

BrumbySunstate

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October & November 2020 New Releases

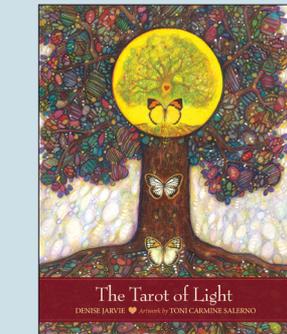
A TC: Tarot of Light

\$44.95

Jarvie, Denise

Previously published as *Art of Love Tarot*, the divine and loving messages within this deck offer a balanced view of past, present and future, so your readings bring illumination, learning, insight, and direction for a brighter, lighter tomorrow. This beautiful, updated set includes 78 cards and a comprehensive 120-page guidebook with correspondences, spreads, meanings and more. Denise Jarvie brings a contemporary approach to traditional tarot that features seventy-eight of Toni Carmine Salerno's most enchanting artworks.

• Sep Release • Blue Angel • 78 cards & 120pp book • 12.5 x 17cm



PROMOTION: BUY 6, GET 1 FREE!
Use code TOL6:



O IC: Spirit Junkie Cards

\$31.99

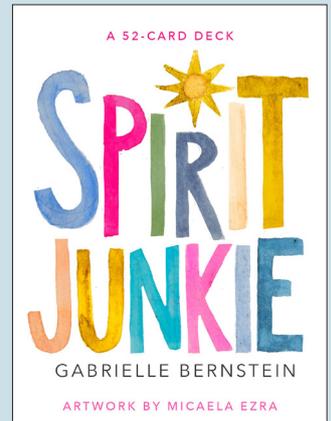
Bernstein, Gabrielle

If you have this knowing within you that you can do more; if you feel that you have a gift to share with the world, a desire to be a shining light for others: you are a Spirit Junkie, and this is the divine guidance you have been seeking. This new card deck from the New York Times best-selling spiritual author Gabrielle Bernstein features mystical watercolor artwork that will inspire, empower, and galvanize the user to shine their light in the world. This is for the Spirit Junkies who believe passionately in the goodness of the world, and want to feel empowered and empower others.

• Oct Release • Hay House • 52 cards

PROMOTION: BUY 6, GET 1 FREE!

Use code SJC6:



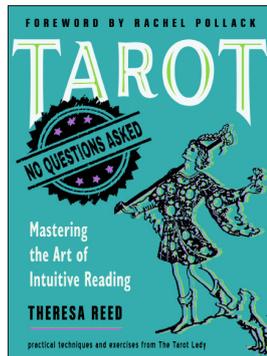
O TC: Tarot: No Questions Asked

\$30.99

Reed, Theresa

Tap into your sixth sense and become a better, more confident tarot reader. In order to deliver a meaningful, accurate tarot reading, you need to hone your intuition. In this book, Reed teaches by example. She presents the basics of intuitive tarot reading—reading without any questions, any backstory, anything to go on. This book is filled with exercises to hone your intuition and sharpen your interpretation skills. All the exercises, stories, card meanings, and techniques really serve one purpose: to go beyond learning Tarot to living it.

• Nov Release • Red Wheel Weiser • 78 cards & 304 guide book • PB • 15.2 x 20.3cm



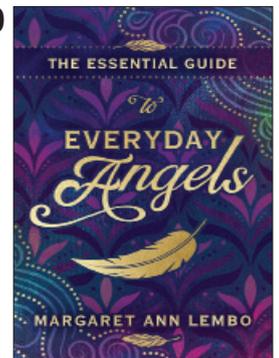
O The Essential Guide to Everyday Angels

\$37.99

Lembo, Margaret Ann

The angels are waiting to help you: all you need to do is ask! This book shares tips and techniques so you can connect to angels for more than fifty specific needs, from abundance to unconditional love. Join Margaret Ann Lembo as she explores the many different kinds of everyday angels and helps you experience their presence and assistance. For each angel, you will discover the associated gemstones, essential oils, colours, and chakras as well as affirmations. Within these pages, you will find everything you need to work and play with the angels while creating a happy, balanced life.

• Nov Release • Llewellyn • 240pp • PB • 15.2 x 22.9cm



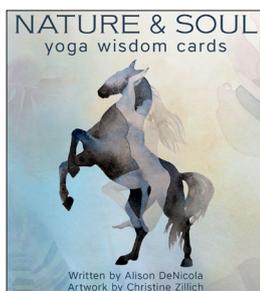
O IC: Nature and Soul Yoga Wisdom Deck

\$47.99

DeNicola, Alison

This deck is a vibrant set of cards created to explore the divine union of natural elements and yoga for messaging, inspiration and insight. In this deck, familiar yoga postures are visually merged with powerful animal archetypes and earth images to bring a deeper perspective to your yoga and meditation practice. Set includes 40 cards and 76-page guidebook with instructions, descriptions, inspirational messages, and ideas for self-care.

• Nov Release • US Games • 44 cards & 76pp guide book • 11.7 x 13.6 cm



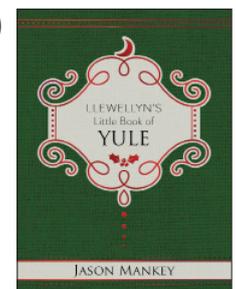
O Llewellyn's Little Book of Yule

\$24.99

Mankey, Jason

Filled with dozens of magical exercises, tips, recipes, crafts, spells, and rituals, this book shares everything you need to make your Yuletide memorable and enchanting. It delves into familiar traditions as well as observances that may be brand-new to you making it an invaluable resource for bringing a deep sense of meaning and magic to your holiday season. It's a seasonal addition to the bestselling Llewellyn's Little Book of series.

• Nov Release • Llewellyn • 240pp • HB • 11.8 x 15.9cm



O The blue dot identifies titles that are exclusive to Brumby Sunstate.

A The 'A' identifies titles that are Australian.

O The orange circle identifies key titles.

Health & Lifestyle

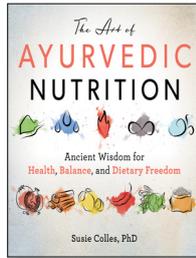
The Art of Ayurvedic Nutrition

Colles, Susie

\$29.99

Ayurvedic practitioner and dietitian Susie Colles blends Western science with the ancient wisdom of yurveda to offer a modern-day, self-guided reconnection with food, body, health, and the natural world of which we are a part. This book offers deep practical know-how and tangible steps to better understand yourself and the food that nourishes you.

• Sep Release • New South • 240pp • PB • 20.3 x 20.3cm



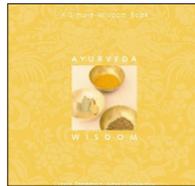
Ayurveda Wisdom

Tomlinson, Cybele

\$30.99

Ayurveda Wisdom is an accessible guide to this ancient and increasingly popular healing system. This guide describes the body types (the doshas of Vata, Pitta, and Kapha), balancing the doshas, the importance of food, Ayurvedic healing practices, meditation practices, and remedies for common ailments.

• Nov Release • Red Wheel Weiser • 200pp • PB • 14 x 21cm



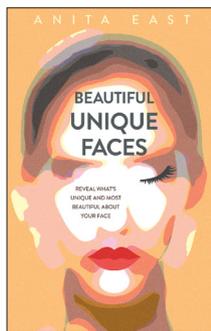
Beautiful Unique Faces

East, Anita

\$28.95

In a world where cosmetic injectables are commonplace, leading cosmetic specialist Anita East will teach you to identify and enhance your unique facial feature to be happier and more beautiful in your own skin. Join her as she rips apart society's expectations of perfection and reveals her proven formula, for becoming happier and more beautiful in your own skin.

• Available Now • Making Magic Happen • 250pp • PB • 15.6 x 23.4 cm



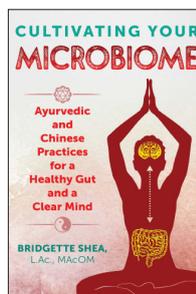
Cultivating Your Microbiome

Shea, Bridgette, L.Ac., MACOM

\$26.99

In this holistic guide to cultivating a healthy microbiome and managing gut health naturally, Bridgette Shea explores digestive functioning from the perspectives of both Western science and traditional medicine. This book shows that by changing your microbiome, you can greatly improve your physical, emotional, and mental health.

• Oct Release • Inner Traditions • 240pp • PB • 15.3 x 23.4cm



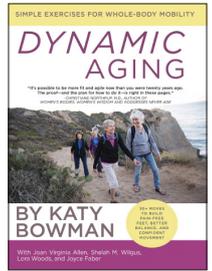
Dynamic Aging

Bowman, Katy

\$29.99

Dynamic Aging is an exercise guide to restoring movement, especially for healthy feet, better balance, and the activities of daily life. Biomechanist and movement teacher Katy Bowman shares exercises and habit modifications for varying fitness and mobility levels. *Dynamic Aging* is geared to a 50+ audience, includes exercises and postural adjustments that require no special equipment and include modifications for all fitness levels, will teach you how to move for healthy feet, improved balance, and activities of daily life, and will help all readers move and feel better.

• Nov Release • Lotus Publishing • PB • 336pp • 17 x 24cm



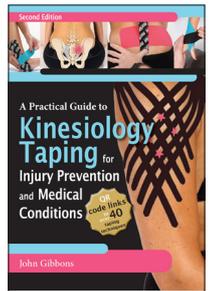
A Practical Guide to Kinesiology Taping

Gibbons, John

\$34.99

Bodymaster John Gibbons is recognised as one of the world's leading authorities in sports medicine. In this book he shares his wealth of knowledge and experience to help you get the best results when using kinesiology tape. This book is a must for any physical therapist involved in the treatment of patients, athletes, or indeed anyone who may present with any type of sports-related injury or common medical condition.

