BrumbySunstate
www.brumbysunstate.com.au

Email: orders@brumbysunstate.com.au
Phone: (07) 3217 0238
56 Fulcrum Street
Richlands, QLD 4077

September & October 2020 New Releases

NEW FROM LISA MESSENGER IN SEPTEMBER

Exclusive to Brumby Sunstate!

The Now of Work | $17.95

9 780648 587248

After the crisis of COVID-19 the world was suddenly faced with a new way of working, people felt, and are still feeling overwhelmed and lost.

The Now of Work takes you through all the steps needed to be able to thrive in a work from home environment. It covers practical, actionable ways for creating location freedom, as a solopreneur, entrepreneur or intrapreneur.

Product details:12 x 16cm, 384 pages, hardback

Designed to sit perfectly alongside your copy of *Daily Mantras To Ignite Your Purpose* (9780648587200), these *Daily Mantras Notebooks* encourage people to carry on learning from yesterday, cherishing today and dreaming big for tomorrow.

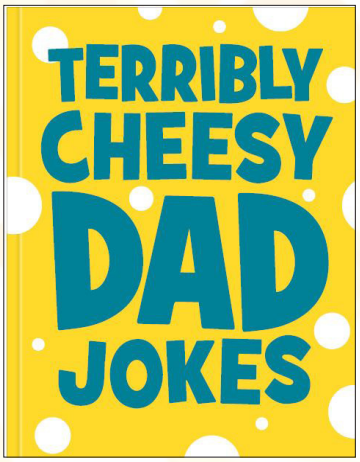
Thoughtfully curated using aligned artwork from the *Daily Mantras* book, this set of three notebooks are filled with blank pages to be used as meditations, as musings, journalling and to-do's.

Notebook dimensions: 14.8 x 21 cm, 80 pages

Daily Mantras Notebooks (set of 3) | $19.95

0 746160 036441

Get dad laughing this Father's Day with the side-splittingly funny *Terribly Cheesy Dad Jokes.*



Terribly Cheesy Dad Jokes
RRP: $16.99

9 781913 004057

Buy 8, get 1 FREE!

DADJOKES

Featuring these classic dad jokes:

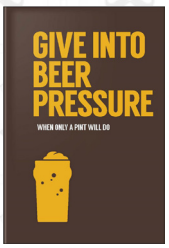
And so many more!

Come this way for more Father's Day gift ideas...

Fabulous Father's Day Gift Ideas!

Celebrate your dad with these awesome books, all exclusive to Brumby Sunstate. Order now for August delivery.

Give In To Beer Pressure

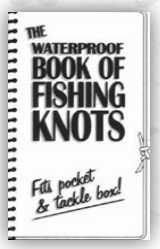


Goeghegan, Susanna

$9.99

*9781911517429

The Waterproof Book of Fishing Knots

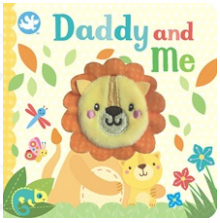


Also Available to Purchase a 10 Copy Counter Pack $99.99 Individual Price:

$9.99

*9780958084307

Little Me Finger Puppet Daddy and Me

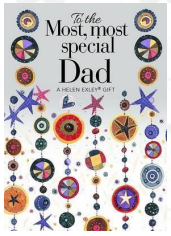


Lake Press

$9.99

*9780655204909

To The Most Most Special Dad

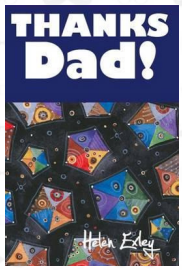


Helen Exley

$14.99

*9781846347177

Thanks Dad

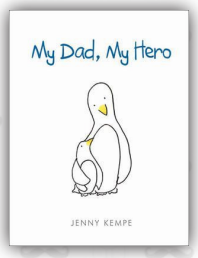


Helen Exley

$8.99

*9781846349942

My Dad, My Hero

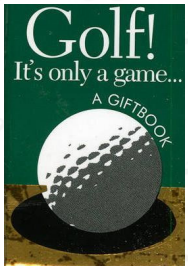


Helen Exley

$12.99

*9781846344916

Golf! It's Only A Game

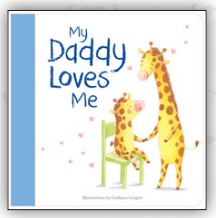


Helen Exley

$8.99

*9781861875976

My Daddy Loves Me

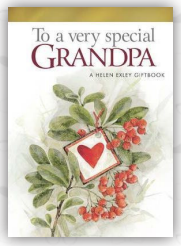


Also Available: My Mummy Loves Me 9780994314246

$12.99

*9780994314253

To A Very Special Grandpa



Helen Exley

$9.99

*9781846342974

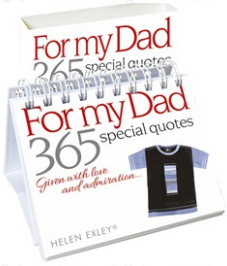
Dad (Sparkle)

Helen Exley

$9.99

*9781784850357

365 For My Dad

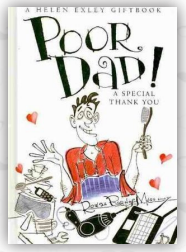


Helen Exley

$24.95

*9781846347269

Poor Dad!

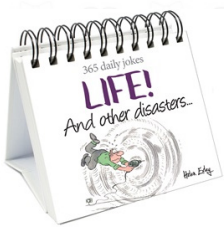


Helen Exley

$9.99

*9781846344527

365 Life and Other Disasters

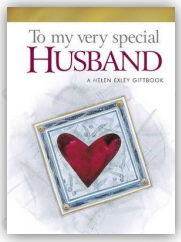


Helen Exley

$24.95

*9781784851989

To A Very Special Husband

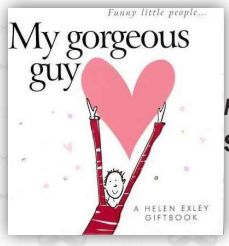


Helen Exley

$9.99

*9781846343049

My Gorgeous Guy

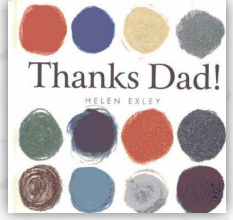


Helen Exley

$9.99

*9781846342080

Thanks Dad!



Helen Exley

$9.99

*9781905130726

BrumbySunstate
www.brumbysunstate.com.au

Email: orders@brumbysunstate.com.au
Phone: (07) 3217 0238
56 Fulcrum Street
Richlands, QLD 4077

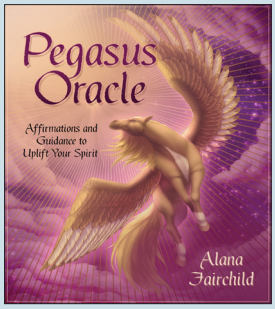
September & October 2020 New Releases

IC: Pegasus Oracle — $29.95

Fairchild, Alana

A pure embodiment of grace, strength and divine protection, the winged horse invites each one of us to live with confidence and trust in the light. Pegasus is our guardian, igniting hope in our hearts. Beneath his luminous wings, we find sanctuary and inspiration to grow and embody our higher self. Connect with Pegasus at a soul level with inspired guidance and affirmations to infuse your heart with courage and faith. Uplift your spirit with long-lasting positivity that frees you from the bounds of learned limitation and karmic obstacles. Ask a question, choose a card, and reconnect with the loving truth of Pegasus for clear direction from a higher spiritual perspective. It is time to light up your life!

• Sept Release • Blue Angel • 30 Cards & 80pp Guide Book • 12.5 x 17cm



9781925538960

PROMOTION: BUY 6, GET 1 FREE!
Use code POBA6:

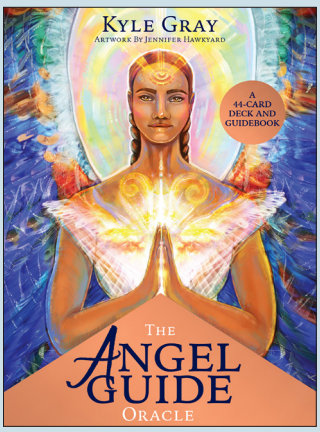
POBA6

IC: Angel Guide Oracle — $31.99

Gray, Kyle

In this deck, the angels remain nameless and are illustrated as a diverse range of luminous beings, empowering users to follow the pull of their intuition toward certain cards. Seekers will bond with the angel and energy they can relate to, personalising the experience. Some messages in this oracle guide the seeker to develop their own interpretations in an instinctual way while others prompt positive action. This deck can be easily used by complete beginners and will inspire spiritual seekers wherever they are on their journey.

• Sept Release • Hay House • 40 Cards & Gudie Book • 17.8 x 12.7cm



PROMOTION: BUY 6, GET 1 FREE!
Use code AGHH6:

AGHH6

9781788173612

Spellcrafting — $29.99

Dunwich, Gerina

A practical and accessible guide with everything you need to know to craft and cast spells that really work. A spell, which some refer to as a Witch's prayer, is something nearly anyone can learn. But among the things that are required is an open mind, the will, patience, and courage to follow what is in your heart, and the maturity to take responsibility for your actions. Designed for the novice to intermediate student, *Spellcrafting* provides all you need to craft and cast spells that really work.

• Oct Release • Red Wheel Weiser • 256pp • PB • 15.3 x 19cm

9781578637119

Llewellyn's Little Book of Moon Spells — $24.99

Marquis, Melanie

Discover more than sixty spells and an abundance of potions, powders, and lore from around the world. This book is a handy, on-the-go guide to everyday moon magick filled with spells and rituals for improving relationships, healing emotional wounds, and removing obstacles, as well as psychic protection, success, abundance, and much more. Whether you are a complete beginner or an experienced practitioner, the step-by-step instructions within these pages will help you attune to the tides of destiny and change troublesome situations into opportunities for positive transformation.

• Oct Release • Llewellyn • 240pp • PB • 10.79 x 15.87cm

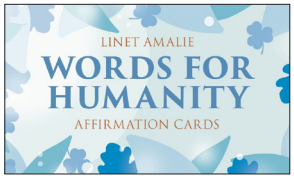
9780738762456

IC: Words for Humanity Affirmation Cards — $21.95

Amalie, Dr. Linet

Tastefully designed and presented in a magnetised, pocket-sized keepsake box, the *Words for Humanity Affirmation Cards* offer 50 channeled positive affirmations to inspire and encourage you through the various stages of your life. The cards can be used daily as a daily affirmation, or for any time when you simply need a helping hand. Dr. Linet delivers these messages to you with kindness, compassion and empathy.

• Available Now • Animal Dreaming Publishing • 50 Cards • 12.6 x 6.6cm



9780648650836

PROMOTION: BUY 6, GET 1 FREE!
Use code WFH6:

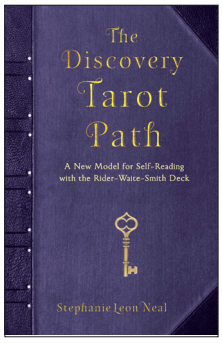
WFH6

The Discovery Tarot Path — $29.99

Neal, Stephanie Leon

Stephanie Leon Neal, founder of the Global Tarot Association, shares her own unique method for soul exploration and transformation using the beloved and time-tested Rider-Waite-Smith Tarot Deck. Containing a complete guide to reading the Tarot for yourself and others, *The Discovery Tarot Path* offers both the beginner and the experienced Tarot reader the opportunity to better divine the answers to life's important questions.

• Sept Release • Red Wheel Weiser • 180pp • PB • 14 x 21.6cm



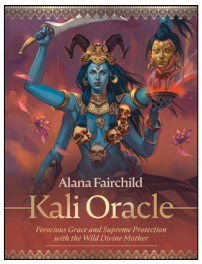
9781611852148

The blue dot identifies titles that are exclusive to Brumby Sunstate.
A The 'A' identifies titles that are Australian.
The orange circle identifies key titles.

