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St. Martin's Essentials
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Start Lying to Yourself

New Truths to Manifest the Life You Want

Simon Gilham

A genuinely new approach to self-development: transform your life, one lie at a time.

Summary

You've been told to stop lying to yourself. Simon Gilham built a movement on exactly that idea, and tens of thousands of readers took notice. But what comes next once you've torn down the old story? What do you replace it with?

Start Lying to Yourself is the missing next step: a bold, counterintuitive framework for rewriting your life from the inside out. Through twenty "empowering lies," Gilham shows how to deliberately adopt beliefs that pull you forward: *I already am who I want to become. This is going to work. I'm not waiting anymore.* What begins as a mental shift quickly becomes something tangible, a way of thinking and acting that changes how you move through the world.

Structured in three stages—wake up, break the old programming, and become your future self—the book offers a direct path to inner transformation. Each short chapter pairs a single idea with a moment of reflection, giving readers a practice they can use in real time. *Start Lying to Yourself* is a clear and compelling voice in your ear, pulling you toward your dream life, one lie at a time.

Contributor Bio

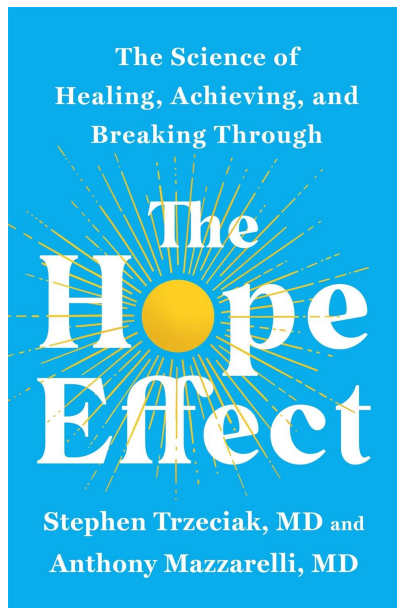
SIMON GILHAM is an internationally successful CEO with a career spanning over 25 years, proudly working with icons including Sir Paul Smith, Virgil Abloh and Dame Vivienne Westwood. Simon is the creator of @xgilham, a platform dedicated to cultivating a balanced life, that reaches over 9 million people worldwide. Simon lives in Kent with his wife and children and can be found on Instagram and TikTok at @xgilham.

Quotes

Praise for *Stop Lying to Yourself*

"Short, sharp bursts of harsh wisdom." -*The Daily Mail*

"The perfect book for anyone feeling stuck." -Anna Mathur, psychologist and bestselling author



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The Hope Effect

The Science of Healing, Achieving, and Breaking Through

Stephen Trzeciak, Anthony Mazzairelli, M.D.

The authors of *Wonder Drug* give us a step-by-step prescription for regaining hope, grounded in studies and clinical experience that prove hope is far from fuzzy optimism

Summary

Hope is the belief that the future will be better than the present—and that we have a role in making it that way. Today, hope is taking a beating, with increasing percentages of Americans saying they don't believe the future will be an improvement on the present.

In *The Hope Effect*, authors Trzeciak and Mazzairelli give us three key components of an operating system for a changed attitude, using observations from neuroscience to propose a "Hope Circuit":

- Goalpower: a concrete form of futurecasting that starts small and builds from success
- Waypower: a definite sense of pathways to take to get to goal, including how to ask for help and why rehearsing is key
- Willpower: how to flip your soundtrack and avoid de-energizing self-talk, the role of exercise and how to find inspo around you

Synthesizing decades of peer-reviewed research to show that higher hope predicts longer life, better recovery and lower mortality, greater resilience, and lower anxiety, the authors distinguish hope from optimism: real hope is active, goal-directed, measurable, and can be deliberately strengthened.

Contributor Bio

STEPHEN TRZECIAK, MD, MPH is a physician scientist, professor and chair of medicine at Cooper Medical School of Rowan University, and the chief of medicine at Cooper University Health Care in Camden, New Jersey.

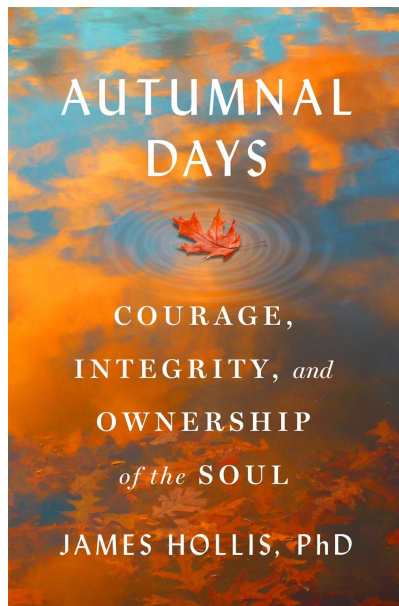
ANTHONY MAZZARELLI, MD, JD, MBE is an emergency medicine physician and CEO of multi-billion-dollar health system Cooper University Health Care, as well as the associate dean of clinical affairs for Cooper Medical School of Rowan University.

