each night with gifts of wisdom."

### The goal is to *do* dreamwork, not just learn about it . . .

In *Dream Wise*, Lisa Marchiano, Deborah Stewart, and Joseph Lee transform the most useful dreamwork concepts and principles into a unique series of 69 "keys" to unlock the meaning of your dreams, illuminating imagery, the shadow, the anima, the practice of active imagination, and more. The authors share case studies of dream interpretation and 16 daily strategies to boost dream recall.

"Your dreams offer a wealth of wisdom and wonder," explain the authors. "They are one of the best, most reliable ways to get to know our mysterious depths. But you must?quite literally?rise to meet them. Sustained dreamwork facilitates a dialogue between the surface and the depths and is an essential aid in our process of unfolding." *Dream Wise* gives you a trustworthy map for exploring the vast reaches of your dreams . . . an exciting new path to creativity and healing . . . and a faithful compass to your true becoming.

### Contributor Bio

**Lisa Marchiano, Deborah Stewart, and Joseph Lee** are in private practice as Jungian analysts. Lisa is the author of *Motherhood* and *The Vital Spark*, and she has taught workshops and facilitated fairy-tale groups. Deborah is director of admissions of the Inter-Regional Society of Jungian Analysts. Joseph is the past president of the C. G. Jung Institute of Philadelphia and has lectured, given workshops, and led retreats. Learn more about them and their dreamwork at [thisjungianlife.com](http://thisjungianlife.com).

### Quotes

"A great introduction to Jungian dreamwork! Not only will you learn Jungian dreamwork but also some key Jungian concepts. Practical and inspiring, it deepens your relationship with your dream life and, consequently, enriches your waking life! Highly recommended!" —**Machiel Klerk**, psychotherapist, author of *Dream Guidance*, and founder of Jung Platform

"If you've ever wondered what your dreams mean, then *Dream Wise* is the book for you. *Dream Wise* offers a well-written, comprehensive, deep, and practical way to understand Jungian dreamwork for both the beginner and the experienced. And it's fun to read and to work with the exercises that the authors provide." —**Linda Leonard, PhD**, author of *The Wounded Woman* and *The Call to Create*

"If you want to do a huge favor to your inner dream maker, your rational ego, and your collective unconscious, read this book! Understand how ingeniously (and playfully) your psyche is working each night to help you move forward in your life journey and tune in to the numinous! An exhilarating and entertaining journey through a rich, edifying, and ultimately mysterious terrain." —**Elif Batuman**, novelist and author of *Either/Or* and *The Idiot*

"Fabulous! It's comprehensive in scope yet readable and accessible even for those new

to Jung's ideas. This book provides an invaluable service to the Jungian community and all those interested in dreams." —**Patricia Berry, PhD**, Jungian analyst and author of *Echo's Subtle Body*

"This is one of the best overall books I've ever read on the practice of dream interpretation. Not just an excellent primer on Jung's psychology of dreaming, *Dream Wise* speaks to our contemporary yearning for a greater life purpose than merely satisfying the desires of the ego, a yearning to become healthy and whole and actualized in all our potentials. The path of your dreams leads in precisely this direction, and you could ask for no better guides than Lisa, Deborah, and Joseph, whose deep familiarity and respect for each other creates an alchemically playful dynamic in their ways of exploring the mythically charged realm of dreaming. Highly recommended!" —**Kelly Bulkeley, PhD**, author of *The Spirituality of Dreaming*

"Who knew a teacher as great as the dream maker lay waiting for us night after night? And all we have to do is listen and apply the right keys for the lessons to be unlocked. The symbolic and guiding significance of my dreams has always been sort of abstract and unattainable to me. I'd wake up and never really remember what happened throughout the night. And if I did remember, I had no idea what to make of it. But whilst reading this book, it was like a cracking open of a whole new aspect of myself, one that had just been lying there forgotten, waiting to be remembered and communed with. Applying the keys set out in the book helped me become more in tune with the deep, mysterious realm of my dreaming unconscious, and I was able to not only remember but expand upon and learn from the stories and dreams brought forth in my sleep. It has been a fascinating and deeply illuminating process with this wonderful companion of a book, and I will certainly keep it on my nightstand for years to come." —**Finn Jones**, actor

