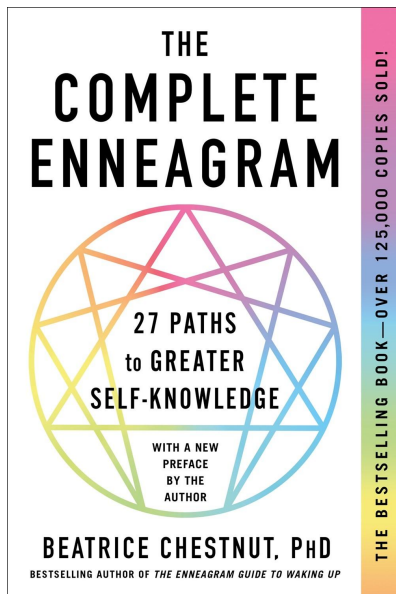




ST. MARTIN'S
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St. Martin's Essentials
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544 Pages
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Wt

The Complete Enneagram

27 Paths to Greater Self-Knowledge

Beatrice Chestnut

Discover the 27 paths to transformation in Beatrice Chestnut's definitive guide to the Enneagram

Summary

Beatrice Chestnut's *The Complete Enneagram* has become a modern classic for anyone seeking to understand themselves and others. In this renewed edition, Chestnut offers her signature depth and clarity as she explores all nine Enneagram types and their 27 subtypes—revealing how our core patterns shape behavior, relationships, and growth.

Featuring a new introduction by the author, this edition invites readers into Chestnut's latest thinking after more than a decade of teaching and global Enneagram work. She offers new context, fresh insight, and guidance for using the Enneagram as a tool for awareness and transformation in today's world.

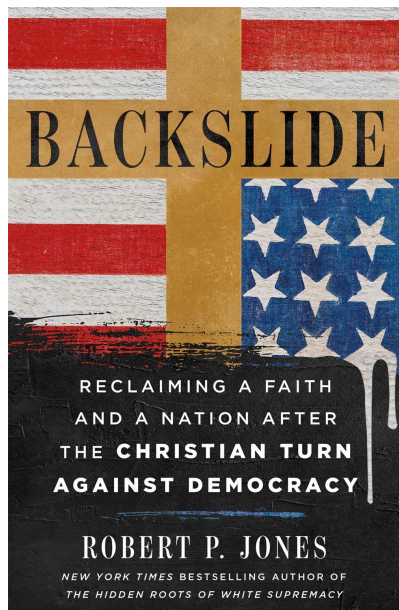
Comprehensive, compassionate, and endlessly illuminating, *The Complete Enneagram* remains the definitive guide to unlocking the patterns that keep us stuck—and the paths that set us free.

Contributor Bio

Beatrice Chestnut, PhD MA is a licensed psychotherapist, coach, and business consultant based in San Francisco. A student of the Enneagram system since 1990, she is author of *The Complete Enneagram* and *The 9 Types of Leadership*, and co-author of *The Enneagram Guide to Waking Up*. She has taught at Northwestern and trained in group facilitation at Stanford's Graduate School of Business. She currently offers Enneagram workshops internationally through the Chestnut Paes Enneagram Academy.

Quotes

"With the best subtype information currently available in print and an exquisite intermixing of the psychological, spiritual, and developmental, *The Complete Enneagram* more than deserves its title. Pleasurable to read and with abundant theory and practice for both the personal and professional arenas, I will encourage all of my clients to read it, even those who are already Enneagram-savvy. It is solid, classic, bold, even-handed, and original!" —Ginger Lapid-Bogda, PhD, Founder of The Enneagram in Business Network, and author of *Bringing Out the Best in Yourself at Work*



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Backslide

Reclaiming a Faith and a Nation After the Christian Turn Against Democracy

Robert P. Jones

From the *NYT* bestselling author of *The Hidden Roots of White Supremacy*, a reckoning with the moral collapse of white Christianity and a call to protect American democracy

Summary

What happens when the church trades faith for power, and democracy for dominion? In this searing book, Robert P. Jones names our moment for what it is: a great *Backslide*. White Christianity's devotion to Donald Trump and Christian nationalism is not only a regression into authoritarian politics but a profound act of apostasy—a betrayal of the best of the Christian tradition.

Through reflections on history, his upbringing in the white evangelical South, and decades of social science research, Jones lays bare the roots of this collapse and the dangers it poses for our future. He takes us inside a faith tradition marked by an impoverished relationship to the Bible, a rejection of a genuine search for truth, and an upside-down world where empathy is considered a vice. Yet amid the wreckage, Jones finds signs of hope in efforts to remake our national holiday rituals and recover a Christianity that remains committed to democracy.

Timely and unflinching, *Backslide* is essential reading for anyone unwilling to surrender the soul of faith or the promise of democracy. A prophetic summons to moral responsibility, it reminds us that time is short for deciding which Christianity, and which America, will prevail.

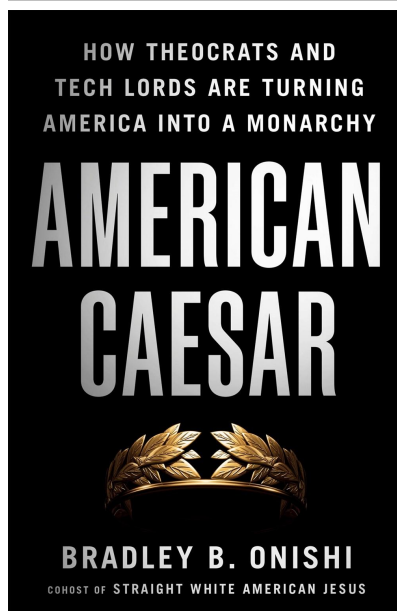
Contributor Bio

Robert P. Jones is the award-winning author of the *New York Times* bestselling *The Hidden Roots of White Supremacy* and *the Path to a Shared American Future*; *White Too Long*; and *The End of White Christian America*. The president and founder of the Public Religion Research Institute (PRRI), Jones has written for *TIME*, *The Atlantic*, Religion News Service, and more. Often featured in national media, such as CNN, MS NOW, and NPR, Jones also writes the popular Substack newsletter *Redeeming Democracy*.

Quotes

"An urgent call to save our democracy—and the Christian faith—from the scourge of religious nationalism. Robert P. Jones infuses his call for an American reawakening in the language of the faith so many of us grew up with." —**Joy Reid, *New York Times* best-selling author and host of The Joy Reid Show**

"Jones stands as one of the most important Christian voices in our time.... *Backslide* is a powerful jeremiad for these dark days and clarion call for us all!" —**Eddie S. Glaude Jr., Princeton University; author of *America, USA***



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Wt

American Caesar

How Theocrats and Tech Lords Are Turning America into a Monarchy

Bradley B. Onishi

A chilling and urgently needed exposé on the forces pushing American politics and religion toward a post-constitutional autocracy

Summary

From Silicon Valley boardrooms to rural pulpits, from Catholic monasteries to Beltway think tanks and Project 2025, a convergence is underway. Reactionary Catholics dream of a new Christendom. Protestant pastors invoke divine right over democratic rule. Tech billionaires, led by the likes of Peter Thiel, argue that freedom and democracy are incompatible. Their solution? A singular ruler to bring "order" out of what they see as liberal chaos.