Quotes

Praise for *Wonder Drug*:

"*Wonder Drug* marshals the scientific evidence demonstrating the power of compassion to improve the lives of our patients but equally as important our own lives. A powerful and poignant tour de force." — James R. Doty, M.D. Founder & Director of the Center for Compassion and Altruism Research and Education (CCARE) at Stanford University School of Medicine and *New York Times* bestselling author

"This book illuminates the many reasons to look beyond yourself and find meaning and connection through serving others. A must-read." — Scott Galloway, *New York Times* bestselling author and serial entrepreneur



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Autumnal Days

Courage, Integrity, and Ownership of the Soul

James Hollis, PhD

Essays, stories, and guidance for maintaining courage and integrity in the second half of life, from bestselling author and Jungian psychoanalyst Dr. James Hollis

Summary

Often, we're told that aging must be avoided and delayed, denying its inevitability and therefore its wisdom. In this book, beloved author and teacher James Hollis embraces the perils and the wonders of stepping into one's autumnal days. Hollis invites us to ask fundamental questions about life, agency, grace, and forgiveness through the lens of maturation.

"Every choice made, not made, brings about consequences," writes Hollis, "and the widening ripples of each intersect influence us, and alter the texture of our hours, whether we know it or not." *Autumnal Days* guides us through not only the importance of this recognition, but also the necessity of acceptance and compassion in the face of life's many shortcomings. Through essays and questions for reflection, Hollis teaches us to meet regret as a compass for moral action, to make creativity a fundamental principle for life, to discern beauty everywhere and amidst everything, and to maintain ownership of our souls.

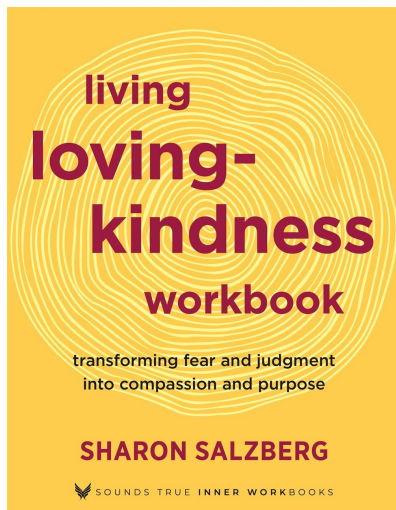
Filled with stories, myths, philosophies, Jungian analysis, and Hollis's charming voice, *Autumnal Days* reminds us that the world is a vast canvas and we fill it with energetic scenarios that drive our souls, paint it, enact it, and populate it.

Contributor Bio

JAMES HOLLIS, PhD, is a Jungian analyst practicing in Washington, DC, and the author of twenty books, including *The Eden Project*, *What Matters Most*, and *Living an Examined Life*. Hailing from several Jungian institutes and societies, Hollis aids both readers and clients through the complexities of modern life, focusing on the second half of life, aging, dream work, and the nature of personal growth in spite of the challenges of today's world. For more, visit jameshollis.net.

Quotes

"James Hollis is the most lucid thinker I know about the complexities and complexes that interfere with living a full life. His broad background in literature, philosophy, and Jungian psychology is everywhere present in this important book, which, as it strips away illusions, posits the soul-work that's necessary for the difficult task of making our lives meaningful. He's one of our great teachers and healers."—Stephen Dunn, Pulitzer Prize Winning Poet



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Living Lovingkindness Workbook

Transforming Fear and Judgment into Compassion and Purpose

Sharon Salzberg

From beloved meditation teacher Sharon Salzberg, this workbook brings lovingkindness to life as the salve for fear, loneliness, anger, and alienation.

Summary

This dynamic workbook shares lovingkindness as the antidote we need today—a powerful practice that can help us loosen the fear and anger we feel towards ourselves and others, and instead meet reality with kindness and compassion.

Moving from intention to action, renowned meditation teacher Sharon Salzberg guides us in opening to our heart's true potential, showing us how to move from constriction and alienation to openness and interconnection. As Sharon writes, "When we practice lovingkindness, we acknowledge that every one of us shares a wish to be happy and a vulnerability to change and suffering. It doesn't mean that you agree with someone, or want to spend any time with them. Rather, it is a deep understanding that all of life is intertwined." The workbook includes more than 50 practices, including quizzes, reflection questions, short "stealth meditations" that can be practiced any time, and longer guided audio meditations available to download or stream.

Whether you're new to Sharon's work or have practiced with her for years, this workbook invites you to experiment with lovingkindness in new ways. As Sharon writes, "Our genuine, personal transformation isn't a question of abstract appreciation for these ideas, but one of step-by-step bringing them to life."

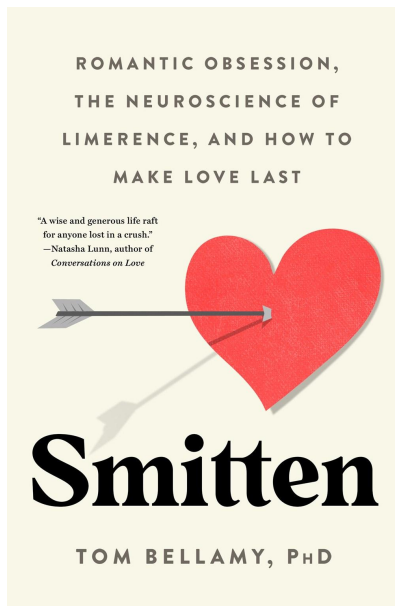
Contributor Bio

Sharon Salzberg is a meditation pioneer, world-renowned teacher, and *New York Times* bestselling author. She is among the first to bring mindfulness and lovingkindness meditation to mainstream American culture over fifty years ago, inspiring generations of meditation teachers and wellness influencers. Sharon is co-founder of the Insight Meditation Society and the author of fourteen books, including the *New York Times* bestseller *Real Happiness* and her seminal work, *Lovingkindness*.

