

BRAVING LOSS, GRIEF, AND THE
BIG MESSY EMOTIONS THAT HAPPEN
WHEN LIFE FALLS APART

I'm Not a Mourning Person

KRIS CARR

New York Times best-selling author

ISBN: 978-1-40197-006-2

Pub Date: 19/09/2023

RRP: £14.99

Format: 216 x 135 HB

BIC/Subject: Coping With Death & Bereavement;
Self-Help & Personal Development; Assertiveness,
Motivation & Self-Esteem

Extent: 240 pages

Territorial Rights: World

Author Lives: Woodstock, New York

Previous Titles:

Crazy Sexy Diet, Skirt!, 2010, 978-1-59921-801-4; *Crazy Sexy Kitchen*, Hay House UK, 2015, 978-1-40194-105-5; *Crazy Sexy Cancer Tips*, The Lyons Press, 2007, 978-1-59921-231-9; *Crazy Sexy Cancer Survivor*, The Lyons Press, 2008, 978-1-59921-370-5

I'M NOT A MOURNING PERSON

Braving Loss, Grief, and the Big Messy
Emotions That Happen When Life Falls Apart

KRIS CARR

From *New York Times* bestselling author Kris Carr comes a transformational book about love, loss and the life-changing insights we receive when we embrace them.

DESCRIPTION

Embrace loss, grief and the big messy emotions that happen when life falls apart with the guidance of *New York Times* bestselling author and wellness authority Kris Carr.

A few years ago, Kris Carr's world was falling apart. Her father was dying, she had to pivot her business because of the pandemic and she was on the verge of reaching her twenty-year milestone of living with an incurable Stage IV cancer diagnosis.

While sitting in a CVS parking lot, she broke down, finally allowing herself to feel the massive stress and sadness she had been suppressing in order to seem strong for those around her and for herself.

And then she realised, 'When we're brave enough to tend to our hearts, our messy emotions can teach us how to be free – not free from pain, but free from the fear of pain and the barrier it creates to fully living.'

In this book, Kris shares her (embarrassing, painful, helpful, hilarious and sometimes inappropriate) stories and observations about what to expect when you're not expecting your world to fall apart.

If your life has been turned upside down – whether it be the dissolving of a relationship, the end of a job, any other number of significant unexpected transitions... or, like Kris, you are wrestling with the pain that comes from an illness or the death of a loved one, this book is filled with real-life experiences, practices and insights that can help you feel better – not cured – but better.

SALES AND MARKETING

- **BESTSELLING AUTHOR:** Kris' *Crazy Sexy Diet* is a *New York Times* national bestseller. It has sold over 85K copies.
- **EXTENSIVE MEDIA COVERAGE:** Kris has been named a 'new role model' by the *New York Times* and has been featured in *Glamour*, *Vanity Fair*, *Forbes* and many others.
- **LARGE SOCIAL MEDIA FOLLOWING:** Kris has 574K Facebook followers, 241K Instagram followers and 47.2K YouTube followers.
- **EXPERIENCED INTERNATIONAL PUBLIC SPEAKER AND WELLNESS AUTHORITY:** Kris regularly lectures at hospitals, wellness centres and for corporations such as Whole Foods. Kris has had a strong influence on wellness leaders such as Deliciously Ella.
- **HIGHLY SOUGHT-AFTER TOPIC:** Julia Samuel's *Grief Works* has sold over 25K copies.

AUTHOR BIOG

Kris Carr is a *New York Times* bestselling author, speaker and wellness activist. www.kriscarr.com

OTHER TITLES



NEW YORK TIMES BESTSELLING AUTHOR
JAMIE KERN LIMA

WORTHY

How To Believe You Are
and Transform Your Life

Final
Cover
Coming
Soon

Simple Steps,
Life-Changing Results

ISBN: 978-1-40197-760-3

Pub Date: 20/02/2024

RRP: £21.99

Format: 216 x 135 HB

BIC/Subject: Assertiveness, Motivation & Self-Esteem; Self-Help & Personal Development; Christian Life & Practice

Extent: 257 pages

Territorial Rights: World

Author Lives: Los Angeles, CA

Previous Titles:

Believe It, Gallery Books, 2021, 978-1-98215-780-7

WORTHY

How to Believe You Are and Transform Your Life - By Jamie Kern Lima Pre-Order

JAMIE KERN LIMA

A guide to transform self-doubt into unshakeable self-worth, from the *New York Times* bestselling author of *Believe It*.

DESCRIPTION

Do you ever please others so much that you end up betraying yourself or feeling like the real you isn't enough? Do you constantly underestimate your talents and gifts, or battle imposter syndrome? Are you sick and tired of what this has cost you in terms of your life, your goals, your happiness and your dreams?

Jamie Kern Lima, bestselling author of *Believe It* and founder of IT Cosmetics, is here to share her road map for embracing the truths that will ignite your confidence and unleash your inner greatness. With her inspiring words and enthusiastic guidance, you will:

- get unstuck from the feelings holding you back
- unlearn the lies that have led to self-doubt
- build unshakeable self-love
- destroy your fear of rejection and failure
- embody the empowering beliefs to wake up your worthiness

When you change what you believe you're worthy of, you will change your entire life!

SALES AND MARKETING

- **BESTSELLING AUTHOR:** *Believe It*, the author's previous book, has sold over 95K copies and was an instant bestseller across lists, including the *New York Times*, *Wall Street Journal* and *USA Today*.
- **ESTABLISHED PLATFORM, RECOGNIZABILITY AND AUDIENCE TRUST:** Jamie has hundreds of thousands of fans across social media platforms (404K on Instagram) and regularly appears on highly rated podcasts.
- **AGGRESSIVE LAUNCH PLANS:** Pre-orders of *Worthy* are accompanied by bonuses, including an invite to join Jamie's VIP Insider Book Launch team.
- **PROCEEDS GOING TO A WORTHY CAUSE:** 100 per cent of author proceeds for this book and the author's previous book, *Believe It*, will be donated.
- **POWERFUL NETWORK OF INFLUENCERS:** Jamie's connections include Oprah Winfrey, Brendon Burchard, Mel Robbins, Lewis Howes, Ed Mylett, Jenna Kutcher and more.

AUTHOR BIOG

Jamie Kern Lima is the *New York Times* bestselling author of *Believe It*, guest teacher of the Life You Want class live with Oprah Winfrey, and founder of IT Cosmetics, the largest luxury makeup brand in the US. She sold the company to L'Oréal in a billion-dollar deal and became the first female CEO of a brand in its 100+ year history, eventually landing on *Forbes*' 'America's Richest Self-Made Women' list.

She's a mother of two and an active investor, speaker and philanthropist who has funded leadership training in more than 100 prisons and shelters, and has donated over \$40 million in products and funds to help women face the effects of cancer with confidence. She's donating 100 per cent of author proceeds for both *Worthy* and *Believe It*.
www.jamiekernlima.com



NEW YORK TIMES BESTSELLER

New Chapters on A.I., Nootropics, and More

LIMITLESS

EXPANDED EDITION

UPGRADE YOUR BRAIN, LEARN ANYTHING FASTER,
AND UNLOCK YOUR EXCEPTIONAL LIFE



JIM KWIK

ISBN: 978-1-40196-871-7

Pub Date: 14/11/2023

RRP: £23.99

Format: 229 x 152 HB

BIC/Subject: Memory Improvement & Thinking Techniques; Self-Help & Personal Development; Complementary Therapies, Healing & Health

Extent: 448 pages

Territorial Rights: World

Author Lives: New York

Previous Titles:

Limitless, Hay House UK, 2020, 978-1-40195-823-7

LIMITLESS EXPANDED EDITION

Upgrade Your Brain, Learn Anything Faster,
and Unlock Your Exceptional Life

JIM KWIK

Expanded edition of the *New York Times*
bestselling guide to unlocking your inner genius.

DESCRIPTION

Accomplish more productivity, more transformation, more personal success and business achievement by changing your Mindset, Motivation and Methods.

For over 25 years, Jim Kwik has worked closely with leaders from all walks of life to unlock their true potential. In *Limitless*, he revealed the science-based practices and field-tested tips to accelerate self-learning, communication, memory, focus and recall to create fast, hard results.

With two brand-new chapters and a brain type quiz, *Limitless Expanded Edition* has been fully revised with new case studies, teachings and practical techniques to unlock the superpowers of your brain and change your habits. Learn how to:

- **FLIP YOUR MINDSET:** Unmask assumptions, habits and procrastinations that stifle you, redrawing the borders and boundaries of what you think is possible.
- **IGNITE YOUR MOTIVATION:** Uncover where your Passion + Purpose + Energy meet so that your mind starts strong, stays strong and drives further exponentially faster.
- **MASTER THE METHOD:** Apply the latest neuroscience for accelerated learning. Finish a book 3x faster through speed reading (and remember every part of it), learn a new language in record time and master new skills with ease.

Jim's process, programmes, podcasts and products unleash your brain's own superpowers.

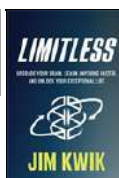
SALES AND MARKETING

- **INSTANT INTERNATIONAL BESTSELLER:** The first edition of *Limitless* hit the *New York Times* bestseller list and reached #1 on the *Wall Street Journal* list. It has sold over 300K units.
- **HUGE FOLLOWING:** Jim has 2M followers on Instagram, 1.1M on YouTube, 455K on Facebook and a mailing list of 250K.
- **BRAND-NEW MATERIAL:** This edition includes two new chapters on brain-supportive nutrition, an all-new brain type quiz and stories of people who've used Jim's tools to change their lives.
- **PROVEN, PRACTICAL TOOLS:** Jim's strategies and techniques are original, easy to use and radically effective. His courses are used in over 180 countries worldwide.
- **PRAISE FOR INITIAL PUBLICATION:** 'Jim Kwik knows how to get the maximum out of me as a human being.' – Will Smith

AUTHOR BIOG

Jim Kwik is the founder of Kwik Learning and a widely recognized world expert in speed reading, memory improvement, brain performance and accelerated learning. www.jimkwik.com

OTHER
TITLES



ISBN: 978-1-40197-316-2

Pub Date: 16/01/2024

RRP: £20.99

Format: 216 x 135 HB

BIC/Subject: Self-Help & Personal Development; Assertiveness, Motivation & Self-Esteem; Advice On Careers & Achieving Success

Extent: 257 pages

Territorial Rights: World

Author Lives: Bartonville, TX

Previous Titles:

The Greatest You: Face Reality, Release Negativity, and Live Your Purpose, Thomas Nelson, 2019, 978-1-40020-793-0; *Straight Up*, Zonderkidz Books, 2020, 978-0-27484-954-3

PROTECT YOUR PEACE

TRENT SHELTON

Trent Shelton, hailed as one of the most ground-breaking motivational speakers of our time, helps readers to reframe their lives as forces for good.

DESCRIPTION

Chart your path to a new perspective with tools to reshape your mindset and redefine the meaning you find in your life.

Your perspective on life can be your prison or your power. It can serve your anxiety, stress and depression, or it can support your peace, courage and growth. Trent Shelton's new book offers tools to turn your perspective on life into your power. He knows these tools can work for you because he has used them to transform his own life.

In these pages, you'll find simple strategies for reconnecting with your inner strength, including appreciation, affection, accomplishment and activity – each one is a powerful source of energy that you can use to redefine your life as a positive force.

There is a war on, Trent explains – a war for your worth. The toughest battle in it is the one you're fighting within yourself, and *Protect Your Peace* gives you a road map to victory.

SALES AND MARKETING

- **STRONG SALES RECORD:** Trent's previous books have sold over 75K copies in hardcover and paperback. His growing influence sets him up for even greater success.
- **LARGE AND EXPANDING PLATFORM:** Trent has millions of followers across several social media platforms (12M on Facebook and 2.3M on Instagram) and reaches over 60 million people weekly through YouTube videos and his podcast, *Straight Up with Trent Shelton*.
- **INTERNATIONALLY SUCCESSFUL MOTIVATIONAL SPEAKER:** A dynamic and sought-after speaker, Trent keeps audiences of thousands riveted on stages from New York to London to Fiji.
- **POWERFUL, HONEST PERSPECTIVE:** Trent pushes people to embrace their greatness and find their inner strength.
- **UNIVERSAL TOPICS:** Concepts of self-worth and reclamation are appealing to a wide audience.

AUTHOR BIOG

Trent Shelton is a former NFL wide receiver and author of *The Greatest You: Face Reality, Release Negativity, and Live Your Purpose*. Considered one of the most impactful speakers of this generation, he reaches over 60 million people weekly through hard-hitting videos and unprecedented engagement. www.trentshelton.com





PERSONAL GROWTH

Transforming the Mother Wound

SACRED PRACTICES FOR
HEALING YOUR INNER
WISE WOMAN THROUGH
RITUAL AND GROUNDED
SPIRITUALITY

Monika Carless

ISBN: 978-1-83782-196-9

Pub Date: 12/03/2024

RRP: £12.99

Format: 216 x 135 TPB

BIC/Subject: Assertiveness, Motivation & Self-Esteem; Family & Relationships; Mind, Body, Spirit: Thought & Practice

Extent: 257 pages

Territorial Rights: World

Author Lives: Vancouver Island, Canada

TRANSFORMING THE MOTHER WOUND

Sacred Practices for Healing Your Inner Wise
Woman Through Ritual and Grounded
Spirituality

MONIKA CARLESS

Founded in earth-based spirituality and mysticism, this book is for anyone who seeks a gentle path to self-healing their mother wound.

DESCRIPTION

'In this work, I undertook to honour the mystery, magic and the unseen elements of transforming core wounding, because life is so much more than what can be quantified through linear science. It is also your multi-dimensionality, your humanity and spirituality. Let us explore together.' – Monika Carless

Find peace with your mother wound through nervous-system regulating practices, rituals and journalling prompts that peel back the layers of soul-wounds and awaken rooted wholeness.

This book is organized to help you in Remembering the Self, Finding Reconciliation with the Mother Archetype, Processing Grief and Generational Trauma, and Learning Rituals for Re-Birthing. Its dynamic exploration is focused on transformation at a cellular, intergenerational level, with interactive pages that invite you to participate in your healing journey.

Through this journey, you may find that your creativity, intuition, soul-frequency, empathy and connection to yourself, Source and all life forms is deepened. Embodied and aligned, your body, mind and spirit will embark on a new path... one of embracing the medicine of past wounds and becoming fearlessly oneself.

SALES AND MARKETING

- **FRESH VOICE ON TRENDING TOPIC:** Healing the mother wound is a trending topic. *Mother Hunger* has sold more than 45K copies since its release in 2021. Monika will bring a spiritual and mystical approach to the mother wound.
- **EXPERIENCED AND CREDENTIALLED AUTHOR:** Monika has conducted numerous podcast and video interviews. She has been published over 350 times in print and online journals about self-healing, the Wise Woman Path, sustainable living and conscious relationships.
- **CONCRETE TOOLS AND RITUALS:** This engaging book will offer readers many tools, rituals and exercises that they can use in their own life.
- **LOYAL AUDIENCE:** Monika has 58K Facebook followers and 11K Instagram followers.

AUTHOR BIOG

Monika Carless is an author, certified holistic nutritionist and mentor to Earthkeepers, Witches and Creatives. Especially interested in archetypes, myths and life mastery through self-healing practices, Monika mines wisdom from cronedom, and the healing powers of art and words.

With worldwide clientele, Monika is an expert in relationships (including open, poly and queer), defining life purpose, sacred sexuality and sustainable living. Her coaching addresses the whole individual – mind, body and spirit, while delivering clear, intuitive insights with sustainable results. www.monikacarless.com





THE PSYCHIC PSYCHOLOGIST

HEAL YOUR PAST
FIND PEACE IN THE PRESENT
TRANSFORM YOUR FUTURE

AMANDA CHARLES

ISBN: 978-1-78817-800-6

Pub Date: 20/02/2024

RRP: £14.99

Format: 229 x 152 TPB

BIC/Subject: Complementary Therapies, Healing & Health; Psychology; Self-Help & Personal Development

Extent: 257 pages

Territorial Rights: World

Author Lives: Surrey, UK

THE PSYCHIC PSYCHOLOGIST

Heal Your Past, Find Peace in the Present,
Transform Your Future

AMANDA CHARLES

A ground-breaking guide by psychologist Amanda Charles to help readers re-establish bonds with the neglected self and open up to better health and a more authentic life.

DESCRIPTION

Bridging psychology and the psychic world, this book will help you to find deep healing and connection with your truest self.

The Psychic Psychologist will guide you toward living in alignment with your authentic self, help you to understand what it means to feel lost and disconnected and remind you that you have the power to transform your life for the better.

Through expert tools and exercises, including breathwork, mindfulness and a self-connection quiz, Amanda will show you how to:

- process difficult, suppressed emotions with effective methods
- establish which areas of yourself you've disconnected from: your body, thoughts, emotions or intuition
- learn to trust yourself and your inner guidance, and embrace your capacity for self-healing
- develop new, positive patterns of behaviour and healthy habits
- shift your vibrational frequency to the next level

Combining traditional psychology with quantum theory and transformational energy work, Amanda's tried-and-tested method will help you to understand the origins of relational, emotional, psychological and physical issues, work through them on a deeper level, and reconnect with your 'inner-tuition' to create and fully embrace a positive and bright future.

SALES AND MARKETING

- **ON-TREND TOPIC:** Amanda uniquely combines psychic healing modalities with traditional psychotherapeutic strategies to offer a holistic mind-body-spirit-behavioural solution to suffering.
- **EXPERT WISDOM:** Amanda is an International Chartered Counselling Psychologist (BPS), Registered Practitioner Psychologist (HCPC) and Advanced Medium (College of Psychic Studies).
- **WELL-CONNECTED:** Amanda has been featured on podcasts such as Alex Legoux's *Mindset Unfiltered* (30.6K Instagram followers) and Dan Mangena's *Do It With Dan* (85.4k Instagram followers).
- **MAINSTREAM AND SOCIAL MEDIA COVERAGE:** *The Psychic Psychologist* will be included in WILDWOMAN®, the UK's first non-fiction monthly subscription box.
- **HOLISTIC EXERCISES COMBINED WITH PERSONAL AND PROFESSIONAL ANECDOTES:** This book uses meditation, energy work and healing exercises, as well as personal and professional anecdotes, to help readers get to the root of the issues affecting their psychological processes and physical health.

AUTHOR BIOG

Amanda Charles CPsychol., is a highly sought-after and experienced International Chartered Counselling Psychologist (BPS), Registered Practitioner Psychologist (HCPC), Life Coach, NLP Practitioner, Hypno-Psychotherapist, Reiki Healer, Psychic-Medium and Meditation and Mindfulness Teacher. www.thepsychicpsychologist.com





GET SIGNED

Find an Agent,
Land a Book Deal,
and Become a Published Author

LUCINDA HALPERN

ISBN: 978-1-83782-062-7

Pub Date: 06/02/2024

RRP: £13.99

Format: 216 x 135 TPB

BIC/Subject: Publishing Industry; Writing & Editing Guides; Literary Reference Works

Extent: 257 pages

Territorial Rights: World

Author Lives: New York, NY

GET SIGNED

Find an Agent, Land a Book Deal, and
Become a Published Author

LUCINDA HALPERN

An up-to-date, in-depth, myth-busting guide to getting signed by a literary agent, complete with exercises and strategies sourced from over 15 years of experience in the industry.

DESCRIPTION

Discover the secret strategies debut authors have used to sign with literary agents and get book deals.

In this first-of-its-kind book, Lucinda Halpern (founder of Lucinda Literary) walks aspiring authors of fiction and non-fiction through every stage of the process – from conception to getting signed.

Pulling from over 15 years' experience in publishing and agenting, as well as real-life stories, in-depth exercises and concrete takeaways, Lucinda answers:

- How do I get started querying literary agents?
- What must a book pitch and marketing plan include?
- If I'm querying and not getting a positive response, what errors am I making?
- How can I build my platform?
- What does a literary agent provide and what does a publisher provide?
- How long will it take to get my book published?
- How should I be spending my time in addition to writing or editing my book?
- How do writers get 6–7 figure book deals?

You have always had the potential for writing success, and now you have the tools to realize it!

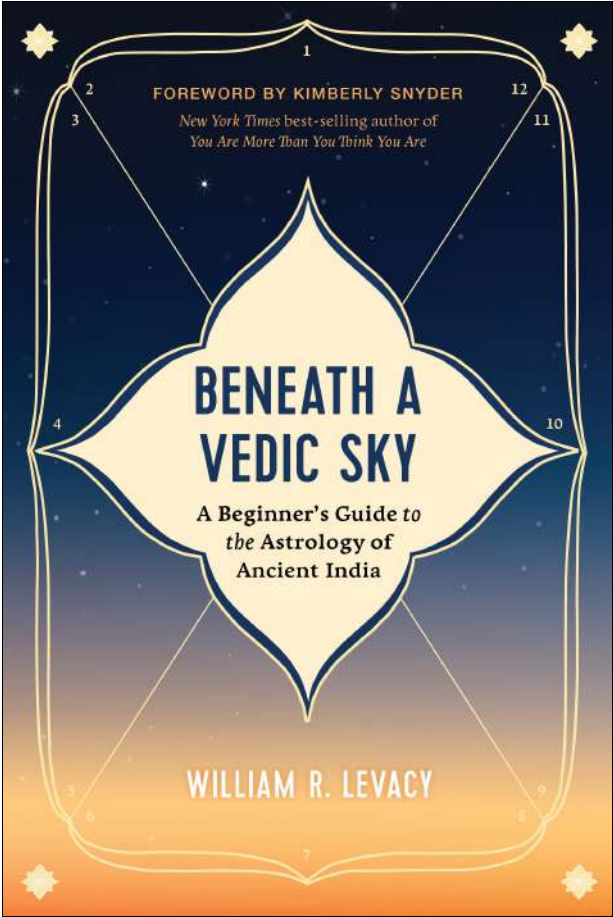
SALES AND MARKETING

- **TRUSTED AGENT WITH A SOLID REPUTATION:** Lucinda worked at HarperCollins and Fletcher and Co. (a boutique literary agency) before establishing her own successful agency.
- **GAP IN THE MARKETPLACE:** Most books about the publishing process focus exclusively on the query letter, the writing process or the list of available agents. Lucinda focuses on the full process of getting an agent from the perspective of someone well established in the business.
- **ESSENTIAL RESOURCE FOR WRITING PROGRAMMES:** With clear affection and respect for the writer's spirit and journey, this practical guide is an essential go-to resource for prospective authors in writers' programmes.
- **CLEAR TAKEAWAYS AND EXERCISES FOR EACH STEP OF THE PROCESS:** Every chapter has key takeaways and exercises for authors going through their signing journey.
- **PROFESSIONAL PUBLISHING GUIDANCE:** Increased competition means that a good idea and determination are no longer enough to get signed.

AUTHOR BIOG

Lucinda Halpern is a literary, lecture and PR agent with over 15 years of experience on both the corporate and agency sides of publishing, and the founder of Manhattan-based literary agency Lucinda Literary. Her authors include *New York Times* bestselling author Susan Peirce Thompson, Chris Bailey, Cait Flanders, Paul Jarvis and Nicola Kraus.
www.lucindaliterary.com





ISBN: 978-1-83782-216-4
Pub Date: 21/11/2023
RRP: £16.99
Format: 229 x 152 TPB
Extent: 480 pages
Territorial Rights: World

BENEATH A VEDIC SKY

A Beginner's Guide to the Astrology of Ancient India

WILLIAM R. LEVACY

DESCRIPTION

Learn how to identify the most salient features of Vedic Astrology, how to interpret a birth chart Vedic Style and how to use this information to enhance your life.

Enter the fascinating world of Vedic Astrology, an ancient system of study that originated in India thousands of years ago. Vedic Astrology, also known as Jyotish, offers valuable insights into various aspects of life, including personality traits, relationships, career, health and spiritual growth.

This comprehensive beginner's guide provides a solid foundation in Vedic Astrology, empowering readers to understand the fundamentals and to start exploring this captivating subject. Author William R. Levacy takes readers on a journey through interpreting a Vedic birth chart and the twelve houses contained within, astrological signs, planetary placements and much more.

AUTHOR BIOG

William R. Levacy practiced Vedic astrology, or Jyotish, as it is called in India, for several decades. Bill received a master's in the science of creative intelligence in 1977 from Maharishi European Research University, where he concentrated his studies on Vedic science for over a year. In 1996, he was one of very few Westerners to ever receive the prestigious Jyotish Kovid award from the Bangalore Chapter of the Indian Council of Astrological Sciences (ICAS). He was a steering committee member for the American Council of Vedic Astrology and participated in several astrological seminars over the years. Bill's experience as a business consultant in the aero-space industry contributed to the practical yet personal nature of his readings, and he worked with clients from around the world.



Revised Edition

CARE PACKAGE

Harnessing the Power
of Self-Compassion
to Heal & Thrive

SYLVESTER McNUTT III

ISBN: 978-1-83782-193-8

Pub Date: 22/08/2023

RRP: £12.99

Format: 216 x 135 TPB

BIC/Subject: Self-Help & Personal Development;
Assertiveness, Motivation & Self-Esteem;
Complementary Therapies, Healing & Health

Extent: 304 pages

Territorial Rights: World

Author Lives: Tempe, AZ

Previous Titles:

Loving Yourself Properly, Success Is A Choice, 2021, 978-0-57894-020-5; *Lust For Life*, Success Is A Choice, 2017, 978-0-69292-045-9; *This Is What Real Love Feels Like*, Create Space Independent Publishing Platform, 2017, 978-1-54050-916-1; *Dear Love Life*, Create Space Independent Publishing Platform, 2016, 978-1-51865-955-3; *Dear Soul*, Create Space Independent Publishing Platform, 2015, 978-1-51189-564-4

CARE PACKAGE

Harnessing the Power of Self-Compassion to
Heal & Thrive

SYLVESTER McNUTT III

This book provides readers with strategies, practical tactics, tools and advice for healing from pain and trauma.

DESCRIPTION

Move beyond pain and discover the healing power of self-care.

Have shame, guilt or co-dependency seemingly become insurmountable hurdles in your life? Do you struggle with forgiveness, setting boundaries and putting yourself first? Are negative self-talk and people-pleasing tendencies preventing you from feeling fulfilled?

Sylvester McNutt III, life coach and host of the *Free Your Energy* podcast, shares the stories of his own traumas and challenges to reveal the lessons he's learned to overcome obstacles and truly thrive. To help guide you down your own path of healing, Sylvester provides:

- strategies for managing stress, setting boundaries and cultivating healthy habits
- practical tactics for processing childhood trauma and being present as an adult
- tools to move beyond the feelings of pain that are holding you back
- inspiring advice that will urge you to keep moving forward

Healing from pain is not easy, but it is possible. With Sylvester's guidance, you will find the inspiration to release, to forgive, to vibrate higher and to practice self-care every single day.