"Everyone dreams, and that's proof of your innate ability to spontaneously create images, characters, stories, and worlds. If you don't feel like a creative person, you have a broken relationship with the part of you that effortlessly dreams. This book holds the keys to unlocking that intuitive, creative, deepest part of yourself!" —**Andy J. Pizza**, *New York Times* bestselling author and illustrator

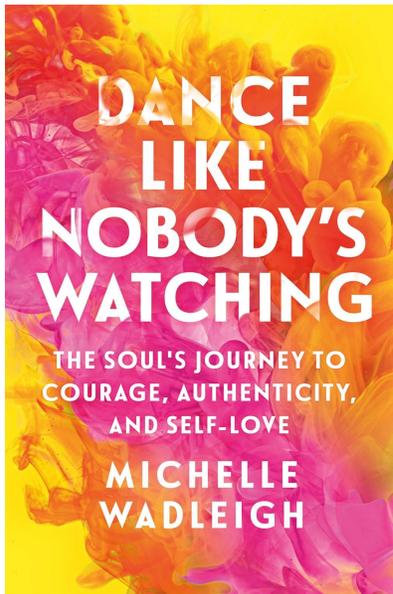
"The three hosts of *This Jungian Life* podcast have created a clear and practical introduction to dreams for those seeking to deepen their self-understanding. They have developed a unique 'key' system that facilitates engagement with dreams and ensures that the dreamwork process remains experiential and emotionally alive. This book will be a wonderful resource for those seeking guidance as they begin their dream journey." —**Mark Winborn, PhD**, Jungian psychoanalyst and clinical psychologist, author of *Interpretation in Jungian Analysis* and *Jungian Psychoanalysis: A Contemporary Introduction*

"An accessible and utterly engrossing guide to the language of our dreams and thus to our true selves. Whether you're a fan of the authors' wonderful podcast, *This Jungian Life*, or the works of Carl Jung, or just find yourself on that ever-human journey of personal individuation, this book is a must-have. If being in league with one's inner dream maker is the ultimate and most ancient form of self-help, this book holds the key to unparalleled personal growth and transformation." —**Justin Simien**, filmmaker, actor, and author

"A solid and responsible introduction to the value of dreams for the individual. It is based on Jungian methods for mining the rich meaning of dreams for our daily lives. The book is a valuable guide to understanding and interpreting dreams in and out of analytic contexts." —**Murray Stein, PhD**, author of *Jung's Map of the Soul*

"As a filmmaker, I love using my dreams as a guide for my storytelling, and I find this book exquisitely inspiring. The reverence the authors have for the dream maker (a part of us all) and their deep devotion to the mystery of the inner world resonate powerfully with what I know of the creative process and of my own impulse as a storyteller, which

is creating the story I need to experience in the world in order to know myself more deeply and to heal. So too, the dream maker, you and I, are creating every night the dreams we each need in order to become whole, and this book offers beautiful keys, questions, and prompts that can lead to a more intimate understanding of the mysterious depths of ourselves.” —**Deborah Kampmeier**, filmmaker



## Dance Like Nobody's Watching

**The Soul's Journey to Courage, Authenticity, and Self-Love**

Michelle Wadleigh

Unearth your sacred, authentic self in this bold guide to inner transformation by bestselling author and spiritual coach Michelle Wadleigh.

### Summary

In *Dance Like Nobody's Watching*, spiritual teacher Michelle Wadleigh invites you on a transformative journey through the ten essential dimensions of self—from Self-Awareness to Self-Love. With each chapter, you are guided through illuminating truths, gentle provocations, and practical soul work to uncover the power, presence, and potential already within you.

Combining the insight of beloved spiritual traditions with the tools of modern coaching, *Dance Like Nobody's Watching* helps readers confront internalized beliefs that keep them small—like self-criticism, shame, and unworthiness—and replace them with liberating practices of self-inquiry, self-forgiveness, and self-expression. Each chapter is woven with powerful quotes, heartfelt letters to the self, and daily practices to deepen reflection and activate change. Whether you're new to inner work or ready for your next awakening, this book will meet you where you are and lovingly call you into greater alignment with your truth.

Michelle Wadleigh, bestselling author of *Shadow Work and Forgiveness*, brings her signature clarity, honesty, and warmth to this empowering work. *Dance Like Nobody's Watching* isn't just a book—it's a sacred companion on your path to wholeness, an invitation to come home to the self you were always meant to be.