BLUE ANGEL PUBLISHING

BUY 2 OF EACH BLUE ANGEL MINI DECK AND RECEIVE 1 FREE COPY OF THE MINI DECK OF YOUR CHOICE!

IC: Kali Oracle
$34.95
Fairchild, Alana



Kali, the wild mother of divine grace, spiritual freedom and radical transformation, embraces your courageous soul. The ego may fear her, but your true self takes comfort in her ferocious compassion and unyielding wisdom. With the empowering insight of Alana Fairchild and the striking imagery of Jimmy Manton, this unique oracle set is an offering of guidance, clarity and healing that invokes unconditional love, divine blessing and authentic spiritual unfoldment. Share sacred space with Goddess Kali, in her many forms, for a direct experience of her transformative grace and alchemical power.

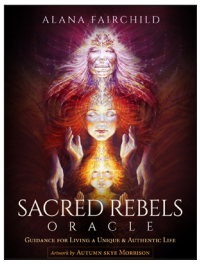
• Sept Release • Blue Angel • 44 Cards & 228pp Book • 12.5 x 17cm

PROMOTION: BUY 6, GET 1 FREE!
Use code KAOB6:

KAOB6

9780648746713

IC: Sacred Rebels Oracle
$34.95 Borderless Edition
Fairchild, Alana



This deck is dedicated to YOU – you who wants to live your own unique, inspired life. When you are a Sacred Rebel you want to be fully alive and express your authentic truths. Sacred Rebels love life and refuse to believe that manifesting their dreams is impossible! Filled with striking imagery and beautiful guidance to support you in awakening your sacred rebellious heart, so that you will trust in your own uniqueness and authenticity, these cards feature new borderless designs.

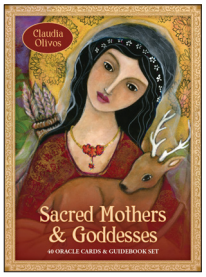
• Sept Release • Blue Angel • 45 Cards & 184pp Book • 12.5 x 17cm

PROMOTION: BUY 6, GET 1 FREE!
Use code SRBA6:

SRBA6

9780648746690

IC: Sacred Mothers and Goddesses
$34.95
Olivos, Claudia



Embrace the strength and wisdom of the divine woman for insight, direction, and soul-empowering transformation. This dynamic 40-card deck introduces you to sacred mothers, goddesses, and priestesses. The comprehensive guidebook shares their messages and includes detailed information on how and when to communicate with these profound beings. Become aware of your sacred femininity and attune to higher and deeper vibrations of the Goddess through activities, dedications, altar creation, and card layouts. Turn to this oracle for daily guidance, support and a potent reminder of your valuable role in this time, this place, and for eternity.

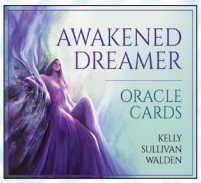
• Sept Release • Blue Angel • 40 Cards • 12.5 x 17cm

PROMOTION: BUY 6, GET 1 FREE!
Use code SMBA6:

SMBA6

9781925538977

IC: Awakened Dreamer
$24.95
Oracle Cards Mini Deck
Sullivan Walden, Kelly



Bestselling author Kelly Sullivan Walden brings you 55 rousing messages to support, nudge, provoke, and inspire you to celebrate your greater potential and relish this journey called life. Awaken your higher consciousness and engage with the power of your dreams.

• Sept Release • Blue Angel • 55 Cards • 9 x 11cm

ADBA10

9780648746706

IC: Dragon Magick Mini Deck
$24.95
Cavendish, Lucy

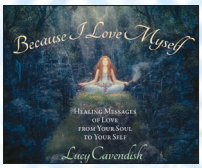
Dragons are wise, strong, protective beings. Now they are here to enter into a friendship with you! Here are 55 messages from the dragon realm that will shift energies and inspire you to fly high! Let the presence of these mighty allies help you rise above the mundane.

• Sept Release • Blue Angel • 55 Cards • 9 x 11cm

DMBA10

9781925538922

IC: Because I Love Myself Mini Deck
$24.95
Cavendish, Lucy



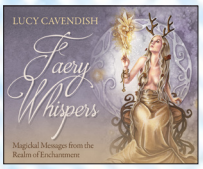
Experience the healing power of self-love with these beautiful cards from bestselling author Lucy Cavendish. This 55-card deck offers practical support for creating kindness, respect, joy and comfort from within. Every card is here to awaken, strengthen and celebrate your love for you.

• Sept Release • Blue Angel • 55 Cards • 9 x 11cm

LMBA10

9781925538939

IC: Faery Whispers Mini Deck
$24.95
Cavendish, Lucy



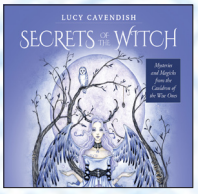
Open your very own doorway into Faerylande with this charming 55-card deck. Filled with wild and wise Faerie magick, every message is energising and will help you to believe! Welcome the faeries, discover their secrets and create an enchanted life full of purpose and innocent wonder.

• Sept Release • Blue Angel • 55 Cards • 9 x 11cm

FWBA10

9781925538946

IC: Secrets of the Witch Mini Deck
$24.95
Cavendish, Lucy



Imagine you could ask one of the wisest, most ancient beings that ever existed for advice every day. With this deck you can do just that. Tune in, and ask the Witch for her insight and guidance – and with a wave of her wand, a puff of smoke from her cauldron you'll receive the message you need to hear!

• Sept Release • Blue Angel • 55 Cards • 9 x 11cm

SWBA10

9781925538953

HAY HOUSE

A IC: Botanical Oracle — $36.99

Wilder, Sarah

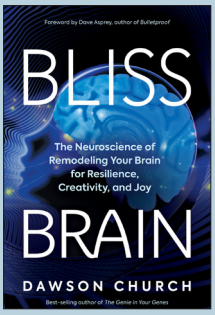
Tapping into the energies of different plants is a beautiful and holistic way to get back in tune with nature and to reignite our connection to the flora on our planet. This is a 65-card deck of unique watercolour plant illustrations, where each plant is linked to an element with a word and mantra. The guidebook provides further guidance on each plant's benefits and wisdom. Whether you choose a simple one-card draw or full uniquely created spread, as you work with the *Botanical Oracle* you will discover many ways plants can bring you a deeper appreciation for their energy in and around you and their abundance in your life.

• Sept Release • Hay House • 65 Cards • 12.7 x 8.89cm

9781401959616

PROMOTION: BUY 6, GET 1 FREE! Use code BOSW6 to take up the offer.

BOSW6



Bliss Brain — $26.99

Church, Dawson

In *Bliss Brain*, famed researcher Dawson Church digs deep into leading-edge science, and finds stunning evidence of rapid and radical brain change. In just eight weeks of practice, 12 minutes a day, using the right techniques, we can produce measurable changes in our brains. This book produces a fascinating picture of just how happy we can make our brains, no matter what the odds.

• Sept Release • Hay House • 128pp • PB • 23 x 15cm

9781401961664

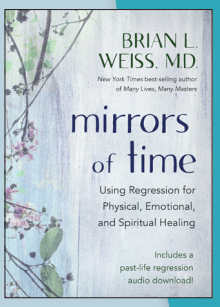
Mirrors of Time — $22.99

Weiss, Brian L.

This book takes regression therapy to the next level. Now you can go back through time by recalling past events that may have led to difficulties in the present. Through the process of remembering, symptoms diminish, and a strong sense of relaxation and well-being often emerges. Regular practice will enhance your physical and emotional health and open up spiritual vistas that can bring new meaning to your life.

• Sept Release • Hay House • 96pp • PB • 17.8 x 12.7cm

9781401962081



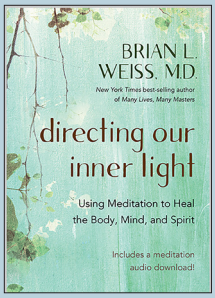
Directing Our Inner Light — $22.99

Weiss, Brian L.

Brian L. Weiss, M.D., offers an audio download of a guided meditation and explains the techniques he has used to help thousands of patients around the world harness the healing powers of meditation. You'll learn how relaxation, visualization, and regression can be used to release fears in a holistic way, strengthen the immune system, and alleviate chronic pain and illness.

• Sept Release • Hay House • 96pp • PB • 17.8 x 12.7cm

9781401962104



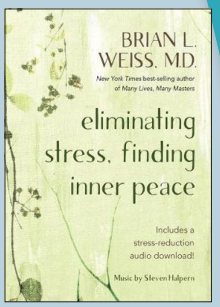
Eliminating Stress, Finding Inner Peace — $22.99

Weiss, Brian L.

This book, with its accompanying stress-reduction audio download, will help you deeply relax. It will enable you to release the acute and chronic tension you constantly carry in your body and mind. It can also help you remove the blocks and obstacles to your inner peace and contentment, and prevent stress-related illness and disease.

• Sept Release • Hay House • 96pp • PB • 17.8 x 12.7cm

9781401962098



BUY 2 OF EACH PICTURE BOOK BELOW TO RECEIVE A FREE COPY OF BEAUTIFUL GIRL!

Use code HHPIC to take up the offer.

HHPIC

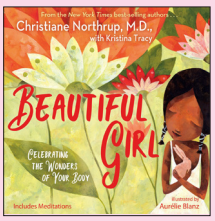
Beautiful Girl — $26.99

Northrup, Christiane

Through empowering words and illustrations, little girls will learn how their bodies are perfect just the way they are and the importance of treating themselves with gentle care, It's every little girl's birthright to have the deep and unshakable belief that her body is beautiful.

• Sept Release • Hay House • 28pp • HB • 22.9 x 26.7cm

9781401961015



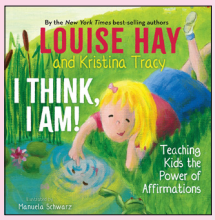
I Think, I Am! — $26.99

Hay, Louise

Within the pages of *I Think, I Am!* kids will find out the difference between negative thoughts and positive affirmations. Fun illustrations and simple text demonstrate how to make the change from negative thoughts and words to those that are positive.

• Sept Release • Hay House • 32pp • HB • 22.9 x 26.7cm

9781401961046



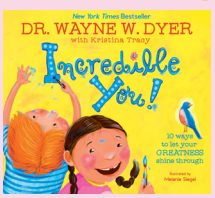
Incredible You! — $26.99

Dyer, Dr. Wayne W.

It's never too early for children to know that they're unique and powerful beings, and that they have everything they need within themselves to create happy, successful lives. Newly repackaged with a fresh format and cover is Dr. Wayne W. Dyer's best-selling children's book, based on the 10 concepts from *10 Secrets for Success and Inner Peace*.

• Sept Release • Hay House • 128pp • HB • 14.5 x 19cm

9781401961022



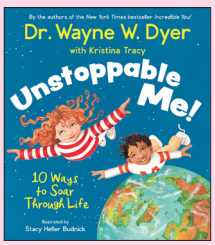
Unstoppable Me! — $26.99

Dyer, Dr. Wayne W.

Dr. Wayne W. Dyer believed that if children could hold on to the no-limit thinking they were born with rather than trying to fit in, they could learn to truly enjoy life and become unstoppable. Newly repackaged with a fresh format and cover, Unstoppable Me! is based on 10 important lessons, including the value of taking risks, dealing with stress and anxiety, and learning to enjoy each moment.

• Sept Release • Hay House • 256pp • HB • 15.2 x 22.8cm

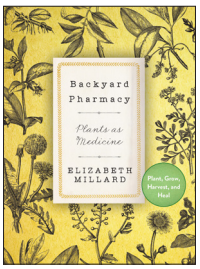
9781401961039



Health & Lifestyle

Backyard Pharmacy $24.99

Millard, Elizabeth



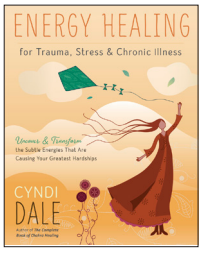
This guide to herbal medicines shows you how to transform common plants into remedies that heal. Profiles of common healing plants offer advice on growing, harvesting, preparing, and using these herbs in healing tinctures, oils, and creams. With guidance from this useful yet beautiful book, you'll be able to match properties of each plant to your own medicinal needs.