SALES AND MARKETING

- **20K+ SALES OF ORIGINAL EDITION:** Sylvester's original self-published edition (ISBN: 9780692111550) of *Care Package* sold over 20K units. Sylvester has previously self-published eight books, totalling sales of over 59K units.
- **UPDATED CONTENT:** This edition has a new foreword from therapist Gina Moffa, a new cover and reorganized and additional material.
- **LARGE SOCIAL MEDIA FOLLOWING:** Sylvester has 649K followers on Instagram and 13.9K on YouTube.
- **UNIVERSAL TOPIC:** Sylvester presents a wealth of advice to help with issues that all people deal with, including self-esteem, boundaries, self-worth and more.
- **UNIQUE AUTHORIAL VOICE:** The book is written in a conversational tone that allows the reader to feel comfortable, as if they are hearing from a close friend.

AUTHOR BIOG

Sylvester McNutt III is a bestselling author, podcaster, public speaker, course creator and father. Sylvester teaches people how to transform their mindsets through self-awareness and healing practices. As a retired arena football player and survivor of traumatic experiences, Sylvester has used storytelling to teach people how to introspect, gain confidence and sustain self-love. Sylvester's core belief is that healing is the key to success and self-awareness unlocks freedom. Sylvester's passions are writing, lifting, travelling, yoga and exploring the human existence.

www.sylvestermcnutt.net



ISBN: 978-1-40197-545-6

Pub Date: 19/03/2024

RRP: £17.99

Format: 216 x 135 HB

BIC/Subject: Self-Help & Personal Development; Assertiveness, Motivation & Self-Esteem; Mind, Body, Spirit: Meditation & Visualisation

Extent: 257 pages

Territorial Rights: World

Author Lives: Colorado, USA

Previous Titles:

8 Secrets to Powerful Manifesting, Hay House UK, 2022, 978-1-40196-495-5

THE PROMISE

Break Free from Limitation and Step into the Light of Your Authentic Self

MANDY MORRIS

Noted manifestation coach teaches readers how to access their divine story: the greatest manifesting secret that nobody talks about.

DESCRIPTION

Reconnect with your divine story to shift your perspective and change your life, with the guidance of manifestation coach Mandy Morris.

Most of us don't know how to connect the trials and tribulations of our daily lives to a more beautiful, benevolent story that recognizes our true nature and potential as infinite beings. This holistic, bird's-eye perspective is what Mandy Morris calls the 'divine story,' and teaching you how to access it to your advantage is at the heart of this book.

Mandy shares the seven universal principles for reconnecting to your divine story:

- Connection
- Disidentification
- Empathy
- Beauty
- Transmutation
- Divine Intervention
- Love

These principles will help you bounce back from adversity – not so you can stop being the precious and beautiful human you are, with your specific hard-earned wisdom and gifts, but so you can expand your current view. Let this book be the roadmap that leads you back to the extraordinary truth of who you are: a divine being having a human experience.

SALES AND MARKETING

- **NEXT-LEVEL MANIFESTING:** Readers will find that their manifestations are a 'vibration away' instead of 'a world away', and that their desires are easily met when viewing life holistically.
- **MANDY'S CORE TEACHINGS:** This book represents what Mandy does at her events: getting people out of their heads and into their hearts, so they can see what life could be or mean.
- **EXPERIENTIAL WISDOM:** After years of toxicity – terrible choices, abusive partners, emotional pain and daily anxiety and loneliness – Mandy stepped away from everything that had felt unsupportive and began leaning into her divine story, transforming her life as a result.
- **LARGE AND ENGAGED SOCIAL MEDIA FOLLOWING:** Mandy has 446K Facebook followers, 153K Instagram followers and 29.8K YouTube followers.

AUTHOR BIOG

Mandy Morris is the founder of Authentic Living, an educational organization with both online and in-person courses designed to help individuals rewire their mind, heart and energy for total abundance in all aspects of life. www.authenticliving.com

OTHER TITLES



Boundary-Setting Scripts &
Phrases to Communicate Directly
& Speak Up with Kindness

SAY THE THING

KAMI ORANGE
BOUNDARY COACH

SAY THE THING

Boundary-Setting Scripts & Phrases to
Communicate Directly & Speak Up with
Kindness

KAMI ORANGE

***Say The Thing* offers fresh and easy-to-remember guidance for navigating life's trickier conversations, and encourages readers to effectively communicate and set boundaries in a variety of environments and on a number of topics.**

DESCRIPTION

Learn how to express what you truly feel and ask for what you want and need in a kind and direct way.

Say The Thing will help you take control of situations and set boundaries that work for you in your environment. Giving hundreds of examples of boundary phrases and conversation scripts, this book is designed to be both easy to read and an accessible reference to pull out again and again when you need boundary-setting guidance.

Featuring three boundary phrase frameworks and a host of topics for use in each, this book will help you navigate life's tricky situations and learn how to *say the thing*.

SALES AND MARKETING

- **LARGE TIKTOK FOLLOWING:** Kami has 291.6K followers and her videos 'What an odd thing to say' and 'I'm not the right person for you to share that with' have over 1 million views each.
- **AUTHOR-DRIVEN GROWING ONLINE BUSINESS:** Kami has begun expanding her business selling info-products online. Her Boundary Phrase Flash Cards earned over \$23K since they were published online in early October 2022, priced at \$12. Her Value Led Living Audio Course has earned over \$3.3K since September 2022.
- **ON-TREND SOCIAL TOPIC:** *Say the Thing* offers a fresh take on how to respond to uncomfortable conversations and situations, and how to protect your peace by setting boundaries. #Communication has 4B views on TikTok.
- **WIDE APPEAL TO A DIVERSE AUDIENCE:** Kami's book will appeal to a wide number of people who identify as neurodivergent, autistic, queer and non-binary. Her connection to and exploration of topics relating to this audience allows Hay House to reach a more diverse community of readers.

AUTHOR BIOG

Kami Orange is a boundary coach, entrepreneur and retired psychic medium. As a coach, she uses her own lived experiences and observations of the world as a white, queer, autistic, cis woman to share perspectives and advice. Kami has worked with 400+ clients in 7 different countries over the past 11 years, while offering 300+ hours of live training about relationships, communication, intuition and confidence. She is also an international keynote speaker and certifier of 23 coaches in the modalities she's created. www.kamiorange.com

ISBN: 978-1-83782-121-1

Pub Date: 27/02/2024

RRP: £13.99

Format: 216 x 135 TPB

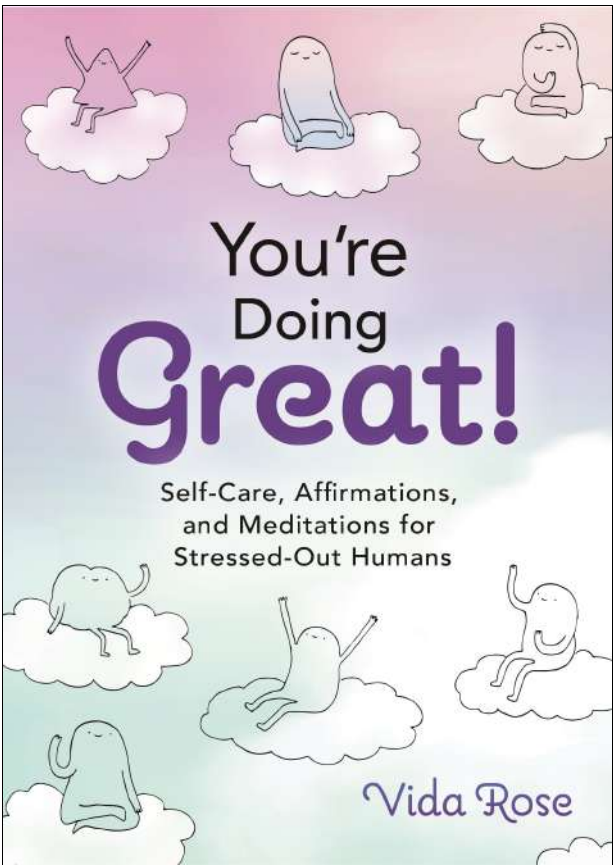
BIC/Subject: Social Interaction; Psychology;
Self-Help & Personal Development

Extent: 296 pages

Territorial Rights: World

Author Lives: Salt Lake City, UT





ISBN: 978-1-40197-348-3

Pub Date: 24/10/2023

RRP: £14.99

Format: 178 x 127 HB

BIC/Subject: Self-Help & Personal Development; Psychology: Emotions; Health & Personal Development

Extent: 168 pages

Territorial Rights: World

Author Lives: Seattle, WA

YOU'RE DOING GREAT!

Self-Care, Affirmations, and Meditations for Stressed-Out Humans

VIDA ROSE

A full-colour illustrated book filled with friendly and whimsical illustrations, creative prompts and healing meditations for readers searching for quiet and calm in this loud and overwhelming time.

DESCRIPTION

Learn more about meditation, affirmations and journaling and discover practical tools for managing anxiety, sadness, anger and grief with *You're Doing Great!*

Vida Rose narrates short animations of whimsical doodles on her TikTok and Instagram, offering practical self-care advice for tired, stressed and overwhelmed scrollers. Her expressive and simple style of line-art drawing and her soothing tone are both comforting and practical, affirming and thought-provoking.

In this book, her noodle-armed characters – called 'helpers' – guide the reader through 10 incredibly common and human concepts and experiences: transitions, love, meditation, creativity, dance, self-care, dreams, forgiveness, grief and joy. Each chapter offers contemplations, creative prompts, meditations and coping skills around one of the themes.

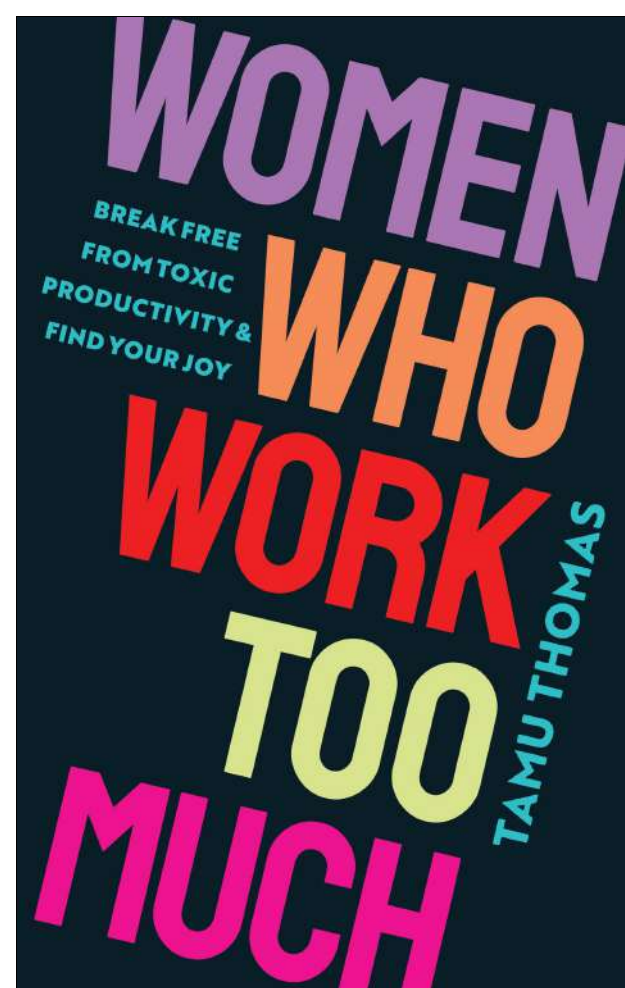
SALES AND MARKETING

- **PRACTICAL, SIMPLE SELF-CARE TOOLS FOR MANAGING ANXIETY, SADNESS, ANGER AND GRIEF:** Seeking therapy and prioritizing mental health has become less and less stigmatized, especially in light of the dark time so many experienced during the pandemic. This book offers simple advice, clear questions and a gently guiding hand for readers interested in learning more about meditation, affirmations, journaling, etc.
- **UNIQUELY WELCOMING AND GENTLE OPTION ON AN INTIMIDATING SELF-HELP BOOKSHELF:** This book holds the reader's hand on their personal development journey and makes things simple and straightforward without being condescending.
- **AUTHOR WITH A GROWING SOCIAL MEDIA PLATFORM AND CONTENT PERFECTLY SUITED FOR SHORT VIDEOS:** Vida's narrated short animations have garnered her a large platform on TikTok (159.5K) and Instagram (21K).
- **QUEER, NEURODIVERGENT AUTHOR PERSPECTIVE ON SELF-CARE:** Vida speaks directly to marginalized or neurodivergent readers in a gentle, welcoming way through her own experiences.
- **GIFTY PACKAGE WITH REAL-LIFE PRACTICAL APPLICATIONS AND PROFOUND LESSONS INSIDE:** Pretty and colourful package with real-life, helpful advice.

AUTHOR BIOG

Vida Rose is known for her soothing voice and simple line drawings. Her videos cover topics from creativity to mental health to self-care. Find her on TikTok and Instagram [@comics_and_selfcare](#).





WOMEN WHO WORK TOO MUCH

Break Free from Toxic Productivity and Find Your Joy

TAMU THOMAS

A manifesto for change for women who want to establish healthier boundaries, stop over-committing to work and find their true purpose.

DESCRIPTION

A step-by-step guide to breaking out of patterns of toxic productivity, building boundaries for better mental health, avoiding burnout and living joyfully.

We have been conditioned into believing our value is in what we do rather than who we are. Do you find yourself saying 'yes' because you were never taught how to say 'no'? Are you working all hours of the day, but not feeling good about your achievements amplifying your perceived mistakes or weaknesses? Many of us believe that to be our best selves we should do more, but the result is often stress, burnout and disillusionment. This book offers a healing hand to help you step out of the same old patterns of using success or overworking as a source of self-validation.

For women, work doesn't stop in the workplace. There is a huge load at home that still falls to women – whether looking after children, caring for ageing parents or simply taking the reins of running the household. This is a book for women who work too much. It is for women who are ready to hear the wake-up call coming from within: coming from their frazzled nervous system, from that sense of underlying anxiety they have learnt to normalize over the years, and from an inner knowing that – just maybe – it doesn't have to be this way.

Women Who Work Too Much will support you to establish healthier boundaries, stop over-committing and move into a feeling of safety so that you can thrive, prosper and flourish. This book is a manifesto for change and a call to *inaction*.

SALES AND MARKETING

- **TRENDING TOPIC:** Burnout, and the media trend, shows no sign of abating. *Burnout* by Emily Nagoski has sold 250K copies. 'Quiet Quitting' is a trend on TikTok in response to workplace stress.
- **ADDRESSING A HEALTH CRISIS AMONGST WOMEN:** *Women Who Work Too Much* supports readers with a somatic approach to avoiding toxic productivity and coming back to their core purpose.
- **SELF-HELP MEETS FEMALE EMPOWERMENT:** *Women Who Work Too Much* has mainstream appeal. Not only does this book address the stress women are under in the workplace, it also addresses the unequal distribution of domestic responsibilities many women are still burdened with at home.
- **MEDIA EXPERIENCE:** Tamu is a keynote speaker, podcaster and writer. She has been featured in *Vogue*, *Forbes* and *Bustle*. Tamu has 14K followers on Instagram, and her live events are highly engaged with.
- **EXPERT WISDOM AND GUIDANCE:** Tamu is a holistic wellbeing coach, non-linear movement practitioner and workshop facilitator.

AUTHOR BIOG

Tamu Thomas is a life coach. A former social worker, she set up her values-led coaching business Live Three Sixty to help women to live and work more authentically, establish boundaries, find their purpose and make good money. www.livethreesixty.com @livethreesixty

ISBN: 978-1-83782-074-0

Pub Date: 05/03/2024

RRP: £14.99

Format: 216 x 135 PPC

BIC/Subject: Coping With Stress; Assertiveness, Motivation & Self-Esteem; Women's Health

Extent: 257 pages

Territorial Rights: World

Author Lives: Pinner, UK



Explore the Nine Personality Types
of the Enneagram to Open Your Heart,
Find Joy, and Discover Your True Self

ENNEAGRAM

Made Easy



DEBORAH THREADGILL EGERTON, Ph.D.
with Lisi Mohandessi

ISBN: 978-1-83782-103-7

Pub Date: 05/03/2024

RRP: £14.99

Format: 216 x 135 TPB

BIC/Subject: Psychology; Self-Help & Personal
Development; Organizational Theory & Behaviour

Extent: 257 pages

Territorial Rights: World

Author Lives: California, USA

Previous Titles:

Know Justice Know Peace, Hay House UK,
2022, 978-1-78817-752-8

ENNEAGRAM MADE EASY

Explore the Nine Personality Types of the
Enneagram to Open Your Heart, Find Joy, and
Discover Your True Self

DEBORAH THREADGILL EGERTON, Ph.D.

**New in the *Made Easy* series: a comprehensive
and accessible guide to the Enneagram
personality-typing system by certified Enneagram
teacher Dr Deborah Threadgill Egerton.**

DESCRIPTION

Learn more about the Enneagram personality-typing system and
how it can be utilized in your life.

The Enneagram is an archetypal personality system that identifies nine
distinct types, each with its own set of characteristics, motivations and
patterns of behaviour.

In this book, Dr Deborah Threadgill Egerton, certified Enneagram teacher
and a board member of the International Enneagram Association, will
help the reader to explore all facets of the Enneagram and then provide a
deeper dive into each of the nine personality archetypes: The Reformer,
The Helper, The Achiever, The Individualist, The Investigator, The
Loyalist, The Enthusiast, The Challenger and The Peacemaker.

Dr Deborah Threadgill Egerton will show you how the Enneagram can be
a powerful tool for better understanding your core motivations and
applying that knowledge to all areas of your life, including conflict
resolution, team dynamics, leadership and emotional intelligence.

SALES AND MARKETING

- **TARGET AUDIENCE:** This book will appeal to people new to the
Enneagram, as well as those familiar with the personality-typing system.
It will also appeal to Dr E's clients, and anyone familiar with her work.
- **TRENDING TOPIC:** Interest in the Enneagram continues to grow both
in business circles and on social media. For example, on TikTok the
hashtag #enneagram has more than 50 million views.
- **A NATURAL TEACHER:** Dr E is a natural teacher who speaks about
the Enneagram to diverse audiences, including corporations, non-profit
organizations and governmental agencies.
- **EASY TO UNDERSTAND:** Dr E effectively outlines what the
Enneagram is and how to use it to better understand yourself and the
lives of those around you.
- **A TOOL TO HELP YOU HEAL:** The Enneagram is not just a
personality quiz, but can be utilized as a tool for personal development
and healing.

AUTHOR BIOG

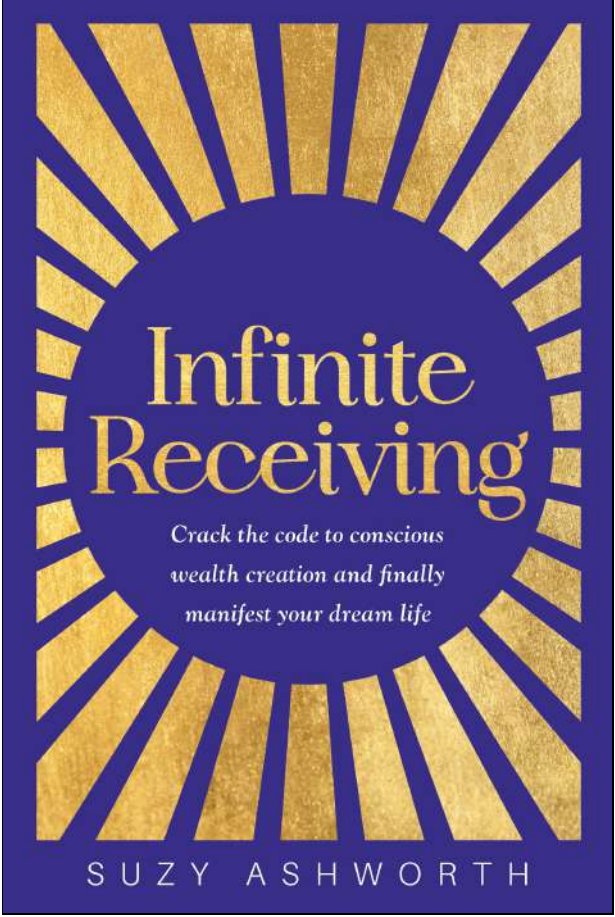
Deborah Threadgill Egerton MA, PhD is an internationally respected
spiritual teacher, an IEA certified Enneagram practitioner, consultant and
coach. www.deborahegerton.com and www.trinitytransition.com

OTHER TITLES





SPIRITUALITY & METAPHYSICAL



ISBN: 978-1-83782-041-2
Pub Date: 26/12/2023
RRP: £12.99
Format: 216 x 135 TPB
BIC/Subject: Spirituality & Religious Experience; Advice On Careers & Achieving Success; Mind, Body, Spirit: Thought & Practice
Extent: 272 pages
Territorial Rights: World
Author Lives: UK
Previous Titles: <i>The Calm Birth Method (Revised Edition)</i> , Hay House UK, 2022, 978-1-78817-716-0; <i>The Calm Birth Method</i> , Hay House UK, 2017, 978-1-78180-846-7

INFINITE RECEIVING

Crack the Code to Conscious Wealth
Creation and Finally Manifest Your Dream Life

SUZY ASHWORTH

Next-level manifesting for abundance and conscious wealth creation, from embodiment coach and host of the Infinite Receiving podcast Suzy Ashworth.

DESCRIPTION

***Infinite Receiving* is so much more than manifestation. This book will help you find your purpose and take actionable steps to live the life you want. Faith plus action equals miracles!**

Through meditations, affirmations and practical exercises, Suzy Ashworth will show you how to become more aware of your energy and help you to redefine your relationship with wanting.

By following the four pillars of Infinite Receiving®, you can increase your state of awareness and attract much more into your life, including:

- **Sovereignty:** Take ownership of your spiritual and inner authority, and lead with integrity and personal power.
- **Infinite possibilities:** Allow yourself to open up and create space to receive beyond your wildest dreams.
- **Community:** Cultivate a supportive culture in any space you step into. When we come together, we all rise.
- **Embodiment:** Become adept at taking yourself out of your mind and into your body and heart. You will talk the talk and walk the walk.

Learn to consciously co-create a world beyond what you thought was possible by tuning into the frequency of Infinite Receiving®.

SALES AND MARKETING

- **WELL-CONNECTED AUTHOR:** Expects to get endorsements from Richard Branson, Steven Bartlett and Marie Forleo.
- **TRUSTED EMBODIMENT COACH:** Practical support and journal prompts for consciously creating and activating infinite receiving.
- **HIGH-ACHIEVING ENTREPRENEUR:** Suzy is a multiple seven-figure success coach. Her podcast is #2 in the business charts.
- **SEASONED PUBLIC SPEAKER:** Suzy is an international keynote speaker whose work has been featured in *The Guardian* and on the BBC.
- **HAY HOUSE AUTHOR:** Suzy is already a Hay House author, with her first book *The Calm Birth Method* now in its second edition.

AUTHOR BIOG

Suzy Ashworth is a Quantum Transformation and Embodiment Coach for conscious entrepreneurs, an international keynote speaker, serial entrepreneur and author. www.suzyashworth.com

OTHER TITLES



ISBN: 978-1-83782-133-4

Pub Date: 06/02/2024

RRP: £11.99

Format: 216 x 135 TPB

BIC/Subject: Tarot; Fortune-Telling & Divination;
Mind, Body, Spirit: Thought & Practice

Extent: 257 pages

Territorial Rights: World

Author Lives: Atlanta, GA

Previous Titles:

The Signs of the Times Oracle, Hay House UK, 2022, 978-1-40196-432-0; *Absolute Affirmations*, Hay House UK, 2021, 978-1-40196-431-3

111 ORACLE SPREADS FOR EVERY DAY

Enhance Your Readings, Spark Your Intuition,
& Deepen Your Connection with Any Card
Deck

KRYSTAL BANNER

A collection of 111 practical, insightful, creative and magical oracle spreads for readers of all levels: from seasoned pros to newbie readers learning to read using their first deck.

DESCRIPTION

Discover creative and insightful ways to work with your oracle decks and get the answers and guidance you seek with this first-of-its-kind book of 111 oracle spreads.

Like books of tarot spreads, *111 Oracle Spreads for Every Day* is not connected to a particular deck; it is something any oracle reader can use: from the seeker who has just purchased their first deck to someone who has a collection of decks piled up to their ceiling.

This oracle spread is separated into five reader-friendly, practical categories: general, love, career, spiritual and astrology. For example, the Attraction Spread, which helps the reader sort through what energies they are attracting both consciously and subconsciously; the Spirit Guide Spread, which calls in messages from the reader's guides; and the Mercury Retrograde Spread, which encourages the reader to reflect on the challenges and opportunities in this unsettled period.

SALES AND MARKETING

- **PRACTICAL ADVICE FOR USING CARDS:** As more and more people buy their first (or fifty-first) card deck, they are hungry for new ways to use their cards to build a practice and connect with their intuition.
- **FILLS A GAP IN THE MARKET:** Readers are looking for spreads that can be used with oracle decks as well/instead of tarot cards.
- **EMPOWERS READERS TO DEVELOP THEIR INTUITION:** Krystal encourages readers to trust their instinctive responses to their cards. The real magic is found not in guidebooks but in readers' relationships to their cards.
- **TALENTED BIPOC TEACHER AND DECK CREATOR:** Krystal's unique design sensibility and her ability to bring meaning and magic into everyday sights and objects opens her decks and teachings to a younger audience interested in diversity and representation. She is a part of Hay House's Card Reader Certification Course.
- **PROLIFIC AUTHOR WITH MANY OPPORTUNITIES TO PROMOTE:** Krystal was featured as a female founder as part of Carousel @ Bloomingdale's in March 2023. They are stocking several products including her Kaleidadope Tarot. She's also been working with Saks on some new product offerings that will launch soon online and in stores.

AUTHOR BIOG

Krystal Banner is an experienced intuitive, artist and creator who is passionate about making self-discovery approachable, accessible and relatable. www.kaleidadope.com and www.krystalbanner.com

OTHER
TITLES



ISBN: 978-1-78817-925-6

Pub Date: 20/02/2024

RRP: £14.99

Format: 216 x 135 TPB

BIC/Subject: Tarot; Fortune-Telling & Divination;
Self-Help & Personal Development

Extent: 257 pages

Territorial Rights: World

Author Lives: Fulshear, Texas

ASTROLOGY AND TAROT FOR BURNOUT

A Journey through the Decans of the Zodiac

JACKIE BOYLHART

A unique fusion of tarot and astrology dedicated to lightworkers and individuals working in service and conscious activism, including tools, contemplative questions and rituals.

DESCRIPTION

Discover tools, contemplative questions, rituals and tarot exercises within this ground-breaking tarot-astrology guide, which melds the decan system in astrology and tarot meanings.

360 Degrees to Freedom is for the helpers and healers of this world – including lightworkers, starseeds, intuitives, creatives, teachers and other changemakers – who seek to manage the realities of burnout while remaining engaged in creating a more just, peaceful and equitable world.