### Contributor Bio

MICHELLE WADLEIGH is a coach, teacher, speaker, workshop and retreat facilitator, and minister. Michelle is the co-founder and director of the Planned Happiness Institute and the PHI Coaching Academy. After decades of metaphysical study, Michelle founded the Center for Spiritual Living North Jersey, where she serves as spiritual leader and pastor.

### Quotes

Praise for *Shadow Work*

"A lucid guide to healing...Seekers will be eager to embark on this spiritual yet practical path to greater self-awareness." —*Publishers Weekly*

Praise for *Forgiveness*:

"In working and practicing forgiveness with Michelle [...] I became a more whole and freer version of myself. The work she outlines in this book helped usher in a new way of being me." -from the foreword by Rev. Jude Denning

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Laurel Parnell, PhD

# Releasing What Isn't Yours

Living from  
Your True Self Through  
Multidimensional  
Integrative Healing

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## Releasing What Isn't Yours

**Living from Your True Self Through Multidimensional Integrative Healing**

Laurel Parnell, PhD

**From a revered psychologist comes a groundbreaking, multilayered mind-body-spirit approach for alternate paths to empowerment and healing**

### Summary

If you've ever experienced a pivotal life event that felt as though it broke you apart and left you struggling to recover, psychologist Laurel Parnell understands. After the tragic death of her son, when expert knowledge in trauma recovery wasn't enough to reclaim her True Self, she embarked on a journey that led to the development of a whole new approach.

Multidimensional Integrative Healing (MDIH) is a powerful healing method that integrates transpersonal psychology (looking beyond ego or the sense of self to explore deep spiritual and transcendent experiences), Eastern spiritual practices, and diverse spiritual and energetic traditions of the world. Dr. Parnell also incorporates Eye Movement Desensitization and Reprocessing (EMDR) and Attachment-Focused EMDR (AF-EMDR), her protocol variation focused on individual attachment style.

MDIH recognizes there are different dimensions of reality that exist and can be accessed for healing. These include physical, emotional, psychological, somatic, and spiritual. By understanding these various dimensions, we can better align with our inner knowing and innate healing intelligence. Come back to the version of who you know yourself to truly be. MDIH can guide you to access resources that can be called on for help when needed, engage your energetic sovereignty, release energies that don't belong to you, and finally move toward wholeness.

### Contributor Bio

**Laurel Parnell, PhD**, is executive director of the Parnell Institute and developer of Attachment-Focused EMDR, Resource Tapping, and Multidimensional Integrative Healing. A meditation practitioner since 1973, she brings a transpersonal orientation to her teaching and clinical work. She has written and presented widely on EMDR as a transpersonal psychotherapy and is the author of *Tapping In*, *Attachment-Focused EMDR*, and more. She lives in Northern California. For more, visit [parnellemdr.com](http://parnellemdr.com).

sit. write. here.

6 Mindfulness Practices to Help You  
Write More and Suffer Less

april dávila

Creator of the Sit Write Here Writing Program

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224 Pages  
Self-Help / Creativity  
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## Sit Write Here

### 6 Mindfulness Practices to Help You Write More and Suffer Less

April Dávila

A transformative path to overcome creative blocks and cultivate a joyful, sustainable writing practice through mindfulness.

### Summary

In *Sit Write Here*, award-winning novelist and certified mindfulness instructor April Dávila presents a groundbreaking approach to writing that integrates the principles of Insight Meditation. Drawing from her personal journey and professional experience, Dávila reveals how mindfulness can help writers navigate common challenges such as writer's block, self-doubt, and the emotional complexities of storytelling. Through practical exercises and relatable anecdotes, she demonstrates how cultivating present-moment awareness can enhance creativity and bring greater ease to the writing process.

Structured around six key practices, the book guides writers to:

- Get Writing** by developing deep concentration to enter a state of creative flow.
- Keep Writing** by identifying and overcoming internal obstacles.
- Dive Deep** by accessing and articulating complex emotions.
- Embrace Discomfort** to authentically portray conflict.
- See Clearly** by refining the editing process with mindful awareness.
- Find Equanimity** to maintain resilience amidst feedback and rejection.

Whether you're a seasoned author or just beginning your writing journey, *Sit Write Here* offers a compassionate and practical framework to transform your writing practice. By embracing mindfulness, writers can not only enhance their craft but also find greater fulfillment and joy in the creative process.