Quotes

Praise for *Lovingkindness*:

"While meditation and mindfulness no longer face the level of stigma and skepticism they once did, our general societal worldview remains one of entrenched individualism. In *Lovingkindness*, Salzberg offers another option: one where we find strength and happiness not in power over one another, nor in material possessions, but in the power of love to unite us and give us the wisdom to let go; to let what doesn't serve us become clear and fall away."—**Mindful**



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Smitten

Romantic Obsession, the Neuroscience of Limerence, and How to Make Love Last

Tom Bellamy, Ph.D.

A groundbreaking exploration of the psychology of infatuation, how to recognize it, and how to move beyond it towards a healthier experience of love.

Summary

"Butterflies" in the stomach, intrusive thoughts, fantasies about imaginary scenarios, mood swings from euphoria to despair... aren't these all the familiar hallmarks of new love? Not quite. These are characteristics of the psychological state of "limerence," also known as obsessive, passionate or addictive love that can become unhealthy.

Millions of people experience limerence at some point in their life, and in this book, neuroscientist Dr Tom Bellamy explores advances in neuroscience since the term was coined in the 1970s, and sheds light on this little-understood element of the human experience. Discover:

- what drives limerence
- how to recognize limerence in yourself and others
- how to manage the phases of addiction to another person
- how to move past it to sustain longer, more fulfilling relationships.

With supportive advice about next steps, this book will help readers struggling with unwanted feelings to find emotional equilibrium. Rooted in neuroscience, this book offers practical guidance for those experiencing obsessive love and seeking emotional balance.

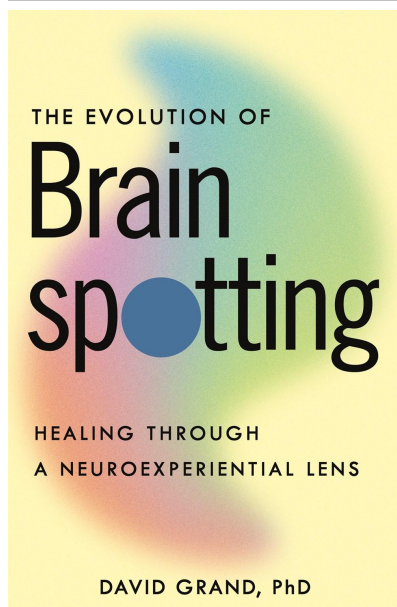
Contributor Bio

Dr. Tom Bellamy, PhD is a neuroscientist and Associate Professor at the University of Nottingham. He has published over forty scientific papers, abstracts and book chapters on esoteric aspects of neurophysiology. He runs the popular blog, "Living with Limerence," and lives in the UK.

Quotes

"A wise and generous life raft for anyone lost in a crush." —**Natasha Lunn, author of *Conversations on Love***

"As someone who has studied and written about the science of love, I find Dr Bellamy's *Smitten* to be a masterful exploration of limerence – one of love's most intense and mysterious manifestations. His unique integration of neuroscientific expertise with deep empathy for the limerent experience creates an invaluable resource for both professionals and those seeking to understand their own overwhelming romantic feelings." —**Dr. Liat Yakir, author of *A Brief History of Love***



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The Evolution of Brainspotting^(New edition) Healing through a Neuroexperiential Lens

David Grand, Ph.D., PhD

From the developer of Brainspotting, a revolutionary update that explores how to work with our body's interlocking nervous systems to heal trauma and stress stored in the body and brain.

Summary

The solution to your most persistent struggles isn't in your thoughts—it's already in your nervous system, waiting to be found, teaches Dr. David Grand, developer of Brainspotting. Unlike talk therapy, which can take years to heal because it only reaches the part of the brain that uses language, Brainspotting can offer immediate results by using the client's visual field to find the exact eye positions, or "brainspots," where unprocessed trauma is physically stored in the brain. In this radical update to the book *Brainspotting*, Dr. Grand presents the latest advances in the method, particularly the Neuroexperiential Model (NEM), a breakthrough framework that can bypass the thinking mind to access the deep nervous system to heal in real time.

The NEM is a holistic approach to the nervous system, rooted in the cultural and environmental factors that contribute to a person's outlook. Culture, argues Dr. Grand, is not merely a factor in a person's neuroexperience—it is the very structure and foundation upon which their nervous system responds to the world. Dr. Grand defines the body's eight interlocking nervous systems and explains how Brainspotting engages them simultaneously. The book shares cutting edge research on Brainspotting and the NEM; client stories showing how Brainspotting has helped with mental health, physical health, creativity, and sports performance; and guidance for readers looking to adopt Brainspotting in their lives.

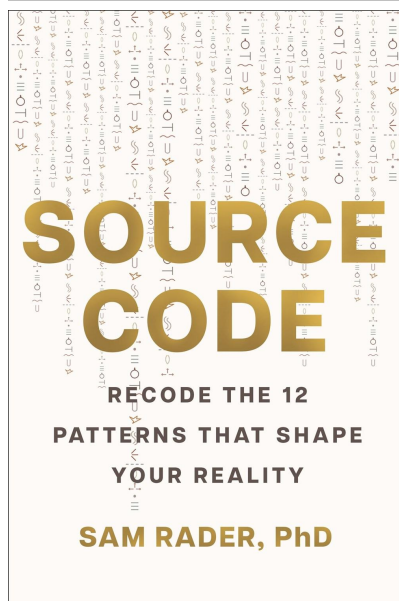
Contributor Bio

DAVID GRAND, PhD, is a licensed clinical social worker with a private psychotherapy practice in Manhattan. His clients include survivors of traumas such as 9/11, Hurricane Katrina, and active combat, as well as professional performers, athletes, and business leaders. He is the author of *Brainspotting* and *Emotional Healing at Warp Speed*, and his media appearances include CNN, NBC, and *The New York Times*.