• Nov Release • Lotus Publishing • PB • 104pp • 17 x 24cm



The new edition of an old favourite

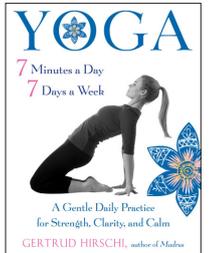
Yoga 7 Minutes a Day, 7 Days a Week

Hirschi, Gertrud

\$30.99

This little book provides basic 7-minute yoga exercises for each day of the week. The gentle daily exercises, each including a mantra and a meditation, focus on various parts of the body and by the end of the week, the practitioner will have experienced full-body yoga, and every part of the body will feel energized and strong.

• Nov Release • Red Wheel Weiser • 160pp • PB • 15.2 x 16.7cm



What Mummy Makes

Wilson, Rebecca

\$29.99

Wean your baby and feed your family at the same time by cooking just one meal in under 30 minutes that everyone will enjoy! Say goodbye to cooking multiple meals every day. With this ingenious new way to introduce solid food to your baby, you'll cook a single meal and eat it together as a family where baby will learn how to eat from watching you. So forget 'baby food' and make light work of weaning with *What Mummy Makes*.

• Available Now • Penguin • 192pp • HB • 17 x 21.7cm



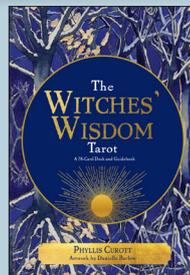
TC: Angel Wisdom Tarot **\$38.99**
Valentine, Radleigh

Lushly illustrated and full of symbolism, this new angel tarot deck from internationally best-selling author Radleigh Valentine contains features never before seen in other tarot decks, giving even deeper mystical meaning to each reading in an easy-to-understand way. Radleigh draws from the long history of tarot to ensure each card is full of rich symbolism, while also removing the fear-based imagery and words that scare off new readers.

• Oct Release • Hay House • 78 cards & guide book



PROMOTION: BUY 6,
GET 1 FREE!
Use code AWT6



TC: Witches' Wisdom **\$59.99**
Tarot

Currott, Phyllis

Use these divine tarot cards to connect with your inner Witch and embrace the reverence of nature, the beauty of life and the magic that flows through us all. This deck brings users into the heart of what it means to be a Witch, but it's more than just a divination tool for Witches. Presented in a deluxe, large-size box, the cards are wrapped in an eco-friendly hessian bag alongside a comprehensive guidebook.

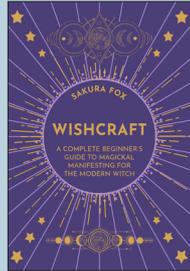
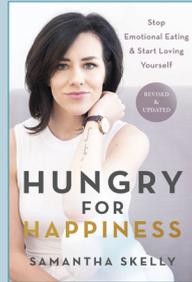
• Oct Release • Hay House • 78 cards & guide book



Hungry For Happiness **\$26.99**
Skelly, Samantha

Food is fuel—not a drug to numb your emotional pain. Stop listening to the diet industry and start listening to your own body! Join thousands of women in the *Hungry for Happiness* movement. Address the root causes of emotional eating through meditation, breathwork, and lessons from author's personal journey to end the diet cycle once and for all.

• Sep Release • Hay House • 188pp • PB • 13.5 x 21.5cm



Wishcraft **\$26.99**
Fox, Sakura

Simple, accessible spells and rituals for the busy woman who wants to stop wishing for a better life and start manifesting it—right now. Within this book, you'll find spells, rituals and recipes to solve common problems, attract abundance, cultivate a kinder attitude, and practice self-forgiveness, revamp your love life, become confident, manifest cool new projects, and more!

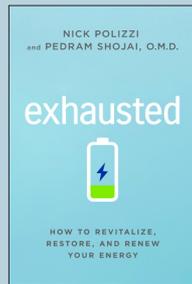
• Oct Release • Hay House • PB • 13.5 x 21.5cm



Exhausted **\$26.99**
Polizzi, Nick

In this book, the authors draw a clear and thorough road map for healing from the depths of exhaustion, inside and out. Polizzi and Shojai offer methods for evaluation for your individual needs and remedies for whole-body healing that are both safe and easy. By perking yourself up with optimal energy from the essential parts of your body and life, you'll be able to find the rest you have been so desperately seeking.

• Sep Release • Hay House • 272pp • PB • 15 x 23cm



Plant Witchery **\$29.99**
Diaz, Juliet

Following the category-dominating success of *Witchery*, indigenous medicine woman and seer Juliet Diaz initiates readers following the current witchy trends of herbal medicine and magic into a deeper, wilder connection with the ancient healing power of over 200 plants.

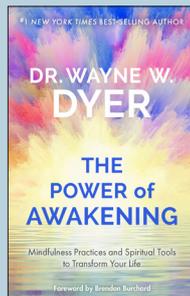
• Oct Release • Hay House • 320pp • PB • 15 x 23cm



Code Red **\$24.99**
Lister, Lisa

Code Red is a call to action. A rallying cry that dares you to explore, navigate and most importantly, love your menstrual cycle. You'll learn how to live and work in complete alignment with the rhythms of nature, the moon and your cycle to crack your monthly 'code' and enhance all aspects of your life.

• Aug Release • Hay House • 272pp • PB • 13.5 x 21.5cm



The Power of Awakening **\$26.99**
Dyer, Dr Wayne W

A book of spiritual teachings from international best-selling author and beloved inspirational speaker Dr. Wayne W. Dyer. This book restructures content from audio lectures of Wayne's from the 1990s and 2000s, offering a fresh take on mindfulness and enlightenment. Indeed, as a result of reading this book, you'll feel as if you are absolutely living in the light, in tune with the magnificence of the Universe... and yourself.

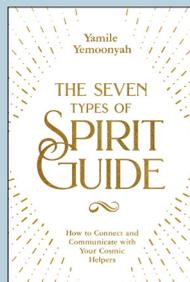
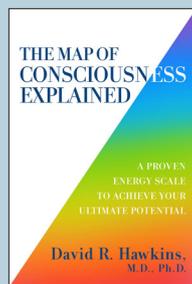
• Oct Release • Hay House • 208pp • PB • 15 x 23cm



Map of Consciousness Explained **\$26.99**
Hawkins, David R.

An accessible exploration of best-selling author's most famous work, *The Map of Consciousness*, that helps readers experience healing and transcendence. In this book, readers will gain an introduction and deeper understanding of the Map, with visual charts and practical applications to help them heal, recover, and evolve to higher levels of consciousness and energy.

• Oct Release • Hay House • PB • 15 x 23cm



The Seven Types of Spirit Guide **\$26.99**
Yemoonyah, Yamile

Discover the different types of spirit guides, how to work with them, and how they can help you in every facet of life—from your personal goals to your business dreams. Starting with a quiz to discover their type of spirit guide, readers will then learn how to communicate with their spirit guides to work through any challenges

• Oct Release • Hay House • PB • 13.5 x 21.5cm



Self Help & Inspiration

My Pocket Meditations for Anxiety **\$26.99**

Centen, Carley

Start living with more confidence, composure, and peace every day with these 150 easy guided meditations to shut down stress, worry, and anxiety. You will learn to manage your stress levels by cultivating mindfulness to find your calm, manage your fears, and release your worries.

• Oct Release • Simon & Schuster • 176pp • PB • 12.7 x 17.7cm



Out of the Blue **\$26.99**

Hayes, Nadia

Everybody has times of melancholy or sadness, and this journal offers a space to contemplate those feelings while finding a path to happiness. With thoughtful prompts and beautiful illustrations, this journal is the ideal companion for blue days.

• Sep Release • Pan Macmillan • 128pp • PB • 13.5 x 20.8cm



Self-Care for Empaths **\$29.99**

Carroll Richardson, Tanya

Balance your emotional and energetic sensitivities with these 100 practical activities, rituals, and quizzes, designed specifically for empaths everywhere! With this book, you'll learn how easy it can be to incorporate self-care techniques into your daily routine to enjoy the magic of your empath abilities.

• Oct Release • Simon & Schuster • 192pp • HB • 13.9 x 19cm



We Are All In Shock **\$34.99**

Milnes, Stephanie

This book shows how you can move past traumas to reclaim your health and potential through energy healing. It demystifies energy medicine by presenting accessible tools to help diminish and eliminate the nervous system's habitual responses to overwhelming traumas.

• Nov Release • Red Wheel Weiser • 256pp • PB • 15.2 x 22.9cm

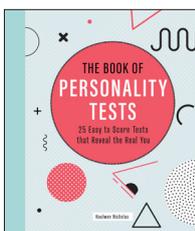
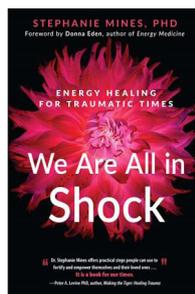
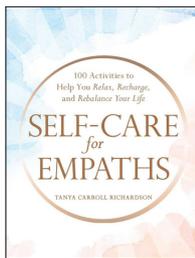
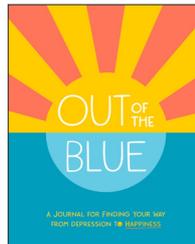
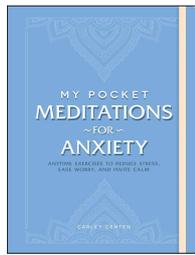


The Book of Personality Tests **\$29.99**

Nicholas, Haulwen

This comprehensive collection brings together 25 personality tests, both traditional and contemporary, with detailed results and interpretations at the back. Discover core traits about yourself and those around you.