### Contributor Bio

April Dávila is an award-winning author, speaker, and writing coach. *Publishers Weekly* called her debut novel, *142 Ostriches*, a "vivid, uplifting debut" and the book went on to win the WILLA Award for Women Writing the West. *Writer's Digest* listed her blog (at [aprildavila.com](http://aprildavila.com)) as one of the Best 101 Websites for Writers and she is the creator of the Sit Write Here writing coaching program, helping writers quiet their inner critics, overcome writer's block, and edit more effectively.

### Quotes

Praise for April Dávila and the Sit Write Here workshop

"Her guidance made all the difference."

"What a fantastic class! I've taken many writing courses—even earned an MA in Creative Writing—but April's workshop topped them all."

think less  
think less  
think less  
think less

# SLEEP MORE

From Panic & Perfectionism  
to Stress-free Sleep

Stephanie Romiszewski

St. Martin's Essentials  
9781250427182  
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320 Pages  
Health & Fitness / Sleep  
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## Think Less, Sleep More

### From Panic and Perfectionism to Stress-Free Sleep

Stephanie Romiszewski

A smart and sometimes counterintuitive (who cares when you go to bed?) guide that will solve readers' sleep anxiety once and for all!

#### Summary

If there's anything worse than not getting sleep, it's lying awake with a scare-face staring at the ceiling worrying about it. Here's Romiszewski's—a sleep physiologist and founder of the UK's Sleepyhead Clinics — promise: "This book is your guide to liberating yourself from the endless cycle of sleep anxiety and obsession. By the end, you'll have regained control – not through perfection, but by letting go of the need to constantly manage your sleep. Sleep will start working for you, not as something to fear or fix, but as your natural ally. And best of all, it will no longer dominate your thoughts."

THINK LESS, SLEEP MORE is a sensible take on sleep with some counterintuitive twists to current accepted dogma, such as that we all need more sleep and that segmented sleep — aka waking up in the middle of the night — is a killer. It's a health and wellness permission book: there are some readjustments to make, both mental and physical, but a key takeaway is that whatever you're doing now is probably better than you think.

Among other counterintuitive insights, Romiszewski reveals:

--The importance of a consistent wake-time rather than a rigid bedtime

--How to trust your body's natural sleep drive and rhythms

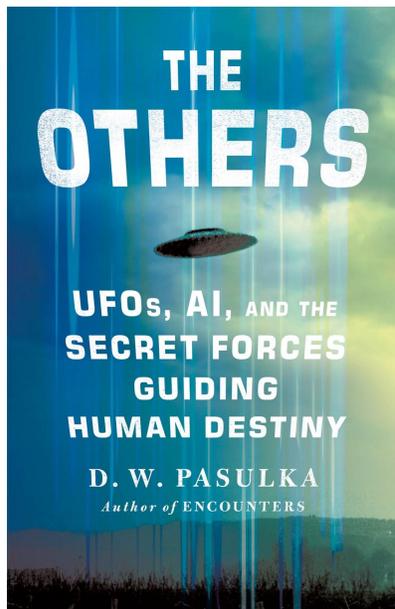
--That 'bad' nights neither ruin the next day, nor your health, and that variability is normal

--That sleep isn't fragile—it's adaptable, resilient, and smarter than any hack you could throw at it

--The myth of 8 hours

#### Contributor Bio

STEPHANIE ROMISZEWSKI is a sleep physiologist and co-founder of Sleepyhead Clinics. She has a BSc Hons degree in psychology from the University of Surrey and an MSc degree in Behavioural Sleep Medicine from the University of Glasgow. She worked in chronobiology and assisted with sleep research at Harvard Medical School and the Sleep Research Labs of HMS's second largest teaching hospital, Brigham and Women's. She lives in Exeter, UK.



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## The Others

### UFOs, AI, and the Secret Forces Guiding Human Destiny

D. W. Pasulka

A mind-bending investigation into the link between UFOs and AI—from the acclaimed author of *American Cosmic*—revealing how non-human intelligence may be shaping our future.

### Summary

In *The Others*, D.W. Pasulka—celebrated author and religious studies scholar—returns with her most provocative book yet: an electrifying exploration of UFOs, AI, and the emergence of a new kind of human awareness. Drawing from exclusive interviews with insiders, scientists, and technologists, Pasulka uncovers how non-human intelligences may not only be real—but are already interfacing with humanity in ways we've only begun to understand.