With a theologian's sensibility, a journalist's touch, and a historian's eye for how movements evolve and adapt, Dr. Bradley B. Onishi traces the strange alliance between spiritual warfare and Silicon Valley libertarianism. At the center of it all is the desire for an unbound executive—one man, beyond checks, beyond balance, beyond democracy. This isn't nostalgia for the 1950s. It's an organized attempt to abandon the American experiment altogether. A former insider turned academic expert, Onishi brings unmatched depth to this investigation—tracing his own path from evangelical pastor to co-host of *Straight White American Jesus*, the nation's leading religion and politics podcast.

As the 2024 election fades into history and a new political order takes shape, *American Caesar* is not just a warning. It's a map of how we got here—and a call to act before the Republic as we know it becomes just another chapter in a forgotten history book.

Contributor Bio

Dr. Bradley B. Onishi is the award-winning author of *Preparing for War*. He founded the Straight White American Jesus podcast, Axis Mundi Media, and the Institute for Religion, Media, and Civic Engagement. Onishi is a Research Associate at the U.C. Berkeley Center for Religion and a member of the Committee on the Public Understanding at the American Academy of Religion. He often writes for outlets like *Rolling Stone*, *Politico*, and the *New York Times*, and appears regularly on MSNnow.

Quotes

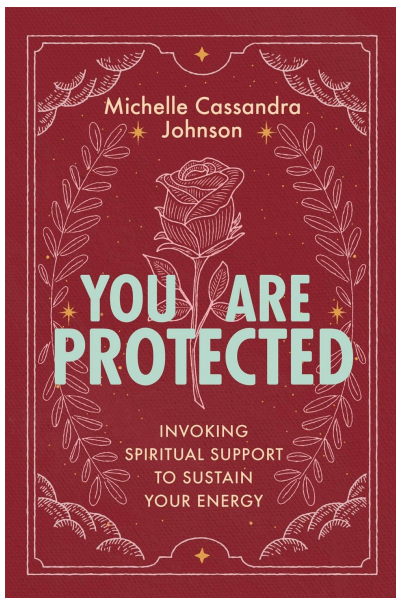
"Deftly unpacks an extremist insurgency taking aim at the heart of American democracy." —**Sarah Posner, author of *Unholy***

"A critical volley in our constitutional republic's struggle for survival." —**Dan McClellan, *New York Times* bestselling author of *The Bible Says So***

"Essential reading." —**Congressman Jared Huffman**

"Brilliant, timely, and terrifying." —**Andrew L. Seidel author of *The Founding Myth***

"An alarming and urgent warning." —**Walter Earl Fluker, MLK, Jr. Professor Emeritus of Ethical Leadership, Boston University**



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256 Pages
Mind, Body, Spirit / Inspiration &
Personal Growth
OCC019000
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Wt

You Are Protected

Invoking Spiritual Support to Sustain Your Energy

Michelle Cassandra Johnson

A powerful collection of spiritual practices and tools to support readers in standing strong amidst whatever the world throws at them, from beloved teacher Michelle Cassandra Johnson.

Summary

Revered educator and activist Michelle Cassandra Johnson knows firsthand that we can't pour out of an empty cup—that we can't show up fully in our lives, care for others, or hold space for change if we're not strong within. In *You Are Protected*, she shares the resources and guidance that are available to protect us at any time. She writes, "We have an entire team of guides, allies, ancestors (both blood and otherwise), deities, archetypes, elemental energies, plant spirits, and many more supports to help protect us and our energy." This heartfelt book helps us recognize and connect with that support.

Throughout the book, Johnson offers a range of potent protection practices and tools—from somatic practices to natural curios. She helps readers determine which resources feel aligned to them to build an effective daily spiritual hygiene practice. She also offers guidance for various situations, including computer work or what to do before, during, and after leading or participating in a meeting or group.

Drawing from ancestral wisdom, various spiritual lineages, and nature-based traditions, Michelle urges us to consider how we can pour into ourselves as much as we pour into others and the world, inviting us to engage in a wealth of practices to sustain our spirit, souls' work, and highest good.

Contributor Bio

MICHELLE CASSANDRA JOHNSON is an author, activist, spiritual teacher, racial equity consultant, and intuitive healer. Her work is rooted in dismantling racism and systems of oppression and creating space for people to heal from individual and collective trauma so they can joyfully stand in their humanity and wholeness. Michelle lives in North Carolina and teaches workshops and retreats nationwide. She is the author of several books, including *Skill in Action* and *The Wisdom of the Hive*.

Quotes

Praise for *You Are Protected*

"*You Are Protected* is an invitation into Michelle Cassandra Johnson's treasure chest of magic. This book is an activation—a living pulsation of protection, reverence, and wisdom. Keep this book close by your bedside, at your altar, and for your sacred gatherings. This is the spiritually potent guidance and call to reflect that will provide the insights and grounding to help you remain resourced in times of uncertainty."
—**Tracee Stanley**, author of *Radiant Rest* and *Living Ritual*

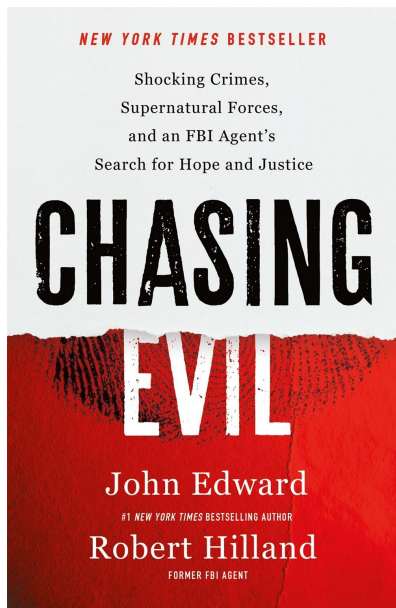
"Michelle Cassandra Johnson skillfully reminds us that we all have a right to feel and be protected. If you struggle to meet the chaos of the world with courage and tenderness, then this book is the medicine you need."—**Lama Rod Owens**, author of *Love and Rage* and *The New Saints*

"As someone who has personally relied on spiritual practice to navigate entrepreneurship, leadership, and deep personal transformation, I see *You Are Protected* as a necessary guide for anyone running on an empty cup. Michelle Cassandra Johnson's integration of somatic and energetic protection practices reminds us that we cannot lead or build from depletion. She offers guidance on steadying your nervous system, reconnecting with your ancestors, and embracing the divine support you seek. This book is not about fear, it's about fortification. *You Are Protected* is an

empowering companion for anyone committed to showing up sovereign, resilient, and anchored in their calling.”—**Aly Kravetz**, founder of BetterWitch Coaching

“Michelle Cassandra Johnson invites us to recognize the spiritual support that is always present, not as an abstract concept but as lived reality. With tenderness, clarity, and fierce love for our nervous systems, she shows us how to tend our energy with as much care as we tend our dreams. This is more than a guide; it is a companion for the weary, the hopeful, the curious, and the committed. Michelle’s voice feels like embracing an old friend who knows your soul’s history and future at once. *You Are Protected* will not only nurture your spirit, it will remind you why your spirit matters.”
—**Rohini Moradi**, author of *Tapping into the Akasha*

“Everyone I talk to is trying to survive overwhelm and overstimulation, so this guide to staying regulated and protected arrives right on time. As Michelle writes, ‘Our healing work is a daily task.’ This book reminds us how that task can be fulfilled by connecting in relationship to all that is already around us and shows us that we are so held and so loved.”—**Jessie Susannah Karnatz**, the Money Witch



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Wt

Chasing Evil

Shocking Crimes, Supernatural Forces, and an FBI Agent's Search for Hope and Justice

Robert Hilland, John Edward, Natasha Stoyanoff

How a skeptical FBI agent reached out to a famous psychic for help on a baffling case – and the twenty-five-year crime-solving journey that followed

Summary

In the summer of 1998, FBI agent Bob Hilland reluctantly picked up the phone to call the famous psychic John Edward. Bob didn't expect much from the conversation, but he was working on an unsolvable cold case and had nowhere else to turn.