• Nov Release • Allen & Unwin • 304pp • HB • 19 x 24cm

9780760369005

Energy Healing for Trauma, Stress & Chronic Illness $55.99

Dale, Cyndi



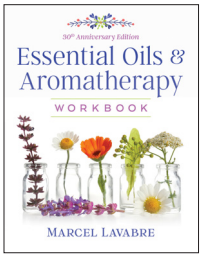
Join renowned spiritual healer Cyndi Dale as she shares groundbreaking techniques for resolving challenging energetic and spiritual issues. Trauma and pain caused by environmental, physical, psychological, electronic, and spiritual forces can have major effects on every aspect of your life. Uncover and transform the subtle energies that are causing your greatest hardships, and free yourself from trauma and chronic health challenges. Combining insights from mainstream science, psychology, and subtle healing modalities, this book provides a truly holistic approach to recovery.

• Sept Release • Llewellyn • 384pp • PB • 19 x 23.5cm

9780738761046

Essential Oils and Aromatherapy Workbook $32.99

Lavabre, Marcel



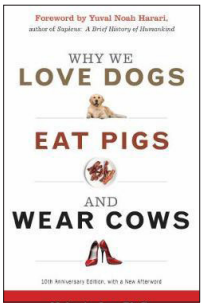
A classic, practical guide to the history, science, and art of aromatherapy, updated throughout with recent research and developments. Details more than 70 essential oils classified by botanical family, with discussions of their specific actions and energetic and spiritual properties. This 30th-anniversary edition of Marcel Lavabre's classic *Aromatherapy Workbook* provides the most comprehensive practical guide to the history, science, and art of aromatherapy available today and offers a perfect step-by-step guide for beginners, as well as an ongoing reference for practicing aromatherapists.

• Sept Release • Inner Traditions • 256pp • PB • 20.3 x 25.4cm

9781644110706

Why We Love Dogs, Eat Pigs, and Wear Cows $34.99

Joy, Melanie



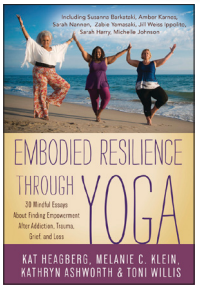
A classic of the vegan movement with a new afterword by the author and a new foreword from New York Times bestselling author Yuval Noah Harari. This book offers an absorbing look at why humans are devoted to certain animals and allow others to suffer, especially those slaughtered for consumption. Controvesial and challenging, this book will change the way you think about food forever. This is a new format of a previously published title - this is the 10th anniversary edition.

• Oct Release • Red Wheel Weiser • 224pp • PB • 14 x 21.6cm

9781590035016

Embodied Resilience through Yoga $42.99

Heagberg, Kat



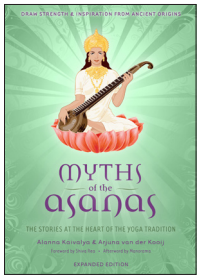
This inspiring book, filled with thirty personal essays of resilience found through yoga, supports your healing journey to find empowerment, connection, and growth following trauma. Embodied Resilience through Yoga showcases amazing stories of overcoming addiction, working through trauma, and learning to how to heal from grief. Explore unique perspectives on trauma related to gender, identity, body image, and more. This essential reading will inspire you to find strength you didn't even realize you had.

• Oct Release • Llewellyn • 336pp • PB • 15.24 x 22.86cm

9780738762494

Myths of the Asanas $35

Kaivalya, Alanna



Enhance your yoga practice with this all-new expanded edition of the ultimate guide to the stories behind the most beloved poses of all time. Many yoga practitioners explore the benefits of yoga through its poses, but did you know that the magic and mystery of yoga lie within the power of yogic mythology? The myths behind yoga's spiritual tradition have the power to help students of all levels realize their full potential.

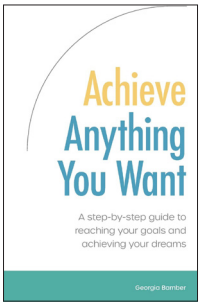
• Sept Release • Simon & Schuster • 224pp • PB • 17.7 x 25.4cm

9781683838487

Self Help & Inspiration

Achieve Anything You Want $22.95

Bamber, Georgia



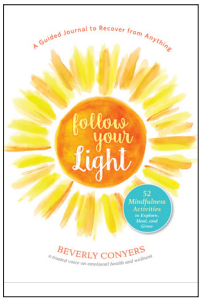
A step-by-step guide to reaching your goals and achieving your dreams. There is no situation, no life that can't be made better in some way. Let transformation expert Georgia Bamber teach you the mindset tools and strategies that you need to make any change that you are looking for. The distance between reality and dreams is action, and Georgia will guide you to the right path for you.

• August Release • Making Magic Happen • 120pp • PB • 15.2 x 22.8cm

9780648839705

Follow Your Light $35.00

Conyers, Beverly



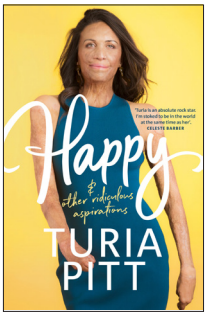
With this practical follow-up to her book Find Your Light, Conyers has crafted 52 activities to engage readers on their path to wellness, healing, and wholeness. Organised into eight distinct topics, each exploring themes that are key to an effective mindfulness practice, the exercises, meditations, and reflections in this action-oriented mindfulness book were carefully and beautifully designed to set us on a path forward. Work at your own pace, or spend time each week with this journal.

• Sept Release • Simon & Schuster • 168pp • PB • 17.7 x 25.4cm

9781616498054

A Happy (and other ridiculous aspirations) $34.99

Pitt, Turia



Turia Pitt goes on a quest to answer an important question: is it possible to be happier? What does she discover on her journey? The answer entails, among other things, practising gratitude, working on kindness, self-love, strengthening your relationships and accepting the hard times and bad days. Turia unpacks all of the above with easy-to-implement tips and strategies, hilarious insights into her own life and relationships, and introduces us to some of the world's most fabulous people along the way.

• Sept Release • Random House • 320pp • PB • 15.3 x 23.4cm

9781760892883

Life Above Zero $29.95

Kerr, Lauren

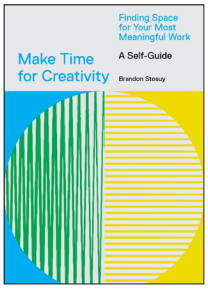
There is more to life than just surviving. There is thriving, flourishing and soaring. There is a life above zero and everyone deserves to live it. This book equips you with the practical skills and mindset, backed with psychology, research and statistics to help you unlock the code to success in your life and beat the mental health epidemic. In this book you'll discover the psychology to be happy in our fast-paced, demanding world of quick fixes and results. Are you ready to live a Life Above Zero?

• Available Now • Making Magic Happen • 348pp • PB • 15.6 x 29.4cm

9780648728030

Make Time for Creativity $24.99

Stosuy, Brandon



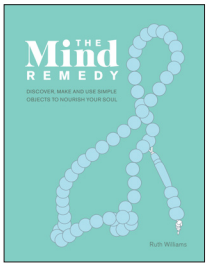
The first in a series of three guided journals dedicated to the practical and emotional sides of living a creative life, *Making Time for Creativity* explores how we find space in daily life to express ourselves, develop our talents, and do the things that matter. This journal poses a series of questions on the themes of defining worklife balance, creating daily rituals, setting intentions, meeting goals, and taking time off from creativity. *Making Time for Creativity* taps into an incredible network of talent to provide diverse (and divergent) perspectives on how creativity can be prioritized amidst all of the other demands on our time.

• Sept Release • Thames & Hudson • 144pp • PB • 14.7 x 21cm

9781419746536

The Mind Remedy $27.99

Williams, Ruth



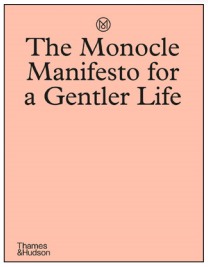
This is an enlightening book that reveals how objects can bring a timely little lift to everyday living, enriching our wellbeing and brightening our minds! *The Mind Remedy* is a precious compendium of spiritual things that create space for the reader to pause and reflect, to focus and nourish the mind, and to provide hands-on happiness. Arranged to appeal to every state of mind, and inviting the reader to dip in as they need to during their own journey, this book will show you how to craft your own life-enhancing object, and conduct your meditative ritual for a daily dose of wellbeing and self-care.

• Available Now • Allen & Unwin • 144pp • HB • 16 x 21cm

9780711252110

The Monocle Manifesto for a Gentler Life $70.00

Brule, Tyler and Tuck, Andrew



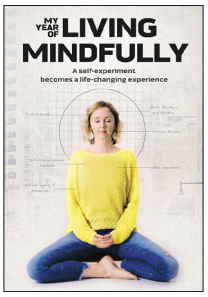
Monocle has always been a champion of taking it slow. It has encouraged readers to dive into a lake and go for a run. To sleep well. To eat food whose makers are proud of its provenance. In a shouty, jabbing-finger moment in history, it has done its bit to argue for a new modern etiquette to be generous with our time, hospitality and forgiveness. Now its editors and correspondents have brought all of this together in *The Monocle Manifesto for a Gentler Life*, a book that urges us all to slow down, reconnect, make good things and see nice places.

• Sept Release • Thames & Hudson • 32pp • HB • 20.4 x 20.4cm

9780500971109

A My Year of Living Mindfully $32.99

Harvey, Shannon



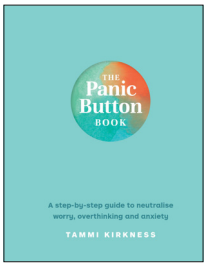
Overwhelmed with insomnia and an incurable autoimmune disease, Shannon Harvey needed to make a change. She enlisted a team of scientists to put meditation to the test, and during her year of living mindfully she was poked, prodded, scanned and screened. After a 30,000 kilometre journey from Australia to the bright lights of Manhattan and the dusty refugee camps of the Middle East - interviewing the world's leading mindfulness experts along the way - what begins as a quest for answers transforms into a life-changing experience. *My Year of Living Mindfully* is filled with compelling stories, groundbreaking science, and unexpected insights that go to the heart of what it means to be human in the twenty-first century.

• Sept Release • Hachette • 304pp • PB • 23.4 x 33.9cm

9780733645099

The Panic Button Book $19.99

Kirkness, Tammi



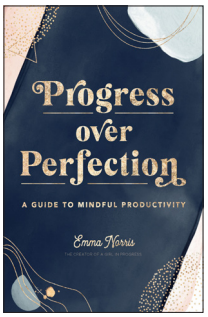
When life throws us a curveball, we all need help with managing bouts of anxiety. *The Panic Button Book* is a practical step-by-step guide to help you through those moments when you feel worried or panicky. Written in everyday language and beautifully illustrated, it is also the ideal gift for a loved one having a tough time. Including over 50 'decision trees' designed to neutralise anxiety, this book guides you through feelings of loss of control, worry, overthinking, restlessness, and hypervigilance, and is an indispensable 'first-aid kit' to have on hand as you navigate our world.

• Sept Release • Murdoch • 208pp • HB • 13.4 x 18.1cm

9781922351074

Progress Over Perfection $24.99

Norris, Emma



Progress Over Perfection will guide you through monotasking, batch working, productivity and resting - not quitting. You'll be able to achieve anything you set your mind to without the pressure of doing everything. Set intentional plans and accomplish them without feeling stress, anxiety or the pressure of external factors while also improving your focus and living a purposeful life. Each chapter of this book is tailored to help you achieve mindful productivity.