Quotes

Praise for *Brainspotting*:

"David Grand is one of the most important and effective psychological trauma therapists now practicing, and his development of Brainspotting is a very important leap forward in helping people resolve trauma." —**Norman Doidge**, MD, author of *The Brain That Changes Itself* and *The Brain's Way of Healing*



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Source Code

Recode the 12 Patterns that Shape Your Reality

Sam Rader

A map to understanding and dissolving our 12 universal painful patterns so we can free ourselves, return to our true essence of love, and cocreate a more beautiful reality

Summary

In our dualistic universe, suffering is inevitable—we need contrast to have any experience at all. But our 12 inherited painful patterns create *unnecessary* suffering in this world, individually and collectively. Rooted in childhood and persisting into adulthood, our patterns influence how we see ourselves and the world, and what we attract and create. In this groundbreaking work, Dr. Sam Rader introduces our 12 universal painful patterns and how to dissolve and resolve them.

Source Code goes beyond the mind to address our patterns at a deeper layer of reality, meeting them at their energetic level, and restoring us to our true essence of love. Each chapter introduces a pattern—its origin in childhood, how it shows up in adulthood, and how to emerge from its clutches to become who we really are. With practices and embodiment exercises, Dr. Sam helps readers integrate these shifts into their lives. All of us have *several* patterns. Readers will not only recognize themselves in these patterns, but also their loved ones. Learning how everyone came by their painful patterns innocently invites the possibility for understanding, compassion, and repair.

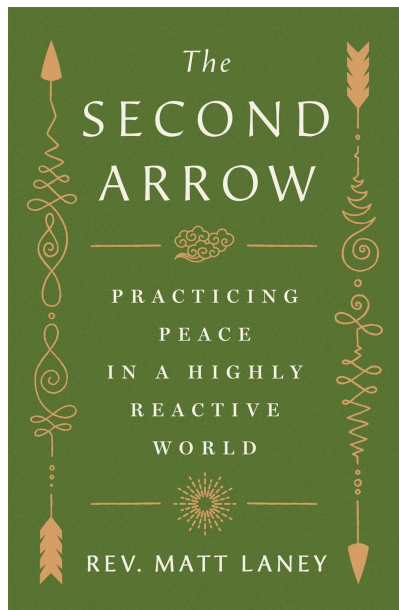
This paradigm-shifting book is a practical guide to break out of invisible prisons and find a new orientation to reality. When we emerge from these tangles, we are kinder to ourselves, all living creatures, and the planet. We are free to create the life and society we truly desire.

Contributor Bio

SAM RADER, PhD is the creator of Source Code, a new alternative to therapy and coaching. With a background in AI, neuroscience, eastern religion, and psychology, Sam's 20 years of work with clients led to the discovery of 12 universal painful patterns. She now teaches a yearlong Source Code Certification program for practitioners. Sam has been a two-time speaker at Summit, and has been featured in Cosmopolitan, Poosh, Access Live, The Zoe Report, and more. Visit drsamrader.com for more.

Quotes

"Dr. Sam Rader, whose pioneering, life-changing method—called source code—ushered in more changes in my life in the span of a week than years of therapy combined. Her blend of perception and energy work, along with the framework of coding and re-connecting to source, has been nothing short of transformational. Instead of simply understanding my problems, I truly feel for the first time as if I am simply leaving them behind."—Elizabeth Loomis, The Zoe Report



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The Second Arrow

Practicing Peace in a Highly Reactive World

Matt Laney

A practical and spiritual guide to mastering the split-second choices that shape how we live, work, and connect.

Summary

In an era defined by outrage, anxiety, and constant stimulation, *The Two Arrows* names the hidden habit making modern life harder than it has to be: our reflex to react. Popular spiritual teacher Matt Laney takes an ancient teaching of Buddhist psychology and turns it into a sharp, practical framework for navigating a culture built to trigger us. This isn't abstract mindfulness—it's a field guide for interrupting the split-second reactions that escalate conflict, fuel stress, and quietly shape our relationships, work, and inner lives.

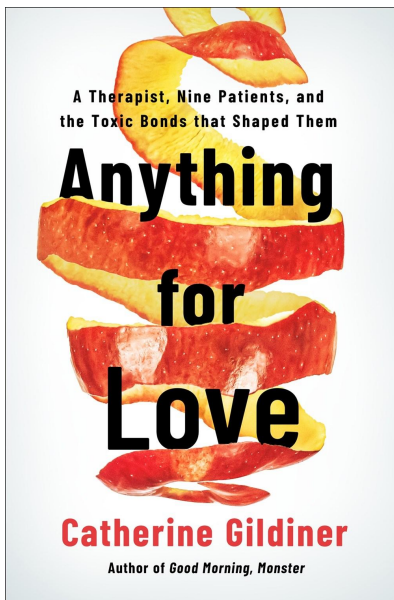
Drawing on both Zen Buddhist and Christian contemplative practices that he has studied for decades, Laney delivers a fresh, cross-tradition approach that feels both spiritually deep and radically accessible. Through vivid real-world scenarios, personal stories, and hands-on exercises, he shows readers how to drop the "second arrow" of reactivity and cultivate a steadier, more compassionate way of meeting life. Timely, actionable, and highly relatable, *The Two Arrows* positions non-reactivity not as passive calm, but as a powerful skill for surviving—and humanizing—an increasingly reactive world.