It does so by introducing the decan system within astrology – in which signs are split into three detailed sections, based on degrees – and explaining how to use them for self-care and personal growth. It also introduces the concept of tarot correspondences, which can be used alongside the decan system in a detailed yearlong journey of reflection that meets readers where they are and guides them to a place of intuition, wisdom and integration.

360 Degrees to Freedom will heal, inspire and sustain burnt-out lightworkers so that they can, once again, engage in joyful advocacy for justice, peace, and liberation.

SALES AND MARKETING

- **A DIVERSE VOICE IN THE LIGHTWORKER SPACE:** Jackie's identity as a Filipino-American daughter of immigrants provides a different perspective that can help diversify the voices writing and speaking in the space of lightworkers and activism.
- **INTRODUCTION TO THE DECAN SYSTEM:** The author uses the decan system as a language through which to communicate self-care and recovery to lightworkers. Jackie explains a niche topic within astrology in clear and concise terms.
- **A YEARLONG JOURNEY THROUGH TAROT AND ASTROLOGY FOR ADVOCACY AND BURNOUT RECOVERY:** The four parts of the book represent the four seasons, with winter representing burnout and autumn harvest representing recovery. Each part contains three chapters representing the season's three zodiac signs and includes reflections for that sign and the associated tarot imagery.
- **WRITER'S WORKSHOP WINNER:** Jackie won the Writer's Workshop contest. Hay House will promote this book to their audience and to members of the Hay House Writer's Community.
- **BROAD AUDIENCE:** This will appeal to readers who wish to use these metaphysical tools as forms of self-care and advocacy. Metaphysical products are popular with Hay House's audience. It will also be perfect for professional tarot readers and astrologers looking for solutions to burnout and instruction on how to expand their art for conscious activism.

AUTHOR BIOG

Jackie Boylhart is a civil rights attorney, tarot reader and astrologer. Jackie guides changemakers engaged in the helping professions, social justice and other advocacy work through their dark nights using tarot and astrology, so that they can continue to impact their communities for the better.





21 DAYS TO Jump-Start Your Intuition

Awaken Your Most
Empowering Super Sense

SONIA CHOQUETTE

ISBN: 978-1-83782-113-6

Pub Date: 13/02/2024

RRP: £10.99

Format: 197 x 130 TPB

BIC/Subject: Spirit Guides, Angels & Channelling; Self-Help & Personal Development; Mind, Body, Spirit: Thought & Practice

Extent: 257 pages

Territorial Rights: World

Author Lives: London, UK

Previous Titles:

Ask Your Guides, Hay House UK, 2021, 978-1-78817-494-7; *Trust Your Vibes*, Hay House UK, 2013, 978-1-78180-283-0

21 DAYS TO JUMP-START YOUR INTUITION

Awaken Your Most Empowering Super Sense

SONIA CHOQUETTE

An easy-to-follow guide to developing your intuition from *New York Times* bestselling author Sonia Choquette.

DESCRIPTION

Awaken your intuitive voice, honour your spirit and discover how to make your heart's desire a reality with the expert guidance of world-renowned spiritual teacher Sonia Choquette.

Your intuition is the voice of your authentic Self. Developing your intuition allows you to recognize that you are a spiritual being, connect with the sacred gift that is your sixth sense and trust the inner light of your spirit to help you manoeuvre your way to a prosperous life.

In this easy-to-follow guide to developing your intuition, Sonia will show you how to:

- tap into your intuition to lead you to a life filled with purpose
- rid yourself of self-doubt, confusion and anxiety so you can truly enjoy all that life has to offer
- re-energize your spirit and manifest abundance

21 Days to Jump-Start Your Intuition is packed with intuitive guidance, expert teachings and practical exercises that will help you to trust your vibes so you can live fully, freely and joyously.

Studies have shown it takes just 21 days to establish a new habit. If there's a skill you've always wanted to take advantage of, the answer is only a few weeks away with Hay House's *21 Days* series.

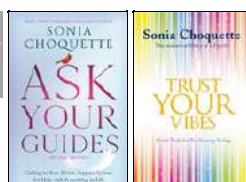
SALES AND MARKETING

- **EXPERT WISDOM:** Sonia is an intuitive guide and spiritual teacher who has spent 45 years helping others to lead confident, authentic lives through trusting in their intuition.
- **ESTABLISHED FANBASE:** Sonia has a firmly established fanbase, cultivated by her powerful and frequent workshops. She has 301K Facebook followers, 127K Instagram followers and 100K YouTube followers.
- **HIGHLY ENDORSED:** Sonia has been endorsed by several high-profile and influential figures, including Fearne Cotton, Craig David and Mike Dooley.
- **HAY HOUSE BESTSELLING AUTHOR:** Sonia is one of Hay House's most consistent sellers, and a *New York Times* bestselling author.
- **SHORT AND EASY-TO-READ:** A carefully laid-out 21-day plan makes following this powerful process simple.

AUTHOR BIOG

Sonia Choquette is an internationally celebrated author, spiritual teacher and intuitive guide who has devoted herself to teaching people to honour their Spirit, trust their vibes and live in the grace and glory of an extraordinary Spirit-guided life. www.soniachoquette.net

OTHER TITLES



"Marie brings infinite wisdom in her teachings of Feng Shui, which are in harmony with the great laws and principles of the Universe."
Rhonda Byrne, best-selling author of *The Secret*

FENG SHUI YOUR LIFE

A Beginner's Guide to Using
Your Home to Attract the
Life of Your Dreams

MARIE DIAMOND

ISBN: 978-1-83782-247-8

Pub Date: 05/12/2023

RRP: £10.99

Format: 197 x 130 TPB

BIC/Subject: Feng Shui; Self-Help & Personal Development; Mind, Body, Spirit: Thought & Practice

Extent: 257 pages

Territorial Rights: World

Author Lives: USA

Previous Titles:

The Very Simple Law of Attraction, G&D Media, 2018, 978-1-72250-020-7

FENG SHUI YOUR LIFE

A Beginner's Guide to Using Your Home to Attract the Life of Your Dreams

MARIE DIAMOND

Globally recognized Feng Shui Master and star of Peacock series *Feng Shui Your Life* Marie Diamond guides beginners on how to activate their homes to attract the outcomes they desire.

DESCRIPTION

Create the environment to attract the life that you deserve, with the guidance of internationally renowned Feng Shui Master Marie Diamond.

Rooted in ancient Chinese culture, Feng Shui is a system that teaches people how to arrange their living space to attract health, wealth, happiness and good energy – or *chi* – into their lives.

Marie Diamond's unique Diamond Feng Shui system combines traditional Feng Shui teachings with the Law of Attraction, neuroscience and quantum physics to help you increase the abundant energy in your home and in your life. In this book, you will learn:

- The importance of space clearing to create a more mindful, relaxed and organized home.
- How your personal energy number can help you attract the things you want with quicker and better results.
- Ways to activate your Feng Shui with crystals, plants, flowers and water.
- Tips for activating your success, money, health and relationship goals.
- Ways to Feng Shui different parts of your home to improve the energy flow and boost your *chi*, including your front door, family space, bedrooms and kitchen.

Feng Shui Your Life offers exercises, tools and practical guidance, and will become your go-to resource to help you attract a life of abundance beyond your wildest dreams.

SALES AND MARKETING

- **MASTER FENG SHUI TEACHER WITH LOYAL FOLLOWING:** Marie has more than one million online and in-person students in more than 190 countries. She has an email list of 100K, 37.6K followers on YouTube, 30.8K on Instagram and 17K on Facebook.
- **TV TIE-IN:** Marie is the star and executive producer of *Feng Shui Your Life*, a new 8-part series landing on the streaming platform Peacock in autumn 2023.
- **EXTENSIVE MEDIA COVERAGE:** Marie's teachings are published on learning platforms, including MindValley, Learning Strategies and YouUnity.
- **STRONG NETWORK AND CLIENTELE:** Marie's clients include Steven Spielberg, Big Sean and Vishen Lakhiani.
- **EXPERT WISDOM:** Marie has spent over 20 years combining her intuitive gifts, the growing science of energy flow, ancient wisdom and modern tools to enlighten homes, businesses and people.

AUTHOR BIOG

Marie Diamond is a world-renowned Master Teacher of Feng Shui and the Law of Attraction, and the star of the Peacock series *Feng Shui Your Life*. www.mariediamond.com



David R. Hawkins, M.D., Ph.D.
Best-selling author of *Letting Go*

The Highest Level of Enlightenment

TRANSCEND THE
LEVELS OF CONSCIOUSNESS
for TOTAL SELF-REALIZATION

THE HIGHEST LEVEL OF ENLIGHTENMENT

Transcend the Levels of Consciousness for
Total Self-Realization

DAVID R. HAWKINS, M.D., PH.D.

Dr David Hawkins introduces his world-famous map of consciousness that will help the reader embark on their own journey to an advanced state of consciousness.

DESCRIPTION

Advance your level of consciousness and your understanding of human behaviour, just by learning the map of consciousness.

After conducting a 29-year study that demonstrated that the human body becomes stronger or weaker depending on a person's mental state, Dr Hawkins created a scale from 1 to 1,000 that mapped human consciousness. He then proved this map can be used as a blueprint to reach higher states of consciousness that can be identified simply by applying a small amount of pressure on an outstretched arm!

In this book, you'll learn how to:

- Detect the exact point in any complex system where the least effort brings about the greatest result.
 - Understand the power of a simple attitude adjustment as well as the consequences of various emotional states.
 - Heal yourself of illness or addiction by reaching the state of consciousness in which it vanishes.
- And much more.

This 'map of consciousness' now makes it possible for anyone to advance toward higher levels of enlightenment faster than ever imagined!

SALES AND MARKETING

- **EVERGREEN AUTHOR:** *Power vs. Force* has sold over 190K copies and Dr Hawkins has sold more than 500K copies across his titles.
- **INFLUENTIAL THINKER:** Dr Hawkins's influence can be seen in the work of such modern-day teachers as Joe Dispenza.
- **FAMED SELF-IMPROVEMENT PIONEER:** *The Map of Consciousness* is one of Dr Hawkins's most famous works. It is a powerful tool to understand consciousness, thoughts, emotions and wellbeing.
- **TOPIC IS UNIVERSAL:** Dr Hawkins's core teachings speak to all audiences and have a timeless quality.
- **WIDE AUDIENCE:** This book appeals to people who are interested in spirituality, enlightenment and self-improvement.

AUTHOR BIOG

Dr David R. Hawkins (1927–2012) was recognized worldwide as a leading teacher of the way to enlightenment. www.veritaspublish.com

ISBN: 978-1-78817-684-2

Pub Date: 06/02/2024

RRP: £13.99

Format: 216 x 135 TPB

BIC/Subject: Mind, Body, Spirit; Self-Help & Personal Development; Assertiveness, Motivation & Self-Esteem

Extent: 144 pages

Territorial Rights: World

Author Lives: Estate: Sedona, AZ

Previous Titles:

Daily Reflections from Dr. David R. Hawkins, Hay House UK, 2022, 978-1-78817-685-9;
Discovery of the Presence of God, Hay House UK, 2021, 978-1-78817-543-2; *The Ego Is Not the Real You*, Hay House UK, 2021, 978-1-78817-668-2; *Letting Go*, Hay House UK, 2014, 978-1-40194-501-5; *Power vs. Force*, Hay House UK, 2014, 978-1-40194-507-7

OTHER TITLES



THE BOOK OF RUNIC ASTROLOGY

Unlock the Ancient Power of Your Cosmic Birth Runes

RICHARD LISTER

An accessible, practical guide to help readers interpret, map and apply runic astrology to their daily lives.

DESCRIPTION

Learn to harness the ancient wisdom of astrology and the runes, cast your birth chart and uncover your destiny with this essential guide to runic astrology.

Richard Lister explores the powerful combination of the runes and traditional astrology to show you how to tune into your past, present and future. Through a unique combination of mythos and practical advice you will discover:

- what runic astrology is
- how the runes correspond with each astrological sign
- how to cast and interpret your runic birth chart
- rituals to master runic astrology

Providing the names of the sun, moon and rising signs as the people of the frozen north saw and interpreted them, *The Book of Runic Astrology* will help you tune in to the energy of the cosmos to help you navigate your life, create prosperity and fulfil your purpose.

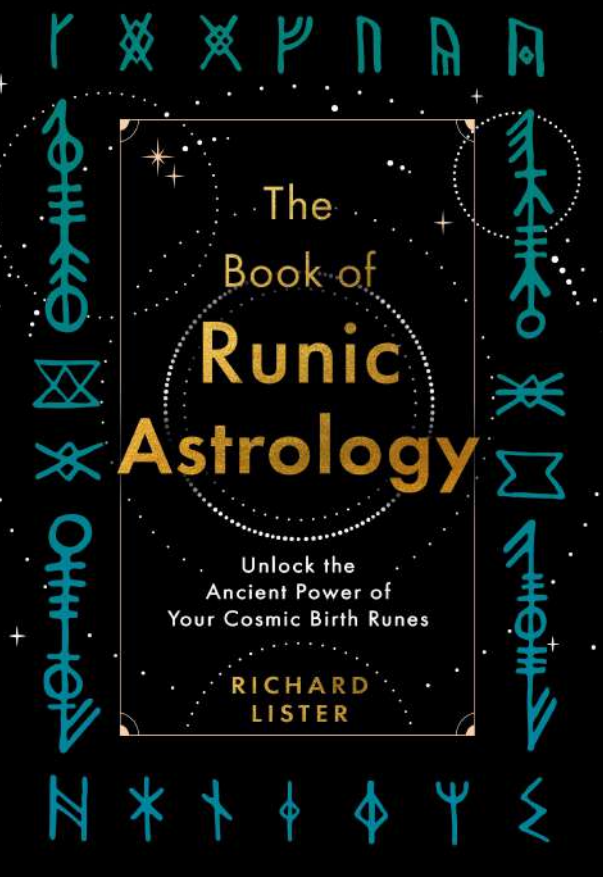
SALES AND MARKETING

- **UNIQUELY COMBINING RUNES AND ASTROLOGY FOR MODERN TIMES:** Richard's story-led structure offers informative ways for the reader to discover, learn and practise runic astrology.
- **HIGH-PROFILE SUPPORT:** Richard has worked with various highly regarded organizations and individuals like RAMA Institute, Den Meditation and Carrie-Anne Moss.
- **VAST WISDOM WRITTEN IN EASY-TO-DIGEST FORMAT:** *The Book of Runic Astrology* follows on from Richard's *Runes Made Easy*, offering esoteric knowledge on runes and Northern Tradition mythos.
- **LARGE SOCIAL MEDIA PLATFORM:** Richard Lister has 14.6K engaged followers on Instagram, who trust him to provide 'medicine' for modern times. He has an email list of 16K.
- **RUNIC ASTROLOGY REVIVAL AND GROWING POPULARITY:** Richard's book is the perfect product for a new generation of people interested in runes. #Runes has **275.8M views** on TikTok.

AUTHOR BIOG

Richard Lister is a holistic coach specializing in rest and has been using and working with runes for 20 years. www.richardlister.com

OTHER TITLES



ISBN: 978-1-78817-945-4

Pub Date: 31/10/2023

RRP: £12.99

Format: 197 x 130 TPB

BIC/Subject: Ancient Religions & Mythologies; Fall 2023; Fortune-Telling & Divination

Extent: 272 pages

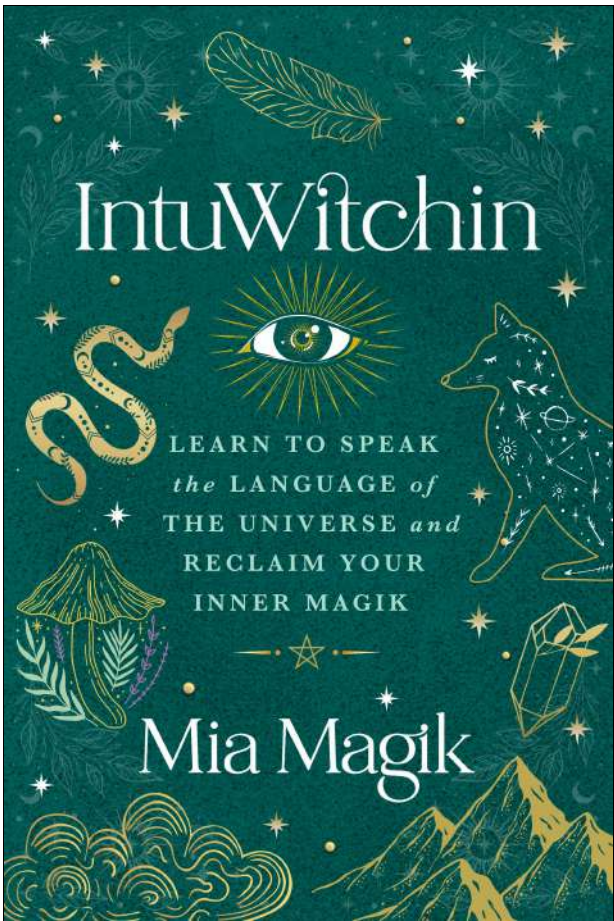
Territorial Rights: World

Author Lives: Portsmouth, UK

Previous Titles:

Runes Made Easy, Hay House UK, 2021, 978-1-78817-642-2





ISBN: 978-1-78817-961-4

Pub Date: 30/01/2024

RRP: £13.99

Format: 229 x 152 TPB

BIC/Subject: Witchcraft; Mysticism, Magic & Ritual; Fortune-Telling & Divination

Extent: 264 pages

Territorial Rights: World

Author Lives: Topanga, CA

INTUWITCHIN

Learn to Speak the Language of the Universe
and Reclaim Your Inner Magik

MIA MAGIK

A savvy witch's guidebook, helping readers to strengthen their innate capacity to speak the symbolic language of the universe and trust in their inner knowing – their intuwitchin.

DESCRIPTION

Reclaim your magik to see how the world around you is always communicating with you and letting you know which way to go.

Intuwitchin is all about our innate capacity to learn and fluently speak the symbolic language of the universe. It allows us to receive information from every animal or number, any part of our body, dreams, conversations and more. We've all been told to follow our intuition, but *Intuwitchin* shows you how.

The book describes how to tap into your intuwitchin and apply it in your life with rituals, magikal practices, journalling prompts and chapters on:

- reclaiming the witch wound in order to move forward in courage and empowerment
- understanding signs and symbols from the universe
- divination tools like astrology, tarot, numerology and colour magik
- recognizing how your body speaks to you
- incorporating the wisdom of the elements into your magik

Intuwitchin makes you your own teacher, guide, healer and hero. Putting the witch in intuwitchin supports you in owning your witchiness (how your wisdom expresses through you) and synergizing that unique essence with the magik of the world all around you.

SALES AND MARKETING

- **RECLAIMING INNER MAGIK:** *Intuwitchin* shows readers that they have the innate ability to create a conscious conversation with the Divine, and Mia shows readers how to foster this connection.
- **ON-TREND TOPIC:** The witchcraft 'trend' in popular culture shows no sign of stopping. #WitchTok has nearly 32 billion views on TikTok and appeals to a diverse, accepting community of people worldwide.
- **WELL-CONNECTED VOICE ON THE RISE IN THE WITCHCRAFT COMMUNITY:** Mia is connected with people like Regena 'Mama Gena' Thomashauer, Sah D'Simone, Sahara Rose, Shaman Durek, Joe Polish, Aubrey Marcus, Emily Fletcher and more.
- **AUDIENCE APPEAL:** *Intuwitchin* will appeal to those both new to witchcraft and who already have an established practice. It will serve practitioners who wish to create their own unique magik and develop a deep connection with themselves and the universe.
- **PROMISING NEW HAY HOUSE AUTHOR:** Hay House are delighted to be publishing Mia's debut book. Mia will be publishing another book and two card decks with Hay House.

AUTHOR BIOG

Mia Magik is the headmistress and founder of Witch School, an online school of Magikal Artistry, and leads retreats in Scotland, Italy and the Czech Republic. www.miamagik.com



GROWING UP WITH RAM DASS
AND COMING OF AGE IN THE
JEWISH PSYCHEDELIC UNDERGROUND

EXILE & ECSTASY

MADISON MARGOLIN

Co-founder of DoubleBlind Magazine

ISBN: 978-1-78817-960-7

Pub Date: 07/11/2023

RRP: £13.99

Format: 229 x 152 TPB

BIC/Subject: Judaism: Life & Practice;
Spiritualism; Shamanism, Paganism & Druidry

Extent: 256 pages

Territorial Rights: World

Author Lives: Brooklyn, NY and Beverly Hills,
CA

EXILE & ECSTASY

Growing Up with Ram Dass and Coming of
Age in the Jewish Psychedelic Underground

MADISON MARGOLIN

Madison Margolin takes the reader on a journey inside New York's Jewish counterculture and the Hasidic underground, reconciling her roots, tackling ancestral Jewish trauma and finding intersectionality between the Jewish and psychedelic experience.

DESCRIPTION

Explore the psychedelic path that straddles the crossroads between the Ram Dass movement and Hasidism. It's a path of seeking and escape, rebellion and return, medicine and magic.

Bridging the polar ends of the Jewish and psychedelic worlds, while buttressing the experience with expert reportage, Madison Margolin prods at *Be Here Now* to find its relevance for a new generation. In doing so, she looks at solutions to our lack of presence and offers practices that help us integrate our psychedelic experiences in mundane life, as well as in the context of our roots and religious identities.

This book is for anyone looking to feel spiritually kindled, to make peace with where they come from and to reconcile the seemingly disparate experiences of spirituality and psychedelics with traditional religion.

SALES AND MARKETING

- **ONGOING INTEREST IN PSYCHEDELICS:** Books on psychedelics have captured the attention of readers, most notably Michael Pollan's *How To Change Your Mind*. Alexander Beiner's *The Bigger Picture* will be published by Hay House in June 2023.
- **AUTHOR IS A TRUSTED AUTHORITY:** Madison is an expert in Jewish counterculture, psychedelics, cannabis and spirituality. She is a co-founder of the Jewish Psychedelic Summit and *DoubleBlind* Magazine and has spoken at many events including SXSW. She has written for *VICE*, *Rolling Stone*, *High Times*, *Playboy*, *LA Weekly* and other publications.
- **LARGE SOCIAL MEDIA FOLLOWING:** *DoubleBlind* Mag has 111K IG followers, 46.2K YouTube followers and 14.8K FB followers.
- **JEWISH-PSYCHEDELIC JOURNALIST:** Madison is a contributing editor of *Ayin Press*. Her column – 'Speaking from Experience' – features in-depth conversations with artists, scientists, mystics, healers, activists and fringe thought leaders and engages in paradigm-shifting encounters, from somatics to psychedelics to cybernetics.
- **CLEAR AUDIENCE:** This book will appeal to Jewish people interested in psychedelics and spirituality; millennials and Gen-Z readers who are interested in connecting to their roots and understanding their cultural identity and trauma and people interested in Ram Dass and *Be Here Now*.

AUTHOR BIOG

Madison Margolin is a writer, journalist, editor, consultant and guide to all things Jewish-Psychedelic. www.madisonmargolin.com



AURA ALCHEMY

Understand Unique Energies to
Know Yourself, Read Other People, and
Manifest the Life of Your Dreams

AMY LEIGH MERCREE

AURA ALCHEMY

Learn to Sense Energy Fields, Interpret the
Color Spectrum, and Manifest Success

AMY LEIGH MERCREE

A fresh take on auras from a medical intuitive who has been working with energy on a quantum level for over twenty years.

DESCRIPTION

Develop your innate intuition, deepen your connection to the energy flow of the universe and manifest your heart's desires using the power of your own electromagnetic field.

Take a deep dive into the history and spiritual science of auras – the colourful energy fields that surround each and every one of us – with this in-depth guide. You will learn:

- What the colours of auras mean and how to see them in yourself and others
- How to raise the frequency of your own aura and those of others
- How to apply your knowledge on auras to manifest your best life, filled with harmony and abundance

Amy plunges profoundly into the truth of complete interconnection in the universe and the living electromagnetic fields around all living things, which we call auras. In essence, the study and awareness of auras is an opening to feel the connection between all life.

This book encourages and necessitates opening the clairvoyant and other intuitive senses to feel, taste, smell, touch, see and hear auras and perceive them in new and expanded ways. These experiences will allow you to open your mind and heart to the universal life force that comprises all existence.

SALES AND MARKETING

- **MEDICAL INTUITIVE AND HOLISTIC HEALTH EXPERT:** Amy has 20 years' experience coaching private clients, teaching and writing. Her knowledge of shamanism, energy healing, TCM and other healing modalities and practices give her work a deep resonance.
- **ON-TREND TOPIC:** Mainstream readers are hungry for new skills to develop and more practical ways to interact with their energy, spirits and connection to the universe. Metaphysical products are highly engaged with by Hay House's audience.
- **OFFERING READERS A TOOL FOR CONNECTION AND HEALING:** This book offers readers both an in-depth look at their own energy fields in the context of the flowing energy of the universe and the ability to harness that powerful knowledge for manifestation.
- **MAKING COMPLEX SCIENTIFIC AND METAPHYSICAL TOPICS ACCESSIBLE:** Amy's writing makes concepts as complex as quantum mechanics and the structures of atoms seem approachable and understandable to both experienced and new readers.
- **PR EXPERTISE AND A NETWORK OF INFLUENCER CONTACTS:** Amy has extensive experience seeking out PR opportunities and she partners with outside PR to launch her books. She has been featured in *Glamour Magazine*, *Women's Health* and *Forbes*, to name a few.

AUTHOR BIOG

Amy Leigh Mercree is a holistic health expert, medical intuitive and author of 16+ books, including *A Little Bit of Meditation* and *A Little Bit of Mindfulness*. Visit her on social media @AmyLeighMercree and www.amyleighmercree.com.

ISBN: 978-1-83782-134-1

Pub Date: 13/02/2024

RRP: £13.99

Format: 216 x 135 TPB

BIC/Subject: Chakras, Auras & Spiritual Energy; Clairvoyance & Precognition; Crystals & Colour-Healing

Extent: 257 pages

Territorial Rights: World

Author Lives: Naples, Florida

Previous Titles:

Healing Home, Union Square & Co, 2022, 978-1-45494-483-6; *100 Days to Calm*, Sterling Ethos, 2020, 978-1-45494-029-6; *A Little Bit of Goddess*, Sterling Ethos, 2019, 978-1-45493-670-1; *A Little Bit of Mindfulness*, Sterling Ethos, 2018, 978-1-45493-224-6; *A Little Bit of Meditation*, Sterling Ethos, 2017, 978-1-45492-689-4



NEW YORK TIMES BEST-SELLING AUTHOR
CAROLINE MYSS

A TIME FOR GRACE

SACRED GUIDANCE
for EVERYDAY LIFE

A TIME FOR GRACE

Sacred Guidance for Everyday Life

CAROLINE MYSS

Five-time *New York Times* bestselling author Caroline Myss offers guidance to readers on healing and grace. Originally published as *Defy Gravity*.

DESCRIPTION

New York Times bestselling author Caroline Myss investigates the mystical phenomenon of healing and the presence of grace in every life.