• Sep Release • Allen & Unwin • 144pp • PB • 18.9 x 21.6cm

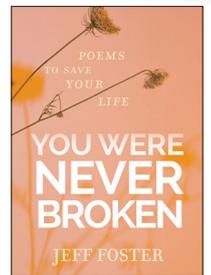


You Were Never Broken **\$32.99**

Foster, Jeff

At one time, Jeff Foster wanted to die. After a lifetime of self-loathing, crippling fear, and attempts to numb his own feelings, he was left on the verge of suicide. It was only when he opened himself completely to his emotions that he stopped seeking death and started truly living. With *You Were Never Broken*, Jeff Foster shares the true heart of his inspiring, revelatory path to awakening. In his own words, these are poems to make you stand up and cry, "Yes, I am broken . . . but I am unbreakable!"

• Sep Release • Pan Macmillan • 224pp • PB • 13.9 x 20.3cm



Constructing Your Career **\$28.95**

Moshe, Elinor

This is a one of a kind book on careers in construction that tells you how to build your career in construction by working on the 12 foundational stages on your greatest project, which is you. Including an exclusive bonus section for construction management graduates on what entry level positions entail and how to gainfully attain employment.

• Available Now • Making Magic Happen • PB • 15.5 x 23.4cm

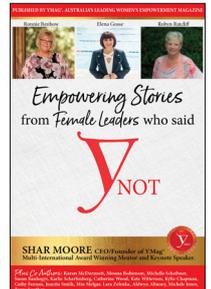


Empowering Stories Of Female Leaders Who Said YNOT **\$29.95**

Moore, Shar

We believe that behind every incredible entrepreneur, is an inner drive. We like to call it your Y... This book contains 20 stories from female leaders on how they said YNOT in life and built success from that moment. An empowering book that will inspire many people to say YNOT in their own lives.

• Aug Release • Making Magic Happen • PB • 15.5 x 23.4cm

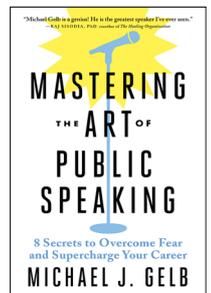


Mastering the Art of Public Speaking **\$34.99**

Gelb, Michael J.

Glossophobia is the technical term for the fear of public speaking. Michael Gelb's techniques help readers clarify what they want to say and why they want to say it. Gelb helps them zero in on their message and why their audience— no matter how big or small — should care about it. Once the message is razor-sharp, he teaches how to convey it in memorable, effective ways. Gelb shows that public speaking is a skill anyone can learn and enjoy.

• Nov Release • New World Library • 224pp • PB • 13.3 x 21.6cm



Mentor to Millions \$29.99

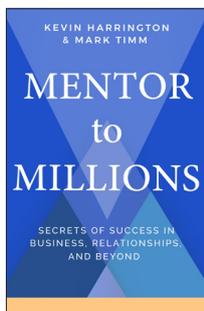
Harrington, Kevin and Mark Timm

Kevin Harrington, one of the original "sharks" of the US TV hit Shark Tank, and serial entrepreneur Mark Timm take you on a journey that radically redefines what it means to truly succeed—at work, at home, and in every area of life.

• Sep Release • Hay House • 208pp • PB • 13.5 x 21.5cm



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The Happiness & Contentment Workbook \$19.99

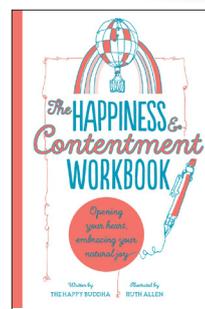
The Happy Buddha

Learn how to cultivate your own joy, with 70 writing exercises and plenty of space to delve into and reflect upon each one. Overflowing with charming illustrations, chasmic analogies and thought-provoking activities to help you on the path to conscious contentment, *The Happiness & Contentment Workbook* is a book to work and melt into.

• Sep Release • Allen & Unwin • 176pp • PB • 14 x 21cm



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Who Not How \$29.99

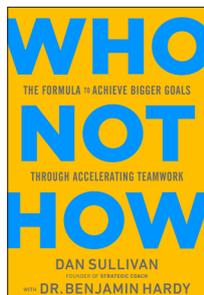
Sullivan, Dan

The world's foremost entrepreneurial coach shows you how to make a mindset shift that opens the door to explosive growth and limitless possibility—in your business and your life.

• Oct Release • Hay House • PB • 15 x 23cm



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My Therapist Says \$35.00

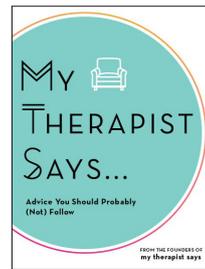
My Therapist Says

From the creators of the super-popular Instagram @MyTherapistSays comes this humorous guide for navigating the daily struggle that is life. Including popular memes from their Instagram along with checklists, quizzes, prompts, and more, *My Therapist Says* is a guide to life that is relatable, hilarious, and helpful. So, you be you and go ahead and laugh at yourself, because everything is going to be just fine.

• Sep Release • Allen & Unwin • 256pp • HB • 14.5 x 19.5cm



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Climate Cure \$41.99

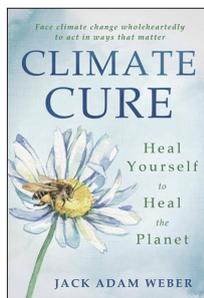
Weber, Jack Adam

For all the distressing news about climate crisis, there is scarcely any help for how to emotionally and spiritually cope with it. Instead of falling prey to eco-anxiety, you can use this book to not only cope with climate distress, but also leverage your difficult emotions into potent forces for hope and regeneration. This unique book presents innovative techniques that inspire you to take action in the spirit of interconnection and sustainability.

• Nov Release • Llewellyn • 384pp • PB • 15.2 x 22.9cm



* 9 7 8 0 7 3 8 7 6 4 8 7 0 *



New trend alert! Move over *hygge*; 2020 is all about adding more *niksen* to our lives.

The Creative Cure \$34.99

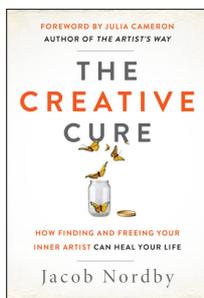
Nordby, Jacob

Every human being is creative, and having a regular creative practice is a vital key to a happy and fulfilling life. *The Creative Cure* is a call for a revolution, fostering change where all change must begin: within. Packed with powerful, transformative exercises, this book is the medicine you need to find and reinvigorate your creative soul.

• Nov Release • Red Wheel Weiser • 256pp • PB • 13.3 x 20.3cm



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Niksen \$24.99

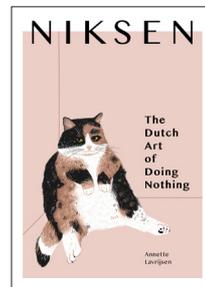
Lavrijsen, Annette

First there was hygge, now there's nixen - a simple Dutch philosophy for anyone looking to slow down, relax and daydream. Niksen literally means to do nothing, but it's not the same thing as boredom or laziness. Niksen helps to free you from the daily grind of work, family demands and social pressure, to destress and just... stop. In this book, Dutch mindfulness expert Annette Lavrijsen shows you how, through daily practice, and by following the exercises within, you will grow comfortable with yourself, with silence and will reap nixen's countless rewards.

• Oct Release • Allen & Unwin • 144pp • HB • 15.1 x 18.9cm



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The Gifts of Imperfection \$35.00

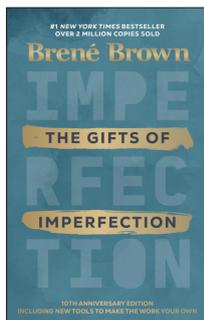
Brown, Brene

In hardback for the first time, this 10th anniversary edition of the game-changing bestseller features a new creative journal and a new foreword. What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way.

• Sep Release • Penguin • 160pp • HB • 13.5 x 21.6cm



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Niksen \$26.99

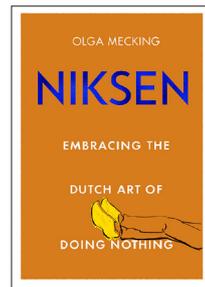
Mecking, Olga

The Dutch concept of nixen comes at no cost and zero effort. It's doing nothing, but consciously so. This book provides tips on how to nixen in the most important areas of your life: work, home and leisure. It reveals how doing nothing can make you happier, more productive and creative. That constant need to work can lead to more stress, decreased mental wellbeing and paradoxically, being less productive. Stress and burnout are on the rise. The antidote: Niksen.

• Sep Release • Hachette • HB • 240pp



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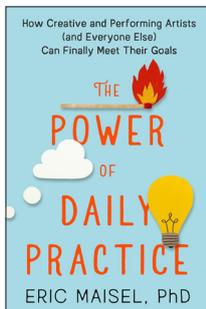
● The Power of Daily Practice

\$32.99

Maisel, Eric

Not enough time, resources, or talent? Fear of success, guilt about being "selfish," and variations on the theme of "what's the point?" Maisel has spent thirty years helping people overcome these kinds of blocks with skills including anxiety management, positive self-talk, cognitive behavioral therapy, and even "sleep thinking." The tools Maisel offers are a potent alternative to waiting for the spirit to move or the muse to inspire: a sustainable, self-directed path to success.