Contributor Bio

REV. MATT LANEY is an ordained United Church of Christ minister with over twenty years of service. A longtime Zen practitioner and martial artist, he writes for the UCC's *Still Speaking Daily Devotional* (over 30,000 readers) and worked on an early draft of Thich Nhat Hahn's book *Be Free Where You Are*. With 116K TikTok followers and national media appearances including Comedy Central and a shout out on *Late Night with Seth Meyers*, he is a sought-after speaker and spiritual counselor.

Quotes

"Matt Laney has done something rare—he's taken ancient wisdom from the Buddha and the teachings of Jesus and woven them into a practical, deeply human roadmap for our most reactive age. This book challenged me, convicted me, and ultimately led me towards freedom and healing. If you've ever found yourself spiraling in anger, anxiety, or self-judgment, Matt's gentle and honest guidance will show you a better way." —**Rev. Brandon Robertson**, author of *Queer & Christian*



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Anything for Love

A Therapist, Nine Patients, and the Toxic Bonds that Shaped Them

Catherine Gildiner

A page turning follow up to the bestselling *Good Morning, Monster*

Summary

In her fascinating new collection of case studies, therapist Cathy Gildiner explores the nature of the parent child bond and the astonishing, creative and ingenious lengths patients will go to keep that bond alive, however dysfunctional.

Dr. Gildiner presents nine of her most memorable patients, including a schizophrenic man who builds religious altars in the tunnels of a now defunct mental hospital, a successful businessman whose relationship with his mother makes anger impossible and so rage bubbles out of his skin in debilitating eczema, and a librarian who is assigned to play the femme fatale on a murder mystery cruise and is unable to give up the role when she returns to her real life. Gildiner also presents the challenges of supporting patients with dramatically diverse cultural backgrounds, from a Somali teenager who was given Female genital mutilation in the back room of a convenience store to a Cambodian woman who lived through the Pol Pot regime where people were forced to kill their parents to prove their bond was not to family but to the Khmer Rouge.

With wit and empathy, Gildiner brings each case to vivid life, celebrating her patients' flinty determination. And unusually, she takes us not just to her office but to court, businesses, and hospitals. In the process, she lifts the curtain on the daily work of a therapist and celebrates humanity's remarkable resilience.

Contributor Bio

CATHERINE GILDINER was a clinical psychologist in private practice for twenty-five years. She is the best-selling author of the acclaimed memoir *Too Close to The Falls* and the celebrated collection of case studies *Good Morning, Monster*, which has been translated into over thirty languages. She grew up in New York State and lives in Toronto.

Quotes

Praise for *Good Morning, Monster*

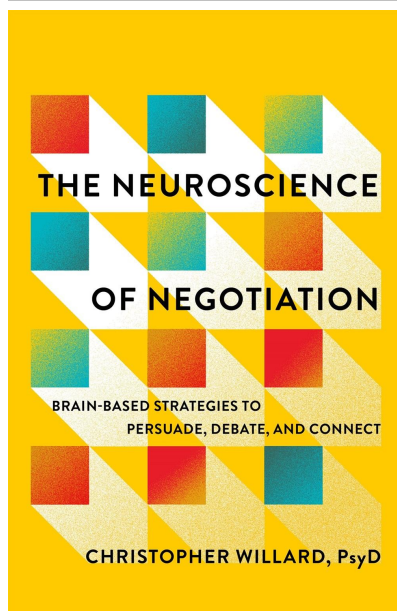
"Both wrenching and hopeful." —**Newsweek**

"For fans of Lori Gottlieb... a therapist recounts her most fascinating patients."
—**Business Insider**

"Affecting... Insightful psychological lessons." —**Kirkus**

"Heart-wrenching stories... [that] inspire." —**Publisher's Weekly**

"A fascinating memoir." —**Midwest Book Review**



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The Neuroscience of Negotiation

Brain-Based Strategies to Persuade, Debate, and Connect

Christopher Willard, PsyD

A practical, neuroscience-backed guide to speak, listen, and persuade more effectively, from renowned speaker, author, and psychologist at Harvard Medical School

Christopher Willard.

Summary

This practical guide draws on the latest developments in neuroscience to help you get what you want and need when it matters most—at home, at work, or in the world. Dr. Christopher Willard, consultant and psychologist based at Harvard Medical School and in-demand lecturer internationally, not only shares new techniques but also the neuroscience of *why* these strategies are so effective, from home buying battles to homework battles.

The sections of the book focus on four key elements—listening, speaking, agreeing, and dealing with disagreements. Real-life scenarios bring the material to life, surprising science explains the physiology, and sample scripts and take-aways help you feel confident and capable when advocating for yourself and your position. The book addresses a wide range of situations—from public speaking, business negotiations, and salary discussions, to everyday moments like chores with children, navigating holiday dinners, and resolving conflicts on social media. Willard discusses cross-cultural challenges and the complexities of communicating across neurodivergence.

Accessible, actionable, and engaging, *The Neuroscience of Negotiation* empowers you with new tools to understand and influence your own nervous system and those around you to move towards lasting agreement.