What is grace? How does grace work? For decades, readers and students have turned to medical intuitive Caroline Myss for answers to these essential questions. In these pages, she takes readers on a transformative journey to investigate the 'holy authority' of grace and find tools to heal themselves and their lives.

Inspired by ordinary people who overcame a wide array of physical and psychological ailments, Caroline dove into the works of the great mystics to gain a deeper understanding of healing's spiritual underpinnings. Using what she discovered, she invites us into an intimate and healing engagement with the soul, which we experience through exploring our seven shadow passions, building an empowered inner self around our seven inherent graces, and learning how to work with the mystical laws that govern our true selves.

With this knowledge, you can break through the boundaries of ordinary reason, heal from illness, heartbreak and pain, learn to live fearlessly and start to discern the guidance of grace in every moment of your life. (Originally published as *Defy Gravity*.)

SALES AND MARKETING

- **ENGAGED FOLLOWING:** Caroline has a large and engaged online community. She has 421K Facebook followers (@Caroline-Myss), 156K YouTube followers (@CarolineMyssSpiritualDirection) and 86K Instagram followers (@CarolineMyss).
- **INTERNATIONALLY RENOWNED PIONEER:** Caroline Myss is an globally recognized pioneer in energy medicine.
- **NEW YORK TIMES BESTSELLER:** Five of Caroline's books have been *New York Times* bestsellers, including *Sacred Contracts*.
- **WELL-CONNECTED IN THE WELLNESS SPACE:** Caroline has received endorsements from acclaimed authors and highly respected teachers, such as Marianne Williamson, Anne Lamott, Matthew Fox, Jeffrey Rediger and Elizabeth Lesser.
- **ON-TREND SUBJECT:** Complementary forms of healing are gaining popularity with mainstream audiences.

AUTHOR BIOG

In 1996, Caroline Myss's book *Anatomy of the Spirit* was published, and became a *New York Times* bestseller. A year later, she wrote *Why People Don't Heal and How They Can*, which also became a bestseller, followed three years later by *Sacred Contracts*, her third consecutive *New York Times* bestseller. Her most recent book is *Archetypes*.

OTHER TITLES



ISBN: 978-1-83782-136-5

Pub Date: 07/11/2023

RRP: £14.99

Format: 229 x 152 TPB

BIC/Subject: Complementary Therapies, Healing & Health; Mind, Body, Spirit: Thought & Practice; Mind, Body, Spirit: Meditation & Visualisation

Extent: 256 pages

Territorial Rights: World

Author Lives: Illinois, US

Previous Titles:

Intimate Conversations with the Divine, Hay House UK, 2022, 978-1-78180-147-5;
Archetypes, Hay House UK, 2013, 978-1-78180-187-1; *Defy Gravity*, Hay House UK, 2011, 978-1-84850-450-9; *Sacred Contracts*, Bantam, 2002, 978-0-55381-494-1



BLACK MOON LILITH RISING

How to Unlock the Power of the Dark Divine Feminine Through Astrology

ADAMA SESAY

An exploration of the Black Moon Lilith placement in astrology – a widely searched yet underserved topic – that reclaims the misunderstood archetype of Lilith and shows readers how to use her energy for empowerment and transformation.

DESCRIPTION

Heal the suppressed feminine, balance power dynamics and learn to heal the world by untwisting the truth about the misunderstood archetype of Lilith.

Black Moon Lilith™ Rising is unlike any other astrology book out there on multiple fronts: it is a comprehensive exploration of the placement of Lilith in astrology, it's a deep exploration into the misunderstood myth and archetype of Lilith and it incorporates shadow work and spiritual alchemy.

The book begins with an ode to Lilith, anecdotal stories surrounding the author's experience with the energy, the history and mythology behind the Lilith archetype. Lilith has been demonized – known as the first rebellious, disobedient woman – but in fact she is a powerful, sovereign being.

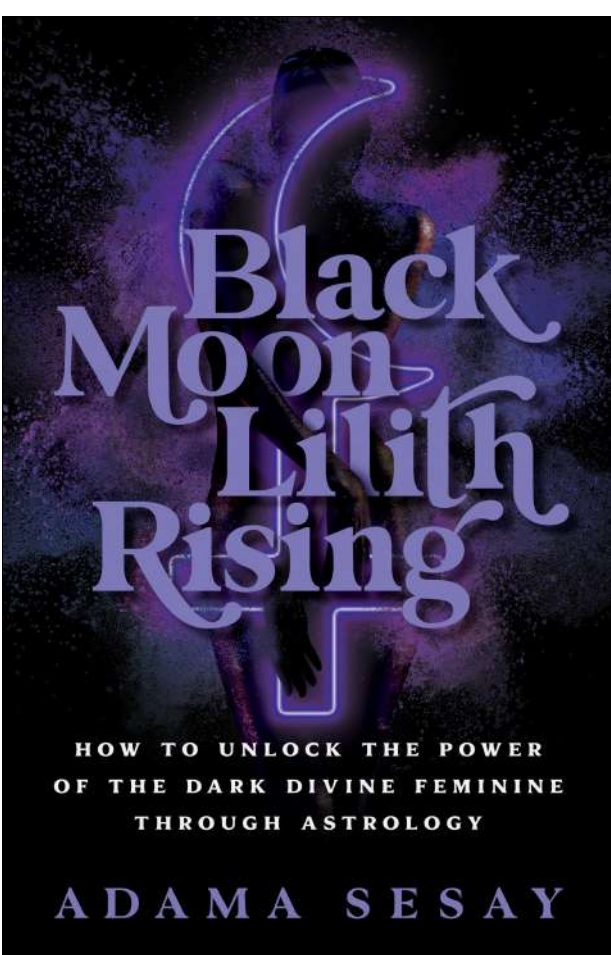
This book details how Black Moon Lilith can be integrated practically for empowerment and life transformation. It then moves through an in-depth astrological analysis covering Black Moon Lilith through the 12 zodiac signs and houses. Planetary and angular aspects are then layered on explaining how Lilith can affect the other energies in the birth chart in an impactful way. Finally, the book guides the reader through shadow work with Lilith and outlines a spiritual alchemy practice for 13 days, as 13 is the number of the divine feminine.

SALES AND MARKETING

- **AUTHORITATIVE VOICE:** Lilith's energy is best understood by an individual who has gone through the experience of misogyny, suppression and oppression in order to identify with the clientele who need this information for healing.
- **LARGE SOCIAL MEDIA PRESENCE:** Adama has 18.8K Instagram followers on @lilithastrology.
- **A SOCIALLY CONSCIOUS VIEW OF ASTROLOGY:** Many astrologers are not only interested in a comprehensive view of astrology but wish to incorporate healing ancestral trauma, social justice and humanitarian causes.
- **A PROMISING NEW HAY HOUSE AUTHOR:** Adama brings a unique, diverse voice and view to astrology that is much needed.
- **AUTHOR IS WELL-CONNECTED IN THE ASTROLOGY SPACE:** Adama is connected to astrologers Colin Bedell, Ruby Warrington, Magic Kathi and Nadiya Shah.

AUTHOR BIOG

Adama Sesay is a professional astrologer, occultist, entrepreneur and author of *Black Moon Lilith™ Cosmic Alchemy Oracle Cards*.
www.lilithastrology.com



ISBN: 978-1-78817-867-9

Pub Date: 03/10/2023

RRP: £14.99

Format: 216 x 135 TPB

BIC/Subject: Astrology; Folklore, Myths & Legends; Mind, Body, Spirit

Extent: 240 pages

Territorial Rights: World

Author Lives: Brooklyn, NY



COSMIC CARE

Astrology,
Lunar Cycles, and
Birth Charts

for Self-Care
and
Empowerment

VALERIE
TEJEDA

COSMIC CARE

Astrology, Lunar Cycles, and Birth Charts for
Self-Care and Empowerment

VALERIE TEJEDA

A book on self-care and astrology that describes how to align your self-care practices with the astrological seasons, including material on birth charts, lunar cycles and rituals.

DESCRIPTION

Live well by harmonizing your self-care practice with the movement of the seasons, the stars and the lunar cycle.

By using the cosmos to guide your practice, you channel the unique energies in the sky to renew yourself in harmony with the universe. Regardless of your sign or your knowledge of astrology, you can craft your own holistic routine for every season of the year.

Each chapter of *Cosmic Care* focuses on a single astrological sign and includes the following to support your self-care:

- a description of that season's energy
- a ritual, a meditation and affirmations
- journal prompts
- tarot and oracle card spreads
- a list of correspondences
- crystals and herbs that support that sign's energy

This book is an expansion and revision of Valerie Tejada's bestselling Audible Original *Self Care by the Signs*, with highlights from her other audiobook *Self Care by the Moon*.

SALES AND MARKETING

- **A UNIQUE TAKE ON ASTROLOGY AND SELF-CARE:** Whereas other books tend to focus on the reader's sun sign, *Cosmic Care* takes a more holistic approach to astrology and self-care. It's about tapping into the energy of each season no matter your sun sign.
- **AN ACCOMPLISHED AUDIBLE ORIGINAL AUTHOR:** Valerie is the author and narrator of two successful Audible Originals: *Self Care by the Moon* and *Self Care by the Signs*. *Self Care by the Signs* was a #1 Audible bestseller, a #1 Amazon bestseller and an AP bestseller. *Self Care by the Moon* was an Audible Top 10 Listen and Editor's Pick for a 2021 favourite in self-development.
- **TWO HUGELY POPULAR TOPICS:** Google Trends reveals that worldwide searches for 'astrology' have increased 26% in the past 5 years, while worldwide searches for 'self-care' have increased 117%. On TikTok, the hashtag #astrology has 44.2B views, and #selfcare has 28.8B views. According to PRH's Body, Mind and Spirit sales analysis from May 2022, 2021 sales for astrology books were at an all-time high.
- **FOLLOW-UP DECK FOR FALL 2024:** Valerie will be authoring a 44-card deck on astrology and self-care, publishing in Fall 2024 with Hay House. It will build upon the concepts in the book.
- **MEDIA COVERAGE:** Valerie's by-lines have appeared in publications such as *Self* magazine, *Vanity Fair*, *Teen Vogue*, *Marie Claire*, *Cosmopolitan*, *Latina* and more.

AUTHOR BIOG

Valerie Tejada is a journalist, author and narrator whose work includes the Audible Originals bestseller *Self Care by the Signs* and *Self Care by the Moon*. She is the creator of the digital pop astrology brand Big Cosmic Energy, and the author of *Good on Paper* and *Hollywood Witch Hunter*.

ISBN: 978-1-83782-039-9

Pub Date: 27/02/2024

RRP: £11.99

Format: 216 x 135 TPB

BIC/Subject: Astrology; Complementary Therapies, Healing & Health; Self-Help & Personal Development

Extent: 257 pages

Territorial Rights: World

Author Lives: Roseville, CA



spirituality is for every body



8 Accessible,
Inclusive Ways
to Connect
with the Divine
When Living
with Disability

Allison V. Thompkins, Ph.D.

SPIRITUALITY IS FOR EVERY BODY

8 Accessible, Inclusive Ways to Connect with
the Divine When Living with Disability

ALLISON V. THOMPCKINS, PH.D.

A guide that makes spiritual principles and practices accessible to people living with disabilities, so that they can deepen their connection to God and live more joyful, intentional lives – written by an author with cerebral palsy.

DESCRIPTION

Discover the power of prayer, grace and gratitude from Allison Thompkins, an author with cerebral palsy committed to advocating for the rights of disabled people.

Disability affects us all, directly or indirectly, at one point or another. In this first-of-its-kind book, Allison addresses essential spiritual themes – like surrender, synchronicities, meditation and authentic service – in a way that centres disabled readers. She weaves her lived experience and personal spiritual journey into teachings and wisdom, inviting you to see yourself in her story.

Allison is on a mission to encourage you to create a strong relationship with God or Spirit or the Universe, supported by regular spiritual practice. The exercises at the end of each chapter include extensive access notes to allow you to build a personalized practice that works for you and the unique body you live in.

SALES AND MARKETING

- **WIDE, UNTAPPED AUDIENCE:** Almost 25% of people in Britain live with some sort of disability. There is a huge untapped audience of individuals in search of ways to make spiritual practices accessible.
- **AUTHOR IS A NATURAL STORYTELLER WITH AN INSPIRING MESSAGE:** Allison was born to tell stories. She keeps the reader engaged with charming and honest tales from her life.
- **AUTHOR'S CONNECTIONS:** Easterseals and the Christopher & Dana Reeve Foundation are recognizable, national organizations that have offered Allison promotional support. Easterseals has offered to help Allison create a marketing plan and the Christopher & Dana Reeve Foundation has promised to interview her and promote on social media.
- **IMPROVED ACCESSIBILITY:** This book provides 'access notes' so that more people can participate in spiritual practice. For example, if the reader can't speak out the affirmation, they are encouraged to sign it or watch themselves saying it in a mirror or even memorize it.
- **WIDE APPEAL:** Allison's stories help readers understand different world views and gain insight into their own spiritual journey.

AUTHOR BIOG

Allison V. Thompkins PhD is a writer and disability rights advocate who worked as an economist, specializing in creating and analyzing public policies that improved the economic wellbeing and social inclusion of people with disabilities. Due to health complications relating to her cerebral palsy, Allison has retired from her work as an economist and dedicated herself to spiritual study. www.allisonvthompkins.com

ISBN: 978-1-83782-063-4

Pub Date: 13/02/2024

RRP: £11.99

Format: 216 x 135 TPB

BIC/Subject: Self-Help & Personal Development;
Coping With Disability; Spirituality & Religious
Experience

Extent: 257 pages

Territorial Rights: World

Author Lives: Boston, MA



the
top
ten
things
dead people
want to
tell
you

Mike Dooley

ISBN: 978-1-78180-394-3

Pub Date: 21/10/2014

RRP: £10.99

Format: 216 x 135 TPB

BIC/Subject: Mind, Body, Spirit: Thought & Practice; Coping With Death & Bereavement; Mind, Body, Spirit: Meditation & Visualisation

Extent: 240 pages

Territorial Rights: World ex IN,AU,NZ,US,CA

Author Lives: USA

Previous Titles:

Leveraging the Universe: 7 Steps to Engaging Life's Magic, , , 978-1-58270-315-2; *Infinite Possibilities: The Art of Living Your Dreams*, , , 978-1-58270-232-2; *Choose Them Wisely: Thoughts Become Things!*, , , 978-1-58270-233-9

THE TOP TEN THINGS DEAD PEOPLE WANT TO TELL YOU

Answers to Inspire the Adventure of Your Life

MIKE DOOLEY

From Mike Dooley, the spiritual adventurer behind *Notes from the Universe*, comes a radically empowering view on our lives, through the wisdom of those who have gone beyond this world.

DESCRIPTION

Many of us believe that there is a purpose behind the events of our world, that everything happens for a reason, that there are no mistakes. Although we feel that this is true, we fear the unknown - especially when it comes to death. We wonder, 'What's next? Is there life after death? Will I ever see my loved ones again?'

In *The Top 10 Things Dead People Want to Tell You*, New York Times bestselling author Mike Dooley explores these questions, and gives readers a fresh, unconventional and at times playful perspective on life, its meaning and how to live it well. In ten profound chapters, he offers his personal observations about the world in the form of a letter from the recently deceased, sharing the revelations and insights they have gained since their transition, like

- They're not dead.
- They're sorry for the pain they caused.
- They were ready to go when they went.
- Your pets are as crazy, brilliant and loving, here, as they were there.
- Life really is all about love, but not just loving those who love you...

The Top 10 Things Dead People Want to Tell You offers hope to those who've lost loved ones, and gives us a new way of looking at death that can radically improve the way we live today.

SALES AND MARKETING

- Mike Dooley's *Notes from the Universe* emails are received daily by over 550,000 people and this title will be heavily promoted around release through this channel.
- Mike tours the world regularly including the UK.
- Pitching for feature & extract in a national newspaper including *Daily Mail/You Magazine*

AUTHOR BIOG

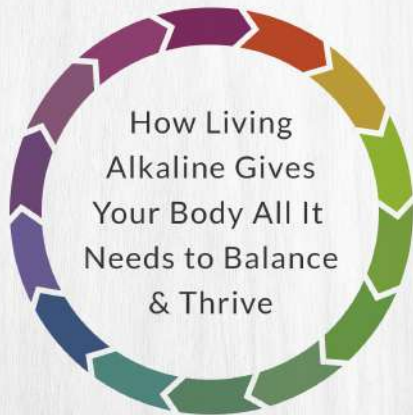
Mike Dooley is a former PriceWaterhouseCoopers international tax consultant turned entrepreneur, who's founded a philosophical Adventurers' Club on the internet that's now home to over 500,000 members from over 182 countries. His inspirational books emphasizing spiritual accountability have been published in 25 languages and he was one of the featured teachers in the international phenomenon, *The Secret*. Today Mike is best known for his free *Notes from the Universe* e-mailings and his New York Times bestsellers *Infinite Possibilities: The Art of Living Your Dreams* and *Leveraging the Universe: 7 Steps to Engaging Life's Magic*. Mike lives what he teaches, travelling internationally speaking on life, dreams and happiness. **www.tut.com**





HEALTH/ NUTRITION

THE ALKALINE LIFE



ROSS BRIDGEFORD

Author of *The Alkaline Reset Cleanse*

THE ALKALINE LIFE

New Science to Rebalance Your Body,
Reverse Aging, and Prevent Disease

ROSS BRIDGEFORD

A science-backed guide to adopting an alkaline diet, complete with nutritious alkaline recipes, from the creator of *The Alkaline Reset Cleanse*, Ross Bridgeford.

DESCRIPTION

Balance your diet, balance your life.

The antidote to degenerative disease is closer than you think, and the solution lies in an alkaline, anti-inflammatory and antioxidant-rich diet.

Whether you've just finished *The Alkaline Reset Cleanse* and are asking yourself: now what? or you're curious about exploring the opportunities an alkaline diet has to offer, *The Alkaline Life* will provide you with all the tools you need to meet your nutrition goals and feel better.

With Ross Bridgeford as your guide, you'll learn how to live alkaline and stay alkaline for life. Ross begins by providing the science-backed facts behind the alkaline diet, how to do it and why it works. Then he dives into how the alkaline diet can work for *you* based on your goals. Finally, he provides delicious and nutritious alkaline recipes that will motivate you to stick with this feel-good lifestyle in feasible way.

SALES AND MARKETING

- **ACTIVE 150K+ MAILING LIST WITH REGULAR WEBINARS:** Ross is actively engaged with his company's mailing list and has 3–4K registrants with 1–2K attendees for each webinar.
- **EXPERT ON ALKALINE LIVING FOR OPTIMAL HEALTH:** Ross has an international following (most strongly in the UK, USA and AUS), having reached over 14M people over the span of 10+ years.
- **MAINSTREAM CONCEPT WITH A UNIQUE ANGLE:** *The Alkaline Reset Cleanse* has concepts that cross over with Kris Carr's *Crazy Sexy Diet*, Liana Werner-Grey's *The Earth Diet* and Susan Peirce Thompson's work. Ross puts a stamp on the diet that is his own.
- **STRONG BUSINESS PLATFORM:** Ross's business, Alkaline Base Camp, currently has over 1.4K active paid memberships, with steady growth funnelling from webinars and Searchie.
- **FOLLOW-UP TO PREVIOUS BOOK:** Ross provides his audience with the steps they need to turn an alkaline diet into a lifestyle.

AUTHOR BIOG

Ross Bridgeford is the creator of *The Alkaline Reset Cleanse*, *Anti-Inflammation Breakthrough* and *Alkaline Anti-Cancer Solution*, as well as the *Alkaline Diet Recipe Book* series. www.liveenergized.com

OTHER TITLES



ISBN: 978-1-83782-101-3

Pub Date: 23/01/2024

RRP: £14.99

Format: 229 x 152 TPB

BIC/Subject: Dietetics & Nutrition; Health & Personal Development; Fitness & Diet

Extent: 257 pages

Territorial Rights: World

Author Lives: Brisbane, Australia

Previous Titles:

The Alkaline Reset Cleanse, Hay House UK, 2020, 978-1-40195-550-2



ISBN: 978-1-83782-105-1

Pub Date: 05/03/2024

RRP: £21.99

Format: 229 x 152 TPB

BIC/Subject: Diabetes; Dietetics & Nutrition;
Cookery For Specific Diets & Conditions

Extent: 257 pages

Territorial Rights: World

Author Lives: Eric: Doral, Florida; Ruben:
California

POSTDIABETIC

An Easy-to-Follow 9-Week Guide to
Reversing Prediabetes and Type 2 Diabetes

ERIC EDMEADES AND DR. RUBEN RUIZ

From the creator of WILDFIT®, an internationally recognized health and lifestyle coaching company, comes an easy-to-follow 9-week process to reverse prediabetes and type 2 diabetes.

DESCRIPTION

Follow a trusted step-by-step plan that will support you with 'lifestyle' diseases, such as type 2 diabetes, obesity, hypertension, and even many autoimmune diseases. The process is simple and straightforward, and it will guide you through some manageable lifestyle changes that will give your body the opportunity to heal.

The truth is that the pain, discomfort and economic hardship caused by type 2 diabetes is fuelled by profit-seeking food manufacturers and their lobbyists. While it is easy to place blame on the food industry, it is also important to understand our own roles and responsibilities in creating these circumstances.

Over the course of 9 weeks, you'll learn how to make subtle changes to your lifestyle and incredibly deep changes to your psychology. You'll look at what you eat, when you eat it and why you eat it. You'll begin to move your body into a primarily fat-burning metabolism and away from your current sugar-burning metabolism, and learn more about seasonal eating and the benefits of cyclical eating patterns.

By the end of this programme, you will have a clear understanding of the way the seasons work in concert with your body and how you can use the seasons not only to turn around your type 2 diabetes but to maintain a healthy lifestyle while enjoying your food.

SALES AND MARKETING

• FOREWORD BY BESTSELLING AUTHOR AND WELLNESS

EXPERT: Dr Mark Hyman has written the foreword.

• **HUGE DEMAND FOR THIS BOOK:** According to the NHS, over 90% of all adults with diabetes have type 2. One in ten people over 40 have type 2 diabetes, and the number of people living with diabetes has reached 4.7 million in the UK.

• **GREAT AUTHOR PLATFORM:** WILDFIT® has more than 100K e-mail subscribers and Eric has 207K Instagram followers. Eric's flagship WILDFIT® programme, WILDFIT90®, is the most effective health transformation programme on the market and has been the highest-rated programme on the Mindvalley platform for two years in a row.

• **CUTTING-EDGE APPROACH TO DIABETES:** This book offers an easy 9-week process designed to reverse prediabetes and type 2 diabetes. The tone of the book is inspirational and non-judgemental.

• **AUDIENCE:** People who are prediabetic or have type 2 diabetes and are looking for alternative solutions.

AUTHOR BIOG

Eric Edmeades is the creator of WILDFIT®, the highly effective health transformation coaching company that has now served over 50,000 clients in 130 countries. www.ericmeades.com

Dr Ruben Ruiz has taught medicine at Stanford University and UCLA, and operates a well-established and highly popular family medical clinics in Ontario and Rialto, as well as a highly successful MedSpa and Wellness Centre in Ontario.



ISBN: 978-1-40197-773-3

Pub Date: 14/11/2023

RRP: £25.00

Format: 8 x 10 HB

BIC/Subject: Health & Wholefood Cookery;
Dietetics & Nutrition; Fitness & Diet

Extent: 257 pages

Territorial Rights: World

Author Lives: Spokane, WA

Previous Titles:

Boundless, Victory Belt, 2020, 978-1-62860-397-2; *Beyond Training*, Victory Belt, 2018, 978-1-62860-376-7; *The Low-Carb Athlete*, CreateSpace Independent Publishing Platform, 2015, 978-1-51737-153-1

BOUNDLESS KITCHEN

Biohack Your Body & Boost Your Brain with
Healthy Recipes You Actually Want to Eat

BEN GREENFIELD

Biohacking meets molecular gastronomy in an all-new cookbook from the author of the *Wall Street Journal* bestseller *Boundless*, with 40+ recipes to boost brain and body health.

DESCRIPTION

Discover 48 inspired recipes for longevity, health and great eating.

A certified nutritionist, *New York Times* bestselling author, dedicated biohacker, self-experimenter and wildly creative cook, Ben Greenfield brings his 'mad scientist chef' approach right into *your* kitchen in this all-new cookbook.

Readers will discover unconventional kitchen tools and tactics, ingredients both familiar and fringe (such as organ meats and colostrum) and detailed guidance for making food that boosts brain and body health, doesn't taste like cardboard and is incredibly fun to create. Within these pages, you'll find:

- a fresh take on 'blue zones' and other principles of clean eating
- recipes for plants, meats, fermented foods, drinks and desserts – from carrot cake blender waffles to sous vide blueberry brisket
- cooking techniques from simple roasting and braising to sous vide and air frying
- the secret of food's restorative power to increase energy and vitality at the cellular level
- the science behind the recipes and *why* they work for you

'If you are looking for limitless energy, health and how to live your best life, this book is for you.'

JJ Virgin, *New York Times* bestselling author

SALES AND MARKETING

- **STRONG AUTHOR PLATFORM AND TRACK:** Ben has an e-mail list of over 100K, a highly engaged following of 410K on Instagram, 190K on Facebook and 108K on YouTube. He has sold over 40K copies of *Boundless*.
- **SCIENCE-BACKED APPROACH:** Each recipe includes details of how and why it works to support your health.
- **HIGH-INTEREST SUBJECT MATTER:** Chronic lack of energy is an invisible epidemic affecting a large amount of the adult population; the 'Boundless' approach offers help.
- **BIOHACKING IS ON TREND:** Readers are eager for new ways to optimize the body's performance by effectively and efficiently using its own natural devices. #biohacking has 11M views on TikTok.
- **SUPPORT FROM OTHER AUTHORS IN THIS SPACE:** Ben's work has been praised by JJ Virgin, Mark Sisson, Robb Wolf and other prominent names.

AUTHOR BIOG

Ben Greenfield is a human performance consultant, speaker and *New York Times* bestselling author of 17 books, including the widely popular titles *Beyond Training* and *Boundless*. www.bengreenfieldlife.com



ON THIS BRIGHT DAY

A Year of Reflections
for Lasting Food Freedom

SUSAN PEIRCE THOMPSON, PH.D.

NEW YORK TIMES BEST-SELLING AUTHOR OF *BRIGHT LINE EATING*

ON THIS BRIGHT DAY

A Year of Reflections for Lasting Food Freedom

SUSAN PEIRCE THOMPSON, PH.D.

Daily inspiration year-round to help end the cycle of yo-yo dieting and food addiction from the author of *Bright Line Eating*.

DESCRIPTION

Welcome in change, curb yo-yo dieting and create the life of your dreams with the help of daily Bright advice.