• Nov Release • New World Library • PB • 320pp • 13.3 x 20.3cm



Mind Body Spirit

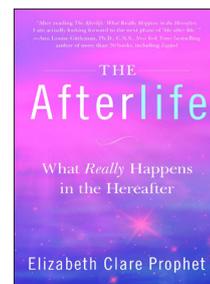
● The Afterlife

\$32.99

Prophet, Elizabeth Clare

In this insightful book, Elizabeth Clare Prophet answers questions about what happens when we die and more as she sheds new light on the mysteries of the life beyond. With clarity and compassion, this life-changing guide to what comes next will show you how to make the most of life's opportunities as you prepare for the ultimate journey.

• Nov Release • SCB Distributors • 248pp • PB • 13.3 x 21.6cm



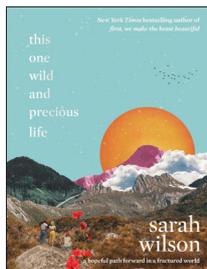
● This One Wild and Precious Life

\$34.99

Wilson, Sarah

In this book, Sarah Wilson explores the central disorder of modern existence: disconnection from ourselves, disconnection from community, disconnection from the preciousness of life on this planet. *This One Wild and Precious Life* is a journey of the soul, a case for why we need to cast off our too-tight psychic apparel and step bravely into the uncertainty of 'giving a f--k', the whirlpool of finding purpose, and the perilousness of connecting fully, passionately and unequivocally to life again.

• Aug Release • Pan Macmillan • 368pp • HB • 15 x 20cm



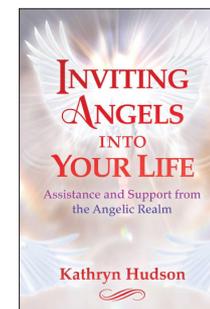
Inviting Angels Into Your Life

\$26.99

Hudson, Kathryn

A step-by-step manual for living joyfully with the help of the angels and Archangels, this book offers simple and practical exercises to connect with 15 Archangels, access angelic help and healing, and manage your energy levels and higher vibration in a chaotic and demanding world. Open your heart and live out your highest and best version of yourself.

• Oct Release • Inner Traditions • 240pp • PB • 15.3 x 23.4cm



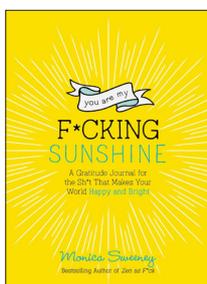
You Are My F*cking Sunshine

\$26.99

Sweeney, Monica

Lather up on SPF and add some f*cking sunshine! *You Are My F*cking Sunshine* is the next guided journal in the Zen as F*ck series that is brimming with cheerful profanity. Each page is a chance to take advantage of all the positive sh*t around you and bathe in the sunny glow of what's to come. With a down-to-earth, funny, and peppy approach to mindfulness journaling, *You Are My F*cking Sunshine* is the encouraging nudge to take big and small leaps to make your world a little f*cking better.

• Sep Release • Pan Macmillan • 128pp • PB • 13.5 x 20.8cm



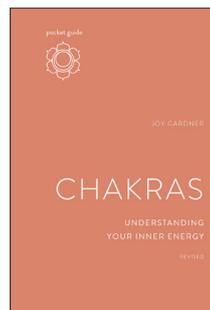
Pocket Guide To Chakras

\$16.99

Gardner, Joy

This concise introduction to the chakras addresses what they are, where they are located, how their function, how they open and close, and how their energy can be changed. Better understand this rich, complex method of organising the holistic mind-body-spirit connection with this book.

• Oct Release • Penguin • PB • 112pp



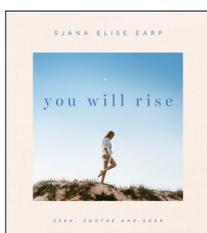
● You Will Rise

\$32.99

Earp, Sjana Elise

Sjana Elise Earp inspires thousands of people around the world with her infectiously joyful approach to life. But happiness hasn't always come easily. During her recovery from her experiences of anxiety and depression, writing has been Sjana's tool to reflect, find gratitude and grow through her emotions. Now, she's ready to share her vulnerability. Dip in during moments when inspiration or comfort is needed, or take a cover-to-cover journey. Either way, you'll feel grounded, calmer and more connected to the unique power within you.

• Sep Release • Penguin • 328pp • HB • 17.5 x 19.5cm



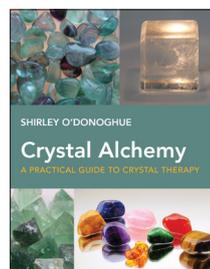
● Crystal Alchemy

\$34.99

O'Donoghue, Shirley

Shirley O'Donoghue has been teaching energy-based complementary therapies for over twenty-five years. In this book she shares the wealth of knowledge and experience she has gained to help you discover how you can use crystals for spiritual and personal development and healing. This book is a must for any complementary therapist wishing to understand how to use crystals as energy-based tools when treating the subtle energy system (chakras, meridians, etc.).

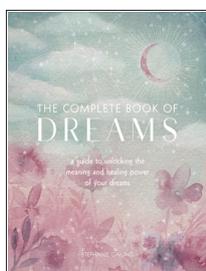
• Nov Release • Lotus Publishing • PB • 168pp • 18.9 x 24.6cm



The Complete Book of Dreams **\$35.00**
Gailing, Stephanie

This book offers holistic techniques to harness the healing potential of your sleep and dreams. Uniquely written as both a reference and guidebook, it features an abundance of information and insights that detail the health-promoting role of sleep and dreams. Within it, you'll also find a wealth of simple exercises and practical know-how designed to take your sleep and dreams to the next level.

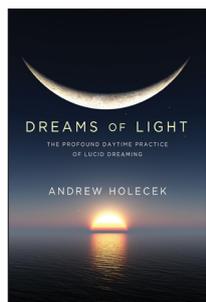
• Sep Release • Allen & Unwin • 228pp • PB • 20.3 x 25.4cm



Dreams of Light **\$29.99**
Holecek, Andrew

This book offers readers a step-by-step guide to Tibetan dream yoga's daytime practices. Known in Tibet as the "illusory form" practices, these teachings include insights, meditations, and actions to help us realize the dreamlike nature of our lives. Through an in-depth exploration of the tradition, beginners and seasoned practitioners alike will learn everything they need to enter the unexplored realms of our waking states.

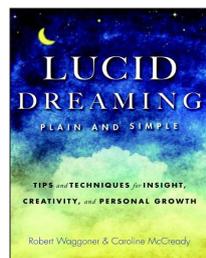
• Sep Release • Pan Macmillan • 352pp • PB • 15.2 x 22.9cm



Lucid Dreaming, Plain and Simple **\$35.99**
Waggoner, Robert and McCreedy, Caroline

Aimed at beginners, *Lucid Dreaming, Plain and Simple* shows the reader how to enter and fully experience lucid dreaming. Readers will learn valuable tips and techniques gleaned from scientific research and decades of experience to explore this unique state of awareness more deeply.

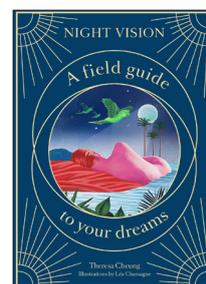
• Nov Release • Red Wheel Weiser • 224pp • PB • 15.2 x 22.9cm



Night Vision: A Field Guide to Your Dreams **\$29.99**
Cheung, Theresa

Night Vision is a visual field guide to the richly rewarding art of dream interpretation. Keep a copy of this beautifully illustrated book by your bedside table to help you understand what your dreams are trying to tell you. Over 50 common dream themes are explained with accompanying illustrations.

• Oct Release • Thames & Hudson • 144 cards • HB • 13.7 x 19.8cm



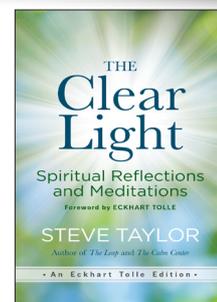
Have you got Theresa Cheung's bestselling set of 60 cards?
IC: Dream Decoder **\$24.99**



The Clear Light **\$36.99**
Taylor, Steve

Steve Taylor offers short and powerful poetic reflections as a guide to spiritual awakening and as experiential glimpses of the state of enlightenment itself. He reminds readers of the choices they always have when life feels overwhelming: empathy, acceptance, and love. Soothing but also challenging, Taylor's words continually affirm the profound bedrock of peace and joy in the present. This is the sequel to *The Calm Center*, a collection of spiritual meditations that was also an Eckhart Tolle Edition.

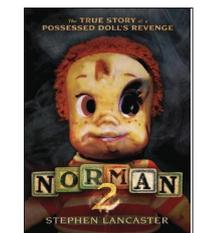
• Nov Release • New World Library • PB • 144pp • 13.3 x 20.3cm



Norman 2 **\$34.99**
Lancaster, Stephen

This terrifying sequel to the paranormal bestseller *Norman* reveals that a spirit like Norman can never truly be at rest: revenge is its only desire. *Norman 2* chronicles the haunted doll's latest attacks on the Lancasters. Find out how it all ends in this unputdownable book.