Contributor Bio

Christopher Willard, PsyD, is a clinical psychologist at Harvard Medical School. An internationally sought-after speaker, he has presented live on wellness and workplace issues in 42 countries. He is the author of 20 books for adults and children, including *Raising Resilience* and *How we Grow Through What We Go Through*. His work has appeared in *The New York Times*, *Washington Post*, CNN.com, and more.

Quotes

Praise for *Growing Up Mindful*:

"Chris Willard provides the kind of practical, doable exercises and reflections that will help you bring mindfulness alive in all the situations of daily life." **Tara Brach**, PhD, author of *Radical Acceptance* and *True Refuge*

"This is a practical, well-written guide."—**Publishers Weekly**



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Who Are You?

The Path to Clarity, Authenticity, and Peace

Prem Rawat

A calm, clarifying invitation to discover who you are beneath every label, role, and expectation

Summary

In a world crowded with labels—successful or failing, spiritual or skeptical, confident or confused—*Who Are You?* asks a quieter, more radical question: *Who are you, really?* Drawing on decades of speaking to audiences around the globe, *New York Times* bestselling author Prem Rawat invites readers to look beyond identity, belief systems, and social definitions to experience a deeper, more personal understanding of self.

Rather than offering prescriptions or step-by-step solutions, Rawat takes readers on an inward journey shaped by stories, reflections, and lived experience. With warmth, humor, and clarity, he challenges the habit of outsourcing meaning to concepts, traditions, and external authorities, and instead points toward direct experience as the most reliable guide. The result is not self-improvement, but self-recognition.

Both timeless and strikingly relevant, *Who Are You?* offers a steady, grounding counterpoint to a noisy, opinion-driven culture. It is a book for anyone who senses that clarity, peace, and authenticity are not things to be earned or constructed—but remembered.

Contributor Bio

For more than 55 years, *New York Times* bestselling author and Global Peace Ambassador PREM RAWAT has shared his enduring message of peace with people all over the world – regardless of their nationality, religion, or lifestyle – a message that personal peace is not only possible, but a human birthright. With great commitment, wisdom and wit, he has reached hundreds of millions of people in more than 100 countries.

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Into the Depths

The Science and Soul of the Wim Hof Method

Wim Hof

New York Times bestseller Wim Hof takes readers past their fears, inhibitions, and challenges to live with more harmony—physically, emotionally, and spiritually—than ever before.

Summary

People often start practicing breathwork or cold plunges because they've heard about the health benefits...but many continue because they experience something much deeper. In *Into the Depths*, Wim Hof shows us how these practices have a profound impact on every area of our lives—physical, mental, emotional, and even spiritual.

The Wim Hof Method brings together breath work, cold exposure, and mindset into an accessible practice anyone can do. An increasing amount of research points to its significant benefits. One of its greatest gifts is increasing our interoception, or, our ability to sense what is happening in our bodies and make wise decisions accordingly. Interoception allows us to influence our autonomic nervous system, "bringing us back into the flow nature intended for us," writes Wim. Chapters explore working with stress, anxiety, and depression, increasing mental focus, enhancing performance, breaking past fear, connecting with nature, honing our intuition, and more. Each chapter features a spotlight on science and includes a practice to help us not just think about these topics but to embody them, and to begin to live with more freedom and confidence.

Wim writes, "We all have a higher knowing that leads us back to ourselves. It's right here, right now, ready and waiting for us to rediscover our immense potential. Nothing could be more beautiful, or more important than to go into the depths of who we are!"

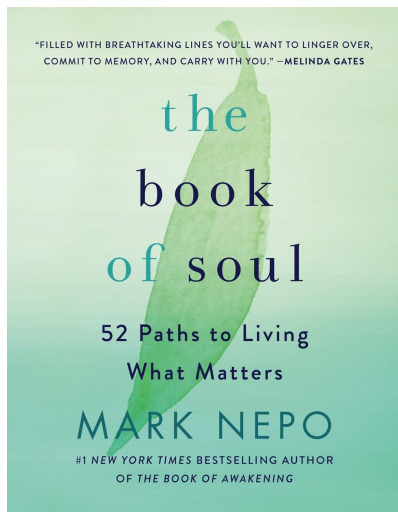
Contributor Bio

Wim Hof, a.k.a. "the Iceman," is a leader in the worldwide movement of cold exposure and breathwork, known for his record-breaking feats of endurance. Having been taught by the natural power of the cold, Wim is on a mission to share his discoveries with the world. The benefits of his method, now practiced by millions, have been validated by many research studies. He is the author of the *New York Times* bestseller *The Wim Hof Method* and *Exposure*.

Quotes

Praise for *The Wim Hof Method*:

"Wim Hof has inspired millions of people to use just their bodies and breath to heat, then heal, themselves of a laundry list of chronic illnesses. Dubious, you say? I certainly thought so, until I discovered the real scientific research from real scientists around the world proving these 'impossible' claims were in fact true. This book is a valuable guide to anyone looking to take better control of the health, heat, and untapped potential locked away within us all."—**James Nestor**, *New York Times* bestselling author of *Breath*



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The Book of Soul

52 Paths to Living What Matters

Mark Nepo

A powerful new book of spiritual awakening from #1 *New York Times* bestselling author Mark Nepo

Summary

In *The Book of Soul*, Mark Nepo, the bestselling author of *The Book of Awakening*, offers a powerful guide to leading a spiritually transformative life. He explains that after we are physically born, we must be spiritually born a second time, a process that takes place through the labor of a lifetime as we grow into more fully realized beings. *The Book of Soul* delves into that process of transformation in its mystery, difficulty, and inevitability.