• Available Now • Allen & Unwin • 144pp • HB • 14 x 20cm

9781631066825

A Seize The Yay $32.99

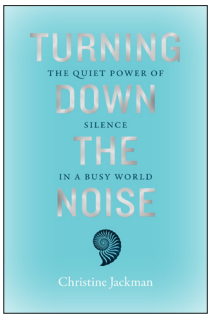
Davidson, Sarah

Kick goals in your business or career and find happiness and fulfilment in the process - *Seize The Yay* shows you how to do both. Here, Sarah shows how it can be done without losing your joy or sense of appreciation for the journey. Sharing practical tips and life advice to help you realize your own career and life dreams while staying grounded and well, *Seize The Yay* is your one-stop shop for achieving business success. Did somebody say #lifegoals?

• Sept Release • Murdoch • 320pp • PB • 15.3 x 23.4cm

Turning Down the Noise $32.99

Jackman, Christine

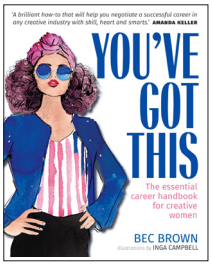


Turning Down the Noise explores what is happening to our brains, our lives and our communities as we navigate a never-ending assault on our senses and attention, whether from actual noise, exposure to media or the pings and alerts on our phones. More importantly, it shows how we can reverse the damage through simple daily acts designed to strip out the stimuli and reclaim the silence. Seeking ways to channel and capture the clarity and peace of mind so often lacking in our lives, Jackman writes with a lightness of touch.

• Sept Release • Murdoch • 320pp • PB • 15.3 x 23.4cm

A You've Got This $29.99

Brown, Bec



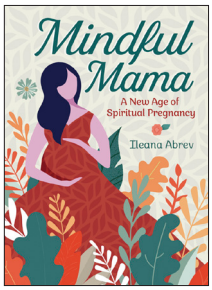
Full of practical advice and easily implementable tips on everything from investing in your personal brand and managing your workload to negotiating a promotion and mastering public speaking, this refreshingly honest and indispensable book will help you reach your creative and earning potential and find career fulfilment, without it sucking the life out of you. Then this is the career hack you've been waiting for. Trust us: you've got this. A portion of the proceeds from every book sold will be donated to two charities that support women: Fitted for Work and SISTER2Sister.

• Sept Release • Penguin • 208pp • PB • 16.8 x 20.7cm

Parenting

Mindful Mama $37.99

Abrev, Ileana

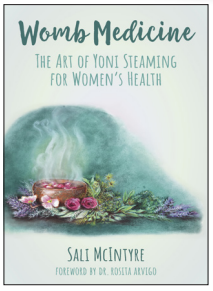


Fun and conveniently sized, *Mindful Mama* is your ideal New Age guide to pregnancy—one week at a time. Every week, this delightful book provides crystals, flowers, essential oils, exercises, meditations, and affirmations that support the changes both you and your baby are going through. These tools are tailored each week to your baby's stage of development, making it easy to choose the best options. *Mindful Mama* helps you overcome challenges, relieve stress, and support your little one's growth into a positive, resilient person.

• Oct Release • Llewellyn • 336pp • PB • 12.7 x 17.78cm

Womb Medicine $27.95

McIntyre, Sali



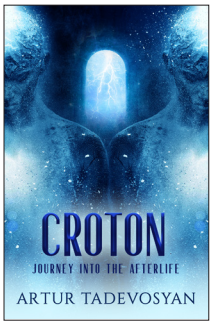
Womb Medicine is a timely manifesto and clarion call for every woman to look inwards and listen to the wisdom of her own body. Yoni means 'sacred temple' in Sanskrit. Learn how this practice works on both physical and emotional levels and how you can make it part of your self-care medicine kit. Yoni steaming is a ritual that will help guide you back to your sacred womb space. By taking the time to honour your womb you will restore health and balance to your reproductive system, discover the inherent magic and creativity of your menstrual cycle, and enhance the connection to your innate sexual identity.

• Sept Release • Animal Dreaming • 136pp • PB • 14 x 21cm

Mind Body Spirit

Croton $35.99

Tadevosyan, Artur

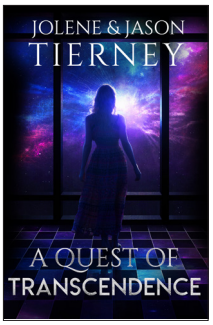


Henry is a middle-aged, happily married man in the twentieth century. After suffering a sudden heart attack, Henry finds himself in the unknown realm of the afterlife. Lost, alone, and confused, he meets Croton. As they embark on their journey together, Croton opens Henry's eyes to all the beauty of his new reality and all the exploring that awaits him.

• Oct Release • Red Wheel Weiser • 256pp • PB • 14 x 21.6cm

A Quest of Transcendence $27.99

Tierney, Jolene and Jason

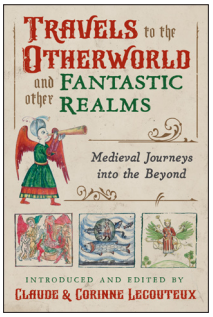


Join Malemene and Auberone on their journey into consciousness through life itself. Even in a world of telepathic communication and interplanetary travel, all is not well. Can we help them find a solution? Would it be implemented? Could it be of value to us here and now? The events in this book are similar to those channelled using Dolores Cannon's past life regression technique, this time discovering a parallel dimension.

• Oct Release • Red Wheel Weiser • 184pp • PB • 14 x 21.6cm

Travels to the Otherworld and Other Fantastic Realms $49.99

Lecouteux, Claude



In this curated collection of medieval travelers' tales, editors Claude and Corinne Lecouteux explain how the Middle Ages were a melting pot of narrative traditions from the four corners of the then-known world. Accompanied by rare illustrations from incunabula and medieval manuscripts, the stories in this collection include voyages into the afterlife, with guided tours of Hell and glimpses of Heaven, as well as journeys into other fantastic realms, such as the pagan land of the Faery.

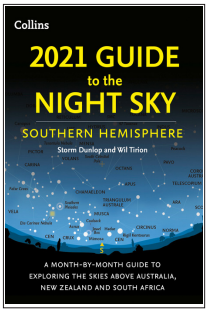
• Sept Release • Inner Traditions • 240pp • HB • 15.2 x 22.8cm

2021 Guide to the Night Sky Southern Hemisphere $19.99

Dunlop, Storm

This handbook to the planets, stars and constellations visible from the southern hemisphere includes six pages for each month covering January–December 2021, easy-to-use star maps for each month with descriptions of what to see, and detailed charts for positions of planets.

• Sept Release • HarperCollins • 112pp • PB • 14.8 x 21cm



Behind the Horoscope $38.99

Perry, Wendell C.

While many books take a simple look at the astrological houses and what their placements mean, this guide shows you how they're part of an interwoven tapestry. Two key characters are the sun and moon—each one plays an important role. Discover how your sun's house placement indicates where you'll shine. Explore how your moon's placement affects your intuition and your personality.

• Sept Release • Llewellyn • 264pp • PB • 15.24 x 22.86cm

Moon Power $22.99

Keskula, Merilyn

The Moon gives us a map to a cyclical way of living; the blueprint for a life that breathes in harmony. She teaches us about the importance of embracing quiet and reflective times as much as celebrating the times we experience life in its fullest expression. She informs us when to plant the seeds of our dreams and when to take stock and harvest what we have been growing. What will you discover about yourself when you tune into the moon?

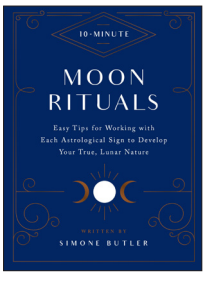
• Available Now • Hachette • 160pp • PB • 14.9 x 21cm

10-Minute Moon Rituals $24.99

Butler, Simone

10-Minute Moon Rituals has two parts, the first an introduction of all the astrological signs and the basics of moon phases. The second part offers discrete 10-minute tasks associated with each moon sign, as well as guidance on working with each sign as the moon passes through it. *10-Minute Moon Rituals* inspires you to recognise and develop your lunar nature. Learn how-through reflection, ritual, and purposeful action-to understand your emotional nature and inner self more deeply.

• Sept Release • Allen & Unwin • 160pp • HB • 14.5 x 19.5cm

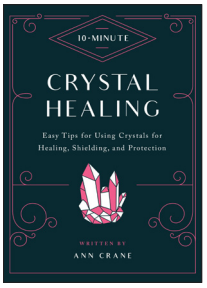


10-Minute Crystal Healing $24.99

Leavy, Ashley

10-Minute Crystal Healing highlights quick, easy, practical ways to incorporate empowering crystals into your life to promote spiritual balance and protect from negativity. You'll find profiles of each crystals natural attributes, legendary power, and holistic benefits as well as its specific energy so it may enhance, heal, or protect you.

• Sept Release • Allen & Unwin • 208pp • HB • 14.5 x 19.5cm

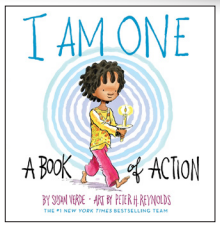


I Am One $21.99

Verde, Susan

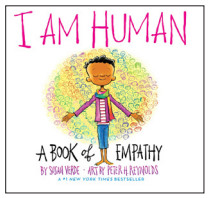
One seed to start a garden, one note to start a melody, one brick to start breaking down walls: Every movement and moment of change starts with just one. From the New York Times bestselling team behind *I Am Yoga*, *I Am Peace*, *I Am Human*, and *I Am Love* comes a powerful call to action, encouraging readers to raise their voices, extend a hand, and take that one first step to start something beautiful and move toward a better world. Includes a guided meditation and self-reflection activity.

• Sept Release • Thames & Hudson • 144pp • HB • 18.5 x 14cm



Now available in board book format:

I Am Human $14.99

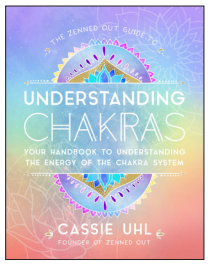


Guide to Understanding Chakras (Zenned Out) $27.99

Uhl, Cassie

This guide covers the seven energy points in your body. Discover how each chakra connects to some part of your body, emotion, and energy, and learn how to tap into your energy centers and unblock specific chakras for a more balanced, relaxed, and healthier you. Ignite the power of your energy by using crystals, essential oils, herbs, and different meditation techniques to help transform your mind, body, and spirit.

• Sept Release • Allen & Unwin • 160pp • HB • 14.5 x 19.5cm

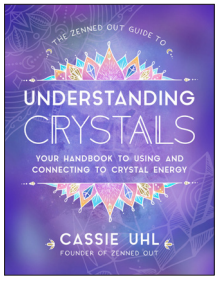


Guide to Understanding Crystals (Zenned Out) $27.99

Uhl, Cassie

This is a guide to using crystals for healing, meditating, boosting energy, improving mood, and much more. Transform your life and your mind with the appropriate crystal. You'll learn the significance of each crystal's color and their relation to chakras, the best way to position them, and ideal crystal pairings. With this guide, you'll deepen the connection between your mind, body, and spirit as you explore the earths energy through crystals.

• Sept Release • Allen & Unwin • 160pp • HB • 14.5 x 19.5cm

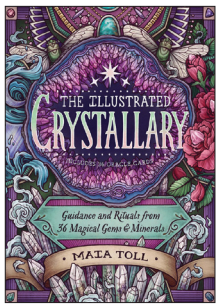


Illustrated Crystallary $29.99

Toll, Maia

This book offers inspiration and guidance garnered from 36 gemstones and minerals, and includes 36 oracle cards beautifully illustrated by Kate O'Hara. Combining bits of ancient wisdom with her own insights, Toll explores the aspects and energy of each stone and, through rituals and reflections, the life guidance it might offer contemporary readers. The stunning illustrations of Kate O'Hara magnify the symbolism of each crystal throughout the book, and are also featured on 36 oracle cards included in an envelope bound in the back of the book.