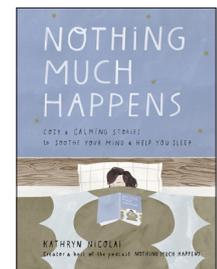
• Nov Release • Llewellyn • 264pp • PB • 13.3 x 20.3cm



Nothing Much Happens **\$29.99**
Nicolai, Kathryn

When you find yourself struggling to sleep, Kathryn Nicolai offers a healthy way to ease the mind before bed: through the timeless appeal of classic bedtime stories. Already beloved by millions of podcast listeners, you'll also find new stories never before featured on the podcast, along with whimsical illustrations that expose sweet little moments of peace and joy.

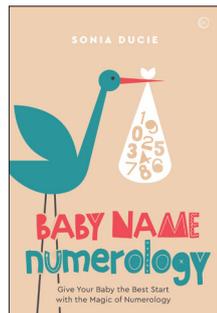
• Oct Release • Allen & Unwin • 288pp • PB • 13.8 x 20.8cm



Baby Name Numerology **\$24.99**
Ducie, Sonia

Every parent wants to give their child the best start in life, but choosing the perfect name can be difficult. With this book discover how the power of numbers can positively influence your child for their whole lifetime.

• Oct Release • Penguin • PB • 232pp

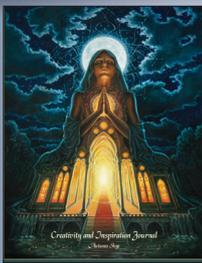


Fortunes in a Teacup **\$19.99**
Struthers, Jane

In this fascinating little book, you'll find step-by-step instructions for interpreting the magic of tea leaves, tips for getting started, and useful hints to remember during readings. An illustrated directory to the meaning of 300 shapes and symbols, divided into six useful categories makes this book perfect for both beginners and experienced tea leaf readers.

• Sep Release • Hachette • HB • 128pp • 13.1 x 17.4cm





Autumn Sky Journal



Angels Journal



Kali Journal



Mother Mary Journal



BUY TWO OF EACH OF THE NEW BLUE ANGEL JOURNALS AND RECEIVE ONE FREE COPY OF THE JOURNAL OF YOUR CHOICE.

There is no wrong way to make art, no rules, no limits. Only you know what makes your spirit sing. These deluxe softcover journals feature 220 pages of cream-coloured premium quality wood-free paper, with a combination of lined and unlined pages to accommodate all facets of your self-expression – you may like to write, paint, muse, scribble or sketch. Each journal includes an introduction, insight, messages, quotes and 44 full-colour images to ignite creativity and inspiration.

• Oct Release • Blue Angel • 220pp • PB • 18 x 23.5cm
\$29.95 each

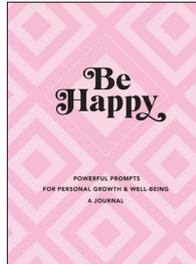
Be Happy: A Journal

\$24.99

Editors of Rock Point

Be Happy: A Journal is here to help you find sustainable happiness in the well of yourself. With a focus on the power of choice, follow the prompts in this beautifully designed journal to find and follow your unique path to success. Want to live a rich, vital, fulfilling life? Choose your focus. Choose your actions. Congratulations on acknowledging that you can get more out of life. The happiness habits you cultivate will show you how. Let's go!

• Sep Release • Allen & Unwin • 128pp • HB • 16 x 21cm



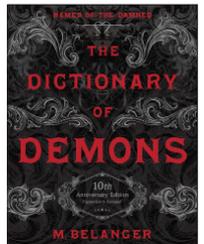
The Dictionary of Demons (10th Anniversary)

\$105.00

Belanger, M.

This limited-edition, premium hardback version of one of the world's most important books on demonology has been expanded to include more than 200 demons and more fascinating information. The addition of new articles, spirits, demons, appendices, and art makes the bestselling *Dictionary of Demons* an even more comprehensive resource. You will discover an expanded introduction, extended articles, an update to the Decans of the Zodiac, additional entries, and dozens of new illustrations. *The Dictionary of Demons 10th Anniversary Edition* includes more than 1500 demons as well as short articles on demonology and a wealth of illustrations, making it one of the most valuable reference works in the field.

• Nov Release • Llewellyn • 480pp • HB • 20.3 x 25.4cm



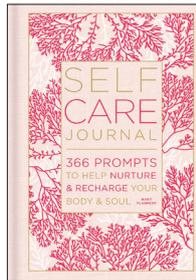
Self-Care Journal

\$24.99

Flannery, Mary

With 366 days of inspiring prompts, exercises, and tips on self-care, this journal can help you focus holistically on your journey to become the best you. It offers daily words of wisdom from inspiring figures throughout history along with reflective prompts, advice, and creative exercises to help you develop mindfulness about your daily habits.

• Available Now • New South • 376pp • HB • 10.2 x 15.2cm



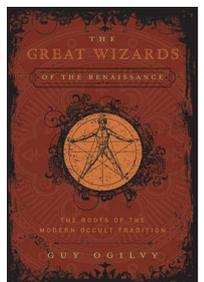
Great Wizards of the Renaissance

\$61.99

Ogilvy, Guy

Guy Ogilvy's fascinating reference guide to magic and wizardry details the accomplishments and impact of dozens of figures. Within these pages, you will learn how the magic of the ancients was rediscovered and refined by the great Renaissance wizards, establishing the deep roots of modern occultism. This book brings the sages and sorcerers of history to life, sharing deep insights for your own magical journey.

• Nov Release • Llewellyn • HB • 336pp • 15.2 x 22.8cm



Self-Care Softcover Notebook

\$19.99

Insight Editions

Express your thoughts of self-care with this beautiful softcover notebook. Featuring 240 pages, a ribbon marker, and an elastic band closure, this notebook is the perfect gift for anyone looking to improve their mood, reduce anxiety, and be their best self.

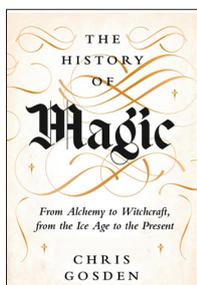
• Oct Release • Simon & Schuster • 240pp • PB • 15.2 x 20.3cm



The History of Magic \$49.99
Gosden, Chris

Drawing on decades of research, from the first known horoscope to the power of tattoos, Gosden shows what magic can offer and how we might use it to rethink our relationship with the world. He looks at magic in the history of the world, exploring its positive qualities and asking what it can offer the world today.

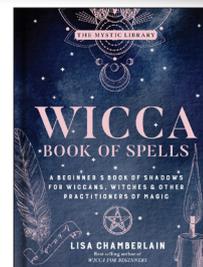
• Sep Release • Penguin • 496pp • HB • 15.3 x 23.4cm



Wicca Book Of Spells \$22.99
Chamberlain, Lisa

Bestselling Wiccan author Lisa Chamberlain has created a concise guide for the novice witch who wants to learn how to cast key Wiccan spells. With the help of this accessible guide, even beginners can successfully perform Wiccan spells to bring positive experiences into their life—and the lives of those they love.

• Sep Release • New South • 144pp • HB • 12.7 x 17.8cm



Kitchen Table Magic \$34.99
Cynova, Melissa

Melissa Cynova provides a magic starter kit that is perfect for beginners. This book shows how to use magic in dozens of different ways to help make positive improvements in your life. This book shares tips and techniques for simple prayers, spells, and rituals that can make a major difference in your world.

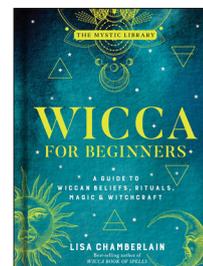
• Nov Release • Llewellyn • 288pp • PB • 13.3 x 20.3cm



Wicca For Beginners \$22.99
Chamberlain, Lisa

For anyone seeking to learn more about Wicca, this introductory guide by bestselling author Lisa Chamberlain is the perfect entry point. This guide covers the history of Wicca, its deities, the core elements of its rituals and holidays, setting up an altar, choosing the right tools, the principles of magic and spellwork, and more.

• Sep Release • New South • 176pp • HB • 12.7 x 17.8cm



The Kitchen Witch's Guide to Recipes for Love & Romance \$45.00
Hunt, Dawn Aurora

Learn the craft of a kitchen witch to attract and renew love with this gorgeous recipe book featuring the easiest and simplest form of magic—cooking. This book includes all the recipes you need to find—and maintain—love, using ingredients that have energetic properties and associations with love, sex, and romance.

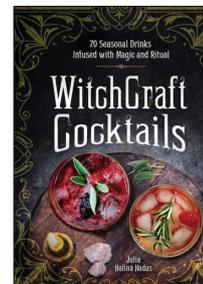
• Oct Release • Simon & Schuster • 208pp • HB • 16.5 x 20.3cm



WitchCraft Cocktails \$29.99
Halina Hadas, Julia

A stunning collection of 70 witchcraft-inspired, alcohol-based drink recipes with inspiration for creating your very own spirited cocktails to benefit your practice. Designed for healing, spells, offerings, and just plain fun, there's nothing these drinks can't do!

• Oct Release • Simon & Schuster • 224pp • HB • 15.2 x 20.3cm



Spellcraft \$24.99
Editors of Rock Point

By blending journal entries with spells that help you manifest the best version of yourself, *Spellcraft* is the perfect living grimoire for a new witch. Anyone can follow a recipe for a spell, but with *Spellcraft*, your practice becomes exclusively yours. Reflect on the purpose of your magic and then learn how to build spells from a host of composite parts. Light up the magic that is already inside of you.