At the heart of this investigation is a thrilling question: What if the phenomena we've long labeled "alien" or "supernatural" are actually part of an evolving, natural intelligence—one that's intimately linked to the rise of artificial intelligence? With first-person narratives, historical revelations, and access to covert research communities, Pasulka takes readers to the bleeding edge of belief, science, and possibility.

Poised at the intersection of Silicon Valley and the supernatural, *The Others* will appeal to readers of *The Believer*, *Skinwalkers at the Pentagon*, and *The Coming Wave*. This is the book that will change how we think about reality, technology, and what it means to be human.

### Contributor Bio

D. W. PASULKA is a professor of religious studies at the University of North Carolina, Wilmington, and the author of *Encounters*, *American Cosmic*, and *Heaven Can Wait*. Her research bridges Catholic history, religious practice and emerging technologies, and emerging reports of UFOs and supraterrrestrial intelligence.

### Quotes

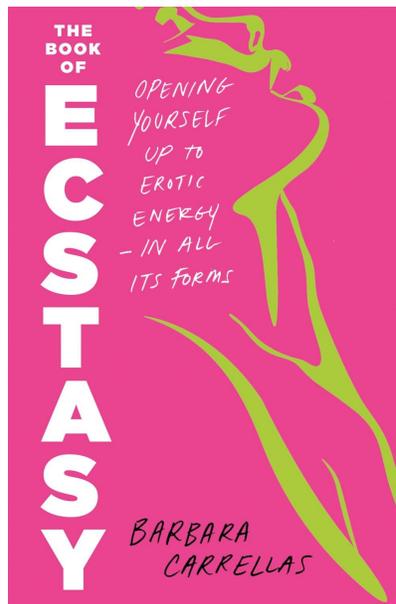
Praise for *Encounters*

"Groundbreaking." -Leslie Kean, investigative reporter and author of *UFOs*

"Deeply moving...Simply breathtaking." -Josh Boone, director of *The Fault in Our Stars*

Praise for *American Cosmic*

"Wonderful, entertaining insight into the curious study of UFOs." -*Publishers Weekly*



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## The Book of Ecstasy

### Opening Yourself Up to Erotic Energy—In All Its Forms

Barbara Carrellas

A bold and healing guide to rediscovering ecstasy through sex, spirit, and radical self-acceptance

#### Summary

From Barbara Carrellas—trailblazing author of the beloved *Urban Tantra*—comes *The Book of Ecstasy*, a fully revised and expanded edition of her cult classic *Ecstasy Is Necessary*. With warmth, clarity, and fierce compassion, Carrellas reclaims the word *ecstasy* as a deeply personal and accessible experience of joy, aliveness, and connection—not something reserved for mystics or perfect bodies, but available to anyone willing to listen to their own truth. This is a book for anyone who has ever felt left out of mainstream conversations about sex, pleasure, or identity—especially those seeking “something more” beyond the norm.

Updated with vital new content on boundaries, consent, and neurodiversity, *The Book of Ecstasy* also includes an important new chapter on what happens when ecstasy feels impossible—or too overwhelming to manage. Carrellas writes for those who are healing from trauma, navigating illness, or mourning the loss of their old sexual selves, while also naming and normalizing powerful energetic and emotional states that are often misunderstood.

Blending practical tools, spirituality, and decades of embodied experience, this book offers a fiercely inclusive and radically affirming path to ecstasy—for every body, in every season of life.

#### Contributor Bio

BARBARA CARRELLAS is the founder of Urban Tantra®, an approach to conscious sexuality that adapts and blends a wide variety of sacred sexuality practices. She is the author of *Urban Tantra*, *Ecstasy is Necessary*, and *Luxurious Loving*. Her books, workshops, and seminars are designed to encourage participants to expand their capacity for both pleasure and spiritual fulfillment, and she was named Best Tantric Sex Seminar Leader in New York City by Time Out/NY Magazine.