The book is divided into four sections which mark the passages we all face: enduring our Walk in the World, until we discover Our True Inheritance, which lets us live in the open by Widening Our Circle, as we Help Each Other Stay Awake. *The Book of Soul* explores the deep mystery and transformation that we encounter during our time on earth.

Nepo's earlier book, *The Book of Awakening*, has sold millions of copies and has the honor of remaining one of Oprah's 7 favorite "super-soulful reads" and one of her all-time Favorite Things. *The Book of Soul*, though not structured as a daily reader, is a return to the clarity and strength of *The Book of Awakening* and resonates with the same powerful truths, beautiful prose, and startling insight.

Contributor Bio

Mark Nepo has moved and inspired readers and seekers all over the world. A #1 *New York Times* bestselling author, his numerous books—including *The Book of Soul*, *The One Life We're Given*, and *Drinking From the River of Light*—have been translated into 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, and in 2016, he was named by *Watkins: Mind Body Spirit* as one of the 100 Most Spiritually Influential Living People.

Quotes

"It's easy in these times to allow ourselves to slip into resignation, isolation, or despair. *The Book of Soul* is an antidote, a path that leads us back to our own wisdom and intuition and to the authentic truth of our souls."

—Arianna Huffington, Founder & CEO, Thrive Global and Founder, *Huffington Post*

"Mark Nepo has long been one of my favorite spiritual writers, and *The Book of Soul* is further proof why. It's filled with breathtaking lines you'll want to linger over, commit to memory, and carry with you. I recommend it for all of us wanting to stay connected to a deeper purpose as we rush through our days."

—Melinda Gates, *New York Times* Bestselling Author of *The Moment of Lift*

"In *The Book of Soul*, Mark Nepo reminds us how rare it is to be here at all and how precious, real, and raw our tether to this life and each other. The insights gathered here will help you negotiate the currents of life while resting in the barest of simplicities. This book will strengthen your soul."

—Joan Borysenko, author of *The PlantPlus Diet Solution* and *Your Soul's Compass*

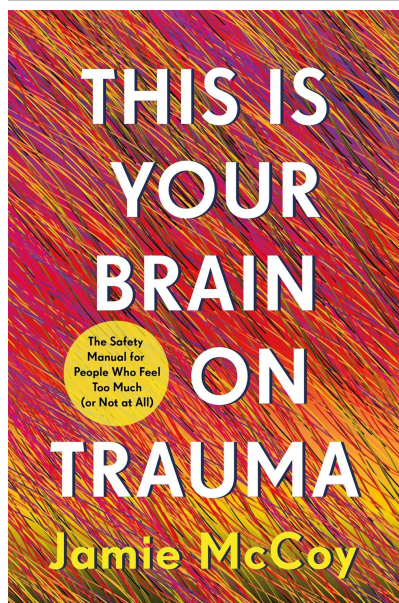
"Mark Nepo's *The Book of Soul* is like finding manna in the desert. I began reading it and instantly got chills. And a profound sense of relief. No matter what is going on "outside" of us, our soul's journey in this human body is the sweet honey that, when recognized, sustains us most reliably. Read this book and be refreshed."

—Christiane Northrup, MD, *New York Times* Bestselling author of *The Wisdom of*

Menopause

"Mark Nepo has written another generous and valuable call to truth—at once, inspiring, enlightening, empowering, and humbling. His words and the spaces between them remind me to slow down, to explore the still unfinished and awkward places in my life, and to honor and surrender to what is sacred, pure, and often confounding but always true about being human. Nepo's commitment to transform the tumble and grist of life into insights and understandings helps me improve my life."

—George Cappannelli, Co-Founder of AgeNation



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This Is Your Brain on Trauma

The Safety Manual for People Who Feel Too Much (or Not at All)

Jamie McCoy

How to regulate unhelpful automatic somatic responses and maintain a regulated nervous system that won't shut you down

Summary

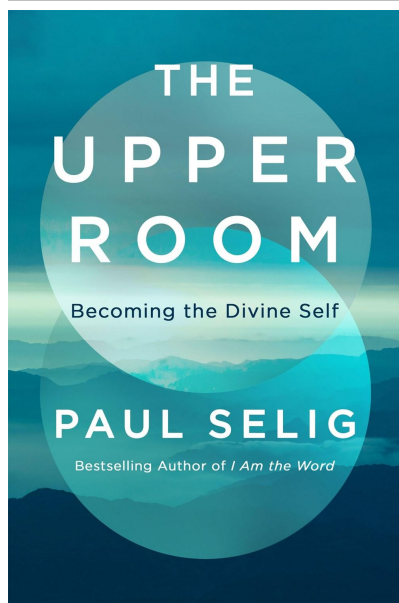
Human nervous systems are brilliant and reactive. The problem in our always-on, jangly, perpetually demanding world is that what might in some *other* environments be healthy nervous system reactions can stop us in our tracks and overwhelm us.