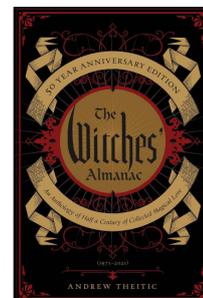
• Sep Release • Allen & Unwin • 144pp • HB • 16 x 21cm



The Witches' Almanac 50 Year Anniversary Edition \$28.99
Theitic

The Witches' Almanac was founded in 1971. This 50 Year Anniversary Edition is an anthology of articles spanning the five decades that the almanac has been published. This is the first time such an expansive collection of articles about witchcraft, magic, herbalism, charms, spells, and related topics is being presented in a single volume.

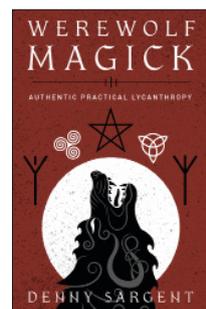
• Nov Release • Red Wheel Weiser • 288pp • PB • 15.2 x 22.9cm



Werewolf Magick \$39.99
Sargent, Denny

Unleash the wolf within you using this empowering guide to lycanthropic magic. Denny Sargent shows you how to improve your confidence, authenticity, and personal power with werewolf rituals, spells, meditations, folklore, and more. *Werewolf Magick* teaches you to shed the restrictive bindings of the modern world and answer the call of your feral side. Once you embrace the wolf within, you'll transform into your fearless animal self and enjoy a more honest, primal, and intuitive way of being.

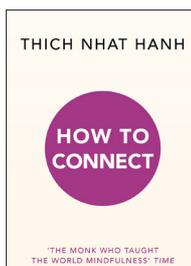
• Nov Release • Llewellyn • 264pp • PB • 15.2 x 22.9cm



How to Connect \$12.99
Hanh, Thich Nhat

One breath, one step is all we need to feel at home and comfortable in the here and now. In this enlightening series world-renowned spiritual leader Thich Nhat Hanh shares the essential foundations of mindful practise and mediation. From unlocking the connection to our inner self, forging deeper and more meaningful bonds with those around us to discovering a true sense of oneness with our natural world, this is the essential guide to help you master the art of connection.

• Sep Release • Penguin • 128pp • PB • 11 x 15.6cm



Real Change

Salzberg, Sharon

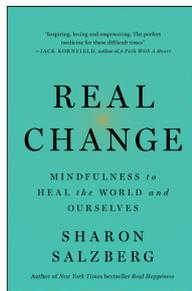
\$39.99

In *Real Change* Sharon Salzberg, a leading expert in Lovingkindness meditation, shares sage advice and indispensable techniques to help free ourselves from negative feelings and actions. Whether you're resolving conflicts with a crochety neighbour or combating global warming, *Real Change* will help guide you with the fundamental principles and mindfulness practices that will lead to the clarity and confidence that lets us lift a foot and take our next step into a better world.

• Sep Release • Pan Macmillan • 240pp • HB • 13.6 x 20.9cm



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Spirit Signs (New Edition)

Jade-Sky

\$19.95

Spirit Signs is the ultimate guide to learning to recognise those signs when they take place and decipher the meaning behind them. The spirit world is streaming signs to you around the clock in a myriad of different ways. This book unlocks their secret meaning, granting you access to a wealth of spiritual guidance and wisdom from beyond this physical reality.

• Aug Release • Blue Angel • HB • 15 x 15cm



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Total Meditation

Chopra, Deepak

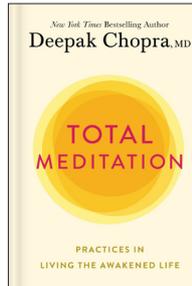
\$35.00

The definitive book to help you achieve new dimensions of stress-free living from the master of modern meditation Deepak Chopra. *Total Meditation* is the culmination of his teachings, a complete exploration of the physical, mental, relational and spiritual benefits that these profound practices can bring. Bringing together new research on meditation and its benefits *Total Meditation* offers a daily program of meditations to help revolutionize every aspect of our lives.

• Sep Release • Penguin • 304pp • PB • 15.3 x 23.4cm



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Toward Awakening

Rinpoche, Shamar

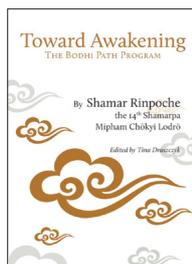
\$29.99

In this book, the author offers his vision of focused Dharma practice with the power to lead practitioners in today's world toward achieving the state of awakening. His emphasis lies in general on Mahayana Buddhism as the essential support of such practice.

• Sep Release • New South • 160pp • PB • 12.7 x 20.3cm



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Alchemy

Selig, Paul

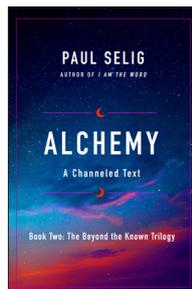
\$29.99

Channeling the voices and wisdom of the otherworldly Guides, Paul Selig offers a way to transform your understanding and begin the process of manifestation. Featuring a foreword by Charles Eisenstein, *Alchemy* is the second volume in the successful Beyond the Known trilogy. It is composed of the pure, unedited words of the Guides as they share wisdom that will lead to metamorphosis and transfiguration.

• Sep Release • Pan Macmillan • 288pp • PB • 13.3 x 20.9cm



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Cosmic Flow

Strange, Nikki

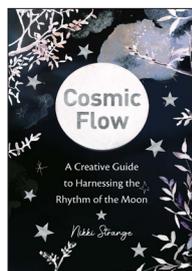
\$19.99

Cosmic Flow is a practical and entrancing workbook that connects you with the natural cycles and energies of the moon and helps you manifest your dreams and intentions. It covers simple science, meditations and well-being rituals while you explore, log and track your monthly hopes and intentions.

• Sep Release • Allen & Unwin • 176pp • PB • 14 x 21cm



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Spirit Translator

Cole, Diana

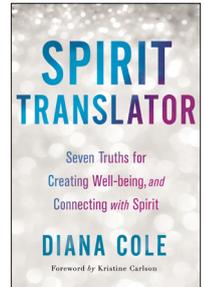
\$29.99

Spirit Translator gives readers the tools to find and connect with their spirit guide. In her work as a spirit translator, Diana has asked spirit thousands of questions on behalf of her clients and herself. These messages are distilled into seven key lessons which form the backbone of the book. At its heart, *Spirit Translator* is about self-empowerment and giving readers the knowledge to begin a conversation with spirit that will be a lifelong source of confidence, strength, and clarity.

• Sep Release • Pan Macmillan • 240pp • PB • 13.5 x 20.8cm



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21 Rituals To Connect With Nature

Cheung, Theresa

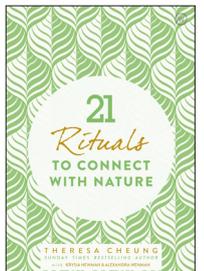
\$25.99

Following on from the success of Theresa Cheung's previous *21 Ritual* series comes a nature-based daily practice book. Drawing on what science and psychology teach us about the benefits of connecting more to the living power of nature and how to strengthen it using the life changing power of ritual, this book offers 21 powerful rituals that don't necessarily require a wilderness trek or trip to the countryside.

• Sep Release • Penguin • 256pp • PB



* 9 7 8 1 7 8 6 7 8 2 6 8 7 *



Also available:

21 Rituals to Change Your Life

\$24.99



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Creating Smudge Sticks

Better Day Books

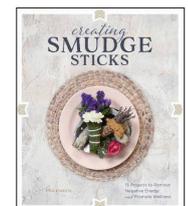
\$51.99

Learn to raise vibrations by creating smudge sticks with 15 projects, starting from the most basic sage stick and progressing to elaborate floral bundles. From the calm-inducing Stress Relief Smudge with lavender and sage, to the Anti-Anxiety Smudge with bay leaf and rosemary, recipes suit all needs.

• Nov Release • Schiffer • 128pp • HB • 21.6 x 24.8cm



* 9 7 8 0 7 6 4 3 5 9 9 6 *



Sensitive Soul

Jawer, Michael A.

\$26.99

Drawing on a range of scientific studies, Jawer explores how 5 remarkable kinds of people--individuals with autism, synesthesia, savantism, child prodigies, and children who remember past lives--are linked through the biology of emotion and how a hidden emotional intensity underlies anomalous perception.

• Oct Release • Inner Traditions • 256pp • PB • 15.3 x 23.4cm



Our Moment of Choice

Atkinson, Robert

\$49.99

Featuring entries by forty-two cutting-edge thinkers, such as Deepak Chopra, Lynne McTaggart, and more, this book provides eye-opening and inspirational visions for a unified, peaceful, and thriving world. This timely anthology is a call-to-action for all of us to help transform the world into a just, peaceful, and thriving one.

• Oct Release • Simon & Schuster • 368pp • HB • 13.9 x 21.2cm



The Two Hands of God

Watts, Alan

\$32.99

Alan Watts is today remembered as a trailblazing interpreter of Eastern philosophy, and in this ambitious work, Watts takes readers on a fascinating journey through the mythology of China, Egypt, India, the Middle East, and medieval Europe. His theme is the human experience of polarity, and he illustrates the ways great sages and artists across time have seen beyond the duality of the universe to find a deeper unity that transcends and embraces everything.

• Nov Release • New World Library • PB • 282pp • 13.3 x 20.3cm



Medicine of the Imagination

Almqvist, Imelda

\$17.99

Medicine of the Imagination examines current issues in the world and suggests that if we are to transcend religious wars, homophobia and medical "cures" worse than the diseases we face then it that it is our moral duty to engage our imagination in service to other people.