• Sept Release • Peribo • 176pp • HB • 15.2 x 20.3cm

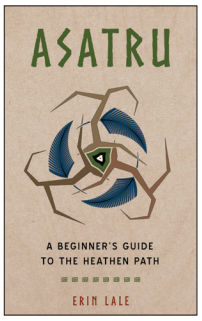


Asatru $26.99

Lale, Erin

Asatru is a modern Pagan tradition whose roots lie in the ancient myths, folklore, sagas, and historical artifacts of those who lived in pre-Christian times in what is now northern Europe. This book is a clear and simple introduction to one of the fastest growing religions in the U.S. and Europe—its history, beliefs, rituals, and gods and goddesses drawn from ancient northern European traditions.

• Oct Release • Red Wheel Weiser • 144pp • PB • 14 x 21.6cm



9781578637027

Pagan Portals - Raven Goddess $17.99

Daimler, Morgan

Pagan Portals - Raven Goddess follows on from the author's earlier book, *The Morrigan*, to help the reader continue to get to know the Irish Goddess of war, battle, and prophecy with a particular focus on disentangling truth from common misconceptions. *Raven Goddess* is intended to clarify some common points of confusion and help people go deeper in their study of the Morrigan and assist in nurturing a devotional relationship to her.

• Sept Release • John Hunt • 107pp • PB • 14 x 21.6cm

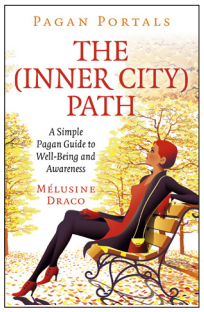
9781789044867

Pagan Portals - The Inner-City Path $17.99

Draco, Melusine

This book was inspired by Chet Raymo's book of similar title that chronicled his own daily urban walk to work and his observing the seasonal changes with a scientist's curiosity. *The Inner-City Path* is written from a pagan perspective, for those times when we take to our local urban paths as part of our daily fitness regime or dog walk. It is based on several urban walks that have merged together over the years to make up a book of the seasons and offers a glimpse into the pagan mind-set that can find mystery under every leaf and rock along the way.

• Sept Release • John Hunt • 88pp • PB • 14 x 21.6cm



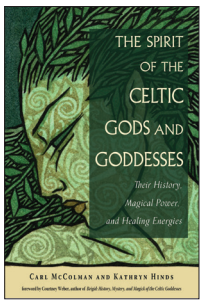
9781789044645

The Spirit of the Celtic Gods and Goddesses $32.99

McColman, Carl and Hinds, Kathryn

This book brings the history of these gods and goddesses to life, along with visualizations, rituals, and exercises to help make them part of the reader's spiritual practice. It also provides an accessible guide for readers to learn about and connect spiritually with the gods and goddesses of the Celtic lands. Discover the major myths and lore associated with each deity, and forge true and meaningful relationships with the deities for our time.

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



9781578637171

Gratitude Sewn Notebook Collection (Set of 3) $24.99

Express your thoughts, affirmations, and memories of gratitude with this beautiful set of linen-textured notebooks. Featuring three unique designs, 64 pages each, this notebook collection will inspire you to live each day with gratitude.

• Sept Release • Simon & Schuster • 64pp • PB • 15.2 x 21.5cm

9781647220846

Self-Care Sewn Notebook Collection (Set of 3) $24.99

Express your thoughts, affirmations, and memories of gratitude with this beautiful set of linen-textured notebooks. Featuring three unique designs, 64 pages each, this notebook collection will inspire you to live each day with gratitude.

• Sept Release • Simon & Schuster • 64pp • PB • 15.2 x 21.5cm

9781647220860

Gratitude Notebook $19.99

Express your thoughts and feelings of gratitude with this beautiful softcover notebook. Featuring 240 pages, a ribbon marker, and an elastic band closure, this notebook will remind and inspire you to reflect on each day with gratitude.

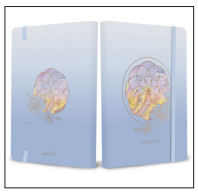
• Sept Release • Simon & Schuster • 240pp • PB • 15.2 x 20.3cm

9781647220693

Meditation Notebook $19.99

Express your thoughts and meditative reflections with this beautiful softcover notebook. Featuring 240 pages, a ribbon marker, and an elastic band closure, this notebook will inspire you to take time each day to quiet your mind and live life with more intention.

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

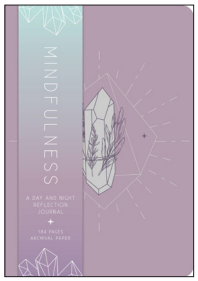


9781647220709

Mindfulness Journal $27.99

Supplement your mindfulness practice with this 90-day journal featuring morning and evening practices designed to help you track your progress and record your success as you work toward enjoying a more mindful life. Each daily spread includes a morning practice for beginning your day with intention and an evening practice for reflecting on your challenges and achievements. There are opportunities to record your goals, your obstacles, the types of activities you did, the types of distractions you faced, the meditation you practiced, and more. This 90-day journal is the perfect companion for anyone trying to stay present and live mindfully.

• Sept Release • Simon & Schuster • 184pp • PB • 14.6 x 20.9cm



9781683839972

Tattoo Tarot Journal — $24.99

McMahon Collis, Diana

Record your tarot reading interpretations and connect with your spiritual side using this journal featuring artwork from the bestselling Tattoo Tarot deck. How do you relate to the fool? Who is the star in your life? What is your yearly spread looking like? Tattoo Tarot Journal includes illustrations and meanings for all the tarot cards for reference use, plus space to record three, five and ten-card spreads as well as to meditate on deeper questions. A must-have for fans of the best-selling Tattoo Tarot: Ink and Intuition and for all budding tarot readers.

• Sept Release • Thames & Hudson • 160pp • Flexiback • 14.5 x 20.8cm

9781786277299

Also in this best-selling series:

IC: Tattoo Tarot — $24.99

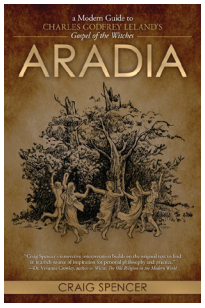
9781786272058

Aradia — $39.99

Spencer, Craig

First published in 1899, *Aradia* or the *Gospel of the Witches* is a fascinating record of Charles Godfrey Leland's view of Italian folk magic as told to him by hereditary Italian witches. Craig Spencer's *Aradia* is a new translation of the original Italian text and includes a full reprint of Leland's own words as well as notes, analysis, and commentary to help you better understand the classic manuscript and the magical practices within its pages. This magical guide is designed to help you expand and enhance your own modern-day journey through the enchanted realms of witchcraft.

• Oct Release • Llewellyn • 240pp • PB • 13.35 x 20.32cm



9780738764665

Curative Magic — $45.99

Patterson, Rachel

Tap into the power of nature and learn how to unleash your inner magic to navigate modern-day life and the issues the universe throws at you. Curative Magic shows you how to work with the tools that witchcraft provides, including spells, rituals, and herbs as well as meditation and recipes.

• Oct Release • Llewellyn • 408pp • PB • 15.24 x 22.86cm

9780738763286

Hoodoo Cleansing and Protection Magick — $32.99

Miss Aida

In *Hoodoo Cleansing and Protection Magic*, Miss Aida—a seasoned magickal practioner—offers sound, practical advice for all sorts of dicey situations, large and small. The book is filled with rituals, spells, and Miss Aida's own personal magickal formulas for removing negative energies, breaking malevolent spells, banishing harmful people, distinguishing between reputable ghost hunters and frauds, recognizing bewitched or possessed objects and removing their effects, and more.

• Oct Release • Red Wheel Weiser • 240pp • PB • 14 x 21.6cm

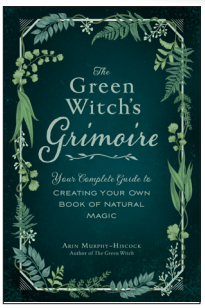
9781578636976

Green Witch's Grimoire — $29.99

Murphy-Hiscock, Arin

Arin Murphy-Hiscock shows you how you can create your own green witch grimoire to record your favorite spells, recipes, rituals, and more. The *Green Witch's Grimoire* finally is a place for all your prized knowledge. From favorite spells to recipes, to blessing your grimoire and writing in secret script, you'll make this book of shadows your own. Be guided on your path to creating your own personal book of your most cherished magic. Continue to hone your craft and grow into the green witch you've always dreamed of as you personalize your own Green Witch's Grimoire.

• Sept Release • Simon & Schuster • 144pp • HB • 13 x 20cm



9781507213544

Also from this best-selling author:

The Green Witch — $29.99

Murphy-Hiscock, Arin

9781507204719

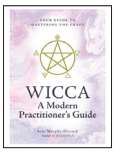
Spellcrafting — $29.99

Murphy-Hiscock, Arin

9781507212646

Wicca — $29.99

Murphy-Hiscock, Arin



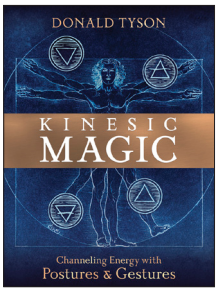
9781507210741

Kinesic Magic — $52.99

Tyson, Donald

Discover a new system of Western magic that uses body postures and hand gestures to channel and utilize the fundamental esoteric forces of the universe. Kinesic Magic shares over 200 practical exercises that will teach you how to energize your body and mind, call forth the powers of the elements and planets, command spirits, bring comfort and healing to the sick, and exorcise demons. This unique system connects your somatic and intentional energies with the five elements, the seven planets of traditional astrology, and the twelve signs of the zodiac for remarkable magical results.

• Oct Release • Llewellyn • 336pp • PB • 19 x 23.5cm



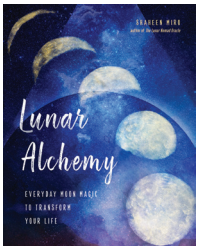
9780738764139

Lunar Alchemy — $32.99

Miro, Shaheen

In *Lunar Alchemy*, Shaheen Miro—a much-loved intuitive and energy healer—guides you towards life-changing magic and provides practices available to anyone open to introspection, radical self-care, and empowerment. He teaches how to embrace the moon's progression through the sky and how each phase is an invitation to fully participate in your life. By aligning yourself with the moon, you adopt your own ebb and flow of lunar energy and ultimately shine your light in full glory.

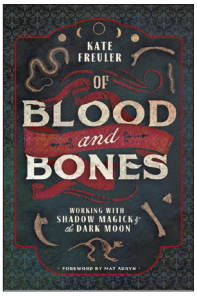
• Oct Release • Red Wheel Weiser • 224pp • PB • 15.3 x 19cm



9781578636907

Of Blood and Bones $42.99

Freuler, Kate



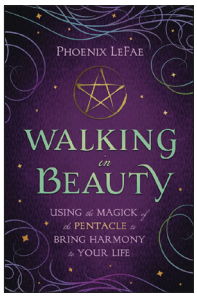
This book explores misunderstood topics such as ethically collecting and using animal parts and bones, blood magick, dark moon energy, hexing, scrying, dark deities, graveyard dirt, spells to assist the crossing of a dying loved one, and much more. With a strong focus on ethics, author Kate Freuler provides much-needed information and hands-on techniques to help you strengthen your life, connect to nature, protect yourself (and your kith and kin), and know yourself in a deep way.

• Sept Release • Llewellyn • 312pp • PB • 15.24 x 22.86cm

9780738763637

Walking in Beauty $39.99

LeFae, Phoenix



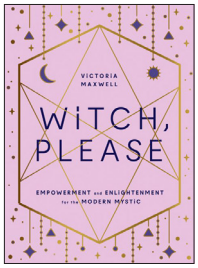
Using the pentacle and its five points as a magickal framework, this inspiring book presents techniques and exercises that help you manifest joy, discover your inner and outer beauty, recognize blessings, and bring balance to your life. Phoenix LeFae presents a revolutionary approach based on the five points of the pentacle—Beauty, Devotion, Desire, Creativity, and Expression. Through exercises, rituals, affirmations, and beauty acts you can take out into the world, this marvelous guide shows you how to run the energy of the pentacle through your body and clear any blocks that keep you from living a fully engaged and beautiful life.