Day by day, week by week, Susan Peirce Thompson, author of the *New York Times* bestselling *Bright Line Eating*, will help you to make it through the year with consistent progress toward the life you envision for yourself and validation of the place that the here and now plays in it. With Susan as your guide, you will feel empowered to:

- do the work to heal both your body and your mind
- focus on the meaning and purpose in your life beyond food and weight
- keep moving forward in your food addiction recovery

With these daily nuggets of wisdom, inspiration and encouragement, you will have a constant reminder that your future is indeed Bright.

SALES AND MARKETING

- **TWO-TIME NEW YORK TIMES BESTSELLER:** *Bright Line Eating* and *The Official Bright Line Eating Cookbook* are both *New York Times* bestsellers.
- **PROVEN RESULTS:** This book is based on an approach that Susan has utilized in her successful online movement that has helped thousands lose weight and keep it off.
- **REALISTIC 'BEEN-THERE, DONE-THAT' VOICE:** Susan speaks candidly about her own on- and off-the-wagon experiences and the breakthroughs that have led her to understanding the path to long-term healthy eating patterns.
- **PERFECT FOR MOTIVATION:** Daily devotional format is perfect for people who need a consistent supportive boost to reach their goals and maintain their lifestyle.
- **HIGHLY ENDORSED:** 'Nobody gives people the tools to transform their food from a health liability to a longevity asset like Susan Peirce Thompson.' – Mark Hyman

AUTHOR BIO

Susan Peirce Thompson PhD, is the *New York Times* bestselling author of *Bright Line Eating*, *The Official Bright Line Eating Cookbook* and *Rezoom*. www.BrightLineEating.com

ISBN: 978-1-40195-932-6

Pub Date: 24/10/2023

RRP: £20.99

Format: 178 x 127 HB

BIC/Subject: Dietetics & Nutrition; Self-Help & Personal Development; Food & Society

Extent: 416 pages

Territorial Rights: World

Author Lives: Pittsford, NY

Previous Titles:

Rezoom, Hay House UK, 2021, 978-1-40195-907-4; *The Official Bright Line Eating Cookbook*, Hay House UK, 2021, 978-1-40195-715-5; *Bright Line Eating*, Hay House UK, 2021, 978-1-78180-809-2

OTHER TITLES



MICHELLE & NICK POLIZZI
THE SACRED COOKBOOK
FORGOTTEN HEALING
RECIPES OF THE ANCIENTS



ISBN: 978-1-40197-351-3

Pub Date: 10/10/2023

RRP: £24.99

Format: 232 x 190 PPC

BIC/Subject: Health & Wholefood Cookery;
Cookery / Food & Drink Etc; Mind, Body, Spirit

Extent: 288 pages

Territorial Rights: World

Author Lives: Boulder, CO

Previous Titles:

Conscious Parenting, Hay House UK, 2021, 978-1-40195-904-3; *The Sacred Science*, Hay House UK, 2019, 978-1-78180-825-2; *Trauma*, Hay House UK, 2021, 978-1-40195-902-9; *Exhausted*, Hay House UK, 2021, 978-1-78817-560-9

THE SACRED COOKBOOK

Forgotten Healing Recipes of the Ancients

NICK POLIZZI AND MICHELLE POLIZZI

A recipe book sharing the healing power of food, using over 100 ancient recipes adapted for the modern world.

DESCRIPTION

Discover the healing power of food using over 100 ancient recipes and ingredients adapted for the modern world, from the author of *The Sacred Science*.

Now is the time to put intention into your cooking and revolutionize the way that you enjoy your meals and heal from them. After years of studying the sacred connection and healing traditions that different cultures have regarding the cooking and consumption of their food, Nick Polizzi, author of *The Sacred Science*, shares over 100 quality recipes that will satisfy your tastebuds, stomach and heart all at the same time.

By following this guide to everyday conscious food preparation, you will learn to:

- think beyond your food and give your meals a sacred meaning
- harness a connection with the food you are preparing
- understand the character of the ingredients you are using
- create healing intentions for the process as well as the final dish

Make eating a fully immersive experience with these easy-to-make recipes that are delicious, medicinal and nurturing.

SALES AND MARKETING

- **HONOURING TRADITIONS:** Nick spent years studying various cultures and their recipes and seeks to share this ancient knowledge with respect and preservation in mind.
- **REALISTIC MODERN APPROACH:** Recipes adapted for the modern kitchen with a modest budget and minimal meal prep time.
- **FULL-COLOUR PHOTOS:** Beautifully shot photos show the appeal and composition of over 100 recipes.
- **COOKING FOR INTENTIONAL LIVING:** Nick emphasizes the connection, meaning and enjoyment that can be found from the process of cooking for a supportive, healing result.
- **BACKGROUND IN FOLK REMEDIES:** Nick believes in the profound healing power of plants and shines a light on natural alternatives to conventional medicine.

AUTHOR BIOG

Nick Polizzi is the founder of The Sacred Science, director of the feature documentary by the same name, and author of the book based on the film, as well as the co-author of *Trauma*, *Exhausted* and *Conscious Parenting*. www.thesacredscience.com

OTHER TITLES



REAL SUPERFOODS

EVERYDAY INGREDIENTS TO ELEVATE YOUR HEALTH



OCEAN ROBBINS

CO-FOUNDER AND CEO OF FOOD REVOLUTION NETWORK

AND NICHOLE DANDREA-RUSSETT, MS, RDN

ISBN: 978-1-40197-336-0

Pub Date: 31/10/2023

RRP: £19.99

Format: 229 x 178 HB

BIC/Subject: Quick & Easy Cooking; Dietetics & Nutrition; Health & Wholefood Cookery

Extent: 328 pages

Territorial Rights: World

Author Lives: Ocean Robbins: Santa Cruz, CA
Nichole Dandrea-Russert: Atlanta, GA

Previous Titles:

31-Day Food Revolution, Hay House UK, 2019, 978-1-78817-200-4; *The Fiber Effect*, Hatherleigh, 2021, 978-1-57826-888-7; *Choices for Our Future*, Book Publishing Company, 1994, 978-1-57067-002-2; *Voices of the Food Revolution*, Conari, 2013, 978-1-57324-624-8

REAL SUPERFOODS

Everyday Ingredients to Elevate Your Health

OCEAN ROBBINS AND NICHOLE DANDREA-RUSSETT, RDN

A full-colour recipe book with 65+ recipes for affordable and accessible superfoods that can improve health and vitality, from the co-founder of Food Revolution Network.

DESCRIPTION

Discover accessible, nutrient-dense and easy-to-prepare superfoods and eat for wellness and longevity with this book of healthy, scrumptious and affordable recipes.

Prepare to meet leafy greens, mushrooms, legumes, berries, alliums, spices, sweet potatoes, nuts, seeds, coffee and tea in a whole new way. Brimming with antioxidants, flavonoids and other beneficial micronutrients, these superfoods are here for you from dawn to dusk.

For each category of superfood, Ocean Robbins, co-founder and CEO of Food Revolution Network, and Nichole Dandrea-Russert share:

- specific health mechanisms and super powers
- specific, accessible and easily found ingredients, including some of our most common supermarket groceries
- general weekday-friendly cooking techniques

These mouth-watering recipes will support your health day-to-day for a lifetime of health and vitality.

SALES AND MARKETING

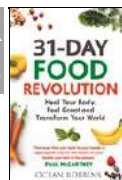
- **INDUSTRY EXPERT:** Ocean is the co-founder of the Food Revolution Network (100K IG followers). He is the bestselling author of *31-Day Food Revolution*, which has sold 20K+ copies.
- **PLANT-BASED EATING IS ON THE RISE:** This book provides an accessible starting point for people who are curious about a plant-based diet.
- **FAMILIAR INGREDIENTS:** Ocean focuses on supermarket- and budget-friendly foods and provides easy-to-make recipes to use them.
- **PREVENTING CHRONIC DISEASE:** Ocean aims to help readers achieve long-lasting health and avoid chronic medical conditions.
- **FULL-COLOUR PHOTOS AND ILLUSTRATIONS:** Illustrations and infographics help to clarify nutritional concepts.

AUTHOR BIOG

Ocean Robbins is co-founder and CEO of Food Revolution Network and bestselling author. www.foodrevolution.org

Nichole Dandrea-Russert, MS, RDN, is an author and Food Revolution Network's Dietitian and Recipe Developer. www.purelyplanted.com

OTHER TITLES



Upgrade Your Brain and Heal Your Gut with 90+ Plant-Based Recipes

grow a new body COOKBOOK

DR. ALBERTO VILLOLDO
with Chef Conny Andersson

GROW A NEW BODY COOKBOOK

Upgrade Your Brain and Heal Your Gut with 90+ Plant-Based Recipes

ALBERTO VILLOLDO AND CONNY ANDERSSON

A cookbook rooted in shamanic wisdom with 90+ plant-based recipes that will help you grow stronger, healthier, and younger, and reverse the loss of vitality associated with ageing.

DESCRIPTION

Growing older is inevitable. Ageing is preventable. Discover delicious, nutrient-dense, plant-based recipes that will help you go back to an ancient, shamanic way of eating that promises to help you on the road to lifelong health.

Shamanic practitioner Alberto Villoldo dives deep into the science of why how we eat now is wreaking such havoc on us – and how we can reverse the damage. Eating the foods recommended in this book will help you to grow a new brain that supports you in forging a connection with Nature and experiencing a renewed sense of purpose in life.

The plant-based, nutrient-dense, antioxidant-rich beverage, mezze and main dish recipes include:

- chlorophyll moringa broth
- matcha energy tonic
- grilled courgette 'vindaloo' with kachumber salad

The delicious recipes feature superfoods that will begin to repair your body and brain from years of wear and tear.

SALES AND MARKETING

- **BASED ON THE GROW A NEW BODY PROTOCOL:** With over 30K net sales, *Grow a New Body* found success because of its clear programme. This cookbook takes the lessons and wisdom shared in *Grow a New Body* and provides recipes.
- **DELICIOUS AND NUTRITIOUS RECIPES:** The cookbook is chock-full of nutrient-dense, delicious recipes that have antioxidant, anti-inflammatory and other amazing properties.
- **VIBRANT PHOTOGRAPHY BY CRITICALLY ACCLAIMED PHOTOGRAPHER:** Paul Brissman is a James Beard Award nominee. He has worked with Sony Music Books, Kiehl's and more.
- **LARGE SOCIAL MEDIA PLATFORMS:** Alberto is the director of The Four Winds Society which has an email list of 200K and a following of 181.1K on Facebook and 46.8K on YouTube.
- **FOREIGN RIGHTS POTENTIAL:** *Grow a New Body* sold 19 foreign licenses. The German edition sold 20K copies.

AUTHOR BIOG

Alberto Villoldo has trained as a psychologist and medical anthropologist and has studied the healing practices of the Amazon and the Andean shamans. www.thefourwinds.com

Conny Andersson is an internationally celebrated chef.

ISBN: 978-1-40197-282-0

Pub Date: 26/12/2023

RRP: £25.00

Format: 232 x 190 HB

BIC/Subject: Dietetics & Nutrition; Health & Wholefood Cookery; Vegetarian Cookery

Extent: 232 pages

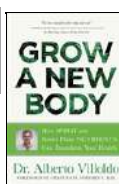
Territorial Rights: World

Author Lives: Albert: Miami, Florida and Valparaíso, Chile; Conny: Los Angeles, CA

Previous Titles:

Grow a New Body, Hay House UK, 2019, 978-1-78817-205-9; *The Wisdom Wheel*, Hay House UK, 2022, 978-1-40196-280-7; *Soul Journeying*, Hay House UK, 2017, 978-1-78180-923-5; *The Shaman's Dream Oracle*, Hay House UK, 2021, 978-1-40195-912-8

OTHER TITLES





JOURNALS

NEW YORK TIMES BEST-SELLING AUTHOR

SONIA
CHOQUETTE

TRUST YOUR VIBES

Guided Journal

Reclaim the Missing Piece and Access
Your Intuition in 5 Minutes a Day

ISBN: 978-1-83782-119-8

Pub Date: 10/10/2023

RRP: £11.99 (£9.99 ex VAT)

Format: 216 x 135 TPB

BIC/Subject: Diaries, Letters & Journals;
Assertiveness, Motivation & Self-Esteem; Spirit
Guides, Angels & Channelling

Extent: 240 pages

Territorial Rights: World

Author Lives: Paris, France

Previous Titles:

Trust Your Vibes (Revised Edition), Hay House
UK, 2022, 978-1-78817-832-7; *Ask Your Guides*,
Hay House UK, 2021, 978-1-78817-494-7;
Waking Up in Paris, Hay House UK, 2019, 978-
1-78180-260-1

TRUST YOUR VIBES GUIDED JOURNAL

Reclaim the Missing Piece and Access Your
Intuition in 5 Minutes a Day

SONIA CHOQUETTE

A six-month guided journal to help readers tap into their intuition, from bestselling author and healer Sonia Choquette.

DESCRIPTION

Tap into your intuition with five-minute daily entries in this six-month guided journal from Sonia Choquette.

In all her years of teaching people, Sonia Choquette found the most empowering tool for activating intuitive intelligence comes from regularly writing down intuitive impulses. You don't even have to act on them. Simply acknowledging them changes your life forever. Once you do, in a very short period, you will have undeniable evidence, written in your own hand, that your intuitive intelligence, the voice of your divine spirit, is exceptionally capable of guiding you to living the most extraordinary, beautiful life possible.

In this journal you will find simple prompts that will start you turning inward, recognizing and acknowledging the subtle guidance coming from your spirit. If you want to experience a more meaningful, successful, productive, body- and soul-satisfying life, it all comes down to trusting your innate sixth sense – your 'vibes', short for 'vibrations'. Spending just five minutes a day answering the prompts and questions in this journal will activate and strengthen your intuition and empower you with the most life-changing and extraordinary awareness you could ever imagine.

SALES AND MARKETING

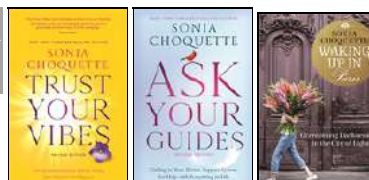
- **RENOWNED, BESTSELLING AUTHOR:** Sonia is the author of 19 internationally bestselling books about intuitive awakening, personal and creative growth. Her work has been published in 40+ countries and translated into 37 languages.
- **LARGE SOCIAL MEDIA FOLLOWING:** Sonia has 302K+ Facebook followers and 124K+ Instagram followers.
- **AUDIENCE FAVOURITE:** Sonia's revised edition of *Ask Your Guides* was a top performing Hay House audio product in 2021.

AUTHOR BIOG

Sonia Choquette is a world-renowned bestselling author, storyteller, vibrational healer and six-sensory spiritual teacher in international demand for her guidance, wisdom and capacity to heal the soul.

www.soniachoquette.com

OTHER TITLES



ISBN: 978-1-40197-729-0
Pub Date: 06/02/2024
RRP: \$16.99
Format: 5.5 x 8.5 TPB
BIC/Subject: Spring 2024
Extent: 257 pages
Territorial Rights: World
Author Lives: Lakeport, CA
Previous Titles: <i>Secrets of Space Clearing</i> , Hay House US, 2021, 978-1-40196-153-4; <i>21 Days to Explore Your Past Lives</i> , Hay House US, 2023, 978-1-40197-182-3; <i>Space Clearing A-Z/Hard (I)</i> , Hay House US, 2001, 978-1-56170-750-8; <i>Soul Coaching</i> , Hay House US, 2011, 978-1-40193-071-4

THE SACRED CLUTTER-CLEARING JOURNAL

Discover and Release the Emotional Roots of Your Clutter and Create Space for Abundance, Joy, and Growth

DENISE LINN

Tap into the alchemy of clutter-clearing to understand the energy in your home, release what no longer serves you, and experience life-changing results!

DESCRIPTION

What if there were one single, powerful practice to help you improve your health, find balance, increase your abundance, nurture uplifting relationships, and create the future you've always dreamed of? There *is*: clutter clearing. Though simple, it's not always easy—but this hands-on journal gives you the expert guidance and deep inspiration to clear clutter in all its forms from your home and your life. In these pages, Denise Linn draws on her highly successful online clutter-clearing course for tools that delve much deeper than simply cleaning or organizing. The journal explores the emotional roots of our clutter, why we hold on to it, why we should release it, and the energy around it, with thought-provoking questions and spaces for writing down your reflections. For example, if your clutter represents your fear of not having enough (or even not being enough), you will learn how to step beyond that fear and confidently believe that you have enough and are enough. And when you clear clutter at its source, it won't reappear!

SALES AND MARKETING

- **POPULAR TOPIC APPEALS TO A WIDE AUDIENCE:** The journal is perfect for readers seeking to enhance their homes with deep energy work, readers who just need help getting organized or keeping a small space neat, and everyone in between.
- **NEW YORK TIMES BEST-SELLING AUTHOR:** Denise is the best-selling author of more than 30 books, card decks, and audio programs.
- **LARGE & LOYAL FOLLOWING:** Denise has 133,000 Facebook followers, 9,000+ Instagram followers, 2000+ YouTube subscribers, and 20,000 e-mail subscribers with a high open rate and click rate. She teaches her own online courses that average 1,000-2,000 people as well as online courses with Hay House.
- **INTERNATIONALLY RECOGNIZED AUTHOR:** Denise travels extensively to teach and her books have been translated into 29 languages.

AUTHOR BIOG

Denise Linn has been called "America's best-kept secret." For the last three and a half decades she has traveled to the far corners of the world speaking to standing-room only audiences of thousands.

Her spiritual journey began as a teenager when she had a near-death experience after being shot by an unknown gunman. The revelations she received on the "other side" and her subsequent quest to heal her body from the damage caused by the gunman's bullet, lead Denise to eventually become an internationally acclaimed healer, writer, and Lect

SACRED REST & RESET RETREAT JOURNAL

Guidance & Inspiration for Your Personal Retreat

JILL PYLE AND TONYA DARLINGTON

A step-by-step guided journal, complete with prompts, to-do lists and reflections, for readers in need of a personal retreat.

DESCRIPTION

Get the most from a transformative, reflective, restorative retreat with the help of *Sacred Rest & Reset*.

Retreats can be truly life-changing, transformative experiences. This journal exists with one purpose: to offer guidance and support that will inspire you to create the time and space needed for a personal retreat and to make the most of this healing experience.

You don't need to take an indulgent vacation or join a yoga programme, taking a retreat can be as simple as logging off from the world to just *be*. It's a unique experience of embracing stillness, and offers the space to reconnect and reflect, often leading to incredible moments of self-discovery and awareness.

This journal makes planning your retreat a breeze and self-reflection approachable with the help of guided prompts, to-do lists and reflections. It will also help you stay accountable to act on what you've discovered during your sacred time of rest and reflection.

SALES AND MARKETING

- **ESTABLISHED MBS SUBSCRIPTION BOX BUSINESS:** Goddess Provisions has grown rapidly since 2019. It has 13K monthly subscribers, 531K Instagram followers, 56K Facebook followers and a mailing list of 78K.
- **BUILDS ON A SUCCESSFUL AUTHOR TRACK:** *The Sacred Self-Care Oracle* – Jill's first deck – has sold over 50K copies.
- **UNIQUE JOURNAL:** This journal encourages readers to focus on planning space for calm and reflection within their busy daily lives.
- **FUN, TRENDY, INSTAGRAMMABLE DESIGN:** The artwork features a youthful style with symbolism that invokes the third eye and introspection.
- **THRIVING JOURNALING TREND:** As more people work toward a journaling practice, guided journals like this one give them the tools to create a consistent routine.

AUTHOR BIOG

Jill Pyle is CEO & co-founder of Goddess Provisions, a monthly subscription box and community. www.goddessprovisions.com

Tonya Darlington is the creator of My Retreat Journey, where she shares her path to living a life of abundance in peace, pleasure and play. www.myretreatjourney.ca

OTHER TITLES



ISBN: 978-1-40197-438-1

Pub Date: 07/11/2023

RRP: £11.99 (£9.99 ex VAT)

Format: 216 x 135 TPB

BIC/Subject: Mind, Body, Spirit: Thought & Practice; Diaries, Letters & Journals; Self-Help & Personal Development

Extent: 112 pages

Territorial Rights: World

Author Lives: Jill: Bali, Indonesia

Previous Titles:

The Sacred Cycles Journal, Hay House UK, 2022, 978-1-40197-035-2; *The Sacred Self-Care Oracle*, Hay House UK, 2020, 978-1-40195-869-5; *The Sacred Cycles Oracle*, Hay House UK, 2022, 978-1-40196-677-5



THE ESSENTIAL TAROT JOURNAL



Record Your Readings, Expand Your Practice,
and Deepen Your Connection to the Cards

ISBN: 978-1-40197-608-8

Pub Date: 12/12/2023

RRP: £10.99 (£9.16 ex VAT)

Format: 190 x 130 TPB

BIC/Subject: Diaries, Letters & Journals; Tarot;
Complementary Therapies, Healing & Health

Extent: 160 pages

Territorial Rights: World

Previous Titles:

Zen Meditations Journal, Hay House UK, 2022, 978-1-40196-878-6; *Sweet Dreams Journal*, Hay House UK, 2022, 978-1-40196-755-0; *Positive Manifestation Journal*, Hay House UK, 2022, 978-1-40197-243-1; *Morning Meditations Journal*, Hay House UK, 2022, 978-1-40196-756-7; *Evening Meditations Journal*, Hay House UK, 2022, 978-1-40196-864-9

THE ESSENTIAL TAROT JOURNAL

Record Your Readings, Expand Your Practice, and Deepen Your Connection to the Cards

THE EDITORS OF HAY HOUSE

This easy-to-use tarot journal offers a helpful introduction to building a daily practice with cards and includes 6 months of space to record daily, weekly and monthly readings.

DESCRIPTION

Deepen your connection to your tarot cards and get the most from your readings.

Whether you are seeking to develop a daily tarot practice or are looking to organize and improve your current routine, *The Essential Tarot Journal* is for you.

This journal includes an introduction with a chart of the cards and their basic meanings, sample spreads, and ideas for creating a dedicated space and setting intentions. It offers 6 months of space for recorded readings and reflections.

You'll set goals, track changes and improvements in all areas of your life, strengthen your intuition and expand your understanding of tarot.

SALES AND MARKETING

- **DAILY TAROT PRACTICE IS MAINSTREAM:** Now a well-known and effective tool for self-care and reflection, developing a daily tarot practice is gaining traction with beginner audiences as well as more established tarot communities.
- **GUIDED JOURNALS ARE TRENDING:** Journalling is a deeply beneficial daily habit for spiritual seekers and those in search of self-knowledge. Many successful guided journals on topics exploring self-reflection and spirituality exist on the market, such as Lisa Sterle's *Modern Witch Tarot Journal*. #GuidedJournal has 16M views on TikTok.
- **COLOURFUL PACKAGE AND KEEPSAKE FORMAT:** *The Essential Tarot Journal* contains a full-colour interior and gold foil detailing on the front cover, making this a perfect gift or keepsake for tarot enthusiasts.
- **HAY HOUSE BRANDED SERIES:** Hay House readers will be eager to check out this journal by The Editors of Hay House because of their trust and loyalty to the brand. Hay House has over 1 million followers on Facebook, 413K on Instagram and 337K on YouTube.
- **GREAT ADDITION TO HAY HOUSE CARD DECK SUBSCRIPTION BOX:** Hay House plans to include this journal in the card deck subscriptions box programme, introducing both new and established readers to tarot journalling in tandem with Hay House tarot decks.

OTHER TITLES





BUSINESS

7 KEYS TO UNLOCK FREEDOM,
PURPOSE, AND ABUNDANCE

THE NEW MILLIONAIRE'S PLAYBOOK

GORDY BAL

ISBN: 978-1-40197-629-3

Pub Date: 08/08/2023

RRP: £23.99

Format: 216 x 135 HB

Extent: 200 pages

Territorial Rights: World

Author Lives: Victoria, BC, Canada

THE NEW MILLIONAIRE'S PLAYBOOK

7 Keys to Unlock Freedom, Purpose, and
Abundance

GORDY BAL

Founder of the Conscious Thought Revolution, Gordy Bal offers readers tips to help them take ownership of their abundant future.

DESCRIPTION

Shift from *thoughtlessness* to *thoughtfulness* and reclaim your abundant future, with Gordy Bal, founder of the Conscious Thought Revolution.

Imagine a life where your measurement of success is impact, not money. Health is wealth, and financial abundance flows as you live your purpose. Gordy Bal, co-founder of the impact-focused venture capital firm Conscious Thought Revolution, invites you on a journey to create a life where everything is possible – a life where you are able to manifest *your* reality on *your* terms.

To guide and inspire you to unlock your innate power to think your own thoughts and create your own beliefs, Gordy presents seven keys to help you:

- Unplug from the Matrix.
- Discover your purpose.
- Measure your mental, emotional, physical and spiritual wellbeing.
- Find your ultimate mission.
- Build resilience, resources and relationships.
- Become a wealthy spiritual warrior.
- Expand your consciousness.

Inside of you, you already have everything you need to tap into your unique purpose and unapologetically live your life with freedom, purpose and abundance. With these essential tools, you will be able to take ownership of your thoughts for a decisively fulfilling future.

SALES AND MARKETING

- **UNIQUE TAKE ON A TRENDING SUBJECT:** Following 'The Great Resignation', there is growing interest in redefining wealth based on intrinsic happiness.
- **WELL-CONNECTED AUTHOR:** Gordy has connections to a powerful network of influencers, including Deepak Chopra, Dr Shefali, Dr Gabor Maté, Dave Asprey, Vishen Lakhiani, Katie Wells and Arianna Huffington.
- **PIONEERING ENTREPRENEUR:** As the driving force behind the Conscious Capital Venture Fund, Gordy has spearheaded the transformation of start-ups into billion-dollar powerhouses.
- **AGGRESSIVE LAUNCH PLANS:** Dean's goal is to sell one million copies through crowdfunding and offering a limited number of biometric NFTs.
- **IN-DEMAND ADVISOR:** Gordy is a highly sought-after advisor, mentor and coach to entrepreneurs and investors seeking his unparalleled guidance.

AUTHOR BIOG

Gordy Bal is a heart-centred entrepreneur, impact investor and visionary leader who helps people step into their purpose to generate true abundance and make a meaningful impact. Gordy is the founder of the Conscious Thought Revolution (CTR), a vibrant community of change-makers who are passionate about accelerating the evolution of human consciousness. www.ctr.com



CO-FOUNDER OF SUPER CONNECTOR MEDIA

JEN GOTTLIEB



FIND YOUR VOICE. BUILD YOUR BRAND.
LIVE YOUR DREAM.

FOREWORD BY GABRIELLE BERNSTEIN

ISBN: 978-1-40197-258-5

Pub Date: 31/10/2023

RRP: £21.99

Format: 229 x 152 HB

BIC/Subject: Business Strategy; Management:
Leadership & Motivation; Business
Communication & Presentation

Extent: 288 pages

Territorial Rights: World

Author Lives: New York

BE SEEN

Find Your Voice. Build Your Brand. Live Your Dream.

JEN GOTTLIEB

From a leader whose business is all about creating connection: strategies for the reader to find their audience, hone their brand and achieve their dreams by letting the world see their authentic self.