Bob never imagined this call would shatter all his preconceived notions, lead to a huge break in the cold case, and spark an unlikely crime-solving partnership that spanned twenty-five years.

As Bob and John took on more cases together, they slowly learned how to rely on each other and trust their skills, ultimately finding not only justice for the crimes they solved, but resolution and healing in their own lives.

Centering on the investigation of the gruesome John Smith murders that rocked the nation, *Chasing Evil* is a heart-stopping story of murder, justice, and finding help in unexpected places.

Contributor Bio

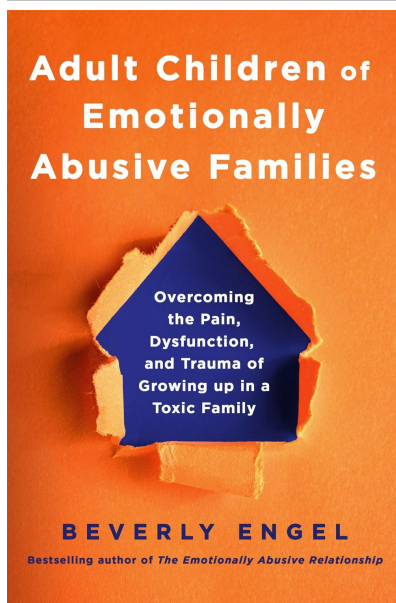
BOB HILLAND is a former FBI Special Agent who worked a number of high-profile cases including the John Smith murders.

JOHN EDWARD is a psychic medium, lecturer, and *New York Times* bestselling author.

Quotes

"An amazing story [...] Stranger than fiction, but all true. A secret relationship that was even secret from the FBI. You won't want to put this book down." -John Miller, *CNN* Chief Law Enforcement Analyst, former NYPD Deputy Commissioner

"Storytelling at its best. [...] As a lover of true crime, I was on the edge of my seat for all 300 plus pages. I read this in one sitting!" -Lisa Pulitzer, *New York Times* bestselling author



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Wt

Adult Children of Emotionally Abusive Families

Overcoming the Pain, Dysfunction, and Trauma of Growing up in a Toxic Family

Beverly Engel

A groundbreaking guide from a leading expert on emotional abuse that reveals how one person's harmful behavior can ripple through an entire family—and what each member can do to heal.

Summary

From bestselling therapist and internationally recognized expert Beverly Engel comes *Adult Children of Emotionally Abusive Families*, the first comprehensive book to explore how emotional abuse doesn't just affect couples—it shapes entire family systems, often damaging children in ways that last a lifetime. With decades of clinical experience and a compassionate, empowering voice, Engel exposes the unseen epidemic of emotional abuse in families, when tension, control, criticism, and shame become normalized and every family member suffers the consequences.

While emotional abuse is finally being discussed in mainstream popular culture, Engel makes the urgent case that we still aren't talking enough about its impact on kids—and how parents, both abusive and abused, may be unconsciously perpetuating cycles of harm. Through real-life stories, checklists, and healing exercises, she provides an accessible roadmap for recognizing toxic dynamics, stopping the spread of abuse, and guiding every family member toward recovery.

Whether you are an adult survivor of childhood emotional abuse, a partner in an abusive relationship, or a parent concerned about breaking intergenerational patterns, *Adult Children of Emotionally Abusive Families* offers clarity, validation, and concrete tools for lasting change.

Contributor Bio

Beverly Engel is an internationally recognized psychotherapist and expert on the subject of trauma. She has written numerous books on the related subjects of abuse, shame and empowerment, including the bestselling *The Emotionally Abusive Relationship* and *Healing Your Emotional Self*. She has a blog on *Psychology Today* entitled "The Compassion Chronicles," and her writing has been widely featured in publications including *O: The Oprah Magazine*, *Cosmopolitan*, *The Washington Post*, *The Chicago Tribune*, and *The Los Angeles Times*.

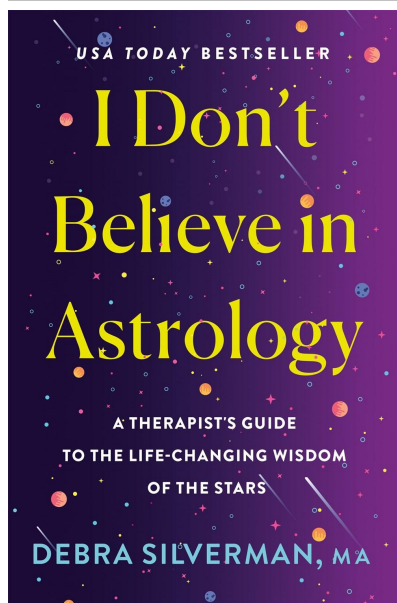
Quotes

Praise for *The Emotionally Abused Woman*

"A sensible book, full of insight and hope" **-Booklist**

Praise for *Breaking the Cycle of Abuse*

"An excellent choice for readers who come from an abusive past and are struggling to make a brighter future." **-Publishers Weekly**



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OCC002000

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Wt

I Don't Believe in Astrology

A Therapist's Guide to the Life-Changing Wisdom of the Stars

Debra Silverman

An accessible guide to the life-changing benefits of astrology by renowned psychotherapist and astrologer, Debra Silverman, now in paperback!

Summary

In a chaotic, confusing, and divisive world, Debra Silverman introduces astrology as the medicine for accepting our human nature--its idiosyncrasies and dilemmas. Through an application of both therapy and astrology, this breakthrough guide equips readers with tools that release self-judgment, inner criticism, negativity, and misunderstanding. Every sign struggles with psychological issues. Understanding the unique topics relative to your sign, it's no surprise you are quirky. Learning how to accept who you are and love yourself unconditionally through the lens of astrology is at the heart of this book.

Debra Silverman teaches you how to step away from the struggle of your ego and see yourself with the calm objectivity of your soul. You will learn to love what you see—not just your best qualities but everything about you. She shows you how to aim for the high road of your personality. Most of all, you will cultivate compassion for all the other signs in the zodiac. Learn the meaning of the sun, moon, rising sign, Mercury, and Saturn. Using Debra's method combining the wisdom of astrology and psychology, readers will remember the truth of their soul's expression, seen through the eyes of self-love.

Contributor Bio

DEBRA SILVERMAN holds a Bachelor's degree in Psychology & Dance from York University and a Master's in Clinical Psychology. At the age of 20, she met an astrologer who changed her world forever. Debra is known for her honest and direct style, plus her fun, non-traditional way of communicating. Her goal is to connect with you on a deep level to heal your wounds while making you laugh, so you can fully accept who you are.