#### Quotes

Praise for *The Book of Ecstasy*

“If you long for connection to sacred joy, the extraordinary, and the healing power of full aliveness, then you'll love this book.”—**Cheryl Richardson**, author of *The Art of Extreme Self-Care*

“Barbara is a brilliant writer. To her, being sexual is as normal and comfortable as breathing, and she would like all of us to feel this way.”—**Louise Hay**

Praise for *Urban Tantra*

“This handy how-to promises mind-blowing, toe-curling, highly spiritual sex for humble beginners, BDSM aficionados and everyone in between...however far you'd like to take your sex life, this friendly guide will likely show the way.”—**Publishers Weekly**

# THE BOOK OF STOICISM

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## The Book of Stoicism

### Essential Texts on Stoic Philosophy

Manly P. Hall

A timeless anthology of Stoic wisdom illuminating the enduring power of resilience, reason, and virtue

### Summary

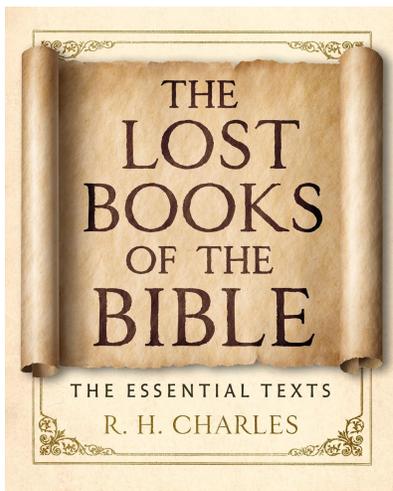
*The Book of Stoicism* is a curated collection of seminal writings that delve into the heart of Stoic philosophy. Featuring works by renowned thinkers such as Manly P. Hall, Charles Harold Herford, William L. Davidson, and Gilbert Murray, this anthology offers readers a comprehensive exploration of Stoicism's core tenets. From the ethical frameworks that guided ancient sages to reflections on Stoicism's influence through the ages, each essay provides valuable insights into living a life of purpose and equanimity.

This volume serves both as a comprehensive entry point for newcomers and a deep dive for seasoned enthusiasts. The selected texts discuss the practical applications of Stoic principles, the contrasts between Stoicism and other philosophical schools like Epicureanism, and the historical context that shaped Stoic thought. By presenting these classic works in a single volume, *The Book of Stoicism* becomes an indispensable resource for understanding how Stoic philosophy has been interpreted and applied over time.

In an era where the pursuit of inner peace and resilience is more relevant than ever, *The Book of Stoicism* offers timeless guidance. Whether you're seeking to cultivate personal virtue, navigate life's challenges with grace, or simply explore the rich tapestry of Stoic thought, this anthology provides the wisdom and tools to do so.

### Contributor Bio

*The Book of Stoicism* includes essays by Manly P. Hall, Charles Harold Herford, William L. Davidson, William Ralph Riley and William Henry Woodbridge, Frederic May Holland, R.M. Wenley, Gilbert Murray, St. George Stock, and Alexander Balmain Bruce.



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 Knowledge  
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## The Lost Books of the Bible

### The Essential Texts

R. H. Charles

Discover the fascinating writings that didn't make the Bible—but have shaped faith, culture, and imagination for centuries.

### Summary

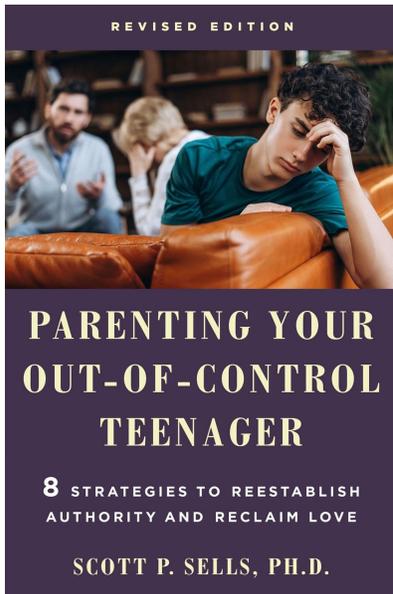
This thoughtfully curated collection brings together the most important and intriguing "lost books" of the Bible, presented in clear, classic English translations drawn from trusted public domain sources. Inside, you'll find heroic stories like *Judith* and *Tobit*, profound wisdom from *Sirach* and *Wisdom of Solomon*, dramatic apocalyptic visions in *2 Esdras*, and many other texts that offer fresh perspectives on familiar themes.

These writings open a window into the rich spiritual and literary world that influenced early Judaism and Christianity but often remains hidden in modern Bibles. They reveal the hopes, struggles, and faith of communities across centuries and cultures, giving you a broader understanding of biblical history and tradition.

Whether you're a curious reader, a student of religious history, or someone seeking new spiritual insights, this volume offers an accessible, affordable, and captivating introduction to these timeless works. It's designed to welcome you on a journey beyond the canon, inviting you to explore and reflect on texts that have inspired countless generations.