• Oct Release • Llewellyn • 288pp • PB • 13.35 x 20.32cm

9780738762555

Witch, Please: Enlightenment for the Modern Mystic $24.99

Maxwell, Victoria



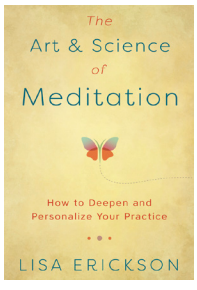
A modern mystic's practical guide to life, love and creating a fulfilling existence. Find your own way, find your magic, and find yourself in the process. From turning your home into a sacred sanctuary and manifesting magical relationships to loving your career and money magic, learn take control of your life and reconnect with your purpose using modern magic based on ancient spirituality. Full of inspiration, practical advice and rituals!

• Sept Release • HarperCollins • 160pp • HB • 11 x 13.5cm

9780008406325

The Art & Science of Meditation $39.99

Erickson, Lisa



Take your meditation practice to the next level with this marvelous book on overcoming challenges, enhancing your spirituality, and integrating meditation techniques into your daily life. This book provides practical, in-depth information drawn from both historical sources and contemporary scientific research. Easy to personalize to your own needs, it will help you truly unite your life and meditation practice.

• Sept Release • Llewellyn • 312pp • PB • 15.24 x 22.86cm

9780738761398

Mindful Thoughts at Home $12.99

Peers, Kate

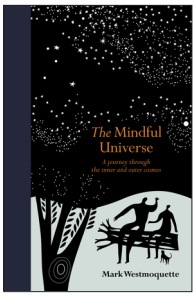
Mindful Thoughts at Home is a lovingly gathered collection of reflections appreciating the often un-noticed details of what makes a house a home. This book contains 25 thoughts that let you use mindfulness to improve your living space, from decorating and cleaning to how to harness the light during the day and sleep more comfortably at night. By reading this book and embracing the mindfulness within it, you will be able to create a delightful and comfortable environment that will enrich your life and soul.

• Sept Release • Allen & Unwin • 28pp • HB • 21.6 x 21.6cm

9780711253445

The Mindful Universe $19.99

Westmoquette, Mark



The Mindful Universe explores the scientific workings of the Universe, its awe-inspiring nature and how it can be partnered with mindfulness to bring meaning to our lives. Through practical meditations, facts and anecdote, he points the reader to a life-affirming realisation: that when we start to observe things mindfully, just as they really are, we start to find the secrets of the Universe revealing themselves before our very eyes.

• Sept Release • Allen & Unwin • 32pp • HB • 22.9 x 26.7cm

9780711252837

One Color a Day Sketchbook $29.99

Cerruti, Courtney

One Color a Day is a simple and meditative way to visually document each day. Within the book's orderly gridded layout, which includes one box for each day of the year, you simply paint each square a single color and add a word or phrase that reflects your current mood, an observation, or an experience. The result is a visually stunning, deeply personal, and totally unique record of a year.

• Sept Release • Thames & Hudson • 208pp • HB • 14.5 x 19.5cm

9781419747472

Sunrise Gratitude $24.99

Silva, Emily

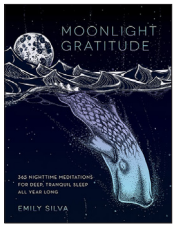
Start every day with *Sunrise Gratitude*, a collection of 365 guided meditations accompanied by lush illustrations and photographs of nature that will guide your mind to a place of calm awareness and purpose--the perfect companion to *Moonlight Gratitude*. As the sun rises, it can be hard to motivate yourself to wake up and start your busy schedule, but with this gorgeous book you'll learn to heighten your awareness, so you start the day feeling refreshed and ready to be your best self. You'll wake up with a peaceful, purposeful mindset.

• Sept Release • Allen & Unwin • 208pp • HB • 14.5 x 19.5cm

9781631066955

Also available:

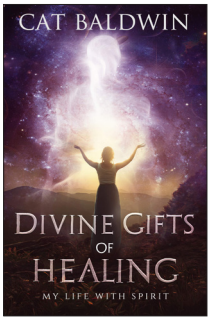
Moonlight Gratitude $24.99



9781631062926

Divine Gifts of Healing $18.99

Baldwin, Cat



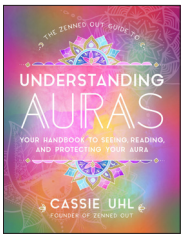
What does it look like to live from your soul and higher true self, and not your ego, social agreement, and familial and ancestral lineage? Journey with Cat Baldwin through the lessons, losses, and teaching guidance co-created with Spirit and the miracles that follow. Share in the Forgiveness Workshop from Higher Self Spirit and learn true forgiveness. Share personal healing sessions and experiences provided by Spirit for the healing of humanity and the creation of the New Earth Energies.

• Oct Release • Red Wheel Weiser • 112pp • PB • 14 x 21.6cm

9781940265698

Guide to Understanding Auras (Zenned Out) $27.99

Uhl, Cassie



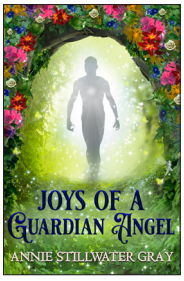
In this beautifully illustrated comprehensive guide to auras, expert spiritualist Cassie Uhl shows you how to identify and interpret energetic fields with actionable steps that will make you an expert in no time. With this guide, you'll learn how to intuit your auric field and what steps you can take to keep your aura radiant, healthy, and protected. You'll also learn the different layers and colours and what they mean, plus discover techniques to cleanse and heal your energetic field.

• Sept Release • Allen & Unwin • 176pp • HB • 14.5 x 19.5cm

9781631067051

Joys of a Guardian Angel $44.99

Stillwater-Gray, Annie



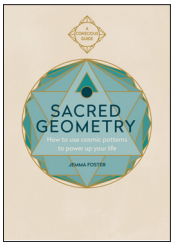
Add this book to your collection and embrace much joy. The good news is that we human beings have much assistance from Spirit to guide us through Earth's transformation. In this book, you will meet seven spirit helpers available to all. Each has unique gifts and talents to help us as the climate changes, society changes, and our lives change. Meet these exceptional nature spirits and invite them into your world.

• Oct Release • Red Wheel Weiser • 312pp • PB • 14 x 21.6cm

9781940265674

Sacred Geometry $22.99

Foster, Jemma



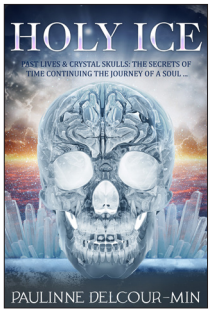
Sacred Geometry exists all around us in the natural world. A pure expression of number and form, it is the language of creation and navigates the unseen dimensions beyond our three-dimensional reality. Since its discovery, humans have found many ways, including stone circles, mandalas, labyrinths, temples, to call upon this universal law as a way of raising consciousness and communicating with a divine source. By becoming aware of the dots and lines that build the world around you, Sacred Geometry will teach you how to bring this mystical knowledge into your daily practice.

• Available Now • Hachette • 160pp • PB • 14.9 x 21cm

9781783253418

Holy Ice $35.99

Delcour-Min, Paulinne



Holy Ice takes us on a breathtaking journey through time, to the heart of the mystery of the crystal skulls. Revered by shamans, held by indigenous peoples, displayed in the museums of the world, the crystal skulls are ancient artifacts that can inspire us to awaken to our power. In Holy Ice, past life memories researched through regression span from Atlantis to the present day, building a cosmic vision for the future. Those who forget the past are doomed to repeat it. Here are the secrets of time.

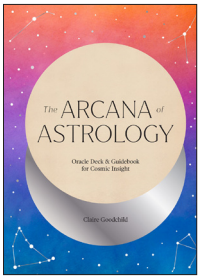
• Oct Release • Red Wheel Weiser • 320pp • PB • 14 x 21.6cm

9781940265766

Oracle & Tarot

IC: Arcana of Astrology Boxed Set $39.99

Goodchild, Claire



This deck of 54 oracle cards revolves around all things astrological. Author and artist Claire Goodchild created this deck as a tool to teach the archetypes of astrology with art inspired by vintage star charts and cards featuring the zodiac signs, the twelve houses, and the planets, moon phases, and more. The 96-page guidebook teaches you everything you need to know about deciphering your astrological birth chart, reading cards, and applying the insights you'll gain to your life. With practice, *The Arcana of Astrology* will deepen your connection to the cosmos, to yourself, and to those around you.

• Sept Release • Thames & Hudson • 96 Cards • 14.7 x 19.7cm

9781419747410

IC: Children's Wellbeing Cards $24.99

Therese, Dr Maxine

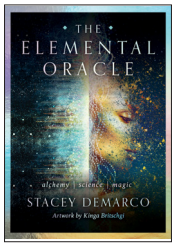
These cards have been designed to lovingly encourage children to recognise their seven foundational needs, and bring awareness to those needs in alignment with the chakras. Each of the 28 cards has an accompanying reading supporting parents to affirm their children's needs in a simple way. By using the cards, children discover words and images to help them express their feelings and improve their wellbeing.

• Sept Release • Rockpool • 96 Cards • 12.7 x 12.7cm

9781925924510

IC: Elemental Oracle $29.99

Demarco, Stacey



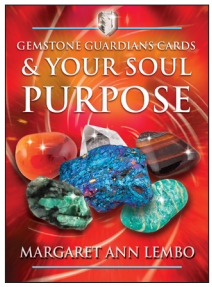
The alchemy of science meeting magic. You don't have to use your imagination to feel the power of alchemy and magic … they are potently available in the elements that surround you! All energies from the smallest atom to the greatest solar power, from east to west and from your own breath to fierce storms are utilised here in these 44 stunning full-colour cards. Combining the ancient key energies of the elements with science gives us a unique and authentic new way to work with them.

• Sept Release • Rockpool • 180 Cards • 10.2 x 14cm

9781925924688

IC: Gemstone Guardians Cards and Your Soul Purpose — $32.99

Lembo, Margaret Ann



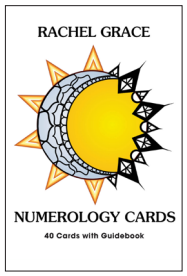
A deck and guidebook set to help you discover your life's work with the assistance of the inspiring gemstone guardians. Includes 44 full-color cards, each with a soul purpose archetype and a vibrationally matching crystal as well as a question for contemplative thought, divine guidance, and a positive affirmation. Also included is an 80-page booklet with divination spreads and explanations of the archetypes, how their attributes relate to choices in one's life work, and how the matching gemstone amplifies certain attributes further.

• Sept Release • Findhorn Press • 128 Cards • 10.1 x 13.9cm

9781644110676

A IC: Numerology Cards — $32.95

Grace, Rachel



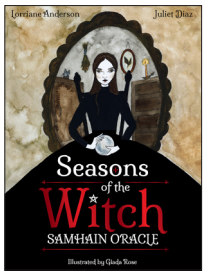
This beautiful set of 40 *Numerology Cards* have been designed for the use of bringing Numerology into your readings and for personal use as an educational tool. Combining the original Pythagoras system with Western methods, these cards reflect the true Universal wisdom and meaning of the calculated Life Path. The 40 cards are not only limited to the intended true meaning of Numerology, but may also be used as Oracle cards that provide guidance for day to day opportunities, lessons, as well as various suggested cards spreads that are explained in the 112-page guidebook.