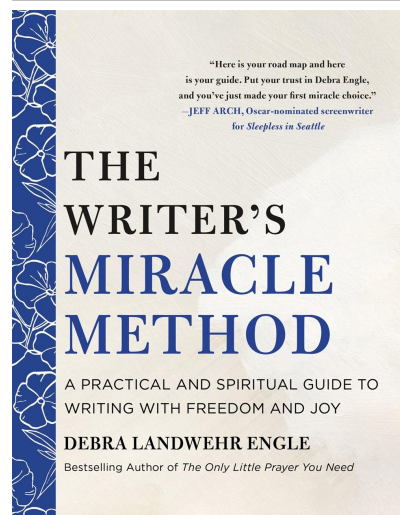
Quotes

"A lovely piece of writing, light on its feet, landing blows when they are needed, comforting when required but never pulling punches." —Sting

"I have a feeling it might open your heart and mind to parts of yourself you've yet to discover." —Julianne Hough, bestselling author, entertainer, and entrepreneur

"A sparkling gem... This is essential reading for these times!" —Colette Baron-Reid, bestselling oracle expert, author, and artist

"In a sea of books on astrology, Debra's stands out." —Gabby Bernstein, #1 *New York Times* bestselling author of *The Universe Has Your Back*



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272 Pages
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SEL045000

7.8 in H | 6 in W | 1 in T | 1 lb Wt

The Writer's Miracle Method

A Practical and Spiritual Guide to Writing with Freedom and Joy

Debra Landwehr Engle

Unlock your creative potential and transform self-doubt into unstoppable writing confidence in just 30 days

Summary

Struggling with writer's block or paralyzing self-doubt? *The Writer's Miracle Method* offers a powerful, spiritual approach to conquering the fears that hold writers back. Rooted in the teachings of *A Course in Miracles*, this 30-day program helps writers shift from self-criticism to creative flow, building habits that empower you to write with confidence and joy.

Designed for writers at any stage, Debra Engel's method combines practical exercises, guided meditations, and mindset shifts to help you break through mental barriers and unleash your creative potential. With more than four decades of experience in publishing and spiritual mentorship, Engel has crafted a proven path to help you overcome fear, embrace your true voice, and thrive as a writer.

Contributor Bio

Debra Landwehr Engle is an author, teacher, and mentor whose books explore the role of spirituality in everyday life. A longtime student and teacher of *A Course in Miracles*, she helps people deepen their connection to Spirit, finding their inner peace and authentic voice. As executive director of Story Summit Writers School, she guides emerging writers to develop transformative stories in publishing and entertainment. She and her husband Bob live in Madison County, Iowa.

Quotes

Praise for *The Only Little Prayer You Need*

"We are made to live lives of tolerance, respect and compassion. This simple yet extraordinary book gives our entire human family a tool to do so, starting today."

-Archbishop Emeritus Desmond Tutu

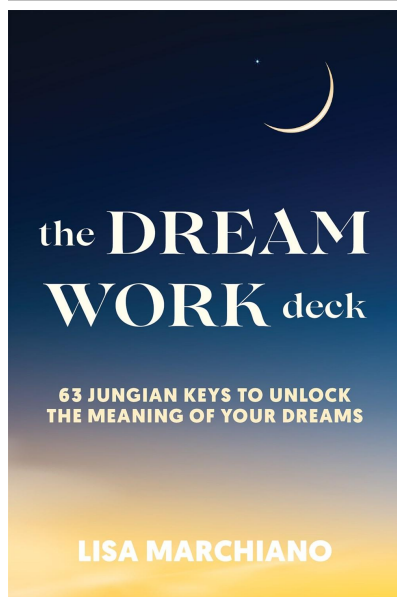
Praise for *Let Your Spirit Guides Speak*

"In this short and sweet instructional manual, Engle demystifies the idea of a spiritual helper... A fine jumping-off point for further daily spiritual reflection." **-Publishers Weekly**

Praise for Debra's Course in Miracles

"I always leave fulfilled."

"These courses are beneficial to ALL seekers of a better life."



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True
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Cards

Mind, Body, Spirit / Dreams
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6 in H | 4 in W | 1.5 in T | 1 lb Wt

The Dreamwork Deck

63 Jungian Keys to Unlock the Meaning of Your Dreams

Lisa Marchiano, LCSW, NCPsyA

Unlock the meaning of your dreams and the poetic language of your unconscious with this gorgeous deck from Jungian analyst and cohost of *This Jungian Life* Lisa Marchiano

Summary

"The ideas in this deck brought my dreams to life in a way I didn't know was possible."—Andy J. Pizza, coauthor of *Invisible Things*

Dreams carry messages from our unconscious about our past, present, and future. "Our dreams are nightly proof that there is something big, deep, powerful, and mysterious always at work beneath the surface of ordinary life," writes Lisa Marchiano. But in order to benefit from a dream's message, we must be able to understand it. *The Dreamwork Deck* helps you do just that.

Each of the 63 cards in this beautiful deck shares a key distilled from Carl Jung's theories. Jung, the renowned psychiatrist, discovered that dreams speak a primordial language and convey the wisdom of the unconscious. This deck helps you unlock this wisdom. Much more than just a catalog of dream symbols, it teaches the principles of Jungian dreamwork, including:

- **Orienting to the dream:** personal associations, symbols, and surprising insights like the dream ego's attitude is likely to be wrong
- **Exploring relationships:** what the dream says about your relationship with yourself and others
- **Working with emotions:** from trusting positive emotions to exploring whether anger is a signal we're working against our growth
- **Understanding dream structure and dynamics:** setting, crisis, climax, resolution (or lack thereof)
- **Uncovering shadow:** disowned qualities in yourself that might be personified in your dream

And much more. The front of each card shares a short description of the dreamwork precept, and the back offers questions to help apply these ideas to your own dreams and life.

As Marchiano writes, "The wisdom of your dreams is a resource that is always available to you. With this deck, you have the keys to understand their wisdom. Make them yours."

Contributor Bio

Lisa Marchiano, LCSW, is a writer, licensed clinical social worker, and certified Jungian analyst. She is the cohost and cocreator of the popular depth psychology podcast *This Jungian Life*. She is the author of *Motherhood: Facing and Finding Yourself* and *The Vital Spark: Reclaim Your Outlaw Energies and Find Your Feminine Fire* and coauthor of *Dream Wise: Unlocking the Meaning of Your Dreams*. Lisa is on the faculty of C. G. Jung Institute of Philadelphia, and she lectures and teaches widely.

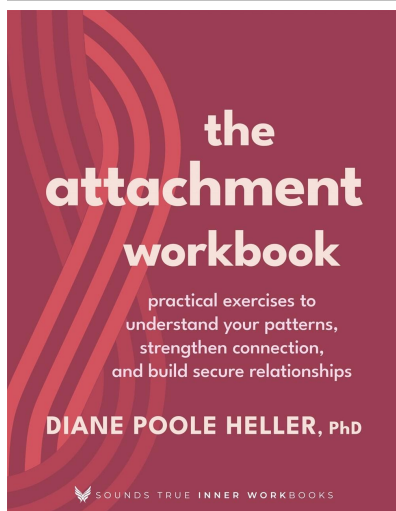
Quotes

"Lisa Marchiano has created something genuinely rare: a dream interpretation tool that is both rigorously Jungian and immediately accessible. *The Dreamwork Deck* distills complex concepts into a form you can hold in your hands—and return to again and again. For anyone serious about dreamwork, this deck is indispensable."—**Allison Aubrey**, journalist, speaker, author of *Your Turn*

"The ideas in this deck brought my dreams to life in a way I didn't know was possible.