### Contributor Bio

Born in 1855, R. H. Charles was an Irish scholar and theologian best known for his translations of apocryphal texts.



## Parenting Your Out-of-Control Teenager

### 8 Strategies to Reestablish Authority and Reclaim Love (Revised Edition)

Scott P. Sells

An updated and expanded version of a title that has helped families tackle tough teenage behavior dynamics for twenty-five years

#### Summary

Every teenager rebels against authority at some point--talks back, breaks curfew, or disobeys. But literally millions of teens take their rebellion to a point where it disrupts their families and endangers their own futures or even their lives. This breakthrough guide, from a master therapist who has decades of clinical experience, with a new emphasis on the conditions facing modern teenagers, such as anxiety and lives lived on screens, lays out the eight steps to positive, permanent change for teenagers and their families:

1. Top ten reasons why teenagers get out of control
2. End button-pushing
3. It takes a village: Mobilize your extended family
4. How to write a contract that actually works
5. Techniques to solve teenagers' extreme behavioral problems
6. Techniques to solve teenagers' extreme emotional problems
7. Troubleshooting and dress rehearsals
8. Reclaiming love between you and your teenager

Clear, compassionate, and packed with hundreds of real-life solutions from families who have been there, *Parenting Your Out-of-Control Teenager* gives parents the tools they need to turn their teenagers lives around for good.

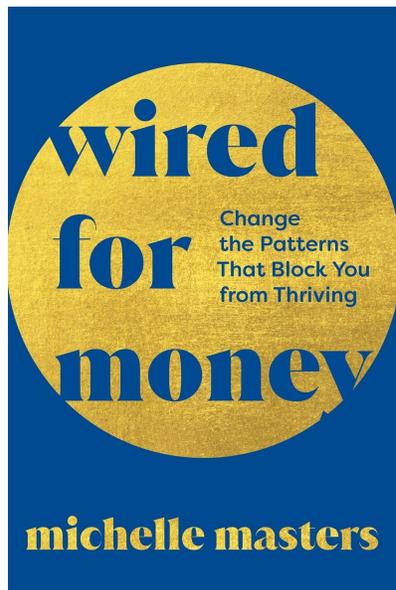
#### Contributor Bio

SCOTT P. SELLS, PhD, is the founder of the Family Trauma Institute and developer of the Family Systems Trauma (FST) model. He has worked with traumatized children, adolescents, and their families over the past thirty years, and is the author of three books including the bestselling *Parenting Your Out-of-Control Teenager*.

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Programming (NLP)  
SEL037000

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## Wired for Money

**Change the Patterns That Block You from Thriving**

Michelle Masters

**In a process so simple that it feels like magic, rewire your nervous system for flourishing by changing harmful beliefs about money and self-worth**

### Summary

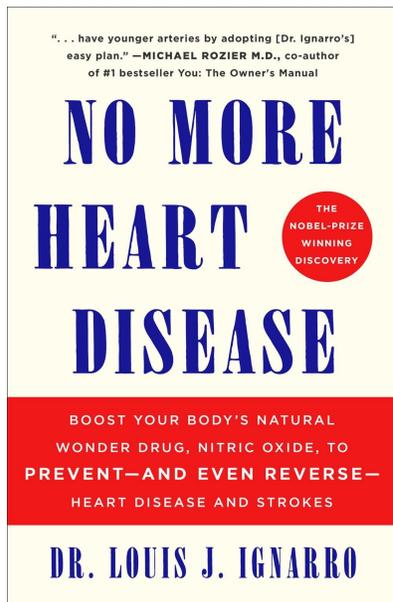
If you're feeling stuck in life, hidden beliefs may be holding you back from realizing your potential worth. *Wired for Money* shares insights from one of Michelle Masters's most in-demand topics: revealing and revising the invisible blocks that keep us from the life, money, and happiness we want.

Our beliefs are held in our nervous system, so to truly make change in our lives, we must do more than just recognize what our limiting beliefs are—we *have to change them in our nervous system*. Masters reveals just how we can accomplish this, using neuroscience techniques that access and revise subconscious beliefs and patterns.