DESCRIPTION

Discover strategies for honing your brand, creating a more fulfilling life and showing up as your most authentic, most successful self.

For over a decade, Jen has been helping entrepreneurs, business owners and thought leaders gain the confidence and knowledge to step forward and shine in the media, on top podcasts, on event stages and more. In *Be Seen*, she shares the tactics, frameworks and methods that can lift you to new levels of visibility, alignment and fulfilment on the path to the success you dream of. You'll find:

- action steps to build four essential relationships in your life – to yourself, to 'future you', to your community and to your customers
- Jen's signature mindset coaching methods that have set countless industry leaders up for success
- permission to step into the world of your own potential – plus tips and tricks to navigate it with ease

And when you close the book, you'll have everything you need to step into your very own spotlight and allow the world to see you.

SALES AND MARKETING

- **EXPERT AT LAUNCHING SUCCESSFUL BOOKS:** Super Connector Media has launched many bestsellers (Hay House's *Limitless* is one example). Jen has an impressive infrastructure in place, including a team of 25 with 7 dedicated publicists.
- **BUSINESS LEADER WHO HAS PRACTICED WHAT SHE PREACHES:** In a decade, Jen has built Super Connector Media into one of the top publicity and marketing firms in the USA.
- **HIGHLY ENGAGED AUDIENCE:** Jen's community of 400K+ supporters and customers come back to her for her services again and again.
- **MEDIA-SAVVY AUTHOR:** Jen has spent five years on national cable TV, made dozens of other TV appearances and been featured in media including *Business Insider*, *Inc.*, *Forbes*, *Shape* and *Goop*.
- **DOWN-TO-EARTH FORMAT:** Jen combines personal stories, real-world examples and practical strategies with the honesty you'd expect from a best friend.

AUTHOR BIO

Jen Gottlieb is co-founder and Chief Mindset Officer for the acclaimed education and events company Super Connected Media (SCM). She uses her decade of performance and mindset experience to help entrepreneurs, owners and thought leaders build highly visible, profitable brands. www.jengottlieb.com



HOW TO BUILD AND GROW
A THRIVING SUBSCRIPTION
BOX BUSINESS



SARAH WILLIAMS
FOREWORD BY STU MCLAREN

ISBN: 978-1-40197-430-5

Pub Date: 14/11/2023

RRP: £17.99

Format: 216 x 135 HB

BIC/Subject: Entrepreneurship; Small
Businesses & Self-Employed; Business Strategy

Extent: 232 pages

Territorial Rights: World

Author Lives: Wichita Falls, TX

ONE BOX AT A TIME

How to Build and Grow a Thriving
Subscription Box Business

SARAH WILLIAMS

Readers will learn how to create a successful subscription box service from initial product curation to finding their audience to making it a sustainable business beyond launch.

DESCRIPTION

Do you have a successful line of product that you know people want to try but they may not be ready to commit or might be overwhelmed by the selection? Do you have an idea for a curated experience that you could provide to subscribers monthly, but you don't know where to start?

Step-by-step, Sarah Williams – the Subscription Box Queen and host of the *Launch Your Box* podcast – shares the challenges and successes she faced in launching her own successful business from the ground up, as well as the tactical knowledge and best practices for:

- finding and connecting with your audience
- curating the perfect box
- buying, sourcing, manufacturing and working with brands
- making a profitable business after the initial launch

With Sarah as your guide, you'll be shipping your boxes in no time!

SALES AND MARKETING

- **HIGHLY ENGAGED AUDIENCE:** Sarah has an active audience of over 30K email and social media subscribers, with whom she engages on a weekly basis via Facebook Live events. She has over 1 million impressions on Pinterest.
- **RAPIDLY GROWING AREA OF COMMERCE:** The global subscription box market reached a value of \$22.7 billion in 2021 and is expected to reach \$65 billion by 2027.
- **TOP-RATED PODCAST:** With over 100K downloads, Sarah's *Launch Your Box* podcast is one of the top 100 business podcasts in the United States.
- **AUTHENTIC, RELATABLE VOICE:** Sarah shares her knowledge and experience from the lens of a suburban mum who has built a successful small business rather than of a picture-perfect influencer.
- **TIMELY SUBJECT MATTER IN AN UNSATURATED MARKET:** No other book in the market gives you a solid understanding of how to start a subscription box from the ground up in the same way.

AUTHOR BIOG

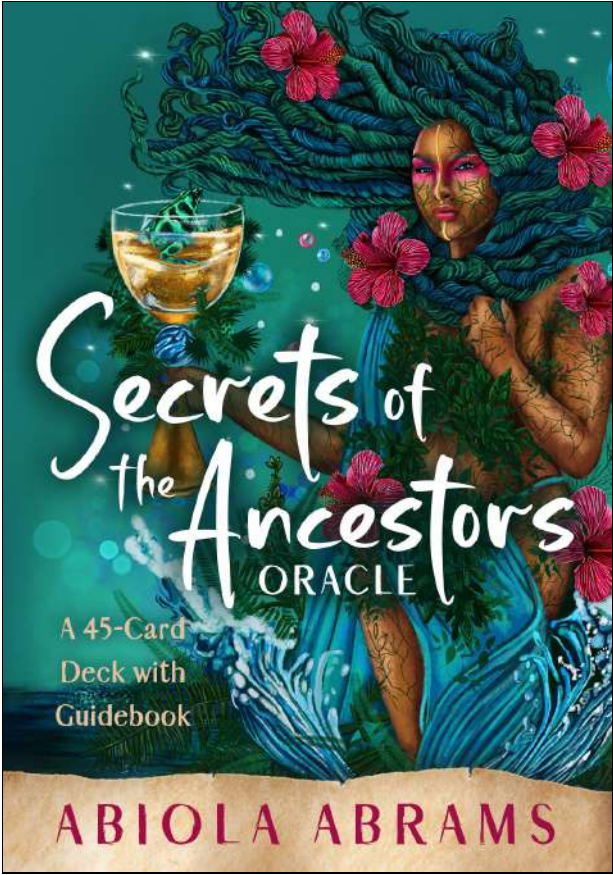
Sarah Williams, known as 'The Subscription Box Queen', had a bricks-and-mortar business that became too big for its bricks. In order to serve her dedicated customers, she started a subscription-based business that provided an exclusive, VIP-level experience. Now she teaches other product-based entrepreneurs how to do the same.

www.launchyourboxwithsarah.com





CARD DECKS



ISBN: 978-1-40197-305-6
Pub Date: 06/02/2024
RRP: £17.99 (£14.99 ex VAT)
Format: 3.5 x 5
BIC/Subject: Tarot; Mind, Body, Spirit: Meditation & Visualisation; Mind, Body, Spirit: Thought & Practice
Extent: 128 pages
Territorial Rights: World
Author Lives: New York, NY
Previous Titles: <i>African Goddess Initiation</i> , Hay House UK, 2021, 978-1-78817-676-7; <i>African Goddess Rising Oracle</i> , Hay House UK, 2021, 978-1-40196-310-1

SECRETS OF THE ANCESTORS ORACLE

A 45-Card Deck and Guidebook for Connecting to Your Family Lineage, Exploring Modern Ancestral Veneration, and Revealing Divine Guidance

ABIOLA ABRAMS

A powerful 44-card oracle deck designed to help readers connect with the spirits of their ancestors, the Divine and the harmonies of the universe.

DESCRIPTION

Tap into sacred ancestral wisdom with this powerful 44-card oracle deck.

Our ancestors have much to teach us about ourselves and our place in the universe. They can intercede with the Divine on our behalf and act as our guardians, guides and ascended masters. *Secrets of the Ancestors Oracle* brings ancestral veneration – a key spiritual tenet of so many cultures globally – into the modern zeitgeist, connecting us with the spirits of our ancestral lineage.

Featuring five suits – Ancestors, Archetypes, Rituals, Plants and Herbs, and Symbols – this oracle deck is the perfect spiritual tool for those looking to deepen their spirituality and tap into sacred wisdom of the past.

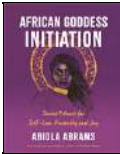
SALES AND MARKETING

- **MODERN TAKE ON AN EVERGREEN TOPIC:** Abiola offers a fresh and modern interpretation of ancestral veneration, a sacred practice that stretches through time and cultures across the globe.
- **LARGE SOCIAL MEDIA FOLLOWING:** Abiola has 28.3K followers on YouTube, 19.3K on Instagram and 14K on Facebook.
- **BOLD AND DEEPLY MEANINGFUL ARTWORK:** Illustrator Destiney Powell has worked with Abiola on previous projects to channel her vision to artistic fruition, including *African Goddess Rising Oracle*. Destiney's art style includes bold, vibrant colours.
- **ENGAGED AND PROLIFIC AUTHOR:** Abiola leads live monthly meditations on the Hay House Facebook and Instagram platforms. She is the creator of several guided meditation programmes and card decks, including *African Goddess Rising Oracle*.

AUTHOR BIOG

Abiola Abrams is a self-worth midwife, spiritual success mindset coach, advice columnist and motivational speaker. She is founder of Spiritpreneur Academy, where she helps women leaders move out of their own way and claim their power. www.womanifesting.com

OTHER TITLES



INNER CHILD ORACLE

A 44-Card Deck
and Guidebook
to Heal Your Past
and Embrace
Your Present

AMANDA LYNN AISLING

INNER CHILD ORACLE

A 44-Card Deck and Guidebook to Heal Your Past and Embrace Your Present

AMANDA LYNN AISLING

A 44-card oracle deck created to support the reader's inner child, heal trauma and facilitate personal growth.

DESCRIPTION

Reach into the past and your innermost self to gently cradle your vulnerable inner child with this healing tool as support.

The Inner Child Oracle helps you to connect with your inner child in a loving and nurturing manner. It offers a comprehensive approach by combining four key aspects of inner child work in one deck: reparenting of the inner child, self-care, childlike wonder and inner child connection exercises.

Use the messages from these cards in insight-filled spreads, as journal prompts or for meditation. Now is the time to focus not on those who have hurt you along the way, but on the healing journey laid out in front of you.

SALES AND MARKETING

- **PRACTICAL HEALING TOOL TO SUPPORT INNER CHILD WORK:** Inner child healing is a topic that comes up for every spiritual seeker on a personal development path. Creating a deck around this important topic fills a niche for our readers.
- **OVER 2K SELF-PUBLISHED COPIES SOLD:** Amanda self-published this deck and sold it via her Etsy store. Since February 2020, it has sold over 2.3K copies at a £28 price point.
- **MESMERIZING ARTWORK:** Amanda's photo-manipulation style of art is eye-catching and on trend. She will be reworking some of the original art for this edition.
- **TAROT AND ORACLE TREND CONTINUES TO GROW:** Tarot and oracle decks continue to be an exciting area of growth for the market and Hay House list. We are excited to continue to bring unique and healing offerings to our audience and to the growing tarot and oracle mainstream buyer.
- **APPEALS TO HAY HOUSE'S CORE AUDIENCE:** Amanda's unique photo collage art style adds a fresh and modern take to a traditional subject.

AUTHOR BIOG

AMANDA AISLING is an intuitive artist, writer and continual seeker, who has been studying the patterns of human behaviour and the depths self-healing since she went through a series of personal crises in her youth. Having graduated with a degree in social psychology, and currently attending graduate school for counselling, her goal is to be a guide to those who are walking their own journey of personal healing.

ISBN: 978-1-40197-377-3

Pub Date: 16/01/2024

RRP: £17.99 (£14.99 ex VAT)

Format: 3.5 x 5

BIC/Subject: Self-Help & Personal Development; Tarot; Fortune-Telling & Divination

Extent: 112 pages

Territorial Rights: World

Author Lives: Spring Lake, NC



THE ROOTED WOMAN ORACLE

A 53-Card Deck and Guidebook

SHARON BLACKIE

An extraordinary 53-card oracle deck themed around the Heroine's Journey, from the bestselling author of *If Women Rose Rooted*, to help readers become rooted in the world.

DESCRIPTION

Discover the transformative power of the hidden feminine with this beautiful oracle, and unlock spiritual nourishment, inspiration and a deeper connection with nature.

The Rooted Woman Oracle is a mesmerizing 53-card oracle deck from Sharon Blackie, an award-winning writer and internationally recognized teacher in the field of mythic imagination.

Follow the path to unlimited creativity, greater strength and endurance, and create more flow in your life with this magical oracle.

Distilling decades of knowledge and wisdom, Sharon has created a unique and magical oracle that entwines three different threads: Places, Allies and Journey.

From the inspirational 'Mountain' to the flowing 'River', you'll experience the archetypal qualities of specific Places and take spiritual strength from the land. You'll feel supported by women from Celtic myth and folklore – your Allies – like initiatory Ceridwen and The Cailleach, protector of the wild; and you'll find Journey cards that reflect the different stages of the Heroine's Journey and help you follow your unique mythopoetic path through life.

The Rooted Woman Oracle will help you to renew your sacred connection with nature, reclaim your power and find authentic and meaningful ways of being in this world.

SALES AND MARKETING

- **HIGHLY ACCLAIMED WRITER, PSYCHOLOGIST AND MYTHOLOGIST:** Sharon Blackie is the author of five books, which have been translated into several languages. She has been featured in *Spirituality and Health* and *Sage Woman*. Her writing has appeared in many international media outlets including the *Guardian*, the *Irish Times* and the *Scotsman*.
- **BESTSELLING AUTHOR:** *If Women Rose Rooted* has sold almost **100,000 copies worldwide**. Sharon has a large social media following: **28K** on Facebook and **20.9K** on Instagram (@sharanblackiemythmakings) and an email list of **18.5K**.
- **STUNNING ARTWORK:** This oracle is illustrated by Hannah Willow, whose art style is inspired by folklore, nature and the ancient land. She has **37.3K** followers on Instagram (@hannahwillow.artist).
- **KEEPSAKE BOX PERFECT FOR GIFTING:** This stunning oracle is packaged in a mesmerizing keepsake box with magnetic closure and lifting ribbon, and would make a great gift.
- **EXPERIENCED SPEAKER:** Sharon has featured on many podcasts including Accidental Gods, Becoming and Love and Liberation.

AUTHOR BIOG

Dr Sharon Blackie is an award-winning writer, psychologist and mythologist. She has written five books, including the bestselling *If Women Rose Rooted*. www.sharonblackie.net



ISBN: 978-1-78817-953-9

Pub Date: 30/01/2024

RRP: £18.99 (£15.82 ex VAT)

Format: 3.5 x 5

BIC/Subject: Self-Help & Personal Development; Gender Studies: Women; Fortune-Telling & Divination

Extent: 160 pages

Territorial Rights: World

Author Lives: Staylittle, Llanbrynmair, Powys, Wales

Previous Titles:

If Women Rose Rooted, September Publishing UK, 2019, 978-1-91283-601-7



Ask Your Guides

ORACLE CARDS

A 56-Card Deck and Guidebook

Sonia Choquette

ASK YOUR GUIDES ORACLE CARDS

A 56-Card Deck and Guidebook

SONIA CHOQUETTE

Strengthen your sixth sense and access divine help in your day-to-day life with this enchanting 56-card oracle deck.

DESCRIPTION

Discover personal guidance from your spiritual support system: your higher self, angels, spirit guides and helpers on the Other Side.

To use this deck, simply pull a card and apply the wisdom from your guides throughout your day and in situations where you need guidance, intuitive help and divine insight. You may also select a card with a specific situation in mind and seek direct guidance from your spirit helpers.

In the accompanying guidebook, you'll find a thorough explanation of each card, including key words that present concepts and energies to enhance the card's meaning and help you get as much information from the deck as you possibly can.

'Your guides are very willing to be supportive and to offer guidance as they show you how to create the best possible outcome in all situations and circumstances in your life. That's their job, and they love to help. So let them.'

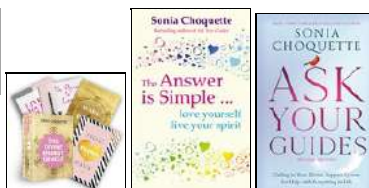
SALES AND MARKETING

- **RENOWNED, BESTSELLING AUTHOR:** Sonia is *The New York Times* bestselling author of *The Answer is Simple*. Her revised edition of *Ask Your Guides* was a top performing Hay House audio product in 2021.
- **ESTABLISHED FANBASE:** Sonia has a firmly established fanbase, cultivated through her powerful and frequent workshops, who she will engage with during the launch campaign. She has 301K Facebook followers, 127K Instagram followers and 100K YouTube followers.
- **HIGHLY ENDORSED:** Sonia has been endorsed by several high-profile and influential figures, including Fearne Cotton, Craig David and Mike Dooley.
- **GLOBAL APPEAL:** Sonia's work has been published in more than 40 countries and translated into 37 languages, making her one of the most widely read authors and experts in her field of work.
- **FRESH, MODERN LOOK:** Illustrator Aurore Thill has created new, ethereal artwork for this deck that will appeal to a broader audience.

AUTHOR BIOG

Sonia Choquette is an internationally celebrated author, spiritual teacher and intuitive guide. She is the author of 27 internationally bestselling books and numerous audio programmes on intuitive awakening, personal and creative growth, and spiritual transformation, most notably the *New York Times* bestseller *The Answer Is Simple*.
www.soniachoquette.com

OTHER TITLES



ISBN: 978-1-40197-294-3

Pub Date: 20/02/2024

RRP: £18.99 (£15.82 ex VAT)

Format: 3.5 x 5

Extent: 128 pages

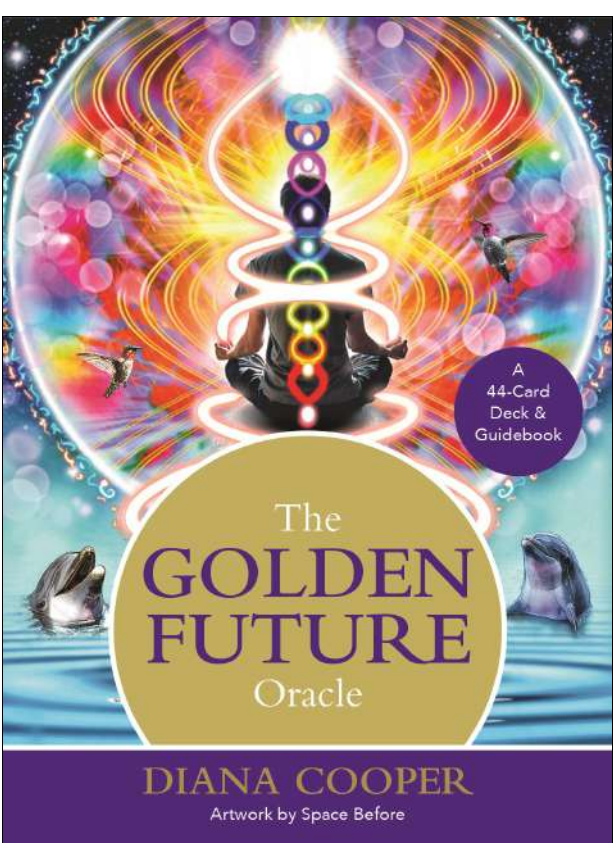
Territorial Rights: World

Author Lives: Paris, France

Previous Titles:

The Divine Energy Oracle, Hay House UK, 2018, 978-1-40195-457-4; *The Answer Is Simple*, Hay House UK, 2008, 978-1-84850-011-2; *Ask Your Guides*, Hay House UK, 2021, 978-1-78817-494-7





ISBN: 978-1-83782-003-0
Pub Date: 27/02/2024
RRP: £17.99 (£14.99 ex VAT)
Format: 3.5 x 5
BIC/Subject: Fortune-Telling & Divination; Spirit Guides, Angels & Channelling; Mind, Body, Spirit: Thought & Practice
Extent: 120 pages
Territorial Rights: World
Author Lives: Dorset, UK
Previous Titles: <i>The Magic of Unicorns</i> , Hay House UK, 2020, 978-1-78817-417-6; <i>Archangel Animal Oracle Cards</i> , Hay House UK, 2019, 978-1-78817-076-5; <i>Dragons</i> , Hay House UK, 2018, 978-1-78817-161-8; <i>The Archangel Guide to Enlightenment and Mastery</i> , Hay House UK, 2016, 978-1-78180-659-3; <i>The Archangel Guide to Ascension</i> , Hay House UK, 2015, 978-1-78180-471-1

THE GOLDEN FUTURE ORACLE

A 44-Card Deck and Guidebook

DIANA COOPER

A 44-card deck and guidebook guiding readers on their spiritual journey to the Golden Future, from bestselling author and card deck creator Diana Cooper.

DESCRIPTION

Find guidance on your spiritual journey, reassurance of better times to come and tools to co-create the new Golden Age with *The Golden Future Oracle*.

The Golden Age will be a time of harmony and abundance, when everyone will co-operate for the highest good. There will be a bountiful supply of nutritious food for everyone and new spiritual technology to support us. We will all be attuned to the angelic and spiritual worlds.

In this beautiful 44-card oracle, Diana Cooper offers inspiration to focus on the harmonious future that awaits us all. Using these cards will help you to:

- learn about the golden future
- raise your frequency
- awaken more of your twelve fifth-dimensional chakras
- understand where you can direct your energy to help co-create the Golden Future
- focus on your higher ascension and so much more!

The Golden Future Oracle will guide you along this collective transformational journey toward a new age, and help you to act with higher consciousness so that you can attract more abundance and support from the universe.

SALES AND MARKETING

- **HIGHLY ENGAGED AND DEDICATED FOLLOWING:** Diana has over 215K Facebook followers, 105K Instagram followers, 55.2K YouTube followers and 67K on her mailing list.
- **WELL-RESPECTED TEACHER AND PUBLIC SPEAKER:** Diana is a prolific speaker and attracts large audiences internationally. Her monthly webinars attract hundreds of attendees.
- **BESTSELLING AUTHOR AND CARD DECK CREATOR:** Diana has written 34 books and created 12 card decks, including *Dragon Oracle Cards* which has sold over 17K units.
- **IMPRESSIVE SALES FIGURES:** Diana Cooper has sold over 100K units across her titles and card decks.

AUTHOR BIOG

Diana Cooper is the bestselling author of 34 books and the creator of 12 card decks. She specializes in spiritual subjects, including angels, unicorns, dragons and Atlantis. www.dianacooper.com

OTHER TITLES



THE DIVINE MASTERS ORACLE

A 44-Card Deck and Guidebook

KYLE GRAY

An empowering 44-card oracle deck from bestselling oracle author and world-renowned spiritual teacher Kyle Gray.

DESCRIPTION

Unlock spiritual guidance, ancient wisdom and healing support from 44 ascended divine masters.

The Divine Masters Oracle card deck brings together a congregation of enlightened souls who have dedicated themselves to the healing and nurturing of the world. These beings are universal spiritual guides and, like angels, anyone can connect and work with them, no matter their background or experience.

You may already know some of them – Mary Magdalene, Buddha and Horus – but there are many more, and they are all ready to support you on your spiritual path. All you have to do is call upon them.

Use this oracle card deck to connect and communicate directly with Gaia, Horus, Rama and Sita and many more of these beings. When your intention is combined with the imagery, meanings and messages of the cards, guidance from the Divine Masters will come to you not just through the cards, but from within too.

The Divine Masters know what you need to know and, by using this deck and the accompanying oracle card guidebook, you'll receive their wisdom and support in living your best life.

SALES AND MARKETING

- **HIGHLY ENGAGED FOLLOWING:** Kyle is one of the UK's most sought-after Angel experts. His following includes a mailing list of 72K, 138K Instagram followers and 131K Facebook followers.
- **POPULAR AUTHOR WITH CONSISTENTLY GOOD SALES:** *Angels and Ancestors Oracle Cards* has sold over 55K units. He consistently sells out events in Europe.
- **ARTWORK FROM VISIONARY ARTIST:** Jennifer has worked with Kyle on multiple oracle decks, including *The Angel Guide Oracle*.
- **EXPERT WISDOM FOR MODERN TIMES:** 'Kyle Gray is a natural down-to-earth psychic.... He has a remarkable spiritual connection.' – David R. Hamilton.
- **ORACLE TREND CONTINUES TO GROW:** Oracle decks continue to be an exciting growth area for the market and the Hay House list.

AUTHOR BIOG

Kyle Gray is a bestselling author and world-renowned spiritual teacher. www.kylegray.co.uk

Jennifer Hawyard is a multi-disciplinary artist. www.jezhawk.com

OTHER TITLES



ISBN: 978-1-78817-761-0

Pub Date: 07/11/2023

RRP: £17.99 (£14.99 ex VAT)

Format: 3.5 x 5

BIC/Subject: Fortune-Telling & Divination; Tarot; Spirit Guides, Angels & Channelling

Extent: 160 pages

Territorial Rights: World

Author Lives: Glasgow, UK

Previous Titles:

Angel Numbers, Hay House UK, 2019, 978-1-78817-347-6; *Divine Masters, Ancient Wisdom*, Hay House UK, 2021, 978-1-78817-515-9; *Gateway of Light Activation Oracle*, Hay House UK, 2021, 978-1-78817-588-3; *The Angel Guide Oracle*, Hay House UK, 2020, 978-1-78817-361-2





LOUISE HAY'S AFFIRMATIONS FOR FORGIVENESS

A 12-Card Deck to Release Your Past and Move into Love

LOUISE HAY

12 affirmation cards to help the user let go of the past and set themselves free, from beloved self-help pioneer Louise Hay.

DESCRIPTION

You can set yourself free by changing your thinking. The more you forgive, the more love you will have to express.

'I am forgiving, loving, gentle and kind, and I know that life loves me.' – Louise Hay

These cards were created to help you bring about forgiveness in your everyday life. Forgiveness means releasing regret, sadness, hurt, fear, guilt, blame, resentment and sometimes even the desire for revenge. How do you start? By being willing to let go of the past. Be willing to release your emotional attachment to your memories of yesterday. The past is over, and this is a new day.

Choose a card each morning, and it will be your positive message for the day!

SALES AND MARKETING

- **NEW YORK TIMES BESTSELLING AUTHOR WITH ROBUST SALES:** Over 50 million copies have been sold of Louise Hay's books.
- **NEWLY REPACKAGED DESIGN AND ACCESSIBLE FORMAT:** This card deck will contain fresh artwork as well as a slim case design.
- **STRONG, CONTINUOUS INTEREST IN PRODUCTS ABOUT POSITIVE AFFIRMATIONS:** Louise's calendars, card decks and books of affirmations are the most popular of her works.
- **AN EXCELLENT INTRODUCTION FOR NEW SPIRITUAL SEEKERS:** People who are new to spirituality will love this accessible introduction to affirmations.
- **INCREDIBLE VISIONARY AND SELF-HELP PIONEER:** Louise Hay is world-renowned for having demonstrated the power of affirmations to bring about self-healing and positive change.