They changed the way I think about life and deeply impacted my creative work. I have longed to have these 'keys' all in one accessible place! A real dream come true!"—**Andy J. Pizza**, illustrator and co-author of *Invisible Things*

"These cards are wonderful! They provide simple, intelligent concepts that quickly lead to real insights. The great value of making these guidelines so clear and accessible is that they enable people to experience the effectiveness of working with dreams and the tangible impact on their thoughts, feelings, and interactions with the world. All good things flow from that original experience, and these cards are an ideal way of sparking the process."—**Kelly Bulkeley, PhD**, author of *The Spirituality of Dreaming*, director of the Sleep and Dream Database



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The Attachment Workbook

Practical Exercises to Understand Your Patterns, Strengthen Connection, and Build Secure Relationships

Diane Poole Heller, Ph.D.

A highly-interactive guide to explore your attachment style, understand your internal patterns, and build lasting, secure relationships, from the author of *The Power of Attachment*

Summary

"A trustworthy map for understanding and healing our earliest wounds."—Mark Wolynn, author of *It Didn't Start With You*

"At our core, every one of us is designed for secure connection," writes attachment theory expert Diane Poole Heller, PhD. But the trauma of early childhood experiences, especially from parents and caregivers, can challenge our ability to build healthy connections. The same skills we develop to cope as children can become the patterns that haunt our relationships as adults. In *The Attachment Workbook*, Dr. Heller offers a hands-on resource to create the secure relationships that are possible for each one of us.

The Attachment Workbook offers:

- A quiz to help you understand your attachment style—secure, avoidant, anxious/ambivalent, or disorganized
- Insights that many of us have more than one attachment style and different styles for different relationships
- More than 50 highly interactive exercises, including audio meditations to download or stream
- Invitations to celebrate the superpowers of our attachment style
- Reflections that help us identify where our attachment style sabotages our relationships
- Strategies to build secure attachment and stronger relationships.

Dr. Heller writes, "It's not enough to simply understand attachment in our minds. Our nervous system learns by doing, by feeling, by practicing." This workbook helps us embody what we learn.

"You're not broken or missing a piece," writes Dr. Heller. "You don't need to 'become' someone else. This is the good news about healing our attachment adaptations. Secure attachment is part of your biology." This workbook helps us uncover and strengthen our capacity for secure connection.

Contributor Bio

DIANE POOLE HELLER, PhD, is an expert in attachment theory, trauma resolution, and integrative healing techniques. A dynamic speaker and teacher, Diane has been featured at prestigious international events and conferences. She created the professional training program Dynamic Attachment Repatterning experience (DARe) and is the author of numerous articles, the audio program *Healing Your Attachment Wounds*, and the book *The Power of Attachment*.

Quotes

Praise for *The Attachment Workbook*:

"Diane Poole Heller has designed a trustworthy map for understanding and healing our earliest wounds. Chock-full of simple practices and practical tools, this workbook offers a path toward wholeness that's both easy and accessible, one in which the reader feels seen, safe, embraced, and encouraged."—**Mark Wolynn**, director of The Family Constellation Institute, author of *It Didn't Start With You*

"Your attachment patterns are not your destiny. Dr. Heller brings this science to life in a workbook that is both deeply informed and genuinely kind. She provides us the small, repeated experiences that teach the nervous system a new story. If your body learned early that closeness wasn't safe, this workbook will show you—gently, at your own pace—that it can learn something different."—**Aimie Apigian**, MD, MS, author of *The Biology of Trauma*

"A grounded, compassionate, and highly practical guide to healing attachment where it actually lives—in the body and in relationship. Diane Poole Heller delivers a workbook that doesn't just teach—you feel it working."—**Dr. Scott Lyons**, founder of The Embody Lab, author of *Addicted to Drama*

"The attachment stances we've learned in childhood are not fixed in stone. With intentional effort we can learn the skills to transform our lives towards security. In Diane Poole Heller's practical and powerful *Attachment Workbook*, we are offered actionable knowledge based on a scientific understanding of attachment—how we connect with our caregivers—to move our learned patterns of non-secure attachment into the resilience and joy of security. Weaving neurobiology, bodily awareness, and practical exercises that harness the power of the mind to transform the brain, this wonderful guide teaches how to regulate our nervous systems, engage in mutually rewarding relationships, and acquire the inner strength of security that is available to each of us no matter our age. A wonderful aid for personal growth and a clinician's toolkit, this book will be accessible and useful for anyone looking to live with more freedom in their inner and relational lives!"—**Daniel J. Siegel**, M.D., *New York Times* bestselling author of *Mindsight*, *Aware*, and *Parenting from the Inside Out*

"We are all motivated by powerful unconscious forces, particularly as they show up in our intimate relationships. To find the enduring love we seek, we need to master these forces. Dr. Heller uncovers the attachment patterns that contain these wounds. She takes it one step further and helps us—with deep self-compassion and dignity—learn how to heal them. This allows us to no longer be at their mercy and truly transform our relationships. Read, learn, and open to the alive relationships that are attainable, both for ourselves and for others."—**Peter A. Levine**, author of *Waking the Tiger* and *An Autobiography of Trauma*

TERRI COLEAuthor of *BOUNDARY BOSS* and *TOO MUCH*

FATHER WOUND

**BREAK UNHEALTHY PATTERNS
TO RECLAIM YOUR
WORTH AND POWER**

St. Martin's Essentials / Sounds
True
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Family & Relationships
/ Dysfunctional Families
FAM052000

9.3 in H | 6.1 in W | 1 in T | 1 lb
Wt

Father Wound

Break Unhealthy Patterns to Reclaim Your Worth and Power

Terri Cole, MSW, LCSW

The Hidden Wound Affecting Millions of Women

Summary

A father wound is a worthiness wound. Millions of women have one and don't know it has a name. It's the inner voice telling you that you need to be different, better, or more accomplished to be worthy of love and consideration. We carry it into job interviews, first dates, and what we see in the mirror each and every day.

After nearly three decades in clinical practice, Terri Cole has seen how profoundly father-daughter relationships shape a woman's sense of self. When a father or father figure is absent, abusive, immature, or emotionally unavailable, the injury can show up as difficulty trusting others, chronic self-abandonment, and relational patterns we repeat without knowing why. And even daughters of loving fathers can carry a father wound, formed by family dynamics and the subtle or overt conditioning of a patriarchal society.

Healing is an inside job. It doesn't require your father's participation, presence, or approval, only your own. This work is *for* you, and *about* you.

In *Father Wound*, Terri guides you back to the origin of your wound to uncover your unique Father Wound Blueprint and identify how it's influencing your life today.