• Available Now • Animal Dreaming • 40 Cards & 112pp Book • 8 x 12cm

9780648650843

A IC: Seasons of the Witch Samhain Oracle — $29.99

Anderson, Lorriane



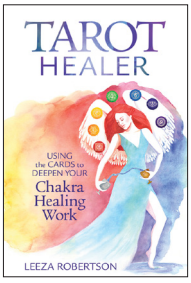
Unlock the power of Samhain energy every night of the year through these stunning cards and engaging guidebook. Samhain is one of the most enigmatic and magical pagan nights of the year for performing divination, ritual and spells. Each of the cards will connect you to the spirit realm to bring healing, understanding, protection, and guidance. Evocative guidance from Lorriane Anderson of Spirit Element guides you through your readings and the history and lore of Samhain celebrations, complete with spells and recipes.

• Sept Release • Rockpool • 44 Cards & 180 Page Guide Book• 10.2 x 14cm

9781925924657

Tarot Healer — $39.99

Robertson, Leeza



Combining chakra healing techniques with the healing energy of tarot, this book opens the door to new and profound ways to approach your health, thoughts, feelings, and actions. Author Leeza Robertson presents the three parts of tarot as the main three aspects of healing work—the majors represent the issue, the court cards are avatars for you and those journeying with you, and the minors outline the daily actions and mental and emotional steps needed for better wellness. Through engaging exercises, enlightening card meanings, and guided readings, this book helps you build a road map for spiritual and physical healing.

• Oct Release • Llewellyn • 312pp • PB • 13.35 x 20.32cm

9780738763767

The Book of Tarot — $34.99

Grist, Alice

Develop your intuition, interpret the cards, understand the deck and symbols, and use the cards as a means of self-discovery, manifestation and personal growth. This book will help the modern tarot reader to understand the spiritual and intuitive power of the cards, no matter their experience level. This is a gentle and empowering book to bring tarot fully into the 21st century, while allowing the reader to gain some serious tarot wisdom.

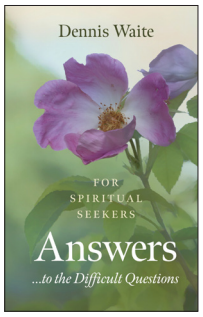
• Available Now • Hachette • 160pp • HB • 11.9 x 14.3cm

9780349425023

Spirituality & Religion

Answers... to the Difficult Questions — $81.99

Waite, Dennis



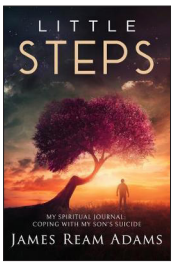
Dennis Waite draws on traditional Advaita teachings to answer all spiritual seeker-related questions. He first invited questions to his website in 2005 and this book collects questions and answers in a comprehensive volume for experienced and new spiritual seekers. No question is too difficult for Advaita Vedanta and all answers are reasonable.

• Available Now • John Hunt • 768pp • PB • 14 x 21.6cm

9781789042207

Little Steps — $37.99

Adams, James Ream



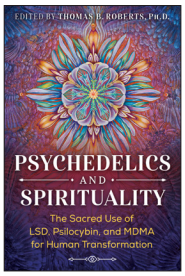
Healing the loss after the suicide of a love one is about restarting your life with nothing firm to stand on. Little Steps is the guided process James Adams recorded in his journal documenting before, during, and after his son committed suicide. These real-time journaled conversations capture in a loving, spiritual, and supportive way all the drama, trauma, and recovery as they occurred, making Little Steps a powerful documentary of healing from a traumatic loss.

• Oct Release • Red Wheel Weiser • 304pp • PB • 14 x 21.6cm

9781940265704

Psychedelics and Spirituality — $29.99

Roberts, Thomas B., Ph.D.

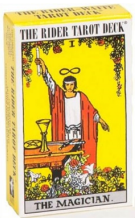


In this book, more than 25 spiritual leaders, scientists, and psychedelic visionaries examine how we can return to the primary spiritual encounters at the basis of all religions through the guided use of psychedelics. Dispelling fears of inauthentic spirituality, addiction, and ill-prepared encounters with the holy, this book reveals the potential of psychedelics as catalysts for spiritual development, a path through which faith can directly encounter God's power, and the beginning of a new religious era based on personal spiritual experience.

• Sept Release • Inner Traditions • 320pp • PB • 15.3 x 23.4cm

9781644110225

TC: Rider Tarot Deck - Standard

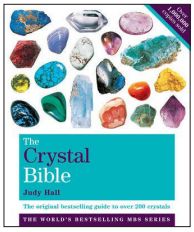


Also Available: TC: Rider Waite Tarot Deck Pocket 9780880793469 $26.99

$29.99

*9780880793469

The Crystal Bible - Vol. 1

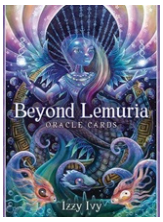


Also Available: Crystal Bible Vol. 2 9781841813509

$22.99

*9781841813615

IC: Beyond Lemuria Oracle Cards

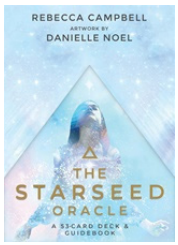


Ivy, Izzy

$34.95

*9781925538830

IC: Starseed Oracle

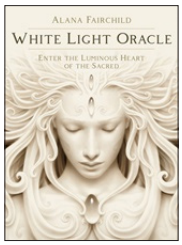


Campbell, Rebecca with Noel, Danielle

$36.99

*9781788172882

IC: White Light Oracle

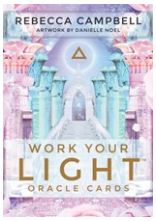


Fairchild, Alana

$34.95

*9781925538755

IC: Work Your Light Oracle Cards



Campbell, Rebecca

$31.99

*9781781809952

The Green Witch

Murphy-Hiscock, Arin

$29.99

*9781507204719

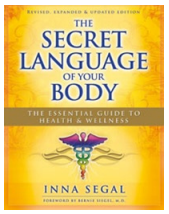
IC: Star Temple Oracle

Cherub, Suzy

$34.95

*9781925538878

Secret Language of Your Body

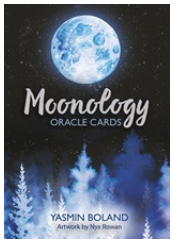


Segal, Inna

$29.95

*9780980286557

Moonology Oracle Cards

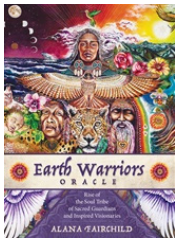


Also Available: Moonology 9781781807422 $19.99

$24.99

*9781781809969

Earth Warriors Oracle

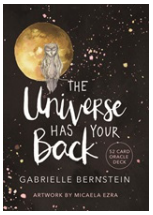


Fairchild, Alana

$34.95

*9781925538298

IC: Universe Has Your Back

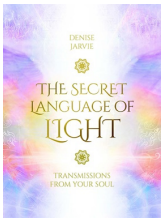


Also Available: PB: Universe Has Your Back $19.99 9781401946555

$24.99

*9781781809334

IC: Secret Language of Light Oracle

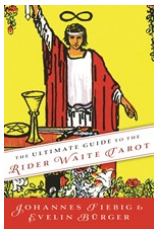


Jarvie, Denise

$34.95

*9781925538472

Ultimate Guide to the Rider Waite Tarot

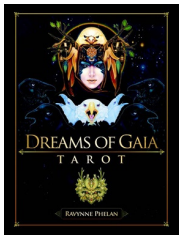


Fiebig, Johannes and Burger, Evelin

$34.95

*9780738735795

TC: Dreams of Gaia Tarot Set

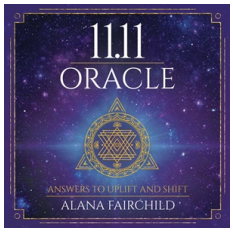


Also Available: Dreams of Gaia Pocket Edition 9781925538632 $34.99

$49.99

*9781922161956

11.11 Oracle

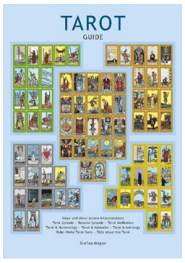


Fairchild, Alana

$34.95

*9781925538892

Tarot Guide



Mager, Stefan

$12.00

*9780994598707

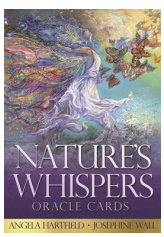
IC: Gaia Oracle Set

Salerno, Toni Carmine

$29.95

*9780980398373

IC: Nature's Whispers Oracle Card Set



Hartfield, Angela and Wall, Josephine

$29.99

*9781922161390

Cunningham's Encyclopedia of Magical Herbs

Cunningham, Scott

$34.99

*9780875421223

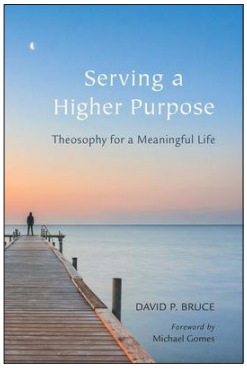
Serving a Higher Purpose — $39.99

Bruce, David P.

When we sow our seeds in the garden of life, do we settle for a meager display of two or three flowers? Or do we aim for a pageantry of rich colors and breathtaking beauty? So asks author David Bruce in the exquisite essays inspiring us to live an active spiritual life. Fresh and concise, he discusses themes such as living with purpose, spiritual practice, digital distractions, reincarnation, the human condition, and offers advice on books and reading. Free of dogma, he helps the open-minded inquirer find ultimate meaning.

• Sept Release • Red Wheel Weiser • 234pp • PB • 14 x 21cm

9780835609456



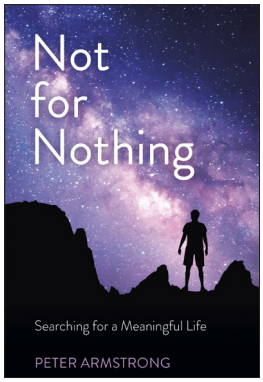
Not for Nothing — $24.99

Armstrong, Peter

Peter identifies as a Christian agnostic. "I don't know there is God but I believe in God." In *Not for Nothing* Peter reveals an exultation in the meaningfulness of life, a trusting belief in the mystery behind the world to which we can give the different names of God, a celebration of the wonder of life in art and music, a trust that everything we love is not lost in death, a commitment to moral and political action, and the mysterious vocation for each of us to become sons and daughters of God. If that's what it means to be a Christian agnostic, it's certainly not for nothing. It means everything.

• Sept Release • John Hunt • 120pp • PB • 14 x 21.6cm

9781789042962



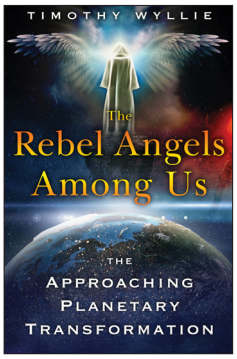
Rebel Angels Among Us — $34.99

Wyllie, Timothy

Writing together with Timothy Wyllie, Georgia provides her personal account of Earth during the fall of Atlantis as well as accounts of her trips to Zandana. Georgia reveals, in detail, the devolution of Atlantean life during its society's decline, the calamities that enveloped the civilization, and the migration of this sophisticated culture to other areas of the planet. She shows how the fate of Atlantis ties in with the Lucifer Rebellion and also offers us understanding of where human civilization is now in contemporary times.

• Sept Release • Inner Traditions • 344pp • PB • 15.3 x 23.4cm

9781591433668



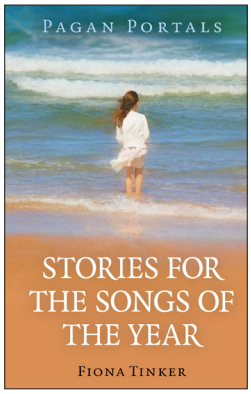
Pagan Portals - Stories for the Songs of the Year — 17.99

Tinker, Fiona

Stories for the Songs of the Year is a collection of new children's stories which celebrate the festivals and seasons. The tales follow the adventures of Attila and Meg, a know-it-all rabbit and a cat with half a tail, who introduce Celtic Gods and some of the ideas central to Celtic beliefs in an age-appropriate way. The stories will also appeal to pre-teens who are able to read for themselves and who may be ready to begin to explore their own spiritual paths.