• Oct Release • John Hunt • 288pp • PB • 15.3 x 23.4cm



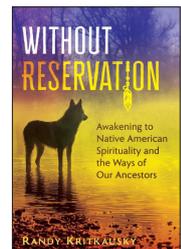
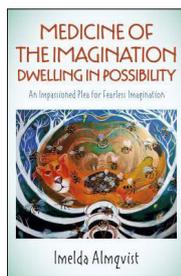
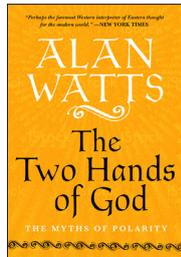
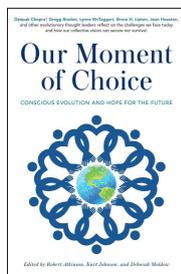
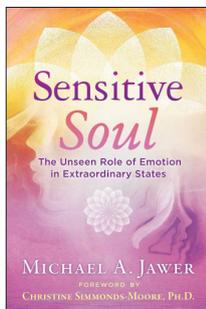
Without Reservation

Kritkauskay, Randy

\$32.99

In this powerful story of spiritual awakening, Randy Kritkauskay shares his journey into the realm of ancestral Native American connections and intimate encounters with Mother Earth and offers a bridge between cultures, a path that can be followed by Native and non-Native alike, to open the gateway to deeper understanding.

• Oct Release • Inner Traditions • 288pp • PB • 15.3 x 23.4cm



CDs

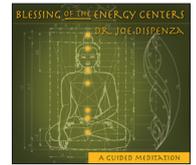
Blessing of the Energy Centers

\$24.99

Dispenza, Dr Joe

During this guided meditation, you'll begin to activate your autonomic nervous system so that the energy centers of your body are more in balance, and the energy field around your body is balanced as well.

• Available Now • Hay House • 73mins • CD • 12.7 x 14cm



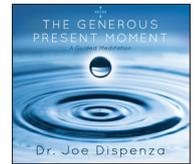
The Generous Present Moment

\$24.99

Dispenza, Dr Joe

This guided meditation helps listeners tap into the power of being in the present moment. When you are in the present moment, you have called your energy back to yourself, and you are ready to create new possibilities in your life!

• Available Now • Hay House • 63mins • CD • 12.7 x 14cm



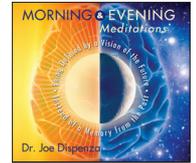
Morning and Evening Meditations

\$24.99

Dispenza, Dr Joe

By following these simple morning and evening exercises, you will get to know yourself better. You will start to notice changes in your mental and physical health, including reduced stress and increased memory and concentration.

• Available Now • Hay House • 61mins • CD • 12.7 x 14cm



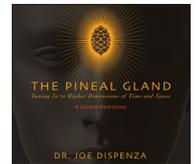
The Pineal Gland

\$29.99

Dispenza, Dr Joe

Open the door to higher dimensions of space and time with this advanced guided meditation that complements Dr Joe's bestselling book, *Becoming Supernatural*.

• Available Now • Hay House • 83mins • CD • 12.7 x 14cm



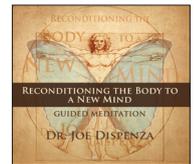
Reconditioning the Body to a New Mind

\$24.99

Dispenza, Dr Joe

During this guided meditation, you will follow Dr. Joe's instructions and allow yourself to teach your body emotionally what health, abundance, and genius is, and you will begin to signal new genes in new ways.

• Available Now • Hay House • 59mins • CD • 12.7 x 14cm



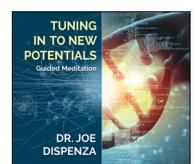
Tuning In to New Potentials

\$24.99

Dispenza, Dr Joe

There's a potential for you to be healthy, wealthy, happy, at peace, magical, and more. This meditation is to help you create coherent brain wave patterns, change your state of being, and change your energy to.

• Available Now • Hay House • 59mins • CD • 12.7 x 14cm



Oracle & Tarot

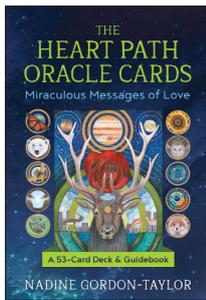
IC: Heart Path Oracle Cards

\$49.99

Gordon-Taylor, Nadine

Beautifully illustrated with images of animals, birds, insects, plants, esoteric symbols, and transformative myths from around the world, the 53 full-color cards of *The Heart Path Oracle Cards* and the 128-page guidebook offer a gateway to the invisible—a gateway into the path of the heart.

• Oct Release • Inner Traditions • 53 cards & 128pp guide book • 13.9 x 20.9cm



These bestselling cards are back in stock!

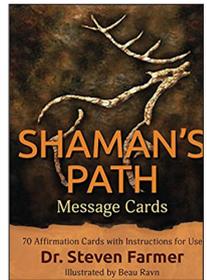
IC: Shaman's Path Message Cards

\$29.99

Farmer, Dr. Steven

Shamanism is the most ancient healing modality in the world. These cards have been written with the intention of giving you inspiration and guidance that is based upon certain elements of shamanism and shamanic healing. Measuring just 7cm x 10.5cm per card, the affirmation-style message cards are perfect to carry in your pocket.

• Available now • Animal Dreaming • 70 cards • 12.5 x 17cm



IC: Making Magick Oracle

\$34.99

Moon, Priestess

Enter the charmed world of magickal symbols! Featuring a dynamic combination of mediaeval charms, ancient symbols, alchemical glyphs and Priestess Moon's own channelled sigils, each card depicts a powerful cypher that has been designed to tilt the future in your favour.

• Oct Release • Rockpool • 36 cards & 96pp guide book • 14.6 x 14.6cm



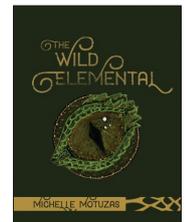
IC: Wild Elemental Oracle

\$51.99

Motuzas, Michelle

Delve into the mysterious animal kingdom with 44 beautifully drawn oracle cards of both animal and mythical archetypes that focus on the four Earthly elements. Through the included guidebook, allow these majestic creatures to assist you with their messages, lessons, and advice as you follow along your own spiritual path.

• Nov Release • Schiffer • 44 cards & 112pp guide book • 10 x 13.4cm



Also available:

IC: Making Magick

\$14.99



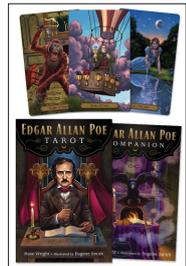
TC: Edgar Allan Poe Tarot

\$65.99

Wright, Rose and Smith, Eugene

Blending the divinatory power of the Rider-Waite-Smith tarot with the visionary writings of Edgar Allan Poe, this deck provides deep spiritual insights into who you are and what you might become. Stunning illustrations based on Poe's tales of the mysterious and the macabre illuminate the imagination and open the soul to fantastical realms of spirit.

• Nov Release • Llewellyn • 78 cards & 288pp guide book • 13.3 x 20.3cm



IC: Messenger Oracle

\$34.95

Phelan, Ravynne

These cards are infused with the magic of ancient dragons, elemental fae, mystical trees and their wild animal kin. This deck is for those who yearn to re-ignite their connection with Gaia, Great Spirit, the natural world and its creatures. To celebrate this ninth-anniversary edition, author and artist Ravynne Phelan has revisited the images and the design and added five gorgeous new cards to make communing with the messengers even more meaningful.

• Sep Release • Blue Angel • 55 cards & 76pp guide book



PROMOTION: BUY 6,
GET 1 FREE!
Use code MESO6



TC: Friends Tarot

\$29.99

de Sousa, Chantel

More than 25 years after it first aired, *Friends* retains a steadily-growing cult following and is the most popular binged show around the world. These cards are based on the structure of the classic Rider-Waite deck.

• Oct Release • Simon & Schuster • 80 cards • 12.5 x 7.5cm



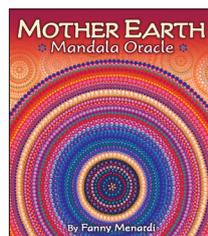
IC: Mother Earth Mandala Oracle

\$47.99

Menardi, Fanny

The 44 artworks and 56-page guidebook in this deck are inspired by Mother Nature's wonders, worldwide cultural symbols and sacred geometry patterns. Each card is an energetic tool with a powerful vibration delivering self-empowering messages connected to your soul, a channel between you and the magic of the universe.

• Nov Release • US Games • 44 cards & 56pp guide book • 11.1 x 12.4 cm



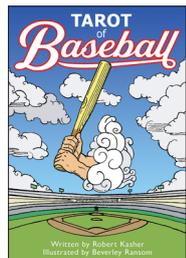
TC: Tarot of Baseball

\$51.99

Kasher, Robert

This deck creates a divinatory system for exploring the meaning of modern life through the apt metaphors of baseball and the symbolism of tarot. Robert Kasher's love of the game comes through his *Tarot of Baseball* book, which walks readers through the tarot meanings and methods, while also playing a game of baseball using the cards.

• Nov Release • US Games • 78 cards & 124pp guide book • 11.1 x 16.2 cm



TC: Touchstone Tarot **\$46.99**
Black, Kat

Kat Black has created sumptuous tarot collages from Baroque masterpieces, and familiar Rider-Waite-Smith imagery making *Touchstone Tarot* accessible for readers at every level of experience. Presented in an elegant box, this deluxe 80-card deck with gold gilt edges comes with a 108-page illustrated guidebook.