You'll learn how to:

- Mourn the father relationship you deserved
- Reparent yourself and break generational cycles
- Reclaim your joy, pleasure, and sensuality
- Become empowered and self-determined in your career, your life, and all your relationships

Through case studies, self-assessments, and nervous-system practices, you'll identify, honor, and integrate your father wound so you can reclaim your worth, boundaries, and relational power.

"When you heal your father wound, every relationship in your life positively shifts: romantic, platonic, professional, and most importantly, the relationship you have with yourself, where real freedom begins."

Contributor Bio

TERRI COLE, MSW, LCSW, is a licensed psychotherapist and relationship expert. For over two decades, Terri has worked with a diverse group of clients that includes everyone from stay-at-home moms to celebrities and Fortune 500 CEOs. She has a gift for making complex psychological concepts accessible and actionable to support sustainable change. She inspires millions weekly through her blog, social media, courses, and her popular podcast, *The Terri Cole Show*. For more, see terricole.com.

Blasting Through BlocksAn Artist's Way Guide to
Unleashing Your Inner Creativity**Julia Cameron**#1 Bestselling Author of *The Artist's Way***Blasting Through Blocks****An Artist's Way Guide to Unleashing Your Inner Creativity**

Julia Cameron

A guide to getting (and staying) unblocked

Summary

Every artist—or aspiring creator—knows the sting of being stuck. *Blasting Through Blocks* is a “good news” book: yes, you will find yourself in its pages. You’ll recognize the resistance, the internal critic, the fear of failure, the perfectionism, the inertia. But the promise here is simple: you *can* always unblock. You don’t need grand methods or deep dives into theory—just the willingness to work with small, powerful tools.

Across 52 essays, you’ll encounter one creative block and one practical practice each week. Some tools will feel familiar—rooted in The Artist’s Way heritage—but many will surprise you with their straightforwardness, their clarity, their freshness. Over time, these practices build into a living, flexible toolkit you can revisit whenever you feel stuck again.

This is a book for personal pilgrimage and communal practice alike. Use it as a companion through a year of your creative life. Bring it to your writing group or your classroom. Gift it to any artist in your life. As these pages light up one shadow at a time, you’ll begin to see the spiritual and psychological pathways through your creative difficulties—and rediscover why your work matters.

Contributor Bio

Hailed by *The New York Times* as “The Queen of Change,” JULIA CAMERON is credited with starting a movement in 1992 that has brought creativity into the mainstream conversation—in the arts, in business, and in everyday life. She is the bestselling author of more than fifty books, fiction and nonfiction; a poet, songwriter, filmmaker and playwright. *The Artist’s Way* has been translated into more than forty languages and sold over five million copies to date.

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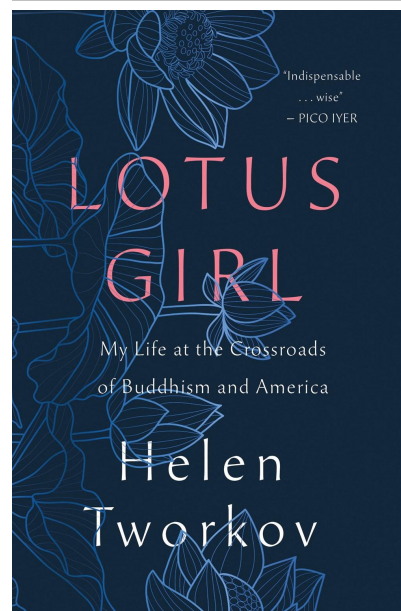
Trade Paperback

192 Pages

Self-Help / Creativity

SEL009000

10 in H | 7 in W | 1 in T | 1 lb Wt



St. Martin's Essentials
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336 Pages
Biography & Autobiography
/ Memoirs
BIO026000

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Wt

Lotus Girl

My Life at the Crossroads of Buddhism and America

Helen Tworikov

A literary memoir detailing the development of Buddhism in America from one of the movement's central figures

Summary

From one of the central figures in Buddhism's introduction to the West and the founder of *Tricycle* magazine comes a brilliant memoir of forging one's own path that Pico Iyer calls "unflinching" and "indispensable."

The daughter of an artist, Helen Tworikov grew up in the heady climate of the New York School of Abstract Expressionism; yet from an early age, she questioned the value of Western cultural norms. At the age of twenty-two, she set off for Japan, then traveled through Cambodia, India, and eventually to Tibetan refugee camps in Nepal.

Set against the arresting cultural backdrop of the sixties and their legacy, this intimate self-portrait depicts Tworikov's search for a true home as she interacts with renowned artists and spiritual luminaries including the Dalai Lama, Pema Chödrön, Joseph Goldstein, Bernie Glassman, Charles Mingus, Elizabeth Murray, and Richard Serra.

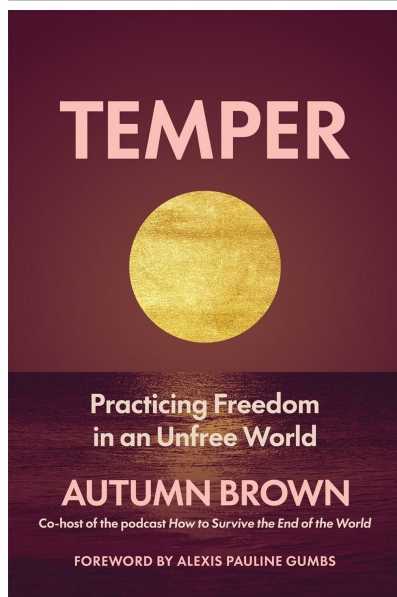
Interweaving experience, research, and revelation, Helen Tworikov explores the relationship between Buddhist wisdom and American values, presenting a wholly unique look at the developing landscape of Buddhism in the West. *Lotus Girl* offers insight not only into Tworikov's own search for the truth, but into the ways each of us can better understand and transform ourselves.

Contributor Bio

HELEN TWORIKOV is founding editor of *Tricycle: The Buddhist Review*, the first independent Buddhist magazine, and author of *Zen in America: Profiles of Five Teachers*. She first encountered Buddhism in Asia in the 1960s and has studied in both the Zen and Tibetan traditions. A student of the Tibetan master Yongey Mingyur Rinpoche, she assisted him in the writing of *In Love With The World* and *Turning Confusion into Clarity*. She divides her time between New York and Nova Scotia.

Quotes

"Other books have told us, engagingly, of how West began to meet East in the 1960s and beyond. But none I have read cuts through every illusion and projection with the warmth, the clarity, the unflinching self awareness of Helen Tworikov's indispensable memoir. She takes us, exhilaratingly, to Kyoto, Saigon and Kathmandu and she offers us fond, indelible portraits of some of the seminal figures of our time. But the great gift of *Lotus Girl* is to share with every reader a wise, undeluded, deeply searching enquiry into mind and how we can start to transform it." —Pico Iyer, bestselling author and journalist



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256 Pages
Social Science / Activism & Social
Justice
SOC072000
9.3 in H | 6.1 in W | 1 in T | 1 lb
Wt

Temper

Practicing Freedom in an Unfree World

Autumn Brown, Alexis Pauline Gumbs

Begin the journey to freedom, even when the way is uncertain

Summary

Freedom isn't a distant, political goal, but rather something we can practice right now. Drawing on the ancestral wisdom of Harriet Tubman and other fugitives, the lineage of Black Feminism, and the discipline of martial arts, Autumn Brown teaches us how to temper our bodies and spirits for this resilient practice of freedom?exactly where we are.