• Sept Release • John Hunt • 112pp • PB • 14 x 21.6cm

9781789044706



Religion

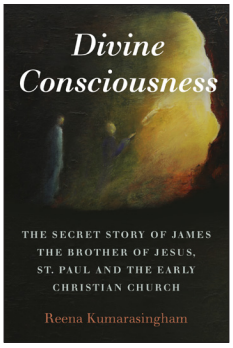
Divine Consciousness — $38.99

Kumarasingham, Reena

Does Divine Consciousness exist only with the Son of God, or within all of us? Journey with St. Paul, whose tireless efforts laid the foundations for one of the biggest religions in modern times. Walk with James, the brother who was given the mantle to lead the original Church. These accounts offer intimate knowledge of what motivated and moved them, how and why they built and developed the twin pillars of Christianity, and what happened to their respective churches.

• Sept Release • John Hunt • 320pp • PB • 14 x 21.6cm

9781789043624



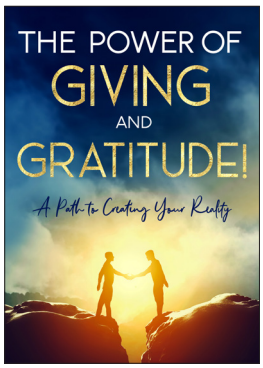
The Power of Giving and Gratitude — $18.99

DeNino, Anthony

Welcome to *The Power of Giving and Gratitude*. This book will expand your mind and lay out plans that will help you to live a more meaningful, more powerful, more impactful life. In the process of living this enhanced life, you will also help others do the same. This book promises to help you have a closer relationship with your body, your mind, and your soul, while bringing into your life a more meaningful relationship with God.

• Oct Release • Red Wheel Weiser • 104pp • PB • 14 x 21.6cm

9781940265681



It’s a kids blitz this July at Brumby Sunstate!

Don’t miss these exclusive Lake Press offers across their bestselling range of titles.

BUY 3 OF EACH TITLE AND GET 1 FREE

Purchase 3 units of each title and receive one FREE copy of My First Koala Puzzle. Quote the PROMO CODE: LPJP20

***Offer ends 31st July 2020 or while stock lasts.**

My First Wooden Jigsaw: Koala

9780655210627

$12.99

My First Wooden Jigsaw: Platyous

9780655210634

$12.99

My First Wooden Jigsaw: Kangaroo

9780655210610

$12.99

My First Wooden Jigsaw: King Parrot

9780655210641

$12.99

BUY 12 GET 1 FREE

Purchase 12 units across the Snap Card range and receive a FREE copy of Australian Animals Snap. Simply quote the PROMO CODE: LGFCP20

***Limited stock available! Offer ends 31st July 2020 or while stock lasts.**

Lake Press kids blitz this July at Brumby Sunstate!

To view the complete list, contact customer service or your sales rep! Quote the promo code below for your selected unit!

***Limited stock available! Offer ends 31st July 2020 or while stock lasts.**

Display Unit 1
Little Me
You Pay: $707
(RRP: $1,414)

LPLM20

Display Unit 2
Little Genius
You Pay: $722
(RRP: $1,442)

LPLG20

Spend $300 nett and above to top up your display unit an receive an extra 5% discount off your invoice value with the PROMO CODE: LPLS5%

Width: 53cm
Length: 36 CM
Height: 153CM

BUY 20 OF EACH TITLE AND GET THE STAND FREE

Purchase 20 units of each title and receive a FREE Stand. Quote the PROMO CODE: LPEP20

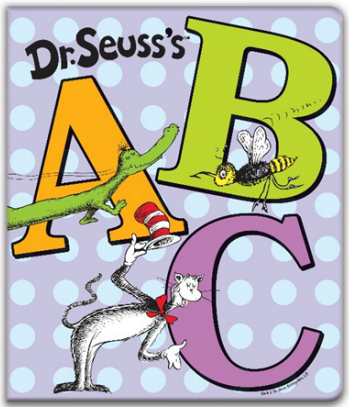
***Offer ends 31st July 2020 or while stock lasts.**

Lake Press kids blitz this July at Brumby Sunstate!

BUY 6 OF EACH TITLE AND GET 1 FREE

Purchase 6 units of each title and receive one FREE copy of the title of your choice. Simply quote the promo code below for your selected free title!

***Offer ends 31st July 2020 or while stock lasts.**



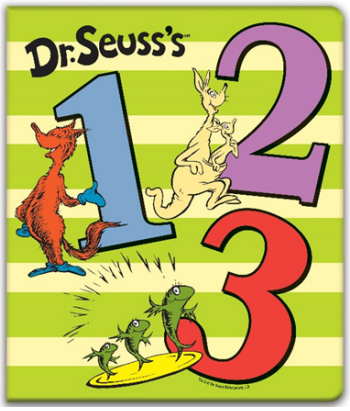
Dr. Seuss ABC

9780655213802

RRP: $12.99

Promo Code: DRSABC

DRSABC



Dr. Seuss 123

9780655213819

RRP: $12.99

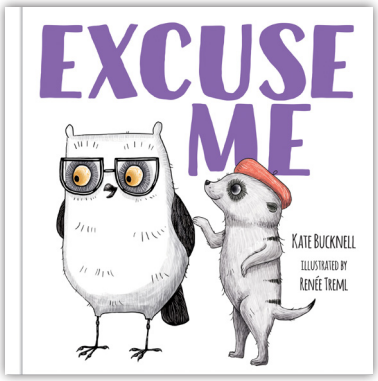
Promo Code: DRS132

DRS123

BUY 12 GET 1 FREE

Purchase 3 units of each title and receive one FREE copy of the title of your choice. Simply quote the promo code below for your selected free title!

***Offer ends 31st July 2020 or while stock lasts.**



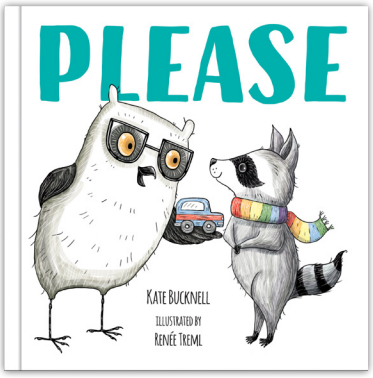
Excuse Me

9780655211624

RRP: $12.99

Promo Code: MANEM20

MANEM20



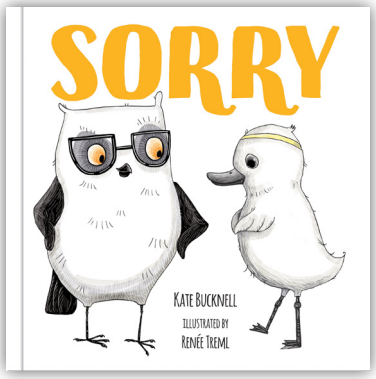
Please

9780655211600

RRP: $12.99

Promo Code: MANPL20

MANPL20



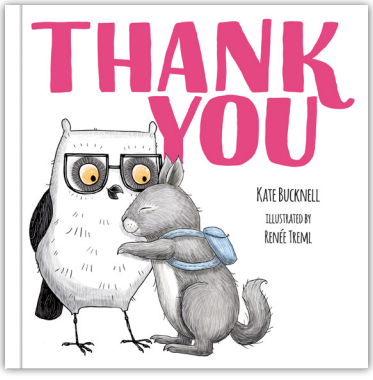
Sorry

9780655211631

RRP: $12.99

Promo Code: MANSO20

MANSO20



Thank You

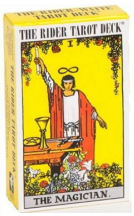
9780655211617

RRP: $12.99

Promo Code: MANTHY20

MANTHY20

TC: Rider Tarot Deck - Standard



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

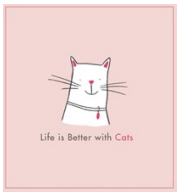
*9780913866139

Daily Mantras to Ignite Your Purpose

Also Available: Create Your Best Life
9780648587217
$39.95
$17.95

*9780648587200

Life is Better With Cats



Also Available: Life is Better With Dogs
9781913004071
$16.99

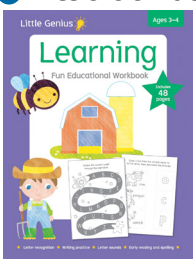
*9781913004064

Little Genius: 123 Fun

Also Available: Little Genius: ABC Fun
9780655214069
$6.99

*9780655214090

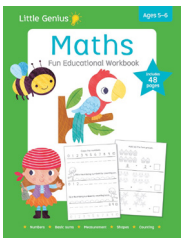
Little Genius: Learning



Also Available: Little Genius Reading & Writing
9780655214106
$6.99

*9780655214113

Little Genius: Maths



Also Available: Little Genius: Writing
9780655214083
$6.99

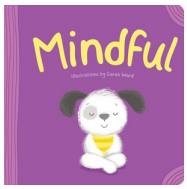
*9780655214076

Resilience Series: Kind

Also Available: Resilience Series: Grateful
9780655212768
$9.99

*9780655212751

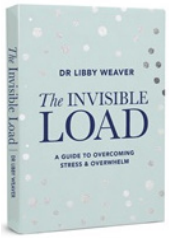
Resilience Series: Mindful



Also Available: Resilience Series: Brave
9780655212744
$9.99

*9780655212737

The Invisible Load



Also Available: Rushing Woman's Syndrome $24.95
9780473403430
$39.95

*9780473481841

Time To Wine Down

Goeghegan, Susanna
$16.99

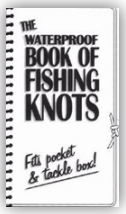
*9781911517382

Work From Wherever

Also Available: Ultimate Guide to Social Media Marketing
9780995352681
$39.95
$29.95

*9780995352650

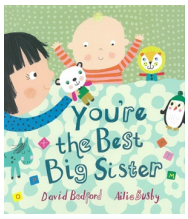
The Waterproof Book of Fishing Knots



Also Available to Purchase a 10 Copy Counter Pack $99.99
Individual Price:
$9.99

*9780958084307

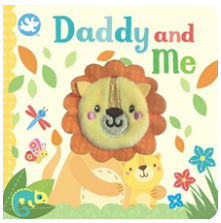
You're the Best Big Sister



Also Available: You're the Best Big Brother
9781527020443
$12.99

*9781527020436

Little Me Finger Puppet Daddy and Me



Lake Press
$9.99

*9780655204909

Little Me Finger Puppet Hickory Dickory Dock

Lake Press
$9.99

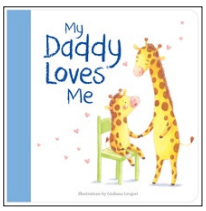
*9780655204879

Naturally Inspired

Ballinger, Krissy
34.95

*9780648788713

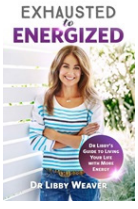
My Daddy Loves Me



Also Available: My Mummy Loves Me
9780994314246
$12.99

*9780994314253

Exhausted to Energized



Also Available: Rushing Women's Syndrome
9780473403430
$24.95

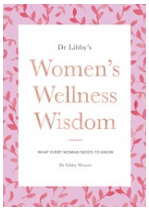
*9780473332815

Little Genius Flashcards: Go Fish

Also Available: Little Genius Flashcards: Sight Words
9781760451547
$9.99

*9781760451592

Women's Wellness Wisdom



Also Avialable: The Beauty Guide
9780473436094
$39.95

*9780473360887

Brumby Sunstate 56 Fulcrum Street Richlands, QLD 4077
Ph: (07) 3217 0238
orders@brumbysunstate.com.au • www.brumbysunstate.com.au