AUTHOR BIOG

Louise Hay was an inspirational teacher who educated millions since the 1984 publication of her bestseller *You Can Heal Your Life*, which has more than 50 million copies in print worldwide. www.louisehay.com

OTHER TITLES



ISBN: 978-1-40197-461-9

Pub Date: 07/11/2023

RRP: £6.99 (£5.82 ex VAT)

Format: 3.75 x 3.75

BIC/Subject: Fortune-Telling By Cards (Cartomancy); Self-Help & Personal Development; Assertiveness, Motivation & Self-Esteem

Extent: 12 pages

Territorial Rights: World

Author Lives: San Diego, CA (Estate)

Previous Titles:

You Can Heal Your Life, Hay House UK, 2004, 978-0-93761-101-2; *All Is Well*, Hay House UK, 2013, 978-1-84850-550-6; *21 Days to Unlock the Power of Affirmations*, Hay House UK, 2022, 978-1-78817-888-4



THE CHINESE FIVE ELEMENTS ORACLE

A 60-Card Deck and Guidebook

VICKI ISKANDAR

A 60-card oracle deck representing the five elements in Chinese Metaphysics, grounded in traditional theories and Taoist wisdom.

DESCRIPTION

Discover your connection to the five elements through Chinese Metaphysics and astrology with this beautifully illustrated oracle deck, grounded in ancient wisdom interpreted through a modern perspective.

The Chinese Five Elements Oracle represents the 60 pillars of the five elements in Chinese Metaphysics, grounded in traditional theories and Taoist wisdom, channelled through a modern perspective. The oracle deck is designed to be easy to use, but with many layers of meaning embedded in each card, so that you're able to grasp it whether you're a novice or advanced in your knowledge of oracle cards, the five elements and energy work. Divining a card's meaning can be as simple as reading the guidebook entry or as deep as one's understanding of Chinese Metaphysics.

The 60 cards provide insights into the past, present and future. They can be used as a tool to connect and communicate with the Divine and to help you gain a deeper understanding of the secrets and mysteries of the Universe. You will work with the truth and flow with the way of the Tao.

SALES AND MARKETING

• INTRODUCES CHINESE METAPHYSICAL PERSPECTIVES:

Grounded in traditional theories of Chinese Metaphysics, astrology and Taoism, this deck is the first of its kind.

• **ACCESSIBLE TO BEGINNERS AND EXPERTS ALIKE:** The guidebook entries offer insights that can be interpreted by people at various stages of understanding Chinese Metaphysics.

• **ANCIENT PHILOSOPHY WITH A MODERN FRAMEWORK:** Author is respectful of the philosophies within the oracle while offering a modern, East-meets-West interpretation.

• **HAND-PAINTED, SYMBOLIC ART:** Multiple layers to the art, including images, colours, patterns and symbols associated with the energies and the qualities of the elements of each of the 60 pillars.

• **DIVERSE CULTURAL BACKGROUND:** Author blends knowledge from multiple realms, including energy work, the I Ching, Qigong and Orixás.

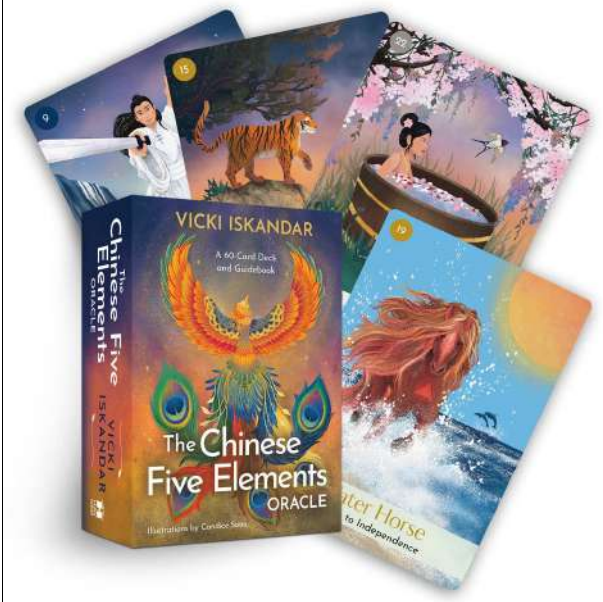
AUTHOR BIOG

Vicki Iskandar is a writer and an expert in Chinese Metaphysics. Her specialties include classical Feng Shui, BaZi (Chinese Astrology), the I Ching and an ancient art of war called Qi Men Dun Jia.

www.vickiiskandar.com

Candice Soon is a self-taught artist and illustrator whose artistic style showcases colourful palettes with tropical and floral themes.

[@candicedoodles](https://www.instagram.com/candicedoodles)



ISBN: 978-1-40197-063-5

Pub Date: 10/10/2023

RRP: £18.99 (£15.82 ex VAT)

Format: 3.5 x 5

BIC/Subject: Fortune-Telling & Divination;
Astrology; Taoism

Extent: 192 pages

Territorial Rights: World

Author Lives: Vicki: Los Angeles, CA Candice:
Hawai'i



MANIFESTING WITH THE FAIRIES

A 44-Card Oracle and Guidebook

KAREN KAY

A 44-card oracle and guidebook from the world's best-loved fairy expert Karen Kay. Readers will connect with the fairies to better understand their path and manifest the life of their dreams.

DESCRIPTION

Call upon the fairies to grant your wishes with this magical oracle from renowned fairy expert Karen Kay.

Fairies are the Earth's original manifesters. In this deck, fairy whisperer Karen Kay shows you how to call upon their kindness to manifest your deepest desires – be that health, wealth or happiness.

Beautifully illustrated by artist Jane Delaford Taylor, the deck comprises 44 cards and a guidebook, with examples of ideas for layouts – from basic, quick readings, to more in-depth insights. Each card will show the wish a particular fairy is granting, along with affirmations and ways you can actually manifest this wish, all of which is explained in the guidebook.

As you deepen your connection with the fairies, you'll discover how to open up to your inner power and strengthen your intuition.

SALES AND MARKETING

- **UNIQUE PRODUCT AND ON-TREND TOPIC:** Manifesting is a popular and trending topic. Karen's *Manifesting with the Fairies* oracle occupies a niche in the market.

- **EXPERT WISDOM:** Karen is the bestselling author of *Oracle of the Fairies* and the go-to expert on fairies. She runs regular workshops and talks on fairies, mermaids and unicorns. She is also the founder and editor-in-chief of FAE Magazine (Faeries and Enchantment).

- **LARGE SOCIAL MEDIA PLATFORMS:** Karen is the founder of Mermaid Magazine, whose Facebook page has over 122K followers. She has 10K Instagram followers on @karenkayfairy. She is also the founder of FAE magazine, whose Facebook page has 72K followers. Karen runs 3 Wishes Fairy Festival (16K Facebook followers) and Karen Kay's Faery Events (15K).

- **EXPERIENCED PUBLIC SPEAKER:** Karen has featured in various podcasts and appeared on several TV shows, including ITV's *This Morning*, Channel 4's *Steph's Packed Lunch* and Channel 5's *My Cornwall with Fern Britton*.

- **BEAUTIFUL ARTWORK:** The fairy market will love the artwork from Jane Delaford Taylor, who illustrated Diana Cooper's *Archangel Oracle Cards*.

AUTHOR BIOG

Karen Kay is a bestselling author, oracle deck creator, and fairy and mermaid whisperer. www.karenkay.co.uk

OTHER TITLES



ISBN: 978-1-78817-918-8

Pub Date: 05/12/2023

RRP: £17.99 (£14.99 ex VAT)

Format: 3.5 x 5

BIC/Subject: Fortune-Telling & Divination; Spirit Guides, Angels & Channelling; Mind, Body, Spirit

Extent: 136 pages

Territorial Rights: World

Author Lives: Penzance, Cornwall, UK

Previous Titles:

Messages from the Mermaids, Hay House UK, 2020, 978-1-78817-341-4; *Oracle of the Fairies*, Hay House UK, 2019, 978-1-78817-323-0





WISDOM OF THE ELDERS ORACLE

A 44-Card Deck and Guidebook

SHAWN LEONARD

A 44-card oracle deck focusing on the teachings, traditions and wisdom of the Mi'kmaq people, meant to help the reader create a deeper connection with the spirit world and Mother Earth.

DESCRIPTION

Bridge the physical world to the spirit world with the sacred indigenous wisdom shared for many generations by the Elders of the spirit world. When you use these oracle cards you are walking in the world with the wisdom of the Elders. These teachings were meant to be shared with you, and to help you through your daily and spiritual life.

ISBN: 978-1-40197-175-5

Pub Date: 24/10/2023

RRP: £17.99 (£14.99 ex VAT)

Format: 3.5 x 5

BIC/Subject: Spirit Guides, Angels & Channelling; Mind, Body, Spirit: Thought & Practice; Art Of Indigenous Peoples

Extent: 120 pages

Territorial Rights: World

Author Lives: Nova Scotia, Canada

Previous Titles:

Spirit Talker, Hay House UK, 2023, 978-1-78817-866-2

This deck is a tool meant to support you on your journey through life; the purpose of sharing these teachings is to help you grow and develop spiritually, within your own personal connection to Spirit and to your loved ones on the other side. The cards include – but are not limited to – teachings like: the Seven Grandfather Teachings, the Four Sacred Fire Teachings and the Four Sacred Medicines; and concepts like the Milky Way, Talking Circle, Spirit Plate, Two-Spirit, Spirit Totem Animal, Power Totem Animal and Wigwam.

SALES AND MARKETING

- **FULL OF PRECIOUS MI'KMAQ TEACHINGS:** This deck focuses on and honours the Indigenous wisdom from the author's Mi'kmaq culture. It focuses on teachings that have been passed down from generation to generation.
- **DISTINCTIVE ART BY MI'KMAQ ARTIST TRACEY METALLIC:** The artwork in the deck is painted, full of vibrant and earth tones, depth and texture, and features Mi'kmaq symbols throughout.
- **PERFECT FOLLOW-UP TO *SPIRIT TALKER*:** Shawn's teaching memoir, *Spirit Talker*, publishes in August 2023, two months before this deck. The memoir introduces key practices of Mi'kmaq spirituality, and the deck expands on them.
- **AUTHOR HAS A SUCCESSFUL DOCUMENTARY SERIES:** Shawn is most well-known for his documentary series, *Spirit Talker*, which airs on the Aboriginal Peoples Television Network in Canada. The show won the Canadian Screen Award for Best Direction (Factual).
- **AUTHENTIC WISDOM:** Shawn is a Mi'kmaq psychic medium sharing the wisdom of his ancestors.

AUTHOR BIOG

Shawn Leonard is a heart-centred Mi'kmaq psychic medium and the star and host of Aboriginal Peoples Television Network TV's show *Spirit Talker*. www.shawn-leonard.com

OTHER TITLES



BLACK MOON LILITH COSMIC ALCHEMY ORACLE

A 44-Card Deck and Guidebook

ADAMA SESAY

A 44-card oracle deck from professional astrologer, occultist and entrepreneur Adama Sesay, drawing from the myth and archetype of Lilith to guide readers along their journey of becoming conscious creators.

DESCRIPTION

Find guidance on your self-empowerment and manifestation journey with this 44-card oracle deck that combines the esoteric wisdom of astrology, mystical deities and hermetic alchemy.

Black Moon Lilith™ Cosmic Alchemy is a tool for deep self-reflection and inner transformation. The cards aim to heal and take the dark divine feminine's ancient power back. The cards are divided into four categories:

- Black Moon Lilith cards, which dive into the 12 placements of Black Moon Lilith
- Dark Divine Archetype cards, which explore archetypes such as Lilith and Eve
- Astrological Planet cards
- Alchemy Ascension cards, which involve the 12 gates of alchemy

Astrology is your cosmic map of shadow work. When you hold up the mirror, that is when the true healing work begins. It can reveal ancestral trauma, subconscious blocks, co-dependency and energetic shadows that hold you back. Not only is Black Moon Lilith a metaphysical tool for healing – your entire birth chart is. When matched with hermetic alchemy, it can empower you as a manifester and conscious creator of your own reality.

SALES AND MARKETING

• ASTROLOGY, ANCIENT ARCHETYPES AND ALCHEMY:

Understanding the placement of Black Moon Lilith in astrology can help readers step out of self-sabotage and into self-empowerment through healing the dark divine feminine within.

• **DETAILED, DYNAMIC 3D ILLUSTRATION:** Carlos Fama depicts Black women as the physical symbolism of Lilith; the overall mood is strong and sophisticated and incorporates mystical symbolism.

• **CENTRING BLACK WOMEN:** The author centres Black women in their understanding of the power of Lilith.

• **A PROMISING NEW HAY HOUSE AUTHOR:** Adama brings a unique, diverse voice and view to astrology that is very needed.

• **WELL-CONNECTED AND HAS MEDIA COVERAGE:** Adama is connected to astrologers Colin Bedell, Ruby Warrington, Magic Kathi and Nadiya Shah. She has been featured in Cosmopolitan, Refinery29, BuzzFeed and more.

AUTHOR BIOG

Adama Sesay is a professional astrologer, occultist, entrepreneur and author of *Black Moon Lilith™ Rising*. www.lilithastrology.com



ISBN: 978-1-40197-065-9

Pub Date: 03/10/2023

RRP: £17.99 (£14.99 ex VAT)

Format: 3.5 x 5

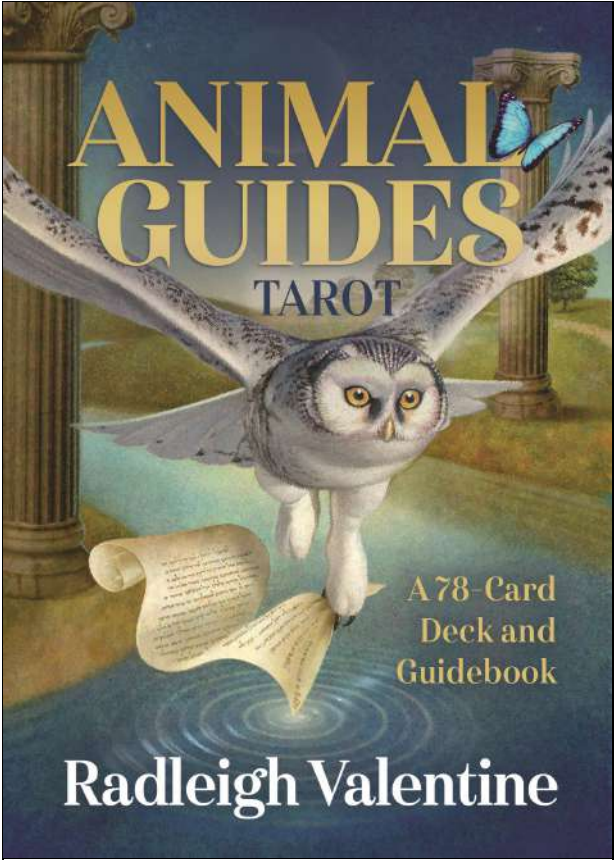
BIC/Subject: Astrology; Fortune-Telling & Divination; Folklore, Myths & Legends

Extent: 144 pages

Territorial Rights: World

Author Lives: Brooklyn, NY





ISBN: 978-1-40197-516-6
Pub Date: 05/03/2024
RRP: £21.99 (£18.32 ex VAT)
Format: 3.5 x 5
BIC/Subject: Tarot; Spirit Guides, Angels & Channelling; Fortune-Telling & Divination
Extent: 157 pages
Territorial Rights: World
Author Lives: Rancho Mirage, California
Previous Titles: <i>The Archangel Michael Sword of Light Oracle</i> , Hay House UK, 2022, 978-1-40195-671-4; <i>Guardian Angel Messages Tarot</i> , Hay House UK, 2021, 978-1-40196-009-4; <i>Angel Wisdom Tarot</i> , Hay House UK, 2020, 978-1-40195-670-7; <i>Fairy Tarot Cards</i> , Hay House UK, 2019, 978-1-40195-720-9; <i>Angel Answers Oracle Cards</i> , Hay House UK, 2019, 978-1-40195-924-1

ANIMAL GUIDES TAROT

A 78-Card Deck and Guidebook

RADLEIGH VALENTINE

An uplifting card deck to open readers' minds to the loving messages of the animal world, from bestselling author Radleigh Valentine.

DESCRIPTION

Discover the infinite diversity and unconditional love of the universe through the animal kingdom.

In *Animal Guides Tarot Cards*, bestselling author Radleigh Valentine merges the time-honoured tradition of Tarot with the power of an animal spirit deck. In doing so, he divines answers to life's questions and connects us to the wisdom of the earthly and mystical realms, and the archetypes embodied in the animal world.

The wisdom of the animal and angelic realms are inscribed on each of the 78 cards and explained in the accompanying guidebook. Animals are authentic, unconditionally loving and genuine in expressing their feelings. That's why these healing angels are sent to us to open our hearts to giving and receiving love. They're also teachers who guide us to be present and aware.

In this card deck and guidebook, Radleigh Valentine brings you gentle messages from God's 'creatures great and small,' from dogs, cats, horses, birds and butterflies to tigers, elephants, giraffes, dolphins and kangaroos, organized by season. As with all his decks, the *Animal Guides Tarot Cards* are universally positive, loving and respectful of your spiritual path of joy.

SALES AND MARKETING

- **INTERNATIONALLY BESTSELLING AUTHOR:** Radleigh's products have sold hundreds of thousands of copies. They have international appeal and are printed in over 20 foreign languages.
- **LOYAL AUDIENCE:** Radleigh has a following of 134K on Facebook, 69.4K on Instagram, and a mailing list of 43K.
- **IN-PERSON AND VIRTUAL OFFERINGS:** Radleigh is a regular speaker at spiritual events, and attracts audiences of up to 3.5K people. He offers a wide variety of online courses, workshops and video sessions, both free and paid.
- **REVISED EDITION OF POPULAR CARD DECK:** The original edition was released in October 2017 and has sold over 17.5K copies. This new edition features a more majestic cover, more inclusive language and gorgeous illustrations that evoke the spiritual messages animals bring in the form of totems or animal spirits.
- **MEANINGFUL CARD DECK FOR ANIMAL LOVERS:** Each animal species teaches and helps us with a particular lesson. These cards will familiarize readers with the spiritual specialties of different species.

AUTHOR BIOG

Radleigh Valentine is an internationally known speaker, author, spiritual intuitive, and radio-show host. He has studied tarot for more than 20 years and teaches workshops around the U.S. He is also the creator of *RadScopes*, weekly horoscopes with an enchanting twist of tarot.

OTHER TITLES



ANGELS & AURAS ORACLE

A 44-Card Deck and Guidebook

RADLEIGH VALENTINE AND DOUGALL FRASER

A 44-card deck and guidebook on angels, auras and colours by bestselling authors Radleigh Valentine and Dougall Fraser.

DESCRIPTION

'Dougall Fraser's... intuitive perceptions are penetrating and extraordinarily practical.' – Alan Cohen

Receive divine guidance, decode auras and weave healing colour energy into your spiritual practice with this powerful and playful oracle deck.

Radleigh Valentine and Dougall Fraser noticed a link between the colours that the archangels vibrate to and aura colours. This led to two years of co-teaching their wildly popular Angels and Auras courses to thousands of students, and now the divine collaboration of the *Angels and Auras Oracle*.

Within this oracle, 12 core cards represent specific archangels and their aura colours to lead the reader down a path of self-discovery. The remaining cards provide a heavenly chorus of support and are purposefully created with divine wisdom in mind. Each message is depicted with colourful images to inspire and remind the reader that we live in a vibrant world of energy. You will uncover the language of colours, connect with the divine and tap into the wisdom of angels and auras on a whole new level.

SALES AND MARKETING

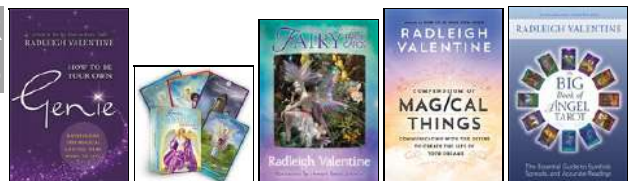
- **PROVEN DEMAND:** The oracle deck is based on a very popular workshop taught by the co-authors.
- **INCLUSIVE ART:** The deck features people of different ages, races, genders, body types and abilities.
- **POPULAR ANGEL AUTHOR:** Radleigh is a regular speaker at angel and spiritual events with large audiences. He has 168K Instagram followers. Angel content is consistently highly engaged with on Hay House UK channels.
- **BESTSELLING AUTHOR:** Radleigh's book and card decks have sold hundreds of thousands of copies worldwide.
- **FAMILIAR, POPULAR TOPICS PRESENTED IN A UNIQUE FORMAT:** This deck combines the topics of angels and auras in an oracle deck with a never-before-seen blend.

AUTHOR BIOG

Radleigh Valentine is a bestselling author, card deck creator and celebrated spiritual teacher. www.radleighvalentine.com

Dougall Fraser is an internationally recognized psychic, author and cosmic coach. www.dougallfraser.com

OTHER TITLES



ISBN: 978-1-40196-818-2

Pub Date: 31/10/2023

RRP: £17.99 (£14.99 ex VAT)

Format: 3.5 x 5

BIC/Subject: Tarot; Spirit Guides, Angels & Channelling; Self-Help & Personal Development

Extent: 144 pages

Territorial Rights: World

Author Lives: Radleigh: Rancho Mirage, CA
Dougall: Los Angeles, CA

Previous Titles:

How to Be Your Own Genie, Hay House UK, 2017, 978-1-78180-702-6; *Guardian Angel Messages Tarot*, Hay House UK, 2021, 978-1-40196-009-4; *Fairy Tarot Cards*, Hay House UK, 2019, 978-1-40195-720-9; *Compendium of Magical Things*, Hay House UK, 2018, 978-1-78180-701-9; *The Big Book of Angel Tarot*, Hay House UK, 2019, 978-1-40195-925-8





ISBN: 978-1-40197-367-4

Pub Date: 24/10/2023

RRP: £12.99 (£10.82 ex VAT)

Format: 2.5 x 3.5

BIC/Subject: Tarot; Fortune-Telling & Divination; Shamanism, Paganism & Druidry

Extent: 200 pages

Territorial Rights: World

Previous Titles:

The Shaman's Dream Oracle, Hay House UK, 2021, 978-1-40195-912-8; *Mystical Shaman Oracle Cards*, Hay House UK, 2018, 978-1-40195-250-1

MYSTICAL SHAMAN ORACLE

ALBERTO VILLOLDO AND COLETTE BARON-REID, WITH MARCELA LOBOS

A pocket-sized, portable version of Alberto Villoldo, Colette Baron-Reid and Marcela Lobos' popular oracle deck in a keepsake tin, based on the wisdom and beauty of the shamanic world.

DESCRIPTION

One of Hay House's top-selling decks now comes pocket-sized! This compact, travel-sized edition of *Mystical Shaman Oracle* is packaged in a sleek tin box perfect for your on-the-go spiritual journey.

Created by three master teachers and healers, this oracle deck includes indigenous shamanic practices combined with divination tools. The result is a deck like no other, featuring powerful beings, animals and natural forces from cultures across the globe.

SALES AND MARKETING

- **POCKET-SIZED EDITION OF TOP-SELLING DECK:** *Mystical Shaman Oracle* has sold nearly 84K copies since March 2018, consistently selling well over time. There are almost 4K reviews of the deck on Amazon from happy readers.
- **SLEEK AND DURABLE KEEPSAKE TIN:** Readers will love the compact deck and the high-quality tin box that will make it easy to carry the deck in a purse or travel bag.
- **LARGE SOCIAL MEDIA FOLLOWING:** Colette has a large following of 190K on Facebook, 90.9K on Instagram and 81.3K on YouTube. Alberto has a large following of 178K on Facebook, 66.6K on Instagram and 44.1K on YouTube.
- **UNIQUE, MEANINGFUL CONTENT:** This deck draws on the imagery, beliefs and ancestral wisdom of shamanic traditions across the globe.
- **TAROT AND ORACLE TREND CONTINUES TO GROW:** Tarot and oracle decks continue to be an exciting growth area for the market and for the Hay House list. This is a great opportunity to continue to bring unique offerings to the growing mainstream tarot and oracle buyer.

AUTHOR BIOG

Alberto Villoldo PhD, is the founder of The Four Winds Society, trained as a psychologist and medical anthropologist and has investigated the traditions of the Andes and the Amazon for more than 25 years.
www.thefourwinds.com

Colette Baron-Reid is an internationally acclaimed spiritual intuitive, psychic medium, educator and oracle expert.
www.colettebaronreid.com

Marcela Lobos has been initiated in the healing traditions of the Amazon and the Andes. www.marcelalobos.com

OTHER TITLES



MJ CULLINANE

THE ENCHANTED FÖRHÄXA TAROT

A 78-Card Deck & Guidebook of Fairies, Mermaids & Magic

THE ENCHANTED FÖRHÄXA TAROT

A 78-Card Deck & Guidebook of Fairies, Mermaids & Magic

MJ CULLINANE

From the creator of the *Crow Tarot*, a richly illustrated 78-card tarot deck and guidebook set in a magical realm where dark and light collide, where mermaids swim, and where the elements rule at a fairy court.

DESCRIPTION

Hidden deep in the forest where shadows mingle with sunlight, lies the wild and mystical land of Förhäxa. The heroes and villains, spirits and sprites, mermaids and magic that make up this deck are inspired by the traditional Rider Waite Smith tarot, Norse folktales, fairy lore, and the elemental powers of nature. The Swedish word *förhäxa* means "to enchant, cast a spell, or bedevil," and this deck does just that, drawing in readers with its earthy, richly detailed illustrations on the cards and mystical messages in the guidebook.

Each suit in this tarot deck is represented by the foundational elements of Water, Air, Fire, and Earth—in place of Cups, Swords, Wands, and Pentacles—elevating our connection to nature. Instead of Kings in each suit, there are Elders, and instead of an Emperor, there is a Council of Monarchs—pushing to the side the patriarchal human structures that limit us, and centering community and wisdom passed down from ancestors.

SALES AND MARKETING

- **APPEALS TO FAIRY DECK FANS IN HAY HOUSE'S CORE AUDIENCE, WITH AN UPDATED VISUAL STYLE:** Fairies are a classic Hay House offering, but with MJ's unique art style, this deck takes a darker, earthier, more primal approach to fairy imagery.
- **THREE PRINTINGS OF THE SELF-PUBLISHED EDITION:** This deck has already struck a chord with tarot lovers who have purchased these copies for \$44.
- **ESTABLISHED, POPULAR TAROT AND ORACLE DECK AUTHOR:** MJ's *Crow Tarot* is well known, but since that deck's success she has self-published several decks that have sold incredibly well through her retail site.
- **SAVVY, PROMOTION-FOCUSED AUTHOR WITH AN AD BUDGET:** Since MJ has been selling her decks independently, she is experienced with marketing them via her social channels and newsletter, and she spends around \$5-9K on targeted Facebook advertisements per month.
- **PROLIFIC AUTHOR WITH MORE PROJECTS IN THE PIPELINE:** We have come to an agreement with MJ to publish her backlist self-published titles including: this deck, *The Guardian of the Night Tarot* (July 2022), *Urban Crow Oracle* (October 2022), *Grimalkin's Curious Cats Tarot* (March 2023), and *ROAR Oracle* (March 2025), as well as two brand new forthcoming decks: *Tales for Tomorrow Lenormand* (March 2024), *Unfinished Business Tarot Oracle* (October 2024).