In this urgent and soulful book, Brown teaches you to:

- Shift from a fugue state of trauma-induced dissociation to a fugitive state of alertness and agency to navigate the ever-changing world.
- Stop the exhausting attempt to control your environment and start the practice of conditioning for the unknown.
- Discover how your deepest sources of pain can connect you with ancestral wisdom.
- Experience how falling apart together can create a sense of life-saving connectedness.

Autumn writes, "We ask ourselves, with every choice we make, how are we building capacity, fortitude, strength, intuition, and resilience that births a future freedom we could all live and thrive in?" Step onto the fugitive path and discover the truth: you were made for this crossing.

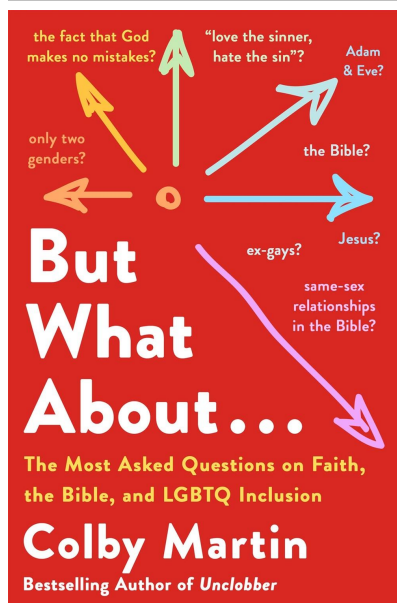
Contributor Bio

AUTUMN BROWN is an artist, organizer, and theologian dedicated to political education and liberatory practice. Drawing on her decades of experience organizing for social change, and training community organizers and faith leaders, Autumn encourages people to harness their innate capacity for healing to overcome the trauma of oppression. She is co-host of the *How to Survive the End of the World* podcast with her sister, adrienne maree brown. Autumn lives in Minneapolis with her three brilliant children.

Quotes

"Every page in *Temper* sizzles with ancient truth and brand new, desperately needed hope. The world is on fire—it's true. *Temper* is our Emergency Exit."—**Glennon Doyle**, #1 *New York Times* bestselling author of *Untamed*

"*Temper* is challenging and heartbreaking, mystical and invitational, ancestral and glorious."—**Dr. Resmaa Menakem**, *New York Times* bestselling author of *My Grandmother's Hands*



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Wt

But What About . . .

The Most Asked Questions on Faith, the Bible, and LGBTQ Inclusion

Colby Martin

A bold, compassionate call to embrace LGBTQ inclusion as the truest expression of Christian faith

Summary

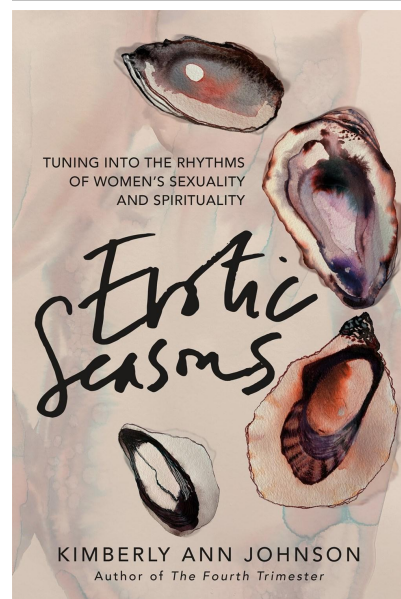
For centuries, debates over LGBTQ inclusion in the church have turned on a single question: *But what about what the Bible says?*

In *But What About...*, pastor and author Colby Martin—whose bestselling book *Unclobber* helped reframe how Christians understand key “clobber passages”—takes readers deeper. With clarity and precision, he examines what Scripture actually says (and doesn’t say) about topics like marriage, gender, and sexuality, and shows how long-standing interpretations have missed the cultural, linguistic, and theological context of the text itself.

Written in a tone that’s smart, accessible, and deeply rooted in biblical scholarship, *But What About...* equips readers to understand and articulate a faithful, informed case for inclusion. Martin’s data-driven yet pastoral approach offers a framework for reading the Bible that’s both intellectually honest and spiritually liberating—one that sees inclusion not as a departure from Christianity, but as its truest expression.

Contributor Bio

COLBY MARTIN has been a pastor for over two decades. After starting in the evangelical world, he has since led progressive Christian communities by teaching a faith rooted in the way of Jesus, grounded in love, and open to all. The author of *Unclobber* and *The Shift*, Colby now travels the country as a sought after speaker and is pursuing ordination in the Episcopal church. In 2024 he founded The UnClobber Initiative, a non-profit focused on equipping individuals and churches with LGBTQ inclusive theology. He has four kids and splits his time between Portland, San Diego, and Denver.



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Health
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Erotic Seasons

Tuning into the Rhythms of Women's Sexuality and Spirituality

Kimberly Ann Johnson

From author of *The Fourth Trimester*, a guide for women of any age who feel out of touch with their body and their true desires but want to connect with the power of their sexuality.

Summary

Women experience so many crossroads at the different stages in our lives—these might include exploring sexuality, beginning a relationship, becoming a mother, trying to get pregnant, losing a baby, in perimenopause or menopause, leaving a marriage. At these thresholds, our bodies change, our relationship to sexuality changes, and our desires can become mysterious. Most of us don't have the language, information, or courage to communicate about these changes, so we are left feeling confused, lost or broken. Kimberly Ann Johnson, sexological bodyworker and Somatic Experiencing practitioner, has helped thousands of women connect with their bodies and desires and put their pieces back together. In *Erotic Seasons*, she offers profound insights to women at all stages.

Erotic Seasons guides women toward a revolutionary reckoning with sexuality. Grounded in understanding the female body in our monthly, seasonal, and lifetime rhythms, the book guides readers to locate themselves in their own anatomy and nervous system patterns. Kimberly reframes the archetypes of the female lifespan—maiden, mother, virgin, crone—for women today and shares powerful stories of women across generations, helping readers orient to the realities and mysteries of each life stage. Then, with this knowledge, women can experience sexuality that allows us to become more present, awake, and alive throughout our lives.

Contributor Bio

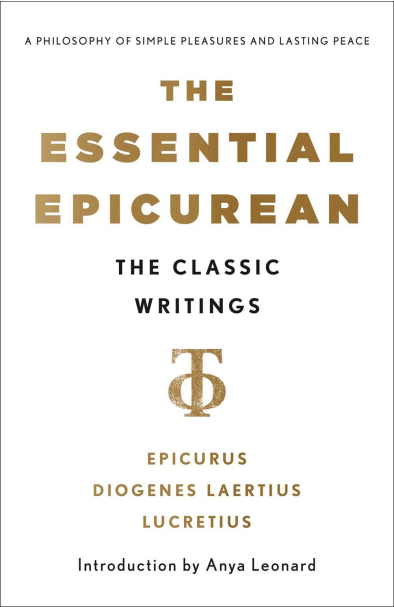
KIMBERLY ANN JOHNSON is a sexological bodyworker, Somatic Experiencing practitioner, postpartum advocate and culture worker. She works at the intersection of birth, sex and trauma helping women heal from birth injuries, gynecological surgeries, and sexual boundary violations. She is the author of *Call of the Wild* as well as the early mothering classic *The Fourth Trimester*. She has taught courses on women's sexuality and spirituality, nationally and internationally for the past 15 years.