Protective patterns lead us to freeze, fawn, shut down or spiral. But as Jamie McCoy learned when she had to figure out what was making her incapable of right-sized reactions in her own life, it is possible to equip yourself with exercises to regulate our nervous systems. Readers will learn:

- Why their nervous system responds the way it does—and why it's not their fault
- Why popular wellness strategies (like breathwork or affirmations) often backfire—and the evidence-based approaches that actually calm an anxious nervous system
- Practical somatic techniques that create meaningful change (without overwhelming them)
- Permission to heal on their own terms—imperfectly, messily, and effectively even when it's not 100%

Contributor Bio

Jamie McCoy is a therapist turned somatic trauma coach and educator with over fifteen years of experience. After navigating her own journey through chronic illness, medical trauma, and nervous system dysregulation, she shifted her focus toward body-based healing approaches. Reaching millions each month, Jamie is known for accessible and often humorous education that resonates with people who feel overwhelmed, mislabeled, or failed by traditional models of healing.



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The Upper Room

Becoming the Divine Self

Paul Selig

A profound channeled work on moving beyond fear, identity, and history into a higher way of knowing and being

Summary

In *The Upper Room*, Paul Selig offers one of his most direct and uncompromising channeled works to date—a transmission concerned not with personal betterment, but with spiritual alignment at a fundamental level. Through the Guides' teachings, readers are invited to step out of fear-based perception and into what is described as "the Upper Room," a state of awareness where truth is known rather than interpreted, and where the self is no longer bound by history, identity, or limitation.

Rather than addressing the personality or reinforcing the familiar narratives of self, this book speaks to the soul's capacity to recognize what is already divine and intact. The teachings challenge readers to relinquish the need for control, certainty, and external validation, and to allow a higher order of intelligence to be realized through lived experience. Transformation here is not achieved through effort or will, but through alignment and consent.

Clear, rigorous, and often bracing in its simplicity, *The Upper Room* is a book for readers willing to be met where they truly are—and invited higher. It stands as a continuation of Selig's core teachings while marking a distinct deepening: a call to live beyond fear, beyond memory, and beyond the self one has been taught to protect.

Contributor Bio

PAUL SELIG is one of the foremost contributors to the field of channeled literature, after a spiritual experience in 1987 left him clairvoyant. He attended New York University and earned a master's from Yale. He is the author of *Beyond the Known: Realization* and the Mastery Trilogy. He offers channeled workshops internationally, maintains a private practice as an intuitive in Hawaii, and conducts frequent livestream seminars.

DOROTHEA
BRANDE



BECOMING
a WRITER

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Wt

Becoming a Writer

Dorothea Brande

A timeless, practical guide to harnessing your creative potential

Summary

There are countless books about writing. Very few have actually made writers. *Becoming a Writer* doesn't just teach you to write—it makes you do it.

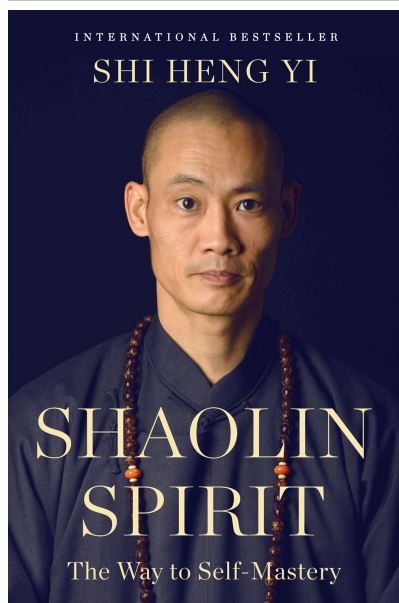
First published in 1934, *Becoming a Writer* has quietly shaped generations of novelists, journalists, and artists with one simple but radical premise: writing is not a matter of talent or inspiration; it's a matter of habit, psychology, and a willingness to show up.

Becoming a Writer goes straight to the root of the problem, and shows you how to start writing, even when you don't want to. Wake up and write before you're fully conscious. Stop waiting for permission. Learn to bypass the part of your mind that stalls, edits, and hesitates. Brande's methods are practical and bracing, as if she has reached across time to interrupt your excuses. Nearly a century later, her voice feels sharper than ever, cutting through distraction, doubt, and the mythology of the "blocked writer" with exacting clarity.

Within these pages, readers will find the encouragement, method, and momentum needed to become a writer.

Contributor Bio

DOROTHEA BRANDE (1893-1948) was an American writer, editor, and teacher best known for her pioneering work on the psychology of creativity.



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Wt

Shaolin Spirit

The Way to Self-Mastery

Shi Heng Yi

Bring clarity, strength, and purpose to your modern life through the ancient wisdom of Shaolin.

Summary

What do you imagine when you think of Shaolin? Ferociously strong warriors flying through the air?

Shaolin is more than just a martial art—it is a way of life. Rooted in Zen and Taoist philosophy, its ancient wisdom teaches us how to unite mind and body, cultivate resilience, and develop an equanimous perspective amongst a chaotic world.

In the international bestseller *Shaolin Spirit*, renowned teacher and founder of the Shaolin Temple Europe Shi Heng Yi reveals profound insights to human development paired with twelve personal core practices to foster essential transformation of body and mind. From improving sleep and mental clarity to building strength, flexibility, and focus, these time-honored techniques offer a practical and personal way to self-mastery.

Blending profound philosophy with practical guidance, *Shaolin Spirit* is an invitation to step into the discipline, determination, and power of the Shaolin way—no matter where you are in life.

Contributor Bio

SHI HENG YI is the founder of the Shaolin Temple Europe, a Buddhist community in Germany, where he is responsible for the physical and mental training of visitors, master students and disciples of the Shaolin Order. His teaching methods and YouTube videos have earned him a large international online following.