• Available Now • US Games • 80 cards & 108pp guide book • 9.8 x 13.6 cm



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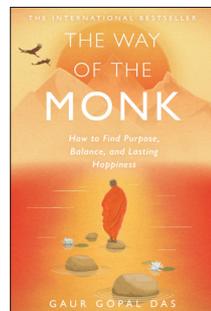
The Way of the Monk **\$32.99**
Gopal Das, Gaur

This book presents a guide to navigating some of the world's most fundamental questions. *The Way of the Monk* teaches skills of mindfulness, self-inquiry, positive communication, and more. Already a bestseller in India, this book is an ideal entry point for those who are just stepping onto the spiritual path. Here you will find a profound journey into truths that exist beyond the boundaries of geography, tradition, and nationality.

• Sep Release • Pan Macmillan • 224pp • PB • 13.3 x 20.3cm



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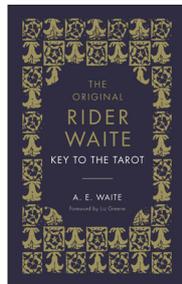
The Key To The Tarot **\$19.99**
Waite, A. E.

The companion to the *Original Rider Waite Tarot*. First published in 1910, *The Key to the Tarot* is the essential guide to unlocking the secrets of tarot from the legendary creator of the Rider Waite Tarot Deck. This practical book explains the history and symbolism of the tarot deck as well as providing a step-by-step guide to using the cards for divination practices.

• Aug Release • Penguin • 176pp • HB • 11 x 17.8cm



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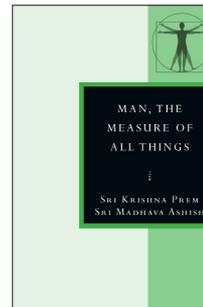
Man, the Measure of All Things **\$34.99**
Ashish, Sri Madhava

This volume is a study of the symbols of cosmic origins. It throws a new and searching light upon The Stanzas of Dzyan, a little-known collection of cosmogenic verses relating to cosmogenesis as set forth in H. P. Blavatsky's great work *The Secret Doctrine*.

• Nov Release • Red Wheel Weiser • 400pp • PB • 14 x 21cm



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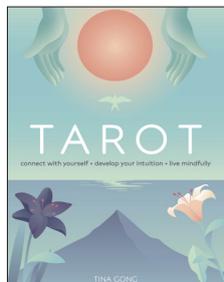
Tarot **\$34.99**
Gong, Tina

Find out how to customize, interpret and apply the wisdom of tarot to enhance every area of your life. Get to know each card in detail and explore the meanings of each card for you. Discover how tarot readings can illuminate your unique path and lead to tangible, positive actions that you can apply day to day. Let *Tarot* guide you on a journey of self-knowledge and self-fulfilment.

• Sep Release • Penguin • 224pp • HB • 17.3 x 22.3cm



* 9 7 8 0 2 4 1 4 3 3 2 3 2 *



Also available:

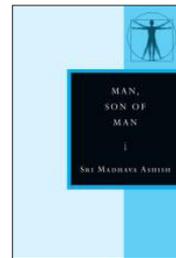
Man, Son of Man **\$34.99**
Ashish, Sri Madhava

This is a companion volume to, and a continuation of, *Man, the Measure of All Things*, which dealt with The Stanzas of Dzyan relating to cosmogenesis.

• Nov Release • Red Wheel Weiser • 366pp • PB • 14 x 21cm



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Spirituality & Religion

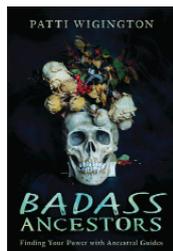
Badass Ancestors **\$34.99**
Wigington, Patti

This book shows you how to work with different types of ancestors to find, develop, and celebrate the personal power of your inner badass. *Badass Ancestors* provides a compelling series of rituals, meditations, mantras, and exercises that connect you with ancestral guides. Each chapter offers unique calls to action that help you build self confidence and empowerment.

• Nov Release • Llewellyn • 312pp • PB • 13.3 x 20.3cm



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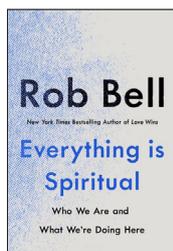
Everything is Spiritual **\$32.99**
Bell, Rob

This book is a guide to art, science, sex and death. In it, Rob Bell explores how ideas about creation, love and connection shaped him and how they shape every one of us. Written in a lyrical, almost stream of consciousness style this wide-ranging book shares stories from Bell's life to illuminate lessons about the world around you to help you find purpose, meaning and connection.

• Sep Release • Hachette • 320pp • PB • 15.3 x 23.4cm



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Ancient Civilisations

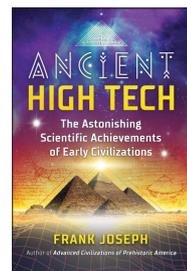
Ancient High Tech **\$32.99**
Joseph, Frank

A detailed look into ancient advanced technology, science, and medicine--some of which has yet to be reproduced today. By examining the achievements of our ancient ancestors, we can not only reverse-engineer their inventions but also learn from their civilizations' mistakes, enabling us to avoid more dark ages.

• Oct Release • Inner Traditions • 336pp • PB • 15.3 x 23.4cm



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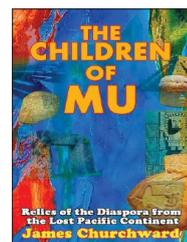
The Children of Mu **\$41.99**
Churchward, James

A fascinating book on the diffusion of mankind around the world--originating in a now lost continent in the Pacific. In this, his second book, first published in 1931, Churchward tells the story of the colonial expansion of the lost pacific continent of Mu and the influence of the highly developed Mu culture on the rest of the world.

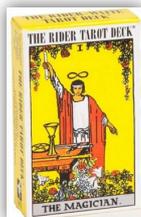
• Nov Release • SCB Distributors • 268pp • PB • 15.2 x 22.9cm



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● TC: Rider Tarot Deck - Standard

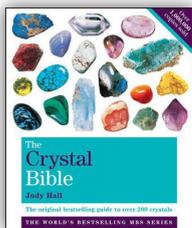


Also Available:
TC: Rider Waite
Tarot Deck
Pocket
9780880793469
\$26.99
\$29.99



* 9 7 8 0 9 1 3 8 6 6 1 3 9 *

The Crystal Bible - Vol. 1



Also Available:
Crystal Bible
Vol. 2
9781841813509
\$22.99



* 9 7 8 1 8 4 1 8 1 3 6 1 5 *

● A IC: Beyond Lemuria Oracle Cards

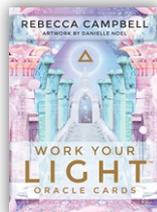


Ivy, Izzy
\$34.95



* 9 7 8 1 9 2 5 3 8 8 3 0 *

IC: Work Your Light Oracle Cards



Campbell,
Rebecca
\$31.99



* 9 7 8 1 7 8 1 8 0 9 9 5 2 *

● A IC: White Light Oracle

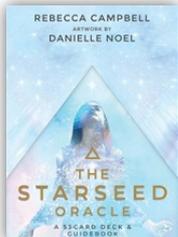


Fairchild,
Alana
\$34.95



* 9 7 8 1 9 2 5 5 3 8 7 5 5 *

IC: Starseed Oracle

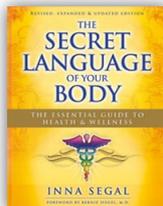


Campbell,
Rebecca with
Noel, Danielle
\$36.99



* 9 7 8 1 7 8 8 1 7 2 8 8 2 *

● A Secret Language of Your Body



Segal, Inna
\$29.95



* 9 7 8 0 9 8 0 2 8 6 5 7 *

Moonology Oracle Cards

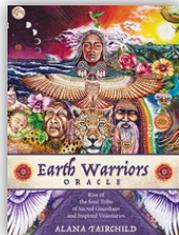


Also Available:
Moonology
9781781807422
\$19.99
\$24.99



* 9 7 8 1 7 8 1 8 0 9 9 6 9 *

● A Earth Warriors Oracle



Fairchild,
Alana
\$34.95



* 9 7 8 1 9 2 5 5 3 8 2 9 8 *

● A TC: Dreams of Gaia Tarot Set

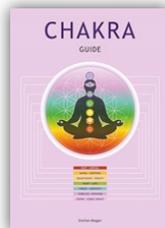


Also Available:
Dreams of Gaia
Pocket Edition
9781925538632
\$34.99
\$49.99



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● A Chakra Guide

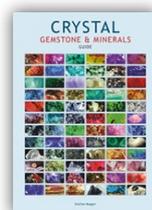


Aracaria
Guides
\$12.00



* 9 7 8 0 9 9 4 2 5 1 9 7 8 *

● A Crystal & Gemstone Guide

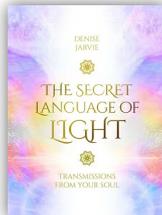


Aracaria
Guides
\$12.00



* 9 7 8 0 9 9 4 2 5 1 9 6 1 *

● A IC: Secret Language of Light Oracle



Jarvie,
Denise
\$34.95



* 9 7 8 1 9 2 5 5 3 8 4 7 2 *

● A IC: Star Temple Oracle



Cherub,
Suzy
\$34.95



* 9 7 8 1 9 2 5 5 3 8 8 7 8 *

IC: Angels and Ancestors



Gray, Kyle
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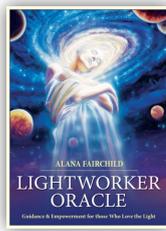


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