Quotes

Praise for *Call of the Wild*:

"A generous, comprehensive, and inclusive guide for resolving and healing trauma....a Masterclass on thriving in a human body."—**Jessica Graham**, author of *Good Sex*

"An enthralling trip through the human nervous system: how it came to be, how it goes astray, and how to get it back on track."—**James Nestor**, *New York Times* bestselling author of *Breath*



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384 Pages
Philosophy / History & Surveys
PHI002000

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Wt

The Essential Epicurean

The Classic Writings

Epicurus, Titus Lucretius Carus, Diogenes Laertius
A clear and compelling introduction to Epicurus’s philosophy of happiness, offering ancient wisdom for living with peace, friendship, and joy today.

Summary

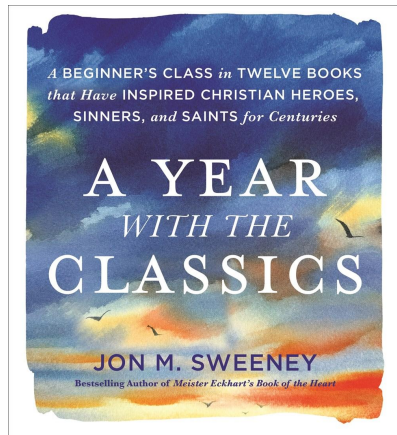
For centuries, the word *Epicurean* has been misunderstood—reduced to indulgence, when its original meaning was far more profound. *The Essential Epicurean* restores the true spirit of Epicurus’s teaching: a philosophy of simplicity, gratitude, and serenity that has guided thinkers from the ancient world to the present day.

Blending key writings from Epicurus and his followers with modern commentary, this collection offers a practical introduction to one of history’s most life-affirming schools of thought. Readers will learn how Epicurus’s insights into pleasure, fear, friendship, and the nature of the universe invite us to live with clarity and contentment rather than excess.

Accessible, elegant, and deeply relevant, *The Essential Epicurean* brings the voice of Epicurus into the twenty-first century—reminding us that true happiness lies not in having more, but in needing less.

Contributor Bio

EPICURUS (341–270 BCE) was an ancient Greek philosopher who taught that true happiness arises from simple pleasures, friendship, and freedom from fear. His ideas on moderation and peace of mind laid the foundation for the school of thought known as Epicureanism.



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Religion / Christianity
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Wt

A Year with the Classics

A Beginner's Class in Twelve Books that Have Inspired Christian Heroes, Sinners, and Saints for Centuries

Jon M. Sweeney

A yearlong introduction to the twelve greatest classics of Christian spirituality, making timeless wisdom accessible to today's seekers

Summary

Across two millennia of Christian tradition, certain spiritual writers have shaped the soul of faith—calling believers to humility, contemplation, and love. In *A Year with the Classics*, award-winning author and scholar Jon M. Sweeney serves as a wise and welcoming guide through twelve of these foundational works, from Augustine and Teresa of Avila to Julian of Norwich and *The Cloud of Unknowing*.

Each chapter offers an approachable “beginner’s class” on a spiritual masterpiece—exploring its origins, the life of its author, its impact over time, and what it can still teach us today. Alongside insightful commentary are simple daily and weekly practices drawn directly from each text, turning reflection into lived experience.

Perfect for individual use or small groups, *A Year with the Classics* invites readers to slow down, read deeply, and discover the enduring beauty and relevance of Christianity’s most beloved spiritual teachers.

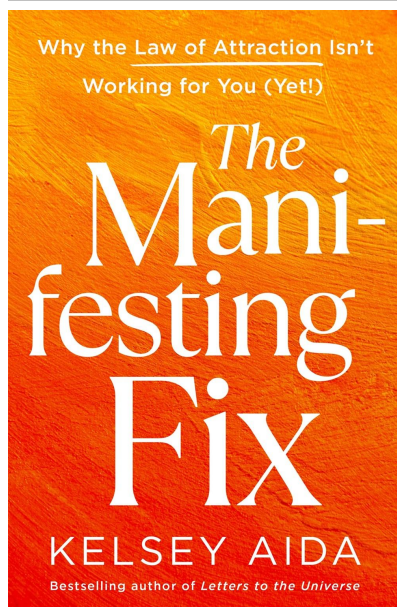
Contributor Bio

Jon M. Sweeney is an award-winning author and independent scholar who has been interviewed by the Dallas Morning News and The Irish Catholic, on radio with NPR and the BBC, and on national television. Jon is the author of four Meister Eckhart books written with Mark Burrows, several books on Franciscan spirituality, as well as *Thomas Merton*, *The Pope Who Quit*, and others. Jon is a Roman Catholic married to a Reconstructionist rabbi. Their interfaith marriage has been profiled in national media.

Quotes

"An essential guide for contemporary pilgrims." **-Rev. Matt Laney**, author of the forthcoming *Second Arrow*

"Whether you are rebuilding faith or deepening it, this book compellingly reminds you that you are not the first to wrestle with the big questions and that you are not alone." **-Brandan Robertson**, author of *Queer & Christian*



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Wt

The Manifesting Fix

Why the Law of Attraction Isn't Working for You (Yet!)

Kelsey Aida

Unlock the missing piece to manifesting your dream life with Kelsey Aida's energetic, no-nonsense guide

Summary

Have you spent hours journaling, meditating, and visualizing your dream life, only to feel like the universe is just... not listening? It's frustrating, and you're not alone. For millions of people, the Law of Attraction seems like a broken promise – despite following all the steps, their manifestations just won't materialize. In *The Manifesting Fix*, Kelsey Aida reveals the *real* reason your manifestations aren't working – the hidden resistance that's blocking your success.

This isn't your typical "how-to" manifestation book. It's a complete troubleshooting guide that helps you identify and break through energetic blocks that are secretly holding you back. With Kelsey's witty and down-to-earth approach, you'll discover how to align with the energy of your desires and manifest effortlessly.

Whether you're a newbie or a seasoned manifestor, *The Manifesting Fix* is your ultimate guide to getting out of your own way and attracting the life you truly want. Forget the basics — Kelsey dives deep, showing you how to turn every resistance into alignment, so you can finally start manifesting your dreams... for real!

Contributor Bio

Kelsey Aida is a bestselling author, energetic alignment coach, and co-host of *High Vibin' It*—a top 0.1% podcast with over 500K downloads. She helps people worldwide manifest their dream lives and cultivate deep self-love through her bestselling books, retreats, courses, and 5-star-rated show. As an emerging voice in modern spirituality, Kelsey cuts through the fluff to help her community create the lives they've always wanted...for real! Dive deeper and connect at kelseyaida.com & [@kelseyaida](https://www.instagram.com/kelseyaida)

Quotes

"A book after my own heart: a deep dive into why manifestation doesn't work and how to fix it." **-Gay Hendricks**, *New York Times* bestselling author of *The Big Leap*

"The missing link the Law of Attraction world has been waiting for." **-Dr. Joe Vitale**, author of *Zero Limits* and *The Miracle*, star of *The Secret*