AUTHOR BIOG

MJ Cullinane (aka Margaux Jones) is an award-winning Seattle-based artist, writer, mother, and lover of all things magical—especially crows. She attended Parsons School of Design, yet her unique technique for telling stories through digital collage is self-taught and has been her passion for over 10 years. The award-winning *Crow Tarot* was her first published deck. When she is not making art or writing, MJ is spending time with her child, playing in nature, practicing magic, and finding new sources of inspiration.

OTHER TITLES



ISBN: 978-1-40197-071-0

Pub Date: 17/10/2023

RRP: \$26.99

Format: 3.5 x 5

BIC/Subject: Fall 2023; Tarot; Spirit Guides, Angels & Channelling

Extent: 144 pages

Territorial Rights: World

Author Lives: Seattle, WA

Previous Titles:

Grimalkin's Curious Cats Tarot, Hay House US, 2023, 978-1-40197-069-7; *The Guardian of the Night Tarot*, Hay House US, 2022, 978-1-40196-908-0; *Roar Oracle*, Hay House, 2025, 978-1-40197-073-4; *Urban Crow Oracle*, Hay House US, 2022, 978-1-40196-989-9; *Crow Tarot*, U.S. Games System, 2019, 978-1-57281-961-0



HAY HOUSE INDIA

Just the Way You Are: A Book of Self-love to Let Your Perfection Shine Through

Rupali Khattar Mehra



DESCRIPTION

Every child has unique qualities, hidden potential, and an undying thirst for love and acceptance that needs to be quenched. In this heartwarming children's book, we explore these facets through the life of our protagonists as they embark on a journey of self-discovery and learn the importance of self-love.

With the help of relatable storytelling, interactive activity pages, and beautiful illustrations, children will learn to embrace their imperfections and appreciate the beauty behind everyone's uniqueness. Just the Way You Are sends across a message that will resonate with young readers and inspire them to love themselves for who they are.

The author has penned down delightful affirmations and fun activities to help children develop the vital emotional characteristic of self-acceptance and self-love. Whether working on the activities alone or with a parent or caregiver, children will have a blast while learning important life lessons that will stay with them for years to come.

AUTHOR BIO

Rupali Khattar Mehra is an educationist who has been associated with the primary education sector for nearly a decade. A pioneer in her field, she has worked with leading educational institutions such as Springdales School, Bhatnagar International Foundation School and Kunskapsskolan International School. It was during her journey as a teacher and diverse interactions with young minds that she observed the need for a book that helps in building confidence and self-love in children of the 21st century. She lives in Gurugram.

REVIEWS

I have always lived by the notion that 'the best thing about you is YOU!' and this book captures the essence of embracing one's uniqueness in a delightful and empowering way.

— **Anupam Kher, internationally acclaimed actor, author, and motivational speaker**

This delightful children's book teaches children that they are unique and special in their own way. They learn that they don't need to be perfect to love who they are and be loved. They just need to appreciate their own wonderful qualities and abilities. The colouring and writing activities are a wonderful addition that enables them to internalise these important concepts.

— **Patricia J. Crane, Ph.D., International Heal Your Life® Trainer, speaker, and author**



PRICE: INR 350

ISBN: 9789388302845

EXTENT: 64

FORMAT: PAPERBACK

SIZE: 9.5 x 8 INCH

PUBLISH DATE: July 2023

SUBJECT: Self-help/

Children's Illustrated Books



Read this book and become an inspired parent with a fulfilled child. The power of love has no limits. The illustrations add dramatically to the children's intellect and lead to powerful and loving relationships.

— **Dr Shayama Chona, Padma Bhushan and Padma Shri awardee**

Just the Way You Are is just the book to have around the house for any parent who wants their child to imbibe healthy beliefs about their own worth and develop confidence in themselves. Rupali engages the child through fun ideas and attractive illustrations, to explore self-love and self-acceptance even through times of doubt and challenges. Interspersed with exciting and unique activities, it offers the parent-child team the bonus of bonding and experiencing self-love together.

— **Dr G. L. Sampoorna, psychologist and Heal Your Life Teacher-Trainer**

Early self-love, self-acceptance, and confidence instillation are crucial for children to develop an all-round personality, especially in today's competitive world. Rupali Khattar Mehra has done a wonderful job teaching these with colourful illustrations and short, simple, and easy-to-read messages in her book, *Just the Way You Are*.

— **DR ANJALI MALPANI, author and founder-director, Malpani Infertility Clinic**

My own journey towards self-esteem has convinced me that it is the foundation for a healthy, happy, and successful life. Good self-esteem, which means knowing that one is innately okay, is what will determine the quality of your relationship with yourself, others and life itself. Therefore, Rupali Khattar Mehra's book on fostering self-esteem among children meets my unconditional endorsement. If this little book can help children embrace themselves a little better than they presently do, she will have done her bit in making the world a better place.

— **Suma Varughese, author and former editor of *Life Positive* and *Society* magazines**

An inspiring book with many great lessons for children!

— **Bhavya Doshi, author and founder of The Doodle Desk**

The foundation for a "happy life" has its roots in childhood. Helping a child feel secure, confident and perfect, just the way they are, is the best gift a parent can give his/her offspring. It is the compass that will guide them through their life, in all seasons, be they stormy or peaceful. I feel so happy to see a book that offers this understanding, in a light playful manner. Sit close, read it together with your children, and I am sure the lessons will hold them in good stead even when you are far from them! Congratulations, Rupali Khattar Mehra, for highlighting a much-needed subject.

— **Rohini Singh, author, spiritual mentor, and life coach**

Just the Way You Are, a book on self-love, by Rupali Khattar Mehra, comes at a time when everyone is talking about mental health. It is important for children and parents to know the importance of self-love, acceptance, and the importance of engaging in healthy conversations about everyone being unique in their own way. Rupali's book is an interactive book, which will surely be appreciated by all readers. The illustrations by Rucha Thigale bring the story alive, making the book a delightful read.

— **Artika Aurora Bakshi, author of *My Little Sikh Handbook* series**

Emotional Ability Resources: A Therapist's Guide to Unlocking the Power within You

Pragati Jalan Sureka



A unique self-help aid to improve emotional intelligence.

–Felipe Fregni, MD, PhD, MPH, Med, Professor of Physical Medicine & Rehabilitation, Harvard Medical School

‘Makes it easy to explore our difficult inner emotional landscape and gain and clarity.’

Aparna Piramal Raje, Author of *Chemical Khichdi*, motivational speaker, and mental health advocate

Have an issue? Give EAR to it . . .

Most of us find it difficult to cope with our emotions. Embarrassed to discuss it, rarely do we turn to anyone for advice. But how can we tell our story by keeping our emotions in the dark, especially from ourselves?

This unique book is an essential resource on every tabletop, every bookshelf, and every household. It is for anyone who wants to reap the tangible benefits of building self-leadership through emotional intelligence. Through narratives, anecdotes, simple explanations, and exercises peppered throughout this book, you will be able to relate, identify, and solve the complexities of emotions that influence your daily routine. In essence, this handbook is your gateway to emotional and mental wellness.

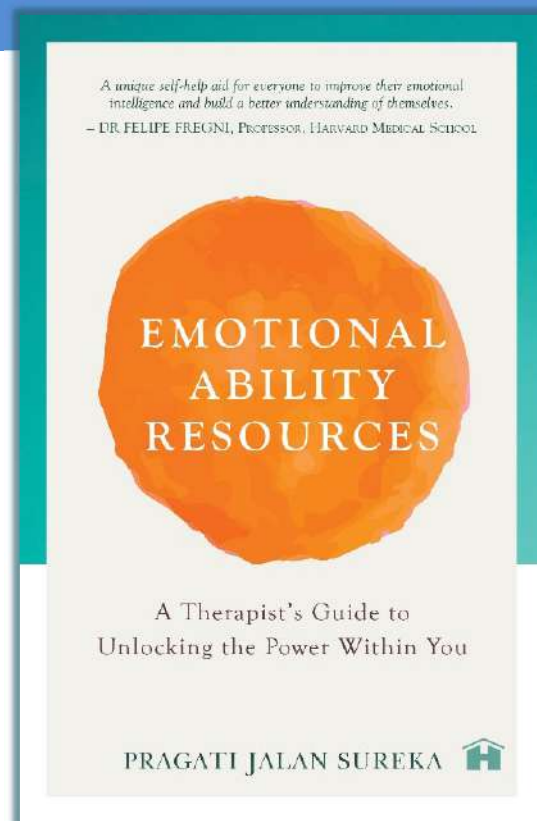
Emotional Ability Resources provides the right tools to access all the emotions that build up inside you or do not. It encourages you to listen to them, be more self-aware, and unlock the power you already possess. It invites you to learn about handling your inner world in an easy and healthy manner.



Pragati Jalan Sureka is an author, IIM Kolkata alumna, and NET UGC-qualified and Harvard-accredited global mental health psychologist with over a decade's experience in training, speaking, psychotherapy, and preventive mental healthcare. As a PhD scholar on emotional well-being, researching and developing practical tools for daily mental health and self-care remains her core skill set and passion.

www.emotionalabilityresources.com

Instagram: [pragati_sureka](https://www.instagram.com/pragati_sureka)



ISBN	: 9789394613935
Price	: ₹399
Binding	: PB
Extent	: 304
Size	: DEMY
Category	: Self-Help / Psychology

Why We Are Who We Are: An Insightful Glimpse into Our Human Roles, Soul Personality, and Karmic Mandates

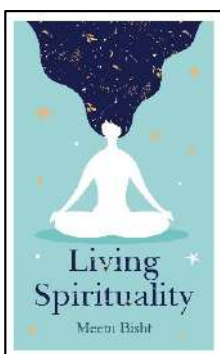


Meetu Bisht

We all have come across moments in life when we ask ourselves, 'Who Am I?' and 'What's my life purpose?' But often, we simply stop after the inquiry and spend our lifetimes chasing some dream—financial, personal, or societal—without thinking of the bigger picture. This way, we miss out on uncovering the deeper reality of life, its real purpose, and most importantly, *why we are who we are*.

After her highly successful book, ***Living Spirituality***, Meetu Bisht delivers an insightful text that brings us closer to understanding why we live the life that we live, the true purpose of our unique individual journeys, and the ways in which we can progress and evolve. The book elaborates on concepts such as soul personality and karmic mandates and also explains how our tendencies and certain karmic factors are responsible for our individual life scenarios and destinies.

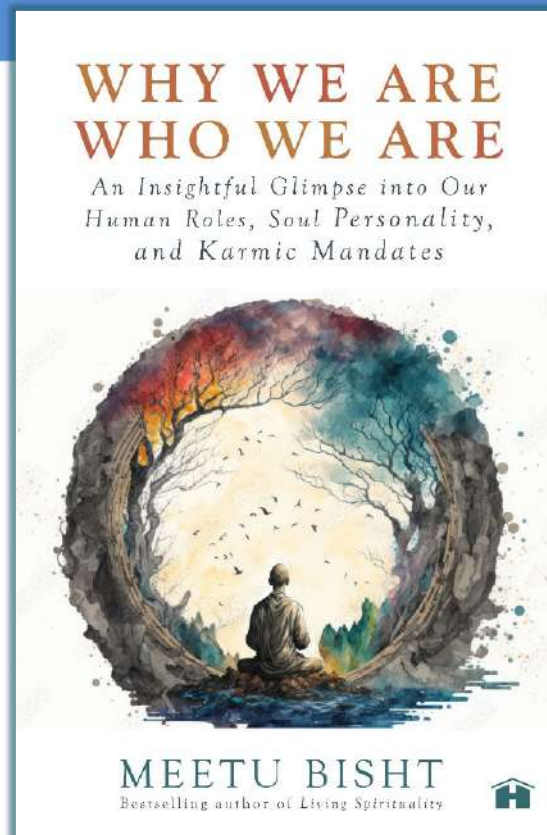
Why We Are Who We Are is relevant for all those who are keen to get a deeper understanding of their inner state and grow spiritually by living a life of greater meaning and purpose and by becoming a higher version of the self.



Also available:



Following a post-graduate degree in English Literature, Meetu Bisht studied mass communications and journalism. After a brief stint in the electronic media and the greeting card industry, she spent close to a decade heading editorial positions across multiple print publications. Her interest in spirituality and mysticism developed in her late thirties, which led to extensive research and study. In addition to being a karma reader and counsellor, at her core, Meetu considers herself a lifelong student and writer of spiritual subjects. She actively shares her thoughts and learning on social media and her work can be found on www.meetubisht.com.



ISBN	: 9789394613942
Price	: ₹399
Binding	: PB
Extent	: 240
Size	: DEMY
Category	: Self-Help/ Spirituality

Doctors Don't Know Everything: A Roadmap to Better Healthcare Outcomes

Dr Lingaraj Nath



'This book, in a very simple yet profound way, captures the true meaning of wellness that includes physical, emotional, and spiritual well-being.'

– Ayaskant Sarangi

Chief human resources officer (CHRO) at WIPRO enterprises

'This is a beautifully written book by a practising physician who puts people, their feelings, and the purpose of life above science.'

– Subroto Bagchi, Co-founder of Mindtree,
writer, entrepreneur, and business leader

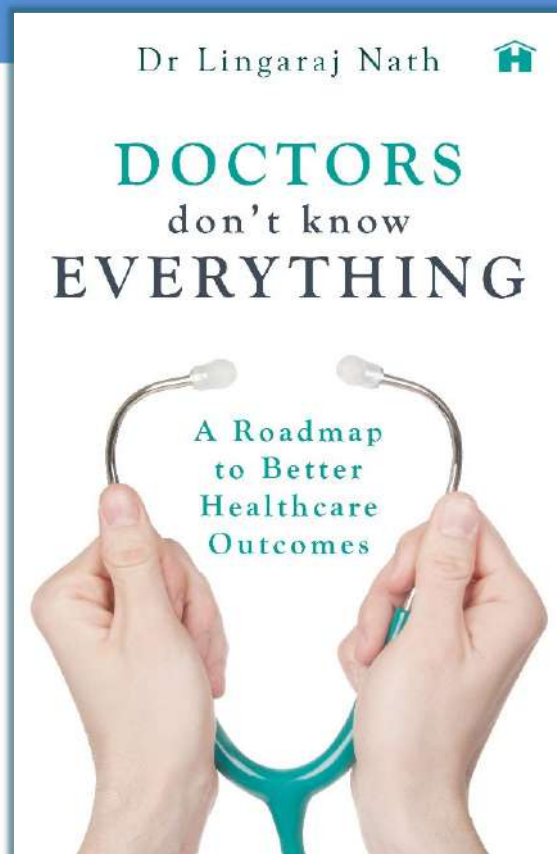
Could love and companionship prevent heart failure? What is the best way to navigate through today's complex medical systems and achieve a successful clinical outcome? Is Google search for health problems safe and useful?

Doctors Don't Know Everything explores such universal and relatable aspects of healthcare with an aim to make holistic living easier and achievable. The strength of the book lies in realising and showcasing the fact that today, more than ever, we have as much role to play as medical specialists when it comes to living a healthy and wholesome life.

The author of the book, Dr Lingaraj Nath, provides an insider's perspective as well as insightful revelations that will completely transform the way you view health. He also shares effective and efficient ways to forestall clinical mistakes, tackle several common medical issues, and help other people too without looking for a specialist consultation.

All in all, *Doctors Don't Know Everything* offers a refreshing approach to cultivate and nurture the biggest assets of your life—health and wellness.

Dr Lingaraj Nath is a consultant cardiologist and director of the cardiac cath lab at a corporate hospital in Bhubaneswar. He regularly writes on health and medical issues and his work has been published in several leading national newspapers. He is also an award-winning screenplay writer for movies.



ISBN	: 9789394613904
Price	: ₹350
Binding	: PB
Extent	: 172
Size	: DEMY
Category	: Health & Wellness

How to Be Human: With What You Have, Where You Are, with What You Can

Ritu Sharma



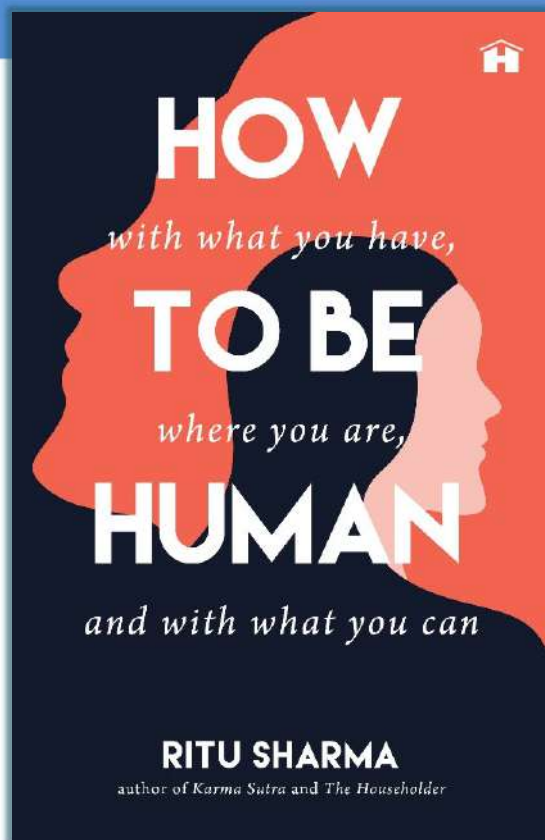
Life is all about balance in nature—good and evil, hope and hopelessness, morality and immorality, fear and courage . . .

This inhuman world must become human somehow. But the means to arrive at this destination seems to escape most of us. Despite various shortcomings, humans are still the torchbearers of faith, humanity, goodness, and dignity. And this book explores the various facets of ethical dilemmas and spiritual searches you find yourself in every now and then.

If you keep wondering how to make the world around you better and find ways to keep doing good deeds, this book includes all the golden rules of being a moral human. The chapters have been designed in a way that will make you keep coming back to them as they offer tools that provide you with assistance to take an informed decision as you walk the path of being a kind and good human being.

How to Be Human looks to answer your deepest queries, soothe your innermost concerns, put to rest your deepest fears, and help you look deep within to see the change reflected not only in you but around you as well. It's a remarkable compendium of age-old wisdom for modern-day challenges.

RITU SHARMA was a writer, scholar, and an educationist. She had extensively studied both philosophy and astrology, and used to a column for India's leading newspapers, *The Indian Express*, and a series for a US-based magazine called *Little India*. She has authored two books, *The Householder* and *Karma Sutra*.



ISBN : 9789394613874
Price : ₹399
Binding : PB
Extent : 232
Size : DEMY
Category : Self-help /
Personal development

Tries, Sighs, and Lullabies: The Untold Stories of Infertility

Dr Anjali Malpani



Children are your greatest joy on earth and your biggest wealth.

I cannot thank Dr Anjali enough for giving me these in my life.

— **Rakesh Jhunjhunwala, An Indian billionaire business magnate, stock trader, investor, and Padma Shri winner**

As I finished reading the book, all I could do was echo the same words from a moment long gone by but never forgotten, 'Thank you, Anjali.'

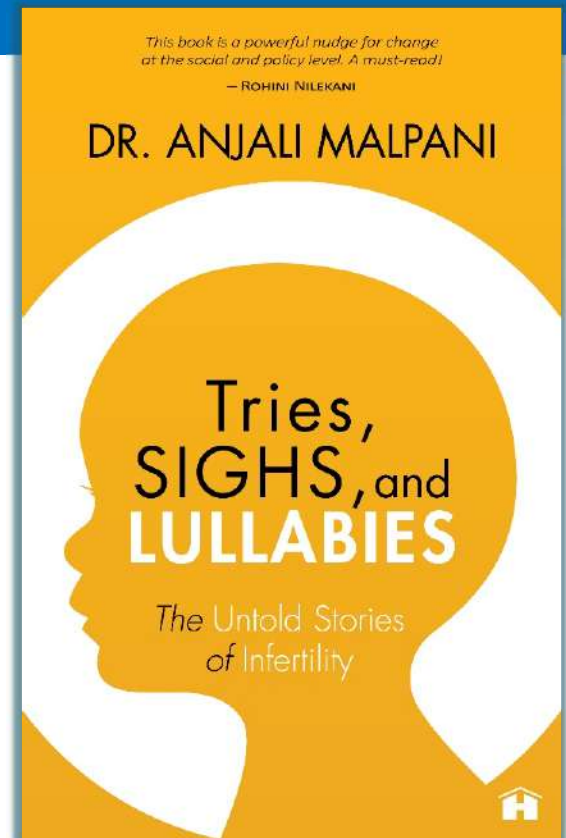
— **Rajesh Jain, Technology entrepreneur, founder of Netcore Cloud, and a pioneer in Asia's dotcom revolution**

Sudha, a newlywed who yearns for a child, despite the fact that she was born without a womb; Kanta, a small-town woman who nurtures an undying faith that she will get pregnant as it was prophesied in an ancient scripture; and Rakesh and Arjun, a homosexual couple trying to have a family of their own against overwhelming odds.

Tries, Sighs, and Lullabies: The Untold Stories of Infertility chronicles these and many other intimate and gripping real-life stories of loss, hope, endurance, and sacrifice. This remarkable compendium deftly describes the boundless desire and limitless struggle to build a family and the inexplicable joy that stems from becoming a parent, whether through reproductive technology, adoption, surrogacy, or natural means.

Dr Anjali Malpani, a pioneer in the field of fertility treatment in India, successfully manages to capture the emotional, physical, and social dimensions of these complex stories and showcases the diverse facets of family, parenthood, and life at large. Through her empathetic and resonant writing, she provides an honest look at the traumas and triumphs involved in the journey of infertility.

All in all, this thought-provoking and absolutely unputdownable collection of memories is sure to make you feel the soaring highs and the devastating lows of the characters which will stay with you forever.



ISBN	: 9789394613973
Price	: ₹399
Binding	: PB
Extent	: 240
Size	: DEMY
Category	: Family & Parenting/ Inspirational/ Memoir



Dr Anjali Malpani has been a leading IVF specialist for over thirty years and is the founder-director of Malpani Infertility Clinic, Mumbai, one of India's first private IVF clinics. She is Professor Emeritus at King Edward Memorial Hospital, Mumbai, which is one of the premier hospitals in India. She has also authored several bestselling books that have been translated into multiple languages. Her other passions include yoga and travelling.

The Ocean in a Drop: A Spiritual Voyage through the Depths of the Sea

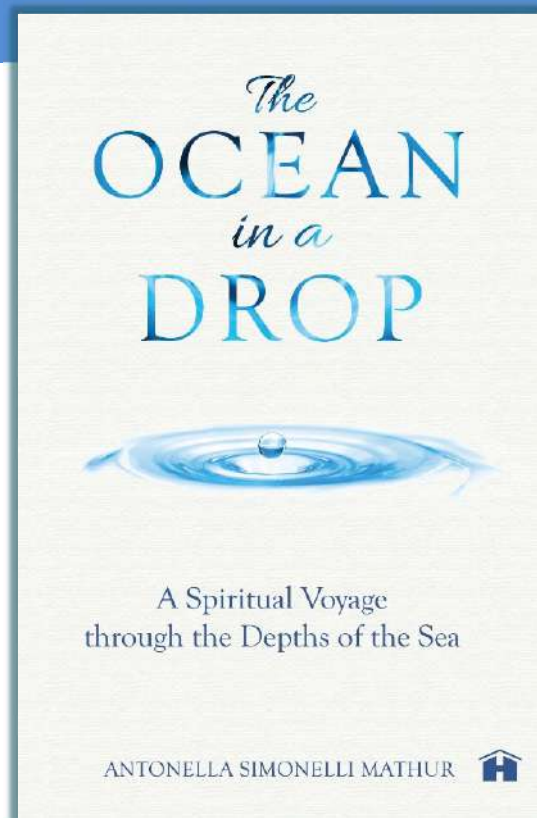


Antonella Simonelli Mathur

This mesmerising tale takes you on an enchanting journey to the whale-shaped island of Rodrigues, situated in the middle of the Indian Ocean. In the deep waters of this ocean, Mystic, a wise blue whale, guides her disciple, Lucy, a sea drop, on a spiritual journey.

As Lucy follows Mystic, she learns how to connect with her true self, find inner peace, and overcome obstacles to become a better version of herself. On this magical journey, Lucy meets several unforgettable characters along the way and uncovers the wonders of the underwater world. The Ocean in a Drop is a reminder that wisdom doesn't solely belong to the human species; it belongs equally to all the living beings and forces of nature.

With spectacular prose and breathtaking imagery, this mystical tale invites readers to explore the depths of their souls and embark on a spiritual voyage that will uplift, inspire, and make them embrace the beauty of life.



ISBN : 9788195991785
Price : ₹ 399
Binding : PB
Extent : 240
Size : DEMY
**Category : Self-Help/
Spiritual Fiction/
Magical Realism**



ANTONELLA SIMONELLI MATHUR is an Italian writer, translator, and editor. In India, she found the right environment to explore her quest for spirituality and became a Buddhist in the Tibetan tradition, moving to Dharamshala. She is a member of the Dharamshala Writers Group, has written for Tibet House, and is an editor for the Foundation for the Preservation of the Mahayana Tradition (FPMT). She has been living in India since 1977 after graduating in Hindi Language and Literature from the Faculty of Oriental Studies, University of Venice.

Calm the Monkey Mind: A Scientific Approach to Mindful Living

Dr Martina Esberger-Chowdhury



In today's fast-paced world, it's easy to get overwhelmed by the constant barrage of information and distractions. This has led to isolation and an increase in mental illness, especially among younger generation. The constant chatter of the 'monkey mind' can leave us feeling exhausted and unable to focus on what's important, and what we truly need is practical guidance to navigate this sea of endless chatter.

The ancient practices of mindfulness and meditation have transformed—readjusting and evolving to suit our times and needs. This book is a masterful blend of contemporary mindfulness and Buddhism and offers sound advice and techniques to practice meditation regularly and cultivate a more peaceful and focused mind.

Calm the Monkey Mind brings the modern mindfulness movement to the fore by sharing accessible and practical ways to deal with common obstacles and reduce stress. This book also explores the science behind mindfulness and meditation with latest research to enhance one's overall well-being, making it a must-read for anyone looking to find greater peace and clarity.

COVER NOT FINAL

ISBN : 9788195991754
Price : ₹ 399
Binding : PB
Extent : 304
Size : DEMY
Category : Mind-Body-Spirit/Mindfulness and Meditation/Personal Growth



DR MARTINA ESBERGER-CHOWDHURY is an author and international meditation- and mindfulness-based stress-reduction trainer. Born in Mumbai, her Austro-Indian family background led to a deep interest in the Indian philosophical texts from an early age. With her consulting company, Esberger-Chowdhury Mind Leadership, Martina has been offering mindfulness training to organisations, educational institutions, and individuals for over a decade. She is also a founding member of the initiative 'Mindfulness in Politics' in Austria. Martina lives in Vienna, Austria, with her husband and son.