The end goal is thriving—whatever that means to you. Addressing your foundational fear is key, as it's the cause of so many individual and collective problems. Most people's financial goals and money patterns are based in old patterns of fear and self-doubt, but when we feel safer, the ripple effect is powerful. Masters shares, "Unless you change the patterns that are in your way, you will always be fighting yourself and the world. Once your patterns change, however, things move more easily." Make decisions based on what feeds you and realize a sense of peace and safety within yourself, in your money, and in the world. Soon you'll realize a life that is easier and richer—in every sense.

### Contributor Bio

**Michelle Masters** is an international instructor helping clients create permanent, positive change using exquisite tools to transform how they see themselves and live their lives. Michelle has been a personal development trainer and coach since 1995, and her expertise lies in a unique fusion of neuroscience-based change techniques, family constellation work, and quantum transformation modalities. She lives in Sebastopol, California. For more, visit [wiredformagic.com](http://wiredformagic.com).



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## NO More Heart Disease

### How Nitric Oxide Can Prevent--Even Reverse--Heart Disease and Strokes

Louis Ignarro

Fully revised and updated edition of the Nobel Prize winner's program for readers concerned about maximizing heart health to avoid chronic and acute illness as well as maximizing their overall fitness

#### Summary

Louis Ignarro, Ph.D.'s discovery of Nitric Oxide—NO—a signaling molecule produced by the body, led to his winning the Nobel Prize in Physiology or Medicine in 1998. His discovery led to numerous improvements in vascular care and an entirely new class of drugs that include Viagra.

But NO, which benefits the cardiovascular system in numerous ways, can be tapped effectively without medication. Some extremely simple life changes, including breathing in through one's nose rather than one's mouth, activate Nitric Oxide and its benefits. A vasodilator, NO helps control blood flow to every part of the body. It relaxes and enlarges blood vessels, prevents clots that can trigger strokes and heart attacks, regulates blood pressure and controls the accumulation of plaque in blood vessels. It can boost the effectiveness of statins, and delay the need for them.

NO is an age-proofer for the cardiovascular network, keeping it clean and elastic and helping make workouts more effective. In NO MORE HEART DISEASE, Ignarro lays out a simple non-invasive plan that includes breath training, supplements, foods that are NO-friendly and a targeted exercise program.

#### Contributor Bio

LOUIS J. IGNARRO, Ph.D is a pharmacologist whose discovery of the signaling properties of nitric oxide won him the Nobel Prize in Physiology or Medicine, along with Robert F. Furchgott and Ferid Murad, in 1998. He's professor emeritus of pharmacology at the UCLA School of Medicine. He lives in Los Angeles.

Living



Ritual

Infuse Each Day  
with Purpose and Spirit

Tracee Stanley

## Living Ritual

### Infuse Each Day with Purpose and Spirit

Tracee Stanley

**A guide to weaving sacred moments into daily life through accessible rituals from beloved author and spiritual teacher Tracee Stanley**

### Summary

In challenging times, we crave grounded-ness and connection but find ourselves rushing through our days or frozen with anxiety. Respected spiritual teacher Tracee Stanley says the answer to inhabiting our lives more fully is ritual. In *Living Ritual*, Stanley reorients our attention to what we do, how we do it, and why to deepen our relationship with ourselves and commit to living purposefully. Created specifically for householders—people who have daily roles and responsibilities and can't devote hours each day to spiritual practice—this book doesn't require you to take a retreat from your life but instead encourages you to find moments of meaning in your daily living.

"Ritual is about the Truth that life isn't perfect," explains Stanley. "Honoring ourselves in every season and sitting at the altar of life through every cycle of birth, death, and rebirth is important." Through this book, Stanley helps us discover and create rituals, including short micro-rituals that can carry us through our days, creating space for sacred habits that infuse the ordinary with meaning and purpose.

Inspired by Hindu philosophy of the four aims of life, *Living Ritual* is divided into four parts: Rituals of Support, Relationships, Purpose, and Spirit. With each section, Stanley creates a bridge between the mundane and the sacred, allowing our daily actions to be filled with presence and intention.

### Contributor Bio

**Tracee Stanley** is a teacher of yoga nidra, meditation, and self-inquiry, and the founder of Empowered Life Circle, a sacred community inspired by years of study in Sri Vidya Tantra and the teachings of the Himalayan masters. Tracee holds certificates from Pacifica Graduate Institute in Advanced Eco-Therapy, Advanced Ecopsychology, and more. She leads retreats and trainings in the US and internationally. She is the author of *Radiant Rest* and *The Luminous Self* and host of the *Radiant Rest Podcast*.

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